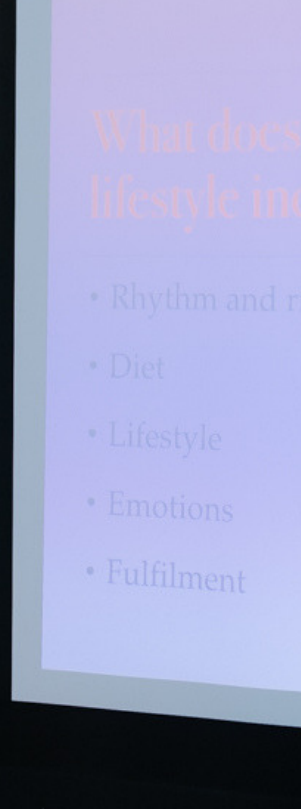




Speaker's Kit

Anandi

International Sleep specialist, Author,
Sleepology® creator, Ayurvedic Wellbeing
Coach, Breath Coach, 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. Drawing wisdom from the sciences of Ayurveda, Yoga and over 10 years of research, she created Sleepology® for overcoming sleep issues, improving wellbeing, vitality and creativity. She's the Author of Breathe Better Sleep Better and Founder of Sleep Mastery Ltd t/a The Sleep Guru. Anandi is an Ayurvedic consultant, senior yoga teacher and yoga teacher trainer, and an NLP practitioner. She's also a certified Chopra meditation teacher.

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. She knows personally what it's like to suffer from insomnia night after night, month after month, year after year. She understands how lack of sleep ruins your creativity, affects your relationships and has serious effects on your health. She also knows that you look and feel awful when you don't sleep well.

She started her journey in the fitness and wellbeing industry in 1986 owning several businesses along the way. She's appeared in the press in many of the major glossies including Cosmopolitan, Women's fitness, Psychologies, Daily Mail and the London Evening Standard.

Anandi is President of Helping Hands for India Charity which provides a school for underprivileged kids in Northern India.

Anandi's message to the world:

"You don't need drugs for sleep deprivation and stress, you just need balance"

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

Prices

Anandi's current rates range from £500

