

cOsmO at Lincoln Center

Relaxed Performance Visual Guide



Show times (Relaxed Performances): Sunday, March 08, 2026 at 11:00 am & 2:00 pm

Where: **Clark Studio Theater (Rose Building, 7th Floor)**

Address: **165 W 65th St, New York, NY 10023**

How long: Approximately 45 minutes

Recommended age: Ages 3+

This visual guide helps you know what to expect when you come to cOsmO at Lincoln Center.

Performance Guide

What is a Relaxed Performance?

At Lincoln Center, we believe the arts are for all.

Relaxed Performances are open to everyone, and especially welcoming to people with autism, sensory or communication disabilities, or learning disabilities.

The performance itself stays the same. We make small changes to the theater's social and sensory environment and expectations, so the space feels more comfortable and flexible.

Relaxed Performances can also be helpful for neurodivergent people, families with young children, and anyone who finds traditional theater rules do not work for their needs.

At this performance:

- You can **enter and leave** the theater during the show, if you need to.
- You can **move, make sound, and respond** to the performance in your own way.
- We ask everyone to help create a **no “shushing” zone**.

- The **house lights are kept on at a low level** so the space is never completely dark.
- If there are **bright lights, loud sounds, or surprising sensory moments, we describe them in this visual guide. Please keep reading below.**

We also share key reminders in the pre-show announcement.

- A **Chill Out Space with sensory support materials** is available if you need a break—you can return when you're ready.
- **Noise-reducing headphones** and **fidgets** will be available to borrow.
- Staff are trained in inclusive and accessible practice.

For more relaxed performances, visit lincolncenter.org/relaxed.

About This Performance

What is cOsmO about?



Two cosmic beings, weavers of time, reinvent the world. A soft light, like a star, lands in their universe and activates their cocoons, revealing astonishing landscapes populated by textures, sounds and creatures great or small. In this fascinating space, poetry, puppets and theater play together to offer us a fresh look at the universe and its elements: air, water, earth, fire... and everything they contain. All you need to do is observe, enjoy and let the world light up.

Sensory Guide

If you need support with sensory moments, you can borrow noise-reducing headphones and fidgets in the lobby or take a break in the Chill Out Space.

Here are some sensory moments you can plan for:



Sound

- The show has **no spoken words**.
- The show is **mostly quiet**.
- Near the end, there are **sudden thunder sound effects**.



Light

- The stage is well-lit. The audience's seating area has low light.
- There are **projections** (images/video) during the show.
- Near the end, there is a **lightning effect**.



Movement

- Puppets and large costumes are used during the show.

- Some puppets have **lights** inside.
- A large bird puppet “flies” using a very large set piece (the set becomes its wings).
- **When you enter the theater, performers are already on stage.** They are **hidden inside large costumes.**



Emotional content

- The show is joyful, playful, calm, and adventurous
- The story explores family, identity, and belonging.



Audience participation

- There is no planned audience participation. You can clap, move, or make sounds in the way that feels best for you.

Social Story Preview: What happens in the show

1. Entering the performance room: Soft music is playing. The stage has dim light, and the audience area is brightly lit.



2. The weavers of time: The weavers of time emerge from cocoons and knit with large pins.



3. The cocoon of darkness: The weavers of time discover a cocoon of darkness. They approach it and take it in their hands. One of the weavers of time hides behind the large white fabric.



4. The cosmic lights: Images of space appear on the white fabric. The weavers capture space in a cocoon and pull out a small, fluffy ball that glows softly.



5. Tic tac! Ding!: The weavers place the ball of light in a cocoon hanging from the ceiling and turn it. You will hear a ticking sound and the ringing of a bell.



6. The earth cocoon: The weavers pull a long green snake out of the cocoon hanging from the ceiling and play with it.



7. The kangaroos: The music is more dynamic and the weavers make little kangaroos jump.



8. The baby kangaroo: One of the weavers puts the kangaroo family in the cocoon hanging from the ceiling, but the other weaver wants to keep the baby kangaroo.



9. The water drops: The weavers have lights that move around in their costumes, and water droplets appear on the ceiling.



10. Tic Tac ! Ding ! : One of the weavers will rotate a cocoon and you will hear again a ticking sound and the ringing of a bell.



11. The water cocoon: The weavers have fans with blue fabric that looks like waves. There is a sound of water flowing.



12. Underwater: The weavers dive underwater. They wear swim caps and diving goggles. On the ceiling, there are waves.



13. The fishes: There are orange fish swimming with the weavers. There are images of coral and waves on the weavers and on the ceiling.



14. The octopus: A large octopus comes to swim with the weavers.



15. The seashell: A seashell lights up and the weaver finds back the fluffy ball that glows.



16. The exit from the water: The weavers come out of the water and remove their swim caps and diving goggles.



17. Tic tac ! Ding !: The weavers take the air cocoon and spin it. You will hear again a ticking sound and the ringing of a bell.



18. The feathers: The weavers take the large feathers out of the air cocoon and dance with them.



19. The baby birds: The weavers find a nest with baby birds. The baby birds sing a song.



20. The stork: The ceiling comes up and becomes the stork's wings. The stork holds the illuminated nest in its beak.



21. The clouds: The weavers are in the sky; there are images of clouds and sky around them on the fabric. They have clouds in their arms.



22. Tic Tac ! Ding !: One of the weavers puts the illuminated cloud in a cocoon. You will hear again a ticking sound and the ringing of a bell.



23. The storm: There is a storm. You can see lightning and hear thunder. The music is loud.



24. The night: One of the weavers stands in front of the fabric with a fluffy, luminous ball. A moon and an owl appear on the fabric ceiling.



25. The snow: There are images of snowflakes on the fabric ceiling. One of the weavers has the fluffy light ball.



26. The galaxy: The weavers place the luminous fluffy ball back into a cocoon. On the fabric ceiling, there are images of the cosmos. We see stars and a light that grows larger and larger.



27. Back in the cocoons: The two weavers return to their original cocoons. We see stars on their cocoons and on the fabric ceiling, then lights come on in their cocoons.



28. The end: The two weavers emerge from their cocoons. The show is over. You can applaud if you want to. You will leave the performance room. You can wave goodbye if you want to.

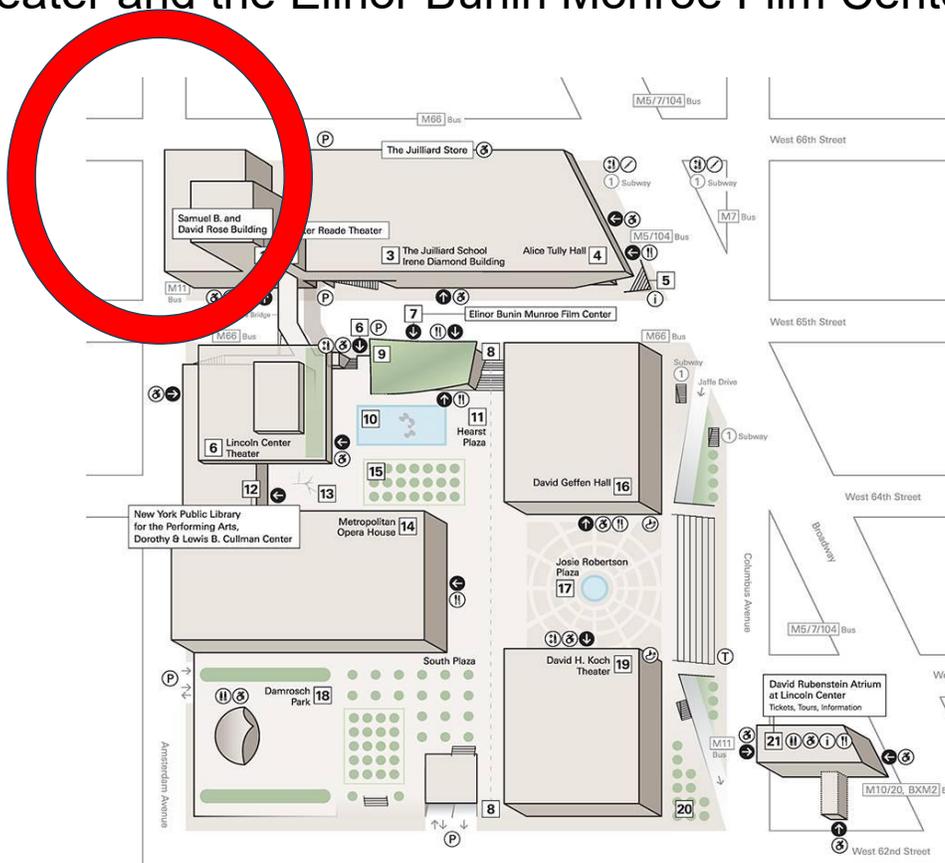


Venue Guide

Getting to Lincoln Center/ Rose Building

Address: Clark Studio Theater is on the **7th Floor** of the **Samuel B. & David Rose Building**, **165 W 65th Street**, New York, NY.

It is next to the Walter Reade Theater and the Irene Diamond Building of The Juilliard School and across the street from Lincoln Center Theater and the Elinor Bunin Monroe Film Center.



By Subway

- You can take **1 train** to **66 St–Lincoln Center** (with shorter distance)
- You can also take **A / B / C / D / 1 trains** to **59 St–Columbus Circle** (with slightly longer distance)
- Both subway stations are accessible via the elevator.



By Bus

You can take: **M5, M7, M10, M11, M20, M66, M104**. (within one block of the Clark Studio Theater.)

Access-A-Ride / drop-off

Access-A-Ride drop-off and pick-up is at: **165 W 65th Street** (north side of the street, near Amsterdam Avenue).

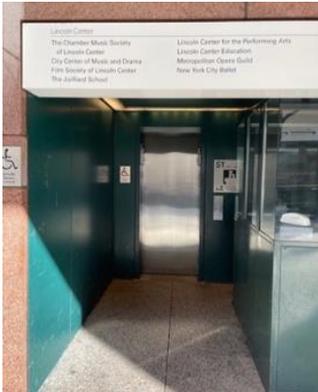
Parking at Lincoln Center



- Lincoln Center partners with Metropolis.
- If you can, register before you arrive. You can add your payment information and license plate number on your phone (link or Metropolis app).
- Or, when you arrive, scan a QR code in the garage to sign up.
- When you enter, cameras scan your license plate. When you exit, payment is processed automatically.
- Daily and monthly reservations are available to book online.
- **The 62nd Street (between Columbus Ave and Amsterdam Ave)** is best for southbound and westbound traffic. The entrance is mid-block on the right. It is open 24/7.
- **The Amsterdam Ave (just past 62nd Street, near 63rd St)** is best for northbound traffic. The entrance: about 100 feet on the right past 62nd St. It opens 6:00 am–midnight, daily.
- **Designated accessible spaces** are in the Blue Section of the Plaza Garage. The recommended entrance is at 64th Street for accessible parking.

Entering the building

You can reach the entrance of the Rose Building by **elevator, stairs, or escalator.**



The **street-level elevator entrance** is near the **northeast corner of 65th St & Amsterdam Ave.**



The stairs say **“Rose”** on the steps. It is in the middle block on West 65th Street, facing towards Columbus Avenue.



The escalators are next to the elevator.

When You Arrive



Once you come up from the street, you will see the **entrance** into the Rose Building.

Security check



- When you walk into the Rose Building, you will go through a **security check**.
- You may need to wait in a short line.

Box Office

The box office table is just past the Security checkpoint.

- If you need to **pick up tickets**, the Box Office staff can help you.
- If you have questions, you can always ask the staff.

Go up to the 7th floor (Clark Studio Theater)

- A staff member can help you find the **elevator** to the **7th floor**.
- When you arrive on the 7th floor, you can take your time in the lobby.



On the 7th floor

Before you enter the theater, you can:

Use the restroom

- Go **down the hall to the right**. It is in the hallway outside the theater.
- There are gendered **men's and women's restrooms**.



- Each restroom has an **infant changing table** and one **accessible stall**.
- We welcome you to use the restroom that best aligns with your gender identity or expression.

Use the Chill Out Space



The Chill Out Space is on the **7th Floor, at the end of the hallway near the restrooms.**



You can take a break and return when you're ready.

If there is a screen in the chill-out space, it will be turned off and there will be no music playing.



Borrow sensory tools

- We have noise-reducing headphones, earplugs, fidgets

You can always ask staff for help anytime

When the house opens

The house opens **30 minutes before the show starts**.

Once the house is open, you can go into the theater.

Seating (inside the theater)

The **Clark Studio Theater** is a black box theater. For this show, you can choose to sit on:

- **Riser seating:** Chairs further back from the performance space on elevated risers.
- **Carpet seating:** Two carpet areas on the floor near the performance space.
- You can sit anywhere with an open seat or on the carpet.
- Accessible seating is available. If you need an accessible seat, an aisle seat, or help find a seat that works for you, please ask a staff member wearing red shirts to assist.
- Accessible seating locations and companion seats are marked with bands on the chairs.

The Performance Space



- The performance takes place in a large open area on the left side of the room.
- When you enter the theater, soft music is playing. The performers are already on stage. They are hidden inside large costumes.
- A line on the floor marks the edge of the performance space. This area is for the performers only. Please stay in the seating areas and do not touch the performance items.

Who You'll Meet

During your visit, you may see:

Guest Experience staff wearing red shirts and khaki pants, with a black name badge on their chest.

They can help you with:

- Finding the theater, restrooms, or the Chill Out Space
- Finding a seat that works for you (including accessible seating)
- Borrowing sensory tools (headphones, fidgets, etc.)
- Taking a break and returning to your seat

Security staff wearing a dark blue uniform.



Before / During / After the Show – What You Can Do

Before the show

- We recommend arriving at the **Clark Studio Theater** about 30 minutes before the show starts (when the house opens.)
- Once the house is open, you can enter the theater and take a moment to look around the theater space, but please stay in the audience seating area. Do not step onto the performance area.
- If you arrive earlier than 30 minutes before the show, you can explore some public spaces on campus:



Welcome Center at David Geffen Hall

A place to get information about programs, ask questions, book tickets, or get a coffee or light snack.



Hearst Plaza

An outdoor area with green space and seating where you can sit, relax, or have a quiet moment before the performance.

Staff can help you find these spaces if you are not sure where they are.

During the show

- You can enjoy the performance in the way that works best for you. You can watch quietly, or you can move and make sound if you need to.
- You can borrow our sensory tools (headphones, fidgets, etc.)
- You can leave the space at any time and come back when you are ready.

After the show

- People may clap or cheer at the end.
- You can leave when you are ready.

Access Services & Accommodations

At Lincoln Center, we offer several access services that may be helpful during your visit:

Accessible routes and seating

The venue is on an accessible route, has elevators, and designated wheelchair and companion seating.



Assistive listening

FM assistive listening devices with headsets and neck loops are available for all performances.

You are also welcome to bring your own standard-jack headphones.



Chill-out space

A chill-out space is available at 7th floor at the end of the hallway, near bathrooms.



Sensory tools

We offer noise-reducing headphones, earplugs, and small fidgets. You can borrow them from staff.

Access Concierge Service

You can request 1:1 support from our Access Reps.

To learn more or schedule this service in advance, contact: **212-875-5456** or

questexperience@lincolncenter.org.



You can always ask any staff member if you would like help finding these services.

Feedback

If you would like to share feedback about your experience, you can:

- Scan the QR code
- Fill out the survey at <https://forms.office.com/r/EESB5719dC>
- Talk with a staff member if you would like help sharing feedback.

Your comments help us improve future Relaxed Performances and visual guides.

Visual Guide Feedback – Relaxed
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