

# Visit an Italian Monastery and Learn How to Breathe

Submitted by: Anandi The Sleep Guru

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Alison Francis, better known as her sleep guru name Anandi (<http://www.thesleepguru.co.uk/>), is set to lead the path to greater wellbeing by organising a Breath Wellness Retreat (<http://bit.ly/Eremito2017TSG>) in Umbria, Italy. The venue of the five-night retreat starting on Wednesday May 17 2017, is a 14th century monastery nestled deep in the Umbrian forest.

During the retreat (<http://bit.ly/Eremito2017TSG>), guests can participate in yoga, advance breathing techniques and experience the power of gong meditation. The retreat gives visitors the ability to unwind, recharge, detach from a busy lifestyle and heal from within.

London-based Anandi (<http://www.thesleepguru.co.uk/>) said, "The retreat is designed to improve health and explore the different ways to deeply relax, recharge and re-energise. Guests will explore deeper aspects of yoga and breathing techniques to help get a profound sleep."

As well as experiencing advanced meditation skills, the retreat will also have a number of workshops available to the attendees. Participants will learn Anandi's secrets and strategies for getting a good night's sleep and better wellbeing.

The price of the Breath Wellness Retreat (<http://bit.ly/Eremito2017TSG>) in Italy is £1,250 and includes classes, educational resources and one-to-one time with Anandi. Arrive on recommended flights which you need to book. To get involved with the Breath Wellness Retreat you can register on Anandi's website (<http://www.thesleepguru.co.uk/>).

Anandi is the author of new book 'Breathe Better, Sleep Better' (<https://www.amazon.co.uk/Breathe-Better-Sleep-Guru-Anandi/dp/1504367758>) and uses breathing techniques to improve sleeping patterns with a simple step-by-step system. The book offers a systematic approach using breath as a tool to give a lifestyle balance and get a good night's sleep. 'Breathe Better, Sleep Better' helps people with their sleeping issues using a number of practical exercises. Anandi also has free sleep advice available on her website (<http://www.thesleepguru.co.uk/>).

Useful Links:

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

Breath Wellness Retreat: <http://bit.ly/Eremito2017TSG>

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

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

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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'.

Media information provided by Famous Publicity. For more information please contact Tabitha Monkhouse at

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## 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.

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)

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.