



THE BRITISH WHEEL OF
YOGA

British Wheel of Yoga - Eastern Region

Meeting of the Committee –Saturday 5 September 2020 (on-line)

Present:

Regional Officer	Ilkay Ozcan
Regional Treasurer	Gill Gittins (GG)
Regional Training Officer	Stacey Connor (SC) CHAIR
Regional Secretary	Bindie Edwards (BE)
Regional Newsletter Editor & W Essex CR	Donna Negus (DN)
E Essex	Jo Thomas (JT)
Norfolk	Rosie Evans (RE)
Bedfordshire	Angela Davey (AD)
Hertfordshire	Siobhan Murtagh (SM)
Deputy E Essex	Caroline Baya (CB)

Apologies:

Carole Baker, Lyndsey Stevenson, Maggie Adesanya, Sophie Lightfoot, Helen Craig

The meeting was held and partially recorded online through Zoom. The recording will be saved as a permanent record. In addition, an action plan was agreed.

Ilkay Ozcan chaired the meeting from Turkey and explained that she now intends to stay there until after Christmas. She thanked the members of the committee for continuing to keep things running in her necessary absence.

Agenda Item /Discussion/Agreed	Action Required	Person(s) Responsible	Completed
Transfer of Suffolk events			
<p>Bindie reported that she had met with Carole who was on the ball and ready to take over, but that there was some information and procedural matters that she needed guidance on.</p> <p>Michelle has paper file on events and will transfer to Carole when they can meet up.</p>	<p>Rosie offered to contact Carole and Sophie to guide them through procedure and bookings already taken on events.</p>	<p>RE</p>	
Matters Arising from previous Minutes			
<p><u>Karma Days</u></p> <p>Siobhan reported that it had proved difficult to get responses from boat operators and that there were still restrictions on numbers.</p> <p>It was agreed that the Karma Day options would be postponed until 2021.</p> <p>Gill reported that the region already has around £400 in the kitty and that this will increase by £200 for next year.</p> <p><u>First Aid Days</u></p> <p>It was agreed that, as physical certificated first aid days are being offered by some trainers, that Eastern Region should press for this. Colin Fordham is not prepared to do this. Barry Jackson (Norfolk) and an organisation called MGM who advertise in Yoga East do live events. Angela Davey has First Aid day booked for 2 weeks time and is fully booked.</p> <p>See if Barry Jackson can take on 3 events for 2020 but dates could be changed if necessary. Request HO to extend period of grace from 3 months.</p>	<p>Rosie to speak to Barry Jackson about taking on remainder of regional events.</p> <p>Rosie to ask Barry for maximum numbers. (anticipated 12) Dates flexible if necessary.</p> <p>Rosie to copy in Jo, Angela and Helen who all have events this year.</p> <p>Stacey to ask this question at RTO meeting today. If negative, Ilkay to raise with ROC.</p>	<p>SM</p> <p>RE</p> <p>SC IO</p>	

Agenda Item /Discussion/Agreed	Action Required	Person(s) Responsible	Completed
Winter Day of Yoga			
<p>Ilkay confirmed tutors will be paid £125 for approximately 75 – 90 mins class.</p> <p>Sophie has already spoken to proposed tutors and current situation is:</p> <p>Philip Xerri confirmed recorded Pranayama class morning.</p> <p>Paul Fox confirmed Hatha Yoga class – time TBC</p> <p>Alistair Shearer – unable to contact. Proposed 2pm start</p> <p>Judy Hirsh confirmed restorative and Yoga Nidra. Proposed time 8 – 9pm.</p> <p>Room for another tutor – Gill suggested Emma Connelly Barklem for an Astanga based class. This could run concurrent with Paul Fox so people could choose a strong or gentle class. Or to run in the morning with Paul in the afternoon. Sophie to be consulted.</p> <p>Ilkay asked CRs who are familiar with the tutors to act as liaisons with them to help Sophie. CRs to contact Sophie to discuss role.</p> <p>CRs might be able to act as Host for that tutor on the day which would free Sophie up to manage overall co-ordination.</p> <p>Bindie offered to help with any admin as requested by team.</p> <p>PUBLICITY: Information needed on this for YOGA EAST end October issue and for website.</p> <p>Website information.</p> <p>Dedicated Mailchimp November</p>	<p>Gill to sound out Emma Connelly Barklem after talking to Sophie</p> <p>Gill to write to Sophie to explain assistance agreed.</p> <p>Rosie to be liaison with Paul Fox.</p> <p>Jo to be liaison with Alistair Shearer.</p> <p>Gill to be liaison with Emma C-B</p> <p>Siobhan to be liaison with Judy Hirsh.</p> <p>Philip Xerri confirmed and recorded.</p> <p>Sophie to liaise with Donna on information. Deadline 14 September</p> <p>Sophie liaise with Jo and Donna</p> <p>Donna</p>	<p>GG</p> <p>GG</p> <p>RE</p> <p>JT</p> <p>GG</p> <p>SM</p> <p>SL</p> <p>SL & DN</p> <p>SL, JT & DN</p> <p>DN</p>	

Agenda Item /Discussion/Agreed	Action Required	Person(s) Responsible	Completed
Regional Newsletter			
Any further info for the next regional newsletter must be received by 20 September latest.	All send to Donna	ALL & DN	
Regional Website and Media Organiser			
Ilkay said it would be useful to have a person who would be responsible for website and all social media.	Donna to advertise the post in YOGA EAST	DN	
Hertfordshire events			
Siobhan explained that she now has a new job and is very busy. Due to work commitments she will have a problem attending Hertfordshire event on 4 September 2021.	Pending to see how things are nearer the time		
Calendar Updates and Events			
Angela reported that Billy Doyle, scheduled to teach 'Exploring the Energy Body' on 21 November is not prepared to take the workshop online.	Agreed to wait and see how things progress regarding live events.		
Ilkay and Stacey requested that CRs remember when making changes to events, these need to approved by RTO and procedure followed.		ALL CRs	
Some confusion arose regarding fee to tutors to use own online platform (£75 or £100)	Stacey to ask for information from other regions at RTO meeting.	SC	
Bindie requested information from CRs regarding changes to events in order to amend calendar	All CRs and/or RTO to notify Bindie of calendar changes	ALL CRs, SC and BE	
Next Meeting			
Next meeting 3 October at 12.00pm	All to send agenda items to Bindie. Bindie to circulate agenda 1 week prior to meeting.	ALL BE	