



Find out more about  
our J-spines at  
[GokhaleMethod.com](http://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”*

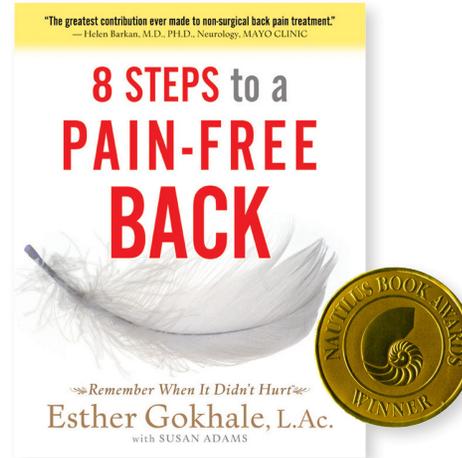
~**SALWAN ABI EZZI, M.D.**, INTERNAL MEDICINE

*“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!

**Sheelagh Tobin:**

**250-954-7013**

[Sheelagh@GokhaleMethod.com](mailto:Sheelagh@GokhaleMethod.com)

[GokhaleMethod.com/biography/Sheelagh\\_Tobin](http://GokhaleMethod.com/biography/Sheelagh_Tobin)

**Gokhale Institute:**

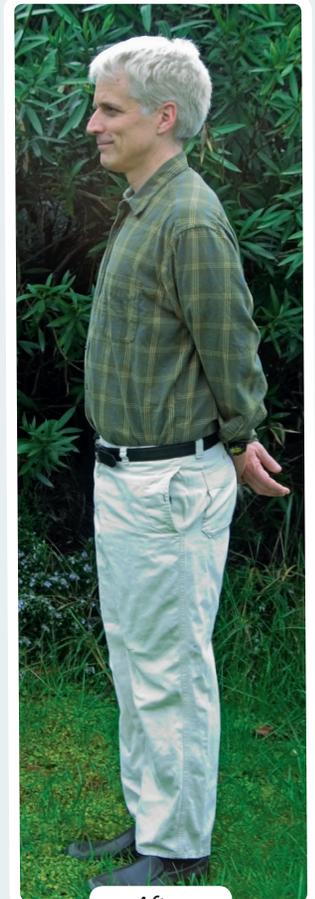
**888-557-6788**

[GokhaleMethod.com](http://GokhaleMethod.com)

[info@gokhalemethod.com](mailto:info@gokhalemethod.com)



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](http://GokhaleMethod.com)

## SHEELAGH TOBIN

Sheelagh has been a Registered Massage Therapist since 2003 and has always had a keen interest in posture and the effect it has on the body. It is clear to her what an impact those things we do most (sitting, standing, sleeping, bending and walking) have on our bodies—especially when we don't do them well. While looking for something to offer her clients that would address how to do these functional activities in a safe and healthy way, Sheelagh discovered the Gokhale Method in 2011. After taking a Free Workshop she decided the Gokhale Method was it! It is simple and effective—a User Guide to Activities of Daily Living.



250-954-7013

[Sheelagh@GokhaleMethod.com](mailto:Sheelagh@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*

