

There's a special moment when the breath meets the heartbeat, and time stands still. The pull to move with the music emerges, and hesitancy falls away. Sheena Legrand channels this in "Back To Life" - her latest offering to the world since 3 full length albums as Sheena Grobb.

Listening to her music, there is a comfort, a familiarity, a remembering who we are. Expect this WCMA-nominated indie-folk/pop songwriter, originally from Treherne, MB, to serve us a generous helping of sweet melodic hooks, intricate keys, and delicately layered vocals reminiscent of her earlier work, with an electrifying live loop experience that will be sure to get your body moving.

Sheena's songwriting reflects the inner strength, playfulness, and electricity that exists when standing on the edge of our infinite potential. Her audiences live happily on that edge with her where the journey really begins.

Check out Sheena's latest release "Green Light" - now available on all platforms. This is the songbird's first commercial single in 10 years, and a celebration for anyone finding their way 'back to life'.