

Privacy Policy

Effective date: July 9, 2026

This policy applies to connecttoflow.com (the “Site”), operated by Become Limitless LLC, doing business as Limitless Flow Breathwork (“we,” “us,” or “our”). It explains what information we collect from visitors, how we use and share it, and the choices available to you.

1. Information We Collect

Information you provide directly

- Contact information (such as your name and email address) when you sign up for our email list, including the Limitless Daily Journal.
- Contact information you submit through a contact form, phone call, or email to reach us directly.
- Registration information when you sign up for a breathwork session, event, coaching call, or facilitator training.

Information collected automatically

When you visit the Site, our website hosting platform (GoDaddy Website Builder) automatically collects certain technical information, including your IP address, browser and device type, general location, pages viewed, and how you interact with the Site. This is collected using cookies and similar tracking technologies described in Section 3 below.

Information from third parties

- If you register for an event through our Calendar page, your registration and ticketing details are collected and processed by Afton Tickets, a third-party event ticketing platform.
- If you book a call or session using a scheduling link on this Site, you will be directed to Calendly, a third-party scheduling platform, which processes the information you provide there directly under its own privacy policy.

2. How We Use Information

We use the information described above to:

- Operate, maintain, and improve the Site;
- Respond to inquiries and provide the services, coaching, breathwork sessions, or training you request;
- Send the email content you have signed up to receive;
- Process and manage event registrations and scheduled calls;
- Understand how visitors use the Site so we can improve it; and
- Comply with legal obligations and protect our legal rights.

3. Cookies and Tracking Technologies

We use cookies and similar technologies, provided through our website hosting platform (GoDaddy Website Builder), to operate the Site and to analyze site traffic and usage. When you first visit the Site, you will see a cookie banner that lets you accept all cookies, reject non-essential cookies, or manage your preferences. You may change your choice at any time by adjusting your cookie preferences or your browser's cookie settings.

We do not knowingly use cookies or tracking pixels to build advertising profiles about you for third-party ad networks. If that changes, we will update this policy and, where required, obtain your consent before those technologies run.

4. How We Share Information

We do not sell your personal information. We share information only as follows:

- Service providers who help us run the Site and our business, currently: GoDaddy Website Builder (hosting, analytics, and cookie infrastructure), Afton Tickets (event ticketing and registration), and Calendly (scheduling).
- As required by law, such as in response to a subpoena, court order, or other legal process.
- In connection with a merger, acquisition, or sale of business assets, in which case personal information may be transferred as part of that transaction.
- With your consent, or at your direction.

5. Your Privacy Rights

If you are a California resident, you have rights under the California Consumer Privacy Act, as amended by the California Privacy Rights Act (CCPA/CPRA), including the right to:

- Know what personal information we have collected about you and how it has been used and shared;
- Request deletion of personal information we have collected from you, subject to certain exceptions;
- Correct inaccurate personal information; and
- Not be discriminated against for exercising any of these rights.

We do not sell or share personal information for cross-context behavioral advertising, so there is currently no sale/share opt-out to exercise. To submit any other request, contact us using the information in Section 10. We may need to verify your identity before responding.

Depending on where you live, you may have similar rights under other state or national privacy laws. Contact us and we will do our best to accommodate applicable requests.

6. Data Retention

We retain personal information for as long as needed to provide the services you have requested, communicate with you, and comply with our legal and accounting obligations. When information is no longer needed for these purposes, we take reasonable steps to delete or de-identify it.

7. Data Security

We use reasonable administrative and technical safeguards, including those provided by our hosting and service providers, to protect personal information. No method of transmission or storage over the internet is completely secure, so we cannot guarantee absolute security.

8. Children's Privacy

The Site is not directed to children under 13, and we do not knowingly collect personal information from children under 13. If you believe a child has provided us with personal information, please contact us and we will take steps to delete it.

9. Third-Party Links

The Site may contain links to third-party websites or services, such as Calendly or social media platforms. We are not responsible for the privacy practices of those third parties, and we encourage you to review their privacy policies before providing them with information.

10. Contact Us

If you have questions about this policy or wish to exercise your privacy rights, contact us at:

- Email: daveg@become-limitless.com or info@limitless-flow.com
- Phone: (626) 825-0779

11. Changes to This Policy

We may update this policy from time to time to reflect changes in our practices or for legal, operational, or regulatory reasons. The “Effective date” above reflects the most recent revision. We encourage you to review this policy periodically.
