

Privacy Policy

Last updated: September 2026

At **The Laughter Gym**, we respect your privacy and are committed to protecting any personal information you choose to share with us.

This Privacy Policy explains how we collect, use and protect your information when you visit our website or contact us through our enquiry form.

1. Information We Collect

When you submit an enquiry through our website, we may collect information such as:

- Your name
- Email address
- Telephone number
- Organisation or company name
- Information you choose to provide about your enquiry or event

We only collect information that is reasonably necessary to respond to your enquiry and provide information about our Laughter Yoga sessions.

2. How We Use Your Information

We may use the information you provide to:

- Respond to your enquiry
- Discuss your requirements and answer questions
- Provide information about our Laughter Yoga sessions
- Arrange or discuss potential bookings
- Communicate with you about your enquiry

We will not use your personal information for unrelated purposes without your consent.

3. Sharing Your Information

We do not sell, rent or trade your personal information.

We may share your information with trusted service providers where necessary to operate our website or manage enquiries, such as our website hosting or enquiry-form provider. Where this happens, we take reasonable steps to ensure your information is handled securely.

4. How We Protect Your Information

We take reasonable measures to protect the personal information we receive from unauthorised access, loss, misuse or disclosure.

However, no method of transmitting or storing information online can be guaranteed to be completely secure.

5. How Long We Keep Your Information

We only keep your personal information for as long as reasonably necessary to respond to your enquiry, manage our relationship with you, or meet any legal or administrative requirements.

When your information is no longer needed, we will take reasonable steps to securely delete or dispose of it.

6. Your Rights

Depending on the circumstances, you may have rights regarding the personal information we hold about you, including the right to:

- Ask what personal information we hold about you
- Request that inaccurate information is corrected
- Request that your information is deleted
- Object to certain uses of your information
- Request restrictions on how your information is used

If you would like to exercise any of these rights, please contact us using the details below.

7. Cookies

Our website may use cookies or similar technologies to ensure the website functions properly and, where applicable, to understand how visitors use our website.

Where we use non-essential cookies, we will provide appropriate information and, where required, ask for your consent before using them.

You can also manage or disable cookies through your browser settings.

8. Third-Party Websites

Our website may contain links to third-party websites, such as our social media pages. We are not responsible for the privacy practices or content of these external websites. We recommend reviewing their privacy policies when visiting them.

9. Contact Us

If you have any questions about this Privacy Policy or how we handle your personal information, please contact us:

The Laughter Gym

Email: thelaughtergym@gmail.com

Telephone: 07502 298 577

Website: thelaughtergym.com

10. Changes to This Privacy Policy

We may update this Privacy Policy from time to time to reflect changes to our business, website or legal requirements. Any updates will be posted on this page with the revised date.