



The birth of MND FLO began as a trio between Pianist, **Sharik Hasan**, Bassist **Alexander L. J. Tóth**, and Drummer **Anthony A. Tóth**. For them, it was one of those stories where they met and everything just clicked from the start. The trio originally met in Boston, while studying at the Berklee College of Music - a time of endless musical experimentation, and the beginning of a meaningful friendship that has lasted throughout the years.

Enter Vibraphonist, **Simon Moullier**. Although arriving in Boston slightly later on, he immediately found himself creatively exploring with the now developed trio. "Again, it was that instant connection. We really feel like he added his own unique voice, and that extra layer to the music that took it to a new level".

Since then, their musical philosophy has never revolved around individual instruments or personalities, but rather as one unit, that move together and Flo together. Even as individually distinguished artists that reside in various cities, MND FLO always remains their artistic home. In a time where it seems rare to come across a band where all members are equally invested in every aspect, MND FLO emphasizes the fact that they love doing what they do, and they love doing it together.

The rich heritage between the members of MND FLO is something that's highly influential to all of them, and they often find themselves being asked about where they all come from. Hailing from vastly different parts of the world including India, France, Trinidad, Hungary, and Canada, MND FLO has found a never-ending pool of inspiration to draw from within this diversity. "To us, one of the most beautiful things about creating music is digging into those roots and incorporating elements of your own culture within the music". Another concept that the group aims to achieve within their music is the idea, or interpretation of what they like to call "Flo". They describe Flo as a feeling where everything fits into place, allowing for a sense of seamlessness and being fully immersed in the music. Aside from music, they say Flo can relate to everyday life. There's Flo in the way you dress, there's Flo in the way you speak, it's in the mind, and it's almost always present when the four of them come together.

MND FLO's debut album "From Time" simply touches on the time that the group has all known each other. The four have known each other from time, been brothers from time, and have been creating music together from time. The album features an array of ethnic subtleties, as well as their apparent hunger for creating new vessels of musical expression through electronic elements and atmospheric detail.

As MND FLO puts it - "Ultimately, our main goal as a band is really to just break down the walls of whatever frame of mind someone might be in, invite them to be in the moment with us, and just let their MND FLO".

In a variety of musical settings, the members of MND FLO have individually performed at **Newport Jazz Festival, Novosadski Jazz Festival, Kriol Jazz Festival, Nancy Jazz Festival, Jazz A Vannes, Panama Jazz Festival, Atlanta Jazz Festival, Tri-C Jazz Festival, Jacksonville Jazz Festival, Beantown Jazz Festival, Cambridge Jazz Festival, Toronto International Jazz Festival, International Jazz Day, Blue Note Jazz Club NY, Jazz at Lincoln Center NY**, and various venues across **France, Sweden, Russia, Finland, Spain, Portugal, Cuba, Italy, Austria, India, Germany, Cape Verde, Indonesia, UK, USA and Canada.**

In addition, they have performed and/or recorded with internationally renowned artists including **Herbie Hancock, Wayne Shorter, Marcus Miller, Terri Lyne Carrington, Ralph Peterson Jr., John Patitucci, Valerie Simpson, Patrice Rushen, Chris Potter, Walter Smith III, Donald Harrison, Darren Barrett, Bill Pierce, Billy Kilson, Tia Fuller, Sean Jones, Antonio Sanchez, Joe Lovano, Kurt Rosenwinkel, Jazzmeia Horn, Geri Allen, Vijay Iyer, Danilo Perez, Myron Walden, Warren Wolf, Gregoire Maret, Antonio Hart, Matthew Garrison, Steve Wilson, Thelonious Monk Institute** and more.