



**Annual General Meeting, Saturday 13 March 2021
Online
MINUTES**

1. Welcome and Apologies

There was a discussion about several people not receiving the links needed or being able to access the background papers for the AGM via the website, particularly the annual review and accounts. Evanna Nash reassured members that the information would be on the website and asked members to wait until everyone was welcomed and apologies noted.

Evanna welcomed everyone to the AGM and confirmed that the meeting is quorate with well over 20 members present. Evanna asked members to note additional apologies for the meeting in the chat function and noted that the meeting is being recorded. Only Yoga Scotland members are eligible to vote. Declan Mair outlined the online protocol for voting, proposing and seconding. Caroline Phipps-Urch led the opening practice.

2. Minutes of the last AGM – 2020

It was noted that there are no matters arising and the minutes were proposed as a correct record by Jacqui Tweddle and seconded by Lucy West.

3. Presentation of the Annual Report and review of 2019-20

Kerry Cooper introduced the Annual review and confirmed that it is available on the website. It has been a challenging time for Yoga Scotland as we negotiate the pandemic along with everyone else. Evanna thanked trustees, support workers and tutors for continuing to deliver quality courses and services despite the challenges. Caroline reported that it has been Yoga Scotland's duty as governing body of yoga in Scotland to give up-to-date guidance on covid-19 restrictions to yoga teachers. Caroline thanked Sport Scotland for their support in this and also members for their emails of appreciation. Kerry reported on behalf of the Training Team. The Training Team trustees have met 8 times online since the last AGM to navigate the changes needed during the pandemic. Thanks to tutors, students, assessors and teacher members who all rose to the challenges of moving operations online. Special thanks to Judy Cameron and Cathy Swan, lead TT tutors, who have gone above and beyond to ensure that student teachers have the best possible training online. The supportive responses from the Yoga Scotland community have been overwhelming and show just how versatile and resourceful we can all be. The year has started with fewer training courses and some students have made the decision to defer their places. Trustees have agreed that ongoing training days will remain online until the end of the year. Plans have started on the 300-hr top up modules to enable 200-hr trained teachers to increase their training to 500-hrs. Thanks to support workers, Elaine and Tamsin, for all their work behind the scenes supporting trustees, tutors, students and ongoing training participants. Lucy West updated on Teacher Training accreditation with Yoga Alliance US to enable the qualification to be internationally recognised. Yoga Scotland has worked in partnership with Grampian Yoga Association to deliver joint training workshops and look forward to continuing the partnership next year.

Declan reported on the process of introducing a new membership platform and website to provide the organisation with a more robust solution than previously. This will make the day to day management of Yoga Scotland easier. We have been working with an organisation called TES and are in the final stages of the project which should be ready for members to use towards the end of April. The website has been updated but needs more work to give members access to their accounts. The new system will change how members renew membership, book events and find classes on the class finder. Teachers will have to renew the classes previously listed on the new system. More information will be circulated to members in advance of the system going live.

Caroline update on the magazine. It was not possible to produce a printed version of the magazine due to the pandemic. Trudy Morrison stood down as editor in March 2020. Thanks to Trudy for all her time and effort on professionalising the magazine. Trudy's content was used for an online version of the magazine circulated in May 2020 to all members. Following consultation, trustees agreed to reduce the magazine editions from three to two yearly and Connect Publications were engaged to oversee the print and publication of the magazine. This has reduced the magazine budget by half. An 'e-journal' is additionally circulated to members twice a year. Members have been asked to pay an additional £5 a year if they wish to receive printed copies of the magazine. The cover price remains £4 for non-members. Thanks to the volunteer editors – Alison Tyler and Angela Hughes – who are doing a wonderful job. Mailchimp is being used to communicate with members which has helped communicate with members throughout the pandemic and is GDPR compliant. Canva is being used to produce quality graphics to promote training workshops and newsletters. Instagram and Twitter accounts are also now being used to promote Yoga Scotland and advertise opportunities. There are now 2,600 followers on facebook and approx. 11,000 people are reached through social media. Thanks to Claire Abbott and Michelle Sinclair for posting social media content throughout 2020. Thanks also to Lucy Stroud who continues to post on a Monday, Laurie Bell who is posting the Friday poem and Deborah Russell who will be posting on a Wednesday.

Ulrike Graham reported on the successful fundraiser on 28 February which has raised over £3,000. Thanks to Evanna who asked volunteer teachers to give their time to teach 6 online sessions. Thanks to Rona Main, Patricia Hamilton, Trudy Morrison, Yvonne Davies, Carol Godridge and Jackie Le Brocq who taught a wonderful yoga day enjoyed by many, and to everyone else who contributed it to the day's success.

4. Financial Report and Accounts

Chris Morrison noted that financial summaries are available in the annual review and the full accounts have been independently examined by Elaine Alsop who is here today to answer any questions. The accounts cover an 11-month period due to a change in the financial year. Thanks to Elaine Alsop who has become the organisation's financial mentor and has extensive experience in working with charities. Trustees are now meeting online which has reduced travel and venue expenses. The intention is to continue this practice to keep meeting costs to a minimum. Trustees have agreed to invest in the new membership platform which Declan reported on earlier and the hope is that this will eventually provide efficiency savings.

Evanna noted that some members have been unable to access the full accounts but summaries are available in the annual review.

Kerry Cooper proposed approval of the annual accounts, seconded by Sara Matchett. Agreed.

5. Appointment of Independent Examiner

Chris Morrison proposed that Elaine Alsop continues as Independent Examiner, seconded by Caroline Phipps-Urch. Agreed.

6. Elections to the Board of Trustees

Evanna noted that there have been no resignations in the past year. Two trustees have been co-opted in the past year, Jacqui Tweddle and Ann Davies. Ruth Plevin has recently indicated that she is willing to be nominated as a trustee.

Jacqui Tweddle was proposed as a trustee by Ulrike Graham and seconded by Cathy Swan. Agreed.

Ann Davies was proposed as a trustee by Kerry Cooper and seconded by Caroline Phipps-Urch. Agreed.

Ruth Plevin was proposed as a trustee by Fiona McOwan and seconded by Sara Matchett. Agreed.

Evanna confirmed that she was standing down as Chair as she is moving on to undertake further training. Chris Morrison, Ulrike Graham and Donna Nash are also standing down and Evanna thanked them for the unique qualities they have brought to the trustee board.

7. Election of Treasurer

Chris Morrison proposed Ronnie Connick as Treasurer, seconded by Norman Boyle. Agreed.

8. Election of Chair

Jacqui Tweddle proposed Kerry Cooper as Chair, seconded by Ulrike Graham. Agreed.

Evanna thanked Kerry for all her support as vice-chair and wished her all the best in her new position.

At this point Kerry Cooper took over the Chair.

Kerry thanked Evanna and all the trustees for the phenomenal work they have done to enable the organisation to carry on over the past year. Special thanks to Elaine Samson, Training Coordinator, and Tamsin Geddes, Training Administrator, for their continued work supporting the charity. Thanks again to the tutors.

9. Any other business

- (a) Kerry invited Evanna to join the team of Yoga Scotland advisors. Evanna accepted.
- (b) Fiona McOwan proposed a vote of thanks to the outgoing and incoming trustees and invited all present to join in showing their appreciation for all their hard work.
- (c) Alison Tyler asked why the full accounts have not been presented in advance of the meeting. Chris replied he was unsure how this had happened and would make sure that the accounts were added to the website as soon as possible. Apologies were given for this. A second question was asked on why the full membership numbers are not included in the annual review. Caroline replied that this is likely to be an error occurring during the design of the annual review and apologised.
- (d) Bijam asked about mental health and continuing to promote the inclusion of mental health and neuroscience as part of the teacher training syllabus and also as a module. Kerry thanked Bijam for this and confirmed the intention to include a module on mental health. Bijam will be contacted when the work is underway.

10. Date of next AGM

Saturday 12 March 2022. The plan is to hold a blended AGM with the option to attend in-person or online.

11. Close

Kerry thanked everyone for their participation and looked forward to meeting members in the coming year at training workshops, online and hopefully in-person.
The meeting closed at 1.59pm

Apologies:

Susie Arnott	Sue Atkinson	Aileen Borthwick
Anne Brown	Sue Devlin	Jim Fraser
Mandy Graham	Aileen Hughes	Carolyn Lamb
Sue McLennan	Angela Noble	Ruth Plevin
Janis Ross	Mary Scott	Andrea St Clair
Liz Storer	Audrey Walker	Marjory Watt
Margaret Wesencraft	Jane Wilding	