

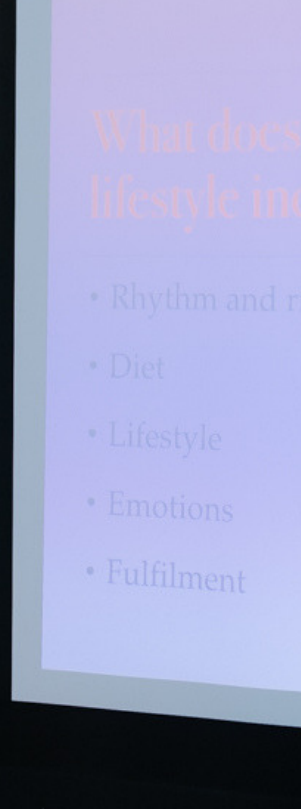


# Speaker's Kit

# Anandi

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Ayurveda Wellbeing Coach, Author, Yoga  
Teacher & Trainer, Entrepreneur



## Anandi's topics

- The power of the breath
  - Sleep and the brain
  - Ayurveda and Sleep
  - Yoga and Sleep
  - The Ayurvedic Lifestyle
  - Health and wellbeing through Yogic principles
  - Mental health through Yogic principles
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# Biography

Alison Francis is known as Anandi in the industry. She was given her spiritual name Anandi in India in 2007. Using the science of Ayurveda and Yoga, she created her own methodology for overcoming sleep issues, improving wellbeing, vitality and creativity. She's the Author of Breathe Better Sleep Better and Founder of The Sleep Guru.

Anandi's own story of transformation serves as a real-life testament to the power of her methodology. At the age of 27, she was already suffering from insomnia and severe exhaustion. After taking time out in an ashram in India she discovered the extraordinary principles of Ayurveda and Yoga. Anandi has been developing her methodology for the last 10 years.

She started her journey in the fitness industry in 1986 owning several businesses along the way from fitness to wellness and beauty which later transformed into the science of Yoga and Ayurveda.

Anandi has been teaching fitness, beauty and wellness throughout her career and has appeared in the press all the major glossies including Cosmopolitan, Women's fitness, Psychologies and the London Evening Standard.

Anandi has a powerful message for the world:-

**"You don't need drugs you just need balance"**

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# Some wonderful organisations I've had the pleasure of working with.



## Testimonials

"We have had the pleasure of working with Anandi for several years and she has become a wonderful friend of the show. Her expertise and knowledge around sleep, the breath and living mindfully (always delivered so eloquently) has continually captured our audience's interest. She is always generous with her time, energy and resources and we love that she is always happy to help us and cheerful to chat to"

Adele Balzan, Mindful Living

"Thank you so much Anandi for speaking at Project Me Live! As the theme was Health & Wellbeing, you came highly recommended as an expert on sleep - and my audience really appreciated you sharing your wisdom around this important topic. Many left with a new goal to make good quality sleep their priority. Thanks for being a true professional and an absolute delight to work with." Kelly Pietrangeli, creator of Project Me

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## Prices

Anandi's current rates range from £500

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