Companies House
for the record

AR01 (ef)

Annual Return

Received for filing in Electronic Format on the: **06/09/2010**

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Company Name:	**BODY AND SOUL WORKSHOP LTD**
Company Number:	**07000641**
Date of this return:	**25/08/2010**
SIC codes:	**9304**
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): **JAQUELINE**

Surname: **TURNER**

Former names:

Service Address: **18 LADY STREET**
KIDWELLY
CARMARTHENSHIRE
UNITED KINGDOM
SA17 4UD

Company Director 1

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: **WALES**

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

Occupation: **COMPANY DIRECTOR**

Company Director 2

Type: **Person**

Full forename(s): **JAQUELINE**

Surname: **TURNER**

Former names:

Service Address: **18 LADY STREET**
KIDWELLY
CARMARTHENSHIRE
UNITED KINGDOM
SA17 4UD

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

Date of Birth: **16/10/1970** *Nationality:* **BRITISH**

Occupation: **HYPNOTHERAPIST**

Statement of Capital (Share Capital)

Class of shares	**ORDINARY**	*Number allotted*	**950**
		Aggregate nominal value	**95**
Currency	**GBP**	*Amount paid per share*	**0**
		Amount unpaid per share	**0**

Prescribed particulars

NONE

Statement of Capital (Totals)

Currency	**GBP**	*Total number of shares*	**950**
		Total aggregate nominal value	**95**

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 25/08/2010 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for a private or non-traded public company are shown below

Shareholding 1 : **600 ORDINARY shares held as at 2010-08-25**

Name: **JONATHAN HOBDEN**

Shareholding 2 : **0 ORDINARY shares held as at 2010-08-25**

250 shares transferred on 2010-08-25

Name: **ALEXANDER GIBBY**

Shareholding 3 : **0 ORDINARY shares held as at 2010-08-25**

350 shares transferred on 2010-08-25

Name: **JAQUELINE TURNER**

Shareholding 4 : **350 ORDINARY shares held as at 2010-08-25**

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.