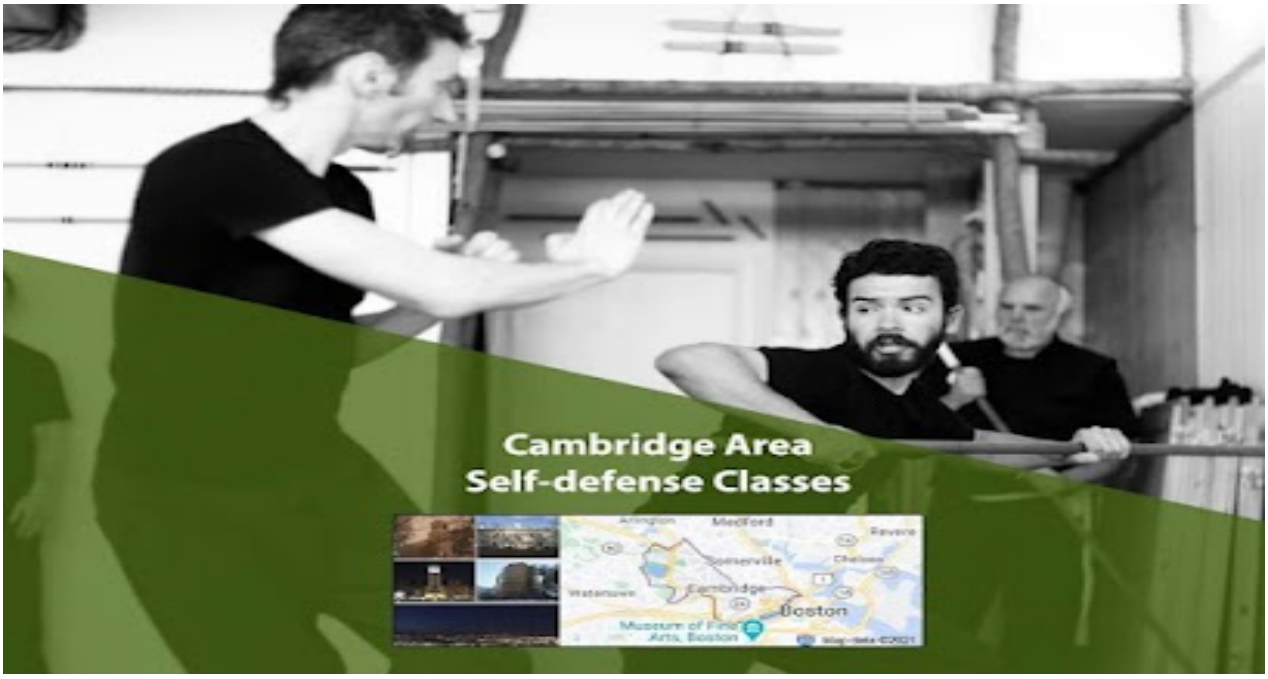


Cambridge Area Self Defense School Offering Online Classes

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Boston School of Boabom Offers Virtual Instruction to Keep Participants Safe

Brookline, Massachusetts ? The Boston School of Boabom, a Cambridge area martial arts school that is the only one of its kind in the U.S. dedicated to the Boabom arts, today announced the continuing availability of streaming online classes to help participants stay safe and healthy in light of the COVID variant on the rise. The school started offering beginner boabom online classes at the start of the pandemic in 2020 and then expanded its variety of classes as enrollment remained steady.

Yemato, the school?s director who also leads the online classes, says that the move to online instruction has been pleasantly surprising for him and his staff.

?We initially were hesitant at the idea of streaming classes,? he said. ?We know that one of the reasons our students like coming to our physical location is so that they can form bonds and friendships with fellow

participants. But then we had no choice but to transition to an online platform, and the results have been overwhelmingly positive. Even after we do return to in-person classes, hopefully soon, we will continue to offer everyone the convenience of online and hybrid options. We?ve been able to introduce the concepts of Boabom to people in the Cambridge area and beyond as a result of teaching online.?

Boabom is an ancient form of martial arts and self defense that originated from Tibet and that focuses on breathing techniques similar to those practiced during meditation. The Boston School of Boabom teaches both Seamm-Jasani, the ?gentler? version of Boabom referred to as the ?art of relaxation? as well as traditional or Osseous Boabom, also known as the ?art of defense and energy.? Neither form of Boabom requires making contact with another participant. The martial art itself is also non-competitive in nature, which Yemado said makes it an ideal fit for an online learning format.

?All you need to learn Boabom at home are comfortable clothes you can move in that don?t restrict your body and a clean floor and space surrounding you where you can fully extend your arms and legs and not knock something over,? explained Yemado. ?You don?t need a partner as there?s no sparring involved. It?s been fantastic to see all the positive results of online classes for our students.?

In addition to offering free introductory 20-minute online classes in both Seamm-Jasani and Osseous Boabom, the school also teaches Yaanbao?Boabom with the use of a staff?virtually as well. All three intro classes are available for instant streaming. In addition to these condensed classes, the school offers a live hour-long introductory Boabom class every Saturday at 12:30 PM. Regular online classes for returning students who are learning the martial art progressively are held during 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 are taught progressively, meaning that in each class students build on what they?ve learned in prior classes by reinforcing 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 throughout the pandemic, with all of its stress and anxiety,? added Yemado. ?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 fellow teachers to see.?

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

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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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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