

I became aware of Sher-Lynn Meadows at a very low part of my life. Having just lost 3 very close members of my family, I just wanted to close myself off from everyone.

I found going once a week to the farm to be around horses gave me something positive to look forward to. Sandy and Sherry were so nice, kind and very accommodating.

Focusing on team building skills, while letting a 1200 lb horse rely solely on you for guidance, was truly eye opening. We learnt a lot about ourselves, while learning how to deal with difficult issues that could arise in our lives. I quite often stop and rethink how to better handle a situation using the information from the course. We ended every session with an overall discussion of what worked and did not work and how to use this in our day to day experiences. We then selected an inspirational quote to share with the others. My favorite quote was "When you focus on the good, the good gets better", by Abraham Hicks