



PASSIVE REST

Passive Rest- it is the rest in which physical and mental activity should be minimized.







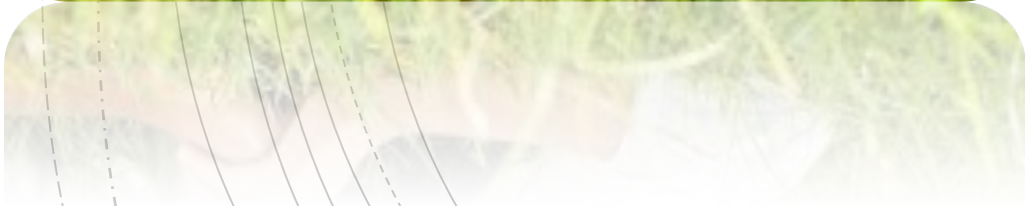


# Advantages of Development

During passive  
rest,  
concentration of  
attention, any  
knowledge or  
skills are not











# Free Time

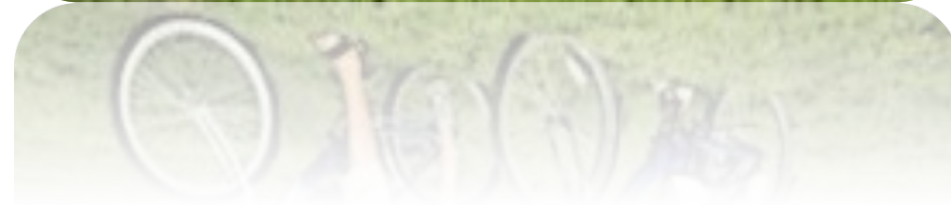


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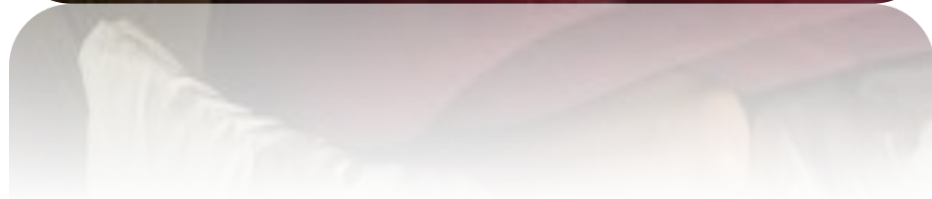






# Restoration











Conclusion:





Thank you for  
your attention!