

G.R.A.C.E:

Training in Cultivating Compassion-based Interactions

September 8 -10, 2023

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For those arriving Thursday, September 7

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

Day 1 – Friday, September 8

7:00 – 8:00 a.m.	Zazen (optional)
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	First Session
5:30 – 6:30	Reflective Practice
6:30	Dinner
7:45	Session

Day 2 – Saturday, September 9

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

Day 3 – Sunday, September 10

7:00 – 8:00 a.m.	Reflective Practice
8:00	Breakfast
9:00	Final Session
12:30 p.m.	Lunch