



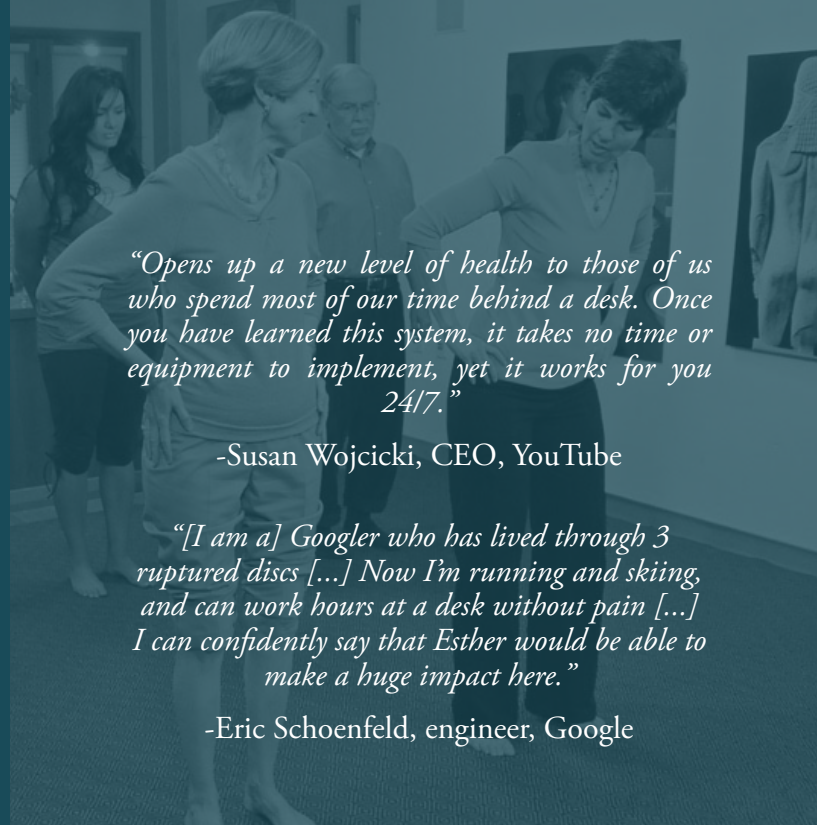
# GOKHALE METHOD® CORPORATE OFFERINGS

## 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 POP-UP (most popular)	1/2-DAY EXPO
<ul style="list-style-type: none"> <li>• <b>Healthy Posture at Work:</b> Begin implementing healthy ways to sit, stand, and move at work</li> <li>• Learn how to use posture breaks to punctuate the workday and increase vitality</li> <li>• SpineTracker™ wearable technology will be used to demonstrate posture techniques</li> <li>• Suitable for an audience of any size</li> </ul>	<ul style="list-style-type: none"> <li>• <b>No More Aches and Pains:</b> Immerse in breakthrough posture techniques to get to the root of back and joint pain</li> <li>• Each participant will use SpineTracker™ technology to learn and practice techniques</li> <li>• Format: 6 hours of instruction split by a 1-hour discussion over lunch</li> <li>• Each participant receives a private 30-minute online followup</li> <li>• Includes a PDF copy of <i>8 Steps to a Pain-Free Back</i>, a streamable version of <i>Back Pain: The Primal Posture™ Solution</i>, and a Stretchesit® Cushion for each student</li> <li>• Taught by 2 teachers and capped at 20 students</li> </ul>	<ul style="list-style-type: none"> <li>• 1-hour open workshop (<b>Healthy Posture at Work</b>) + 2 hours of short 1-on-1 consultations with a Gokhale Method teacher</li> <li>• Consultation includes baseline readings with SpineTracker™ wearable technology and recommendations for posture techniques that one can implement immediately</li> <li>• Workshop is suitable for an audience of any size</li> </ul>