

# SECULAR UPHEAVAL

**ELECTRONIC PRESS KIT**

**PROGRESSIVE / EXPERIMENTAL / ALTERNATIVE ROCK**

Athens, Greece

## Band Overview

Secular Upheaval are a four-piece progressive and experimental rock band from Athens, Greece, formed in November 2022. Built around an unconventional lineup of two basses, drums and vocals, the band creates a distinctive sound combining deep grooves, distorted lead bass, atmospheric textures, progressive structures and emotionally charged vocals.

Rather than treating the absence of a conventional guitar as a limitation, the band has made it a fundamental part of its identity. The two basses occupy different musical and sonic roles, creating a dialogue between rhythmic low-end weight and lead-driven melodic, harmonic and textural space.



Secular Upheaval live at Architecture Live Stage, Athens, 2025. Photo: Dimitris Fatisis.

## Line-up

| MEMBER       | ROLE                   | FOCUS                                      |
|--------------|------------------------|--------------------------------------------|
| Chrysi       | Vocals                 | Expressive vocals and lyrics               |
| Dora         | Bass                   | Low-end foundation and groove              |
| Constantinos | Lead Bass / Songwriter | Riffs, lead lines, effects and composition |
| Dimitra      | Drums                  | Precision, groove and dynamic movement     |

## Sound & Roles



*The band's two-bass interplay live at AN Club, Athens, 2026. Photo: Dimitris Fatisis.*

### **Dora - Bass**

Dora anchors the band with clean, deep bass lines, working closely with the drums to establish the groove, low-end weight and rhythmic foundation of each composition.

### **Constantinos - Lead Bass / Songwriter**

Constantinos treats the bass as a lead instrument, using pitch shifting, fuzz, modulation, delay and synthesis to create riffs, solos and atmospheric textures. His compositions provide the foundation for the band's arrangements.

### **Chrysi - Vocals / Lyrics**

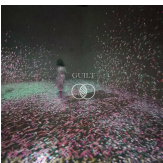
Chrysi moves from delicate, intimate passages to raspy textures and powerful highs. Her lyrics explore introspective themes of isolation, uncertainty and emotional conflict.

### **Dimitra - Drums**

Dimitra combines precision, groove and intensity, providing the rhythmic backbone while guiding the music from restrained atmospheric passages into heavier, more energetic sections.

## Releases

*The release timeline below is current as of August 2026.*

| ARTWORK                                                                             | RELEASE DETAILS                                                                                                                                              |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p><b>Secular Upheaval</b></p> <p><b>6 May 2025</b></p> <p>Within My Room (IOP); Shadows; Corridors; Formol; Ocean</p>                                       |
|    | <p><b>Death's Rejection</b></p> <p><b>24 June 2026</b></p> <p>First single from the forthcoming debut full-length album</p>                                  |
|   | <p><b>Guilt</b></p> <p><b>5 August 2026</b></p> <p>Second single from the forthcoming debut full-length album</p>                                            |
|  | <p><b>Upcoming Single</b></p> <p><b>Planned for late September / early October 2026</b></p> <p>Release timing subject to confirmation</p>                    |
|  | <p><b>Debut full-length album</b></p> <p><b>Tentatively planned for November / December 2026</b></p> <p>Ten tracks; digital and physical formats planned</p> |

## Live

Since their formation, Secular Upheaval have developed their live presence across Athens' alternative and underground music scene. Their performances combine the weight and intensity of alternative rock with the atmospheric and experimental character of their recorded material.



*Secular Upheaval live at AN Club, Athens, 2026. Photo: Dimitris Fatisis.*

## Selected Live Highlights

- Architecture Live Stage (Gazi), Athens - November 2025 - with Spinball and Element Zero
- AN Club, Athens - June 2026 - with TripTease and Immortal Sun
- Other Athens appearances include Death Disco, Faust Athens, Level69, N.A.O.S., Nomads and Underathens Association.

## Listen, Watch & Follow

**Instagram:** [@secularupheaval.band](#)

**YouTube:** [Secular Upheaval on YouTube](#)

**Spotify:** [Secular Upheaval on Spotify](#)

**Bandcamp:** [Secular Upheaval EP on Bandcamp](#)

**TikTok:** [@secular\\_upheaval](#)

**Apple Music:** [Secular Upheaval on Apple Music](#)

**Sound Rewind:** [Band profile and live photography](#)

## Booking / Management / Press

**Email:** [Papadopoulos.con@gmail.com](mailto:Papadopoulos.con@gmail.com)

Athens, Greece

## Technical Information

The official technical rider includes the stage plot, FOH input list, monitor requirements, signal-chain notes and stage requirements.

[Download Technical Rider \(PDF\)](#)

## Photography Credit

Live photography: Dimitris Fatisis / Sound Rewind

[soundrewind.com](http://soundrewind.com)