Privacy Policy

Who I Am
I’m Deniz Paradot, a Qigong teacher, mindfulness coach and celebrant based in Norfolk, UK. My website address is: www.denizparadot.co.uk

What Personal Data I Collect and Why
When you contact me, book a class, register interest in a course, or join my community, I may collect:
- Your name
- Your email address
- Your phone number
- Any information you choose to share in a message or booking form

This helps me:
- Respond to your enquiry
- Book and manage classes or sessions
- Send you relevant updates about classes or services

How I Store and Protect Your Data
Your information is stored securely and only for as long as necessary for the purpose you shared it with me. I never sell or share your information with anyone else, except if required by law.

Cookies
My website may use cookies (small text files) to help it run smoothly and to understand how visitors use it. You can adjust your browser settings to manage cookies or turn them off.

Your Rights
You can request to see, update or delete your personal data at any time. To do this, please contact me directly.

Contact
If you have any questions about this Privacy Policy, you can reach me at:
hello@denizparadot.co.uk