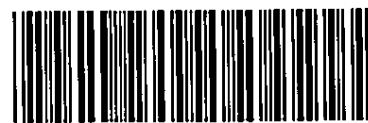


**RELAXATION FOR LIVING LIMITED**  
**DIRECTORS' REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31<sup>st</sup> JULY 2008**

Company Information

Directors	Mr A Sladen Mr R Hilliard Mr R Gye
Company number	5174457
Registered Office	16 Lanercost Road London SW2 3DN

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## **Directors' Report**

The Directors present their report and financial statements for the year ended 31<sup>st</sup> July 2008.

### **Principal activities**

The principal activity of the company continued to be that of providing training to individuals to relieve stress and anxiety.

### **Directors**

The following directors have held office since 1<sup>st</sup> August 2007:

Mr A Sladen  
Mr R Hilliard  
Mr R Gye

### **Directors' responsibilities**

The directors are responsible for preparing the financial statements in accordance with applicable law and regulations.

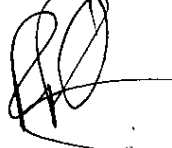
Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom generally accepted accounting practice. The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing those financial statements, the directors are required to:

- Select suitable accounting policies and apply them consistently
- Make judgments and estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud or other irregularities.

This report has been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

On behalf of the board:



R R Gye  
Director

# RELAXATION FOR LIVING LIMITED

## BALANCE SHEET AS AT 31<sup>st</sup> JULY 2008

	Notes	£	2008 £	£	2007 £	£
<b>CURRENT ASSETS</b>						
Stocks			7,537		300	
Debtors	4		4065		1,350	
Cash at Bank and in hand	5		7		14,250	
			11,609		15,900	
<b>CREDITORS:</b>						
Amounts falling due within one year	6		(39,514)		nil	
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>						
				(27,905)		15,900
<b>CREDITORS:</b>						
Amounts falling due after more than one year	7			<u>(163,371)</u>		<u>(44,990)</u>
				<u>(191,276)</u>		<u>(29,090)</u>
<b>CAPITAL AND RESERVES</b>						
Called-up share capital	8			600		600
Share premium account	8			24,901		24,901
Revaluation reserve	4			10,000		
Profit and loss account	9			<u>(226,777)</u>		<u>(54,591)</u>
Shareholders' funds				<u>(191,276)</u>		<u>(29,090)</u>

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 1985 (the Act) relating to the audit of the financial statements for the year by virtue of Section 249A (1), and that no member or members have requested an audit pursuant to section 249B(2) of the Act.

The directors acknowledge their responsibilities for:

1. ensuring that the company keeps proper accounting records which comply with section 221 of the Act, and
2. preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit and loss for the financial year in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the special provisions for small companies under Part VII of the Companies Act 1985 and with Financial Reporting Standard for Smaller Entities (effective June 2002).

These financial statements were approved by the directors on the 26<sup>th</sup> November 2009 and are signed on their behalf by:

A handwritten signature in black ink, consisting of a stylized 'R' followed by a horizontal line extending to the right.

R R GYE  
Director

## **RELAXATION FOR LIVING LIMITED**

### **NOTES TO THE FINANCIAL STATEMENTS**

**YEAR ENDED 31<sup>st</sup> JULY 2008**

#### **1. ACCOUNTING POLICIES**

##### **1.1 Basis of accounting**

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective June 2002).

##### **1.2 Turnover**

Turnover represents amounts receivable for goods and services net of VAT and trade discounts

#### **2. Taxation**

No Corporation Tax has been provided for on the basis of the trade losses

#### **3. Depreciation**

The company has no fixed assets so provision is made for depreciation

#### **4. Stock**

Stock comprises media materials for sale and is valued at cost of materials. The stock was revalued during the period.

#### **5. Debtors**

	2008	2007
	£	£
Other debtors	4,065	1,350

#### **6. Creditors: amounts falling due within one year**

Bank overdraft	21,211	nil
Trade creditors	18,303	299

#### **7. Creditors: amounts falling due after more than one year**

Loans from shareholder	163,371	44,900
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**8. Share Capital**

	2008 £	2007 £
Authorised 1000 Ordinary of £1 each	1,000	1,000
Allotted, called up and fully paid 600 Ordinary of £1 each	600	600

**9. Statement of movements on reserves**

	Share premium account £	Revaluation reserve £	Profit and loss account £
Balance at 1 <sup>st</sup> August 2007	24,901		(54,591)
Revaluation		10,000	
Loss for the year			(172,186)
Balance at 31 <sup>st</sup> July 2008	24,901	10,000	(226,777)