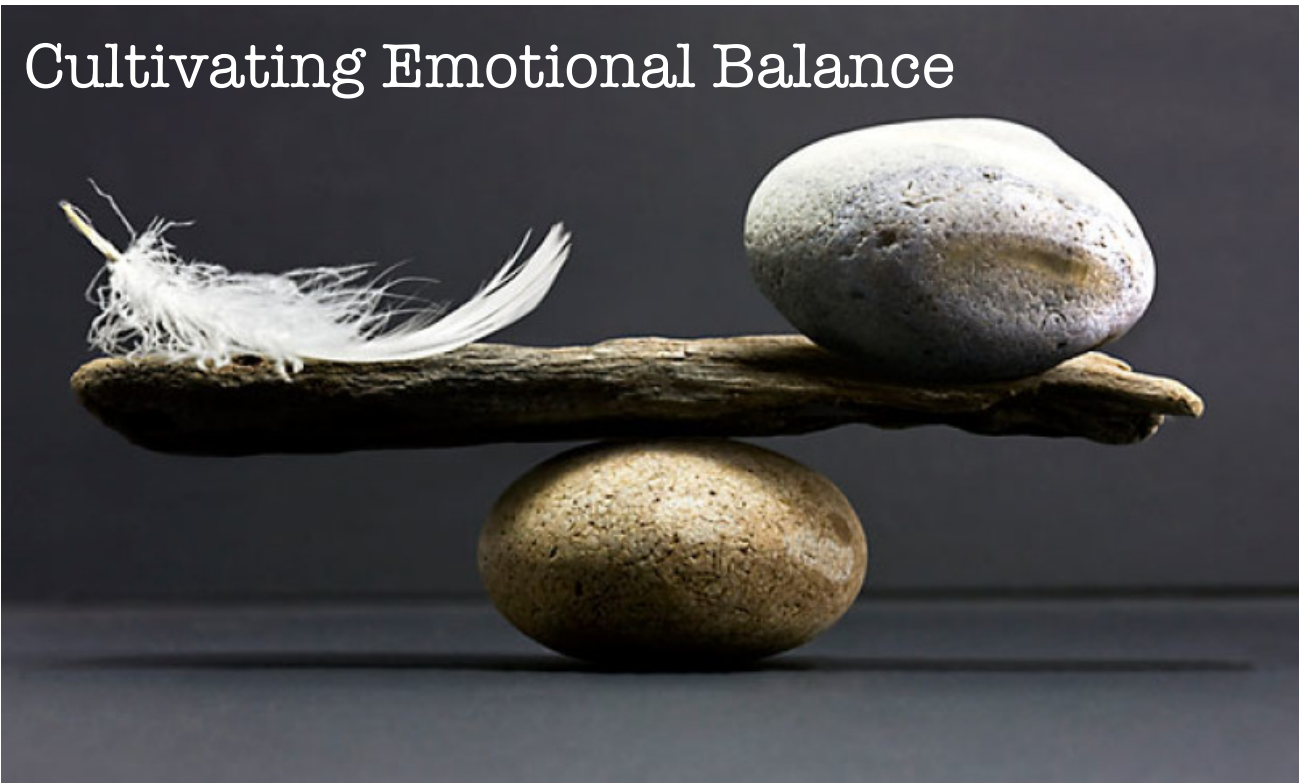


# Cultivating Emotional Balance



*Take control of your wellbeing and learn to understand your emotions*

Our emotions create richness in our life - they help us navigate our lives, discern what we need, and relate to others. Yet, overwhelming emotions can leave us feeling triggered, stressed, drained, disempowered from our own mental processes, and can result in fractured relationships with others.

The information and training from this course will transform your emotional inner world, so you become a skilled 'emotional athlete' that is calm, present and positively engaged with others.

## What is CEB?

Cultivating Emotional Balance (CEB) is an evidence based training aimed at helping participants develop emotional regulation by:

- Understanding how emotions function and develop
- Influencing the progression of an emotion, in order to shape the form it takes
- Learning and training in mindfulness and attentional skills
- Identifying purpose, and meaningful goals in our life
- Reducing destructive emotions and cultivating constructive emotions
- Developing and practicing compassionate and balanced connection with others

CEB draws on the wisdom of contemplative meditation practices and emotional research to develop emotion skills to help people to better understand their emotional life, and thereby increase constructive and decrease destructive emotional engagements.

## Course Structure and Dates

This course is offered 6 Saturday sessions once a month between **11am-4:30pm**.

To complete the course you must complete a minimum 3 hours of homework per session you attend which comprises of meditations (though guided audio or at Hayagriva - details to be provided), readings and reflections.

It is possible to attend individual sessions, however, you will be required to attend or listen to part of a recording of the first session as a prerequisite for joining subsequent sessions.



CULTIVATING EMOTIONAL BALANCE

The dates and general topics for each session is shown below:

- 14 July: Introduction; what is meditation - mindfulness and analytical; introduction to emotions; developing attentional skills, meaningful goals and a kind heart.
- 11 August: How does an emotion develop; dealing with anger & cultivating compassion
- 8 September: Exploring sadness; analysing the world around us; how to be joyful in a turbulent world
- 13 October: Calming fear and anxiety; refining attention; developing a balance heart
- 10 November Understanding contempt and disgust; observing and analysing the mind
- 8 December The enjoyable emotions; examining the inner and outer world; how to continue cultivating emotional balance

### **Cost**

\$60 per session (\$50 concession)  
\$320 all sessions (\$260 concession)

*Bookings essential - [www.hayagriva.org.au](http://www.hayagriva.org.au) or [spc@hayagriva.org.au](mailto:spc@hayagriva.org.au)*

### **About Jude Milan**

Jude has a background in science, primarily in Human Movement Studies and Environment. Combining her interest in biology with her passion for yoga she trained as a yoga teacher in 2005 and has been teaching since that time.

Jude has traveled over much of Asia and has taught yoga and meditation to students in Nepal, India, Indonesia and Australia. She has been studying and practicing Tibetan Buddhism since her early adulthood and has been deeply moved and influenced by the yogic philosophy in this tradition.

Jude has witnessed the physical and mental/ emotional benefits of meditation and yoga has brought to both herself and others over the years. Motivated by the benefits she has experience in these contemplative traditions combined with her deep respect for the method of scientific enquiry she trained as a Cultivating Emotional Balance (CEB) teacher in 2017 and aspires to share the benefits of this method of training with others.

### **About CEB:**

The Cultivating Emotional Balance Training emerged from the Destructive Emotions dialogue between behavioural scientists and the Dalai Lama, Buddhist monks, and scholars at the Mind and Life Institute in Dharamsala, India, in March of 2000. At the culmination of this meeting the Dalai Lama requested that the important ideas raised in these sessions, specifically how to manage the everyday obstacles of our destructive emotions, be turned into an accessible secular training.