

Secretary's Report for the Annual General Meeting of the Yoga Fellowship of Northern Ireland held on Sat 10th June, 2023 at NICVA

During the year the committee met on five occasions for meetings lasting up to two hours long with a mixture of face to face and Zoom meetings. At the meetings the Chairperson, Treasurer and members secretary gave regular updates keeping the committee informed on the projects in hand. There were also discussions on social media and marketing and how best to promote the work of the fellowship.

Throughout the year we enjoyed a diverse and stimulating programme of events. We had a wonderful Christmas Gathering event at NICVA in December which was well attended. Michael Mc Cann , Maura Parkhill and Bridget Hamill inspired us with their wonderful teachings. Our New Year began with Joe Mc Keown and a sold out January event, Kundalini yoga and gong bath. This was a most enjoyable yoga session and we hope to repeat it again next year.

In February, Samantha Bloomer inspired us to embrace our inner sage as she led us through a very interesting Qigong session. On 4th March we enjoyed a full day of yoga practice "Subtle dimensions of yoga practice". This was a unique workshop led by the dynamic duo of John Bell and Karen Derry. In March we ran an online First Aid refresher course with the renowned Janet Bisp, another chance for members to update their lifeskills.

On 13th May we enjoyed another wonderful day of yoga with Tara O'Rourke of Saol Beo live life yoga. The result was spaciousness in body, clarity in mind and joy in ourselves.

The committee thanks you for your support of all these events and looks forward to another exciting year in September.

Heartfelt thanks from the committee to our chairperson Michael for his inspirational leadership as we all journey together along the path of yoga.

Margaret O'Neill (Yoga Fellowship Secretary 2022/2023