Slow Down Ruth

Alternative/progressive rock

Contact Information

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Biography

Slow Down Ruth is an indie-alternative band from Olsztyn, Poland, blending atmospheric soundscapes, expressive guitars and melancholic melodies. Their music combines elements of alternative rock and progressive influences, creating an intimate yet dynamic sound.
In 2025, the band released their debut EP, Once upon a place — a five-track journey featuring “Nobody Knows,” “Curtains Fall,” “Ocean,” “Maria” and “Whispers in the Dark.” Their songs explore emotions, memories and the complexity of everyday experiences, balancing subtle atmospheres with powerful musical expression.
Slow Down Ruth invite listeners to slow down, immerse themselves in the music and discover their own stories within it.

Performance Details

Typical Set Length: 60-70 minutes

Crew Size: 5

Event Summary

Upcoming Events: 0

Past Events: 0

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