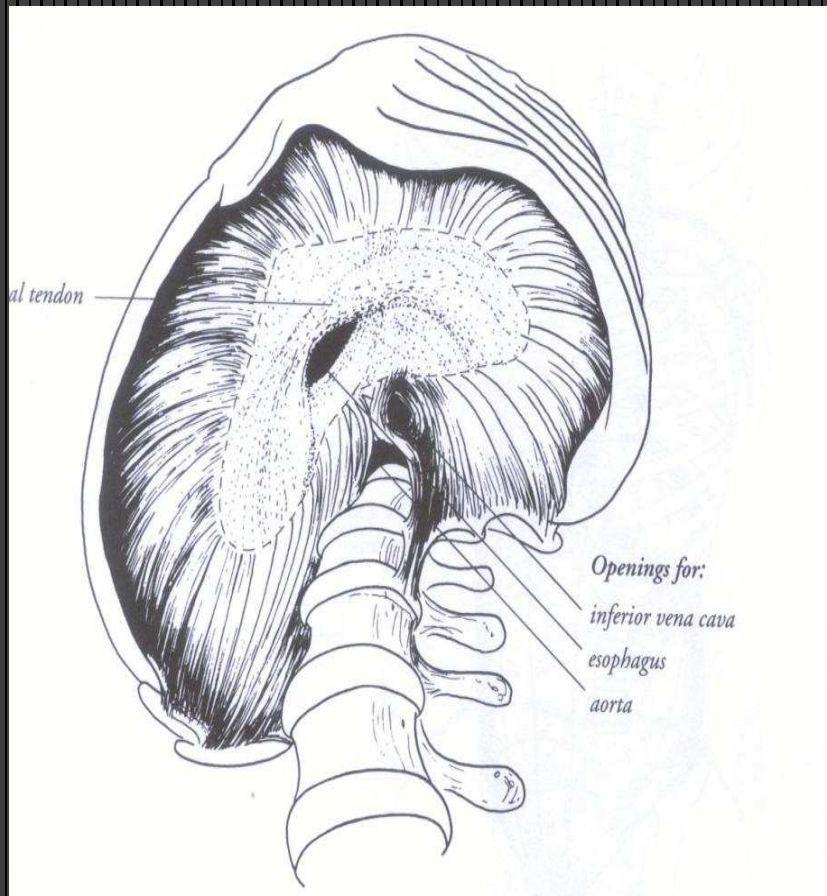


Power Solar Plexus Breathing



- Allow the body to use the **smooth muscles**
- to **assist in the return of blood**
- **from the Vena Cava**
- **back to the Heart**
- for **improving the flow of the three major circulatory systems.**