

Privacy Policy

Last updated: June 2026

Your privacy matters to me. This policy explains what information I collect, how I use it, and how I protect it.

Who I Am

Grounding with Ruth is a women's wellness business operated by Ruth Hirshberg, based in Ontario, Canada. You can reach me at ruth@groundingwithruth.com.

What Information I Collect

I collect information you provide directly, including your name, email address, and any personal information you share when booking a session, purchasing an offer, or filling out a form on this website.

When you make a purchase, payment information is processed securely through Stripe. I do not store your credit card details.

Website Usage Information

Like most websites, this site may collect basic information such as your IP address, browser type, pages visited, and time spent on the site. This information is used to improve website performance and user experience.

How I Use Your Information

I use your information to:

- Deliver the services you have purchased
- Send confirmation and reminder emails related to your bookings
- Send email newsletters and updates if you have opted in
- Respond to your questions and inquiries
- Improve my website and services

Email Marketing

If you join my email list, you will receive regular emails from Grounding with Ruth. You can unsubscribe at any time by clicking the unsubscribe link at the bottom of any email.

Who I Share Your Information With

I do not sell your personal information.

I use trusted third-party service providers to operate my business, including:

- Flowi (website, booking, course, and email platform)
- Stripe (payment processing)
- Zoom (virtual meetings and sessions)
- Google services (email, analytics, and business tools, where applicable)

These providers have their own privacy policies and security practices.

Data Storage and Retention

Your information may be stored on secure servers located in Canada, the United States, or other jurisdictions used by trusted third-party service providers.

I retain your information for as long as necessary to provide my services and comply with legal obligations. You may request deletion of your data at any time by emailing ruth@groundingwithruth.com.

Your Rights

Subject to applicable privacy laws, you may request access to, correction of, or deletion of your personal information. To exercise these rights, please contact me at ruth@groundingwithruth.com.

Age Requirement

My services are intended for individuals who are 18 years of age or older.

Changes to This Policy

I may update this policy from time to time. Any changes will be posted on this page with an updated date.

Contact

If you have any questions about this policy, please email ruth@groundingwithruth.com.