

Dave Smith is a Buddhist meditation teacher, addiction treatment specialist, experienced speaker, and published author. He is empowered to teach by Noah Levine of Against the Stream Buddhist Meditation Society and received training in Buddhist psychology from the Barre Center for Buddhist Studies (BCBS). As a long-time Buddhist practitioner and recovering addict, Dave has been working closely with recovering addicts for over a decade. He has extensive experience bringing meditative interventions into jails, prisons, youth detention centers and addiction treatment facilities. He is the guiding teacher and program director of the Against the Stream Nashville Meditation Center. He provides direct services for mental health agencies, the public library, and speaks nationally at Addiction and Behavioral Health conferences. Currently, the majority of his time is spent teaching Buddhist meditation classes, residential retreats and educational workshops. Dave lives in Los Angeles.