



## Your Body Your Health

Gokhale Method Foundations is the core offering of the Method. In six lessons, you can change your habits efficiently and profoundly through a combination of verbal explanation, visual materials, and gentle hands-on guidance.

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

Group courses are taught in small groups (max. 8-10) in intensive (weekend), semi-intensive, or six-week formats.

The small group size allows you to get the individual attention you need while benefitting from the support of fellow students.

The group course accommodates people with mild to moderate levels of pain, as well as people seeking to improve their health.



## Esther Gokhale

Esther Gokhale is the founder and creator of the Gokhale Method and Gokhale Method Institute, researcher, author, speaker, acupuncturist and holds a BS in biochemistry, Princeton University.

The Gokhale Method addresses the root cause of muscle and joint pain. Most pain can be attributed to how we hold ourselves and how we move. Since we aren't born with a user's manual, we rely on our culture to guide us. About a century ago, our culture took a wrong turn.

As a result, in the United States:

- 90% of adults' experiences back pain at some point in their lives.
- This year, 50% of working Americans will experience back pain.
- Back pain is now the leading cause of disability in people under 45 years old.
- By age 15, more than 60% of all adolescents have experienced back and/or neck pain.

### Continuing Education Provider

R. Cassidy Seminars  
P.O. Box 14473  
Santa Rosa, CA 95402  
[www.ceuregistration.com](http://www.ceuregistration.com)  
(888) 992-9199

## How to Register

Call (888) 557-6788 or register for the Gokhale Method Foundations *live* course online at:

[www.gokhalemethod.com](http://www.gokhalemethod.com), select Foundations course and CE hours when registering for the course.

Group price: \$450.00  
Private price: \$900.00

## Continuing Education Credit

R. Cassidy Seminars sponsors and provides 9 CE hours. Satisfactory completion requires sign in, attendance at entire event, completed evaluation, and sign out. No exceptions, no partial credit. The cost of the 9-hour CE hours is \$50.00.

### Who should attend?

- ❖ Psychologists, Counselors, LMFTs, LCSWs, Chemical Dependency counselors, LPCCs, LEPs & MSWs
- ❖ Dentists
- ❖ OTs, STs, Case Managers
- ❖ Educators
- ❖ Registered Nurses

R. Cassidy Seminars CE provider numbers #418, etc.

**Based on the book:**  
*8 Steps to a Pain Free Back*



Apply Primal  
Posture™ for Better  
Health & Less Pain

"The greatest contribution ever made to non-surgical back pain treatment."  
—Helen Barkan, M.D., Ph.D., Neurology, MAYO CLINIC

# 8 STEPS to a PAIN-FREE BACK



Remember When It Didn't Hurt

Esther Gokhale, L.Ac.  
with SUSAN ADAMS

## Continuing Ed. with The Gokhale Method

With the clarity of a natural teacher and the wisdom of a seasoned clinician, Gokhale and her team elucidate on posture through the lens of anthropology, art and indigenous cultures. She makes these findings relevant to the challenges of back pain and the Posture Method she developed over years of experience and study.

"Esther Gokhale's vision of what makes a healthy back will be startling to most Americans, because it is so different from what we have always learned. But if we just give it a chance, her vision will become ours, with the clarity of something that seems obvious once it is pointed out. With the adoption of even a few of Esther's precepts, a life of bad habits change to a life of healthy sitting and

moving, and therefore a life of less pain and more freedom."

--Jessica Davidson, MD, Internal Medicine, Palo Alto Medical Foundation, Palo Alto, CA

"This book and the therapeutic approach it documents are great assets to all of us who deal with back pain daily in our practices: neurologists, physical therapists, physiatrists, general practitioners and of course, the patients themselves."

--Helen Barkan, MD, PhD, Neurology, Mayo Clinic, Rochester, MN

"You are never too old to benefit from Esther Gokhale's artful, sound guide to better posture and freedom from pain."

--Victor Fuchs, Henry J. Kaiser Jr. Professor Emeritus of Economics and Health Research and Policy, Stanford University, CA

## You Will Learn To:

The Gokhale Method Foundations course offering is 6 lessons. Small group lessons span a 90-minute period while private lessons are 45 minutes. This is a hands-on skills based course with the teacher assisting the student with the kinesthetic practice of the new postures.

- ❖ You will learn and demonstrate the following postures: sitting, sleeping, standing, walking, and bending in ways that protect and strengthen you instead of cause wear and tear to your discs and joints.
- ❖ You will analyze pelvic positions of anteversion and retroversion, learning to adjust your own pelvis.
- ❖ You will compare and contrast healthy posture with unhealthy posture; identifying triggers to create new postural habits for your body.
- ❖ You learn techniques to reduce or eliminate back pain, neck pain, and other muscle or joint pain
- ❖ You learn techniques to prevent muscle and joint degeneration and injury of the spine by using your inner corset™

In relearning these everyday actions, you will reposition and reshape your shoulders, arms, neck, torso, pelvis, hips, legs, and feet the way they were designed to be.

## Agenda

### Day 1 (varies by location)

- a. 9:00-10:30  
Lesson 1  
Principles/application/benefits of Stretch-sitting, Stretch-lying and Glide-walking
- b. 10:30-11:00  
Break
- c. 11:00-12:30  
Lesson 2  
Principles/application/benefits of Stretch-lying on the side, pelvic antversion and Stack-sitting and the importance of using the breath

### Day 2

- a. 9:00-10:30  
Lesson 3 –  
Principles/application/benefits of using the Inner-corset™, Tall Standing
- b. 10:30-11:00  
Break
- c. 11:00-12:30  
Lesson 4  
Principles/application/benefits of Hip-hinging, upper body and abdominal strengthening to improve posture and reduce pain (rhomboids, trapezius and pectoralis major/minor)

### Day 3

- a. 9:00-10:30  
Lesson 5  
Principles/application/benefits of Glide-walking, foot management/strengthening
- b. 10:30-11:00  
Break
- c. 11:00-12:30  
Lesson 6  
Principles/application/benefits of using the postures for everyday movement with review of all postures