

Privacy Policy

1. This privacy policy applies to Yoga Therapy Norfolk's website at www.yogatherapynorfolk.co.uk. At Yoga Therapy Norfolk I take your privacy seriously. This policy covers the collection, processing and other use of personal data under the Data Protection Act 1998 ("DPA") and the General Data Protection Regulations ("GDPR").
2. For the purpose of the DPA and GDPR I am the data controller and any enquiry regarding the collection or processing of your data should be addressed to Sarah Clifton at : The Old Methodist Chapel, Main Road, Rollesby, Great Yarmouth, Norfolk, NR29 5EF.
3. By using the Website you consent to this policy.

Information I collect

4. I will collect personal data on this Website only if it is directly provided to me by you the user, e.g. your e-mail address, name, home or work address, telephone number, and relevant health details and therefore has been provided by you with your consent. Normally you will only provide such details if you complete the Health Questionnaire form on the Website as a necessary prerequisite to booking a one to one yoga therapy session or attend a yoga class.
5. I also use analytical and statistical tools that monitor details of your visits to my website and the resources that you access, including, but not limited to, traffic data, location data, weblogs and other communication data (but this data will not identify you personally).

Use of your information

6. I may hold and process personal data that you provide to me in accordance with the DPA and GDPR.
7. The information that I collect and store relating to you is solely used to enable me to provide my services to you as a yoga therapist or to inform you of yoga events should you express an interest in such events.

Disclosure of your information

8. I will process, disclose or share your personal data only if required to do so by law or in the good faith belief that such action is necessary to comply with legal requirements or legal process served on me or the website.

Security

9. The transmission of information via the Internet or email is not completely secure. Although I will do my best to protect your personal data, I cannot guarantee the security of data if you transmit it via email or by post; any such transmission or sending is at your own risk. Once I have received your personal data, I will use strict procedures and security features to try to prevent unauthorised access.

Third party links

10. You might find links to third party websites on my website. These websites should have their own privacy policies, which you should check. I do not accept any responsibility or liability for their policies whatsoever as I have no control over them.

Use of cookies

11. My Website uses cookies. I use cookies to gather information about your computer for my services and to provide statistical information regarding the use of my Website. Such information will not identify you personally - it is statistical data about my visitors and their use of my Website. This statistical data does not identify any personal details whatsoever. I may also gather information about your general Internet use by using a cookie file. Where used, these cookies are downloaded to your computer automatically. This cookie file is stored on the hard drive of your computer, as cookies contain information that is transferred to your computer's hard drive. They help me to improve my Website and the service that I provide to you. All computers have the ability to decline cookies. This can be done by activating the setting on your browser, which enables you to decline the cookies. Please note that should you choose to decline cookies, you may be unable to access particular parts of our Website.

A copy of our full Cookie Policy is available on our website as a PDF (see page footers).

12. Your rights

13. The DPA and GDPR give you the right to access information held about you by me. Please write to me or contact me by email if you wish to request confirmation of what personal information I hold relating to you. You can write to me at the address detailed in clause 2, above, or by email to sarah@yogatherapynorfolk.co.uk. There is no charge for requesting that I provide you with details of the personal data that I hold. I will provide this information within one month of your requesting the data.
14. You have the right to change the permissions that you have given me in relation to how I may use your data. You also have the right to request that I cease using your data or that I delete all personal data records that I hold relating to you. You can

exercise these rights at any time by writing to me at the address detailed in clause 2, above, or by email to sarah@yogatherapynorfolk.co.uk.

Changes to this policy

15. I may update these policies to reflect changes to the website and client feedback. Please regularly review these policies to be informed of how I am protecting your personal data.

I welcome any queries, comments or requests you may have regarding this Privacy Policy. Please do not hesitate to contact me at The Old Methodist Chapel, Main Road, Rollesby, Great Yarmouth, Norfolk, NR29 5EF or sarah@yogatherapynorfolk.co.uk.

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This Privacy Policy has been provided by the legal resource www.legalo.co.uk.