

Privacy Policy for Mindfully Refreshed Wellness, LLC

Effective Date: November 15, 2024

Mindfully Refreshed Wellness, LLC ("we," "us," or "our") is committed to protecting your privacy. This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you visit our website [www.mindfullyrefreshed.com] and use our services, including our mindfulness coaching, wellness classes, and mental health resources. Please read this Privacy Policy carefully. If you do not agree with the terms of this policy, please do not access the website.

1. Information We Collect

Personal Information

We may collect personally identifiable information, such as your name, email address, phone number, and payment information when you voluntarily provide it to us, such as when you register for our courses, subscribe to our newsletter, or book services.

Non-Personal Information

We may also collect non-personal information, such as your browser type, device type, IP address, operating system, and browsing behavior through the use of cookies, analytics tools, and other technologies.

2. How We Use Your Information

We use the information we collect for purposes such as:

- Providing and managing our services, including mindfulness coaching, yoga classes, and wellness training.
- Processing your payments and bookings.
- Responding to your inquiries and customer service requests.
- Sending newsletters, promotions, and updates that may interest you.
- Improving our website, content, and services based on your feedback.
- Conducting analytics to understand how our users interact with our site.

3. Sharing Your Information

We do not sell, trade, or otherwise transfer your personally identifiable information to third parties, except as described below:

- Service Providers: We may share your information with third-party service providers to facilitate payment processing, marketing, email communication, and website analytics.
- Legal Obligations: We may disclose your information when required by law, such as in response to a subpoena or legal process.

4. Cookies and Tracking Technologies

We use cookies and similar tracking technologies to improve your browsing experience, analyze website traffic, and understand user preferences. You can control or disable cookies through your browser settings, but some features of our website may not function properly if cookies are disabled.

5. Data Security

We implement reasonable security measures to protect your personal information from unauthorized access, alteration, disclosure, or destruction. However, please be aware that no method of transmission over the internet or electronic storage is 100% secure.

6. Third-Party Links

Our website may contain links to third-party websites, apps, or services that are not affiliated with us. We are not responsible for the privacy practices of these third parties, and we encourage you to review their privacy policies before sharing any personal information.

7. Children's Privacy

Our services are not intended for individuals under the age of 18. We do not knowingly collect personal information from children. If we discover that a child under 18 has provided us with personal data, we will promptly delete it.

8. Your Privacy Rights

Depending on your location, you may have rights regarding your personal information, including the right to access, update, or delete your data. If you would like to exercise these rights, please contact us at [insert contact email].

9. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. The updated version will be posted on this page with the revised effective date. Your continued use of our website and services after any changes indicates your acceptance of the updated policy.

10. Contact Us

If you have any questions or concerns regarding this Privacy Policy, please contact us at:

Mindfully Refreshed LLC
Email: info@mindfullyrefreshed.com
Phone: 313-526-2256
Address: 8790 F Street, Omaha, NE 68127