



The Secret Art of Boabom: Awaken Inner Power Through Defense-Meditation from Ancient TibetMeditation from Ancient Tibet

Asanaro, Joice Buccarey, Benjamin Kelley

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The success of *The Secret Art of Seamm Jasani* by Asanaro surprised many who wondered whether a little-known Tibetan movement system would be able to compete with yoga, Spinning classes, and tai chi. After several printings and thousands of Seamm Jasani converts, the secret is out. Seamm Jasani schools have cropped up across the country, thanks to the popularity of Asanaro's book, and more people than ever are discovering Seamm Jasani. For students eager to continue learning about ancient Tibetan body movement arts, or for anyone curious about cutting-edge strength and spiritual training, *The Secret Art of Boabom* is a must read.

A cross between martial arts and yoga, Boabom is an ancient system of relaxation, meditation, breathing, and defense originating in pre-Buddhist Tibet. The movements contained within the collective "Arts" of Boabom are designed to develop vitality and internal energy, as well as mind and body balance, which are achieved through movements of defense, self-healing, relaxation, and meditation. Boabom provides quick relief from stress, and improves focus and confidence, as well as physical condition and mental well-being.

The Secret Art of Boabom includes detailed descriptions and more than three hundred instructional drawings of Boabom movements, as well as information about its positive effects. But *The Secret Art of Boabom* is more than just a how-to book. Combining the thrill of adventure nonfiction, the depth of history, and the profundity of philosophy along with the practicality of a guidebook, Asanaro offers this companion to those eager to explore the secrets of ancient Tibet in order to improve their health and well-being.

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