



COOKIE POLICY

This is the Cookie Policy for Ruth Edwards Global Ltd (Trading name: The Somatic Healing Coach), accessible from www.thesomatichealingcoach.com

WHAT ARE COOKIES

As is common practice with almost all professional websites this site uses cookies, which are tiny files that are downloaded to your computer, to improve your experience. This page describes what information they gather, how we use it and why we sometimes need to store these cookies. We will also share how you can prevent these cookies from being stored however this may downgrade or 'break' certain elements of the sites functionality.

Cookies can either be:

1. Session - which are deleted every time you leave your website or close your browser
2. Persistent - which stay on your computer until a specific expiry date or until you decide to remove them

For more general information on cookies, please read ["What Are Cookies"](#).

HOW WE USE OUR COOKIES

We use cookies for a variety of reasons detailed below. Unfortunately, in most cases there are no industry standard options for disabling cookies without completely disabling the functionality and features they add to this site. It is recommended that you leave on all cookies if you are not sure whether you need them or not in case they are used to provide a service that you use.

DISABLING COOKIES

You can prevent the setting of cookies by adjusting the settings on your browser (see your browser Help for how to do this). To find out more about cookies, including how to see what cookies have been set, visit www.aboutcookies.org or

www.allaboutcookies.org. To opt out of being tracked by Google Analytics across all websites, visit: <https://support.google.com/analytics/answer/181881?hl=en>

Be aware that disabling cookies will affect the functionality of this and many other websites that you visit. Disabling cookies will usually result in also disabling certain functionality and features of this site. Therefore, it is recommended that you do not disable cookies.

THE COOKIES WE SET (First Party Cookies)

The first party cookies we use don't gather information about you for marketing purposes or to track where else you have visited on the internet. The cookies are used to safeguard the security of our site and any information you enter.

1. Forms related cookies – When you submit data to through a form such as those found on contact pages or comment forms cookies may be set to remember your user details for future correspondence.
2. Site preferences cookies – In order to provide you with a great experience on this site we provide the functionality to set your preferences for how this site runs when you use it. In order to remember your preferences we need to set cookies so that this information can be called whenever you interact with a page is affected by your preferences.
3. Orders processing related cookies – This site offers e-commerce or payment facilities and some cookies are essential to ensure that your order is remembered between pages so that we can process it properly.

THIRD PARTY COOKIES

In some special cases we also use cookies provided by trusted third parties. The following section details which third party cookies you might encounter through this site.

1. This site uses Google Analytics which is one of the most widespread and trusted analytics solution on the web for helping us to understand how you use the site and ways that we can improve your experience. These cookies may track things such as how long you spend on the site and the pages that you visit so we can continue to produce engaging content. For more information on Google Analytics cookies, see the official Google Analytics page. GoHighLevel and Loom may also place cookies on the pages you visit for statistical purposes.
2. From time to time we test new features and make subtle changes to the way that the site is delivered. When we are still testing new features these cookies may be used to ensure that you receive a consistent experience whilst on the site whilst ensuring we understand which optimisations our users appreciate the most.
3. We also use social media buttons and/or plugins on this site that allow you to connect with your social network in various ways. For these to work the following social media sites including; Linked In, Google, Facebook, Instagram and You Tube, will set cookies through our site which may be used to enhance your profile on their site or contribute to the data they hold for various purposes outlined in their respective privacy policies.

Ruth Edwards Global Ltd. registered in England and Wales with company Number 15712992.

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