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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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