

## FRANCHISE DISCLOSURE DOCUMENT

Gokhale Method Institute, Inc.  
(A California Corporation)  
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Gokhale Method Institute (“GMI”) operates a business and grants franchises for businesses offering classes and products that help restore the body’s primal architecture and movement patterns under the “Gokhale Method” trademark and related marks. The total investment necessary to begin operation is \$13,065 to \$29,440. This includes \$8,950 to \$20,790 that must be paid to us.

This Disclosure Document summarizes certain provisions of the franchise agreement and other information in plain English. Read this disclosure document and all accompanying agreements carefully. You must receive this disclosure document at least 14 calendar days before you sign a binding agreement with, or make any payment to, the franchisor or an affiliate in connection with the proposed franchise sale. **Note, however, that no government agency has verified the information contained in this document.**

The terms of your contract will govern your franchise relationship. Do not rely on the disclosure document alone to understand your contract. Read your entire contract carefully. Show your contract and this disclosure document to an advisor, like a lawyer or accountant.

Buying a franchise is a complex investment. The information in this disclosure document can help you make up your mind. More information on franchising such as "A Consumer's Guide to Buying a Franchise," which can help you understand how to use this disclosure document, is available from the Federal Trade Commission. You can contact the FTC at 1-877-FTC-HELP or by writing to the FTC at 600 Pennsylvania Avenue, NW, Washington DC 20580. You can also visit the FTC's home page at [www.ftc.gov](http://www.ftc.gov) for additional information. Call your state agency or visit your public library for other sources of information on franchising. There may also be laws on franchising in your state. Ask your state agencies about them.

THE ISSUANCE DATE OF THIS DISCLOSURE DOCUMENT IS: March 28, 2019

## STATE COVER PAGE

Your state may have a franchise law that requires a franchisor to register or file with a state franchise administrator before offering or selling in your state. **REGISTRATION OF A FRANCHISE BY A STATE DOES NOT MEAN THAT THE STATE RECOMMENDS THE FRANCHISE OR HAS VERIFIED THE INFORMATION IN THIS DISCLOSURE DOCUMENT.**

Call the state franchise administrator listed in Exhibit "F" for information about the franchisor or about franchising in your state.

MANY FRANCHISE AGREEMENTS DO NOT ALLOW YOU TO RENEW UNCONDITIONALLY AFTER THE INITIAL TERM EXPIRES. YOU MAY HAVE TO SIGN A NEW AGREEMENT WITH DIFFERENT TERMS AND CONDITIONS IN ORDER TO CONTINUE TO OPERATE YOUR BUSINESS. BEFORE YOU BUY, CONSIDER WHAT RIGHTS YOU HAVE TO RENEW YOUR FRANCHISE, IF ANY, AND WHAT TERMS YOU MIGHT HAVE TO ACCEPT IN ORDER TO RENEW.

Please consider the following RISK FACTORS before you buy this franchise:

1. THE FRANCHISE AGREEMENT REQUIRES YOU TO RESOLVE DISPUTES WITH US BY MEDIATION OR ARBITRATION ONLY IN CALIFORNIA. OUT-OF-STATE MEDIATION OR ARBITRATION MAY FORCE YOU TO ACCEPT A LESS FAVORABLE SETTLEMENT FOR DISPUTES. IT MAY ALSO COST YOU MORE TO MEDIATE, ARBITRATE OR LITIGATE WITH US IN CALIFORNIA THAN IN YOUR OWN STATE.
2. THE FRANCHISE AGREEMENT STATES THAT CALIFORNIA LAW GOVERNS THE AGREEMENT (EXCEPT THAT LAW OF STATE IN WHICH YOU ARE LOCATED SHALL GOVERN WITH RESPECT TO SECTION 17 OF THE AGREEMENT AND ITS ENFORCEMENT), AND THIS LAW MAY NOT PROVIDE THE SAME PROTECTIONS AND BENEFITS AS LOCAL LAW. YOU MAY WANT TO COMPARE THESE LAWS.
3. WE WERE FORMED ON NOVEMBER 3, 2011 AND HAVE A LIMITED OPERATING HISTORY AND EXPERIENCE IN THE OFFER AND SALE OF FRANCHISES.
4. FRANCHISEES MAY NOT BE ABLE TO TRANSFER OR SELL THEIR FRANCHISED BUSINESS IF UNABLE TO FIND A BUYER OR IF A PROPOSED BUYER IS NOT QUALIFIED UNDER FRANCHISOR'S THEN-EXISTING REASONABLE STANDARDS FOR APPROVAL OF NEW OR RENEWING FRANCHISEES.
5. THIS FRANCHISE HAS SUBSTANTIAL TRAINING REQUIREMENTS. YOU SHOULD FAMILIARIZE YOURSELF WITH THEM BEFORE ENTERING INTO A FRANCHISE AGREEMENT. THE FRANCHISOR HAS THE RIGHT TO TERMINATE THE FRANCHISE AGREEMENT IF YOU DO NOT COMPLETE TRAINING TO ITS SATISFACTION.
6. THERE MAY BE OTHER RISKS ASSOCIATED WITH THIS FRANCHISE.

Currently, we do not use the services of one or more FRANCHISE BROKERS or referral sources to assist us in selling our franchise. The effective dates for any state franchise registrations appear on the following page.

### STATE EFFECTIVE DATES

The following states require that the Franchise Disclosure Document be registered or filed with the state, or be exempt from registration: California, Hawaii, Illinois, Indiana, Maryland, Michigan, Minnesota, New York, North Dakota, Rhode Island, South Dakota, Virginia, Washington, and Wisconsin.

This Franchise Disclosure Document is registered, on file, or exempt from registration in the following states having franchise registration and disclosure laws, with the following effective dates:

California	--	Effective Date: April 11, 2019
Hawaii	--	Effective Date:
Illinois	--	Effective Date: April 23, 2019
Indiana	--	Effective Date:
Maryland	--	Effective Date:
Michigan	--	Effective Date:
Minnesota	--	Effective Date:
New York	--	Effective Date:
North Dakota	--	Effective Date:
South Dakota	--	Effective Date:
Virginia	--	Effective Date:
Washington	--	Effective Date: May 9, 2019
Wisconsin	--	Effective Date:

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