

Do You Know Veterans Interested in Yoga Nidra Guided Meditation



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

IFC WRIISC Yoga Wellness

if you cannot find this consult template in CPRS please contact your facility CAC

Veterans will be mailed instructions for joining the class after they are referred.

*For more information, contact the WRIISC Yoga Program Staff:
650-493-5000 x62355*



Yoga nidra (yoga sleep) is a spoken word guided meditation that promotes a sense of deep calm while enhancing awareness. The meditation class follows the 10 stage iRest™ protocol. During class Veterans:

- Discover a heartfelt mission & purpose and establish a goal for the meditation
- Establish and connect with an inner “safe haven”
- Explore the connection between body sensations, emotions, thoughts and beliefs with an awareness of how thoughts and emotions affect the body and mind
- Learn to experience an inner joy and develop an awareness of, and access to, one's own sense of well-being
- Connect with an inner strength & resiliency in order to more appropriately “respond” rather than “react” to situations in life
- No special equipment needed except a telephone
- Veterans must assure they will not drive or operate machinery while joining the class

Veterans may also benefit from the restful sleep-like state achieved during the meditation

Join each week – no class limit

Thursdays

5pm Pacific Time

1-800-767-1750

Access code: **24953#**

Time Zone	Class Time In *Standard Time
Hawaii	3pm
Alaska	4pm
Pacific	5pm
Mountain	6pm
Central	7pm
Eastern	8pm