COOKIE POLICY

Last updated: 28 October 2026

1. Introduction

This Cookie Policy explains how Future Leaders of the World (Pty) Ltd, trading as innerflow ("innerflow", "we", "us" or "our"), uses cookies and similar technologies on https://innerflow.co.za/.

Cookies may be placed by us or by third-party service providers used to operate, secure and analyse the website and provide its features.

2. What Are Cookies?

A cookie is a small file stored on your computer, mobile phone or other device when you visit a website. Information stored in a cookie may be returned to our servers or to the servers of the relevant service provider during a later visit.

3. What Are Scripts?

A script is computer code used to make the website function properly and interactively. It may operate on our server or on your device.

4. What Are Web Beacons and Similar Technologies?

A web beacon or pixel tag is a small, usually invisible element used to understand how a website or communication is accessed and used.

Similar technologies may include tags, pixels and local storage. In this policy, these technologies are collectively referred to as "cookies".

5. Types of Cookies We Use

5.1 Necessary cookies

Necessary cookies support website delivery, security, session management, privacy choices and, where enabled, shopping-cart, checkout and account functions. These cookies are required for the relevant website features to function and may be placed without consent where permitted by law.

5.2 Preference cookies

Preference cookies allow the website to remember choices that affect how it appears or operates. Where required by law, these cookies are activated only after consent.

5.3 Statistics cookies

Statistics cookies help us understand how visitors use the website so that we can assess and improve its performance. Where required by law, statistics cookies, including Google Analytics cookies, are activated only after consent.

5.4 Marketing and tracking cookies

Marketing and tracking cookies may be used to create visitor profiles, measure advertising or track visitors on this website or across different websites. These cookies are activated only where permitted and, where required, after consent.

6. Cookies Currently Used

The live cookie declaration displayed below identifies the cookies and similar technologies detected on the website, including their provider, purpose, category and duration.

The declaration is updated periodically to reflect the technologies currently in use.

7. Consent

When you first visit the website, you will be shown a cookie banner that allows you to accept, refuse or manage non-essential cookies.

Necessary cookies remain active because they are required for the website to function. Preference, statistics, marketing and other non-essential cookies are activated only where permitted and, where required, after you have given consent.

You may change or withdraw your choices at any time through the **Manage Cookie Consent** link available on the website. Withdrawing consent does not affect processing that occurred lawfully before consent was withdrawn.

8. Managing Cookies Through Your Browser

You can also use your browser settings to view, block or delete cookies or to receive a notification when a cookie is placed.

Blocking all cookies may prevent certain website features and, where enabled, shopping-cart or checkout functions from working correctly. Browser controls operate separately from the cookie settings provided on the website.

9. Third-Party Services

We may use third-party services for website hosting, analytics, security, email communications and, where enabled, payment processing, shopping-cart and checkout functions.

These providers may process information collected through their technologies according to their own privacy policies. The live cookie declaration identifies the active cookie providers used on the website.

Further information about how we and our service providers process personal information is provided in the innerflow Privacy Policy.

10. Your Rights

Subject to applicable law, you may request access to, correction or deletion of your personal information, object to certain processing, request restriction of processing, withdraw consent or lodge a complaint.

Requests may be directed to the innerflow Information Officer using the contact details below. Further information about your rights and how we process personal information is provided in the innerflow Privacy Policy.

You may also lodge a complaint with:

Information Regulator South Africa
Woodmead North Office Park
54 Maxwell Drive
Woodmead, Johannesburg, 2191

Email: POPIAComplaints@inforegulator.org.za
Website: https://inforegulator.org.za/

Where the GDPR applies, you may also complain to the relevant supervisory authority in the country where you live or work or where the alleged infringement occurred.

11. Contact Details

Future Leaders of the World (Pty) Ltd t/a innerflow
Registration No. K2017/288693/07
Information Officer: Anita Craig
Contact/postal address: Suite 931, Private Bag X153, Bryanston, Johannesburg, 2021, South Africa
Physical and legal-service address: 346 Chestnut Crescent, Blair Atholl Estate, Lanseria, Gauteng, 1748, South Africa
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