

Guided iRest™ Yoga Nidra Meditation Class from Home



For All Veterans

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

For more information contact:

DC WRIISC Health Coaching Staff

202-550-4248

iRest™ 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 \(iRest\)](#)

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

Phone-based class; no special equipment needed.

Join each week – no class limit!
Tuesdays

5pm **Eastern** Standard Time
(see additional time zones)

1-404-397-1596 USA **Toll** Number
Access code: 433 794 55

| Time Zone | Tuesdays Class Time In *Standard Time |
|-----------|--|
| Hawaii | 12pm |
| Alaska | 1pm |
| Pacific | 2pm |
| Mountain | 3pm |
| Central | 4pm |
| Eastern | 5pm |

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



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