
The Art of Wellbeing

Tai Chi with Raymond Li

at Lincoln Center

Relaxed Event Sensory Guide



Event time: Friday, July 24, 1pm

Where: David Rubenstein Atrium

How long: 1 hour

Recommended age: All Ages

This sensory guide helps you know what to expect when you come to Tai Chi with Raymond Li at Lincoln Center.

For directions, restrooms, security, seating, and other venue information, please see our venue guide for [The David Rubenstein Atrium](#).

What is this event?

- Tai Chi with Raymond Li will explore the core principles of Tai Chi while building balance, flexibility, and strength.
- There will be music on traditional instruments: Zhou Yi will play the pipa and Yimin Miao will play the dizi and the xiao.
- You will learn basic Tai Chi, a chance to reconnect with your body, quiet your mind, and move through space with greater ease and awareness.
- You can choose to watch, move around, participate, or take breaks.

Basic Sensory Information

Here are some sensory moments you can plan for:



Sound

- Overall sound: This event is mostly quiet. There will be traditional music that offers a soothing environment. There are no specific loud or surprising moments expected.



Light & Visuals

- Lighting: The performance will be well-lit, with bright lights on the performers on stage. There will be no visual events.



Movement

- Performers will be on stage, and guests will be invited to try Tai Chi. Audience members may move around the space.



Audience Participation

- Participation is optional. You may be invited to try Tai Chi. It is your choice to participate or to watch.



Emotional or Content Notes

- The event includes themes of joy, wellness, fun, and family. There is no sensitive content expected.

Crowd, Space, and Waiting

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

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 or break area is available at the west end of the building.

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- Access services at this performance is a Relaxed Performance.
 - 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
- Staff members and artists are trained in access and inclusion best practices