

Brookline Self Defense School Offering Online Classes

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Boston School Of Boabom Moves To Virtual Instruction To Help People Learn Martial Arts From Comfort Of Home

Brookline, Massachusetts ? Brookline?s Boston School of Boabom, a community of teachers specializing in the Boabom arts, today announced that it is offering online classes in response to the COVID-19 pandemic currently restricting in-person instruction.

The class schedule includes several forms of Boabom, an ancient Tibetan martial art that the school specializes in, as well as mediation. Classes are open to beginners and are currently streamed on Monday, Tuesday, Wednesday, Thursday, and Saturday.

"Our online offerings are a great way for people to begin exploring various forms of Boabom and keep physically and mentally fit, especially in the wake of COVID-related stress," said Yemado, the school's director. "Boabom is an ideal form of martial arts to learn and practice at home because it is non-competitive and doesn't require making contact with another person. It also incorporates breathing techniques that can

help reduce stress and anxiety, which is badly needed as the pandemic drags on."

The school's list of online offerings includes classes in Seamm-Jasani, also known as Gentle Boabom; Osseous Boabom, which uses faster movements and is an excellent self-defense, and Yaanbao, which incorporates the use of a staff. A free weekly meditation class is also available. No prior experience is necessary, and no fitness equipment is needed to participate in the online classes online. Students must register through the school's website.

The Boston School of Boabom also offered online self-defense and meditation classes in partnership with The Public Library of Brookline in late 2020 with much success as a way of introducing Boabom to the local community. The school plans to keep teaching online after it can resume in-person instruction at its Brookline campus again.

"Although we were a bit hesitant before the pandemic about teaching Boabom online, we have discovered that our students have really benefitted from the format," stated Yemado. "Beginner students have had no difficulty grasping the basic moves and progressing through various levels, while our more experienced students have continued to evolve nicely. Studying Boabom from the privacy of one?s home can also help introverts feel more confident about practicing the movements and foms without others observing them.?

When classes are available in person again, the school will offer group and private instruction as well as Boabom classes just for kids.

To view the class schedule and register for a session, visit https://bostonboabom.com/schedules/.

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.

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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.

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