

# Yoga and Tai Chi Classes for Veterans



## **Men/Women Yoga:**

*also offered by Telehealth at  
Stockton & Modesto*

## **Men/Women Restorative/Yoga Meditation**

## **Women's Yoga:**

## **Women's Yoga Meditation**

## **Tai Chi Chuan:**

## **Chair Yoga:**

Mon	3:00pm to 4:00pm	Bldg4-Rm C260
Mon	3:00pm-4:00pm	V-Tel room
Mon	4:00pm-4:30pm	Bldg4-Rm C260
Wed	11:00am-12:00pm	Bldg4-Rm C260
Fri*	12:30pm-1:30pm	Bldg6-Rm C258
Thu*	3:15pm-3:45pm	Bldg5-WRC
Wed	1:00pm-1:45pm	Bldg6-Rm C258
Thu	10:00am-11:00am	Bldg4-Rm C260
Fri	10:00am-11:00am	Bldg4-Rm C260

*Know an interested group of Veterans? Call to schedule additional days or times*

Ask your VA clinician for a referral to "**WRIISC Yoga Wellness**" (Palo Alto) "**Yoga Wellness Telehealth**" (Stockton, Modesto). We will contact you to enroll.

Contact us for more information:

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**Sponsored by the VA Palo Alto War Related  
Illness and Injury Study Center (WRIISC)  
and the \* Women's Health Center**