



Sunday March 30 ACCESS CONSCIOUSNESS BARS TRAINING®
 Julia King, Certified Access BARS Facilitator
 Sunday March 30th 10:00 AM to 6:00 PM



Access Bars™ class; which is the foundational step, has been approved by the 'National Certification Board for Therapeutic Massage and Bodywork' to award 8 CE hours of credit for each class. Having your 'Bars run' means the 32 points on your head being gently touched. In the training you will gift two full sessions and receive two. These points of energy that run through and around your head connect to different aspects of your life. They store the electromagnetic component of all the thoughts, ideas, attitudes, decisions and beliefs that you have ever had about anything. When you are functioning from preconceived points of view about what is possible in life, what is not possible in life, and have it rigidly defined of how the world works, you can not be aware of anything that does not match that. Each thought, idea, attitude, decision or belief that you have fixed in place solidifies the energy and limits your capacity to change anything in that area. You change the energy, you change how that part of your life shows up. What is the most simple and easy way to change energy? Get your Bars touched and let the change show up in your life with ease. \$200.00/repeats \$100.00

ACCESS CONSCIOUSNESS® 5 ELEMENTS OF INTIMACY
 Tamara Younker, CFMW, CC
 Certified Facilitator Access Consciousness®
 2 parts Tues & Wed April 8 & 9th Evenings 6:00 to 9:00 PM



Do you feel as close and connected as you would like with the people you care about? What if you're creating separation from them in ways you're not even aware of, and then struggling to find ways to overcome the disconnection you feel? If you've ever wondered where to begin with creating greater intimacy, while still honoring yourself, when you have no reference points for what true intimacy even is, then this class is for you. Discover how judgment creates as well as destroys connection in relationship, and dive deeply into the Five Elements of Intimacy; honor, trust, allowance, vulnerability and gratitude. Learn the pragmatic tools that will empower you to begin choosing and creating the intimacy you desire beyond the confines of everything you've learned is right about relationship. Tamara began specializing in relationship coaching more than 10 years ago. With the addition of Access Consciousness tools, she has expanded her expertise into cultivating with clients the powerful and aware presence that blossoms naturally when living in intimate relationship with the world around them.
 \$100.00 / Couples \$150.00

ACCESS ENERGETIC FACELIFT®
 Tamara Younker, CFMW, CCP
 Certified Facilitator Access Consciousness®
 Wednesday April 9th 9:30 AM - 1:00 PM

You are invited to learn a non-invasive, blissful, light touch, hands-on energy technique that feels amazing

- * Lift and awaken your face * Smooth and tighten your skin * Reverse the appearance of aging * De-stress YOU *
- * Energetically nurture your whole body * Look and feel your best * Be refreshed, relaxed, and rejuvenated * Feel better and looking younger * Your whole body benefits! * No pre-requisites * Complete Access Energetic Facelift®, as well as, receive a full session yourself . Learn the process with a friend, or two, so you can gift and receive sessions regularly to nurture yourselves and feel great. Are you a body worker, or healing practitioner of any kind? Would your business and clients benefit from adding this new modality to your menu of offerings? The Access Energetic Facelift® is being provided professionally in spas, massage practices, anti-aging and wellness centers worldwide. \$125.00

Venue: **WAYS TO WELLNESS**
 122 West Main Street, Midland, Michigan 48640

All of life comes to me with ease, and joy and glory!