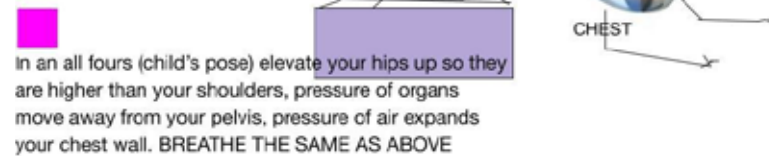
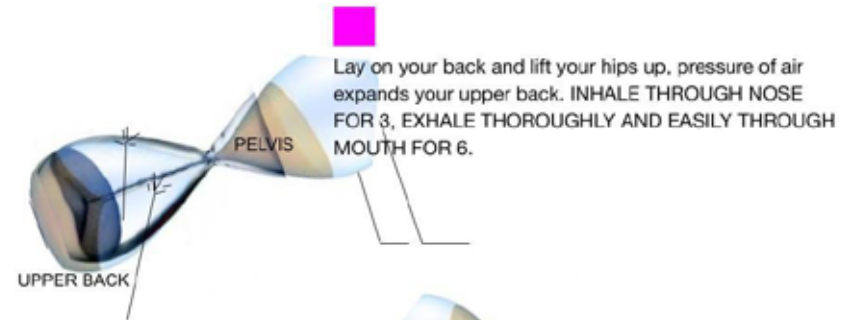


# For Anytime

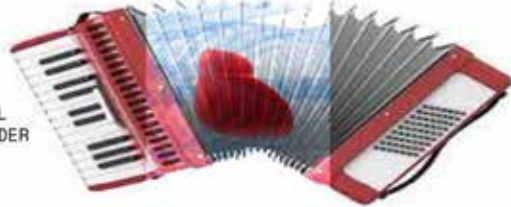
Lu Yim

EAR | WAVE | EVENT

Issue Six  
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[issue6.earwaveevent.org](http://issue6.earwaveevent.org)

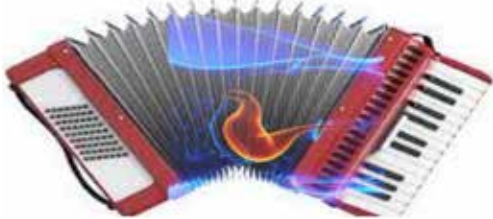


Laying on your right side, floor compresses lung and liver, pressure of inhale opens left side.



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.