



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



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*Company Name:* **BODY MIND & SOUL LIMITED**

*Company Number:* **03312140**

*Date of this return:* **04/02/2010**

*SIC codes:* **8514**

*Company Type:* **Private company limited by shares**

*Situation of Registered Office:* **89 SOUTH FERRY QUAY  
LIVERPOOL  
L3 4EW**

## Single Alternative Inspection Location (SAIL)

*The address for an alternative location to the company's registered office for the inspection of registers is:*

**89 SOUTH FERRY QUAY  
LIVERPOOL  
UNITED KINGDOM  
L3 4EW**

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*The following records have moved to the single alternative inspection location:*

Register of directors (section 162)  
Register of secretaries (section 275)

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### Officers of the company

*Company Secretary*    ***I***

<i>Type:</i>	<b>Person</b>
<i>Full forename(s):</i>	<b>HELEN</b>
<i>Surname:</i>	<b>MCBAIN</b>
<i>Former names:</i>	
<i>Service Address:</i>	<b>43 WESTBOURNE ROAD SOUTHPORT MERSEYSIDE PR8 2HY</b>

*Company Director*     *1*

*Type:*                                **Person**  
*Full forename(s):*                **MR STUART**  
*Surname:*                         **MCBAIN**  
*Former names:*  
*Service Address:*                **89 SOUTH FERRY QUAY**  
    **LIVERPOOL**  
    **L3 4EW**

*Country/State Usually Resident:*   **ENGLAND**

*Date of Birth:*   **12/09/1964**                                *Nationality:*   **BRITISH**  
*Occupation:*    **ACCOUNTANT**

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## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>1</b>
		<i>Aggregate nominal value</i>	<b>1</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0</b>
		<i>Amount unpaid per share</i>	<b>0</b>
<i>Prescribed particulars</i>	<b>NONE</b>		

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>1</b>
		<i>Total aggregate nominal value</i>	<b>1</b>

## Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 04/02/2010 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for a private or non-traded public company are shown below*

*Shareholding* : 1

**1 ORDINARY Shares held as at 04/02/2010**

*Name:* **STUART MCBAIN**

*Address:*

## *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.