



Muay Thai Sangha Is Open and Inviting People to Come Train Muay Thai in Thailand

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Muay Thai Sangha, which is based in Chiang Mai, Thailand, is happy to announce that their Muay Thai school in Thailand is fully open and they have launched a new website. They want to point out that the Muay Thai Sangha path shares a way for increasing awareness of the individual through fighting and internal martial arts. Their goal is to provide an appropriate environment where students can develop proper fighting skills, and refine mental states. Located in Chiang Mai, North Thailand, for more than 12 years, the school has been providing high standard skills to students interested in self-development through the path of Thai martial arts. The school is only 40 minutes north of Chiang Mai in the Mae Taeng village.

Muay Thai Sangha is a Thai martial arts camp for beginners, intermediate, and advanced martial artists. The school is led by Kru Pedro Solana and it offers an evolving path related to awakening a person's inner warrior. Through self-awareness and willpower, students will learn how to push their bodies to the limit and how to bring their minds to stillness. The main purpose of the entire training is for the student to become more present to himself or herself while improving his or her fighting abilities.

Kru Pedro says, "We are inviting people to come train Muay Thai in Thailand. By blending ancient Muay Thai Boran and grappling with the five elements, students will be able to enhance their physical and mental attributes. Practicing their Warrior Yoga exercises will reset their whole body energetically resulting in optimal health and vitality."

The Muay Thai sangha training also includes Krabi-Krabong Thai weapons in their curriculum. This is beneficial because training in ancient Thai weapons will help the students stay present and develop greater coordination and agility. Kundalini meditation is as well included in the training. Through self-awareness and concentration, the practice of meditation will lead the students to find balance and inner peace.

The training activities will be done in the Mae Taeng District in Chiang Mai Province, Thailand. Mae Taeng provides a wide variety of outdoor activities and the perfect environment to learn martial arts in Thailand. The Mae Taman Valley is just a few kilometers away from where many of the elephant sanctuaries are located. In addition, there is a lake and many different caves and waterfalls that can be visited. White water/bamboo rafting or zip line activities are also popular in the area. In addition, around the near mountains of Mae Taeng, there are hundreds of varying hill tribe villages from Burma, South China, and Laos. Local agencies offer different jungle trekking tours to visit them and learn about their culture.

Kru Pedro Solana, the muay Thai teacher at Muay Thai Sangha, has over 30 years of martial arts experience, which led him to realize that the greatest battle is within. Based on his Muay Thai Sangha curriculum, these teachings are the ultimate result of this realization. He defends the idea that every human being has the capability to develop further. His main approach is to reinforce the path of awareness to experience life with the student's maximum potential. He aligns his practices on rising vibration and shares his path with anyone interested.

The training approach in the Muay Thai Sangha Fighting Arts system can be compared to that of mixed martial arts (MMA). It emphasizes appropriate posture, structural alignment, awareness of one's center of gravity, and the development of balance through proper body-weight distribution.

The most dangerous weapons in the Muay Thai Sangha training are the counter techniques, devastating blocks that incorporate elbows and knees, and triangular fast footwork to gain a positional advantage. The techniques used to emphasize the ethos of self-defense. All of the training, including sparring, is done with almost no protective equipment. Only small gloves and a cup mouthpiece may be used.

Those who are interested in knowing more about training in muay Thai in Thailand can check out the Muay

Thai Sangha website at <https://muaythaisangha.com/>, or contact them through email.

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For more information about Muay Thai Sangha, contact the company here: Muay Thai Sangha Kru
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Muay Thai Sangha

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Website: <https://muaythaisangha.com/>

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