Guided Meditation
Class Available from Home

For All Veterans
WRIISC guided meditation classes are available to all VA enrolled Veterans.

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

Weekly Meditation from Home

“Yoga nidra” 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.

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

No special equipment needed except a telephone.

Guided Meditation is safe, however, Veterans must assure they will not drive or operate machinery during class.

Join each week – no class limit

Thursdays
5pm Pacific Time
(see additional time zones)

1 866 899 4679
Access code: 637-876-469

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

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