Yoga “Sleep” Guided Meditation
Class Available from Home

For All Veterans

WRIISC yoga nidra classes are available to all VA enrolled Veterans

The meditation can be done seated, laying down, or standing

No special equipment needed except a telephone

Yoga nidra is safe, however, Veterans must assure they will not drive or operate machinery during class

For more information contact:
WRIISC CA Yoga Staff:
650-493-5000 Ext. 62355

Weekly Meditation from Home

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

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

Join each week – no class limit

**Thursdays**
5pm Pacific Time
(see additional time zones)
1-800-767-1750
Access code: 24953#

<table>
<thead>
<tr>
<th>Time Zone</th>
<th>Class Time In *Standard Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hawaii</td>
<td>3pm</td>
</tr>
<tr>
<td>Alaska</td>
<td>4pm</td>
</tr>
<tr>
<td>Pacific</td>
<td>5pm</td>
</tr>
<tr>
<td>Mountain</td>
<td>6pm</td>
</tr>
<tr>
<td>Central</td>
<td>7pm</td>
</tr>
<tr>
<td>Eastern</td>
<td>8pm</td>
</tr>
</tbody>
</table>

* Note: Class observes daylight savings time. Start time may vary in your time zone