



PILATES FOR DRESSAGE CLINIC

April 16-17-18th, 2010
Cappaleigh Farm, Longmont

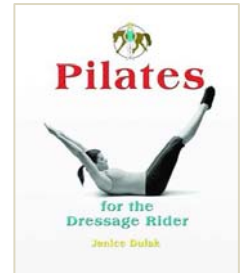
Sponsored by RMDS and Equine Partner Network



Janice Dulak's "Pilates for Dressage®" is a methodical exercise program that trains the rider's body for an improved seat, better balance, and effectiveness in the saddle, in order to create harmony and partnership with their horse.

Janice Dulak, author of the book and DVD "Pilates for the Dressage Rider," is now collaborating with Sarah Martin, a USDF Gold Medalist certified through 4th level, the highest level USDF currently recognizes.

Clinics with Sarah and Janice include a Power Point lecture on Pilates for Dressage®, Pilates for Dressage® mat classes, group Pilates for Dressage® mounted work, individual dressage lessons with Sarah, and culminates in a lesson with Sarah and Janice team teaching. When riders have the combined expertise of a USDF Certified instructor and a Romana's Pilates® Master Instructor, they are assured of receiving a thorough and transformational experience!



This clinic is open to ALL ADULT RIDERS
REGISTER EARLY SPACE IS LIMITED!

Registration form and payment to be received by – March 15th

Rider Only <i>\$230.00</i>	Participating Auditor <i>\$60.00</i>	Auditor <i>\$40.00</i>
<ul style="list-style-type: none"> Lecture Friday night 3 hours of pilate mat work 2 semi-private riding lessons with Janice Dulak and Sarah Martin 1 private lesson (approx.30 minutes) with Sarah Martin 	<ul style="list-style-type: none"> Lecture Friday night 3 hours of pilate mat work Observe/Audit rides 	<ul style="list-style-type: none"> Observe pilate mat class Observe/Audit rides Lecture (\$5 additional)
<p>Saturday: 90 minute Pilates Mat class followed by 45 minute group lessons with Janice, then 30 minute private dressage lessons with Sarah.</p>		<p>Sunday: 90 minute Pilates Mat class followed by private or semi private lessons with Sarah and Janice teaching together.</p>

IMPORTANT STUFF:

- All registrations must be received by March 15th, 2010. NO REFUNDS after March 16th. Registration will be accepted based on when received and postmark.
- ALL adult riders are welcome; 14 Rider spots/ 10 Participating Auditor spots/ and unlimited auditor (bring chair)
- Stalls available for \$35/night, some indoor and some outdoor runs (see Registration Form)
- Coffee and Snacks provided; Lunch will be available for purchase (see Registration Form)
- LOCATION: Cappaleigh Farm (15345 N. 95th Street, Longmont, CO) www.cappaleighfarm.com (303) 678-5875

QUESTIONS?:

Call: Lori Mitchell, RMDS AA Chair
303-816-2375 or 303-204-9951

Email: baffleddressage@aol.com



Special thanks to Barb Grofe, Equine Partner Network for co-sponsoring this event with RMDS. Without the support of Equine Partner Network this would not have been able to happen.

www.equinepartnernetwork.com



PILATES FOR DRESSAGE CLINIC REGISTRATION FORM

April 16-17-18th, 2010
Cappaleigh Farm, Longmont

RIDER REGISTRATION *(Bring mat for Pilates Sessions on Sat/Sun)*..... \$230.00+

Name: _____

Address: _____

Phone: _____

Email: _____

Emergency Contact: _____ Phone: _____

Horse Name: _____ Age: _____

Breed: _____ Level of Training: _____

of Nights Stall needed for: (x \$35 per night; total added to \$230.00) \$ _____

Lunch SATURDAY (\$8.00, includes entrée, sides, drink, please note any dietary needs): \$ _____

Lunch SUNDAY (\$8.00, includes entrée, sides, drink, please note any dietary needs): \$ _____

TOTAL AMOUNT: \$ _____

PARTICIPATING AUDITOR REGISTRATION *(Bring mat for Pilate Sessions)*..... \$60.00+

Name: _____

Phone: _____

Email: _____

Lunch SATURDAY (\$8.00, includes entrée, sides, drink, please note any dietary needs): \$ _____

Lunch SUNDAY (\$8.00, includes entrée, sides, drink, please note any dietary needs): \$ _____

TOTAL AMOUNT: \$ _____

AUDITOR *(Bring chair - Add \$5 if you are attending Friday night's lecture)*..... \$40.00+

Name: _____

Phone: _____

Email: _____

Lunch SATURDAY (\$8.00, includes entrée, sides, drink, please note any dietary needs): \$ _____

Lunch SUNDAY (\$8.00, includes entrée, sides, drink, please note any dietary needs): \$ _____

TOTAL AMOUNT: \$ _____

Checks made payable to:
RMDS

Mail checks to:
Lori Mitchell
236 Spring Drive
Pine, CO 80470