

**ESSEINTRICS® ESTES PARK RETREAT**  
**September 15-18, 2022**

**Hosted by Susan E. Mead, L4 Essentrics Teacher, Herbalist and Health Coach**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact information \_\_\_\_\_

Injuries and medical conditions pertaining to your participation

\_\_\_\_\_

\_\_\_\_\_

**Payment information:**

**Early Bird Pricing: \$337** secures your space and they are very limited so please sign up soon if interested. This fee includes 6 classes with Essentrics L4 teachers, Meet & Greet on Thursday, optional herb walk with Susan Mead, Q & A for teachers, and Saturday evening's dinner.

Life happens. In the case of a necessary refund, \$50 will be deducted for our scholarship fund with the hope we will see you in the future. And if you know of a worthy recipient for this year's scholarship, please email Susan ASAP!

**After June 30 2022, Regular Payment of \$397** will apply to any available spaces. You can also be on a wait list at no charge. The only thing to count on is change and I will do my best to help.

**Photo/video waiver:** we will be taking photos and videos during the retreat. By signing this registration form, you are agreeing to allow us to use any photos or videos that you may be a part of, for promotional or marketing purposes. Please let us know if this policy is an issue for you.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Lodging is secured separately through YMCA of the Rockies. (Rare exceptions can be made for participants staying elsewhere; your stay in a YMCA lodge room helps pay for our group room.)**

Call YMCA at 800-777-9622 to rent a lodge room (single or double occupancy) and let them know you are with the Essentrics Estes Park group for a discount. For those who prefer to rent a YMCA cabin, they include a kitchen to allow you the ability to make your own meals, yet be in 'healthy' walking distance of our group activity room.

**Liability Waiver for Essentrics® Retreat**

Name: \_\_\_\_\_ DOB M/D/Y \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Telephone: H \_\_\_\_\_ W/C \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact and #: \_\_\_\_\_

Are you currently experiencing any medical conditions that we should know about?  
If so please list, be sure to include medications/allergies if we need to know about them in case of an emergency.

\_\_\_\_\_

Please list if you have had any joint replacements, or experience chronic pain and location.

\_\_\_\_\_

If at any time during a class, you feel discomfort or strain, gently come out of the posture and inform one of the instructors. You may rest at any time during the class. It is important that you listen to your body, and respect its limits on any given day. It is equally important to inform the instructor of any discomfort or problems you are experiencing.

**Professional Disclaimer Waiver**

I, the undersigned, understand that Essentrics® is not a substitute for medical attention, examination, diagnosis or treatment. I know the importance of consulting a physician prior to beginning any physically active program, including Essentrics®. I recognize that it is my responsibility to notify my instructor of any illness or injury before every Essentrics class. I will not perform any posture or participate in Essentrics classes to the extent of strain or pain.

I accept that neither the instructors, nor the hosting facility is liable for any injury or damages to the person or property, resulting from taking the class, including contracting a virus.

This Waiver and Release of Liability form shall remain in effect until the client revokes it in writing.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_