

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

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

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