In accordance with Section 392 of the Companies Act 2006

### **AA01**

### Change of accounting reference date



You can use the WebFiling service to file this form online Please go to www companieshouse gov uk X What this form is NO What this form is for You may use this form You cannot use this fo 22/04/2010 to change the accounting reference - change a period for v **COMPANIES HOUSE** date relating to either the current, or accounts are alread \*AF5SIJ5S\* the immediately previous, extend a period beyo A20 14/04/2010 60 accounting period months unless the c **COMPANIES HOUSE** administration Company details 1 3 → Filling in this form Company number Please complete in typescript or in Company name in full Spirit Mind Body Balance Limited bold black capitals. All fields are mandatory unless specified or indicated by Date of accounting reference period ODate of period you wish to Please enter the end date of the current, or the immediately previous, change accounting period 9 The current period means the present accounting period which Accounting period has not yet come to an end ending on The immediately previous period means the period immediately preceding your present accounting period New accounting reference date o Has the accounting reference period been shortened or extended? • New accounting reference date If you wish to move the end of your → Shortened Please complete 'Date shortened so as to end on' current, or immediately previous, Please complete 'Date extended so as to end on' reference period to an earlier date, please insert the required date in the Please enter the date the accounting reference period has been shortened to box marked 'Shortened' Date Shortened so as If you wish to move the end of your current, or immediately previous, to end on reference period to a later date, Please enter the date the accounting reference period has been extended to please insert the required date in the box marked 'Extended' Date Extended so as You cannot change a period for to end on which the accounts are overdue You cannot extend a period beyond 18 months unless the company is in administration

AA01 Change of accounting reference date

4	Extending more than once in five years •		
	Have you extended the accounting reference period more than once in five years?   Yes Please complete the section below Please go to Section 5.	Extending more than once in five years You only need to complete this section if you have extended your accounting reference period more	
Extending more than once in five years	You may not extend periods more than once in five years unless you fall into one of the following categories. Please tick only one box.  The company is in administration.  You have specific approval from the Secretary of State (please enclose a copy).  You are extending the company's accounting reference period to align with that of a parent or subsidiary undertaking established in the European Economic Area.  You are submitting the form on behalf of an overseas company.	he Secretary of State (please enclose accounting reference period to align y undertaking established in the	
5	Signature	·	
	I am signing this form on behalf of the company	Societas Europaea If the form is being filed on behalf	
Signature	This form may be signed by Director  Becretary Person authorised  Person authorised  Person authorised  Receiver, Administrative receiver, Receiver manager, Charity commission receiver and manager, CIC manager, Judicial factor	of a Societas Europaea (SE), please delete 'director' and insert details of which organ of the SE the person signing has membership  Person authorised Under either section 270 or 274 of the Companies Act 2006	

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#### Presenter information

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record.

TELLE MIND BODY BALANCE
Company NAMES YLVIA BRYDEN
Address 2 NORFOLK GARDIENS
BADRACIL PATH
ST. JOHNS WOKING
Post town SURCEY
County/Region
Postcode 602 809
Country
DX
Telephone (182 - 7643 82

### ✓ Checklist

We may return forms completed incorrectly or with information missing

# Please make sure you have remembered the following

- ☐ The company name and number match the information held on the public Register
- ☐ You have completed section 2
- ☐ You have entered the new accounting reference date in section 3
- You have completed section 4 (if appropriate)You have signed the form
- ☐ You have checked your filing deadline through WebCHeck at www.companieshouse.gov.uk

#### Important information

Please note that all information on this form will appear on the public record

### Where to send

You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below

For companies registered in England and Wales The Registrar of Companies, Companies House, Crown Way, Cardiff, Wales, CF14 3UZ DX 33050 Cardiff

For companies registered in Scotland
The Registrar of Companies, Companies House,
Fourth floor, Edinburgh Quay 2,
139 Fountainbridge, Edinburgh, Scotland, EH3 9FF
DX ED235 Edinburgh 1
or LP - 4 Edinburgh 2 (Legal Post)

### For companies registered in Northern Ireland

The Registrar of Companies, Companies House, First Floor, Waterfront Plaza, 8 Laganbank Road, Belfast, Northern Ireland, BT1 3BS. DX 481 N R Belfast 1

#### Further information

For further information, please see the guidance notes on the website at www.companieshouse.gov.uk or email enquiries@companieshouse.gov.uk

This form is available in an alternative format. Please visit the forms page on the website at www.companieshouse.gov.uk