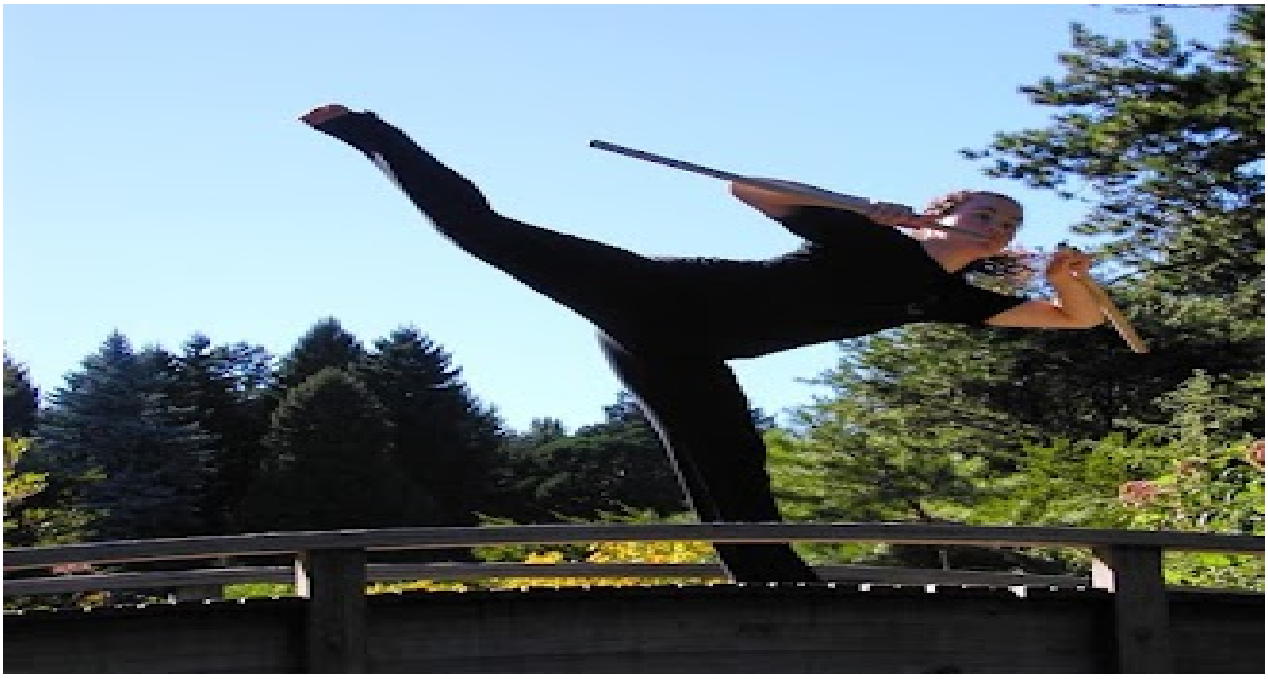


Roxbury Area Self Defense School Offering Online Classes

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Boston School of Boabom?s Virtual Instruction Delivers Convenience, Health Benefits

Brookline, Massachusetts ? The Boston School of Boabom, a Roxbury 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 Roxbury residents stay safe and healthy as COVID cases persist. The school began offering beginner Boabom online classes at the start of the pandemic in 2020 and steadily expanded its variety of classes as enrollment grew steadily.

Yemado, the school?s director who also leads the online classes, says that moving to online instruction has been not only beneficial for students, but pleasantly surprising for him and his staff.

?We initially hesitated at the idea of streaming classes,? he said. ?We always considered our school to be a social outlet for many of our students who attended in-person classes for the friendships and sense of

community as much as for the health benefits. But when the pandemic shut in-person learning down, we had no choice but to transition to offering online classes and the results have been overwhelmingly positive. We?ve been able to introduce the concepts and benefits of Boabom not only to Roxbury residents, but to anyone interested in the martial art. Even after we resume in-person classes?hopefully soon?we will offer a hybrid of online and in-person classes so that our students can enjoy the best of both worlds. It?s been fantastic to see all the positive results of online classes for our students.?

With roots in ancient Tibet, Boabom is an ancient form of martial arts and self-defense that focuses on breathing techniques similar to those used 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 Osseous Boabom, also known as the ?art of defense and energy.? Boabom is a no-contact, non-competitive form of martial arts which means participants never have to spar with a partner or feel that they have to compare their progress with other students. According to Yemado, these unique qualities make Boabom an ideal fit for an online learning format.

?With no partner, no uniform, and no exercise equipment needed to practice Boabom, it?s a really accessible martial art. As long as you have comfortable clothing and a tidy workout space where you can fully extend your arms and legs, you can take an online Boabom class.?

In addition to offering free introductory classes in both Seamm-Jasani and Osseous Boabom, the school also teaches Yaanbao?Boabom with a staff?virtually as well. All three of these 20-minute intro classes are free and available to stream anytime. In addition to these condensed classes, the school offers a live hour-long introductory class every Saturday at 12:30 PM. Regular online classes for returning students who are learning the martial art progressively are held 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 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 expand their knowledge of the movements.

?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 having to deal with traffic 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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