



Connection and Confidence News!

Rider Confidence, Rider Wellness and Healthy Weight. Long term Sustainable change one "Ridiculously Small No-Fail Goal" at a time!

December, 2013

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New and Newsworthy!



Book your seminars and clinics now! Taking dates for 2014 and 2015.

To get an idea of what may be offered, please



Reflection Time!

A while back in the Minneapolis newspaper the following comment was made by the head coach of the Minnesota Wild NHL hockey team. The point in this article is that Mike Yeo feels he is a better coach because of taking the steps to reflect and evaluating himself.

"A big part of me for getting better is I take time for reflection and evaluating myself."

This article really made me think so I took some time to reflect on a few things. This isn't entirely new to me because it seems like I'm always hearing things or reading things that make me think. I reflected on this thought.....**what did we do to be so fortunate to own a horse, to have the time, relationship and (gulp!) money to fulfill our equine passion?**

visit my [Clinics Page](#).

Now offered!
**Confidence and
 Connection clinics
 with a combined focus
 of confidence
 coaching and
 Connected
 Groundwork and
 Riding principles!**

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I'm not very different than you or anyone else. I was 8 when I first got started in horses at a lesson stable in Toronto Canada. I loved horses all my life, and my hard working mother paid dearly (in many ways) to fulfill her youngest daughters dreams and desires to be with horses. While I was very afraid before each lesson, I left the barn feeling joy and excitement about being with horses and having the privilege to ride them. I made a decision that I wanted to include horses in my life, so I committed to that idea and for the past 41 years (really?!?!?) have stuck to that commitment in one way, shape or form.

Has it been easy? No! Have there been disappointments? Lots of them. Did I lose my fear and grow completely confident over the years? No! Did I experience any failures? Yes, and this is probably the major reason I continue to grow, enjoy, and succeed with horses. I was willing to fail but yet not make the big failure of quitting just because things didn't always go the way I wanted them to. As has been said by many people...I failed my way to success.

I "got out of horses" between the ages of 21 and 31, but the horse was always with me. So when I did get back into horses and restarted riding, I think what I did was make a simple commitment about doing whatever it would take to work hard at building my confidence and enjoyment with horses regardless of what might happen. Failures are lessons and I learned that very early in the game. I had lots of lessons to learn, and I still learn each and every day when I'm with the ol' equine and their caretakers.

Are you committed to this idea of building yourself a future with horses that is absolutely amazing? Are you willing to do whatever it takes to make it happen? If you are all I know is you will never regret working hard at this business of horses; whatever your goals or aspirations. Reflect on this thought today and see what you come up with.

Enthusiastically, Anke Johnson

[Health Tips](#)



Don't wait until after the holidays, do it now!

Take advantage of Shaklee 180 and No-Fee Coaching

Why the crazed cat picture? Well, you don't have to eat your way out of a box or feel trapped in any way! With Shaklee 180, there's no feeling of deprivation, in fact you'll enjoy what you eat while you're learning better habits to support your goal of long term sustainable health.

Do you have habits you'd rather not feed? Are you willing to dig deeper and move forward faster? Are you looking to achieve a healthy weight once and for all?

Then [Shaklee 180 Science](#) and coaching from [Natural Solutions by Anke](#) may be your combined ticket to enjoying all the benefits of what a healthy weight has to offer. Your benefits are personal to you; so it may be greater confidence, more joy, absence of illness, ability to physically do more, greater endurance and productivity. Whatever benefits your healthy weight awaits for you, get started on reaping them now and for a happily ever after.

Right now, Shaklee 180 is also offering two specials; one for folks new to Shaklee and one for existing members. **New Members Special:** From now until January 31st, 2014 any person new to Shaklee can join free, plus get a \$100 product of your choice absolutely free when you purchase 3 consecutive Shaklee 180 Turn Around Kits by March 31st, 2014! Plus, if you order your first kit by Dec 11th, you'll also get free shipping (up to \$20) of your first

kit!

Existing Members Special: From Dec 2, 2013 through Dec 11, 2013 get free shipping (up to \$20) on any online order (not placed by phone or on autoship) of \$200 or more. Your Shaklee Turn Around kit will qualify for this!

Shaklee 180 is available any time to you, but you do have to act by January 31st, 2014 in order to get the abridged **No Fee** "Once and For All" coaching that will help you launch your success to a higher level. You **save over \$100 on coaching** with this offer. This coaching will be delivered to your email inbox once each week for a total of 12 weeks. Starting the week of Dec 16th, I'll share an abridged version of my "Once and for All" healthy weight coaching with you, in addition to two motivational health tips each week. This is in addition to the fabulous Shaklee 180 support tools like the Burst Exercise training, Shaklee 180 app, daily menu plans and more!

It's not about skinny jeans, it's about you getting healthy and living your best life. But hey, we'll take the skinny jeans too!:))

For more information and to get signed up now, [me](#). You've waited long enough, it's time to take action for a healthier you!

Fully Guaranteed, nothing to lose but what you choose!

And finally, I can't do business without referrals from folks who have already enjoyed success, either with both coaching and Shaklee or one or the other! As a thank you to you, I offer \$15 for each person that you refer me to and that I get to speak with. So if you have someone that you think may benefit from this offer or is seeking better health, please connect me with them. Thanks in advance! Anke:)

Coaching Corner

Change Coming for 2014!

2013 has been a life changing year for me; my business has transformed (and continues to do so) with the addition of Connected Riding. As a practitioner in

training with Peggy Cumming's Connected Riding, I have had the privilege of teaching many Connection and Confidence Clinics throughout the Midwest this last summer. I cannot thank the folks enough who have organized and hosted these clinics by spreading the word of how true Connection with your horse (and confidence!) will positively impact your relationship and riding. So thank you to you all, I have not only had the privilege to do clinics with you, but have also become your friend!

2014 holds quite a bit of excitement; in late March 2014 I will be traveling to the state of Oregon to complete my Blue Level Practitioner series for Connected Riding, and then later in 2014 will test for my certification. Along with case studies and a mentor I hope to be sharing the good news of being "official" sooner than later!

With all this, come changes with how I do business in 2014. As many of you know, I wear several "helmets" under the umbrella of Natural Solutions by Anke, LLC. I am a certified Health and Life Coach with Health Coach Training, I offer nutrition and fitness consultation with copious certifications and partnerships, and finally Connected Riding principles with your horse. Each of these pieces has their own seasonality, and in order to best serve the marketplace I will lean heavily in one area during one season, and then switch my emphasis in the next season. This way, you'll always have a fresh and lively Coach and Practitioner at your disposal!

In order to reserve the spot you wish for a Connected Riding clinic, Connected Riding lessons, Nutrition and Fitness clinic, Health and/or Life coaching or consult, please contact me directly. Clinic costs will be increasing slightly in 2014, however if you book now by January 31st 2014 and reserve with a deposit, you'll secure the 2013 prices!

From the "Horses Mouth"

Hi. My name is Kristie Kass and I offer acupressure sessions, acupressure classes, Angel Card Readings and Reiki for my two-legged clients. What are all of these things?

Acupressure is based on the same ancient medicinal system as acupuncture; there are energetic pathways in our bodies with many points on them that we access to assist in our well-being. To access these points with acupressure no needles are used but gentle finger or hand pressure is.

Reiki is also energy work that assists our bodies to return to our natural state of balance and well-being by releasing energy blockages. Both acupressure and Reiki are done with the client fully clothed lying on a table relaxing while I use different hand placements along their body. A typical acupressure/Reiki session can last from 30 to 60 minutes

depending on the client's wants and needs.

The acupressure classes that I teach are based on my training and research. I have taught acupressure for self-care classes at several local businesses as well as in private homes. Classes run in length from 30 minutes to 6 hours and in them students learn wonderful tools that they can use that are effective for stress release, general and specific pain management.

Angel Card Readings are a way to receive Angelic guidance. The person being read tells me the question they have. I draw Angel oracle cards, read their meanings as well as tune into any thoughts, impressions, feelings I receive while I am reading the cards. I share all the information with my client. I give readings via email and phone.

Thank you Anke for allowing me to be a Featured Guest!

Kristie R. Kass
Acupressure
Seva Stress Release Teacher
Reiki Master Practitioner
Certified Angel Card Reader ™

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www.linkedin.com/pub/kristie-kass/38/57b/792/

Upcoming Events!

2013-2014

- 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!
- **Shaklee 180 product Tasting**, Monday December 30th 2013 6:30PM (30 minutes). Please call 608-467-0008 for location and to RVSP, or email info@naturalsolutionsbyanke.com
- **Building Your Natural Medicine Cabinet!**

~Face to face event. Monday December 30th 2013 at

7PM (60 minutes).

Enjoy a fun, interactive and informative session learning about natural products that are available to you to help through the cold and flu season. Information will include how to stay healthy and build your immune system, and then if you do catch something, what can you do to feel better while you're getting better...all without side effects and supporting your immune system! Questions? Contact Anke at info@naturalsolutionsbyanke.com or call 608-467-0008.

- **Building Your Natural Medicine Cabinet!** ~Webinar (online) event. Duration 60 minutes).

Enjoy a fun, interactive and informative session learning about natural products that are available to you to help through the cold and flu season. Information will include how to stay healthy and build your immune system, and then if you do catch something, what can you do to feel better while you're getting better...all without side effects and supporting your immune system! Questions or to register: Contact Anke at info@naturalsolutionsbyanke.com or call 608-467-0008.

- **Sunday Dec 29th, 2013 at 8PM (CST)** ~ bring your jammies and your favorite tea or drink!
- **Friday Jan 3rd, 2014 at 9AM (CST)** ~ bring your hot cup of java!
- **Sunday Jan 5th, 2014 at 8PM (CST)** ~ bring your jammies and your favorite tea or drink!
- **Wednesday Jan 22nd, 2014 at 12PM (CST)** ~ bring your lunch and your friends!
- **Midwest Horse Fair**, April 11, 12, 13 2014 Madison WI. Booth #5010 in the Exhibition Hall-Mendota Atrium. Look for our banner "For Riders Who Want More!"

Speaking on

"Confidence for the Trail" and/or "Fear and the Returning Adult Rider". Also balancing riders in the saddle!

- Introduction to Confidence and Connection Clinic, two days at Snapdragon Farms and Stables in Mt Horeb, WI May 10 and 11 2014.
- Advancing Confidence and Connection Clinic, two days at Snapdragon Farms and Stables in Mt Horeb, WI July 12 and 13 2014.

2015

- 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"

"no matter how many mistakes you make, or how slow your progress, you are still way ahead of everyone who isn't trying" ~ Tony Robbins

Contact Information

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

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!

