FREE SELECTION

Seasons of Emotions



Chapter 1

FOUR THE SEASONS

Electronic Press Kit



„The journey begins — through light, conflict and renewal.“

Free Selection is an Alternative Art/Prog Rock band from Mannheim, Germany, blending atmospheric soundscapes, emotional storytelling and dynamic arrangements into a cinematic and deeply expressive musical identity. Formed by guitarist and composer Marco Nau, bassist Andrey and drummer Christian, the band first took shape in 2020. Their early work quickly revealed a distinctive combination of melodic sensitivity and progressive ambition.

In 2022, vocalist Julia joined for the recording of the debut album, adding a powerful emotional dimension to the band's sound and completing the Chapter One lineup.

Free Selection's music balances introspection and intensity — shifting between delicate, ethereal passages and expansive, dramatic progressions. Their approach merges influences from Art Rock, Progressive Rock, Alternative Pop and cinematic music, creating a sound that feels modern yet rooted in storytelling traditions. Fans of bands like Pink Floyd, Marillion, Porcupine Tree, Anathema, The Pineapple Thief or RPWL will recognize familiar emotional depth, while the band maintains a distinctly personal voice.

At the heart of their work lies the ambitious concept series "Four The Seasons" — a four-part musical journey exploring the emotional seasons of the human heart: transformation, conflict, reflection and renewal. The first chapter, Seasons of Emotions – Chapter One (Sireena Records, 2025), introduces the series with a blend of cinematic arrangements, atmospheric textures and expressive vocal performances. With compositions ranging from focused, melodic tracks to extended progressive epics like Care or Summer Rain, the album showcases the full emotional and musical spectrum of the project.

Free Selection continues to evolve their sound, expanding their conceptual universe while preparing the next chapters of the series. Their mix of atmospheric depth, progressive structures and emotional storytelling positions them as one of Germany's fresh and promising voices in modern Art/Prog Rock.


Christian Jotter - Drums


Julia Klingler - Vocals


Gitarrenschule
Ma-Guitar
Mannheim
Marco Nau
Guitars, Keyboards


Andrey Kelim - Bass



ALBUM SEASONS OF EMOTIONS

Streaming

Albumlink

CD - Release

Bandcamp Free selection

Media Markt

Seasons of Emotions

- Mixed & mastered at
- (Tonstudio Florin Media)
- Label: Sireena Records | Distribution: Broken Silence
- Digital Release: October 10, 2025 | CD Release: October 17, 2025
- VideoDreh Summer Rain coming soon
- Live show: Release Gig, Cinema Live
- Bandsupporter Heidelberg Carousel – 21 February 2026
- Further dates TBA.

📀 Physical CD available via Sireena Shop and all Shops



Die Presse hebt besonders die emotionale Tiefe, cineastische Atmosphäre und die moderne Mischung aus Art Rock, Prog und Alternative Pop hervor. Gelobt wurden besonders die starken Vocals, das authentische Band-Feeling und das mutige Konzept hinter den „Seasons of Emotions“.

REVIEWS DEUTSCH

Classic Rock Magazin Dezember 25

- „Ein vielversprechendes Debüt mit emotionaler Tiefe und großer musikalischer Bandbreite.“
- „Free Selection verbinden Art Rock, Atmosphäre und starke Melodien.“

Eclipsed Magazine November 25

- „Ein vielversprechender Auftakt – emotional, vielseitig und ambitioniert.“
- „Free Selection zeigen eindrucksvoll, wie facettenreich moderner Art-/Prog-Rock klingen kann.“

RockTimes

- „Ein eindrucksvolles Debüt zwischen Progressive Art Rock und Alternative Pop.“
- „Über eine Stunde abwechslungsreiche Klanglandschaften – atmosphärisch, kraftvoll, emotional.“
- „Starke Sängerin, klare Songstrukturen und spürbares kompositorisches Potenzial.“

SaitenKult

- „Free Selection liefern ein spannendes Konzeptalbum mit mutiger Ausrichtung.“
- „Emotionaler Art Rock mit modernen Prog-Anklängen – ein starker erster Teil.“

Rockradio.de

- „Authentischer, atmosphärischer Sound, der live wie auf Platte überzeugt.“
- „Eine Band mit unverwechselbarem Stil zwischen Gefühl und Energie.“

BAND MILESTONES

- Debütalbum 2025 (Sireena Records)
- Features im Classic Rock Magazin
- Airplay bei Rockradio.de
- Bandsupporter Heidelberg (Feb 2026)
- Summer Rain - Video
- Konzeptalbum-Reihe (Chapter 1–4 geplant)

UPCOMING LIVE SHOWS

- 21.02.2026 – Heidelberg Carousel
- Weitere Termine folgen



The press particularly highlights the emotional depth, cinematic atmosphere, and modern blend of art rock, prog, and alternative pop. The powerful vocals, authentic band feel, and bold concept behind "Seasons of Emotions" have been especially praised.

REVIEWS ENGLISCH

Classic Rock Magazine December 25

- "A promising debut with emotional depth and a wide musical range."
- "Free Selection combines art rock, atmosphere and strong melodies."

Eclipsed Magazine November 25

- "A promising start – emotional, diverse and ambitious."
- "Free Selection impressively demonstrate how multifaceted modern art/prog rock can sound."

RockTimes

- "An impressive debut between progressive art rock and alternative pop."
- "Over an hour of varied soundscapes – atmospheric, powerful, emotional."
- "Strong singer, clear song structures and noticeable compositional potential."

SiteCult

- "Free Selection deliver an exciting concept album with a bold direction."
- "Emotional art rock with modern prog influences – a strong first part."

Rockradio.de

- "Authentic, atmospheric sound that is convincing both live and on record."
- "A band with a distinctive style that blends emotion and energy."

BAND MILESTONES

- Debut album 2025 (Sireena Records)
- Features im Classic Rock Magazin
- Airplay at Rockradio.de
- Bandsupporter Heidelberg (Feb 2026)
- Summer Rain - Video
- Concept album series (chapters 1–4 planned)

UPCOMING LIVE SHOWS

- 21.02.2026 – Heidelberg Carousel
- More dates to follow

FREE SELECTION

https://free-selection-band.carrd.co

Free Selection Links



CONTACT

0176 66803016

info@ma-guitar.de

https://free-selection-band.carrd.co

Free Selection Links - Social Media

FOR FANS OF:

Pink Floyd • Dream Theater • Toto

U2 • Saga • Spock's Beard

Download Artwork

Download Bandfotos

Download Technical Rider