Privacy Notice

Yoga with Zuzana and Enfolding Touch Yoga and Massage Therapy

Data controller: Zuzana Brnova, sole trader

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Address: Moorcroft Cottage, Stretton Grandison, Ledbury, HR8 2TP

I respect your privacy and take care to protect your personal information. This notice explains how I collect, use, store, and share information when you contact me, book a service, attend a session, or use my websites.

What information I collect

I may collect your name, contact details, booking information, payment-related information supplied through booking or payment services, and communications with me. Depending on the service you choose, I may also collect health and medical information that is relevant to assessing suitability, identifying precautions, and supporting your safety during massage therapy, yoga classes, specialised yoga, private sessions, workshops, and retreats.

How I use your information

I use your information to respond to enquiries, manage bookings, provide services, communicate with you, process payments, maintain appropriate client records, and meet relevant legal, professional, and insurance-related obligations. I collect only information that is reasonably necessary for these purposes and take care to handle health information confidentially.

Health and medical information

Health information is treated as particularly sensitive. I use it only where relevant to the service you are considering or receiving, including to assess suitability, identify precautions, and adapt a session where appropriate. I do not automatically share health information between my two trading names. Any sharing between them is limited to circumstances where it is relevant and necessary for an appropriate purpose.

Booking and payments

I may use Reservie.net, Stripe, and Square to manage bookings, invoices, payment links, and payments. These providers process information under their own privacy arrangements. Please consult their privacy information for details of their processing.
Reservie.net privacy notice
Stripe privacy center
Square privacy information
I do not manually store complete payment card numbers or security codes.

Sharing your information

I do not routinely sell or share your personal information with unrelated third parties. Information may be processed by the booking, payment, website, or communication services I use. I may also disclose information where required by law or where a necessary and lawful disclosure is justified, including in an appropriate emergency.

Storage, security, and retention

I keep records in paper and digital form and use appropriate security measures, including password protection for digital records and secure storage for paper records. Relevant client health questionnaires, consultation forms, and treatment or session records are generally retained for seven years, in line with my understanding of my professional insurance requirements. Some records may need to be retained for a different period where required by law or justified by an ongoing claim or other legitimate need.

Marketing

I will respect the marketing preferences you choose on my forms. Marketing choices are optional and separate from information needed to assess suitability or provide a service. You can ask me to stop sending marketing communications at any time.

Websites and cookies

My websites include contact forms and links to other websites and services. I understand that my websites use essential cookies only; this will be checked against the websites' actual cookie and embedded-service settings. Other websites and services have their own privacy and cookie practices.

Your rights and contacting me

Depending on the circumstances, you may have the right to request access to your personal information, correct inaccurate information, request deletion, restrict or object to certain processing, or exercise other rights under data-protection law. These rights are subject to applicable legal conditions and exceptions, including where records must be retained. To ask a question or make a request, contact enfoldingtouchtherapies@gmail.com. You can also complain to the UK Information Commissioner's Office (ICO) if you are concerned about how your information is handled: ico.org.uk/make-a-complaint.

Reviewing this notice

This notice will be reviewed and updated as necessary.

Last updated: 14 October 2026

Important: This is a working privacy notice. Before publication, confirm and document the applicable UK GDPR Article 6 lawful basis and Article 9 condition for processing health information, and verify the websites' actual cookie and embedded-service behavior. The health-data legal basis is not yet stated in this notice.