



Mellow Mood & Ponto de Equilibrio: ‘Vida e Amor’

After *Play No Banger*, released in October 2025, **Mellow Mood** return with *Vida e Amor*, a new single created together with the Brazilian band **Ponto de Equilibrio**, one of the most representative names in South American reggae. The track will be available from **November 7, 2025**, and anticipates *7 – Deluxe Edition*, a new version of the album *7* featuring three previously unreleased songs — originally conceived for the record — born from international collaborations.

Vida e Amor is a meeting point between reggae and funk — a fast-paced song with a rich arrangement that stands in pleasant contrast to the more introspective tones of the original album, alternating verses in English and Portuguese. The track stems from a long-standing friendship: the two bands first met almost twenty years ago at **Rototom Sunsplash**, where Mellow Mood were struck by Ponto de Equilibrio’s roots energy and musical vision. After years of mutual respect, the collaboration finally took shape in a song that celebrates the connection between life, love, and spirituality.

As songwriter **Jacopo Garzia** explains, *Vida e Amor* carries a simple yet profound message: life is love, and love is an expression of the divine. A thought that should not remain merely intellectual, but be fully lived. The song invites listeners to open their eyes and hearts to recognize the Wisdom that guides our existence and evolution.

With *Vida e Amor*, **Mellow Mood** move one step closer to the release of *7 – Deluxe Edition*. The project is not a celebration of the past, but a step forward — a way to expand the band’s artistic vision through new collaborations.

Produced by Mellow Mood

Mixed by Paolo Baldini DubFiles at Alambic Conspiracy Studio in Pordenone, PN (ITALY)

Mastered by Nick Manasseh at The Yard Studio, London (UK)

Musicians:

Jacopo Garzia: vocals, guitars

Lorenzo Garzia: vocals, guitars

Antonio Cicci: drums, percussions

Matteo Da Ros: guitars

Giulio Frausin: bass, guitars, backing vocals

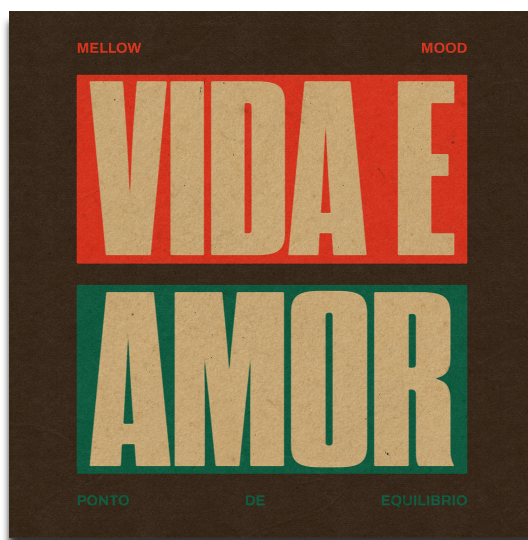
Flavio Passon: keyboards and programming

Additional musicians:

Enzo Barozzi: trombone

Giovanni Frabotta: trumpet

Artwork: Andrea Sifuentes



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