



Companies House

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **12/02/2014**

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

Company Number: **06095250**

Date of this return: **12/02/2014**

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)

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

Prescribed particulars

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

Statement of Capital (Totals)

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

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 12/02/2014 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**

Authorisation

Authenticated

This form was authorised by one of the following:

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