

Ekata - Valencia

valencia

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valencia

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Welcome to Ekata Martial Arts School in Valencia, California

Ekata Martial Arts School stands out in Valencia, California, not only for its exceptional training programs but also for its ****accessibility**** features. With a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, Ekata ensures that everyone has the opportunity to participate in martial arts and fitness activities.

A Family-Friendly Environment

Families appreciate the unique approach Ekata takes towards martial arts

training. One parent shared, "This is a wonderful place for kids and the entire family to train, learn and grow." The school offers a variety of classes tailored for children, teens, and adults, covering disciplines such as Jeet Kune Do, Jiu-Jitsu, and Muay Thai. There's something for everyone, whether it's a timid child needing confidence or a feisty teen learning to channel their energy productively.

Meditation and Mindfulness

Beyond physical training, Ekata emphasizes a holistic approach to wellness. Members can take advantage of a dedicated meditation room, allowing students and parents to practice mindfulness. As one student noted, "The mindfulness aspect extends to our life outside of the exercise programs," highlighting the school's commitment to nurturing both the body and mind.

Quality Instruction and Community Support

The instructors at Ekata are known for their dedication and expertise. A member stated, "The staff there is amazing and always willing to help." This supportive atmosphere fosters personal growth, engaging not just in physical fitness but also in character development and self-discipline. Parents value how instructors focus on improving their children's overall personality, instilling values like respect and focus.

The Facility

Ekata is more than just a gym; it is a community hub. Many members appreciate the clean and well-maintained environment equipped with a great variety of equipment for all fitness levels. Testimonials praise the atmosphere, where everyone feels welcomed, making it a second home for many families. One review summed it up perfectly: "Ekata encourages the mind to break through blocks and overcome limitations."

Safety and Support

Safety is paramount at Ekata. The school implements various safety measures within the gym, locker rooms, and during classes. While some reviews addressed concerns about staff turnover, many members still feel a strong sense of trust and community within the environment.

Final Thoughts

In conclusion, Ekata Martial Arts School in Valencia, California, offers a comprehensive approach to martial arts training, focusing on accessibility and inclusivity. Families looking for a supportive environment where their children can grow both physically and mentally will find Ekata to be an excellent choice. With its variety of classes, knowledgeable instructors, and dedicated mindfulness practices, Ekata stands out as a top choice for martial arts training in the area.

Our premises are located at

27831 Smyth Dr, 91355 Valencia, California - United States (US)

The contact phone of the mentioned **Martial arts school** is +1661-255-1114

And if you want to send a WhatsApp, you can do so at +1661-255-1114

We look forward to seeing you at:

Day Hours
Monday

8?AM–2?PM

Tuesday

Closed

Wednesday

6–9?AM 12–8:30?PM

Thursday

12–9:30?PM

Friday

6–9?AM 12–8:30?PM

Saturday

12–9:30?PM

Sunday

6–9?AM 12–7:30?PM

The website is Ekata

If necessary to alter any element that you feel is not accurate regarding this web, we ask send us a message so that we will fix it promptly. Thank you in advance we appreciate it.

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Ekata valencia



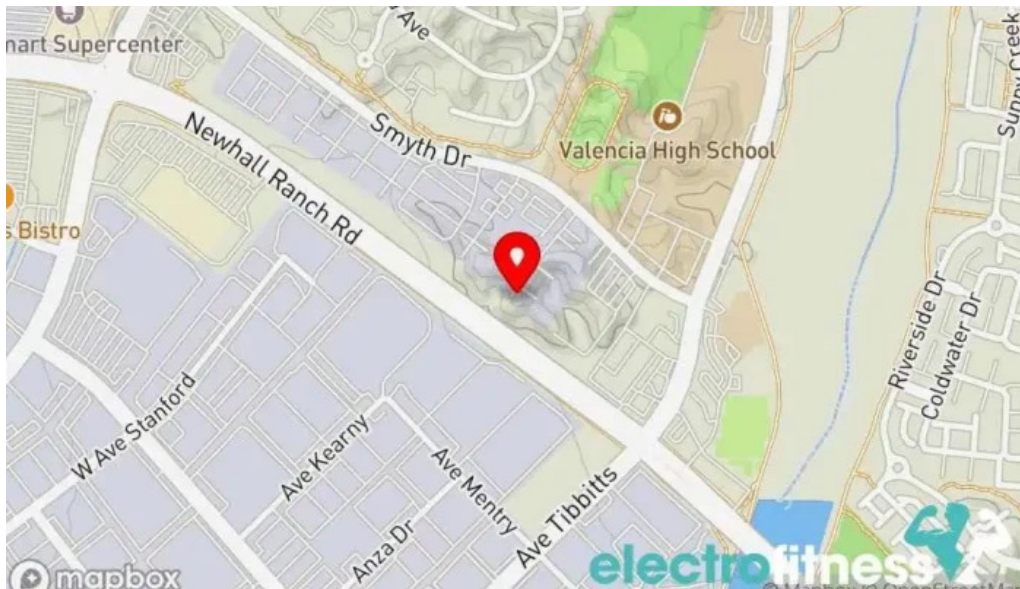
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Ekata phone



Ekata martial arts school



Ekata map



Ekata by owner



Ekata all

Tags

Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility

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sports school
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swimming instructor
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