

## **PRIVACY POLICY**

The Balanced Mind LLC values your privacy and is committed to protecting the personal information you choose to share through this website.

### **Information We May Collect**

We may collect personal information that you voluntarily provide, such as your name, email address, phone number, location, and any information you submit through contact forms, scheduling forms, newsletter sign-ups, or other website forms.

We may also collect limited technical information automatically through cookies, analytics tools, pixels, or similar technologies. This may include your IP address, browser type, device information, pages visited, and general website activity.

### **How We Use Your Information**

We may use your information to respond to inquiries, provide services, deliver digital resources, send updates, improve website functionality, and communicate with you about offerings, workshops, events, or newsletters, when permitted by law.

### **How We Share Information**

We do not sell your personal information. We may share information with trusted third-party providers that help us operate our website and business, such as website hosting services, email platforms, scheduling tools, payment processors, analytics providers, or form software, as needed to provide our services.

We may also disclose information if required by law or if necessary to protect our rights, safety, or property.

### **Data Security**

We take reasonable steps to protect the information submitted through this website. However, no method of online transmission or electronic storage can be guaranteed to be completely secure.

### **Third-Party Services**

This website may use third-party tools or contain links to third-party websites. We are not responsible for the privacy practices or content of those third parties.

### **Your Choices**

You may contact us at any time to update your contact information or unsubscribe from marketing communications.

### **Children's Privacy**

This website and its services are not intended for individuals under the age of 18.

### **Contact**

If you have questions about this Privacy Policy, you may contact us at:  
[info@thebalancedmindusa.com](mailto:info@thebalancedmindusa.com)

Effective date: 03/30/2026