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How Yoga, Meditation, and a Yogic Lifestyle Can Help Women Meet the Challenges of Perimenopause and Menopause

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This article will present how yoga exercises, yoga meditation techniques, and a yogic/holistic approach to menopause can help women ease their symptoms, get effective assistance from their doctors, and find support in their communities during this physical, psychological, and spiritual transition.
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law, the great bear is Frank.
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