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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 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 Jasan...

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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.

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