

About the Workshop:

Participants will be treated to a multimedia posture workshop designed to uplift the body and spirit. The Gokhale Method enables you to find your own structural integrity through principles derived from anthropology, art history, and anatomy; it is based on wisdom gathered from our ancestors, children, and modern-day societies that live without pain. Using inspiration from slides, demonstrations, music, and hands-on cues, participants will learn better ways to sit and walk, be taller, have better presence and physical range, and live pain free.

About the Workshop Leader:



Esther Gokhale has been involved in integrative therapies all her life. As a young girl growing up in Mumbai, she helped her Dutch mother, a nurse by training, treat abandoned babies waiting to be adopted. This early interest in healing led her to study biochemistry at Harvard and Princeton and, later, acupuncture at the San Francisco School of Oriental Medicine.

After experiencing crippling back pain during her first pregnancy and unsuccessful back surgery, Esther began her lifelong crusade to vanquish back pain. Her studies at the Aplomb Institute in Paris and years of research in Brazil, India, Portugal and elsewhere led her to develop the Gokhale Method[®], an anthropologically and historically based approach to help people find their bodies' way back to pain-free living.

The Gokhale Method is growing and thriving as 60 qualified teachers trained by Esther now teach the work worldwide. Esther's book, *8 Steps to a Pain-Free Back*, has sold over 150,000 copies and has been translated into ten languages. In 2010, Esther hosted the nationally televised program *BACK PAIN: The Primal Posture Solution* (available on DVD). In 2013, The New York Times called Esther the Posture Guru of Silicon Valley, and in 2015 NPR's program on Esther's work became the second most popular story of the year.

The New York Times Article

<http://www.nytimes.com/2013/05/12/business/soothing-back-pain-by-learning-how-to-sit-again.html>

TEDx Stanford Talk

https://www.youtube.com/watch?v=k1luKAS_Xcg

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<https://www.youtube.com/watch?v=-yYJ4hEYudE>