



IPOMONIA



IPOMONIA Release Debut EP Contemplation I on March 21st, 2025

IPOMONIA, a newly emerging progressive metal project, will release their debut EP, *Contemplation I*, on March 21st, 2025. This EP blends elements of modern progressive metal with a Nordic melancholic vibe, creating a distinct sound that traverses both the intense and the introspective.

Drawing inspiration from names such as **Leprous**, **Soen**, **Eivør**, and **Wardruna**, *Contemplation I* combines intricate rhythms with expansive, emotionally charged melodies, while reflecting the landscapes of both inner conflict and quiet resolution. Here, complex, powerful structures coexist with delicate, atmospheric moments. The EP represents the intersection of progressive metal's technicality and the evocative, melodic sensibilities of Nordic traditions.

“Contemplation I has been a channel to express something fundamental about being in this life – an existential anxiety and ambivalence, navigating the tension between fear and courage, powerlessness and strength, dependence and autonomy.” – Maja Partsch (composer, instrumentalist, and vocalist)



The EP was created in collaboration with a selection of prominent Danish progressive metal musicians: Eskil Rask of **lotunn** on fretted and fretless bass, Frederik Uglebjerg of **Isbjörg** (formerly **Svartsot**) on drums, Bjørn Wind Andersen of **lotunn** co-writing the drum arrangements, Tue Krebs Roikjer of **Morild** providing screams, and Max Uldahl of **Lamentari** serving as a teacher of string arrangement and programming. The EP was mixed and mastered by Frederik Uglebjerg and supported by **KODA**.

Contemplation I marks the first chapter of the musical story of IPOMONIA, with *Contemplation II* already on the drawing board, so the story continues..

