

Esther Gokhale

"The Posture Guru of Silicon Valley" — The New York Times



GOKHALE METHOD®

Posture Expert • Author • Founder, Gokhale Method®

Restoring natural posture to end the back pain epidemic — without surgery or medication.



Esther Gokhale is a posture researcher, educator, and the founder of the Gokhale Method®. After her own herniated disc went unresolved by surgery, she spent years studying cultures where back pain is nearly absent — traveling to West Africa, Portugal, India, and beyond — as well as traditional movement and postural disciplines including Aikido. She identified the postural patterns that protect the spine across a lifetime and organized them into a practical, teachable system.

Trained in biochemistry at Harvard and Princeton, and in acupuncture at the SF School of Oriental Medicine. Her book *8 Steps to a Pain-Free Back* has sold over 300,000 copies and been translated into 12 languages. A Stanford clinical trial is currently studying the Gokhale Method.

TAUGHT & FEATURED AT

Google • Facebook / Meta • IDEO • Kaiser Permanente • Sutter Health • UCSF • TEDx Stanford • SF 49ers • Stanford Sports Teams • PBS National Television

FEATURED IN

NPR • *The New York Times* • *San Francisco Chronicle* • NBC LA California Live • SiriusXM Doctor Radio

THE PROBLEM

Back pain is the leading cause of disability worldwide, affecting 600 million people. Nearly 90% of American adults will suffer from it. Most treatments address symptoms: medication, injections, surgery. Few ask the deeper question: why do people in traditional cultures rarely suffer, while the modern world is in the grip of an epidemic?

WHAT ESTHER BRINGS TO YOUR AUDIENCE

- Why traditional cultures have near-zero back pain — and what their posture reveals
- Why “neutral spine” as commonly taught may be making things worse
- How postural habits formed early in life drive chronic pain decades later
- Non-surgical, non-pharmaceutical paths to lasting pain relief
- What posture has to do with aging actively and maintaining independence

“The patients I have referred to Esther have, without exception, found her work to be life changing.”

Salwan AbiEzzi, M.D.

Internal Medicine, Sutter Health, Palo Alto CA

300K+
Copies Sold

10,000+
Students Trained

12
Languages

SPEAKER REEL & BOOK

Reel: youtube.com/watch?v=3WCOMisbnXk

Book: [8 Steps to a Pain-Free Back](#) by Esther Gokhale

CONNECT

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