



David Lossl · Bath

How nice to have someone ask “tell me about any aches, pains and niggles you’ve got”. Not only did you listen with interest Jay, you took notes!! As the Rolfing sessions progressed I became very aware of changes to posture, mobility, suppleness and, one by one, a disappearance of those aches pains and niggles.

3 months on and none of them have returned. In fact the improvement has continued. You will be pleased to know that the agonising Coccyx pain I frequently got has now totally disappeared together with the stiff neck, shoulder pain, rib pains, hip stiffness and back ache when standing. The only down side is that I’ve really got nothing to moan about now – so Helen also extends a big “thank you” as well!!