

Minutes of the Annual General Meeting of the East of Scotland Iyengar Yoga Institute

17th April 2010

Fairmilehead Church Hall

Attendees:

Flora Allison
Kyoko Atsumi
Jack Bannerman
Lucy Brown
Stella Craven
Nancy Dickson
Marianne Farish
Steve Gowenlock
Morag jack
Gordon Jardine
Lesley Johnston
Anne Kilgour
Meg Laing
Susan Laurence
Blanka Peters
Monica Rooney
Rachel Woodward

Apologies

Agnes Matthews
Karen Lamb
Karen Smith
Mona Hislop
Carol Brown
Julie Anderson
Elaine Pidgeon
Linda Head

In the absence of Agnes Matthews, ESIYI chair, Morag Jack the ESIYI treasurer had volunteered to chair the meeting and this was agreed by all committee members. Karen Smith having just had her baby was unable to take minutes at this AGM so Marianne Farish volunteered for this role and this too was agreed by all committee members.

AGM 2009

The minutes of the previous AGM had previously been circulated via email and they were approved as a true record of the last meeting. Rachel Woodward approved these and they were seconded by Jack Bannerman

Chairperson's Report – Agnes Matthews

The full report will be available on the ESIYI website. Agnes would like to step down as chair as she will have served for 3 years by the end of this term, so please do volunteer. Agnes reported that this had once again been a very busy but enjoyable year for the committee in which there were a couple of new members finding their feet in their new roles and they have all been working hard to deliver prestigious events to the members and the East of Scotland as a whole. Of particular mention was the success of the Jawahar event which was hosted by Elaine Pidgeon at EIYC, who worked closely with ESIYI events coordinators, especially Karen Lamb to bring this event to a sold out audience . Penny Chaplin's PD day was well attended and Richard Agar Ward was once

again very popular. From this event an excellent article was written by a student for the ESIYI newsletter.

We would all like to wish Karen Smith (ESIYI secretary) best wishes after the birth for her baby boy Panashe Mpamhanga.

Library

The library had been of major concern over the last 2-3 years. The books had originally been removed from the EIYC so that people throughout the East of Scotland could have full access to them if they wished via a mailing library system. Books were listed online and held at the house of an ESIYI member. However not 1 single book had been borrowed using this system. We discussed this matter at length at various committee meetings and it was agreed to send out questionnaires to members regarding the library and how they would prefer to use the books. The responses indicated that people would like them to be in a central location where they were able to browse and pick up books casually. Therefore in order to remove the burden of housing lots of books from that particular member's home Elaine Pidgeon once again kindly agreed to house the books, as a temporary measure at the EIYC. Monica Rooney had volunteered to be the librarian and the committee have recommended a small charge for the loan of the books which will go back into new stock. A new book by Geeta Iyengar will be added to the library by Morag Jack with thanks from ESIYI

Exams

The following people were congratulated on their Scottish assessment passes and examination success:

Intro L 1	Intro L 2	Junior Int 2	Senior L1
Annie Boyle Leonora Coll Pauline Hamilton Neil McDonald Katrina McDonald Andrew Paine Meg Stiven Penelope Venning Sarah White	Alex Gunn Rossella Riccoboni	Charlotte Hill Bonar Hutchinson	Katie Rutherford

Treasurer's Report – Morag Jack

Morag has provided a full breakdown of income and expenditure for the ESIYI on a month by month basis. A profit and loss statement will be available on the ESIYI website. AGM attendees were given copies of the accounts and of the profit and loss statement.

Morag reported that there was a healthy balance in the books of just under £4000, which is a decrease of £88.11 on last year (though IYAUK membership still needs to be paid and cheques to be cashed from the last members to join and also cheques coming in for the event). Meg Laing noted last year and again this year that this seemed a sensible sum to maintain: neither too large, nor too small. Although we did not make a profit this year we ran a tight ship and managed to virtually break even.

Highest outgoing costing come from paying workshop teachers fees and visiting teachers expenses of accommodation and travel.

There were some expenses, such as the website and publicity, which did not bring any money back into the Institute.

The committee have agreed to raise membership fee this year by £2 making membership from £10 to £12. This could come back down at any time, particularly if we succeed in going more electronic with communications. Large costs are incurred from printing leaflets, postage and packaging.

The accounts were accepted as an accurate record. Approved by Gordon Jardine and seconded by Jack Bannerman

Secretary's Report

In the secretaries absence the attendees were reminded that minutes from all committee meetings were available on the website.

Events' Report – Steve Gownlock

Steve advised attendees that he too has written a brief report that will be available on the ESIYI webpage. Steve and Karen Lamb took over Events at the end of 2009 and began with the Jawahar event which was an amazing success given the short time scale. Julie Anderson's 3 hour workshop was also a great success and was completely sold out with over 10 people on the waiting list. It is a shame to have to turn people away, and these 3 hour workshops seem to continue to be popular so we will carry on with them possibly with a larger venue in the future to cater for the numbers. Several attendees of the AGM agreed with this.

Liz Tonner was invited to come in October for a full weekend workshop but has unfortunately had to cancel the dates. Plans are now underway to fill the space with another teacher. Several suggestions come from the members which Steve will follow up. Other ideas for workshops are greatly appreciated such as targeting workshops to suit beginners or people new to yoga, while other days should be aimed at more advanced students or teachers. Also for workshop days to be based around particular themes. Ideas for 2011 are greatly welcome. Steve reiterated that venue ideas were also very welcome.

PD day - Dave Browne from the North East is teaching the PD day this year. This programme is devoted to Parivrtta Kriya from a class taught by Geetaji at the Ramamani Iyengar Memorial Institute in Pune. The event will take place on the 19th June. A venue is to be confirmed

Stella asked why there weren't more workshops throughout the year. ~~but~~ It was explained that there are many other workshops– organised by other individuals, with senior teachers coming from around the world. The system now in place schedules workshops for February, April/May, and an extended Autumn workshop along with any additional extras such as the first aid workshop and PD days and this seems to work well. Special events such as Jawahar and Guruji's birthday can additionally be organised when requested and have proved successful in the past.

ACTION: Marianne to confirm venue for the PD day and to email all teachers with the booking leaflet and the theme and to allocate poses. ACTION COMPLETED

ACTION: Steve and Karen to confirm workshop teacher for autumn 2010

Membership report –Marianne Farish

Marianne has produced a report also that can be found in due course on the ESIYI website. The report details how membership processing has changed in the last year with the IYA(UK). It also explains how the membership funds are split and what people get for their membership. Membership as of today stands at 92 members which is a stable number of members over the last 3-4 years. Membership numbers were slightly higher in 2007 due to Lucy Brown teaching the University students and being very good about getting them to join! So far 54 of these 92 members are teachers and this year we have 4 brand new members and several people who have rejoined after a period of absence. 2 people have opted not to rejoin after a long standing membership as they have moved abroad.

Marianne suggested an electronic membership renewal system to be introduced after this year, which would save on printing costs and on sending out membership cards. People will receive their membership cards this year which will contain the ESIYI membership number and also the IYA(UK) number so that members can use the number as a password for accessing their personal details on the IYA(UK) website. In the future this could easily be sent by email saving paper, ink and money and a lot of work. Marianne explained that she had spent considerable time producing and sending out leaflets including 40 membership leaflets to all teachers with a slip inside asking them to pass them onto their students. She also dropped leaflets off at EIYC and Yoga stable and sent them up to Aberdeen and Stirling. Jack Bannerman and Meg Laing suggested making a new leaflet that was brighter and colourful and detailed exactly what people got for their money. (ACTION COMPLETED) This leaflet has now been sent to the Yoga stable, EIYC and to other yoga centres in the North east of Scotland. Marianne also went over to the University Iyengar yoga classes (as advertised on EIYC website) to advertise membership and hand out leaflets but unfortunately that class at been dissolved.

It was also suggested that leaflets go to other health or body and soul type events perhaps at the assembly rooms etc. Volunteers to promote ESIYI and Iyengar yoga would be greatly appreciated.

**It would also be important to ensure that the latest forms are on the ESIYI website and that the links to them from for example EIYC have been refreshed.

IYA (UK) and 2011 convention – Linda Head

The year has seen more activity around a National Yoga Qualification. Linda Head as the IYA(UK) rep for ESIYI had written a report that will be available online but she was unable to attend the AGM so details on the day were limited. IYA (UK) are to write to Mr Iyengar personally to request clarification on his wishes for these qualification developments in the UK.

There has been some changes to the level of teacher permitted to teach medical or remedial classes. More information is available on the IYA[UK] website and will be available in Linda's report. The 2011 convention is now to take place at Strathclyde University, Glasgow

At the end of this term and after 2 years in the job, Linda would like to step down as IYA(UK) representative so please do volunteer. The role entails a small commitment - there are 3 annual meetings and the AGM at the convention to attend

Voting in of Committee Members

The following people were elected onto the committee.

	Person	Nominated by	Seconded
Chairperson	Agnes Matthews	Morag Jack	Marianne Farish
Treasurer (and student rep i.e. none teacher member of committee)	Morag Jack	Jack Bannerman	Lesley Johnston
Events	Karen Lamb and Steve Gowenlock	Marianne Farish	Gordon Jardine
Membership Secretary	Marianne Farish	Gordon Jardine	Jack Bannerman
IYA (UK) Rep	Linda Head	Meg Laing	Morag Jack
Minutes Secretary	Lesley Johnston	Marianne Farish	Meg Laing

Any other business

Teacher payment – Meg Laing brought up the payment for teachers who lead workshops and suggested that the value of those payments was rather large. ESIYI are willing to agree that they are quite large but there is a set hourly rate devised that indicates what each level of teacher is to be paid hourly. We very much appreciate Meg's view that we pay a bit too much. We should definitely check these figures again with IYA (UK) and good points were made by other attendees who indicated that yoga teaching is for some people their only form of income and therefore weekends away at workshops and away from their usual classes or centres would necessitate some form of adequate recompense. There are some national guidelines on payment which are fairly standard and we will ensure that our payments fall into this bracket.

All business having been resolved, the fifth Annual General Meeting of the ESIYI was closed.