**General Data Protection Regulation (GDPR Privacy Notice)**

It is Pauline Wood's (PW’s) policy to respect your privacy and confidentiality regarding any information PW may collect while conducting business or operating our website.

The name and contact details of the organisation, representative and data protection officer is:

Pauline Wood operating the website spinesafepilatesandyoga.co.uk

Contact via the website contact form or by mail to 8 Snowdon Vale, Weston super Mare BS23 2XP

The purposes of the processing?

To provide and operate the services, ongoing assistance and technical support, to be able to contact you with general or personalized service-related notices and to have statistical data that may be used to provide and improve your services.

The lawful basis for the processing?

To comply with the Information Commissioner’s Office (ICO), GDPR and any applicable laws, regulations and best practice.

The legitimate interests for the processing?

To provide safe exercise solutions

The categories of personal data obtained?

Personal, contact and health/lifestyle

The recipients or categories of recipients of the personal data?

Pauline Wood

The details of transfers of the personal data to any third countries or international organisations?

Personal data is not transferred to any third countries or international organisations.

The retention periods for the personal data?

Six years

The rights available to individuals in respect of the processing?

You have the right to decline to provide any information

The right to withdraw consent?

You have the right to withdraw consent at any time

The right to lodge a complaint with a supervisory authority?

You have the right to complaint to the ICO

The source of the personal data?

You will be the source of the personal data

The details of whether individuals are under a statutory or contractual obligation to provide the personal data?

There is no statutory or contractual obligation to provide the personal data; it is best practice in the fitness industry to screen clients prior to providing any service

The details of the existence of automated decision-making, including profiling?

There is no automated decision-making, including profiling

#### Privacy policy updates? PW reserves the right to modify this privacy policy at any time, so please review it frequently. Changes and clarifications will take effect immediately upon their posting on the website. If PW makes material changes to this policy, PW will notify you here that it has been updated, so that you are aware of what information PW collect, how PW use it, and under what circumstances, if any, PW uses and/or discloses it. Your continued use of this site after any change in this Privacy Policy will constitute your acceptance of such change.