

Boston School of Boabom Announces Online Staff Intro Class

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New Instant Streaming Class Introduces Participants To More Advanced Version Of Boabom

Boston, Massachusetts ? The Boston School of Boabom, a Brookline-based martial arts school, today announced a new available instant streaming class that teaches introductory Yaanbao, or Boabom with a staff. The class is free and follows the success of others that the school began offering online in 2020 as a response to the COVID pandemic.

?The response to our other online offerings as well as the school?s regularly recurring online class schedule has been overwhelmingly positive,? says Yemado, the school?s director who leads many of the online classes. ?After seeing steady participation in our previous offerings in introductory Boabom and meditation, we decided to introduce people to Yaanbao, which is considered a more advanced form of Boabom, as a way of helping them navigate the stress of staying at home more and dealing with the on-going COVID restrictions.?

The 23-minute class incorporates warm-up exercises and the use of a staff as an extension of one?s body while executing fundamental self-defense movements. Like other forms of Boabom, the class incorporates relaxation and breathing techniques that can help decrease stress levels and keep the participant feeling more centered in everyday life.

Boabom is a non-competitive, no contact form of martial arts that has roots in ancient Tibet. Movements are progressive with students building upon their skills by studying more advanced poses and exercises with each class. Although most students don?t learn Yaanbao until they?ve been practicing Boabom for some time, the school decided to make it available to anyone?whether they have Boabom experience or not?so they can enjoy the benefits and receive an introduction to the martial art in general.

?Some forms of martial art that require contact with other students can create a lot of fear and stress,? states Yemado. ?Our objective is to help our students develop self-confidence and self-esteem, and having a no-contact, non-competitive environment certainly helps in that area. We find that especially online, students can relax and feel free to fully express their movements without the worry of injuring another person. Learning Yaanbao?or any of the Boabom arts?is a great way to build confidence, exercise your muscles, and quiet your mind in a one-hour class.?

No prior experience in Boabom is necessary to stream the class, and students should wear comfortable clothing that allows free movement of the body. Students can go barefoot or wear sneakers if they prefer. A broom handle or similar object can be used as a staff during the class.

The school previously offered Boabom and meditation classes online through The Public Library of Brookline and has been introducing the public to the various forms of Boabom via other short introductory online classes.

?We?re very fortunate to not just be the only martial arts school dedicated to Boabom in the Boston area, but the principle Boabom school in all of North America,? says Yemado. ?The move to online learning presented us with an opportunity to introduce more people to Boabom and its benefits?more so than we ever could have dreamed of by operating in-person.?

The school also teaches live, progressive Yaanbao classes for new students on Thursdays at 7:00 pm and Saturdays at 2:00 pm Eastern time.

To register for the introductory Yaanbao class, visit https://gumroad.com/l/frlEo/9t3rqo3.

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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