



Connection and Confidence News!

*Building Relationships, Connected
Riding and Good Health one
"Ridiculously Small No-Fail Goal" at
a time!*

July/August 2014

*Don't Miss it!
"Building Rider Confidence"*

a webinar teleclass with Thoughtful Equestrian and Anke Johnson

Tuesday September 9th 2014 at 7PM CT

Grab your favorite beverage and a comfy seat and join
us by registering at

<https://thoughtfulequestrian.com/building-rider-confidence/>



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**"M" is for Mentor and
Montana!**

New and Newsworthy!



Just updated! Check out the "**Clinics**" page for NSBA!

Mini-Clinics!

People are raving about the **Mini-Clinics!** It's a great way for you and your horse to immerse yourself in your riding without breaking the bank or needing a weekend to complete it!

Taylor your Mini-Clinic to exactly what you need; be it more ride time, groundwork, confidence coaching or all three! For 1 to 3 people, Mini-Clinics deliver.

Make your action plan for you and your horse's growth for fall and winter of 2014 now so that you're up and running even when the weather gets colder. Some things to consider are:

Part 1

(total read time <2 minutes)



M is for Mentor, O is for Open, N is for Neutral, T is for Tenacity, A is for Appreciation, N is for New ways of thinking and doing, A is for Access to all you need! . What does it spell? Montana!

Since April of this year, I have been working with my Connected Riding mentor Laura Faber-Morris of Wholeistic Equine in Montana. Not only does she bring Connected work to the table, but she's also TTEAM and Masterson certified. My summer focus has been to continue growing my skills as a rider which I then apply to the Connected work and this past week, I got to practice this work with Laura by my side! The thing that I've really enjoyed in this journey is learning more and more about me and what I'm capable of, which directly applies to you as well. I'll share more about my actual experience at the ranch in August's newsletter.

Over the past few years I've stretched myself pretty thin in regards to time, but I've made sure that my priorities are met first; things like family, my own health and my growth in my business. In addition to this, over the last three and a half years I've placed being a Practitioner in Training and student of Connected Riding as a high priority as well. It's required me to be very focused and organized, and also be very open to going back to my foundation for

- What happened this summer **that you want more of?**
- What happened this summer **you certainly want less of?**
- What clinics or lessons will you **take to get there?**
- What information will help you **achieve more of what you want?**

If a better partnership is something that you seek, then consider the [**Confidence and Connection**](#) series of clinics with Anke, or a [**Mini-Clinic**](#). Either at your own barn, the barn where you board or at Snapdragon Farms and Stables.

Strengthen not only your partnership, but help you and your horse use your bodies properly so there's more balance and confidence, and less tripping, frustration and challenges.

There are limited times available so book now, especially if our work will be weather dependent.

[**Quick Links**](#)

horsemanship and changing certain aspects that have not served me in the past and are ready for positive change! Because of that, it's been a process of breaking apart the old and rebuilding the new, all with a green horse. I have been frustrated and challenged to my maximum, only to be rewarded when I stick with it by having that first great ride where the changes I've been practicing come to fruition. My horse feels softer and more willing, and my body echoes my horse's ability to move. Its reciprocity and frankly it feels great.

The only reason that I continue with crazy schedule is because I'm passionate about learning and then passing on the information. If I can feel this confident, this free, this good and effective in my riding, it's even more magical to help others feel the same. This gift is being shared with me, and it's my honor to share this gift with you and your horse if it's the direction you want to move towards. So gimme a M-O-N-T-A-N-A and come with me on my journey towards yet another layer of understanding in Connected Riding and Groundwork!

Cheers, Anke:)

Health Tips

It's Never Too Late To Get In Shape!

It took Harriette Thompson more than seven hours to run a marathon Sunday in San Diego. But that was awfully good, considering she's 91 and recovering from cancer.

In fact, she beat the previous record for women 90 and up by two hours and 45

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and Connect with your
horse through De-Spook
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Horses!](#)

minutes. She also became the second-oldest woman to complete a marathon in U.S. history.

She told the Charlotte Observer before the race that the only time she feels her age is after running a marathon. "Lots of times, I see young girls coming in and limping, hardly able to move," she , "and I think, 'Well, that's pretty good that I don't feel that bad.' "

Thompson finished Sunday's race in 7 hours, 7 minutes and 42 seconds. It was her 15th marathon in 16 years. She started running the San Diego race at age 76, missing only last year's because of oral cancer.

Thompson has been battling skin cancer recently. She told reporters she had undergone nine radiation treatments in 11 days, [Read More...](#)

Coaching Corner

Spooky vs Timid ~ What does your label do to your thinking?

(Total read time <5 minute)

We don't always get the horse that we want, but we always get the horse that we need. Your "spooky" horse may not be as spooky as you think. Sure, he could have a tendency towards greater self preservation than other horses, however his body and your body (and your leadership with him) may add to his degree of spooky behavior. If he's more on the timid side, he may need more leadership and support from you in order to feel like he needs to be less reactive in

certain situations. And that leadership comes from your body language as well as your mental, physical and emotional approach. If you're willing to take the time needed based on your horse and build the trust that your horse needs (as well as your own trust in yourself) you'll set yourself up for a win-win situation.

So where do you start? You can start with yourself and then invite your horse along for the ride. With Connected Riding you become "live" weight to your horse, and your horse is able to access all four legs to fully utilize his 4-wheel drive. For this reasons from a Connected Riding perspective, I invite you to find neutral in your body. Neutral allows your body to buoy and be without brace or resistance, it invites your horse to move along with you instead of feel brace against you. There's nothing more soothing than having a body move with your "flow and energy" than to brace against it. Brace invites us to question why we feel that way; is there something to be concerned about, is there something to avoid or fear? Here's a video of Trisha Wren showing how neutral and proper rotation effect your ride, specifically from the horses point of view. Neutral also gives you the ability to support your horse physically when they become uncertain in situations.

[Trisha Wren, Rotation and Neutral](#)

If you have aches and pain in your body, specifically in the back and knees, **[Read More...](#)**

From the "Horses Mouth"

(total read time <30 seconds)

[Connected Riding on the Trail with an Opinionated Half-Arab](#)

I have an athletic, confident and opinionated half-Arab mare with which I have done extensive groundwork over eight years. She is very responsive and has a ton of "try." I have ridden her on trails with variable control nearly from

the beginning, but I have not been successful in achieving a controllable / calm canter. Over these years, I have had many lessons, attended several clinics, and purchased many DVDs in pursuit of that canter. My little horse has always been twitchy and excitable; some may say "exuberant," eager to move off at too-fast a pace in any gait, which I and others have attributed to her "Arab-ness."

Recently I moved my horse to another stable and learned that one of the other boarders was a woman named Anke, who is a Connected Riding Practitioner. After observing a lesson, I decided to try one myself (what could it hurt?). In that first lesson, Anke made one specific suggestion which I believe will change our (my horse's and my) lives. Immediately after the lesson, I went on a solo trail ride. There was no dancing or lurching or charging or near-explosive gait changes, despite encountering a family of noisy turkeys including one last turkey who blasted out of the grass a few feet from the trail, hitting a tree limb which caused the entire small tree to shake as the bird flapped off squawking. My usually flighty little horse stood stock still and watched all this with interest but did not attempt (should I say "offer?") to whirl around or race off. As my adrenalin level dropped, I asked her to walk off down the trail and she did, as calmly as one could want. I could NOT believe it!

A few days later a friend and I trailered our horses to a nearby park and rode for a couple of hours. My friend, familiar with my extensive struggles with my very forward and extroverted horse, commented that her behavior change "is like a miracle!"

I have now had TWO lessons with Anke, and it feels like I have a different horse. All this time and through all the other lessons and clinics, I have been asking her to hurry while holding her back! Being the patient, merciful creature that she is, she has been forgiving me! Finally I have found a way to communicate successfully with her while riding. It feels like the first days of the rest of my life!

D. Meyer, Madison WI

Upcoming Events!

2014

- Self Directed Coaching for "[De-SpookYou!](#)" ~ Confidence Coaching that will take away the fear of the unknown, and make "what if's" a thing of the past!
- [Confidence and Connection 2 Clinic](#), two days at Snapdragon Farms and Stables in Mt Horeb, WI September 6 and 7 2014.
- [Confidence and Connection 1 Clinic](#), two days at Aire of Enchantment Farm in Ft Atkinson, WI October 4 and 5 2014.
- [Confidence and Connection 1 Clinic](#), two days at KarMik Acres in Woodstock, IL November 8 and 9 2014.
- Don't forget to book your [Mini-Clinics!](#) 3 hours of learning for 1 to 3 people. Spoil yourself this fall to set you and your horse up for a fall and winter of fun!

2015

- [Midwest Horse Fair](#), April 17, 18, 19 2015 Madison WI. Booth #5010 in the Exhibition Hall-Mendota Atrium. Look for our banner "For Riders Who Want More!" Balancing riders in the saddle to experience a neutral seat!
- 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!

"A Quick Curry"



For some of you, you may know that I have been having a bit of a challenge balancing my hormones in this certain, ahem, "time of life" for me. I chanced upon RDN Margaret Wertheim <http://margaretwertheimrd.com/> and I haven't looked back. She helped tweak my already good nutrition program, and the tweaks she made have put the icing on the cake. Thanks Margaret! I'm living a fuller and happier life because of you!

Margaret Wertheim is a Madison, Wisconsin based Registered Dietitian Nutritionist (RDN) who believes in the power of whole and real foods in achieving and maintaining a healthy life. In her practice as a Nutritionist, Margaret strives to help her clients achieve optimum health by not only providing nutrition recommendations, but also providing the rationale for those recommendations. She believes changing the diet is one of the most powerful ways we can affect our health and wellbeing. Her background in biochemistry and research provides her with a strong understanding of the health benefits of individual foods, vitamins, minerals, and phytochemicals. Margaret specializes in nutrition for supporting women's health including infertility, pregnancy, weight loss, digestive issues, polycystic ovarian syndrome (PCOS), and menopausal symptoms. She sees clients at Dane County Family Acupuncture at 6041 Monona Drive and Madison Acupuncture and Holistic Health at 307 S. Livingston St.

Margaret holds a BS in Biochemistry from the University of Wisconsin-Madison and an MS in Nutrition from Bastyr University in Seattle. Margaret has experience working at the University of Chicago and other Chicago-area hospitals in addition to providing nutritional counseling at Pulling Down the Moon, a holistic fertility center in Chicago. Margaret is the author of *Breaking the Sugar Habit: Practical Ways to Cut the Sugar, Lose the Weight, and Regain Your Health*. Look for her articles on a variety of nutrition topics on MindBodyGreen.com.

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- 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

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