

History of Pilates for Dressage® Clinics and Other Activities

November 2-3 | Dekalb, IL.

Janice taught a *Pilates for Dressage* clinic at the barn of Heidi Wright

August 2-4, 2013 | Louisville, KY.

Janice taught a *Pilates for Dressage* clinic at Pilates First studio

July 24 – 28, 2013 | Blanca CO

Janice taught a *Pilates for Dressage/Dressage* clinic with Sarah Martin

May 26-27, 2012 | Stoneleigh Park, England

Janice co-taught an advanced *Game of Contact* seminar with Linda Parelli.

May 26-27, 2012 | Asheville, NC

Janice taught a *Pilates for Dressage* clinic at Pilates for Dressage clinic at Dark Horse Equestrian Center.

May 2-4, 2012 | Saratoga Springs, NY

Janice taught a *Pilates for Dressage* clinic at Pilates for Dressage clinic at Reform—A True Pilates Studio.

January 6-8, 2012 | Ocala, FL

Janice taught a *Pilates for Dressage* clinic at her new Florida farm home, Ruby Rose Farm.

November 11-13, 2011 | Santa Ynez, CA

Janice taught a *Pilates for Dressage/Dressage* clinic with Sarah Martin.

February 18 - 20, 2011 | Little Rock, AR

Janice taught a *Pilates for Dressage/Dressage* clinic with Sarah Martin. The three-day clinic involved Janice's *Pilates for Dressage*® Powerpoint lecture, two *Pilates for Dressage*® mat classes and mounted lessons, as well as dressage lessons taught by Sarah, and dressage lessons co-taught by Janice and Sarah.

January 3 - 26, 2011 | Florida

Janice spent three weeks with Linda and Pat Parelli at *The Parelli Center* in Reddick, FL

November 6 - 7, 2010 | Ventura, CA

Janice taught a *Pilates for Dressage*®/*Dressage* clinic with Sarah Martin at Canada-Larga Stables in Ventura, CA.

October 4 & 5, 2008 | Maryland Dressage Association, Baltimore, MD

Janice presented a two-day *Pilates for Dressage*® clinic for the Maryland Dressage Association.

April 12, 2008 | Tuscon, AZ

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Janice presented a *Pilates for the Dressage Rider* clinic in Tuscon through the Ariella Pilates studio.

March 1, 2008 | California Dressage Society, East Bay Chapter

Janice presented a *Pilates for the Dressage Rider* clinic in the San Francisco Bay Area for Bayside Pilates in conjunction with the CDS East Bay Chapter. The event took place at Wyvern Farm, Martinez, California.

March 18 & 19, 2008 | Wellington, Florida

Janice was in the Wellington area on Tuesday and Wednesday and was teaching private lessons.

March 29, 2008 | The Pilates Center, Champaign

Janice presented a *Pilates for the Dressage Rider* clinic for the first time at her own studio. The daylong clinic began at 9AM with a lecture on her book, followed by mat work and theory. Lunch was served at the studio followed by private lessons on the Pilates apparatus to target rider's areas of concern.

November 8 & 9, 2007 | Pennsylvania

Janice presented a *Pilates for the Dressage Rider* clinic for Doylestown and Lehigh Valley Pilates.

November 3 & 4, 2007 | Springfield, IL

Janice presented a *Pilates for the Dressage Rider* clinic for CenterLine Dressage in Springfield, IL. The clinic included both "Pilates Ground Work" sessions, which were held at The Pilates Studio of Springfield, and "Pilates Mounted Work" which was held at Star West stables in New Berlin, IL. Physical therapist and certified Pilates instructor, Kim Scholl was assisting Janice at this workshop which was designed to help riders find and use their core muscles to help better their seat and aids in riding dressage.

October 6 & 7, 2007 | Bloomington, IN

At the request of Nancy Kleiner, USDF certified dressage instructor and rider, Kirk Smith hosted a Pilates for the Dressage Rider Clinic at the Kirk Studio in Bloomington, Indiana on October 6 & 7. Janice conducted "Pilates Ground Work" sessions at 9am and 2 pm both days.

December 3 & 4, 2006 | Pure Pilates, Kansas City, MO

A rare opportunity to participate in a Pilates workshop led by Janice Dulak, author of the book *Pilates for the Dressage Rider*.

January 2006 | St. Louis Dressage Society and Pilates for Life

At the request of riders from the St. Louis Dressage Society and in cooperation with Melissa Flores, owner of Pilates for Life, Janice conducted a two-hour *Pilates for the Dressage Rider* seminar.

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Other "Pilates for Dressage" Events

June 20-22, 2006 | Columbia Dressage and Combined Training Association Adult Dressage Camp

Janice opened CDCTA's adult camp at William Woods College in Missouri with her presentation "Pilates for the Dressage Rider," which explained the principles put forth in her book. Dressage instructors at the camp included Wick Hotchkiss, and USDF certified instructors Gina Krueger and Sarah Martin.

March 2 & 3, 2007 | Illinois Horse Fair, Springfield, IL

"Pilates for Better Riding" a lecture on the principles in her book, *Pilates for the Dressage Rider*. Copies of her book were available for purchase at Greyhorse Books at the trade fair where Janice was available for a book signing on both days.