



## **Organic Performance Horse (OPH)**

**Natural Herbal/Oil Medicines for Rider and Horse**

**May 21<sup>st</sup>**

**At Carpenter Park**

Put on by Teka Lynch for her high school senior project

**(3:00PM about 90 mins)**

**No Fee**

She can take up to **10 horses and riders in the arena** for this clinic. All others that would like to observe the clinic and support this senior in doing her senior project on herbals and there uses are welcome. Need to contact Annette Deberville if you are bringing your horse. Once again limit is 10 horses. Any DRHC member can come and watch. No limit on that. Call: 802-522-9242

### **Clinic Agenda**

Introduction (me, what we will be doing, OPH, etc.)

**3:15**

Going over go to oils and barn must haves for an herbal barn

Asking who everyone is and about their horse (this will allow me to help work with them better)

**3:30**

Smelling oils to find your favorite

How to know your horse likes an essential oil

How to safely use oils (hands on for riders and their horses)

**4:00**

Find the horse and rider with the oil that matches the plants picture (this will be from the oils we already went over)

Questions

**4:30**

Clean up/ Leave

# Organic Performance Horse

(Beginner Clinic)

## Natural Herbal/Oil Medicines for Rider and Horse

### Some of the topics:

**Oils:** Lavender for aromatherapy and Tea Tree for fungus

**Herbs:** Raspberry leaves and Echinacea for in heat mares

**Salves:** muscle relaxing and cooling made from my senior project.

Organic Performance Horse is a small Vermont business offering clinics, courses, and weekly articles about natural medicine for you and your horse. We not only write about and stand by these natural whole foods and herbs but also use aromatherapy and essential oils on our own horses. Our entire newsletter is based on the idea that supplements can be natural and organic and that horses can still perform at their peak and feel good. This is NOT a replacement from medications, or anything prescribed by your vet or personal nutritionist. Although Organic Performance Horse (OPH) has only been seen to the public for about a year, it was originally just an old scrappy binder with over 200 pages of research and notes that I have been working on since fall of 2019. And we are proud to write and share our knowledge and information in weekly newsletters, clinics, and other services. I the owner, am 18 as of Sept 3rd and am in my senior year of high school, and this means "Senior Project". My topic is to dig deep into how beneficial Herbal Medicine can be for riders. Part of this project is showing growth and how I can use what I've learned. With Organic Performance Horse (OPH) being about a year old now, I'm really excited to grow and continue to teach. We will be playing some games and learning the basics on how to use essential oils safely. This small clinic is of course free like most of our smaller clinics but with only 10 spots for horses and riders. And available for riders of ALL levels. There will be, like already mentioned, games, prizes, and gift baggies with a sample of essential oil inside.

Link to our Website Below

<https://organicperformancehorse.weebly.com/>