

YOGA SCOTLAND SCIO

**Annual Report and Unaudited Accounts
For the 11-month period ended 31 July 2020**

Registered Charity – SC047418



YOGA
SCOTLAND
SCIO

YOGA SCOTLAND SCIO

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YOGA SCOTLAND SCIO

REFERENCE AND ADMINISTRATIVE INFORMATION

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

Charity Name	Yoga Scotland SCIO
Known as	Yoga Scotland
Charity Number	SC047418, registered in Scotland
Principal Office	6 Gerrick Farm Cottages Kelso Roxburghshire TD5 7SA
Trustees	Evanna Nash (Chair – co-opted March 20) Chris Morrison (Treasurer) Caroline Phipps-Urch (Secretary – appointed March 20) Ulrike Graham Kerry Cooper Lucy West Declan Mair (appointed March 20) Donna Nash (appointed May 20) The following trustees resigned in March 2020: Gill Gibbens (Chair) Susanne Arnott Gill Swales Trudy Morrison
Independent Examiner	Elaine Alsop EA Independent Ltd 1 Rosebery Place Dunbar East Lothian EH42 1AQ

YOGA SCOTLAND SCIO

REFERENCE AND ADMINISTRATIVE INFORMATION

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

The trustees are pleased to present their annual trustees report and accounts for the 11-month period ended 31 July 2020.

Structure, Governance and Management

Constitution

Yoga Scotland SCIO, also known as Yoga Scotland, is a Scottish Charitable Incorporated Organisation (SCIO), registered as a charity from 16 May 2017, having previously been registered as an unincorporated association (SC020590). Yoga Scotland is governed by the rules of its constitution.

Change in reporting year

The Trustees agreed a change in reporting date to 31 July, to align the operations of the charity to the financial year-end. This was filed with the Office of the Scottish Charity Regulator. Consequently, these annual report and accounts are for an 11-month period.

Membership

Membership of the charity is open to anyone in agreement with the objects of the charity and in line with the Constitution. In line with its constitution, a register of members is held at the principal office of the charity.

Recruitment, Appointment and Induction of Trustees

The Trustees are responsible for the management of the charity and the safeguarding of its assets, they form the Trustee Board. The Trustees are elected, appointed or co-opted by the members at the annual general meeting. New trustees are often already familiar with the practical work of the charity, and Trustee Induction packs and training are provided.

Organisational Structure

The trustees meet four times per year to oversee the operation of the charity and determine its strategic direction and policies. A small team of administrators manage day-to-day operations, including, communications, co-ordinating training and managing the finances and administration.

Changes to administration and governance arising from implications of the COVID-19 epidemic

The Trustees have been meeting regularly online, in line with the constitution, to respond to the challenges facing Yoga Scotland as a result of the Covid-19 global pandemic and are confident that the majority of the charity's services can be delivered online for the foreseeable future. Members, tutors and students have received regular updates on the changing situation. There is no change to the administration of the charity as this has always been home-based, and there will be no anticipated delay in meeting requirements to file annual independently examined accounts.

YOGA SCOTLAND SCIO

REFERENCE AND ADMINISTRATIVE INFORMATION

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

Objectives and Activities

Charitable purposes

The charitable purposes of Yoga Scotland, as recorded in their constitution, are to promote yoga in all its aspects in Scotland.

Activities

Yoga Scotland meets these objectives by:

- providing courses, lectures, seminars and events to the standard deemed necessary for the training of teachers of yoga,
- by providing existing yoga teachers with opportunities for continuous professional development (CPD), and
- by ensuring that registered teachers undertake sufficient and appropriate CPD.

Public benefit

In meeting its objectives, and delivering its activities, Yoga Scotland provides a public benefit, specifically as follows:

What Is Yoga?

Yoga is an ancient science concerned with developing a holistic, healthy and harmonious way of living. It offers benefits that make the body stronger and healthier and calm the mind. The word yoga has many shades of meaning but is generally translated as "union" and the practice can lead to a balance of body, breath, mind and spirit.

Who can practise Yoga?

Anyone can practise yoga regardless of age, ability or mobility.

What are the benefits of practising Yoga?

- Improved physical fitness including suppleness, strength, stamina and balance.
- Emotional balance, relaxation and a general sense of well-being.
- Enhanced concentration, awareness and self-understanding.

These benefits will develop gradually. Do not expect sudden improvement after just one or two classes! You should attend a class regularly, and also try to find a little time to practise at home even if it is only 10 minutes a day.

Adapting activities as a result of the COVID-19 pandemic and restrictions

Current training courses will continue with tutors delivering live and recorded sessions to students. Yoga Scotland's internal communications system facilitates a range of teaching methods as well as the ability for students to meet together with tutors. Tutors are receiving training in online teaching and have ongoing support to assist them with this transition. Trustees are working with tutors to prepare for next year's courses to begin online if needed. Trustees have been in contact with insurers to clarify insurance updates for online teaching and have made these available to yoga teachers, along with information on government help available for the self-employed.

YOGA SCOTLAND SCIO

REFERENCE AND ADMINISTRATIVE INFORMATION

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

Objectives and Activities (continued)

Adapting activities as a result of the COVID-19 pandemic and restrictions continued

Trustees are currently developing an online On-Going Training programme for yoga teachers to enable them to keep up with continuing professional development during the period of restricted movement. This will include training to support teachers to teach online and yoga training related to dealing with the effects of Covid-19.

Achievements and Performance

The period from 1st September 2019 to 31st July 2020 was a year of two halves. It's been a year that we have all experienced and have had to navigate the consequences of a global pandemic. During the months between September 2019 and March 2020 the Trustee team, paid workers and volunteers continued to take care of general Yoga Scotland (YS) business. This involved organising and supporting all the courses and on-going training days. It included exploring new ideas for introducing new courses and settling in and connecting the evolving Trustee team. Then Covid 19 arrived on our shores alongside significant changes in the Trustee team with 4 Trustees moving on.

Members embraced and supported the organisation with a move onto an online platform for the AGM (May 2020), which was delayed for two months due to the pandemic.

The Yoga Scotland Magazine has continued to evolve with two new co-editors. YS now offering paper copies to those who invest in this, with all members being offered the greener option of a digital magazine. We now also share a bi-yearly online journal which has been very well received going by the feedback we've received.

Moving on to March 2020 until this point. We continue to navigate the challenges faced by all with respect to Covid 19. Tutors were all offered training, to support them with the shift to online teaching. This enabled the TT courses, Foundation and some Living Yoga course days and on-going training days to continue and be shared online. The introduction of Outlook365 and teams has allowed the Trustee team to meet regularly and as needed with no physical cost, with travel not being an option. We have discovered through action that this is the best way for the Team to meet in the most cost-effective way whether we are in 'lock down' or have returned to being able to meet in person again.

Yoga Scotland Membership Numbers

Individual Membership	2019-2020	2018-2019
Ordinary	58	84
Teacher	259	259
Student Teacher	25	25
Students	73	37
Total	415	409

YOGA SCOTLAND SCIO

TRUSTEES' REPORT

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

Achievements and Performance (continued)

TRAINING COURSES 2019-2020

Foundation Courses

Four Foundation Courses ran in 2019-20 in Aberdeen, Galashiels, Glasgow and Polmont. In June 2020, 57 completed Foundation Course although some courses have elected to retain a half or full day until they are able to meet in-person again.

Living Yoga Courses

Two Living Yoga Courses ran in 2019-20 in Aberdeen and Edinburgh with 16 students completing the courses.

Yogic Living & Teaching Course

This advanced 50-hour course was launched in 2019-20. Designed and led by Jackie Le Brocq, the course offers yoga teachers the opportunity to take their practice and teaching to the next level. Fifteen students enrolled on the course which started with a residential. The course is due to complete when a return to venues is possible.

Teacher Training Courses

This comprehensive 500-hour course aims to produce professional and effective yoga teachers. The course is part-time over 22 months and includes 2 residential weekends, personal practice, assignments, self-study and 3 external teaching assessments.

Edinburgh Teacher Training Course led by Judy Cameron completed in August 2020 with 11 students graduating. Glasgow Teacher Training Course led by Cathy Swan began Year 1 with 15 students ended with 14 students.

Both courses were supported by Elizabeth Roberts on philosophy and Amy Hanlon on anatomy & physiology. Visiting tutors included Elaine Alsop, Yvonne Austen, Judy Cameron, Yvonne Davies, Sue McLennan, Lindsey Porter, Elizabeth Roberts and Cathy Swan.

Courses quickly moved online following the first lockdown in March 2020. Thanks to all the tutors, students, external assessors and wider Yoga Scotland community for their commitment to courses continuing despite the challenges faced.

YOGA SCOTLAND SCIO

TRUSTEES' REPORT

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

Achievements and Performance (continued)

On-going Training Programme 2019-2020

Training Days 2019-2020			
Tutor	Topic	Location	Attended
Cameron MacInnes	Prana Kriya Yoga & Chakras	Glasgow	28
Cameron MacInnes	Prana Kriya Yoga	Glasgow	9
Sandra Kirkham	First Aid for Yoga Teachers	Glasgow	15
Sarah Gray	Seated Yoga	Aberdeen	24
Fiona Hague and Lindsey Porter	Marketing Your Yoga Mindfully	Linlithgow	6
Elizabeth Roberts	Ayurvedic Lifestyle Day 1	Galashiels	12
Sue McLennan	Bringing the Autogenic Sequence into our Yoga Practice	Edinburgh	17
Yvonne Austen	Observe, Adjust, Assist	Dunblane	15
Bijam and Lindsey Porter	Mind your Yoga (2 day workshop)	Online	17
Melanie Cook	Yoga and MS	Online	14
Marc J Acquaviva	Change Perspective, Transform Practice	Online	16
Yoga Warrior	Teaching Yoga Online (3 workshops)	Online	43

The training programme for teachers and non-teachers was disrupted due to lockdown. Some of the planned workshops have been carried over to 20-21 and have either taken place online or are waiting to be rescheduled when in-person training is possible again. Training workshops to support teachers to teach online were introduced into the programme and repeated due to popular demand. Thanks to all tutors and participants who embraced online training so readily.

Financial Review

Financial results

In the 11-months to 31 July 2020, the charity had an income of £119,994 (2019: £100,060 (12 months)) and expenditure of £121,129 (2019: £109,507 (12 months)), resulting in net deficit of £1,135 (2019: deficit of £9,447).

Total funds under management at 31 July 2020, were £55,122 (August 2019: £56,257), which represent unrestricted funds only.

YOGA SCOTLAND SCIO

TRUSTEES' REPORT

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

Financial Review (continued)

Designated funds

The trustees have taken the decision to designate the fee income from the courses provided into two main funds based on the type of course, to ensure the courses can continue to run. This results in two designated funds – the Training Fund, which covers the main Foundation and Teacher Training courses and the On-going Training Fund, which covers courses linked to continuing professional development. As at 31 July 2020, the balance on the Training Fund is £29,316 (August 2019: £29,468) and on the On-going Training Fund is £24,095 (August 2019: £22,992). The trustees have also established a further designated fund, to include donations to the charity to be used as a Bursary. As at 31 July 2020, the balance is £709.

Reserves Policy

All funds held by the charity are unrestricted, although for reasons of financial management, as explained above, separate designated funds have been set up. The trustees seek to manage funds prudently by ensuring sufficient is available to enable the charity to maintain its activities at an expanding level. They do not, however, intend to build up unnecessary reserves. The reserves held have enabled the charity to continue to deliver its services throughout the pandemic, covering the shortfall between incoming and outgoing resources this period. General reserves that are not designated to use stand at £1,002 as at 31 July 2020 (2019: £3,797).

Trustee remuneration and expenses

The trustees received no remuneration for their service as a trustee.

Travel expenses of £1,319 were paid to 7 trustees (2019: £2,324: 8), and trustees benefitted from training in their role of £1,472 (2019: £1,337).

One trustee received payments in the year of £1,344 in relation to IT services provided to the charity, unrelated to the role as trustee.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

This is an ongoing process and is reviewed at least annually.

The on-going impact of COVID is likely to have a bearing on numbers of students enrolling in courses, also courses / training days being postponed due to lack of numbers / some participants preferring not to engage with online learning. Trustees will continue to monitor the situation and liaise with members, tutors and students to provide options to keep operations going and, where possible, offer alternative options.

YOGA SCOTLAND SCIO

TRUSTEES' REPORT

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

Plans for future periods

In the next period, trustees plan to continue their work on developing the website and internal communications systems with a view to streamlining booking systems and reducing administrative time needed to support these.

Following the consultation with tutors this year, trustees will continue to work collaboratively to offer new training courses and workshops and hope to introduce a modular approach for yoga teachers wishing to increase their training from 200hr to 500hr.

Trustees will build on the success of the new Fundraising Team this year and look at more opportunities to host online yoga days for donations.

Trustees will continue to build the organisation's social media presence to promote the benefits of yoga and raise the profile of Yoga Scotland.

Approved by the Trustees and signed on their behalf

**Evanna Nash
Chairperson
13 March 2021**

YOGA SCOTLAND SCIO

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

Independent Examiner's Report to the Trustees of Yoga Scotland SCIO

I report on the accounts of Yoga Scotland for the 11-month period ended 31 July 2020 which comprise the Statement of Financial Activities, the Balance Sheet, and the related notes.

Respective responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of Independent Examiner's report

My examination was carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes a consideration of any unusual items or disclosures in the accounts, and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's statement

In the course of my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
 - to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Regulationshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Elaine Alsop ACA DChA
EA Independent Ltd
1 Rosebery Place
Dunbar
East Lothian
EH42 1AQ
13 March 2021

YOGA SCOTLAND SCIO
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

	Notes	Unrestricted 2020 £	Total 2020 £	Total 2019 £
Income from:				
Donations and legacies	4	709	709	963
Charitable activities	5	119,285	119,285	99,095
Investment income		-	-	2
Total income		<u>119,994</u>	<u>119,994</u>	<u>100,060</u>
Expenditure on:				
Charitable activities	6	121,129	121,129	109,507
Total expenditure		<u>121,129</u>	<u>121,129</u>	<u>109,507</u>
Net expenditure for the year before transfers		(1,135)	(1,135)	(9,447)
Transfers between funds		-	-	-
Net movement in funds		<u>(1,135)</u>	<u>(1,135)</u>	<u>(9,447)</u>
Reconciliation of funds:				
Fund balances brought forward		56,257	56,257	65,704
Fund balances carried forward	13	<u>55,122</u>	<u>55,122</u>	<u>56,257</u>

The results for the year derive from continued activities and in 2020 are for an 11-month period.
All income and expenditure in 2020 and 2019 result from unrestricted funds.
There are no other gains/(losses) to report.

The notes on pages 12 to 18 form part of these financial statements

YOGA SCOTLAND SCIO

BALANCE SHEET

AS AT 31 JULY 2020

	Notes	2020		31 Aug 2019	
		£	£	£	£
Current Assets					
Debtors and prepaid expenses	10	4,605		5,864	
Cash at bank and in hand		<u>52,682</u>		<u>109,040</u>	
			57,287		114,904
Creditors: Amounts falling due within one year					
Deferred Income	11	965		58,657	
Accruals and other liabilities	12	<u>1,200</u>		<u>-</u>	
			2,165		58,657
Net Current Assets			<u>55,122</u>		<u>56,257</u>
Net Assets			<u>55,122</u>		<u>56,257</u>
Funds					
Unrestricted Funds:					
General Fund		1,002		3,797	
Designated – Training Fund		29,316		29,468	
Designated – On-going Training Fund		24,095		22,992	
Designated – Bursary fund		<u>709</u>		<u>-</u>	
Total Charity Funds	13		<u>55,122</u>		<u>56,257</u>

Approved by the Trustees and authorised for issue

Chris Morrison
Treasurer
13 March 2021

The notes on pages 12 to 18 form part of these financial statement

YOGA SCOTLAND SCIO

NOTES TO THE ACCOUNTS

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

1 ACCOUNTING POLICIES

1.1 General information

Yoga Scotland operates under a written constitution. It is a Scottish Charitable Incorporated Organisation, with registration number SC047418. It's principal address is 6 Gerrick Farm Cottages, Kelso, Roxburghshire, TD5 7SA.

The principal activities, in pursuit of its purpose of the promotion of yoga, are to provide training and events to the standard deemed necessary for teachers of yoga, and opportunities for sufficient and appropriate continuous professional development for its members.

1.2 Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

Yoga Scotland SCIO meets the definition of a public benefit entity under FRS 102.

These financial statements are presented in Pounds Sterling (GBP) as that is the currency in which the charity's transactions are denominated.

The preparation of the financial statements requires the use of certain critical accounting estimates. It also requires trustees to exercise their judgement in the process of applying the accounting policies. Use of available information and application of judgement are inherent in the formation of estimates. Actual outcomes in the future could differ from such estimates. The areas involving a higher degree of judgement or complexity, or areas where assumptions and estimates are significant to the financial statements are disclosed in note 2.

The trustees have adopted the exemption from preparing a statement of cash flows as afforded to small entities by FRS 102.

1.3 Change in reporting period

The trustees, in line with their constitution, agreed to change the annual reporting date from 31 August to 31 July. This is to align better with activities. The change in reporting date has been filed with the Office of the Scottish Charity Regulator. Consequently, results are reported for the 11-months ending 31 July 2020, comparatives are for a 12-month period, and therefore may not be wholly comparable.

YOGA SCOTAND SCIO

NOTES TO THE ACCOUNTS

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

1 ACCOUNTING POLICIES (continued)

1.4 Going Concern

The accounts have been prepared on a going concern basis. As set out in the Trustees' Report changes have been made to the operational and management procedures to handle change of circumstances in light of Covid-19, and the Trustees are confident the charity will come through this period and continue to provide its support and training going forward.

1.5 Recognition and Allocation of Income

All income is included in the Statement of Financial Activities when the charity is entitled to the income, receipt is probable and the amount can be measured reliably.

Income from charitable activities, such as membership fees and training fees is recognised as the charity earns the right to consideration by its performance. Income is deferred for training fees where the related services have not been substantially provided as at the year end.

1.6 Recognition and Allocation of Expenditure

Expenditure is recognised when the charity has entered into a legal or constructive obligation, has been accounted for on an accruals basis and has been classified under relevant headings.

The charity is not registered for VAT, and accordingly expenditure is shown gross of irrecoverable VAT. Resources are expended as:

- Charitable expenditure is incurred in the delivery of its activities and services for its beneficiaries in line with its principal objects as set out in the Trustees' Report.
- Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.
- Costs are apportioned where necessary based on estimated administration time spent on each activity.

1.7 Taxation

The charity is accepted by HMRC as a charity under section 521 to 563, Income Tax Act 2007, and accordingly no provision is required for taxation surpluses.

1.8 Funds

The general funds are unrestricted and administered on a discretionary basis under the direction of the Trustees, and in line with the objects of the charity.

Designated funds are unrestricted funds which have been earmarked by the Trustees for a specific purpose, in line with the operations of the charity.

YOGA SCOTAND SCIO

NOTES TO THE ACCOUNTS

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

1 ACCOUNTING POLICIES (continued)

1.9 Financial Assets and Financial Liabilities

Financial instruments are recognised in the Statement of Financial Activities when the charity becomes a party to the contractual provisions of the instrument. Financial instruments are initially measured at transaction price. Subsequent to initial recognition they are accounted for as set out below.

The charity only enters into basic financial instruments. At the end of each reporting period basic financial instruments are measured at amortised cost using the effective interest rate method.

Financial assets are derecognised when the contractual rights to the cash flows from the asset expire, or when the charity has transferred substantially all the risks and rewards of ownership. Financial assets are derecognised only once the liability has been extinguished through discharge, cancellation or expiry.

1.10 Debtors

Short term debtors are measured at transaction price, less any impairment.

1.11 Cash and Cash Equivalents

Cash is represented by cash in hand and deposits with financial institutions repayable without penalty or notice of not more than 24 hours.

1.12 Creditors

Short term creditors are measured at transaction cost, less any impairment.

2 CRITICAL JUDGEMENTS AND ESTIMATES

The preparation of financial statements in compliance with the Charities SORP (FRS 102) requires the use of certain critical accounting estimates. It also requires management to exercise judgement in applying the charity's accounting policies.

The Trustees do not consider there to be any material accounting judgement required in preparing these accounts. The Trustees are satisfied that accounting policies are appropriate and applied consistently.

YOGA SCOTLAND SCIO

NOTES TO THE ACCOUNTS

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

3 COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted 2019 £	Total 2019 £	Total 2018 £
Income from:			
Donations and legacies	963	963	130
Charitable activities	99,095	99,095	95,783
Investment income	2	2	-
	<hr/>	<hr/>	<hr/>
Total income	100,060	100,060	95,913
	<hr/>	<hr/>	<hr/>
Expenditure on:			
Charitable activities	109,507	109,507	110,224
	<hr/>	<hr/>	<hr/>
Total expenditure	109,507	109,507	110,224
	<hr/>	<hr/>	<hr/>
Net expenditure for the year	(9,447)	(9,447)	(14,311)
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

2019 figures have been restated to reflect £3,872 insurance costs as expenditure rather than netted from membership income. This is to allow more consistency with current year figures.

4 DONATIONS AND LEGACIES

	Total 2020 £	Total 2019 £
Donations		
Donations	709	963
	<hr/>	<hr/>
Total grants and donations	709	963
	<hr/> <hr/>	<hr/> <hr/>

All donations are to unrestricted funds in 2020 and 2019.

5 CHARITABLE ACTIVITIES

	£	£
<i>Promotion of yoga:</i>		
Membership fees	24,041	21,368
Course fees	94,761	75,045
Magazine income	483	2,682
	<hr/>	<hr/>
	119,285	99,095
	<hr/> <hr/>	<hr/> <hr/>

All charitable income relates to unrestricted funds in 2020 and 2019.

YOGA SCOTLAND SCIO

NOTES TO THE ACCOUNTS

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

6 CHARITABLE ACTIVITIES

	Total 2020 £	Total 2019 £
<i>Promotion of yoga:</i>		
Delivering training – tutor fees, venues & resources	66,950	67,698
Magazine printing & postage	4,408	7,008
Insurance	5,236	4,013
Advertising & subscriptions	1,519	7,532
Bursaries awarded	-	3,235
<i>Support costs:</i>		
Clerical assistance	29,714	9,026
Administration expenses	2,788	2,306
Professional fees	3,601	-
Write down of equipment	-	265
Bank charges	432	652
<i>Governance costs:</i>		
Trustees' training & expenses	2,791	3,661
Independent examination & AGM expenses	3,690	4,111
	<u>121,129</u>	<u>109,507</u>

Independent examination fees for 2020 are £1,200 (2019: fees £2,394 included in 2020 figures).

All expenditure from charitable activities in both 2020 and 2019 relates solely to unrestricted funds.

7 STAFF COSTS

The charity does not employ staff but uses freelance yoga teachers to deliver its courses and freelance administrative support. The costs of these are included in Note 6.

8 TRUSTEES REMUNERATION AND EXPENSES

The Trustees did not receive any remuneration for their services as Trustees. (2019: nil).

Reimbursements were made to 7 trustees (2019: 8) in respect of expenses incurred in carrying out their duties as trustees. The costs amounted to £2,791 (2019: £3,661) this included training costs of £1,472 (2019: £1,337) and travel expenses of £1,319 (2019: £2,324)

YOGA SCOTAND SCIO

NOTES TO THE ACCOUNTS

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

9 RELATED PARTY TRANSACTIONS

One trustee received £1,344 for services provided to the charity in relation to IT. These were not in relation to the duties as a trustee of the charity and none remained outstanding at the period end. (2019: £nil).

10 DEBTORS AND PREPAID EXPENSES

	Total 2020 £	Total 2019 £
Course fees due	2,764	-
Prepaid expenses	1,841	5,864
	<u>4,605</u>	<u>5,864</u>

11 DEFERRED INCOME

	£	£
Balance brought forward	58,647	46,998
Fee income released in the year	(58,647)	(46,998)
Fee income deferred in the year	965	58,647
	<u>965</u>	<u>58,647</u>
Balance carried forward	<u>965</u>	<u>58,647</u>

12 ACCRUALS AND OTHER LIABILITIES

	£	£
<i>Amounts falling due within one year:</i>		
Accruals and other liabilities	1,200	-
	<u>1,200</u>	<u>-</u>

YOGA SCOTLAND SCIO

NOTES TO THE ACCOUNTS

FOR THE 11-MONTH PERIOD ENDED 31 JULY 2020

13 MOVEMENTS IN FUNDS

	Note	At 1 Sep 19 £	Income £	Expenditure £	Transfers £	At 31 July 20 £
Unrestricted Funds						
<i>Designated Funds:</i>						
Training Fund	[a]	29,468	76,799	(76,951)	-	29,316
On-going Training Fund	[b]	22,992	15,854	(9,751)	(5,000)	24,095
Bursary Fund	[c]	-	709	-	-	709
General Fund	[d]	3,797	26,632	(34,427)	5,000	1,002
Total Unrestricted Funds		56,257	119,994	(121,129)	-	55,122
Total Funds		56,257	119,994	(121,129)	-	55,122

Movements in funds – comparative figures

	Note	At 1 Sep 18 £	Income £	Expenditure £	Transfers £	At 31 Aug 19 £
Unrestricted Funds						
<i>Designated Funds:</i>						
Training Fund	[a]	36,140	58,323	(64,995)	-	29,468
On-going Training Fund	[b]	23,617	13,665	(14,290)	-	22,992
General Fund	[d]	5,947	28,072	(30,222)	-	3,797
Total Unrestricted Funds		65,704	100,060	(109,507)	-	56,257
Total Funds		65,704	100,060	(109,507)	-	56,257

Notes:

[a] Training Fund – a fund designated by the Trustees to manage the income and expenses associated with the development and delivery of teacher training courses.

[b] On-going Training Fund – a fund designated by the Trustees to manage the income and expenses associated with the organisation and delivery of training for existing yoga teachers.

[c] Bursary Fund – a fund designated by the Trustees for donations received to be put towards a bursary system for training fees.

[d] General Fund – is used for the expenses of running Yoga Scotland. This includes the administration and governance of the charity and payments of insurance for teaching members. The income to this fund consists of membership and magazine income.

Transfers between funds:

A transfer of £5,000 has been made between the On-going training fund to general fund to represent the administrative support of this fund. (2019: No transfers).

Net assets:

All net assets represent unrestricted funds.