Privacy Statement

Last updated: [11-2026]

Your privacy matters to me. This page explains in plain words what personal information I collect when you visit sensiblesense.me or get in touch, why I collect it, and what you can do about it.

Who I am

Sensible Sense is run by Sabrina Hagen, Nature & Sensory Guide, based in The Hague, the Netherlands. KvK *99513684.*

I am responsible for how your personal information is handled.
You can reach me at sabrina@sensiblesense.me.

What I collect and why

When you contact me or fill in a form Your name, email address and the message you send me (and [phone number, if requested]). I use this to reply to you and to talk about sessions, workshops or collaborations.

When you book or take part in a session [adjust to how booking works] Your name, contact details and practical information needed to organise the session, such as any health-related remarks you choose to share so I can look after you well. I only ask for what I need.

When you pay for a session or programme Your name, email address and payment details, handled through Stripe. I keep a record of the payment for my administration and as required by Dutch tax law.

When you sign up for a free exercise or newsletter Your name and email address, so I can send you what you asked for and occasional updates. You can unsubscribe at any time using the link in every email.

When you visit the website Basic visitor statistics, such as which pages are viewed, which country and language you visit from, and which device you use. I use this to understand whether my content reaches people and to improve the site.

Legal basis

Under the GDPR (AVG in Dutch), I process your information on these grounds:

- **Your consent**, for example when you sign up for emails or accept non-essential cookies. You can withdraw it at any time.
- **Agreement**, when I need your details to organise a session or workshop you booked.
- **Legitimate interest**, when I answer your messages or keep the website running and secure.
- **Legal obligation**, when I have to keep financial records.

Who I share it with

I never sell your information. I only share it with services that help me run Sensible Sense:

- **HubSpot**, which hosts the website and handles forms, email and statistics [confirm exact HubSpot functions used]. HubSpot may process data outside the European Economic Area, under appropriate safeguards such as standard contractual clauses.
- **Stripe**, which processes payments for sessions, workshops and programmes. Stripe receives the details needed to complete your payment (such as your name, email address and payment information). I do not see or store your full card details. Stripe acts as an independent controller for payment processing and handles data under its own privacy policy: stripe.com/privacy. Stripe may process data outside the European Economic Area, under appropriate safeguards.
- **Hipsy**, which is used as a booking site for group sessions.

Use of AI

I use AI tools (such as Claude, by Anthropic) to help me with things like drafting and editing texts. I do not put your personal information, such as your name, contact details or anything you share with me in sessions, into these tools. Everything I publish is reviewed and approved by me.

Social media

My Instagram and LinkedIn pages are managed by those platforms, and their own privacy policies apply when you interact there. If you send me a message on these platforms, I use it only to respond to you.

How long I keep your information

- Contact messages: [e.g. up to 12 months after our last contact]
- Newsletter details: until you unsubscribe
- Session and payment records: [7 years, the legal requirement for financial records in the Netherlands]
- Website statistics: [retention period]

Your rights

You can ask me at any time to:

- see the information I have about you
- correct or delete it
- limit or object to how I use it
- receive a copy you can take elsewhere
- withdraw your consent

Just send an email to [email address]. I will reply within one month. If you feel I haven't handled your information well, you can also file a complaint with the Dutch Data Protection Authority (Autoriteit Persoonsgegevens) at autoriteitpersoonsgegevens.nl.

Keeping your information safe

I handle your information with care. I only work with trusted providers, and I keep your information in password-protected accounts.

Changes

If I change how I handle personal information, I will update this page and the date at the top.