

Boston School of Boabom Announces Live Introductory Classes for December

December 10, 2020

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Live Streaming Classes Aim to Introduce Participants to the Benefits of Seamm Jasani and Boabom.

Brookline, Massachusetts ? The Boston School of Boabom, a community of teachers specializing in the Boabom arts, today announced a series of live streaming introductory classes taking place during December 2020 with the first class being streamed on December 5.

Led by Yemado, the school?s director, the 45-minute-long classes will introduce participants to the benefits of Seamm Jasani and Boabom, two ancient non-competitive forms of martial arts that have their roots in Tibet. The classes are designed to help participants explore relaxation and breathing techniques to diffuse stress and feel more centered in their life. The Boston School of Boabom started offering free introductory classes in the Boabom arts earlier this year as a response to the COVID pandemic and having to put live group classes on hold.

?These classes will introduce participants to breathing, meditation, and movement techniques found in both Seamm Jasani and Boabom,? said Yemado. ?During these uncertain times it?s important that people make time to re-center themselves and focus on the present moment. One hour a week can help you beat stress, cleanse your thoughts, and feel refreshed in both mind and body. We?re excited to bring these classes to the public, especially as the pandemic is prolonged.?

The first class was live streamed on December 5 at 12:30 PM EST. Subsequent classes will take place on December 12, and 19 at the same time. They will resume after the holidays on January 9. Registration is free although participants are welcome to make a donation to The Boston School of Boabom if they wish. The only requirement is to wear comfortable clothing and be ready to take the class in an area that provides enough space to comfortably move your arms and legs. No prior experience in Boabom is necessary.

The classes will incorporate elements of both Seamm-Jasani and Boabom. Seamm-Jasani is often referred to as ?gentle Boabom? as it focuses on relaxation techniques. Boabom is more energetic with movements that help one practice agility, speed, reaction, balance, and more.

The Boston School of Boabom previously offered free meditation and self-defense classes during the summer through The Public Library of Brookline with great success. With many people still working from home during the pandemic or limiting their amount of time away from home, the school hopes the free introductory classes will spark more interest into the Boabom arts.

?By combining both of these martial arts into one introductory class, we hope to help people make a decision about which one is right for them,? said Yemado. ?These exercises will help you feel more present in your daily life, lower your cortisol levels, and can help diffuse anxiety so you can sleep better.?

To register for any of the December classes, visit https://us02web.zoom.us/meeting/register/tZ0kceysrTsjEtUA8ndG3JtH_FE8uuJ0Kq-T.

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.

Facebook link: https://www.facebook.com/boabom

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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.

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