

2stiff4yoga Privacy Policy

Our contact details

Name: Yvette Fox

Address: www.2stiff4yoga.com

Phone Number: +44 7985722338

E-mail: 2stiff4yoga@gmail.com

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The type of personal information we collect

We currently collect and process the following information:

- Personal identifiers
- contacts and characteristics (for example, name and contact details)
- Health issues disclosed by Yoga students
- Email addresses
- Address

How we get the personal information and why we have it

Most of the personal information we process is provided to us directly by you for one of the following reasons:

- For your yoga teacher to plan appropriate lesson content
- For your yoga teacher (or nominated representative) to contact you to pass on a message (cancellations of a class, change of venue, holidays, offers etc)

We also receive personal information indirectly, from the following sources in the following scenarios:

- www.2stiff4yoga.com

We use the information that you have given us in order to

- Plan appropriate lesson content.

We may share this information with a nominated representative, in the case of an emergency, if your yoga teacher is unable to contact you.

Under the General Data Protection Regulation (GDPR), the lawful bases we rely on for processing this information are:

(a) Your consent. You are able to remove your consent at any time. You can do this by contacting Yvette Fox.

(b) We have a contractual obligation.

(c) We have a legal obligation.

(d) We have a vital interest.

(e) We need it to perform a public task.

(f) We have a legitimate interest.

How we store your personal information

Your information is securely stored on a computer, a mobile phone and a paper file, belonging to Yvette Fox and only used by Yvette Fox.

We keep all your personal information that you have consented to provide for as long as you are a student of 2stiff4yoga. We will then dispose your information by shredding paper copies and deleting digital information from IT.

Your data protection rights

Under data protection law, you have rights including:

Your right of access - You have the right to ask us for copies of your personal information.

Your right to rectification - You have the right to ask us to rectify personal information you think is inaccurate. You also have the right to ask us to complete information you think is incomplete.

Your right to erasure - You have the right to ask us to erase your personal information in certain circumstances.

Your right to restriction of processing - You have the right to ask us to restrict the processing of your personal information in certain circumstances.

Your right to object to processing - You have the the right to object to the processing of your personal information in certain circumstances.

Your right to data portability - You have the right to ask that we transfer the personal information you gave us to another organisation, or to you, in certain circumstances.

You are not required to pay any charge for exercising your rights. If you make a request, we have one month to respond to you.

Please contact us at:

www.2stiff4yoga.com

2stiff4yoga@gmail.com

+44 7985722338

if you wish to make a request.

How to complain

If you have any concerns about our use of your personal information, you can make a complaint to us at [2stiff4yoga](#)

You can also complain to the ICO if you are unhappy with how we have used your data.

The ICO's address:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Helpline number: 0303 123 1113

ICO website: <https://www.ico.org.uk>