



Pilates for Dressage® Clinic

May 19 & 20, 2018

with **Janice Dulak**,
author of *Pilates for the Dressage Rider*

***Would you like an improved seat and position? Want a better sitting trot?
How about more elegant aids for your horse?***

**Pilates for Dressage® will enhance the way you ride to provide more
harmony and communication with your horse than you ever thought possible!**

Join us for an interactive mounted and unmounted clinic focused on biomechanics of the rider as it affects the aids to and balance of the horse. Its purpose is to give each rider a better seat, more comfort, and greater ability to kinetically communicate and offer balance to their horse. Valuable for ALL levels and ages of riders and auditors!

Schedule

• **Friday, May 18: 6 pm PowerPoint Lecture by Janice Dulak & PotLuck.** Free to clinic participants. See Reg. Form for info.

• **Saturday, May 19 and Sunday, May 20:**

8 am - 10 am: Unmounted Mat Class. (Bring your own mat). *This class will focus on gentle exercises to help your body get in touch with what it needs to do to ride more effectively and comfortably.*

10 am to 4 pm: Scheduled blocks of time for Semi-private (2 each) Riding Sessions. *Janice will observe each rider, make an analysis of the rider's seat and identify key issues to address. She will then work with each rider using appropriate mounted exercises to help with the identified issues.*

Monday, May 21: BONUS DAY:

Private 45 minute lessons available for riders. See Bonus Day Registration Form.

Location

Cherry Tree Farm. Limited stalls available. \$20 per overnight, \$15 per day.

Address: **2315 Cherry Tree SW • Albuquerque, NM • 87105**

Directions: Take I-25 south (if coming from Albuquerque) & get off at the 213 exit (Isleta Blvd./NM 314). Go NORTH approximately 1 mile to Cherry Tree Lane. It will be a LEFT (West) turn. There is a green street sign but you have to watch for it. (If you go to Raymac, you've gone too far). Continue down Cherry Tree Lane to where it crosses the Ditchbank. After crossing the ditch,

Costs

Full Participant: \$200 NMDA Members, **\$220** Nonmembers.
Includes Mat Classes, Riding Sessions & Auditing BOTH days.
Bring own mat & chair if auditing.

Mat Class Only: \$30 per day NMDA Members, **\$35** Nonmembers.
Includes Mat Class & auditing. Bring own mat & chair if auditing.

Auditor: \$10 per day for NMDA Members & Non Members.
(\$20 both days)

Important Stuff

- *Registrations with payment must be RECEIVED by April 30, 2018. No refunds after April 12. Registration will be accepted based on when received & postmark. Limited availability so register early to insure your spot!*
- Stalls \$20 overnight. \$15 per day.
- Saturday & Sunday bottled water provided.
- Optional: lunch available on site for additional cost.
- Participants bring your own mat for Mat Class.

**NMDA members may use Mini Grants to offset costs.*

To download a registration form go to www.nmdressage.net

For more information contact Cindy Kavan-Winfield 505-504-4158, cjkwinfield@gmail.com



Sponsored by New Mexico Dressage Association