

Moti Nativ

Dynamic Stability and the Art of Falling

When?

Oct 2019
Fri 11th – Sun 13th
1, 2 & 3 day options available

Where?

BRISBANE
Ashgrove Bowls Club,
Ashgrove Sports Reserve,
Yoku Road

What?

This workshop, to increase your stability and reduce falling and injuries, has been offered by Moti Nativ in many places around the world (to high acclaim). And now it's coming to Brisbane.

Moti writes, *"We practice the principles of the Feldenkrais Method® of body education. We explore the use of gravity, momentum, timing, and direction of movement to develop balance and counterbalance, and effective interaction with the environment. Engaging, safe and fun for all!"*

"Dynamic Stability and the Art of Falling" is suitable for Feldenkrais practitioners, Martial Arts practitioners and Feldenkrais students. Feldenkrais practitioners will experience the explorations of young Dr. Feldenkrais as a martial artist. We'll learn some of the Martial Arts principles that Moshe used as foundations to the Feldenkrais Method®.

Moti Nativ:

Moti is a retired Colonel from the Israeli Defense Force, a certified Feldenkrais practitioner and master teacher of Bujinkan - Budo TaiJutsu. He holds a black belt in Judo and is a certified Krav Maga instructor. He served as past president of the Israeli Feldenkrais Guild.

"My life-long research into movement brings me deeper into the roots of Dr. Feldenkrais' work. I reveal his experience as a martial artist and show the links between this process and his development of the Feldenkrais Method®."



Register:

For all price and booking information please go to:

www.trybooking.com/BAUOR

Full 3 day price is \$600
Generous discounts for:

- Guild Members
- Super Early Bird (31 May)
- Early Bird (15 July)

Cancel fee \$100 from 6 Sept

Reviews:

- *"The workshop with Moti was amazing. We learned how to feel gravity by letting go of control and then feeling the support of the ground with our hands, feet and hip. I could move from lying to sitting, sitting to standing and back down to the floor again more fluidly than ever before. We then moved with a partner in judo moves. I don't plan learning judo, but I see many applications that will help me with Feldenkrais clients. **You have an opportunity to take Moti's workshop? GRAB IT** — it is unforgettable." Sandra Bradshaw, Canada.*
- *"Everybody learns, at many levels." Rob Black, Calgary.*
- *"Your stories, Moti, made everything come alive." Christine W.*
- *"Now I'm thinking how to teach falling from the ground UP!"*

