

Privacy Policy

Last updated: [26 August 2026]

Yoga Body | Zen Mind (“I”, “me”, “my” or “the business”) is committed to protecting your personal information and respecting your privacy.

This Privacy Policy explains how I collect, use, store and share personal data when you visit www.yogabodyzenmind.co.uk, contact me, book or attend a class, workshop, retreat, event, private session or course, or subscribe to my mailing list.

For the purposes of UK data-protection law, including the UK General Data Protection Regulation (“UK GDPR”) and the Data Protection Act 2018, the data controller is:

Business name: Kerrie Prescott

Email: yogabodyzenmind@gmail.com

Telephone: +447854601797

Information I collect

Depending on how you interact with my business, I may collect:

- Your name, email address, telephone number, postal address and other contact details.
- Booking and purchase information, including the class, session, event or course you buy, attendance information, booking history and communications relating to your booking.
- Payment and transaction information. Payments are processed securely by Stripe. I do not store full payment-card details.
- Information you provide in enquiry forms, emails, messages, feedback forms, questionnaires or consultations.
- Marketing preferences, including whether you have opted in to receive newsletters, offers, updates or other promotional communications.
- Technical and usage information, including your IP address, browser type, device information, pages visited and how you use my website, where collected through cookies or similar technologies.
- Health, injury, pregnancy, accessibility or wellbeing information that you choose to provide so that I can assess whether a class or session is suitable and adapt my services appropriately.

Please do not provide sensitive personal information unless it is relevant to the service you have requested.

How I use your information

I use personal data to:

- Respond to your enquiries and communicate with you.
- Process bookings, payments, refunds and purchases.
- Send booking confirmations, receipts, reminders, schedule changes, cancellations and other essential service communications.
- Deliver classes, private sessions, workshops, courses, events, retreats and digital products.

- Maintain business records, manage accounts and deal with customer-service queries.
- Improve my website, services and customer experience.
- Send newsletters, offers and updates where you have opted in, or where otherwise permitted by law.
- Meet legal, tax, accounting, insurance, safeguarding and regulatory obligations.
- Protect my business, website and customers from fraud, misuse or security incidents.

Legal bases for processing

Under UK GDPR, I rely on one or more of the following legal bases:

- **Contract:** where processing is necessary to take steps at your request or to provide the booking, product or service you have requested.
- **Legal obligation:** where I must retain or disclose information to comply with legal, tax, accounting or regulatory requirements.
- **Legitimate interests:** where necessary for the running, administration, security and improvement of my business, provided your rights and interests do not override those interests.
- **Consent:** for example, for email marketing, non-essential cookies, and [if applicable] health or wellbeing information. You may withdraw consent at any time by contacting me or using the unsubscribe link in marketing emails. Withdrawal does not affect processing that was lawful before consent was withdrawn.

Special category data

I may ask for limited health or wellbeing information where it is relevant to the safe and appropriate delivery of yoga, movement, wellbeing or related services. I will only process this information with your explicit consent, unless another lawful condition applies. I will use it only for the purpose for which it was provided, keep access limited, and retain it only for as long as necessary. You are not required to provide this information, but choosing not to may affect my ability to assess suitability for, adapt, or safely provide a particular service.

Marketing

I will send email newsletters, updates, promotions and information about my services only where you have given consent or where otherwise permitted by law.

You can unsubscribe at any time by clicking the unsubscribe link in any marketing email or by contacting me at yogabodyzenmind@gmail.com. Opting out of marketing will not stop essential emails about bookings, payments, purchases, account matters or changes to services you have booked. I do not sell or rent mailing lists to third parties.

Service providers and sharing

I use trusted third-party providers to help run my business. Depending on the services you use, these may include:

- **Website and hosting provider:** Wix
- **Booking, scheduling and video hosting provider:** Momence
- **Payment processor:** Stripe
- **Email and newsletter provider:** Gmail and Mailchimp

These providers may process personal data only as needed to provide their services, subject to their own contractual, security and privacy arrangements. I may also share information

where required by law, in connection with legal claims, to protect rights or safety, or with professional advisers such as accountants, insurers or legal advisers where necessary.

International transfers

Some of my service providers may store or process personal information outside the United Kingdom. Where this happens, I will take appropriate steps to ensure that your data receives a level of protection required by UK data-protection law. This may include using adequacy regulations or approved contractual safeguards.

Data retention

I keep personal information only for as long as necessary for the purposes described in this Privacy Policy, including legal, accounting, tax, insurance and record-keeping requirements. I may retain information for longer where necessary to establish, exercise or defend legal claims, or where the law requires it.

Cookies and website analytics

My website may use cookies and similar technologies. Cookies are small text files placed on your device that help a website function, remember preferences, understand website use and, where applicable, support marketing. I use strictly necessary cookies, which are required for the website, booking or payment process to function.

Your rights

You have rights under data-protection law, including the right to:

- Ask for access to the personal information I hold about you.
- Ask for inaccurate or incomplete information to be corrected.
- Ask for your information to be deleted in certain circumstances.
- Ask for processing to be restricted in certain circumstances.
- Object to processing based on legitimate interests, including direct marketing.
- Withdraw consent where I rely on consent.
- Ask for a copy of certain information in a portable format.
- Complain to the UK Information Commissioner's Office.

To exercise your rights, contact me at yogabodyzenmind@gmail.com. I may need to verify your identity before responding. I will respond within the timescales required by law.

If you are unhappy with how I handle your personal information, please contact me first. You also have the right to complain to the Information Commissioner's Office at www.ico.org.uk.

Security

I take appropriate technical and organisational measures to protect personal information from unauthorised access, loss, misuse, alteration or disclosure. However, no online transmission or storage system can be guaranteed to be completely secure.

Third-party links

My website may contain links to external websites, social-media platforms or third-party services. I am not responsible for their privacy practices. Please read their privacy notices before providing them with personal information.

Changes to this policy

I may update this Privacy Policy from time to time. The latest version will always be published on this page, with the “last updated” date shown at the top.