

Privacy Policy

At Mother Earth Independent ||Midwifery and Complementary therapies (Mother Earth Yoga), your privacy is deeply important. This privacy policy explains how your personal information is collected, used, and protected when you attend or enquire about classes.

1. What information I collect

When you book or attend a class, I may collect:

- Your name and contact details (email address and phone number)
- Relevant health information
- Your baby or child's name and date of birth (for Baby/Toddler and Pre-school classes)
- Emergency contact details, address, occupation, age
- Any information you choose to share with me to support your care and experience

This information helps me provide safe, personalised, and supportive classes.

2. How your information is used

Your information is used to:

- Manage your booking and communicate with you about classes
 - Ensure classes are safe and appropriate for you and your baby
 - Provide a personalised, relationship-based experience
 - Respond to your enquiries
 - Send occasional updates about classes or offerings (only if you have opted in)
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3. How your information is stored

Your information is stored securely and treated with care. This may include:

- Password-protected digital systems (such as email or booking systems)
- Secure paper records (if used), stored safely

I only keep your information for as long as necessary to provide my services and meet legal or professional requirements.

4. Sharing your information

Your personal information is **never shared with third parties** unless:

- It is required by law
- There is a safeguarding concern
- You have given explicit consent

5. Photos and media

Photos or videos are only taken or used **with your clear consent if you have opted in.**

- No identifiable images of you or your child will be used without permission
- You can withdraw consent at any time

6. Your rights

Under UK data protection law (including the UK General Data Protection Regulation), you have the right to:

- Access the personal data I hold about you
- Request corrections to your information
- Request that your data is deleted
- Withdraw consent at any time
- Opt out of communications

To do this, simply get in touch using the contact details below.

7. Contact

If you have any questions about this policy or your data, please contact:

Jodie Ring

Mother Earth Independent Midwifery and Complementary Therapies

www.mother-earth.co.uk

WhatsApp: 07368 503643

Email: hello@mother-earth.co.uk

8. Updates to this policy

This policy may be updated occasionally to reflect changes in practice or legal requirements. The most recent version will always be available on request.