

## Minutes of the meeting of the IYA (UK) Executive Council

25 September 2010 – 12.00 to 4.15

Calumet Photography, Drummond Street, London NW1 2HJ

- 1) **Welcome:** Joan Abrams and Robert Leyland (MDIY), Anita Phillips (SWLSIYI), Sallie Sullivan (AT Committee)

**Apologies:** Brenda Booth, Martell Linsdell, Sharon Klaff, Janice Chesher, Ros Bell. Belated apologies from Helen Green and Diane Goldrei

**Present:** Philippe Harari, Pam MacKenzie, Helen White, Brenda Noble-Nesbitt, Judith Jones, Linda Head, Liz Sumner, Mary Mulligan, Gael Henry, Tessa Bull, Emma Pinchin, Wendy Weller-Davies, Judith Richards, Aisling Guirke, Eileen Cameron

### 2) Formation of a Limited company

Pat Dunphy made a very detailed and interesting presentation about why the IYA should become a limited company. At the end of the presentation, the following was agreed:

- With one abstention, that the IYA (UK) work towards becoming a company limited by guarantee
- The name of the new company to be Iyengar Yoga Association (UK) Limited
- A working group be set up to work through the Articles of Association. The group to consist of Philippe, Ros, Pam, Helen, Brenda N-N, Emma and the chairs of AT and EC committees
- Detailed Articles to be brought to the next EX committee, having consulted with a lawyer
- Elaine Pigeon to be kept informed of changes, in view of her Certification Mark work
- Aim is to bring the changes to the AGM in June 2011

Pat was thanked very much indeed for his work on behalf of the IYA.

### 3) Minutes of EX meeting 20 March 2010

- i) Minutes of the EX meeting of 20.3.10 were approved after two corrections:-  
Linda Head had sent her apologies to the meeting  
Item 5.4 amend the second sentence to read 'If they complied with the criteria, ie Senior teachers who *have assisted in* medical classes in Pune ...'
- ii) Matters not elsewhere covered and points of action:-  
Assessment and Teacher Training Committee: Agreed in principle the Management Committee can approve Sheila Haswell as Chair of the AT, to be ratified at the next EX meeting in January 2011.

Action point from previous minutes:

Information sheet to be compiled for newly qualified teachers, on setting up new classes not yet completed: the membership secretary volunteered to see if something could be included in the information already sent from the membership office to NQTs who apply for teacher membership of IYA (UK).

**Action: MO, EC and AT Committees**

Obituary: on-going.

**Action: Helen W to follow up with Diane G**

Yoga for Sporting Groups: Jayne Orton (JO) keen to help with this, but not keen to start the process. Guidelines for how to teach footballers have already been prepared: EC to send to PH for the website. Linda Head to work with JO in expanding this, to provide guidelines on teaching other sports.

**Action: Linda and Jayne**

Chanting CD – almost finished. This will be put on the website for download. The CDs and booklet of words to be available to buy through Yogamatters for £5.00

**Action: Philippe**

Discounted rates for regularly used accommodation. Still needs to be done.

**Action: Philippe to remind Jess**

Geographical spread of members; not yet completed.

Action: Brenda N-N volunteered to provide this information for the events committee.

Requirements for assessments: Not on website and not published in IYN. Sallie informed the EX the information is available, but not on the website

**Action: AT committee**

Exclusion of individuals from classes: Not done

**Action: Philippe and Emma**

Publication of fees on line: In IYN, but not yet placed on Website.

**Action: Finance and Membership office have this in hand**

**Dates of next meetings:**

22 January 2011 (London)

7 May 2011 (York)

24 September 2011 (London)

21 January 2012 (London)

12 May 2012 (York)

22 September 2012 (London)

Planning Committee: this will be looked at as part of the review of Articles of Association

**Action: Philippe and the working group**

AT Committee: Helen to send Sallie the AT report to the January EX meeting that caused the EX some concern

**Action: Helen W to send extract to Sallie**

Accreditation Working Group: A dead end had been reached with City and Guilds, due to changes within City and Guilds. The Working Group are now looking at other possibilities

#### 4) Secretary's Report

Emma Pinchin has agreed to become the Deputy Secretary.

Sev Kanay has agreed to become the Deputy Treasurer. Sev will be responsible for the Iyengar Yoga Development Fund, and the International Archives project.

Chair and Vice Chair: Job descriptions to be circulated to the EX

**Action: Helen W**

Mr Iyengar's birthday: Pam to send Helen and Philippe information on what was donated in 2009 for Mr Iyengar's birthday. Helen and Philippe to agree action this year.

**Action: Pam, Philippe and Helen W**

#### 5) Republic of Ireland update

North West and North East Ireland were interested in having Institutes.

#### 6) Management Committee

Report noted: the staff hours will be increased by one day/week

#### 7) Membership Report

Teacher training course applications and membership of IYA (UK): it was reported by the AT that membership of IYA (UK) is already part of the teacher training course *application* procedures. Trainers would be reminded about this and the need for continued membership during the whole course.

Therapy insurance: Brenda N-N said that all teachers who were 'therapy approved' for 2010/11 eventually paid for therapy insurance but the administrative process was complicated. For renewal in 2011/12, teachers who have been 'therapy approved' will be required to take out insurance for this at renewal time.

#### 8) Treasurer's Report

Web expenses: these were approved unanimously

Expenses Guidelines for the Annual Convention:

Point one to be amended to:

- Members of the events committee who are fully involved in the organising and the daily running of the convention will have all costs of their convention paid. To be agreed in advance of the Convention.
- Point two: deleted

Events committee to agree who is a volunteer.

These proposals were agreed with two abstentions.

#### 9) Ethics Committee

The proposal by the EC that 5 hours of specialised training should be completed at least every other year by ALL teachers was approved by the EX. However, it was decided that this should not take effect until 2012. The CM renewal requirements will remain the same for 2011 but all teachers will be informed of the changes for 2012 at renewal time in 2011. Only introductory teachers will be affected because the rule already exists for teachers with higher qualifications.

It was pointed out by Brenda N-N that this change will probably incur an increased admin cost and that there will be implications for the EC committee.

Applications from 74 teachers had been flagged this year for EC attention because of non-completion of CM sub-licence renewal requirements and 33 have been flagged for special attention at renewal time next year.

Judith J said that regular tuition meant 'attendance at a regular class' and not just completion of the hours on a yoga holiday. It was suggested by the EX that this should be made clearer in the renewal process.

PD Days: Agreed the PD days in 2011 to be 'Working without props'. There may be a need to run more PD days in future years.

The EX requested the AT committee to look at increasing the number of Moderators  
**Action: AT Committee**

IYDF: Agreed that the IYDF be overseen by the Therapy Committee (in the same way that IYDF Finances are overseen by the Finance Committee).

Teaching Standards. Agreed the EC would like the AT committee to discuss whether it should be a requirement that teachers wanting to take Intermediate Junior level 3 should first be required to attend classes at RIMYI.

**Action: AT Committee**

New EC Chair: More people are needed on the EC Committee.  
Helen to circulate the job description for members of the EC committee to all Senior teachers and other teachers with the relevant qualifications

**Action: Helen W**

#### **10) Communications and PR Committee**

Elaine Rees has been co-opted to the Bellur Action Group (BAG)

#### **11) Events committee**

Agreed the Events Committee bring to the January 2011 EX recommendations of Indian and British teachers for the 2012 Convention. If a decision needs to be taken before January, this information can be circulated to the EX for a decision, by email

**Action: Judith R**

#### **12) AT Committee**

Sallie was thanked for attending the EX

National recognised qualifications: it was noted that when the qualification changes, people who train new teachers will not be able to assess them.

Amend para 11 to read: 'We have agreed that a *particular* trainee teacher who is a Medical Doctor ...'

Glyn Ivens has been offered, and accepted, Intermediate Level 3, by Pune

Moderators Committee have asked whether the IYA could abandon Introductory Level I as a formal exam; the teacher trainer would ask a moderator to look at the students and assess them in a less formal way. The moderators to take this to the AT committee

**Action: Moderators Committee**

Republic of Ireland: Eileen and Aisling are looking for a ROI co-ordinator

**13) Archive Project**

Philippe reported that \$37,000 had been pledged to the project; \$18,000 had come in, of which \$16,000 was from the UK and Ireland

Philippe is Chair of the International Archive Committee, Pam is the Treasurer

**14) Any other Business**

Helen W raised the subject of the Yoga Show, and whether there should be an Iyengar Yoga presence. Angela Hulm from the Kent Institute was doing a workshop, and it was felt this was preferable to taking a stand. Representation at the Yoga Show, for future years, to be discussed by the Communications and PR Committee

Action: Communications Committee

**15) Next Meeting**

Saturday 22 January 2011 in London

## Secretary's report

### Current vacancies on the EX

As you will all know Anna, Ally and Sev are now individual reps on the EX – welcome!

**Vice Chair:** I have only received one nomination for this position, from Philippe, of Emma Pinchin. She will be elected to the post of Vice Chair at the AGM in June. We will then have a vacancy for a Deputy Secretary and a Constitution Officer

**Ethics and Certification:** Sasha Perryman has filled the vacancy of Appeals Officer, and all the posts within the EC are now filled, but we do not have a Chair. Current committee comprises:

Secretary: Judi Soffa

Complaints and Misuse of Identity Name: Judith Jones and Judy Lynn

Certification Mark: Elaine Pigeon

Professional Development (PD) Days: Judi Sweeting

Constitutional Secretary (CS): Ros Bell

Representative on Planning Committee (PC) Ros Bell

Pune Applications: Penny Chaplin

Appeals Officer: Sasha Perryman

We are left with four choices:

- Manage without a Chair
- Ask someone on the EX who fulfils the criteria, to become the Chair
- Re-title the position as 'Co-ordinator', look at the job description, and try again
- Something else – offers welcome!

### 2011 vacancies on the EX

The following office holders reach the end of three years in office this year. They can stand for a further three year term: Pam Mackenzie: Treasurer; Helen White: Secretary

The following regional reps reach the end of 6 years on the EX and therefore must stand down during the year: Brenda Booth (Kent)

The following regional reps reach the end of 3 years on the EX. They can stand for a further three years: Martell Linsdell (Bradford and District)

Linda Head (ESIYI); Mary Mulligan (IIYS)

Judith Richards (individual rep)

### Exclusion of individuals from classes

We have received the following advice: *the organisation and its instructors have the right to refuse permission if someone is being disruptive or acting contrary to HSE etc., provided they are not excluded on grounds of race, religion, gender, sexuality, ethnicity, and age then you should be okay. If someone should not be admitted for medical reasons which are genuine and reasonable, that, too, is perfectly fine. You may be able to exclude on grounds of poor personal hygiene, but the problem must be a persistent one and must be brought to the attention of the other party, first verbally then in writing. The important consideration to bear in mind is that the instructors operate effectively freelance individually hiring venues. It would be no bad thing to advise instructors to check local regulations for any possible conflicts of interest, though there shouldn't be many covered by law. It would also be no bad thing if your organisation incorporates a statement on conduct in its constitution (assuming you have one), but ensure that it doesn't fall foul of human rights and equality legislation or other statutory provisions.*

## Constitution Officer's Report

### Amendments to the Constitution of the Iyengar Association UK

#### 1) From Section 3: Membership

The criterion for granting Honorary Membership has been added to the Constitution. The proposed wording is as follows:

*3.1 The Executive Council may, by majority vote, grant the status of 'Honorary Membership' of the Association to a member who has rendered the highest level of significant and exceptional service to the Iyengar family and/or to the Association past and present, over an extended period of time. A nomination for 'Honorary Membership' status can come from any member of the Association and must go to the Ethics and Certification Committee, who will decide by majority vote whether to recommend the nomination to the Executive Council. Honorary Members will receive free life membership of the Association.*

I have renumbered the rest of this section to reflect the above addition.

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### Amendments to the Rules and Standing Orders of the Iyengar Association UK

#### 1) From APPENDIX B: STANDING COMMITTEES

The membership and make-up of the Therapy Committee has been added at the end of the section on Standing Committees:

##### *THERAPY COMMITTEE*

##### *Duties:*

- a) To make decisions about applications from teachers seeking Therapy status.*
- b) To look at refining the IYA definition of what 'therapy' actually consists of.*
- c) To liaise with the BCYT.*
- d) To attend to matters regarding the inclusion of Iyengar yoga teachers on the CNHC Register.*
- e) To set up a database of yoga therapy teachers.*
- f) To help to co-ordinate sharing of information on yoga therapy.*
- g) To set up a support network for therapy teachers.*

##### *Membership:*

*Five elected members and up to two co-opted members; at least one member of the Committee to be a member of the IYA Executive Council (EX).*

##### *Election of members to the TC:*

- i) Nominations for elected members of the TC will be invited from senior teachers who are qualified and experienced in teaching yoga therapy under the guidelines from B.K.S. Iyengar issued in 2009.*
- ii) If there are more nominations than places on the Committee, candidates will be picked following a vote of the whole EX.*
- iii) Members of the TC will be elected for a period of 3 years and can stand for re-election once before taking a break from the Committee so that the maximum consecutive time that an individual can serve on the Committee is 6 years.*

##### *Co-opted members:*

i) *Co-opted members must be qualified at Junior Intermediate Level 2 or above. The elected members shall identify potential co-opted members and submit them to the EX for approval. Co-opted members shall act as full members of the TC.*

Notes:

*One member of the TC to act as the IYA(UK) representative on the British Council for Yoga Therapy (BCYT) and to attend to matters relating to the inclusion of yoga therapists on the CNHC Register.*

I believe this wording was approved at a previous EX meeting. My job was simply to update the SOs with its inclusion.

## 2) From APPENDIX C: PROCEDURES FOR TEACHER TRAINING, ASSESSMENTS AND CERTIFICATES of the IYENGAR YOGA ASSOCIATION OF THE UK

Due to the proposal put to the EX in September 2010 by the EC Section 10 of Appendix C (on the Validity of Certificates) needs to be updated. This section needs to reflect the requirement that all Iyengar Yoga Teachers must have five hours of specialised training to be completed at least every other year. In discussion with Brenda Noble-Nesbitt (BN-N) other anomalies with this section have come to light. Therefore, several proposed changes are detailed below.

### **10. Validity of Certificates**

- a) *Once a person holds a certificate of any level from Introductory Level 2 onwards, that certificate can **never** be taken away or deemed as invalid (BKS Iyengar, 2007).*
- b) *To promote or teach as an Iyengar yoga teacher, a qualified Iyengar yoga teacher must have the following:*
  - i. *An Iyengar yoga teaching certificate*
  - ii. *A Certification Trademark Sub-Licence (CM)*
  - iii. *Full annual teacher membership of IYA (UK)*
- c) *Teachers who are Sub-Licensed to use the IYA (UK) CM are expected to comply with the UK annual renewal requirements by:*
  - i. *paying an annual fee for the CM and teacher membership fees and,*
  - ii. *undertaking continuing education, including tuition and specialised training, as follows:*
    - a) *Completion of at least 25 hours of regular Iyengar yoga tuition, with a tutor who has a more senior Iyengar yoga qualification, or more Iyengar yoga teaching experience than themselves and,*
    - b) *Completion of at least 5 hours of approved specialised training as defined by the IYA (UK) and included in the 25 hours of tuition, at least every other year.*
- d) *IYA (UK) teacher members are expected to be committed to adhering to all the rules, regulations and ethical guidelines as laid out in the CM Sub-Licence, highlighted in Appendix E and Appendix F of the IYA (UK) Standing Orders and in the Teachers' Handbook.*
- e) *Teachers who hold an Iyengar Yoga Teaching Certificate, who live and work in a country which is part of the European Alliance (EUA) where there is no Association with a Master Licence to grant individual licences, may be sub-licensed to use the IYA (UK) CM under the same rules as teacher members who live in the UK, providing they complete 25 hours of Iyengar yoga tuition*

*in the country in which they live, but they are not expected to complete the hours of specialised training if there is none available in that country.*

- f) Iyengar Yoga Teachers who reside and work in countries outside of the EUA should apply to Gloria Goldberg (BKS Iyengar Yoga Association of Southern California) in the USA for a CM sub-licence.*
- g) Teachers living and working in overseas countries, who are already licensed to use a CM sub-licence by an approved Iyengar Yoga Association, will not be required to be licensed again by the IYA (UK) to be full teacher members of IYA (UK) but they must provide proof by sending a signed copy of the sub-licence agreement from the issuing Association with their application for renewal. If proof is not provided the application will be refused and membership fees will be refunded.*
- h. If a qualified Iyengar yoga teacher gives up teaching and teacher membership of IYA (UK) for any reason they may remain as a non-teacher member of the Association but without the CM sub-licence they will no longer be able to promote or teach as an Iyengar yoga teacher.*
- i. If a qualified Iyengar yoga teacher has discontinued their teacher membership for up to a period of three years they may apply as a teacher member under the normal rules, as long as they have complied with the CM renewal requirements by completing 25 hours of Iyengar yoga tuition and pay an administrative charge determined by IYA (UK) for re-issue of the CM sub-licence documents.*
- j. If the period of discontinued teacher membership is in excess of three years they may apply as a teacher member as long as they have complied with the CM renewal requirements as above but in addition they are required to:*
  - i. hold non-teacher membership of IYA(UK) for at least one year before application for full teacher membership;*
  - ii. be seen to be “stable in their practice and wholly within the method”\* before they can become eligible to join IYA (UK) as a full teacher member and hold and use the “Certification Mark” (\* BKS Iyengar, 2007);*
  - iii. have their application for renewal of IYA(UK) teacher membership and CM licence forms supported by a recommendation from a Senior teacher or teachers. Under normal circumstances this should be in the form of a letter from a Senior teacher or, in exceptional circumstances, from two Junior Intermediate teachers.*

**ACTION: Please can the EX approve this wording to be included in the SO.**

### 3) From APPENDIX H: ROLES AND RESPONSIBILITIES OF HONORARY OFFICERS:

Helen has updated the job descriptions for the SOs. Very minor changes were made to the Chair and Vice Chair JDs, so I have not reproduced these here. However, two new JDs have been added to the SOs for the Chair of the Ethics and Certification Standing Committee and the Chair of the Assessment & Teacher Training Standing Committee. Suggested wording is as follows:

#### **6 Chair of the Ethics and Certification Standing Committee**

The Chair of the Ethics and Certification (EC) Standing Committee has the following responsibilities:

- To oversee the licensing of the Certification Mark to individual teachers in the UK and administer the granting of master licences to Iyengar Yoga Associations within the EU.
- To see that 60% of the income from the Certification Mark is sent to Yogacharya Sri B.K.S. Iyengar or whoever else he nominates, and that the remaining 40% is used in whatever way the Association decides will spread the art, science and philosophy of yoga according to the teachings of Yogacharya Sri B.K.S. Iyengar, subject to the approval of Yogacharya Sri B.K.S. Iyengar or his nominee.
- To undertake the administration of the Certification Mark and advise the Executive Council on infringements of persons or organisations unqualified to use it so that the Association can seek legal redress if necessary.
- To administer application for classes at the RIMYI in Pune.
- To oversee the maintenance of high ethical and teaching standards for teachers and recommend to the Executive Council any action to be taken in accordance with the disciplinary procedures already in place.
- To provide a forum for any complaints from within or outside the Association about any yoga related conduct by members or the Association and implement a structured complaints procedure.
- To provide a forum for any complaints related to the assessment or certification process and implement a structured grievance process with the approval of the Executive Council.
- To approve teachers who want to use the Iyengar name in the title of their yoga centre / studio and provide a letter to be sent to Guruji.
- To recommend Honorary Members to the EX.
- To be involved in the checking of membership.
- To be a member of the Management Committee (MC).

## **7 Chair of the Assessment & Teacher Training Standing Committee**

The Chair of the Assessment & Teacher Training (AT) Standing Committee has the following responsibilities:

- To co-ordinate the work of the AT Committee which is to deal with all matters relating to assessments and teacher training.
- To set the agenda, dates and times of meetings of the Committee.
- To check the minutes with the AT Secretary and see that Action Points are followed up & that the business of the Committee is being carried out.
- To ensure that business conducted by email is carried out and that votes and decisions taken by email are recorded.
- To receive and respond to correspondence on behalf of the Committee as required.
- To ensure that an annual meeting for assessors and teacher trainers is held and to attend and chair that meeting.
- To be a member of the Management Committee (MC).
- To liaise with the Chairs of other Committees and the Chair of the IYA(UK).
- To sit on the Planning Committee or be in close contact with any other member of the AT who agrees to attend PC meetings as the Rep from the AT.
- To write articles/announcements for IYN as required.
- To write a report on the work of the Committee for each EX meeting (three per year).
- To sit on the Executive Committee of the IYA and attend its meetings or ensure some other member of the AT attends where possible.

**ACTION: Please can the EX approve this wording to be included in the SO.**

- 4) I have added an APPENDIX J: IYA (UK) SUSTAINABILITY POLICY and APPENDIX K: GUIDELINES FOR CLAIMING EXPENSES AND FEES to reflect those decisions previously

approved by the EX, including Expenses Guidelines for the Annual Convention discussed and approved in September 2010.

- 5) In line with the decision of the EX in September 2010 to title the new company Iyengar Yoga Association (UK) Limited I have amended the Constitution and Standing Orders accordingly – United Kingdom has been removed and substituted for UK throughout.

NB. Once I have agreed wording on above changes for which EX approval is required I will provide the latest version of the Constitution to go up on the website, revised JDs and new APPENDICES can then be viewed online.

## Membership Secretary's report

### 1. Membership Numbers - December 2010

Group	Institute Members	Individual	Total
Teacher Members	723	332	<b>1055</b>
Non-Teacher Members	1192	218	<b>1410</b>

Teacher member numbers include:

- UK 968; Republic of Ireland 69; Overseas 18 (5 with UK CM and 13 without).
- 33 Newly qualified teachers

Non-teacher member numbers include:

- 20 Overseas members

Also:

- 26 Teachers gave up teaching in March 2010
- 856 members paid on-line and 499 paid by cheque

### 2. Membership renewal 11/12

Members will be reminded about renewal by e-mail and notices placed on the website at the beginning of February. The magazine mail-out will include a copy of the relevant renewal form, renewal documentation and a guide to renewing on line.

For teachers, the renewal documentation includes a copy of insurance details and the CM renewal requirements for renewal in 11/12 and 12/13 plus the new requirements for 13/14.

Teachers who name an institute in their renewal application are being asked to renew their Institute membership by the end of May 2011 and to re-acquaint themselves from time to time with the rules, regulations and ethical guidelines as highlighted in the Teachers' Handbook (available on the website).

### 3. Concessionary rates

There are no plans to change the eligibility for concessionary rates which are available for teachers in receipt of certain benefits for 2011/12.

### 4. Insurance

It has been agreed by NOVAE to offer the Professional Indemnity insurance for IYA(UK) teachers on a 'losses occurring' instead of a 'claims made' basis which means that 'run-off' cover will no longer be required from 2012.

## New Fees for 2011/12:

<b>UK Insurance</b>	<b>Fee</b>
Standard Policy: including children	£25.19
Public Liability Premises Risk (max 5 classes per week)	£15.60
Public Liability Premises Risk (max 10 classes per week)	£26.20
Remedial Yoga: UK Insurance, including pregnancy classes	£8.52
Ext. of overseas cover: Per Unit of Cover (60 days per unit - Max 2 additional units)	£26.20
Guest Tutor Liability	£36.80
Locum cover	£36.80
Legal Expenses for claims where no injury occurs	12.95
RoI Extension to Standard Policy	£26.20
Standard Policy part year rates for new teachers	£15.10
Public Liability Premises Risk part year rates for new teachers (max 5 classes p/w)	£10.30
Public Liability Premises Risk part year rates for new teachers (max 10 classes p/w)	£15.60

<b>RoI Insurance</b>	<b>Fee</b>
Standard Policy: including children	£49.24
Public Liability Premises Risk (max 5 classes per week)	£30.60
Public Liability Premises Risk (max 10 classes per week)	£51.20
Remedial Yoga: including pregnancy	£16.84
Ext. of overseas cover: Per Unit of Cover (60 days per unit - Max 2 additional units)	£30.60
Guest Tutor Liability	£71.80
Locum Cover	£71.80
Legal Expenses for claims where no injury occurs	£19.66
Standard Policy Part year rates for new teachers	£29.62
Public Liability Premises Risk part year rates for new teachers (max 5 classes p/w)	£20.30
Public Liability Premises Risk part year rates for new teachers: (max 10 classes p/w)	£30.60

### 5. Website

The requested changes to the database and website for renewal in 2011/12 are currently progressing. This is a frustrating time for the membership office because there is a reluctance shown by the IT technicians to liaise with the Association as well as an apparent inability for them to estimate the workload and give realistic deadlines. However, there is little doubt that all will be well by the beginning of February.

### 6. Magazine distribution

On request, spare copies of the magazine will be sent to Member Institutes on a complementary basis. No extra copies for this purpose will be printed.

### 7. Data Protection and deletion of old records

The membership office requests approval from the EX to add the following words to the IYA(UK) Data Protection information sheet (as included in the Teachers' Handbook):

*'How long will we keep your record on file: Once your membership has lapsed, information will be only held on file for as long as is necessary for your membership type.'*

To comply with the Data Protection Act, it is recommended that the records of non-teacher members who have never been a teacher and who leave the Association (or their Institute) are kept for a period of three years for insurance purposes. This is the period of time, following an incident, in which a person can bring a claim against an Iyengar yoga teacher. For members who have an Iyengar yoga teaching certificate it is appropriate for their record to be kept indefinitely as a permanent record of their teaching qualification. The names of past members are not held on any current lists and their records are kept in separate lists on the database.

It will not be possible to delete any records until after March 2013 due to the way the records were transferred from the old database and this process may incur additional costs.

If approved by the EX the Data Protection page of the Teachers Handbook will be amended accordingly by the membership office.

### **8. Yoga Rahasya**

There has been a request to offer non-teacher members the opportunity to buy Yoga Rahasya (which was only offered to teacher members in 2010/11). Non-teacher members of Institutes will be required to make a separate payment by sending a cheque for £16 directly to the membership office and this will be advertised in the Spring edition of IYN, with a cut off date of 31<sup>st</sup> May.

Members who pay £16 get 4 magazines each year. It is hoped that a small number of spare sets of copies can be purchased by IYA (UK) annually so that they are available for people who pay for them after 1<sup>st</sup> June (when the list is sent to Pune). In 2010, 335 members paid £16, including 10 who paid for this after 1<sup>st</sup> June.

The problems with the transfer of the Yoga Rahasya income to Pune are ongoing.

### **9. Reinstatement Rules:**

The membership office requests approval from the EX to add the following words to section 3 and 4 of the re-instatement rules:

*'Be committed to adhering to all the rules, regulations and ethical guidelines as highlighted in the Teachers Handbook'*

If approved by the EX the Teachers Handbook will be amended accordingly by the membership office.

## Treasurer's Report

### I. Financial Accounts 2008/09 and 2009/10 as at 31 March 2010

As reported at the September meeting, following the introduction of the new website and payment system through Sage (previously known as Protx) and the change in our accounting system from spreadsheets to Quick Books an anomaly was highlighted in our accounting treatment of membership fees, events monies and running costs. We had previously accounted for much of this on the basis of amounts received as at 31 March, but the new system now allows us to accurately accrue for these amounts in the relevant accounting period. To give us a more appropriate basis for our accounting treatment and a better understanding of our annual operating costs it was necessary re-stated the annual accounts for the previous year (2008/09), this was agreed with our accountant.

#### I.1 General Fund

The effects of the changes to the General Fund operating costs for the 2008/09 accounts gave a reduction to the surplus for the year originally reported as £5,062, to £3,192, with the operating costs for 2009/10 accounts showing a deficit for the year of £4,542.

The overall surplus/deficit for the year in the General Fund for 2008/09 shows a deficit of £9,381 and for 2009/10 a deficit of £17,047. This is due to the set-up costs for phases 1 and 2 of the website and database of £12,573 for 2008/09 and £12,505 for 2009/10. It had been agreed that the monies for this work would be from our General Fund and for accounting purposes these costs are shown as part of our overall surplus/deficit within the Income and Expenditure account for both years. The IT & website annual maintenance costs are shown as part of our ongoing operating costs.

As part of the work undertaken I have broken down some of the headings within the Income and Expenditure accounts to more accurately reflect our operating costs for these items. The main change to both accounts is the breakdown of the Convention and Stephanie Quirk Workshops. Previously this was shown as one figure for both events under Income. The accounts now show these two event separately with their fees being shown as Income and costs as Expenditure. For a more accurate look at the running costs of the Assessments, under the Expenditure account I have split the costs of the Assessments between the Assessors & Moderators fee/expenses and the costs incurred by the Association i.e. venue rental and refreshments. Another area to note is the bank charges, with the change from PayPal to accepting credit/debit cards we are now able to show accurately the charges incurred.

#### I.2 Development Fund

The Iyengar Yoga Development Fund operating costs for 2008/09 didn't change. However, the operating costs for 2009/10 show a deficit for the year of £3,182. This is due to Association's contribution the International Archive Fund of £10,000, being made during 2009/10. This amount had been previously agreed and has been held in the Development Fund. However, for accounting purposes it is shown as part of this year's operating costs within the Income and Expenditure account.

The Financial Accounts show net assets as at 31 March 2010 of £60,310 in the General Fund and £34,788 in the Development Fund. I request that the Executive approve the re-stated Financial Accounts for 2008/09 and the Financial Accounts 2009/10.

Proposal: That the re-stated Financial Accounts for 2008/09 and the Financial Accounts for 2009/10 be approved at this Executive Meeting and thereafter presented to the AGM in May 2010 for formal acceptance.

## 2. Budget Update

A review of the 2011/12 budget will be taking place during February together with the setting of a budget for 2012/13. Any requests for specific items or any known exceptional expenditure please forwarded to me by 31 January 2011.

The annual review of all fees for 2012/13 will also be taking place during February and any requests for re-evaluation of specific items or comments on any fees should also be sent to me by 31 January 2011. I have already been asked to review the Assessment fees paid to Moderators and Assessors and I will be liaising with the AT Committee.

The budgets and review of fees will be presented to the next Executive Meeting in May 2011.

## 3. Bellur

In December 2010 a donation of £6,700 was made on behalf of the IYA (UK) membership to the Bellur Trust. £5,724 was money raised was from fundraising events around the country together with sales of bags and t shirts. The IYA (UK) contributed £976 as a birthday present to Guruji. Details of the individuals/Institutes who donated are sent Guruji.

## 4. Deputy Treasurer

Sev, who has kindly agreed to become the Deputy Treasurer, will be taking over the responsibility for the financial management of the Iyengar Yoga Development Fund. Please send all correspondence relating for the IYDF finances to Sev and copied to me.

To enable Sev to fulfil her role as Deputy Treasurer she will be required to deputise for me as cheque signatory on our bank accounts. I request approval from the Executive that Sev becomes an additional named cheque signatory.

Proposal: That Sev Kanay becomes a cheque signatory for the Iyengar Yoga Association (UK) bank account and Iyengar Yoga Certification Mark bank account.

## 5. Limited Company

Work is currently ongoing with the review of the current IYA (UK) Constitution and proposed Articles. This is due to be completed for the Executive meeting in May 2010.

**IYENGAR YOGA ASSOCIATION (UK)**

**FINANCIAL STATEMENTS**

**YEAR ENDED 31 MARCH 2010**

## **STATEMENT OF THE COMMITTEES RESPONSIBILITIES IN RESPECT OF THE PREPARATION OF THE FINANCIAL STATEMENTS**

In accordance with the Association's rules the Committee are required to ensure that proper books of accounts are maintained and that financial statements are prepared for each financial year which give a true and fair view of the state of affairs of the Association and of the surplus or deficit for that year.

In preparing these financial statements, the Committee are required to select suitable policies and then apply them consistently and make judgements and assessments that are reasonable and prudent. They are also responsible for safeguarding the assets of the Association and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### **ACCOUNTANTS REPORT TO THE MEMBERS ON THE UNAUDITED ACCOUNTS OF IYENGAR YOGA ASSOCIATION (UK)**

I report on the accounts for the year ended 31 March 2010 set out on pages 2 to 4.

#### **Respective Responsibility of the Committee and Reporting Accountant**

As described on page 1 the Committee are responsible for the preparation of the accounts and it is my responsibility to carry out procedures designed to enable me to report my opinion.

#### **Basis of Opinion**

My work was conducted in accordance with the Statement of Standards for Reporting Accountants and so my procedures consisted of comparing the accounts with the accounting records kept by the Association and making such limited enquiries of the officers of the Association as I considered necessary for the purpose of this report. These procedures provided only the assurance expressed in my opinion.

#### **Opinion**

In my opinion the accounts are in agreement with the accounting records kept by the Association.

**Juliet Morris FCA**  
**Chartered Accountant**  
**Redshield Business Solutions Limited**  
Unit 2  
Birchden Farm  
Broadwater Forest Lane  
Groombridge, Kent  
TN3 9NR

Dated:

**IYENGAR YOGA ASSOCIATION (UK)**  
**BALANCE SHEET AT 31 MARCH 2010**

	Notes	2010	2009
	£	£	(Revised) £
<b>General Fund</b>			
At 1 April 2009	77,357		86,738
Surplus/(deficit) for the year	(17,047)		(9,381)
	<u>          </u>	60,310	<u>          </u> 77,357
<b>Development Fund</b>			
At 1 April 2009	37,970		33,787
Surplus/(deficit) for the year	(3,182)		4,183
	<u>          </u>	34,788	<u>          </u> 37,970
	<u>          </u>	<u>          </u>	<u>          </u>
	£ 95,098		£ 115,327
	<u>          </u>		<u>          </u>
<b>Represented by:</b>			
<b>Current assets</b>			
Other debtors	2,798		3,218
Insurance prepaid	4,098		-
Costs paid in advance for events	5,713		57,245
Bank deposit accounts	34,640		286,574
Bank current accounts	177,108		144,410
	<u>          </u>		<u>          </u>
	224,357		491,447
	<u>          </u>		<u>          </u>
<b>Current liabilities</b>			
Other creditors	28,659		28,948
International Archive	9,569		-
Subscriptions and Certification Mark			
Income paid in advance	55,040		49,021
Monies received in advance			
For events	35,991		298,151
	<u>          </u>		<u>          </u>
	129,259		376,120
	<u>          </u>		<u>          </u>
<b>Net Assets</b>		<u>          </u> £ 95,098	<u>          </u> £ 115,327
	<u>          </u>		<u>          </u>

**IYENGAR YOGA ASSOCIATION (UK)**  
**INCOME AND EXPENDITURE ACCOUNT – GENERAL FUND**  
**YEAR TO 31 MARCH 2010**

	Notes	2010	2009 (Revised)
		£	£
<b>Trading income</b>			
Sales		-	3,970
Cost of Sales:			
Opening stock		-	1,709
Purchases		-	902
		-----	-----
		-	2,611
Closing stock		(-)	(-)
		-----	-----
		(-)	(2,611)
<b>Gross profit</b>		-----	-----
		-	1,359
<b>Other Income</b>			
Subscriptions and teachers insurance		87,387	86,246
IYN including central mailing fees		2,966	2,153
Books and publications income		912	-
Assessment fees and certificates		32,856	31,234
Bank interest received		741	3,600
Convention fees	2	321,082	40,262
SQ Workshop fees		27,254	46,707
		-----	-----
		473,198	210,202
<b>Expenditure</b>			
Teachers insurance		33,528	31,188
Professional indemnity insurance		734	1,731
IYN, newsletters and leaflets		10,770	10,704
PR		-	9,192
IT & Website maintenance		2,898	2,989
Books and publications expenses		1,142	-
Administrative expenses		8,668	9,800
Bank charges		2,489	699
Exchange difference on Euro account		838	(1,981)
Accountancy fees		1,501	517
Assessments, Assessors & Moderators		30,182	31,265
Assessments costs		8,926	5,676
Convention costs	2	311,994	28,444
SQ Workshop costs		21,244	29,287
Salary & N.I.		26,032	42,258
Contract Labour		12,775	-
Committees' expenses		3,682	4,682
Donation to Bellur		-	1,918
Corporation Tax on trading profit		337	-
		-----	-----
		477,740	(208,369)
<b>Operating Surplus/(Deficit) for the year</b>		-----	-----
		(4,542)	3,192
Website set up costs	3	(12,505)	(12,573)
		-----	-----
<b>Surplus/(Deficit) for the year</b>		£ (17,047)	£ (9,381)
		=====	=====

**IYENGAR YOGA DEVELOPMENT FUND  
YEAR TO 31 MARCH 2009**

**Income**

Certification mark	31,607	25,644
Bank interest received	61	540
	31,668	26,184

**Expenditure**

Classes and Archives	5,481	7,703
Legal fees	50	200
International Archive – Donation	4 10,000	-
Payments to BKS Iyengar - Donation	19,319	14,098
	34,850	22,001

<b>Surplus/(Deficit) for the year</b>	£ (3,182)	£ 4,183
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**Notes to the Accounts**

Prepared by the IYA(UK) Treasurer and not covered in the Accountant's report.

1. The Development Fund is the Iyengar Yoga Development Fund (IYDF) and represents 40% of the annual Certification Mark fees. The remaining balance of 60% is passed on equally to B.K.S. Iyengar, Geeta S. Iyengar and Prashant S. Iyengar.
2. Convention fees and costs for 2009/10 were considerably higher as the IYA (UK) were honoured to host Geeta S. Iyengar as the guest teacher for a week long convention in May 2009. Over 800 people attended the convention which was held at the Old Billingsgate Market in London. The annual convention is normally held over a weekend at a University venue, with approximately 200 people in attendance.
3. The Website set up costs are for the initial designing and programming of phases one and two. The figures are shown separately as these were agreed to be funded outside our normal operating costs.
4. The International Archive – Donation represents the IYA (UK) contribution to the International Archive fund as agreed in 2009. The finances for the fund are currently managed by the IYA (UK).

## **Communications and PR Committee**

### **Membership**

John Cotgreave (Co-opted)  
Jo Duffin (Communications Officer)  
Katie Owens (Office Manager)  
Philippe Harari (Chair - EX member)  
Judith Jones (Co-opted)  
Lucy Osman (Co-opted)  
Tehira Shafiq (Co-opted)

Iyengar Yoga News: John, Philippe, Judith J, Lucy, Tehira  
The IYA website: Philippe, Katie, Jo  
Public relations and press: Jo, Katie

### **Chanting booklet**

We have now finished work on a booklet containing all the chants and invocations that Geetaji led at the convention in London in May 2009. The booklet contains three CDs with recordings of all of the chants. This publication is available from Yogamatters at a cost of £11.50.

### **Iyengar Yoga News**

IYN 18 will be sent to members in the second or third week of February. It will be sent out with renewal papers in a plastic bag, but we are using biodegradable plastic.

### **Website**

An ad hoc website 'working group' (Philippe, Helen, Alan, Jo, Katie and Nicki) has met to look at ways of making the site more attractive to visitors and more informational for members. Improvements should appear very soon. Meanwhile, phase 3 of the website development focuses on the admin aspect of the site and membership database and should be completed very soon. The next phase will be to set up pages for people to book assessments on-line.

### **Public relations and press**

We reported in the last EX meeting that Jo, in her role as Communications Officer, has one day a week to work on this so hopefully we will make good progress this year. However, this is an enormous job and we badly need someone to act as Press Officer for our Association. This has to be a person with knowledge of how the media works, able to write press releases and articles and steeped in the Iyengar tradition.

### **Yoga Show**

We weren't involved in this last year. Our feeling is that it is very expensive and not really worth the time, effort and money, but would welcome the views of the EX on this.

### **Bellur Action Group (B.A.G.)**

Again, we reported that Jo's new role will involve working with the B.A.G. so the IYA should be more proactive in fund-raising in the coming year. However, this cannot happen without an active Bellur Group and the good news is that we now have a couple of new members.

## Events Committee

Chair: Judith Richards; members: Mary Mulligan, Patsy Sparksman (co-opted), Isabel Jones-Feilding (co-opted)

### Strathclyde Convention 2011

1. Isabel had a productive visit to Glasgow on 25<sup>th</sup> Nov and met with the university personnel who are managing our booking and with Andy and Valerie from GWSIYL.
2. Patsy is looking after the production of T shirts and liaising with the printer.
3. Design competition: We present the winning entry from Jenny Reynish
5. Tour update – all institutes seem to be on track with their arrangements – Kent, Sussex, Munster and MDIYY
6. Bookings update – 24 so far. Mary has launched an email campaign to raise awareness.
7. Marketplace – we hope to make the marketplace more vibrant this year and are inviting craft stalls as well as yoga books and props
8. Jawahar's contract – we think it best to draw up 2 contracts – one for the visa authorities and a more detailed one to clarify Ts & Cs between IYA and visiting teacher. We are also simplifying the fee structure by having a fee for the convention and separate fees for a whole or half day on tour.
9. Photographer – we discussed the use of a videographer and decided it would be too costly, so back to status quo – Dave or Geoff taking a few stills for the magazine.

### Brunel convention 2012

1. Patsy has booked Brunel for the weekend 8<sup>th</sup> – 10<sup>th</sup> June 2012
2. Thank you for voting by email on whether to invite UK teachers or an Indian teacher. Zubin Zarthoshtomanesh got the most votes and I am pleased to say he has accepted our invitation to teach at Brunel.

### Proposal to run a second convention with UK teachers

For discussion: The Events committee are considering running a second convention each year say, at the beginning of January, which would be taught by UK teachers. In the run-up to the vote for a teacher at Brunel we contacted Margaret Austin and Jayne Orton and they would be willing to teach at such an event. If decided upon, the first one would not be until January 2013.

### Geographical distribution of IYA members

Nearly 84% of the population of UK lives in England and the same applies to IYA(UK). The two areas where the most members live are, of course, London and Manchester. The official centre of Great Britain is close to Leicester and as you can see from the table, the distribution of conventions North and South of Leicester in the last 11 years is pretty equal!

### Convention venues and teachers since 2000

YEAR	Teacher	Location	From Leicester
2000	Rajiv & Swati Chanchani (BKSIYTA)	Crystal Palace	South
	Pixie Lilas( LOYA)	York	North
2001	Birjoo (BKSIYTA)	Edinburgh	North
	Manouso (LOYA).	Penzance	South
2002	Geeta. (BKSIYTA)	Crystal Palace	South
	Corine Biria (LOYA)	Sheffield	North
2003	Jawahar. (BKSIYTA June)	Manchester	North
	Shirley Daventry-French (first IYA convention)	Leeds	North
2004	Rajvi & Birjoo Mehta.	Manchester	North
	Panel of UK teachers.	Reading	South
2005	Rajiv & Swati Chanchani	Brunel	South
	Corine Biria	Bath	South
2006	Jawahar	Brunel	South
2007	Dr Rajlaxmi and Devki Desai	Brunel	South
2008	Birjoo	Newcastle	North
2009	Geeta	London	South
2010	Zubin	Nottingham	North
2011	Jawahar	Glasgow	North

### Convention attendance history (from Brenda Noble Nesbit)

2007 Brunel: more than 75% of the people attending came from the South of England (defined as living South of Birmingham and including overseas attendees) and 25% from the North of England and Scotland. About 120 people were non-residential and 110 residential.

2008 Newcastle: 79% of the people came from the North of England, Scotland and the Northern Ireland and the rest came from the South of England including Wales, Channel Islands & Rol. About 120 people were non-residential and 110 residential.

2010 : Nottingham (probably as near to the centre of England as you can get, 40 people appear to have been non-residential and 140 residential with roughly half coming from South of the centre of England & Rol and half from North of the centre of England and Northern Ireland.

## Member Institutes

For the purpose of planning conventions and tours, I have divided the 19 member institutes into 5 groups, adding in a couple of places in Ireland (North and Republic) where there are thriving Iyengar yoga communities.

1. Scotland & North	2. Northwest & Midlands	3. South & West	4. London & Southeast	5. Ireland
Glasgow GWSIYI	Manchester MDIYI	Oxford ORIYI	NELIYI	Dublin DIYI
Edinburgh ESIYI	Sheffield SADIYA	Dorset DHIYI	SWLSIYI	Munster MIYI
Newcastle NEIYI	Liverpool LIYI	Avon AIYI	Kent KIYI	Sligo
Bradford BDIYI	Birmingham MCIYI	Cornwall SWIYI	Sussex IYIS	Belfast
		*Cambridge CIYI		

\*Cambridge doesn't quite fit into any of these groups, so we'll just have to include them from time to time.

Usually there will be a convention in one and a tour visit to each of the other groups so that each institute can expect to be involved approximately every 4 years. However, Zubin has said he would like just to go to Scotland and Ireland in 2012, so I shall be proposing Edinburgh and Belfast.

## Assessment and Teacher Training Committee

This is a report of business conducted by the AT since the last EX meeting in September 2010.

The AT held a meeting on the 17<sup>th</sup> October 2010 at Sarva IYI.  
Alan Brown was thanked for his years of chairing the AT committee

Sheila Haswell was voted to be Chair of AT from 17<sup>th</sup> October 2011  
We welcome Margaret Austin and Diane Coats who have since joined the AT.  
Margaret has agreed to be the Deputy Chair and Diane has agreed to be the Moderator Liaison Officer between the AT and the Moderators.

The make up of the **AT committee** is now as follows:

<b>Name</b>	<b>Responsibility</b>
Sheila Haswell	Chair
Margaret Austin	Deputy Chair
Penny Chaplin	Intermediate Senior Assessment Organiser
Judy Lynn	Intermediate Junior Assessment Organiser
Sallie Sullivan	Introductory Level 2 Assessment Organiser
Sheila Green	Introductory Level 1 Assessment Organiser
Alan Brown	Committee member
Debbie Bartholomew	EX Representative & Secretary of AT
Diane Coats	Moderator Liaison Officer

**The committee confirmed two new trainers:** Margaret Cashman and Eileen Cameron have been shadowing Gordon Austin and they have now jointly taken over responsibility for that training course in Dublin.

### **Four new assessors have completed their training:**

Margaret Cashman, Eileen Cameron, Barbara Norvell & Fiona Fallon (Pune visit pending)  
For a summary of the assessment reports see pages 3 & 4 below

### **Special applications for teacher training:**

Susan Collins was approved to commence training with Sallie Sullivan (Sept 2010)  
Dion Bowman was not permitted to start teacher training this year as her class contact hours were insufficient (and erratic). It was agreed that she could apply next year provided that her class contact for the current year is maintained. This means that the office will not need to do all the tracking back and checking that was necessary this year. (Oct 2010)

**Assessment fees:** following a query Pam McKenzie contacted us regarding fees and we agreed to wait until she had had proper chance to review it before passing comment.

**Teacher Trainers' Manual:** The 2010 updates were completed in December 2010 and sent by Jo Duffin to all holders of the Manual. Electronic copies of relevant documents were sent to all Teacher Trainers in January 2011.

**Moderators and Assessors Manual:** This is still in preparation and nearing completion. It should be available later this year and hopefully by the summer. (It will include information for all levels of assessment)

**Organising the venues for assessments in Ireland:** Margaret Cashman stood down from this post; it has now been filled by Melanie Taylor

**Complaints at assessments:** a moderator was contacted regarding lateness of reports and conduct during the assessment. The outcome was satisfactory.

**Assessors at Intermediate Junior level:** It was agreed that assessors at each level should have assessed at both levels of Introductory level at least twice; that they should shadow an Intermediate Junior level before assessing at that level; they should assess at each level of Intermediate Junior before assessing at the next level. Assessors at Senior level should have assessed at all lower levels first.

**Intermediate Junior test Papers:** these are under review, Alan is looking at the Level 2 test paper and Sallie is working with Gerry & Alan to consider the content of philosophy in the papers.

**Re-takes:** we considered candidates who have already passed one part of the assessment in a previous attempt. It was decided that the candidate still has to pass both parts of the assessment on the day however the moderator and assessors will be asked to look carefully at the previous assessment report in order to see if they have maintained the standard from their previous pass.

**Current business not yet complete:**

- A request for Anne Marie O’Connell to be on training with Aisling
- A request from Berni Thompson to shadow Aisling as a trainee trainer in Dublin and to train as an assessor.
- An English lady (Helen Hoad) training in Dubai has requested to be assessed at Introductory Level I in the UK (as no assessments in Dubai) – discussion is ongoing regarding the assessment paperwork.
- Follow up on any present trainers and assessors who do not yet fulfil the ‘Pune’ requirements. Some have intimated that financial reasons are preventing them from fulfilling the requirements. Correspondence received from Cissy Harrison on this matter.
- Errors/inaccuracies noticed in Appendix C; we are looking into it.
- The Moderators had asked the AT to consider changing the format of the Introductory Level I assessments to make them less formal. This was passed back to the moderators for discussion and a concrete proposal which the AT can then consider. The Moderators have just had their meeting and we await their proposal.
- The AT committee was asked to look into increasing the number of moderators. This was put to the Moderators meeting in January 2011. They decided that this should be put on hold as it was not evident that more moderators are required right now. AT to discuss.
- Simplifying the organising of assessments: Judy Lynn has a proposal dealing with candidates availability for assessment, refunds, cancellations and waiting lists. We will report when this is finalised
- We are considering ways to run Senior level assessments when there are few candidates

**The next Moderator, Assessor and Teacher Trainers Meeting (MAT meeting) will be held at MDIY on Saturday 16<sup>th</sup> April 2011.**

## Assessment Reports for 2010

### Introductory Level 1

The Introductory Level 1 assessments were held on 26<sup>th</sup> & 27<sup>th</sup> June and 3<sup>rd</sup> July at various locations (Ireland – Ballymena; Scotland – Edinburgh; North – MDIY; South – IYI Maida Vale & Sarva IYI)

Statistics for these assessments are as follows:

- ◆ 99 candidates took the assessment and there were 12 cancellations (taken from the first list of possible candidates)
- ◆ 6 of the 99 candidates were re-takes (4 of the 13 cancellations were re-takes)
- ◆ 83 candidates passed at Level 1; 15 candidates failed at Level 1
- ◆ The candidates came from 21 different training groups ( 3 in Ireland; 1 in Scotland; 4 in the North; 13 in the South)
- ◆ We used 8 moderators, 24 assessors and 3 trainee assessors
  1. One group of moderator and assessors in Ireland did three assessments
  2. All three trainee assessors went on to complete their level 2 assessments in October

The break down for the 13 assessments is as follows:

- ◆ 3 assessments at MDIY (North) with 18 candidates
- ◆ 4 assessments at IYI(MV) (South) with 26 candidates
- ◆ 4 assessments at Sarva IYI (South) with 27 candidates
- ◆ 3 assessments in Ballymena (Ireland) with 17 candidates
- ◆ 2 assessments in Edinburgh (Scotland) with 12 candidates

### Moderators and Assessors 2010

#### Moderators:

##### Level 1

- Most moderators covered two level 1 assessment in one day
  1. One group in Ireland did three assessment
  2. One group in the North did only one assessment
- Some moderators were not needed

#### Assessors:

We had three new assessors in 2010: Wendy McGuire, Liz Ballantyne, Lin Craddock

#### Trainee Assessors:

There were three trainee assessors on the lists for the 2010 assessments: Margaret Cashman; Eileen Cameron; Barbara Norvell

### Introductory Level 2

Introductory level 2 assessments were held in Dublin on the weekend of 2<sup>nd</sup>/3<sup>rd</sup> October, and at Sarva on 2<sup>nd</sup>/3<sup>rd</sup>, Saturday 9<sup>th</sup> and Saturday 16<sup>th</sup> October.

#### DUBLIN

- There were 2 assessments in Dublin with candidates from 2 courses
- 13 candidates took the assessments, 12 were successful and there were 6 cancellations
- 1 of the 13 was a re-take and 4 of the cancellations were retakes
- We used 1 moderator & 5 assessors, including two from ROI. 1 assessed twice.

#### SARVA

- There were 11 assessments at Sarva; candidates were from 18 training courses
- 77 candidates took the assessments; there were 12 cancellations. 57 passed; 20 failed.

- 11 were re-takes. 2 of the cancellations were retakes
- Three assessors had to cancel. Three candidates including the one from ROI were allowed to make last minute changes. One late applicant was accepted (a re-take)
- We used 11 moderators and 30 assessors, 3 of whom did two sessions.

#### Moderators

All were available although one gave only one free date. 12 moderated and 4 were not asked. None were asked to do two days at Sarva. In Dublin we had one moderator only.

#### Assessors

Nine assessors were not available – one of whom had nine candidates for assessment.

Three assessors offered just one date. Seven assessors were not asked to assess. A total of 35 did assess and 19 did not.

4 trainee assessors attended, 3 of them twice; 1 was doing her second level 2.

### **Intermediate Junior (report looking ahead to 2011 assessments)**

Judy reported (in October) that there were a total of 123 candidates – 64 Level 1, 30 Level 2, 29 Level 3 and that 5 people had applied late so their applications were refused.

- There have since been several cancellations.
- Refunds have been requested but these have only been allowed in exceptional cases as the assessments still need to be funded even if they are running with fewer candidates.

### **Intermediate Senior**

No Intermediate Senior Assessments were held in 2010 as there were not enough applicants. Penny had a discussion with Eileen Cameron and they agreed that as Eileen was the only applicant then an assessment couldn't go ahead.

The AT committee agreed that in future we would look at ways of running Senior Level assessments when there are fewer candidates. We are still discussing this.

## Iyengar Yoga Development Fund

Current teachers:

**Korinna Pilafidis-Williams**, teaching special needs students at Oak Lodge School, Finchley.  
The school pay half of Korinna's fee

**Cissy Harrison**, teaching deaf people at the Nottingham Deaf Forum

**Helen White**, teaching prisoners at HMP Leeds

**Janice Chesher**, teaching vulnerable women from a Women's Refuge Truro

**Caroline Kennedy**, teaching carers in Haringay

**Laura Potts**, teaching people recovering from mental illness in York

**Myka Ransom**, teaching in a longer-stay hostel for people with mental health problems, Leeds

**Priscilla Bahia Diniz** will start teaching prisoners in HMP Brixton shortly

We have recently had a lot of interest in the IYDF. I have had three applications:

**Caroline Smith** has applied for funding for primary school children in a 'nurture room', which has been set up to help children struggling in the class environment. The children are generally from socially disadvantaged backgrounds. Barrowford, Lancashire

**Sarah Constantinides** has applied to teach in a mental health hospital. She has also applied for travel costs of around 60 miles/class. Somerset

**Alan Brown** wants to set up a class for people with MS, working together with Carol Young, an IJL teacher who is also a chartered physiotherapist. Because there will be two teachers and a small group, they were wanting some funding towards the costs. Skipton

I have also had enquiries from:

Anna Macedo: to teach unemployed at a community centre in a local council estate

Christine Rumley: to teach at a local charity for people with visual impairment, East Yorkshire

Judi Soffa/Jane Cornah: carers in Liverpool

Michael Balshaw: people with dementia and their carers, Cambridge

We currently spend all the budget we have, so I would welcome the views of the EX on whether we could transfer some funding from another budget area, ask members if they would like to donate towards the IYDF classes, limit classes funded to a certain number/year, or some other suggestions. Currently, classes are funded indefinitely.

## Therapy Committee

Following a short period during which there was a temporary interim therapy committee (in order to deal with eligibility to teach therapeutic yoga according to IYA membership and insurance categories), IYA's new Therapy Committee was established in September 2010. This followed a formal invitation for nominations (only five Senior therapy teachers volunteered, so it was not necessary to hold a competitive election). Some Intermediate Junior teachers volunteered to assist the TC, (which can co-opt two such helpers), but the committee decided to proceed for the time being with just its five full members.

**The five TC members are:** Penny Chaplin, Judi Sweeting, Tig Whattler, Ros Bell, Linda Ogle, all of whom attended the committee's first meeting, held on 21st November 2010 in London. At that meeting, Penny was elected Chair of the TC, and Linda its Secretary. Ros is the contact with the BCYT and CNHC. Tig is looking at record-keeping matters, and Judi and Penny are preparing a new document to clarify issues to do with yoga therapy teaching by IYA teachers. In practice, all members consult and work together on most tasks.

At the first meeting, we spent some time considering what is meant by Yoga Therapy, and noted Mr Iyengar's observation that many common ailments can be dealt with in a general class. We clarified the current IYA rules, as follows. Normally, only Intermediate Senior Therapy Teacher members are eligible to run classes. Intermediate Junior 3 teachers would be permitted to assist in the class; the Senior teacher would be their Mentor, and it would be under the Senior teacher's insurance that they would be covered for assisting (as long as that Senior teacher was present). Since that meeting, Mr Iyengar has written to all Associations, further clarifying, and the TC will be passing on that information very soon (document attached now, if ready in time), once a few queries are resolved.

Other matters addressed in the November meeting are briefly reported below.

**Stephanie Quirk's next courses on therapeutic teaching** are planned to take place at Sheila Haswell's Sarva Institute. The TC observed that under the new ruling it is doubtful whether Introductory teachers could apply for Stephanie's course, since they cannot teach therapy classes, and people might misinterpret what attending the course qualified them to do. The TC recommended that the courses should be hosted independently, not be formally hosted by IYA, since such endorsement could give this course a perceived 'official' status that it does not have, leading to confusion.

**Yoga for sportspeople** is an issue that has previously come up in the EX, some members of which are enthusiastic about spreading the benefits of yoga in the sporting community. Some Iyengar teachers already do work with sportspeople, and this is an area the TC will explore further in future.

**Enquiries from individual teachers about yoga therapy** were discussed. In each case, the TC came up with advice, or a decision, and actioned committee members to contact the enquirer with appropriate information or recommendations.

**BCYT and CNHC:** Ros gave a short resume of IYA's long involvement with the British Council for Yoga Therapy and the Complementary and Natural Healthcare Council (Ros is one of IYA's representatives on the BCYT, and is the first Iyengar yoga teacher to join the CNHC Register). BCYT is made up of representatives from various yoga or yoga therapy organisations, small and large. For more information on the BCYT and CNHC, see the article, page 38 IYN,

Autumn 2010. Intermediate Junior teachers Patsy Sparksman and Korinna Pilafidis Williams have, for most of 2010, been acting as two out of the four Members of the Profession Specific Board (PSB) of the CNHC. However, they have now stepped down, and it is hoped that a Senior Iyengar teacher will be able to take a place on this Board in 2011 (name should be available by time of EX meeting).

The CNHC is the non-profitmaking national body, supported by the UK government, that acts as regulator for about a dozen complementary healthcare disciplines, including yoga therapy. It has a Register that is now open to suitably qualified yoga therapists; this includes Iyengar yoga teachers who have therapy teaching insurance, but only those of Senior level (this was stipulated by Guruji). If you are a Senior teacher who wishes to join the CNHC Register, contact Ros or Katie (in the IYA office). Please note that you will need to hold a First Aid certificate, as well as be a Senior on the IYA's list of therapy teachers, in order to be eligible to go on the CNHC Register.

**The Healthy Backs research programme** has involved at least one Iyengar yoga teacher. The TC discussed issues to do with this, and the importance of distinguishing between Iyengar yoga classes (in which there should be no mixed methods) and back care classes (which may involve a range of exercises, but are not yoga classes). Contact the TC if you have any specific queries about this programme, or classes or training connected with it.

**Intermediate junior teachers given special permission to teach yoga therapy** will need to reapply each year (there will need to be an amendment to the therapy form). The TC needs to know what remedial students they have, and the therapeutic programmes they are using with them. This will require updating from time to time, if they make significant changes to the programmes.

All therapy teachers should **keep secure records** of their remedial students, their conditions, and the yoga programme they are using with them.

Teacher trainers should remember **to inform new and prospective trainees** that Introductory teachers do not do therapy (since some trainees are disappointed to discover this later).

In due course, the TC hopes to draw up a list of senior **teachers with expertise** to advise on recommended therapy programmes for problems.