



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
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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

2:00–5:00 p.m.	Arrive / Check in for guests staying at Upaya
5:30–6:30	<i>Zazen (optional) (Zendo)</i>
6:30	Dinner (Included in extra lodging fee)

Friday, September 11

7:00–8:00 a.m.	<i>Zazen (optional) (Zendo)</i>
8:20 am	Breakfast for Thursday arrivals (Included in extra lodging fee)
10:30–1:45 p.m.	Arrive/Check-in (for Friday arrivals)
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
10:30-1:00	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 (Zendo)
8:00	Breakfast
9:00-11:00	Final Session (Taizando)
11:00	Samu (clean rooms and pack up)
12:30 p.m.	Lunch