

- 1 BIP 6:06
- 2 MUZE 5:48
- 3 SPRING SONG 5:09
- 4 17-25 3:57
- 5 LAZY BIRD 2:45
- 6 TRANSITION 6:50
- 7 PRIMAL HEURISTICS 3:53
- 8 PUNJAB 3:25 Total time 37:53

JOACHIM LYCHE GUITAR

UMA MORELIA BUSTOS REKSTEN BASS

BENDIK JÖHNK DRUMS

All compositions by Joachim Lyche except  
Lazy Bird by John Coltrane, Punjab by Joe Henderson

Recorded May 18 & 2 and October 31, 2025  
by Vidar Lunden at Musikkloftet, Asker, Norway  
Mixed November and mastered December 2025  
by Vidar Lunden at Musikkloftet  
Produced by Joachim Lyche  
Executive producer Odd Gjelsnes  
Cover photo by Geir Hareide Andersen  
Portrait photo by Ole Bakkevold  
Design by Max Franosch

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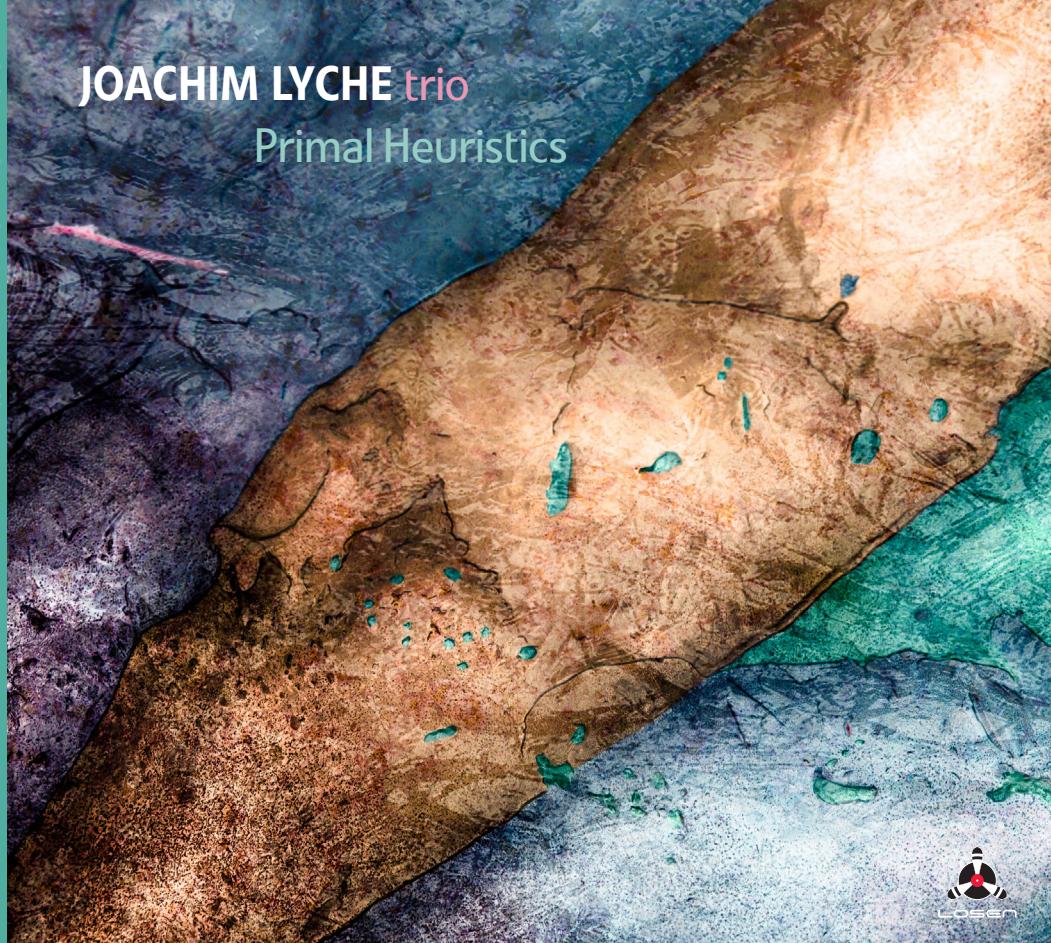


JOACHIM LYCHE TRIO

PRIMAL HEURISTICS

# JOACHIM LYCHE **trio**

## Primal Heuristics



When we create art in the moment, improvising in such a way that we are able to convey our feelings through an instrument, we are innovating and connected to a deep tradition and canon of music. To truly improvise, you cannot stop to think.

Heuristics are mental shortcuts or “rules of thumb” that people use to make judgments and decisions quickly and efficiently, especially when information is limited or time is short.

This record marks our debut with this group. We are excited to share our musical world and hope this record can inspire you to think anew and bring more positivity to the world.