

# Sunglaciars

Sunglaciars are a 4 piece post-punk/shoegaze band who released their debut LP, *Foreign Bodies*, in September 2019. Following the success of their first two EPs, Evan Resnik and Mathieu Blanchard retreated to Mexico City in late 2017 to write 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 (Alvvays, Chad vanGaalén) to record and co-produce. After months of careful recording and meticulous arranging, *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) for a cross Canada tour including shows with direct support to Omni, Stef Chura, Preoccupations, Daniel Romano and No Age. 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. The band have released videos with artists Heather Rappard (Ought) and Ryan Kostel. They are touring throughout the summer, starting with the UK, Europe, and Eastern Canada in May/June 2020.

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

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

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

 [www.sunglaciars.com](http://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

*"With the release of their first full length LP Foreign Bodies last fall, Sunglaciars are ready to prove themselves to be one of Canada's most captivating psych acts."* - Maddie Nelson, Block Heater Festival

*"After Blessed, Calgary's Sunglaciars played a set and wowed everyone in the bar. With a rhythm section that locks your attention, they laid down a masterful swatch of colourful flourishes over top. Cups N Cakes writer Drew Cox said they were hands down the best act of the showcase."*

*Jeff MacCallum, Cups N Cakes Network*

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

*Genre: Post-punk/Shoegaze/Rock  
For Fans of: Deerhunter, Sonic Youth, Total Control*

VIDEOS

*"A Different Place"*

*"Through the Screen"*

