For Anytime
Lu Yim

Lay on your back and lift your hips up, pressure of air expands your upper back. INHALE THROUGH NOSE FOR 3, EXHALE THOROUGHLY AND EASILY THROUGH MOUTH FOR 6.

In an all fours (child's pose) elevate your hips up so they are higher than your shoulders, pressure of organs move away from your pelvis, pressure of air expands your chest wall. BREATHE THE SAME AS ABOVE.
Laying on your right side, floor compresses lung and liver, pressure of inhale opens left side.

KNEES BENT, KIND OF FETAL LIKE POSITION, PILLOW UNDER HEAD, BREATH RELAXED.

Laying on your left side, floor compresses stomach, spleen and lung, pressure of inhale opens right side.

Any position with your legs up, lying down with legs up a wall / knees bent, draped over side of chair. Alleviate spine, alleviate legs.

Crying, sighing, yawning, falling asleep, are all natural responses.