

RECOVERING THEATRE KID LANA WINTERHALT



Indie-pop from Winnipeg, MB, CAN

[CLICK HERE FOR TRACKS AND PRESS MATERIALS](#)

Photo Credit: Megan Wilson

LANA WINTERHALT RELEASES DOUBLE EP'S "ACT I" & "ACT II" AHEAD OF FULL ALBUM "RECOVERING THEATRE KID"

Lana Winterhalt is a Recovering Theatre Kid--dramatic, emotional, charismatic, sparkly, larger than life--all fuelled by caffeine and Zoloft. As an introverted extrovert, Lana is chaotically balanced between a life on the stage as a performer and life as a hermitic music producer, crafting a sonic universe for listeners to walk around and get lost in.

All of this comes to life on her full-length album, "Recovering Theatre Kid", where Lana wraps gentle feelings of nostalgia in swirls of strings and dreamy synths on songs like "Static", and powerful feelings of betrayal and regret into epic, climactic, musical-theatre-inspired ballads on songs like "Please Don't Let Me Go". Lana's insomnia takes centre stage on songs like "Rattling in My Head" and "Bean", where late-night thoughts of insecurity and doubt are free to wander around in the silence of the night. This album is the new companion to anyone who has been told they're "too much" or "not enough".

All songs on album were engineered, produced, and some mixing by Lana Winterhalt, with extra production, mixing, and mastering from mentor and friend John Paul Peters at Private Ear Recording in Winnipeg, Manitoba. John Paul Peters adds the perfect sparkle to these tracks, having worked with Canadian indie heroes like Begonia and Royal Canoe.

"Act I" EP - January 19, 2024

1. Recovering Theatre Kid - 3:26
2. Static - 3:37
3. Rattling in My Head - 3:13
4. Starstruck ft. Nic Dyson - 2:38

Total Run Time: 12:54

"Act II" EP - February 23, 2024

1. Sweet Sorrow - 0:37
2. Blockbuster - 3:41
3. Bean - 3:45

Total Run Time: 8:03

"Recovering Theatre Kid" - March 22, 2024

1. Prelude
2. Recovering Theatre Kid - 3:26
3. Static - 3:37
4. Rattling in My Head - 3:13
5. Starstruck ft. Nic Dyson - 2:38
6. Intermission
7. Sweet Sorrow - 0:37
8. Blockbuster - 3:41
9. Bean - 3:41
10. Nothing
11. Please Don't Let Me Go
12. Postlude

[CLICK HERE FOR TRACKS
AND PRESS MATERIALS](#)

Publishing:
kim@highpriestesspublishing.com

 lanawinterhalt.com

 hello@lanawinterhalt.com

 [@lanawinterhalt](https://www.instagram.com/lanawinterhalt)

 [@lanawinterhaltmusic](https://www.facebook.com/lanawinterhaltmusic)