



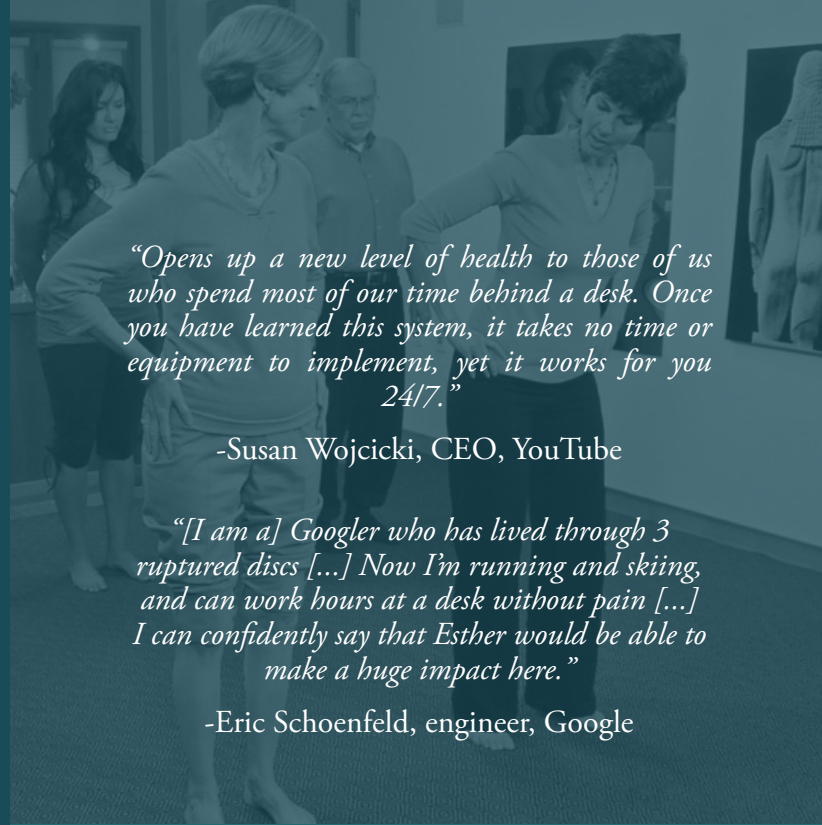
GOKHALE METHOD® CORPORATE OFFERINGS

Why the Gokhale Method?

33 million adults have low back pain at any given time, and it's the most frequent cause of workers' compensation claims.

The Gokhale Method has a long record of preventing and relieving joint pain by teaching students how to recover natural posture and use movements like sitting and walking to lengthen and reshape their spines.

Not only will employees' pain subside after learning the Gokhale Method, resulting in less missed company time, but workshop participants will support each other in their posture and movement well after the class, creating a culture of health and well-being.



“Opens up a new level of health to those of us who spend most of our time behind a desk. Once you have learned this system, it takes no time or equipment to implement, yet it works for you 24/7.”

-Susan Wojcicki, CEO, YouTube

“[I am a] Googler who has lived through 3 ruptured discs [...] Now I'm running and skiing, and can work hours at a desk without pain [...] I can confidently say that Esther would be able to make a huge impact here.”

-Eric Schoenfeld, engineer, Google

1-HOUR WORKSHOP	1-DAY SEMINAR (most popular)	1-DAY SEMINAR PLUS
<ul style="list-style-type: none"> • Healthy Posture at Work: Begin implementing healthy ways to sit, stand, and move at work • Led by a qualified Gokhale Method teacher • PostureSensei™ wearable technology will be used to demonstrate posture techniques • Suitable for audience of any size 	<ul style="list-style-type: none"> • No More Aches and Pains at Work: <ul style="list-style-type: none"> • Learn the most effective techniques to restore and maintain pain-free posture • Use posture to boost your confidence and credibility • Each participant will use PostureSensei wearable technology as an aid in learning and practicing healthy posture techniques • 9 am – 4pm, including a 1-hour lunch break • Led by two qualified Gokhale Method teachers • Each participant receives a PDF copy of <i>8 Steps to a Pain-Free Back</i> and a streamable version of “Back Pain: The Primal Posture™ Solution” • Maximum 20 people 	<ul style="list-style-type: none"> • Includes everything from the 1-day seminar • Each participant also receives a bundle of Gokhale Method products: a Stretchsit® Cushion; a Gokhale Head Cushion; and one year of access to 60+ Gokhale Method alumni videos and bimonthly Live Chats with Esther Gokhale