

About My Practice

I am a certified Rolfer, and I have a passion for this innovative and holistic approach to wellness. I have a Bachelors Degree in Movement Studies and Dance Therapy from the Naropa Institute in Boulder, Colorado, and received massage therapy training at the Desert Institute of the Healing Arts in Tucson, Arizona.

My love of movement and physical expression led me to study ballet, modern dance, Body Mind Centering, Laban Movement Analysis, Tai Chi, meditation and yoga.

Through years of hands-on experience as a body worker, I have come to better understand the body/mind connection, relationships in the human anatomy, and the incredible potential for healing that is within each of us.

I would love to discuss ways that Structural Integration / Roling might help you or someone you know.

If you would like more information Contact Me or e-mail amc@annemarietherolfer.com