

Registered Number 06405029

MINDFULNESS TRAINING LIMITED

Abbreviated Accounts

31 October 2010

MINDFULNESS TRAINING LIMITED

Registered Number 06405029

Balance Sheet as at 31 October 2010

	Notes	2010		2009	
		£	£	£	£
Current assets					
Cash at bank and in hand		32,336		4,598	
Total current assets		<u>32,336</u>		<u>4,598</u>	
Creditors: amounts falling due within one year		(32,179)		(5,299)	
Net current assets			157		(701)
Total assets less current liabilities			<u>157</u>		<u>(701)</u>
Total net Assets (liabilities)			157		(701)
Capital and reserves					
Called up share capital			1		1
Profit and loss account			<u>156</u>		<u>(702)</u>
Shareholders funds			<u>157</u>		<u>(701)</u>

- a. For the year ending 31 October 2010 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
- b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
- c. The directors acknowledge their responsibility for:
 - i. ensuring the company keeps accounting records which comply with Section 386; and
 - ii. preparing accounts 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 financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 29 July 2011

And signed on their behalf by:

H Whitfield, Director

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1068 of the Companies Act 2006.

Notes to the abbreviated accounts

For the year ending 31 October 2010

1 Accounting policies

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Turnover

Turnover represents amounts receivable for goods and services net of VAT and trade discounts.