



A Guide to Muay Thai

Also known as “The Art of 8 Limbs,” Muay Thai is a form of martial arts that combines breathing and movement to help you focus on your body, feel empowered, and feel in control.

Muay Thai can be a great way for you to reconnect with your body. Here are a few things to consider as you search for a Muay Thai class:

- **An instructor who understands.**
Talk to the instructor beforehand and let him or her know your boundaries, reservations, and limits.
- **A gym where you feel safe.**
Visit the gym beforehand. How does it make you feel? Some anxiety is normal, but if the place is triggering, look elsewhere.
- **You can stop at any time.**
Give yourself permission to stop if it's too much for you — physically or emotionally.

- **Do what's best for YOU.**
Keep checking in with yourself. Muay Thai is meant to be empowering for you. Find an instructor and class that will ultimately help you on your healing journey.

Physical self-awareness is the first step in releasing the tyranny of the past.

—Bessel van der Kolk



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