



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
From	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
	01	01	2025		31	12	2025

Reference and administration details

Charity name	Yoga in Daily Life Scotland (SCIO)		
Other names charity is known by	Yoga in Daily Life Scotland; YIDL Scotland; Yoga in Daily Life		
Registered charity number	SC049297		
Charity's principal address	Mahaprabhu Deep Ashram		
	Doubledykes		
	Elm Row		
	Galashiels	Postcode	TD1 3HT

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Swami Madhuras Puri	President		
2	Mr Scott Garcia	Vice President		
3	Ms Emma Nolan	Treasurer & Secretary		
4	Ms Fiona Laing	2nd Secretary		
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Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year
Ms Pauline Turner	01-01-2025 – 09-04-2025
Ms Susan Barrie	01-01-2025 – 17-05-2025

Structure, governance and management

Type of governing document

The Charity was first formed as an association with a Constitution and registered with the Office of the Scottish Charity Regulator (OSCR), (SC041371) on 30 March 2010. A new single-tier SCIO constitution was drafted in March 2019, and the charity was incorporated as a Scottish Charitable Incorporated Organisation on 14 May 2019, (SC049297). The original unincorporated Charity was dissolved on 31 December 2019, with the transfer of all assets/funds to the new SCIO completed by 31 March 2020.

Trustee recruitment and appointment

Two trustees remain from the creation of the original Charity: Swami Madhuran Puri (formerly named Juraj Potancok) and Emma Nolan (spiritually ordained as Swami Ganga Mata). Susan Barrie was appointed by the committee in October 2012. Fiona Laing was appointed in October 2013. Scott Garcia and Magdalena Szulc were elected and appointed as trustees in January 2019. All six trustees volunteered to remain on the board for the new SCIO on 24 February 2019. Magdalena Szulc resigned in Nov 2022. Pauline Turner was elected to fill her place and appointed unanimously in December 2022; she voluntarily resigned in April 2025, and Susan Barrie voluntarily resigned in May 2025, after more than 12 years' service, both due to family commitments. Appointment and removal are in accordance with the Charity's Constitution, which requires that an appointment is approved by a two-thirds majority agreement of the existing trustees and removal of any trustee by a two-thirds majority agreement of the others.

Objectives and activities

Charitable purposes

The Charity's charitable objects undertaken in Scotland and elsewhere internationally are:

1. to advance public education in the classical teachings of the science, philosophy and practice of yoga, based upon the principles of the highest standards of personal conduct and selfless service to others;
2. to promote and advance the mental, physical, social and spiritual health of the public through the study, teaching and practice of the therapeutic effects of yoga;
3. to promote and advance humanitarian aid for the relief of people in need through poverty, sickness, age, disability or other disadvantage due to natural disasters or other causes;
4. to promote and advance for the public benefit tolerance, harmony, respect and understanding among all religions, cultures and nations;
5. to promote and advance human rights and world peace and provide methods for the resolving of conflict;
6. to promote and advance animal welfare and protection;
7. to promote and advance protection and improvement of the environment.

Despite some challenges affecting the Charity from late 2024 and throughout 2025, due to personal health issues and serious family concerns of several members of the core team of volunteers, leading to some resignations and necessary absences, the Charity was still able to provide a range of activities and fulfil its charitable objects this year, as outlined below, for the benefit of people, animals and the environment in Scotland and further afield.

Educational/Health/Relief of suffering activities [Objects 1. 2. 3.]:

During 2025, a variety of educational programmes were provided for members of the public in Scotland and abroad, online and in-person, with the core of the Charity's activities being the provision of regular yoga and meditation classes and courses for adults, in order to advance individual physical, mental, spiritual and social health and well-being. Providing affordable and flexible fee options, the Charity continues to offer the option to attend for free, or by occasional donations, to those in difficult financial circumstances. Throughout the year, regular weekly in-person classes in Edinburgh and online classes via the Zoom platform were offered by the main local teacher, Swami Ganga Mata. During her absence attending family matters abroad, some pre-recorded and a reduced number of live classes were offered via Zoom by other members and volunteers; and in-person classes in Edinburgh continued, covered by volunteer substitute yoga teachers.

In-person regular programmes

- *Group classes:* regular weekly classes on Wednesday evenings in Edinburgh – 1 x 90 min Yoga For All class, including meditation and breathing exercises, at the *Salisbury Centre* in EH16.
- *Private home:* regular weekly individual 90-minute Chair Yoga/Breathing, physical and mental stability, private sessions for a long-time student of the Charity, who has Multiple Sclerosis; in Edinburgh.

Online regular programmes

Attended regularly by people in Scotland and the rest of the UK, as well as locations in mainland Europe, Australia, New Zealand and North America.

- *Zoom:* weekly evening and weekend morning drop-in Yoga & Meditation classes for the general public, 90-minute classes catering for Intermediate/Experienced Levels 2-5; plus 60-minute classes Yoga For All, Lunchtime Yoga and Restorative Yoga.
- *Zoom:* for those with a deeper interest in meditation practice and the spiritual and philosophical principles of Yoga, the Friday evening Relaxation & Meditation Yoga Nidra class and Monday evening Mindful Breathing & Meditation class remain on the schedule and continue to draw regular and new attendees.
- *Zoom:* Swami Madhuram continued to lead regular online monthly Satsangs with meditation, chanting and yoga philosophy discourse, providing practical guidance on integrating the yoga principles into daily life.
- *Insight Timer:* weekly online satsang concerts with Swami Madhuram playing Indian traditional flute, chanting Sanskrit/Hindi mantras and guiding meditation. Free events with options to make donations to the Charity. *[also Object 4.]*

Other events and activities in support of the Objects:

- 21 June 2025 – *UN International Day of Yoga:* free online Saturday Morning Yoga class; via Zoom. *[Objects 1, 2, 4.]*
- Group and one-to-one *Satsangs* – social communing, sharing spiritual support and teachings for personal life guidance and promoting understanding among people, religions and cultures. In person at the Galashiels ashram, at the Salisbury Centre in Edinburgh after classes, and online via Zoom. *[Objects 1, 2, 4, 5.]*
- 21 September 2025 – *UN International Day of Peace:* chanting of Peace Mantras in online classes; *Peace Day Retreat*, event at the Galashiels ashram in the Scottish Borders; with pranayama, meditation, relaxation, shared vegan meal, silent mindful walk in the woods. *[Objects 1, 2, 5.]*
- Monthly sponsoring of a sixth puppy in training to be a guide dog for the Guide Dogs for the Blind Association, in support of the sight-impaired. *[Objects 2, 3, 6.]*

Primarily Environmental and Animal Welfare activities [Objects 6, 7.]:

By promoting and supporting environmental protection and animal welfare, the Charity is encouraging people to develop the yogic principle of *ahimsa*, meaning 'non-harming', by acting with compassion, kindness, mindfulness and self-responsibility, to benefit themselves in their personal spiritual development, as well as the world as a whole and other human and non-human beings around them.

- The Charity continues to use and promote energy supplier, *Good Energy*, at the ashram premises, the primary UK company providing electricity from 100% sustainable/renewable/offset sources.
- The Charity maintains supportive membership and promotes the work of OneKind, the Scottish animal welfare charity based in Edinburgh and operating in Scotland and the rest of the UK, which aims to end cruelty to Scotland's wildlife, pets, and other animals, through high-profile successful public campaigns, political lobbying, investigations, objective research and public education.
- Members and guests of the Charity, while staying at the Charity's ashram premises, occasionally visit the local Scottish Donkey Sanctuary in St Boswells, supporting their work in rescuing donkeys, horses, llamas and alpacas in need. One of the rescued donkeys, named 'Yogi', has been sponsored by one of the trustees on behalf of the Charity for the past few years.
- The Charity maintains membership of the Permaculture Association, a registered UK/Scottish charity that promotes the sustainable theories and practices of permaculture, in the UK and worldwide. Permaculture is an approach to land use and human settlement design which is based on observation of flourishing natural ecosystems and shares many principles with the holistic teachings of Yoga.
- The Charity provides waste recycling facilities and information for staff, volunteers and visitors to the ashram and promotes 'Repair, Reuse, Recycle' practices to students and visitors.
- The Charity continues to promote the healthy and ethical benefits of being connected with and caring for the natural world, growing many indoor plants in the new ashram; and by feeding birds in the garden, plus creating wildflower and vegetable beds in the ashram garden, and maintaining the established herbs, berries, soft fruits, trees and shrubs without the use of toxic pesticides.
- Printed promotional flyers, course materials and stationery are printed on 100% recycled paper with eco-friendly vegetable inks (when possible).
- The Charity has a policy of purchasing only essential items and office supplies, or obtaining them freely and/or second-hand where possible, with minimal packaging, sustainable manufacturing and organic production.
- The Charity maintains a collection of published information materials and library of reference books promoting vegan and strict vegetarian lifestyle choices and recipes – not only from the perspective of an individual's health and nutrition, but also from the perspectives of: a) respect for the lives of animals and avoiding their exploitation, suffering and abuse; and b) acknowledging the damage caused to the environment by livestock breeding/farming and its contribution to climate change; thereby enabling students/visitors to the ashram and events to make better informed decisions regarding their choices of food and products with animal ingredients and the consequences for the wider society and environment.
- The Charity promotes the international *Yoga in Daily Life* OM Ashram, a research and education centre in Rajasthan, India, which includes several humanitarian projects: animal refuges for neglected, lame and abandoned cattle; Rainwater Harvesting scheme with a manmade lake and catchment area to collect monsoon rainwater runoff each year and distribute it to local villages, farms and communities; Desert Reforestation tree planting project and organic farming to encourage microclimates, natural habitat and vegetation resources, for example the native neem tree leaves, turmeric root and other herbs and spices are harvested for their medicinal and antiseptic properties.

Achievements and performance

Summary of the main achievements of the charity during the financial period

During 2025, the Charity directly served more than 100 individuals, with at least 36 attending the Charity's activities for the first time. Average attendance over the year was around 26/week, with fluctuations depending on special events, holiday periods and weather conditions, as usual, and this year in particular, due to offering a reduced timetable, when the main teacher had some health issues and also needed to go abroad for urgent family matters.

The ashram home for the Charity in the Scottish Borders is a place where the Charity can invite people to a peaceful environment to experience the benefits of the yoga and meditation practice in person, as well as enjoy the good company and safe space of being with like-minded people, who are focused on personal and social health and wellbeing. It was made even more warm and inviting this year with the installation of a wood-fired stove in the main satsang room, providing a more renewable source of heating.

Individual guests visited for weekends in Spring and Autumn, which, along with the Special Event held for International Peace Day in September, provided opportunities for people to volunteer with event organisation, preparation and hosting, as well as gardening, painting, maintenance and cleaning, in the spirit of *seva*, selfless service – an important yoga principle and fundamental aspect of the Charity's purpose, with all active members, teachers and guests serving as joyfully willing volunteers.

Online classes continued via Zoom and Insight Timer, with 6-8 regular weekly classes of either 60 or 90 minutes, provided 5-7 days a week, primarily by Swami Ganga and Swami Madhuram. The Lunchtime Yoga class was increased from 45 minutes to 60 minutes, welcomed by those attending regularly. Regular students often give positive feedback expressing gratitude and saying that online classes continue to be very practical for them, helping them to cope better with the stresses of life, and improve and maintain their physical, mental, spiritual and social health and wellbeing. Online sessions regularly have participants from all over Scotland, as well as other countries such as England, Ireland, Sweden, Slovakia, Germany, Croatia, Hungary and New Zealand.

Outside of class times, the main teacher also voluntarily provides spiritual support and guidance for students, helping them to cope with various acute and chronic health conditions, including: ME, MS, asthma, sciatica, cancer diagnosis, anxiety, depression and laryngeal dystonia, with tailored practices and holistic advice – either in person or online.

A total income of £9412 was received in fees for educational services/programmes provided over the year. Most students opted to pay for Class Passes, designed to encourage self-commitment and consistent practice. In 2025, this amounted to: 1 Month Passes x 2, £120; 6 Class Passes x 70, £3440; and the Class Membership for unlimited classes paid by monthly standing order x 9 individuals, £4420. Remaining students paid on attendance at £8-£10 per class, or by donation of any amount, according to their financial means.

After reviewing Charity finances and consulting with students, it was decided by the Board, in December 2025, to increase the class fees from the beginning of 2026 – having been several years since an increase. It was also confirmed that the Charity will always maintain the option for participants to pay fees or donations of lower amounts, according to their financial circumstances.

£210 was received for Yoga in Daily Life books by the founding author Paramhans Swami Maheshwarananda, and meditation/relaxation music CDs composed and gifted to the Charity by Swami Madhuram, which are used for supporting home practice and spiritual self-study.

Over £1800 in donations came from supportive students, friends, board members and colleagues – much appreciated in another financially challenging year, which ended up with a £633 deficit, evidence that the ongoing current economic climate continued to affect many participants and the Charity itself. Thankfully, due to this generosity and care, the bank account never fell below £0.

Despite the need to reduce the class timetable in January-March and November-December, due to the main teacher having to attend to a combination of personal health issues and family matters, at home and abroad, substitute volunteer teachers kindly stepped in to offer a few classes during these periods, so that some sessions were always available online and in-person each week, with the Charity fulfilling its aim to continue providing ways for people to maintain their physical, mental, spiritual and social health and well-being.

Financial review

Brief statement of the charity's policy on reserves

The Charity holds no reserves other than its bank balance, usually fluctuating around £1000. If in future the Trustees see fit to hold reserves, it is likely to be in relation to a specific project or planned activity requiring greater funds than the usual income, such as renovations of the Charity's premises. Whenever the situation arises that the Charity's funds approach £0, there are particular Trustees who are willing and able to boost the account balance with donations from their personal funds.

Details of any deficit

2025 ended with a £633 deficit, due to increases in the Charity's costs, particularly for energy and hall hire; as well as reduced income from classes, due to the main teacher needing to cancel some classes over several months. Class fees have been raised from January 2026, and promotions have been stepped up to attract new students to classes.

Donated facilities and services (if any)

n/a

APPENDIX 1

Other optional information

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Emma Nolan	
Full name(s)	Emma Nolan	
Position (e.g. Chair)	Treasurer & Secretary	
Date	19 September 2026	