



Annual General Meeting, Saturday 12 March 2022
Online
MINUTES

1. Welcome and Apologies

Kerry Cooper welcomed everyone to the AGM beginning with a video prepared by the Lead Teacher Training Tutors and reporting on the change of support staff since the 2021 AGM. Ruth Plevin confirmed that the meeting is quorate with well over 20 members present and asked members to note additional apologies for the meeting in the chat function. Only Yoga Scotland members are eligible to vote. Declan Mair outlined the online protocol for voting, proposing and seconding.

2. Minutes of the last AGM – 2021

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

3. Presentation of the Annual Report and review of 2020-21

Kerry Cooper thanked fellow trustees and the committed group of tutors who continue to deliver top quality training courses and support staff who make sure that it all runs as smoothly as possible.

Ann reported on behalf of Caroline in her absence – Caroline has remained as covid officer, ensured Yoga Scotland and the TT are CIMPSA registered, liaised with Wellbeing insurance, coordinated OGTs, overseen social media, communicated with members and our mailing list and supported the magazine

The magazine has been well received in the new format. We would like to thank the Editors Angela & Alyson for donating their time and expertise to ensure we continue to deliver a high-quality magazine for the members

We would also like to thank Laurie Bell for volunteering her time and posting the Friday poem on social media. We have 2,869 followers on Facebook and 1173 on Instagram making social media a valuable tool as we continue to be use it to promote Yoga Scotland as an organisation, the courses, workshops and ongoing trainings we deliver. We would welcome volunteers to help with social media.

Due to extenuating circumstances OGTs were restricted as we continued to navigate covid19. Six took place over the 2020-21 period, with Yvonne Davies leading three trainings on how to teach online, Edinburgh Community Yoga delivering a trauma awareness training, Cathy Swan The Subtle Body, Stephen Braybrook The Movement Man, Yvonne Austin a training on how to facilitate 1-2-1 yoga teaching and a seminar with Swami Krishnapremananda

Ruth Plevin delivered the Training Team report as follows:

The Training Team trustees have met 8 times in the 2020-2021 year to manage the impact of the continually changing restrictions on training courses, OGTs and Yoga Days. All meetings have been online. Tutors have really risen to the challenge of delivering courses and on-going training online and I'd like to thank them all for their commitment and dedication to ensure that the quality of Yoga Scotland's training has been maintained throughout the pandemic. Thanks also to the group of assessors who made the transition to online assessing and have enabled Teacher Training courses to complete on time again over the year, also thanks to all those teachers who came forward to offer online 'shadowing' opportunities for student teachers and our students for their support in continuing online – and at times their patience while we worked out how to make things happen! Special thanks to Cathy Swan and Judy Cameron our lead tutors for teacher training who have gone above and beyond to ensure their students have the best training possible online. We wish to give special thanks to Cathy Swan for her years of dedication to the Teacher Training Programme and while she remains with us in other roles she stood down as Lead Hatha Tutor from January 2021 due to ill health. The Board wish to thank Judy for stepping in to allow the GTT students to complete their teacher Training with minimal interruption.

The supportive response from the Yoga Scotland community has been quite overwhelming and shows just how versatile and resourceful we can all be when needed!

We've started this course year with fewer courses than usual, and some students have decided to defer their places to next year due to continued online course days. Trustees decided that all remaining on-going training days would be delivered online until May 2021.

Plans for courses due to start in September 2022 began shortly after the last AGM. We have also begun planning the 300 hours 'top up' modules which will allow 200hr trained teachers to increase their training to 500hr, with the development of Philosophy and Mental Health/Trauma awareness modules. Other modules are also being explored, to run out with the Teacher Training Course. The Board, in discussion with Teacher Training Tutors decided not to make any major changes in the light of fantastic feedback regarding the great continuity and mentoring support the existing Training provides and there were concerns this would not be maintained if the course was split into modules.

I'd like to thank our support workers Elaine and Tamsin for all their work behind the scenes to support trustees, tutors, students, and on-going training participants.

The IT update was delivered by Declan as he built our new website and managed TES, a Microsoft partner company who has built the portal where we can manage bookings and payments

We are now fully live with our new platform to manage memberships and events bookings. I'm pleased to report this system is working well for Yoga Scotland. Trustees and support staff are trained and comfortable in working the systems.

A request of members has been the class finder functionality on the website.

Unfortunately, this functionality has proven difficult to integrate with our systems. Despite much time and effort spent in developing this, we have discovered that without significant development and cost we will be unable to develop this feature in the foreseeable future.

Kerry thanked Ruth and gave special thanks to all the board members. They have been an enormous support over the past year which has continued to ride the challenges faced by us all. Thanks, was also expressed to members for their ongoing support, particularly YS advisors which we have called on to help us through. Thanks, was also passed onto volunteers who assist in the training team: planning OGT, supporting policy development and in developing ongoing training modules; social media and the magazine.

Kerry then nominated Declan as IT advisor seconded by Lisa Tatum

The Advisors consist of experienced ex Chairs/ trustees with expertise and tutors who are there to support and advise the trustees as needed.

4. Financial Report and Accounts

Kerry Cooper advised financial accounts had been independently examined and are available for members to download from the website. Accounts cover the period 1 August 2020 – 31 July 2021.

The following update was provided:

YS aims to reduce the overall deficit and continue to explore ways of doing this. There are 3 separate 'funds' within the accounts – General, Training and OGT. The General Fund is the fund that is struggling to make a profit due to bearing the main cost of website development and magazine costs. We made a profit of over £3000 in running an online charity fundraiser with the support of various tutors who donated their time, as they are today.

YS continues to use quick books for accounting along with analysing budgets and expenses to ensure we understand how and where income and expenditure is allocated.

Trustees continue to meet online as we have found this to be more cost effective, reducing travel costs and venue hire, and allows the Board of trustees to meet every 6 weeks. The more regular meetings have been necessary for good governance during the past year.

The aim in the coming year is to reduce the overall deficit and bring the General Fund into profit.

The accounts have been submitted to OSCR (the charity regulator) by the Chair of yoga Scotland as is required. The deadline is the end of April.

Ruth Plevin proposed approval of the annual accounts, seconded by Ann Davies.

5. Appointment of Independent Examiner

Kerry Cooper proposed that Elaine Alsop continues as Independent Examiner, seconded by Lucy West.

6. Elections to the Board of Trustees

Declan Mair and Lucy West stood down as trustees Kerry thanked them for their significant and lasting contribution to Yoga Scotland

Kerry advised that trustees can hold office for up to a 4 year maximum term (2 terms of 2 years). After this, they must stand down for a year before being eligible for re-election. No trustees have reached their maximum term.

Isabel Marshall (not able to be here today) was nominated to join the Board: by Judy Cameron and seconded by Jenna McCandish.

Ronnie Connick remained in his post as Treasurer and thanked for his contribution.

New members to the board who have served a year include Ann Davies, Jacqueline Tweddle, Ruth Plevin who were thanked for continuing in their roles on the board.

Ann Davies was co-opted as Secretary taking over from Carolyn Phipps-Urch who helped out by standing in as temporary secretary in June 2021. Kerry nominated Ann secretary and thanked her for offering to continue in this role. Secunder - Ronnie Connick. Caroline Phipps-Urch has completed her first term of office as and I wish to nominate Caroline for a second term. secunder Fiona McOwan.

7. Election of Chair

With the Chair being able to hold office for a maximum of 3 terms of 2 years (6 years in total), Kerry agreed to complete the second year of her first term of chair.

8. Any other business

(a) There was discussion around disappointment in the new website no longer having the class finder functionality – Kerry Cooper and Declan explained that the cost outweighed the amount of times it had been used previously. A solution was aired of providing a list with website links attached which will be explored.

(b) The provision of more On Going Training (OGT) days was confirmed that Yoga Scotland is currently planning more and CPD hours can be taken over two years to reflect the reduced OGT offered. Ruth Plevin encouraged the members to suggest areas which they would like considered for OGT going forward.

(c) Kerry confirmed there are plans to look at ways of increasing membership.

(d) A suggestion of looking at free self-placed CPD was provided for future with careful consideration as Yoga Scotland does not advertise non-YS events.

(e) It was confirmed that Yoga Scotland has its 50-year anniversary next year with celebrations currently being considered.

(f) It was agreed that workshop/engagement sessions would take place to assist in the development of a Mental Health module.

9. Date of next AGM

Saturday 4 March 2023. (Venue to be agreed)

10. Close

Kerry thanked everyone for their participation following a thank you on behalf of the members to the Board of Trustees by Fiona McOwan

The meeting closed at 2.20pm

Attendees :

Alyson Tyler	Alyson Tyler	Hilda Lang	Lucy West
Ann Davies	Ann Davies	Jacqueline Tweddle	Maria Jones
Declan Mair	Declan Mair	Janice Gavin	Ronnie Connick
Donna Nash	Donna Nash	Janice Whittick	Ruth Plevin
Fiona McOwan	Fiona McOwan	Jayne Wilding	Susannah Dean
Lisa Tatum	Lisa Tatum	Kerry Cooper	Caroline Smart
Helen Boyle	Helen Boyle	Laura Bissell	Fiona Webster
Gill Gibbons	Moira Donald	Tharanga Wicramasinghe	Sarah Matchett
Ann Hunter	Bijam	Catherine McCabe	Fiona Hayes
Elaine Alsop	Christine Purves		

Apologies:

Kath McDonald	Evanna Nash	Wendy Johnston	Mandy Graham
Ailsa Primmer	Caroline Phipps-Urch proxy vote to Kerry Cooper	Anne Brown	Mo Buckingham

Inke Nathke	James Fraser	Sue Mclennan	Wendy Kimmet
Isabel Marshall	Cathy Swan	Aileen Borthwick	Barbara Williams
Frances Kelly	Norman Boyle	Sue Devlin	Helen Wedgwood
Liliana Pavone	Judy Cameron proxy vote to Susannah Dean	Christine Masters	Audrey Walker
Sheila Stein			