

# The Effects of Yoga on Pregnant Women

NCT07485790

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Amasya University
Enrollment	70 participants

## Key Eligibility Criteria

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### Inclusion (5)

- In their third trimester,
- Able to read and write in Turkish,
- Use a smartphone and have internet access,
- Have no communication barriers,
- Voluntarily agree to participate in the research.

### Exclusion (5)

- Pregnant women with any risk factors during pregnancy,
- Pregnant women with any chronic illness,
- Pregnant women with a diagnosed psychological problem,
- Pregnant women with any exercise restrictions imposed by a physician,
- Pregnant women participating in a different training program (meditation, relaxation, etc.)

## Locations (1 total)

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Amasya University, Amasya, Turkey (Türkiye)