



Connection and Confidence News!

*Big Announcement &
Tools on the Trail!*

May 2015

IT IS OFFICIAL!

Anke is a
CERTIFIED CONNECTED RIDING® PRACTITIONER

After years of study, teaching, case studies, practicing, learning, and more Anke has been awarded the Blue Level Practitioner!



[Contact us](#) to schedule a lesson or mini-clinic to learn more about connection with your horse through



Connected Groundwork and Riding® with Practitioner Anke.

Don't Miss It...Still Time to Sign Up!

CONNECTED RIDING® LESSONS and MINI-CLINICS Karmik Acres, Woodstock, IL
May 30 and 31



Costs: Private Lessons: \$75 first hour, \$65 each hour after
Mini-Clinics (3 hrs): Private - \$195, 2 people - \$135 each, 3 people - \$115 each
Auditors: \$40 for one day, \$70 for two days

Don't drag your hooves, sign up now to reserve your choice of lesson or mini-clinic and time spot!

Contact Karen at info@karmikacres.com with Questions or to Sign Up!

Tools on the Trail: Rotation in the Saddle

(Total read time <3 minutes)

Last month, we talked about "transitions" and I shared the groundwork principle of Shoulder Press with you. This month, we'll continue with the concept of transitions and introduce the concept of rotation in the saddle. The purpose of this article is to introduce you to rotation, while not sharing

all aspects of the many ways to use and hence do, rotation! Please be

aware that I'm only sharing the rotation aspect of the work here, and not some of the other corresponding leg movements that complement the effectiveness of rotation.

Rotation while you are in neutral has so many uses, one of which is keeping both you and your horse connected on the trail through movement in both the horse's body as well as your own. Imagine a spook on the trail, and you stick with your horse through natural movement as opposed to "hanging on"! That depth, security and safety in the seat is but one of the benefits of continually moving in your body with your horse through rotation.

I invite you to view the video first, read the description below, and then view the video again. There is a fine line between rotating and twisting, so I'll do my best to help differentiate between the two for you so that you have a clear picture of how to do and use the valuable principle of rotation!



Rotation on the Ground

As you saw in the video, I was mainly focusing on having you understand that true rotation comes from [Read More...](#)

The Raffle Winners!

CONGRATULATIONS to the [De-Spook U!](#) Raffle Winners at the Midwest Horse Fair!

- **Friday's Winner - Jan W. from Henderson, Nevada**
- **Saturday's Winner - Connie P. from Bourbonnais, Illinois**
- **Sunday's Winner - Donna M. from Merrill, Wisconsin**

Upcoming Events!

- **Connected Groundwork and Riding Lessons/Mini-Clinics,**

May 22-25 2015, Illinois, Indiana, and Michigan

- **Connected Groundwork and Riding Lessons/Mini-Clinics,** May 30 & 31, KarMik Acres, Woodstock, IL
- **Connected Groundwork and Riding Lessons/Mini-Clinics,** June 6 & 7, Green Bay Area
- **Connected Groundwork and Riding Lessons/Mini-Clinics,** June 27 & 28, Snapdragon Farm and Stables, Mt Horeb, WI
- **Connected Groundwork and Riding Lessons/Mini-Clinics,** July 11 & 12, Snapdragon Farm and Stables, Mt Horeb, WI
- Funny true life stories and a "kick back and have an adult beverage" kind of attitude at my blog **Why I Ride Horses!** Please come and visit and leave a comment or two!

Contact Information

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- Certified Health and Life Coach
- Connected Riding Practitioner - Blue Level
- Reiki Master/Nutrition Consultant/AFFA Fitness Trainer

- Emotional Freedom Technique Tapping (EFT)

Virtual Confidence Coaching www.De-SpookYou.com

Natural Health and Wellness Products ~ www.anke.myshaklee.com

If you would like to forward or use some of the material shared in this newsletter, please feel free to do so. Just make sure that you credit the source proudly and accurately...Good Karma!