

Before receiving a ten series of Rolfing from Melissa, I had been suffering from a nerve impingement in my left arm that was causing me a lot of discomfort. Because of the pain caused from this condition, I had to quit rock climbing, which was one of my passions in life. I also could not participate in any athletic activity that involved using my arm, so my abilities became pretty limited. I had sought treatment for this condition in a wide variety of modalities, including acupuncture, massage, and physical therapy, as well as seeing a neurologist and undergoing a plethora of tests (which were inconclusive). I had been dealing with this issue for five years when I started seeing Melissa. Also, I have been a classical violinist since a very young age and was unable to play because of the pain it caused in my arm and neck. I noticed a lot of asymmetry in my body because of the awkward position that one uses to hold the instrument, and all of the years I spent in that position.

My goal upon entering into the ten series was to find some relief from the constant nerve tingling and pain I was experiencing. From the very beginning, Melissa took my goal very seriously and listened to me intently. I could tell she truly cared about my experience and that she wanted me to be free of pain and be able to resume the activities I was able to do prior to being in pain. She crafted our sessions to fully address the issues I was having and throughout the series she checked in with me on a regular basis about what effects I was experiencing.

Going through the ten series was like reading a book where each chapter builds on the one before it, resulting in a comprehensive and whole experience. Each session addressed a different part of the body, and each one unlocked something new. The changes in my body were very subtle at first, but by the end of the ten series I had felt a dramatic shift. I felt much more open, relaxed, and supple, and I noticed that much of the tension and holding patterns that had been in my body for years had dissolved. I had received so much bodywork in the past five years, yet nothing had as profound and noticeable of an effect as Rolfing did. I watched my body change and unfold into greater health and alignment through the ten series, and by the end of it I felt a renewed sense of embodiment and ease.

Throughout the whole experience, Melissa was attentive, compassionate, deliberate and methodical- while also being fun! She was a delight to work with not only for her technical capacities as a Rolfer, but also her warmth and friendliness as a person. I could tell she truly cared about me, and her intentions were sincerely to help me heal.

I have now been able to resume many activities that I was unable to do only a few months ago. I've been able to start rock climbing again, doing push-ups, and yoga poses that involve arm strength. My arm is not bothering me nearly as much as it did before getting Rolfed, and I feel like the effects of the ten series are still sinking in. I feel my condition improving even though the ten series is over now- it's still working on my body and helping me to find greater ease, alignment, health, and well-being. Thank you Melissa!

Marisa Ware in Boulder, Colorado

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