

RANK/TEAM	RECORD	DIV
AFC DIVISION LEADERS		
 1. New England ^o	12-3	E
 2. Denver ⁺	11-4	W
 3. Cincinnati [*]	10-4-1	N
 4. Indianapolis ⁺	10-5	S
WILD CARDS		
 5. Pittsburgh [*]	10-5	N
 6. San Diego	9-6	W
STILL IN THE HUNT		
 7. Baltimore	9-6	N
 8. Houston	8-7	S
 9. Kansas City	8-7	W
ELIMINATED		
 10. Buffalo	8-7	E
 11. Miami	8-7	E
 12. Cleveland	7-8	N
 13. N.Y. Jets	3-12	E
 14. Jacksonville	3-12	S
 15. Oakland	3-12	W
 16. Tennessee	2-13	S

RANK/TEAM	RECORD	DIV
NFC DIVISION LEADERS		
 1. Seattle [*]	11-4	W
 2. Detroit [*]	11-4	N
 3. Dallas ⁺	11-4	E
 4. Carolina	6-8-1	S
WILD CARDS		
 5. Green Bay [*]	11-4	N
 6. Arizona [*]	11-4	W
STILL IN THE HUNT		
 9. Atlanta	6-9	S
ELIMINATED		
 7. Philadelphia	9-6	E
 8. San Francisco	7-8	W
 10. New Orleans	6-9	S
 11. Minnesota	6-9	N
 12. St. Louis	6-9	W
 13. N.Y. Giants	6-9	E
 14. Chicago	5-10	N
 15. Washington	4-11	E
 16. Tampa Bay	2-13	S

* Clinched playoff berth

+ Clinched division title

o Clinched division, bye and home field

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Annelies Wilder-Smith



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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 *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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