



**PILATES FOR DRESSAGE
SEPTEMBER 21, 22, 2019**

Janice Dulak, a former professional dancer and now a nationally renowned dressage Pilates instructor will present a lecture on the muscle imbalances that lead to a problematic seat and interfere with correct biomechanics of the riders. Mornings will include Pilates for dressage Rider in which auditors are encouraged to participate. After lunch the mounted lessons on position and correct biomechanics will begin, mainly at the walk and trot. This event is suitable for riders of all levels.

Spaces will be filled on a first come, first serve basis according to postmark. Registration is not considered complete until registration form is submitted along with fees paid in full. Postdated checks will not be accepted. **Please make checks payable to ODS.** Mail registration to Sherry Guess 18216 S. 397th E. Ave, Porter OK 74454

For more information contact Sherry at guessdrsg@aol.com or 918.640.1204

PARTICIPANT REGISTRATION CLOSING DATE is September 14, 2019

Location: Joyful Noise Farm 3166 S. 432 Rd, Pryor OK 74361

Schedule: Friday Sept 20, 2019 5 pm move in – no riding on this day, but horses may be hand walked in arena
Saturday and Sunday 9 am Pilates exercises 11:00 lunch for all 12:00 riding sessions
Sept 21, 22, 2019 Bring yoga mats, towels, notebooks, chairs. Auditors encouraged to participate

Fees: **Riders** - \$375 includes 2 lessons, Fri-Sun stall, shavings and lunches
Auditors - ODS members - \$35/day \$50/ weekend
Non-members \$45/day \$65/weekend

Registration

Participant \$375

Name, address, phone and email

Auditor (Fees above) ODS member Yes NO **Days attending** Sat Sun

Name, address, phone and email

TOTAL FEES INCLUDED _____

Waiver of liability: I understand the sport of horse riding is a high-risk sport and that my participation in this educational activity may also involved participation in an "equine activity" as defined by applicable laws and is wholly at my own risk. I understand that my participation involves all inherent risks associated with the danger and conditions which are an integral part of equine activities, including but not limited to, the property of equines to behave in ways which may result in injury, harm or even death to humans and other animals around or near them; the unpredictability of equine reaction to sounds, sudden movements, smells, and unfamiliar objects; persons or other animals; hazards related to the surface and subsurface conditions; collisions with other equines or objects; and the potential of a participant to act in a negligent or unskilled manner which may contribute to injury to the participants or others, including falling or inability to maintain control over the animal. By participating in this activity I agree to assume responsibility for those risks, and I release and agree to hold harmless, ODS, its event organizer, management, staff, instructors, participants, and auditors or anyone associated with the facility, liable for any injuries to me or my horse.

Participant/Auditor Signature: _____ Date _____