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)

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 biochemistry 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.

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.
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