

# The Synergy of Martial Arts and the Feldenkrais Method

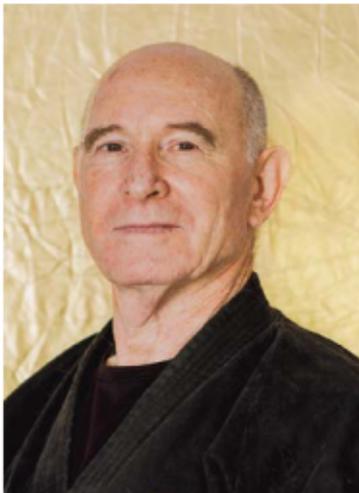
## Transferring the Learning – Learn one thing and know many things

Moti Nativ

17 – 19 March, 2023, Vienna

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

This workshop explores how to enhance the quality of our movement and experience the ability to transfer the skills learned by applying them in different positions and situations. The concept of transferring the quality of a learned movement suggests a way to create a layer for quicker learning. This concept will also lead us to investigate the connection of Judo to ATM and FI.



"It is rather an elusive notion, which means the improvement of one kind of act by practicing another... therefore it is the quality that you learn in order that you can transfer..."

*-Moshé Feldenkrais*

**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 March 2023 is following his last wonderful workshop at Feldenkrais Institut Wien.

Teaching times:

Friday 14:00 – 18:00

Saturday and Sunday 10:00 – 17:00

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

The workshop will be taught in English.

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

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