Company Registration Number: 10352686 (England and Wales)

Unaudited micro entity accounts for the year ended 31 August 2018

Period of accounts

Start date: 01 September 2017

End date: 31 August 2018

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Company Information

for the Period Ended 31 August 2018

Director:	Ashwin Hrodkar
Registered office:	23 Wentworth Close Watford England WD17 4LW
Company Registration Number:	10352686 (England and Wales)

Directors' Report Period Ended 31 August 2018

The directors present their report with the financial statements of the company for the period ended 31 August 2018

Principal Activities

Instruction of Stretch Therapy - a modality of deep stretching. We teach weekly classes and organised periodic workshops.

Directors

The directors shown below have held office during the whole of the period from 01 September 2017 to 31 August 2018 Ashwin Tirodkar

This report was approved by the board of directors on 26 May 2019 And Signed On Behalf Of The Board By:

Name: Ashwin Tirodkar

Status: Director

Balance sheet

As at 31 August 2018

	2018 £	2017 £
FixedAssets:	87	120
Current assets:	500	1,571
Creditors: amounts falling due within one year:	(3,000)	(1,500)
Net current assets (liabilities):	(2,500)	71
Total assets less current liabilities:	(2,413)	191
Creditors: amounts falling due after more than one year:		(1,500)
Total net assets (liabilities):	(2,413)	(1,309)
Capital and reserves:	(2,413)	(1,309)

Balance sheet continued

For the year ending 31 August 2018 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 and delivered in accordance with the provisions of the small companies regime applicable to micro-entities.

This report was approved by the board of directors on 26 May 2019 And Signed On Behalf Of The Board By:

Name: Ashwin Tirodkar

Status: Director

The notes form part of these financial statements

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 1072 of the Companies Act 2006.