

Yogarise Privacy Policy

Who I am

Yogarise (“I”, “me”) is run by a single yoga teacher and therapist based in the UK. For the purposes of UK data protection law, I am the “data controller” for the personal data collected through www.yogarise.co.uk and my booking systems.

The personal data I collect

Depending on how you interact with Yogarise, I may collect:

- Basic contact details: name, email address, phone number, postal address
- Booking and payment details: class or course bookings, payment method (processed securely via my payment provider – I do not store your full card details)
- Optional information: date of birth, information about your baby or pregnancy, relevant health or injury information, accessibility needs

I only ask for health or access information when it is relevant to your yoga practice or safety, and I only use it with your clear consent.

How I use your data

I use your personal data to:

- Manage class, course and event bookings
- Send confirmations, reminders and essential service messages
- Provide newsletters and updates if you have asked to receive them
- Respond to enquiries you send via email, website or social media

You can browse my website without giving any personal information. If you choose not to provide certain details (for example, email or health information), I may not be able to complete a booking or adapt a practice safely for you.

Legal basis for using your data

I process your personal data on the basis of:

- Contract – to provide classes, courses, events or products you have booked or requested
- Consent – when you sign up for newsletters or share health information for your practice

You can withdraw your consent for marketing emails at any time by using the unsubscribe link in an email or by contacting me directly.

Sharing your information

I treat your data with care and will not sell it to anyone.

I may share limited information with:

- Trusted service providers who help me run Yogarise (for example, booking systems, payment processors, email platforms), under appropriate data protection terms
- Event partners, only if we are co-hosting an event and your details need to be shared to manage your booking – and I will make this clear at the point of registration
- Authorities if I am required to do so by law

Any information shared is limited to what is necessary for that purpose.

How I store and protect your data

Your personal data is stored securely and only accessed by me (and, where necessary, by trusted service providers acting on my behalf). I follow guidance from the UK Information Commissioner's Office (ICO) on good practice for data protection.

I keep your data only for as long as it is needed for the purposes set out above, or as required by law, and then delete or anonymise it.

Your rights

You have rights over your personal data, including the right to:

- Access the personal information I hold about you
- Ask me to correct inaccurate information
- Ask me to delete your data in certain circumstances
- Object to or restrict how your data is used in some cases
- Withdraw consent for marketing at any time

To exercise any of these rights, or if you have questions about this policy, please contact me at: natalielyndon@yogarise.co.uk.

If you are unhappy with how I handle your data, you also have the right to raise a concern with the Information Commissioner's Office (ICO) in the UK.