

Registration number SC242577

Mind Body Spirit Shop Ltd

Abbreviated accounts

for the year ended 31 January 2011

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Mind Body Spirit Shop Ltd

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Mind Body Spirit Shop Ltd

**Abbreviated balance sheet
as at 31 January 2011**

	Notes	2011		2010	
		£	£	£	£
Current assets					
Cash at bank and in hand		12,855		13,414	
		<u>12,855</u>		<u>13,414</u>	
Creditors: amounts falling due within one year		<u>(6,388)</u>		<u>(8,127)</u>	
Net current assets			<u>6,467</u>		<u>5,287</u>
Total assets less current liabilities			6,467		5,287
Creditors: amounts falling due after more than one year			<u>(15,000)</u>		<u>(15,000)</u>
Deficiency of assets			<u>(8,533)</u>		<u>(9,713)</u>
Capital and reserves					
Called up share capital	2		1		1
Profit and loss account			<u>(8,534)</u>		<u>(9,714)</u>
Shareholders' funds			<u>(8,533)</u>		<u>(9,713)</u>

The directors' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on page 3 form an integral part of these financial statements.

Mind Body Spirit Shop Ltd

Abbreviated balance sheet (continued)

**Directors' statements required by Sections 475(2) and (3)
for the year ended 31 January 2011**

In approving these abbreviated accounts as directors of the company we hereby confirm:

- (a) that for the year stated above the company was entitled to the exemption conferred by Section 477 of the Companies Act 2006 ;
- (b) that no notice has been deposited at the registered office of the company pursuant to Section 476 requesting that an audit be conducted for the year ended 31 January 2011 ; and
- (c) that we acknowledge our responsibilities for:
 - (1) ensuring that the company keeps accounting records which comply with Section 386 ; 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 393 and which otherwise comply with the provisions of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies .

The abbreviated accounts were approved by the Board on 28th October 2011 and signed on its behalf by



Thomas McCarthy
Director

Registration number SC242577

The notes on page 3 form an integral part of these financial statements.

Mind Body Spirit Shop Ltd

Notes to the abbreviated financial statements for the year ended 31 January 2011

1. Accounting policies

1.1. Accounting convention

The accounts are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

1.2. Turnover

Turnover represents rental income received during the year.

2. Share capital

Allotted, called up and fully paid

- Ordinary shares of £0 each

2011

£

1

2010

£

1