Guided Meditation
Class Available from Home

For All Veterans
WRIISC guided meditation classes are available to all VA enrolled Veterans

For more information contact:
WRIISC CA Yoga Staff:
650-493-5000 Ext. 62355

Weekly Meditation from Home

“Yoga nidra” is a spoken word guided meditation that promotes a sense of deep calm while enhancing awareness. The meditation class follows the 10 stage iRest™ protocol.

The meditation can be done seated, laying down, or standing

No special equipment needed except a telephone

Guided Meditation is safe, however, Veterans must assure they will not drive or operate machinery during class

Join each week – no class limit

Thursdays
5pm Pacific Time
(see additional time zones)

1 866 899 4679
Access code: 637-876-469

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