

# Guided iRest™ Yoga Nidra Meditation Phone-based Class from Home



## For All Veterans

WRIISC guided meditation classes are available to **all** Veterans

Meditation can be practiced seated, lying down, or standing. *For safety, Veterans must not drive or operate machinery during class.*

## Questions?

**DC WRIISC Yoga Staff**

202-550-4248

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**CA WRIISC Yoga Staff**

650-815-9463

[louise.mahoney2@va.gov](mailto:louise.mahoney2@va.gov)

For more info on VA's War Related Injury & Illness Study Center

[www.warrelatedillness.va.gov](http://www.warrelatedillness.va.gov)



Integrative Restoration™ is an evidence-based, mind-body approach that offers tools to help you relax deeply, release stress, increase resiliency, improve your interpersonal relationships and empower you to practice self-regulation and self-care to support your health & wellness. For more info, go to [Military | Integrative Restoration \(iRest\)](#)

**Coast to Coast offerings-- call in to join us each week-- no class limit!**

**Tuesdays: 5pm Eastern Standard Time**

1-404-397-1596 USA or **Toll Free** 1-833-558-0712

Access code: 433 794 55

**Thursdays: 8pm Eastern Standard Time**

1-404-397-1596 USA or **Toll Free** 1-833-558-0712

Access code: 199 731 6363

*\* Note: Class observes daylight savings time. Start times may vary according to your local time zone.\**



VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
VA Palo Alto Health Care System