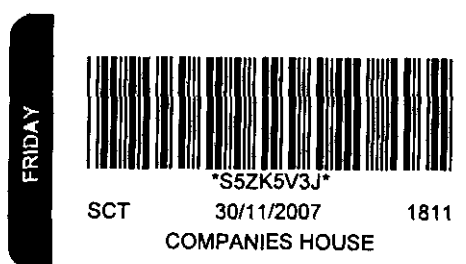


Registration number SC242577

Mind Body Spirit Shop Ltd
Director's report and financial statements
for the year ended 31 January 2007



Mind Body Spirit Shop Ltd

Company information

Director

Thomas McCarthy

Secretary

Marjorie Wilson

Company number

SC242577

Accountants

Vivien Ross
Selkirk

Mind Body Spirit Shop Ltd
Director's report
for the year ended 31 January 2007

The director presents his report and the financial statements for the year ended 31 January 2007

Principal activity

The principal activity of the company continued to be the running of a new age book and gift shop

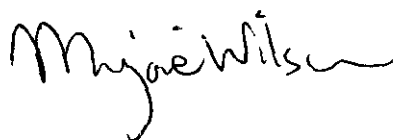
Director and interest

The director who served during the year and his interest in the company are as stated below

	Class of share	31/01/07	01/02/06
Thomas McCarthy	Ordinary shares	1	1

This report is prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies

This report was approved by the Board on 28 November 2007 and signed on its behalf by



Marjorie Wilson
Secretary

Mind Body Spirit Shop Ltd

**Accountant's report on the unaudited financial statements to the director of
Mind Body Spirit Shop Ltd**

As described on the balance sheet you are responsible for the preparation of the financial statements for the year ended 31 January 2007 set out on pages 3 to 8 and you consider that the company is exempt from an audit. In accordance with your instructions I have compiled these unaudited financial statements, in order to assist you to fulfil your statutory responsibilities, from the accounting records and information supplied to me.

**Vivien Ross
Chartered Accountant
Selkirk**

Date: 28 November 2007

Mind Body Spirit Shop Ltd

**Profit and loss account
for the year ended 31 January 2007**

		2007	2006
	Notes	£	£
Turnover		138,480	159,109
Cost of sales		(75,354)	(75,076)
Gross profit		<u>63,126</u>	<u>84,033</u>
Administrative expenses		(70,167)	(83,674)
Other operating income		<u>7,873</u>	<u>11,869</u>
Profit on ordinary activities before taxation		832	12,228
Tax on profit on ordinary activities	4	<u> </u>	<u>(444)</u>
Profit on ordinary activities after taxation		<u>832</u>	<u>11,784</u>
Profit for the year	8	<u>832</u>	<u>11,784</u>
Retained profit brought forward		<u>14,446</u>	<u>2,662</u>
Retained profit carried forward		<u><u>15,278</u></u>	<u><u>14,446</u></u>

The notes on pages 6 to 8 form an integral part of these financial statements.

Mind Body Spirit Shop Ltd

**Balance sheet
as at 31 January 2007**

		2007		2006	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	5		8,656		8,056
Current assets					
Stocks		29,599		21,052	
Cash at bank and in hand		4,113		18,900	
		<u>33,712</u>		<u>39,952</u>	
Creditors: amounts falling due within one year	6	<u>(27,089)</u>		<u>(33,561)</u>	
Net current assets			6,623		6,391
Net assets			<u>15,279</u>		<u>14,447</u>
Capital and reserves					
Called up share capital	7		1		1
Profit and loss account	8		15,278		14,446
Shareholders' funds			<u>15,279</u>		<u>14,447</u>

The director's statements required by Section 249B(4) are shown on the following page which forms part of this Balance Sheet

The notes on pages 6 to 8 form an integral part of these financial statements.

Mind Body Spirit Shop Ltd

Balance sheet (continued)

**Director's statements required by Section 249B(4)
for the year ended 31 January 2007**

In approving these financial statements as director of the company I hereby confirm

(a) that for the year stated above the company was entitled to the exemption conferred by Section 249A(1) of the Companies Act 1985 ,

(b) that no notice has been deposited at the registered office of the company pursuant to Section 249B(2) requesting that an audit be conducted for the year ended 31 January 2007 and

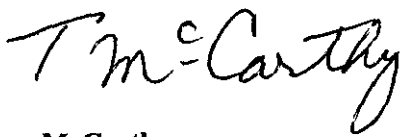
(c) that I acknowledge my responsibilities for

(1) ensuring that the company keeps accounting records which comply with Section 221, and

(2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of Section 226 and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company

These financial statements are prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies and in accordance with the Financial Reporting Standard for Smaller Entities (effective June 2002)

The financial statements were approved by the Board on 28 November 2007 and signed on its behalf by



Thomas McCarthy
Director

The notes on pages 6 to 8 form an integral part of these financial statements.

Mind Body Spirit Shop Ltd

Notes to the financial statements for the year ended 31 January 2007

1. Accounting policies

1.1. Accounting convention

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

1.2. Turnover

Turnover represents the total invoice value, excluding value added tax, of sales made during the year

1.3. Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows

Fixtures, fittings and equipment	25% straight line
-------------------------------------	-------------------

1.4. Stock

Stock is valued at the lower of cost and net realisable value

2. Operating profit

	2007 £	2006 £
Operating profit is stated after charging		
Depreciation and other amounts written off tangible assets	<u>1,528</u>	<u>1,421</u>

3. Director's emoluments

	2007 £	2006 £
Remuneration and other benefits	<u>5,000</u>	<u>4,740</u>

4. Tax on profit on ordinary activities

Analysis of charge in period	2007 £	2006 £
Current tax		
UK corporation tax	<u></u>	<u>444</u>

Mind Body Spirit Shop Ltd

**Notes to the financial statements
for the year ended 31 January 2007**

continued

5. Tangible fixed assets	Fixtures, fittings and equipment £	Total £
Cost		
At 1 February 2006	13,151	13,151
Additions	2,128	2,128
At 31 January 2007	<u>15,279</u>	<u>15,279</u>
Depreciation		
At 1 February 2006	5,095	5,095
Charge for the year	1,528	1,528
At 31 January 2007	<u>6,623</u>	<u>6,623</u>
Net book values		
At 31 January 2007	<u>8,656</u>	<u>8,656</u>
At 31 January 2006	<u>8,056</u>	<u>8,056</u>

6. Creditors: amounts falling due within one year	2007 £	2006 £
Trade creditors	13,411	13,007
Corporation tax	398	442
Other taxes and social security costs	2,499	3,240
Director's accounts	10,381	16,472
Accruals and deferred income	400	400
	<u>27,089</u>	<u>33,561</u>

7. Share capital	2007 £	2006 £
Authorised		
100 Ordinary shares of £1 each	<u>100</u>	<u>100</u>
Allotted, called up and fully paid		
1 Ordinary shares of £1 each	<u>1</u>	<u>1</u>

Mind Body Spirit Shop Ltd

**Notes to the financial statements
for the year ended 31 January 2007**

. continued

8. Reserves	Profit and loss account £	Total £
At 1 February 2006	14,446	14,446
Profit for the year	832	832
At 31 January 2007	<u>15,278</u>	<u>15,278</u>

Mind Body Spirit Shop Ltd

**Detailed trading profit and loss account
and expenses schedule
for the year ended 31 January 2007**

	2007		2006	
	£	£	£	£
Sales				
Sales		138,056		153,585
Other income		424		5,524
		<u>138,480</u>		<u>159,109</u>
 Cost of sales				
Purchases	75,354		75,076	
		<u>(75,354)</u>		<u>(75,076)</u>
Gross profit		63,126		84,033
Administrative expenses				
Wages and salaries	23,692		28,745	
Directors' remuneration	5,000		4,740	
Rent and Rates	21,098		22,026	
Insurance	1,959		3,773	
Light and heat	2,952		1,845	
Repairs and maintenance	2,283		2,062	
Security	843		864	
Printing, postage and stationery	408		2,108	
Advertising	2,141		2,992	
Telephone	545		614	
Legal and professional	1,010		275	
Accountancy	4,289		8,174	
Bank charges	1,942		2,764	
General expenses	477		1,271	
Depreciation on fixtures & equipment	1,528		1,421	
		<u>70,167</u>		<u>83,674</u>
 Other operating income				
Rent receivable	7,873		11,869	
		<u>7,873</u>		<u>11,869</u>
 Operating profit		<u><u>832</u></u>		<u><u>12,228</u></u>