

OKLAHOMA DRESSAGE SOCIETY
PRESENTS
SUMMER MEETING, 2018
SATURDAY AUGUST 18 2018

LOCATION: Tulsa country Extension Center
4116 East 15th Street, Tulsa Ok. 74112
(Just west of the trailer entrance to the Fairgrounds)

SCHEDULE: Noon~ registration and light lunch

1:00-2:00 Business Meeting

- * Voting on By Laws amendments
- * Discuss what members want for Year End Awards
- * Review Scholarship Program~ explain how to apply & requirements
- * New ideas for Volunteer awards
- * Recruiting volunteers ~ getting them in and offering training
- * Other topics from memberships

2:00 Lecture by Michelle Melklejohn
"Pilates for the Equestrian"

Michelle comes from Arkansas, but lived in Oklahoma prior to that. While here she studied dressage and took lessons from Anthea Kin. Her active participation as a rider gives her an excellent perspective on applying the theories and practices of Pilates to riding. This talk will review the history of Pilates and the methodology behind how it works.

3:00 Pilates mat class led by Michelle
Spotlighting riding-specific exercises.

****Bring comfortable clothes and an exercise mat! Michelle will lead us through a one hour class of exercises especially targeted to riders!****

This is a combination Business and Educational Meeting that is offered at no charge to ODS Members, so please come join us for a great gathering and education.

Lunch is free for members. \$10.00 for Non-members
but please, you **MUST** register in advance so we can order an appropriate amount of food.
Please include a check made out to ODS for \$5.00 to reserve lunch.
This will be returned to you at Registration

Name _____ Phone _____

ODS Member? _____ Yes _____ No _____ Email _____

Please send meeting registrations to:

Emily Moser 2636 Turffula Circle Norman, OK 73069

emismc@gmail.com by **August 13** to be assured of having lunch.