



Connection and Confidence News!

"Positive Results from the Ground Up"

March 2015

*What you and your horse can do NOW
to be ready for Spring!*

New and Newsworthy!

(Total read time <2 minutes)

Spring is almost upon us, and with that comes our best time of year to ride! Even though it's been very cold this year, many of you have kept me quite busy despite toe surgery and braving the elements. Here are some great options for a better ride by incorporating some Connected Groundwork and Riding into your repertoire!

- Enjoy a free balancing in the saddle demonstration at the Midwest Horse Fair! Be sure to sign up for your spot as soon as you get to the fair. This has been a very popular option at the booth, which really helps you to compare and contrast your balanced seat in the saddle. Whether you feel solid or a little unbalanced, I can guarantee that you will take something away from the experience! Come visit us at the Natural Solutions by Anke Booth 5010 in the Mendota Atrium.
- Book a Mini-Clinic, Lesson, or full 2 day Clinic ([*More Info - Click Here*](#)) Learn or refresh your Connected skills both on the ground and in the saddle. Depending upon how you learn best, look at the options that we offer for learning. If you want to make a suggestion don't hesitate to ask, the bottom line is I'd love to work with you and your horse!
- Come see Peggy Cummings and Anke Johnson at Horse-A-Rama on May 2nd and 3rd in Manitowoc, WI. More details soon, please check back at [Horse-A-Rama](#) . There will be riding and groundwork demonstrations each day, including balancing in the

saddle.

Positive Results from the Ground Up!

(Total read time <5 minutes)

Do you ever call your horse lazy? Do you ever wonder if he knows where his feet are after he trips, stumbles, or even falls? Maybe he tends to drag his feet or it feels as though he doesn't even attempt to lift a foot off the ground? When we are off balance, we are not able to keep ourselves upright and neither can your horse. Many horses are off balance and heavy on the forehead, which can contribute to the tripping, stumbling and dragging. Sometimes the tripping and stumbling can be a symptom of simply not knowing where his feet are. Being off balance and not knowing where his feet are can certainly contribute to feeling imbalanced emotionally as well, which often is seen as unconfident or even being disrespectful. Often, we see this as spooking, shying or engaging in the fight or flight response. By simply starting to help our horses know where their feet are, we can contribute to their physical and emotional well-being by helping them to *feel* their feet and legs, rebalance, and create a better base of support! The video below demonstrates how you can begin to teach your horse to know where their feet are and to become more balanced.



Knowing Where Your Feet Are Video

Making good headway will depend on your ability to take smaller steps for a bigger payoff. The steps are simple (but not easy!) and with patience and a keen eye and feel for observation you will not only build on your relationship together [Read More...](#)

From the Horse's Mouth

(Total read time <1 minute)

Since we're talking about "feet" and having a sound foundation to build on, many of you already know that I finally succumbed and had surgery on my left foot. Last year, while working on my feet 8-10 hours a day in uneven arena footing, my left foot and left side of my body were always sore. I had bunion surgery on my right foot 15 years before and that foot and that side of my body felt fine. Even with all the wonderful bodywork I was getting done, the recent work wouldn't "stick" and I would end up sore again in no time. I knew I had to tackle this "*from the foot up*". It has not even been 3 months since the surgery and my entire body already feels better. I started getting bodywork about 2 weeks after the surgery to support the healing. Now the bodywork is holding and my foot and left side feel better. I even have an arch now! The left side of my body is doing well and releasing and I'm able to be more "open" and flexible in parts of my body that used to hold tension. This experience reaffirms my belief that things do better when there's a solid foundation to work with from the ground up!

A Quick "Curry" from Kendra Skorstad



(Total read time <2 minutes)

Hooves are the base of support for all horses. It is vital to the horse to know where his legs and hooves are and to be able to navigate any path we have chosen for them to maneuver through. The hooves are one of the most integral parts of a horse to allow the horse to be able to stack up in neutral alignment with a leg at each corner. When the hooves are well maintained, the horse is more able to connect with his body to be able to move towards self-carriage and freedom in movement. When the

horse can be in neutral alignment, the stresses and leverages on the soft tissue and joints are at a minimum.

Farrier care is pivotal in every horse's care regime. When a hoof is trimmed well, they are in balance from side to side and from toe to heel. Each hoof and leg is also in balance when the hooves are maintained well. Balance is determined by each horse's individual anatomy. Proper trimming balances the hoof to the interior structures providing a three dimensional balance.

There are few things that help indicate ideal balance.

- The overall health of the external tissue. A healthy strong wall all the way around the hoof with good white line connection suggests healthy, balanced blood flow and proper limb loading. [Read More...](#)

***Kendra Skorstad** has been a lifelong horse enthusiast and a professional farrier for over 10 years. Her passion and love of the horse is the driving force behind her work. She values staying on the forefront of farrier science through continuing education and establishing working relationships with her fellow farriers to build a stronger community. Her level of commitment to individualized care, drive for continuing education, "out of the box" problem solving skills, and an open mind is unique and unparalleled. For more information about her services or to contact Kendra regarding your horse you can visit her website www.connectedhealing.com or call her directly at 847-840-1196.*

Upcoming Events!

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!
- [Horse-O-Rama](#), May 2 & 3, Manitowoc County Expo, WI
- [Connected Groundwork and Riding 1 Clinic](#), May 30 & 31,

KarMik Acres, Woodstock, IL

- [Connected Groundwork and Riding 2 Clinic](#), June 6 & 7, Snapdragon Farm and Stables, Mt Horeb, WI
- [Connected Ground and Riding 1 Clinic](#), June 27 & 28, Snapdragon Farm and Stables, Mt Horeb, WI

- **Connected Groundwork and Riding Lesson Days**, 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

Anke Johnson, Natural Solutions by Anke, LLC

608-467-0008 / coachanke@gmail.com / www.naturalsolutionsbyanke.com

- Certified Health and Life Coach
- Connected Riding Practitioner in Training-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!