VA Palo Alto Health Care System

YOGA & MEDITATION

Daily yoga classes offered through VA Video Connect

(for referral VA Providers use consult: WRIISC YOGA WELLNESS)

YOGA	
Monday	3:00 p.m.
Tuesday	2:00 p.m. (Women Only)
Tuesday	3:15 p.m. (Yoga + Qi Gong Meditation)
Wednesday	11:00 a.m.
Thursday	10:00 a.m.
Friday	10:00 a.m.

Weekly phone-in guided meditation

(for referral VA Providers use consult: IFC WRIISC YOGA WELLNESS)

iREST GUIDED MEDITATION	
Thursday	5:00 p.m. Call: 1-866-899-4679 Access Code: 637 876 469

All times listed are Pacific Standard Time (PST)
Questions? Contact WRIISC CA Yoga Staff (phone) 650-785-6661 or (email) carolyn.fenno@va.gov

www.warrelatedillness.va.gov

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