

**2023 Integral Yoga Association (IYA) of WA (Inc.)
Annual General Meeting held in the Yoga Hall
151 South Street (cnr Field Street) Beaconsfield WA 6162
at 2.00 pm on Sunday 5th November 2023**



Commencement of Annual General Meeting: 2.05 p.m.

1. Opening Prayer - Patron's Address: Sobha Day

Sobha opened the meeting and welcomed all attendees to the 47th IYA Annual General Meeting (AGM) and then followed by an acknowledgement to the Traditional owners of the land that we meet on today and where this Sivananda Arsham stands.

This meeting brings together Yogis from all the different pathways.

The greatest prayer is stillness and silence. To begin our meeting in a most Yogic fashion to gather ourselves and bring our bodies into stillness is a powerful energetic thing to do to be in this moment.

Sobha invited all attendees to begin this meeting with physical stillness and silence followed by OMs.

Swami Vishveshananda was invited to lead a chant and present his reflection of Swami Venkatesananda's teachings.

2. Kate Barret-Lennard welcomed all attendees to the AGM and addressed Agenda items 2 through to 7a and item 8.

Record of attendance and confirm a quorum is present.

A quorum of 22 Members in attendance was reached.

Attendance:

Alan Camp, Anu Madan, Brad Cooper, Denise Cooper, Elizabeth Pippet, Eva (Chinmaya) Karov, Gail Cornish, Gail Marlow, Heidi Woschnak, Ian Meyer, Irene Adamski, Justin Bell, Kate Barrett-Lennard, Luke van den Hoek, Margaret Meyer, Maud Martin, Patricia Roux, Raymond Byart, Ruth Barrett-Lennard, Shanker Madan, Sherryn McHugh, Shobha Day

FIYA:

Helen Knewstub, Kevin Cloghan, Noel (Atmaroopa) McGeough, Sophie Amat, James King, Pradnya Ni Kadek Artuti

Visitors:

Jarnica Facchini, Kryia, Meera Finnigan, Rene Stapel, Roggie Maharaj, Swami Vishveshananda

Residents:

Kevin Cloghan

3. Apologies

Craig Wright
Maryanne Perkins
Jennie Cary

Proxies received:

Craig Wright submitted a proxy.

4. 2022 IYA AGM Minutes:

No discrepancies were noted.

Kate Barrett-Lennard proposed the 2022 IYA AGM Minutes to be accepted the proposal was seconded by Ruth Barrett-Lennard.

All were in favour and accepted the 2022 IYA AGM minutes.

5. Business arising from 2022 IYA AGM:

There was no general business from the 2022 AGM.

6. Correspondence addressed to the 2023 AGM:

No correspondence had been received for the 2023 AGM.

7. Presentation of Annual Reports:

a. Chairperson's Annual Report

Kate Barrett-Lennard the Chair of this meeting in the absence of Craig Wright informed that she would present the Chairperson's Annual Report with some of her own inclusions.

Kate Barrett-Lennard read the Chairperson's Annual Report on behalf of Craig Wright.

Apologies for not being here in person but a long-standing family holiday unfortunately has clashed but I leave in the reliable hands of the remainder of the board and thank you Kate to read as Vice Chair.

Acknowledgement of the Traditional owners of the land to where we meet today for our AGM, the Wadjuk people of the Noongar Nation, and pay respects to past, present and emerging leaders.

As we reach the end of the 2023, the prevailing tumultuous conditions around the globe show no sign of abating. Russia's invasion of Ukraine last year upended a world order established with the ending of the Cold War in the 1990s. More recently the upheaval in the middle east also will have likely to have long-lasting global political, economic and social consequences for us all. It has undoubtedly been a challenging year for Members and Friends of the Beacon Yoga Centre and Sivananda ashram who have been touched by these global atrocities. Prayers and thoughts go out to all who have been impacted.

Kate read a prayer for peace.

As we break away from the restrictions that covid brought to the organisation over the last few years, programs have been restored and participation rebuilds. Saying that, all board decisions are made in supporting and enabling our members and community participants to access our programmes in safe and appropriate way, continues to underpin every decision and has never been more important.

At this point I want to acknowledge the work of the board over the last 12 months. Tackling the changing situations in relation to finances, employment and role changes that were presented, was done with such professionalism, always putting the organisation needs first. Your guidance and support ensuring we put our best foot forward always is to be commended. Thank you to Justin, Heidi and Sherryn who will be stepping down at this AGM. Your service has been greatly appreciated. With the support of Brad Cooper, the board oversaw all buildings get an overdue fresh 'top to toe' coat of paint. Thank you to Mark (the painter) for his amazing work ethic and fair costings. This has resulted in fresh looking buildings and combined with the amazing gardens as they are currently (thank you Bryan and others), the Ashram is looking mighty fine!

Kate acknowledged all the Ashram's volunteers. Our volunteers are extremely valuable to the Ashram, and we cannot function without you. Feedback forms for the Beacon Yoga Centre and Sivananda Ashram have been placed on chairs in the yoga hall and attendees were invited to complete them. Included in this form is a section to complete if you are interested in volunteering at the Ashram.

There was special acknowledgement and appreciation expressed to the following members of the Beacon Yoga Centre and Sivananda Ashram community for their significant and ongoing contributions.

Patricia Roux, Sobha Day, Irena Brnic, Denise Cooper, Deepak, Meg Meyer, Heidi Woschnak, Bryan Tepper, Kria, Kevin Cloghan, Maud Martin, Chinmaya, Sherryn McHugh, Janine Banks, Liz Pippet, Craig Wright, Justin Bell and the Ashram residents.

Kate continued to read the Chairperson's report.

With our Patron, Sobha stepping back from some of her program coordination and with the retirement of Denise (although we have recruited her back part-time for now), Swami Sivananda and Venkatesanda's energy guided us to appoint an Ashram Operations Manager. This is a strategic position ensuring the organisation, in conjunction with the board, has someone steering it, and overlooking the whole operations. As members are aware, we appointed Patricia Roux during the year to this position, who shortly will take maternity leave. I am excited to inform members we have also appointed a relief person to backfill Patricia being Idil Tasbasli. She has already completed a handover from Patricia and we are excited for the organisation to be viewed by a fresh lense. With this though, the board would like to acknowledge Patricia's efforts to date in her role as Ashram Operations Manager and wish her well as she expands her family. We look forward to her return. Another important appointment during the year was Laura Claxton. Laura has a long association with the ashram and is an administration role supporting the Ashram Operations Manager.

Kate informed that during 2023 the Board put a lot of work into clarifying the Ashram job roles and it was recognised this activity needs to be done regularly as the Ashram is not a static organisation. A lot of thought and analysis was behind the decisions to change the structure of the Ashram Administration team. The current organisation chart was presented, and an overview provided. Kate explained in this diagram the Board is at the bottom of the chart as it is seen to support and serve the Ashram and the IYA Constitution. An induction pack has been put together for the new Board so there is

clarity on Board member roles and responsibilities. For those interested in becoming a Board member, there is a requirement that you must be an IYA member for two consecutive years beforehand. Kate announced that Rene Stapel and Phil Gatt will be joining the Board as special participants (ex-officio) and we look forward to them becoming full Board members once their two year IYA membership is reached. Kate shared that a representative of Chiltern Yoga Trust (CTY) was in attendance (Ruth Barrett-Lennard). CTY is an important part of our lineage and look after the Sivananda books, poetry and videos and we would like to work more closely with CYT in the future. Kate thanked CYT for the work it does.

Kate continued to read the final paragraphs of the Chairperson's report.

The Open Day/fair is 5 weeks away, and what a lovely way to showcase our grounds, offerings and the people associated with such a wonderful place. Hope to see you all there.

It is on days such as this such a wonderful organisation comes to the forefront. From yoga teachers to office staff, to residents fulfilling various roles, the various program coordinators, board members, all the volunteers, the need for an efficiently functioning organisation is imperative. Just look around you where we are today.

Personally, have appreciated the opportunity to be on the board for last 4 years including my 2 years as chair. Though presented with many challenges throughout my tenure, it is these challenges that are the spiritual path (a quote from Sivananda). Special mention to the executive members for your consult and willingness to support myself. With that I encourage the ongoing support to the board from members, and I wish the new board well moving forward and thank you for your ongoing selfless service.

From Sivananda

Love expects no reward. Love knows no fear. Love Divine gives - does not demand. Love thinks no evil; imputes no motive. To Love is to share and serve.

Swami Sivananda

Contemplative Dynamism

Karma Yoga is the lowest rung in the spiritual ladder, but it lifts us up to ineffable, magnanimous heights. Its glory is too great to be described. It destroys pride, selfishness and tamas. It brings in wonderful results. It helps growth and evolution. People of active temperament should take up karma yoga.

I want to acknowledge everyone who has contributed their time in making the Beacon Yoga Centre and Sivananda Ashram such an amazing place.

There were no questions received on the Chairperson's Report.

Kate proposed the Chairperson's Report be accepted. It was seconded by Sobha Day.

b. Program Coordinator's Report

Kate introduced Sobha Day, retired Program Coordinator and Sobha presented the Program Coordinator's Report.

Sobha shared that there has been refreshment of the program since my retirement and

it is wonderful to see the intelligent use of what has happened before and the refinement of the program. There is much more control for various reasons of the program and the flow of program.

In the past I used to move from one main event to the next and everything was in a linear sort of way and I did not have a sense of the whole program for the year. The planner shows the whole flow and the interaction of what happens. It shows we are in very in good shape.

If I had my time again as Program Coordinator, I would work more strongly on the harmony and rhythm of the day-to-day programs which are important to our Ashram, it is authentic and gives gravitas. The beauty and strength in fact is this harmony and rhythm of the daily, weekly and monthly holding programs (i.e. meditation, Hatha yoga, Jnana yoga, Satsang). These programs are the Ashram and important to our income. The one-off events are the 'jam/cream on the cake'.

Thank you to those that help us to be.

c. Treasurer's Report: Sherryn McHugh, Treasurer

Sherryn McHugh, IYA Board Treasurer explained the Financial Report pack distributed to members at this meeting which includes the Auditor's Financial Report, financial comparisons and information on the budget moving forward. Sherryn then presented the following Treasurer's Report.

The Ashram continued to be resilient after the last remaining economic impacts of the Covid pandemic. The bottom line for 2023 was a net profit of approximately \$20,000. Previous year we suffered a loss \$17,000. This is a marked improvement from the previous financial year of approximately \$38,000. Previously implemented cost-minimising measures coupled with the withdrawal of COVID restrictions allowed the Ashram to flourish financially this past financial year. Income for the year was \$330,000 an increase from last year of \$73,000. The significant changes were due to accommodation and functions and retreat income. The Ashram returned to all pre-Covid offerings. Yoga class income remained solid with a small increase from last year assisted by a change implemented in early 2023 introducing a new format and pricing structure to our yoga class passes, adapting similar offerings compared to other local yoga studios, offering monthly passes instead of our 8 week classes which had been tailored to our previous 8 week term format that became obsolete in 2020 with the introduction of punchpass, our online booking system. Yoga classes and Accommodation from both long-term residents and short-term guests remain to be our two largest income sources.

With the increased activity and services, the expenses to support this also increased to approximately \$310,000. The Ashram cashflow improved by almost \$30,000 with the substantial increase to revenue and with outgoings and capital works minimised. The two largest impacts reducing this figure was the exterior painting works to the main Ashram building and significant maintenance on the Ashram van. The Ashram is extremely grateful for our handyman, Bryan Tepper, who consistently maintains the Ashram buildings and gardens with care and skill, also minimising additional maintenance expenditure. Special thanks to Chinmaya, our House Manager, for

overseeing the maintenance. Priority expenditure this year will be large maintenance projects that have been on hold for a significant time, such as the replacement of all gutters to the main building, replacement of battery smoke detectors with hard-wired smoke-detectors and the refurbishment of the upstairs meal service area.

Increased cost of living and continuous RBA interest rate increases is putting more pressure on households and businesses alike. The Ashram is not immune to these impacts and the Ashram must stay vigilant when managing the finances. Based on economists' opinion, it is highly likely that Australia will continue to experience subdued economic growth for the next financial year, through to 2025. To combat any unexpected negative financial impacts the Ashram should continue to be frugal with regard to expenditure and seek funding support where possible. Two grant applications submitted in the past year were declined and further investigation to other grant opportunities were unable to be acted on due to very specific requirements the Ashram was ineligible to meet.

Donations received in 2023 was \$12,500, representing a decline of \$2,000 from the previous year, surprisingly when there was increased activity and services at the Ashram this year. A 'Donate Now' button has been added to our website homepage recently and further fundraising will be a focus moving forward. Reiterating what Kate has said earlier the Ashram relies heavily on volunteers. The Ashram has traditionally relied on significant volunteer support in a variety of areas to be able to maintain the delivery of programs, services and events. As well as the Board and karma yoga volunteers, several key roles (Sobha being of them) within the Ashram had been held by dedicated volunteers. Due to some changes to these key roles and within administration the Board reviewed the structure and how these changes would impact the operations of the Ashram. With the creation of the new Ashram Operations Manager role several duties covered by volunteers were merged into this paid role. The focus of this role is to create improved communication and connection within all arms of the Ashram, to oversee all operations and to heighten Ashram attendance.

Patricia Roux has developed this role into a pivotal part of the Ashram and has laid the foundations of the program management whilst cultivating a united approach within the Ashram. Two key areas of focus of the Ashram Operations Manager moving forward, while Patricia is on maternity leave, will be the Ashram Marketing Strategy and Volunteer Plan. Increasing brand awareness of the Ashram, increasing class and event participation and cultivating an environment that encourages and values volunteers in all areas of the Ashram.

The Teachers remuneration payment was reviewed and an increase was made effective 1 July 2024. Many teachers contacted the Board via the office, in appreciation. With these changes in mind, the budget for 2024 shows the areas of impact that is anticipated. An increase to staff wages and salaries with some significant volunteer duties now being paid is expected, however, increases to volunteer support which we are looking to focus on and also on attendance which should offset this expense with similar increases to revenue.

The intent is for sustainability of the Ashram in the changing environment we are living in. Finally, to quote one of our former Treasurer's, Mr Brad Cooper, 'we thank you and those associated with the Ashram, who provide the living fabric for the continuation of these timeless teachings at this unique place and give thanks to those that came before.

There were no questions received on the Financial Reports presented.

Auditor's Report and Acceptance of Annual Financial Statements 2022/2023

Sherryn McHugh, as the IYA Board Treasurer formally tabled the Auditor's Report for the year ended 30 June 2023. The accounts are in order as per the Auditor's Report.

Sherryn proposed that members adopt the Annual Financial Statements 2022/2023 as presented. The Annual Financial Statements 2022/2023 were accepted by all Members.

Appointment of Auditor

Sherryn proposed to retain the current auditors Nimbus trading under Paragon Accountants. The proposal was accepted by all Members.

Therefore, Nimbus auditors will be retained for the ensuing year.

8. Election of Board Members:

Kate Barrett-Lennard provided an update on Board Members that are remaining, retired and have re-nominated for another term.

In accordance with Clause 6.0 of the IYA Constitution, Board Members Craig Wright, Heidi Woschnak, Justin Bell, and Sherryn McHugh have retired from the Board. Irene Adamski is continuing for another year. Kate Barrett-Lennard and Chinmaya both re-nominated and each nomination was seconded at the AGM. As a result three ongoing Board Members remain.

As detailed in the IYA Constitution the Board shall have no less than seven Members and no more than eleven Members including Office Bearers. The quorum of the Board at their meetings requires a minimum of five Board Members.

There was one nomination for Board Member received before the AGM from Luke van der Hoek which was subsequently seconded at the AGM. Kate proposed that Luke's nomination is seconded. Sobha seconded the proposal.

Kate Barrett-Lennard invited attendees at the AGM to submit a nomination to become a Board Member and noted that special participants (ex-officio) are also invited to join and can be given voting rights as determined by the Board.

The following Board Member nominations were received at the AGM and seconded.

Shankar Madan

Brad Cooper

Alan Camp

Denise Cooper

In total five new Members were elected to the IYA Board.

The new Board was requested to meet in the library after the close of this meeting.

9. General Business:

Ruth Barrett-Lennard thanked the IYA Board for all they have done this year and as well as all the volunteers for all their contributions in 2023.

Ruth commented that the Chiltern Yoga Trust (CYT) is not represented on the Board and requested the CYT Chairperson be invited to next year's IYA AGM. CYT is the international arm of IYA and it is thriving internationally and it would be good for everyone to know what CYT is doing. Kate suggested the CYT Chairperson attends a future Board meeting to provide an update and acknowledged it is important to strengthen IYA's relationship with CYT.

10. Meeting Closure was at 3.30 p.m.

The closing prayer was presented by Sobha. Followed by chanting and music lead by Justin Bell.

All attendees were thanked for joining the AGM today and invited to afternoon tea in the East Verandah.

Signed as a true and correct record of the meeting.

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Shankar Madam
Chairperson

Dated this 3rd day of November 2024.