**Biography – SENNA – A Moment of Quiet EP**

Stripping away all expectations, constraints, pressures, and limitations, there’s a certain purity and allure to art crafted simply for the sake of genuine expression. The desire to unleash one’s unencumbered ingenuity and unique vision into the world is an attitude embraced by those often celebrated for pushing boundaries, and it’s under this same premise that German newcomers SENNA and their latest EP were formed.

Drawing their name from the Arabic word for brightness, shine, or glow, bandmates Simon Masdjedi (vocals), Tobias Stulz (guitar/vocals), Marcel Dürr (guitar), Fabian Cattarius (bass), and Leon Dorn (drums), never intended for SENNA – a musical outlet originally established as a studio side project – to come into its own as a fully-fledged unit. Yet, tackling a luminous blend of playful but technical instrumentation and edgy hard-rock meets progressive post-hardcore styling, it’s only fitting that both the innovative outfit and their introductory work have entered the limelight for all to enjoy.

“It was really liberating,” guitarist Marcel Dürr recalls the group’s mindset leading up to their SharpTone debut. “Because we weren’t pursuing SENNA as a proper band at first, we had a lot of time to experiment with our sound. Our goal was to simply write the music that we enjoyed, without being boxed into any one genre.”

Proponents of letting one’s imagination run wild, the quintet’s inquisitive ethos remains a key component in fueling their creative edge. And, with this viewpoint in mind, it follows that displays of artistic exploration can be found peppered throughout *A Moment of Quiet*, with no exemplar more prominent than the central theme of the EP itself.

Taking a seed of inspiration and running with a clever new angle, what first began as a working song title (“Morocco Mint”), quickly blossomed into what would become the overarching tea-inspired concept behind the collection as a comprehensive whole.

Recorded in late 2019 through 2020 at Überlärm Studios in South Germany, the band describe the EP title as an emotional response derived from the calming and transcendent nature of enjoying a good cup of the delicious drink. Each song title similarly boasts a different tea-related name, and like the perfect assortment of beverages, the various tracks all contribute a distinct flavor while utilizing a shared sonic palette stemming from the group’s life experiences, influences, and instruments of choice.

Embracing their contemporary intuition and churning out enthralling modern anthems while also employing an arsenal of vintage amps, analog synths, and classic “non-metal guitars and basses” to form their individual style, SENNA, akin to the tea they so suavely champion, were clearly keen to provide listeners with a layered soundscape and tasteful depth.

Heavier lyrics that touch upon topics like the struggle to break loose from a toxic relationship (Lavender), supporting a loved one on their deathbed (Rosehip), and fighting to become someone you can be proud of (Jade), contrast brilliantly with the lively atmosphere and buoyant guitar riffs of their corresponding tracks. However, just as blue mallow tea astounds consumers with its bewitching color-changing properties, SENNA delight listeners by refusing to be pigeonholed into a single category. In fact, an aptly titled track, songs such as “Blue Mallow” see the quintet branch out, showing off a heftier side with gritty screams and denser tones.

Gathering all the right ingredients and melding complex ideas into delectable morsels of musical umami, SENNA are new cooks in the kitchen. And if their debut work is any indication, they’re not afraid to brew up something great.