

# Website Terms of Use

Organisation: The Martial Arts Mental Health and Wellbeing Company

Trading Name: The Holistic Dojo

Director: Kerry Tidman

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Policy Date: June 2025

Review Date: June 2026

## 1. Introduction

By accessing and using this website, you agree to be bound by these Terms of Use. If you do not agree with any of these terms, please do not use the website.

## 2. Use of Content

All content on this site, including text, graphics, logos, images, and downloads, is the property of The Holistic Dojo unless otherwise stated. It is provided for personal, non-commercial use only. You may not reproduce, distribute, modify, or share any content without prior written permission.

## 3. Disclaimer

The information provided on this website is for general guidance only. It is not a substitute for professional medical, psychological, or legal advice.

We aim to keep information accurate and up to date, but we make no guarantees regarding completeness or reliability.

## 4. External Links

This website may contain links to other websites for your convenience. We are not responsible for

the content or privacy practices of those external sites.

## 5. Liability

We are not liable for any loss or damage arising from use of this website or from reliance on information provided here.

## 6. Accessibility

We strive to make this website accessible and inclusive. If you have any difficulty using it, please contact us so we can offer support.

## 7. Privacy and Data Protection

Your use of this website is also governed by our Privacy Policy, which outlines how we collect, store, and use your data in line with UK GDPR.

## 8. Changes to These Terms

We may update these Terms of Use from time to time. Continued use of the website means you accept the current version.

Signed: Kerry Tidman

Director, The Holistic Dojo

Date: June 2025