

PRIVACY POLICY

The policy: This privacy policy notice is for this website www.alexandertechnique-teacher.co.uk and served by Angelique Swallow, 178 E. Barnet Rd, London EN4 8RD and governs the privacy of those who use it. The purpose of this policy is to explain to you how I control, process, handle and protect your personal information while browsing or using this website, including your rights under current laws and regulations. If you do not agree to the following policy you may wish to cease viewing / using this website.

Policy key definitions:

- "I", "our", "us", or "we" refer to the business Embodied Parenting.
- "you", "the user" refer to the person(s) using this website.
- GDPR means General Data Protection Act.
- PECR means Privacy & Electronic Communications Regulation.
- ICO means Information Commissioner's Office.
- Cookies mean small files stored on a users computer or device.

Processing of your personal data

Under the GDPR (General Data Protection Regulation) I control and / or process any personal information about you electronically using the following lawful bases.

Lawful basis: Consent

- **The reason I use this basis:** You have the choice to give your personal data for the purposes of receiving newsletters, event emails or confirmation of lessons. You may unsubscribe at any time by contacting me by email info@alexandertechnique-teacher.co.uk
- **I process your information in the following ways:** Your data is held privately. If you gave consented to be contacted at an event, workshop, or for private lesson, the information of consent is also kept private.
- **Data retention period:** I will continue to process your information until you withdraw consent or it is determined your consent no longer exists.
- **Sharing your information:** I never share your information with third parties.

If, as determined by me, the lawful basis upon which I process your personal information changes, I will notify you about the change and any new lawful basis to be used if required. I shall stop processing your personal information if the lawful basis used is no longer relevant.

I'm exempt from registration in the ICO Data Protection Register because I only process personal data for core business purposes.

Your individual rights

Under the GDPR your rights are as follows. You can read more about [your rights in details here](#);

- the right to be informed;
- the right of access;
- the right to rectification;
- the right to erasure;
- the right to restrict processing;
- the right to data portability;
- the right to object; and
- the right not to be subject to automated decision-making including profiling.
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You also have the right to complain to the ICO www.ico.org.uk if you feel there is a problem with the way I handled your data.

I handle subject access requests in accordance with the GDPR.

Internet cookies

I use a Matrix only to track how many people visit and view my website, I do not collect any personal or private data and use cookies only for this purpose. Some cookies are required to enjoy and use the full functionality of this website.

Cookies that may be used for this site are:

CONSENT, DSID, HSID, IDE, NID, SAPISID, SID, SIDCC, SSID, XSRD-TOKEN, _ga, _gid, _wixUIDX, _wix_brow_sess, act, c_user, datr, fr, hs, locale, pl, sb, svSession, userType, wd, xs

Data security and protection

I ensure the security of any personal information I hold by using secure data storage technologies and precise procedures in how I store, access and manage that information. My methods meet the GDPR compliance requirement.

Transparent privacy Explanations

I have provided some further explanations about user privacy and the way I use this website to help promote a transparent and honest user privacy methodology.

Email marketing messages & subscription

Under the GDPR I use the consent lawful basis for anyone subscribing to my newsletter or marketing mailing list. I only collect certain data about you, as detailed in the "Processing of your personal data" above.

Email marketing messages that I send may contain tracking beacons / tracked clickable links or similar server technologies in order to track subscriber activity within email marketing messages. Where used, such marketing messages may record a range of data such as; times, dates, I.P addresses, opens, clicks, forwards, geographic and demographic data. Such data, within its limitations will show the activity each subscriber made for that email campaign.

Any email marketing messages I send are in accordance with the GDPR and the PECR. I provide you with an easy method to withdraw your consent or manage your preferences / the information I hold about you at any time. See any marketing messages for instructions on how to unsubscribe by email: angelique@alexandertechnique-teacher.co.uk

Resources and further information

- [Overview of the GDPR - General Data Protection Regulation](#)
- [Data Protection Act 1998](#)
- [Privacy and Electronic Communications Regulations 2003](#)
- [The Guide to the PECR 2003](#)
- [Facebook Privacy Policy](#)
- [Google Privacy Policy](#)

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