

natural solutions
by Anke, LLC



Special Fall Clinic News!

Teaching Connected Groundwork and Riding. Explore, grow and enjoy!



Connected Riding[®]
the universal language between horse and rider

Current Clinics to Attend!

Set up your fall and winter to continue to advance your horsemanship. If you've just sent the kids back to school, or you're finding yourself in an "empty nest", now's the time to treat yourself to advancing your relationship and skills with your horse with Connected Groundwork and Riding!



If you'd like to host a clinic, there's still time to get one started! Please contact Anke directly now to find availability and get your clinic "on the books"!

Confidence and Connection 1 ~ An Introduction to Connected Groundwork/Riding and a Balanced Seat

Located at Aire of Enchantment Farm in Ft Atkinson WI, this 2 day clinic (Oct 4 and Oct 5) will be a great introduction to develop a secure and balanced seat, along with in depth learning of Peggy Cummings' Connected Groundwork and Riding. I believe there is only 1 rider spot left available for this clinic, auditors are welcome as well.

This work will be great to do now in the fall as you close your 2014 riding season, and will carry over beautifully for those cold winter days when you may only have 15 minutes to do something before your toes freeze! You'll then be much better prepared for the 2015 riding season no matter what your interests or discipline.

Please Contact **[Marsha Wolter at Aire of Enchantment Farm](#)** to register or to ask about details.



Confidence and Connection 1 ~ An Introduction to Connected Groundwork/Riding and a Balanced Seat

Located at KarMik Acres in Woodstock IL, this 2 day clinic (Nov 8 and Nov 9) will be a great introduction to develop a secure and balanced seat, along with in depth learning of Peggy Cummings' Connected Groundwork and Riding. I believe there are 2 rider spots left available for this clinic, auditors are welcome as well.

This work will be great to do now in the fall as you close your 2014 riding season, and will carry over beautifully for those cold winter days when you may only have 15 minutes to do something before your toes freeze! You'll then be much better prepared for the 2015 riding season no matter what your interests or discipline.

Please contact [Karen Boso at KarMik Acres](#) to register or ask about details.

And don't miss Karen on "[Thoughtful Equestrian](#)"! She has created a fabulous online community for the horse enthusiast to enjoy all sorts of topics both horse and rider related:)



****Vibrant fall colors enjoyed from the back of your horse!****

Mini-Clinics!

Your time, your budget and getting the most from immersing yourself and your horse into the learning you want is the most important thing to **advance your horsemanship and skills**. Mini-Clinics fit the bill! They are **3 hours in length**, either at your location or at Snapdragon Farms in Mt Horeb WI, are **fully customizable** and can be with a **total of 1-3 people**, and are **priced just right**.

The mini-clinics are **designed and focused to help you and your horse grow with the work to your next level** using a shorter period of time than a clinic, but to give you more time than a regular lesson!

It will incorporate **both ground work and riding, and anything else that you wish to specifically target**. We can even incorporate a rider fitness plan into the mix!

Great for both folks who have never experienced any Connected Groundwork or Riding, and others who are on their way. For more detailed information, check out the [Lesson/Event/Clinic](#) detailed document, as well as the [Clinic Descriptions](#) page. Hurry to reserve your space!

Confidence and Connection!

*****New clinic dates and levels. Please check the [Current Clinics](#) and [Clinic Descriptions](#) to find the best fit for you*****

For many people, they **don't feel safe**, or they don't understand what may be **causing their horse to feel uncomfortable in their body, hence their mind**. My goal is to **help synchronize the mind and body of both horse and rider to lead to that ultimate goal of having fun and being safe** when you are with your horse!

Do your horsemanship goals this Fall include:

- **Learning in a safe, non-judgmental and easy to**

understand manner at a pace that works well for both you and your horse?

- Helping your horse physically **move in a way that promotes soundness in both mind and in body?**
- **Gaining more confidence** to release tension in both bodies (mental, physical and emotional)?

Then consider a clinic with Anke Johnson, a **Health and Life Confidence Coach** and **Connected Riding** Level 103 Practitioner in beautiful Mt Horeb WI! Blended together are the best of both worlds; life coaching to help you **become a more confident partner for your horse that also extends to areas of your life**, and Connected Groundwork and Riding that **brings together the trust, relationship and physical needs for both you and your horse.**

You'll **walk away with a solid plan to follow in the weeks ahead**, instead of the all too common "too much information" post clinic challenges.

For more information about the Clinics offered this year, or to register please go to **<http://www.naturalsolutionsbyanke.com/current-clinics>** or contact Anke directly at 608-467-0008 or **info@naturalsolutionsbyanke.com**

Make it a great year for you and your horse!

Cheers, Anke

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Here's what some folks are sharing after taking a clinic or lessons with Anke:

"Tailored to where you are with your horse while still learning new material"

"Your horse needs you to go"

"The clinic was wonderful. Anke is an excellent teacher, she has a gift. She brings knowledge and enthusiasm and explains things in a way that is clear to understand. I also appreciate the patience and understanding she gives to each person because we are all at so many different levels. I came away with so much information that is

practical and that I can apply right away."

"Very positive and informative. She (Anke) is more than willing to answer any questions and help in any way needed"

"Just go, it 100% worth it and you will most definitely come away with something you need"

"Very thorough understanding of Connected Riding Philosophy. Very patient. Very good listener".



Contact Information

Anke Johnson, Natural Solutions by Anke, LLC

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- Certified Health and Life Coach
- Connected Groundwork and Riding Level 103 Practitioner
- Reiki Master/Nutrition Consultant/AFFA Fitness Trainer

Virtual Confidence Coaching www.De-SpookYou.com

Natural Health and Wellness Products ~ www.anke.myshaklee.com

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