

LEGAL, PRIVACY & CLIENT INFORMATION

Natalie Gianoglio (Pty) Ltd

Trading as **Natalie Gianoglio | Emotional Regulation Practitioner**

Registered Specialist Wellness Counsellor | Breathwork Practitioner | Creator of The Anchored Self Method™

Effective Date: 1 June 2026

1. INTRODUCTION

Welcome to Natalie Gianoglio (Pty) Ltd.

This page outlines the terms governing the use of this website, participation in services, protection of your personal information, client responsibilities, intellectual property rights, and other important information relating to our services.

By using this website, booking services, registering for events, subscribing to communications, accessing programs, downloading resources, or engaging with Natalie Gianoglio (Pty) Ltd in any way, you acknowledge and agree to the policies contained in this document.

2. PROFESSIONAL REGISTRATION AND SCOPE OF PRACTICE

Natalie Gianoglio is a Registered Specialist Wellness Counsellor, Emotional Regulation Practitioner, and Breathwork Practitioner.

Services may include:

- Counselling and wellbeing support
- Emotional regulation education and skills development
- Nervous system regulation education
- Breathwork facilitation
- Workshops and events
- Online courses and programs
- Personal development support
- Educational resources
- The Anchored Self Method™ framework

Services are provided within the practitioner's qualifications, registration, training, and scope of practice.

Services are intended to support:

- Emotional wellbeing
- Self-awareness
- Emotional resilience
- Emotional agility
- Personal growth
- Nervous system regulation

Services do not include:

- Medical diagnosis
- Medical treatment
- Psychiatric diagnosis
- Psychiatric treatment
- Clinical psychological assessment
- Clinical psychological treatment
- Emergency intervention
- Crisis services

Where appropriate, referral to another healthcare professional may be recommended.

3. THE ANCHORED SELF METHOD™

The Anchored Self Method™ is the proprietary intellectual property of Natalie Gianoglio (Pty) Ltd.

The Anchored Self Method™ is an educational and personal development framework designed to support emotional awareness, emotional agility, nervous system understanding, self-regulation, and personal growth.

The Anchored Self Method™ is not intended to diagnose, treat, cure, prevent, or manage any medical, psychiatric, or psychological condition.

All associated frameworks, methodologies, educational materials, presentations, recordings, resources, workbooks, exercises, and intellectual property remain the exclusive property of Natalie Gianoglio (Pty) Ltd.

4. WEBSITE TERMS OF USE

Users agree to use this website lawfully and responsibly.

Users may not:

- Use the website for unlawful purposes
- Copy or reproduce content without permission
- Share paid content
- Attempt unauthorised access to systems

- Introduce malicious software
- Interfere with website operations

Access may be restricted or terminated where misuse occurs.

5. INTELLECTUAL PROPERTY

All website content and materials are protected by copyright and intellectual property laws.

This includes:

- The Anchored Self Method™
- Logos and branding
- Written content
- Courses
- Workbooks
- Downloads
- Audio recordings
- Video recordings
- Educational materials

No content may be copied, shared, sold, distributed, reproduced, taught, or used commercially without written permission.

6. PRIVACY, POPIA AND GDPR

Natalie Gianoglio (Pty) Ltd is committed to protecting personal information in accordance with:

- POPIA (South Africa)
- GDPR (where applicable)

Personal information may be collected through:

- Contact forms
- Bookings
- Intake forms
- Event registrations
- Newsletter subscriptions
- Lead magnet downloads
- Course enrolments

Information is used only for legitimate business, service delivery, legal, educational, and communication purposes.

We do not sell personal information.

You may request:

- Access to your information
- Correction of information
- Deletion of information where applicable
- Withdrawal of consent
- Restriction of processing

Information Officer:

Natalie Gianoglio

Email: natalie@breatheplayheal.com

7. COOKIES AND ANALYTICS

This website may use:

Essential Cookies

Required for website functionality.

Analytics Cookies

Used to understand website usage and improve performance.

Marketing Cookies

Used to improve advertising relevance and marketing performance.

Users may manage cookie preferences through browser settings and cookie consent tools where available.

8. EMAIL MARKETING AND COMMUNICATIONS

By subscribing to newsletters, downloading resources, registering for events, or requesting information, you may receive communications from Natalie Gianoglio (Pty) Ltd.

These may include:

- Newsletters
- Educational content
- Event invitations
- Program information
- Promotional updates

You may unsubscribe at any time using the unsubscribe link provided in emails.

Withdrawal of consent does not affect previous lawful processing.

9. WEBSITE AND SERVICES DISCLAIMER

All content is provided for educational and informational purposes only.

Nothing on this website or within services constitutes:

- Medical advice
- Psychiatric advice
- Psychological diagnosis
- Treatment recommendations

Participation in services is voluntary and undertaken at your own discretion.

No guarantees of outcomes are provided.

Individual experiences and results vary.

10. BREATHWORK DISCLAIMER

Breathwork practices may result in physical, emotional, psychological, and physiological responses.

Participants remain responsible for:

- Disclosing relevant health information
- Seeking medical advice where appropriate
- Determining suitability for participation

Separate health disclosures, informed consent forms, and participation waivers may be required.

Natalie Gianoglio (Pty) Ltd reserves the right to modify or decline participation where safety concerns exist.

11. BOOKINGS, PAYMENTS, CANCELLATIONS AND REFUNDS

Individual Sessions

24 hours' notice is required for cancellation or rescheduling.

Appointments cancelled with less than 24 hours' notice may be charged in full.

Workshops and Events

A 10-day cancellation period generally applies.

Refunds may be limited due to venue and operational commitments.

Digital Products

Refunds are generally not available once access has been granted or content has been downloaded.

All refund decisions remain subject to applicable consumer protection legislation.

12. ONLINE COURSES, DIGITAL PRODUCTS AND MEMBERSHIPS

Course materials, recordings, resources, and downloads are licensed for personal use only.

Users may not:

- Share login credentials
- Distribute resources
- Upload content elsewhere
- Reproduce materials
- Create derivative works

Access may be suspended where unauthorised sharing occurs.

13. EVENTS, WORKSHOPS AND RETREATS

Participation in events is voluntary.

Participants are responsible for:

- Assessing suitability
- Following instructions
- Disclosing relevant information
- Respecting other participants

Photography or video recording may occur at public events.

Participants may notify organisers if they prefer not to appear in promotional materials.

14. SERVICES FOR CHILDREN AND ADOLESCENTS

Services provided to minors may require parental or guardian consent.

A degree of confidentiality may be maintained to support the therapeutic relationship, except where:

- Safety concerns exist
- Disclosure is required by law
- Child protection obligations arise

Natalie Gianoglio (Pty) Ltd reserves the right to disclose information where necessary to protect the wellbeing of a child or another person.

15. PROFESSIONAL BOUNDARIES AND CRISIS SUPPORT

This practice does not provide:

- Crisis intervention
- Emergency support
- 24-hour services

Clients should not rely on email, WhatsApp, social media, or website enquiries for urgent assistance.

If you are experiencing a crisis, emergency, or immediate risk of harm, please contact emergency services, a healthcare provider, psychologist, psychiatrist, or nearest emergency facility.

Communication between sessions is intended primarily for scheduling and administrative purposes.

16. LIMITATION OF LIABILITY

To the fullest extent permitted by law, Natalie Gianoglio (Pty) Ltd shall not be liable for any loss, injury, damage, claim, or expense arising from:

- Website use
- Reliance on information
- Participation in services
- Participation in events
- Use of digital products
- Technology failures

Nothing in this policy excludes liability where exclusion is prohibited by law.

17. GOVERNING LAW

These policies are governed by the laws of the Republic of South Africa.

Any disputes arising from these policies shall be subject to the jurisdiction of South African courts.

18. CHANGES TO THIS DOCUMENT

Natalie Gianoglio (Pty) Ltd may update this document from time to time.

Updated versions will be published on the website and become effective upon publication.

Continued use of the website or services constitutes acceptance of any revised version.

19. CONTACT

Natalie Gianoglio (Pty) Ltd

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Information Officer: Natalie Gianoglio