



ANNUAL REPORT JUNE 2021: REVIEW FROM BEA TEUTEN, CHAIR

Our Annual Gathering will, as you all know, be held jointly with aYs in July when we will have a chance to respond to your questions, but we would like to take this opportunity to tell you what we have been up to over the past year.

We are all volunteers at TSYP and for many of us taking on this role is in itself, a yoga practice. I remember saying when I became Chair that I would see all my kleśāḥ in glorious technicolour in this role. And it is true: my fears, my attachment and hopes are all there. But, through śraddhā, I have also found that I have been given all that I need. *The Bhagavad Gītā* speaks of karma yoga, to act with the correct intention whilst letting go of the fruits of our action. To volunteer is indeed this. We become a part of something greater by our contribution and, by the very nature of volunteering, expect nothing in return.

So many of you have accompanied us on our journey since last year's AG that I don't expect you need reminding of all the things that have happened, but there are a few important moments that are worth highlighting. All our Directors have written reports for you that are available on the website [here](#). I have chosen not to name everyone but do please take the time to read their reports: they are an extra-ordinary record of dedication, hard work and service from people who are all volunteers. We could not hope for a better team.

We have achieved what we hoped to and much more besides. We have set up an Equality, Diversity and Integration Group which I hope, by challenging and supporting will begin to inform all that we do. On a more official note we have become a Company Limited by Guarantee and are on the way to becoming a charity. We have begun our current Teacher Training course and are planning our Yoga Therapy course. We have held many events from Jyotish to Ayurveda as well as meditation weeks and workshops.

As you all know, the passing of Radha Sundararajan our, dear patron, shocked us all, however her lifetime's work of teaching us chanting will undoubtedly live on – our Sunday Saṅga-s continue and we have four pilot Vedic Chant Foundation Courses running or about to begin, as well as a Vedic Chant Teacher Training in the pipeline. We are also planning a memorial event for Radha next year and in the meantime, in October, are holding a chanting event where Gill Lloyd and Helen Macpherson will explore some key passages from the [Katha Upanisad](#). Please join us.

Our IT and Membership team have ensured that we have all that we need to underpin this work. They have created a seamless online system for membership applications, renewals and event bookings. Our Treasurer, together with our Governance lead, ensure that the organisation is accountable, transparent and legal. And lastly but by no means least, our Communications Team have worked tirelessly so that you are kept up-to-date with what is going on, from newsletters, updates, Facebook and Instagram. You would not believe the amount of work that goes on behind the scenes.

The autumn brings more excitement with a [Guest Lecture Series](#), and [Mentoring and Supervision Training](#). If you already mentor students or wish to do so in the future, please sign up. This is what our tradition is all about: having a guide and teacher to accompany you on your yoga journey, whatever form that might take. We have many more events and workshops planned too including some with KYM in Chennai. Please keep checking the website!

Finally, we had hoped that the [Annual Gathering with aYs](#) could be held in person. It was long in the planning, but we had to bow to reality (Covid, break even numbers and quarantine for our guest speaker) and hold it on-line. It will be a wonderful exploration of where we have come from (our roots) and where we are going (our branches) based on Martyn Neal's plenary sessions and 12 workshops, all available as recordings for you to listen to over 30 days. Do come – it will be brilliant!

I have a deep belief in what we at TSYP are doing, the belief that gets me up and gives me the confidence to speak or even chant on zoom when I am terrified (I was the girl who could not utter a word when I began yoga). Please think about volunteering with us – it can be a small role or a larger one. Recent research suggests that those who volunteer live longer! We have so much to offer as an organisation and a community but we depend on people stepping up and helping us. If you think you might be interested but are not sure how you can contribute, please get in touch with me for a chat about what we need!