



**YOGA SCOTLAND SCIO**

**Annual Report and Unaudited Accounts  
For the year ended 31 July 2023**

**Registered Charity – SC047418**



## YOGA SCOTLAND SCIO

### CONTENTS

|   | <b>Page</b> |
|---|-------------|
| Reference and Charity Information             | 1           |
| Trustees' Report                              | 2 - 7       |
| Independent Examiner's Report to the Trustees | 8           |
| Receipts and Payments Account                 | 9           |
| Statement of Balances                         | 10          |
| Notes to the Accounts                         | 11 – 13     |

**YOGA SCOTLAND SCIO**

**REFERENCE AND ADMINISTRATIVE INFORMATION  
FOR THE YEAR ENDED 31 JULY 2023**

|                         |  |
|-------------------------|--|
| <b>Charity Name</b>     | Yoga Scotland SCIO   |
| <b>Known as</b>         | Yoga Scotland  |
| <b>Charity Number</b>   | SC047418, registered in Scotland   |
| <b>Principal Office</b> | 18 East Camus Road<br>Edinburgh<br>Midlothian<br>EH10 6RE  |
| <b>Trustees</b>         | Kerry Cooper (Chair)<br>Ruth Plevin<br>Isabel Marshall<br>Jacquie Tweddle<br>Helen Boyle (appointed 4 March 2023)<br>Maria Jones (co-opted to the Board 18 March 2023) |

The following Trustees resigned during the year:  
Ann Davies (24 April 2023)

**Independent Examiner** Elaine Alsop  
EA Independent Ltd  
1 Rosebery Place  
Dunbar  
East Lothian  
EH42 1AQ

The Board of Trustees wish to thank outgoing trustees for their contributions to the work of the charity.

**YOGA SCOTLAND SCIO**  
**TRUSTEES' ANNUAL REPORT**  
**FOR THE YEAR ENDED 31 JULY 2023**

The trustees are pleased to present their annual trustees report and accounts for the year ended 31 July 2023.

**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.

*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*

There have been 7 trustee meetings in 2022-23, all on-line. We are continuing to meet approximately every 6-8 weeks as we found this worked very well in the previous year having more frequent contact. The Trustees also use 'whatsapp' for any urgent discussion or decisions between meetings and these are captured in the minutes of the next official meeting. The online meetings save a lot in travel expenses and allow decisions to be made more promptly, to oversee the operation of the charity and determine its strategic direction and policies.

Trustees welcomed Michelle, Catherine and Yvonne on to the Board, and we said goodbye Ann, Jacqui, Isabel and Maria and thank them for their contributions in supporting the charity. Maria and Jacqui remain as volunteers for Yoga Scotland. Our volunteer team take on various jobs as needed and include Lucy West and Gill Swales (Protection of Vulnerable Groups, PVC)), Frances Kelly (Training), Caroline Phipps, Angela Hughs and Alyson Taylor (Magazine), Cathy Swan (Teacher Training), Christine Purves and Melanie Cook (Teacher Recognition Scheme (TRS)) and Jan Tresize (CANVA). Volunteers give what time they can, and we are very grateful for any contribution.

If you would like to volunteer time to YS, however small your contribution will be gratefully received. Other supporters include the Advisor panel who are available to trustees for advice and consultation, as previous members of the board: Bijam (Jenni Connaughton), Gill Gibbens, Ann Hunter, Kath McDonald, Fiona McOwan, Evanna Nash and Declan Mair (IT).

**YOGA SCOTLAND SCIO**  
**TRUSTEES' ANNUAL REPORT**  
**FOR THE YEAR ENDED 31 JULY 2023**

**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.
- Ensuring continual affiliation with Chartered Institute For The Management Of Sport And Physical Activity (CIMSPA), working toward regulation of standards in the Health and Sport sector in the UK.
- Maintaining links with GYA, SAMH and Sport Scotland.

*Public benefit*

In meeting its objectives, and delivering it's 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.

**YOGA SCOTLAND SCIO**  
**TRUSTEES' ANNUAL REPORT**  
**FOR THE YEAR ENDED 31 JULY 2023**

**Achievements and Performance**

***Training Courses August 2022-July 2023***

*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.

Two Foundation Courses ran in 2022-23. In June 2023, 20 completed a Foundation Course.

Glasgow Foundation Course tutor (GFC): Lindsay Porter

Edinburgh Foundation Course tutor (EFC): Melanie Cook

*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. No Living Yoga Course ran during 2022-23. Marjorie Watt is lead tutor for the Edinburgh 2023-2024 group.

*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.

Glasgow Teacher Training Course was led by Susannah Dean who joined the team in September 2021. Twelve students completed the course in July 2023.

Edinburgh Teacher Training Course led by Judy Cameron began in June 2022 with sixteen students out of the original 18, moving on to their second year beginning September 2023. Two students paused their second year and will resume for year 2 on a future course.

Both courses were supported by Graham Burns on philosophy and Judy Cameron on anatomy & physiology. Thanks, are also due to visiting tutors who enhance the quality of the courses by offering specialist input. Thank you for all your support and involvement.

Thanks to all the tutors, students, external assessors and wider Yoga Scotland community for their commitment to courses and support of students, by providing class observation opportunities and assessment of teaching practice.

**YOGA SCOTLAND SCIO**  
**TRUSTEES' ANNUAL REPORT**  
**FOR THE YEAR ENDED 31 JULY 2023**

**Achievements and Performance continued**

*Teacher Recognition Scheme (TRS)*

The Teacher Recognition Scheme gives an opportunity for 200/300 hour trained yoga teachers to expand their training to become 500-hour qualified teachers. Experienced volunteer teachers work with Yoga Scotland and the applicant to identify areas where they could extend their knowledge and experience. We are currently working with one student who has almost completed the scheme. We wish to thank Melanie Cook and Christine Purves for running TRS, which greatly benefits Yoga Scotland and the Teachers attending the scheme. We are very grateful for their dedication and time they spend on reviewing students. On completion students receive the accredited 500-hour Yoga Scotland Teacher Training Qualification.

*Continuous Professional Development (CPD) and Workshops*

We offered a limited programme, as several were cancelled due to low numbers. The CPD Training Programme offered from August 2022-July 2023 is listed below:

| <b>OGT Training Days 2021-2022</b>                      |   |                      |  |
|---|---|----------------------|--|
| <b>Tutor</b>  | <b>Topic</b>  | <b>Location</b>      | <b>Attended</b>                                |
| Cathy Swan: supported by Judy Cameron and Susannah Dean | Assessor Training   | Polmont              | 4 new assessors and 20 Updated assessor status |
| F1 Training   | Emergency First Aid at Work                                   | Edinburgh<br>Glasgow | 36   |
| Judy Cameron  | Integrating Fluidity in our practice-the pathway to wholeness | Edinburgh            | 16   |
| Elizabeth Roberts                                       | Introduction to Ayurveda                                      | Blended/ Galasheils  | 6  |

The CPD and workshops offered from July 2023 in to 2024, covers a full and varied programme with good numbers booked.

**YOGA SCOTLAND SCIO**  
**TRUSTEES' ANNUAL REPORT**  
**FOR THE YEAR ENDED 31 JULY 2023**

**Financial Review**

*Financial results*

In the year to 31 July 2023, the charity had an income of £87,343 (2022: £93,206) and expenditure of £95,923 (2022: £111,198), resulting in net deficit of £8,580 (2022: deficit of £17,992). Total funds under management at 31 July 2023, were £28,278 (2022: £36,858), of which £26,978 is held in unrestricted funds and £1,300 is restricted. All funds are represented entirely by cash and bank balances.

*Restricted funds*

A restricted fund has been established for donations made to and raised by the charity specifically to provide a Bursary fund to assist potential students with fees. As at 31 July 2023, the balance is £1,300 (2022: £nil).

*Reserves Policy*

All funds held by the charity at 31 July 2023 are unrestricted. 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 have been used during the year to meet expenditure. General reserves stand at £26,978 as at 31 July 2023 which represents approximately three to four months of expenditure based on 22/23 spending.

*Trustee remuneration and expenses*

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

Reimbursement of expenses and travel costs were made to two trustees in the year totalling £335 (2022: £600, 2).

**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 continued to influence member numbers, students enrolling in courses, also courses / training days being postponed due to lack of numbers/illness. In addition, direct and indirect costs for Yoga Scotland to achieve their objectives have increased which will be a risk to already set costing models for course costs. 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. Trustees will also establish a membership and fundraising strategy to assist in mitigating and reducing the risks.



**YOGA SCOTLAND SCIO**  
**TRUSTEES' ANNUAL REPORT**  
**FOR THE YEAR ENDED 31 JULY 2023**

**Plans for future periods**

Trustees are working with service providers to enhance the website and improve the functional qualities. This will have been progressed before the 2024 AGM. In the next period, trustees plan to continue their work on developing the website which will include a log in area for members to replace the current 'list of Yoga Scotland Teachers' so teachers can manage their own listing. Further information will be provided through the membership site for Teacher members only.

Plans to advertise the 'The 'Teacher Recognition Scheme' have been paused due to restricted administration resources. Trustees have also paused the 'Train the Tutor' programme we wished to introduce last year. This scheme will be revisited and developed in due course in consultation with the Hatha teacher training tutors and support tutors with the management team. Information will become available on the website.

Trustees will continue to ensure a variety of courses and ongoing training events continue to be offered. These will appear on the website as they become available for booking. We are now able to offer a 12-month lead with the events programme.

Trustees will continue to offer Fundraising opportunities with the support of our volunteer contributors and look at more opportunities to host online yoga days for donations. Trustees are continuing to build the organisation's social media presence to promote the benefits of yoga and raise the profile of Yoga Scotland.

*Actions after 31st July 2023 for noting :*

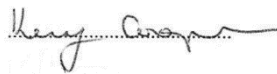
Following risk management and financial planning, Yoga Scotland called an EGM on 11<sup>th</sup> September 2023 to update members that trustees had to make the difficult decision to terminate two administrator contracts and reduce the Finance Officer contract. Aileen Overends' contract, as Financial Officer renewed from 15th December 2023. We are very sorry to say goodbye to Clare Hayward and Catherine Mitchell and we wish them well in their future endeavours.

From 1 December 2023, the trustees have divided the bulk of the administrative tasks amongst themselves with assistance from volunteers, the Teacher Training Tutors and ongoing support of Aileen Overend. Thank you for this work which is essential to keep Yoga Scotland moving forward.

Due to insufficient numbers the Glasgow Teacher Training course planned for 2023-2025 was cancelled and the trustees have responded to this by carrying out a full review and have started implemented a refresh to the course for 2024-2025.

**Approved by the Trustees and signed on their behalf**

**Kerry Cooper, Chair, 11 January 2024**



**YOGA SCOTLAND SCIO**  
**INDEPENDENT EXAMINERS'S REPORT**  
**FOR THE YEAR ENDED 31 JULY 2023**

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

I report on the accounts of Yoga Scotland for the year ended 31 July 2023 which are set out on pages 9 and 10 and the related notes on pages 11 to 13.

**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(as amended) ("the 2006 Regulations"). The charity's Trustees consider that the audit requirement of Regulation 10(1) (d) of the 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 is carried out in accordance with Regulation 11 of the 2006 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 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 Regulations
- have 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 FCIE  
1 Rosebery Place  
Dunbar  
East Lothian  
12 January 2024

**YOGA SCOTLAND SCIO**  
**RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE YEAR ENDED 31 JULY 2023**

|   | Notes | Unrestricted<br>2023<br>£ | Restricted<br>2023<br>£ | Total<br>2023<br>£    | Total<br>2022<br>£ |
|---|-------|---------------------------|-------------------------|-----------------------|--------------------|
| <b>Receipts</b>                             |       |                           |                         |                       |                    |
| Donations                                   | 2     | 903                       | 1,300                   | <b>2,203</b>          | 662                |
| Charitable activities                       | 3     | 85,140                    | -                       | <b>85,140</b>         | 92,544             |
| <b>Total receipts</b>                       |       | <u>86,043</u>             | <u>1,300</u>            | <u><b>87,343</b></u>  | <u>93,206</u>      |
| <b>Payments</b>                             |       |                           |                         |                       |                    |
| Charitable activities                       | 4     | 94,881                    | -                       | <b>94,881</b>         | 109,956            |
| Governance costs                            | 4,5   | 1,042                     | -                       | <b>1,042</b>          | 1,242              |
| <b>Total payments</b>                       |       | <u>95,923</u>             | <u>-</u>                | <u><b>95,923</b></u>  | <u>111,198</u>     |
| <b>Net receipts/(payments) for the year</b> |       | <u>(9,880)</u>            | <u>1,300</u>            | <u><b>(8,580)</b></u> | <u>(17,992)</u>    |

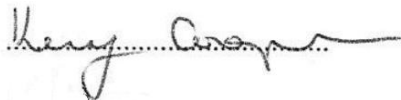
The notes on pages 11 to 13 form part of these accounts

**YOGA SCOTLAND SCIO**  
**STATEMENT OF BALANCES**  
**AS AT 31 JULY 2023**

|   | Notes | Unrestricted<br>2023<br>£ | Restricted<br>2023<br>£ | Total<br>2023<br>£   | Total<br>2022<br>£ |
|---|-------|---------------------------|-------------------------|----------------------|--------------------|
| Opening funds at 1 August               |       | 36,858                    | -                       | <b>36,858</b>        | 54,850             |
| Net receipts/(payments) for the year    |       | (9,880)                   | 1,300                   | <b>(8,580)</b>       | (17,992)           |
| Closing funds at 31 July                | 7     | <u>26,978</u>             | <u>1,300</u>            | <u><b>28,278</b></u> | <u>36,858</u>      |
| Represented by:                         |       |                           |                         |                      |                    |
| Cash and bank balances at 31 July       |       | <u>26,978</u>             | <u>1,300</u>            | <u><b>28,278</b></u> | <u>36,858</u>      |
| <b>Creditors (for information only)</b> |       |                           |                         |                      |                    |
| Independent examiners fee               |       |                           |                         | <u>800</u>           | <u>1,000</u>       |
|   |       |                           |                         | <u><b>800</b></u>    | <u>1,000</u>       |

All funds are unrestricted

**Approved by the Trustees and authorised for issue**



Kerry Cooper  
Chair  
11 January 2024

The notes on pages 11 to 13 form part of these accounts

**YOGA SCOTLAND SCIO**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 JULY 2023**

**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 18 East Camus Road, Edinburgh, EH10 6RE.

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 accounts have been prepared on a Receipts and Payments basis in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

**1.3 VAT**

The charity is not registered for VAT and, accordingly, expenditure includes VAT where appropriate

**1.4 Resources expended**

Expenditure incurred has been classified on a basis appropriate to the charity's circumstances. All expenditure relates to the charitable activities.

Governance costs are separately identified and disclosed fully in the relevant note to the accounts

**2 DONATIONS**

|                                  | <b>Unrestricted<br/>2023<br/>£</b> | <b>Restricted<br/>2023<br/>£</b> | <b>Total<br/>2023<br/>£</b> | <b>Total<br/>2022<br/>£</b> |
|----------------------------------|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| Scottish Satyananda Yoga Network | -                                  | 1,300                            | <b>1,300</b>                | -                           |
| Donations from fundraiser        | 752                                | -                                | <b>752</b>                  | -                           |
| Donations                        | 151                                | -                                | <b>151</b>                  | 662                         |
|                                  | <hr/>                              | <hr/>                            | <hr/>                       | <hr/>                       |
|                                  | 903                                | 1,300                            | <b>2,203</b>                | 662                         |
|                                  | <hr/> <hr/>                        | <hr/> <hr/>                      | <hr/> <hr/>                 | <hr/> <hr/>                 |

YOGA SCOTLAND SCIO

NOTES TO THE ACCOUNTS  
FOR THE YEAR ENDED 31 JULY 2023

3 RECEIPTS FROM CHARITABLE ACTIVITIES

|                           | Unrestricted<br>2023<br>£ | Restricted<br>2023<br>£ | Total<br>2023<br>£   | Total<br>2022<br>£ |
|---------------------------|---------------------------|-------------------------|----------------------|--------------------|
| <i>Promotion of yoga:</i> |                           |                         |                      |                    |
| Membership fees           | 12,135                    | -                       | <b>12,135</b>        | 15,855             |
| Course fees               | 72,146                    | -                       | <b>72,146</b>        | 76,692             |
| Magazine income           | 859                       | -                       | <b>859</b>           | 997                |
|                           | <u>85,140</u>             | <u>-</u>                | <u><b>85,140</b></u> | <u>92,544</u>      |

4 PAYMENTS FOR CHARITABLE ACTIVITIES

|  | Unrestricted<br>2023<br>£ | Restricted<br>2023<br>£ | Total<br>2023<br>£          | Total<br>2022<br>£    |
|--|---------------------------|-------------------------|-----------------------------|-----------------------|
| <i>Promotion of yoga:</i>              |                           |                         |                             |                       |
| Tutor fees, marking & assessing        | 31,087                    | -                       | <b>31,087</b>               | 42,634                |
| Venue hire and virtual delivery        | 15,994                    | -                       | <b>15,994</b>               | 13,771                |
| Tutor travel, meetings & resources     | 2,814                     | -                       | <b>2,814</b>                | 6,162                 |
| Magazine printing & postage            | 6,361                     | -                       | <b>6,361</b>                | 7,245                 |
| Insurance                              | 1,427                     | -                       | <b>1,427</b>                | 770                   |
| Advertising & promotion                | 199                       | -                       | <b>199</b>                  | 759                   |
| <i>Support costs:</i>                  |                           |                         |                             |                       |
| Clerical assistance                    | 29,885                    | -                       | <b>29,885</b>               | 26,068                |
| Recruitment                            | -                         | -                       | -                           | 1,259                 |
| Administration expenses                | 2,039                     | -                       | <b>2,039</b>                | 804                   |
| Professional fees & training           | 378                       | -                       | <b>378</b>                  | 2,484                 |
| Donations & gifts                      | 107                       | -                       | <b>107</b>                  | 441                   |
| Bank & paypal charges                  | 504                       | -                       | <b>504</b>                  | 858                   |
| IT and website                         | 4,086                     | -                       | <b>4,086</b>                | 6,701                 |
|  | <u>94,881</u>             | <u>-</u>                | <u><b>94,881</b></u>        | <u>109,956</u>        |
| <i>Governance costs:</i>               |                           |                         |                             |                       |
| Trustees' training & expenses          | 42                        | -                       | <b>42</b>                   | 42                    |
| Independent examination & AGM expenses | 1,000                     | -                       | <b>1,000</b>                | 1,200                 |
|  | <u>1,042</u>              | <u>-</u>                | <u><b>1,042</b></u>         | <u>1,242</u>          |
|  | <u><u>95,923</u></u>      | <u><u>-</u></u>         | <u><u><b>95,923</b></u></u> | <u><u>111,198</u></u> |

**YOGA SCOTLAND SCIO**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 JULY 2023**

**5 INDEPENDENT EXAMINATION**

The independent examination fee for the 2023 accounts is £800 and is included in the statement of creditors (2022: £1,000).

**6 TRUSTEES REMUNERATION AND EXPENSES**

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

Reimbursement of expenses and travel costs were made to one trustee in the year totalling £335 (2022: £600, 2).

**7 FUNDS**

|                                  | Note | At<br>1 Aug 22<br>£ | Receipts<br>£ | Payments<br>£   | Transfers<br>£ | At<br>31 July 23<br>£ |
|----------------------------------|------|---------------------|---------------|-----------------|----------------|-----------------------|
| <b><i>Unrestricted Funds</i></b> |      |                     |               |                 |                |                       |
| General Fund                     | [a]  | 36,858              | 86,043        | (95,923)        | -              | 26,978                |
| <b><i>Restricted Funds</i></b>   |      |                     |               |                 |                |                       |
| Bursary Fund                     | [b]  | -                   | 1,300         | -               | -              | 1,300                 |
| <b>Total Funds</b>               |      | <b>36,858</b>       | <b>87,343</b> | <b>(95,923)</b> | <b>-</b>       | <b>28,278</b>         |

**Notes and transfers between funds:**

[a] General Fund – is used for the expenses of running Yoga Scotland.

[b] Bursary Fund – a restricted fund has been established for the purposes of raising money specifically to assist potential students with training fees. In the year £1,300 was received into the Bursary by means of a donation from the Scottish Satyananda Yoga Network.