



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

"It has absolutely changed my life. I am no longer limiting my activities and am no longer in pain every day! I would recommend to anyone with back/neck or knee pain and now recommend it to a lot of my patients."

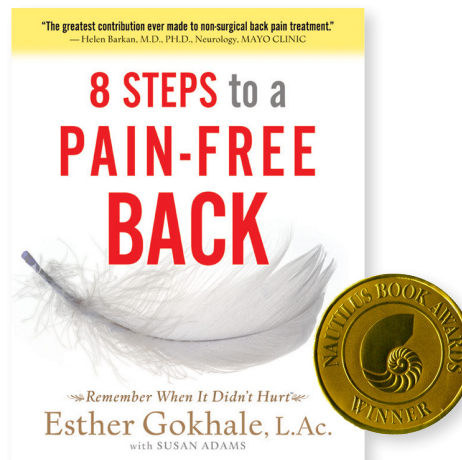
~**DR KATE COLLISTER**, GP/ANAESTHETIST WA, AU

"I had to resign from my job due to chronic back pain, this saddened me as I was only 39 and I thought this was the way my life was going to be. I now have a new pain free life and the confidence to return back to work."

~**NATASHA LYNCH**, CARER / SUPPORT WORKER ST MARYS,
TASMANIA, AU

"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!

Michelle Ball

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888-557-6788

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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



Before

After

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

MICHELLE BALL

Michelle has always sought ways to maintain her own health and wellbeing through athletic endeavors and movement. Having studied physiology and taught dance aerobics, she saw the value focused movement brought to her students.



As a massage therapist and body worker, Michelle is devoted to helping people relieve pain and tension in their bodies. However, in seeing clients lose the ability to move freely and perform activities they loved, she wanted to help them empower themselves on a daily basis. In her search, Michelle discovered the book "8 Steps to a Pain-Free Back." The Gokhale Method® was not just a solution but a revelation. It offered a practical, complementary way to help her clients restore their mobility and natural alignment. This is what led Michelle to train with Esther Gokhale in California.

Michelle is now a certified Gokhale Method® Teacher offering regular group and private lessons on the east coast of Tasmania. She also travels to teach in mainland AU and NZ. If you can put a group of 8 people together, she will come to you.

Call Michelle: 0428-223-271

Email: michelle@gokhalemethod.com

"I highly recommend attending Michelle Ball's 'foundation course' in Esther's posture principles for anyone trying to manage chronic musculoskeletal back pain issues."

~ DR. CHRISTOPHER OH, GP, MELBOURNE, VICTORIA, AU

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

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