

## Crip Movement Lab with ReelAbilities

*Presented in partnership with  
ReelAbilities Film Festival: New York*



Crip Movement Lab—co-created by Disabled dancers Kayla Hamilton and Elisabeth Motley—is a movement workshop for all disabled people and their non-disabled accomplices, including and not limited to those that identify as D/disabled, blind, low vision, sight impaired, neurodivergent, D/deaf, hard of hearing, Sick, chronically ill, crip, or Mad. Those with and without movement experience are welcome!

This movement workshop is one hour long. It will feature the Crip Movement Lab co-creators **Kayla Hamilton** and **Elisabeth Motley** who will lead participants through improvisational dance to find crip pride in the processes of creating from disability knowledge.

The program will be on **Thursday, April 3<sup>rd</sup> at 6pm-7pm** on Zoom. This workshop is intended for ages 18+. This will be an active workshop. Participants will be invited to unmute and move their bodies throughout the workshop.

**Zoom Link to Join:**

<https://lincolncenter.zoom.us/j/98770208040?pwd=UEXJYtvNxATla ziV9B1t34XOXtnkba.1>

**Passcode: access**

Or One tap mobile

+16469313860,,98770208040#,,,,\*256177# US

+19292056099,,98770208040#,,,,\*256177# US (New York)

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

+1 646 931 3860 US

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 305 224 1968 US

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 360 209 5623 US

+1 386 347 5053 US

+1 507 473 4847 US

+1 564 217 2000 US

+1 669 444 9171 US

+1 669 900 6833 US (San Jose)

+1 689 278 1000 US

+1 719 359 4580 US

+1 253 205 0468 US

+1 253 215 8782 US (Tacoma)

Meeting ID: 987 7020 8040

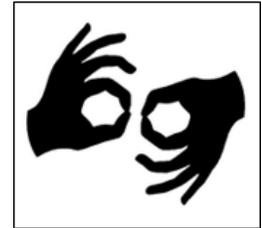
Passcode: 256177

Find your local number:

<https://lincolncenter.zoom.us/u/asZOmyQSn>

## Accommodations

**American Sign Language Interpretation** allows guests who are Deaf access to spoken words. Interpreters will be available throughout the event.



**Live captions** are available in English to view on personal devices via the Captions function.



**Audio Description**, providing live description for guests who are blind or have low vision. Co-teachers Kayla and Elisabeth include and embed audio description into their teaching.



If you require any additional accommodations, please contact [access@lincolncenter.org](mailto:access@lincolncenter.org) or 212 875 5375.

# Visual Schedule

**First**, before the workshop, I will find a comfortable space where I can participate in the Zoom. I will have a chair to dance in, or a little bit of space around me to move my body.



**Then**, I am going to log into Zoom using the link provided by the Lincoln Center Access Team.



**When the workshop begins**, the Lincoln Center Access Team will say hello to everyone and introduce Kayla & Elisabeth.



**Then**, we will warm up our bodies with some accessible movement. At the end we will put it all together to make a dance.



**At the end of the workshop**, I will say goodbye!



## During the program I will meet Crip Movement Lab's Co-Creators...



**Kayla Hamilton**



**Elisabeth Motley**

I will also meet staff from Lincoln Center's Accessibility Team.

Learn More about Kayla Hamilton & Elisabeth Motley on their websites: <https://www.circleo.org/>; <https://www.elisabethmotley.com/>

## **Key Words**

In this workshop, we will use these key artistic words:

**Dance Improvisation - In the moment, or spontaneous dance making**

**Score - A combination of words that can be used to make a dance.**

**Harvest - Finding what you liked the most in your dance improvisation.**

**Firm Up - Creating a series of movements and/or an ideas together that can be repeated.**

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## Zoom Information:

**To access this event**, please use the Zoom invitation link in your email.

**For the best experience, we recommend updating to the latest version of Zoom.**

This will allow for us to make sure that everyone is getting the best viewing experience as we interact virtually.

**This video outlines instructions on how to update:**

**<https://support.zoom.us/hc/en-us/articles/201362233-Upgrade-update-to-the-latest-version>**

## Zoom Guide:

What is Zoom? Zoom is an online tool that allows people to connect virtually. Participants will sign in or dial from their own space. While in Zoom, the screen will show other participants and the presenter's slides.

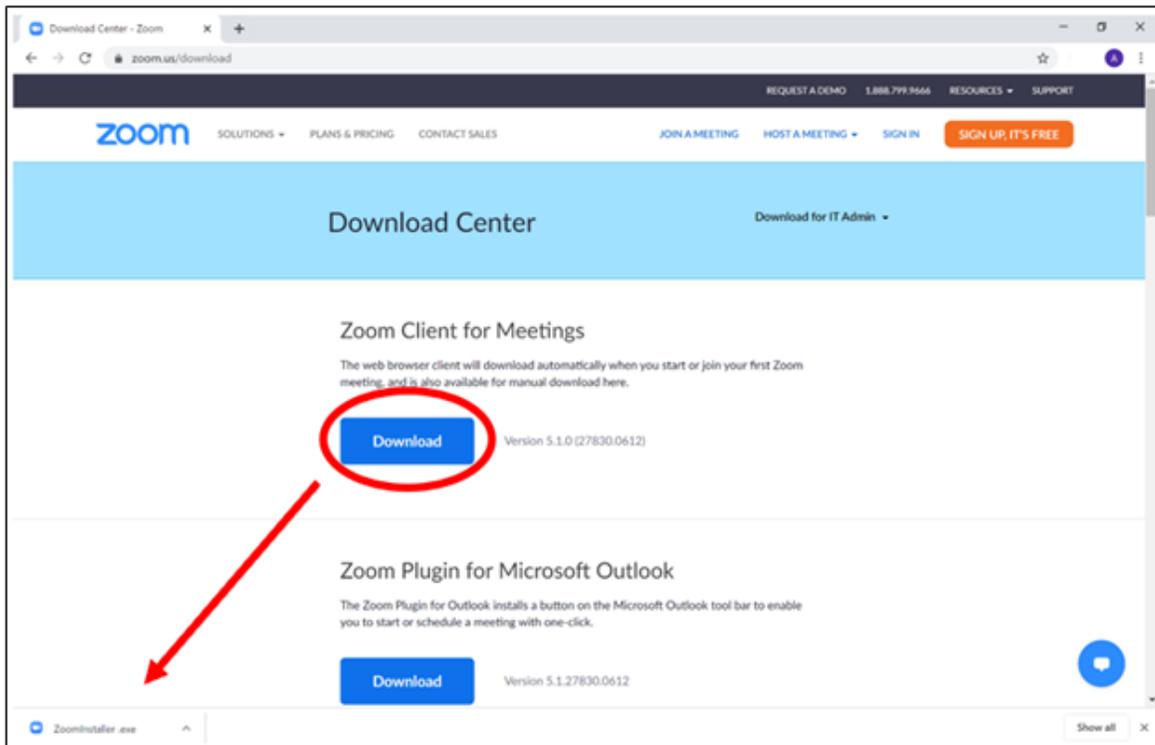
This is the Zoom icon. It will pop up on your screen when you open Zoom.



### Downloading the Zoom App

For a Computer:

1. Visit [www.zoom.us/download](https://www.zoom.us/download) on your web browser
2. Underneath the blue heading bar, the option to download for our purposes is under the heading “**Zoom Client** for Meetings”.



Click on the first blue button with white text labeled “Download”.

3. Click the download folder that appears at the bottom left of your web browser screen.

Your computer should begin the download immediately and open the app when it is done.



After the download, the Zoom icon will appear in your application folder and will pop up on your screen when you open the Zoom application.

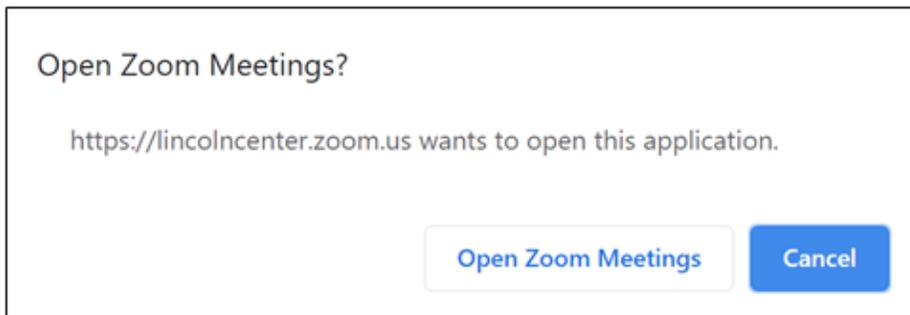
For a Mobile Device (Smart Phone):

The Zoom App is also available for Apple and Android devices. To download the app onto your phone:

1. Visit your phone's application store (App Store for Apple and Google Play for Android).
2. Enter "ZOOM Cloud Meetings" in the search bar.
3. Click the Install button to download the free app.

## Login: Join with a link

1. Click on the link.
2. When prompted, click on the button to open Zoom.us, it will look like this:

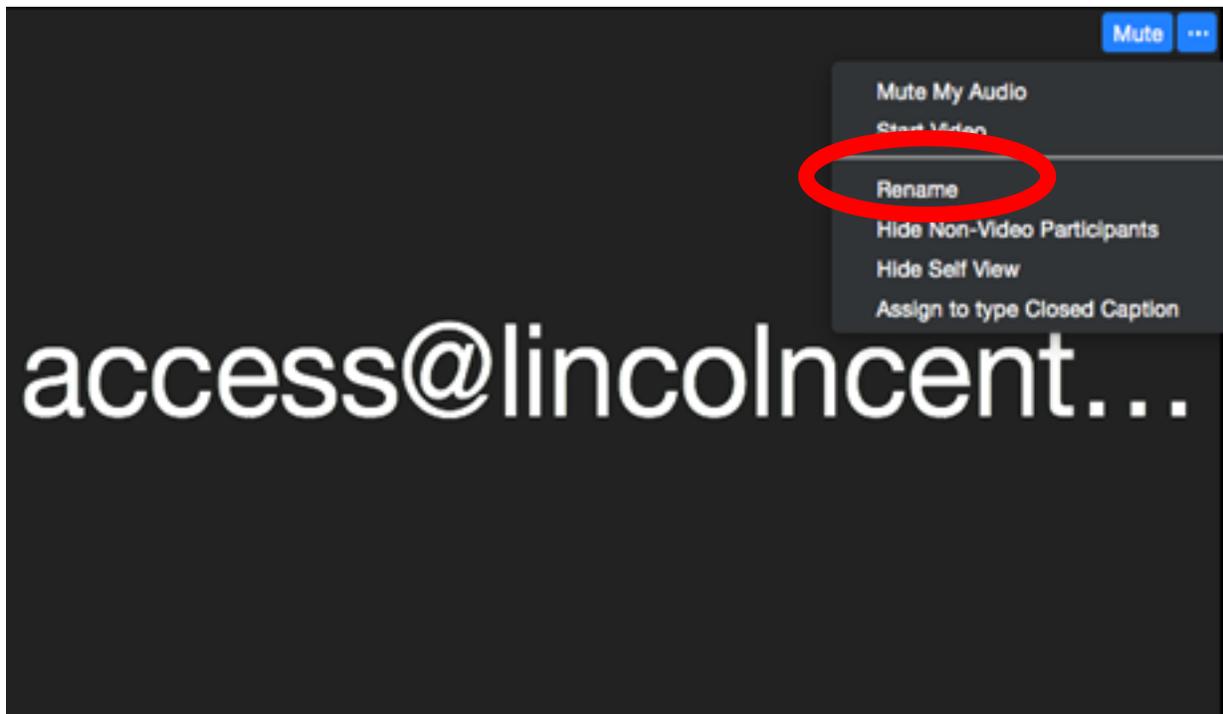


3. Wait until the host admits you into the room. You may be in a virtual waiting room for a few minutes.

## Updating Your Name

To help us learn who is in the room, please make sure that your name is updated to reflect who is here.

1. In the top right corner of your screen, click the blue button with three horizontal white dots, select **rename** from the menu (third down), it will look like this:



2. Enter the first name of whoever is participating.

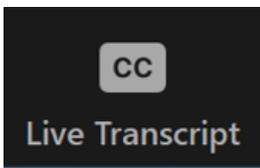
## Zoom Settings

### Chat:



If you need help, use the chat feature. When you press this, a box with messages will pop up on the side of your screen.

### Captions:



If you would like to follow along with captions, press this button titled "Live Transcript" and the option "Show Subtitles".

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## Questions/Contact Information

If you have any questions about tech leading up to or during the event, you can also email us at **[access@lincolncenter.org](mailto:access@lincolncenter.org)** or call us **212-875-5375**.