

Privacy statement Esther Berlie, last updated February 20, 2023

I, Esther Berlie, care about your privacy. I try my best to handle your personal data confidential and in accordance with the General Data Protection Regulation. In this document I describe what data I collect and what happens with your data.

If you decide to sign up for my free newsletter or for one of my free products, I need your e-mail address and first name to be able to send them to you. When you sign up for one of my free products or have bought one of my services or products, you will also automatically receive my free newsletter. In my free newsletter, which I send out via e-mail, you will find inspiration (e.g. blogs, meditations, videos) and updates about my products and services. You will receive a maximum of 4 newsletters a month. To be able to send these newsletters, I will enter your name and e-mail address in Mailchimp. If you don't want to receive these e-mails, you can un-subscribe anytime via the link at the bottom of the e-mails or you can e-mail to estherberlie@gmail.com and ask me to remove you from my mailing list. I will then delete your details from Mailchimp.

When you book in for a individual (polarity) session or when you sign up for a workshop, course or training, I will ask for your full name, e-mail address, address, postcode, city and phone number. I will use your name and address to create a digital receipt and I will send this receipt to your e-mail address. I will save this receipt online in my protected Dropbox account for 7 years, like the Dutch tax authorities require. I will also add you to my newsletter mailing list as described above. If you don't want to be signed up to my newsletter, please let me know when you purchase the product or service. I need your phone number to be able to contact you directly in case I have some last minute updates about the workshop, course or training.

When you book a polarity therapy session through my website, you will be asked to fill out a short questionnaire via my website, in order to be able to determine if I can help you out. Before or during your first polarity session, I will ask you to fill out a more comprehensive health form, either via e-mail or on paper. On this form I will ask you questions about your occupation, your diet, your health, medical history, medication and what your goals for the session are. I need this information to safely give you a polarity therapy session and to tailor the session to your needs. I might use your phone number and/or email address to check up on you after the session or to send you some additional information. I will keep a digital version of your health forms in my protected Dropbox account for 18 months after your last session. If you filled out a paper version of the health form, I will digitalise it on the same day as your session and I will destroy the paper version immediately afterwards. I will also keep digital notes of our sessions. I will keep these notes in my protected Dropbox account. 18 months after our last session, I will delete your health form and my notes of the session from my Dropbox account.

I make use of Google Analytics on my website. Google Analytics saves the ip addresses of the visitors of my website in an anonymous way and deletes them after 14 months.

I store your data on my protected Dropbox account and do not sell or give your data to other parties than described above.

If you would like to know what personal data of yours are registered at my company, please send an email with your request to estherberlie@gmail.com.