



Limitless 101

Free, Heal, and Awaken Your Life.

Capability Statement

CAGE: 8WYF5 | DUNS: 114185418

Contact Information

Denise Williams | CEO, Founder
(860) 983-4242
denise.limitless101@gmail.com
limitless101.org
10 Old Meadow Plain Rd
Simsbury, CT 06070

NAICS Codes

541611, 624190
812990, 713940
611620, 611430
E009, U099
G003, R431

Company Overview

Limitless 101 LLC is a comprehensive wellness agency based out of Connecticut. With nearly 20 years of experience within the industry, we are able to provide quality, empowering solutions to our clientele.

Our services include empowering survivors of trauma, wellness/life coaching, yoga, meditation, focus groups, and nature walks.

Our goal is to provide our clients with a fulfilling experience, with the proper tools and care necessary to allow these actions to be implemented throughout their lives. The Limitless 101 team is committed to offering transformational life coaching, gentle and restorative yoga, guided meditation, and reiki services to free, heal, and awaken our clients.

Please contact us for further information on our company and federal contracting abilities.

Core Competencies

Nature Walks w/ Meditation/
Health/Wellness Topics
Clubhouse Focus Groups -
trauma and life goal topics to
redesign life

Wellness Coach
Life Coach
Yoga Instructor
Meditation Classes
Executive Coaching

Differentiators

- In business since 2017
- 18 years of industry experience
- Registered Yoga Teacher
- Licensed Social Worker
- Offer nature walks that incorporate yoga, wellness topics, and meditation with a positive mindset to help people connect trauma and wellness.

*Transformational Life Coaching,
Gentle & Restorative Yoga,
Guided Meditation, Reiki Services
to free, heal, and awaken you.*

