

BODY & MIND THERAPY CENTRE LTD

**Company Registration Number:
06374578 (England and Wales)**

Unaudited abridged accounts for the year ended 05 April 2019

Period of accounts

Start date: 06 April 2018

End date: 05 April 2019

BODY & MIND THERAPY CENTRE LTD

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BODY & MIND THERAPY CENTRE LTD

Balance sheet

As at 05 April 2019

	<i>Notes</i>	<i>2019</i>	<i>2018</i>
		£	£
Fixed assets			
Intangible assets:	3	35,000	35,000
Tangible assets:	4	3,192	4,295
Total fixed assets:		<u>38,192</u>	<u>39,295</u>
Current assets			
Cash at bank and in hand:		101	977
Total current assets:		<u>101</u>	<u>977</u>
Creditors: amounts falling due within one year:	5	(45,163)	(38,720)
Net current assets (liabilities):		<u>(45,062)</u>	<u>(37,743)</u>
Total assets less current liabilities:		(6,870)	1,552
Total net assets (liabilities):		<u>(6,870)</u>	<u>1,552</u>
Capital and reserves			
Called up share capital:		2	2
Profit and loss account:		(6,872)	1,550
Shareholders funds:		<u>(6,870)</u>	<u>1,552</u>

The notes form part of these financial statements

BODY & MIND THERAPY CENTRE LTD

Balance sheet statements

For the year ending 5 April 2019 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.

The members have agreed to the preparation of abridged accounts for this accounting period in accordance with Section 444(2A).

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The directors have chosen to not file a copy of the company's profit & loss account.

**This report was approved by the board of directors on 08 August 2019
and signed on behalf of the board by:**

Name: G Thomas
Status: Director

The notes form part of these financial statements

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements

for the Period Ended 05 April 2019

1. Accounting policies

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements for the Period Ended 05 April 2019

2. Employees

	<i>2019</i>	<i>2018</i>
Average number of employees during the period	4	5

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements for the Period Ended 05 April 2019

3. Intangible Assets

	Total
Cost	£
At 06 April 2018	35,000
At 05 April 2019	<u>35,000</u>
Net book value	
At 05 April 2019	<u>35,000</u>
At 05 April 2018	<u>35,000</u>

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements

for the Period Ended 05 April 2019

4. Tangible Assets

	Total
Cost	£
At 06 April 2018	6,097
At 05 April 2019	<u>6,097</u>
Depreciation	
At 06 April 2018	1,802
Charge for year	1,103
At 05 April 2019	<u>2,905</u>
Net book value	
At 05 April 2019	<u>3,192</u>
At 05 April 2018	<u>4,295</u>

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements

for the Period Ended 05 April 2019

5. Creditors: amounts falling due within one year note

Bank loans and overdrafts £9,928 Taxation £747 Other creditors £34,488 Total £45,163

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