

Mat Creedon & The Soma Ensemble

'Sound Bath Orchestra'

**Releases Debut Album
'7 Chakra Meditation'**



"Powerful Sound Healing band announces breathtaking debut release."

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'7 Chakra Meditation Live'

Mat Creedon & The Soma Ensemble
Release their debut album

Imagine a sound bath with 10 sound healers/musicians playing multiple instruments, with the sole intention of creating a profoundly powerful healing experience.

Our music combines various genres, including folk, world music, & light language. We have been active since 2023 and have released our debut album '7 Chakra Meditation' independently.

'7 Chakra Meditation', is Mat Creedon & The Soma Ensemble's debut album. This 80-minute Sound Bath is a rhapsody of live acoustic instruments & light language vocals. Careful attention has been paid to choosing the right instrument, tempo, scale, & frequency to support the flow of energy through the Chakra's. Only real instruments recorded at the highest fidelity were used in creation of this album. Which not only adds warmth and integrity to the rich tapestry of sound but also makes it a powerfully blissful experience!

The Soma Ensemble bio

The Soma Ensemble started out as a Sound Bath project of Artist/Sound Healer Mat Creedon: combining the love of spontaneous live performance, deep meditation & dreaming big. Our unique blend of healing music infuses, rich resonating Tibetan Singing bowls, Gongs, uplifting light language vocals, traditional Eastern & western acoustic instruments (Hand Pan, Violin, Native American Flute, Clarinet, Piano, Sitar, Chroma Harp, Acoustic Guitar) and grounding world percussion. Mat writes "I have always wanted to put together an Orchestra. The energy of many talented musicians coming together is always an exciting experience, especially when combined with the practice of meditation. During the performance, unspoken communication begins to arise among the players & listeners as each intuitively feels the energy of the room. Through combined improvised creative expression the musicians help the listeners to release blocked energy. As the meditation becomes deeper the mind and body fully relax, recharge & heal.

All types of profoundly life-changing experiences can and do occur. It's a truly breathtaking experience!"

"We look forward to sharing our next wave of sonic bliss with you"

- Mat Creedon, The Soma Ensemble

Thanks so much your generosity is greatly appreciated.

Kindest, Mat & The Soma Ensemble

*Please contact mat@matcreedon.net for interviews,
guest list and further info.*

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