

èèíàçèñ òðáíàæáð áóáííâñêíâí

Íññèáí o.kidirov1987 - 10.01.2018 18:13

Óðàæíáíèý Áóáííâñêíâí äèý ïíçáííí-íèèà, ñíèìàðùèà áíèü

1. Áñòààí íà ÷àðàððáíüèè è ðàññèàáèýàí ñíèíó.
2. Íà íáíýý ïíèíæáíèý, ïðíæèááàí ñíèíó: í-áíü íáæèáíí áùæèááàí íà áùáíðá è ïðíæèááàí íà ááíðá (20 ðàç).
3. Á òíí æá ïíèíæáíèè: ñààèíý íà èááóð ííáó, ïòíí ïðááóð ííáó áùòýæèááàí íàçàà, à èááóð ðóéó òýíáí áíáðáà. Óíðàæíáíèà íàçùáà.
4. Ñòáííæèíý á ïíèíæáíèà «óíð íà èááííè è íà èíèáíè»: íàèñèíæèíí áùòýæèááàí ñáíá òáèí áíáðáà, íà ïòðúááý èááííæ è èíèáíèè ïðíæèáíèè.
5. ïíèíæáíèý íà íáíýáí: ñàèááàí ðóèè á èíèòýð è íà áùáíðá ïíóñèááííý íà ïíè, çàòáí íáæèáíí áàèáàí ááíð. Áàèáà íà áùáíðá áùíðýíèý.
6. Èíæèíý íà ñíèíó: ííæè ñàèááàí á èíèáííð, ðóèè çà áíèííè. Íðèæèíáàí ïíááíðíáíè è áðóáè, ïòíí ñàèááàí òóèíæèüà íà áùáíðá òàè ïýáèýòüñý ÷ááñòáí ææáíèý á æèáíðá. Íàçùáááòñý òàèíá óíðàæíáíèà — áùòýæèááàíèè æèáíðá.
7. Èáæèí íà ñíèíá, áùòýæèááàí ðóèè ááíèü òàèà: íà áùáíðá ïíáíèíáàí òàç íà ïíèí, èàè ïæíí áùðá, ïíóñèááííý íà ááíðá. Ííáòíðýáí áà.

<http://www.orthodox.od.ua/main/3810-mediki-opredelili-kak-pravilno-sidet-za.html>

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Íññèáí Loan Cash - 28.01.2019 09:26

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Íññèáí Quick Loans - 28.01.2019 15:44

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Íññèáí Is Homework Helpful - 18.02.2019 01:15

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Íññèáí Direct Lenders - 25.02.2019 07:28

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Íññèáí Speedycash - 26.02.2019 04:53

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Íñěàí Bad Credit - 26.02.2019 21:59

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