

Lessons, Mini Clinics or Events

Thank you for your interest in lessons, Mini Clinics or hosting a Clinic with Anke Johnson, Natural Solutions by Anke, LLC (NSBA).

My primary goal is to help people have more fun and do more with their horses through Connected Riding®, confidence, life balance and rider healthy.

I've gathered some general information below that will help us get started in the process to determine what format is the right choice for you.

I really would like to have an opportunity to speak with you, so that we could talk about what would work best for your barn in regards to format, content, interest, etc. If we can set up a time to talk just for a bit, say 30 minutes, then we could probably save each other some time and effort by determining whether your group at your barn would benefit from what I have to share. In the meantime, I have included what my “standard” lessons, mini clinics and clinics look like.

Anke's Credentials

As a student of Peggy Cummings Connected work, I am a certified Blue Level Practitioner, and Connected Groundwork and Riding® is the philosophy that I follow and teach. I do have a lifetime of experience with horses, and have extensive experience with many disciplines (dressage, hunter/jumper, 3 day eventing, trail, natural horsemanship). My studies include natural horsemanship with; Emily Kemp Horsemanship <http://www.kemphorsemanship.com/> , Mark Rashid <http://www.markrashid.com/> , and Michael Richardson www.brokenranch.com and Parelli (I am an “old level 2” Parelli graduate). I have studied dressage and light jumping (up to 3'3”) with many of these trainers and some others.

Facility Requirements

Whether you plan on using your own facility or will have to find/rent one, the requirements are the same. You should have a large enough arena that can accommodate a minimum of three riders at a time. It does not have to be covered, but weather should certainly be considered in your planning. Anke will not work with more than three horse/rider pairs at a time, but when doing groundwork we can have up to five pairs. You should have safe stall or pen space for any “overnight” requirements. Any people coming in for the day may also require stalls or holding pen(s) since each clinic day is a full day event, and we don't want horses tied to trailers or in your barnyard for that amount of time.

Anke's Overnight Requirements

I am happy to stay at a moderately priced, clean and safe hotel/motel near the host facility, if applicable. I can also stay at someone's home, however I require 4 walls and a door that will shut for privacy. I am fond of and not allergic to dogs,

cats or birds, but please ensure that they will be as happy to have me in their home as I am to be their guest. I do need time to decompress so if I stay with a host I will need alone time each evening.

Other “props” or equipment are needed for a clinic

- 6-8+ ground poles or cavaletti. Cavaletti blocks are also a great option.
- Enough straight backed flat seat chairs to accommodate all riders (to do posture exercises)
- Yoga mats or something to kneel/lay on (for experiential exercises)

Participants Horses

I strongly urge riders to bring horses that are fairly steady and well started under saddle. These clinics are designed to really focus on the rider’s own learning. Once a rider has studied the Connected work for a period of time and has achieved a good comfort and skill level with the work, they can bring a younger or less steady horse “for the experience”. However, if extreme horse training issues are present, I may refer that student to another horsemanship trainer to work with their horse on the issues presented so that everyone can stay in a safe and learning environment, and will focus on helping the rider to gain confidence with another horse or on their own without a horse. Please make sure that your horse has enough experience outside of their comfort zone to be a good student and teacher for you at a facility away from home! Stallions are not permitted at the clinics at this time.

Lessons, Mini Clinics, Clinics

Lessons (also see “Mini-Clinics”below)

- **Individual lessons:**
 - Minimum scheduling for lessons is 1 hour. Cost is \$80/hour.
 - Cancellation required is 48 hours in advance. Cancellation in less than 48 hours will result in 50% payment due of the number of hours booked. In case of illness or inclement weather please cancel ASAP, all considerations will be made to accommodate in these circumstances.
 - Lessons at Snapdragon Farms and Stables with your own horse (SFS trailer in fee applies \$10) are \$60/hour.
 - Lessons further than a 15 mile radius from my starting point of 4425 Sentinel Pass Fitchburg 53711 will be charged an additional \$20 travel fee. For lesson locations farther than a 40 mile radius please contact me for the travel additional fee.
 - **Your first lesson**
 - **Our first lesson will require 1.5 hours** in order to properly share and practice information for the rider and then work together with your horse. Cost for the initial lesson is \$115.00. Please see “individual lessons” criteria below.

- Individual lessons must be **paid for in advance** of your lesson date if you are new and/or have had less than 3 lessons with me. If you cancel your lesson within 48 hours you can reschedule once. If you reschedule more than once you forfeit all of your lesson fees. Cancellation in less than 48 hours will result in 50% payment due of the number of hours booked. In case of illness or inclement weather please cancel ASAP, all considerations will be made to accommodate in these circumstances.
- **Lesson Days Tied to Clinics:**
 - After a clinic, riders can spend one on one time with Anke to further increase their learning. During this time special issues can be addressed.
 - Cost for a lesson day is \$525, and can include up to 7 riders.
 - Individual lessons only please

Mini-Clinics

- Details
 - All mini clinics are 3 hours in length
 - Mini clinics can be individual or shared by one to two other people (total of 3 people max)
 - Mini clinics are custom tailored to you and your horse's needs. A plan for learning is discussed prior to the mini clinic and can be altered based on what horse and rider "show up" the day of!
- **At Snapdragon Farms and Stables**, MT Horeb WI (a \$15 trailer in fee applies, includes a stall or paddock, hay and bedding plus full use of the trails and facility for the day)
 - Cost is \$165 for one person, \$110 each for two people, \$90 each for three people
- **At your location** (longer distance travel fees may apply)
 - Cost is \$225 for one person, \$165 each for two people, \$145 each for three people

Half day clinics

- Ideal for coaching topics
 - Connected Riding® Groundwork with horses
 - Connected Riding® Groundwork experiential work for riders, no horses
 - The new or returning adult rider
 - How to handle "What if" fears
 - Managing post traumatic fears from accident or injury
 - How to prepare for the show ring jitters
 - Safe and fun times on the trail
 - Nutrition and movement for equestrians

- Mostly lecture format only-work with the participant is active (so it's not just sitting and listening)
- If there is any work with horses, it will be in demonstration and/or groundwork format only (limit of 6 people)
- Unlimited number of participants, however be mindful that a smaller group may allow for more interaction.

Full day clinics

- Can Include:
 - In hand Connected Riding® ground work with horses
 - Connected Riding®
 - Connected rider experiential learning
 - Rider confidence coaching (mental, emotional, physical)
 - Rider fitness
- Limit of 6 riders for this format because of the work with horses.
- Unlimited auditors are welcome and should pay a fee to attend.
- Work with horses will be in a group format on the ground and in the saddle.
 - **One, two or three days clinics:** Work with horses on the **ground and in the saddle.**
 - Note that all work with **riders in the saddle will be done in groups of 2** for the most individual attention and for best rider comprehension and retention.
- Work with individuals outside of the clinic can be scheduled outside of the regular clinic hours for additional fees. Any work outside the clinic hours **MUST** be scheduled in advance. Please see "lessons".

Clinic Costs

- Half day (defined as anything up to 4 hours) \$475 plus expenses (this may include gas/lodging/meals)
- Full day (defined as anything over 4 hours up to 8 hours) \$850 plus expenses (this may include gas/lodging/meals)

Deposits and Payments:

- **Payment #1.** A **non-refundable** deposit of \$200 is due within 14 days of booking the clinic to hold your spot. The deposit is applied to the clinic costs as long as the clinic is held as scheduled. If the clinic is cancelled by the host, the deposit will not be refunded. If the clinic is cancelled by the presenter, the deposit is fully refunded.
- **Payment #2.** 50% of the clinic cost is due 30 days prior to the clinic date to continue to hold your date.
- **Payment #3.** The remainder of the monies is due the first day of the clinic when Anke arrives. Final expense costs will be billed to the host site by the last day of the clinic and will be due upon receipt.

- **Lesson Days Tied to Clinics:**
 - After a clinic, riders can spend one on one time with Anke to further increase their learning. During this time special issues can be addressed.
 - Cost for a lesson day is \$525, and can include up to 7 riders.
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Registration for Clinics

- The clinic organizer is responsible for all registration and co-ordination of the clinic including but not limited to; registration, waiting lists, collection of monies, payment to Natural Solutions by Anke, LLC, communication and organization to all clinic participants and Anke Johnson.

Marketing for Clinics

- The host facility is responsible for marketing and organizing the clinic details. NSBA will also post the clinic details on their websites, as well as through social media.
- The facility host may attend the clinic at a reduced cost or free of charge by generating monies in excess of the clinic costs and expenses.
- Clinics will be posted to the website as soon as the commitment by the host barn has been made and required deposits have been received.

Pictures and/or Videos During Clinics

- Many clinicians will not allow photos or videos at their sessions at all and everyone has their own reasons. However, Anke does allow photos and videos to be taken by the attendees or their friends to help them in their own learning. This means that only pictures and videos pre-approved by Anke Johnson will be allowed to be shared in any marketing, social media or otherwise.
- Sometimes professionals are asked by participants or organizers to come in and take photos or videos. You, as the organizer, should decide whether you would allow this. If you are renting a facility you need to clear it with the owners.
- In return, NSBA asks that we be given a complimentary disk of any photos or videos. We also ask that all participants sign a media release form. The media release allows us to use any images that might be useful later in a book, video or live presentations. We are certainly willing to credit anyone if we use any of their images in published works, marketing, etc.

Questions? Contact me at 608-467-0008 or email coachanke@gmail.com

Thank you for your interest! *Anke*