



## Dr Ashish Bhatia

GP, University Tutor and Founder of *Really Well Being*.

I sometimes call myself a GP, which playfully means gentle presence to me. This is a unifying quality flowing through my many roles as NHS doctor, University medical tutor, father, yogi and most recently as founder of *Really Well Being*. This is an organisation that combines kindness and honesty with humble expertise in holistic health and performance optimisation: bringing out our best. I offer free well being groups for the public, lifestyle consultation skills for clinicians and a specialist sleep support service. I currently run a 6 week course on sleep optimisation at Bristol Medical School.



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