

Privacy Policy

1. Introduction

Luke Smith built the Mind & Body app as a Commercial app. This SERVICE is provided by Luke Smith and is intended for use as is.

This document is used to inform users of the Mind & Body app about the Privacy Policy regarding the collection, use, and disclosure of Personal Information of any user of the app. If you choose to use my Service, then you agree to the collection and use of information in relation to this policy. The Personal Information that I collect is used for providing and improving the Service. I will not use or share your information with anyone except as described in this Privacy Policy.

The terms used in this Privacy Policy have the same meanings as in our Terms and Conditions, which is accessible at Mind & Body unless otherwise defined in this Privacy Policy.

2. Definitions

Schedule: A weekly plan within the Service.

Session: A set of exercises relating to Fitness/Yoga/Meditation.

3. Information Collection and Use

For a better experience while using my Service, notably to create weekly Schedules and to choose Sessions, I may require you to provide certain information, including but not limited to your physical ability. The information that I request will be retained on your device and is not collected by me in any way.

The app may use third party services that may collect information used to identify you. For example it uses the Apple IOS App Store and therefore their privacy policy should be read and is consented to by you in using my Service.

4. Log Data

Whenever an error occurs in using my Service, I collect data and information on your phone related to the error (called Log Data) through third party services (notably Apple services). This Log Data may include information such as your device Internet Protocol ("IP") address, device name, operating system version, the configuration of the app when using my Service, the time and date of your use of the Service, and other statistics.

5. Cookies

Cookies are files with a small amount of data that are commonly used as anonymous unique identifiers. These are sent to your browser from the websites that you visit and are stored on your device's internal memory.

This Service does not use these "cookies" directly. However, the app may use third party code and libraries that use "cookies" to collect information and improve their services. You have the option to either accept or refuse these cookies and know when a cookie is being sent to your device. If you choose to refuse our cookies, you may not be able to use some portions of this Service.

6. Service Providers

I may employ third-party companies and individuals due to the following reasons:

To facilitate my Service;
To perform Service-related services; or
To assist me in analysing how my Service is used.

These third parties have access to your Personal Information. The reason is to perform the tasks assigned to them on my behalf. However, they are obligated not to disclose or use the information for any other purpose.

7. Security

I value your trust in providing me with your Personal Information, thus I am striving to use commercially acceptable means of protecting it. Remember however that no method of transmission over the internet, or method of electronic storage is 100% secure and reliable, and I cannot guarantee its absolute security.

8. Links to Other Sites

This Service may contain links to other sites. If you click on a third-party link, you will be directed to that site. Note that these external sites are not operated by me. Therefore, I strongly advise you to review the Privacy Policy of these websites. I have no control over and assume no responsibility for the content, privacy policies, or practices of any third-party sites or services.

9. Children's Privacy

These Services do not address anyone under the age of 13. I do not knowingly collect personally identifiable information from children under 13 and it is the responsibility of the parent or guardian to not let the child use the Service.

10. Changes to this Privacy Policy

I may update this Privacy Policy from time to time. Thus, you are advised to review this page periodically for any changes. I will notify you of any changes by posting the new Privacy Policy on this page. These changes are effective immediately after they are posted on this page.

11. Contact Me

If you have any questions or suggestions about these Terms and Conditions or about the app itself, please do not hesitate to contact me via support@mind-and-body.info.

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