



Privacy Policy

Supporting the Breath Through Gentle Sound

Last Updated: August 2026

Introduction

Welcome to LifeBreaths.

Your privacy matters to us.

This Privacy Policy explains what personal information we collect, how we use it, and the choices you have regarding your information when you use the LifeBreaths courses, community, website (when available), or related services.

LifeBreaths is committed to handling your personal information with care, transparency, and respect.

Who We Are

LifeBreaths is operated by **Dale & Lurdes Chappell, Lda**, a company registered in Portugal.

Our registered business address is:

Dale & Lurdes Chappell, Lda

Rua Melo Antunes, 35, 2-A

1750-240 Lisboa

Portugal

For privacy-related questions, please contact us at info@lifebreaths.com.

LifeBreaths is the public-facing name of our educational courses, community, and related services supporting gentle breath awareness and vocal sound practices.

Information We Collect

Depending on how you use LifeBreaths, we may collect:

Information You Provide

- Your name.
- Your email address.
- Your account information.
- Billing information (processed securely through Stripe).
- Community posts and comments.
- Messages you send to us.
- Survey responses or feedback you choose to provide.

Information Collected Automatically

When you use the LifeBreaths website or course platform, we may collect limited technical information such as:

- Device type.
- Browser type.
- General location (such as country).
- Pages visited.
- Course progress.
- Technical information that helps us improve our services.

We do not intentionally collect more personal information than is reasonably necessary to provide our services.

How We Use Your Information

We use your information to:

- Provide access to your LifeBreaths courses and community.
- Process purchases and refunds.
- Respond to your questions and support requests.

- Send important service-related emails about your account or courses.
- Improve our courses and services.
- Maintain the security and reliability of the LifeBreaths platform.
- Comply with legal and accounting obligations.

With your permission, we may also send occasional emails about new courses, events, or resources. You may unsubscribe from marketing emails at any time.

Your Privacy Rights

If you are located in the European Economic Area, the United Kingdom, or another jurisdiction with similar privacy laws, you may have the right to:

- Access your personal information.
- Correct inaccurate information.
- Request deletion of your information where applicable.
- Withdraw consent for marketing emails at any time.

To exercise any of these rights, please contact us at info@lifebreaths.com.

Payment Processing

LifeBreaths does not store your full payment card details.

Payments are processed securely through **Stripe**, our payment processing provider. Stripe securely handles payment information in accordance with its own privacy policy and applicable security standards.

We receive only the information needed to confirm your purchase, provide access to your course, process refunds when applicable, and maintain our business records.

Third-Party Services

LifeBreaths works with trusted third-party providers to help operate our courses and services.

These providers currently include:

- **Mastermind** — course hosting, participant accounts, and community features.

- **Stripe** — secure payment processing.
- **Google Workspace** — email communication and customer support.

These providers process personal information in accordance with their own privacy policies and applicable laws.

Data Retention

We keep your personal information only for as long as necessary to:

- Provide access to your courses and community.
- Meet legal, tax, and accounting obligations.
- Resolve disputes or respond to support requests.
- Protect the security and integrity of LifeBreaths.

When information is no longer required, we will securely delete or anonymize it where appropriate.

Contact Us

If you have any questions about this Privacy Policy or how your personal information is handled, please contact us at:

Dale & Lurdes Chappell, Lda

Rua Melo Antunes, 35, 2-A
1750-240 Lisboa
Portugal

Email: info@lifebreaths.com

Thank you for placing your trust in LifeBreaths.

We are committed to treating your personal information with the same care and respect that we hope to bring to every part of your experience with us.