

Boston School of Boabom Announces Weekly Free Meditation Session

August 10, 2020

August 10, 2020 -
School of Boabom Arts Aims to Help Participants Deal With Stress During Covid-19 Pandemic.

Brookline, Massachusetts ? The Boston School of Boabom, a community of teachers specializing in the Boabom Arts, today announced that it has begun offering a free weekly online meditation class. Taking place every Saturday at 11 AM, the hour-long guided meditation is designed to help participants deal with stress and anxiety during the Covid-19 pandemic.

?These are very unsettling times for many people,? said Yemado, director of the school. ?We hope that by offering this free online meditation session we can help dissipate some of the stress and uncertainty people are experiencing because of the Covid-19 pandemic. We also hope to introduce meditation to anyone who would like to feel more centered and present and is curious about how to apply meditation in their daily life.?

Yemedo leads the meditation session, which is available via a Zoom link. Participants should register for the

event through the website. While the meditation is free, participants are welcome to give a donation to the school.

Meditation incorporates breathing, visualizing, and sound to help practitioners feel more present in the moment, diffuse stress, and connect with their inner self. The meditation session is in-line with the school?s other teachings of the Boabom Arts, an ancient form of no-contact, non-competitive martial arts with roots in ancient Tibet.

Currently, all Boabom classes are being offered online via Zoom to keep within Massachusetts? guidelines regarding Covid-19. Normally classes are conducted at the school?s Brookline location in both group and private sessions.

?We look forward to fully conducting in-person classes again once it is safe to do so,? said Yemado. ?Though we do plan to continue with on-line and hybrid classes whenever we do reopen our studio. We hope the public takes advantage of these free meditation sessions to ease their stress and anxiety levels.?

Interested participants can learn more about the meditation session and register for it at https://bostonboabom.com/meditation/.

To learn more about The Boston School of Boabom, visit https://bostonboabom.com/.

About The Boston School of Boabom

The Boston School of Boabom is a community of teachers specializing in the Arts of Boabom, a teaching based on an ancient system of relaxation, meditation, breathing, and defense with origins going back to pre-Buddhist Tibet. Boabom combines active relaxation, meditation in movement, and defense techniques, all in a no-contact, non-competitive environment.

Its instructors work together to create a positive and respectful environment that is open to all.

The school offers classes for children, adults, and seniors in a friendly, positive atmosphere.

###

For more information about Boston School of Boabom, contact the company here:Boston School of BoabomBenjamin Kelley617-480-8237info@bostonboabom.com33A Harvard St, Brookline, MA 02445, United States

Boston School of Boabom

Discover the medieval fighting styles Seamm Jasani and Boabom at the Boston School of Boabom. These non-competitive, non-contact forms of fighting styles help you improve agility, balance, and focus while dissolving stress. Visit our free initial classes.

Website: https://bostonboabom.com/

Email: info@bostonboabom.com

Phone: 617-480-8237

