

Yoga “Sleep” Guided Meditation Class Available from Home



For All Veterans

WRIISC yoga nidra classes are available to **all** VA enrolled Veterans

The meditation can be done seated, laying down, or standing

No special equipment needed except a telephone

Yoga nidra is safe, however, Veterans must assure they will not drive or operate machinery during class

For more information contact:

Louise Mahoney:
650-815-9463 or
louise.mahoney2@va.gov



Weekly Meditation from Home

Yoga nidra (yoga sleep) is a spoken word guided meditation that promotes a sense of deep calm while enhancing awareness. The meditation class follows the 10 stage iRest™ protocol. During class Veterans:

- ❑ Discover a heartfelt mission & purpose and establish a goal for the meditation
- ❑ Establish and connect with an inner “safe haven”
- ❑ Explore the connection between body sensations, emotions, thoughts and beliefs with an awareness of how thoughts and emotions affect the body and mind
- ❑ Learn to experience an inner joy and develop an awareness of, and access to, one's own sense of well-being
- ❑ Connect with an inner strength & resiliency in order to more appropriately “respond” rather than “react” to situations in life

Veterans may also benefit from the restful sleep-like state achieved during the meditation

Join each week – no class limit

Thursdays

5pm Pacific Time

← (see additional time zones)

1-800-767-1750

Access code: **24953#**

Time Zone	Class Time In *Standard Time
Hawaii	3pm
Alaska	4pm
Pacific	5pm
Mountain	6pm
Central	7pm
Eastern	8pm

* Note: Class observes daylight savings time. Start time may vary in your time zone



VA



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