

Naiad Metal

at Lincoln Center

Relaxed Event Sensory Guide



Event times:

- August 05, 2026 at 6:00 pm
- August 06, 2026 at 6:00 pm
- August 07, 2026 at 5:00 pm
- August 08, 2026 at 5:00 pm

Where: Hearst Plaza

How long: Approximately 1 hour

Recommended age: All Ages

This sensory guide helps you know what to expect when you come to Naiad Metal at Lincoln Center.

For directions, restrooms, security, seating, and other venue information, please use the [venue pre-visit / wayfinding guide for Hearst Plaza](#).

What is this event?

- Naiad Metal is a dance event.
- Dancers tell a story through movement instead of spoken words.
- You may see dancers, large costumes, and an audience.
- The form of dance called butoh. It is slow and connects to the rhythm of nature.
- You can choose to watch and take breaks.

Basic Sensory Information

Here are some sensory moments you can plan for:



Sound

- Overall sound: music will be mostly quiet. There may be music and clapping. Specific loud or surprising moments: none expected.



Light & Visuals

- Lighting: natural light. Visual effects: no intense visual effects.



Movement

- Performers may stay onstage. Audience members may stay seated or move through the space. It is your choice to exit and return to the performance at any time.



Audience Participation

- Participation is not expected. You may be invited to clap 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 and calmness. Sensitive content to know about: loss and grief.

Crowd, Space, and Waiting

- The space may feel open. There may be a line or waiting period. 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 David Geffen Hall Lobby.
- Access services include: 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