

Go With The Flow Yoga Privacy Notice 2026

The type of personal information we collect

We currently collect and process the following information:

- Personal identifiers, contacts and characteristics (for example, name and contact details)
- Emergency contact details

How we get the personal information and why we have it

Most of the personal information we process is provided to us directly by you for one of the following reasons:

- To facilitate yoga classes for your child(ren)
- To contact you about the yoga classes your child(ren) go to
- To inform you of any changes to the yoga classes
- In an event of an emergency where we need to contact you

Under the UK General Data Protection Regulation (UK GDPR), the lawful bases we rely on for processing this information are:

(f) We have a legitimate interest.

How we store your personal information

Your information is securely stored.

We keep your name, email and emergency contact details for 7 years after your last booking onto a class as expected in our insurance policy. For children, we keep their data until they are 18. We will then dispose your information by shredding any paper documents and permanently deleting digital information. This will be done using a secure digital deletion software to make sure it is not recoverable.

Your data protection rights

Under data protection law, you have rights including:

Your right of access - You have the right to ask us for copies of your personal information.

Your right to rectification - You have the right to ask us to rectify personal information you think is inaccurate. You also have the right to ask us to complete information you think is incomplete.

Your right to erasure - You have the right to ask us to erase your personal information in certain circumstances.

Your right to restriction of processing - You have the right to ask us to restrict the processing of your personal information in certain circumstances.

Your right to object to processing - You have the the right to object to the processing of your personal information in certain circumstances.

Your right to data portability - You have the right to ask that we transfer the personal information you gave us to another organisation, or to you, in certain circumstances.

You are not required to pay any charge for exercising your rights. If you make a request, we have one month to respond to you.

Please contact us at info@gwtheflowyoga.co.uk if you wish to make a request.

How to complain

If you have any concerns about our use of your personal information, you can make a complaint to us at info@gwtheflowyoga.co.uk

You can also complain to the ICO if you are unhappy with how we have used your data.

The ICO's address:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Helpline number: 0303 123 1113

ICO website: <https://www.ico.org.uk>