

# 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

Time Zone	Class Time In *Standard Time
Hawaii	3pm
Alaska	4pm
Pacific	5pm
Mountain	6pm
Central	7pm
Eastern	8pm

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

**Join each week – no class limit**

## Thursdays

5pm Pacific Time

(see additional time zones)

**1 866 899 4679**

Access code: **637-876-469**



**VA**



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