

Sleep Guru Conquers Insomnia with Ancient and Natural Therapy

Submitted by: Anandi The Sleep Guru

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Over the past five years Anandi the Sleep Guru (<http://www.thesleepguru.co.uk/>) has developed a step-by-step approach to conquering insomnia called the Personal Sleep Review (<http://www.thesleepguru.co.uk/work-with-me/personal-sleep-review/>). Anandi was fighting her own insomnia for 15 years and tried sleeping tablets one day and quickly realised they were not for her.

London-based Anandi, who travels widely, believes that most sleeping aids do not help with getting a good night's sleep. She says that some people cannot do it alone and gadgets will not help solve sleep issues.

Anandi says, "The Personal Sleep Review (<http://www.thesleepguru.co.uk/work-with-me/personal-sleep-review/>) is a powerful process that aligns with Ayurvedic healing, an ancient and natural therapy that originated in India which I then adapted to resolve sleeping problems. It removes the causes of sleep disturbances rather than masking them. This process is an easy to follow, systematic approach to a better night's sleep."

There are four different elements of support that Anandi offers. A free of charge discovery call is a 30-minute phone call with a snapshot assessment of the client's sleeping pattern and what treatment can be used. A consultation (£325) with Anandi in London is a detailed Ayurveda (<http://www.thesleepguru.co.uk/>) constitution analysis with a full report and recommendations with a follow-up call to monitor progress.

There are two Personal Sleep Review (<http://www.thesleepguru.co.uk/work-with-me/personal-sleep-review/>) options. A 90-day plan (£1,225) is everything included in a consultation plus a dietary analysis, an Ayurveda lifestyle plan and follow up calls every fortnight. The nine-month plan (£1,675) includes elements of the 90-day plan plus other resources provided by Anandi.

Anandi's new book 'Breathe Better, Sleep Better' (<https://www.amazon.co.uk/Breathe-Better-Sleep-Guru-Anandi/dp/1504367758>) is a combination of five years of experiments with the breath. The book addresses sleep problems and will also balance systems such as digestion as well as improved circulation and a reduction in stress and anxiety levels. Her book is now available on Amazon (<https://www.amazon.co.uk/Breathe-Better-Sleep-Guru-Anandi/dp/1504367758>) and on her website (<http://www.thesleepguru.co.uk/>).

Useful Links:

Anandi's Website: <http://www.thesleepguru.co.uk/>

Personal Sleep Review: <http://www.thesleepguru.co.uk/work-with-me/personal-sleep-review/>

Breath and Wellness Retreat: <http://www.thesleepguru.co.uk/retreats/>

Breathe Better, Sleep Better: <https://www.amazon.co.uk/Breathe-Better-Sleep-Guru-Anandi/dp/1504367758>

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Further information and high resolution images of Anandi are available on request. We would be delighted to offer journalists a review copy of her new book 'Breathe Better, Sleep Better'.

Anandi would also like to offer to any journalists who are suffering from insomnia a free discovery call and a snapshot assessment.

Media information provided by Famous Publicity. For more information please contact Tabitha Monkhouse at tabitha@famouspublicity.com or 0333 344 2341 or Tina Fotherby at tina@famouspublicity.com or 0333 344 2341.

About Anandi

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.

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)

Anandi has a blog (<http://www.thesleepguru.co.uk/anandis-blog/>) where she explains different methods and techniques to cure insomnia. The blog includes a number of video demonstrations, written guides and advice to help with your development. Some blog posts include features on meditation, healthy eating and stress.

Anandi is a great believer in giving back and has sponsored a Nepalese orphan for over 10 years. Anandi has sent her to University in Southern India to study a Bachelor of Arts degree and is a sole sponsor who looks after all her needs. Anyone working with Anandi is also helping give support to underprivileged children in India.