

# PILATES FOR DRESSAGE® INTENSIVE WORKSHOP — RIDERMANSHIP LEVEL I

For More Information Call: 217-766-3131

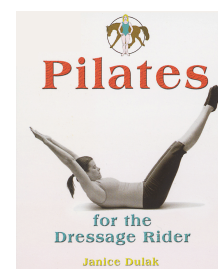
email: [janice@pilatesfordressage.com](mailto:janice@pilatesfordressage.com)



Janice Dulak, a professional dancer turned Dressage rider and Master Pilates instructor, has created Pilates for Dressage®, a training program for all equestrians. Her *Pilates for the Dressage Rider* book and DVD are now best sellers. Janice's clinics are unique for their effectiveness in improving the ridership of participants.

*"When she showed me what "collection" and "engagement" felt like in my own body I was astounded. —Linda Parelli*

*"Thank you for your help with Viking. I am excited to offer him such a more joyful riding experience!" —Chrissy*



## Ready to take the next leap forward in your riding?

Pilates for Dressage® Ridermanship Program is the only step-by-step method of rider-specific training in the world.

- Learn to see posture in yourself and others to target areas of your body that need development
- Learn basic anatomy and kinesiology to understand the fundamentals of posture, dynamic core stabilization and hip function, which are all required to create a "seat" on the horse
- Learn how to influence your horse so you only need to *whisper* your aids
- Learn the simple secret of the body which will help you sit the trot with ease

### Registration and Payment Information

- Cost \$925
- Self service stabling available at \$25 a day
- Auditors \$400
- Daily auditing fee \$125

Clinic held at Peninsula Farm, 12020 Hwy 441, Reddick, FL, 32686 <http://www.youtube.com/watch?v=ulZE4YpWMMo>

**To register, go to [www.dulakpilates.com](http://www.dulakpilates.com), and look for our "News" section on the home page.**

## SCHEDULE

### Wednesday March 14

- 9:00 – 12:00 Mat class and theory (seeing the riding seat through the eyes of posture)
- 12:00 – 1:00 Lunch
- 1:00 – 2:00 Demo
- 2:00 – 5:00 Private mounted sessions

### Thursday March 15

- 9:00 – 11:00 Mat class and theory (The correct seat and learning how to correctly follow the horse's movement)
- 11:30 – 2:00 Reformer sessions
- 3:00 – 3:30 Demo
- 4:00 – 5:00 Group riding practice

### Friday March 16

- 9:00 – 10:00 Mat class and theory (Correctly using the hips to create forward and correctly using the abdominals to create balance, halt and half halt)
- 10:30 - 1:00 Reformer sessions
- 2:00 - 2:30 Demo
- 2:30 – 5:00 Small group mounted sessions

### Saturday March 17

- 9:00 – 12:00 Mat class and theory (Troubleshooting individual problems)
- 12:00 – 1:00 Lunch
- 1:00 – 2:00 Demo
- 2:00 – 4:00 Group riding practice
- 4:00 – 5:00 Summary