



Connection and Confidence News!

*Horse and Rider - Who is Responsible?
A Magic Saddle!*

July/August 2015

New and Newsworthy

Summer is almost over and Anke is filling fast into Fall/Early Winter. Contact us to schedule lessons and mini-clinics for the rest of 2015.

Anke is also beginning to book her 2016 schedule. Contact us to reserve your dates for Weekend Clinics or Mini-Clinic/Lesson Days for 2016!

See below for upcoming events. If you would like to be included in any of those events, contact us at connected203@gmail.com to sign up!

How to Put on the Connected Halter

Here is a video of how to put on the halter, fit the halter to your horse, and how to put on the lines correctly for easy and direct communication with your horse!



Welcome -The Magic Saddle!



Sometimes, it takes a bit of magic to demystify a challenge. At the beginning of the summer, Guinness started to be quite clear that there was something not quite right during our rides. His general lack of enthusiasm under saddle was certainly unusual. He was delivering a clear message that something didn't quite suit him. After looking at several factors, including saddle fit, I determined that my now mature gelding had indeed changed his shape and back enough that his previously well-fitting saddles no longer fit. As equestrians know, just mentioning saddle fit can strike terror into our hearts and our pocket books! Knowing that I had no alternative, I set out to find "the magic saddle". I was able to borrow a saddle from a client for a one night trial. I put the saddle on Guinness and the magic happened in the outdoor arena. My horse first anticipated what he had been feeling before, then wonderfully and magically released his neck and topline when he didn't

feel the restriction of old. Hooray! The reason I am sharing this story? Simple. When your horse starts to do something uncharacteristic, even if it is small (for example a little buck or two), listen to him. He is trying to have a conversation with you. All too often, we want the horse to "work through it". Many of our horses are so tolerant it takes time for us to fully pay attention. Yes, finding a new saddle is time consuming as you dig into your pocket book, but it is worth it to you both. If you listen then you too can have your own magic saddle!

Getting the Best Ride...

Who Is Responsible for What?

It can be very confusing to understand what is the best path to follow to help you achieve what you wish with your horse. Whether you are at the show chasing ribbons, on the trail doing geo cashing or obstacles, or enjoying your horse on the ground, our time with our horses is OUR time together and it is precious. Many times, the emotional ties that we have with our horses lead us to question what we would not necessarily question if the emotional component was not there (ever notice how easy it is to pass along advice for someone else's horse challenge?). Now that we are well into summer and heading toward fall, many of us may be looking at what we have accomplished and may be left wanting in one way or another.

Overall, I can share that the long road is always the shortest one, because when we take the long road we have a certain level of commitment to the process and therefore build a more solid and full foundation in whatever it is that we pursue. We are determined and obstacles no longer hold us back. If we take the longer road, we also tend to build a more mindful and solid foundation in whatever we pursue, which in the long term allows us to do the stuff that is a bit more fun at times, sooner!

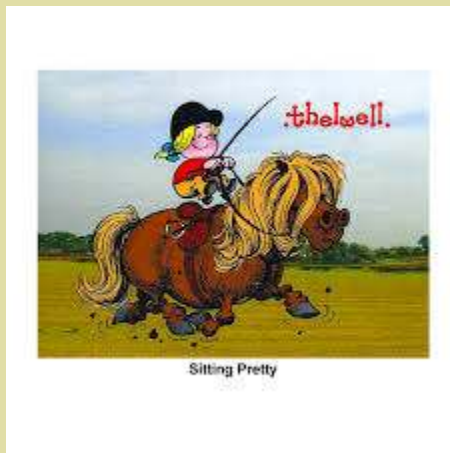
There are three areas of focus that help us to get the "best ride" with our horses as well as in our life:

1. The rider's balance
2. The horse's balance
3. The rider's confidence and leadership

Each of these areas of focus involve contributors from the physical, mental and emotional state of both bodies, the horse and the rider. If one area is out of balance, it will surely effect another area either in a subtle or more dramatic way. We often do not pay attention until the challenge is more dramatic, but if we were to have greater awareness and address an out of balance situation BEFORE it becomes dramatic, we would be ahead of the game each and every time.

In this and the next two newsletters, I will expand on each of these areas of focus and bring everything into connection. Let's set the foundation this month with rider balance!

RIDER BALANCE



- Expansion versus compression
- Rider weight and body awareness
- Tension and release
- Mental state and self-talk

Expansion versus Compression

Let us imagine your body is a spring. If you have space between your coils, then you'll have maximum amount of spring. If your coils... [READ MORE...](#)

From the Horse's Mouth

"Three rocks, three areas of focus for balance. Tilt one and the others will fall. Be open and inviting to losing balance so that you can find it again, and when you do, you'll find an even greater sense of balance from the previous lessons learned." -Anke Johnson



Picture Credit: art-of-balancing Michael Grab @ GravityGlue.com

New Resource Website for Horse Lovers



Midwest Horsemanship is excited to announce the launch of a new website which is poised to become The Midwest Horse Source. The site is called Midwest Horsemanship: www.MidwestHorsemanship.com. Think of this website as the Angie's List of the Horse world for the Midwest. It is an information resource for equine businesses (products and services) and events serving the following Midwestern states: North Dakota, South Dakota, Nebraska, Kansas, Minnesota, Iowa, Missouri, Wisconsin, Illinois, Indiana, Michigan and Ohio.

Equine Owners/Enthusiasts

This site is FREE to use as a resource for locating upcoming events in your area, new boarding facilities, hay suppliers, trainers and more. It is simple to find what you're looking for with with an easy to use search function by category, location, zip code, name, etc.

Business Owners

Basic directory and event listings are FREE. You will also find the value in upgrading your business listings to Featured Status or take advantage of the many advertising opportunities throughout the site to spotlight your equine business.

To all horse owners, enthusiasts and equine business owners - please help spread the word so that horsemen and women throughout the Midwest add their business and event listings and everyone looks first to www.MidwestHorsemanship.com as their Midwest Horse Source. Also find us on Facebook, Twitter and Google+.

We look forward to hearing from you with comments, suggestions or questions. We can be reached at Info@MidwestHorsemanship.com.

A Quick Curry



*"Horses are our mirrors.
They can be in balance when we are in balance."*

Upcoming Events!

- Connected Groundwork and Riding Lessons/Mini-Clinics, August 28 - 30, Indiana and Illinois
- Self Carriage Clinic, September 5-6 With Debbie Bowerman Davies, Sturgeon Bay, WI
- Connected Groundwork and Riding Lessons/Mini-Clinics, September 12, Green Bay, WI
- Connected Groundwork and Riding Lessons/Mini-Clinics, September 20 - 22, Indiana and Illinois
- Connected Groundwork and Riding Lessons/Mini-Clinics, October 16 - 18, Indiana and Illinois

- **Connected Groundwork and Riding Lessons/Mini-Clinics, November 20 - 22, 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!

Contact Information

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- Certified Health and Life Coach
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- Emotional Freedom Technique Tapping (EFT)

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