

## Aspasiana Privacy Policy

**Effective Date:** 19 August 2025

Aspasiana respects your privacy and is committed to protecting your personal information. This Privacy Policy explains how we collect, use, and safeguard the information you provide when you visit our website or subscribe to our updates.

### 1. Information We Collect

When you interact with Aspasiana, we may collect:

- **Personal details** such as your name and email address (e.g., when you sign up for our newsletter or free resources, or fill in our contactform).
- **Usage data** such as your IP address, browser type, and time spent on our site (collected automatically via cookies or analytics tools).

### 2. How We Use Your Information

We use your information only for purposes you consent to, such as:

- Sending you yoga class schedules, updates, and wellness tips.
- Delivering free resources such as the *Morning Yoga Guide*.
- Improving our website and communication.
- Complying with legal obligations.

We **do not sell or rent** your personal information to third parties.

### 3. Email Communication

By subscribing or filling our contact form to our newsletter, you agree to receive emails from Aspasiana. You can unsubscribe at any time by clicking the “unsubscribe” link at the bottom of our emails.

### 4. Data Storage & Security

- Your data is stored securely using **Hostinger Reach (email marketing platform)** and/or integrated tools.
- We take reasonable technical and organizational measures to protect your information against unauthorized access or misuse.

## 5. Cookies & Tracking

Our website may use cookies or analytics tools to improve your experience and understand how visitors use our site. You can disable cookies in your browser settings.

## 6. Your Rights (GDPR & Similar Laws)

If you are located in the EU/EEA or other regions with data protection laws, you have the right to:

- Access the personal data we hold about you.
- Request corrections or deletion of your data.
- Withdraw your consent to email marketing at any time.

To exercise these rights, contact us at the email below.


## 7. Third-Party Services


We may use trusted third-party providers (such as email marketing platforms or website hosting services) to process and store your information. These providers are bound by data protection laws and this Privacy Policy.

## 8. Contact Us

If you have any questions about this Privacy Policy or how your information is handled, please contact:

### Aspasiana Yoga

 maaike@aspasiana.com

 Amsterdam, The Netherlands

## 9. Updates to This Policy

We may update this Privacy Policy from time to time. The latest version will always be available on this page.