

Company Registration No. 06405029 (England and Wales)

**MINDFULNESS TRAINING LIMITED**  
**ABBREVIATED ACCOUNTS**  
**FOR THE YEAR ENDED 31 OCTOBER 2009**

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COMPANIES HOUSE

# **MINDFULNESS TRAINING LIMITED**

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# MINDFULNESS TRAINING LIMITED

## ABBREVIATED BALANCE SHEET

AS AT 31 OCTOBER 2009

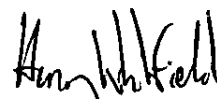
	Notes	2009 £	£	2008 £	£
<b>Current assets</b>					
Debtors		-		1	
Cash at bank and in hand		4,598		-	
		<u>4,598</u>		<u>1</u>	
<b>Creditors amounts falling due within one year</b>	2	<u>(5,299)</u>		<u>-</u>	
<b>Total assets less current liabilities</b>			<u>(701)</u>		<u>1</u>
<b>Capital and reserves</b>					
Called up share capital	3		1		1
Profit and loss account			<u>(702)</u>		<u>-</u>
<b>Shareholders' funds</b>			<u>(701)</u>		<u>1</u>

For the financial year ended 31 October 2009 the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The director acknowledges his responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for 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 financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the Board for issue on 29 July 2010



H Whitfield  
Director

Company Registration No 06405029

# MINDFULNESS TRAINING LIMITED

## NOTES TO THE ABBREVIATED ACCOUNTS

**FOR THE YEAR ENDED 31 OCTOBER 2009**

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### **1 Accounting policies**

#### **1.1 Accounting convention**

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

#### **1.2 Compliance with accounting standards**

The financial statements are prepared in accordance with applicable United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), which have been applied consistently (except as otherwise stated)

#### **1.3 Turnover**

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

### **2 Creditors: amounts falling due within one year**

Included in other creditors is an amount of £2,949 owed to the director. There are no terms as to interest and repayment.

### **3 Share capital**

	<b>2009</b>	<b>2008</b>
	<b>£</b>	<b>£</b>
<b>Authorised</b>		
1 Ordinary Shares of £1 each	<u>1</u>	<u>1</u>
<b>Allotted, called up and fully paid</b>		
1 Ordinary Shares of £1 each	<u>1</u>	<u>1</u>