

Title: Oval Tid  
Artist: Medi  
Catalog no: HR063  
Release date: September 25th 2020  
Distribution: Havtorn Records / The Orchard



**Dear listener,**

Malmö, Sweden June 2020

on September the 25th our third record "Oval Tid" will be released by Havtorn records. Oval Tid (Oval Time) is a reflection on passing times and different tempos, both in life and in music. Time passes in oval periods. Sometimes too slowly and sometimes it's hard to keep up. Sometimes music and life swings.

The music is composed by us, Medi. The vinyl record has eight tracks and the digital version consists of nine. The music was recorded during a day in a hectic period of our lives. The titles of the songs reflects things that have been useful to us when coping with life and it's different tempos. Sometimes you need a "Life Jacket" to stay floating and sometimes "Meditation" is necessary to not rush too fast and to stay focused.

**Free Jazz in Motion is presence, seriousness, humour and play.  
Free Jazz in Motion moves those who dare to listen.**

We started playing together as an ordinary free jazz duo in 2007, or at least we stood and sat like an ordinary free jazz duo. Since 2013 we play in our own genre called Free Jazz in Motion. Tones and rhythms are mixed with moves. We use the room to make new sounds and we assent to each others creative ideas. The visual part of the performance, unfortunately not possible to record on a vinyl, adds a new dimension to the music.

**Medi is probably the only Free Jazz in Motion duo in Sweden.**

We wish you a pleasant and/or bewildering Free Jazz in Motion moment! And we hope to play for you live soon where we can put out all the stops and give you the whole picture of Free Jazz in Motion.

With love,

Ida Karlsson: Saxophones, clarinet and motions.

Emeli Ek: Percussion, drums, and motions.



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