



## Connection and Confidence News!

### *"Simply Movement"*

*Moving when it's cold out and what you can  
do to prep for spring!*

*February 2015*

### Not Consistent Enough?

(Total read time <2 minute)

I know this may seem as a shocker to some of you, but I don't always get my newsletters created and out on time. Since "consistency" is an important part of coaching, confidence, moving forward with your horse, heck, moving forward with life goals, that I thought you may appreciate this little change I'm launching with my newsletters! A good friend of mine helped me come up with this plan (it's always great to involve good friends in your plans...especially over adult beverages or a hot cup of coffee, but I digress). What this means to you is that you will have consistent (yes, I said it) newsletters in your email box that will offer sound information and tools for your riding and horsemanship. I'll be sending out a shorter version (like this one) of my newsletter eight times per year, and then a longer more robust edition four times per year! Grab your reading glasses and get comfy for this edition of Confidence and Connection, which will always include tips for Healthy Living, Equestrian Confidence and Connected Groundwork and Riding®!

## What's New?

### "Don't Wait to Release Winter's Hold on Your Horse Now"

(Total read time <5 minute)

Are you looking to come out of hibernation and start some earnest work with your horse? Would you like to create lightness (there's more daylight hours!), suspension (a spring-like movement) and connection (less brace against the cold) for you and your horse? Learn more about "combing the lines" on the ground in the saddle to unlock your horses potential and help remove winter's cold brace of standing against the elements. Combing is a very simple way to bring the life back into your horse and encourage him to start using his body more efficiently with intention, rather than with brace and tension.

To see the video, please click the link below to "read more"!

*I shot this brief, impromptu video for a client to show how to comb lines and what some of the positive effects might be. In the future, we'll make these videos a little bit nicer, but for now enjoy!*

#### Combing the Lines with Groundwork:

When working with a horse, we want to support lightness and connection, and stay away from tension, the pulling that creates brace. Combing one or two lines is a simple and effective way to release tension by creating small movements and oscillation, whenever you are with your horse...

[Read More...](#)

## A Quick Curry

**There's nothing like a shedding horse to give the "thumbs up" to spring!**

## 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](tel:608-467-0008) / [coachanks@gmail.com](mailto:coachanks@gmail.com) / [www.naturalsolutionsbyanke.com](http://www.naturalsolutionsbyanke.com)

- Certified Health and Life Coach
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Natural Solutions by Anke, LLC | 4425 Sentinel Pass | Fitchburg | WI | 53711

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