

Guided iRest™ Yoga Nidra Meditation Phone-based Class from Home



For All Veterans

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

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

Questions?

DC WRIISC Yoga Sta
202-550-4248
rebecca.mccullers@va.gov

CA WRIISC Yoga Staff
650-815-9463
louise.mahoney2@va.gov

For more info on VA's War Related Injury & Illness Study Center

www.warrelatedillness.va.gov



Integrative Restoration™ 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

[CA WRIISC Integrative Health and Wellness Program](#)

Coast to Coast offerings-- call in to join us each week-- no class limit!

- **Tuesdays: 5:00 p.m. Eastern Time**
1-404-397-1596 USA or Toll Free 1-833-558-0712
Access code: 433 794 55
- **Thursdays: 8:00 p.m. Eastern Time**
1-404-397-1596 USA or Toll Free 1-833-558-0712
Access code: 199 731 6363

*** Note: Class observes daylight savings time. Start times may vary according to your local time zone.***