

Yogastef collects and holds your email address and name associated with that account.

This information is kept in the cloud on a server secured by Google, is password protected and double secured with authenticator passwords which only Yogastef can directly access.

We collect your email address only with your consent opting in to subscribe to our email updates. Same with other contact info.

Your data will not be shared with anyone else or any other company or third party other than to display customised ads to you in the sidebar of your browser if you give consent in your browser for cookies to do so.

We will use your email address and we also collect cookies to keep you updated of important information about retreats you are booked onto, to help you stay aware of what we have coming in the future and to occasionally share with you our original content like health articles and instructional videos for you to enjoy healthy living even when you're not with us.

This will occasionally include using very occasionally Facebook promotions and Google Adwords which will hopefully show up in the sidebars when you're browsing. So less annoying, irrelevant ads and you'll be

treated to more inspirational wellbeing things.

We send newsletters very occasionally and nowhere near often enough to be annoying (not least because we're in the business of helping you stay healthy and happy). But if for any reason you wish to opt out you can do so at any time by email request.

In which case we will delete your information fully.