

Diamond Light Tibetan Buddhist Group and CEB presents

Cultivating Emotional Balance

3 Day Intensive with Dave Smith and Lani Potts



Jan 28-Jan 30, 2022

9am-5pm PDT

Cost: \$300

Space is limited

Register now!

diamondlightsac.org

Join an original format for learning and integrating the basic tools of Cultivating Emotional Balance. In this workshop, participants develop attention, restore motivation, identify the root causes of enduring happiness, explore anger and sadness, investigate different pathways of empathy, practice self-compassion, and build connections through vulnerability and trust.



Dave Smith is an internationally recognized Buddhist Meditation teacher, addiction treatment specialist, CEB trained teacher, and published author. He has extensive experience bringing meditative interventions into jails, prisons, youth detention centers and addiction treatment facilities.



As a Dharma practitioner and certified Cultivating Emotional Balance teacher, Lani Potts also brings to CEB her training and experience as a yoga and meditation teacher along with a long-established Buddhist meditation practice. Lani teaches CEB, coaches CEB teachers and students, and serves as the Cultivating Emotional Balance Program Director.

