

## Letter From Esther



If you find your spirit (and/or your stocks) flagging in these uncertain times, it may be helpful to focus on raising your health. Health is, after all, one of the most important things in life, and we do have some control over our health. Good health can also help us deal with other problems in our lives. In the month of October, we encourage you to improve your health by improving the alignment of your bones.

At the Center, we have a couple of news items we would like to share with you.

- Our expanded program of dance, yoga, and stretch/strengthen classes has new additions, new pricing, and a new name: **Live It Up!** Do join us in any or all of our classes for an affordable monthly fee.
- We have just been selected by the Book of the Month Club as a selection for December - hooray!

Cheers,  
Esther

**"Every man is the builder of a temple, called his body, to the god he worships, after a style purely his own, nor can he get off by hammering marble instead. We are all sculptors and painters, and our material is our own flesh and blood and bones."**

~ *Henry David Thoreau*

## Photo of the Month

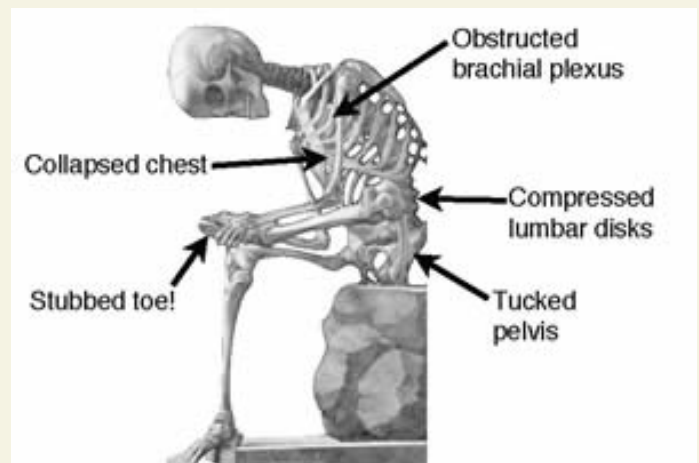
## 'Dem Bones!

'Dem bones gonna rise again! (traditional spiritual and scout song)

Only 'dem healthy bones gonna rise!



Our weight-bearing bones need stress to remain strong. But stress can be good or bad; good stress promotes the development of strong, dense bones, while bad stress ultimately results in pain, degeneration and a host of abnormalities. What makes the difference? Proper alignment is the key.



When bones are aligned in accordance with the natural architecture of the body, then weight-bearing exercise



*In this carpenter from Burkina Faso, the healthy stress of breathing results in a large ribcage.*

will make them strong. With improper alignment, any exercise will put weight on parts of the bones that were not designed for it. This can lead to arthritic changes such as bone spurs (osteophytes). In addition, because the parts of the bones that need stress are not getting it, calcium leaches from the bones or is inadequately deposited, leading to osteopenia and osteoporosis.

The place to start in ensuring good alignment for all bones in the body is the pelvis. An anteverted pelvis provides a solid foundation for the vertebrae to stack evenly on top; when the vertebrae are well- stacked, the back muscles relax. When the back muscles relax, breathing is full, elastic and rhythmical. This movement of the ribcage brings good circulation around the spine, which in turn keeps the tissues around the spine and the spine itself healthy. With every inhalation, you will experience a gentle expansion of the spine upward. Indeed, 'dem bones gonna rise-- if you just keep them well- aligned!

## Useful links

### Classes:

Upcoming free classes  
Basic GM101 Series  
Refresher (1-Hour)  
Live It Up!  
Options for out-of-towners  
Calendar At-A-Glance

### Treatment:

Acupuncture

### Book: *8 Steps to a Pain-Free Back*

....The basic text of the Gokhale Method, complete study course in itself, now available at major booksellers, in your neighborhood and online

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## For Locals: Free Stretch and Strengthen Class

Sitting, standing and moving with good posture will go a long way towards improving muscle tone and freedom of movement. With this Stretch and Strengthen class, you will learn a number of simple, targeted exercises that will give your muscles greater length and power. Students usually leave the class feeling taller, stronger and more relaxed. The course is open to families and people of all fitness levels.

Date: Saturday, October 25th

Time: 9:30 to 10:30am

Place: Esther Gokhale Wellness Center,  
2439 Birch Street, Palo Alto, CA

What: Free Stretch and Strengthen Class

Teacher: Maya White

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