

# The Synergy of the Feldenkrais Method and Martial Arts

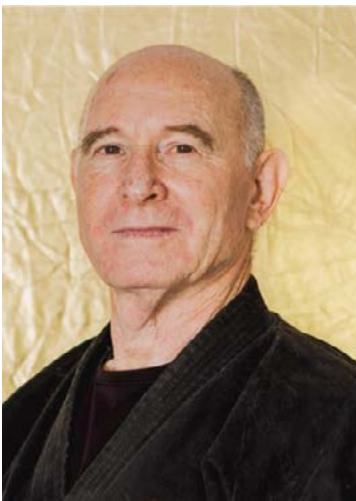
Moti Nativ

8 – 10 March 2024, Vienna

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

In 2024, it will be 120 years since Moshé Feldenkrais was born. The history of Moshé Feldenkrais' martial arts will inspire our learning in this workshop. We will walk Moshé Feldenkrais' path to becoming a Judo expert while learning his favorite Judo and self-defense techniques. In doing so, Moti Nativ will direct our learning to four fundamental elements – dynamic stability, orientation (in time and space), art of falling, and reversibility.

Feldenkrais lessons and concepts will prepare participants to learn the techniques in an intelligent and safe way – the Feldenkrais way.



"Dynamic stability is  
stability acquired  
through movement"

Moshé Feldenkrais,  
Higher Judo



**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 2024 is following his last wonderful workshop at Feldenkrais Institut Wien.

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](mailto: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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