

Privacy Policy

Last updated: September 23, 2026

Inner Current ("we," "our," "us"), operated by Check 6, LLC, values your trust and is committed to protecting your privacy. This Privacy Policy explains how we collect, use, and safeguard your personal information when you visit our website, book a session, join a cohort or waitlist, or participate in our programs.

Information We Collect

- Personal information: name, email address, phone number, billing address.
- Booking & payment details: processed securely via FG Funnels and Stripe. We do not store your full payment card information.
- Health and safety intake forms: information you choose to share regarding health history, contraindications, and touch preferences, collected solely to support your safety during breathwork sessions.
- Website data: page views, IP address, browser type, cookies, and analytics.

How We Use Your Information

- To schedule and deliver sessions, cohorts, and programs.
- To send booking confirmations, reminders, and updates.
- To assess safety and contraindications ahead of a breathwork journey.
- To share occasional marketing communications via email (you may unsubscribe anytime).
- To monitor and improve our website and services, and resolve technical issues.
- To comply with legal requirements.

How We Share Your Information

We do not sell your personal information. Your information stays confidential except when shared with:

- Trusted service providers who assist in operating our website, booking systems (FG Funnels), payment processing (Stripe), and email communications (FG Funnels and Substack).
- Legal authorities, if compelled by subpoena, court order, or similar legal process, or when necessary to prevent harm.

Health and safety intake information is used only to support your session experience and is not shared for marketing purposes.

Data Retention

- Health and safety intake details are destroyed 30 days after your session.
- Signed liability waivers are retained for 7 years to meet legal and insurance requirements.

Third-Party Links

Our website may contain links to other websites. We are not responsible for the privacy practices or content of those third-party sites, and encourage you to review their policies directly.

Your Rights

You may request to access, correct, or delete your personal information, or to restrict how it's processed, by contacting us at hello@innercurrentbreathwork.com. You may opt out of marketing emails by using the unsubscribe link in any message.

Security

We implement reasonable security measures to protect your personal information. However, no method of transmission over the internet is 100% secure.

Policy Updates

We may update this Privacy Policy from time to time. Changes will be posted on this page with a revised "Last updated" date.

Contact Us

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