



Lub Qhov Cub Nyab Xeeb hauv Lub Tsev Mov

1. Nyob ntawm lub tsev mov thaum siv roj lossis roj mis kib zaub mov lossis ua zaub mov.



TSIS YOG



YOG

2. Thaum koj nkees tsis txhob ua zaub mov.



TSIS YOG



YOG

3. Yuav tshem lub yias kib tawm, maj mam tshem lub hau yias tawm. Tua lub qhov cub thiab cia kom lub yias txias.



TSIS YOG



YOG



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4. Yog koj muaj ib lub qhov cub thiab taws nws tsis cig, tawm ntawm lub tsev thiab hu rau lub chaw saib xyuas hluav taws.



TSIS YOG



YOG

5. Saib xyuas tej yam txais hluav taws tau zoo kom deb ntawm lub qhov cub.



TSIS YOG

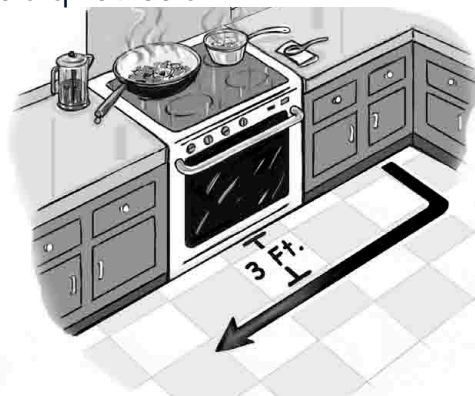


YOG

6. Saib xyuas cov menyuam yaus kom nyob deb tsawg kawg peb ko taw ntawm lub qhov cub.



TSIS YOG



YOG