

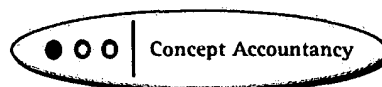
Registered number
08228677

The Yoga Healing Foundation
Company Limited by Guarantee

Report and Financial Statements

30 September 2018

Charity number: 1153094



The Yoga Healing Foundation
Report and financial statements
Contents

	Page
Company information	1
Trustees annual report	2 to 10
Independent examiner's report	11
Statement of financial activities (incorporating the income and expenditure account)	12
Balance sheet	13
Statement of cash flows	14
Notes to the financial statements	15 to 18

The Yoga Healing Foundation
Company Information

Registered charity name
The Yoga Healing Foundation

Charity number
1153094

Company registration number
08228677

Trustees
The trustees who served during the period were as follows:

Ms A Bhushan
Mr S Braund
Mrs J Bhushan

Independent Examiner
Mr J L Battle FCCA MAAT
12 Spencer Drive
Midsomer Norton
Radstock
Bath
BA3 2DN

Bankers
HSBC
15 Churchill Way
Cardiff
CF10 2HD

Principal office
12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

Registered office
12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

The Yoga Healing Foundation

Registered number: 08228677

Charity number: 1153094

Trustees annual report

For the year ending 30 September 2018

The trustees, who are also directors for the purposes of company law, present their report and the unaudited financial statements of the company for the year ended 30 September 2018.

Structure, governance and management

The charity is registered as a company limited by guarantee. Its charity number is 1153094. The company was incorporated on 25th September 2012 and obtained charitable status with effect from 9th June 2013. The trustees and teaching staff of the Yoga Healing Foundation work as volunteers for the charity and meet regularly to discuss progress and strategy.

Objectives and activities

The objectives of the charity are to protect, revive and disseminate original, undiluted and complete yogic knowledge (both theory and practice) in its purest form for the benefit of the public and public well-being in the UK and India.

We deliver Traditional Yoga courses that range from beginner to advanced, to facilitate progressive practice on the path of yoga. Our purpose is to promote the study and practice of traditional yoga, advancing the education of the public in its healing, preventative and therapeutic effects, and promoting the mental, physical and spiritual health of the public.

The most significant benefits to the public, arising from the Charity's aims and activities, are:

1. Improved mental, physical and spiritual health, healing and development. All of the Charity's activities are directed for open access to everyone wishing to participate in the study and practice of yoga, regardless of cultural background, belief system/religion, age or socioeconomic status. The Charity's programs cater to people of all levels of ability and experience, from complete beginners to advanced practitioners/teachers. The Charity aims to directly benefit those who are not 'traditional' participators of yoga and meditation.
2. An increased public awareness of the ancient science of yoga, in terms of both practice and theory, including the traditional values of yoga in its completeness and in response to the growing commerciality and 'branding' of ancient yogic practices.
3. A revival of traditional knowledge (of both theory and practice) that is in danger of being forgotten, overlooked or lost.
4. An increased recognition and awareness of the benefits of yoga and support for further research into these benefits and publication of the results.
5. The opportunity for a wider section of the public to have access to high quality teaching that covers the breadth and depth of traditional yoga practices (particularly guidance in meditation).
6. To provide (in the longer-term) national coverage of fully trained (and under continuous development) 'approved' Yoga Healing Foundation / Traditional Yoga teachers, enhancing both public access (in geographic terms) but also the quality of education and teaching.

The Yoga Healing Foundation

Registered number: 08228677

Charity number: 1153094

Trustees annual report

For the year ending 30 September 2018

We aim to provide wide access to the skilled guidance required to understand the deeper aspects of the yoga tradition and to be aware of its full breadth, particularly Raja Yoga (meditation).

We believe that an awareness of the original philosophical and ethical context is fundamental to a good understanding of yoga and meditation practice. We stay connected to the source, the lineage and the values that are essential to maintain the purity of the original techniques and benefit from them fully. They are not adapted, modified or decontextualized, yet they are secular, systematic and scientific.

Yoga teaches that the world is one family. Traditional Yoga welcomes all and does not discriminate on the basis of gender, race, age, sexual orientation, religion, socio-economic status or nationality. We are committed to providing equal opportunities to all and actively encourage wide participation.

Yoga is a tradition that has been passed down through generations of teachers in India and many practices and techniques are as yet unknown in the West and in mainstream yoga schools. Many of these practices are dying out and are increasingly difficult to access. Our aim is to protect the completeness of the yoga tradition and ensure that knowledge is not lost but rather revived for the benefit of practitioners and teachers.

We have an established connection to India, in order to guarantee its authenticity at source and as a means to safeguard the continuation of traditional knowledge in its original cultural setting for the benefit of future generations. We help to support the work of Yoga Healing Foundation India, with whom we have an established collaborative relationship. This collaboration aims to safeguard the continuation of high quality traditional knowledge in its original cultural setting for the benefit of future generations and to tackle the rapidly growing level of lifestyle diseases in India.

The volunteers of the Yoga Healing Foundation are guided by the yogic principle of seva. Seva, translated as selfless service is an important principle in the yoga tradition. It is based on the value of working for others without expectation of personal reward. Karma yoga, which means the 'path of action', helps us to develop the qualities of acceptance, gratitude, helpfulness and generosity. Karma yoga is described in the Bhagvad Gita as "wisdom in work." Their contribution is at the heart of the charity and enables our ongoing public service. Their work includes teaching, coordinating courses and events, marketing, logistics, transcribing, proof reading, mentoring new teachers and general administration.

Achievements and performance

In the period between September 2017 and September 2018 The Yoga Healing Foundation has continued to run a series of courses, lectures and workshops under its activity name 'Traditional Yoga' in line with Objective 1 of our Public Benefit Statement.

The Yoga Healing Foundation

Registered number: 08228677

Charity number: 1153094

Trustees annual report

For the year ending 30 September 2018

Yoga is the complete science of body and mind to establish health, happiness and peace. We value the preservation of standards in meditation teaching and our courses ground students in a clear understanding of what they are practicing and why, in order to gain maximum benefit.

Our dedicated team of volunteer teachers provide wide access to the skilled guidance required to understand the deeper aspects of the yoga tradition and to be aware of its progressive nature. This has been achieved through the running of meditation courses, weekly classes, workshops, meditation teacher training courses, teacher's knowledge sharing sessions and an annual ten day summer meditation retreat. The courses are all run as a charitable not-for profit activity and cover theory and practice.

We continue to focus on the teaching of Raja Yoga (meditation) in the UK because we observe while that there is widespread public access to aspects of Hatha Yoga, predominantly asana practice, there is much less opportunity to progress further in order to work more deeply with the mind through the practice of Yoga Darshana. Meditation is an ancient science, structured and precise and central to Yoga. Rooted in the traditions from which contemporary models of mindfulness arise, the techniques we teach are secular and yet grounded in the values and ethics that underpin strong practice. This includes respect for the traditions that have preserved these practices for millenia and an understanding of their original context and purpose.

Weekend Awareness Meditation Courses

We ran 21 Weekend Awareness Meditation Courses during the period of 1st Oct 2017 – 30th Sept 2018. These courses were attended by a total of 197 people. In August 2016 we had announced our ambition to double the number of weekend courses offered annually across the UK and reach out to new areas and communities. This year we have extended to new areas and communities and, although not yet doubled in number, the additional eight weekend courses shows that we are moving towards our target, with an increase of 57%. All of these courses were taught by two volunteer teachers. We continued to run courses at our regular locations so that we can offer ongoing support to our existing students as well as bringing in new participants. In addition, we ran courses in 8 new locations including Hamburg and Berlin. Our courses comprise a combination of previous attendees and new students. Many students re-attend weekend courses, to deepen their practice and often share with the group the benefits they have experienced from regular ongoing practice following the course.

"Wonderfully presented, extremely helpful in explaining what we are doing in meditation and why...Inspiring...Thank you for a technique I can now maintain a faithful focus on." -
Feedback from a participant of our Meditation Weekend Course

Meditation Teacher Training

During this period we continued with the successful program launched in 2016, to train yoga teachers to teach meditation in order to meet our objective to provide national coverage of fully trained and certified Traditional Yoga teachers, enhancing both public access (in geographic terms) but also the quality of education and teaching. In the year 2017 to 2018 we ran three TTC Courses in the UK. In addition to this we ran our first meditation teacher training course in India to encourage the continuation of traditional knowledge in its original cultural setting for the benefit of future generations.. It total the TTC courses in this period were attended by 94 students, an increase of 35 on the previous year.

The Yoga Healing Foundation

Registered number: 08228677

Charity number: 1153094

Trustees annual report

For the year ending 30 September 2018

"The Traditional Yoga Meditation Teacher Training course was exactly what I had hoped for, and more. Since the course I feel energised and have gained momentum to continue deepening my own personal practice. Knowledge and explanations resonate immense clarity and spark further interest. There was a perfect balance between theory (spiritual, psychological and scientific). The environment was one of support and non-judgment creating a safe space to learn and practice together. The booklets received are structured enabling great reference points for when you do go on to teach. I would highly recommend this course."

-Feedback from a participant of our TTC.

Our ambition in the year 2016-2017 was to further develop our practice-based apprenticeship models for training new teachers to support community building and continuous teaching development. This has been successfully carried out this year, with graduates of the TTC engaging in a mentoring program with experienced volunteer teachers to provide ongoing support and development. Also in this period we introduced Knowledge Sharing Sessions that take place twice annually and are attended by volunteer teachers and graduates of the TTC in order to build communities of teaching practice and further support new teachers. This has been very well received.

We continue our program of pairing experienced volunteer weekend course teachers with a new teacher. This co-teaching program enables us to increase our number of volunteer teachers, while providing training. This continues to be a highly successful program with positive feedback from teachers and a year on year increase in our pool of volunteer teachers. Fifteen teachers actively ran courses during this period.

Residential Retreats

The charity ran two residential meditation retreats led by our lead teacher Dr. Kumar, attended by a total of one hundred and eleven students. Dr. Kumar is an authority on the science of yoga and its diverse traditions and systems, widely recognized as an inspirational leader and accomplished Yoga Master. His teaching is informed by his extensive experiential and theoretical knowledge, developed through his education in more than 37 schools of Hatha yoga and 50 traditions of meditation and progressed through decades of selfpractice.

The Yoga Healing Foundation continues to be extremely grateful for his ongoing support and guidance that enables us to offer very high quality teaching on our residential courses. The Summer retreat took place in the UK as usual and the winter retreat in India. The majority of winter retreat participants are Indian as we run this course in collaboration with Yoga Healing Foundation India. This continues to help fulfil our charitable aim to support programs in India to contribute to the continuation and survival of traditional knowledge and practice, at source and in its original cultural setting.

"I went on my first 10-day workshop with Kumar as a complete beginner to yoga and little meditation experience. I now practice every day. The quality and clarity of the teaching is exemplary and focuses on individual needs, and the atmosphere is friendly and inviting. These retreats offer a really valuable opportunity to go deeply into this practice and to be guided at the very highest level. An opportunity not to be missed." -Feedback from a participant of our Summer Meditation Retreat

The Yoga Healing Foundation

Registered number: 08228677

Charity number: 1153094

Trustees annual report

For the year ending 30 September 2018

International Yoga Day at the United Nations

Dr Kumar, the most senior volunteer teacher of Traditional Yoga was been invited to lead International Yoga Day events at the United Nations in Geneva and on behalf of the Indian Embassy at Berne. Other meetings and educational activities were delivered around this including a series of high profile lectures and workshops at the United Nations and in Geneva.

Bursaries

The total bursary allocation for 2017-2018 was £3,800. We promote bursaries via our website.

In the year 17-18 YHF offered two full bursaries and two half bursaries for the Summer Retreat at Ampleforth Abbey at a total cost of £1,980, an increase on the previous year's awards of £641.25 on the previous year's awards. We do not have a policy of offering bursaries for retreats abroad as we feel that it is more economical for students to save on travel costs and wait for the summer retreat in the UK. In line with our policy, bursary applicants for residential retreats continue to be shortlisted and interviewed before the committee reaches a decision.

We offered 4 bursaries during 2017-18 for weekend courses totaling £160.

Seven bursaries were awarded for the Teacher Training Courses this year totaling £1680.

Bursaries continue to be actively promoted via our website. Every course page features information about how to apply for bursaries. The low number of bursary applications for weekend courses reflects the relatively low cost of the courses which we endeavour to make affordable for a wide section of the public.

Development of learning resources

During this period we have made more educational resources available via our website and other media channels such as YouTube, we have included these in marketing emails with good results. We continue to offer lectures and guided meditation audio recordings available on our website free of charge, in line with Objective Two of our Public Benefit Statement. Two new apps have been launched this spring, one for weekend course students and teachers. The second for the use of weekly class students and Prana Samyama teachers.

The Yoga Healing Foundation

Registered number: 08228677

Charity number: 1153094

Trustees annual report

For the year ending 30 September 2018

Charitable grants to support projects in India

During the year we made a two charitable grants to Yoga Healing Foundation India totaling £36,268, to deliver programs that align to the charity aims and objectives as specified in 1.3, 2.11 and 3.3 of our Public Benefit statement. The Indian charity has provided regular reports and updates on the programs conducted in India and the trustees are satisfied that the funds have been appropriately allocated to provide high quality and high impact programs that have benefitted the general public in Hyderabad. The programs we fund in India offer a broad range of traditional yoga teachings encompassing both Hatha and Raja Yoga equally, as there is a greater need in India than in the UK for high quality Hatha Yoga educational opportunities for the general public. Hyderabad has a population of about 7.75 million, making it the fourth most populous city in India. Like all Indian cities it has seen a sharp rise in lifestyle diseases and a decline of traditional knowledge such as yoga practice and dietary awareness. For example, a survey conducted by the Associated Chamber of Commerce and Industry found that 68% of urban women in India between 21 and 52 suffer from lifestyle diseases such as obesity, depression, chronic backache, diabetes, hypertension and generalized anxiety disorder. The programs in India focus on addressing this problem by raising awareness of the health benefits of yoga, diet and yoga therapies, that are now supported by a substantial body of peer reviewed published research.

The programs that have been funded and delivered in this period include large scale free public yoga and health awareness workshops; free symposiums and seminars addressing particular topics; free guest lectures for particular institutions, organisations and professional communities; free knowledge sharing sessions; residential meditation courses; free morning and evening yoga classes for local communities.

Plans for Future Periods

The charity will continue to provide ongoing promotion of the benefit of traditional yoga, advancing education, research and healing. Our core values based on the four limbs of yoga (Bhakti, Karma, Jnana and Raja) remain unchanged. All our current activities and plans are in line with these. Our core values are enshrined in all of the courses that we are currently running and planning to run, and are in the content and delivery of all these courses and in our standards of conduct policy

We are in the process of developing new course structures in order to diversify and reach out to a greater number of people. The aim is to introduce courses that better support progressive practice to enable people to engage with our courses at any level and progress through the sequential stages of practice. We intend to pilot a number of new courses next year. This includes:

Ten day retreats that use guided meditation recordings will enable us to offer additional residential retreats through the year at a lower cost than our current summer retreat due to more flexibility with student numbers and therefore venues. This is in the interest of inclusivity.

The Yoga Healing Foundation

Registered number: 08228677

Charity number: 1153094

Trustees annual report

For the year ending 30 September 2018

Gentle yoga and meditation days that aim to introduce more people to experience a balance of hatha and raja yoga and provide opportunities for a shorter course than we currently provide. Also to provide co-teaching opportunities for yoga teachers as part of their ongoing training following a TTC.

Four-day silent meditation retreats aim to be a first step for those who are interested in attending a longer course.

One hour drop-in taster sessions to enable people to learn more about course content before booking a course.

Advanced Hatha Yoga training five day intensive courses aimed at yoga teachers to make available aspects of yoga that are currently unavailable in the UK.

In Autumn 2019 we intend to launch a new website and to increase our outreach through social media.

We aim to publish two books in the period September 2019 to September 2021. An English translation of an important historical text of yoga called Kupala Kaurantaka will be published in autumn 2019. Following this we aim to complete and publish a discursive book about Yoga aimed at the general public in order to raise awareness of it's breadth and depth, referring to historical yoga teachings and contemporary science.

Financial Review

The charity has raised over £118,000 in the year to September 2018; a 24% decrease on the previous year. This is mainly due to the historic gift aid claim being compiled and paid during 2017.

The main source of income has been through optional donations (34%) that are used to fund the charity's aims and objectives and compulsory course fees (56%) which cover the charity's overheads for the running of the course. Other income sources include income from the sale of herbal tea and meditation cushions (3%) and reclaimed tax on donations which are eligible for gift aid (5.8%). A proportion of the charity's donations benefit from gift aid which has been forecast to be c £5,000 in the year to September 2019.

Analysis of expenditure shows that the charity spent 54% on course costs to include venue hire and equipment rental or purchase, 28% was donated to The Yoga Healing Foundation in India, 2% was spent on governance costs to include legal and accounting fees, insurance and training and 16% on other expenditure to include the design and printing of brochures, IT and communication, marketing and other administration costs.

The Yoga Healing Foundation

Registered number: 08228677

Charity number: 1153094

Trustees annual report

For the year ending 30 September 2018

The compulsory course fee is set at a level which is affordable and that should cover the costs associated with running the course. For the year ending September 2018, total course costs were c£69,000 whereas course fees received were c£68,000 resulting in a c£1,000 fee deficit for the year. The new financial reporting and budgeting system has been implemented and now carefully monitors costs and produce management reports to enable the correct pricing decisions to be made for future courses.

A significant proportion of the charity's voluntary donations are donated to The Yoga Healing Foundation in India with whom the charity have an ongoing collaborative relationship and also to support bursaries. For the year ending September 2018, the total donated to India was £36,268, a decrease of 7% from the previous year.

Trustees' responsibilities in relation to the financial statements

The trustees (who are also directors of The Yoga Healing Foundation for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement as to disclosure to our Independent Examiners

In so far as the trustees are aware at the time of approving our trustees' annual report:

- there is no relevant information, being information needed by the examiner in connection with preparing their report, of which the charitable company's examiner is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the examiner is aware of that information.

The Yoga Healing Foundation

Registered number: 08228677

Charity number: 1153094

Trustees annual report

For the year ending 30 September 2018

This report has been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities.

Signed on behalf of the trustees



Anna Bhushan
Trustee

Dated: 26.5.2019

The Yoga Healing Foundation

Registered number:

08228677

Charity number:

1153094

Independent examiner's report to the trustees of The Yoga Healing Foundation

I report on the accounts of the company for the year ended 30th September 2018, which are set out on pages 11 to 17.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) to follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect, the requirements:

- a) to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice - Accounting and Reporting by Charities have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr J L Battle FCCA MAAT
12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN



Date:

20th May 2019

**The Yoga Healing Foundation
Statement of Financial Activities
for the year ended 30 September 2018**

	Notes	Unrestricted Funds £	Total Funds 2018 £	Total Funds 2017 £
Income:	2			
Donations and legacies		47,673	47,673	73,219
Income from charitable activities:		71,239	71,239	83,291
Total income		118,912	118,912	156,510
Expenditure	3			
Cost of raising funds		69,305	69,305	59,959
Expenditure on charitable activities		56,731	56,731	58,138
Governance costs		2,229	2,229	4,560
Total expenditure		128,265	128,265	122,657
Net income/(expenditure) and net movement in funds for the year		(9,353)	(9,353)	33,853
Reconciliation of funds				
Total Funds brought forward		49,263	49,263	15,410
Total Funds carried forward		39,910	39,910	49,263

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The Yoga Healing Foundation
Balance Sheet
as at 30 September 2018

	Notes	2018 £	2017 £
Fixed assets			
Tangible fixed assets	5	430	1,229
Current assets			
Debtors	6	3,158	16,547
Cash at bank and in hand		40,334	33,769
		<u>43,492</u>	<u>50,316</u>
Creditors: amounts falling due within one year	7	(4,012)	(2,282)
Net current assets		<u>39,480</u>	<u>48,034</u>
Total assets less current liabilities		<u>39,910</u>	<u>49,263</u>
Net assets		<u>39,910</u>	<u>49,263</u>
Funds			
Unrestricted funds	8	39,910	49,263
Total Funds		<u>39,910</u>	<u>49,263</u>

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

These financial statements were approved by the trustees on 26.5.19 and signed on their behalf by:

Ms A Bhushan
 Director
 Company Registration Number: 08228677



The Yoga Healing Foundation
Statement of Cash Flows
for the year ended 30 September 2018

	Notes	2018 £	2017 £
Cash used in operating activities	10	<u>6,565</u>	<u>28,217</u>
Net increase in cash			
Cash at bank and in hand less overdrafts at 1 October		33,769	5,552
Cash at bank and in hand less overdrafts at 30 September		<u>40,334</u>	<u>33,769</u>
Consisting of:			
Cash at bank and in hand		<u>40,334</u>	<u>33,769</u>
		<u>40,334</u>	<u>33,769</u>

The Yoga Healing Foundation
Notes to the Accounts
for the year ended 30 September 2018

1 Principle accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Donated services and facilities are included at the value to the charity where this can be quantified.

The value of services provided by volunteers has not been included in these accounts.

Investment income is included when receivable.

Incoming resources from charitable trading activity are accounted for when earned.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

Costs of generating funds comprises those costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the examiner's fees and costs linked to the strategic management of the charity.

The Yoga Healing Foundation
Notes to the Accounts
for the year ended 30 September 2018

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

Fixed assets

Fixed assets
All fixed assets are initially recorded at cost.

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Equipment	20% reducing balance
-----------	----------------------

2 Income	Unrestricted Total 2018 £	Unrestricted Total 2017 £
Donations and legacies		
Donations and legacies	40,764	46,202
Gift aid claims	6,909	27,017
	47,673	73,219
Income from charitable activities		
Course fees	67,646	80,126
Herbal tea sales	3,296	2,568
Other sales	297	597
	71,239	83,291
Total Income	118,912	156,510
3 Analysis of Expenditure	Unrestricted Total 2018 £	Unrestricted Total 2017 £
Cost of raising funds:		
Cost of courses	69,290	59,821
Products for sale	15	138
	69,305	59,959
Expenditure on charitable activities		
Donations	36,268	39,086
Project management and administration	12,570	12,438
Depreciation	799	1,147
Insurance	650	159
Sundry expenses	2,111	2,059
Bank charges	647	1,176
Equipment hire	776	-
Advertising and marketing	1,737	505
IT and communications	1,173	1,568
	56,731	58,138

The Yoga Healing Foundation
Notes to the Accounts
for the year ended 30 September 2018

Governance costs		
Accountancy fees	2,229	3,334
Legal Fees	-	1,226
	<u>2,229</u>	<u>4,560</u>
Total expenditure	<u>128,265</u>	<u>122,657</u>
4 Net (Outgoing)/Incoming resources for the year	2018	2017
	£	£
This is stated after charging:		
Depreciation	<u>799</u>	<u>1,147</u>
5 Tangible fixed assets		Equipment
		£
Cost		
At 1st October 2017 and 30th September 2018		<u>5,734</u>
Depreciation		
At 1st October 2017		4,505
Charge for the year		<u>799</u>
At 30th September 2018		<u>5,304</u>
Net Book Value		
At 30 September 2018		<u>430</u>
At 30 September 2017		<u>1,229</u>
6 Debtors	2018	2017
	£	£
Gift aid claims	239	14,021
Prepayments and accrued income	<u>2,919</u>	<u>2,526</u>
	<u>3,158</u>	<u>16,547</u>
7 Creditors: amounts falling due within one year	2018	2017
	£	£
Accruals and deferred income	3,927	1,765
Trade Creditors	<u>85</u>	<u>517</u>
	<u>4,012</u>	<u>2,282</u>

The Yoga Healing Foundation
Notes to the Accounts
for the year ended 30 September 2018

8 Movement in funds

	1st October 2017 £	Received in year £	Utilised in year £	30th September 2018 £
Unrestricted funds				
General Funds	49,263	118,912	(128,265)	39,910
	<u>49,263</u>	<u>118,912</u>	<u>(128,265)</u>	<u>39,910</u>

9 Employee information

2018 **2017**

Average number of employees

Project management and administration - Part time

1 1

Staff costs and emoluments

12,570 12,438

Trustees information

No remuneration or expenses were paid to the trustees during the year.

10 Reconciliation of net movement in funds to net cash flow from operating activities

	2018 £	2017 £
Net Movement in funds	(9,353)	33,853
Adjustments for:		
Depreciation	799	1,147
(Increase)/Decrease in debtors	13,389	(4,537)
Increase/(Decrease) in creditors	1,730	(2,246)
Net Cash used in operating activities	<u>6,565</u>	<u>28,217</u>

11 Company Limited by Guarantee

Every member of the Company undertakes to contribute such amount as may be required (not exceeding £1) to the Company's assets if it should be wound up while s/he is a member or within one year after s/he ceases to be a member, for payment of the Company's debts and liabilities contracted before s/he ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributories themselves.