

## Pain Science Yoga Life

A cookie is a small file placed on your computer or mobile device when you visit a website. Some are persistent cookies (cookies that remain on your hard drive for an extended period) and some are session ID cookies (cookies that expire when you close your browser). Cookies help us operate our website, enhance your experience, and perform analytics. You can accept or reject cookies by amending your web browser controls. Because they're important, our website might not work properly if you reject our cookies.

Our website uses the following cookies:

Cookie Name	Purpose	Duration	Cookie Type
XSRF-TOKEN	Used for security reasons	Session	Essential
hs	Used for security reasons	Session	Essential
svSession	Used in connection with user login	Session	Essential
SSR-caching	Used to indicate the system from which the site was rendered	1 minute	Essential
_wixCIDX	Used for system monitoring/debugging	3 months	Essential
_wix_browser_sess	Used for system monitoring/debugging	session	Essential
consent-policy	Used for cookie banner parameters	12 months	Essential

Cookie Name	Purpose	Duration	Cookie Type
smSession	Used to identify logged in site members	Session	Essential
TS*	Used for security and anti-fraud reasons	Session	Essential
bSession	Used for system effectiveness measurement	30 minutes	Essential
fedops.logger.sessionId	Used for stability/effectiveness measurement	12 months	Essential