

Abbreviated Accounts for the Period 17 April 2008 to 31 March 2009

for

A Balanced Life Limited

SATURDAY



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09/05/2009

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COMPANIES HOUSE

A Balanced Life Limited

Contents of the Abbreviated Accounts  
for the Period 17 April 2008 to 31 March 2009

	Page
Company Information	1
Abbreviated Balance Sheet	2
Notes to the Abbreviated Accounts	3

A Balanced Life Limited

Company Information

for the Period 17 April 2008 to 31 March 2009

**DIRECTOR:**

Miss R M Alexander

**SECRETARY:**

K M Dennahy

**REGISTERED OFFICE:**

Egret House  
34 Egret Gardens  
Aldershot  
Hampshire  
GU11 3FP

**REGISTERED NUMBER:**

06569559 (England and Wales)

**ACCOUNTANT:**

A Balanced Life Ltd  
Egret House  
34 Egret Gardens  
Aldershot  
Hampshire  
GU11 3FP

A Balanced Life Limited

Abbreviated Balance Sheet

31 March 2009

	Notes	£
<b>CURRENT ASSETS</b>		
Debtors		890
Cash at bank		155
		<u>1,045</u>
<b>CREDITORS</b>		
Amounts falling due within one year		1,165
		<u>(120)</u>
<b>NET CURRENT LIABILITIES</b>		
		<u>(120)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>(120)</u>
<b>CAPITAL AND RESERVES</b>		
Called up share capital	3	1
Profit and loss account		(121)
		<u>(120)</u>
<b>SHAREHOLDERS' FUNDS</b>		<u>(120)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2009.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2009 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Section 386 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 396 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to companies subject to the small companies regime.

The financial statements were approved by the director on 7/5/2009 and were signed by:



Miss R M Alexander - Director

The notes form part of these abbreviated accounts

A Balanced Life Limited

Notes to the Abbreviated Accounts  
for the Period 17 April 2008 to 31 March 2009

1. **ACCOUNTING POLICIES**

**Accounting convention**

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

**Turnover**

Turnover represents net invoiced sales of goods, excluding value added tax.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc - 33% on reducing balance

**Deferred tax**

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

2. **TANGIBLE FIXED ASSETS**

	Total £
<b>COST</b>	
Additions	1,005
Disposals	(1,005)
	<hr/>
At 31 March 2009	-
	<hr/>
<b>DEPRECIATION</b>	
Charge for period	332
Eliminated on disposal	(332)
	<hr/>
At 31 March 2009	-
	<hr/>
<b>NET BOOK VALUE</b>	
At 31 March 2009	-
	<hr/> <hr/>

3. **CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	£
100	Ordinary	1	1
			<hr/> <hr/>