

Testimonials

"After two serious car accidents I was left with periodic lower back muscle spasms that were making my life miserable. After repeatedly trying traditional massage therapy and getting only limited and temporary relief, a friend recommended I try Anne Marie. I had never heard of Rolfing, and I admit at first I was somewhat skeptical, but Anne Marie took the time to explain Rolfing to me in detail and I decided to give it a try. The results were simply amazing. My back pain and spasms are a thing of the past, but even more remarkable is the overall sense of well-being my body has thanks to the Rolfing I receive from Anne Marie. My posture, my ability to exercise and my stress level have improved dramatically, and it's all due to Anne Marie's skill and touch. I can't recommend her highly enough."

John M. Barton, Columbia, S.C. Attorney

"For years I endured residual pain from previous injuries and scoliosis thinking that it was something I would have to live with for the rest of my life. At age 51 I decided to go through the series knowing I could stop if it got to be too intense. I had heard horror stories about the intense pain involved in Rolfing sessions. I was told that during the Rolfing sessions you would relive emotional trauma, have flashbacks and revisit memories that initially caused painful physical patterns. All I had heard was completely false! I noticed positive results after my first session with Anne Marie. She is a healer who with kindness, compassion and a deep knowledge of the body helps the client work through patterns of imbalance to find freedom and relief. More than any doctor I have consulted she helped me to feel empowered in the process of discovering health in a new posture."

Martha Brim - Dancer, Choreographer

"I have been a practitioner of Anusara yoga for three years. During this time I was fortunate to have discovered Rolfing and it's wonderful process of opening the body to expansion. Ann Marie's understandings of the mechanics of both Rolfing and Anusara have been a major force in the healing and growth in my practice. The professional and informative level that I experienced during the sessions made the treatment very comfortable. I recommend Rolfing to anyone who is interested in more balance and connection in their lives."

Robert Farnsworth

"Having been a strength athlete for over 17 years now I have always sought out massage for the purposes of better recovery from workouts. I heard about Rolfing and thought it sounded a little funny, but, over the years I have learned to try new things before passing judgment. Rolfing is everything I wanted a normal massage to be except I did not know what type of person I was looking for. Anne Marie uses postural assessment, movement and range of motion, and deep tissue manipulation in her practice. She is excellent at working with me when it comes to specific sore areas or imbalances that occur from time to time in intense training. I recommend Rolfing for anyone, from competitive athletes to the average person. Rolfing is the most all inclusive system for the improvement of posture and recovery from workouts that I have come across."

Jeff Goergen

"My sister has been seeing Anne Marie for years for massage and knew how much pain I was in from 20 years in a wheelchair (I'm a paraplegic) and suggested I give Anne Marie a try. Well, it's been about 2 years and I'm sorry I didn't try this a lot sooner. Anne Marie practices Rolfing on me to realign my hips, relax my neck and arms, hands and shoulders and generally try to reverse a months worth of damage and abuse I impose on my body. Anne Marie has developed exercises and stretches designed specifically for me that I can do in the wheelchair as well as tailoring the work she does while with me for my special needs."

I was nervous and self-conscious in the beginning but now I look forward to my time with Anne Marie. She is a kind, generous soul who is non-judgmental and has a gift of openness that immediately puts me at ease. I'm looking forward to many years of growth and better health in body and mind with Anne Marie's help!"

Anonymous

"I have found Anne Marie Cockrell's work to be very potent in a very gentle and professional way. I used to think Rolfing was all about the pain. I was wrong, Rolfing is about connecting to the energy through the muscle tissue--an important key to my understanding. Since then I have advocated Rolfing to others without hesitation. If you have the chance I highly recommend Anne Marie's wonderful adaptation of Ida Rolf's incredible body of work. Her touch is physically light, but the release from pain is radical and profound."

Scott Marmorstein