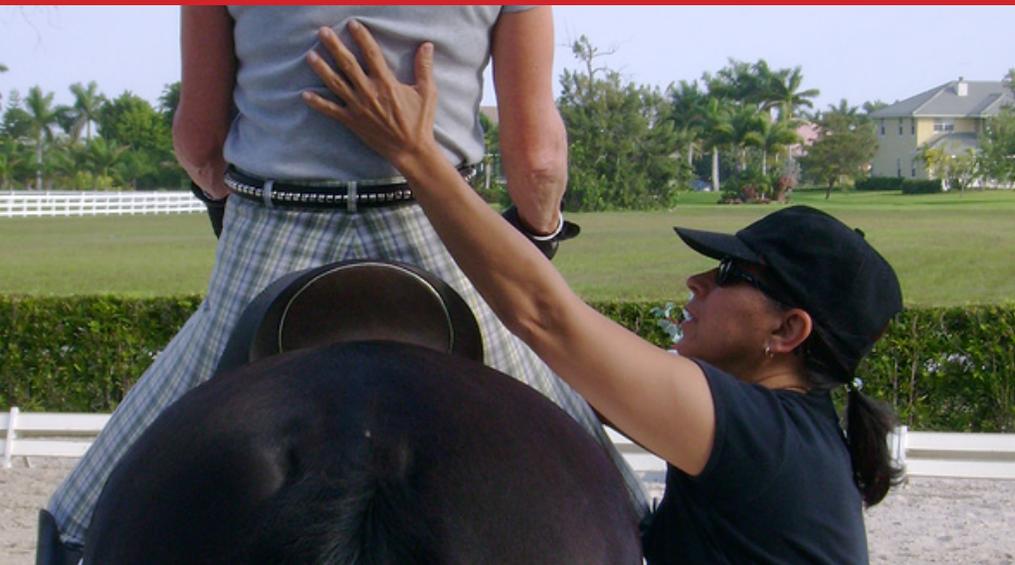


# Pilates for the Dressage Rider

Still Waters Equestrian Academy • Just south of Lincoln, NE

APRIL 20–22, 2018



*NDA is excited to host this 3-day Pilates for Dressage Riders clinic with Janice Dulak, renowned Pilates master and founder of Pilates for Dressage®.*

Friday evening will consist of an introductory lecture (and dinner) to go over the core concepts of the program. Saturday and Sunday will be comprised of mat work in the mornings, followed by semi-private riding lessons in the afternoons.

The introductory lecture will be held at Firespring in south Lincoln, NE. The mat classes and riding lessons will take place at Still Waters Equestrian Academy in Hickman, NE. The mat classes will be in the new therapeutic riding facility at Still Waters, in a heated arena. Participants should bring yoga mats and auditors should bring chairs.

We have room for 10 horse/rider combinations to participate in the mat classes and riding lessons. Additionally, we can accept 10 more people for the mat classes only (no riding lesson).

Lunch will be provided. Drinks and snacks will be available.

## About Janice Dulak

Janice Dulak is a Romana's Pilates® Master Instructor Trainer with an international reputation, and an avid dressage rider and author of books and DVDs about Pilates and education.

A revered Pilates Teacher of Teachers, she is sought after for her clear and concise distillation of the Pilates Method.

Her training began two decades ago with the heir to the Pilates

Method, Romana Kryzanowska. Today, her work continues through instruction in Illinois and Ocala, FL, and through Ridemannship®, her school for Pilates for Dressage® which empowers riders to effectively communicate with their horse through body control.

Janice is not only a gifted instructor who can describe the most important aspects of core strength and fitness; she also has an eye for position and a knack for pinpointing each rider's weak areas and suggesting the most effective positional change.



RIDER FEES	AUDITOR FEES
\$195/weekend for mat + lecture + riding	\$10/day
\$75/weekend for mat + lecture only (adults)	
\$50/weekend for mat + lecture only (juniors)	



*This is an educational event sponsored by Nebraska Dressage Association. Thanks also to our facility sponsors, Still Waters Equestrian Academy and Firespring.*

**QUESTIONS?** Please contact Sandie McConnell at [mconnellsandie@gmail.com](mailto:mconnellsandie@gmail.com) or 402-429-8635.