



Life Transformation Institute Empowering life by sharing knowledge and wisdom

"Everyone thinks of changing the world but no one thinks of changing himself" LEO TOLSTOY

We spend our lifetime taking care of others; and in the process, we neglect to look after ourselves. If this message resonates with you, then join us in a sojourn to take charge of yourself - through self-management of your mind, body and spirit.

Life Transformation Institute is a collaborative group of kindred spirits that empowers life by sharing our cumulative knowledge and wisdom. Our focus is the body/mind/soul entity and raising awareness, which is done through seminars and workshops dealing with self-development, philosophy, and New Thought.

The Institute is a merger of three previous groups on the meetup:

- o Friends of Heart
- o The Inspirational Book Club
- o Life Entrepreneurs Institute

Combined membership of these three groups is over three hundreds. We are proud to have diversified members with multitudes of expertise, such as medical doctors, naturopaths, social entrepreneurs, teachers, life coaches, published authors, technologist, etc.

Join us, post your profile with photos and meet other members at:

www.meetup.com/Life-Transformation-Institute

We have conducted many meetings, talks and workshops, since 2008. You can review photos and reports of these events at:

<http://friendsofheart.org/events/>

How to Support:

- o Become a **volunteer**: <http://www.friendsofheart.org/Volunteers>
- o Join our **Speakers Bureau** for giving future presentations:
<http://www.friendsofheart.org/directory/>
- o Become a **Sponsoring member**:
http://www.friendsofheart.org/life_members.htm

For Inquiries:

We need sponsors, speakers and volunteers to provide empowering programs.

Contact Max Haroon by sending an email to max@FriendsofHeart.org or phone: 416-891-937

