





Loving! The Way of the Heart - Center for Transformation is an institute for personal growth.

our **vision** is to be the leading center to help people enhance inner joy, realize their true potential & master their own life.

We offer life changing Daily Practices, Workshops, Personal Sessions, Retreats & Trainings for the benefits of students, teachers, groups, and organisations with the help of following techniques:

- Active, Passive & Social Meditations
- Self-Hypnosis
- Holistic Healing
- Community development
- Humaniversity Therapy
- Ancient arts like Chi Kung & Zen
- The Science of Consciousness
- Creative & Cultural activities

The Loving Foundation is a registered charity. All donations are tax-free under section 80G of the Income Tax Act



Dr. Ronak Gandhi,
Founder & CEO
(MBBS, PGDHHM, FRIPH)

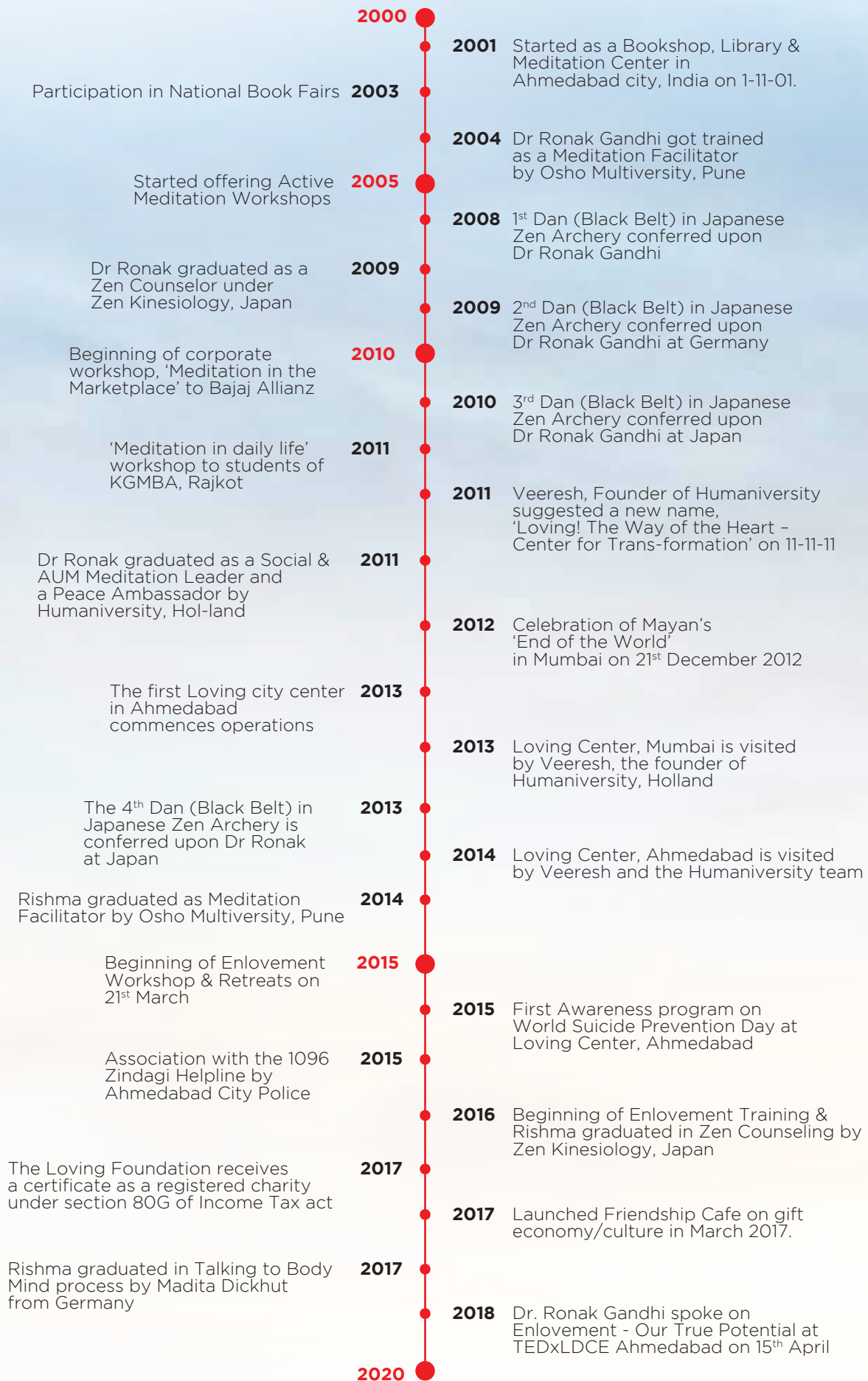
Ronak is a Medical Doctor, Holistic Health Practitioner, Zen Counsellor, Enlovement Coach, TEDx Speaker & Peace Ambassador.

He is the only Indian with the 4th Black belt in Kyudo - Japanese Zen Archery and a trained facilitator in Meditation, Therapy, Hypnosis & Healing Arts.



Rishma Palkar
Co-Founder
(MBA)

Rishma Palkar is a Management Post Graduate & an Enlovement Teacher. She is a trained facilitator in Active & Passive Meditations, Talking to Body-Mind Therapy & Zen Counseling and facilitates Workshops, Sister Circles & Corporate Meditation Trainings.



Foundation Program for you & kids

Way of the Heart - new way of living

Learn about heart's positive emotions; love, joy, happiness & integrate them in daily life.

experience loving



Personal Sessions

Zen Counseling:

A simple, powerful & effective way of counseling to find your own solution for any of your life issues.

101 Transformation Program:

Your personal coaching program to help you towards a complete physical, mental, emotional & social wellbeing.



Enlovement Retreats

Healing & self Love - celebrate life

Heal your life by opening your heart, knowing the power of forgiveness and celebrate life of health, happiness & fulfillment.

Conscious Living Techniques - body, mind & you

Rejuvenate your self with personal growth techniques & self hypnosis to live a happy life with enhanced awareness & tremendous energy.

Emotional Freedom - take charge of your life

Learn the art of mastering your emotions & transform their effects on health, relationship, work & life.

Humaniversity AUM- Awareness Understanding Meditation

A Social Interactive Process guiding through 14 aspects of the human experience; an international event happening in 43 countries by certified AUM Leaders.

Corporate Care

ZEN coach Workshops

Extending care to employees with an inspiring, interactive & transformative Zen way of coaching to combat stress and enhance their wellbeing & productivity.



**LOVING
COMMUNITY**

Fellow Travelers for Personal Growth
on the Path of Enlightenment

**STUDENT
VOLUNTEER**

Empowering Youth with Loving's
Holistic Transformation Programs

**WORK AS
MEDITATION**

Explore Your Work Creativity
through Love & Care

International Affiliations:



LOVING®
— The Way of the Heart —
Center for Transformation

**Friendship
Café**

📍 LOVING FOUNDATION
'Devi' 148, Murli Bunglows,
Opp. Navjeevan Press, Income Tax,
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