Registered Number SC242577

MIND BODY SPIRIT SHOP LIMITED

Abbreviated Accounts

31 January 2013

MIND BODY SPIRIT SHOP LIMITED **Registered Number SC242577**

Abbreviated Balance Sheet as at 31 January 2013

	Notes	*2013*	*2012*
		£	£
Current assets			
Debtors	2	-	84
Cash at bank and in hand		99	2,336
		99	2,420
Creditors: amounts falling due within one year	3	(1,646)	(180)
Net current assets (liabilities)		(1,547)	2,240
Total assets less current liabilities		(1,547)	2,240
Total net assets (liabilities)		(1,547)	2,240
Capital and reserves			
Called up share capital		5,000	5,000
Profit and loss account		(6,547)	(2,760)
Shareholders' funds		(1,547)	2,240

- For the year ending 31 January 2013 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 2 October 2013

And signed on their behalf by:
Raul de Freitas, Director

Notes to the Abbreviated Accounts for the period ended 31 January 2013

1 Accounting Policies

Basis of measurement and preparation of accounts

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

Turnover policy

Turnover represents rental income received during the year

2 Debtors

	2013	*2012*
	£	£
Debtors include the following amounts due after more than one year	0	84

3 Creditors

	2013	*2012*
	£	£
Non-instalment debts due after 5 years	1,646	180

4 Transactions with directors

Name of director receiving advance or credit:	Thom McCarthy
Description of the transaction:	Debit balance due to company
Balance at 1 February 2012:	£ 84
Advances or credits made:	-
Advances or credits repaid:	£ 84
Balance at 31 January 2013:	£ 0

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