



ACCESS *Bars*®  
IN BUSINESS

A woman with long brown hair, wearing a white top and a necklace, is gently massaging the head of a man with a beard and grey hair. The man is lying down with his eyes closed, resting his head on a white pillow. The background is a plain, light-colored wall.The logo for ACCESS Bars features a stylized blue dandelion seed head with several seeds floating away. The word "ACCESS" is in a blue, all-caps, sans-serif font, and "Bars" is in a blue, cursive script font with a registered trademark symbol. A thin blue vertical line extends from the base of the dandelion stem down to the word "IN".

ACCESS *Bars*®  
IN BUSINESS

*Cutting-edge employee care.  
Deep relaxation for the brain  
and body.*

## *What is it?*

Access Bars® in Business is a series of wellness programs that incorporates the dynamic Access Bars, a 30–45-minute light touch technique on the head that has similar effects to meditation. It provides deep relaxation, which can improve performance, positive attitudes towards life and assists in preventing burnouts.

## *What does Access Bars do?*

Access Bars quiets a racing mind, reduces stress, and gives the brain a replenishing space. This space encourages creativity, an increase in productivity, and the ability to better harness one's intuition and attention.



## *How does it work?*

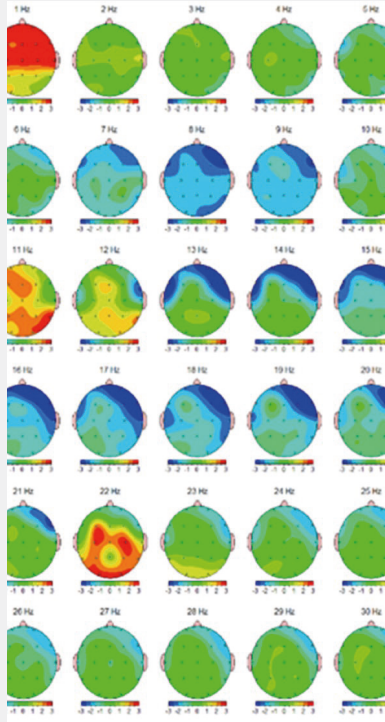
The client lies down on a massage table or sits down on gravity chair, and the facilitator lightly touches different points on the head.

During a Bars session, most clients experience a sense of ease and peace, and deep relaxation. When lightly touched, the Bars points stimulate a positive neurological response inside the recipient. This appears to trigger the body's natural ability to relax and facilitates the physiological changes required for greater well-being.



## CHANGES IN BRAIN ACTIVITY WITH ACCESS BARS

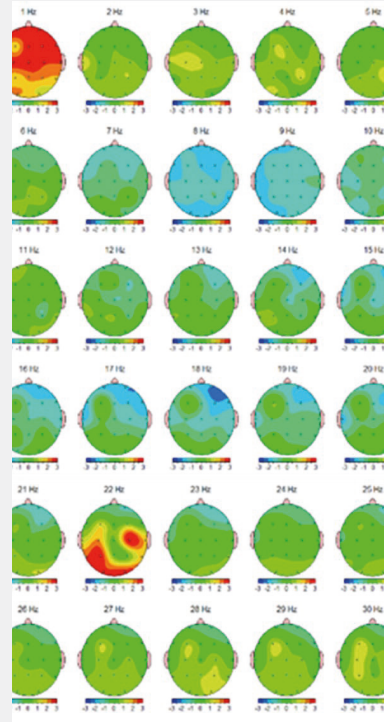
Before



DYSREGULATION



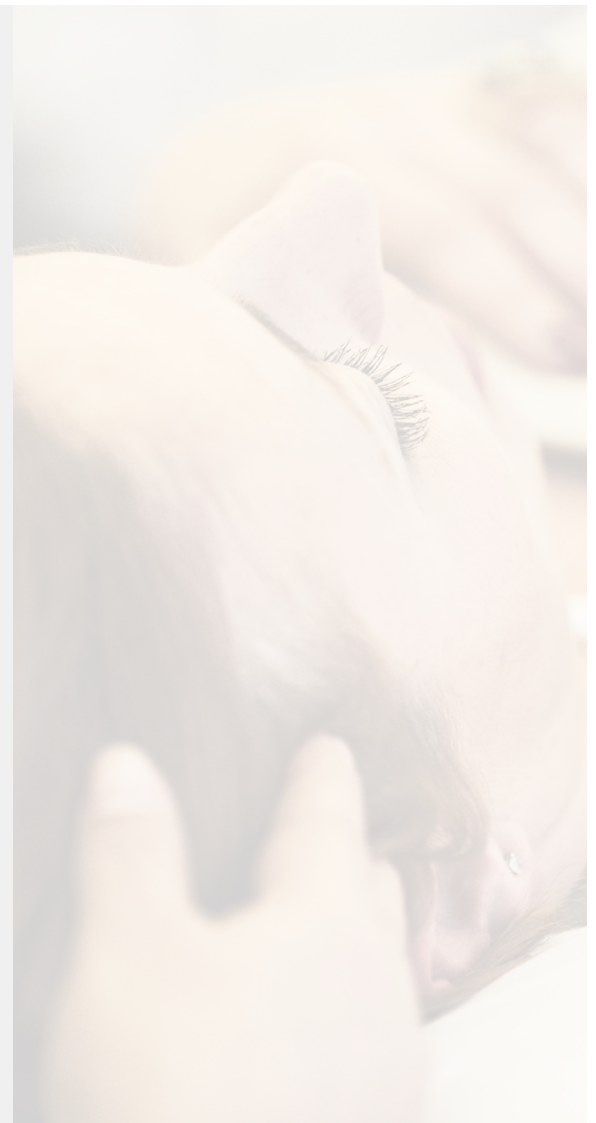
After



NORMAL



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## *Benefits*

- + Increased MENTAL CLARITY and reduced stress
- + Enhanced MOTIVATION and easier communication
- + Deeper RELAXATION and positive effects on migraines and insomnia
- + Enhanced MENTAL HEALTH: reduced symptoms of depression, panic attacks, and anxiety
- + Greater intuitive AWARENESS
- + Improved PROBLEM SOLVING and conflict resolution.



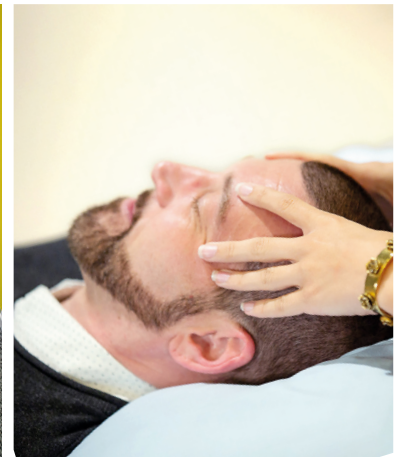
## *Our reach*

The first Access Bars session was facilitated by Gary Douglas of Access Consciousness over 30 years ago.

Since then, it has expanded to over **170 countries** with over **10,000 trained Access Bars facilitators** worldwide. Over 500,000 people have attended a Bars class, and millions have experienced Access Bars.

# *What we can do for your organization*

In addition to **wellness programs**, we offer **Access Consciousness Bars sessions** for those who desire a 30-minute break to deeply relax and recharge, and subsequently focus on tasks with greater ease.



# Testimonials



*"In changing times, programs like this are important for business and particularly staff retention and managing stress levels. We chose the "Bars in Business" wellness program for our employees and found it very beneficial. Each session was different and lasted 3-4 hours. It was very helpful for our business as it improved staff morale and engagement and created a more relaxed work environment."*

**Accounting firm, Ireland**



*"We invested in a series of sessions of the Access Bars – once a week for a month for 85 of our front workers. We noticed that the general stress level decreased, there was more focus on making decisions, and people were way more motivated. I also hear more openness in discussions and generally feel we are more collaborative."*

**Lawyers association, Brazil**



## INQUIRIES

### Write us

If any of this has piqued your curiosity, or if you have any questions or requests, please email:

**[barsinbusiness@accessconsciousness.com](mailto:barsinbusiness@accessconsciousness.com)**

### Prefer to meet?

We can easily organize a discovery meeting which can be held online or in person, depending on location.

### Details

For more information, you can also find us on LinkedIn here: [www.linkedin.com/company/bars-in-business](http://www.linkedin.com/company/bars-in-business)



**[WWW.BARSINBUSINESS.COM](http://WWW.BARSINBUSINESS.COM)**



*Dive into a state of deep relaxation... relax your brain, relax your body.*

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