Interested in a Yoga Nidra Meditation Class?

Yoga nidra is a spoken word guided meditation that promotes deep relaxation while enhancing awareness – like a conscious deep sleep.

When practiced regularly, yoga nidra meditation can help reduce stress, ease pain, improve sleep and provide the practitioner with a sense of calm and well-being.

WRIISC provides this meditation class to referred Veterans by phone from the comforts of their own home.

- WRIISC yoga nidra classes are available to all VA enrolled Veterans
- The meditation class can be done lying down or in a comfortable seated position
- No special equipment needed except a telephone
- Veterans must assure they will not drive or operate machinery while joining the class

For more information, contact:
Louise Mahoney: 650-815-9463 or louise.mahoney2@va.gov
or Yoga Staff: 650-493-5000 x62355

providers: You can refer Veterans to this class with a consult request to:

IFC WRIISC Yoga Wellness
Veterans will be mailed instructions for joining the call after they are referred.