

VA Palo Alto Health Care System

YOGA & MEDITATION

OPEN TO ALL VETERANS THROUGH VHA NATIONALLY

Daily yoga classes offered through VA Video Connect

(VA Providers: Use consult "IFC WRIISC YOGA WELLNESS" and indicate "FOR YOGA" in comments)

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

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iREST GUIDED MEDITATION	
Thursday	5:00 p.m. Call: 1-833-558-0712 Access Code: 199 731 6363

Each class is 1 hour

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

