



9/4/24

Dear CDS colleagues,

I am writing to extend an invitation to meet and learn from an insightful mentor who has changed my life through the art and ancient science of T'ai Chi. After suffering his own back injury from a bicycle accident in 2014, **Grandmaster Yang Yang, PhD** developed a novel series of sequenced movements and techniques from his lifelong martial arts practice of T'ai Chi and Qigong to help heal his spine. This was after conventional treatment unfortunately wasn't helpful.

As background, after training with top grandmasters of these arts and becoming a martial-art champion himself in his native China, Dr. Yang earned a **PhD at the University of Illinois at Urbana-Champaign in 2005**. His dissertation focused on enhancing balance, strength and the immune function in a quantitative study as well as overall wellbeing in a qualitative study of octogenarians in Champaign, IL. Dr. Yang investigated their immune response to a flu shot after moderate T'ai Chi practice for five months (cases) vs. regular exercise (controls). He's also studied how T'ai Chi improves insomnia and anxiety, and as some of you may recall, Grandmaster Yang was one of the speakers who gave a presentation on T'ai Chi and Qigong during the **2020-21 CDS President's** meeting on healing and preventing "burnout".

Most recently, Dr. Yang has turned his attention to completing a randomized control trial on utilizing T'ai Chi to lessen back pain. While currently under journal review, the positive results from his trial are of no surprise to me personally, as his martial arts system has significantly helped my own back pain. Specifically, I now have the awareness of how I'm moving in space and the body strength/skills to move differently at my office to reduce the strain and chronic stress from repetitive dermatological procedures.

Training with Grandmaster Yang over the past decade has been a true gift for me, and I wanted to offer that opportunity to you all when he's visiting Chicago during the last week of September, 2024. After presenting his data at a national spine meeting on his online [WaQi program](#), he has kindly offered to teach us similar techniques and findings. Please join us for a two-hour workshop, followed by a light lunch, conversation and Q&A on **Saturday, September 28th, 2024, from 9 - 11 AM CST** at my dermatology office in Buffalo Grove (1450 Busch Parkway, suite 145).

Hosting this workshop is a reflection of how passionately I believe that all of us in health-care need to continue to find authentic teachers, beyond our formal education and training—to nourish us, stimulate us, and encourage us to keep expanding in knowledge, experience and depth.

I would dearly appreciate your presence and we are intentionally keeping the workshop small. So if you can please give me an indication of your availability by September 9, 2024, I would be most grateful. Or, if you're so willing, please click this [link](#) to RSVP. Additional details follow, and I thank you for your time and consideration.

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No Pain, More Gain — Unlocking Ancient Wisdom for Back Pain Relief
Grandmaster Yang Yang, PhD on Sat., 9/28/24 From 9-11 AM CST

with

Grandmaster Yang's Tai Chi Workshop for Pain Relief in the greater Chicago area

Date: Saturday, September 28, 2024

Time: 9:00 AM to 11:00 AM CST (2 hours)

Location: Medovate, PLLC
1450 Busch Parkway
Buffalo Grove, IL 60089

Cost of event: \$100

Our nonprofit, the Medovate LIFE Foundation, strongly believes in supporting health-care research, education, advocacy, and policy initiatives. **As such, we will be matching all [donations](#) from our community to Dr. Yang's clinical research program**, which is currently planning its second randomized controlled trial for back pain. Truly Mind-Body-Skin in action.

LET NATURE TAKE ITS COURSE

By following the Dao, we let go and get exactly where we need to be by engaging, not striving nor relaxing

Per [Dan Siegel, MD](#) and other contributors, carefully conducted [scientific studies](#) reveal* that regular mind-body integration:

1. [Improves immune function](#) (e.g. recover from colds one day sooner)
2. Optimizes the enzyme [Telomerase](#) at the ends of your chromosomes (e.g. age less & live longer)
3. Enhances the [epigenetic regulation](#) of genes (e.g. help prevent life-threatening [inflammation](#))
4. Modifies cardiovascular factors (e.g. cholesterol levels, blood pressure and heart function)
5. Increases [neural](#) integration in the brain (e.g. enabling more coordination and balance)
6. Reduces and alleviates [trauma](#)-related symptoms (e.g. aids in emotional regulation, post-traumatic growth, and arousal reduction)
7. Influences the [resolution rate of psoriatic lesions](#) (e.g. encourages the skin to clear during psoriasis treatment)

*[references](#)

<https://drdansiegel.com/book/aware/>

All funds raised from this Dr. Yang T'ai Chi two-hour workshop will support his team's innovative scientific research on the benefits of Tai Chi for relieving back pain.



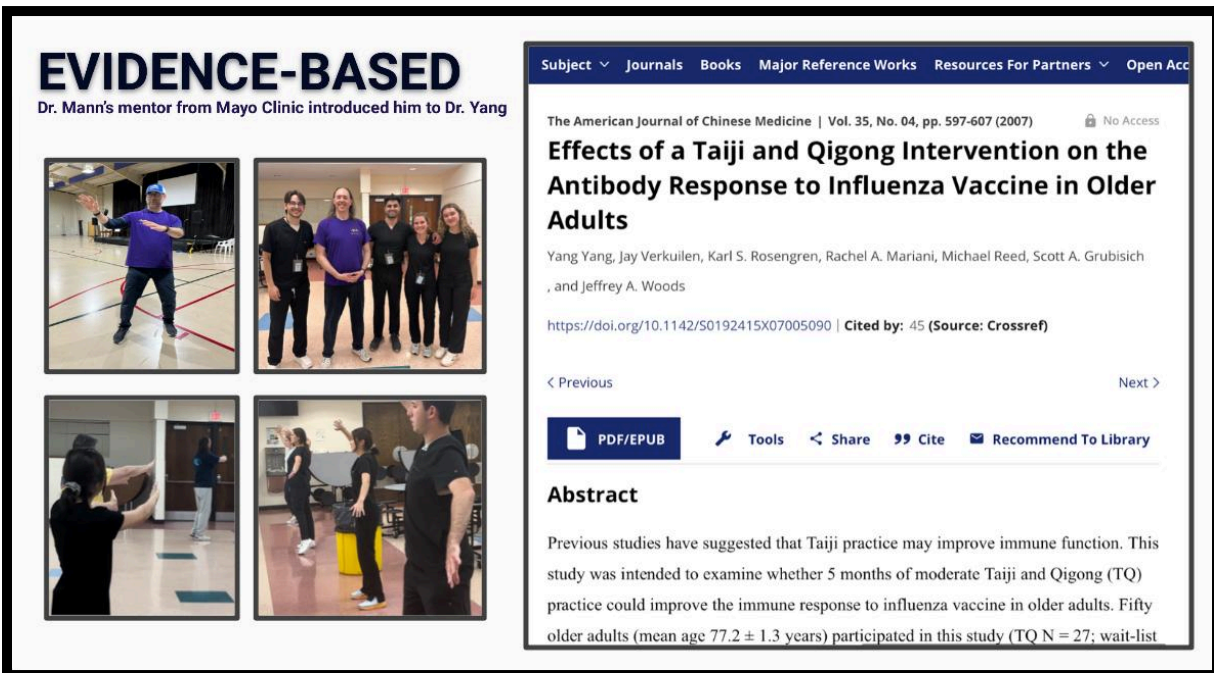
No Pain, More Gain — Unlocking Ancient Wisdom for Back Pain Relief with
Grandmaster Yang Yang, PhD on Sat., 9/28/24 From 9-11 AM CST

About the Event:

Join us for an interactive presentation led by Grandmaster Yang Yang, PhD, who will introduce the essential elements and key principles of ancient Tai Chi for pain relief and healing. Discover how to **cultivate a tranquil and positive mind while developing a relaxed, flexible, and strong body**. This session will highlight why Tai Chi is an effective non-pharmacological approach to pain relief and overall well-being.

Purpose:

All funds raised from this workshop will support innovative scientific research on the benefits of Tai Chi for relieving back pain. This will advance our understanding of how Tai Chi can alleviate or even eliminate back pain, **potentially reducing the need for pain medication and surgery**.



The screenshot shows a PubMed article page. On the left, there are four small images: a man in a blue shirt performing Tai Chi, a group of people standing together, a woman in a black shirt performing Tai Chi, and a man in a black shirt performing Tai Chi. The main text on the right includes the article title, authors (Yang Yang, Jay Verkuilen, Karl S. Rosengren, Rachel A. Mariani, Michael Reed, Scott A. Grubisich, and Jeffrey A. Woods), and the abstract. The abstract states: "Previous studies have suggested that Taiji practice may improve immune function. This study was intended to examine whether 5 months of moderate Taiji and Qigong (TQ) practice could improve the immune response to influenza vaccine in older adults. Fifty older adults (mean age 77.2 ± 1.3 years) participated in this study (TQ N = 27; wait-list

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8652254/>

Target Audience:

This workshop is designed for individuals experiencing chronic **back pain**, as well as employers and physicians seeking to reduce their patients' pain and overall healthcare costs through comprehensive wellness programs. It is also open to anyone interested in exploring how Tai Chi can **transform back pain into wisdom, strength, and overall well-being**.



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What to Expect:

Tai Chi Practice: A guided Tai Chi session cultivating a tranquil mind and relaxed body to relieve pain.

Expert Guidance: A rare opportunity to learn in person from a Tai Chi grandmaster who achieved a complete recovery from chronic back pain following a bike accident.

Community Support: Connect with others who share similar health goals and contribute to a meaningful cause.

Registration:

To secure your spot, please register by **September 1, 2024**, by clicking on our website ([HERE](#)) or by contacting yang@centerfortaiji.org.



<https://news.illinois.edu/view/6367/205801>

Additional Information:

What to Bring: Comfortable clothing, a yoga mat (if you have one), and a water bottle

Parking: Participants can park in the lot south of the building (In front of main entrance)

Accessibility: Ramps for wheelchair accessibility are incorporated into the main entrance structure



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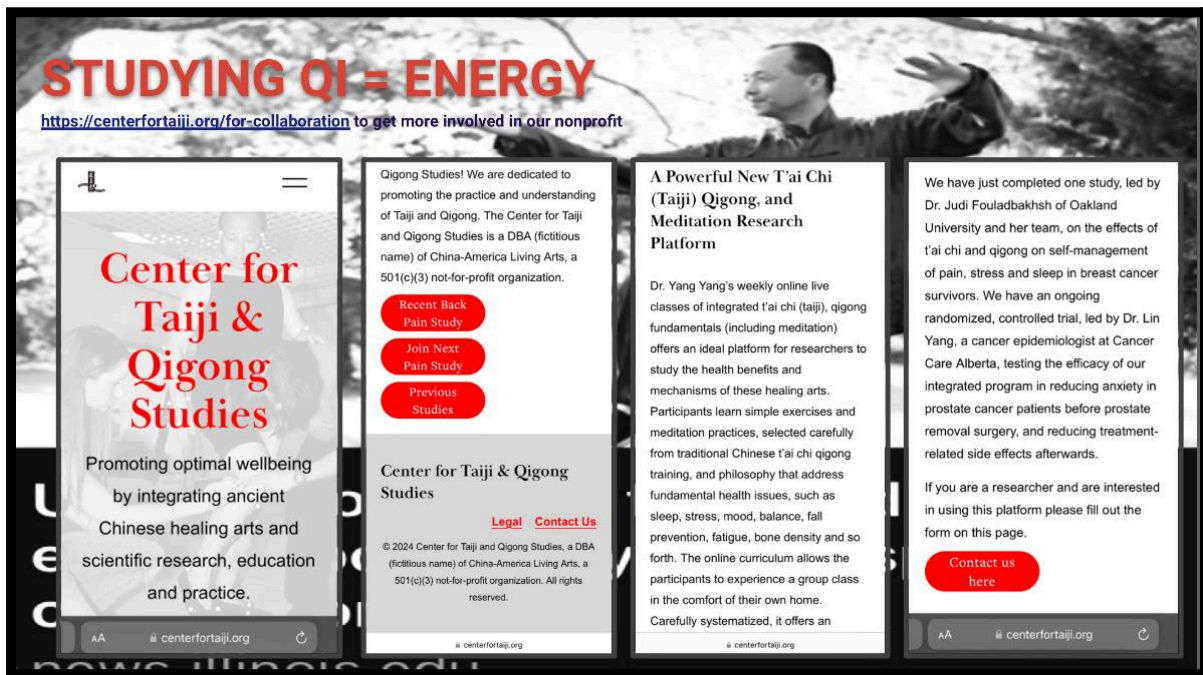
with

Your Impact:

Your participation and donation will directly support our research efforts, helping us uncover valuable insights into the benefits of Tai Chi for back pain and **improve the lives of individuals suffering from chronic back pain.**

Thank You to Our Sponsors:

We gratefully acknowledge the support of David J. Mann, MD, FAAD, Jack Schwartz and their fantastic team at [Medovate.io](https://medovate.io), as well as [Ellen Radha Katz, MS, MLFT](#) and her talented team at Inner Balance.



<https://centerfortaiji.org>

Contact Us:

For more information, please visit our website <https://centerfortaiji.org> or contact us at 646.717.2838 or yang@centerfortaiji.org. We look forward to seeing you there and thank you for your support! **To REGISTER, please click here.**