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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.*

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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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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 ...

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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.