

This privacy policy describes how we process information about you, including personal data and cookies.

1. General information

1 This policy applies to the Website, operating under the url: joginkawpodrozy.com

(2) The operator of the Website and the Administrator of personal data is: Anna Chomczyk Yoga Fabryczna 8/16 15-483 Bialystok.

3. e-mail contact address of the operator: kontakt@joginkawpodrozy.com

4th The Operator is the Administrator of your personal data with regard to the data you voluntarily provide on the Website.

5. the Service uses personal data for the following purposes:

a. Running a newsletter

6. The Service performs functions of obtaining information about users and their behavior as follows:

a. Through voluntarily entered data in the forms, which are entered into the Operator's systems.

b. By storing cookies (so-called "cookies") in the end devices.

2. Selected methods of data protection used by the Operator

(1) Sites for logging in and entering personal data are protected in the transmission layer (SSL certificate). As a result, personal and login data entered on the site are encrypted on the user's computer and can only be read on the target server.

(2) User passwords are stored in hashed form. The hashing function works one-way - it is not possible to reverse its operation, which is now the modern standard for storing user passwords.

(3) An important element of data protection is the regular updating of all software used by the Operator to process personal data, which in particular means regular updates of software components.

3. Hosting

1. the Service is hosted (technically maintained) on the servers of the operator: another company

2. the hosting company, in order to ensure technical reliability, keeps logs at the server level. The logging may include:

a. resources specified by URL identifier (addresses of requested resources - pages, files),

b. time of arrival of the request,

c. time of sending the response,

d. the name of the client's station - identification implemented by the HTTP protocol,

e. information about errors that occurred during the execution of HTTP transactions,

f. URL address of the page previously visited by the user (referrer link) - in case the user accessed the Website through a link,

g. information about the user's browser,

- h. information about the IP address,
- i. diagnostic information related to the process of self-ordering services through registrars on the site,
- j. information related to the handling of e-mails addressed to the Operator and sent by the Operator.

4. your rights and additional information about the use of data

(1) In certain situations, the Administrator has the right to transfer your personal data to other recipients, if this is necessary for the performance of the contract concluded with you or for the fulfillment of obligations incumbent on the Administrator. This applies to such groups of recipients:

- a. persons authorized by us, employees and associates who need to have access to personal data in order to perform their duties,
- b. the hosting company,
- c. companies that handle mailings,
- d. companies that handle SMS messages,
- e. companies with which the Administrator cooperates in the field of own marketing,
- f. couriers,
- g. insurers,
- h. law firms and debt collectors,
- i. banks,
- j. payment operators,
- k. public authorities.

2. Your personal data processed by the Administrator for no longer than it is necessary to perform the related activities specified by separate regulations (e.g. on accounting). With regard to marketing data, data will not be processed for longer than 3 years.

(3) You have the right to request from the Administrator:

- a. access to personal data concerning you,
- b. their rectification,
- c. deletion,
- d. limitation of processing,
- e. and data portability.

(4) You have the right to object, with respect to the processing indicated in Section 3.2, to the processing of your personal data for the purpose of carrying out the legitimate interests pursued by the Administrator, including profiling, however, the right to object shall not be exercised if there are valid legitimate grounds for the processing, overriding your interests, rights and freedoms, in particular the establishment, assertion or defense of claims.

(5) The actions of the Administrator may be complained about to the President of the Office for Personal Data Protection, ul. Stawki 2, 00-193 Warsaw.

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(6) Providing personal data is voluntary, but necessary to operate the Service.(7) Automated decision-making, including profiling for the purpose of providing services under the concluded agreement and for the purpose of direct marketing by the Administrator may be undertaken in relation to you.(8) Personal data are not transferred from third countries in the sense of data protection regulations. This means that we do not send them outside the European Union.5. information in forms(1) The Service collects information voluntarily provided by the user, including personal data, if provided.(2) The Service may record information about the parameters of your connection (time stamp, IP address).

(3) The Service, in some cases, may record information to facilitate the association of the data in the form with the e-mail address of the user completing the form. In this case, the e-mail address of the user appears inside the url of the page containing the form.

(2) The service may save information about the parameters of the connection (time stamp, IP address).

(3) The service, in some cases, may save information to facilitate the association of the data in the form with the e-mail address of the user filling out the form. In this case, the e-mail address of the user appears inside the url of the page containing the form.(4) The data provided in the form are processed for the purpose resulting from the function of the specific form, such as to perform the process of service request or business contact, registration of services, etc. Each time the context and description of the form clearly informs what it is used for.6 Administrator's Logs(1) User behavior information on the site may be subject to logging. This data is used to administer the site.7. relevant marketing techniques

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7. relevant marketing techniques

1 The operator uses the Facebook pixel. This technology causes Facebook (Facebook Inc. based in the USA) to know that a person registered with it is using the Service. In this case, it relies on data in relation to which it is itself an administrator; the Operator does not transfer any additional personal data from itself to Facebook.The service is based on the use of cookies on the user's terminal device.8 Information about cookies(1) The Service uses cookies.

(2) Cookies (so-called "cookies") are IT data, in particular text files, which are stored in the Service User's terminal equipment and are intended for use on the Website. Cookies usually contain the name of the website from which they originate, the time they are stored on the terminal equipment and a unique number.

(3) The entity placing cookies on the terminal equipment of a Service User and accessing them is the Service operator.

4. Cookies are used for the following purposes:

a. maintaining a session of a User of the Website (after logging in), thanks to which a User does not have to re-enter his/her login and password on each sub-page of the Website;

b. realization of the purposes specified above in the section “Important marketing techniques”;

(5) The Service uses two main types of cookies:

“session” (session cookies) and “permanent” (persistent cookies). “Session” cookies are temporary files that are stored on the User's terminal equipment until the User logs out, leaves the website or shuts down the software (web browser). “Permanent” cookies are stored on the User's end device for the time specified in the parameters of the cookies or until they are deleted by the User.(6) Web browsing software (web browser) usually allows the storage of cookies on the User's final device by default.

Users of the Website may change their settings in this regard. The web browser makes it possible to delete cookies. It is also possible to automatically block cookies Detailed information on this subject is contained in the help or documentation of the Internet browser.

7) Restrictions on the use of cookies may affect some of the functionality available on the Website.

8. Cookies placed in the Service User's terminal equipment may also be used by entities cooperating with the Service Operator, in particular this concerns companies: Google (Google Inc. based in the USA), Facebook (Facebook Inc. based in the USA), Twitter (Twitter Inc. based in the USA).

9. Cookie management - how to give and withdraw consent in practice?

(1) If you do not want to receive cookies, you can change your browser settings.We stipulate that disabling cookies necessary for authentication processes, security, maintenance of user preferences may hinder, and in extreme cases may prevent the use of the websites

2 To manage your cookie settings, select the web browser you are using from the list below and follow the instructions:

o Edge

o Internet Explorer

o Chrome

o Safari

o Firefox

o Opera

Mobile devices:

o Android

o Safari (iOS)

o Windows Phone