

The Synergy of Martial Arts and the Feldenkrais Method

Dynamic Stability and the Art of Falling

with Moti Nativ

March 25 – 27, 2022, Vienna

This workshop is suitable for everyone!
Previous experience in martial arts is not required.

Falls are a common and serious health threat to adults 65 and older. Every year, more than 1 in 4 older adults falls. One of the main risk factors of falling is poor stability and balance.

This workshop will clarify the practical influence of Judo on the Feldenkrais Method, and is thus tightly linked to the early days of Dr. Feldenkrais, when he was practicing Judo.

Moti Nativ: **“We’ll meet Moshé at a young age, as a martial artist, and through his knowledge we’ll learn some of the martial arts principles as they are foundations of Feldenkrais Method. I believe that you will broaden your knowledge of the Feldenkrais Method and will gain access to new ideas and tools that will be important for your personal improvement and also for future teaching.”** Utilizing Feldenkrais lessons, we will experience stability and falling as complementary actions, in the aspects of self-preservation and efficiency of action.



Moshé Feldenkrais



Moti Nativ

Moti Nativ (Israel)

is a retired Colonel from the Israeli Defense Force, a certified Feldenkrais Practitioner (he graduated in 1994 from the first Jerusalem training) and Dai Shihan, a master teacher in the Bujinkan school of Budo Tai-Jutsu. He holds a black belt in Judo and is a certified Krav Maga instructor. Moti is known for his continuous research about the development of the Feldenkrais Method, focusing on the years 1920 – 1950, when Dr. Feldenkrais was an active martial artist.

Since 2008, Moti Nativ has taught more than 200 workshops and presented the concepts of the synergy project all over the world. Moti Nativ travels constantly to Japan to learn from Soke Hatsumi, the headmaster of the Bujinkan school. His Vienna workshop in 2021 is the first at Feldenkrais Institut Wien.

Teaching times

Friday 14:00 – 18:00

Saturday and Sunday: 10:00 – 17:00

Workshop fee: € 330,- (incl. 20% MwSt./VAT).

The workshop will be taught in English

**Please contact us with any question you might have
and to register:**

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Special care should be taken to master
the forward and backward fall which are the
most frequent. They occur in everyday life...
(I myself was saved from death twice thanks to
knowing how to fall).

- Moshé Feldenkrais
Jujutsu and Self-Defense, 1930

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