

Loch Kelly, M.Div., LCSW is author of the award winning *The Way of Effortless Mindfulness*. He is an educator, psychotherapist and recognized leader in the field of meditation and consciousness. Loch is the founder of the non-profit Open-Hearted Awareness Institute. He is a graduate of Columbia University and Union Theological Seminary, where he received a fellowship to study meditation and psychology in Sri Lanka, India, and Nepal. Loch is known for his warm sense of humor and ability to help people access their true Self. He collaborates with neuroscientists at Yale, UPenn and NYU to study how awareness training can enhance compassion and wellbeing.