

Yoga Classes for Veterans

War Related Illness & Injury Study Center at the VA Palo Alto Health Care System

Veterans must be medically cleared, and referred by a VA provider:

- Refer to **“WRIISC Yoga Wellness”** for classes at Palo Alto & Menlo Park
- Refer to **“Yoga Wellness Telehealth”** for classes at the CBOCs
- Make the referral to **“IFC WRIISC Yoga Wellness”** for the telephone Yoga Sleep Guided Meditation Class by phone*

Local Veterans may attend yoga classes on a drop-in basis or request an appointment through VA scheduling once the consult request has been completed.

*Current yoga students may participate in phone meditation and Qi Gong without a new referral.

For more information contact the WRIISC Yoga Team at 650-493-5000 ext. 62355

Monday	Tuesday	Wednesday	Thursday	Friday
Drop-in Yoga Classes at PAD, CAC, Menlo Park, & MONT				
Chair Yoga 3-4 pm PAD Bldg. 4, C260	Women Only Chair Yoga 2-3 pm PAD Bldg. 5, A431 Qi Gong* 3:15-4:15 pm PAD Bldg. 5, A431	Mat Yoga PAD Bldg. 4, C260 11am-12 pm CAC 10:30-11:30 am MPD Bldg. 334, Gym 7-8 pm	Chair Yoga 10-11 am PAD Bldg. 5, A431	Chair Yoga PAD Bldg. 4, C260 10-11 am Mat Yoga Seaside Clinic Monterey 10-11 am
Telehealth Yoga Classes Offered at the Community Clinics				
Chair Yoga 3-4 pm CAC, FRC, LD, MOC, MONT, SJC, SOC, STC	Women Only Chair Yoga 2-3 pm FRC, MOC, MONT, SJC, SOC, STC			Chair Yoga 10-11 am CAC, FRC, LD, MONT, SJC, STC
Yoga Sleep Guided Meditation From Home				
			Yoga Sleep Guided Meditation* 5-6 pm Pacific Time Call in # ↓	
Schedule updated: 2/28/2019 1:34 PM				

Telephone Yoga Sleep Guided Meditation call-in number:

Join from your home by calling **1-800-767-1750, Access code: 24953#**

Drop-in Class Locations:

PAD – 3801 Miranda Ave, Palo Alto, CA
MPD – 795 Willow Road, Menlo Park, CA

Telehealth Class Locations:

Capitola (CAC) - 1350 41st Avenue, Suite 102; Fremont (FRC) - 39199 Liberty Street, Building B; Livermore (LD) - 4951 Arroyo Road; Modesto (MOC) - 1225 Oakdale Road; Monterey (MONT) - 201 Ninth Street; San Jose (SJC) - 80 Great Oaks Boulevard; Sonoma (SOC) - 13663 Mono Way, Stockton (STC) - 7777 South Freedom Road



VA



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Palo Alto Health Care System

No Cost Yoga Wellness Classes at VA



What fellow Veterans say about yoga classes in VA

“I was angry when I came in and now I feel calmer.”

“This class is the best part of my week.”

“Great class. I just had too many injuries from active duty. Yoga is definitely helping, but slowly.”

Veterans may be medically cleared and referred by their Primary care team. Classes are held each week and available on a drop-in basis.*

- Refer to “**WRIISC Yoga Wellness**” for in-person classes at Palo Alto, Menlo Park, Capitola, and Monterey
- Refer to “**Yoga Wellness Telehealth**” for classes at the CBOCs

*For more information, contact the Yoga Staff:
650-493-5000 Ext. 62355*

**some holiday closures apply*



Yoga is accessible to anyone – regardless of age, flexibility, or physical limitations. As the photos demonstrate, if you can breathe, you can do yoga!

Yoga is a set of mind/body tools that incorporate movement, breath, and meditation to restore health and balance to the body and peace to the mind.

The yoga classes offered at the VA use yoga tools to relieve stress and anxiety, improve posture and self awareness, and provide an enhanced sense of well-being with:

- Mindful movement with breath (Asana)
- Mindful Meditation (Dhyana)
- Controlled breathing exercises (Pranayama)
- Use of sound with breath

Each class is adapted to the needs and abilities of the Veteran with chairs, and other yoga props to increase comfort. You do not have to be flexible to start yoga but may become more flexible as you continue to practice.

Yoga is not a religion. Yoga will allow each Veteran to tap into their own spiritual preference.