

Allston Area Self Defense School Offering Online Classes

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Brookline, Massachusetts ? The Boston School of Boabom, an Allston area martial arts school, today announced that it will continue to offer streaming online classes to help students stay safe and healthy and maintain mental wellness in light of the COVID variant on the rise. The school?the only one of its kind in the U.S. dedicated to the Boabom arts?transitioned to online learning at the start of the pandemic in 2020 and expanded its online offerings as to keep up with demand.

Yemado, the school?s director, says that the move to online instruction has turned out to be beneficial in more ways than one. ?As many of our students enjoy coming to our physical location for the social aspect of our classes, we were a bit hesitant at first about the idea of streaming classes. But then COVID gave us no choice but to move our classes online, if temporarily, and the effects have been enlightening and overwhelmingly positive. We?ve found that we?ve been able to introduce the health benefits of Boabom to more people throughout the Allston area and beyond. Even after we can hopefully return to in-person classes, we will still offer online sessions so students can enjoy the convenience.?

As an ancient form of self defense with roots in ancient Tibet, Boabom combines breathing techniques with progressively taught movements in order to create a true moving 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 added another benefit to learning the practice online.

?Boabom doesn?t require any special equipment, or a partner,? he explained. ?As long as you have a space large enough to move your arms and legs, you can practice Boabom. You also don?t need any prior experience in any form of martial art or meditation, and you can practice Boabom individually, so it is easy to work in an online class. There?s also no sparring or physical contact, so without the stress that comes from potentially injuring a classmate, Boabom students can feel relaxed and confident as they learn a practical and effective self-defense.?

In addition to offering free 20-minute streaming 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 short classes, the school offers a live hour-long introductory class every Saturday at 12:30 PM. Regular online classes are held throughout the week.

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. Boabom?s emphasis on breathing and focusing on the present moment can help decrease stress and anxiety, promote better sleep, and help the student feel more centered in their everyday life with regular practice.

?Studying Boabom online has been incredibly beneficial to our students who needed an outlet to diffuse stress and anxiety when doing so in-person wasn?t an option,? 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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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

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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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