

# Privacy Policy

Effective Date: 16 March 2026

## 1. Who we are

Angg Woo ("we", "us") is committed to protecting your personal data and your privacy. This policy explains how we collect, use, and protect your information when you sign up for resources such as The 10-Minute Power Practice: Save Your Sanity.

## 2. What information we collect

We collect only the personal information you provide directly, which may include:

- Name
- Email address

## 3. How we use your information

We use your personal data to:

- Deliver the free meditation
- Send occasional emails with resources, updates, and offers
- Improve our services

## 4. Legal basis for processing

We process your data with your consent and in our legitimate interest to provide resources and support your wellbeing.

## 5. Data sharing

We do not sell your data. We may share data with trusted service providers (like email platforms) only to deliver your content, under strict confidentiality agreements.

## 6. Data retention

We keep your data only as long as necessary to provide the freebie and emails. You can unsubscribe at any time, which will remove your data from our mailing system.

## 7. Your GDPR rights

You have the right to:

- Access your data
- Correct inaccurate data
- Request deletion
- Withdraw consent
- Lodge a complaint with a supervisory authority

## 8. Contact

Questions about your data? Email: [angg@anggwoo.com](mailto:angg@anggwoo.com)

## 9. Policy updates

We may update this policy. The latest version is always on this page.