

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

Charity Number 1091469

Annual Report

1st July 2022 – 30 June 2023

Annual Report of the Traditional Yoga Association® 2022/23

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 2022 to 30th June 2023.

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

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 6 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 2023. 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 2022 to the 30th June 2023 the total income was £67,463 and the Expenditure was £53,083. Of this £34,033 was income specifically for The MUKTI Project.

Grants totalling £22,500 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 increase in the cost of living, the Trustees 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 2023 stood at £30,885 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 2022/23

The Philo Trust

The TYA was very grateful to receive a grant of £15,000 from the Philo Trust this year, enabling us to expand and develop new courses and training and to make Yoga accessible to everyone, and maintain a high standard in the teaching, giving prominence to the philosophy of Yoga.

TYA Tutor Training Programme

Yoga Foundation course

During this year Swami Ambikananda trained three Senior TYA teachers as Tutors to teach the Yoga Foundation course. These Tutors will, in future, teach the TYA Foundation Course and go onto do the same for the TYA Teachers Training Course.

She began their training in November 2022 and in June they each gave a presentation to the group and graduated as new TYA Tutors. Swamiji chose to teach a small group so that she could help each person develop and integrate the ethical values and philosophy of Yoga more deeply into their teaching. In this way the high standard of teaching and the reputation of the TYA can be maintained and developed.

The TYA Yoga Foundation course is a complete course in itself, and also a requirement for anyone wishing to embark on the Teachers course.

One of the new course Tutors, Sunil Kalsi, has since taught the TYA Yoga Foundation course in Hertford, Hertfordshire, 17 students completed the course and the feedback was excellent.

Another newly qualified TYA Tutor, Luci Trendle, will be teaching a Yoga Foundation course in Reading in February 2024 from her Yoga studio.

Swami Ambikananda is planning to teach another Tutor's course for Senior TYA teachers who want to learn to teach the Yoga Foundation course and Teachers course. Through this process the training can be passed to the next generation of Tutors and enable the TYA to grow and expand into new areas of the country.

Teacher Training for FLY Course

Five TYA teachers are now teaching the FLY (For Life Yoga) TYA course to the elderly at venues dedicated to the enrichment of the elderly. The range of abilities is from those who need only chair work through to those who require some chair work but are also able to do standing or even limited floor work.

A number of TYA teachers have shown interest in taking up this training.

A reminder: the course is developed to provide Yoga and the Otago Exercise Programme (OEP) to the elderly. Of course, it also explores Yoga philosophy and encourages discussion among participants on philosophical issues. The classes currently being run are at private venues as well as a local Hindu Community Centre and a Sikh Gurdwara.

Continuing Professional Development (CPDs) for TYA Yoga Teachers

The TYA organises CPD workshops every year for TYA teachers as well as teachers from other schools who wishes to deepen their study of Yoga. We aim to offer both in-person as well as online workshops, the latter are especially welcomed by those teachers living far from Reading who would find it difficult to travel such a distance.

The philosophy of Yoga underpins everything we do at the TYA and we organise workshops that focus on the philosophy and practice of Yoga.

Heart and Purpose of Yoga

Professor Ravi Ravindra gave two webinars for the TYA on the Heart and Purpose of Yoga in February and June 2023 which explored the philosophy of Yoga. Both webinars were well attended and 32 people joined online.

'The Gunas ~ On and Off the Mat'

The 'guna-s' form a basic philosophical teaching of Yoga that is found in all the major texts, including the Patanjali Sutras and the Bhagavad Gita. Guna means 'quality' and the philosophy underpins all of creation with three qualities in constant flow and change: (rajas), inertia (tamas) and balance (sattva). The work of the Yogin is to recognise this flow in themselves, in nature and in each other.

TYA teacher Ami Roy gave a 3 hour in-person workshop to our teachers in March 2023 and 14 people attended.

This workshop integrated the philosophy and practice of Yoga and how the gunas can be recognised and mastered through our Yoga practice both on and off the mat.

Yoga and the Alexander Technique

Alexander teacher, Ron Colyer, taught a 3 hour in-person workshop for our teachers and students on Yoga and the Alexander Technique.

Swami Venkatesananda, the inspiration of the TYA, used to say of the Alexander Technique “Matthias Alexander was an ancient Yogin returned to teach us the same truths in a different form...”. The Alexander Technique works on getting participants to move without imposing movement. Thus, building a keen self-awareness ~ just as in Yoga ~ becomes the primary goal of the practice rather than the gymnastics of the asana. Ron Colyer beautifully conveyed ideas on how to articulate the instructions to move in such a way that awareness remained the primary activity, even in complex asanas

First Aid Course

The TYA requires all its teachers to have a valid First Aid certificate and a basic knowledge of CPR and First Aid.

Each year we organise a First Aid course for our teachers so that they can all renew their First Aid Certificate over a three-year period.

ADDITIONAL TYA ACITVITIES IN 2022 / 2023

TYA teachers teach Yoga and Meditation classes to every section of society, many teach mainstream Yoga classes whereas others choose to specialise and teach people who would not manage in a normal Yoga class. Teachers teach Yoga across the whole spectrum of life from pregnant women, mother and baby classes, to specialist classes (see below). We have always promoted the value that Yoga practice is open to all and the teacher must meet the student where they are. In this way no one is left out. Teachers continue to teach both online classes as well as in-person classes.

In addition, some special events took place:

Yoga for people with Multiple Sclerosis

Yoga and meditation have been found to be beneficial for people with MS and both are recommended for MS in the NICE guidelines.

Uddhava Samman and Hema Patel teach a total of four online Yoga classes each week for the Berkshire MS Therapy Centre for people with MS spanning a range of different levels of disability. People with MS prefer the classes to take place online as they then do not have the additional expense or effort of arranging transport. It also means people can join from anywhere in the country.

Uddhava teaches two chair-based Yoga classes each week for people in wheelchairs or with limited mobility. He also teaches a third class for people who are able to stand using support and are able to do floor-based asanas. The class incorporates the OTAGO Exercise Programme to improve balance and leg strength.

In addition, Hema teaches a chair-based class that also incorporates standing as well.

Meditation classes for people with Multiple Sclerosis

Uddhava taught an ongoing Meditation class for people with MS for the Berkshire MS Therapy Centre throughout the year and in addition he was invited to teach three introductory courses for people new to meditation.

Teachers Master Classes

These classes continue to be conducted online by Swami Ambikananda and remain popular as they can be accessed by teachers from all over the country. This includes an early morning class and an evening class each week.

ForLife Yoga classes

Swami Ambikananda teaches an online Yoga class for older people who would not be able to join her other two online classes. TYA Teachers are invited to join to get an idea of working with this specialist group.

TYA Website Monthly Blogs on the Philosophy and practice of Yoga

In 2022-23 TYA teachers were invited to write blogs for our TYA website: www.TraditionalYoga.org/blog

In addition, Dr Miguel Farias was invited to write a blog about research into Mindfulness. Dr Farias was a postdoctoral research fellow at the Ian Ramsey Centre and the Oxford Centre for Science of the Mind. In 2010, in collaboration with the Prison Phoenix Trust, he embarked on the first randomized-controlled trial of the effects of yoga and meditation in prisons. This eventually led him to write a book that examines the science and myths about the effects of meditation, including its potential for healing and harm. In 2014, he joined Coventry University to lead the Brain, Belief and Behaviour research group, where he is carrying out new research on the effects of beliefs.

Blindfold Yoga

TYA teachers taught six Blindfold classes during 2023 and gave their time for free so that all the money raised from the classes could be given to the Guide Dogs for the Blind Association. The classes were very successful and a total of £500 was raised.

Yoga teachers found teaching the Blindfold classes challenged them to verbalise their instructions better and expanded their teaching abilities. We plan to hold more Blindfold classes in the summer of 2024.

Oxford University ‘Meditation Around the World’

Swami Ambikananda was invited to be one of three speakers at a 1-day Course at University of Oxford’s Department of Continuing Education. The course took place at Rewley House, Oxford University in June 2023 and was attended by UK residents as well as European students ~ and even three students from Thailand. The course covered the theory and practice of meditation from different traditions. Swamiji covered it from the perspective of Yoga, tracing its philosophical history through the Upanishads and Yoga Sutras.

Audio and E-book Publications

During 2022-23 progress was made towards the publication in Ebook and audio format of the translations Swami Ambikananda has done of the Patanjali Yoga Sutras and the Katha Upanishad.

It is planned that the Ebooks will be published in 2024, both texts are key to the understanding of Yoga and the Patanjali Yoga Sutras is normally studied by people training to become Yoga teachers.

International Yoga Day

Swami Ambikananda was invited as guest of honour to give a talk and to guide a meditation at an event organised by Hindu Swayamsevak Sangh UK on International Yoga Day in June 2023.

The day was very popular and attended by some 200 people in a large hall.

World Yoga Festival

Swami Ambikananda ~ and two other TYA teachers ~ were invited to teach at the World Yoga Festival in Henley in 2023. Swamiji chose to teach a blindfold Yoga class, as a way of creating a different experience for people of 'pratyahara' (one of the eight disciplines of Yoga as articulated by Patanjali).

A number of teachers who had trained in different schools and attended her class came to speak to her afterwards and told her that although they were trained Yoga teachers, their course had not covered the philosophy of Yoga nor anatomy and physiology in the depth she offered during the class. They were all keen to learn more.

Luci Trendle and Sunil Kalsi, two Senior Teachers and Tutors of the TYA, were also invited to give classes at the Yoga Festival and in total there were five Traditional Yoga classes taught over three days. All three teachers have been invited to return to teach at the 2024 festival.

The World Yoga Festival draws a crowd of Yoga enthusiasts of around 2,500 people from the UK and abroad. Many of the people attending are Yoga teachers and this was a wonderful way to showcase the work of TYA teachers and to promote the philosophy and practice of Yoga.

One of the organisers telephoned Swami Ambikananda after the festival weekend and reported that people attending the three-day World Yoga Festival were invited to complete a feedback survey as they were leaving. The survey asked which teacher at the festival had been outstanding for them. To her surprise, he told her, the vast majority had named her.

Balaji Temple

Via a recommendation by a Dr Nanu ~ student of Swamiji's ~ she was invited by the Shri Venkateswara Temple in Tividale, West Midlands, to be the main speaker at a Philosophy Summer Camp they hold annually for young people. The Shri Venkateswara (Balaji) Temple is the largest functioning Hindu temples in Europe and receives half a million visitors each year.

The camp was for about 120 young people aged fifteen to twenty, many of whom had attended previous camps. Swamiji chose as her topic 'The First Teaching of Yoga : Awareness of Free Will' (taken from the teaching of the Katha Upanishad). This was chosen as Swamiji felt it an appropriate topic for young people launching into A Levels and further education. After her talk she invited questions and a lively discussion followed.

To her surprise she got a letter a few days later asking if she would return in 2024 as the young people had greatly enjoyed the teaching, some saying it was the best they had heard. Swamiji donated the £200 speaker's fee to Mukti.

'Overcoming MS' Retreat

In April 2023 Dr Uddhava Samman taught a Yoga and Meditation class for people on a weekend retreat called 'Overcoming MS'. Organised nationally, it was based on the steps outlined in the book *Overcoming Multiple Sclerosis* by Professor George Jelinek. The organisers had planned to hold the Retreat at Charney Manor, however, given the logistics for people of travelling from anywhere in the country it was changed to an online retreat.



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.

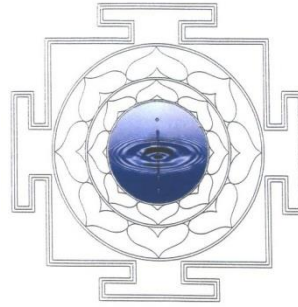
The MUKTI Project continues to be well-supported by TYA Yoga teachers who very enthusiastically participated in the year's fund-raising projects, bringing in their students as well as teachers and students from other Yoga schools. In this way we feel we live up to the highest ideals of Yoga ~ by giving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

During the summer of 2022 we organised a month-long Yoga fund-raiser ~ the Mukti Sun Salutations Challenge which raised £17,229 for the Mukti Project. In October 2022 a golf tournament was organised to support Mukti and a total of £3,496.

With this support, in 2022/23 we were able to continue giving grants to the charities we support in India and the UK and the following grants were given:

- Karm Marg India, a home for street-children in Delhi : £12,000
- Naz, a home for children who are HIV Positive in Delhi : £2,500
- Gandhigar Kachholi, a centre of excellence for learning for children with disabilities in Gujarat: £3,000
- Launchpad, for homeless people in Reading: £4,000



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

Receipts and Payments Accounts for the period
Year from 01 July 2022 to 30 June 2023

Charity No 1091469

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2022 to 30 June 2023

Balance Sheet	2023			2022		
As at 30 June	£	£	£	£	£	£
Current assets						
Cash at bank and in hand	<u>60,491</u>			<u>46,111</u>		
	60,491			46,111		
Current Liabilities						
Amounts falling due within one year	<u>-</u>			<u>-</u>		
		<u>-</u>			<u>-</u>	
Net current assets		60,491			46,111	
Total net assets		<u>60,491</u>			<u>46,111</u>	
Income Funds						
Unrestricted funds		30,885			24,266	
Restricted funds (The Mukti Project)		29,606			21,845	
		<u>60,491</u>			<u>46,111</u>	

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2022 to 30 June 2023

Income	2023			2022		
	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total
Philo Trust	15,000		15,000	16,000		16,000
TYA Tutor's training course	1,500		1,500	0		0
Yoga Teacher training course	0		0	100		100
TYA In-service training	1,661		1,661	1,321		1,321
TYA Membership fees	2,300		2,300	2,480		2,480
Book sales	401		401	138		138
Yoga Masterclasses	11,069		11,069	9,711		9,711
Blindfold Yoga classes	464		464	0		0
Royalties from book sales	35		35	0		0
Gift Aid	0	976	976	0	2,461	2,461
Donations	1,000	12,332	13,332		8,982	8,982
Sun Salutations Challenge		17,229	17,229		15,030	15,030
Golf Tournament		3,496	3,496			
Total	£33,430	£34,033	£67,463	£29,750	£26,473	£56,223

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2022 to 30 June 2023

Expenditure	TYA		2023	TYA		2022
	Unrestricted Funds	Restricted Funds Mukti Project	Total	Unrestricted Funds	Restricted Funds Mukti Project	Total
Tutor Development	259		259	30		30
TYA Course costs & Development	984		984	2,913		2,913
Trainers' fees	17,075		17,075	22,462		22,462
TYA Video recording	975		975			
TYA monthly blog	420		420			
IYN & Yoga Alliance Membership	482		482	641		641
Amazon fees	190		190	148		148
Purchase of books to sell	172		172	301		301
Advertising	138		138	138		138
Online classes equipment/support	905		905	740		740
Travel costs	332		332			
Updating Website & Domain renewal	2,398	445	2,843	2,799	775	3,574
Stationery, printing & postage	856	198	1,054	1,392	693	2,085
Public Liability Insurance	396	395	791	393	392	785
Room hire	484	50	534	824	0	824
TYA administrative costs	700	0	700	872	0	872
Bank charges	45	256	301		125	125
Grants		22,500	22,500		26,100	26,100
Lottery expenses		0	0		373	373
Car expenses		0	0		174	174
Fundraising expenses		2,268	2,268		723	723
Total	£26,811	£26,272	£53,083	£33,653	£29,355	£63,008

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2022 to 30 June 2023

	TYA Unrestricted Funds	Restricted Funds Mukti Project	2023 Total Funds	TYA Unrestricted Funds	Restricted Funds Mukti Project	2022 Total Funds
Surplus in period	£6,619	£7,761	£14,380	(£3,903)	(£2,883)	(£6,786)
Funds at 1 July 2022	£24,266	£21,845	£46,111	£28,169	£24,728	£52,897
Funds at 30 June 2023	£30,885	£29,606	£60,491	£24,266	£21,845	£46,111



Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name <u>TRADITIONAL YOGA ASSOCIATION</u>		
On accounts for the year ended	<u>30TH JUNE 2023</u>	Charity no (if any)	<u>1091469</u>
Set out on pages	<small>(remember to include the page numbers of additional sheets)</small>		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

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: 27/4/24

Name: MIR KETAN BHADRECA

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

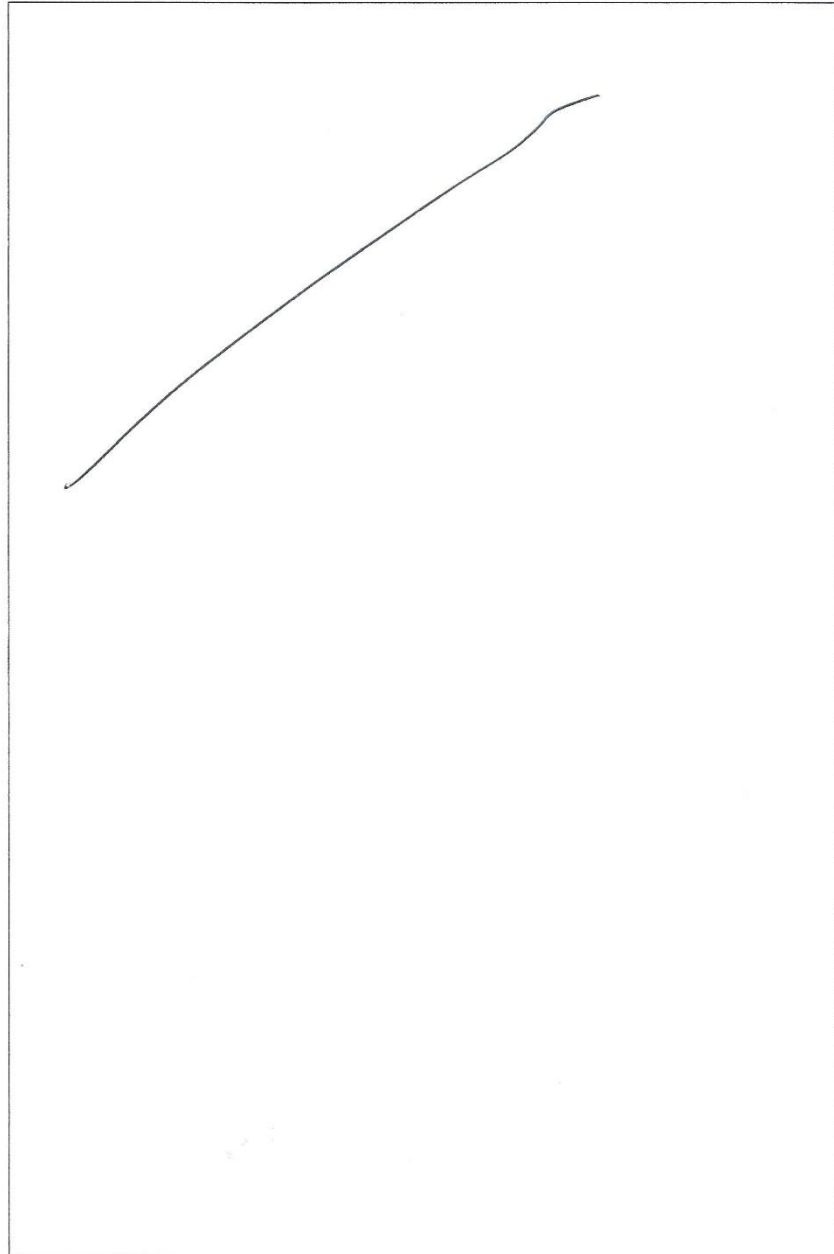
Address: 15 OLD FARM CRESCENT
TILEHURST
READING RG31 6SS

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.

A large, empty rectangular box with a thin black border, intended for the examiner to provide details of any items they wish to disclose. The box is currently blank.