



# Lisa Sanfilippo

## Founder of Sleep Recovery

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Lisa Sanfilippo is the founder of Sleep Recovery, and one of the UK and Europe's leading voices in body-mind approaches to sleep and overcoming insomnia.

She is a UKCP psychotherapist, one of London's most sought after yoga teachers, the author of two books: *Sleep Recovery* (Bloomsbury, 2020) and a textbook for health and wellbeing practitioners, *Yoga Therapy for Insomnia & Sleep Recovery* (Singing Dragon, 2019), and is a popular contributor to national and international magazines, podcasts and conferences.

She maintains a private practice in London's Hampstead area, and online.