

Privacy Policy

Effective Date: February 14, 2026

We respect your privacy and are committed to protecting your personal information.

Information We Collect

When you visit this website, we may collect certain information automatically, including your IP address, browser type, device information, pages visited, and time spent on the site. This information is collected through analytics tools such as Google Analytics to help us understand website performance and improve user experience.

If you submit a contact form, schedule a service, or sign up for email communications, we may collect your name, email address, phone number, and any information you voluntarily provide.

Email List and Mailchimp

If you sign up for our email newsletter, we use Mailchimp as our email service provider. We will not sell or share your email address with anyone outside of Mailchimp's systems. Every email includes an unsubscribe option, or you may contact us directly to opt out at any time.

Podcast Analytics

We use Castos to host and deliver our podcast. Castos may collect anonymous listener data such as IP address, playback activity, and device type for analytics purposes.

How We Use Information

We use collected information to:

- Respond to inquiries and provide services
- Improve website functionality and content
- Analyze traffic and marketing performance
- Communicate with you if you opt in to receive updates

Cookies and Tracking Technologies

This website uses cookies and similar tracking technologies to analyze website traffic and enhance your browsing experience. You may adjust your browser settings to refuse cookies or use the cookie consent options provided on this site.

Payments

Payments are processed securely via Square, and we do not store payment information on our website.

Data Sharing

We do not sell, trade, or rent your personal information. We may use third-party service providers (such as analytics platforms) to help operate our website.

Your Choices

You may request access to, correction of, or deletion of your personal information by contacting us at:
Lois@yogawithlois.com

Updates

This Privacy Policy may be updated periodically. Any changes will be posted on this page