

Omtropy Privacy Policy

Last updated: 12/02/2026

This privacy policy explains how personal data is collected and used in accordance with the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.

Who we are

Heather George, trading as Omtropy, is a sole trader providing online Yoga, Pilates and Meditation classes via Zoom.

Data Controller:

Heather George

Email: heather@omtropy.com

Personal data we collect

We collect only minimal personal data that you voluntarily provide to us. This may include:

- Your email address and/or
- Your phone number

This information is collected when you contact us or ask to be kept informed about our services.

How we use your personal data

We use your personal data only to:

- Respond to enquiries
- Provide information about classes, workshops, schedule changes or cancellations
- Send essential service-related updates

We do not use your data for automated decision-making or profiling.

Health Information

If you register for classes, we may ask you to provide health information relevant to participating safely in Yoga, Pilates, or Meditation. This may include details about injuries, medical conditions, or other factors affecting your ability to take part.

All health information is stored securely and accessed only by authorised personnel. We retain it only for as long as necessary for class participation or legal obligations, after which it is deleted.

We process this information on the basis of your explicit consent. Your health information is used only for the purpose of ensuring your safety during classes and is not shared with third parties.

Health data is collected and stored in Microsoft Forms and is processed in accordance with Microsoft's own privacy policy.

Lawful basis for processing

Under UK GDPR, we process your personal data on the basis of:

- Consent – where you have asked us to contact you or keep you informed, and/or
- Legitimate interests – to communicate information relevant to the services you have requested

You may withdraw your consent at any time.

Zoom classes

Our classes are delivered live via Zoom.

- You may choose whether your camera is on or off, all students will be muted;
- We do not record classes unless this is clearly stated in advance. When we do record classes, we only record the visual and audio of the teacher. Students will be muted and we will not refer to them by name during the class
- Any personal data you provide directly to Zoom is processed in accordance with Zoom's own privacy policy

Bookings, payments and third-party services

All class bookings and payments are handled by Momoyoga a separate third-party booking and payment platform linked to Stripe for card payments.

These platforms act as independent data controllers for booking and payment information. We do not have access to your payment details.

What we do not do

- We do not use cookies
- We do not use analytics or tracking tools
- We do not sell, share, or rent your personal data
- We do not pass your data to third parties for marketing purposes

How your data is stored

Your personal data is stored securely and accessed only by the sole trader. We retain your data only for as long as necessary for the purposes outlined in this policy, or until you ask for it to be deleted.

Your rights under UK GDPR

You have the right to:

- Request access to the personal data we hold about you
- Request correction of inaccurate or incomplete data
- Request deletion of your data
- Object to or restrict processing
- Withdraw consent at any time

Contact details

If you have any questions about this privacy policy or how your data is handled, please contact:

Heather George, trading as Omtropy

Email: heather@omtropy.com

Phone: 07711 845 298