



DO-IN FOR RUNNERS with DR. GREG YUEN

Mindful Self-Massage for Injury Prevention, Performance, and Recovery

SATURDAY NOVEMBER 1, 2025, 4:00-6:00 PM Eastern Standard Time

ONLINE WORKSHOP

Are you faced with chronic pain or tightness and want a **method for self-healing, quicker recovery, and injury prevention**? Are you interested in an **inexpensive tool** to enhance your running **anytime and anywhere, without fancy equipment or need for therapists**? Are you looking for the edge in your athletic performance to give you **more stamina, endurance, and resilience**? If you said yes to any of these questions, then you will benefit from this workshop, where you will:

1. Learn a self-massage sequence that puts health into your hands and:
 - Promotes self-healing, reduces chronic symptoms and ensures longevity in your sport and in your life
 - Builds a foundation for optimal health maintenance
2. Experience qi (“chi”, the vital force of Chinese medicine) and begin qi cultivation throughout your body to enhance performance
3. Learn 10 vital acupuncture points tailored for the runner
4. Discover the unrecognized “golden” spots in your body that need attention
5. Learn the principle of the “Whole” and how it applies to health and running

Traditional Chinese Medicine says that most diseases are caused by an imbalance or blockage in qi. Do-In provides the ideal vehicle to restore balance and promote self-healing. In the Tai chi Classics, they say, “where your mind goes, the qi goes”. In Traditional Chinese Medicine, they say, “where the qi goes, the blood goes”. With Do-In practice, you will discover how to create healthy qi and blood circulation through mindful self-massage.

After his grandmother died when he was twelve years old, Dr. Greg Yuen dedicated his life to the pursuit of health and longevity. This has led to his over forty years as a psychiatrist, a taichi instructor, and a massage therapist. He has now distilled his knowledge and experience of both Western and Eastern medicine to commit to the promotion of Do-in Mindful Self-Massage. Do-in forwards his pursuit of “self-health” approaches that rely less on any medical doctors and paves the way to longevity.

(This workshop requires the use of a back massage tool. The backnobber II has been the preferred tool but you may use an alternative..)

Cost: 2 hour workshop + backnobber	= \$99
2 hour Workshop alone	= \$69

Virtual Workshop is a minimum of 4 or maximum of 6 participants. Participants will need web cameras placed so that instructor can see them massaging arms and legs. Dress comfortably to access arms and legs.



TO BOOK A SPOT, use the above Paypal QR code to pay to @gregyuen808

Contact Dr. Greg Yuen at (808)2847955 or gregyuen@cs.com to provide address to mail backnobber to you (only in the US)