

# Lincoln Center

## Inaugural Heartbeat Summit at Lincoln Center Foregrounds Arts and Wellbeing | February 21, 2026

**Featured Guests Span Artists, Scientists, and Health Professionals,  
Including Rufus Wainwright, Soul Paint, Chai & Jam,  
New York Liberty's Timeless Torches, and More**

**Plus, Newly Announced Special Event on February 6, 2026  
*Stories and Songs of Music and Health:* with Renée Fleming,  
Dr. Francis Collins, and Friends**

NEW YORK, NY (January 8, 2026) – Lincoln Center for the Performing Arts (LCPA) today announced the full details for the **inaugural [Heartbeat](#), Lincoln Center's first-ever dedicated wellbeing summit** that celebrates the key role of the arts in our individual and collective wellbeing, on February 21, 2026 from 1:00pm – 5:00pm.

Heartbeat invites New Yorkers to an inspiring convening that brings together leading artists, healthcare professionals, and scientists for an afternoon of engaging live performances that prioritize emotional and physical wellbeing; participatory movement sessions designed to center the body; expert-led wellbeing workshops; immersive virtual reality; and reflective moments for meditation.

The multi-genre arts and wellbeing summit is presented in collaboration with several resident arts organizations across campus including **Jazz at Lincoln Center**, **The Juilliard School**, **Lincoln Center for the Performing Arts**, **Lincoln Center Theater**, **The New York Public Library for the Performing Arts**, and the **School of American Ballet**.

As a lead-in to the summit, Lincoln Center will also present a special event on **February 6, 2026: [Stories and Songs of Music and Health](#)**, featuring **Renée Fleming**, **Dr. Francis Collins**, and **special guests**. Through conversation and collective singing, the program will explore the growing research behind the health benefits of music and the arts.

“The arts are fundamental to our human thriving, both as individuals and as broader communities,” said **Mariko Silver, President and CEO of Lincoln Center for the**

**Performing Arts.** “As a civic and cultural hub, we have a responsibility to continuously support the wellbeing of our city, and we are thrilled to host this inaugural convening that brings a multitude of art forms together—illuminating them through a scientific lens, and deepening how the arts show up as essential to community care.”

“We believe deeply that the health of our communities is a shared responsibility, and that the arts offer a vital blueprint for fostering collective wellbeing,” said **Shanta Thake, Ehrenkranz Chief Artistic Officer of Lincoln Center for the Performing Arts.** “Together with our friends across campus, we invite New Yorkers to experience the power of music, movement, and collective presence as catalysts for resilience and shared connection.”

### **Heartbeat Summit Highlights:**

- Opening performance and remarks with **singer-songwriter and composer Rufus Wainwright and neuroscientist Dr. Charles Limb** exploring how the brain creates and experiences music, with Wainwright performing select personal songs;
- A collective singing event and conversation with **The Lazours**, creators of *Night Side Songs* premiering this winter at **LCT3 at Lincoln Center Theater**;
- A gentle **chair Pilates** class for all ages and fitness levels, focusing on breath, core engagement, and joint mobility led by **Kerry Shea from the School of American Ballet** with harp accompaniment from Juilliard;
- An interactive **VR experience with Soul Paint** allowing participants to create a visual map of their sensations, memories, and body, as a new way to communicate feelings;
- A creative writing event with **Born This Way Foundation’s Channel Kindness Storytellers Club**, with selections from **The New York Public Library for the Performing Arts**;
- A live demonstration and hands-on introduction to Japanese Taiko drumming with **OMNY Taiko and neuroscientist Dr. AZA Allsop**, exploring the regional tradition that has been moving bodies and building community for over a millennium;

- DJ Gia Fu and music cognition expert Dr. Elizabeth Margulis investigate how repeated musical phrases and the work of DJs mixing their own unique styles have revolutionized modern music into a community-building sensation through DJ Gia Fu's project ***Canton Mambo***;
- An immersive experience that explores human connection through heartbeats, ***HeartBeat, Son cœur a trouvé sa cadence dans le silence des rencontres***;
- A completely improvised experience with **Chai & Jam** fusing jazz, R&B, and **Indian classical traditions**, in conversation with Dr. Charles Limb;
- Closing event bringing together poetry, meditation, movement, and jazz with **Alphonso Horne**, curated by **Jazz at Lincoln Center**, Lincoln Center's Poet-In-Residence **Mahogany L. Browne**, with a special appearance by the **New York Liberty's Timeless Torches**.

The February events are part of a number of ongoing arts and wellbeing initiatives across Lincoln Center including **Lincoln Center Moments**, a free performance-based program specially designed for individuals with dementia and their caregivers; **The Art of Wellbeing** series with NewYork-Presbyterian Hospital; relaxed performances specifically designed for those with autism, sensory & communication disorders, or learning disabilities; and the Festival Orchestra of Lincoln Center's multi-year exploration of Robert Schumann's symphonies through the lens of mental health presented in collaboration with the **Jameel Arts & Health Lab**, established with the **World Health Organization (WHO)**.

As part of our wider commitment to accessibility and inclusion, we recognize that access needs must be integrated in the creative process, that the work on our stages reflects our differences and interconnectedness, and that we are creating a space where everyone feels welcome. All events are on accessible routes, with accessible seat locations, a chill out space offering reduced noise and visual stimulation, and assistive listening devices available. Live captioning on personal devices is available for all events in the Wu Tsai Theater and Kenneth C. Griffin Sidewalk Studio. To learn more about accessibility or to request additional accommodations, please contact [access@lincolncenter.org](mailto:access@lincolncenter.org) or 212 875 5375.

Tickets are available now on a **Choose-What-You-Pay** basis.

More info at [LincolnCenter.org/Heartbeat](https://LincolnCenter.org/Heartbeat)

Images can be found [here](#).

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*Special Event*

**Friday, February 6, 2026 at 7:30 PM**

***Stories and Songs of Music and Health***

**With Renée Fleming, Dr. Francis Collins, and Friends**

**Alice Tully Hall**

As part of Lincoln Center's continuing exploration into the meeting points of arts and wellbeing, you are invited to sing in community at a stress-relieving, joyous night of song and stories—led by two of the nation's foremost experts on music and wellness. One of the greatest vocalists of our generation, Renée Fleming, and physician-scientist Dr. Francis Collins (former Director of the National Institutes of Health) come together in conversation to share their unique experiences, perspectives, and voices. Fleming welcomes the audience to join in for a one-night-only collective singing experience, including well-known, well-beloved songs. This participatory event explores how the arts impact our brains and bodies and how the act of singing can improve our wellbeing. Singing experience is not required—all are welcome!

### **Heartbeat Summit – Schedule of Events**

**Saturday, February 21, 2026**

More info at [LincolnCenter.org/Heartbeat](https://LincolnCenter.org/Heartbeat)

**1:30 - 2:30 PM**

**Opening Performance & Remarks: How We Make Music**

**Rufus Wainwright and Dr. Charles Limb**

**Wu Tsai Theater, David Geffen Hall**

Music is the beautiful convergence of poetry, rhythm, melody, and emotion. It brings us closer together, bonding strangers swept up in a song. The legendary singer-songwriter Rufus Wainwright meets with renowned neuroscientist and musical expert Dr. Charles Limb to discuss what happens in our brains as music is created and

savored. Dr. Limb will share his insights into the almost magical effects that sound can have on our bodies, and Wainwright performs some of his most personal songs.

**2:40 - 3:20 PM**

**Building Community Through Rhythm: Taiko Drumming**

**Omny Taiko and Dr. AZA Allsop**

**Leon and Norma Hess Grand Promenade, David Geffen Hall**

Humans are hardwired to respond to the rhythm and impact of a drum. Whether for communication, connection, or to join in common time, the beat brings us together in ways no other musical motif can. This live demonstration and hands-on session offers an introduction to Japanese Taiko drumming, a regional tradition that has been moving bodies and building community for over a millennium.

**2:40 - 3:20 PM**

**Repetition in Music: How We Create Community Through Spinning**

**DJ Gia Fu and Dr. Elizabeth Margulis**

**LeFrak Lobby, David Geffen Hall**

Repetition is at the heart of sample culture, providing the bedrock for countless styles of contemporary music. DJ, producer, and cultural researcher Gia Fu and music cognition expert Dr. Elizabeth Margulis investigate how repeated musical phrases and the work of DJ's mixing their own unique styles have revolutionized modern music into a community-building sensation. DJ Gia Fu presents her project *Canton Mambo*, blending Chinese and Latin music as both an expression of her tastes and history.

**2:40 - 3:20 PM**

**The World of *Night Side Songs*: Community Care Through Song**

**The Lazours, Lincoln Center Theater**

**Griffin Sidewalk Studio, David Geffen Hall**

Join The Lazours, creators of *Night Side Songs*, premiering this winter at LCT3 at Lincoln Center Theater, for collective singing followed by a conversation exploring how songs create communal care and empower our spirit. With a focus on the themes that *Night Side Songs* amplifies, this participatory performance brings forward the voices of those who navigate the complexities of health—patients, caregivers, and medical professionals alike.

**2:40 - 3:20 PM**

**Community and Kindness with Born This Way Foundation and The New York Public Library for the Performing Arts**  
**The Harvey Fierstein Theatre Lab, Library for the Performing Arts**

Find connection and community through creative writing with Born This Way Foundation's Channel Kindness Storytellers Club. Prompted by selections from the incredible archive at The New York Public Library for the Performing Arts, join fellow young adults to build a kinder world together.

**3:30 - 4:10 PM**

**Chair Pilates with Harp Accompaniment**

**Kerry Shea, Certified Advanced Pilates Instructor, School of American Ballet**  
**Musical Accompaniment, The Juilliard School**

**Leon and Norma Hess Grand Promenade, David Geffen Hall**

Looking for a low-impact workout that delivers an effective full-body experience, but still goes easy on achy knees and hips? Welcome to Chair Pilates, a class for all ages and fitness levels! Following a brief introduction to posterior lateral breathing, you'll be guided through exercises that engage your core, strengthen and stretch your body, and gently mobilize the joints. Come dressed in comfortable clothes that let you move freely. You'll leave feeling taller, lighter, and more aligned.

**3:30 - 4:10 PM**

**Spinning and Dance: How to Build Community Through Dance**

**DJ Gia Fu**

**LeFrak Lobby, David Geffen Hall**

DJ Gia Fu spins tracks from her *Canton Mambo* project, connecting communities through music, dance, and cultural exchange. She spins the grooves for a social dance workshop, paired with the historical foundation on the importance of movement as a cultural touchpoint that helps to develop community. You'll both boost your endorphins and learn about the impact of dance.

**3:30 - 4:10 PM**

**Soul Paint: Unveiling New York's Inner Stories**

**Creators of Soul Paint and Special Guests**

**Griffin Sidewalk Studio, David Geffen Hall**

Soul Paint is a multi-award-winning hybrid virtual reality and live participatory artwork that invites audiences to explore the body's quieter and even unspeakable truths. Over

the past two weeks at Lincoln Center, the piece has been asking New Yorkers a seemingly simple question: “Where are you feeling?” Visitors have transformed pulse, memory, and sensation into vivid colors and testimonies. This panel will share the stories, insights, and surprising discoveries that emerged from these intimate, collective expressions of human feeling.

**3:30 - 4:10 PM**

**Musical Improvisation & Brain Waves**

**Chai & Jam and Dr. Charles Limb**

**Wu Tsai Theater, David Geffen Hall**

Engaging with musical improvisation as a performer and as a listener frees our minds in ways that we're only beginning to understand. Join Chai & Jam, a concert series curated by Hasheel and Seyblu, alongside neuroscience expert Dr. Charles Limb for an intellectual and creative jam session. Chai & Jam brings together artists who have never met before, but are rooted in Indian classical and jazz; while Dr. Limb will guide a conversation around the benefits of musical play on the brain.

**3:30 - 4:10 PM**

**Community and Kindness with Born This Way Foundation and The New York**

**Public Library for the Performing Arts**

**The Harvey Fierstein Theatre Lab, Library for the Performing Arts**

Find connection and community through creative writing with Born This Way Foundation's Channel Kindness Storytellers Club. Prompted by selections from the incredible archive at The New York Public Library for the Performing Arts, join together to build a kinder world together.

**4:20 - 5:00 PM**

**Meditation Through Poetry**

**Mahogany L. Browne; Alphonso Horne, Jazz at Lincoln Center; New York Liberty's Timeless Torches**

**Wu Tsai Theater, David Geffen Hall**

We mark the end of the inaugural *Heartbeat* summit with a moment of creative ideation and group reflection, featuring improvisation with Alphonso Horne, curated by Jazz at Lincoln Center, poetry from Lincoln Center's first Poet-in-Residence, Mahogany L. Browne, and a special appearance by the New York Liberty's Timeless Torches, a dynamic group of dancers ranging in age from 40 to 89 years young who bring unmatched energy, joy, and star power to every Liberty home game. Through

movement, meditation, and music, you are encouraged to set intentions from what you've learned.

**1:00 - 5:00 PM, Ongoing**

*HeartBeat, Son cœur a trouvé sa cadence dans le silence des rencontres*

**Hearst Tier 1, David Geffen Hall**

Join us for an immersive experience that explores human connection through heartbeats. This installation proposes a non-verbal encounter between two participants, sharing their heart rates. Whether or not they are in sync, this universal language communicates from person to person in a unique way.

**1:00 - 5:00 PM, Ongoing**

**Soul Paint**

**Music Box, David Geffen Hall**

Journey into a uniquely interactive virtual reality experience that asks the question: “Where are you feeling?” *Soul Paint* is an award-winning, immersive world that blends art and science to inspire personal introspection and universal connection. Backed by creative support from behavioral scientists and health care researchers, this one-of-a-kind VR expedition offers new methods of embodied insight—encouraging us to reflect on the scope of human experience on an individual and global level.

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**About Lincoln Center**

Lincoln Center is a premier performing arts center and iconic civic cultural campus. A beacon for the arts in New York City and around the world, Lincoln Center believes the arts are fundamental to our humanity and should be accessible to all—connecting us to one another, expanding our individual and collective imaginations, and elevating our spirit. Opened in 1962, the 16-acre campus is home to eleven resident arts organizations dedicated to uplifting the role of art and artists in our society, providing a destination for global artistic voices, training the next generation of great artists, and creating unforgettable experiences for all New Yorkers: The Chamber Music Society of Lincoln Center, Film at Lincoln Center, Jazz at Lincoln Center, The Juilliard School, Lincoln Center Theater, Lincoln Center for the Performing Arts, Metropolitan Opera, New York City Ballet, New York Philharmonic, New York Public Library for the Performing Arts, and School of American Ballet. Lincoln Center welcomes millions of

people for thousands of performances each year, anchoring New York City's legendary creative life and greatly impacting its civic and economic wellbeing.

### **About Lincoln Center for the Performing Arts**

Lincoln Center for the Performing Arts (LCPA) is a nonprofit dedicated to ensuring the Lincoln Center campus is a destination that welcomes all—where every visitor, whether a native New Yorker or New Yorker for a day, can find inspiration, artistic innovation, and community in the creative achievements realized on campus. Year-round, we offer robust seasons of programming, representing a broad spectrum of performing arts disciplines and complementing the artistic and educational activities of the 10 fellow resident arts organizations with whom we share a home. LCPA presents hundreds of programs each year, offered for free or Choose-What-You-Pay, helping ensure that the arts are at the center of civic life for all.

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