

## Create The Body Map of Your Solar Plexus

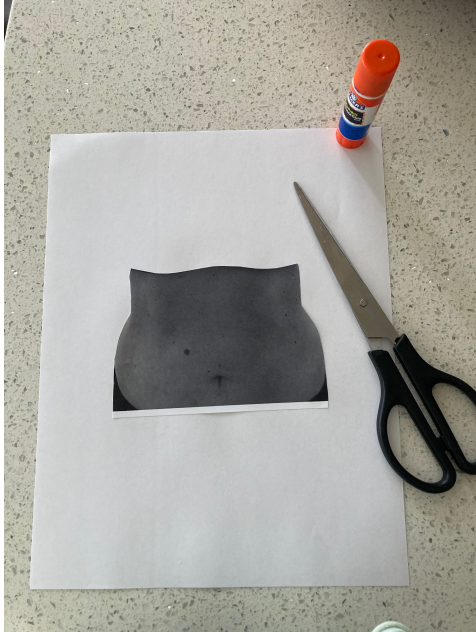
- Take a photo of your solar plexus from your navel up to the V of your ribs. Have someone take it or stand in front of a full length mirror



- Print out the photo in black and white

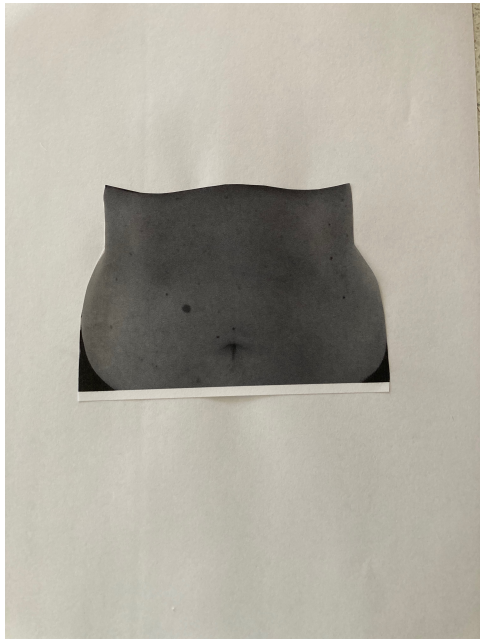


- Cut out your solar plexus



- Glue your solar plexus to an 8.5 x 11 piece of paper





- Place the outline of your solar plexus body map in your 3-ring binder

