

Mindful Living Company Privacy Policy

Last Updated: 3/21/2026

Mindful Living Company is a coaching and education company based in Minnesota. We are committed to protecting your privacy and ensuring you understand how we collect, use, and safeguard your personal information.

1. Information We Collect

We collect information that you voluntarily provide to us when you enroll in our coaching programs, subscribe to our newsletters, or contact us. This may include:

- **Contact Data:** Your name, email address, and phone number.
- **Payment Data:** If you purchase a program, your payment information is processed securely by our third-party payment processors (e.g., Stripe).
- **Coaching & Educational Information:** Any information you share during coaching sessions or within educational forums.

2. How We Use Your Information

We use your data to:

- Provide and manage our coaching and educational services.
- Communicate updates, newsletters, and marketing materials (with your consent).
- Improve our website and program offerings based on user feedback.

3. Children's Privacy (Strict 18+ Policy)

Our services are strictly intended for adults. **Mindful Living Company does not knowingly collect, solicit, or maintain personal information from anyone under the age of 18.**

- If we discover that we have inadvertently collected information from a person under 18, we will take immediate steps to delete that data from our records.

4. Minnesota Privacy Rights (MCDPA)

As a Minnesota-based company, we recognize the rights granted to Minnesota residents under the **Minnesota Consumer Data Privacy Act (MCDPA)**. You have the right to:

- **Confirm and Access:** Know if we are processing your data and request a copy.
- **Correction:** Request that we fix any inaccurate personal data.
- **Deletion:** Request that we delete personal data you have provided.
- **Opt-Out:** Opt-out of any "sale" of personal data or targeted advertising. Note: Mindful Living Company **does not sell** your personal information.
- **Appeals:** If we decline a request regarding your data, you have the right to appeal our decision.

5. Data Security and Retention

We implement reasonable administrative, technical, and physical safeguards to protect your information. We retain your personal data only for as long as necessary to provide our services or as required by law (e.g., for tax, legal purposes).

6. Sharing with Third Parties

We do not sell, rent, or lease your personal information. We may share data with trusted service providers (such as email platforms or hosting services (e.g., GoDaddy) solely to perform functions on our behalf. These providers are contractually obligated to keep your information confidential.

7. Contact Information

For questions about this policy or to exercise your privacy rights, please contact us:

Mindful Living Company
Christina Baker, Owner & Chief Operating Officer
P.O. Box 180
Howard Lake MN 55349
Chrissy@mindfullivingmn.com