

**COMPANY REGISTRATION NUMBER 12063557**

**GIVE BACK YOGA FOUNDATION UK  
COMPANY LIMITED BY GUARANTEE  
UNAUDITED FINANCIAL STATEMENTS  
30 JUNE 2022**

**Charity Number 1190034**



**GIVE BACK YOGA FOUNDATION UK  
COMPANY LIMITED BY GUARANTEE**

**FINANCIAL STATEMENTS**

**YEAR ENDED 30 JUNE 2022**

<b>CONTENTS</b>	<b>PAGE</b>
Trustees' annual report (incorporating the director's report)	<b>1</b>
Statement of financial activities (incorporating the income and expenditure account)	<b>6</b>
Statement of financial position	<b>7</b>
Notes to the accounts	<b>8</b>

**GIVE BACK YOGA FOUNDATION UK  
COMPANY LIMITED BY GUARANTEE**

**TRUSTEES' ANNUAL REPORT**

**YEAR ENDED 30 JUNE 2022**

The trustees, who are also directors for the purposes of company law, present their report and the unaudited accounts of the charity for the year ended 30 June 2022.

**REFERENCE AND ADMINISTRATIVE DETAILS**

<b>Registered charity name</b>	Give Back Yoga Foundation UK
<b>Charity registration number</b>	1190034
<b>Company registration number</b>	12063557
<b>Principal office</b>	The Fisheries 1 Mentmore Terrace London E8 3PN

**The trustees**

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

Harriet McAtee  
Nicole Schnackenberg  
Robert Schware (Chair)  
Nick Stuart

**Bankers**

Unity Trust Bank  
PO Box 7193  
Planetary Road  
Willenhall  
WV1 9DG

# **GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE**

## **TRUSTEES' ANNUAL REPORT *(continued)***

**YEAR ENDED 30 JUNE 2022**

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

Give Back Yoga Foundation UK is governed by a governing document that was issued when it registered as a charity. It registered as a company in June 2019 and as a charity in June 2020.

The Trustees, who are also company directors for the purposes of the Companies Act, hereby submit their annual report and the financial statements of Give Back Yoga Foundation UK for the period ending 30 June 2022. The trustees confirm that the annual report and financial statements of the Charity comply with the current UK statutory requirements, the requirements of the Charity's governing document (the Memorandum and the Articles of Association), and the provision of the Statement of Recommended Practice (SORP) - 'Accounting and Reporting by Charities'.

#### **Trustee Selection Method**

The Trustees are elected by existing Membership of the Charity according to: i) their expressed wish to serve as a Trustee; ii) their personal commitment and support for the objectives of the Charity; iii) the skills and experience they can offer as a Member of the Board; iv) their financial stability; v) their legal eligibility for the position.

#### **Board of Trustees**

The Trustees meet regularly to discuss, and decide by vote, matters relating to the Charity's activities.

#### **Staff/Volunteers**

All Trustees and other volunteers continue to work for the Charity without remuneration. The Charity uses contractors for other required roles.

### **OBJECTIVES AND ACTIVITIES**

The purpose of Give Back Yoga Foundation UK as set out in the Articles of Association of the charity are:

To promote the health of the public and assist in the treatment and care of persons suffering from mental or physical illness or in need of rehabilitation because of such illness.

# **GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE**

## **TRUSTEES' ANNUAL REPORT *(continued)***

### **YEAR ENDED 30 JUNE 2022**

The above objective is achieved by providing education and training in the practice and principles of yoga to personnel engaged in providing support for such persons, supporting the provision of yoga classes, programmes and yoga equipment and supplies in the context of not-for-profit projects in community and health facilities and enabling the integration of yoga into care and treatment services for such persons in prisons, hospitals and community centres.

### **ACHIEVEMENTS AND PERFORMANCE**

In January 2022, the charity launched a new initiative to deliver online yoga courses to those suffering with eating disorders. The courses, which are offered freely to the public on a monthly basis, allow students an opportunity to practise gentle yoga and learn skills to support recovery. The charity is also working in collaboration with researchers at the University at Buffalo and University at Munich to study the course's benefits to people with eating disorders.

### **Statement on public benefit**

The Trustees have had regard to the Charity Commission's guidance on public benefit.

Promoting health through yoga is a benefit in that it increases physical and mental health, with a growing body of evidence demonstrating this benefit. There are no detriments resulting from the purpose to outweigh these benefits. The Public in general can be a beneficiary of the Charity, firstly in that the beneficiaries are a wide group due to their circumstances, disabilities or health, gender, race and nationality.

### **FINANCIAL REVIEW**

The charity made a surplus of £3,083 in the year ending 30 June 2022, compared to a surplus of £2,004 in the period ending 30 June 2021.

# **GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE**

## **TRUSTEES' ANNUAL REPORT *(continued)***

### **YEAR ENDED 30 JUNE 2022**

The Trustees are of the opinion that the charity is financially viable and can continue to meet its liabilities, when they fall due.

#### **Charity's principal sources of funds**

- Donations from the associated American charity, Give Back Yoga Foundation
- Donations from the general public
- Grants for COVID-19 assistance
- National Lottery grant

#### **Reserves policy**

The Charity makes sure it has reserves to meet its liabilities three (3) months ahead of them falling due. This includes rental payments, contractor payments, and systems.

#### **Going Concern**

The trustees consider that the charity is a going concern, as it has positive cash funds and maintains a balance to cover any fixed costs.

#### **STATEMENT OF TRUSTEES RESPONSIBILITIES**

The Charities Act and the Companies Act require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and which are sufficient to show and explain the Charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act.

They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the responsibility of the independent examiner in relation to the Trustees' report is limited to

**GIVE BACK YOGA FOUNDATION UK  
COMPANY LIMITED BY GUARANTEE**

**TRUSTEES' ANNUAL REPORT *(continued)***

**YEAR ENDED 30 JUNE 2022**

examining the report and ensuring that, on the face of the report, there are no inconsistencies with the figures disclosed in the financial statements.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

I approve the attached statement of financial activities and balance sheet for the year ended 30 June 2022 and confirm that I have made available all information necessary for its preparation.

Signed on behalf of the trustees



Nicole Schnackenberg  
Trustee

..28.03.2023

**GIVE BACK YOGA FOUNDATION UK  
COMPANY LIMITED BY GUARANTEE**

**STATEMENT OF FINANCIAL ACTIVITIES  
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)**

**YEAR ENDED 30 JUNE 2022**

		Total Funds 2022 £	Total Funds 2021 £
	Note		
<b>INCOME AND ENDOWMENTS</b>			
Donations and legacies	2	<u>10,000</u>	<u>15,000</u>
<b>TOTAL INCOME</b>		<u>10,000</u>	<u>15,000</u>
<b>EXPENDITURE</b>			
Expenditure on charitable activities	5/6	<u>(6,917)</u>	<u>(12,996)</u>
<b>TOTAL EXPENDITURE</b>		<u>(6,917)</u>	<u>(12,996)</u>
<b>NET (EXPENDITURE)/INCOME AND NET MOVEMENT IN FUNDS FOR THE YEAR</b>	7	<b>3,083</b>	2,004
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		<u>15,351</u>	<u>13,348</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><b>18,434</b></u>	<u>15,351</u>

The Statement of financial activities includes all gains and losses in the year.

All of the above amounts relate to continuing activities.

The notes on pages 8 to 13 form part of these financial statements



# GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE

## BALANCE SHEET

30 JUNE 2022

	Note	2022 £	2021 £
<b>FIXED ASSETS</b>			
Tangible assets		-	-
<b>CURRENT ASSETS</b>			
Debtors		-	-
Cash at bank		19,274	16,191
		<u>19,274</u>	<u>16,191</u>
<b>CREDITORS: Amounts falling due within one year</b>	10	<u>(840)</u>	<u>(840)</u>
<b>NET CURRENT ASSETS</b>		<b>18,434</b>	15,351
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u><b>18,434</b></u>	<u>15,351</u>
<b>NET (LIABILITIES)/ASSETS</b>		<u><b>18,434</b></u>	<u>15,351</u>
<b>FUNDS OF THE CHARITY</b>			
Unrestricted income funds	11	<u><b>18,434</b></u>	<u>15,351</u>
<b>TOTAL CHARITY FUNDS</b>		<u><b>18,434</b></u>	<u>15,351</u>

For the year ended 30 June 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and

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

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on ~~28.03.2023~~ and are signed on their behalf by:



Nicole Schnackenberg  
member of the committee

Company Registration Number: 12063557

The notes on pages 8 to 13 form part of these financial statements

# **GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE**

## **NOTES TO THE FINANCIAL STATEMENTS**

**YEAR ENDED 30 JUNE 2022**

### **1. GENERAL INFORMATION**

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is The Fisheries, 1 Mentmore Terrace, London, England, E8 3PN.

### **2. STATEMENT OF COMPLIANCE**

These financial statements have been prepared in compliance with FRS 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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 (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

### **3. ACCOUNTING POLICIES**

#### **Basis of preparation**

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

#### **Going concern**

There are no material uncertainties about the charity's ability to continue.

#### **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future projects or commitments. The charity has no designated funds.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds. The charity has no restricted funds in this financial year.

#### **Financial Reporting Standard 102 – Reduced Disclosure Exemptions**

The charity has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'

# **GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE**

## **NOTES TO THE FINANCIAL STATEMENTS *(continued)***

### **YEAR ENDED 30 JUNE 2022**

- The requirements of Section 7 Statement of Cash Flows.

#### **Incoming Resources**

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised where there is evidence of entitlement to the gift, receipt is probable, and its amount can be measured reliably.

#### **Resources Expended**

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities and the sale of donated goods.
- Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- Other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of resources. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to a reasonable, justifiable and consistent basis.

#### **Tangible assets**

Tangible assets are initially recorded at cost and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other gains and losses, except to the extent to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

# **GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE**

## **NOTES TO THE FINANCIAL STATEMENTS *(continued)***

### **YEAR ENDED 30 JUNE 2022**

#### **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	-	3-year straight line
-----------	---	----------------------

#### **Financial Instruments**

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal

# GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE

## NOTES TO THE FINANCIAL STATEMENTS *(continued)*

### YEAR ENDED 30 JUNE 2022

does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

#### Taxation

The charity is exempt from tax on its charitable activities.

#### 4. LIMITED BY GUARANTEE

The number of members at 30 June 2022 was four (2021 four) and their liability in the event of a winding up of the company is limited to £1 each.

#### 5. DONATIONS AND LEGACIES

	Unrestricted Funds	Total Funds 2022	Unrestricted Funds	Total Funds 2021
	£	£	£	£
<b>Donations</b>				
Corporate donations	-	-	-	-
Grants	10,000	10,000	15,000	15,000
	<u>10,000</u>	<u>10,000</u>	<u>15,000</u>	<u>15,000</u>

#### 6. EXPENDITURE ON CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds	Total Funds 2022	Unrestricted Funds	Total Funds 2021
	£	£	£	£
Cost of providing services	6,097	6,097	12,563	12,563
Governance costs	820	820	433	433
	<u>6,917</u>	<u>6,917</u>	<u>12,996</u>	<u>12,996</u>

#### 7. EXPENDITURE ON CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Activities undertaken directly	Total Funds 2022	Total Funds 2021
	£	£	£
Cost of providing services	6,097	6,097	12,563
Governance costs	820	820	433
	<u>6,917</u>	<u>6,917</u>	<u>12,996</u>

# GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE

## NOTES TO THE FINANCIAL STATEMENTS *(continued)*

**YEAR ENDED 30 JUNE 2022**

### 8. NET (OUTGOING)/INCOMING RESOURCES FOR THE YEAR

This is stated after charging:

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Depreciation	-	-

### 9. STAFF COSTS AND EMOLUMENTS

**Total staff costs were as follows:**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Wages and salaries	-	-
Social security costs	-	-
	-	-

**Particulars of employees:**

The average number of employees during the year, was as follows:

	<b>2022</b>	<b>2021</b>
	<b>No.</b>	<b>No.</b>
Number of other staff	-	-

No employee received remuneration of more than £60,000 during the year (2021- Nil).

#### **Trustee remuneration and expenses**

The trustees received no remuneration from the charity for their services in the financial year to 30 June 2022.

### 10. CREDITORS: Amounts falling due within one year

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Accruals and deferred income	<b>840</b>	<b>840</b>
Other creditors	-	-
	<b>840</b>	<b>840</b>

**GIVE BACK YOGA FOUNDATION UK  
COMPANY LIMITED BY GUARANTEE**

**NOTES TO THE FINANCIAL STATEMENTS *(continued)***

**YEAR ENDED 30 JUNE 2022**

**11. ANALYSIS OF CHARITABLE FUNDS  
UNRESTRICTED INCOME FUNDS**

	Balance at 1 July 2021	Income	Expenditure	Balance at 30 June 2022
	£	£	£	£
General Funds	<u>15,351</u>	<u>10,000</u>	<u>(6,917)</u>	<u>18,434</u>

**12. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

	Tangible fixed assets	Net current assets/ (liabilities)	Total
	£	£	£
Unrestricted Income Funds	-	<u>18,434</u>	<u>18,434</u>
Total Funds	-	<u>18,434</u>	<u>18,434</u>

**13. RELATED PARTY TRANSACTIONS**

The charity is managed by an employee of Give Back Yoga Foundation, a charity incorporated in the US. Her salary is paid wholly by the US charity. Give Back Yoga Foundation is a related party of Give Back Yoga Foundation UK as Robert Schwere is a trustee of both entities.