

Rudra Yoga is a primitive and unadorned path to perfection. It has one idea and one exercise. The three treasures out of which Rudra Yoga arises are the Creation Principle, the Golden Formula and the Magdalena Way. The Rudra Yoga lifestyle is personal responsibility.



When we become more fascinated with what is “in here”, rather than what is “out there,” when we witness our thoughts and how they make us feel and refuse to buy into limiting thoughts from our past or worries about our future, when we carefully maintain our inherent Light and use our life-force for healing and growing, we are practicing Rudra Yoga. This is the global one idea and one exercise: We are made of Light and are one with the Universal Consciousness or Pure Source, but along on our human journey we have become clouded, so it is our exercise to first clear and then maintain a clear body and mind, so that our Individual Consciousness reflects the Universal.

Rudra refers to the digestive fire in the navel and the aspect of Lord Shiva that removes obstacles. Yoga means union. Rudra Yoga is the power to digest and be nourished by every experience, whether pleasant or unpleasant, and live every moment in a unified state.

The Rudra Yoga Program is a complete teaching of yoga presented in 20 courses over 5 years. It reconnects us to our spiritual roots, seeded in various times, places, cultures and traditions, through the living lineages, philosophies and techniques of movement, breath, sound and meditation, and utilizes new healing technologies that help us make conscious the full spectrum of the human experience through waking, dreaming, deep sleep, death, conception and rebirth.



Program Info & Registration: Murshida / 619.607.7007
murshida@murshida.com

WORLD EVOLUTION, RYS

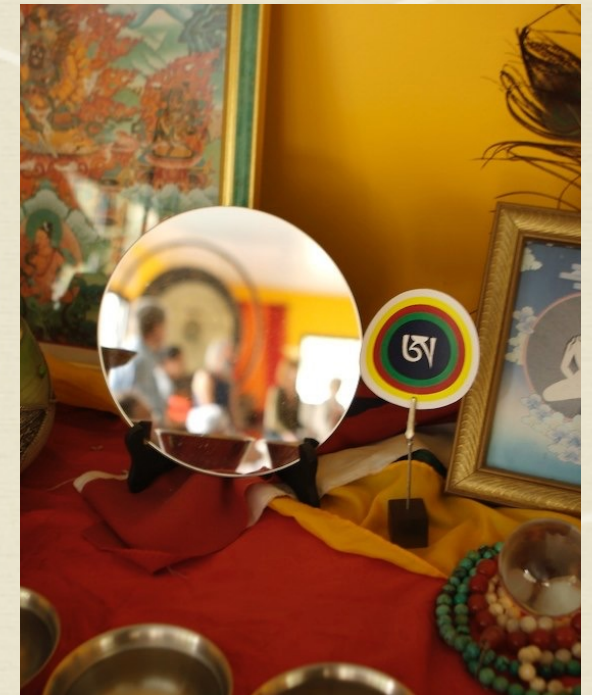
MovewithMurshida.com

LibertyArising.org

Boulevard, CA, East San Diego County

Rudra Yoga Program and World Evolution Registered Yoga School are projects of New Being Project, a 501c3 non-profit corporation.

RUDRA YOGA PROGRAM



COMPLETE YOUR EVOLUTION IN

A 5-YEAR COMPREHENSIVE COURSE IN YOGA

THE TEACHERS

ISA LOVE DRAGON

Isa began his training in Kundalini Yoga and Tantra with Yogi Bhajan, in the Sufi way with Murshid Samuel Lewis' community in San Francisco, taught at Chögyam Trungpa's Naropa Institute in Boulder, and led the Sufi Order of Colorado during 1971-73. In 1974 he formed the yoga school then known as Circle of Friends, and the next year met his Sufi initiator Sheikh Hassan of Palestine. During 1982-92, Isa met the Ven. Il Bung Seo of S. Korea, from whom he received Tao teachings and his Dharma Master (Bopsa) initiation; was introduced to Swami Rudrananda's essential exercise (Rudra Meditation), which was the practice that stabilized his state. During this time, he also met Namkhai Norbu, HE Ayang Rinpoche, the Ven. Gangteng Tulku Rinpoche and Geshe Tenzin Wangyal Rinpoche, among others, who gave him special Tantric and Dzogchen initiations and recognition of mastery. Isa has mastered yoga, having stabilized his consciousness through waking, dreaming and deep sleep, and his essential teaching of Rudra Yoga is at the core of the Rudra Yoga Program.

MURSHIDA RUDI KADRE

Murshida met her root teacher, Isa Love, in 1984, and he sent her off on an intensive study and practice of Kundalini, Tao, Tibetan, Hatha and Shamanic yogas and the Sufi and Tantric paths. In 1995 she launched a 2.5 year comprehensive course and teacher training in yoga, which evolved into the current 5-year Rudra Yoga Program, a sharing of her complete personal practice. In 2007, she acquired the Yoga Alliance registration of World Evolution, RYS. Important living teachers on her path include Ven. Gangteng Tulku Rinpoche, Geshe Tenzin Wangyal Rinpoche, Pema Chödrön and Yogi Amandeep. Her training in the somatic disciplines of Feldenkrais®, Anat Baniel Neuromovement®, Somatic Experiencing® and Organic Intelligence® have afforded some of the modern healing technologies that are interwoven into the Rudra Yoga Program.

CALENDAR

Our 5 Year Cycle continues 'round n 'round!

RY 7	March 21-27, 2025
RY 8	June 12-18
RY 9	September 12-18
RY 10	December 27 - Jan 2, 2026
RY 11	March
RY 12	June
RY 13	September
RY 14	December
RY 15	March 2027
RY 16	June
RY 17	September
RY 18	December 27 - January 2, 2028
1-3 Day	Personal Retreat, individually scheduled
RY 19	March
RY 20	June
RY 1	September
RY 2	December 27 - January 2, 2029
RY 3	March
RY 4	June
RY 5	September
RY 6	December 27 - January 2, 2030

The work that can be accomplished is supported by the courses where time is taken to immerse oneself in the practices and teachings away from daily life, and by the continuity of practice through the online weekly classes and daily offerings.

COST

6-day residential course \$735
6-day online course \$435
intro day course \$85

MovewithMurshida.com members receive:
Free weekly classes and access to video replays
Free intro day courses
10% off 6-day courses
Residential RY Program \$13,250 *single payment*
Online RY Program \$7850 *single payment*

These are current costs, which may change.

TEACHER TRAINING

The Rudra Yoga Program may be taken with Yoga Teacher Training. World Evolution is a Registered Yoga School (RYS) with Yoga Alliance, meeting the requirements for the 200 Hour basic and the 300 Hour advanced trainings to offer RYT-200 and RYT-500 certifications in RY/Hatha, RY/Kundalini, RY/Tao and RY/Tibetan yogas. These teacher training programs include specific Rudra Yoga Program courses, extra teacher training classes, home assignments and practicum. In addition, World Evolution offers a 1000 Hour certification when all 20 courses, teacher training classes, home assignments, practicums and fee arrangements are completed, and one can demonstrate that the essential teaching of Rudra Yoga has become the stable core of one's life.

Teacher Training Info / Murshida / 619.607.7007

LOCATION

Liberty Arising is a beautiful 165-acre retreat property, located 65 miles east of San Diego in the high mountain desert. Being strong in the elements of nature, it is a perfect accommodation for the sincere practice of yoga, healing and spiritual transformation. Facilities include the yoga shala with a large practice room, cozy living room, kitchenette, large dormitory, 4 private bedrooms and 2 full and 1 half bathrooms; commercial kitchen, meditation hut, healing cabin and sleeping hut; outdoor dining, pool, spa, showers, composting toilets, dome and tent spaces. (On occasion, we may meet at Heaven in Encinitas, CA, home to our teachers.)

SUPPORT STAFF

From time to time, we may have visiting teachers and healers, as well as musicians and Liberty residents to support our inner and outer exploration and integration.

RUDRA YOGA COURSES

In each course, the Rudra Yoga essential teaching is given and the elaboration is practiced to unveil our Light. The yoga tradition implemented as the elaboration is indicated in the course description. Each course stands alone, as well as builds from those before and those yet to come. The course numbers are primarily for your reference, so you know where you started. Jump into the cycle at any time and stay until you've come full circle and turned 'round right!

Curriculum of every course includes:

Morning Yoga Practice / Rudra Yoga Elaboration:
movement, breath, sound, meditation and seva
Featured Yoga Tradition teaching
Rudra Yoga essential teaching & practice
Class with Isa Love Dragon, an American Master
Healing Activities
Integration Activities

RY 1: FOUNDATION

We are going to ask ourselves, "What is normal? How is life supposed to be?" Learn to shed your psychic weight, allowing micro-adjustments to fuel your path to liberation. We will introduce the three treasures of Rudra Yoga, which show us how to build and maintain a creative environment (Creation Principle), how to follow in all activity the harmonious sound (Golden Formula), and clarify the purpose of our basic human energy (Magdalena Way).

RY 2: PHYSICAL SYSTEM & DEVELOPING BREATH HATHA

We will develop awareness of skeletal alignment, moving function and breathing function. The synchronicity of body movement with breath and mental focus creates a proper container to store energy needed for expanding awareness. Ordinary activities of a human, such as eating, sleeping, working, playing and sex are performed with awareness to create and build energy.

RY 3: SUBTLE SYSTEM & DEVELOPING WILL KUNDALINI

We will use exercises and teachings which combine mental focus, movements, dynamic breathing and sound to introduce the subtle system by direct experience, and to detoxify and strengthen the nervous system and all physiological systems. We must learn to make the unconscious conscious and choose supportive habits in our intention to become whole and connected to an unlimited source of energy.

RY 4: UNRAVELING THE CONDITIONED SELF KUNDALINI

To become open, we must break down our habitual self. We will employ two hour sessions, 'round the clock, of yogic practices, creative time, detox diet/hydrotherapy/seva, rest and philosophy study to break the hold of night and day cycles and unproductive patterns, and to let go of control in order for real experience to guide us home.

RY 5: ANGELIC REALMS & WORLDS OF LIGHT REVIEW

To enter the spiritual path, we must establish the witness of the mind and stabilize our consciousness in the space between the polarities of the mind. Here the wisdom light shines through, and our ordinary tasks and creative work are the context for dissolving the false "I" and experiencing enlightenment, moment to moment, effortlessly.

RY 6: EMBRACING LIFE & INCREASING CONCENTRATION TANTRA

In order to embrace and digest life as a whole experience, we must utilize the physical & subtle systems and harmonize the ordinary & extraordinary planes of existence. We must develop the discipline to resist being run by our preferences and aversions and to stabilize in both/and mind. We must understand how to have real relationships and how to manufacture more energy out of whatever comes to us. We must bring our sexual energy, our core energy, into full consciousness.

RY 7: INTERNAL MARTIAL ARTS & STILLING THE MIND TAO

Through practices which activate our electromagnetic field, we will develop an internal defense system by which we can transmute negative energies that potentially deter our development. We will learn to become sensitive to the teachings of nature, to still the mind and to meditate in all activities.

RY 8: DISCIPLESHIP & STOKING THE TRANSFORMATIONAL FIRE HATHA

We will explore what is required for liberation and learn to raise our digestive fire. At this stage, we must understand how to make our own the discipline of those who have come before and realized what we passionately seek. Discipleship is the means to obtain that discipline. Discipline gives us a single focus in raising our consciousness, results in a genuine experience with what we have learned, and makes the best use of our teacher's guidance.

RY 9: COMPLETE YOUR KARMA TRANSMISSION OF ENLIGHTENED STATES REVIEW

Our karma is finite, and we can complete our karma through the process of gathering and digesting our negative patterns that manifest inwardly and outwardly. These negative patterns are trapped energies which become spiritual fuel when digested. With our energy free, we then relax into a subtle communication with the masters of yoga and receive the direct transmission of knowledge and enlightened states.

RY 10: HEART OF THE BELOVED SUFI

The great path of love is traveled by those who recognize that the many peoples of the world express in their own unique ways one source, one path and one goal. We stir the heart and stoke the fire of longing through ecstatic practice, songs, poetry and teachings of the heart. Dancing opens the heart and magnetizes our feet, the walks call down the divine qualities and states, spinning centers us in the real and true reality, remembrance lifts us to the beloved, and purification by fire puts it all together in one ecstatic celebration of divine being.

**RY 11: DEVELOPING WISDOM
& SKILLFUL MEANS** TIBETAN

We will learn to direct energy up the central channel to stabilize meditation as a natural state. Deity practices assist us in unveiling our compassionate, skillful and limitless being. The teachings show us that the objective world is fluid rather than solid, and karma is a choice from which we can be released by a turn of the mind.

**RY 12: STABILIZING THE
NATURAL STATE OF MIND** SHAMANIC

Relating sensitively to the 5 elements, the 5 flows of energy and the unseen nature beings gives us great support and a healthy environment in which to stabilize our naturally clear, meditative state of mind. We will focus on acquiring consciousness in the waking state.

**RY 13: CLARIFYING PURE INTENTION
TO PRACTICE** SHAMANIC

We have studied our condition and chosen awareness over the dream, and now we purify our intention to practice. We dedicate our efforts to the ultimate freedom of all beings, open deeply to those who guide and support us with their stabilized awareness, and we walk in the master's footsteps. We become the deity of the natural mind - empty, vital, potent!

**RY 14: CONSCIOUSNESS IN
DREAMING** SHAMANIC

We will extend our practice of awareness in the waking state to our dream state. In our dream state, we learn to apply practice to clarify ourselves and our situations, just as we have learned in our waking state. Once lucidity develops, we play and develop magical qualities. In our waking state, we apply the fluidity and changeability of our dreams, so that we are always operating from our limitless creativity through all situations and experiences.

**RY 15: CONSCIOUSNESS IN
DEEP SLEEP** SHAMANIC

We learn to rest the mind more and more in the open clarity that is always present. By focusing on light as we fall asleep, we slip into luminous, dreamless sleep. The body rests and is fully recharged, while the mind expands into the empty, open field of awareness.

RY 16: CUTTING THE BODY IDENTITY SHAMANIC

It is our attachment to this body and this physical reality which produces the fear of change and ultimately death. We experience limitations and fear, because the omnipresent, omniscient, omnipotent, eternal and boundless nature of Pure Source is contracted in a time-space-reality body and overtaken by the illusion of a separate self. When we cut through this illusion, we break free into the reality of our essential being, which hosts the five eternal powers.

RY 17: BURNING KARMIC SEEDS SHAMANIC

We will clear obstacles of the physical body and realm, from more gross to the most subtle in nature. In this purified state, we manifest a light body and work from that internal structure of channels and chakras to create purifying heat to burn the karmic seeds, so they cannot sprout and bear fruit in the future.

**RY 18: DEVELOPING
INNER VISION** SHAMANIC

First we will learn the practices that correct our dull or anxious mind to prepare us to rest steadily in the space and light of our inner being. Then we will learn the particular practices that we will perform in isolation. Signs of attainment begin with the effortlessly still body, steady and pervasive energy, and the clear and spacious mind which is fertile ground for internal lights to appear.

RY 18: PERSONAL RETREAT SHAMANIC

Once complete with the preparatory exercises and confidence is gained in the practices, each practitioner will go on a solitary, 1-3 day personal retreat.

**RY 19: CONSCIOUS DYING &
ATTAINING THE DEATHLESS STATE** SHAMANIC

To attain the deathless state, we must die before death and surrender our point of view entirely to the sound of truth. We must learn to send our consciousness out of the body and bring it back in with ease and naturalness to be able to maintain our attention and natural state through the great transitions.

The cycle of life moves
from the time between death and conception,
through the time between conception and death
and finally, when the great realization occurs,
to the center!

**RY 20: CONSCIOUS COMMUNITY,
RELATIONSHIP, CONCEPTION,
BIRTHING & PARENTING** REVIEW

A new cycle of life begins. We bring perfection down to earth. We have grown ourselves and stabilized our state, so now we have the possibility to make the kind of world that every child knows is supposed to be. This is the culmination of yoga and the fruit of claiming a conscious life. ... or we are just beginning, and we can set our intention to align with our life path, receive the support through the yogas that follow, and become stable in our Natural State.



CERTIFICATION REVIEW

The requirement for the 1000 Hour teacher certification in Rudra Yoga is living in the state of Rudra Yoga. At this time, we will determine whether the teachers in training have cut the root of their karma and are aligned to the intention of the prophets, saints and masters and have indeed completed this program, or whether another cycle is needed for success. Make no mistake about it, your success will depend directly upon the fierce focus and steadiness of your practice between each Rudra Yoga course!