

Privacy Policy

As part of the service of delivering Alexander Technique lessons, client data including personal contact details and some brief notes are stored for reference. All data records are maintained in accordance with the General Data Protection Regulations (GDPR).

Information stored includes name and email addresses, brief notes on relevant health issues, history of treatments or previous Alexander Technique lessons, and the source of the client's referral.

How your data is used:

Contact details are needed in case of emergency, or for changing and confirming appointment times as necessary. Health notes are for reference only. Data is not shared with any third parties without written consent. Analytics about visitor traffic are conducted via Lu.ma when prospective students research and sign up for Alexander Technique workshops.

Right of access to data:

Individuals can request a copy of the personal data retained about them and an explanation of how it is being used.

Right to object:

If an individual decides that they no longer wish to allow their personal data to be included on the business's mailing lists, the individual may opt out of use of their data for these purposes.

Data storage:

Data is generally stored for a period of 8 years, or as long as the client is attending Alexander Technique lessons. Individuals can request information about their data storage at any time.

Online Purchases:

Transactions for lessons and workshops can only be made using Stripe via Lu.ma and Calendly and are subject to their terms and conditions and privacy policy.