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Moderate-intensity Physical Activity For Pregnant Women. The Instrument Used Was A Prenatal Yoga Questionnaire With A Categorical Measuring Scale. 5. Data Analysis Data Processing Was Carried Out By A Review Manager (RevMan 5.3) By Calcula-May 6th, 2024Prenatal Yoga: The Right Choice For Mother And Baby2009). Individualizing Any Yoga Routine Is Key In Ensuring Safety And Maximum Benefits From This Type Of Exercise. Moreover, There Are Certain Types Of Poses That May Be Included In Yoga Programs That Should Not Be Attempted By Pregna Feb 5th,

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