



# Constitution

## NAME/FORM

The name of the organisation shall be Animalia Asana®. Animalia Asana® is currently an unincorporated voluntary association (see section (c) under “Accounts” heading for further information on this).

## AIMS

Animalia Asana® is dedicated to exploring the animal element in yoga in a healing, fundraising and educational capacity. The core aims are as follows:

- Fundraise for two charitable entities – FIAPPO & International Animal Rescue – through 50% of all in-coming funds (apart from grants or loans) going to these entities.
- Raise awareness and encourage reflection amongst members of the public – especially amongst yoga practitioners, teachers, leaders and institutions – about the plight of animals across the world and in-particular humans’ role in this.
- Raise awareness about the link between yoga and increasing societal kindness towards animals (and our role in this).
- Offer (at a charge) yoga classes and workshops to members of the public (especially yoga practitioners) that focus solely on the animal element within yoga: the animal-named postures, animal-named mudras, animal-oriented chanting, animal-named pranayama, the teachings of ahimsa (non-harming to all beings) and daana (charity), the animal-based mythology and biology of human and non-human members of the animal kingdom. Kids’ sessions will also be offered as well as training to yoga teachers for specialising in teaching Animalia Asana®. Animal-oriented Chanting Cards will also be produced and sold, potentially other ethically-produced merchandise too. Animalia Asana® retreats are a further possibility for the future in addition to an animal-inspired meditative dance.
- Offer inspiration from the animal kingdom, foster more connection with our animal friends and generate more compassion towards animals in society (through the yoga classes, workshops, training, kids sessions, retreats, dances, chanting and merchandise)
- Provide other yoga teachers who have animal rights/protection close to their hearts with a means of focusing on this in their yoga practice and teaching.
- Create a community of yoga teachers and practitioners who share an interest in the animal element in yoga.
- Conduct research into the animal element within yoga.
- Benefit animals of all species (both humans and non-human animals) and endeavour to share the Animalia Asana® practices as far and wide as possible.

## POWERS

To further these aims the committee shall have power to:

- (a) Obtain, collect and receive money or funds by way of contributions, donations, grants, services offered and any other lawful method towards the aims of the Animalia Asana® initiative.



(b) Associate local authorities, voluntary organisations and the residents of the Earth in a common effort to carry out the aims of the Animalia Asana® initiative.

(c) Do all such lawful things as will further the aims of the Animalia Asana® initiative.

### MEMBERSHIP

(a) Membership shall be open to anyone over the age of 18 who supports the aims of the group and who is willing to apply and pay for the membership. There are two different types of membership: Support and Associate. Only Associate membership entitles members to voting rights and the option of joining the management committee in a specific role/capacity should they wish. Each Animalia Asana®-trained Teacher will automatically have life-long Supporter membership with the organisation.

(b) The Management Committee shall have the power to approve or reject applications for membership of the Animalia Asana® initiative or to terminate the membership of any member provided that the member shall have the right to be heard by the committee before a final decision is made.

### MANAGEMENT

(a) A Management Committee elected annually at the Annual General Meeting (AGM) shall manage the Animalia Asana® initiative. Trained Animalia Asana® teachers neither automatically have voting rights nor the option of being part of the management committee but are very welcome to express their interest in becoming as such by becoming an Associate member.

(b) The committee shall as, a minimum, consist of 2 members: Chair/Secretary/Treasurer and a general supporting Trustee. These persons shall also be the voting members.

(c) The committee may co-opt up to a further 6 voting members who shall officially accept or decline at the next AGM.

(d) The committee shall meet at least once (with short progress reports on their work) each year but be in much more frequent email communication.

(e) At least 2 committee members must be present at a committee meeting to be able to make decisions. Meetings can be in person or via Skype (video or non-video unless something visual is a key part of the meeting).

(f) A proper record of all transactions and meetings shall be kept.

### GENERAL MEETINGS

(a) An AGM shall be held within 12 months of the date of the adoption of this constitution and each year thereafter (meetings can be in person or via Skype – video or non-video unless something visual is a key part of the meeting).



- (b) Notices of the AGM (every April) shall be published 4 weeks beforehand and a report on the Animalia Asana® initiative's financial position for the previous year will be made available at the same time.
- (c) A Special General Meeting may be called at any time at the request of the committee, or not less than one quarter of the membership. A notice explaining the place, date, time and reason shall be sent to all members 3 weeks beforehand. Meetings can be in person or via Skype (video or non-video unless something visual is a key part of the meeting).
- (d) One third of the membership or 2 members being present, whichever is the greater, shall enable a General Meeting to take place.
- (e) Proposals to change the constitution must be given in writing to the secretary at least 28 days before a general meeting and approved by a two thirds majority of those present and voting.

## ACCOUNTS

- (a) The funds of the Animalia Asana® initiative including all donations, contributions and bequests, shall be paid into an account operated by the management committee. All cheques drawn on the account must be signed by at least two members of the Management Committee.
- (b) The funds belonging to the group shall be applied only to further the aims of the group. This can include some reimbursement of Animalia Asana® Teachers' time when delivering workshops, classes, retreats and kids' sessions. The teachers work on a freelance basis and commit to giving at least 50% of their funds (if the events are self-organised and after expenses (through Animalia Asana® for monitoring purposes). This operates on a trust basis. If any teacher is found to be lying or keeping more than 50% of funds after expenses, then their right to the use of the Animalia Asana® logo and listing on website (and membership) will be terminated. If a teacher has been enlisted by Animalia Asana®, then they may receive a payment and Animalia Asana® will give 50% of remaining funds to Animalia Asana's chosen two animal charities. Training of new Animalia Asana® Teachers is done completely voluntarily with all funds being reinvested directly into Animalia Asana®/donated to the chosen two animal charities.
- (c) It is to be decided whether point (b) shall continue exactly as described and more specifically whether Animalia Asana® shall evolve into a charity, incorporated social enterprise, co-operative or some other body eventually. Animalia Asana® is in the process of finding advice on legal status and organisation structure to best support its aims. One thing is clear, and that is that Animalia Asana® must remain a not-for-profit organisation whatever form it evolves into.
- (d) A current record of all income, funding and expenditure will be kept.

## DISSOLUTION



- (a) The Animalia Asana® initiative may be dissolved by a resolution passed by a simple two-thirds majority of those present and voting at a Special General Meeting.
- (b) If confirmed, the committee shall distribute any assets remaining after the payment of all bills to other charitable group(s) or organisation(s) having aims similar to the Animalia Asana® initiative or some other charitable purpose(s) as the Animalia Asana® initiative may decide.

(c) **Signed by Chair/Secretary**

Jenny Mace

**Date** 05/10/2015

**Signed by general supporting Trustee**

**Date** 05/10/2015

Peter Madill, PhD