### Workshop

## Stellar End Products: The Low Mass - High Mass Connection

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### Title:

Nebulae powered by a central explosion

#### Abstract:

I will discuss the common properties of nebulae of massive and low mass stars powered by explosion: Type Ia supernovae inside planetary nebulae (SNIPs) and nebulae around core-collapse supernovae, such as SN 1987A. Binary systems and jets play crucial roles in shaping the pre-explosion nebulae.