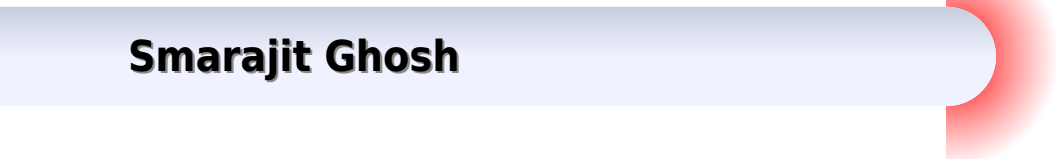


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1. | A negative charge of  $-0.550 \mu\text{C}$  exerts an upward  $0.200 \text{ N}$  force on an unknown charge  $0.300 \text{ m}$  directly below it. (a) What is the unknown charge (magnitude and sign)? (b) What are the magnitude and direction of the force that the unknown charge exerts on the  $-0.550 \mu\text{C}$  charge?

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welche online yoga videos für schwangere und welche yoga übungen in der schwangerschaft wir empfehlen erfährst du hier passend zu jedem trimester die vorteile von schwangerschaftsyoga ein guter mix aus bewegung und entspannung fördert das wohlbe finden auch in der schwangerschaft doch es gibt viel mehr gründe für

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den langsameren und sanfteren yogastilen zuwenden bei denen die atmung körperwahrnehmung und meditation im vordergrund stehen folgende Übungen sind für schwangere geeignet

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speziell für schwangere empfohlene yogaübungen begleiten sie durch alle phasen dieser aufregenden zeit und können auch dabei helfen die geburt schmerzfreier und einfacher zu gestalten welche effekte kann pränatales yoga haben verbessert den schlaf reduziert stress mindert schmerzen im unteren rücken und beugt kopfschmerzen vor

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stärkung der muskelgruppen yoga Übungen für schwangere sprechen gezielt die muskeln an die sie brauchen um gut durch die schwangerschaft zu kommen obendrein können sie mit yoga sogar rückenschmerzen in der schwangerschaft vorbeugen

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in dieser phase der schwangerschaft ist yoga wirklich sehr wohltuend denn trotz kleinem bauch ist es noch nicht zu beschwerlich die yogaübungen auszuführen und wenn du einen speziellen yogakurs für schwangere z b yoga köln besuchst hast du auch die gelegenheit kontakte zu anderen schwangeren zu knüpfen und dich mit ihnen auszutauschen

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