

**Some Testimonials from Adult Students of Access Bars:**

1. **Bala:**  
Thanks Monisha for bringing Access into my life. I was very curious about Running the Bars and wonder how difficult it will be, but it turn out to be very simple and easy and thanks for being very patient to answer every of my questions.
  
2. **Sally**  
I just want to say thanks so much; how does one say thank you for getting me out of my depression. I wanted to kill myself now each day I embrace life. Thanks for giving me back my life.
  
3. **N.N.**  
The Access Bars Workshop has opened up the myriad of possibilities in many spheres of my life! Thank you, Monisha  
One sure thing that I experienced that I am calmer now and more patient and rarely quick tempered.  
I am more grounded and confident that I can do something positive to lend a hand to those around me.  
My children are less sickly, appear more loving and focused.  
Another plus that came about running the bars is that I have no more qualms with my mother whom I had issues with since a child. I feel peaceful talking or being next to her instead of being flustered in the past.  
In gratitude,  
N.N. \*

**Testimonial from an 8 year old girl:**

4. **T.M.:**  
Today, I had tons of Fun.  
The running of Bars was very relaxing  
Thank You for teaching me to discover myself  
Love, T. \*

**\* Initials are used for names of those whose permission has not been sought yet for publication of their comments.**