

asmr4apocalypse by zavé martohardjono

at Lincoln Center

Relaxed Event Sensory Guide



Photo by Argenis Apolinario

Event time: Friday, July 17, 2026 at 7:30 pm

Where: David Rubenstein Atrium

Recommended age: All Ages

This sensory guide helps you know what to expect when you come to asmr4apocalypse by zavé martohardjono at Lincoln Center.

For directions, restrooms, security, seating, and other venue information, please explore our [Plan Your Visit Page](#).

What is this event?

- asmr4apocalypse by zavé martohardjono is a dance event.
- The performance combines dance, immersive sound, and guided reflection.
- The audience is invited to imagine Earth's long history, including periods of change, extinction, and healing.
- The performance encourages the audience to reflect on their relationship with Earth's future and one another.
- You may see dancers, natural materials like tree branches and bushes, and ASL interpreters.
- You can choose to watch and take breaks at any time.

Basic Sensory Information

Here are some sensory moments you can plan for:



Sound

- Overall sound: varies between quiet and loud. There may be music, spoken words over a microphone, drums, and sudden sounds. Specific loud or surprising moments: in the middle of the show, alarm sounds will play, followed by heavy metal music.



Light & Visuals

- Lighting: well lit. Visual effects: live captions on a screen. No intense or surprising visual effects.



Movement

- Performers may stay onstage, move through the audience, and come close to audience members. Performers will hand out herb bundles to the audience members in the front row.
- Audience members may stay seated or vocalize or move throughout audience space as needed.



Audience Participation

- Participation is invited. You may be welcomed to sing a group song at the end of the performance. It is your choice to participate or to watch.



Emotional or Content Notes

- The event includes themes of meditation, grief, loss, memory, family, identity, and belonging. Sensitive content to know about: death and grief, specifically how it relates to the Earth.

Crowd, Space, and Waiting

- The space may feel busy. There may be a line or waiting period. If the space is full, staff may ask you to wait or come back later.

- Seating will surround all four sides of the square stage.
Seating is general admission, meaning first come first serve.

Breaks, Sensory Tools, and Access Services

- You can ask staff where to take a break.
- Sensory tools such as noise-reducing headphones, earplugs, and fidgets may be available.
- A Chill Out Space is available inside the venue.
- Access services include: Relaxed Performance, ASL, Open Captions, and Audio Description.
- Instant ASL interpretation through Convo Access may be available on Guest Experience Representative lanyards.

What to expect at this Relaxed Performance

- Guests can enter and leave the audience space throughout the event, as needed
- Guests can vocalize or move throughout audience space
- Fellow audience members are asked to create a no “shushing” zone
- House lights adjusted so that venue is never fully dark
- Attention to bright lights, loud noises, and surprise sensory elements, described in advance
- Chill Out Space for guests to take a break and rejoin performance when ready
- Noise-reducing headphones and fidgets available to borrow

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- Staff members and artists are trained in access and inclusion best practices