UPAYA ZEN CENTER

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G.R.A.C.E: Training in Cultivating Compassion-based Interactions

September 11 – 13, 2026

*With Roshi Joan Halifax, PhD * Tony Back, MD * Cynda Hylton Rushton, PhD, RN, FAAN* and Wendy Lau, MD*

Bolded entries are in person and on Zoom. Blue entries (Sessions) are in person and on Zoom; they are recorded and will be posted to the Online Resource Page. *Italicized entries* are in person sessions only.

All times are in U.S. **Mountain Daylight Time (MDT)**. Use this Time converter to determine your local start time for each session.

This schedule is subject to change

For those arriving Thursday, September 10

2:00–4:00 p.m.	Arrive / Check in for guests staying at Upaya
4:00	Upaya Orientation and Tour (Optional)
5:30–6:30	***Zazen (optional) (Zendo)***
6:30	Dinner (Included in extra lodging fee)

Friday, September 11

7:00–8:00 a.m.	*Zazen (optional) **(Zendo)***
8:00 am	Breakfast for Thursday arrivals (Included in extra lodging fee)
10:30–12:30 p.m	Arrive/Check-in for G.R.A.C.E.
12:30	Campus Orientation (Optional)
12:00 p.m.	Break
12:20	Zazen (Optional, Zendo)
1:00	Lunch
2:00-4:30	**First Session (Taizando)**
5:30–6:30	**Reflective Practice (Taizando)**
6:30	Dinner
7:45-8:45	**Session (Taizando)**

Saturday, September 12

7:00–8:00 a.m.	**Reflective Practice (Taizando)**
8:00	Breakfast
10:00-1:00	**Session (Taizando)**
1:00 p.m.	Lunch
3:00-5:00	**Session (Taizando)**
5:30– 6:30	**Reflective Practice (Taizando)**
6:30	Dinner
7:45-8:45	**Session (Taizando)**

Sunday, September 13

7:00–8:00 a.m.	**Reflective Practice (Taizando)**
8:00	Breakfast

9:00-11:00	**Final Session (Taizando)**
11:00	Samu (clean rooms and pack up)
12:30 p.m.	Lunch
1:30 p.m.	Sacred Art and Architecture Tour (Optional)