



The Little Room of Harmony Privacy Policy

Natalia Ripsher at The Little Room of Harmony is committed to complying with the General Data Protection Regulation and the Data Protection Act 2018. Looking after the personal information you share with me is very important, and I want you to be confident that your personal data is kept safely and securely and to understand how I use it.

What information I collect?

If you have visited The Little Room of Harmony, attended one of my events or expressed an interest in The Little Room of Harmony then I may collect the following data from you:

- Full Name
- Address
- Contact Numbers
- Email Address
- Health Information and Personal Details (past and present)

How I use your information?

I use the information to contact you e.g booking and confirming appointments. Your health and personal information are used so that I can give you the best service during your visit to The Little Room of Harmony.

I also use your name and email address for marketing purposes e.g informing you about news and events from The Little Room of Harmony and notifying you of any changes. These emails usually come in the form of newsletters via Mailchimp, where I store your name and email address. In these newsletters there is always an 'unsubscribe' button at the bottom, in case you no longer want to hear from The Little Room of Harmony in this way.

Who I share your information with

Occasionally I run events with other therapists and exercise instructors and if you attend one of these events, I may share your name and email address with the other hosts of the events. This is to contact you regarding the event itself and to provide future information which may be of interest to you.

Occasionally I may have a legal obligation to provide information to the appropriate authorities.

Otherwise the data I hold is not shared with anyone and will not be shared with anyone without your consent.

Outside the UK

I never share your data with anyone outside of the UK.

How long I keep your information

I am required to keep your information for a minimum of 7 years.

Questions

If you have any questions regarding your rights; how your data is used and stored or if you have any complaints with The Little Room of Harmony, please contact Natalia on 07507 879009 or email natalia@thelittleroomofharmony.co.uk.