



Panasonic

Operating Instructions

DVD Recorder

Model No. **DMR-ES15**



Dear customer

Thank you for purchasing this product. For optimum performance and safety, please read these instructions carefully.

Before connecting, operating or adjusting this product, please read the instructions completely.
Please keep this manual for future reference.

Region number supported by this unit

Region numbers are allocated to DVD players and software according to where they are sold.

- The region number of this unit is "1".
- The unit will play DVDs marked with labels containing "1" or "ALL".

Example:



If you have any questions contact

In the U.S.A.: 1-800-211-PANA(7262)
In Canada: 1-800-561-5505

For U.S.A. only

The warranty can be found on page 46.

For Canada only

The warranty can be found on page 47.

La referencia rápida en español se puede encontrar en la página 48-51.

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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 wohlfinden auch in der schwangerschaft doch es gibt viel mehr gründe für

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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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apr 27 2022 april 2022 10 min lesezeit du möchtest während deiner schwangerschaft aktiv bleiben yoga ist eine der besten möglichkeiten um dein vorhaben in die tat umzusetzen yoga eignet sich für alle fitnesslevel körpertypen und schwangerschaftsphasen

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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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