



Companies House
— for the record —

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **02/09/2013**

X2G2HJV4

Company Name: **BODY AND SOUL WORKSHOP LTD**

Company Number: **07000641**

Date of this return: **25/08/2013**

SIC codes: **86900**

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

Situation of Registered Office: **STOCKWELL HOUSE MONKSFORD STREET
KIDWELLY
CARMARTHENSHIRE
UNITED KINGDOM
SA17 4TW**

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **MR JONATHAN MICHAEL**

Surname: **HOBDEN**

Former names:

Service Address recorded as Company's registered office

Company Director 1

Type: **Person**
Full forename(s): **MRS FIONA MARY**

Surname: **HOBDEN**

Former names: **OSBORNE**

Service Address recorded as Company's registered office

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

Date of Birth: **17/10/1959** Nationality: **BRITISH**
Occupation: **DIRECTOR**

Company Director **2**

Type: **Person**

Full forename(s): **MR JONATHAN MICHAEL**

Surname: **HOBDEN**

Former names:

Service Address: **STOCKWELL HOUSE
MONKSFORD STREET
KIDWELLY
CARMARTHENSHIRE
SA17 4TW**

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

Date of Birth: **03/07/1959** *Nationality:* **BRITISH**

Occupation: **COMPANY DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	950
		<i>Aggregate nominal value</i>	95
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
NONE			

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	950
		<i>Total aggregate nominal value</i>	95

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 25/08/2013 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 : **600 ORDINARY shares held as at the date of this return**
Name: **JONATHAN HOBDEN**

Shareholding 2 : **350 ORDINARY shares held as at the date of this return**
Name: **FIONA HOBDEN**

Authorisation

Authenticated

This form was authorised by one of the following:

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