

Traditional Yoga Association[®]
Constituted by Deed of Trust on 6 February 2002

Charity Number 1091469

Annual Report

1st July 2020 – 30 June 2021

Annual Report of the Traditional Yoga Association® 2020/21

Founded in the UK in 1995, the Traditional Yoga Association® (TYA) was registered as a charity by Trust Deed on 6th February 2002. This Annual Report covers the period from 1st July 2020 to 30th June 2021.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name and Charity Number

The Traditional Yoga Association® is registered as a charity with the Charity Commission number 1091469.

The Traditional Yoga Association is also known as the TYA.

Charity's principal address

84 Kenilworth Avenue, Southcote, Reading, Berkshire RG30 3DW

Chairperson of the Charity

Swami Ambikananda

The Trustees serving during the year were as follows:

Dr Uddhava Samman

Ms Manisha Wilmette Brown

Ms Penny Hitchings-Jones

Mrs Hamulata Patel (from 1 April 2021)

Independent Examiner

Mr K. Bhadrassa

Bankers:

Lloyds Bank, Broad Street, Reading

Co-operative Bank, PO box 250, Skelmersdale, WN8 6WT

Insurance Brokers:

Balens, Bridge House, Portland Road, Malvern, Worcs. WR14 2TA

Towergate Insurance, Towergate House, First Floor, 5 Airport West, Lancaster Way, Yeadon, Leeds, LS19 7ZA

STRUCTURE, GOVERNANCE AND MANAGEMENT

Trust Deed

The Traditional Yoga Association[®] is a registered charity and is governed by its Trust Deed dated 6th February 2002.

As set out in the Trust Deed future Trustees will be appointed by resolution of the Trustees. New Trustees are given induction by the Trustees and are able to attend courses where relevant, in order to fulfil their role as Trustees.

Risk Management

It is the duty of the Charity's Trustees to ensure that the Charity's resources are protected and internal financial controls are in place. The Trustees ensure that regular reviews of the effectiveness of the Charity's internal financial controls are undertaken.

Risk Assessments are conducted on a regular basis and there is a continuous monitoring of financial controls. The Trustees at all times seek to Manage Risk to the Charity and seek to reduce risk wherever possible in all aspects of the running of the Charity. For reasons of cost and practicality, the system of internal control is intended to manage rather than eliminate risk and to give reasonable rather than absolute assurance.

OBJECTIVES AND ACTIVITIES

The objects of the Charity, as set out in the Trust Deed of 6TH February 2002 are:

To promote public education in the three facets of the Yoga Darshan: Jnana, Bhakti and Karma which include education and research, devotional and spiritual practices and rituals and the fulfilment of the responsibilities of care and service;

To provide relief for people who are in financial need; and

To promote education by the provision of schools and education to the public.

To reach our first charitable objective we built the three facets of Yoga into our organisational structure. To cultivate Jnana Yoga we offer Yoga Teachers Courses to train Yoga teachers; topical Yoga workshops; Philosophy courses; Meditation courses; and workshops open to all. The philosophy of Yoga is taught in specific classes but it is also an important and integral part of every course offered by the Traditional Yoga Association®.

As part of our Bhakti Yoga the TYA organises devotional functions which bring together members of diverse ethnic and religious backgrounds providing both inter-cultural education and spiritual expression.

As part of our Karma Yoga we set up The MUKTI Project and ring-fenced funds to support dispossessed and endangered children in India and since 2013 we have been giving grants to charities in England that help people who are homeless. This is our Yoga practice of working for others rather than oneself alone.

Public Benefit

The Traditional Yoga Association provides a very high standard of training for those who wish to become Yoga teachers and the provision of support and CPD for teachers after they have completed their course.

The TYA offers Yoga classes, courses, workshops, meditation courses and philosophy classes open to all and seeks to teach Yoga in a way that improves the physical, mental and spiritual health of everyone who attends the classes. The Charity welcomes all adults to its classes, trainings and courses regardless of their age, race, faith, gender, sexual orientation or personal circumstances. Where possible bursaries are given to people who are unable to afford classes or courses taught by the Traditional Yoga Association. The TYA also produces publications and CDs as another way to educate members of the public.

The TYA set up the MUKTI Project to raise funds to support the education and care of endangered children in India and more recently the charity has started donating to projects that support homeless people in the UK.

Our Trustees have given careful consideration to the Charity Commission Guidance on Public Benefit (2013).

ACHIEVEMENTS AND PERFORMANCE

Financial Review

The Trustees present their report with the financial statements of the charity for the year ended 30th June 2021. The financial statements have been prepared as Receipts and Payments Accounts as allowed under section 133 of the Charities Act 2011 ('the Charity Act'). Please see the Receipts and Payments Accounts for a full report.

In the period from 1st July 2020 to the 30th June 2021 the total income was £59,452 and the Expenditure was £52,247. Of this £27,080 was income specifically for The MUKTI Project.

Grants totalling £29,025 were allocated from Restricted funds by The MUKTI Project. The remaining funds belonged to the next financial year's allocation of grants.

Charity Reserves Policy

Since the Charity's overheads are relatively small the Trustees do not wish to hold large reserves in unrestricted funds. However, given the current uncertainties caused by the pandemic, the Trustees have revised the Reserves policy and now aim to maintain Reserves equivalent to the average annual expenditure from unrestricted funds for the previous two financial years.

The balance at 30th June 2021 stood at £28,169 in unrestricted funds. This amount is in line with the amount recommended in the revised Charity's Reserves Policy. The Reserves Policy will continue to be reviewed every six months to ensure that it continues to be appropriate for the work of the Charity.

Review of Activities of the TYA 2020/21

The Philo Trust

We are extremely grateful to the Philo Trust for their financial support that really was crucial to getting us through another year of this pandemic. Their grant helped us in keeping down the cost of on-going training for our teachers who were subject to losses in earnings during this period.

TYA FOUNDATION AND TEACHER TRAINING COURSES 2021

Yoga Foundation Course

A Foundation Course was taught by TYA Tutor Ben Parkes during 2021 in Trowbridge, Wiltshire, and 18 people successfully completed this course. The next Foundation Course in Trowbridge is scheduled to begin in 2022.

Teacher Training Course – Reading

The Teacher Training Course taught by Swami Ambikananda in Reading finished in 2021, and seven students completed the course. This Course had started in 2019, and had taken longer than usual to complete due to the pandemic. During the first half of 2021 the Course was taught online, and then in person during the summer when it was felt safe to meet in person.

Grant Placements: Thanks to the Philo Trust we were able to offer a total of £800 in grants to a student who needed it.

Teacher Training Course – Trowbridge

A new Teacher Training Course in Trowbridge taught by Ben Parkes is scheduled to start in January 2022.

CONTINUING PROFESSIONAL DEVELOPMENT (CPD) FOR TYA TEACHERS 2021

Due to the pandemic, the TYA CPD workshops continued online throughout this year. We reduced the cost to £10 per workshop to financially assist our teachers during this time.

Holding the workshops online also made the training possible for teachers who were having to isolate or shelter due to Covid restrictions. It also meant those living further from Reading did not have to travel to attend.

The following CPD Workshops were held:

1. Helping Children and Parents Reduce Anxiety

With home-schooling and lockdown at the start of 2021, our teachers were hearing stories from parents of how they ~ and their children ~ were struggling with anxiety.

The TYA organised this workshop, taught by Judy Cloughton, in February 2021. It introduced some easy, practical tools to cope with anxiety for children and busy parents, that TYA teachers could convey to their students. The workshop looked at how anxiety plays out differently in different people, of different ages, and discussed ways to manage it.

It was well-received by the teachers who attended.

2. Online teaching webinar

It has become clear that teaching online is here to stay in one format or another. This is a new development for most Yoga teachers and on 28th March Swami Ambikananda gave a webinar on the measures required for any online TYA Yoga classes and presented a document on the legal and insurance requirements of teaching online classes.

Swami Ambikananda had previously attended a webinar organised by The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA), in which various leaders in the field, as well as spokespeople for insurance companies, talked about delivering physical activity online and some important information emerged.

3. The Inner Journey of Yoga and Climate Change

Climate change is much in the news and Yoga practitioners everywhere have been asking how Yoga can help them respond to it. We are lucky enough to have a climate scientist, Helen Clark, as one of our TYA-trained Yoga teachers. Helen is currently working in industry as an Environmental Manager focussing on energy and carbon management, and therefore perfectly placed to conduct a workshop for our teachers.

In this workshop Helen explored how Yoga philosophy and practice might help deepen our relationship with our natural environment and encourage a sense of reverence from which we take personal action in the global crisis of climate change. For example, Helen explored how the philosophical teachings of Patañjali represented a more environmentally sustainable way of living and how we as Yoga teachers and practitioners can influence more environmentally sustainable behaviours ‘off the mat’.

This workshop was extremely well received by all the teachers attending and we are going to explore how we can open it to a wider audience in 2022.

4. Philosophy on the Mat

Over the past two decades, as the ‘fitness industry’ has burgeoned, we have observed that philosophy seems to have diminished in general Yoga classes as more emphasis is placed on the physical and health benefits of Yoga asanas. In response to this, Swami Ambikananda has developed and taught two new workshops demonstrating how Yoga philosophy can not only be incorporated into the physical work done on the mat, but how Yoga philosophy can enrich and enhance the physical practices. The first of these was:

4a. Interoception, Svādhyāya and Svabhāva

In this first workshop held in 2021 Swami Ambikananda explained the concept of interoception ~ our ability to understand, access and appropriately respond to the internal signals sent from the body to the brain. She explained to students the new emerging science of Polyvagal Theory and how this perfectly reflects the Yogic philosophical practices of Svādhyāya (self-knowing) and Svabhāva (attitude). She also taught practical examples of how these concepts can be made accessible, and useful to our students in classes as well as everyday life.

This was an introductory workshop on the subject ~ it is planned to explore it deeper, in person, when this pandemic permits, hopefully in 2022.

4b. The Power of the Pause

Following on from the first workshop, the second CPD workshop explored the oldest extant philosophical teaching of Yoga, the Katha Upanishad and ‘the power of the pause’. In this workshop Swami Ambikananda looked at how the Katha Upanishad, offers ‘the pause’ moment as the first teaching of Yoga.

Swamiji practiced with the teachers the moment of pause as we can apply it on our mats in āsana and prāṇāyāma ~ and then looked at how we can take it beyond the confines of our mat and into our lives.

Feedback about both workshops was excellent.

5. First Aid Courses

The TYA requires all Yoga teachers to have a valid First Aid certificate, therefore two face-to-face courses were organised in 2021, and a total of 19 teachers completed the course. These courses were taught by the British Red Cross and we have always been impressed by the high quality of the courses that they provide. We normally charge £40 per teacher to

cover the Red Cross's fee. Thanks to the Philo Trust grant, the TYA were able to halve the teachers' fee and bear the remaining cost ~ in order to help them in a period made difficult by the pandemic.

FURTHER TYA ACTIVITIES 2020/21

TYA Yoga Masterclasses

Swami Ambikananda has continued teaching the TYA Yoga Masterclasses online throughout the year. To the weekly Masterclass, we added:

Early Morning Yoga

Included in the Masterclasses, Swami Ambikananda began an online teaching of two early morning classes ~ 6.30 to 7.15 am, comprising 30 minutes of movement focussing on balancing the meridians with asana, and ending with 15 minutes of contemplation/meditation. These have been well-attended and attendees refer to them affectionately as 'the pyjama yoga classes'.

Online Yoga classes for people with Multiple Sclerosis

Uddhava Samman, our Treasurer and long-time Yoga teacher ~ has continued to teach Yoga to people with MS, throughout the year and Hema Patel, also a TYA Trustee, has also now started teaching people with MS.

In 2020 Uddhava's wheelchair students nominated him for the 'Berkshire Physical Activity Lockdown Hero Award' organised by a charity called *Get Berkshire Active* and he was announced as one of the winners in February 2021. He was interviewed on BBC Radio Berkshire about his work teaching Yoga to people with MS and as one of the winners of these awards.

Online TYA Philosophy and Chanting Class

Swami Ambikananda continued teaching the online philosophy and chanting class during the first part of the year while the Covid restrictions were still in place. The demand for these classes to continue is high and we will explore the possibility of re-establishing them later in 2022.

Yoga and Otago

Swami Ambikananda has been teaching an online Yoga class through the year that combines Yoga with the Otago Exercise Programme (OEP).

The OEP is an exercise programme developed by two New Zealand gerontologists to help prevent older people from falling. The leading cause of death in the world for people over 75 is falling. The OEP has been evaluated by leading universities throughout the world and emerged as the primary exercise programme for falls prevention.

These classes combining Yoga ~ including asana, pranayama contemplation, meditation and philosophical discussion ~ with the OEP have proved very successful. We have also encouraged our teachers to attend this class to deepen their understanding of teaching the growing ageing population. Attendance by teachers has been good and they seem to be more aware now of the need to explore this area of teaching more deeply.

Yoga for Older People

Following the Sports England Survey and our interaction with the Reading Hindu Temple (see below), we are again looking at our Sage Yoga course developed some years ago to see how we can re-introduce it to our teachers and to a wider group of Yoga teachers.

To this end Swami Ambikananda has formed a group of six people, including three of our female TYA teachers of South Asian ethnicity, to expand and re-formulate the course, ensuring that it appeals to people of all ethnicities.

Yoga and Blind People

Our 'Blindfold' Yoga classes ~ organised to raise funds for The Royal National Institute of Blind People (RNIB) ~ was cut short by the first pandemic closure in 2020. A number of TYA teachers had volunteered to give pro-bono classes throughout the year and the two classes we managed to give before the pandemic hit raised over £300 that was sent to the RNIB.

This led to discussions among our teachers about how people who are blind can be included in Yoga classes, and how we can create Yoga classes specifically for blind people. To this end Swami Ambikananda has contacted a local branch of the RNIB and, with another senior teacher, is in discussion with them to develop such a course for our teachers in the future. If this proves to be successful we hope to approach a local organisation for deaf people to see if and how we can extend our classes to see how they can also be served.

Yoga Blog Series

One of the ways we seek to pass on traditional yoga teaching to our teachers and the public is through the TYA Blog Page on our website. Swami Ambikananda has begun a new monthly series of blogs entitled 'What does it Take?' exploring the philosophical aspects of Yoga.

These can be found at : www.traditionalyoga.org/blog

SUPPORTING YOGA ACTIVITIES 2021

Yoga for Older People at Reading Hindu Temple

The local Hindu Temple holds regular pro-bono Yoga classes. Some of their teachers gained their training through the TYA, while others were trained by other schools. The teachers not trained by the TYA had received no training in teaching older adults ~ and they approached the TYA to request training in this specific area.

At the CIMSPA meeting earlier in the year the results of the 2021 *Active Lives Adult Survey* conducted by Sports England were discussed. This survey revealed that South Asian women over 50 are the least likely to engage in movement or exercise activities.

We felt strongly that this was a segment of the population we needed to find ways to serve and, in the spirit of the pro-bono classes at the Temple, Swami Ambikananda offered them some basic training on a pro-bono basis.

The teaching was well received by the temple teachers and is now incorporated into their teaching activities.

Talk on Swami Venkatesananda

In March 2021 Swami Ambikananda was invited by Ananda Kutir Ashram in Cape Town, South Africa, to give a talk about the teachings of her guru, and the inspiration behind the formation of the TYA, Swami Venkatesananda. This was organised as part of a year of worldwide celebrations to mark the centenary of his birth.

It was well-attended and Ananda Kutir Ashram have now posted it to You Tube where it can be viewed at:

<https://www.youtube.com/watch?v=ldGLXKJhr3k>

Asana Out Loud Workshop

Swami Ambikananda was invited to give an online workshop for a local Yoga teachers organisation, the Berkshire Yoga Teachers Circle, in 2021.

Pronouncing the Sanskrit asana names presents a particular challenge for English-speaking teachers. In this online session Swami Ambikananda taught students how to correctly pronounce the Sanskrit names of some of the most often used asanas and mantras. The session was conducted with much Yoga love and laughter. She also sent all of the attendees a handout, to break down Sanskrit words for pronunciation.

Dawn of Inter-Spirituality New Year's Retreat

Swami Ambikananda was one of the international spiritual leaders invited to speak on their online New Year's Retreat organised by the Dawn of Inter-spirituality project based in America.

Posted online this can be viewed at: <https://youtu.be/aapsajbiMHs>

FUTURE PLANS

Even though lockdowns and restrictions have been removed, the pandemic has left us with online classes as something of a norm. We therefore envisage a mixture of online and in-person teaching in 2021/22.

Planned CPDs for TYA Teachers

1. First Aid Course

A First Aid course is scheduled for those TYA Teachers whose First Aid Certificate will need renewing.

2. Movement as Meditation

We have invited James D'Silva, founder of the internationally popular 'Garuda Movement' (based on Yoga) to give a session in Reading on using the movement of vinyasa (continuous flow of asanas) as a means of accessing the meditative state.

3. Yoga in a Corporate Environment

One of our teachers has a number of years of experience teaching in a corporate environment, and she will be running a workshop on how to access such work and what is required of the Yoga teacher in a corporate environment.

4. TYA Yoga Videos on the Internet

The pandemic has shown us how important the internet can be in teaching Yoga, and Swami Ambikananda will be filming some Yoga videos with our teachers for the internet.

Swami Ambikananda's publications, the internet and online teaching enables the TYA to expand its teaching across the UK and throughout the world. Swami Ambikananda is recognised as an authority on Yoga, and her book *Healing Yoga*, which was first published in 2001 and republished in 2019, has been translated into many different languages around the world. We therefore feel confident that we can bring other teachers into this activity and create an online presence.

5. Developments in the TYA Tutors Course

Swami Ambikananda is in the process of exploring how to develop the TYA Tutors Course with three selected teachers. We have now selected three teachers and offered them substantial grants to enable them to complete this course and become TYA Tutors, teaching the TYA Teachers Course, thus becoming TYA Tutors.

Furthermore, with technological developments advancing at a fast pace and since the onset of the pandemic, Yoga schools around the UK have been considering how to respond to this changing situation. Many Yoga courses have now moved to a 'blended' approach using a mixture of face-to-face teaching, pre-recorded material, online (live) content, and support ~ and the proportion of each varies from one School to another. Swami Ambikananda, Uddhava and some other TYA teachers, are considering if any parts of our Teachers Course could be pre-recorded for future courses.

6. Meditation around the World – University of Oxford

Swami Ambikananda has been invited to teach on a two-day course entitled 'Meditation around the World' at the University of Oxford on 26-27 February 2022. This course will explore the theory and practice of different types of meditation from different spiritual traditions.

7. Hospice Work

Swami Ambikananda founded and ran the Reading Hindu Chaplaincy group for a number of years. During this time she recognised the need for spiritual guidance without the framework of any particular religion in a hospice setting. In the last government census the number of people who identified themselves as 'spiritual but not religious' had increased substantially. To this end we will be exploring the possibility of Yoga teachers being trained to specifically give guidance on meditation and other Yoga stress reduction techniques in hospices.

Conclusion

This pandemic has allowed all of us to appreciate, from a wholly new perspective, the strength Yoga offers in a challenging situation. For many of us, it has deepened our appreciation of this extraordinary philosophy, developed in a country and time so far removed from where we now practise it.

Thus the pandemic has deepened our commitment to continuing to offer Yoga's traditions to the contemporary seeker.



Responsibilities of Care

Discovering the spirit of Yoga on the mat, and then taking that spirit off the mat and into our daily lives, has always been the dream of the teachers of the Traditional Yoga Association ~ and MUKTI is a pathway we created for that.

In 1998 the TYA established the MUKTI Project in order to support the education of impoverished and endangered children in India. Since then we have extended our fund-raising to support homeless people in the UK.

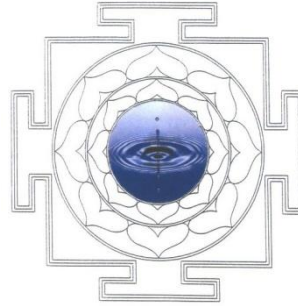
The MUKTI Project continues to be well-supported by TYA Yoga teachers who very enthusiastically participated in the year's fund-raising projects, bringing in their students as well as teachers and students from other Yoga schools. In this way we feel we live up to the highest ideals of Yoga ~ by giving and sharing.

None of this would be possible without the generosity and hard work of the wonderful people who continue to support the fund raising efforts of MUKTI. It is impossible to name everyone but special gratitude flows from us to our loyal patron Trudie Styler for her support. We were very grateful to James D'Silva (from the Garuda Studio) and Swami Ambikananda for teaching an online fundraising event called 'Sunday's Child' in 2020. James gave a Garuda movement class and Swami Ambikananda taught a Breathwork session. Neither received fees for their teaching and a total of £5,556 was raised for the MUKTI Project.

In December 2020 Reena Doshi organised a Christmas Fun Walk for young children and this raised £1,761 for the MUKTI Project. Laura Truesdale generously gave her time and skill and raised £1,529 from her online art classes 'Love of the Draw'. The remaining funds were raised from our supporters who keep giving so generously and who never forget us.

With this support, in 2021 we were able to give additional grants in order to help the charities we support in India and the UK, knowing the additional stresses placed on them by the pandemic. During 2020/21 a total of £27,080 was raised and £29,025 given away in grants as follows:

- Karm Marg India, home for street-children in Delhi : £17,000 (£7,000 above our usual annual grant to KM).
- Naz, home for children who are HIV Positive in Delhi : £5,000 (£2,000 above our usual annual grant to Naz).
- Centrepont London, for homeless young people : £2,500 (£1,500 above our usual annual grant).
- Launchpad, for homeless people in Reading: £2,500 (£1,500 above our usual annual grant).



Traditional Yoga Association
Constituted by Deed of Trust on 6 February 2002

Receipts and Payments Accounts for the period
Year from 01 July 2020 to 30 June 2021

Charity No 1091469

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2020 to 30 June 2021

Balance Sheet	2021			2020		
As at 30 June	£	£	£	£	£	£
Current assets						
Cash at bank and in hand	<u>52,897</u>			<u>45,393</u>		
		52,897			45,393	
Current Liabilities						
Amounts falling due within one year	<u>-</u>			<u>-</u>		
		<u>-</u>			<u>-</u>	
Net current assets		52,897			45,393	
Total net assets		<u>52,897</u>			<u>45,393</u>	
Income Funds						
Unrestricted funds		28,169			16,310	
Restricted funds (The Mukti Project)		24,728			29,083	
		<u>52,897</u>			<u>45,393</u>	

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2020 to 30 June 2021

Income	2021			2020		
	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total
Philo Trust	12,000		12,000	14,000		14,000
Legacy donation	0		0	2,500		2,500
Yoga Foundation course	0		0	100		100
Yoga Teacher training course	7,889		7,889	11,900		11,900
TYA In-service training	350		350	3,226		3,226
TYA Membership fees	1,310		1,310	2,240		2,240
Book sales	406		406	334		334
Yoga in the Dark classes	0		0	315		315
Bank compensation	0		0	153	4	157
Yoga Masterclasses	10,009		10,009	5,553	3,965	9,518
Refund from Mukti	158		158			
Gift Aid	0	5,097	5,097	0	2,521	2,521
Donations	250	13,137	13,387	2,000	16,147	18,147
Sunday's child		5,556	5,556			
Christmas Fun Walk		1,761	1,761			
Love of the Draw		1,529	1,529			
Jugaad Bag sales		0	0		80	80
Mukti lottery		0	0		741	741
Sponsored Garba		0	0		5,393	5,393
Keep Moving for Charity		0	0		461	461
Total	£32,372	£27,080	£59,452	£42,321	£29,312	£71,663

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2020 to 30 June 2021

Expenditure	TYA		2021	TYA		2020
	Unrestricted Funds	Restricted Funds Mukti Project	Total	Unrestricted Funds	Restricted Funds Mukti Project	Total
World Yoga Festival	0		0	120		120
Tutor Development	0		0	145		145
TYA Course costs & Development	1,355		1,355	1,334		1,334
Trainers' fees	14,416		14,416	22,318		22,318
REPs, IYN & Yoga Alliance Membership	746		746	785		785
Amazon fees	181		181	136		136
Purchase of books to sell	293		293	554		554
Advertising	138		138	146		146
Travel expenses	0		0	440		440
Computer equipment/technical support	335		335	250		250
Updating Website & Domain renewal	1,909	375	2,284	1,197	842	2,039
Stationery, printing & postage	737	180	917	1,644	496	2,140
Public Liability Insurance	4	774	778	770	0	770
Room hire	163	121	284	3,755	460	4,215
Covid consultation fee	65		65			
Mukti	113		113			
Just Giving fees		216	216	36	72	108
Bank charges	57	171	228	15	118	133
Grants		29,025	29,025	2,695	22,275	24,970
Lottery expenses		348	348		348	348
Car expenses		325	325		380	380
Fundraising expenses		200	200		22	22
Total	£20,512	£31,735	£52,247	£36,310	£25,013	£61,323

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2020 to 30 June 2021

	TYA Unrestricted Funds	Restricted Funds Mukti Project	2021 Total Funds	TYA Unrestricted Funds	Restricted Funds Mukti Project	2020 Total Funds
Surplus in period	£11,860	(£4,356)	£7,504	£6,011	£4,299	£10,310
Funds at 1 July 2020	£16,310	£29,083	£45,393	£10,299	£24,784	£35,083
Funds at 30 June 2021	£28,169	£24,728	£52,897	£16,310	£29,083	£45,393



Section A Independent Examiner's Report

Report to the trustees/ members of

Charity name: TRADITIONAL YOGA ASSOCIATION

On accounts for the year ended

30th June 2021

Charity no (if any)

1091469

Set out on pages

Remember to include the page numbers of additional sheets

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30th June 2021.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
• the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature]

Date: 25/4/22

Name: MR KETAN BHADRESA

Relevant professional qualification(s) or body (if any):

CHARTERED ACCOUNTANT

Address:

15 OLD FARM CRECENT
TILEHURST
READING RG31 6SS

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

