

PRIVACY POLICY

INTRODUCTION

This web site ("Web Site") is operated by Inner Guidance Counseling (referred to as "IGC", "we" or "us"). This Privacy Policy only covers information collected at our Web Site, and does not cover any information collected offline by us (unless specifically stated). At Inner Guidance Counseling, your privacy is important to us. We provide this notice to explain our information collection practices and the choices you have about the way your information is collected and used. Your use of this Web Site indicates to us that you have read and accept our privacy practices, as outlined in this Privacy Policy.

While on our Web Site, you may encounter links to other web sites or online materials. For example, links to web sites that may be published and maintained by affiliates and/or related entities of IGC and others. Those other web sites may set their own cookies, collect data, and/or have their own privacy policies that differ from this privacy policy. This Privacy Policy only covers information collected by IGC on this Web Site, and we encourage you to review the privacy policy of any other web site you visit.

This Privacy Policy covers any personally identifiable information ("PII"). PII is information that could reasonably be used to identify you personally such as your name, address, or e-mail address, etc.

This Privacy Policy does not apply to any ("PII") you may disclose publicly in user forums (such as chat rooms, message boards, or similar web pages). You should be aware that when you voluntarily disclose PII on message boards, chat areas or other user forums, that information can be collected and used by other people to send unsolicited messages and marketing materials. Also, please be aware that certain message boards (and similar user forums) may display IP addresses along with the message poster's name and message. We bear no responsibility for any action or policies of any third parties who collect any information you may disclose in user forums or other public areas of this Web Site.

WHAT PERSONAL INFORMATION ABOUT YOU DO WE COLLECT?

Generally, you may browse our Web Site without providing any PII. However, we may ask you to provide PII at various times and places on this Web Site, such as when you register for our services, sign-up to receive advance notices about upcoming conventions, enter a sweepstakes, receive free materials, subscribe to a newsletter, complete a survey or participate in polls, message groups or chat areas. We may also ask you to provide us with demographic information or information regarding your interests, hobbies or similar information. In some cases, if you chose not to provide us with requested information, you may not be able to access all of this Web Site or participate in all of its features. We may combine the information we collect with information available from other sources, including information received from promotional partners or other third parties.

NOTE TO PARENTS/CHILDREN'S PRIVACY

Protecting children's privacy is important to us. For that reason, we do not collect or maintain information at our Web Site from those we actually know are under 13, and no part of our Web Site is targeted to attract anyone under 13. We request that all visitors under 13 to our Web Site not disclose or provide any PII. If we discover that a child under 13 has provided us with PII, we

will delete the child's PII from our records.

OTHER INFORMATION WE COLLECT

Log Data: When you visit this Web Site, our web servers automatically collect anonymous information that describes how our visitors use and navigate our Web Site, and which includes the number and frequency of visitors to each web page and the length of their stays, as well as the anonymous information automatically sent to us by your web browser, such as browser type, referrer data that identifies the web page visited prior and subsequent to visiting our Web Site, and IP addresses. We also may determine what technology is available through your browser in order to serve you the most appropriate version of a web page. For example, we may determine that you have installed a version of Flash, and we will then send you the appropriate Flash version of the web page rather than an HTML page.

IP Addresses: An IP address is a number that is assigned to your computer or network when you are on the Internet. When visitors request pages from our Web Site, our servers log the visitor's IP address. We may collect IP addresses for a variety of internal purposes, such as system administration, to report aggregate information to our advertisers, and to audit the number of visits to different pages on our Web Site.

Cookies: Cookies are information files that our Web Site may place on your computer to provide extended functionality. We may use cookies for a number of purposes, such as tracking usage patterns on the Web Site, measuring the effectiveness of advertising, asset protection or limiting multiple responses and registrations when we conduct polls and sweepstakes. We do not store any PII in cookies, and we do not link the cookies to any PII we collect. We will not use cookies to retrieve information from your computer that was not originally sent by us to you in a cookie. Advertisers or other third parties that are serving content on some of our pages may set and access their own cookies on your computer. Such third parties' use of cookies is subject to their own privacy policies, which may differ from this one. Such third parties do not have access to our cookies. You can, of course, disable cookies on your computer by indicating this in the preferences or options menus in your browser. However, it is possible that some parts of our Web Site will not operate correctly if you disable cookies. You should consult with your browser's provider/manufacturer if you have any questions regarding disabling cookies.

HOW WE USE AND DISCLOSE THE INFORMATION WE COLLECT

We use the PII you provide about yourself to provide the information or content you have requested, to contact you about our programs, products, features or services or for other purposes disclosed at the time of collection. For instance, we may notify you that you have won a sweepstakes, send you an email newsletter or send you information about an upcoming event or program support.

We may share your PII with outside parties who sponsor sweepstakes or other promotions on our Web Site in order to fulfill the sweepstakes and/or promotion administration. In those instances, the information is provided only for that purpose, not for unsolicited messages and marketing materials.

We will not share your PII with those and/or other outside parties unless you specifically agree to a governing set of rules that allow such disclosure or otherwise give us permission to do so. If you do not wish to continue receiving information from outside parties including our affiliates you may opt out of receiving the information by responding to the party that contacted you via email.

We use non-PII information collected on our Web Site in the aggregate to better understand your

use of the Web Site and to enhance your enjoyment and experience. For example, we may use the information to improve the design and content of our Web Site or to analyze the programs and services we offer. We may also share non-identifying aggregate information with third parties. For example, we may tell advertisers how many individuals visit certain areas of our Web Site, or how many men or women receive our newsletter.

We may employ other companies and individuals to perform functions on our behalf. For instance, we may use third parties to host message boards or other user forums, to develop software applications and databases or to send communications on our behalf.

Our employees, agents and contractors who have access to PII are required to protect the information in a manner that is consistent with this Privacy Policy. We may provide access to your PII when legally required to do so, to cooperate with police investigations or other legal proceedings, to protect against misuse or unauthorized use of our Web Site, to limit our legal liability and protect our rights or to protect the rights, property or safety of visitors of this Web Site or the public. In those instances, the information is provided only for that purpose.

IGC may only sell, transfer or otherwise disclose user information, including PII, in connection with a corporate merger, consolidation, the sale of substantially all assets, or other fundamental corporate change.

We will not share your PII in ways unrelated to those described above without providing you with an opportunity to opt out of such use or otherwise prohibit such unrelated uses.

AD SERVING

We may use a third-party advertising company to serve ads when you visit our Web Site. This company may use information (not PII including your name, address, email address or telephone number) about your visits to our and other web sites in order to provide advertisements about goods and services of interest to you. We may share web site usage information about visitors to our Web Site with this company for the purpose of managing and targeting advertisements and for market research analysis on our Web Site and other web sites. For these purposes, our third-party advertising company or IGC may note some of the pages you visit on our Web Site through the use of Web beacons. In the course of serving advertisements to our Web Site, our third-party advertiser may place or recognize a unique cookie on your computer. Our third-party advertiser's use of cookies is subject to its own privacy policy, which may differ from this one. Our third-party advertiser does not have access to our cookies. If you would like more information about the information collection practices of this third-party advertising company and to know your choices about not having this information used by this company, contact us.

THIRD PARTY CONTENT

When you are on our Web Site, certain content may be created or hosted by a third party. Such third parties may drop cookies and/or use Web beacons, which may be used to identify some of your preferences or to recognize you if you have previously been to their web site or otherwise had contact with them. We do not control the use of such technology by third parties, the information they collect, or how they use such information. We do not disclose your PII to third parties serving content on this Web Site in connection with their serving of such content.

DATA SECURITY

We take physical, electronic and managerial steps to maintain the security and accuracy of PII we collect, including limiting the number of people who have physical access to our database

servers, as well as electronic security systems and password protections that guard against unauthorized access. However, no data transmission over the Internet can be guaranteed to be 100% secure. Accordingly, we cannot ensure or warrant the security of any information you transmit to us, and you do so at your own risk.

CONSENT TO TRANSFER

This Web Site is operated in the United States. If you are located in the European Union or elsewhere outside of the United States, please be aware that any information you provide to us will be transferred to the United States. By using our Web Site, participating in any of our services and/or providing us with your information, you consent to this transfer.

ACCEPTANCE

By using this Web Site, you accept the policies set forth in this Privacy Policy. This Privacy Policy, like the online medium itself, is subject to change, so visitors are encouraged to review this Privacy Policy from time to time. However, we will only use the PII you provide to this Web Site in a manner consistent with this Privacy Policy, unless you give us your consent.

CONTACT US

If you have any questions, comments or concerns regarding our Privacy Policy and/or practices, please contact us at the following email address: diane@innerguidancecounseling.com.

This Privacy Policy was last updated in June 2008.

Copyright © 2008 Inner Guidance Counseling, P.O. Box 381, Verdugo City, CA 91046. All rights reserved.