



**ANNUAL REVIEW  
2019-2020**



# Welcome

Welcome to the Yoga Scotland annual review. The year 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 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. We appreciate how well supported the AGM was, by you, the members.

It was very much a time of navigating the challenges the best way we were able in unprecedented circumstances for all. New trustees and volunteers stepped into their roles and the 'show went on'. 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 Microsoft 365 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. I stepped into the role of Vice Chair in 2019, I never imagined that my time in the Chair role would be as it is. I have been blessed to be supported by such a dedicated team, the Yoga Scotland family. I am now stepping down from the Chair role and the Board of Trustees to embark on Hypnotherapy training, in the knowing I will always be part of the Yoga Scotland community.

Om shanti shanti shanti  
Evanna Nash



# Board of Trustees

Evanna Nash  
Chair & Training Team

Kerry Cooper  
Vice-Chair & Chair of Training Team

Chris Morrison  
Treasurer

Caroline Phipps-Urch  
Secretary & Communication (Magazine & Social Media, Training Team)  
(co-opted 16 March 2020, appointed 2 May 2020)

Ulrike Graham  
Training Team & Fundraising Team

Declan Mair  
Website & Technical Support  
(co-opted 16 March 2020, appointed 2 May 2020)

Lucy West PVG & GDPR

Anne Brown  
(resigned 7 January 2020)

Susie Arnott  
(resigned 14 March 2020)

Gill Gibbens  
(resigned 14 March 2020)

Gill Swales  
(resigned 14 March 2020)

Trudy Morrison  
(resigned 20 March 2020)



Donna Nash  
Training Team  
(appointed 2 May 2020)

Jacqui Tweddle  
Training Team  
(co-opted 11 December 2020)

Ann Davies  
(co-opted 25 January 2021)

Covid-19 Officer  
Caroline Phipps-Urch

Bijam (Jenni Connaughton), Ann Hunter, Kath McDonald, Fiona McOwan, Carol Godridge & Gill Gibbens  
Yoga Scotland Advisors

Lucy west, Gill Swales, Janis Ross  
PVG (Protection of Vulnerable Groups)

Elaine Samson  
Co-Ordinator

Tamsin Geddes  
Administrator

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## Yoga Scotland Membership Numbers

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



# Training Courses 2019-2020

## Foundation Courses

Foundation Course enables students with 2 years regular practice and class attendance to explore yoga in more depth than in a typical class, and to expand and consolidate their personal practice. 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. Aberdeen Foundation Course tutors: Sandra Cook and Rona Main Galashiels Foundation Course tutors: Andrea Duffin and Ali Freeman Glasgow Foundation Course tutor: Melanie Cook Central Foundation Course (Polmont) tutors: Ali Freeman and Lindsey Porter Amy Hanlon and Fiona Webster delivered anatomy and physiology sessions for Foundation Courses.

## Living Yoga Courses

Living Yoga Course is an opportunity for practitioners who have completed Foundation Course or equivalent and would like to continue to develop and deepen their study of yoga and personal practice. The course is also open to teachers who wish to refresh and renew their personal practice. Two Living Yoga Courses ran in 2019-20 in Aberdeen and Edinburgh. Kath McDonald led the Edinburgh LYC with 9 students completing and Yvonne Austen led the new Aberdeen LYC with 7 students completing. 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.



## Magazine

Due to lockdown last year, it was not possible to create a full printed version of the May issue of the magazine. Trudy Morrison stepped down as Editor in April??? and YS would like to thank her for all her time and work as Editor over xxx years. Caroline Phipps-Urch oversaw the May issue as it transformed into an online version with the content Trudy had commissioned and collated, which was sent via email in May to members. After Board discussions & a members survey, it was decided that we needed to reduce the magazine to twice a year (bi-annual) & appoint Connect Publications to redesign, publish and mail out the magazine, saving the organisation almost half of what we had been spending. It was also agreed a newsletter would be sent to members via email twice a year (Journal ). The magazine is created at a loss and to help offset this loss it was agreed to charge members an additional £5 per year to receive the two printed copies. It still has a cover price of £4 for non-members to purchase. YS would like to thank Angela Hughes & Alyson Tyler who kindly volunteered to become the new co-Editors and as we know from all the positive feedback are doing a wonderful job.

## Social Media & Marketing

Yoga Scotland began using Mailchimp for communication with members in June. Mailchimp allows Yoga Scotland a free account to send emails and by using this platform we are able to see whether members have received an email. This has helped us with ongoing communication particularly through covid-19 and enabled us to inform members quickly and easily. Mailchimp also allows members to unsubscribe at any time and adheres to data protection / GDPR policy.

YS have also registered a free Canva account for charities. Canva is another marketing tool to create images, infographics and the newsletter 'Journal'. We have been using the Facebook and Instagram accounts more over this last year. This has helped us to promote courses, yoga days and ongoing training for teachers. As well as promote the work Yoga Scotland does. By using social media to advertise for a second Philosophy Tutor, it also meant we had 7 applicants, unheard of before.

Many yoga teachers in Scotland had not heard of Yoga Scotland before covid-19 and as a result of our social media presence discovered us when looking for teaching guidance from the Governing Body. Yoga Scotland would like to thank Claire Abbott & Michelle Sinclair for their help posting social media content through 2020. And thanks to Lucy Stroud who continues to post content on a Monday and our latest addition to the volunteer team, Laurie Bell who is posting the Friday Poem.



## Insurance

There was a change in how members renewed their membership with insurance for teaching, due to new regulations from the Financial Conduct Authority governing insurance. Teacher members still benefit from the hugely reduced rate of annual insurance cover (approximately 50% less than individual cover), by remaining a member of Yoga Scotland, the difference now is that Wellbeing Insurance arranges insurance with each teacher member directly. Yoga Scotland will continue to liaise with Wellbeing Insurance to ensure those with the discounted rate have a current membership with Yoga Scotland.

## CIMPSA

Yoga Scotland has become a CIMSPA Training Provider Partner. This means that Yoga Scotland is working in partnership with the sport and physical activity sectors chartered institute. This will benefit all members who teach in gyms and fitness centres as many of these require the CIMPSA recognition for the training the teacher has completed.

## COVID-19

As the Governing Body of yoga in Scotland it was our duty to write and communicate guidance on covid-19 safety, as a phased return to teaching began in June. This was challenging as it was not an area of health & safety that had ever been considered before by the Board of Trustees. It became apparent that a Board member needed to oversee guidance from the Scottish Government and Sport Scotland as the situation was ever changing. Caroline Phipps-Urch completed the covid officer e-learning module with SportScotland. The delay between the press/news announcements from the Scottish Government that were made on a Tuesday, and the Yoga Scotland updated guidance on the Friday following the initial announcement, was due to the fact that it was in the intervening days that details were finalised with Sports Scotland. Thanks to Megan Griffiths (Partnership Manager) at Sport Scotland for her ongoing help. Yoga Scotland would also like to thank the members for their supportive emails of gratitude.



## Website and TES

Over the past several months, Yoga Scotland has been in the process of introducing a new membership platform and website. The intention of this change is to provide the organisation with a much more robust solution than before. It will make the day to day management of the organisation far easier. We have been working with TES, an organisation specialising in dealing with non-profits for technical solutions. We are in the final phases of finalising this project ready for members to use. We expect this to be ready for launch towards the end of April.

The Yoga Scotland website has already been updated. Whilst it looks great, it doesn't give members access to their accounts. Please bear with us until our new system is ready.

The new system will be a change to how members renew memberships, book events and manage classes on the class finder. When the time comes, we will communicate with members, please take note when this happens as action will be required on your part for the switch. Please also note, that when we do make the change, any classes listed on the class finder will need to be re-added to the new class finder. As mentioned, we will communicate the changes when they happen.



# Financial Report and Accounts

## Statement of Financial Activities

For the 11-Month Period ended 31 July 2020

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

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.



## OGT 2019/20

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.

## GOVERNANCE

There have been 10 trustee meetings in 2019-20, two in-person meetings in November and February and 8 on-line meetings from March-July 2020. Trustees needed to meet more frequently than usual to guide the organisation through a period of significant change both due to the pandemic and the need to review and modernise systems. Trustees welcomed Caroline as Secretary and to oversee social media and magazine, Declan as website and technical support and Donna to assist with representing Yoga Scotland in the Grampian area.

We said goodbye to Gill Gibbens, Susie, Gill Swales, Trudy and Anne and thank them for their contributions to support and improve Yoga Scotland.

**Thanks to everyone who has supported  
Yoga Scotland this year.**

