



Natural News!

Rider Confidence, Rider Health, Rider Life Balance!

November/December 20

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New and Newsworthy!



Announcing customized one on one confidence coaching for you and your horse!

Has your confidence been holding you back from what you'd really like to

Welcome!

Thanksgiving for the Early Bird!



Happy fall to everyone! As I write this, I can't believe it's already mid November...time is moving at warp speed! If you reside North of the Mason-Dixon line, then you probably experienced the amazing fall colors this year; wow, always a favorite! And with all of that rapid time passing I can't believe all that's happened in 2011 for the growth of NSBA.

I'm excited about all the 2012 lectures, clinics and coaching that I'll be able to offer this upcoming year, thanks to all of you with your support and feedback. I'm still working on the final scheduling of it all, but rest assured it's going to be a fun and busy 2012.

If you would like to have me come out this winter or in 2012 to provide coaching clinics to you and your barn buddies, please [give me a shout](#) to secure your spot on the calendar.

Clinics and lectures are very affordable based on the number of participants, and there's so much to take away from these for you and your horse to

be doing with your horse?
Was this riding season
not all that you imagined
it to be? Did you have a
fall or an incident this
year that left you less
than confident?

Then consider one on one
confidence coaching with
Anke!

Have Anke come and
work with you and your
horse together to unravel
the fear and bring back
the relaxation and
confidence!

[Contact Anke](#) for more
information about pricing
and availability!

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connect, relax and excel!

Make sure you don't miss the special Early Bird savings for the group coaching this year (see coupon below). These savings are offered for the first time ever due to the economic times; but I know having that special relationship with your horse is still just as important, even if your discretionary "horse money" isn't as plentiful.

Thank you again for all that you've offered this past year, and let's look ahead together for a fantastic 2012!

Anke and Guinness

PS, look out for a special offering from Jane Savoie coming up the week of November 28th, I'll send the info in a separate email!

Health Tips

Get to Know What You Don't Know!

As your very own personal nutrition nerd, I always keep a lookout for interesting information that I feel you may find helpful, especially if it helps you to save time, better your health, which gives you more energy for your horse!

This month, here are **10 foods that you may wish to try**. They're foods that are staples in our household, and I can share with you from personal knowledge that once you try 'em, I'll bet you'll love 'em!

They're easy to put into a crock pot and simmer while you're at work, quick preparation for when you're on a time crunch, and chocked full of all the vitamins and minerals that give your body all it needs and more!

I have scanned the article from Nutrition Action October 2011. Enjoy, and Bon Appétit!

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Coaching Corner

Regaining YOUR Confidence After A Riding Accident

It was a gorgeous fall day in November 2009 when my equine partner "Murphy" and I embarked on what we intended to be a several hour trail ride. Along with me was my best friend Debby and her steed Phantom, followed close behind by yet another group of trail riders out for the same fun that we were!

As we moved up the hill from the barns that connected to the trails, I noticed that Murphy was starting to balk, and became resistant. He had been losing his eye sight and was now spooking at things that had never bothered him before

[more at www.whyiridehorses.com](http://www.whyiridehorses.com) [Improving Rider Mindset](#)

From the "Horses Mouth"!

"How do you make a small fortune with horses? Start with a LARGE fortune!" ~ Author Unknown:)

Featured Client Testimonial!

Early this spring I was devastated by an unexpected fall from my fabulous equine partner during a warm up canter in my outdoor ring. I wasn't badly hurt, but stunned. I felt that my riding was becoming a liability after a bad fall the previous autumn on the trails. If I couldn't stay on IN THE RING under controlled conditions, maybe I just shouldn't ride at all. But I absolutely adore my horse and couldn't come to grips with never riding him again.

Luckily, I had picked up a flyer on Natural Solutions by Anke and had read about her "Despook U" self study program. After putting my tack away and limping back into the house, I immediately fired up my

computer, signed up and started right in on the introduction and first session. I felt better already, knowing I was taking positive steps to calm my nerves and get my head back on straight.

I studied the twelve weekly lessons and signed up for one on one additional sessions with Anke as well. I'm happy to report my relationship with my once in a lifetime horse has never been better. Anke taught me skills for those moments when stomach butterflies hit, or when the "what if" horror show started playing in my head. I am THRILLED that I followed the program to it's completion. My riding has never been better. My horse loves me for it and our already great relationship has hit an all time high. I recommend Anke to anyone looking to gain confidence in themselves in riding or just in life in general. She has helped me take a giant step forward in riding and in finding the positive in more aspects of my life. Thank you Anke, from Archie and I,

Gretchen Jaeger, DVM



Upcoming Events!

2011

- 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!
- Group Coaching Schedule for Winter 2011/2012 posted now!

2012

- Midwest Horse Fair, April 20, 21, 22 2012 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**".

- **Confidence and Respect Clinic** with Dennis Auslam and Anke Johnson, Morton MN May 26th and 27th, 2012
- 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"

"Focus married with time produces mastery" ~ Geerteke Kroes

Contact Information

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

Virtual Confidence Coaching www.De-SpookYou.com

[Shaklee Distributor](#)

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!

First Time Ever, Early Bird Savings of over 30%!

On any of the Group Coaching options

"Squash Fear, Gain Confidence" confidence coaching or **"Once and For All"** weight management

Whether you're an **experienced rider** or one who is **getting back into riding**, these programs are specially designed just for you!

Contact Anke directly for more information and to reserve your spot; **only 5 participants** per course for **personalized attention** to your needs!

Offered for the Winter 2011/Spring 2012 series!

Hurry! **Prices go back to full price after December 15th, 2011**, and these courses are **ONLY** offered during winter and spring once every year!

Offer Expires: December 15th, 2011

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