LONDON INSIGHT
MEDITATION

Trustees' Annual Report and Unaudited Financial Statements for the year ended 31 December 2025

Charity Number 1145212

London Insight Meditation

Trustees' Annual Report and Financial Statements

For the year-ended 31 December 2025

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Trustees' Annual Report

The trustees present their annual report together with the financial statements for the year ended 31 December 2025.

Who we are.

London Insight Meditation (LIM) is a charity that promotes Insight meditation, plus related practices, values and teachings from the Buddhist tradition. Our charitable objectives are: *'Advancement of education for the public benefit in accordance with the Buddhist insight tradition (also known as Vipassana). To advance Buddhism'.*

LIM is a charitable incorporated organisation (CIO) governed by a constitution.

Organisational structure

The trustees take responsibility for giving strategic direction to the charity and monitoring its activities. The charity is run on a day-to-day basis by a team consisting of the Events Manager and other volunteers. The Events Manager is employed part-time. The trustees and the rest of the team are volunteers.

There was no paid Director role in 2025 (2024: no paid Director).

Trustees continue to regularly review our staffing requirements to ensure we can continue to fulfill our mission.

Governance

The Trustees meet at least quarterly to develop the strategic direction and to review activities and financial performance. The Chair and Manager meet regularly to review operational progress.

Trustees

The trustees who have served since the last annual report are as follows:

Mr Derek Bruce
Mr Patrick Drysdale
Dr Josie Levine
Mrs Reena Purchase
Ms Joanna-May Sta. Ana (Chair)

Appointment and induction of Trustees

Trustee vacancies are advertised and suitable applicants invited for interview. New Trustees are briefed on their duties and their legal obligations under charity and other law as well as on the work of the charity, its constitution, and how it operates.

Remuneration of trustees

All Trustees give their time voluntarily and receive no benefits from the charity. In accordance with good practice, the charity offers to reimburse out-of-pocket expenses incurred by trustees attending meetings. Where such expenses are reimbursed, this is noted in the accounts.

What we do

London Insight Meditation offers a year-round programme of events based in the Insight meditation tradition. Together with a group of leading teachers, we explore the modern application of authentic Buddhist teachings in our lives. Our events include daylong and weekend retreats, study days, courses in meditation and public talks led primarily by teachers from the Insight meditation tradition.

LIM works in close connection with like-minded organisations across the UK and abroad, most notably the residential retreat centre Gaia House and Bodhi College who run courses and retreats across Europe. It regularly consults with these organisations about aspects of practice; this expands the range of connections and ensures London Insight Meditation is fully aware of developments in the area. While London Insight Meditation benefits from collaborating with comparable organisations, there are no formal legal ties or financial relationships with them.

Our vision

London Insight Meditation exists to serve the Dharma, the teaching of the Buddha, which tells us that awakening is possible, that our minds and our hearts can be open and at peace – here and now, in this very city, in this very life, in this very moment.

Our mission

We aim to ensure that the Buddha's teaching is readily accessible in London; to support the efforts of Londoners at every stage of the path to understand the Dharma and realise it in their own lives; and, through our activities, to foster the growth of the community of Londoners who are inspired by the Buddha's Dharma.

Our values

London Insight Meditation aspires to embody the ethical principles of the Buddhist tradition.

We aim to present Insight meditation and related teachings in a manner that is accessible to western practitioners, while preserving their full depth. To this end, Buddhist ritual and imagery usually play little part in our events. We do however value our links with more traditional Buddhist institutions, such as Amaravati, Cittaviveka, Satipanya and Anukampa

We whole-heartedly welcome all, irrespective of religious or political belief, gender, sexuality, age, class, ethnicity, nationality or disability. Our hope for the future is to develop an increasingly varied programme of events appropriate to people of all backgrounds.

The pricing of our events is on a scale, which includes discounted rates, to ensure that those on lower incomes are not deterred from attending. Discounts are clearly publicised to minimise hesitation or embarrassment. People unable to afford the discounted rates will not be turned away if places are available and this concession is publicised. The pricing of our events reflects the cost of putting on events, excluding any remuneration to the teachers.

Consistent with the long-standing Buddhist tradition, our teachers are not remunerated by the charity. Instead, attendees at our events are invited to make voluntary contributions (dana) to teachers in gratitude for their teachings. The livelihood of most teachers depends, wholly or largely, on the generosity of retreatants who value the teachings and wish to support their continuation.

Our teachers are expected to comply with the ethical guidelines of the international Insight Meditation teacher community.

We seek to engage and benefit the public by recording the talks at our events and making these available for free online listening and download by people unable to attend our events.

We warmly welcome people of all spiritual traditions or none and we do not seek to convert. We are pleased if participants in our events find in Insight meditation a way to a deeper engagement with their own tradition.

The Insight meditation tradition encourages regular practice. Sitting groups for group meditation are common across Buddhist traditions. Though it does not itself organise such groups, London Insight Meditation publicises them through our website, and provides advice for those who wish to set up sitting groups.

Our people

Teachers

Our events are led by an exceptional group of teachers from the Insight meditation tradition. We are grateful to continue to host many of our longstanding teachers from the UK and US, increasingly in person, but retaining some Zoom events. We actively sought to increase our teacher pool during the year to support newer teachers and include teachers from diverse backgrounds.

Volunteers

LIM is run by a team of volunteers and Events Manager. We are ourselves committed meditators. We integrate practice into our work at LIM, for example starting all meetings with a meditation sit.

Our key achievements in 2025

2025 Events Programme

We planned to deliver 24 events, 1 was cancelled and 23 took place, 1 more than in 2024. We continued to offer a combination of online and in-person events.

Participants

The total attendance at our events in 2025 reached 1,090, reflecting a 1.3% increase compared to 2025 (1,076). In-person attendance decreased by 5%, while online attendance increased by 40%. The overall number of online offerings in 2025 (6) was two more than that of 2024 (4). The number of in-person weekend retreats remained consistent with 2024. One more day long in-person took place in 2025 (15) than in 2024 (14). LIM continues to host online events, attracting international participants.

Event delivery

Various formats were made available online, including shorter talks (2-2.5 hours), a full-day session and a weekend retreat. In-person offerings included weekend retreats and full-day sessions.

In-person	
Day long	15
Weekend	2

Online	
Talk	4
Day long	1
Weekend	1

Teaching programme

LIM continued to host events online for teachers not based in the UK.

Teachings were made available both live and after the event by uploading authorised recordings to Dharma Seed and videos to YouTube. We started our YouTube channel in February 2022 and have maintained a schedule of posting one video a week.

In 2025 our videos were viewed 89,000 times. The total watch time was 16,800 hours, and we gained 940 subscribers. In May 2025 we also started our Instagram account.

Events were also accessed by people not geographically based in London or who would be unable to travel to London-based events because of personal circumstances, including disabilities. The top 5 countries from which people were viewing our videos were: US, UK, Australia, Canada and Germany.

Our aim was to host events with teachers from a variety of backgrounds to be as inclusive as possible. Our events were led by a mix of teachers, both lay and monastics, and teachers from overseas.

Marketing and networking

LIM maintains a website and email contact list. We send out regular email newsletters reminding people of events and highlighting new additions to the programme. This allows us to put on events at short notice as opportunities occur.

We continued our close connections with like-minded organisations across the UK and abroad, most notably the residential retreat centre Gaia House and teacher-training organisation, Bodhi College. This expands the range of connections and ensures LIM is fully aware of developments in the area.

Since November 2022, we have convened a 'UK Insight Forum', comprising quarterly meetings with the chairs and directors of LIM, Gaia House and Bodhi College, to 'compare notes', share best practice and identify opportunities to collaborate.

Financial performance

Financial review

2025 was a stable year from a financial perspective with a small overall surplus of £2k. The surplus is lower than the surplus of £6k recorded in 2024 due primarily to lower events income and higher expenditure.

Total income for the year was £36,202, a decrease of 5.5% on the prior year. The decrease is mainly due to lower income from events and lower gift-in-kind income.

Total expenditure for the year was £34,128, an increase of 5% on the previous year. The increase was primarily due to cost inflation which impacted the costs of delivering events.

Reserves policy

The charity needs adequate reserves to enable it to finance future events, keep the day-to-day operations of the charity running, provide a precautionary reserve in case of fluctuations in the future level and timing of receipt of income, and to provide funds for investment.

The deficit in 2022 and 2023 had presented a challenge to re-establish financial sustainability. As a result, LIM increased ticket prices and no longer has a paid Director role since the start of 2024. These changes resulted in LIM making a surplus in 2024 and 2025 and the financial position is stronger and more sustainable now.

The Trustees are satisfied that reserves are currently adequate to finance the charity's continuation as a going concern.

Our future plans

We anticipate that LIM will continue with its existing activities to bring the Dharma to Londoners.

Risk management

The risks to which LIM is exposed are reviewed periodically by the Trustees. External economic risks, which remain beyond the control of the charity, are mitigated by the review of performance against budget and expenditure managed as appropriate.

Public benefit

The Trustees are aware of their obligation to act in accordance with Charity Commission guidance on public benefit. The Trustees consider that meditation can benefit individuals in dealing with life's events, relating to others non-judgmentally and empathetically, and developing a mature sense of perspective and positive attitude. They also consider that education in meditative techniques can contribute materially towards promoting a tolerant, thoughtful and co-operative society. The fundamental ethics and aspirations of the Buddhist tradition are based around generosity and non-violence, resulting in greater wellbeing when practised consistently.

Approved by the Board of Trustees and signed on their behalf by



Joanna-May Sta. Ana

Chair of Trustees

12 October 2026

Report of the Independent Examiner to the Trustees of London Insight Meditation

I report on the accounts of London Insight Meditation for the year ended 31 December 2025 set out on pages 8 to 13.

Respective responsibilities of Trustees and Independent Examiner and basis of Independent Examiner's report

As the charity trustees of London Insight Meditation you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

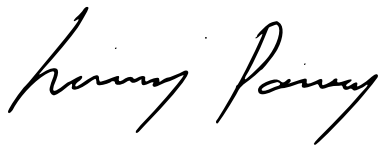
I report in respect of my examination of the accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not being kept in respect of London Insight Meditation as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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



Lomax Pavey MAAT

Independent Examiners Ltd
The Grain Store
Hills Barns
Appledram Lane South
Chichester
West Sussex
PO20 7EG

Date: 19th October 2026

London Insight Meditation

Statement of Financial Activities

For the year ended 31st December 2025

	Notes	2025 £	2024 £
INCOMING RESOURCES			
Gifts-in-kind		-	790
Donations		100	-
Income from charitable activities	2	34,946	36,147
Interest income		1,156	1,379
		36,202	**38,317**
RESOURCES EXPENDED			
Expenditure on charitable activities	3	34,128	32,480
Net surplus / (deficit) for the year		**2,074**	**5,837**
RECONCILIATION OF FUNDS			
Total funds brought forward		54,597	48,760
TOTAL FUNDS CARRIED FORWARD		**56,672**	**54,597**

All gains and losses recognised in the year are included above. All activities relate to continuing operations.

The accompanying notes are an integral part of this statement of financial activities.

London Insight Meditation

Statement of Financial Position

At 31st December 2025

	Notes	2025 £	2024 £
CURRENT ASSETS			
Debtors	4	1,052	1,535
Cash at bank and in hand	6	58,465	56,085
		59,516	57,620
less: CREDITORS			
Creditors: amounts due within 1 year	5	(2,845)	(3,023)
NET CURRENT ASSETS		56,672	54,597
NET ASSETS		56,672	54,597
FUNDS			
Unrestricted funds		56,672	54,597
TOTAL FUNDS		56,672	54,597

Approved by the Board of Trustees and signed on their behalf by



Joanna-May Sta. Ana
Chair of Trustees

12 October 2026

The notes on pages 10 to 13 form part of these accounts.

London Insight Meditation

Notes to the Financial Statements for the year ended 31st December 2025

1. Accounting policies

The principal accounting policies adopted, judgements, and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Basis of preparation
The financial statements have been prepared in accordance with the 'Accounting and Reporting by Charities: Statement of Recommended Practice (FRS 102)' published in October 2019, and applicable United Kingdom law and accounting standards.

The charity constitutes a public benefit entity as defined by FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes. The trustees believe it is appropriate for the financial statements to be prepared on a going concern basis.

Critical accounting estimates and areas of judgement
None noted.

Fund accounting
All of the charity's income is unrestricted.

Income
Income is recognised and included in the accounts when all of the following criteria are met:
- the charity is entitled to the funds;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably

Event income is recognised on the date that the event takes place.

Donated services provided to the charity as gifts-in-kind are stated at the price the charity would have had to pay for the services had they not been donated. In accordance with the Charities SORP, no monetary value is attributed to the many hours of volunteer time donated to the charity to enable it to run events, although this contribution is essential to the effective running of the charity.

Expenditure
Expenditure is recognised on an accruals basis. As the charity presently only has a single activity, all expenditure, including support costs, relates to the activity of organising its programme of events including daylong and weekend retreats, study days, courses in meditation and public talks.

Debtors
Trade debtors are recognised at the settlement amount due.

Expenditure incurred in advance of an event is recognised as a prepayment on the balance sheet until the event takes place or is cancelled, provided the expenditure is expected to be recovered.

Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are recognised at their anticipated settlement amount.

Taxation

No provision is made for any corporation tax on the charity's net income, as the charity is exempt because all its income and expenditure is in line with its charitable objectives.

The charity is unable to recover Value Added Tax and the cost of VAT incurred is included in each expenditure category.

2. Income from charitable activities

	2025	2024
	£	£
Event income	34,946	36,147
	34,946	36,147

See page 4 for detail of income generating event activities.

3. Expenditure on charitable activities

The trustees believe that all the expenditure incurred relates to the charitable activity of organising its programme of events, including daylong and weekend retreats, study days, courses and public talks.

Details of expenditure incurred are as follows:

	2025	2024
	£	£
Venue hire	6,770	5,607
Miscellaneous event costs	705	393
Teachers' travel & accommodation	3,307	3,392
Event organisation and administration	18,891	17,438
Website	754	584
Marketing	937	2,150
IT and phone	0	220
Bank, PayPal and Stripe charges	718	728
Independent Examiner	720	-
Insurance	510	822
Sundry expenses	817	1,144
	34,128	32,480

Staff costs included in event organisation comprised:

	£	£
Salaries	17,214	16,395
Social security costs	-	-
Pension costs	861	820
	18,075	17,214

The monthly average number of staff (‘headcount’ basis) was 1 and the staff member was part-time (2024: 1). No employees had total employee benefits of more than £60,000. Employer social security (NI) costs are not payable as LIM is eligible to claim Employment Allowance relief from HMRC.

The independent examiner charged a £720 fee for services for the year (2024: no fee).

Trustees’ insurance
The trustees are covered by an insurance policy that includes trustee indemnity insurance as part of the cover.

Trustees’ remuneration and expenses
None of the individuals who acted as charity trustees during the year or the previous year were paid any amounts for their services as trustees. No trustee received any reimbursement of expenses during the year or the previous year.

4. Debtors: amounts falling due within one year

	2025	2024
	£	£
Other debtors	202	387
Prepayments	850	1,148
	1,052	1,535

5. Creditors: amounts due within one year

	2025	2024
	£	£
Deferred income	1,947	2,779
Other creditors	118	183
Accruals	780	60
	2,845	3,023

6. Cash at bank and in hand

	2025	2024
	£	£
Cash at bank	58,465	56,085

7. Related party transactions

There were no related party transactions during the year or the previous year.

London Insight Meditation

Information and contacts as of October 2026

Trustees

Ms Joanna-May Sta. Ana	Chair
Mr Derek Bruce	Development
Mr Patrick Drysdale	Finance
Dr Josie Levine	Sangha/Community
Mrs Reena Purchase	Programme

Operational Management

Matt Herbertson	Event Manager

Bankers

The Co-operative Bank plc, PO Box 250, Delf House, Southway, Skelmersdale WN8 6WT.
Saffron Building Society, Saffron House, 1A Market Street, Saffron Walden, CB10 1HX

Website - www.londoninsight.org

Charity registration number:

1145212

Registered office

1 Sopwith Crescent, Wickford, England, SS11 8YU