

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

Moti Nativ

4 – 6 December 2026, Vienna

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

Join us for a unique workshop exploring “Practical Feldenkrais” – a term Moshe Feldenkrais used to describe learning that leads to effective, real-life action.

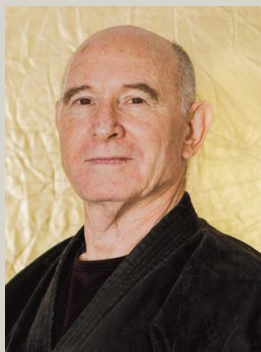
Drawing on Moti Nativ’s research into Moshe Feldenkrais’ martial arts background and his 1942 publication “Practical Unarmed Combat”, we will explore how one well-understood technique can unlock a wide range of adaptable, skillful responses. This approach improves coordination, timing, spatial awareness, and dynamic stability.

Over the past months, Moti has shared this perspective with hundreds of students, seeing strong results in their balance, confidence, and everyday movement.

Through targeted ATM lessons and guided exploration, this workshop will:

- Improve your adaptability and ease in action
- Strengthen your foundations as a practitioner
- Reveal untapped potential through efficient movement

This workshop is an invitation to re-learn the foundations of the method – blending tradition and innovation, just as Moshe Feldenkrais encouraged when he spoke of “better Judo”: “...I prefer therefore, to present to you another way of looking at things you already know...”



“Dynamic stability is
stability acquired
through movement”

Moshé Feldenkrais,
Higher Judo



Moti Nativ (ISR) is a certified Feldenkrais Practitioner and Dai Shihan in Budo Tai-Jutsu. He has studied martial arts extensively and is known for his research into the early development of the Feldenkrais Method, especially during the years when Dr. Feldenkrais was active in martial arts. Since 2008, Moti has shared his Synergy Project in over 200 workshops worldwide.

Teaching times:

Friday 14:00 – 18:00

Saturday and Sunday 10:00 – 17:00

Registration:

E-Mail: training@feldenkraisinstitut.at

Tel.: +43 (0) 699 1133 1043

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

The workshop will be taught in English.

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