

Privacy Policy

Last Updated: 11 February 2025

Rhythm Breathwork, operated by **Nadine Rouleaux**, is responsible for processing personal data as described in this Privacy Policy. This policy complies with the **General Data Protection Regulation (GDPR / AVG)** and applies to all clients, website visitors, and participants of Rhythm Breathwork's services.

 **Business Name:** Rhythm Breathwork

 **Owner:** Nadine Rouleaux

 **Chamber of Commerce (KvK) Registration Number:** 88260313

 **Website:** www.embracerhythm.com

 **Email:** hello@nadinrouleaux.com

 **Phone:** +31 612779724. Available on business days 10 am to 4 pm CET

For any privacy-related inquiries, please contact hello@nadinrouleaux.com.

1. Personal Data We Collect

Rhythm Breathwork collects personal data when you book a session or coaching program, participate in a workshop or retreat, subscribe to the newsletter, download content, or communicate with us via email or social media.

Rhythm Breathwork collects personal data when you:

- **Book a session, workshop, or retreat.**
- **Subscribe to the newsletter or download free content.**
- **Fill in a contact form or communicate with us via email or social media.**
- **Make a purchase via the website or join an online course platform.**
- **Create an account on our online course platform.**

The personal data we collect includes:

- **Full Name**
- **Email Address**
- **Phone Number**
- **Billing Address (if applicable)**
- **Payment Information** (processed securely via third-party payment providers)
- **Health-related information** (only if voluntarily provided by the Client regarding breathwork contraindications)
- **Website interaction data** (via cookies and analytics)

We do not collect or process **special categories of personal data** (such as race, religion, or biometric data) unless explicitly required for service delivery and only with your consent.

Data collected when you sign up for an online course platform

If you register for an **online course, membership, or digital program**, we may collect the following additional information:

- **Account Information:** Full name, email address, username, and password.
- **Payment Details:** If applicable, processed securely through third-party providers
- **Course Progress & Activity:** Courses accessed, progress, quiz completions, and interactions within the platform.
- **Community Interaction Data (if applicable):** Posts, comments, or messages exchanged within private groups or forums.

This data is collected to:

- ✓ Provide you with access to the course platform and learning materials.
- ✓ Track progress and improve course experience.
- ✓ Offer customer support related to course access and payments.

Your **account data** will be retained **as long as your account remains active**. You may request deletion of your account and associated data at any time by emailing hello@nadinrouleaux.com.

2. Purpose & Legal Basis for Processing Data

We process personal data for the following purposes:

- To manage and confirm bookings for sessions, programs, workshops, and retreats.
- To process payments and comply with Dutch tax regulations.
- To personalize services based on individual needs and preferences.
- To communicate important updates about our services.
- To send newsletters, promotional offers, and service updates (only with consent).
- To respond to inquiries via email or social media.

The legal basis for processing personal data depends on the specific situation. In most cases, data is processed for **the performance of a contract** (e.g., processing bookings and payments), to fulfill **legal obligations** (e.g., maintaining financial records), or based on **legitimate interests** (e.g., improving website performance). In cases where consent is required, such as for marketing communications, you have the right to withdraw your consent at any time.

If you no longer wish to receive marketing emails, you can unsubscribe via the link at the bottom of each email or by contacting us at hello@nadinrouleaux.com.

3. Automated Decision-Making

Rhythm Breathwork does not engage in automated decision-making that could have a significant impact on individuals. This means that decisions affecting your services, access, or payments are never made by algorithms without human oversight.

4. Sharing Personal Data with Third Parties

Rhythm Breathwork does **not sell personal data** to third parties. However, in some cases, your data may be shared with trusted service providers who assist in processing payments, managing our website, or handling email communications. These third parties are required to comply with **GDPR regulations** and ensure the security of your data.

Additionally, we may be required to share personal data if **legally obligated** to do so, such as by Dutch tax authorities or a court order. In such cases, we will only provide the minimum information necessary to fulfill legal requirements.

5. Data Retention Period

We retain personal data only for as long as necessary to fulfill the purposes outlined in this policy, unless a longer retention period is required by law.

- **Booking & Payment Data:** Stored for **7 years**, as required by Dutch tax regulations.
- **Newsletter & Marketing Data:** Stored **until you withdraw consent** or request deletion.
- **Health-related Information:** Stored only during the service period and deleted afterward unless legally required.

If you request the deletion of your personal data, we will comply unless legal obligations require us to retain certain information.

6. Your Rights (GDPR/AVG Compliance)

As a client or website visitor, you have several rights concerning your personal data under the **General Data Protection Regulation (GDPR)**. You may exercise these rights by sending an email to **hello@nadinrouleaux.com**. We will respond to your request within **one month** of receipt. If an extension is required due to the complexity of the request, we will inform you accordingly.

Your Rights Include:

- **Right to Information** – You have the right to know which of your personal data we collect, how it is used, and for what purposes.
- **Right of Access** – You may request access to the personal data we store about you and obtain a copy, provided this does not infringe on the privacy rights of others.
- **Right to Rectification & Deletion** – You have the right to request corrections to inaccurate or incomplete data. You may also request **partial or full deletion of your data**, provided that the data is **not legally required** to be retained or **does not impact the rights of others**.

- **Right to Restrict Processing** – In certain situations, you may request that we **limit the processing of your personal data** (e.g., if you dispute its accuracy).
- **Right to Object** – You can object to the processing of your data in specific cases, such as direct marketing.
- **Right to Data Portability** – You may request that we transfer your data to you or another organization in a structured, commonly used, and machine-readable format where technically possible.
- **Right to Withdraw Consent** – If processing is based on your consent (e.g., marketing emails), you have the right to withdraw consent at any time.

Complaints & Dispute Resolution

If you are **not satisfied** with how we handle your personal data, please contact us first at **hello@nadinerouleaux.com**. We will make every effort to resolve the issue together.

If you are still dissatisfied, you have the right to **file a complaint** with the **Autoriteit**

Persoonsgegevens (Dutch Data Protection Authority) via <https://autoriteitpersoonsgegevens.nl>

7. Data Security Measures

We take the protection of your personal data seriously and implement appropriate security measures to prevent unauthorized access, loss, or misuse. These measures include encrypted payment processing, secure storage of electronic records, and restricted access to personal data. If you suspect a data breach, please contact us immediately at **hello@nadinerouleaux.com**.

8. Cookies & Tracking Technologies

Rhythm Breathwork uses cookies to enhance the functionality of the website and analyze visitor behavior. Cookies are small text files stored on your device when you visit our website.

We use:

- **Functional cookies** to ensure the website operates smoothly.
- **Analytical cookies** to collect anonymized data on website usage (e.g., Google Analytics).

9. Policy Updates & Changes

Rhythm Breathwork reserves the right to update this Privacy Policy as necessary to reflect legal or operational changes. Updates will be posted on this page, and significant changes may be communicated via email. We encourage you to review this policy periodically to stay informed.

If you continue to use our services after an update, we will assume you have accepted the revised terms.

Final Notes & Contact

If you have any questions about this Privacy Policy or wish to exercise your GDPR rights, please contact: **hello@nadinerouleaux.com**

