



**Companies House**  
— for the record —

**AR01** (ef)

**Annual Return**



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**X137NYVL**

*Company Name:* **THE MIND-BODY TRAINING COMPANY LIMITED**

*Company Number:* **06095250**

*Date of this return:* **12/02/2012**

*SIC codes:* **93290**

*Company Type:* **Private company limited by shares**

*Situation of Registered Office:* **DAWS HOUSE 33-35 DAWS LANE  
LONDON  
NW7 4SD**

**Officers of the company**

*Company Director*    **1**

*Type:*                                **Person**  
*Full forename(s):*                **MR MATTHEW**

*Surname:*                            **CLARKSON**

*Former names:*

*Service Address:*                **6 STONE MILL COURT  
MEANWOOD  
LEEDS  
WEST YORKSHIRE  
LS6 4RQ**

*Country/State Usually Resident:*    **UNITED KINGDOM**

*Date of Birth:*    **13/04/1978**                                *Nationality:*    **BRITISH**  
*Occupation:*    **DIRECTOR**

## Statement of Capital (Share Capital)

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<b>Class of shares</b>	<b>1</b>	<i>Number allotted</i>	<b>1</b>
		<i>Aggregate nominal value</i>	<b>1</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

'FULL VOTING, DIVIDEND AND CAPITAL DISTRIBUTION (INCLUDING ON WINDING UP) RIGHTS. THEY DO NOT CONFER ANY RIGHTS OF DISTRIBUTION'

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## Statement of Capital (Totals)

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<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>1</b>
		<i>Total aggregate nominal value</i>	<b>1</b>

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## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 12/02/2012 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for the company are shown below*

*Shareholding 1* : **1 1 shares held as at the date of this return**  
*Name:* **MATTHEW CLARKSON**

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## *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.