

## **PRIVACY POLICY**

Last updated: 23 April 2026

**NORTH STAR**  
FROM WITHIN



### **1. Introduction**

Your privacy is important. This policy explains how your personal information is collected, used, and stored when you engage with coaching or breathwork services, or visit this website.

North Star From Within is the trading name of Nicholas Aaby. For the purposes of data protection law, I am the data controller of your personal information.

### **2. What Information Is Collected**

The following information may be collected:

- Name
- Email address
- Phone number
- Health and lifestyle information (where relevant to services)
- Any information you choose to share during sessions or via forms

### **3. How Your Information Is Used**

Your information is used to:

- Provide coaching and breathwork services
- Communicate with you about sessions
- Ensure your safety and suitability for participation
- Maintain basic records of services provided

Your information will not be sold or shared for marketing purposes without your consent.

#### **4. Lawful Basis for Processing**

Your information is processed on the following lawful bases:

- Consent (where you provide information through forms)
- Legitimate interests (to deliver services safely and effectively)

#### **5. Data Storage & Retention**

Your information is stored securely using password-protected systems and is only accessible to the service provider.

Your data is only kept for as long as necessary to provide services and meet legal or administrative requirements.

#### **6. Sharing of Information**

Your information will not be shared with third parties unless:

- Required by law
- Necessary to protect your safety or the safety of others

#### **7. Your Rights**

Under UK GDPR, you have the right to:

- Request access to your personal data
- Request correction of inaccurate information
- Request deletion of your data (where applicable)

To make a request, please contact: [nick@northstarfromwithin.com](mailto:nick@northstarfromwithin.com)

#### **8. Data Security**

Reasonable steps are taken to protect your data from loss, misuse, or unauthorised access.

## **9. Cookies & Website Analytics**

This website may use basic cookies or analytics tools to understand how the site is used and to improve user experience.

You can control or disable cookies through your browser settings.

## **10. Updates to This Policy**

This policy may be updated from time to time. Any changes will be posted on this page.

## **11. Contact**

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

Nicholas Aaby

[nick@northstarfromwithin.com](mailto:nick@northstarfromwithin.com)