

Reference Sequence: Sacral Chakra Sequence A

Nasahrhette Gbawa



1. Easy Pose = Sukhasana



2. Supine Pelvic Tilt Tuck



3. Supine Windshield Wiper Pose Variation One Leg On Top = Supta Sucirandhrasana Variation One Leg On Top



4. Reclined Knee Circles



5. Reclining Bound Angle Pose = Supta Baddha Konasana



6. Happy Baby Pose = Ananda Balasana



7. Half Happy Baby Pose Variation 1 = Ardha Ananda Balasana Variation 1



8. Reverse Pigeon Pose Variation 1 = Sucirandhrasana Variation 1



9. Reclining Eagle Spinal Twist Pose = Supta Parivrtta Garudasana



10. Wall Straddle Pose = Wall Upavistha Konasana



11. Bound Angle Pose = Baddha Konasana



12. Seated Straddle Pose = Upavistha Konasana



13. Firelog Pose = Agnistambhasana



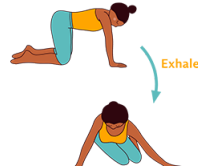
14. Firelog Pose Twist = Parivrtta Agnistambhasana



15. Table Top Pose = Bharmanasana



16. Table Top Child Pose Flow = Bharmanasana Balasana Flow



17. Table Top Pose Hips Side Flow = Bharmanasana Hips Side Flow



18. Balancing Table Top Pose With Knee To Nose Flow = Dandayamana Bharmanasana Knee To Nose Vinyasa



19. Downward Facing Dog Pose = Adho Mukha Svanasana



20. Standing Forward Fold Pose = Uttanasana



21. Low Lunge Pose = Anjaneyasana



22. Revolved Low Lunge Pose Knee On The Floor = Parivrtta Anjaneyasana Knee On The Floor



23. Table Top Pose = Bharmanasana



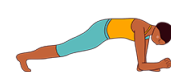
24. Downward Facing Dog Pose = Adho Mukha Svanasana



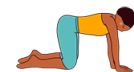
25. Standing Forward Fold Pose = Uttanasana



26. Low Lunge Pose = Anjaneyasana



27. Lizard Pose = Utthan Pristhasana



28. Table Top Pose = Bharmanasana



29. Downward Facing Dog Pose = Adho Mukha Svanasana



30. Half Pigeon Pose = Ardha Kapotasana



31. Seated Windshield Wiper Pose



32. Table Top Pose = Bharmanasana



33. Downward Facing Dog Pose = Adho Mukha Svanasana



34. Half Pigeon Pose = Ardha Kapotasana



35. Seated Windshield Wiper Pose



36. Wide Child Pose = Prasarita Balasana



37. Striking Cobra Pose = Shashank Bhujangasana



38. Supine Windshield Wiper Pose Variation One Leg On Top = Supta Sucirandhrasana Variation One Leg On Top



39. Half Wind Release Pose = Ardha Pavanuktasana



40. Reclining Eagle Spinal Twist Pose = Supta Parivrtta Garudasana



41. Reclining Bound Angle Pose = Supta Baddha Konasana

My name is Ela Grey-Nasahrhette Bawa Ewe but you can call me Nasa Bawa! I am an Ancestor Medium and Energy Practitioner. I help you develop strong relationships with your Ancestors and I help you rebuild your Energy Body so that you can heal emotional trauma and hear more clearly the divine messages that will transform your life forever!

In our practice, we help you raise awareness of your Iwaju (known as the third eye chakra in eastern traditions) system and the impact it has on your emotional, spiritual and physical health. The Iwaju Center is specifically linked to the third eye chakra or the pineal gland, which is the power center that allows us to operate in our divine understanding.



The most important reason to heal our energy body is so that we can utilize it to connect with the subtle energies sent to us by ancestors, spirit guides, nature, orishas, deities, and any other spiritual supporters of humanity. They communicate through sensations and thoughts, so when we clear ourselves of limited thinking and childhood trauma, we can literally transform our minds, hearts, and communities.