

## **Nyahsa Ysrayl**

### **Professional Bio**

Nyahsa Ysrayl is an Inventive Change-Maker and founder of Elevated Grounds (EG). EG is an Education and Wellness Consulting Agency dedicated to human transformation through the fusion of cutting-edge AI technology, emotional intelligence, and ancient wisdom. Nyahsa is a Certified Masters level Social Worker, and an Integrative Energy Healing Practitioner specializing in EFT. She draws from modalities such as Ecotherapy, CBT Somatic and Music Therapy, EMDR, Heart Coherence, and Emotional Freedom Technique (EFT) to promote healing and resilience. Nyahsa designs creative, culturally-centered community programs and curricula that foster wellness, healing, and empowerment. Her practice is rooted in Energy Medicine and sacred philosophies, emphasizing balance, harmony, and community. Through energetic and holistic self-care practices, Nyahsa supports individuals on their journey to self-transformation. Nyahsa honors the vital role of elders and the enduring wisdom of her late elder, Leyland Gudge, whose guidance remains a foundational force behind Elevated Grounds. His influence continues to inspire her vision.