



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



XUA56JWR

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*Company Name:* **ABSOLUTE RELAXATION LIMITED**

*Company Number:* **05103351**

*Date of this return:* **16/04/2010**

*SIC codes:* **9211**

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

*Situation of Registered Office:* **44 TRAMWAY COURT 3 CANDLE ST  
STEPNEY GREEN  
LONDON  
LONDON  
UNITED KINGDOM  
E1 4RR**

**Officers of the company**

*Company Secretary* **I**

*Type:* **Person**

*Full forename(s):* **LAURA**

*Surname:* **MORETON GRIFFITHS**

*Former names:*

*Service Address:* **40C GROVE PARK  
LONDON  
SE5 8LG**

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*Company Director* **1**

*Type:* **Person**

*Full forename(s):* **MR MICHAEL**

*Surname:* **OMEARA**

*Former names:*

*Service Address:* **44 TRAMWAY COURT 3 CANDLE ST  
STEPNEY GREEN  
LONDON  
LONDON  
UNITED KINGDOM  
E1 4RR**

*Country/State Usually Resident:* **UNITED KINGDOM**

*Date of Birth:* **08/04/1964**

*Nationality:* **BRITISH**

*Occupation:* **DIRECTOR**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>100</b>
		<i>Aggregate nominal value</i>	<b>100</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>N/A</b>		

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>100</b>
		<i>Total aggregate nominal value</i>	<b>100</b>

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 16/04/2010 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

**60 ORDINARY Shares held as at 16/04/2010**

*Name:* **MICHAEL OMEARA**

*Address:*

*Shareholding* : 2

**40 ORDINARY Shares held as at 16/04/2010**

*Name:* **BERNARD HAZELL**

*Address:*

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### *Authorisation*

*Authenticated*

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

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