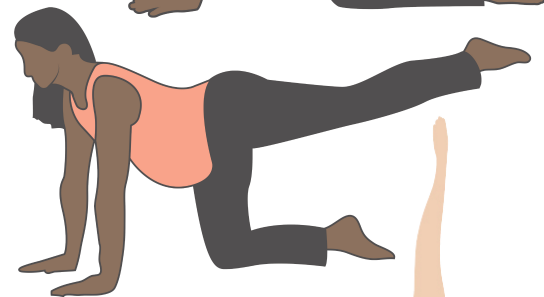
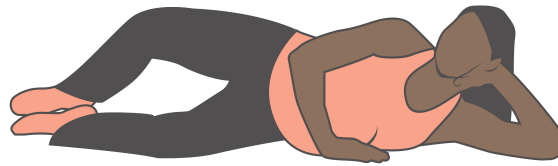
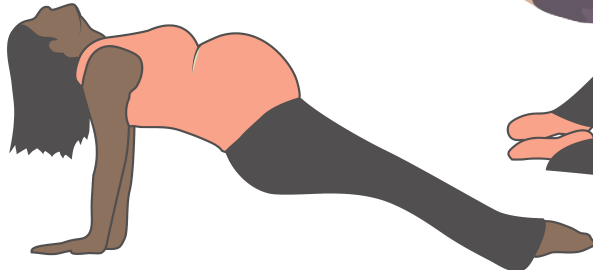
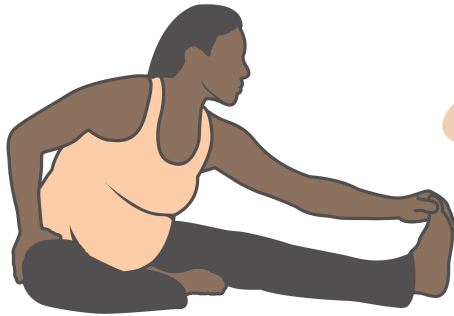




# Pregnancy EXERCISE & YOGA

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\*It's important to listen to your body, do what feels good, don't do what doesn't feel good. Talk to your prenatal care provider to make sure yoga is a good idea in your pregnancy, even if you've practiced yoga before. It's best to start with a trained professional.