

Company Number: 369409

Inner Spirit Ltd
Abridged Unaudited Financial Statements
for the financial year ended 31 March 2025

Inner Spirit Ltd
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Inner Spirit Ltd
DIRECTORS AND OTHER INFORMATION

Directors	Graham Connolly Alan Connolly
Company Secretary	Alan Connolly
Company Number	369409
Registered Office and Business Address	Building 1, Swift Square Northwood Park Northwood Dublin 9 D09 A0E4 Ireland
Accountants	Xeinadin Building 1, Swift Square Northwood Park Northwood Dublin 9 D09 A0E4 Ireland
Bankers	Allied Irish Bank Main Street Ashbourne Co. Meath Ireland

Inner Spirit Ltd
STATEMENT OF FINANCIAL POSITION

as at 31 March 2025

	2025	2024
	€	€
Called up share capital not paid	1,038	1,038
Current assets	-	66
Creditors: amounts falling due within one year	(20,044)	(20,110)
Net Current Liabilities	(19,006)	(19,006)
Total Assets less Current Liabilities	(19,006)	(19,006)
Net Liabilities	(19,006)	(19,006)
Capital and Reserves	(19,006)	(19,006)

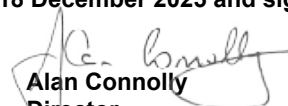
The financial statements have been prepared in accordance with the micro-companies' regime and FRS 105 "The Financial Reporting Standard applicable to the Micro-Entities Regime".

We as Directors of Inner Spirit Ltd, state that -

- (a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014,
- (b) the company is availing itself of the exemption on the grounds that the conditions specified in section 358 are satisfied,
- (c) the shareholders of the company have not served a notice on the company under section 334(1) in accordance with section 334(2),
- (d) we acknowledge the company's obligations under the Companies Act 2014, to keep adequate accounting records and prepare financial statements which give a true and fair view of the assets, liabilities and financial position of the company at the end of its financial year and of its profit or loss for such a financial year and to otherwise comply with the provisions of the Companies Act 2014 relating to financial statements so far as they are applicable to the company,
- (e) the company has relied on the specified exemption contained in section 352 Companies Act 2014 (as a micro company). The company has done so on the grounds that the company is entitled to the benefit of that exemption as a small company and the abridged financial statements have been properly prepared in accordance with section 353 Companies Act 2014 and the micro companies' regime.

Approved by the Directors and authorised for issue on 18 December 2025 and signed on its behalf by:

Graham Connolly
Director


Alan Connolly
Director



Inner Spirit Ltd

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 31 March 2025

1. General Information

Inner Spirit Ltd is a company limited by shares incorporated in Ireland. Building 1, Swift Square, Northwood Park, Northwood, Dublin 9, D09 A0E4, Ireland is the registered office. The nature of the company's operations and its principal activities are set out in the Directors' Report. The financial statements have been presented in Euro (€) which is also the functional currency of the company.

2. Summary of Significant Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 105 "The Financial Reporting Standard applicable to the Micro-Entities Regime" issued by the Financial Reporting Council.

The company qualifies as a micro company as defined by section 280D of the Companies Act 2014 in respect of the financial year, and has applied the rules of the 'Micro Companies Regime' in accordance with section 280E of the Companies Act 2014 and FRS 105.

Trade and other debtors

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

Cash at bank and in hand

Cash and cash equivalents comprise cash at bank and in hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the Statement of Financial Position bank overdrafts are shown within Creditors.

Trade and other creditors

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

Taxation

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the financial year and is calculated using the tax rates and laws that have been enacted or substantially enacted at the Statement of Financial Position date.

Share capital of the company

Ordinary share capital

The ordinary share capital of the company is presented as equity.

Exceptional item

Exceptional items are those that the directors' view are required to be separately disclosed by virtue of their size or incidence to enable a full understanding of the company's financial performance.

3. Appropriation of Income Statement

	2025 €	2024 €
Loss brought forward	(90,044)	(90,044)
Loss carried forward	(90,044)	(90,044)

4. Post-Balance Sheet Events

There have been no significant events affecting the company since the financial year-end.

Inner Spirit Ltd

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 31 March 2025

5. Approval of financial statements

The financial statements were approved and authorised for issue by the board of directors on 18 December 2025.