



CYF

ANNUAL GENERAL MEETING UPDATE

CHAIR'S REPORT

What a strange year we have had and I hope that you have all managed, supported by your yoga practice. I would like to take this opportunity to thank you for your continued support in these difficult times.

Yoga teaches us to live in the moment and be accepting of change and this year has certainly challenged those standards. Our Committee has worked hard this year to find the best ways to serve you, our members. Of course we had no choice but to cancel our June and July seminars and, although we considered offering a Zoom seminar as so many other teachers did, we decided it was not a viable option and that a key part of our seminars is the opportunity to meet up with friends and enjoy the company and energy of other yogis. It was decided that we could run with October's event as a half day session and with a minimum of 2 Committee members and 12 members - all practicing Social Distancing. This, of course, meant that the AGM didn't go ahead. We are not legally required to hold an annual AGM so it seemed best to forego the meeting this year and contact you through e-mail with these usual reports. If you have anything you feel you need to share I encourage you to contact me and I will discuss it with the Committee.

It has been a difficult year and I have missed seeing you at the seminars but we are strong in our love for yoga and endeavour to continue through these odd times. As a Committee we are taking each day as it comes but hope that next year we can continue as always with our 3 seminars and extra day. If necessary we will reduce our events to half days for the time being but I have every faith that we can return to full days although they may be by booking only if the current laws on Social Distancing continue. Granville Cousins is happy to come and lead our extra day next year and was sad that we had to cancel in July.

In acknowledgement of the reduced number of events we have been able to offer, the Committee proposes offering free renewal to our current members for 2021. Whilst we hope you will all want to remain CYF members, if anyone prefers not to renew their membership, we ask you to advise Gill Drummond, our Treasurer.

We have had a change to our Committee as our lovely Vice Chair, Joyce Watson, has decided to step down. I would like to thank her for her service to the CYF. We welcome Mandy Wallace, a new face to the Committee, who joins the team as Vice Chair.

I continue to keep abreast of any changes in regulations and any advice on how we can function as a yoga community in this new and strange world. I look forward to seeing you next year, if not before and hope you are happy for me to continue as Chair for the forthcoming year.

Deb



SECRETARY'S REPORT

Dear Committee Member,

A few of us met yesterday to discuss what we might do about the AGM. Apologies for not sending out an invite for everyone to attend, but as Deb mentioned in her email, we have all been working and are time poor at present. The minutes of our pre-AGM meeting are below.

Due to the ever-tightening coronavirus restrictions, we agreed that the AGM does not need to happen in the usual format this year. We discussed the option of having a remote AGM by zoom or Teams but agreed that this may not be well attended and technical issues with Helen joining us at the pre-AGM meeting decided it for us. Instead, the AGM will defer until October 2021 and a Newsletter will be sent out by Helen to include the various reports for member's information. Deb has checked that this is within the law for us. You are invited to make further proposals for consideration if there is anything you wish to bring up.

Please let me have any proposals by 30th November. The final Minutes and Secretaries' Reports will then be circulated to all members for further comment to be received by 31st December.

PRESENT

Deb Jackson

Gill Drummond

Pamela Sunderland

Bev Stacchini

Helen Steadman - via Zoom

AGENDA

1. Approval of minutes of 2019 AGM – we did not discuss these but they were circulated earlier in the year. If anyone did not receive a copy that would like one, I can send them out again

2. Chairperson's report – to be sent to Helen for collation.
3. Secretary's report – to be sent to Helen for collation.
4. Treasurer's report– to be sent to Helen for collation.
5. Tutor's report– to be sent to Helen for collation.
6. Events coordinator's report– to be sent to Helen for collation.
7. List of officials:- Currently:-

Chairperson.	Deb Jackson
Deputy Chairperson	Joyce Watson
Secretary.	Bev Stacchini
Treasurer	Gill Drummond
Events coordinator	Pamela Sunderland
Insurance Secretary.	Holly Critchley
Ed-Co Correspondence	Julie Gater
Ed-Co support	Ann Wilks
Newsletter coordinator/Editor	Helen Steadman
Webpage Coordinator	Alan Paddick
Catering Coordinator	Colin Hayes
Committee Support	Angie Crosby

8. Joyce Watson has stepped down as Deputy Chairperson and Mandy Wallace has been nominated and elected to the post
9. Honorary members for 2020 :- Pam and Gordon (founder members), Yvonne and Muriel (30+ years membership)
10. Membership subscriptions.

It is proposed that these are free for 2021 for current members and will be done automatically by Gill. Membership cards will be virtual for all those with email as their contact preference. A physical card will be sent out to those who do not receive email.

11. Request was made by Gill for ALL payments to be made by BACS as attending the Bank to pay cheques in is proving difficult at present
12. It was decided that Seminar and Training days would be scheduled in as usual and if numbers need to be limited, they will be done so nearer the time. The next two training days in November and December, have 16 and 17 students respectively and will be held at the Gordon Banks Gym due to space constraints at Deb's studio.



EDUCATION CO-ORDINATOR'S REPORT

Again, a funny old year but the Teacher Training course has carried on regardless. We have had 3 new trainees over lockdown and a returning trainee who is ready to restart their course. Some found that lockdown gave them chance to crack on with essays especially as we had to postpone our April and May Training days. Fortunately we managed to run these days in September and October with limited numbers. It was decided that everyone who had booked back in April for these 2 days would be invited to reschedule the day. This did mean that some missed out but I hope to try and organise a second reschedule for any who missed the training. The nature of our current situation means that we have had to approach the training days in a slightly different way to accommodate the laws on social distance and non-contact. Nevertheless the training days were as joy filled as usual. Our extra day on The Business of Yoga had to be postponed to accommodate the rescheduled days. Again I am hoping to liaise with Gill Drummond to rearrange this day for next year but we felt it was important to meet the Teacher Training scheduled contact hours as a priority.

We have scheduled the last 2 Training days of the year, in November and December, to go ahead as normal but, as the studio can only fit 9 trainees and 1 tutor due to social distancing, we have hired a different venue where a maximum of 16-17 trainees can be accommodated. I am thankful that the lovely staff at my local college gym are happy for us to take over their dance studio for a day. I am keeping an eye on the regulations as they change and will decide on the location for our practical training hours in the New Year. As with everything in life at the moment I am living in the moment and seeing what each new day, new regulation and new changes bring but I can assure you all that I will do everything I can to ensure that the Training days continue as normal or as normal as they can be.

As there have been fewer face to face classes this year we have made a proviso that trainees can use some of their online and Zoom classes towards their recorded hours. Where possible, trainees will be encouraged to have their hours signed off by their Zoom teacher.

Our next Training workshop would have been a half day of Anatomy and a half day of Pranayama. When I took over as Ed Co the full Anatomy and Physiology day was split into 2 half days as some trainees had found it too much to do a full day. It's not something that either myself or our previous Ed Co was entirely happy with. The Covid Crisis has given us an opportunity to reinstate these days as 1 Anatomy and Physiology day and 1 Pranayama day. As I am sure you are aware it is hard to teach certain Pranayamas at the moment due the risk of aerosol transmission. This November we will hold the first full day of Anatomy and Physiology and next year we hope to have a full day of Pranayama. Of course we may need to rethink how we teach the latter day depending on how things flow.

NEW TEACHERS

The lovely ladies that qualified as teachers in 2019 were: Anita Blaize, Diana Hughes and Pam Sunderland. Helen Steadman qualified early in 2020.



CYF TREASURER'S REPORT ON THE ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2019

INTRODUCTION: The Comprehensive Yoga Fellowship is a "not for profit" organisation which provides a high standard of tuition at an affordable price to the student.

The Committee is able to keep prices low due to the number of volunteers who give up their time freely to ensure the smooth running of the organisation.

Since 2016 Committee members have been offered free membership as a token of thanks for their hard work. Our Treasurer is now paid £8.50 per hour for admin work, since a lot of admin is required in this post: there is no charge for doing the actual accounts.

Adapting to change is essential to maintain the quality teaching required by the students which in turn will attract more potential students to the CYF.

This accounting year covers 1st January to 31st December 2019, a summary is provided below alongside 2018 for comparison:

SUMMARY:

Receipts	2018	2019	Payments	2018	2019
Opening Balance	£8,552.26	£8,359.69	General expenses	£202.99	£486.20
			IYN	£200.00	£200.00
Membership Subs	£1,027.50	£1,185.00	Tutor payments	£1,450.00	£1,108.00
Course fees	£1,620.00	£1,320.00	Magazine	£99.09	£106.14
Seminar fees	£45.00	£40.00	Hire of hall	£807.00	£870.10
Training day fees	£1,520.00	£915.00	Travelling expenses	£63.00	£210.60

Workshop fees	£1,195.00	£1,080.00	Seminar speakers	£750.00	£465.00
			Student manuals/expenses	£2,140.35	£2,592.52
Donation / Refunds	£0.00	£0.00	Refunds	£10.00	£0.00
Misc.		£5.00	Admin	£100.60	£256.28
2018 First Aid Course	£250.00	£350.00	Last year's cheques cashed	£22.04	£0.00
Last year unclear payments	£10.00	£0.00	Uncleared credits at year end	£0.00	
Last year cheques uncashed	£15.00		Closing Balance	£8,359.69	£6,959.85
Total Receipts	£14,234.76	£13,254.69	Total payments	£14,204.76	£13,254.69

ACCOUNT BALANCE:

The balance at the end of the year was £6,959.85 a decrease of £1399.84 on 2018. Steps were taken to reduce our balance: we have offered extra seminars at no charge and purchased books for all trainees. This approach seems to be working.

SUBSCRIPTIONS:

The annual subscription was kept the same at £15 for the full year and £7.50 for half year. At the end of 2018 the membership stood at 93. Membership is 5 more than the previous year – new members have joined us; some have chosen not to renew their membership. Income from subs varies slightly, due to the dates when members renew, plus the committee have the option of free membership.

SEMINARS:

Three seminars were held in 2018, in February, June and October, plus an additional day with Jenny Kaur in July. Non-membership attendee payments were £40. The hire of Acton Parish Hall remains the same.

CORRESPONDENCE COURSE AND TRAINING/WORKSHOP DAYS:

Students paid £1320 for course material this year, which is £300 less than 2019, reflecting a decrease in student enrolments and progression within the course. Bookings for training days and workshops also decreased by £720 due to more students completing the course in 2018/19. Tutor payments decreased by £342 reflecting the decrease in number of students enrolling, and many students completing the course. Expenses related to workshops and student manuals increased by £452.17. Although there was a decrease in student numbers and while the number of workshops being run remains the same, plus time being paid for tutors to write the workshop manuals where required. This figure excludes an invoice from KUSU for £60 that was not sent until 2020, due to an oversight at KUSU. Printing is now sub-contracted to Keele University Students Union as this is the most efficient way to do the job due to increased numbers required. cost of room hire for the training at Stoke has increased slightly, with an overall increase in room hire costs of £60.72. Travel expenses have increased by £147.60 as one tutor forgot to claim for 2018, increasing the costs this year. Tutors are now encouraged to claim these for longer journeys to training days and workshops, plus for mileage involved in the handover of committee roles has not occurred this year.

PROFESSIONAL FEES/MAGAZINE/WEBSITE:

Professional fees include our membership with the IYN and remain unchanged from 2015. The cost of producing the magazine is about £136 (an increase of £7, mainly due to increases in postage costs) as a large proportion of members receive it electronically. Alan is currently managing the website free of charge.

OTHER:

General expenses (stationery, postage, printer ink etc. not directly associated with trainee manuals and communication) accounted to £486.20, which is £232.21 more than 2018 – mainly due to the 2018 McAfee subscription being paid in January 2019, and the 2020 renewal for 2 years being paid in December 2019. No refunds were made in respect of the membership overpayments, missed workshops and uncashed cheques.



EVENTS CO-ORDINATOR'S REPORT

We started off the year with Pamela Sunderland (ie me) with a heart led vinyasa flow. That afternoon we chanted together and ended the session with a Yoga Nidra. Thank you for giving me the opportunity to teach. It was a beautiful experience!

Seminars for June and July were cancelled due to the restrictions put in place. We have however rearranged the July seminar with Granville next year for the first Sunday of July.

In October we had a reduced session led by Mandy Wallace, introducing us to Ashtanga Yoga. A thoroughly enjoyable session, taught wonderfully and thankfully slowly ☺. Such a blessing to have our members back together again and see so many friendly faces.

We will be putting the seminars on as normal next year, making adjustments to timings and numbers as necessary.

Our mailing address is:

editor@cyf.org.uk