

Sunglaciars

Sunglaciars are embarking on their first cross Canada tour to support the release of their debut LP, *Foreign Bodies*. Following the success of their first two EPs (*Twin Evil Twin* in 2018 and *Moving in Darkness* the year prior), songwriters Evan Resnik and Mathieu Blanchard retreated to Mexico City in late 2017 to write together and lay the groundwork for the album. The pair holed up and began working in an underground rehearsal space for hours a day, discovering a strange and unique tranquility amid the chaos of the sprawling metropolis. They returned to Calgary and enlisted Chris Dadge (Chad vanGaalén, Alvveys) to record and co-produce. After months of careful recording and meticulous arranging and layering, *Foreign Bodies* was finally completed in Spring 2019. A dense, expansive work of alternating urgency and atmosphere, the album mirrors the particular nature of its birthplace through its inventive structures, harsh beauty, and the ability to find serenity inside discord.

The band recruited synth player Helen Young and multi-instrumentalist Kyle Crough (Dri Hiev) to play high profile shows with bands including Omni, Stef Chura, Preoccupations, and Daniel Romano. The increased dynamic power of the group and the combined energy of its 4 members has brought *Foreign Bodies* to life and then some, captivating increasingly large audiences with their intense, exciting live shows. Their first single, with a video by Toronto videographer Heather Rappard (Ought, Tough Age), is currently charting on college stations and the album is available to order on Bandcamp.

 [sunglaciars.bandcamp.com](https://bandcamp.com/sunglaciars.bandcamp.com)

 [instagram.com/@sunglaciars](https://www.instagram.com/@sunglaciars)

 [facebook.com/sunglaciars](https://www.facebook.com/sunglaciars)

 www.sunglaciars.com

Contact:

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SUNGLACIARS



Foreign Bodies

"...Sunglaciars have managed to polish their psych-pop gems to an even brighter sparkle. With added atmosphere and a knack for performance, the rising Calgary band are poised for a breakthrough." - Sled Island 2019

"Recorded by Chris Dadge (Alvveys, Chad VanGaalén, Lab Coast), the four-song EP demonstrates the band's penchant for pairing pop accessibility with plenty of frenetic experimentation." - Exclaim!

"Sunglaciars are a shining example of Calgary shoegaze goodness. Their explosive psychedelia and impressive skills give them a solid seating in Calgary's music scene." - Beatroute Magazine

"This band is a real force live, especially with the addition of a new(ish) keyboard player. We're really looking forward to their full length release this fall." - Calgary Cassette Preservation Society

Genre:

Psych/Indie/Rock

For Fans of:

the Walkmen, Sonic Youth, Deerhunter

