

Exploring at the Crossroads of the Feldenkrais Method and the Martial Arts

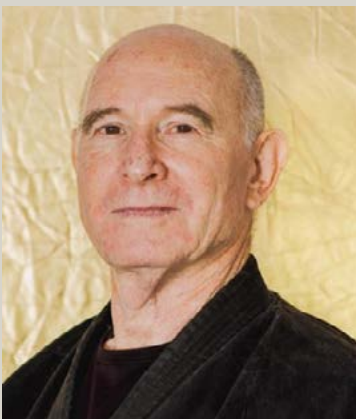
Moti Nativ

20 – 22 March 2026, Vienna

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

Moshe Feldenkrais' development was deeply influenced by martial arts, particularly Jiu-Jitsu, Judo, and boxing. He began by publishing a self-defense method in 1930, reflecting the challenges of pioneer life in Israel. His encounter with Jigoro Kano in Paris marked a turning point, steering him towards what would become the Feldenkrais Method. For 20 years, he honed his martial arts skills in France and England, learning from prominent Judo masters. Returning to Israel in 1950, he synthesized science, physiology, and martial arts with his personal wisdom, creating a method focused on enhancing human capability. In our workshop, we will explore the intersection of Moshe Feldenkrais' martial arts and the creation of the Feldenkrais method.

We will learn practical judo techniques that are foundational to Feldenkrais concepts and techniques. Participants will also have the opportunity to experience ATM lessons focused on improving awareness of personal space and its connection to the changing environment. His life's mission became the promotion of the Feldenkrais Method.



"Dynamic stability is stability acquired through movement"

Moshé Feldenkrais,
Higher Judo



Moti Nativ (Israel), is 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 is a retired Colonel from the Israeli Defense Force, 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.

Teaching times:

Friday 14:00 – 18:00

Saturday and Sunday 10:00 – 17:00

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

E-Mail: training@feldenkraisinstitut.at

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Workshop fee: € 390,- (incl. 20% USt./VAT)

The workshop will be taught in English.

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