

## **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 (Emotional Freedom Technique). She draws from modalities such as Ecotherapy, CBT (Cognitive Behavior Therapy), Somatic/Sound Therapy, EMDR and Heart Coherence.

Nyahsa curates, enriched, highly engaging culturally potent community programs, curricula and events that foster healing and inner-self exploration. Her practice is rooted in Energy Medicine and sacred philosophies, emphasizing balance, harmony and community care. Through energetic and holistic self-care practices, Nyahsa supports individuals on their journey through self transformation. She 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