



Effective Date:

App Name: Mindful Path – Integrating NLP + Yoga + Meditation

Your privacy is important to us. This Privacy Policy explains how we collect, use, and protect your information when you use our App.

1. Information We Collect

We may collect the following types of information:

- **Personal Information (if provided by you):**
Name, email address, or other details you enter when signing up or contacting us.
- **Usage Data:**
Information about how you interact with the App (session duration, features used, meditation/yoga logs).
- **Device Information:**
Device type, operating system, app version, and general analytics data.
- **Optional Wellness Inputs:**
If you choose, you may log personal notes, goals, or reflections (all stored securely).

2. How We Use Your Information

We use your data for:

- Providing and improving App services.
- Personalizing your experience.
- Tracking your progress and achievements.
- Responding to support requests.
- Ensuring app stability and security.

We **do not sell your data** to third parties.

3. Data Storage & Security

- Your data is stored securely using modern encryption and security measures.
- Access is restricted to authorized personnel only.



- While we strive to protect your information, no system is 100% secure.

4. Sharing of Information

We may share information only in the following cases:

- **With your consent** (if you connect your account with a third-party app).
- **With service providers** who help us operate the App (analytics, hosting, etc.).
- **If required by law** (government or regulatory requests).

5. Your Rights

Depending on your location (GDPR in EU/UK, DPDP Act in India), you may have the right to:

- Access and review the data we hold about you.
- Request correction or deletion of your data.
- Withdraw consent at any time (which may affect app functionality).
- Request that we restrict or stop processing your data.

You can exercise these rights by contacting us at: **[Insert Contact Email]**.

6. Data Retention

- We keep your information only as long as necessary to provide the App services.
- You may request deletion of your data at any time.

7. Children's Privacy

- This App is not intended for children under **13 years of age** (or the relevant minimum age in your jurisdiction).
- We do not knowingly collect data from children. If you believe a child has provided personal data, please contact us for removal.



8. International Data Transfers

If you use the App outside the country where our servers are located, your information may be transferred and processed internationally, in accordance with this Privacy Policy.

9. Changes to this Policy

We may update this Privacy Policy from time to time. Any changes will be notified within the App or by email (if provided).

10. Contact Us

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

 [Insert Support Email]