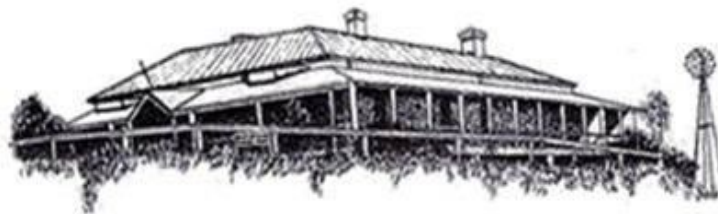


**2022 Integral Yoga Association of WA (Inc.)
Annual General Meeting Minutes held in the Yoga Hall
2.00 pm, Sunday 6th November 2022**



Venue: Yoga Hall

Commencement: 2.05 pm

1. **Welcome:** Craig welcomed and thanked all in attendance of the 2022 IYA AGM, introducing Shobha's opening prayer. Shobha requested all to sit in in physical stillness for 5 minutes followed by the acknowledgement of the traditional owners of the land. In the spirit of Swami Sivananda and Swami Venkatesananda and in the true spirit of the integration of yogas, Sobha opened with 12 Oms and prayer.

2. **Attendance:** Alan Camp, Angela Perkins, Anu Madan, Brad Cooper, Christine (Shakti) Farrell, Craig Wright, Denise Cooper, Elizabeth Pippet, Eva (Chinmaya) Karov, Gail Cornish, Gail Marlow, Heidi Woschnak, Ian Meyer, Irena Brnic, Irene Adamski, Justin Bell, Kate Barrett-Lennard, Margaret Meyer, Marian Perkins, Maud Martin, Peter Deague, Raymond Byart, Ruth Barrett-Lennard, Shanker Madan, Sherryn McHugh, Shobha Day.

FIYA: Achazhiyath Sudhakaran, Devang Patel, Kevin Cloghan, Susan Duncanson, Wade Morgan, Zoran Pitchford.

Visitors: Ashok, Helen Knewstub, Baljinder Singh, Noel (Atmaroop) McGeough, Rene Stapel.

Residents: Jorge Lascar

A quorum of 26 Members in attendance was reached.

Proxies: Nil.

3. **Apologies:** Eleanor Venables, Kathryn Venables, Nabilla Antipas, Sadhana, Patricia Roux, Donna Kirkland, Kaia Duddy, Bobi Ward, Robert Whitehead, Jo Sharp & Theresa Davis.

4. 2021 AGM Minutes:

No discrepancies. All were in favour and accepted the minutes.

5. Business arising from 2021 AGM:

There was no general business from the 2021 AGM.

6. Correspondence addressed to the 2021 AGM:

No correspondence had been received.

7. Chairperson's Annual Report:

- a. **Chair's Report** was tabled and read by Craig who also acknowledged the traditional owners of the land.

Craig highlighted the challenges faced in 2022 by members and friends of the Ashram due to the pandemic impacts and commended those responsible for accommodating these challenges, particularly government mandates causing disharmony. Craig expressed he was proud of those who stood up and served members and friends well during this period. The Board Established a Covid Committee to help navigate the constant changes and health advice protocol, Craig thanked all involved through this tumultuous time.

He also thanked:

- Our Yoga Teachers with additional work including wiping down props, wearing and asking others to wear masks & servicing online classes.
- Office staff reducing their hours & accommodating work from home options.
- Yoga Teacher Coordinators
- Everyone that provided perspective and views for consideration.

Special mention given to the importance of karma yoga and encouraged active participation in the governance of the Ashram.

Craig gave a reading from The Philosophy, Psychology and Practice of Yoga – Swami Venkatesananda, p30. Following this Craig encouraged the courtesy and truth expected of the Board is also reciprocated to the Board. Craig also acknowledged everyone involved in making the Sivananda Ashram, Beacon Yoga Centre such an amazing place during the last year.

In closing, Craig stated 'while these are challenging times we must realise that we are not alone in this upheaval and continue to support each other and face the challenges by operating through the chitta, that's free of afflictions through determination, compassion, self-awareness and ascendance.'

b. Integral Ashram Program Report:

2.29pm Shobha tabled her report and gave her thoughts around the Ashram being a program in itself, the physical building with the books 'bringing to attention from me in the world to the world in me', sitting in a place of silence, 'you have only

one friend and one enemy and that friend or enemy is your own mind'. This is the basis of our yoga teachings.

Shobha discussed the yoga revolution Swami Sivananda commenced when he introduced integral yoga and stated that we all need to practice all the yogas, then cited his quote regarding the 4 paths of yoga and the importance for 'Yoga of Synthesis' to develop all areas of yoga.

Highlighting our program of events at weekly, monthly, six-monthly and annually occurrences, Sobha referred to our bi-weekly mailouts to our database and highlighted some of our changing events and that each member likely opens and reads the ones within the pathway they are most aligned to. We are all continuing to contribute to the energy built in the yoga hall and Ashram over the past 45 years.

Sobha stated she was amazed at all the programs that have been provided and the members and friends these programs sat in contemplation of, including our staple hatha yoga classes and daily meditations. Quoting previous Chair, Shanker Madan, with reference to the Ashram, 'it is an oasis of yoga and meditation'.

Sobha requested comments from the floor:

- Irena Brnic mentioned there are many in our community who don't know exactly what we offer. Sobha responded in agreement and stated communication was key and that all were working towards this with the upcoming Fair being a place to be able to showcase our offerings.
- Some discussion was had regarding the benefit to have brochures at the yoga hall with details of all offerings that could be updated every few months to assist with communication to hatha yoga participants.
- Kate Barrett Lennard added how impressed she was by our beautiful Yoga Teachers after her recent attendance at the Teachers Appreciation Dinner, 'every conversation was marvelous' and went home flying, a gorgeous night.
- Rene Staple commented on the pleasure it was when arriving to walk through all the gardens, the shrines as you walk up the path and it being such a wonderful entry into the space before every morning. He stated there is no need to do anything and purely the physical nature and just sitting in contemplation has created a wonderful energy. Rene acknowledged Meg's energy every Sunday morning. Jnana Yoga has made for such a grounding experience.
- Meg responded thanking Rene for being such a wonderful part of the Jnana Yoga Group and added that she and Ian stayed for a week at the Ashram, not during a retreat event and found it to be such an incredible way to live and felt so lucky and blessed to be in the presence of the residents. The energy at kirtan in particular on Swami Sivananda's Birthday

was wonderful, Meg thanked Sobha.

- Helen Knewstub relocated to Perth from Albany and is looking forward to coming back and being part of the community again.

Sobha thanked everyone for their contributions and went on to advise the Board had contacted her for some guidance to her role and the program for future sustainability should anyone need to takeover. Sobha joked about if she were to be 'hit by a bus'.

Sobha discussed the lateral way she had previously worked on the program with so much going on not being able to sit and break it down to a plan on paper. With some assistance Sobha had placed the full 12 month calendar of events into a plan which allowed a view of all the events at a glance and the moving energy it provided.

In turn this improved the ability to handover programs from one person to another with smooth transition. Sobha felt happy to see the program coordination baton handed over without reinventing the wheel.

Sobha stated the program was in good shape and that people were moving up to takeover one program at a time, with her last words being 'and now I can fall under a bus'.

c. Auditor's Report:

Craig tabled the Auditors report which he expanded on in a few areas after which it was accepted.

The net loss and overall negative change from last year of \$26,349 was greatly impacted by Covid coming into WA from Jan/Feb this year. When excluding depreciation and expenses incurred but not billed the Ashram essentially broke even over the 2021/2022 financial year which was reasonable, all things considered.

Covid impacts including government mandated capacity restrictions limited attendance numbers impacted income with annual turnover reduced overall by \$68,209. This impact was minimised with measures implemented to reduce expenditure.

Certain annual expenditures were fixed and unable to be reduced, however, we were able to have a reduction in overall expenditure of \$41,860 including reduction of admin hours, reintroduction of zoom access to some classes, increase in guest accommodation tariffs and kirtan attendance.

The reduction in rent income (total \$35,294) is also inflated due to the change in food provisions for residents as a result in Covid restrictions and there is a slight offset with the reduction in flowers/food expenditure of \$16,455.

Government subsidies received in 2020 and 2021 were no longer available in 2022.

The Board withheld a review of yoga class fees in consideration of financial impacts to patrons and the need to encourage an increase in class attendance, a review is now imminent.

The proposed budget for 2022/2023 was advised to be inline with last years projections and was still under review.

Craig stated that other changes that had seen an improvement in financial performance for the first quarter of the new financial year were rooms that had been set aside for Covid isolation had been released back into availability for Ashram residents. Restrictions had also been lifted to allow guest stays again.

Craig then requested we adopt the **Annual Financial Statements 2021/2022** which was seconded by Sherryn McHugh.

It was proposed and supported to retain Paragon as our current auditors. Proposed Craig Wright; Seconded Gail Marlow.

8. Election of Board Members:

In accordance with Clause 6 of the IYA Constitution, Board Members Chinmaya, Justin Bell, Kate Barrett Lennard and Sherryn McHugh would continue for another year. Shakti Farrell and Gillian Kalogirou have resigned.

Craig Wright, Irene Adamski and Heidi Woschnak all re-nominated by Sherryn McHugh for a new term, with each nomination seconded.

No new nominations received.

This made seven Board Members.

9. General Business:

Query made regarding social media presence being a cheap way to promote the Ashram such as TikTok videos of Kirtan and the increase to patronage we could receive as a result. Craig responded, similar to Irena's previous comments to communicate broader than our own database. Craig stated the Ashram did have a presence in social media and acknowledged the importance of increasing the activity we do.

Heidi referred to using marketing as a buzz word and the notion of bringing more people to the Ashram and to promote outwardly. Heidi stated the Ashram doesn't want to create a Marketing Department and the work that Shobha and Heidi have done to date looking at Ashram offerings from a sustainability perspective and recognised of the need to slightly reposition the Ashram to transcend the history beautifully into a future with a vision that that would carry the integrity of where we've been into the future.

Heidi stipulated that we need to utilise events preceding future events such as summer school as the promotional vessel to attract people to increase attendance rates. Being more proactive by using current events to promote future programs/events.

Heidi acknowledged the Ashram Social Media needed work and that current promotions send the same message to all platforms where we should be more targeted with each audience and to present and promote relevant and relative information to each platform, ie. Facebook, Instagram and Email Database.

10. Meeting Closure:

3.19 pm, Craig thanked Heidi for her comments and all for attending. Craig then invited Chinmaya to present the closing prayer.

Craig thanked Chinmaya, everyone was invited to afternoon tea.

Signed as a true and correct record of the meeting.

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Craig Wright
President/Chair

Dated this day of November 2023.