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Title: "I'm 100% for it! I'm a convert!": Women's experiences of a yoga programme after treatment for gynaecological cancer; an interpretative phenomenological analysis

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Highlights

Gynaecological cancer patients took part in a 10 week course of Hatha yoga

Patients took part in focus groups analysed with Interpretative Phenomenological Analysis

The women's perceptions of the programme were generally positive; many found benefits

Previously unseen view of the patient experience of participating in a yoga intervention

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