

THEATER OF THE MIND

SENSORY GUIDE

Spoiler Alert

This document contains information that gives away significant parts of the *Theater of the Mind* experience.

About this Guide

This sensory guide is designed to help you understand the array of sensory stimulation involved in *Theater of the Mind* so that you can make an informed decision about whether you want to purchase tickets and participate in the experience.

This guide focuses on sensory stimulation only. For other accessibility information or details about the experience in general, please review the [Advisories & Accessibility page](#) and the extensive [Frequently Asked Questions](#) on our website.

Overview

Theater of the Mind is an immersive journey co-created by David Byrne and Mala Gaonkar. Led by an actor/guide (and followed closely backstage by a team of stage managers and crew ensuring audience safety), you will be guided through a 75-minute experience in a 15,000 square foot installation in a **small group of 16 audience members**.

You will move through rooms and environments of various sizes. Some of the performance spaces are large and open, and **some spaces are small and constrained and may feel claustrophobic to some**. You will stay in your group with your single actor/guide the entire time and will not encounter any other audience members or actors during that time. Occasionally, a member of the backstage crew will be visible and will assist the group.

Theater of the Mind is a **high sensory experience**. Throughout the journey, you will be given instructions on how to explore and interact with this world. All of the rooms include high visual stimulation. Some rooms contain loud music and noises. Others involve other senses such as taste or touch. This is outlined in more detail below.

While we don't have quiet areas specifically for sensory decompression available to the public, **there are a number of locations throughout the experience for audience members who choose to opt out of certain parts**. The actor/guide will provide instructions that will allow for these opt outs in advance of entering certain spaces.

THEATER OF THE MIND

SENSORY GUIDE

An outline of the sensory stimulation in *Theater of The Mind* is below. While specific sensory elements in each part of the experience will vary, this gives you an overview of what you will encounter throughout.

If you have further questions about this experience after reading this entire guide, we are happy to answer them! Please contact access@goodmantheatre.org

SENSORY TYPE	STIMULATION LEVEL	DETAILS
 Visual	HIGH	Immersive, 360° visual environment. Wide range of extreme lighting, from pitch black and very dim to bright. Flashing lights, moving lights, and strobe effects occur in different areas. Virtual reality experience with a headset.
 Auditory	MEDIUM	Some music or sound is present in every environment. Headphones in the virtual reality experience. Loud thunderclap in one area.
 Olfactory	MEDIUM	Strong scents in one area. Occasional or possible scents in other areas.

THEATER OF THE MIND

SENSORY GUIDE

 Tactile	HIGH	Immersive, 360° tactile environment Tactile experiences that require touching and holding things. Two experiences with goggles you put on your face, which are sanitized between turns.
 Taste	LOW	Taste specific to one area. Opt out available. Ingredient information available upon request. If you have any food allergies, please decline the edible portions of this experience.
 Movement	MEDIUM	Audience moves from space to space. There are some limited seating options throughout the experience, and additional seating can be provided upon request.

Detailed Room-by-Room Information

More spoilers below!

Box Office

When you enter the front door, you will be greeted by a Box Office attendant who will scan your ticket and check you in. As bags and purse are not allowed inside *Theater of the Mind*, you are encouraged to place your personal belongings in our secure, free 12"x12" lockers. Due to certain aspects of the experience, cell phones, smart watches and other wearable devices that light up (such as Fitbits) must be completely turned off during the duration of the performance. To maximize the *Theater of the Mind* total immersion experience, we encourage you to opt-in to storing these devices in our lockers.

THEATER OF THE MIND

SENSORY GUIDE

Gallery Waiting Room

Audience members gather in the gallery to wait for their performance time to begin. This feels like an art gallery and does not involve any unusual sensory stimulation. The gallery attendant asks for each audience member's first name and gives verbal instructions to the group before you begin your journey.

Room 1



The first room is a small space. You will hear a voiceover with instructions and will be asked to pick up a magnetic nametag and fix it to your shirt. If you cannot attach the nametag to your clothing, we will provide a lanyard you can put over your neck.

Room 2



You go through a standard doorway into a monochromatic space. A high contrast black and white floral wallpaper covers the walls and there is a grey and white checkerboard floor. There is a surprise in this space when you meet your guide, and some thunder crashes and flickering lights. You are asked to move around different parts of the room throughout your time here.

Room 3



You are guided through a tunnel lit with saturated red light that pulses along with a heartbeat sound. The tunnel has a low ceiling, though you won't need to duck, and it is about 20 feet long. You enter into an elliptical dome also lit entirely in red. There is an opportunity to opt out before the lights go out and you sit in complete darkness for about five minutes. Then there are three bright flashes/strobe effects and you are asked to hold a light object in front of your face.

Room 4



Once the lights are back on, you will be led through a doorway, a dark hallway, and into a black room with a disco ball and flashing lights. Loud music plays, you are encouraged to dance, and the guide speaks with a microphone. This room also features an optional taste experience. Hand sanitizer is available upon request.

Room 5



You then go through a doorway and into a more open room where the group will sit and watch a video on a big screen. The video includes flashes of black every 2 seconds.

Room 6



THEATER OF THE MIND

SENSORY GUIDE

You then move through a doorway and into a large space that is brightly lit. There may be a distinctive odor in this room. You will be given washers to throw into a large bucket, which make noise when the entire group does it simultaneously. You will then be given goggles to put on that distort your vision and may trigger imbalance or vertigo. The goggles are sanitized between every show. Later in this room, there is a loud thunderclap and strobe lightning effect.

Room 7



The next room you enter may be disorienting in its unusual scale. A familiar odor is present.

Room 8



The final room is a large, cluttered space. There are distinctive odors at times and theatrical haze in the air. Harsh lighting is present at the beginning and end of this room. You are guided to sit in an armchair for a virtual reality experience – you put on a virtual reality headset with microphones and sit in it for multiple minutes.

Room 9

You return to Room 1, where you hear a voiceover again and return your nametag and pick up a note to take home.