



Brighton Area Self-defense School Offering Online Classes

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Boston School of Boabom Offers Virtual Instruction with In-Person Classes Resuming in Fall

Brookline, Massachusetts ? The Boston School of Boabom, a Brighton area martial arts school dedicated to the Boabom arts, today announced that it will be continuing to offer virtual classes in Boabom to the Brighton community. The school began offering and then expanding its variety of introductory and beginner classes as well as recurring ones for more advanced students as a response to the COVID pandemic and state guidelines to socially distance.

The online classes have proved so successful that the school will continue to offer them even after in-person classes for fully-vaccinated students resume in fall 2021. It will also offer a hybrid option, allowing students to take a combination of classes virtually and at the school?s physical Brookline?s location.

?Our venture into online learning has been extremely successful, both for people who knew nothing about

Boabom and our regular recurring students," said Yemato, the school's director who also leads the online instruction. "A big part of that is due to the fact that Boabom is a non-contact, non-competitive martial art that one can learn and advance in without a physical partner. But we also underestimated the convenience that online learning can offer. There are many benefits to learning virtually: there's no fighting traffic to get to the school's physical studio and one can learn the art from the comfort and privacy of their own home. And for us, a huge benefit is that it got a lot of people interested in Boabom who may otherwise not have heard of it. It's been a big win-win all around, which is why we're excited to offer people the option of taking each class at home or in our studio."

The school offers free online introductory classes in Seamm-Jasani, or the Art of Relaxation, which is a gentler form of Boabom, as well as in traditional Boabom, or the Art of Defense and Energy, which uses more energetic and forceful movements more suitable to protecting one's self. The newest introductory class is in Yaanbao, of Boabom with a staff. All three classes are available for instant streaming. In addition to these condensed classes, a live one-hour introductory Boabom class is held every Saturday at 12:30 pm. Regular progressive classes for recurring students take place throughout the week.

Boabom puts an emphasis on breathing and focusing on the present moment, which means regular practice can help decrease stress and anxiety, promote better sleep, and help the student feel more centered in their everyday life. The Boabom Arts have their roots in ancient Tibet and are taught progressively, meaning that in each class students build on what they've learned in prior classes by practicing earlier movements and adding new ones that build on that prior practice.

"Practicing Boabom has been incredibly beneficial to our students who have studied virtually through the pandemic, with all of its attendant stress and anxiety," added Yemato. "The fact that our students could benefit from Boabom's unique combination of energizing movement and deep relaxation without needing to come to our studio has been wonderful for myself and my colleagues to see."

The school will begin offering in-person classes again in the fall for fully vaccinated students, and will allow students to participate in hybrid classes where they can take classes from home or at the school's Brookline location.

"One may take a class virtually one week, and then come to the studio for the next class, to have a different perspective and feel the energy of working with their classmates," said Yemato. "We're offering this flexible option to help accommodate everyone's varied schedules, commitments, and commutes—regular practice is an important part of learning anything, including progressing in the Boabom arts. We're really excited to see how this new phase of teaching works for our students!"

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

To learn more about The Boston School of Boabom, visit 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 dating 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 Boabom Benjamin Kelley 617-480-8237 info@bostonboabom.com 33A 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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