

THE ANATOMY OF THE SOLAR PLEXUS

The solar plexus contains our lower organs, our diaphragm and our thoracic vertebra. This is our power space and stimulating this area stimulates our prana/energy. When we are low energy it is this space that needs to be worked. If we are expending too much energy it's this space we need to soothe.

The geography of the bones of the solar plexus

Find your navel and trace your hands back around to your spine, round a bit and feel the vertebrae this is **thoracic vertebra #12** where the diaphragm and the psoas muscle attach. Place your hands on your **floating ribs** and breathe deeply in and out of your belly. Feel the floating ribs expand as they breathe in and come in toward one another as they breathe out.

Assignment

Fill in the bolded bones in your Anatomy Coloring Book - pages 25, 26 & 28.