

SIT, SLEEP AND WALK YOUR WAY TO A PAIN-FREE BACK



Stacksitting



Tallstanding



Stretchlying



Hip-hinging



Glidewalking

The Gokhale Method™ Foundations course consists of six 1.5 hour sessions that provide you lifelong tools for healthy, pain-free posture and movement. You learn to use everyday movements like lying, sitting and walking to lengthen and reshape your spine. No special equipment or exercise is required, and effects are often immediate. The Gokhale Method has guided thousands away from back pain, neck pain, carpal tunnel syndrome and other musculoskeletal ailments.

- Reduce or eliminate musculoskeletal pain
- Prevent joint degeneration
- Increase energy, stamina and flexibility
- Improve circulation and breathing
- Reduce stress
- Look and feel more self-confident

Class size: 8 - 10 students

Cost: \$450

For more information about the Gokhale Method:

- Visit GokhaleMetho.com
- Browse our book, *8 Steps to a Pain-Free Back*
- Watch the founder's presentation at Google, Inc. on YouTube

"The greatest contribution ever made to non-surgical back pain treatment."

~ Helen Barkan, MD, PhD, Mayo Clinic

"In six sessions I felt transformed. I wholeheartedly endorse this program."

~ Deirdre Stegman, MD, Palo Alto, CA



GOKHALE METHOD®
Primal Posture™ for a pain-free life

1-888-557-6788

www.gokhalemethod.com