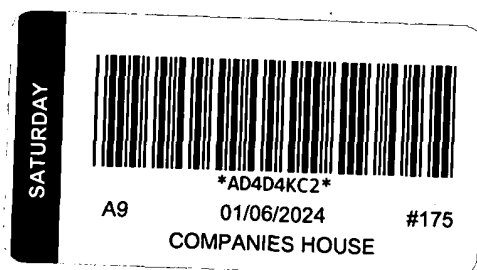


REGISTERED COMPANY NUMBER: 07371206 (England and Wales)

REGISTERED CHARITY NUMBER: 1140717

**Report of the Trustees and Financial Statements**  
**for the**  
**Year Ended 31st October 2023**  
**for**  
**The British Wheel of Yoga Qualifications**



**The British Wheel of Yoga Qualifications  
Financial Statements for the Year ended 31st October 2023**

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# **The British Wheel of Yoga Qualifications**

## **Report of the Trustees for the Year ended 31st October 2023**

The trustees who are also directors of the Charity for the purposes of the Companies Act 2006, present their report with the Financial Statements of the Charity for the year ended 31st October 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities (effective 1<sup>ST</sup> January 2019) preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

This Report of the Trustees contains all the information required by the Companies Act 2006 to be in the Directors' Report.

### **OBJECTIVES AND ACTIVITIES**

#### **Objects and purpose**

The Charity's governing document is the Memorandum and Articles of Association. The Charity's Objects, as established in the Articles and approved by the Charity Commission, are as follows:

The Charity's objects ("the Objects") are to advance for the benefit of the public the education of the public in yoga and related Group 1 and 2 therapies from the relevant House of Lords report (hereinafter called 'related therapies') and for that purpose:

- a) to maintain and improve the standard of teaching of yoga and related therapies by producing and maintaining qualifications that are recognised on the Register;
- b) to moderate, verify and assess the quality of the training centres approved to deliver the Charity's qualifications (Centres) and any qualifications delivered by the Charity as an Awarding Organisation;
- c) to maintain and raise standards in the development and delivery of yoga qualifications;
- d) to produce and make available specimen assessment materials for the Centres that deliver the Charity's qualifications; and
- e) to meet the Regulator's conditions and ensure that they are upheld by anyone delivering regulated qualifications on behalf of the Charity as an Awarding Organisation.

#### **Significant activities**

The British Wheel of Yoga Qualifications (BWYQ) is a registered charity operating as an awarding organisation regulated and recognised by Parliament's Office of Qualifications and Examinations Regulations (Ofqual).

BWYQ submits an annual Statement of Compliance confirming adherence to Ofqual's General Conditions of Recognition (GCOR). BWYQ oversees the quality of the regulated qualifications that it develops within the Regulated Qualifications Framework (RQF). BWYQ also creates, reviews and maintains policies and procedures to ensure the ongoing integrity of its regulated qualifications

## The British Wheel of Yoga Qualifications

BWYQ:

- Is responsible for giving recognition to training centres that successfully complete the application process to be able to deliver the BWYQ regulated qualifications;
- Oversees ongoing Centre compliance to the terms of the Recognised Centre Agreement;
- Investigates any event that may produce an adverse effect on BWYQ registered learners and any complaints or malpractice and maladministration allegations made against a Centre, taking appropriate action if the Centre is found guilty of malpractice or maladministration,
- Produces manuals, e-learning and exemplar assessment materials that Centres may find useful in the delivery of training to registered learners studying for BWYQ qualifications;
- Provides standardisation training on assessment to recognised Centres;
- Conducts External Quality Assurance (EQA) of a Centre's Internal Quality Assurance (IQA) of assessment; and
- Awards certificates to the learners who have successfully completed their quality-assured training.

### Public benefit

The Trustees have had regard to the Charity Commission's guidance on public benefits. BWYQ seeks through its charitable activities, to pay due regard to public benefit by furthering and raising the standards of yoga teacher training. Within the requirements of the individual qualification standards, BWYQ qualifications are open to all members of the public. BWYQ is committed to equality, diversity and inclusion.

As part of its 4-year development plan for 2018-2022, BWYQ was committed to expanding its public benefit through the development of new regulated qualifications that met the needs of older adults with age-related chronic conditions. In addition to its Level 4 Teaching Yoga qualifications, BWYQ introduced a Level 4 Award in Understanding the Principles of Adapting Yoga for Older Adults with long term conditions and a Level 4 Certificate in Teaching Gentle Years Yoga.

The 4-year development plan for 2023-2027 focuses on the new occupational standards for skills training provision as part of the governmental reforms that are taking place in vocational education, but also on the challenges for the public in dealing with the economic crisis and the strain on services such as the NHS. Therefore, BWYQ made a commitment this year to increase its benefit to the public by developing more accessible teaching yoga qualifications at Level 3.

The new Level 3 qualifications meet the occupational standards set by the Institute for Apprenticeships and Technical Education (IfATE). With the new skills funding available to learners who are eligible for Level 3 Legal Entitlement funding or Advance Learner Loans, we believe there will be greater equality, diversity and inclusiveness for members of the public who want to train as yoga teachers so that they can bring the benefits of yoga to their own diverse communities. Additionally, people will be able to continue their professional development by specialising in antenatal yoga, postnatal yoga for mothers and babies, senior adults and people with mental health conditions.

## **The British Wheel of Yoga Qualifications**

### **ACHIEVEMENTS AND PERFORMANCE**

Two opportunities became available in 2023 which helped BWYQ to move steadily towards its target to expand the educational and therapeutic benefits of yoga to the public.

Firstly, BWYQ's success in getting a £9,998 Awards for All grant from the National Lottery Community Fund was a major achievement. The charitable funding paid the costs of a new website and learning management system, but it also allowed BWYQ to conduct a 12-week pilot research study on the feasibility of a new intervention: yoga classes specifically for Generalised Anxiety Disorder (GAD). Over 300 people expressed interest in being involved as students in the free YoGAD classes. The screening process culled out those who did not meet the eligibility criteria.

Sixty-three participants with high GAD-7 questionnaire results were allocated to weekly 90-minute yoga classes for 12 weeks at one of the five Yorkshire sites used for the programme in Rotherham, Barnsley, Ilkley, Beverley or online from York.

The yoga teachers chosen to deliver the programme found the GAD training provided by BWYQ in consultation with a registered psychotherapist to be effective. This experience will help to inform the first module of the Yoga for Mental Health Conditions qualification.

End of study questionnaires completed by the students have now been collected and will be analysed for the final report. General feedback was gathered at focus group interviews on the last course date. The examples of quotes below indicate the beneficiaries found the programme helpful.

"Should have had this when I was first diagnosed –  
I wouldn't have had to go onto medication."

--

"Vinyasa sequence good. The home practice sheets are good."

--

"Breathing activities useful, especially in stressful situations."

--

"It gives me time once a week for myself with people who understand/are like me.  
Anxiety can be lonely so it's good to have people around who understand."

--

"The potential to save the NHS/doctors money is a positive. This would benefit a lot of people."

--

"The programme gives tools to weave into the working day."

--

"I have achieved confidence because I don't feel alone. I felt I had to keep quiet about my anxiety, but I don't feel that now."

--

"The teacher tailors the class for the individuals – and makes the effort to get to know everyone and what they need."

--

"The classes allowed me to find my voice"

--

"I don't want the classes to end."

--

"I wasn't 'abnormal' in these sessions. I got strength from being with people who were similar to me and yet still functioning."

## **The British Wheel of Yoga Qualifications**

The second major achievement was getting IfATE approval and Ofqual recognition for the four new Level 3 Technical Specialist Qualifications in Teaching Yoga, Antenatal Yoga, Postnatal Yoga for Mums and Babies and Mindbody Exercises to Older adults. All of these are now approved and on the Ofqual register, the Regulated Qualifications Framework.

The third major achievement was getting all four of the Level 3 qualifications approved by the Department for Education as eligible for public funding. This means that learners with historic financial barriers to enrolment on yoga teacher training courses will soon have access to Level 3 Legal Entitlement Funding and/or Advance Learner Loans for their yoga teacher training. We believe this will increase the equality diversity and inclusion of those who train to be yoga teachers. Inclusion will allow teachers from hard-to reach communities to share the benefits of yoga within their own communities so that health and wellbeing improvements can be achieved.

### **FINANCIAL REVIEW**

#### **Financial position**

At 31st October 2023, BWYQ had cumulative reserves (all unrestricted) of £11,281 (2022: £12,324). The bank balance was £21,165 at the year end, compared to £9,752 at the end of the previous year.

The reserves held are equivalent to six months operation expenses.

#### **Financial review**

BWYQ had a net income deficiency of £1,043 for the year ending 31 October 2023. This was due to the fall in income from course registration fees to £12,195 from £14,510 in the previous year.

BWYQ's volunteer trustees worked hard to limit expenditure and therefore mitigated the resultant effect on the results for the year. As a small charitable organisation with some six months of operating expenses in reserves at the end of the financial year, we are pleased to report that, despite the impact of Covid, we are currently operating on a self-sustaining basis.

However, it is a concern that many Centres, including BWYT, are still experiencing a significant shortfall in the number of people who want to enrol in vocational education but cannot do so because of the impact of cost of living increases.

The trustees are dealing with this challenge in three ways:

- 1) We are seeking to recruit additional training centres,
- 2) We foresee that income from learner registration fees will increase once the new Level 3 qualifications are launched in 2025, and
- 3) We will be applying for another Awards for All grant from the National Lottery Community Fund which will hopefully allow us to increase staff capacity, staff training and development of the new e-learning modules for the Level 3 qualifications.

## **The British Wheel of Yoga Qualifications**

### **Risk management**

BWYQ has its own Risk and Issue Management Policy and routinely reviews and manages risks as required by both the Charity Commission and the charity's regulatory authority Ofqual. BWYQ takes all reasonable steps to identify, prevent, reduce and/or mitigate risks that could have an adverse effect.

BWYQ uses a system of internal reporting logs that are managed and maintained by BWYQ staff. Risks are reviewed and updated at the end of each reporting year as part of the BWYQ Self-Assessment and Statement of Compliance process.

### **Going concern**

Whilst BWYQ was substantially impacted by the economic crisis following the pandemic, its reserves remain sufficient. The Trustees consider that the finances of BWYQ are such that it is appropriate for these financial statements to be prepared on a going concern basis.

### **Charitable donations**

No charitable donations were made during the year.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document and Memorandum and Articles of Association**

BWYQ was incorporated as a private company limited by guarantee on the 9th September 2010 and is a registered charity. BWYQ is a wholly owned subsidiary of the British Wheel of Yoga Limited ("BWY").

BWYQ operates under rules as set out in its Memorandum and Articles of Association, which has been approved by the Charity Commission.

### **Recruitment and appointment of new trustees**

Under Article 16 of BWYQ's Articles of Association, the Board at full complement consists of one representative of the Member (BWY) to be appointed by the BWY Board of Trustees, one representative of BWYT to be appointed by the BWY Training Committee and up to six Ordinary Directors to be appointed by the BWYQ Board.

Ordinary trustees are appointed for 3-year tenures. Trustee training, skill sets and development are regularly reviewed and actioned by the Board.

# **The British Wheel of Yoga Qualifications**

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Name**

The Charity is known by the name The British Wheel of Yoga Qualifications or BWYQ and no other name.

### **Registered Company number**

07371206 (England and Wales)

### **Registered Charity number**

1140717

### **Registered office**

4<sup>th</sup> Floor, 18 St. Cross Street, London EC1N 8UN

The Charity does not have a principal office as all directors and employees work from home.

### **Trustees**

The Trustees who served during the year:

L L Bissell (BWYQ Chair)

Z Carr

M J Misgalla

J May (appointed 19 December 2022)

C Harrison (appointed 26 April 2023)

R Jesson (appointed 7 June 2023)

T Betts (appointed 25 July 2023)

The Trustees who retired during the year:

AD Blow (retired 5 January 2023)

E Douglas (retired 29 September 2023)

W Haring (retired 7 June 2023)



## **The British Wheel of Yoga Qualifications**

### **STATEMENT OR TRUSTEE RESPONSIBILITIES**

The trustees (who are also the directors of The British Wheel of Yoga Qualifications for the purposes of company law) are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom 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 company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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.

Approved by order of the Board of Trustees on 29 May 2024 and signed on its behalf by:



L L Bissell (Chair)

## The British Wheel of Yoga Qualifications

### Statement of Financial Activities (including an Income and Expenditure Account) for the Year Ended 31st October 2023

		2023	2022
		Total Funds	Total Funds
		£	£
<b>INCOME AND ENDOWMENTS FROM CHARITABLE ACTIVITIES</b>			
Donations		8,000	342
Training and activities		12,195	14,510
<b>Total</b>		<b>20,195</b>	<b>14,852</b>
<b>EXPENDITURE ON CHARITABLE ACTIVITIES</b>			
Training and activities		21,238	20,107
<b>Total</b>		<b>21,238</b>	<b>20,107</b>
<b>NET INCOME/(EXPENDITURE)</b>		<b>(1,043)</b>	<b>(5,255)</b>
<b>RECONCILIATION OF FUNDS</b>			
Total Funds brought forward		12,324	17,579
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>11,281</b>	<b>12,324</b>

All income and expenditure has arisen from continuing activities and represents unrestricted funds.

## The British Wheel of Yoga Qualifications

### Balance Sheet as at 31st October 2023

	Notes	2023	2022
		Total Funds	Total Funds
		£	£
<b>CURRENT ASSETS</b>			
Stocks	4	352	813
Debtors	5	1,450	2,120
Cash at bank		21,165	9,752
		22,967	12,685
<b>CURRENT LIABILITIES</b>			
Amounts falling due within one year	6	11,686	362
<b>NET CURRENT ASSETS</b>		<b>11,281</b>	<b>12,324</b>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<b>11,281</b>	<b>12,324</b>
<b>NET ASSETS/ (LIABILITIES)</b>		<b>11,281</b>	<b>12,324</b>
<b>FUNDS</b>	7		
Unrestricted Funds		11,281	12,324
<b>TOTAL FUNDS</b>		<b>11,281</b>	<b>12,324</b>

For the financial year in question the Company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No member has required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

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

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on 29 May 2024 and were signed on its behalf by:



Laura Bissell (Chair)

# **The British Wheel of Yoga Qualifications**

## **Notes to the Financial Statements for the Year ended 31st October 2023**

### **1. ACCOUNTING POLICIES**

#### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 151 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention. The Charity is a public benefit entity.

#### **Going Concern**

The accounts are prepared on a going concern basis.

#### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds and it is probable that the income will be received and the amount can be measured reliably.

#### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

#### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

#### **Stocks**

In assessing whether stocks should be valued at the lower of cost or net realisable value due regard to the Charity SORP (FRS 102) Module 10.61 has been made. This states that where a good has been provided as part of a charity activity, either free or at a subsidised cost, then the net realisable value should be based on the service potential provided by the item of stock. The Charity has taken the service potential to be cost.

#### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

# The British Wheel of Yoga Qualifications

## Notes to the Financial Statements for the Year ended 31st October 2023

### 1. ACCOUNTING POLICIES (Continued)

#### Grants Received

Grants received have been treated in accordance with paragraph 24.5E, Financial Reporting Standard 102, using the Accrual Model whereby grants relating to revenue shall be recognised in income on a systematic basis over the periods in which the entity recognises the related costs for which the grant is intended to compensate.

Accordingly grants received have been included as deferred income.

### 2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31<sup>st</sup> October 2023 nor for the year ended 31<sup>st</sup> October 2022.

#### Trustees' expenses

During the year trustees were reimbursed expenses amounting to £39. (2022: 113).

### 3. STAFF COSTS

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

	2023	2022
BWYQ Coordinator	<u>1</u>	<u>1</u>

During the year one employee received total employee benefits of between £10,000 and £19,999. No employees received emoluments in excess of £60,000.

	2023	2022
	£	£
Wages and salaries	18,336	17,586
Social security costs	1,275	1,250
Employers pension costs	550	313
	<u>20,161</u>	<u>19,393</u>

### 4. STOCKS

	2023	2022
	£	£
Stock of blank certificates	<u>352</u>	<u>813</u>

### 5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Amounts owed by group undertakings	1,450	1,225
Prepayments and accrued income	-	895
	<u>1,450</u>	<u>2,120</u>

**The British Wheel of Yoga Qualifications**  
**Notes to the Financial Statements for the Year ended 31st October 2023**

**6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Other Creditors	1,425	-
Taxation & National Insurance	263	362
Deferred Income	9,998	-
	<u>11,686</u>	<u>362</u>

**7. MOVEMENT IN FUNDS**

	At 1.11.22	Incoming resources	Resources expended	Net movement in funds	At 3.10.23
	£	£	£	£	£
Unrestricted funds					
General fund	12,324	20,195	21,238	(1,043)	11,281

Comparative movement in funds

	At 1.11.21	Incoming resources	Resources expended	Net movement in funds	At 31.10.22
	£	£	£	£	£
Unrestricted funds					
General fund	17,579	14,739	19,994	(5,255)	12,324

**10. ULTIMATE PARENT COMPANY**

The parent company is The British Wheel of Yoga Limited. The parent controls 100% of The British Wheel of Yoga Qualifications. The detail of the parent company, are:

Registered Office: 25 Jermyn Street Sleaford, Lincolnshire NG34 7RU

Charitable number: 1136674

Company number: 07030679 (England and Wales)

**11. RELATED PARTY DISCLOSURES**

The charitable company has taken advantage of exemption, under the terms of Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', not to disclose related party transactions with wholly owned subsidiaries within the group.