



# Thrive Yoga Privacy & Confidentiality Policy

*Last updated: 08 November 2025*

At **Thrive Yoga**, we respect your privacy and are committed to protecting your personal information. This Privacy Policy explains how we collect, use, store, and safeguard your data when you visit [thriveyoga.com.au](https://thriveyoga.com.au), book classes, or engage with our services.

## Information We Collect

We may collect the following types of information:

- **Personal details:** Name, email address, phone number, and billing information when you register or make a payment.
- **Wellness preferences:** Class selections, interests, or accessibility needs to tailor programs for seniors and guests.
- **Technical data:** IP address, browser type, and device information for website analytics and security.
- **Cookies and usage data:** To improve site performance and personalize your experience.

## How We Use Your Information

Your information helps us:

- Provide and manage yoga classes, workshops, and wellness resources.
- Communicate updates, schedules, and guest-friendly guides.
- Process secure payments (e.g. PayID, or card transactions).
- Improve our website, resources, and senior-focused programs.
- Comply with legal and regulatory requirements.

### ◆ Sharing of Information

We do **not sell or rent** your personal information. We may share data only with:

- **Trusted service providers** (e.g., payment processors, hosting platforms) who help us deliver services.
- **Legal authorities** if required by law.

## Data Security

We take practical steps to protect your information:

- Secure hosting and encrypted payment gateways as provided by WIX
- Limited access to personal data by authorized staff only.
- Regular updates to maintain safe and durable systems.

## Your Rights

You have the right to:

- Access and request a copy of your personal information.
- Correct or update inaccurate details.
- Request deletion of your data, subject to legal obligations.
- Opt out of marketing communications at any time.



## Cookies & Tracking

- Thrive Yoga uses cookies to enhance your browsing experience. You can adjust your browser settings to refuse cookies, but some features may not function properly.

## Third-Party Links

- Our website may include links to external sites (e.g., wellness resources or partner services). We are not responsible for their privacy practices.

## Contact Us

- If you have questions about this Privacy Policy or how your information is handled, please contact us:  [privacy@thriveyoga.com.au](mailto:privacy@thriveyoga.com.au)  Lake Macquarie, NSW, Australia