**SINGLE - “HEY POSEIDON” by Heather Nova**

**Heather Nova releases her new single, “Hey Poseidon”, on V2 Records on October 4th, and announces a 29 date European tour next Spring. Here’s what she says about the single:**

**Last summer I went sailing for the first time in years. Having grown up on a sail boat, it brought back many memories, and it reminded me that we can always choose to unhook from who we think we ought to be at any point in our lives. We can be as young as we feel. We can reject our pre-conceived ideas, and refuse to be labeled. The combination of being at the mercy of the elements, and being surrounded by the rich history and mythology of ancient Greece, rekindled in me a romantic longing to return to simplicity, and a desire to strip everything back to essentials: peace, presence, love.**

**"Hey Poseidon” was produced and mixed by Chris Bond (Ben Howard) in the UK**