

Privacy Notice, Policy & Use of Cookies

Your Privacy

Emily Wright Yoga, Finding the Stillness Within, wants to make your experience online and in person as satisfactory and safe as possible. Because I may gather certain types of personal information about people who attend my classes and use my website I feel you should fully understand what I do with your information. This policy discloses what information I gather and how I use it.

For your information: Emily Wright Yoga, Finding the Stillness Within whose principle place of business is 8 Olivers Paddock, Marlow, Bucks, SL7 3NS

Definitions: "The Site": www.findingstillness.co.uk

General Policy

Any personal data you give me, transmit via my website or provide by electronic mail or otherwise, will be used by Emily Wright Yoga, Finding the Stillness Within in accordance with this Privacy Policy.

What information is collected?

When I speak to you on the phone, meet you in person or you engage with me via email or my website, I may collect the following information about you.

Name
Email Address
Telephone number
Emergency contact telephone number
Address
Medical information

Who is Collecting it?

Emily Wright Yoga is the Data Controller and you are welcome to contact me at any time to discuss the information I hold on you by emailing emily@findingstillness.co.uk

Examples of the kind of things you may want to contact me about:

- Request to be deleted from my database
- Request a copy of the information I am holding

Why is it being collected?

The information I gather is in my opinion the minimum I need in order to respond to your enquiry, provide you with timely and relevant information and provide a safe yoga experience for you.

How may it be used?

I use your personal data in the following way:

- To provide information to you and ensure a safe yoga experience for you.
- To contact you with any last minute class arrangements
- To contact someone in the event of a medical emergency

Who will it be shared with?

Your contact details will not be shared with anyone else, or any marketing agencies.
Your health information may be shared confidentially with a substitute teacher.

How to stop being contacted by me

You may email me at any time to tell me you no longer wish to be contacted by me:
emily@findingstillness.co.uk

How long will I keep your data?

If you have attended my classes or workshops I may keep your data for up to 3 years in case you return to me, after which time your data will be destroyed.

How do I safeguard your personal data?

I am serious about protecting your data. That is why I put in place appropriate measures that are designed to prevent unauthorised access to, and misuse of, your personal data.

Consent

You will be asked to confirm the information I hold on you, and to acknowledge that you are giving consent, for instance if you use the web-based Contact Form. I am required to keep records of the consents you have given. You may withdraw your consent at any time by contacting me on emily@findingstillness.co.uk

Use of my Website

In general, you can browse my website without giving me any personal information. I may use third party services, such as Google Analytics, to collect standard internet log information and details of visitor behaviour patterns. I do this to find out things such as the number of visitors to the various parts of the site. This information is only processed in a way which does not identify anyone.

If you use the Contact Form on my website I will collect any information that you provide to me, for example your name and contact details. I use that information to respond to your questions and stay in touch with you.

Use of Cookies

Cookies are used by nearly all websites and do not harm your system. A "Cookie" is a piece of information that is stored on your computer's hard drive and which records your navigation of a website so that, when you revisit that website, it can present tailored options based on the information stored about your last visit. Cookies can also be used to analyse traffic and for advertising and marketing purposes. If you want to check or change what types of cookies you accept, this can usually be altered within your browser settings.

I do not make any attempt to find out the identities of those visiting my website.

And finally

If you have any questions or concerns about my collection, use or disclosure of your personal information, please drop me a line at emily@findingstillness.co.uk.