SUHRIDA

THE SUBTLE ART OF PRESENCE

# PRIVACY POLICY – FULL VERSION

*Last updated: 27/12/2025*

Suhrida values your trust and takes the protection of your personal data seriously. This privacy policy explains how we collect, use, store, and protect your personal information, and what rights you have regarding your data.

This policy applies to all services offered by Suhrida and to the use of the Suhrida website. Suhrida is not responsible for the privacy practices of external websites or services linked from our site.

By using our website or services, you agree to this privacy policy.

## 1. WHO WE ARE

Suhrida

Steenvoordestraat 36, 8978 Watou

Belgium

VAT: BE1006.505.553

Email: info@suhrida.be

Phone: +32 (0) 470 525 208

Suhrida is a small holistic practice offering yoga and related activities.

## 2. PERSONAL DATA WE COLLECT

We only collect personal data that is necessary for our services.

a) Use of our services

When you sign up for classes, events, newsletters, or other offerings, we may collect:

- your name
- email address

- phone number
- billing or payment-related details

This data is used only to provide the service you requested.

b) Communication

When you contact us by email, message, or contact form, we may store:

- your contact details
- the content of your message

This allows us to respond and keep a clear communication record.

c) Website use and cookies

Our website uses cookies to function correctly and to understand how visitors use the site. Cookies are small text files stored on your device.

## 3. PURPOSE AND LEGAL BASIS

We process personal data only when there is a lawful reason, including:

- Performance of a contract: to provide classes, events, or services you requested
- Consent: for newsletters, communication, or non-essential cookies
- Legal obligation: for accounting or administrative requirements
- Legitimate interest: to manage and improve our services in a reasonable way

We do not use your data for purposes other than those described in this policy without your consent.

## 4. GOOGLE ANALYTICS

We use Google Analytics to understand how visitors use our website and to improve it. Google Analytics may collect anonymised data such as:

- pages visited
- time spent on the website
- general location (country or region)

This data is processed according to Google's privacy policies.

You can manage or withdraw your consent via the cookie settings on our website or by using Google's opt-out tools.

## 5. DATA STORAGE AND RETENTION

Your personal data is stored securely on:

- servers owned by Suhrida, or
- secure servers of trusted third-party service providers (such as website hosting or email services)

We keep personal data only as long as necessary to fulfil its purpose, unless a longer retention period is required by law.

## 6. SHARING WITH THIRD PARTIES

Suhrida does not sell, rent, or trade personal data.

In some cases, personal data may be processed by trusted third parties that support our services, such as:

- website hosting providers
- email or newsletter services
- analytics tools

These parties process data only on our behalf and are required to handle it securely and confidentially.

## 7. YOUR RIGHTS

Under the General Data Protection Regulation (GDPR), you have the right to:

- access your personal data
- correct inaccurate or incomplete data
- request deletion of your data
- withdraw your consent at any time
- object to certain types of processing
- request restriction of processing
- request a copy of your data (data portability)

To exercise any of these rights, please contact us using the details above.

You also have the right to lodge a complaint with the Belgian Data Protection Authority if you believe your data is not handled correctly.

## 8. NEWSLETTERS AND COMMUNICATION

If you subscribe to our newsletter, you can unsubscribe at any time using the link included in each email.

You may also contact us to update your details or request removal from our contact list.

## 9. DISABLING COOKIES

Most browsers accept cookies by default. You can change your browser settings to refuse cookies or to notify you when cookies are used.

Please note that disabling cookies may affect how some parts of the website function. Blocking cookies will not prevent the use of all tracking technologies.

## 10. CHANGES TO THIS POLICY

This privacy policy may be updated to reflect changes in our services or legal requirements. The most recent version will always be available on our website and as a downloadable PDF.

## 11. QUESTIONS OR CONTACT

If you have any questions about this privacy policy or how your personal data is handled, please contact:

Suhrida

info@suhrida.be

+32 (0) 470 525 208