



**Yoga Scotland Virtual AGM –
4 March
2023
11.30-12.45**

Present: Kerry Cooper, Clare Hayward, Aileen Overend, Cathy Swan, Jenni Connaughton, Christine, Jackie Le Brocq, Sara M, Alyson Tyler, Caroline Smart, Catherine Mitchell, Dorothy Wilson, Eilidh Macleod, Elaine Alsop, Fiona McOwan, Isabel Marshall, Jayne Wilding, Judy Cameron, Kath McDonald, Lindsey Porter, Maria Jones, Moira Donald, Ruth Plevin, Norman Boyle, Wendy Johnston, Catherine McCabe, Evelyn McClusky.

Introductions

Kerry welcomed everyone and took apologies to open the AGM. She added that the BoT wish to thank Clare Hayward, Catherine Mitchell and Aileen Overend our administration workforce for their commitment and dedication to the YS team over the past year and that their first year with YS was to maintain the smooth running of the organisation while coming out of the recent challenging years. She also thanked all the Board members for their support and work over the past year.

Ruth continued by explaining this is Yoga Scotland's Annual General Meeting where the Trustees report on Yoga Scotland's work over the 2021-22 year and deal with some formal business. She added that the constitution says that we need 20 members present for a quorum at an AGM (that's the number to be able to make valid decisions) and that we could see the meeting met this requirement. requirement.

It was noted that only Yoga Scotland members can take part in any votes during the meeting.

Minutes of the 2020 AGM

Kerry announced that everyone should have access to the 2022 minutes – available through the YS website and noted that there were no matters arising from the minutes that won't be covered in other parts of the meeting. She asked if anyone had any questions or comments on the minutes from 2022 – Mel and Lindsey asked to swap their names for the FC courses, so it is correct. The 2022 Minutes were proposed by Catherine McCabe and seconded by Norman Boyle for a correct record.

Presentation of Annual Report and review of 2021-22

Our Chair Kerry started by thanking fellow trustees who have worked very hard and given freely of their time and skills. She also thanked the committed group of tutors who continue to deliver top quality training in all the courses and ongoing training events and in particular to those who have donated their time running sessions or contributing in other voluntary roles to the organisation adding that these events can only happen because of the support staff that work behind the scenes.

Kerry then handed over to the other trustees to give an update on their area of work but started by explaining the following:

The admin team have taken on some of this work: liaising with our insurance partners and coordinating OGT, with input from trustees and supporting YS on social media and communicating with members. The magazine continues because of the dedicated volunteers, Angela Hughes and Alyson Tyler who do such a wonderful job to produce it. Thank you to our membership for the contribution of articles for this valuable resource.

d) Clare Hayward gave updates for social media informing the attendees that YS have around 3,000 followers on Facebook and 1222 on Instagram making social media a valuable tool as it is continued to be used to promote Yoga Scotland as an organisation, the courses, workshops and ongoing trainings. She added the Admin team would welcome volunteers to help with social media.

Teacher Training report

Ruth reported that the Training Team trustees have reduced their meeting requirement as much of it is dealt with by the capable hands of the administration team. The teamwork with 'admin' to develop and promote the OGT, training courses and other events we offer. Feedback from members informs what we continue to offer. She added that all meetings have been online as we have found this the most efficient and productive way to meet with the bonus of no travel costs to the organisation. Furthermore, in response to feedback from participants attending our events, Yoga Scotland continue to offer a mixture of online, face to face and sometimes blended courses and on-going training. She thanked tutors who have supported Yoga Scotland in the delivery of training and continued with news that Yoga Scotland have 6 newly trained assessors who can continue to provide support to the Teacher Training programme for students in delivering their assessed classes. She thanked them for joining the team of assessors and thanked the experienced assessors who continue to provide assessments for us, namely Cathy Swan and those who supported her in delivering this valuable training. Ruth mentioned that YS are very glad to have Cathy's continued support of the Teacher Training Courses, which she has also provided in the form of mentoring and meeting with tutors. She also thanked students who came forward to be class participants on the training days and a special thanks to Teacher Training students who were willing to do their assessment with an audience of assessors.

Ruth commented that YS are also thankful to teachers who continue to offer their class for 'shadowing' opportunities for student teachers adding to please get in touch if you wish to be included on this list.

Ruth went on to thank Judy Cameron, Susannah Dean, Graham Burns and visiting tutors for their involvement in the Teacher Training programme. Adding YS are also grateful to Andrea Duffin, Melanie Cook, Lyndsey Porter and Rona Main for delivering on Foundation Training when we have been able to run it plus thanks to Marjory Watt for delivering the Living Yoga Course. She gave final thanks to all students choosing to train with Yoga Scotland.

Ruth announced YS are working toward some collaboration with British Wheel of Yoga in the hope of extending this to Foundation Training in Grampian with Sandra Cook and Rona Main. She reported that YS began the Sept 2022-2024 Edinburgh Teacher Training course with excellent numbers and a high standard of applicants with Judy Cameron as lead tutor. Twelve students aimed to complete their training with Susannah Dean in June 2023 who had agreed to take on a new course in the following autumn. The student feedback for both Teacher Training courses was outstanding. She went on with details of Foundation Courses and a total of 24 students who were training in Edinburgh and Glasgow that year. Living Yoga Course did not run due to low numbers that year.

Ruth reported that YS are restructuring guidance for the Teacher Recognition Scheme for 200/300 Trained Teachers who wish to upgrade to a standard YS500 hour training. This information will be found on the website in due course.

Yoga Scotland are developing Training for Teachers to become Tutors which includes shadowing our tutors with additional work requirements. There are limited places available. Information will be obtainable on the website shortly.

Enquiries for any courses are always welcome and you can email admin@yogascotland.org.uk

Ruth concluded with thanks The Satyananda Yoga group for donating £1300 to the bursary fund with the dissolution of this group. Thanks went to Carol Godridge and Bijam for organising this.

Finance – Approval of 21-22 Accounts

Kerry began with the finance details by explaining Ronnie Connick the treasurer was unable to attend and went on to thank Isabel for reporting on accounts.

Isabel reported the summary accounts contained in the annual review.

The full accounts have been independently examined and are available for members to download from the website. Accounts cover the period 1 August 2021– 31 July 2022.

- a. Isabel explained that YS aimed to reduce the overall deficit and continue to explore ways of doing this, however the cost-of-living crisis and increased costs and advanced payment terms made this difficult. She commented that YS continue however to have a reserve to see us through these times.
- b. She went on to inform the members that YS continued to use quick books for accounting along with analysing budgets and expenses to ensure YS understood how and where income and expenditure was allocated.
- c. Trustees continued to meet online as it was found to be more cost effective, reducing travel costs and venue hire, and allowed the Board of trustees to meet every 6 weeks.
- d. The accounts were submitted to OSCR (the charity regulator) by the Chair of Yoga Scotland at end of April 2023.

Clare Hayward proposed, and Ruth Plevin seconded these accounts. All voted in favour of approving the 21-22 Accounts

Appointment of Independent Examiner

Kerry explained that Elaine Alsop has been an accountant and independent examiner for the charity sector and has provided YS with support and guidance over the past 4 1/2 years and has been our Independent Examiner for the past 3 years. YS wish to thank Elaine for her continued support. Kerry proposed Elaine for the coming year and Elaine was voted in unanimously.

Elections to the Board of Trustees

Kerry announced that Treasurer Ronnie Connick and Trustee Caroline Phips-Urch have both stepped down from their Board positions. YS are very grateful for their hard work and that Caroline will remain as a volunteer supporting the magazine and social media. Kerry and YS would like to thank Caroline and Ronnie for their significant contribution to Yoga Scotland –. Ronnie has been a Trustee for 2 years. Kerry also thanked Caroline for giving YS a social media presence and developing this further.

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

Kerry announced a nomination for Helen Boyle to join the Board: nominated by Isabel Marshall and seconded by Kerry Cooper – agreed unanimously . Kerry went on to ask all members if anyone wanted to propose someone, or volunteer themselves as a trustee. Maria Jones proposed herself as a trustee and Evelyn McCluskey offered to volunteer.

Kerry added that she wanted to thank the remaining board members who provide enormous support and back up for her and Yoga Scotland.

Ruth the Training Coordinator took over by announcing that Kerry has been Chair for one term (2 years) and that Kerry has agreed to continue as chair beginning a second term.

Kerry continued by giving special thanks to all the board members adding that they have been an enormous support over the past year which had continued to ride the challenges faced. She also thanked members for their ongoing support, particularly YS advisors who help enormously. Thanks were also due to the volunteers who assist in the training team while supporting policy development and in developing ongoing training modules plus the important aspects of the magazine production. She added it is an honour to work with such a wonderfully supportive group of people who all do an enormous amount often behind the scenes for Yoga Scotland and that she is looking forward to the year ahead as the team work together and continue to support practitioners of yoga.

Questions from members

Lindsey Porter asked about numbers for course applicants and the decrease in numbers plus a £17k deficit in the accounts – she asked if this is an ongoing pattern. Aileen Overend confirmed YS are continuously assessing the accounts and catching up with accruals. There are 2021 receipts and payments along with some invoices from previous year along with venues who charge deposits in advance. The deficit is a technicality aspect rather than a true trend.

Katie McFarlane asked that if venues ask for deposits or payments in advance are YS asking their students for course payments in advance to cover this. Aileen Overend explained that some venues are seeking early deposits but YS is trying to mitigate these risks as much as possible. Katie asked if we could explore alternative venues is this puts YS at financial risk – Clare Hayward added YS continue to seek alternative, suitable venues and asked for recommendations from anyone who might know somewhere YS could use.

Judy Cameron asked for details of OGT events for the next year to be shared so tutors can promote them. Admin are working on these.

Bijam (Jenni Connaughton) asked for an update on the bursary information. Aileen Overend reported that the bursary is awarded in the current year and comes from donations, setting up Gift Aid process and fundraising.

Bijam expressed a wish to donate to the bursary – Aileen will liaise with her regarding this.

Caroline Smart asked about links to teachers on the website (Find a Teacher function) which Catherine is working on. Caroline asked for separate headings. Admin will investigate if this is possible on the website.

Kerry checked if anyone had any other business – no further comments were made.

Date of next meeting: Saturday 2 March 2024