

BKS Iyengar Yoga Association (Vancouver)

2025 Annual General Meeting

Date: November 15, 2025

Location: 790 East 14th Ave, Vancouver, BC

1. Call to Order

The meeting was called to order at 10:04am by Kathleen Marino.

2. Attendance

Board Members Present:

Members Attending: Nancy Zrymiak, Barb Wong, Sharon Friesen, David Husby, Kathleen Marino, Christine Lee, Bridget Donald, Sandhya McLaren, Deborah Peake, Rose Marie Rodden, Alice Sundberg, Kathleen McLean, Andrei Rybkin, Claudia MacDonald, Linda Shevloff, Junko Ono.

3. Approval of Minutes

Motion: To approve the Minutes of the 2024 Annual General Meeting held November 30, 2024.

Moved by: Deb Peake

Seconded by: Barb Wong

Carried: Yes

4. President's Report – Nancy Zrymiak (Full report attached as Appendix A)

- Sharon: Thank you to Nancy, who has gone above and beyond.
-

5. Treasurer's Report – Sandhya McLaren

Presentation of the [Financial Statements](#) for the year ending September 30, 2025.

- The most interesting part has been collaboration.
- Sandhya is a numbers person, so brings that perspective.
- Sandhya would like to continue in her position.
- Statement of Financial Position provided as handouts (see link above).
- Revenue comes from: membership, workshops, donations.
- This statement only reports one workshop because of the way our fiscal year works.
- We have \$58,000 in the bank.
- Statement of Operations – our membership has not grown.
- We need to grow our community.
- Linda Shevloff question: Is last weekend’s workshop not in here?

Reply: No, because of the way our fiscal year works and we don’t have Stephanie Tencer’s expenses in yet. It will be available in a separate report.

- Some pre-paid expenses are in this year’s report – eg. Raya workshop which will be next year 2026.
- There is a blank in this statement – zero donations. That’s something that should be kept top of mind, because we are all living in communities where people are making donations.
- There were a few big donations recently which will be included in next year’s report - \$8,125.
- To get a Center, we need more donations.

Motion: To accept the September 30, 2025 financial statements as presented.

Moved by: Bridget Donald

Seconded by: Sharon Friesen

Carried: Yes

6. Membership Report for 2024 - 2025

Submitted by Nancy Zrymiak

2022 - 2023 membership year: 108 members

2023 - 2024 membership year: 115 members

2024 - 2025 membership year: 110 members

Of the 110 members: Honourary Members: 15 (no payment)

Of the 95 memberships purchased:

New members : unknown due to new email system (old one shut down)

Renewals : unknown due to new email system (old one shut down)

Certified Teachers : 52

Teacher Trainees : 5
Students : 38

Family Memberships : 9
Single Person: 77

Paid online : 95
Paid via cheque : 0

- Right now, we have 105 members.
 - Membership cost is \$30. Family membership is \$40.
 - Claudia MacDonald – hasn't it been \$30 for years? Should we raise it?

 - **Motion: to raise fees to \$40 for singles, \$60 for families.**
Moved by: Claudia MacDonald
Seconded by: Linda Shevloff
Carried: Yes

 - When asking people to join, include the link so people can make donations.
 - Registration reminder – Courtney took care of Membership this year.
 - For Board to discuss: Suggestion to make workshop fees higher for non-members, to encourage membership. Or, make membership mandatory.
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7. Workshop Report – Nancy Zrymiak and Linda Shevloff

Workshops in Planning (as of Nov 15, 2025):

1. **Brian Hogencamp** – February 2026 (date & venue TBD)
2. **Raya Uma Datta** – September 16–19, 2026
 - o booked at the Scottish Cultural Centre 8:30am–4:00pm (Wed–Sat)
 - o Special thanks to Linda (venue) and Brian (liaison with Raya)
 - o Invitation Letter for Raya's 2026 Visit to Vancouver sent (for Raya's Visa application).
 - o Possible public demo by Raya prior to workshop
 - o Raya has many other special ideas, such as Pune practice with the community the days before.

Acknowledgements:

- Thank you to all students supporting workshops
- Thank you to teachers encouraging attendance

Comments, questions, suggestions:

- Brian is a friend of Raya's, and Raya will be staying with him.
- We have the Scottish Hall booked. It is a large, clean, neat venue with blank walls. It has the advantage of being doubled in size as it has a sliding wall.
- The only difficulty is getting Sunday time. The hall is booked on Sundays with a church group. This is a problem with many venues.
- Keep in mind that whenever we rent a new place, we have to add them to our insurance.
- Raya's ideas: he does demonstrations, so, he could do one while he is here. We could rent a venue and have people come watch. It can raise awareness of Iyengar yoga.
- In choosing venues, it's hard with Sundays. Often, workshops used to be during the week and into the weekends. We can think about different timings and days, because it might help us get venues.”
- The venue last weekend was very cheap. What's the approval process? Because Linda doesn't know parameters to follow when finding them.
- We should think about standardizing fees for workshops, and writing things down for future guidance. For consistency.
- Membership question: how to check that someone is a member or not? Answer: The board checks the registration list with the membership list to make sure only members are paying the discounted fee and signing up early. If non members sign up incorrectly they are contacted to become a member or pay the correct fee.
- Whenever there is anything sent out, there should be a link to become a member.
- We need to think about 2027 workshops.
- We could also do an online workshop with Sunita. She is Deepa's teacher.
- Gulnaz is also someone we could approach, or Gabriella.
- Abijhata's IYAC workshop included a lunch – are we going to do that with Raya? Probably not. People can take care of themselves. It gets too complicated and expensive.
- We need to have some kind of model for marketing Raya's workshop. Videos, get the word out so people can reserve.
- We need an Operations Committee for the Raya event:
We can include a 50th anniversary t-shirt.
Bridget and Deb volunteered to help Linda with the Operations Committee, Sandhya can zoom in as needed.
Kathleen to be Board liaison.
We can ask at Community Gatherings for help with the Raya workshop.

8. Monthly Gathering Report – Sharon Friesen (Full report attached as Appendix B)

Report by **Brian Hogencamp and Patricia Fernandes.**

Comments, questions, suggestions:

- Need Volunteer co-organizers
- Suggestion: find out Brian's availability and then take it to the teacher's to pick one.
- Should we stick with one central location?
- Deb says her space is available sometimes.
- Are teachers aware that they can initiate something themselves? There may be a disconnect there.
- There could be summers off.
- We could increase the number of student-included sessions.

9. Stewardship Committee's 2025 AGM Report – Kathleen Marino (Full report attached as Appendix C)

Report by Louie Ettling, Patricia Fernandes, Brian Hogencamp

Comments, questions, suggestions:

- Louie, Brian, Patricia have now stepped down. We need someone to step up.
- Financials must be considered. Sandhya – from a numbers perspective, it is not clear that we can take this on. We have \$57k.
- What if we refocus? To make finances work, we need fundraising specifically for a center, in case the revenue model does not work.
- Do we have a benefactor who would bankroll us?
- The landlord for Commercial Drive went in a different direction. There was another tenant who they preferred to work with.
- Commercial Drive was \$4,700 a month.
- Linda Shevloff: there has to be a leap of faith. You have to look at it and believe, and go about it in that way.
- What is the relationship of the Center to the Society?
- Teachers would have to volunteer their time to make this viable in the next phase.
- Question: Is 3 years standard for a lease in Vancouver? Answer: We go in with what we can/are willing to offer. That is set out in a Letter of Intent.
- Where does the Committee stand now?
- A paid person to run it is needed to run the Center.
- What happens to a Charity that goes bankrupt? If the Landlord sues the Board, then the insurance would cover our legal costs. But the Board could be on the hook for employee costs. We would have a lawyer look at our lease prior to signing to make sure the board is protected.
- It would be better to have sub-contractors than employees.
- We are learning as we go along. The great news is that we have a lot of information.
- Should we update all the members? Yes.
- Can we put out a call for fundraising? Yes.
- We need a leader for this project to take it forward and keep the momentum going.

- The first people we should ask are those that have worked on it already, or the teachers
 - teaching at the Center.
 - Talk to the trio to identify someone to be the Coordinator going forward, and join the Board.
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10. Election of Directors

1. Nominations: Motion: for Alice Sundberg to join the Board.

Moved by: Deb Peake
Seconded by: Claudia MacDonald
Carried: Yes

2. Nomination for Kathleen MacLean to join the Board.

Moved by: Deb Peake
Seconded by: Barb Wong
Carried: Yes

3. Nomination for Shaylin Zare to join the Board

Moved by: Rose Marie Rodden
Seconded by: Barb Wong
Carried: Yes

4. Nomination for Andrei Rybkin to join the Board

Moved by: Barb Wong
Seconded by: Linda Shevloff
Carried: Yes

Call for further nominations from the floor: None

Welcome Alice Sundberg to the Board.

Welcome Kathleen MacLean to the Board.

Welcome Shaylin Zare to the Board.

Welcome Andrei Rybkin to the Board.

Board of Directors for 2025–2026:

Election of Board Members:

Nancy Zrymiak - President

Sandhya McLaren - Treasurer

Kathleen Marino - Secretary

Members at Large:

Sharon Friesen

Deepa Mukherji

Alice Sundberg

Kathleen McLean

Shaylin Zare

Andrei Ribkin

11. Adjournment

The meeting was adjourned at 12:02 p.m.

Appendix A – President’s Report (Full Text)

PRESIDENT’S REPORT – NANCY ZRYMIAK

Welcome, everyone. Our AGM is a chance to look back at the year – our events, finances, challenges and successes.

This was my first year as President, and it has been a busy one. A President can only do their job with the help of an amazing group of board members — all volunteers — as well as many others from our Iyengar community who contribute their time and skills. I want to thank each board member for their contributions and acknowledge all the work that goes into promoting and sustaining Iyengar Yoga in Vancouver.

Two of our seven Board members stepped down during the year:

- **Barb Wong**, who was sending out our monthly gathering invitations and began the search for Association t-shirts, and
- **Courtney Chow**, who took on Membership, sending out renewal notices and updating member information on our new email system.

I want to thank them both for their ideas, energy, and contributions - we miss you both.

To the continuing members of the Board: thank you so much for the time and energy you bring to the Association. On behalf of our members, your work is deeply appreciated.

- This year the Board has also been operating with only five — and for several months, only four — active members. This has meant taking on a great deal of extra work as we moved forward with the search for a new Centre and reviewed two Letters of Intent, including meetings with lawyers and insurers and studying cash-flow projections. There has also been substantial administrative and communication work: writing and sending all newsletters and monthly gathering invitations, preparing and signing workshop contracts, corresponding with guest teachers, social media posts, and maintaining ongoing communication with the Stewardship Committee. As we look ahead, we warmly welcome more members of our community to join the Board. Fresh perspectives, additional skills, and simply more hands would make a meaningful difference as we move into an exciting year.
- **Treasurer – Sandhya McLaren** took on the role last year and has done a stellar job: maintaining our books, filing reports, communicating with accountants, and keeping us financially accountable and stable. She also ensures our insurance needs are met, and has continued the search for new t-shirts and a design.
- **Secretary – Kathleen Marino** has done a fantastic job taking meeting minutes and providing a thoughtful voice of reason. At last weekend's workshop she liaised with Deb Peake to make sure extra props were brought in and prop kits were available for out-of-towners. She arrived early each day to check people in, and stayed late to make sure the venue was clean and ready for the next day.
- **Member-at-Large - Sharon Friesen**, our past president, thankfully stayed on to help whenever needed. This year she set up our new CanadaHelps charity page - for the first

time in nearly fifty years our charitable association is accepting donations, with tax receipts issued instantly. Ahead of last weekend's workshop, she supported visiting teacher Stephanie Tencer by ensuring she had props at her Airbnb, driving her to the venue a day in advance to see the space, picking up keys, and handling deposits. She also maintains the Association's postal box.

- **Member-at-Large - Deepa Mukherji** was a great help in the early planning of the workshop with Stephanie and acted as our main point of contact with St. Faith's until her departure in August for India. Deepa will be back in the new year.

On behalf of the Association, I want to express my deep gratitude to all Board members for your commitment, knowledge, and diverse skills. I also value the thoughtful discussions, differing viewpoints, and collaboration that each of you brings to our meetings and ongoing work.

There are many others in our community who give their time and expertise:

- **Christine Rondeau** continues to work behind the scenes keeping our website running smoothly and up to date, and trained three board members on our email system earlier this year.
- **Shirley Chan** has recently joined Christine in helping with the website - welcome, and thank you.
- **Patricia Fernandes, Brian Hogencamp**, and all the teachers who have led our monthly gatherings throughout the year - thank you for nurturing our community through your time and teaching.
- **Linda Shevloff** played a key role in organizing last weekend's workshop with Stephanie Tencer. Linda suggested Stephanie as our guest teacher, and along with Christine Rondeau, found the venue. Thanks to Linda, we already have a location booked for next year's workshop with **Raya Uma Datta** in September. We truly appreciate your ongoing input and support.
- This year we continued the search for a new **Iyengar Yoga Centre in Vancouver**. I want to thank **Louie Ettling, Patricia Fernandes, and Brian Hogencamp** for the extraordinary amount of work they've done over the past two years on this project. And thank you to our volunteer coordinators—**Tanya Marusech, Christine Lee, and Shaylin Zare**—who mobilized more than 30 volunteers into focused groups working on real estate, legal, policies, props, and fundraising. We are deeply grateful to all the volunteers who have contributed to this important effort.

Next year will be a special one - our Association will celebrate its 50th anniversary as a registered charity. This is a remarkable milestone and a testament to the dedication and continuity of our Iyengar Yoga community in Vancouver. I look forward to celebrating this together in 2026.

Thank you all for your continued dedication to the Association and to Iyengar Yoga in Vancouver. I will remain on the Board for another year and look forward to continuing to serve our community.

Respectfully submitted,
Nancy Zrymiak
President

Appendix B – Monthly Gatherings Report (Full Text)

Monthly General and Teachers' Gatherings 2025 AGM Report

This is the third year that the Association has sponsored and offered monthly gatherings for teaching and general members. Over those 3 years we have visited each location in the Lower Mainland where Iyengar yoga is taught at least once. This year we worked to organize visits to some locations further out, on the Sunshine Coast and Saltspring Island but the logistics were complicated. Perhaps in the future.

For the period of December 2024 - October 2024, we offered 11 events, 5 for all members. Our general members' feedback has been very positive; people enjoy the chance to practice and learn together.

By the numbers:

11 different locations

141 total participants

27 student members

We had an opportunity to try an informal picnic for the first time when one of the planned venues needed to be rescheduled. The available location was complicated to find and some members were unable to find the group and left in frustration. In the future we will be sure to provide the phone number for an on site contact. Those who gathered enjoyed the chance to chat and get to know one another. We recommend this be an annual event for July, a venue reserved ahead of time, and the place and time announced to all members in the spring for summer planning. While some will likely be away, those who are in town can enjoy and connect in our yoga community.

Dec 2024 Honouring Guruji & Geetaji (Community) @ Douglas Park

Jan Pick an Asana from the Hat (Teachers) - Bridget @ Trout Lake

Feb Pincha Mayurasana (Teachers) - Grant @ Marpole-Oakridge

Mar Progression toward more complex poses (Community) - Claudia @ Britannia

April Teaching from the Heart (Teachers) - Nancy, Deepa @ TACC New West

May Graceful and Expanding (Community) - Sharon @ Dunbar

Jun Asana, Breath and Pranayama (Teachers) - Patricia @ Richmond South Arm

Jul Picnic (Community) @ Jericho Beach

Aug Topsy Turvy (Teachers) - Franklin @ Om Prem, North Van

Sep Bring an Asana from Light on Yoga (Teachers) - Brian @ iDance, Mount Pleasant

Oct Using the large wooden props (Community) - Deb @ Mount Pleasant Yoga

Nov Stephanie Tencer Workshop & AGM

Dec 2025 Honouring Guruji & Geetaji (Community) - Arezou @ False Creek

With the Association's successful, invited, Canadian-teacher workshop with Stephanie Tencer and the AGM this November, we have one remaining gathering for the calendar year; an all-member community gathering on December 13th at False Creek Community Centre, to honour Guruji and Geetaji's birth anniversaries.

Teachers' Gatherings involve an initial brainstorming session with the teacher(s) at the planned venue, and one or two follow-up discussions to plan the specifics of how the topic/theme will be addressed. All of these chats are collaborative, fun, and a learning process on their own. Each gathering typically included some combination of a led or open practice, some related discussion/theoretical background, and exploration of how these activities are interconnected to teaching skills. The teachers' sessions often include small group work to encourage each individual's engagement and contribution, followed by subsequent sharing of learnings with the larger group.

It has been our observation that sessions organized around some combination of practice, theory and teaching skills have been beneficial. The teaching skills as described in the RIMYI Guidelines remain a rich resource for further exploration in future teachers' gatherings.

Going forward into 2026, we will be stepping back from organizing these events. Patricia will remain available for co-planning of 2-3 per year, and Brian for co-planning all sessions. This year, we took on the extra responsibility for organizing the venues/dates. In the past, a board member has volunteered for this aspect of supporting our community. We have found the responsibility of both organizing venues and co-planning sessions with teachers to be a challenge.

We believe these gatherings help nourish and sustain our community, and encourage the Board

to invite a dozen teachers to each coordinate one gathering in the coming calendar year. We have learned a lot, remain supportive and eager to help orient teachers, and assist with the planning.

Our deep thanks to the Board for financially supporting this member benefit by paying for the studio rentals, and especially to the members who attend making a rich experience for all.

Respectfully submitted,

Brian Hogencamp & Patricia Fernandes

Volunteer co-organizers

Appendix C – Stewardship Committee (Full Text)

2025 AGM Annual Report, B.K.S. Iyengar Yoga Association, Stewardship Committee

ACTIVITY SUMMARY (since inception)

- Committee formed at request of the Board January 2024
- Committee Meetings
- Gathered community wisdom from north american studios, centres, and institutes
- Mission and Vision informally developed
- Heart and Soul Community Survey to gauge interest and willingness to help
- FAQ formulated
- Teachers' availability surveys
- General schedule of classes developed by teacher availability
- Location search area defined and expanded

- Search and coordination with our real estate agent
- Self-directed search via SpaceList, feet on ground
- Addressed community concerns (the idea, doubts, proximity, fairness, etc)
- Organized, engaged, and prioritized volunteer activities
- Parameterized financial model developed
- Board questions and concerns addressed (community support, feasibility, financial, legal)
- Recurring board concerns addressed

2025 ACTIVITIES

- Projected cash flow with Startup cost model developed by member volunteer Agnes Choy. The model allows for different inputs and assumptions to assess financial sustainability of viable locations.
- A small team (Nancy, Patricia, Sarah, Brian) conducted initial property viewings to determine next stage interest and invite the larger “physical space” team to view
- Sarah Rauch accelerated our real estate search, almost weekly finding listings for the Stewardship Committee to review. She engaged with agents to get more information or arrange multiple viewings, contacted City hall for zoning clarification, worked in coordination with our real estate agent – Maluda Hussaini, arranged contact with a legal firm to answer Board questions, and helped shape the 2 Letters of Intent offer.
- Jennifer Hamilton’s professional interior design skills helped us visualize the potential of each space and whether it was worth pursuing. She visited several properties in person and obtained quotes for renovations at several properties which was an immense help for accurate cash flow modelling.
- 25 searches led to 15 properties considered

- 7 In-person location visits
- In depth discussions and Negotiations entered with landlords for
 - 2075 Yukon

1/3

- 825 Powell
- 1738 West 2nd Ave at Burrard, Letter of Intent - no landlord response
- 2991 Commercial - 2 rounds of Letter of Intent - unsuccessful
- Re-surveyed teachers to assess availability for Burrard and Commercial locations
- Revised General schedule of classes by teacher availability

WORKING GROUPS

Volunteer coordinators: Tanya Marusech, Christine Lee, Shaylin Zare (Barb Wong stepped away due to family commitments)

Volunteers were organized into the following “Getting Started Skills” working groups based upon

the strong community responses from our Heart and Soul Community Survey:

- Demographic research / Real Estate /Legal
- Physical Space
- Props
- Website / Registration system
- Administration / Policies
- Fundraising / Non Profit Experience
- Publicity and Promotion

And “Sustaining Skills” working groups:

- Events
- Administration
- Reception
- Cleaning

A total of 4 “Getting Started Skills” working groups began their work in earnest late summer 2025:

1. Website / Registration System - This group is composed of Alivis Wolff, Brian Hogencamp, Hyosub Kim, Jeff Burton, Kathleen McLean, Konstantin Beznosov, and Una Zhu. They had their kick off meeting in July 2025, followed by monthly meetings. This group has been actively researching potential domain name and hosting platforms, website builders, registration and class booking systems for the new Centre. They have worked on requirements, and plan to have recommendations for both a website builder and registration system in December.

2. Administration / Policies - This group is composed of Alice Sundberg, Andrei Rybkin, Brian Hogencamp, and Sandhya McLaren. They had their kick off meeting in September 2025, followed by additional meetings. This group is working to develop clear policies and procedures around general operations of the Centre (e.g., ethics, code of conduct, governance), student waivers, refunds, and escalation policies for decisions. Through

2/3

the generosity of the Iyengar Yoga Centre Victoria, they have provided their document

for us to model our document.

3. Prop purchase - This group is composed of Shaylin Zare, Christine Lee, and Brian Hogencamp. They had their kick off meeting in September 2025, followed by additional meetings. This group is working to source vendors and solicit pricing for all of the props needed for the Centre, including mats, bolsters, blankets, straps, blocks, a rope wall, and large wooden props. Research and tiered (first round) recommendations for sourcing are captured in a spreadsheet.

4. Fundraising - This group is composed of Agnes Choy, Andrei Rybkin, Linda Shevloff, Marta Vergara, and Shaylin Zare. They had their kickoff meeting in September 2025, followed by additional meetings. This group is working to develop fundraising ideas, strategies, timing and to explore potential grant opportunities.

HELPING HANDS

There have been many volunteers who generously offered and already given their time to research information, visit potential sites, and apply specialized skills and talents to the many aspects of this project. In particular we'd like to recognize:

- Nancy Zrymiak, Bridget Donald, Deepa Mukherji and Barb Wong who also served on the Stewardship committee.
- Tanya Marusech, Christine Lee, and Shaylin Zare for their volunteer coordination
- Agnes Choy who volunteered her finance skills in creating a cash flow document which is invaluable in helping us understand the variables and costs which go into starting up and the ongoing running of a studio.
- Sarah Rauch, who took on the real estate search with passion, determination and commitment. She was indefatigable, and kept our search thriving.

- Jennifer Hamilton, who upon very short notice, offered her professional interior design skills with a cheerful realism again and again. This allowed us to assess the viability of several properties with confidence. As both Jennifer and Sarah are long-time Iyengar Yoga practitioners, the blend of professional and personal made for easy communication.
- Arno de Boer who generously gave general rope wall and studio renovations advice.
- All those community folks who came out with curiosity and enthusiastic support to view potential Centre properties.

The energy and enthusiasm of our community has given sparks of light and life to this project.

The three of us will continue to support the life-giving work of B.K.S Iyengar in our region while

this committee's work has come to an end. We have been delighted to serve.

Respectfully submitted,

Brian Hogencamp, Louie Ettlring, Patricia Fernandes (Stewardship Committee Core)