

# Gokhale Pain-Free Chair

## Standard



**Note:** Seat height is the same and dependent on the gas lift for both chairs.

## Petite



\*Sample view with foot ring.  
Foot ring is 8" above the floor with a diameter of 18"



# Gokhale Pain-Free Chair

**Standard**

**Petite**

Back Seat Height difference of ~2" to 3"



Seat Height is the same

**Note:** Seat height is the same and dependent on the gas lift for both chairs.



GOKHALE METHOD®

Comparative View

# Gokhale Pain-Free Chair

## Standard

Model Measurements:  
Height: 5'7"  
Top of head to navel: 25.5"



GOKHALE METHOD®

Comparative View  
(when seated)

# Gokhale Pain-Free Chair

**Petite**

Model Measurements:  
Height: 5'7"  
Top of head to navel: 25.5"



GOKHALE METHOD®

Comparative View  
(when seated)

# Gokhale Pain-Free Chair

## Gas Lift Sizes

### Standard

### Petite

#### Tall

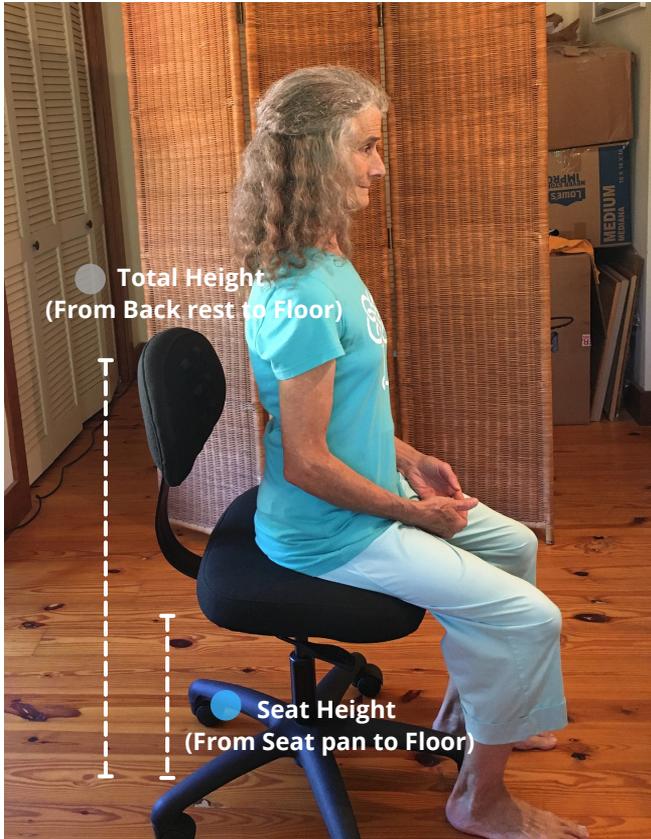
- ~35.5" - ~43.5"
- ~19.5" - ~27.5"

#### Standard

- ~33" - ~38"
- ~17" - ~22"

#### Small

- ~31" - ~34"
- ~15" - ~18"



#### Tall

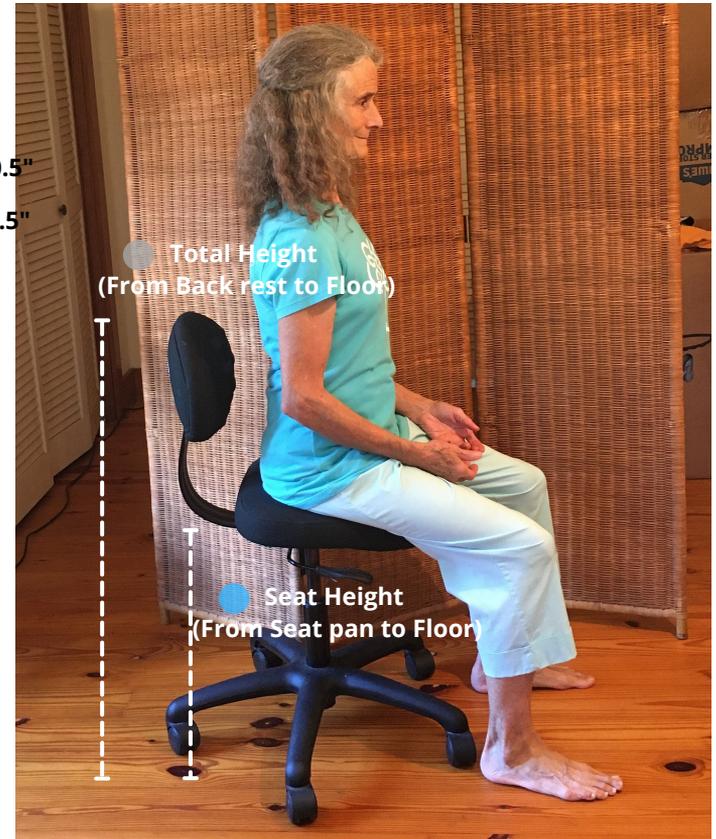
- ~32.5" - ~40.5"
- ~19.5" - ~27.5"

#### Standard

- ~30" - ~35"
- ~17" - ~22"

#### Small

- ~28" - ~31"
- ~15" - ~18"



**Note:** Seat height is the same and dependent on the gas lift for both chairs.



GOKHALE METHOD®

Comparative View  
(when seated)

# Gokhale Pain-Free Chair

## Things to consider:

### Body Type

**Height:** A person with a regular body type with a height above 5 feet is fit for a Standard Chair while a person lower than 5 feet can go with Petite. A person with a regular body type higher than 6 feet can go for Standard Chair with Tall Gas Lift

**Stature:** It is worth noting that the part that connects the backrest to the seat pan is shorter in Petite compared to the Standard Chair. A person with smaller stature (shorter legs and waist/torso can go for Petite Chair). Bigger or wider legs can sit comfortably in a Standard chair because it has a wider seat pan compared to Petite Chair

### Desk Surface

It is important to remember that having your arms at the right height for your work surface is an important step in maintaining good posture at a desk or table. Those with higher desk needs to have either standard or tall lift depending on how tall you want to be. See measurements for heights for the lift. If you want a tall lift and have shorter legs, you may want to add in a foot ring so that your feet can rest and will not swing loosely.

### Sitting Position

We tend to stay in a position when we deem comfortable. People who sit crossed-legged (yoga style) can enjoy sitting in a Standard Chair because of the wider seat pan. People who like to sit with the other leg on top of the other need to measure the height (from the bottom of the desk and leg room) so that they can estimate the needed height of the Gas Lift.

### Comparison

A good way to determine your correct size gas lift is to find a seat that is at the right height for you, and to measure from the top of the seat to the floor (try building up seat height incrementally with a stack of books or magazines).



# Gokhale Pain-Free Chair

## Frequently Asked Questions

### Body Type

Q: I am short. My height falls lower than 5 feet.

A: Smaller body types that have shorter height, legs, waist, and torso tends to be comfortable with a **Petite Chair**.

Q: Originally, I'm 5'2". I lost 2 inches and gained shorter on the waist. What chair do you recommend?

A: Although you are higher than 5 feet, the waist and pelvis will be comfortably fitted in a **Petite Chair**. The part that connects the backrest and seat pan in a Petite Chair is relatively shorter than a Standard Chair. Thus, people who are short-waisted prefer a Petite Chair.

Q: I am 5'5", short legs, and long-waisted. What chair would be best?

A: **Standard Chair** works for a wide range of heights taller than 5 feet. It is also important to note if you have a long waist or torso. If you want the backrest to fall in the middle or upper part of your back then Standard works fine. And if you have shorter legs, Standard Chair with a small or standard lift depends on how short your legs are.

Q: I am 6'3". Will a Standard Chair be enough?

A: Definitely. Specifically, a **Standard Chair with a Tall Gas Lift** is preferable

### Desk Surface

Q: I have a higher desk. I am 5'3".

A: **Standard Chair with a Tall Gas Lift and foot ring**. Make sure to measure the desk surface and that your arms are comfortably at rest on your desk or table.

### Sitting Position

Q: I like crossing my legs (yoga style or leg on top of another) when sitting.

A: The seat pan of a **Standard Chair** works best for people who like to have a wider room for their legs. The Gas Lift depends on the height of your desk and the top of your legs; you need to measure how much leg room you'll allow.

**Disclaimer: This is intended to be a guide or reference only. Every person has different body types, measurements, sitting requirements, and other needs.**



# Gokhale Pain-Free Chair

## Frequently Asked Questions

### Foot ring

Q: What is the benefit of a foot ring?

A: When seated properly, your feet should be able to rest flat on the floor. If the desk surface requires the chair to be raised at a height where it allows the feet to swing loosely, then a foot ring is beneficial.

Q: Is the foot ring removable?

A: Yes. The foot ring can be removed

### Smell

Q: My chair has just arrived. There's a musty smell coming from the seat of the chair.

A: The smell is most likely coming from the foam. Sometimes the glue on the seat isn't completely dry when the manufacturer packs the chairs and the off-gassing gets trapped in the plastic bag that the chair is wrapped in. The smell should dissipate over a few days after the chairs have a chance to "air out". We kindly recommend leaving the chair to air out for a couple of days and the smell will soon dissipate.

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