

Acem UK School of Meditation
Trustees' Annual Report and Accounts for the year ended 31 December 2025
Scottish Charity Number SC 035624

Current Trustees

Christopher Grøndahl
Sarah Danielsson
Eva Skaar
Henning Gravklev
Ellen Gravklev
Alice Cameron

Other Trustees during the year

None.

Contact Address

Anlaby House, Flat 401, 37 Boundary Street, London E2 7JQ

Recruitment and appointment of Trustees

All of the Association's trustees are appointed or reappointed by the members at our annual general meeting, which is held in December each year.

Governing document

The Association is a charitable unincorporated association and the purposes and administration arrangements are set out in our constitution.

Charitable purposes

Our purposes, as recorded in our constitution, are to offer classes in stress management and personal growth through the use of Acem meditation, a strictly non-religious form of meditation.

Activities and achievements

This year (2025) we see that our follow up meetings and discussion meetings still are fairly well visited and activities in London are on an average. This year we were once again able to arrange a weekend retreat with 18 participants. During the year about 117 persons have attended our activities included online meetings.

During 2025 we had scheduled 9 beginner's courses, 3 follow up courses (M1 and M2), 1 guidance groups. 20 people participated at the beginner's courses. We still need to strengthen our ways of reaching out to people interested in learning Acem meditation.

Trustee remuneration and expenses

The trustees did not receive any remuneration or expenses during the year.

Reserves

As a result of our activities the association made a result for the year of £ 4 284. At the end of the year the association held £ 1 152 in unrestricted funds and assets.

As our activities generate a steady stream of revenue we will continue to operate our meditation classes and we are prepared to expand our activities should demand dictate this.

Approved by the trustees and signed on their behalf



Christopher Grøndahl, Chairperson
29th September 2026