

20 Essential German Phrases



German



English

IPA

Guten Morgen	Good morning	'gu:tŋ 'mœʁŋ
Auf Wiedersehen	Goodbye	ʔaʊf 'vi:de:zɛ:n
Danke schön 	Thank you (very much)	'danke 'ʃø:n
Entschuldigung	Excuse me / I'm sorry	ɛnt'ʃuldɪgʊŋ
Wie geht es Ihnen?	How are you?	vi: ge:t ɛs 'ɪnən
Wo ist die Toilette?	Where is the restroom?	vo: ɪst di: 'to:lɛtɐ
Ich verstehe nicht	I don't understand	ɪç fɛʁ'ʃtɛ:ə nɪçt
Ja / Nein	Yes / No	ja: / naɪn
Wie bitte?	Pardon? / What?	vi: 'bɪtɐ
Es tut mir leid	I'm sorry	ɛs tu:t mi:ə laɪt
Ich liebe dich 	I love you	ɪç 'li:bə dɪç
Alles Gute	All the best	'ales 'gu:tə
Wie spät ist es?	What time is it?	vi: ʃpɛ:t ɪst ɛs
Woher kommst du?	Where are you from?	vo:ɛ 'kɔmst du:
Prost / Zum Wohl	Cheers / To your health	pʁɔst / tsum vo:l
Gute Nacht 	Good night	'gu:tə naxt
Ich bin müde	I am tired	ɪç bɪn 'my:de
Wie heißt du?	What is your name?	vi: haɪst du:
Wo ist der Bahnhof?	Where is the train station? 	vo: ɪst de:ɛ 'ba:nhɔf
Kein Problem	No problem	kaɪn pʁɔ'blɛ:m

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

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jun 11 2019 höre auf deinen körper und dein wohlbefinden 3yoga Übungen für schwangere schwangere sollten sich eher 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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eine ganz besondere zeit

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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 rüchenschmerzen in der schwangerschaft vorbeugen

yoga während der schwangerschaft do s und don ts nike de - Jun 05 2022

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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