

VA Palo Alto Health Care System

# YOGA & MEDITATION

OPEN TO ALL VETERANS THROUGH VHA NATIONALLY

## Daily yoga classes offered through VA Video Connect

(VA Providers: Use consult "WRIISC YOGA WELLNESS" and indicate "FOR YOGA" in comments)

All times listed in Pacific Standard Time

YOGA (All times listed in Pacific Standard Time)	
Monday	3:00 p.m.
Tuesday	2:00 p.m. (Women Only)
Tuesday	3:15 p.m. (Yoga + Qi Gong Meditation)
Wednesday	11:00 a.m.
Thursday	10:00 a.m.
Friday	10:00 a.m.

## Weekly phone-in guided meditation

(VA Providers: Use consult "WRIISC YOGA WELLNESS" and indicate "FOR MEDITATION" in a comment)

All times listed in Pacific Standard Time

iREST GUIDED MEDITATION	
Tuesday	2:00 p.m. Call: 1-833-558-0712 Access Code: 433 794 55
Thursday	5:00 p.m. Call: 1-833-558-0712 Access Code: 199 731 6363

Each class is 1 hour

All times listed are Pacific Standard Time (PST)

Questions? Contact Caro Fenno at [carolyn.fenno@va.gov](mailto:carolyn.fenno@va.gov)

<https://bit.ly/WRIISCCIH>