

Art of Yoga - Peter Hersnack

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ANNUAL GENERAL MEETING 2022

This took place at the Zen Centre of La Falaise Verte, St Laurent du Pape, on the 30th August 2022 at 3.30pm.

Colette Hersnack, president, facilitated the proceedings and Sylvie Palot and Elisabeth Brechet took notes during the meeting.

47 people were represented, either in person or by proxy.

The president reminded us of the objectives of the association, introduced the members of the committee and outlined the purpose of the committee, which puts into place policies agreed upon at the previous AGM.

Reminder of the objectives of the association

“The objective of the association is to bring together practitioners and those interested in yoga who wish to develop the practice, theory and research and the capacity to teach a living yoga, inspired by the teaching of Peter Hersnack.”

Introducing the members of the committee

Elisabeth Brechet, administrator
Bernard Chemin, administrator
Eleanor Dawson, administrator
Colette Hersnack, president
Tashi Leroy, administrator
Sylvie Palot, secretary
Claire Prudhomme, treasurer

The members of the CA met on Zoom on 2nd December, 2021, in person in Montpellier on 3rd April 2022 at la Falaise Verte on 25th August, 2022.

MORAL REPORT

Membership

137 at the end of the period 2020-2021. The number of members has increased slightly.

AOY website and communication

The ‘shop window’ allows for processing automatic membership renewals and new applications. We’re aware of problems that have been flagged and we’re trying to respond efficiently to these.

ARTRANET

The website is constantly evolving. There has been a slowing-down due to the serious illness of the site developer this year.

Uploading new material

This is the responsibility of someone who is not a member of the association

Processing of diagrams and practices

Up till now, this has been done voluntarily: it is now undertaken by an external person for a small fee.

Enhancing the French site

Workshop feedback

- 'Giving oneself': 5 documents linking with the theme of the 2021 summer retreat

Practices

- 3 practices connecting with the workshop feedback from the summer retreat 2021, linked to the work of the 'Passeurs' (see below)

Postures

- *viparita karani*

Yoga sūtra

- The aphorisms on the *yama*-s and *niyama*-s (II.30 – II.47), those on postures (II.46 – II.48) and on *prānāyāma* (II.49 -II.52).

Project from teacher training course

- Yoga in the service of singing

Enhancing the English site

Yoga sūtra

The aphorisms put online on the French site are translated voluntarily with efficiency and fluidity by Eleanor Dawson. A big thank-you to her for her generous help.

Other documents

The documents which have been put up online this year are now available thanks to our collaboration with Robin Wilmoth.

LES PASSEURS

This group, consisting of people actively engaged in teaching Peter's work, having complete a teacher-training with him, was put in place after a decision taken at the AGM in 2021.

Lead voluntarily by Colette Hersnack and Sylvie Palot, its aim is to get to the essence of the concepts of Peter's teaching by making them available to all.

Pierre Casel, Sacha Daemen, Kristina t'Felt, Carine Tomas and Robin Wilmoth met for 3 days in Marcorignan in January 2022 and two other dates have been earmarked in September 2022 and March 2023.

These fruitful meetings have enabled the group to delve into ideas dear to Peter (*repoussé*, support, energy, role of the head), to revisit ideas from the YS (the Other in me, the *yama*-s), to analyse practices and explore certain themes such as: the essence of twists, rhythm in *prānāyāma* etc.

« The Living Breath »

2,000 paper copies were printed, and the book is also available in an electronic version via Amazon and in the bookshop chain FNAC.

Since publication, 478 books have been sold, of which 23 were in the electronic version.

Because of the pandemic and the cancellation of many workshops and retreats, more than half of the books are still in storage and the question is raised as to how best to promote this work.

Organisation of the summer retreat at la Falaise Verte

The theme of 'Looking' was chosen by the committee for the August retreat 2022.

The committee members took care of publicity and registration, which was made easier by the new functionalities on the website.

The retreat was fully booked with a waiting list, but for comfort's sake we limited the numbers of students to 30.

For: 47

Against : 0

Abstention : 0

The treasurer presented the tables of accounts and responded to questions

ACCOUNTS FOR THE PERIOD 2021-2022

Expenditure in €		Receipts in €	
Adhésion	- €	Adhésion	3780
Artranet	8712	Artranet	- €
Stage	416	Stage	8737
The Living Breath	- €	The Living Breath	16
Fonctionnement	2070	Fonctionnement	15
Assurance	159	Assurance	- €
Don	215	Don	816
Frais bancaires	277	Frais bancaires	- €
Intérêt Banque	- €	Intérêt Banque	12
Transfert Paypal	1592		1592
TOTAL	13441	TOTAL	14968

Income: The main resources for the association come from membership fees and payments connected with the summer retreat.

Expenditure

The main outlay is for the ongoing maintenance of the website (technical development, translation and uploading of content).

The outgoings connected to changing functionality included the purchase of a video projector, travel expenses for members of the committee and accommodation for the two 'pilots' of the Passeurs project, who give their time freely.

Income statement: credit balance 1527€

BILAN DE L'EXERCICE`

ACTIF		PASSIF	
Caisse	112	Report à nouveau	13494
Compte courant	1908	Résultat net exercice	1526
Livret	11658	Provision	- €
PayPal	1342	Dettes	- €
Total	15020	Total	15020

The financial report was put to the vote:

For : 47

Against : 0

Abstention : 0

The financial summary was approved unanimously

CHANGE OF OFFICE

After Christophe Gires stood down in October 2021, Claire Prudhomme has accepted to take on the job of treasurer. We thank Christophe for all the work he has put in over the years, and welcome Claire into the post.

For : 47

Against : 0

Abstention : 0

Claire Prudhomme was declared treasurer of the association at the AGM

PERSPECTIVES AND PROJECTS

Enchancing Artranet

For both versions, we envisage putting the following up online:

- Postures: *samasamasthānam*, *godapitham*, and if possible *cakravākāsana* et *kūrmāsana*
- YS: continuing to add to more *sutra*-s from the first and second chapters
- 5 analysed practices
- Workshop feedback: ‘Looking’, ‘At the hear of the elements’ ‘Moon, sun and fire’
- Personal projects from teacher training with Peter: *candra*

Publication of the YS in book form

Putting the interpretation of the aphorisms online in the light of Peter’s teaching forms the basis for a future book. Watch this space...

Summer retreat 2023

In response to the feeling of those present, it has been decided in principle to hold a summer retreat in 2023, It will be held at la Falaise Verte from Thursday, 24th – Wednesday 30th August 2023 on a theme to be decided at the next committee meeting.

Information and enrolment will be available at the start of 2023.

Presentation of the provisional budget

PROVISIONAL BUDGET 2022-2023

	DEPENSES	RECETTES
Membership	- €	3750
Artranet	11000	- €
Insurance	170	- €
Gift	200	1000
Functioning	650	- €
Bank fees	300	- €
Passeurs	1000	- €
Revenus de placement	- €	12

Retreat	1000	6000
The Living Breath	- €	60
Equity capital	- €	3498
TOTAL	14320	14320

In order to ensure our projected expenses, we are envisaging drawing down available funds from our equity capital, and we are hoping for a donation of €1,000.

Business having been completed, the meeting concluded at 17h.

Colette Hersnack, president, from notes taken by the secretary, Sylvie Palot