



Find out more about
our J-spines at
GokhaleMethod.com

*"Every year tens of thousands of patients
undergo major back surgery without any benefit. By
using Esther Gokhale's novel techniques,
many of these patients can avoid needless
and expensive medical procedures, and
quickly return to a pain-free life"*

~**JOHN R. ADLER, M.D.**, NEUROSURGERY,
STANFORD UNIVERSITY MEDICAL CLINIC

Gokhale Method Foundations Course

Primal Posture™ for a Pain-Free Life

*"Stunningly simple, the Gokhale Method turns much
of conventional wisdom about pain and posture on its
head. Each lesson gave immediate results and I now
look forward to many years of a healthy
neck and back."*

~**JOAN BAEZ**, FOLK SINGER AND ACTIVIST

*"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

*"The patients I have referred to the
Gokhale Method have, without exception, found the
work to be life changing"*

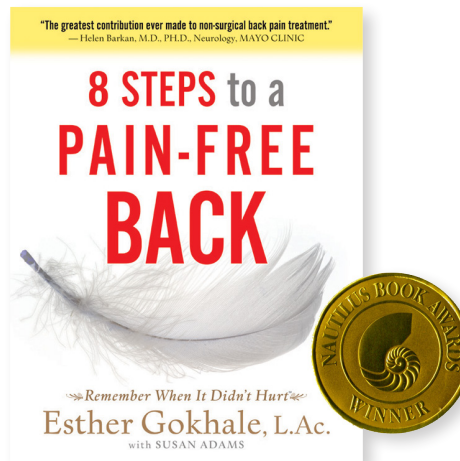
~**SALWAN ABI EZZI, M.D.**, INTERNAL MEDICINE

*"I can now mostly forget about the
back pain that plagued me for so long.
Early access to this kind of intervention
could have saved me a lot of pain and grief"*

~**PAUL EHRLICH, PH.D.**, PROFESSOR, BIOLOGY
DEPARTMENT, STANFORD UNIVERSITY

*"There are few things in life that make a big difference.
This is one of them."*

~**CLAIRE SPONHEIM**, TECHNICAL WRITER



Amazon Bestseller

Start your pain-free journey today!

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Before



After



GOKHALE METHOD®

WHAT YOU WILL GAIN

- Reduce or eliminate back pain, neck pain, and other muscle or joint pain
- Prevent muscle and joint degeneration and injury
- Increase energy, stamina, and flexibility
- Restore confidence, reduce stress, and improve overall appearance



BASIS OF THE GOKHALE METHOD®

The human body is a physical marvel. We have evolved to walk, run, jump, dance, carry, and climb. Yet 80% of adults in modern cultures experience back pain. Are we poorly designed, or have we just lost touch with how to use our bodies? Esther Gokhale's research suggests the latter.

Populations with very little muscle and joint pain still exist. By studying these groups, as well as looking to our ancestors and revisiting how we moved as toddlers, we can all reclaim the healthy structure that lies within us.



Examples of good neck alignment

COURSE CONTENT

We provide you with lifelong tools to recover and maintain your natural posture. You learn to use everyday movements like lying, sitting, and walking to lengthen and reshape your spine. Visual materials and gentle hands-on guidance help efficiently and profoundly replace bad habits with healthy new ones. We know you have a life to live, so our techniques do not rely on formal exercises, special equipment, or ongoing treatments and interventions.



COURSE FORMATS

- One-on-One: Six 45-minute sessions customized for your needs
- Group: Six 90-minute small group sessions scheduled 1–3 times a week (8 students max)
- Intensive: Six 90-minute small group sessions over 2-6 days (8 students max)

Join a course at GokhaleMethod.com

CECILY FREDERICK

In addition to teaching the Gokhale Method, Cecily is an experienced yoga practitioner and teacher in Madison, WI. She is passionate about learning and teaching effective ways to eliminate pain and improve health and wellbeing. Cecily studied biology at Drew University and later deepened her appreciation for human anatomy during her training to obtain a massage therapy licence.



After struggling for several years with her own low back pain, Cecily was deeply inspired by the simplicity and efficiency of the Gokhale Method. Cecily is delighted to teach the Gokhale Method techniques, empowering others to take control of their back pain and eliminate it once and for all.

Contact Cecily:

608-239-5334, cecily@gokhalemethod.com

"In six sessions I felt transformed. The approach is surprisingly simple and confers immediate results."

~**DEIRDRE STEGMAN, M.D.** INTERNAL MEDICINE,
PALO ALTO MEDICAL FOUNDATION

"No back pain!! I feel like I can conquer anything now!"

~**SALLY WATSON**, PROFESSIONAL GOLFER,
LADIES EUROPEAN TOUR

*Woman from
Burkina Faso with
excellent posture*

