

Company Registration No. 06051565 (England and Wales)
Registered Charity Number 1124041

Yoga for Health and Education Trust
Company limited by guarantee

Financial Statements
for the year ended 31 March 2020

Yoga for Health and Education Trust

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Yoga for Health and Education Trust

Balance sheet as at 31 March 2020

	Notes	2020 £	£	2019 £	£
Current assets					
Debtors	3	-		1	
Cash at bank and in hand		74,746		84,456	
		<u>74,746</u>		<u>84,457</u>	
Creditors: amounts falling due within one year	4	<u>(1,526)</u>		<u>(10,464)</u>	
Net current assets			73,220		73,993
			<u><u>73,220</u></u>		<u><u>73,993</u></u>
Funds					
Profit and loss reserves	6		73,220		73,993
			<u><u>73,220</u></u>		<u><u>73,993</u></u>

The directors of the company have elected not to include a copy of the profit and loss account within the financial statements.

For the financial year ended 31 March 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the board of directors and authorised for issue on 3 October 2020 and are signed on its behalf by:

J. A. Skeggs
Director

M. Milne
Director

Company Registration No. 06051565

Yoga for Health and Education Trust

Notes to the financial statements for the year ended 31 March 2020

1 Accounting policies

Company information

Yoga for Health and Education Trust is a private company limited by shares incorporated in England and Wales. The registered office is Phoenix Cottage, Little Somerford, Chippenham, Wiltshire, SN15 5XJ.

Accounting convention

These financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the requirements of the Companies Act 2006, and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities : Statement of Recommended Practice, and the Charities Act 2011.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

Income

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

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 accrual 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.

Changes in the fair value of derivatives that are designated and qualify as fair value hedges are recognised in profit or loss immediately, together with any changes in the fair value of the hedged asset or liability that are attributable to the hedged risk.

2 Employees

The average monthly number of persons (including directors) employed by the company during the year was:

	2020 Number	2019 Number
Total	2	-
	==	==

3 Debtors

	2020 £	2019 £
Amounts falling due within one year:		
Trade debtors	-	1
	==	==

Yoga for Health and Education Trust
Notes to the financial statements (continued)
for the year ended 31 March 2020

4 Creditors: amounts falling due within one year

	2020	2019
	£	£
Other creditors	1,526	10,464
	<u> </u>	<u> </u>

5 Members' liability

The company is limited by guarantee, not having a share capital and consequently the liability of members is limited, subject to an undertaking by each member to contribute to the net assets or liabilities of the company on winding up such amounts as may be required not exceeding £1.

6 Profit and loss reserves

	2020	2019
	£	£
At the beginning of the year	73,993	72,803
(Loss)/profit for the year	(773)	1,190
	<u> </u>	<u> </u>
At the end of the year	<u>73,220</u>	<u>73,993</u>

7 Events after the reporting date

It is expected that the consequences of COVID-19 will be felt by the Charity in the current year, as planned events have had to be cancelled due to lockdown.

8 Company information

Yoga for Health and Education Trust is a private company limited by guarantee incorporated in England and Wales

The registered office is Phoenix Cottage, Little Somerford, Chippenham, Wiltshire, SN15 5JX

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.