

Embodied Balance Studio – Privacy Notice (UK GDPR)

Last updated: 12/01/2026

1. Who we are

Embodied Balance Studio

Embodied Balance Studio is the **data controller** responsible for your personal data.

2. What data we collect

Personal data

- Name
- Email address

Special category data (health information)

- Information provided in the Physical Activity Readiness Questionnaire (PAR-Q)
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3. How we collect your data

We collect your data when:

- You book a class via our online booking system
 - You complete a PAR-Q form
 - You contact us directly
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4. Why we use your data (lawful basis)

Data	Purpose	Lawful basis
Name & email	Managing bookings and communications	Contract
PAR-Q health data	Assessing fitness to participate and ensuring safety	Explicit consent (UK GDPR Article 9) & Legal obligation

Providing PAR-Q information is voluntary, but without it we may be unable to allow participation in certain classes.

5. Explicit consent for health data

We only process your health information where you have provided **explicit consent**. You may withdraw your consent at any time by contacting us using the details above.

6. Who we share your data with

We share your data only with trusted service providers:

- **Base44** – class bookings and customer management
- **Stripe** – payment processing

These providers act as **data processors** and process data only in accordance with our instructions.

7. International data transfers

Where data is transferred outside the UK, appropriate safeguards such as Standard Contractual Clauses are in place to protect your information.

8. How long we keep your data

- Booking data (name & email): **[24 months after last interaction]**
- PAR-Q health data: **[12 months after last attendance or until user deletes it themselves]**

Data is securely deleted when no longer required.

9. How we protect your data

Embodied Balance Studio uses secure systems and access controls. Access to health data is restricted to authorised instructors only.

10. Your rights

You have the right to:

- Access your personal data
- Request correction or deletion
- Withdraw consent
- Object to processing
- Lodge a complaint with the Information Commissioner's Office (ICO)

ICO website: ico.org.uk

11. Contact

For any questions about this privacy notice or your data, please contact us via our Facebook and Instagram page
