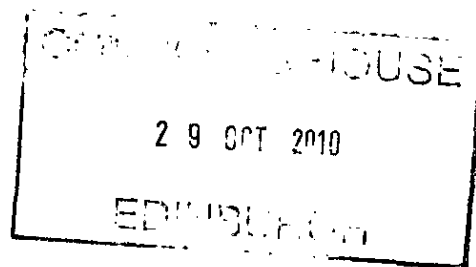


Registration number SC242577

Mind Body Spirit Shop Ltd

Abbreviated accounts

for the year ended 31 January 2010



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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 2010**

	2010	2009
Notes	£	£
Current assets		
Debtors	-	2,424
Cash at bank and in hand	13,414	4,892
	<u>13,414</u>	<u>7,316</u>
Creditors: amounts falling due within one year	<u>(8,127)</u>	<u>(9,641)</u>
Net current assets/(liabilities)	<u>5,287</u>	<u>(2,325)</u>
Total assets less current liabilities	5,287	(2,325)
Creditors: amounts falling due after more than one year	<u>(15,000)</u>	<u>(15,000)</u>
Deficiency of assets	<u>(9,713)</u>	<u>(17,325)</u>
Capital and reserves		
Called up share capital	2	1
Profit and loss account	(9,714)	(17,326)
Shareholders' funds	<u>(9,713)</u>	<u>(17,325)</u>

The director's 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)

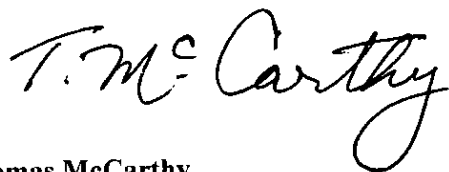
**Director's statements required by Sections 475(2) and (3)
for the year ended 31 January 2010**

In approving these abbreviated accounts 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 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 2010 ; and
- (c) that I acknowledge my 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 25 October 2010 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 2010

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

2. Share capital

	2010	2009
	£	£
Authorised		
100 Ordinary shares of £1 each	100	100
	<u> </u>	<u> </u>
Allotted, called up and fully paid		
1 Ordinary shares of £1 each	1	1
	<u> </u>	<u> </u>