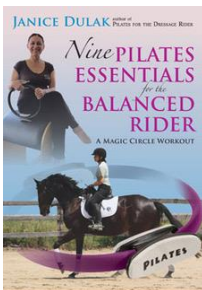




GCC ADULT RIDER CAMP YOU DO NOT WANT TO MISS



Author: Janice Dulak Camp March 9th - 11th 2018

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

Learn to communicate better through a more balanced seat. Come participate with Janice Dulak, Nationally renowned Dressage Pilates Instructor. Ms. Dulak will begin the camp with an informative power point on the Dressage Seat which was presented at the 2016 USDF Convention. The lecture will focus on the problematic muscle imbalances that lead to a problematic seat and interferes with correct biomechanics. Mornings will include Pilates for Dressage Riders. The camp will continue with mounted lessons on position and correct biomechanics mainly at the walk and trot. The camp is for 12 adults. \$350: lectures, lunches, 2 lessons, and stall. Auditors welcome. See ODS/GCC website for more information or contact:

Jess Korver jesskorver15@gmail.com or
Roberta Clark 55rclark@gmail.com.