



## Natural News!

*Helping YOU make positive changes  
in YOUR life at the walk, trot AND  
canter!*

February/March 2011

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### New and Newsworthy!



April 15th, 2011 the launch of "**De-Spook You!(TM)**" Your virtual solution to confidence with your horse!

Visit us at the Midwest Horse Fair booth 5010 to win a 3 month subscription to De-Spook You! and turn your "wants" into "I did it" this

## Welcome!

**Come Join Us at  
Midwest Horse Fair  
Booth 5010!**

### ***"The Wisdom of Change"***

Speaking from the heart...Sometimes, until we experience certain things, we cannot understand the magnitude of the impact it will have on us, sometimes for the rest of our lives.

Weight loss and regaining your full, physical and emotional self can be like that. So can being confident, truly prepared for the expected and the unexpected and knowing what to do when "What if?" happens. Likewise having the guilt-free time to ride and expand your horsemanship at a pace that's fulfilling and happy for you.

Sometimes our efforts to change and get to a place like I've described above is a

season with your horse!

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frustrating journey, not much fun and certainly sprinkled with frustration. But what if it didn't have to be that way? What if you could learn a process that would take you through change in a joyful, interesting and meaningful manner?

Your reading this is but a moment, to be sipped like any other from your daily cup of life. However, every moment is a defining one, a profound springboard from where you've been to where you're going. Making a decision to work with yourself for yourself may be that springboard that will help launch you to a next level that you didn't even know existed.

Come experiment and experience the five steps that will help you redefine how you approach change, and how successful you can truly be.

Our focus at the Mid West Horse Fair will be on *being confident while doing what you want* with your horse! How can you apply your change wisdom to confidence with your horse?

Saturday April 16<sup>th</sup> 5PM Andis Demo Arena

Sunday April 17<sup>th</sup> 9AM Andis Demo Arena

## Health Tips Maddening Muffin Top?

Add "weakened bones" to the list of woes those love handles inspire: Packing on belly fat can up your risk of osteoporosis, a new study from Harvard Medical School

suggests. Tests on 50 obese women revealed that those with excess fat deep in their abdominal cavities had higher levels of bone marrow fat, a factor known to weaken bones. Women with too much belly fat may have lower levels of hormones that help regulate bone growth. There's no magic bullet for trimming belly fat. The only solution is to lose weight all around.

## Coaching Corner

### Mentoring Yourself Through Tough Times

Paths without obstacles go nowhere. "If I had a formula for bypassing trouble, I would not pass it round. Trouble creates a capacity to handle it." Oliver Wendell Holmes

Obstacles are part of any significant quest. No matter how diligently we set goals, visualize results, affirm a successful outcome, and maintain a positive attitude, no one escapes mistakes, setbacks, illness, pain, fatigue, failure, and loss. Carefully laid plans go up in smoke-sometimes quite literally. People we counted on bail out. Resources we need to finish an important project dry up. A health or family crisis strikes. An earthquake, flood, or tornado puts us back to square one.

This all sound very dramatic, and it is. However how we handle those crisis or obstacles, will mandate how we handle the ones that we would consider smaller in scope.

Next time you're having trouble with a specific task with your horse, ask yourself how this obstacle is teaching you something much deeper than the task at hand? Instead of becoming frustrated, become fascinated by what has presented itself.

Stick to your original commitment, but allow yourself to maybe choose another path to take, another option to exercise, in order to complete what you set out to do.

By taking this kind of approach, not only do you accomplish what you set out to do, but you do it with the added gain of overcoming an obstacle now, that has set you up for further learning in the future.

If you think about how our horses ask us if they're doing what we ask, they're following the same process...

**From the "Horses Mouth!"**

**Come visit Anke at booth 5010 for "De-Spook You!"...it's your horses solution to confidence!**

## **Featured Guest**

**Ruth Hansen**

Circle H Training ~ Gentle, Effective Horsemanship

I try to "put people together with their horses". I focus on finding the "yes" in the question-and-answer session that occurs between horse and human. I use naturally based training methods, and stay true to Mark Rashid's style. He calls it "human behavior that a horse can understand".

I look for relaxation, a mutually shared rhythm, and softness between horse and human. This style is appropriate for starting young horses, solving behavior issues, and improving the quality of work with trained horses.

You can contact Ruth at 608-576-6821 email [rhansen@chorus.net](mailto:rhansen@chorus.net)

Personalized instruction  
Reasonable rates

## **Upcoming Events!**

- **Coming soon! Self Directed Coaching for "Once and For All" ~ Weight Management from the inside out. Details will be posted when the program is officially released!**
- **Group Coaching Schedule for Winter 2011 posted now!**
- **Oregon Horse Association, February 20th 2011 9:30AM to 2:30PM "Gaining and Maintaining Confidence in the Saddle", For more information and registration forms visit the OHA website or contact Carrie at 608-206-5676**
- **Midwest Horse Fair, April 15, 16, 17 2011 Madison WI. Booth #5010 in the Exhibition Hall-Mendota Atrium. Look for our banner "For Riders Who Want More!"**
- **Holistic Horse Fair, September 24th and 25th 2011 Brooklyn WI. Exhibitor booth and speaker at The Horse First Farm. Come join us**

for great fall fun!

- 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"

"When we finally give up the struggle to find fulfillment outside of ourselves, we have nowhere to go but within. It is at this moment that the light begins to dawn. We expect to hit bottom, but instead we fall through a trapdoor into a bright new world. We rediscover the world of our spirit."

Shakti Gawain quote: "Through surrender I find the light within me."

### Contact Information

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Certified Health and Life Coach/Reiki Master/Nutrition Consultant/Certified AFFA Fitness Trainer

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