

Registered Number 06095250

THE MIND-BODY TRAINING COMPANY LIMITED

Abbreviated Accounts

29 February 2016

Abbreviated Balance Sheet as at 29 February 2016

	<i>Notes</i>	<i>2016</i>	<i>2015</i>
		£	£
Creditors: amounts falling due within one year		(27,844)	(26,945)
Net current assets (liabilities)		<u>(27,844)</u>	<u>(26,945)</u>
Total assets less current liabilities		<u>(27,844)</u>	<u>(26,945)</u>
Total net assets (liabilities)		<u>(27,844)</u>	<u>(26,945)</u>
Capital and reserves			
Called up share capital	2	1	1
Profit and loss account		(27,845)	(26,946)
Shareholders' funds		<u>(27,844)</u>	<u>(26,945)</u>

- For the year ending 29 February 2016 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 26 October 2016

And signed on their behalf by:

M CLARKSON, Director

Notes to the Abbreviated Accounts for the period ended 29 February 2016**1 Accounting Policies****Basis of measurement and preparation of accounts**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

The financial statements are prepared in accordance with applicable United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), which have been applied consistently (except as otherwise stated).

2 Called Up Share Capital

Allotted, called up and fully paid:

	<i>2016</i>	<i>2015</i>
	<i>£</i>	<i>£</i>
1 Ordinary shares of £1 each	1	1

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