

Privacy Policy

1. Introduction

Welcome to Hypnobirthing Positive Birth! We are committed to protecting your privacy. This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you visit our website <https://www.hypnobirthing-positive-birth.com> and use our services, including our advertising efforts on platforms such as Facebook and Google. Please read this policy carefully. If you do not agree with the terms of this policy, please do not access our site.

2. Information We Collect

- **Personal Data:** When you register on our site, subscribe to our newsletter, or fill out a form, we may collect personal information such as your name, email address, mailing address, phone number, and other contact details.
- **Usage Data:** We automatically collect information about your interactions with our site, such as your IP address, browser type, operating system, referring URLs, pages visited, and the dates/times of your visits.
- **Cookies and Tracking Technologies:** We use cookies, web beacons, and similar tracking technologies to collect data about your browsing behavior on our site and for advertising purposes.

3. How We Use Your Information

We use the information we collect for various purposes, including:

- To provide, operate, and maintain our website and services.
- To improve, personalize, and expand our website and services.
- To communicate with you, including customer service, updates, and marketing.
- To process transactions and send you related information.
- To detect and prevent fraud and security issues.
- **For Advertising Purposes:** To show you targeted advertisements and measure the effectiveness of our ad campaigns on platforms like Facebook and Google.

4. Disclosure of Your Information

We may share your information in the following situations:

- **With Service Providers:** We may share your information with third-party vendors, service providers, contractors, or agents who perform services for us or on our behalf, including advertising partners like Facebook and Google.
- **For Business Transfers:** We may share or transfer your information in connection with, or during negotiations of, any merger, sale of company assets, financing, or acquisition of all or a portion of our business.
- **With Your Consent:** We may disclose your personal information for any other purpose with your consent.

5. Advertising and Analytics Services Provided by Others

We may allow others to provide analytics services and serve advertisements on our behalf across the internet and in applications. These entities may use cookies, web beacons, device identifiers, and other technologies to collect information about your use of our website and other sites and applications, including your IP address, web browser, pages viewed, time spent on pages, links clicked, and conversion information. This information may be used by Hypnobirthing Positive Birth and others to, among other things, analyze and track data, determine the popularity of certain content, deliver advertising and content targeted to your interests on our website and other websites, and better understand your online activity.

For example, we use Google Analytics to help analyze how users use the site. The information generated by the cookie about your use of the website (including your IP address) will be transmitted to and stored by Google on servers in the United States. Google will use this information for the purpose of evaluating your use of the website, compiling reports on website activity for website operators, and providing other services relating to website activity and internet usage.

6. Security of Your Information

We use administrative, technical, and physical security measures to protect your personal information. While we strive to protect your personal information, no method of transmission over the internet or method of electronic storage is completely secure, and we cannot guarantee absolute security.

7. Your Data Protection Rights

Depending on your location, you may have the following rights regarding your personal information:

- The right to access – You have the right to request copies of your personal data.
- The right to rectification – You have the right to request that we correct any information you believe is inaccurate or complete information you believe is incomplete.
- The right to erasure – You have the right to request that we erase your personal data, under certain conditions.
- The right to restrict processing – You have the right to request that we restrict the processing of your personal data, under certain conditions.
- The right to object to processing – You have the right to object to our processing of your personal data, under certain conditions.
- The right to data portability – You have the right to request that we transfer the data that we have collected to another organization, or directly to you, under certain conditions.

8. Third-Party Websites

Our website may contain links to third-party websites. We are not responsible for the privacy practices or the content of those websites. Please review the privacy policies of any third-party websites you visit from our site.

9. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. We will notify you of any changes by posting the new Privacy Policy on this page. You are advised to review this Privacy Policy periodically for any changes. Changes to this Privacy Policy are effective when they are posted on this page.

10. Contact Us

If you have any questions about this Privacy Policy, please contact us:

- By email: popthatmumma@gmail.com
- By phone: 07584061282
- By mail: 17 Lankaster Gardens, London, N29AZ, GB