



ANNUAL REPORT

2025/26

1st April 2025 - 31st March 2026



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 While (Managing Director)

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

WWW.HEREFORDYOGA.CO.UK



KEY FIGURES:

CLASS VISITS
4,780

TURNOVER:
£92,236

GOODS & SERVICES:
£53,459

reinvested in local goods and services

ORGANISATION DEVELOPMENT

This year saw several major improvements to our infrastructure, not least a brand new roof and solar panels. Big thanks to everyone in our community who contributed by donating to our Crowd Funder and by volunteering at fundraising events. Thanks also to our funders **National Lottery Community Fund** and **Worcestershire County Council's BEAS** scheme.

These structural improvements will allow us to continue to grow in a way that's both resilient and sustainable, all whilst reducing our carbon footprint.

We were also able to help our neighbours Cup Ceramics install a brand new insulated ceiling, so the whole building is now ship-shape for years to come.



THANK YOU TO OUR FUNDERS



Funded by
UK Government

Love our classes,
good luck with the
improvements to the studio

OUTREACH

➤ WITHINGTON PRIMARY SCHOOL

We had great fun at Withington Primary School, teaching the **whole school over a half term** and training teachers in use of our online resources so that they have been able to **continue using yoga in classroom settings**.

The monkey pose was hard. The crow was tricky. The mouse was fun.

Reach: 90 children, 12 adults

➤ STRIDE ACTIVE PROJECTS

We enjoyed working with children from **6 primary schools** as part of Stride Active's offering for **Children's Mental Health week**: 2 half-day workshops on **'Yoga for Inner Strength'**, combined yoga, play and performance to develop interoception and build confidence.



Reach: 326 children, 32 adults

Also with Stride Active, we helped deliver two **'Here Girls Can'** festivals; this fantastic project is a celebration of fun, innovative ways to get girls moving (and yoga is always a favourite!) and **'Our Girls Can'**, creating a pop-up yoga studio at Kingstone High School.

the sessions created a space that felt safe, empowering and meaningful.



➤ YOGA IN THE COMMUNITY

We really enjoyed taking yoga into **NMite** for the students at our local university, and at the other end of adulthood, a chair-based session at the **Tupsley Women's Institute**.

Reach: 63 adults

➤ HYC FOR REFUGEES

We were thrilled to provide some much-needed respite for the hard-working staff from 'Ethos' and to have received funding from the Bulmer Foundation to take yoga into community spaces and provide free class spaces at HYC for refugees. One participant said *'Thank you. I haven't felt this calm for so many years. Since before I left Ukraine. This has really helped me'*.



TEACHER TRAINING & STAFF DEVELOPMENT

It is with great pleasure that we announce the **qualification of Chloe-Ann Bradman** as an **Iyengar yoga teacher**.



Chloe started out in one of our outreach classes at Hereford Sixth Form College when she was just 16. After many years of practice and over 4 years in training, she is a wonderful asset to the Iyengar yoga community and we look forward to following what we are sure will be a long and fulfilling teaching career.

Her journey is an example of **how our model works** – through a combination of outreach and in-house professional studio classes we can **provide opportunities** that have a lasting real-life impact for individuals and communities.

Jenny-May is undertaking further training to qualify as a **certified Iyengar yoga therapy teacher**, and has also become registered as an **Assessor** for Iyengar Yoga UK.

EVENTS



We love bringing our community together through events. This year we welcomed people to our **Open Day**, hosted **Practice for Peace** in support of UNICEF, and teamed up with CUP Ceramics for a **Sunday Funday** and Joint Open Studios, with free yoga classes and a sound bath raising funds towards our roof replacement.

OUTREACH TOTALS:

7 PROJECTS | 505 PARTICIPANTS | 804 VISITS