



Trustees' Annual Report & Statement of Financial Activity

For the Year Ended 5th April 2026



ANNUAL REVIEW 2025-26

Our mission is to improve physical and mental wellbeing by introducing the transformative benefits of yoga in nature, fostering joy, connection and a deep sense of community. In the 2025 season, our community has significantly grown, with participants reporting high satisfaction rates and positive impact on their health and wellbeing.

PARTICIPANT FEEDBACK

99% Feel satisfied with Park Yoga.

90% Feel happier after our sessions.

74% Report an increase in their physical activity.

68% Say they feel more connected to their local community.



31%

Were new to yoga this season.

64%

Attended 6 or more sessions.

ATTENDANCE

83,034

Attendances over 20 weeks.



38%

Increase compared to the 2024 season.



DONATIONS



£40,375 Total donated across all venues.

£10,382 Donated via our website.

£471 Average donated per venue.

16% Increase from 2024-25.

VENUES



In 2025, Park Yoga delivered free, weekly sessions in **55 locations** in England.

From May to September, over 20-weeks, **1,010 sessions** were delivered.

+ 16 NEW VENUES

Including 3 in London and the East of England.

LESS ACTIVE COMMUNITIES

3% of Park Yoga participants are inactive and **63%** are fairly active.

36% increase of attendees from underrepresented communities compared to 2024.

Park Yoga engages **11.2%** more people who are fairly active compared to the general population.



*"Park Yoga creates a sense of belonging and positivity about where I live...
I feel more relaxed going back to caring responsibilities."*



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Trustees' Annual Report 2025/26

Period Start Date:	6th April 2025	Period End Date:	5th April 2026
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Reference & Administration Details

Charity Name:	Park Yoga
Registered charity number:	1183253 – registered with Scottish Charity Regulator on 3 rd March 2026 (SC055013)
Charity's principal address:	c/o Lytchett House, 13 Freeland Park, Wareham Road, Poole, Dorset, BH16 6FA – new address from 17 th June 2025

Names of the charity trustees who manage the charity:

Trustee name	Role	Appointed	Resigned
Sibyl Ann King		3rd May 2019	
Lisa Upchurch	Chair and Treasurer	2nd April 2020	
Sharon McHugh	Legal Trustee	26th January 2023	
Nilesh Pattani		25 th January 2024	
Kathryn Shade		14 th October 2024	
Jennifer Thomas	HR Trustee	23 rd October 2025	
Anna Borthwick		23 rd October 2025	
Melissa Huggins		23 rd October 2025	

Name of chief executive or senior staff members:

Name	Role	Appointed	Resigned
Cathrine Mitchell	Director	1 st October 2024	

No key personnel details have been exempt from disclosure.



Structure, Governance and Management

Description of the charity's trusts:

Type of governing document:	Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, i.e.: where the Trustees are the only Members of the charity.
How charity is constituted:	Charitable Incorporated Organisation (CIO)
Trustee selection methods:	There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee. The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law. There are currently no formal induction and training policies for Trustees.
Risk management system:	A comprehensive Risk Register is reviewed by Trustees on a quarterly basis.



Objectives and Activities

Summary of the objectives of the charity set out in its governing document:

To improve the health and wellbeing of the public by providing free yoga sessions in an open space for the public benefit. The beneficiaries will extend to those living throughout the UK regardless of age, disability, gender, ethnicity or ability.

Summary of the main activities in relation to these objects:

Park Yoga provides free community yoga in nature to improve our participant's health and wellbeing. Sessions run for one hour on Sunday mornings, from 9:30 – 10:30 over a 20-week period between the beginning of May to mid-September. The charity works in partnership with local organisations, including Town Councils, Local Authorities, Active Partnerships and instructors to bring Park Yoga to local communities, particularly those with residents who are likely to benefit most from the inclusive and welcoming atmosphere of Park Yoga. The Park Yoga support team provide extensive advice and guidance to both the host venues and yoga instructors, including training and on-going support throughout the season, ensuring a high-quality Park Yoga session is delivered, with incidents reported in line with policies. The support team also provide marketing and communication activation alongside our host venues and instructors, as well as delivering an annual evaluation demonstrating the impact of our work.

In 2025 Park Yoga expanded to deliver at 55 park locations across England; with 16 new venues, including three in the East of England, one of which was our first venue in London, plus a venue that had left and been able to return. In 2025, we had:

- A total of 83,034 attendances over 20 weeks – 38% increase compared to 2024
- Averaging 4,152 people a week – a 29% increase compared to 2024
- 75 people per venue, per week – a 12% increase compared to 2024.

Policy on supporting yoga instructor costs:

Venue partners fund the costs of Yoga Instructors; in 2025 this was £75 a week - £1,500 for the season. In the unlikely event that a venue partner is unable to fully fund the instructor costs, then the Trustees consider requests from Venue Host Organisations to support these costs. Funding selection criteria include the area's level of deprivation, the number of potential beneficiaries (including the number of under-served communities in the area), location (what other Park Yoga provision there is in the area), the level of support (including financial) that is available from the host organisation to support the service, donations previously received from participants (if applicable) and the availability of funds within Park Yoga.

In 2025, nine of the 55 locations were supported with funding from Park Yoga. Of these nine, Park Yoga successfully applied for grants for seven of these venues which either fully or part-funded the instructor costs. The instructor for one of these locations was paid directly by Park Yoga as the Venue Host Organisation were unable to fund or administer payment for the instructor.

Public Benefit Statement

The Trustees of Park Yoga confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.



Achievements and Performance

Summary of the main achievements of the charity during the year:

Park Yoga runs for one hour on Sunday mornings, between May and September, to improve the health and wellbeing of its participants. In 2025, Park Yoga expanded to 55 venues across England, including three venues in the East of England (including London) for the first time. Park Yoga is a registered charity funded through donations, sponsorship and grant giving trusts.



Over the 20-week season, 1,010 sessions were delivered, an average of 18 sessions per venue, with cancelled sessions typically due to poor weather. Average weekly attendance ranges from 19 to 249 participants; with 73% of venues having an average attendance of over 50 participants per week. 25% of venues saw over 100 participants per week, and 4 venues had an incredible average of over 200 participants per week. The number of overall attendances increased by 38% compared to 2024. New venues saw a slightly lower average attendance (1,198 across the season) compared to existing venues (1,649), indicating that it takes time to raise awareness of Park Yoga at new venues.

Due to its open location, free to user, non-judgmental environment, Park Yoga has continued to attract a broader audience than traditional yoga sessions and encourage repeat attendance. 31% of survey respondents were new to yoga and 64% took part in 6 or more sessions.

Unfortunately, 10 venues stopped delivering Park Yoga in 2025 (21%), primarily due to a lack of funding to support instructor costs as well as some Venue Host Organisations trialing two locations within the same town for a limited period. Contractor and staffing changes between 2021 and 2024 also impacted on the consistency of relationships with Venue Host Organisations; however, throughout 2025 we prioritised strengthening these relationships, supported by the

Key Achievements

- 83,034 attendances over 20 weeks
- An average of 4,152 people attending weekly, with an average of 75 people at each venue, each week
- 99% of attendees are satisfied or highly satisfied
- 90% of participants are happier and 68% feel more connected to their community
- 74% report an increase to their physical activity levels
- 31% of people are new to yoga and 31% had never visited the park before
- Park Yoga encourages repeat attendance: 64% have taken part in 6 or more sessions
- Park Yoga inspires ongoing physical activity: 59% will join a local yoga class
- First title sponsor: Yogi Tea



appointment of a dedicated Venue Liaison Lead. The Park Yoga director and Trustees will closely monitor venue closures to better understand both venue-specific and organisational factors contributing to these decisions.

Impact on Participants:



An annual survey carried out in September 2025 by an independent evaluator captured the impact on Park Yoga participants. Satisfaction rates remain extremely high, with 99% satisfied overall, 98% enjoying yoga and 85% agreeing that their yoga skills have improved.

"I loved it and am so grateful this is something available in my community."

One of the most cited benefits of taking part in Park Yoga is the sense of community it instills in participants as well as the potential longer-term impact. Repeat attendance is an indicator of how much people enjoy Park Yoga, but more importantly, the more frequently people attend, the more likely they are to develop positive habits around participating in physical activity.

"Park Yoga creates a sense of belonging and positivity about where I live...I feel more relaxed going back to caring responsibilities."

- 99% of people who took part in our survey plan to take part in Park Yoga in 2026
- 26% plan to try other physical activities
- 82% will encourage friends or family to take part
- 31% will make use of the park more often
- 59% will join a local yoga class or do yoga at home
- 68% feel more connected to their community
- 35% of people have met new people or made new friends.

"Having attended all summer and built up my confidence, I have now joined a regular yoga class with the same instructor to carry on the benefits I've gained."

"I've used other Park Yoga locations while away from home, it's become part of my life wherever I am."

Yoga has several health benefits, including strength, flexibility, bone health, posture, balance and mobility. It can have particular benefits for people who have been inactive. The survey results show that, as result of taking part in Park Yoga:



- 82% of participants feel more flexible/ mobile
- 78% feel fitter or stronger
- 83% feel healthier
- 74% are more physically active.

"It got me out of the house when I was feeling lonely and helped me connect – I made a new friend which was wonderful."

Based on our survey 3% of Park Yoga participants are inactive (doing less than 30 minutes of exercise a week), 63% are fairly active (1-4 days of exercise per week) and 34% are active (5+ days of exercise per week). When compared to Sport England's Active Lives dataset (23/24) Park Yoga is engaging a greater proportion of people who are fairly active than the general population (11.2%) and a smaller proportion of people who are active than the general population (64%).

"It has encouraged me to become more physically active – it's brought back my love for yoga. I've loved the instructor and seeing everyone on Sundays."

There is a strong evidence base showing the benefits of access to green space and in particular outdoor exercise on wellbeing and mental health. Park Yoga provides an opportunity to connect to nature in a meaningful way, by helping people relax, be mindful and therefore take more notice of the sights and sounds that surround them. This is reflected in the survey results which show that because of taking part in Park Yoga:

- 90% of participants feel happier
- 86% feel more connected to nature
- 51% feel more optimistic about the future
- 87% feel more relaxed
- 41% feel less lonely
- 52% feel better able to deal with problems.

"Park Yoga has been a wonderful boost to my wellbeing and fitness. It's something I do just for me – an hour dedicated to myself where I can leave family and work worries behind. The setting in the park is inspired. I've also used the sessions to meet up with friends I might not otherwise see. It's great to see such a community-oriented activity that's free of charge."



"I have a disability but feel empowered to modify the movements to suit my body, and the instructors ensure that everyone is encouraged to work to their own capabilities and comfort."

Inclusion and outreach work

2025 was the first year we were able to deliver outreach work, funded by Sport England, to promote our activities to people who traditionally have less access to physical activity. This includes people from global majority groups, disabled people, people with long term health conditions, people from low-income households, older adults and parents with children under 1 years old. Informed by participants from these groups this work involved delivering taster sessions, activating targeted digital marketing campaigns and networking with health referral partners. Unfortunately, despite this work there weren't any significant changes in the



percentage of people attending sessions from our target groups. However, because more people attended Park Yoga in 2025 due to new venues and an increase in participant numbers at existing venues, we saw an estimated increase of 36% of people (916 people a week) who may typically be less active attending our sessions compared to 2024. Learnings from this project will inform future inclusion and outreach activity.

Income generation

As a young, small charity we continue to need to diversify our fundraising income to ensure our on-going financial sustainability. With an income generation strategy now in place, Park Yoga's income grew by 73% from £57,200 in 2024/25 to £99,229 in the 2025/26 financial year.

Donations from participants are one of the primary sources of income to support our delivery costs. Participants can donate after sessions using contactless donation machines (or apps on phones), with an average of £471 being donated at each venue for the season. Participants were also given the option to donate online, with a total of £10,382 donated via our website throughout the year. Including Gift Aid a total of £40,375 was donated, an increase of 16% compared to 2024/25 demonstrating the importance of this fundraising channel as we expand. An average of 49p per participant, per attendance was donated, demonstrating that our participants recognise the need for donations and are happy to donate when they can afford to, for many (82%) the fact that Park Yoga is free is a key motivator for taking part. Park Yoga is committed to being free for our yogis to attend forever.

Park Yoga attracted their first title sponsor in 2025: the global herbal tea brand Yogi Tea. The multi-year collaboration is a natural alignment of two organisations committed to making wellness practices accessible to all, regardless of age or background. The partnership saw sampling activations happening throughout the summer, including hosting our first Park Yogi Tea Parties on International Yoga Day where participants were encouraged to bring a thermos of hot water to enjoy a free cup of Yogi Tea alongside picnic items to encourage community connectivity. Onsite branding saw Yogi's logo included on all instructor and volunteer t-shirts and our flying flags, as well as digital promotion complementing the sampling activation. Thanks also to the superfood company Naturya for their partnership involving digital promotion.

Sport England provided Park Yoga with a restricted grant of £14,860 to deliver targeted outreach work to promote our activities to underrepresented and inactive communities. Park Yoga were able to increase their marketing activity for the first time thanks to a £2,500 grant from The Marketor's Charity. We also applied for some restricted grants on behalf of some of our venue partners. The Trustees would like to thank:

- BH Coastal Lottery for funding locations across Bournemouth, Christchurch & Poole, as well as a small donation from Christchurch Town Council for that venue
- Weston Athletics Club for supporting the Weston Super Mare venue
- Norman Family Charitable Trust for supporting venues in Exeter and Torquay.

Thanks also to Weymouth Rotary Club for their donation to our unrestricted funds.



A new merchandise platform was launched with the ethical dropship company Teemill who print branded merchandise to order. Unfortunately, there was limited uptake on these items and due to the small amount of profit we receive from these orders, only £190 of income was generated. We will revisit our merchandise range and promotional activity for 2026.



Staff and volunteers

Day-to-day operations of the charity are administered by a small, part-time staff team as defined in a Scheme of Delegated Authority. Our now established Director, Cathi Farrer-Mitchell (0.5FTE), leads the charity with responsibility for strategic leadership, participant satisfaction and benefit, income generation, our inclusion work and the charity's governance. Alongside our Director, a Venue Liaison Lead, Yoga Instructor Lead and freelance Bookkeeper complete our staff team equating to 1.2 full-time equivalent employees.

A volunteering scheme was piloted at eight venues during 2025, with 14 people signing up to the scheme and a total of 86 hours (57 sessions) contributed. These volunteers were welcoming faces to new participants, helped instructors' erect equipment, took photos and accepted donations. The pilot demonstrated demand for this scheme and allowed us to explore the feasibility and operations of creating a volunteer network on a small scale. Following its success, it will be expanded across all venues in 2026.

Environmental, Social & Governance

Park Yoga's Environment Policy was created in April 2025 establishing our commitment and responsibility towards reducing our carbon and environmental footprints and being an environmentally responsible charity. An Environment Audit and Action Plan was created as part of this Policy and is monitored bi-annually, reviewing our transport, waste & recycling, merchandise, postage, suppliers and venue operations to maximise our carbon footprint and environmental impact. Of significance, monitoring travelling distances for our instructors for the first time will result in changes to reduce travel times.

Future plans

Park Yoga's 2025 – 2027 strategy has the following objectives:

1. Growth to national UK coverage: This will be specifically targeted at (i) Scotland and major cities and (ii) areas with a high proportion of less active communities.
2. Widening the reach of Park Yoga: In terms of raising awareness of the charity, diversifying our participants to ensure we reach inactive communities and our geographical spread.
3. A stable operating platform: To ensure we have the systems, processes, funding and people in place to support the growth.



There is high demand for the growth of Park Yoga, with regular expressions of interest for new venues received from communities, local authorities and instructors. While we focus on growing our income streams and ensuring our charity's operating foundations are in place, we have planned modest growth again in 2026 to 75 venues, before accelerated growth to a potential 150 venues by 2028. The charity's priorities for the 2026 season are:

1. Successfully deliver Park Yoga at 75 venues ensuring a high level of participation, satisfaction (99%) and benefit, including growth to UK countries outside of England.
2. Increase the average number of yogis attending each venue to 80 per week, averaging 6,000 people weekly and having over 100,000 attendances throughout the season.
3. Promoting Park Yoga to inactive communities to ensure we are supporting those individuals that need it most. This work will aim to increase the number of participants who classify themselves as inactive pre-season from 3% to 5%, and the number of people attending Park Yoga who've never done yoga before from 31% to 35%.
4. Develop income generation channels to raise over £120,000 (a 22% increase compared to the 2025/26 Financial Year), with a focus on longer term, unrestricted income streams.
5. Expand our volunteer scheme across all venues, creating a network of between 75 to 150 volunteers.
6. Start a digital transformation project to understand our participants and stakeholders more as well as provide more opportunities for income generation.

Summary

During 2025 Park Yoga has grown significantly and was successfully delivered at 55 venues. Satisfaction rates and the impact on participant's health and wellbeing continue to be significant; Park Yoga has provided people with an opportunity to take part in physical activity and people are reporting improvements in their physical activity levels, happiness and overall health as a result.

The strengths of Park Yoga remain unaffected despite the current societal challenges, including the cost-of-living crisis, with Park Yoga being a very cost-effective activity to deliver at just £1.98 per participant per visit. It remains inclusive, accessible, free, offers excellent quality yoga instruction by skilled and personable teachers and offers a different experience to indoor classes by enabling people to better connect to nature.

Park Yoga has continued to introduce new audiences to yoga and parks with more people using their local parks and many participants joining yoga classes in their local communities.

As in previous years, Park Yoga has two significant challenges for the future:

- Reaching people from underrepresented groups, including people with long term health conditions, less active people and those from deprived communities. Park Yoga has many of the features that are needed to target these groups (inclusive, non-judgmental, friendly and free); however, our challenge is getting the message out that Park Yoga really is for everyone.
- Ensuring our financial sustainability and income generation strategy before growing too quickly. The demand is boldly apparent for our services; however, we need to ensure we can deliver our sessions for many years to come before significant expansion.

We are living in an environment where mental and physical health levels are declining, social isolation is rising, and the cost-of-living crisis is affecting our disposable income. Park Yoga is continuing to demonstrate the difference it can make to communities to support these issues.



Financial Review

Details:

Brief statement of the charity's policy on reserves:	The Charity aims to have 3 – 6 months of operating costs as reserves within unrestricted funds. As of 5 th April 2026, we have the equivalent of four months in our reserves.
Details of any funds materially in deficit:	The Charity has no funds which are materially in deficit.
Principle sources of funding:	Donations from participants, sponsorship and grant funding, in particular from Sport England.
How expenditure has supported the key objectives:	The significant expenditures have been on staff costs, contributions to venues to deliver sessions and our outreach and inclusion work. Contributions to venues cover instructor costs and equipment for the sessions. Other costs include insurance, marketing, office, IT, evaluation, postage and uniform.
Remuneration of Trustees:	All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity. Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.
Funds Held as Custodian Trustee on Behalf of Others:	None.
Any significant events that have affected the financial performance:	Park Yoga's income was 16% less than budgeted, this shortfall was seen across multiple income streams: ▪ Due to the competitive nature of grant funding in the current climate no unrestricted grants were received in 2025/26. ▪ Aspirational targets were budgeted for our individual giving channel which did not transpire. ▪ Planned income generation activity working in partnership with the Sporting Chance Prize Draw did not come into fruition as the organisation stopped trading. ▪ Finally, our merchandise sales were significantly less than expected, as it was the first time Park Yoga were utilising a new dropship platform so budgets will be revised for future years.
Financial position of the charity during the reporting period:	Park Yoga's current income from donations, sponsorship and grant funding are sufficient to meet its outgoings for the year. The charity operated at a £6,308 surplus during 2025/26. A planned £10,000 from a non-accrued restricted fund was spent in this period. Park Yoga will carry forward total funds of £30,936, all of which is in unrestricted reserves.
Forecast financial position for the charity in the next reporting period	Park Yoga forecasts a similar small operating surplus as in 2025/26 for the 2026/27 financial year.



Statement of Financial Activity

	Unrestricted	Restricted	Total	Prior Total*
Donations and Legacies	66,917	24,511	91,428	56,902
Charitable Activities	7,500		7,500	
Other Trading Activities	190		190	212
Investments	110		110	86
Total income and endowments	74,718	24,511	99,229	57,200
Cost Of Merchandise Sold		103	103	95
Charitable Activities	59,691	33,127	92,818	80,656
Total expenditure	59,691	33,230	92,921	80,751
Net income/(expenditure) before investment gains/(losses)	15,027	-8,719	6,308	-23,551
Net gains/(losses) on investments				
Net income/(expenditure)	15,027	-8,719	6,308	-23,551
Exceptional items				
Transfers between funds	1,281	-1,281		
Gains(losses) on revaluation of fixed assets for charity's own use				
Other gains(losses)				
Net movement in funds	16,308	-10,000	6,308	-23,551
<i>Total funds brought forward</i>	<i>14,629</i>	<i>10,000</i>	24,629	<i>48,180</i>
Total funds carried forward	30,936		30,936	24,629



Balance Sheet

As at April 5, 2026

Current Assets

Stocks	218
Debtors	2,000
Cash At Bank And In Hand	57,037

Creditors

Other Creditors	
Accruals & Deferred Income	-27,197
Payroll Liabilities	-1,121

Net Assets	30,936
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Funds & Reserves

Unrestricted General Funds	30,936
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Funds Provided	30,936
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Independent Examiner Report



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Park Yoga

On accounts for the year ended

5th April 2026

Charity no (if any)

1183253

Set out on pages

13 to 15

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05/04/2026.

Responsibilities and basis of report

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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.

Signed:



Date:

30th June 2026

Name:

Jacqueline Gilmore MICB PM.Dip

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

ICB

Address:

10 Summerlands

Yeovil

BA21 3AL



Declaration

The Trustees declare that they have approved the above Annual Report and Statement of Financial Activity.

Signed on behalf of the charity's trustees:

Name Lisa Upchurch

Position Chair

Signature 

Date 6th August 2026

Name Nilesh Pattani

Position Trustee

Signature 

Date 6th August 2026