



Privacy Policy – Edinburgh Yoga and Sports Therapy CIC

Last updated: 23/11/2025

Edinburgh Yoga and Sports Therapy CIC (“we”, “our”, or “us”) is committed to protecting the privacy and personal data of everyone who uses our services. This Privacy Policy explains what information we collect, how we use it, and your rights under UK data protection law (including the UK GDPR).

1. Who We Are

Edinburgh Yoga and Sports Therapy CIC

Address: 2nd Floor, 29-30 Maritime Street, Edinburgh, EH6 6SE

Email: eyst.scot@outlook.com

Phone: 07599902644

We act as the Data Controller for the personal information you provide.

2. What Personal Information We Collect

- Contact and identity information (name, address, email, phone, emergency contact)
- Health and medical information relevant to yoga or therapy participation
- Payment confirmations (not full card numbers)
- Booking and attendance records
- Website or online booking information such as cookies and IP addresses

3. How We Use Your Information

- To deliver yoga, sports therapy, massage and wellbeing services
- To ensure your safety and adapt sessions appropriately
- To manage bookings and communicate with you
- To maintain internal records or session notes
- To meet legal, safeguarding, and insurance obligations
- For optional marketing if you have consented

4. Lawful Bases for Processing

- Contract
- Legitimate Interests
- Legal Obligation
- Consent

- Vital Interests

5. Data Retention

- Therapy and treatment records: 7 years
- Client contact information: deleted after 2 years of inactivity
- Financial records: 6 years

6. Sharing Your Information

We may share data with:

- Booking and payment platforms
- Insurance providers
- Healthcare professionals (with your consent)
- Legal authorities where required

7. Data Security

We use secure digital systems, encrypted storage, and confidentiality practices to protect your data.

8. Your Rights Under UK GDPR

You have the right to:

- Access your data
- Request correction or deletion
- Withdraw consent
- Request portability
- Object to certain processing

9. Marketing Communications

You will only receive marketing messages if you opt in. You may unsubscribe anytime.

10. Cookies & Website Use

Cookies may be used for analytics, security and site functionality.

11. Contact Us

For questions or concerns about your data, contact:

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Phone: 07599902644

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If you are unhappy with our handling of your data, you may contact the Information Commissioner's Office (ICO).