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The Secret Art of Boabom by Asanaro (ebook)
Reviewed in the United States on February 5, 2018. Verified Purchase. I have had a passion for the Martial and healing arts (Karate-Do, Judo, Jujitsu, Boxing, Tai Chi, Qigong, Yoga and Reiki) for more than 60 years, and I am always seeking new and unique books on these topics. When I saw this 337 pages soft cover book (The secret art of Boabom: awaken inner power through defense –meditation from ancient Tibet by Asanaro) on Amazon for a bargain price I purchased it.

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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 ...

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The Secret Art consists of slow and fluid exercises designed to improve co-ordination and strength equilibrium between body and mind through various breathing and movement techniques. In particular Seamm-Jasani is known for its harmonic combination of relaxation action motion and breathing techniques.