

PRIVACY POLICY

Last Updated: March 14, 2025

Welcome to **Vital Stillness**. Your privacy is important to us. This Privacy Policy outlines how we collect, use, and protect your personal information when you visit our website (www.vitalstillness.com) and use our Services, including **assessments, coaching, consulting, and digital content**.

1. Information We Collect

We may collect the following information:

- **Personal Information:** Name, email address, phone number, and payment details when you purchase a service.
- **Technical Data:** IP address, browser type, and cookies to enhance user experience.
- **User-Provided Data:** Responses to assessments, coaching progress, or feedback.

2. How We Use Your Information

We use collected data for:

- **Service Delivery:** Processing payments, providing coaching/consulting, and delivering digital products.
- **Customer Support:** Responding to inquiries and providing technical assistance.
- **Marketing:** Sending promotional emails (only if you opt-in).
- **Analytics:** Improving our website and offerings.

3. Cookies & Tracking Technologies

We use cookies and analytics tools (such as Google Analytics) to track usage and enhance your experience. You can disable cookies in your browser settings.

4. Third-Party Services

We may share necessary data with trusted third-party providers (such as Stripe for payments and email marketing tools) but **do not sell your data** to third parties.

5. Opt-Out & Data Deletion

You may **unsubscribe from marketing emails** at any time by clicking "unsubscribe" in emails. To request **data deletion**, contact us at info@vitalstillness.com.

6. Data Security

We use industry-standard security measures to protect your data. However, no online platform is 100% secure, and we cannot guarantee absolute security.

7. Your Rights Under GDPR & CCPA

If you are in the **EU (GDPR) or California (CCPA)**, you have the right to:

- Request access to your data
- Ask for corrections or deletion
- Restrict processing of your data
- Object to marketing communications

8. Changes to This Policy

We may update this policy periodically. Continued use of our services indicates acceptance of any changes.

9. Contact Us

For questions about this policy or your data rights, email us at: info@vitalstillness.com.