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

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

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

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

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**Chair Yoga for All Veterans**
Monday 3-4pm
• Chair Yoga for all Veterans at Capitola, Fremont, Livermore, Modesto, Monterey, San Jose, Sonora, & Stockton Clinics

**Friday 10-11am**
• Chair yoga for all Veterans at Capitola, Fremont, Livermore, Monterey, San Jose, & Stockton Clinics

**Chair Yoga for Women Veterans**
Tuesday 2-3pm
• Chair Yoga for women Veterans only at Fremont, Modesto, Monterey, San Jose, Sonora, & Stockton Clinics

**Yoga Nidra Meditation for All Veterans***
Thursday - Start Time varies by Time Zone

<table>
<thead>
<tr>
<th>Time Zone</th>
<th>Class Time In</th>
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<tbody>
<tr>
<td></td>
<td>*Standard Time</td>
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<tr>
<td>Hawaii</td>
<td>3pm</td>
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<tr>
<td>Alaska</td>
<td>4pm</td>
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<td>Pacific</td>
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<td>Mountain</td>
<td>6pm</td>
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<tr>
<td>Central</td>
<td>7pm</td>
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<tr>
<td>Eastern</td>
<td>8pm</td>
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Call 1-800-767-1750 join the class
Enter Access code: 24953#

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*Updated: 2/28/2019 3:15 PM*
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

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.”

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.