



Yoga and Tai Chi Classes for Veterans

Mat/Chair Yoga for Veterans & Restorative Yoga/Meditation:

Mon 3:00pm-4:00pm (Mat/Chair) Bldg4-Rm C260
also available by Telehealth at Modesto, Monterey, San Jose, & Stockton Clinics

Restorative/Yoga Meditation:

Mon 4:00pm-4:30pm Bldg4-Rm C260

Yoga for Women Veterans:

Wed 11:00am-12:00pm Bldg4-Rm C260

Fri 12:30pm- 1:30pm Bldg6-Rm C258

Chair Yoga for Veterans:

Thu 10:00am-11:00am Bldg4-Rm C260

Fri 10:00am-11:00am Bldg4-Rm C260

also available by Telehealth at Fremont & San Jose Clinics

Tai Chi Chuan:

Wed 1:00pm-1:45pm Bldg6-Rm C258

(Tai Chi requires no referrals and no pre-registration —just show up!)

Yoga requires clearance from PCP and a referral to:

“WRIISC Yoga Wellness” (for attending class at Palo Alto) or

“Yoga Wellness Telehealth” (attending at the community-based outpatient clinics). We will contact you to enroll.

Contact us for more information:

Louise Mahoney

Phone: 650-849-0407 (Louise) or 650-493-5000 x 62355 (Linda)

Email: louise.mahoney2@va.gov or linda.collery@va.gov



Classes provided courtesy of the
War Related Illness & Injury Study Center (WRIISC)
at the VA Palo Alto Health Care System
www.warrelatedillness.va.gov