

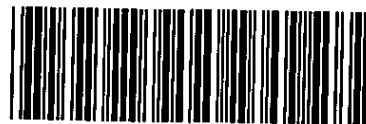
Company Registration number 06095250

# **THE MIND-BODY TRAINING COMPANY LIMITED**

## **Abbreviated Accounts**

**For the year ended 29 February 2012**

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# THE MIND-BODY TRAINING COMPANY LIMITED

Financial statements for the year ended 29 February 2012

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# THE MIND-BODY TRAINING COMPANY LIMITED

## Abbreviated balance sheet as at 29 February 2012

	<u>Notes</u>	<u>2012</u> £	<u>2011</u> £
<b>Fixed assets</b>			
Intangible assets		6,571	8,571
<b>Current assets</b>			
Debtors		9,332	-
Cash at bank and in hand		13,428	7,757
		<u>22,760</u>	<u>7,757</u>
<b>Creditors:</b> amounts falling due within one year		<u>(13,770)</u>	<u>(16,228)</u>
<b>Net current assets/(2011 liabilities)</b>		<u>8,990</u>	<u>(8,471)</u>
<b>Total assets less current liabilities</b>		<u>15,561</u>	<u>100</u>
<b>Capital and reserves</b>			
Called up share capital	3	1	1
Profit and loss account		15,560	99
		<u>15,561</u>	<u>100</u>
<b>Shareholder's funds</b>		<u>15,561</u>	<u>100</u>

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006

For the financial year ended 29 February 2012 the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006

The director acknowledges his responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for 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 if its profit or loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company

Approved by the board of directors on 29 November 2012 and signed on its behalf

 **M P Clarkson - Director**

**Company Registration No: 06095250**

The notes on pages 2 to 2 form part of these financial statements

# THE MIND-BODY TRAINING COMPANY LIMITED

## Notes to the abbreviated accounts for the year ended 29 February 2012

### 1 Accounting policies

#### a) Basis of accounting

The financial statements are prepared on the historical cost basis of accounting and have been prepared in accordance with applicable accounting standards

The company has taken advantage of the exemption, conferred by Financial Reporting Standard 1, from presenting a cash flow statement as it qualifies as a small company

#### b) Turnover

Turnover represents net invoiced sales of goods and services, excluding value added tax

#### c) Goodwill

### 2 Fixed assets

	<i>Intangible fixed assets</i> £
<b>Cost:</b>	
At 1 March 2011	10,000
<b>Depreciation:</b>	
At 1 March 2011	1,429
Provision for the year	2,000
At 29 February 2012	3,429
<b>Net book value:</b>	
At 29 February 2012	6,571
At 28 February 2011	8,571

### 3 Called-up share capital

	<u>2012</u> £	<u>2011</u> £
<b>Allotted, called up and fully paid Equity shares:</b>		
Ordinary shares of £1 each	<u>1</u>	<u>1</u>