

REGISTERED NUMBER: 13054413 (England and Wales)

FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023
FOR
ALIGN MIND BODY LTD

Carter & Coley
Chartered Accountants
3 Durrant Road
Bournemouth
Dorset
BH2 6NE

ALIGN MIND BODY LTD (REGISTERED NUMBER: 13054413)

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FOR THE YEAR ENDED 31 DECEMBER 2023**

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ALIGN MIND BODY LTD
COMPANY INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2023

DIRECTOR: B J Smith

REGISTERED OFFICE: 3 Durrant Road
Bournemouth
Dorset
BH2 6NE

REGISTERED NUMBER: 13054413 (England and Wales)

ACCOUNTANTS: Carter & Coley
Chartered Accountants
3 Durrant Road
Bournemouth
Dorset
BH2 6NE

ALIGN MIND BODY LTD (REGISTERED NUMBER: 13054413)**BALANCE SHEET
31 DECEMBER 2023**

		2023		2022	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	4		11,604		2,137
CURRENT ASSETS					
Debtors	5	103		40	
Cash at bank		<u>5,614</u>		<u>5,715</u>	
		5,717		5,755	
CREDITORS					
Amounts falling due within one year	6	<u>14,555</u>		<u>5,794</u>	
NET CURRENT LIABILITIES			<u>(8,838)</u>		<u>(39)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			2,766		2,098
PROVISIONS FOR LIABILITIES			<u>2,205</u>		<u>406</u>
NET ASSETS			<u><u>561</u></u>		<u><u>1,692</u></u>
CAPITAL AND RESERVES					
Called up share capital			100		100
Retained earnings			<u>461</u>		<u>1,592</u>
			<u><u>561</u></u>		<u><u>1,692</u></u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The notes form part of these financial statements

ALIGN MIND BODY LTD (REGISTERED NUMBER: 13054413)

**BALANCE SHEET - continued
31 DECEMBER 2023**

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Statement of Income and Retained Earnings has not been delivered.

The financial statements were approved by the director and authorised for issue on 17 April 2024 and were signed by:

B J Smith - Director

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**

1. STATUTORY INFORMATION

Align Mind Body Ltd is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover represents services provided during the period.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Motor vehicles	- 25% on reducing balance
Computer equipment	- 33% on cost

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Statement of Income and Retained Earnings, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

ALIGN MIND BODY LTD (REGISTERED NUMBER: 13054413)**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023****3. EMPLOYEES AND DIRECTORS**

The average number of employees during the year was 1 (2022 - 1) .

4. TANGIBLE FIXED ASSETS

	Motor vehicles £	Computer equipment £	Totals £
COST			
At 1 January 2023	3,800	-	3,800
Additions	15,000	533	15,533
Disposals	(3,800)	-	(3,800)
At 31 December 2023	<u>15,000</u>	<u>533</u>	<u>15,533</u>
DEPRECIATION			
At 1 January 2023	1,663	-	1,663
Charge for year	3,750	179	3,929
Eliminated on disposal	(1,663)	-	(1,663)
At 31 December 2023	<u>3,750</u>	<u>179</u>	<u>3,929</u>
NET BOOK VALUE			
At 31 December 2023	<u>11,250</u>	<u>354</u>	<u>11,604</u>
At 31 December 2022	<u>2,137</u>	<u>-</u>	<u>2,137</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	<u>103</u>	<u>40</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Taxation and social security	226	4,067
Other creditors	<u>14,329</u>	<u>1,727</u>
	<u>14,555</u>	<u>5,794</u>

7. RELATED PARTY DISCLOSURES

At the balance sheet date the company had received loans from the director of £13,531 (2022 - £1,066) which are included in creditors falling due within one year. This balance is interest free and repayable on demand.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.