

Secretary's Report (June 26th 2021 via Zoom)

This is the Secretary's Report for the Annual General Meeting of the Yoga Fellowship of Northern Ireland being held on June 26th 2021. Due to the unprecedented outbreak of the Coronavirus pandemic our AGM for 2020 was cancelled but this year our AGM is being held via the online platform Zoom.

As you will all be aware our programme of events was brought to an abrupt halt in 2020 due to the introduction of Lockdown and social distancing. However, undeterred our Committee members turned to Zoom for committee meetings and continued to meet up and work towards the launch of our very new and modernised website. After getting to grips with technology that was new to many of us, we also began to plan a programme of events that would offer support and comfort to our members during a very challenging and isolating time.

The new YFNI website was launched in September 2020 and has a bright and fresh outlook and a new Logo. It is very user friendly, easy to navigate and very informative, bringing YFNI right into the modern world of Yoga.

Our Zoom events began in the autumn of 2020 and featured some familiar tutors including Joe McKeown who had us shining from the inside out; Alison Roberts who provided a Yogic reset and Maura Parkhill promoting the importance self-care. The spring of 2021 began with Michael McCann awakening our Chakras and this was followed with a Yin yoga session with Laraine Spackman and Mary O'Rawe. In March Bridget Hamill led us in a trauma-informed approach to teaching yoga and in the following months events

included tutors such as Julie Brown and Aine Dorman. Other events offered to our members via Zoom included first Aid refresher courses. A book club and 'MySatsang'- a place where likeminded people can share their interest in and knowledge of Yoga, organised by Michael McCann- can also be accessed through our website.

The Committee has continued to work on a programme of events for 2021/2022. There are some exciting autumn events already planned and it is hoped that some, if not all of these can be blended events incorporating the use of Zoom alongside a live event. It is hoped that this format should suit everyone including those longing to get back to face-to face workshops and those who need to safeguard. As there is no need to travel and recordings are often available the use of Zoom opens the work of YFNI to a wider audience.

In conclusion, these have been very trying times for everyone, globally. Throughout, the YFNI committee have worked tirelessly to modernise, to embrace new technology and to reach out to our members in the spirit of support and community.

Anne Furgrove

YFNI Secretary