

# **Privacy Policy for Pilates Solutions**

## **Who we are**

Our website address is: <http://www.pilates-solutions.co.uk>

## **What personal data we collect and why we collect it**

The information that is collected might include your name, email address, postal address, telephone number(s) and other contact details so that we can contact you as necessary

## **Cookies**

We use no cookies on our website

## **Embedded content from other websites**

Articles on this site may include embedded content (e.g. videos, images, articles, etc.). Embedded content from other websites behaves in the exact same way as if the visitor has visited the other website.

These websites may collect data about you, use cookies, embed additional third-party tracking, and monitor your interaction with that embedded content, including tracking your interaction with the embedded content if you have an account and are logged in to that website.

## **Who we share your data with**

We do not share your data without your consent.

## **How long we retain your data**

We retain your data as long as you are a client of Pilates-Solutions

## **What rights you have over your data**

You have the right to access personal data that Pilates Solutions processes about you.

You also have the right to request that we delete your personal data in accordance with GDPR

## **Policy Changes**

We reserve the right to amend this privacy policy at any time with or without notice. However, please be assured that if the privacy policy changes in the future, we will not use the personal information you have submitted to us under this privacy policy in a manner that is materially inconsistent with the privacy policy, without your prior consent.

## **Contact**

If you have any questions regarding this policy, or your dealings with our website, please contact us here: [j.russell2006@btinternet.com](mailto:j.russell2006@btinternet.com)