

Letter From Esther



School starts for many this month. This August, we are proud to announce our first **Sharing Posture Fundamentals** course.

Many of our students experience such relief and comfort after taking GM 101 that they want to use their new understanding of posture to help others. Though teaching the Gokhale Method™ to people with a variety of musculoskeletal issues requires longer training, learning to guide a spouse or child in healthy posture can be learnt in a relatively short time.

Sharing Posture Fundamentals will teach you how to use your voice, hands, posture and our book **8 Steps to a Pain-Free Back** to help a family member improve his or her posture. In doing so, you'll reinforce healthy posture for yourself and deepen your intellectual, visual and kinesthetic understanding of the ways the body moves. Prerequisite: GM 101.

For more details, please contact the center at (650) 324-3244.

Esther

**"Tell me and I'll forget.
Show me and I may remember.
Involve me and I'll understand."**

~Chinese Proverb

**"To learn and never be filled, is
wisdom; to teach and never be weary,
is love."**

~Anonymous

Teach a Shoulder Roll

Of all the hundreds of referrals I've had from physicians, the greatest number are of patients with repetitive stress injuries (RSI) in their hands and arms. These conditions, including carpal tunnel syndrome, tennis elbow, and wrist tendonitis, are the result of inflammation and cumulative injury from repeated use of one part of the body. If you spend all day at the computer making small repeated movements typing or using the mouse, you may be at risk for RSI.

I often treat such inflammation with acupuncture, but the simplest way to recover from RSI, and to prevent it, is to keep the shoulders in a healthy position that allows adequate blood flow to and from the hands and fingers.

The Shoulder Roll is one of the most powerful techniques for ensuring good circulation in the arms. It also increases breathing capacity and keeps the upper back from hunching forward.

The Shoulder Roll is easy to teach a family member. It can be done by simply rotating the shoulder backward, as you'll find on page 42 of our book **8 Steps to a Pain-Free Back**. Tell the family member that he or she should do it several times a day, one shoulder at a time. To provide hands-on guidance to your spouse or child, follow these steps:



1. Place the base of one hand on the shoulder blade and the other where the arm meets the chest, with the thumbs facing out.
2. Ask your pupil to relax, then gently use the thumb of your back hand and the base of your front hand to lift the person's arm forward, then up and then back, ratcheting the soft tissue back into a notch in the shoulder joint further back than the usual one.
3. You should feel the shoulder blade move backwards,

Success Story

People have been telling me to stand up straight all my life. It never made any sense until Esther showed me how.

Jessica Ruvinsky
Contributor, Discover Magazine

Photo of the Month



This Peul boy from Burkina Faso has his shoulders placed so far back that the gap between his elbows and torso is a convenient place to rest his shepherding stick.

Useful links

Classes:

[Upcoming free classes](#)
[Upcoming GM101 classes](#)
[One Hour Refresher classes](#)
[Gokhale Yoga classes](#)
[Gokhale Dance classes](#)
[Options for out-of-towners](#)
[Calendar of Events](#)

Treatment:

[Acupuncture now available on Saturdays](#)
(see summer promotion)

8 Steps to a Pain-Free Back

....now available wherever books are sold.
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and as you bring the arm down the whole arm should settle behind the midline of the body.

Be Careful

1. Don't pull on your pupil's skin, which is ineffective for repositioning the arm and can cause discomfort in the soft tissue. Concentrate on using your bones to move the pupil's bones as you move the arm.

2. If your pupil's pectoral muscles (in the front of the chest) are tight, the arm may not move back easily. Forcing the soft tissue to ratchet backwards may cause the tense muscle to press down on the brachial plexus, a set of nerves and blood vessels just beneath it. If your pupil experiences tingling or numbness don't roll the shoulder back quite so far.

3. Don't let tight pectoral muscles pull the rib cage along with the arm during the shoulder roll. This will sway the low back and cause compression and possibly pain. Ask your pupil to keep the ribcage and spine in place by engaging the top of the abdominal muscles, just beneath the ribcage.

For Locals: Free Hiking Workshop

Join Esther to practice glidewalking on level and hilly terrain, with emphasis on keeping your back and knees healthy.

Date: Saturday, August 23rd

Time: 7:30 to 8:30am

Place: At the base of the Stanford Hills in the Stanford Preserve at the intersection of Junipero Serra (Foothill Expressway) and Stanford Avenue.

[Click here to sign up on our web site](#)
or call (650)324-3244.