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