## Non-linear excitations and low-energy effective theories of spinor gases far from equilibrium

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A system driven far from equilibrium via a parameter quench can show universal dynamics, characterized by self-similar spatio-temporal scaling, associated with the approach to a non-thermal fixed point. Non-linear excitations such as solitons or vortices play a key role in the time evolution of such systems. Here we present a derived low-energy effective theory for an ultracold spin-1 gas, in addition to outlining the range of non-linear phenomena within this framework that impact the scaling behavior of the spinor gas. We also showcase experimental measurements of such excitations and discuss the real-time confinement dynamics of these excitations.