

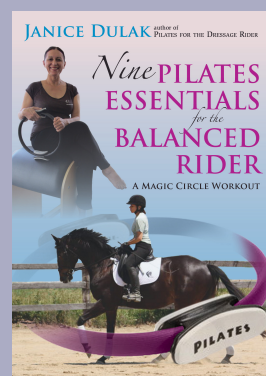
Pilates for Dressage[®] in Ocala, Florida



- Improve your seat
- Master sitting the trot
- Learn how to create collection
- Ride more off your body

This is your chance to learn from Trafalgar Square Books best selling author, Janice Dulak!

Janice will offer *two* four day Pilates for Dressage[®] mat work courses and exercises from her new DVD, "*Nine Pilates Essentials for the Balanced Rider: A Magic Circle Workout.*"



January 7-10, 2013 4-5:30pm
January 14-17, 2013 4-5:30pm

\$225 per course

Enroll before December 1st and pay only \$175

Janice will also be available for private Pilates lessons with the Reformer, or mounted sessions on Tuesdays and Thursdays beginning January 3rd, with some appointments available in late December. Contact Janice at Janice@dulakpilates.com for more details.