



# MUAY THAI BEYOND LIMITS

## INCLUSIVE MARTIAL ARTS FOR PEOPLE OF ALL ABILITIES

### BENEFITS OF TRAINING WITH US

- Improved Body Awareness
- Stronger Confidence
- Increased Strength
- Better Coordination
- Socialization Opportunities
- Greater Self-Regulation

### WHAT MAKES OUR PROGRAM UNIQUE

- Use of a Visual Schedule
- Minimal Distractions
- Adapted Techniques for Accessibility
- Quiet/No Music
- Incorporation of Heavy Work Activities
- No Required Uniform

**COME EXPERIENCE  
OUR PROGRAM FIRST  
HAND:**

**720-213-6368**

**MUAYTHAIBEYONDLIMITS@GMAIL.COM**





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