



ANNUAL REPORT

2024/25

1st April 2024 - 31st March 2025



HEREFORD
YOGA
CENTRE

MISSION STATEMENT:

To make the benefits of Iyengar yoga available to the whole community, with a special effort to reduce perceived barriers to its practice and to promoting inclusion.

BOARD OF DIRECTORS

Chloe Bradman, Alex Cole, Sarah Gillespie, Prabhakara Hannken, Kate Jones (Chair), Alison McLean, Jenny-May White (Managing Director)

Hereford Yoga CIC
Unit 10 Foley Trading Estate
Hereford HR1 2SF

WWW.HEREFORDYOGA.CO.UK



TOTALS:

CLASSES: **574** | VISITS: **4204**

WORKSHOPS: **11** | OUTREACH PROJECTS: **9**

ORGANISATION DEVELOPMENT

We received an unrestricted grant from Postcode Lottery, which allowed us to invest in **upgrading our website** and **promotions** and to make improvements to our spaces. Thanks to funding from Hereford City Council and kind donations to our Crowdfunder, we were also able to make **upgrades to the building**, including replacing the bathroom windows, installing hand dryers and extending the equipment storage in the studio. These are part of an ongoing mission to become a **carbon-neutral** organisation.



"I've just discovered the online materials on your WEBSITE. They are BRILLIANT."



Funded by
UK Government



OUTREACH

YOGA AND WELLBEING IN SCHOOLS (WITH CLD TRUST)

Funded by
UK Government



'its innovative nature of blending Iyengar yoga with school-based psycho-social education is believed to be the first project of its kind world-wide.'

This was an exciting project in collaboration with CLD Trust and **externally evaluated** by the **University of Worcester**. In 3 secondary schools, a team of yoga teacher + counsellor worked with students from years 7, 9 and 11.

"Connecting with each other and ourselves"

FREE ONLINE RESOURCES:

Participating students were identified by school staff as needing extra support with their wellbeing. We introduced **yoga and wellbeing techniques** to help young people understand and improve resilience, and increase confidence. We also created a free set of online resources especially designed for this age-group. This was an innovative pilot that we hope to roll out to more schools across the county.



EVALUATION:



HERE GIRLS CAN

We absolutely loved welcoming about **200 girls** aged 10-14 to the studio for the bi-annual Here Girls Can festivals. It's always inspiring and humbling to share an experience with them that is both energising and calming- of feeling embodied in a way that feels **safe and empowering**.

HEREFORD MEDICAL GROUP, staff training

We know how hard Primary Care staff work to provide front-line health services, and were delighted to provide a specialised '**Chair Yoga**' session for the staff away day.

"That was the best session I've ever had as part of staff training. It was brilliant."

OUTREACH TOTALS:

895 PARTICIPANTS

68 FREE SESSIONS

NHS STAFF (Worcestershire Health and Care Trust)

We were delighted to deliver **10 classes** for the wonderful care staff from the Community Learning Disability team. We used the Aspire Hub and all participants remarked how **helpful** it was to have the **yoga class** in the middle of the **working week**.



"I think doing an activity, any activity but particularly yoga, with colleagues outside of work has been fantastic for team building and supporting each other"

STEPS

Yoga for **looked-after children** through the Herefordshire Council STEPS programme, along with their mentors and carers, was a lot of fun- think intergenerational hand-stands and child-stars live on stage in the studio!

'Thank you again for a wonderful session. It was really positive for both the children and adults that attended. The pace, challenge and differentiation were perfect, leading to all parties enjoying it immensely.' (mentor)

TEACHER TRAINING

We are delighted to welcome Chloe Burke to our teaching timetable. Chloe is the **first teacher to be trained and qualify at Hereford Yoga Centre**. She's a dedicated yogi and talented teacher; a really valuable addition to the team.



EVENTS

We love our community events. During our annual Open Day and Garden Party (in collaboration with CUP Ceramics) we welcomed over **50 people for free yoga classes**, including kids and adults, and family groups of 3 generations! Our team of volunteers makes these events possible.

Reach: 20 children, 30 adults



Image: KJL Photography

KEY FIGURES:

TURNOVER: **£113,987**

GOODS & SERVICES: **£107,262**
reinvested in local goods and services