



Mindfulness Breathing App

Believe in happiness - Privacy Policy

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”

Jon Kabat Zinn



Privacy Policy

THIS POLICY SETS OUT THE PERSONAL AND OTHER INFORMATION MINDFULNESS BREATHING COLLECT ABOUT YOU AND YOUR USE AND VISIT OF OUR WEBSITE OR MMINDFULNESS 1-9 APP.

Mindfulness App

We do not currently collect any information. Any information that maybe collected via in app purchases in kept strictly inline with the stores privacy statements or unless otherwise stated at time of purchase.

Mindfulness App Newsletter

If you sign up to mindfulness counting app newsletter, updates and offers your details will not be shared with any 3rd party unless otherwise indicated at time of sign up.

Information about us

Mindfulness Breathing website www.mindfulness-breathing.co.uk was founded by Huw Griffiths.

If you have any questions about this privacy policy please contact support@mindfulness-breathing.co.uk,

What information do we collect?

- (a) We use cookies and google analytics to keep track of people coming and going from our site to improve the user experience.
- (b) Information provided by / entered by a user.

How we collect such information

We collect information by using cookies.

A cookie is a small amount of computer code that is sent by our web site, to your internet browser. Your browser will then send information back to the web server each time the browser requests a page from the server.

The analytics program the is widely used is called Google available their privacy policy can be found at: <http://www.google.com/privacypolicy.html>.

Using your personal and other information

We may use your personal information to:

- (a) improve our website;
- (b) improve your experience of our website;
- (c) send you general (non-marketing) commercial communications;
- (d) provide Google with statistical information about visitors to our website for the purpose of the Google Analytics services

(e) deal with communication made by or about you relating to our website and services;
(f) notify you of changes to this privacy policy and/or our terms and conditions.
We will not use your details for direct marketing unless previously agreed.

Disclosures

We may disclose information about you to any member of our company. We will not provide your personal details to 3rd parties unless prior acknowledgement and agreement has been confirmed.

In addition, we may disclose information about you:

- (a) in order to establish, exercise or defend our legal rights this also includes providing information to others for the purposes of fraud prevention and reducing credit risk and prevention.
- (b) where you give us your consent to do so.

Except as provided and stated in this privacy policy, we will not provide your information to third parties.

International data transfers

We host our server on 'cloud server' in the United Kingdom. Any information provided by you or which we otherwise obtain will be transferred to our cloud server. The cloud server creates several replication of itself throughout the globe. By using our website, you agree to such transfer of your personal information being distributed to our hosting cloud server.

Security of your information

We ensure that information we collect from our website is protected by appropriate qualified technicians to implement measures so as to ensure that such information is not accidentally or unlawfully accessed, lost, altered, destroyed or disclosed.

However, data transmission over the internet is inherently insecure. We strive to implement encryption and protection to your data stored, but cannot guarantee the security of data sent over the internet.

You are responsible for keeping any passwords or other user details confidential.

Policy amendments

We may update this privacy policy on our website. You should check this page to ensure you are happy with any changes made.

Your rights



You may instruct us to provide you with any personal information we may hold about you. Such information may incur a administration fee of £15.00.
You may instruct us not to send you marketing email at any time and request to have you account cancelled

Thank you for using our website and hope you enjoy your experience with Mindfulness-health.co.uk