

Privacy Policy

This Privacy Policy document contains types of information that is collected and recorded by In Mind Therapy, accessible at www.holistic-yoga-therapy.co.uk, and how we use it.

If you have additional questions or require more information about our Privacy Policy, do not hesitate to contact us by email at holistic-yoga-therapy.hello@gmail.com

General Data Protection Regulation (GDPR)

We are a Data Controller of your information.

Our legal basis for collecting and using the personal information described in this Privacy Policy depends on the Personal Information we collect and the specific context in which we collect the information:

- Our needs to perform a contract with you
- You have given us permission to do so
- Processing your personal information is in our legitimate interests
- We need to comply with the law

Personal data that we process shall not be kept for longer than is necessary. We will retain and use your information to the extent necessary to comply with our legal obligations, resolve disputes, and enforce our policies.

If you are a resident of the European Economic Area (EEA), you have certain data protection rights. If you wish to be informed what Personal Information we hold about you and if you want it to be removed from our systems, please contact us by email.

Your Rights

In certain circumstances, you have the following data protection rights :

- The right to access, update or to delete the information we have on you.
- The right of rectification.
- The right to object.
- The right of restriction.
- The right to data portability
- The right to withdraw consent

Contact Form

When you contact us via our website Contact form, we will collect your name and email address. By using the Contact Form you consent to us using this information for correspondence purposes, notably to discuss your interest in yoga and to book a class. To have your email deleted from our records, please contact us by email.

Testimonials

Subject to your prior consent, we may publish information you provide about treatment you received from us as a Testimonial on our website. Such information may be available, via the internet, around the world. We cannot prevent the use (or misuse) of such information by others. To have your testimonial deleted from our website please contact us by email.

Cookies

Like any other website, our website uses 'cookies'. These cookies are used to store information including visitors' preferences, and the pages on the website that the visitor accessed or visited. The information is used to optimize the users' experience by customizing our web page content based on visitors' browser type and/or other information.

You can choose to disable cookies through your individual browser options. More information on how to do this can be found by visiting the following links
:

- <https://support.google.com/chrome/answer/95647?hl=en> (Chrome);
- <https://support.mozilla.org/en-US/kb/enable-and-disable-cookies-website-preferences> (Firefox);
- <http://www.opera.com/help/tutorials/security/cookies/> (Opera);
- <https://support.microsoft.com/en-gb/help/17442/windows-internet-explorer-delete-manage-cookies> (Internet Explorer);
- <https://support.apple.com/kb/PH21411> (Safari); and
- <https://privacy.microsoft.com/en-us/windows-10-microsoft-edge-and-privacy> (Edge).

Note that if you block cookies, some features of our website may not be available to you.

Links to other sites

Our website may contain links to other sites (Facebook, Twitter, PayPal etc). Our Privacy Policy does not apply to other websites. Thus, we are advising you to consult the respective Privacy Policies of these other sites for more detailed information. It may include their practices and instructions about how to opt-out of certain options.

Log Files

Our website follows a standard procedure of using log files. These files log visitors when they visit websites. All hosting companies do this as part of hosting services' analytics. The information collected by log files include internet protocol (IP) addresses, browser type, Internet Service Provider (ISP), date and time stamp, referring/exit pages, and possibly the number of clicks. These are not linked to any information that is personally identifiable. The purpose of the information is for analyzing trends, administering the site, tracking users' movement on the website, and gathering demographic information.

Children's Information

We do not knowingly collect any Personal Identifiable Information from children under the age of 18. If you think that your child provided this kind of information on our website, we strongly encourage you to contact us immediately and we will do our best efforts to promptly remove such information from our records.

Online Privacy Policy Only

This privacy policy applies only to our online activities and is valid for visitors to our website with regards to the information shared and/or collected online. This policy is not applicable to any information collected offline or via channels other than this website.

Consent

By using our website, you hereby consent to our Privacy Policy. We may update this Privacy Policy from time to time, and we invite you to check this page periodically to ensure you are happy with any changes to it.