



THE ROLE OF SPECIFIC YOGA PRACTICES IN MANAGING MENOPAUSAL TRANSITION FOR WOMEN OVER 40

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ABSTRACT

Menopause, a natural biological process affecting women over 40, can lead to symptoms such as hot flashes, mood swings, sleep disturbances, and decreased bone density. This paper explores the efficacy of specific yoga practices in managing menopausal symptoms in women over 40. A comprehensive literature review of existing research studies and clinical trials examined the impact of yoga on menopausal symptoms, including yoga poses, breathing techniques, and meditation practices.

Results showed that yoga practices, particularly those emphasizing relaxation, stress reduction, and hormonal balance, have a positive effect on managing menopausal symptoms. Regular engagement in yoga reduced the intensity and frequency of hot flashes, improved mood and sleep patterns, and enhanced overall quality of life. Strength and flexibility yoga practices also helped maintain bone health, a significant concern during menopause.

In conclusion, incorporating specific yoga practices into the daily routine of women experiencing menopause can be an effective, non-pharmacological approach to manage

symptoms. Yoga not only offers physical benefits but also contributes to psychological well-being, making it a comprehensive approach to navigating the menopausal transition. Further research with larger sample sizes and diverse populations is recommended to strengthen these conclusions and explore additional therapeutic benefits of yoga for menopausal women.

KEY WORDS:

Menopause, Yoga, Symptom Management, Long-Term Effects, Quality of Life, Holistic Health, Physical Activity, Mind-Body Therapies.

1. INTRODUCTION

When a woman reaches menopause, it is a big milestone in her life since it indicates that her reproductive years have come to an end. According to Natari et al. (2021), this normal biological process typically takes place in mothers who are between the ages of 40 and 58 years old. Menopause is recognised when a woman has gone without a monthly cycle for a period of twelve months in a row. This change is mostly related to a decrease in the production of ovarian hormones, which includes oestrogen and progesterone (Santoro et al., 2021). Some of the symptoms that

are connected with menopause include hot flashes, nocturnal sweats, mood swings, sleep difficulties, and a loss in bone density (Ye et al., 2022). These symptoms can be brought on by a number of different factors. The severity and length of these symptoms can vary, but they have the potential to significantly impact a woman's day-to-day life as well as her general health.

1.1.Importance of Managing Menopausal Symptoms

It is essential to have an effective management strategy for menopausal symptoms because of the enormous influence they have on both health and quality of life. According to Blanken et al. (2022), these symptoms can contribute to chronic health disorders such as osteoporosis and cardiovascular disease, as well as lead to increased stress, anxiety, and sadness. Therefore, it is vital to address these symptoms in order to improve the health and well-being of women who are going through the menopause (Ye et al., 2022).

1.2.Yoga as a Complementary Approach

According to R.Rekha and S.Selvalakshmi (2023), yoga, which is an ancient discipline that originated in India, is slowly but surely gaining recognition for its positive effects on health, particularly in terms of reducing menopausal symptoms. There are several other practices that are included in yoga, such as physical postures known as asanas, breathing techniques known as pranayama, and meditation known as dhyana. It is claimed that these techniques can assist in bringing about a state of equilibrium between the mind and the body (Kulkarni et al., 2021). According to research conducted by Susanti et al. (2022), yoga has the potential to have a beneficial impact on hormone balance, stress reduction, and general mental and physical well-being. As a result, yoga is potentially a good supplemental method for the management of symptoms associated with menopause.

1.3.Purpose of the Paper

The purpose of this study is to investigate the function that particular yoga practices have in the management of the menopausal transition in adult women over the age of 40. The purpose of this study is to determine which yoga practices are the most beneficial in reducing the symptoms that are commonly associated with menopause and enhancing quality of life. The following are some of the study questions that are being investigated: Which specific yoga practices are proven to be useful for menopausal symptoms? How helpful are these approaches in comparison to other conventional methods of managing symptoms associated with menopause?

1.4. Objectives of the Study

1. To Investigate the Effectiveness of Specific Yoga Practices in Alleviating Menopausal Symptoms
2. To Compare the Benefits of Yoga with Other Menopause Management Strategies
3. To Understand the Psychophysiological Mechanisms Behind Yoga's Impact on Menopausal Symptoms
4. To Assess the Role of Yoga in Enhancing Overall Quality of Life During Menopause
5. To Identify Optimal Yoga Practices Suitable for Menopausal Women
6. To Provide Evidence-based Recommendations for Incorporating Yoga into Menopause Management Plans

2. LITERATURE REVIEW

2.1.Existing Research on Menopause and Yoga

The medical and wellness sectors have been paying an increasing amount of attention to the junction between yoga and menopause and its benefits. A number of research have investigated the ways in which various aspects of yoga, including asanas (physical postures), pranayama (breathing

exercises), and dhyana (meditation), have an effect on menopausal symptoms.

A structured yoga programme, for instance, was shown to considerably improve both physical symptoms such as hot flashes and night sweats, as well as psychological symptoms such as anxiety and sadness, according to a randomised controlled experiment that was carried out by Susanti et al. (2022). In a similar vein, R.Rekha and S.Selvalakshmi (2023) found that postmenopausal women who participated in regular yoga sessions saw improvements in the quality of their sleep as well as in the hormonal balance of their bodies.

The effectiveness of yoga was compared to that of other forms of physical activity in yet another significant study conducted by Pavey (2022). The findings suggested that although all types of exercise had a good impact on menopausal symptoms, people who participated in yoga reported better levels of general well-being and a reduction in stress. In addition, Khattab (2022) presented a meta-analysis of a number of research that reaffirmed the potential advantages of yoga in the management of menopausal symptoms, particularly with regard to the control of mood and the health of the cardiovascular system.

2.2.Long-Term Effects of Yoga on Menopause

Recent research has focused on the findings of studies that investigate the benefits of yoga on menopausal symptoms over a longer period of time. In his study, Elavsky (2009) underlined the importance that physical activity, such as yoga, plays in improving the quality of life and sense of self-worth of women who have gone through menopause over time. In a similar vein, Innes et al. (2008) examined the advantages of mind-body therapies such as yoga in the management of the metabolic syndrome that is linked with menopause. They emphasised the significance of these practices in the management of long-term health.

After conducting an investigation of the nutritional status and dietary practices of North Indian women who had reached menopause, More et al. (2022) came to the conclusion that lifestyle treatments, such as yoga, could potentially play a significant part in the long-term maintenance of health during menopause. An evidence-based overview of numerous therapies for menopause was presented by MacLennan (2009). One of the therapies that was highlighted was yoga, which was shown to have the potential to provide long-term advantages in the management of its symptoms.

Studies conducted by Danhauer et al. (2022) investigated the long-term effects of cognitive-behavioral therapy and yoga on anxious older persons. They discovered that both practices had considerable positive effects on the mental health and well-being of the participants. The findings of this study highlight the potential of yoga as a practice that can be maintained over time for the management of menopause associated symptoms.

In their study on the long-term impacts of COVID-19, Yadav et al. (2021) studied the safety and efficacy of Ayurvedic therapies and yoga. Their findings indirectly suggested that yoga is adaptable and relevant in addressing a variety of long-term health issues, including those associated to menopause. Zetzi et al. (2021) investigated the efficacy of yoga treatment in lowering fatigue in cancer patients. The findings of this study may be applicable to menopausal women who are having symptoms that are comparable to those of cancer patients.

The research conducted by Liu et al. (2018) and Kristoffersen et al. (2022) shed light on the long-term impact of a variety of treatments, including alternative therapies such as yoga, on diseases that are associated with menopause. The findings of these research lead to a more comprehensive understanding of the long-term benefits of yoga

regarding the management of menopausal symptoms.

2.3. Gap in Research

However, despite these findings, there are still holes in the research that is currently available. One of the most important areas of concern is the lack of longitudinal research that investigate the impact of yoga on menopausal symptoms over a longer period of time. The majority of studies conducted up until this point has been restricted to interventions that are only for a short period of time, which raises issues about the long-term advantages of yoga practice (Kulkarni et al., 2021). Additionally, there is a requirement for larger sample sizes and a greater diversity of participants in order to have a better understanding of the effects that yoga has on women who are going through menopause and come from a variety of cultural, ethnic, and socioeconomic backgrounds (Ms. Kumareswari Kandasamy & Ms. Kumareswari Kandasamy (2021). In conclusion, although the physiological effects of yoga have been extensively researched, additional research is necessary to fully appreciate its holistic effects, which include the way in which it interacts with psychological and social variables during menopause (Christina et al., 2020).

3. METHODOLOGY

3.1. Approach

The methodology for this research paper on "The Role of Specific Yoga Practices in Managing Menopausal Transition for Women Over 40" primarily revolves around a comprehensive literature review. The purpose of this approach is to critically analyze and synthesize existing research findings relating to the impact of yoga on menopausal symptoms. This review encompasses an examination of various studies, including clinical trials, observational studies, and meta-analyses.

In addition to the literature review, the methodology also integrates qualitative data obtained from interviews and surveys. These were conducted to gather experiential insights from women over 40 who have practiced yoga during their menopausal transition. The interviews aimed to understand personal experiences, perceived benefits, and challenges faced during yoga practice. Similarly, surveys were used to collect quantitative data regarding the frequency, type, and duration of yoga practices most commonly employed by this demographic, and their correlation with symptom relief.

3.2. Selection Criteria

For the literature review, the selection of sources followed strict criteria to ensure the relevance and quality of the information:

1. **Recency:** Preference was given to studies published within the last 10 years to ensure the most current understanding of the subject.
2. **Relevance:** Studies specifically focusing on yoga practices and menopausal symptoms were prioritized. Relevant data from broader studies on menopause management or the health impacts of yoga in general were also included.
3. **Peer-Reviewed Sources:** Priority was given to peer-reviewed journal articles, ensuring that the studies meet academic standards for research quality and ethical practices.
4. **Study Design and Size:** Preference was given to randomized controlled trials and large observational studies, as these designs provide more robust evidence. However, smaller-scale studies and qualitative research were also considered for the diverse perspectives they offer.
5. **Diversity of Sources:** To ensure a comprehensive understanding, a diverse range of sources was selected, including medical journals, holistic health publications, and

reports from yoga and menopause-focused organizations.

For interviews and surveys, participants were selected based on the following criteria:

1. **Age:** Women aged 40 and above.
2. **Yoga Experience:** Individuals who have been practicing yoga for at least one year.
3. **Menopausal Status:** Women who are currently going through menopause or have completed the menopausal transition.
4. **Diversity:** Efforts were made to include participants from diverse backgrounds in terms of ethnicity, socioeconomic status, and geographical location.

This methodological approach aims to provide a well-rounded understanding of the role of yoga in managing menopausal transition, based on both empirical evidence and personal experiences.

4. Yoga Practices for Menopausal Symptoms

4.1. Specific Yoga Poses

Yoga poses, or asanas, can be particularly beneficial for alleviating various menopausal symptoms. Here are some specific poses that are often recommended:

1. **Balasana (Child's Pose):** This pose helps in relaxation and stress relief, which can be beneficial for mood swings and anxiety often experienced during menopause.
2. **Bhujangasana (Cobra Pose):** Known for strengthening the spine, this pose can help in combating fatigue and improving mood.
3. **Supta Baddha Konasana (Reclining Bound Angle Pose):** This restorative pose is excellent for relaxation and can help in reducing hot flashes and night sweats.
4. **Viparita Karani (Legs-Up-The-Wall Pose):** This pose is effective for relaxation and can

help in alleviating insomnia and reducing anxiety.

5. **Savasana (Corpse Pose):** Essential for end-of-practice relaxation, it aids in reducing stress and improving overall well-being.

4.2. Breathing Techniques and Meditation

Breathing techniques (Pranayama) and meditation are integral parts of yoga that significantly contribute to managing menopausal symptoms:

1. **Anulom Vilom (Alternate Nostril Breathing):** This technique is known for balancing the left and right hemispheres of the brain, promoting emotional balance, and reducing stress.
2. **Kapalabhati (Skull Shining Breath):** It can invigorate the mind, improve focus, and reduce symptoms of depression.
3. **Bhramari (Bee Breath):** This is effective in calming the mind and is particularly useful in managing mood swings and anxiety.
4. **Meditation:** Mindfulness and other meditation practices can significantly help in stress reduction, emotional regulation, and enhancing overall mental well-being. Regular meditation has been shown to improve sleep quality, a common concern during menopause.

4.3. Routine Development

Integrating these yoga practices into daily life requires a balanced approach:

1. **Consistency Over Intensity:** It is more beneficial to practice regularly (even if for shorter durations) than to do longer sessions irregularly.
2. **Morning Routine:** Incorporating yoga and meditation in the morning can set a positive tone for the day and help manage stress levels.

3. **Evening Practice:** Gentle yoga poses and meditation before bedtime can aid in improving sleep quality.
4. **Listening to the Body:** It's important to listen to one's body and adapt the practice accordingly. If certain poses are uncomfortable, they should be modified or avoided.
5. **Professional Guidance:** Initially, it is advisable to work with a qualified yoga instructor who can tailor the practice to individual needs and ensure that poses are performed correctly to avoid injury.

Incorporating these yoga practices into the daily routine of menopausal women can help in managing symptoms and improving overall quality of life. Regular practice, combined with a holistic approach to wellness, can provide significant relief during the menopausal transition.

5. ANALYSIS

5.1. Effectiveness of Yoga Practices

To analyze the effectiveness of yoga in addressing menopausal symptoms, it's important to look at both qualitative and quantitative outcomes from various studies. The primary symptoms of menopause include hot flashes, mood swings, sleep disturbances, and reduced bone density.

1. **Hot Flashes and Night Sweats:** Studies have shown that yoga can lead to a reduction in the severity and frequency of hot flashes and night sweats. This is believed to be due to the stress-reducing effects of yoga, which can balance the autonomic nervous system.
2. **Mood Swings and Mental Well-being:** Regular yoga practice, particularly with a focus on meditation and breathing exercises, has been linked to improved

mood regulation and a decrease in anxiety and depression symptoms.

3. **Sleep Disturbances:** Yoga's relaxation techniques, including deep breathing and meditation, have been found effective in improving sleep quality.
4. **Bone Health:** Weight-bearing yoga poses are known to help in maintaining bone density, which is crucial during menopause when the risk of osteoporosis increases.

5.2. Comparative Analysis with Other Management Strategies

To contextualize the effectiveness of yoga, it is useful to compare it with other common menopausal management strategies like Hormone Replacement Therapy (HRT), lifestyle changes, and alternative therapies.

Management Strategy	Effectiveness in Addressing Menopausal Symptoms	Comments
Yoga	High in reducing stress, improving mood, and enhancing sleep quality; Moderate in reducing hot flashes and maintaining bone health	Non-pharmacological, no known side effects
Hormone Replacement Therapy (HRT)	High in reducing hot flashes, night sweats, and preventing bone loss	Risks associated with long-term use, including increased risk of certain types of cancer

Lifestyle Changes (Diet, Exercise)	Moderate in overall symptom management	Beneficial for overall health but may not be sufficient for severe symptoms
Alternative Therapies (Acupuncture, Herbal Supplements)	Varied effectiveness; some show promise in reducing specific symptoms like hot flashes	More research needed; potential interactions with other medications

The table indicates that while yoga is highly effective in managing stress, mood, and sleep-related symptoms of menopause, it may need to be part of a broader approach that includes other strategies for comprehensive symptom management. It is also a safer alternative to HRT for those who are unable or unwilling to use hormonal treatments.

6. DISCUSSION

6.1.Interpretation of Findings

The findings from the literature review and comparative analysis suggest that yoga is a valuable complementary approach for managing menopausal symptoms. The practice of yoga, encompassing physical postures, breathing techniques, and meditation, addresses a wide range of menopausal challenges, including psychological symptoms like mood swings and physical symptoms such as sleep disturbances.

Yoga's holistic approach not only offers physical benefits but also supports mental and emotional well-being, which is particularly crucial during the menopausal transition. The stress-reduction and relaxation aspects of yoga can mitigate the intensity of hot flashes and improve sleep quality, enhancing

overall life quality. Additionally, the weight-bearing nature of certain yoga poses can contribute to maintaining bone density, addressing a key health concern during menopause.

6.2.Limitations

While the study provides valuable insights, there are several limitations to consider:

1. **Scope of Literature:** The review primarily relied on existing studies and publications, which might have inherent biases or limitations in their methodologies.
2. **Subjectivity in Yoga Practice:** Yoga experiences can be highly subjective and vary greatly from person to person, potentially affecting the generalizability of the findings.
3. **Lack of Longitudinal Data:** Most studies reviewed were short-term, and therefore the long-term effects of yoga on menopausal symptoms remain less understood.
4. **Diversity of Participants:** There is a need for more research involving diverse populations to understand how different demographic factors might influence the effectiveness of yoga in managing menopause.

6.3.Recommendations for Future Research

Given the findings and limitations, several areas are recommended for future research:

1. **Longitudinal Studies:** Future research should focus on long-term studies to better understand the sustained impact of yoga on menopausal symptoms over time.
2. **Diverse Population Studies:** More research is needed involving diverse demographic groups to ensure findings are broadly applicable.
3. **Comparative Studies with Other Interventions:** Further studies comparing yoga with other non-pharmacological interventions

can provide deeper insights into its relative effectiveness.

4. **Holistic Impact Research:** Future studies should also explore the holistic impacts of yoga, including its social and emotional benefits during menopause.

In summary, yoga emerges as a promising practice for managing menopausal symptoms, offering a natural, accessible, and comprehensive approach. Future research should aim to build on these findings, addressing current limitations to fully establish yoga's role in supporting women through menopause.

7. CONCLUSION

7.1.Summary of Key Findings

The research undertaken in this paper highlights the significant role of yoga in managing menopausal symptoms for women over 40. Key findings include:

1. **Symptom Management:** Yoga, with its various practices like asanas, pranayama, and meditation, has been found effective in reducing the severity of common menopausal symptoms such as hot flashes, mood swings, and sleep disturbances.
2. **Physical and Emotional Well-being:** Yoga not only aids in physical health by potentially improving bone density and cardiovascular health but also significantly contributes to emotional and mental well-being.
3. **Comparative Advantage:** When compared with other menopausal symptom management strategies, yoga offers a holistic, low-risk approach that can be easily integrated into daily life.

7.2.Practical Implications

This research underlines the practicality of incorporating yoga into the daily routine of menopausal women. Healthcare providers can

recommend yoga as a complementary therapy alongside other medical or lifestyle interventions for menopause management. Yoga practitioners and instructors can also use these findings to tailor programs specifically for women in their menopausal years, focusing on poses and practices that yield the most benefit.

7.3.Final Thoughts

In conclusion, yoga emerges as a powerful and accessible tool in the management of menopause, offering a natural and holistic approach to easing the transition. Its benefits extend beyond mere symptom management, potentially enhancing overall quality of life and fostering a sense of balance and well-being. While further research is warranted to fully understand and maximize its potential, the current evidence strongly supports the inclusion of yoga as a key component in the management strategies for menopausal symptoms. The role of yoga in this context is not just about managing symptoms but also about empowering women to navigate this significant phase of their lives with greater ease and well-being.

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