

Privacy policy of www.astangawellness.com

The following is the privacy policy for the website www.astangawellness.com, an Ayurveda-focused website:

1. **Information Collection:** Astanga Wellness may collect personal information from you when you use the website, such as your name, email address, and any other information you voluntarily provide.
2. **Use of Information:** Astanga Wellness may use the information collected from you for the following purposes:
 - To provide you with information or services requested by you.
 - To improve the website and its services.
 - To send you marketing or promotional materials.
 - To comply with legal requirements.
3. **Sharing of Information:** Astanga Wellness may share your personal information with third parties for the following reasons:
 - To provide you with requested services.
 - To comply with legal requirements.
 - To protect the rights and safety of Astanga Wellness and its users.
4. **Security:** Astanga Wellness takes reasonable measures to protect the security of your personal information. However, no data transmission over the internet can be guaranteed to be 100% secure.
5. **Cookies:** Astanga Wellness may use cookies to store information about your preferences and to personalize your experience on the website.
6. **Opt-out:** You may opt-out of receiving marketing or promotional materials from Astanga Wellness by contacting us at drkembhavi@astangawellness.com.
7. **Access to Information:** You may request access to your personal information that is held by Astanga Wellness by contacting us at drkembhavi@astangawellness.com
8. **Changes to Privacy Policy:** Astanga Wellness reserves the right to modify this privacy policy at any time. Your continued use of the website after any changes to this privacy policy constitutes your acceptance of the new policy.
9. **Contact Information:** If you have any questions or concerns about this privacy policy, please contact Astanga Wellness at drkembhavi@astangawellness.com