

# Yoga Classes for Veterans

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

**Veterans must be referred by their VA clinical care team**

- Make the referral to **WRIISC Yoga Wellness** for classes at Palo Alto & Menlo Park
- Make the referral to **Yoga Wellness Telehealth** for classes at the CBOCs
- Make the referral to **IFC WRIISC Yoga Wellness** for the telephone Yoga Nidra Meditation Class\*

Local Veterans may attend yoga classes on a drop-in basis or request an appointment through VA scheduling once we receive the referral.

\*Current yoga students may participate in Yoga Nidra Meditation without a new referral.

\*\*All yoga referred Veterans (male/female) are welcome to attend the Qi Gong class.

**For more information contact**  
 Louise: 650-815-9463 (mobile) or 650-849-0407 (message phone)  
 Email: louise.mahoney2@va.gov or Linda and Danae:  
 650-493-5000 x62355

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Drop-in Yoga Classes at PAD and Menlo Park</b>				
<b>Chair Yoga</b> 3-4 pm <b>Yoga Nidra Meditation</b> 4-4:30 pm PAD Bldg. 4, C260	<b>Women Only Chair Yoga</b> 2-3 pm PAD Bldg. 5, A431  <b>Qi Gong **</b> 4-5 pm PAD Bldg. 5, A431	<b>Mat Yoga</b> 11am-12 pm PAD Bldg. 4, C260  <b>Mat Yoga</b> 7-8 pm MPD Bldg. 334, Gym	<b>Chair Yoga</b> 10-11 am PAD Bldg. 4, C260	<b>Chair Yoga</b> 10-11 am PAD Bldg. 4, C260  <b>Women Only Mat Yoga</b> 12:15-1:15 pm PAD Bldg. 5, A431
<b>Yoga Classes Offered at the Community Clinics by Telehealth</b>				
<b>Chair Yoga</b> 3-4 pm CAC, FRC, MOC, MONT, SJC, SOC, STC	<b>Women Only Chair Yoga</b> 2-3 pm FRC, MOC, MONT, SJC, SOC, STC			<b>Chair Yoga</b> 10-11 am CAC, FRC, MONT, SJC, STC
<b>Yoga Nidra Meditation From Home</b>				
<b>Yoga Nidra Meditation</b> 7-8pm Pacific Time Call in #↓				

## Telephone Yoga Nidra 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), Fremont (FRC), Modesto (MOC), Monterey (MONT), San Jose (SJC), Sonora (SOC), Stockton (STC)

