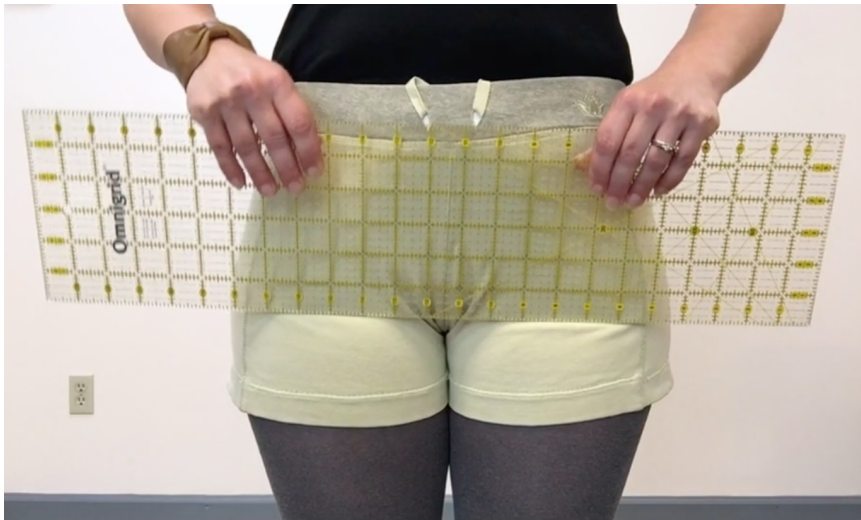
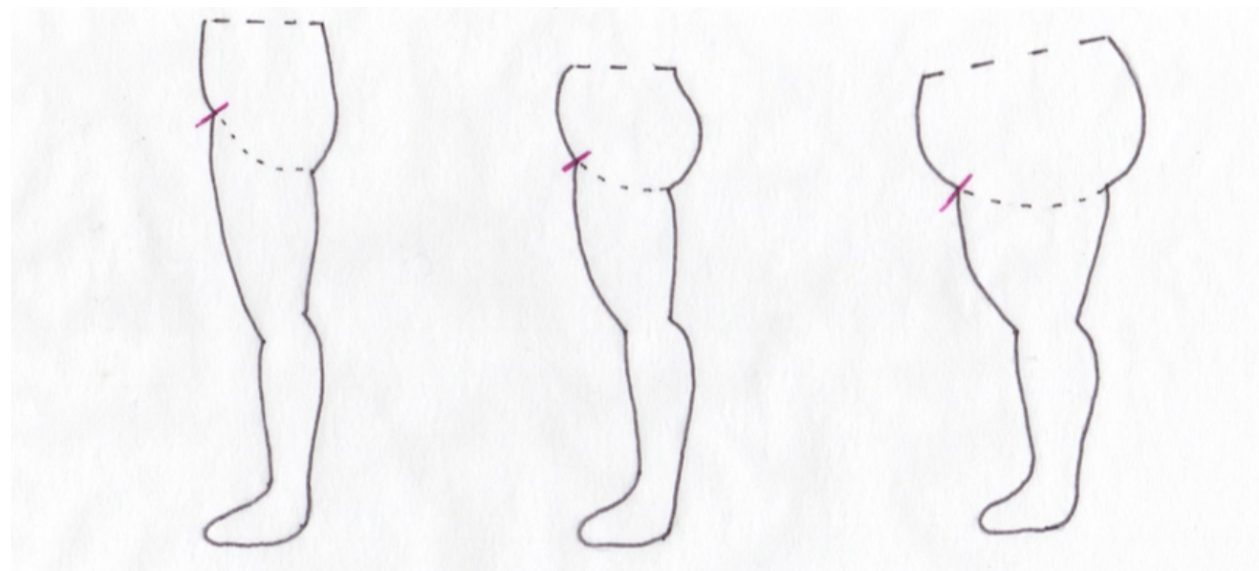


Finding your turn point can be tricky. If the method I share in the video leaves you puzzled, give these strategies a try!

1. Take something flat like a large quilting ruler or a hardback book and place it against your belly. Scoot it down following the curve of your body until it stops on the top of your leg. The bottom edge will most likely be at your turn point.

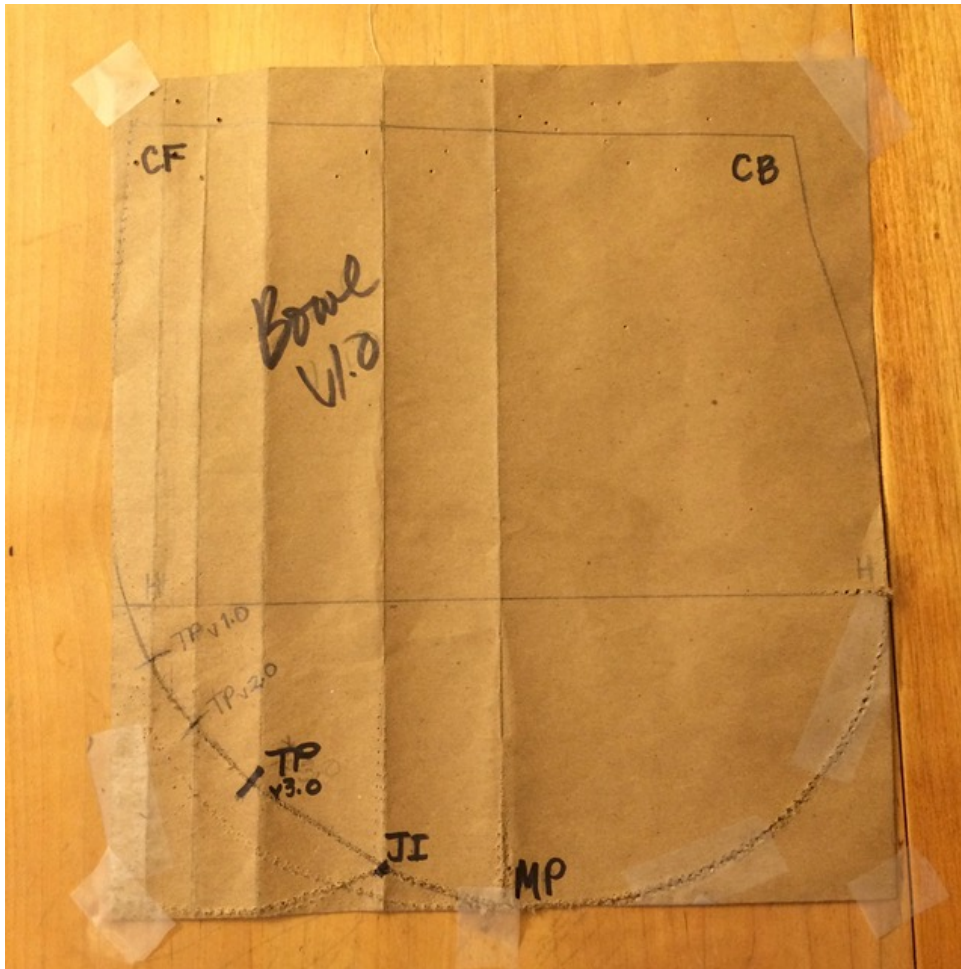


2. Take a photo of yourself from the side. The indentation where the top of your thigh meets your torso will most likely coordinate with your turn point. You may need to trace your body outline to notice the indent.



Turn Point Tips

3. Take a guess and do some experiments! Najah noticed something was off in her first mockup and suspected it was an incorrectly placed turn point. Through guesswork and experimentation, she got a perfect fit on the 3rd try!



Third time is a charm! Najah's Turn Point 1.0, 2.0, and 3.0. She found that her TP was actually behind the flesh of her thigh. (Note: We will find the JI and the MP later in the course.)

4. Your Turn Point might coordinate with your pubic bone.
5. Ask for advice in the Group! I'll also share a lot more info about the Turn Point in Chapter 2.

Do you have any bowl-making or turn point tips to share?