



Companies House
— for the record —

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **19/04/2011**

XE4M9TFI

Company Name: **ABSOLUTE RELAXATION LIMITED**

Company Number: **05103351**

Date of this return: **16/04/2011**

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 1

Type: **Person**

Full forename(s): **LAURA**

Surname: **MORETON GRIFFITHS**

Former names:

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

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)

Class of shares	ORDINARY	<i>Number allotted</i>	100
		<i>Aggregate nominal value</i>	100
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
N/A			

Statement of Capital (Totals)

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

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 16/04/2011 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 2011-04-16
Name: MICHAEL OMEARA

Shareholding 2 : 40 ORDINARY shares held as at 2011-04-16
Name: BERNARD HAZELL

Authorisation

Authenticated

This form was authorised by one of the following:

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