



The 9 Months

Routine exercise and right yoga during pregnancy help strengthen the body and relieve stress. Install 'The 9 Months' app and get full information about all such things to stay healthy and happy during pregnancy.

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Playstore Link- <https://play.google.com/store/apps/details?id=com.bywisewomen.milkeyway>

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YOGA DURING PREGNANCY
STRENGTHENS YOUR BODY AND
RELIEVES STRESS



Check Out Right Yoga Poses
on *The 9 Months* App



The 9 Months

