



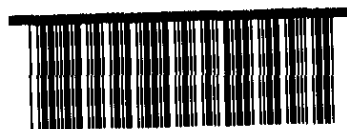
Accountants and business advisors

MIND BODY SPIRIT SHOP LIMITED

Company Number: SC242577

ABBREVIATED ACCOUNTS

PERIOD ENDED 31 JANUARY 2004



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COMPANIES HOUSE 31/03/05

MIND BODY SPIRIT SHOP LIMITED

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**ACCOUNTANTS' REPORT ON THE UNAUDITED ABBREVIATED
ACCOUNTS TO THE DIRECTOR OF
MIND BODY SPIRIT SHOP LIMITED**

As described on the Abbreviated Balance Sheet you are responsible for the preparation of the financial statements for the period ended 31 January 2004 and you consider that the company is exempt from audit under section 249A(1) of the Companies Act 1985.

In accordance with your instructions we have prepared the abbreviated accounts, which comprise the Abbreviated Balance Sheet and the related notes, in order to assist you to fulfil your statutory responsibilities, from the unaudited financial statements prepared for shareholders.

28/8/05

Edinburgh, UK



PKF

MIND BODY SPIRIT SHOP LIMITED
ABBREVIATED BALANCE SHEET
31 JANUARY 2004

	Notes	2004 £
FIXED ASSETS		
Tangible	2	10,650
CURRENT ASSETS		
Stocks		31,177
Debtors		4,054
Cash at bank and in hand		8,139
		43,370
CREDITORS: amounts falling due within one year	3	(53,975)
NET CURRENT LIABILITIES		(10,605)
TOTAL ASSETS LESS CURRENT LIABILITIES		45
CAPITAL AND RESERVES		
Called up share capital	4	1
Profit and loss account		44
		45

The company is entitled to the exemption from audit conferred by subsection 1 of section 249A of the Companies Act 1985 and members have not required the company to obtain an audit of its accounts for the year in question in accordance with subsection (2) of section 249B.

The director acknowledges his responsibilities for ensuring that the company keeps accounting records which comply with section 221 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 226 and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

The abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Act relating to small companies.

The abbreviated accounts were approved by the board on 1 March 2005.

Signed on behalf of the board of directors


Director

MIND BODY SPIRIT SHOP LIMITED
NOTES TO THE ABBREVIATED ACCOUNTS
PERIOD ENDED 31 JANUARY 2004

1 ACCOUNTING POLICIES

(a) Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective June 2002).

(b) Turnover

Turnover comprises the value of goods supplied net of value added tax

(c) Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures & Fittings	15% straight line
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(d) Stocks and work in progress

Stocks are stated at the lower of cost and net realisable value. Cost is determined on a first in first out basis, and includes all direct costs incurred. Net realisable value is based on estimated selling price allowing for all further costs of completion and disposal.

2 TANGIBLE FIXED ASSETS

	£
Cost	
Additions	12,351
At 31 January 2004	<u>12,351</u>
Depreciation	
Charge for the period	1,701
At 31 January 2004	<u>1,701</u>
Net book amount	
At 31 January 2004	<u><u>10,650</u></u>
At 20 January 2003	<u><u>-</u></u>

3 CREDITORS

Creditors amounting to £NIL are secured.

4 SHARE CAPITAL

MIND BODY SPIRIT SHOP LIMITED
NOTES TO THE ABBREVIATED ACCOUNTS
PERIOD ENDED 31 JANUARY 2004

4 SHARE CAPITAL (continued)

	Authorised £	Allotted, called up and fully paid No	£
Movements in period:			
Ordinary shares of £1 each	100	1	1
At 31 January 2004			
Ordinary shares of £1 each	100	1	1

During the period, one ordinary share with an aggregate nominal value of £1 was issued for cash at par.

5 TRANSACTIONS WITH RELATED PARTY

Included within creditors is a loan of **£28,152** from Thomas McCarthy, the director.

On 1st February 2003 the company purchased the trade and net assets of Crystal Clear which ceased trading on 31 January 2003. Crystal Clear was the sole trade of Tom McCarthy, the director, and was bought for the sum of £16,980.