

**Registered Number 07965086**

**BLISS YOGA & RELAXATION LTD**

**Abbreviated Accounts**

**28 February 2015**

## Abbreviated Balance Sheet as at 28 February 2015

	<i>Notes</i>	<i>2015</i>	<i>2014</i>
		£	£
<b>Called up share capital not paid</b>		-	-
<b>Current assets</b>			
Debtors		1,050	483
Cash at bank and in hand		15,899	319
		<u>16,949</u>	<u>802</u>
<b>Creditors: amounts falling due within one year</b>		(715)	0
<b>Net current assets (liabilities)</b>		<u>16,234</u>	<u>802</u>
<b>Total assets less current liabilities</b>		<u>16,234</u>	<u>802</u>
<b>Creditors: amounts falling due after more than one year</b>		(14,188)	(18,196)
<b>Total net assets (liabilities)</b>		<u>2,046</u>	<u>(17,394)</u>
<b>Capital and reserves</b>			
Called up share capital		100	100
Profit and loss account		1,946	(17,494)
<b>Shareholders' funds</b>		<u>2,046</u>	<u>(17,394)</u>

- For the year ending 28 February 2015 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 16 October 2015

And signed on their behalf by:

**M Nicklin, Director**

**Notes to the Abbreviated Accounts for the period ended 28 February 2015****1 Accounting Policies****Basis of measurement and preparation of accounts**

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

**Turnover policy**

The turnover shown in the profit and loss account represents revenue earned during the period, excluding VAT.

**Tangible assets depreciation policy**

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

Freehold buildings - 2% on cost or revaluation

Fixtures and fittings - 25% on reducing balance

Plant and machinery - 25% reducing balance/33% or 100% on cost

Motor vehicles - 20% on reducing balance

Computer equipment - 33% or 100% on cost

**Valuation information and policy**

Stock and work in progress are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items. Cost includes all direct expenditure and an appropriate proportion of fixed and variable overheads.

**Other accounting policies****OPERATING PROFIT**

The operating profit is stated after charging: 2015 2014

£ £

Depreciation - owned assets 0 0

Directors' emoluments and other benefits etc 7,780 8,927

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