Running MDS in YASARA
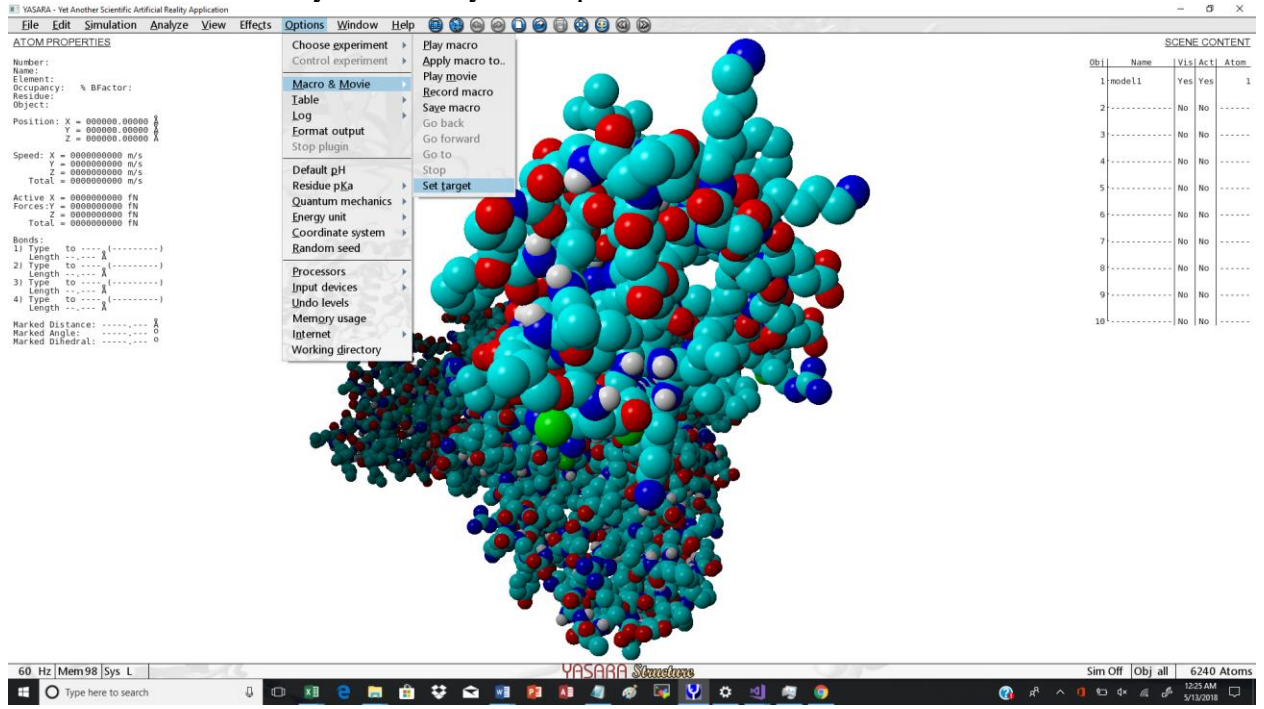
1) Load protein inside of YASARA
2) Go to Options-> Macro & Movie-> Set Target
   a) Now select the file that you currently have open in YASARA

3) Now select Options-> Macro & Movie-> Play Macro
   a) For this example, use md_run.mcr
   b) An updated .mcr file will be provided at the training workshop

c) The steps will remain the same, you will just be selecting a different macro to play