

## 2025 Workshops at Erie Wind Stables

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

Address: \_\_\_\_\_ Age: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Workshop Date: \_\_\_\_\_

Emergency Contact name and number: \_\_\_\_\_

Mobility restrictions:

\_\_\_\_\_  
\_\_\_\_\_

Previous injuries/ surgeries (include dates):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you been advised to not participate or restrict your physical activity: **Yes / No**

Specific area(s) of interest:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Fees

Erie Wind Stables base ball hat: \$24 **Yes / No**

Workshop rates: \$60 + tax (\$67.80)

Payment Methods: E-transfer to [eriewindstables@gmail.com](mailto:eriewindstables@gmail.com)

**Requirements:** Dress comfortably in clothing that you have a good range of motion in, running shoes, water bottle and we recommend a yoga.

EWS& SS Performance cannot be responsible for any lost or damaged items, or injuries that may arise while on our property.

**PHOTO RELEASE:** Please note that photos of participants may be taken and used as promotional material. Please let us know if we have your permission to use photos: **Allowed / Not Allowed**

Participant Signature: \_\_\_\_\_ Participant Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Parent/Guardian Name: \_\_\_\_\_