

THE MIND-BODY TRAINING COMPANY LIMITED

**Company Registration Number:
06095250 (England and Wales)**

Abbreviated (Unaudited) Accounts

Period of accounts

Start date: 01st March 2013

End date: 28th February 2014

SUBMITTED

THE MIND-BODY TRAINING COMPANY LIMITED

Company Information for the Period Ended 28th February 2014

Director:	M CLARKSON
Registered office:	Daws House 33-35 Daws Lane London NW7 4SD
Company Registration Number:	06095250 (England and Wales)

THE MIND-BODY TRAINING COMPANY LIMITED

Abbreviated Balance sheet As at 28th February 2014

	Notes	2014 £	2013 £
Fixed assets			
Intangible assets:		0	4,571
Total fixed assets:		<u>0</u>	<u>4,571</u>
Current assets			
Debtors:	5	6,450	2,515
Cash at bank and in hand:		-	12,786
Total current assets:		<u>6,450</u>	<u>15,301</u>
Creditors			
Creditors: amounts falling due within one year	6	25,441	8,033
Net current assets (liabilities):		<u>(18,991)</u>	<u>7,268</u>
Total assets less current liabilities:		<u>(18,991)</u>	<u>11,839</u>
Total net assets (liabilities):		<u><u>(18,991)</u></u>	<u><u>11,839</u></u>

The notes form part of these financial statements

THE MIND-BODY TRAINING COMPANY LIMITED

Abbreviated Balance sheet As at 28th February 2014 continued

	Notes	2014 £	2013 £
Capital and reserves			
Called up share capital:	7	1	1
Profit and Loss account:		(18,992)	11,838
Total shareholders funds:		<u>(18,991)</u>	<u>11,839</u>

For the year ending 28 February 2014 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 and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008).

The financial statements were approved by the Board of Directors on 22 July 2014

SIGNED ON BEHALF OF THE BOARD BY:

Name: M CLARKSON

Status: Director

The notes form part of these financial statements

THE MIND-BODY TRAINING COMPANY LIMITED

Notes to the Abbreviated Accounts for the Period Ended 28th February 2014

1. Accounting policies

Basis of measurement and preparation of accounts

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.

Turnover policy

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

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Notes to the Abbreviated Accounts for the Period Ended 28th February 2014

5. Debtors

	2014	2013
	£	£
Other debtors:	6,450	2,515
Total:	<u>6,450</u>	<u>2,515</u>

THE MIND-BODY TRAINING COMPANY LIMITED

Notes to the Abbreviated Accounts for the Period Ended 28th February 2014

6. Creditors: amounts falling due within one year

	2014 £	2013 £
Bank loans and overdrafts:	1,447	-
Trade creditors:	-	80
Taxation and social security:	291	7,953
Other creditors:	23,703	-
Total:	25,441	8,033

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Notes to the Abbreviated Accounts for the Period Ended 28th February 2014

7. Called up share capital

Allotted, called up and paid

Previous period			2013
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	1	1.00	1
Total share capital:			<u>1</u>
Current period			2014
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	1	1.00	1
Total share capital:			<u>1</u>

