

A special SACHI offering...

**An Invitation to explore
Hindu, Buddhist and Jain artworks
in the Asian Art Museum galleries
for a novel posture and wellness workshop**

Healing Through Art
led by Esther Gokhale

Saturday, May 21, 2016

12:00 noon – 2:00 p.m.

Fees: \$25.00 plus museum admission

Limited to 20 participants

Rsvp: info@sachi.org; 650-918-6335

In-Gallery Workshop | Asian Art Museum | 200 Larkin Street | San Francisco
(Please meet us by the Information desk)

Healing Through Art

Human beings are natural mimics. We copy what we see around us and unfortunately, posture in modern cultures has been deteriorating over the last 100 years. We can overcome this obstacle toward living our best lives by learning to treat our bodies as the natural wonders that they are. Join Esther Gokhale at the Asian Art Museum as we uplift ourselves, both physically and figuratively, by identifying patterns and mimicking the posture of ancient art and sculpture throughout the gallery collection.



Esther Gokhale
Creator of the Gokhale Method®
Author, *8 Steps to a Pain-Free Back*
www.gokhalemethod.com

Scholar Background

After experiencing crippling back pain and an unsuccessful surgery, Esther Gokhale knew she had to find a better way. She spent years gathering advice and field research to develop a simple but comprehensive system of posture re-education. The Gokhale Method®

uses a unique blend of scientific and holistic methods valued by doctors, physical and massage therapists, chiropractors, acupuncturists, and yoga teachers.

Esther Gokhale has been interested in integrative therapies all her life. Her early interest in healing led her to study bio chemistry at Harvard and Princeton, and later, acupuncture at the San Francisco School of Oriental Medicine.

She practiced acupuncture and taught posture, dance, and yoga for over twenty years. She has been invited to corporations like Google and Facebook Inc., and presented at conferences including TEDx(Stanford), Ancestral Health Symposium, Weston Price Foundation and PrimalCon.



SACHI

Society for Art & Cultural Heritage of India

www.sachi.org

Engage with uplifting artworks in the galleries...

Twenty-four Jain teachers, 1492

India; Gujarat state or Rajasthan state | Bronze
Asian Art Museum, Museum purchase, B69B11



Hindu deity, Parvati, 975-1025

Cambodia, former kingdom of Angkor | Sandstone
The Avery Brundage Collection, B66S3
Asian Art Museum, San Francisco



Buddha Amitayus

China, possibly, Chengde
Qing dynasty, Reign of the Qianlong emperor (1736-1795)

Lacquered and gilt wood

The Avery Brundage Collection, B60S16+ | Asian Art Museum, San Francisco

