



VIRTUAL RIDING comes to Oklahoma – A once in a lifetime opportunity!

Oklahoma Dressage is pleased to announce that “Luke” the **HORSE SIMULATOR** will be offering lessons on his tour of the southwest at

Lily Pond Estate in Kellyville, OK October 23-27, 2010.

Directions to Lily Pond Estate:

From Tulsa I-44 west. Exit at #211 (Kellyville/Drumright). Take a left toward route 66, then turn right onto route 66 (toward Kellyville) Go 2 miles. Turn left at signs for Schlumberger and Kellyville rodeo arena onto W. 141st. St. South. Look for a black welded fence on the right in about ¼ of a mile, entrance soon after. **From Oklahoma City take I-44 east** Exit at # 211 (Kellyville / Drumright). Turn right, then right again on route 66 then follow directions above (Go 2 miles...).



- ◆ Practice riding without wearing out your horse!
- ◆ Improve your core strength!
- ◆ Gain confidence and better balance!
- ◆ Work on transitions and half halts!
- ◆ Ride a test and concentrate on your seat and aids!

Top hat and tails not required!

Now your “horse” can tell you what went right or wrong with your ride. You will get instant and specific feedback from the Riding Simulator through seat and leg sensors. You will be able to correct your mistakes under saddle without the reactions of a live unpredictable horse. Novice riders will learn feel of a horse’s movement and gain confidence to transition to a real horse. Experienced riders will have the opportunity to refine their riding skills, seat, and timing. “Luke” can even perform upper level movements such as piaffe, passage, and tempi changes. No matter what your level, this is a once in a lifetime opportunity to be able focus on improving your riding without thinking about training the horse or worrying about the horse’s reactions. No spooking!

Barbro is happy to work with riders as well as horses at all different levels. She really enjoys working with lower level riders because the improvement is often so rewarding!



The view from Luke’s back. The TV screen can either show a dressage arena or give you feedback from the sensors- notice the screen in the picture above.



“Luke” lives in Malibu, CA, but is making a tour through OK, AR, and TX. He is owned by Barbro Ask-Upmark who is a USDF bronze, silver, and gold medalist originally from Sweden.

www.alwaysagoodride.com

Barbro’s biographical information:

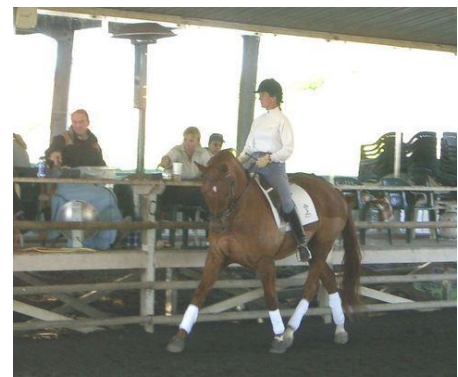
During the years I have trained and successfully shown 5 horses of my own from First Level to GP. I have also trained and successfully shown many horses for clients in Sweden, Germany and the US as well as giving clients lessons on their own horses. From 1982 until 1997, I worked as a mounted police officer in Gothenburg, Sweden. I rode in the European Championship for Police Riders in Germany with “my” Police Horse and I won a silver medal behind Klaus Balkenhol on Goldstern winning the gold medal. Dr Reiner Klimke was one of the five German judges. I trained the police horse I had to GP and showed him successfully in civilian competitions as well as worked with him full time in duty. I worked with Louise Nathhorst as a part of the sponsoring program and I also rode with Kyra Kyrklund and Lars Andersson at the Flyinge Stud.

For the last 14 years I have been working with David Hunt from England. I have spent longer period of times in England training and showing at venues like Hickstead and Windsor. I relocated to California 1999 and I brought my horse Moliere with me. He won the USDF GP Reserve Champion title, region 7 and the Champion All Breed Award in GP 2002 as well as several other GP wins around California. Unfortunately a bad accident ended his life when he was only 12 years old. My younger horse Monterey was imported by me from Sweden when he was 3 years old and unbroken. I have showed him since he was 4 years old and taken him up the levels and is now competing successfully in GP in CA and is qualified for the region 7 Championships both with USDF and CDS. He has received scores up to 69.95%

****Extras****

** Barbro is also bringing Monterey with her and will offer a 45-minute to an hour demo-ride in the late afternoon or evening. She will use a head set to talk to us while she is riding and will show and explain: the importance of a proper warm-up, developing it into the training session; explain how to teach the horse to do certain movements and how they are performed; show how to encourage the horse to perform the best he can and keep him content and happy to do his work; emphasize the importance of going back to the basics and keeping them in mind through the ride. Wine and snacks will follow for questions/discussion afterwards- cost is \$30/person. The specific day will be determined by the lesson load each day.

** Depending on how many lessons there are on the Simulator, you may schedule a lesson on your own horse later the same day or the next day to experience the improvements you have made.



Barbro with Monterey

** We will plan to have an informal potluck dinner with Barbro to ask questions and visit about her remarkable career and experiences. The specific day will be selected closer to October.



Lesson Registration form

For your lesson with Barbro on Luke you may bring your own instructor and/or your own saddle (no western saddles) or use hers. A short informative presentation will be given to participants where questions will be answered then private lessons will follow. Luke will be indoors so weather won't be an issue! Weight limit is 230 pounds.

Name _____

Phone _____ e-mail _____

Please indicate below date and time preference.

Lesson will be filled on a first received basis.

45-minute Lesson on Luke \$125, ODS nonmember price \$135. Please check your preferred day. *Lesson times will be determined by the number of riders each day.*

Saturday, October 23 am _____ pm _____

Sunday, October 24 am _____ pm _____

Monday, October 25 am _____ pm _____

Tuesday, October 26 am _____ pm _____

Wednesday, October 27 am _____

Lesson on your own horse 30 minutes \$60 or 45 minutes \$75. Please check if you are interested in a lesson on your own horse with Barbro. We will determine the day depending on the number of lessons on Luke each day.

30-minute _____ 45 minute _____

If you are bringing your own horse, stalling is available for \$20 and will be payable to Lily Pond Estate upon arrival. Negative Coggins must be presented.

*Interested in a pot luck dinner? _____ (no charge, day TBD)

*Interested in attending Barbro's demo ride followed by wine and snacks with discussion and Q/A \$30? (day TBD) _____.

Please enclose payment of \$125 or \$135 (nonmember price) for each lesson on Luke you are reserving. Lessons on your own horse will be payable when scheduled

Please make checks payable to ODS

Send to: Anne Kuhns, 12203 E. 106th St. N., Owasso, OK 74055

Contact Anne Kuhns or Sherry Guess with questions or for more information.

Anne Kuhns 918-272-4789 or akuhns@atlasok.com

Sherry Guess 918-483-4600 or guessdrsg@aol.com