



Connection and Confidence News!

Last in Series of
Tools on the Trail!

June 2015

New and Newsworthy

Lesson times are filling quickly! Desired days and times are booking into August and September in the Madison Area.

For Lesson & Mini Clinic Days, we are booking into September for full days. Anke currently has trips scheduled to Northern Wisconsin, Indiana, Illinois, and Western Wisconsin, and Minnesota (see dates below). Contact us if you are interested in scheduling her to come to your area!

Please note when Anke travels, she often sees clients along the way to her destination. Please contact us to ensure that you don't miss an opportunity to have a lesson just because you don't live in a specific destination area listed. She might be able to come to you for a private lesson as she travels. Just ask!

We look forward to hearing from you!

Tools on the Trail: The Ability to Bend

(Total read time <3 minutes)

This month, we will conclude our groundwork exercises that help us on the trail with Heart Girth Press. As with the other groundwork exercises, you can do these, as needed, based on what you will be doing under saddle. Specifically do Heart Girth Press if you are going to be requiring the horse to move in a certain way, for example bending and shifting weight.

When we are on the trail, we can ask our horse to put many principles of work we do in the arena into practice. It is a great place to really put into purpose the principles of forward, bending, weight shifting, coming through, releasing and so much more, all in an environment that uses the principles as they were intended. If you have ever been on the trail and asked your horse to bend around a tree or shift his weight to avoid a narrow pass, then you will appreciate how valuable the ability to do these things are!



Heart Girth Video

As you do Heart Girth Press, you will feel him softening and bending through the ribs. Remember to ensure that you are rotating your body and thinking "up" as you do the exercise, as Peggy Cummings, founder of Connected Riding, mentions in the video.

When the horse releases, his body will soften... [Read More...](#)

From the Horse's Mouth

From "[Connect With Your Horse From The Ground Up](#)"
By Peggy Cummings

This is an excerpt from Peggy's personal experience in regards to observations with Heart Girth Press

I recently worked with two horses who were very tight through the rib cage and did not use their back effectively. While standing still I offered pressure all the way from the heart-girth area to the end of the rib cage on both sides. On both horses I could feel differences between the two sides - one was "soft" and the other was stiff. While walking, the "softer" side of each horse was easier to stay with, while the stiffer side seemed to repel my arm. (I kept going back to the "easy" side for a breather!)

A Quick Curry



Upcoming Events!

- [Connected Groundwork and Riding Lessons/Mini-Clinics](#), July 1, Green Bay Area, WI

- [Connected Groundwork and Riding Lessons/Mini-Clinics](#), July 11 & 12, Twin Cities Area, Minnesota & Western WI
- [Connected Groundwork and Riding Lessons/Mini-Clinics](#), July 25 & 26, Indiana and Illinois
- [Connected Groundwork and Riding Lessons/Mini-Clinics](#), August 29 & 30, Indiana and Illinois

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!

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