

Spotlight on Ohad Nachmani, Feldenkrais Assistant Trainer, ETAB Chair



Where do you live?

I have lived in a rural area west of Barcelona, Spain since 2004, first out in the country now in a village, 70km West of Barcelona. For the first 4-5 years I worked in a small town nearby, then moved my practice to Barcelona for last 15 years.

How did you discover the Feldenkrais Method?

I was born and grew up in Israel and discovered the Feldenkrais Method in Japan when there to study Aikido. I asked questions about quality of movement/teaching and someone recommended Feldenkrais. I ordered *The Potent Self* and read it, then found the only Feldenkrais Practitioner in Tokyo. On returning to Israel I did the Training. I had not intended to become a Practitioner but in the last week of Training I decided to continue practising as way of continuing on the path.

When and where did you qualify as a Feldenkrais Practitioner?

1998, in Jerusalem. For first 4-5 years after qualifying I was working doing other things, though in the first year after training I was doing 8 FIs a week, then I joined public health in Israel, doing 30 FIs a week. Feldenkrais has been my full time occupation in the last 20 years.

What inspired you to join ETAB?

When I applied to become an Assistant Trainer I came into contact with the chair of ETAB, I discovered much about ETAB. I had not previously been in contact with other Practitioners, Advanced Trainings or the wider community. Curiosity was the main thing! I became Chair because someone needs to fulfill that role.

What sort of tasks do you do in your role in ETAB?

Firstly, the Chair ensures that other members have the right conditions to do their job and I co-ordinate their work. I also communicate with other TABs and with ETC. My main task is ensuring that work flows through ETAB easily.

From my own interest, I try to promote some kind of growth of the Feldenkrais Method. I like to see transparency, communication and debate.

Do you have experience in fields other than Feldenkrais? Other career or previous work or combined with the Feldenkrais Method? In what kind of settings/workfield do you practise / or benefit from the method?

Previously I did a wide variety of things, I started professional career in my 30s. I studied at University and have always collaborated with other professionals in other fields and I also studied martial arts, Chinese medicine and psychology.

How has your role in ETAB helped your professional development? And your personal development?

My professional development: through the ETAB work I have been able to contemplate the wider context / connections of the Feldenkrais work. In the sense of the work in the world. What kind of Training should we have? How to improve it? How can we go beyond it to support people in their work?

What possible future developments do you foresee for the Feldenkrais Method?

I would like to see a continuous training programme / support system for graduates of the Feldenkrais Method to become potent full time practitioners. Not all graduates become practitioners, so a support system may be the answer.