
FREE YOGA FOR VETERANS

ONLINE LIVE

GROUP YOGA

Open to all VA-enrolled Veterans with a referral (WRIISC YOGA WELLNESS)

For more information please contact:
Eleni.Stogianni@va.gov



(All times listed are PST)

Monday 3 PM

Chair Yoga

Tuesday 3:15 PM

Yoga Qi Gong Meditation

Tuesday 2 PM

Yoga for Women Veterans

Wednesday 11 AM

Mat Yoga

Wednesday 6 PM

Yoga for Pain and Chronic Pain

Thursday 10 AM

Trauma Sensitive Chair Yoga

Friday 10 AM

Chair Yoga

IREST Guided Meditation

Tuesday 2pm

Call: 1-833-558-0712

Access Code: 433 79455

Thursday 5pm

Call: 1-833-558-0712

Access Code: 199 731 6363



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