



For Immediate Release

Buddhist Recovery Techniques Take Center Stage at Freedom and Recovery Conference on April 6

Special Saturday workshop features Dave Smith, unconventional teacher of Buddhist recovery techniques to provide a stellar finish to the national conference focused on addiction treatment and recovery

San Diego, California, March 26, 2013 – Foundations Recovery Network, an innovative behavioral health treatment provider, is pleased to announce the final Saturday workshop at the Freedom and Recovery Conference will feature Dave Smith, a Buddhist meditation teacher and addiction treatment specialist. Dave is the guiding teacher and program director for Against the Stream Meditation Center in Nashville, Tenn., and he teaches those in recovery from addiction and mental health issues how to apply Buddhist principles to sustain their recovery. Dave is part of a secular mindfulness and meditation movement inspired by Noah Levine, author of the memoir *Dharma Punx*, which recounts Levine's drug-addled past and describes the usefulness of Buddhist techniques for former addicts.

In recovery himself, Dave knows the power of channeling energy into Buddhist exercises. His tattoos and rock-n'-roll attitude paint him as hardcore and authentic, and he is serious about promoting the *Dharma Punx* mentality. As a long time Buddhist practitioner, he has been working closely with recovering addicts for the last five years. Dave has extensive experience bringing meditative interventions into jails, prisons, youth detention, and addiction treatment facilities.

"We believe in the human capacity for transformation and change," Dave says. "Drawing inspiration from the original teachings of the Buddha, we outline a program of recovery that says, 'All individuals have the power and potential to free themselves from suffering.' We feel confident in the power of the Buddha's teachings, if applied, to relieve suffering of all kinds, including the suffering of addiction."

Dave's 90-minute workshop at the Freedom and Recovery Conference will outline a program of Buddhist recovery. Attendees will learn how to define and implement

mindfulness meditation, discuss the core principles of Buddhist recovery and cultivate mind-body awareness.

The Freedom and Recovery Conference will take place April 3-6, 2013, at the Hotel del Coronado in San Diego, Calif. To register, please go to FoundationsEvents.com.

About Foundations Recovery Network:

Headquartered in Nashville, Tenn., Foundations Recovery Network is one of the premier organizations for treating those with co-occurring addiction and mental health disorders. Its residential treatment facilities include Michael's House in Palm Springs, Calif.; The Canyon in Malibu, Calif.; La Paloma in Memphis, Tenn. FRN also has four full-service outpatient treatment centers: Foundations Atlanta in Roswell, Ga.; The Canyon at Santa Monica in California, Michael's House IOP in Palm Springs, Calif.; and La Paloma IOP in Memphis, Tenn. All Foundations Recovery Network facilities utilize an integrated treatment approach, focusing on a Dual Diagnosis model for lasting recovery.

<http://www.foundationsrecoverynetwork.com>

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