

Anandi's biography



Anandi's journey started in the fitness industry in 1986. A born leader and teacher, she found herself teaching others throughout her career in fitness, beauty and wellness. She now lives in Italy and runs workshop and retreats, in Italy and London. Anandi is Alison Francis's spiritual name given to her by her guru in India in 2007.

She has appeared in the press all the major glossies including Cosmopolitan, Women's fitness, Psychologies and the London Evening Standard for her expertise in sleep.

Anandi is the author of *Breathe Better, Sleep Better* due for release in September 2016. She inspires people to take a breath as soon as you meet her. Her professional credentials are:-

- Ayurveda Practitioner, approved by the International Practitioners of Holistic Medicine
- Ayurvedic consultant (American Institute of Vedic Studies, David Frawley)
- Qualified NLP instructor and hypnotherapist (David Shephard, Performance Partnership)
- Chopra-certified Primordial Sound Meditation Instructor (Deepak Chopra)
- Registered Senior Yoga Teacher (Approved by The Yoga Alliance)
- Continued study of Pranayama with Yogi Vishvketu
- Mentee of the late Georg Feuerstein, and graduate of 800hrs of yoga history and philosophy (Georg Feuerstein, Traditional Yoga Studies)
- 'Teaching the teacher' internship in India at Anand Prakresh Ashram (Yogi Vishvketu)
- Author *Breathe Better, Sleep Better* due for release in September 2016