



Tuesday, April 19, 2011
Gold Retreat Star

Tula Rasi: 17.03 Tithi 17
272456158
Creative Work Siddha Yoga
Until 10:43AM then Marana Yoga
Until 1.01AM Wed then Siddha Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam
Svati/Visakha Nakshatra Siddhi Yoga Taitila/Gara Karana Dvitiya Yam Titau
Gulika 1:26PM – 3:06PM **Svati Until 10:43AM**
Yama 10:06AM – 11:46AM **Siddhi Until 11:31PM**
Rahu 4:46PM – 6:26PM **Taitila Until 3:30PM**
Dvitiya Until 1:47AM Wed

Ganesha: White *Sunrise:* 6:46AM
Muruqa: Yellow *Sunset:* 8:06PM
Nataraja: Clear
Moon – Green
Chaitra-Chaitra

Dushanbe, Tajikastan
Sutra 6
Khara 5113
Moon 4 - Phase 1
1st Phase

Sivaloka Day

1

Wednesday, April 20, 2011

Wrishchika Rasi: 1.49 Tithi 18
272456158
Creative Work Siddha Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam
Visakha/Anuradha Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Tritiya Yam Titau
Gulika 11:45AM – 1:25PM **Visakha Until 8:35AM**
Yama 8:25AM – 10:05AM **Vyatipata* Until 8:50PM**
Rahu 1:25PM – 3:06PM **Vanija Until 12:55PM**
Tritiya Until 12:00PM

Ganesha: Yellow *Sunrise:* 6:44AM
Muruqa: Yellow *Sunset:* 8:07PM
Nataraja: Clear
Moon – Orange
Chaitra-Chaitra

Dushanbe, Tajikastan
Sutra 7
Khara 5113
Moon 4 - Phase 1
1st Phase

Devaloka Day

2

Thursday, April 21, 2011

Wrishchika Rasi: 16.11 Tithi 19
272456158
Creative Work Siddha Yoga
Until 1.01AM Fri then Prabalarishta Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Chaturthi* Yam Titau
Gulika 10:04AM – 11:45AM **Anuradha Until 6:49AM**
Yama 6:43AM – 8:23AM **Variyan Until 5:37PM**
Rahu 3:06PM – 4:46PM **Bava Until 10:21AM**
Chaturthi* Until 9:25PM

Ganesha: Yellow *Sunrise:* 6:43AM
Muruqa: Yellow *Sunset:* 8:08PM
Nataraja: Clear
Moon – Orange
Chaitra-Chaitra

Dushanbe, Tajikastan
Sutra 8
Khara 5113
Moon 4 - Phase 1
1st Phase

Devaloka Day

3

Friday, April 22, 2011

Dhanus Rasi: 0.05 Tithi 20
282456158
No Yoga
Until 1.01AM Sat then Siddha Yoga
Until 6:26AM Sat then Marana Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam
Mula* Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Panchami Yam Titau
Gulika 8:22AM – 10:03AM **Mula* Until 6:26AM Sat**
Yama 4:47PM – 6:28PM **Parigha* Until 3:48PM**
Rahu 11:44AM – 1:25PM **Kaulava Until 8:51AM**
Panchami Until 8:51PM

Ganesha: Blue *Sunrise:* 6:41AM
Muruqa: Yellow *Sunset:* 8:08PM
Nataraja: Clear
Moon – Light Blue
Chaitra-Chaitra

Dushanbe, Tajikastan
Sutra 9
Khara 5113
Moon 4 - Phase 1
1st Phase

Sivaloka Day

4

Saturday, April 23, 2011

Dhanus Rasi: 13.31 Tithi 21
282466158
Routine Work Marana Yoga
Until 1.01AM Sun then Siddha Yoga
Until 6:19AM Sun then Amrita Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam
Purvashadha* Nakshatra Shiva/Siddha Yoga Gara/Vanija Karana Shasthi* Yam Titau
Gulika 6:40AM – 8:21AM **Purvashadha* Until 6:19AM Sun**
Yama 3:06PM – 4:47PM **Shiva Until 1:58PM**
Rahu 10:02AM – 11:44AM **Gara Until 7:57AM**
Shasthi* Until 7:57PM

Ganesha: Blue *Sunrise:* 6:40AM
Muruqa: Red *Sunset:* 8:09PM
Nataraja: Clear
Moon – Light Blue
Chaitra-Chaitra

Dushanbe, Tajikastan
Sutra 10
Khara 5113
Moon 4 - Phase 1
1st Phase

Sivaloka Day

5

Sunday, April 24, 2011

Dhanus Rasi: 26.29 Tithi 22
282466158
Creative Work Siddha Yoga
Until 6:19AM then Amrita Yoga
Until 1.00AM Mon then Marana Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Purvashadha*/Uttarashadha Nakshatra Siddha/Sadhya Yoga Visti*/Bava Karana Saptami Yam Titau
Gulika 4:47PM – 6:29PM **Purvashadha* Until 6:19AM**
Yama 1:25PM – 3:06PM **Siddha Until 12:55PM**
Rahu 6:29PM – 8:10PM **Visti Until 7:57AM**
Saptami Until 7:57PM

Ganesha: Blue *Sunrise:* 6:39AM
Muruqa: Red *Sunset:* 8:10PM
Nataraja: Clear
Moon – Light Blue
Chaitra-Chaitra

Dushanbe, Tajikastan
Sutra 11
Khara 5113
Moon 4 - Phase 1
1st Phase

Sivaloka Day



Monday, April 25, 2011
Retreat Star

Makara Rasi: 9.05 Tithi 23
283466159
Family Home Evening
Routine Work Marana Yoga
Until 7:49AM then Amrita Yoga
Until 1.00AM Tue then Siddha Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam
Uttarashadha/Sravana Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Ashtami* Yam Titau
Gulika 3:06PM – 4:48PM **Uttarashadha Until 7:49AM**
Yama 11:43AM – 1:24PM **Sadhya Until 1:01PM**
Rahu 8:19AM – 10:01AM **Balava Until 8:58AM**
Ashtami* Until 10:03PM

Ganesha: Red *Sunrise:* 6:38AM
Muruqa: Red *Sunset:* 8:11PM
Nataraja: Purple
Moon – Light Blue
Chaitra-Chaitra

Dushanbe, Tajikastan
Sutra 12
Khara 5113
Moon 4 - Phase 1
Ashtami

Sivaloka Day

Tuesday, April 26, 2011
Retreat Star

Makara Rasi: 21.23 Tithi 24
293466159
Creative Work Siddha Yoga
Until 9:54AM then Marana Yoga
Until 1.00AM Wed then Prabalarishta Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam
Sravana/Dhanishtha Nakshatra Subha/Sukla Yoga Taitila/Gara Karana Navami* Yam Titau
Gulika 1:24PM – 3:06PM **Sravana Until 9:54AM**
Yama 10:00AM – 11:42AM **Subha Until 1:08PM**
Rahu 4:48PM – 6:30PM **Taitila Until 10:26AM**
Navami* Until 11:32PM

Ganesha: Green *Sunrise:* 6:36AM
Muruqa: Red *Sunset:* 8:12PM
Nataraja: Purple
Moon – Purple
Chaitra-Chaitra

Dushanbe, Tajikastan
Sutra 13
Khara 5113
Moon 4 - Phase 1
Navami

Devaloka Day


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| 1 | Wednesday, April 27, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Dhanishtha/Satabhisha Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Dasami Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 14 Khara 5113 |
| Kumbha Rasi: 3.28 | Tithi 25 | Gulika 11:42AM – 1:24PM Yama 8:17AM – 10:00AM Rahu 1:24PM – 3:06PM | Dhanishtha Until 12:24PM Sukla Until 1:38PM Vanija Until 12:23PM Dasami Until 1:28AM Thu |
| 293566159 | | Ganesha: Red Muruqa: Red Nataraja: Purple Moon – Purple | Sunrise: 6:35AM Sunset: 8:13PM |
| Routine Work Prabalarishta Yoga | | | Sivaloka Day |
| Until 12:24PM then Siddha Yoga | | | |
| Until 1.00AM Thu then Marana Yoga | | | |

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| 2 | Thursday, April 28, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Satabhisha/Purvaprostapada* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ekadasi* Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 15 Khara 5113 |
| Kumbha Rasi: 15.25 | Tithi 26 | Gulika 9:59AM – 11:41AM Yama 6:34AM – 8:16AM Rahu 3:06PM – 4:49PM | Satabhisha Until 3:10PM Brahma Until 2:24PM Bava Until 2:37PM Ekadasi* Until 3:42AM Fri |
| 293566159 | | Ganesha: Red Muruqa: Red Nataraja: Purple Moon – Purple | Sunrise: 6:34AM Sunset: 8:14PM |
| Routine Work Marana Yoga | | | Sivaloka Day |
| Until 3:10PM then Siddha Yoga | | | |

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| 3 | Friday, April 29, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaprostapada* Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadasi* Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 16 Khara 5113 |
| Kumbha Rasi: 27.18 | Tithi 27 | Gulika 8:15AM – 9:58AM Yama 4:49PM – 6:32PM Rahu 11:41AM – 1:24PM | Purvaprostapada* Until 6:04PM Indra Until 3:17PM Kaulava Until 5:00PM Dvadasi* Until 6:19AM Sat |
| 213566159 | | Ganesha: Clear Muruqa: Red Nataraja: Purple Moon – Clear | Sunrise: 6:32AM Sunset: 8:15PM |
| Creative Work Siddha Yoga | | | Sivaloka Day |

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| 4 | Saturday, April 30, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manu Vasara Yuktayam Uttaraprostapada Nakshatra Vaidhriti*/Vishkambha* Yoga Taitila/Gara Karana Dvadasi*/Trayodasi* Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 17 Khara 5113 |
| Meena Rasi: 9.1 | Tithi 27 – 28 | Gulika 6:31AM – 8:14AM Yama 3:07PM – 4:50PM Rahu 9:57AM – 11:41AM | Uttaraprostapada Until 9:01PM Vaidhriti* Until 4:12PM Gara Until 7:25PM Dvadasi* Until 6:19AM <i>Pradosha Vrata (Fasting)</i> |
| 213566159 | | Ganesha: Clear Muruqa: Red Nataraja: Purple Moon – Clear | Sunrise: 6:31AM Sunset: 8:16PM |
| Creative Work Siddha Yoga | | | Sivaloka Day |
| Until 9:01PM then Prabalarishta Yoga | | | |
| Until 12.59AM Sun then Amrita Yoga | | | |

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| 5 | Sunday, May 1, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Trayodasi*/Chaturdasi* Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 18 Khara 5113 |
| Meena Rasi: 21.03 | Tithi 28 – 29 | Gulika 4:50PM – 6:34PM Yama 1:24PM – 3:07PM Rahu 6:34PM – 8:17PM | Revati Until 11:54PM Vishkambha* Until 5:05PM Visti Until 9:46PM Trayodasi* Until 8:41AM |
| 213566159 | | Ganesha: Clear Muruqa: Red Nataraja: Purple Moon – Clear | Sunrise: 6:30AM Sunset: 8:17PM |
| Creative Work Amrita Yoga | | | Sivaloka Day |
| Until 11:54PM then Siddha Yoga | | | |

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|  | Monday, May 2, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Asvini Nakshatra Priti/Ayushman Yoga Sakuni*/Catuspada* Karana Chaturdasi*/Amavasya* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star | | Sutra 19 Khara 5113 |
| Mesha Rasi: 3 | Tithi 29 – 30 | Gulika 3:07PM – 4:51PM Yama 11:40AM – 1:23PM Rahu 8:12AM – 9:56AM | Asvini Until 2:40AM Tue Priti Until 5:50PM Catuspada Until 12:00PM Chaturdasi* Until 10:54AM |
| 223566159 | | Ganesha: Orange Muruqa: Red Nataraja: Purple Moon – White | Sunrise: 6:29AM Sunset: 8:18PM |
| Family Home Evening | | | Sivaloka Day |
| Creative Work Siddha Yoga | | | |

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| Retreat Star | Tuesday, May 3, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Ayushman Yoga Naga*/Kintughna* Karana Amavasya*/Prathama* Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 20 Khara 5113 |
| Mesha Rasi: 15.02 | Tithi 30 – 1 | Gulika 1:23PM – 3:07PM Yama 9:55AM – 11:39AM Rahu 4:51PM – 6:35PM | Bharani Until 5:15AM Wed Ayushman Until 6:26PM Kintughna Until 2:02AM Wed Amavasya* Until 12:56PM |
| 223566159 | | Ganesha: Orange Muruqa: Red Nataraja: Purple Moon – White | Sunrise: 6:28AM Sunset: 8:19PM |
| Creative Work Siddha Yoga | | | Sivaloka Day |
| Until 12.59AM Wed then Marana Yoga | | | |
| Until 5:15AM Wed then Amrita Yoga | | | |

Pursuit of the duties of the stage of life to which each one belongs—that, verily, is the rule! Others are like branches of a stem. With this, one tends upwards; otherwise, downwards. Krishna Yajur Veda, Maitu 4.3. bo UpR, 810

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| 1 | Wednesday, May 4, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Bava/Balava Karana Prathama*/Dvitiya Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 21 Khara 5113 |
| Mesha Rasi: 27.12 | Tithi 1 – 2 | Gulika 11:39AM – 1:23PM Yama 8:11AM – 9:55AM Rahu 1:23PM – 3:07PM | Ganesha: Orange <i>Sunrise:</i> 6:27AM Muruqa: Red <i>Sunset:</i> 8:20PM Nataraja: Purple Moon – White Vaisaka-Chaitra |
| Creative Work Amrita Yoga Until 12.59AM Thu then Marana Yoga | 223566159 | Krittika Until 7:00AM Thu Saubhagya Until 6:49PM Balava Until 3:48AM Thu Prathama* Until 2:43PM | Moon 4 - Phase 3 3rd Phase Sivaloka Day |

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| 2 | Thursday, May 5, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Kaulava/Taitila Karana Dvitiya/Tritiya Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 22 Khara 5113 |
| Wrishabha Rasi: 9.3 | Tithi 2 – 3 | Gulika 9:54AM – 11:39AM Yama 6:25AM – 8:10AM Rahu 3:07PM – 4:52PM | Ganesha: Orange <i>Sunrise:</i> 6:25AM Muruqa: Red <i>Sunset:</i> 8:21PM Nataraja: Purple Moon – White Vaisaka-Chaitra |
| Routine Work Marana Yoga | 223566159 | Krittika Until 7:00AM Sobhana Until 6:56PM Taitila Until 5:16AM Fri Dvitiya Until 4:11PM | Moon 4 - Phase 3 3rd Phase Sivaloka Day |


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| 3 | Friday, May 6, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini/Mrigasira Nakshatra Athiganda* Yoga Gara/Vanija Karana Tritiya/Chaturthi* Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 23 Khara 5113 |
| Wrishabha Rasi: 21.58 | Tithi 3 – 4 | Gulika 8:09AM – 9:54AM Yama 4:52PM – 6:37PM Rahu 11:38AM – 1:23PM | Ganesha: Clear <i>Sunrise:</i> 6:24AM Muruqa: Red <i>Sunset:</i> 8:22PM Nataraja: Purple Moon – Yellow Vaisaka-Chaitra |
| Routine Work Marana Yoga Until 8:32AM then Siddha Yoga | 223566159 | Rohini Until 8:32AM Athiganda* Until 5:51PM Vanija Until 4:21AM Sat Tritiya Until 4:21PM | Moon 4 - Phase 3 3rd Phase Sivaloka Day |

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| 4 | Saturday, May 7, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Mrigasira/Ardra Nakshatra Sukarma/Dhriti Yoga Visti*/Bava Karana Chaturthi*/Panchami Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 24 Khara 5113 |
| Mithuna Rasi: 4.37 | Tithi 4 – 5 | Gulika 6:23AM – 8:08AM Yama 3:08PM – 4:53PM Rahu 9:53AM – 11:38AM | Ganesha: Clear <i>Sunrise:</i> 6:23AM Muruqa: Red <i>Sunset:</i> 8:23PM Nataraja: Purple Moon – Yellow Vaisaka-Chaitra |
| Creative Work Siddha Yoga | 223566159 | Mrigasira Until 9:47AM Sukarma Until 5:21PM Bava Until 4:58AM Sun Chaturthi* Until 4:58PM | Moon 4 - Phase 3 3rd Phase Sivaloka Day |

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| 5 | Sunday, May 8, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shasthi* Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 25 Khara 5113 |
| Mithuna Rasi: 17.3 | Tithi 5 – 6 | Gulika 4:53PM – 6:38PM Yama 1:23PM – 3:08PM Rahu 6:38PM – 8:24PM | Ganesha: Clear <i>Sunrise:</i> 6:22AM Muruqa: Red <i>Sunset:</i> 8:24PM Nataraja: Purple Moon – Yellow Vaisaka-Chaitra |
| Creative Work Siddha Yoga Until 12.59AM Mon then Amrita Yoga | 223566159 | Ardra Until 10:37AM Dhriti Until 4:28PM Kaulava Until 5:08AM Mon Panchami Until 5:08PM | Moon 4 - Phase 3 3rd Phase Sivaloka Day |
| | | Mother's Day | |

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| 6 | Monday, May 9, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shasthi*/Saptami Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 26 Khara 5113 |
| Kataka Rasi: 0.38 | Tithi 6 – 7 | Gulika 3:08PM – 4:54PM Yama 11:37AM – 1:23PM Rahu 8:07AM – 9:52AM | Ganesha: Clear <i>Sunrise:</i> 6:21AM Muruqa: Red <i>Sunset:</i> 8:24PM Nataraja: Purple Moon – Blue Vaisaka-Chaitra |
| Family Home Evening Creative Work Amrita Yoga Until 10:59AM then Siddha Yoga | 244566159 | Punarvasu Until 10:59AM Shula* Until 3:08PM Gara Until 4:48AM Tue Shasthi* Until 4:48PM | Moon 4 - Phase 3 3rd Phase Sivaloka Day |

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| | Tuesday, May 10, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Pushya/Aslesha* Nakshatra Ganda*/Vridhhi/Dhruva Vanija/Visti* Karana Saptami/Ashtami* Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 27 Khara 5113 |
| Retreat Star | | Gulika 1:23PM – 3:08PM Yama 9:51AM – 11:37AM Rahu 4:54PM – 6:40PM | Ganesha: Clear <i>Sunrise:</i> 6:20AM Muruqa: Red <i>Sunset:</i> 8:25PM Nataraja: Purple Moon – Blue Vaisaka-Chaitra |
| Kataka Rasi: 14.04 | Tithi 7 – 8 | Pushya Until 10:27AM Ganda* Until 12:49PM Visti Until 2:11AM Wed Saptami Until 3:06PM | Moon 4 - Phase 3 3rd Phase Sivaloka Day |
| Creative Work Siddha Yoga | 244566159 | | |

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|  | Wednesday, May 11, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Aslesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Ashtami*/Navami* Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 28 Khara 5113 |
| Retreat Star | | Gulika 11:37AM – 1:23PM Yama 8:05AM – 9:51AM Rahu 1:23PM – 3:09PM | Ganesha: Clear <i>Sunrise:</i> 6:19AM Muruqa: Red <i>Sunset:</i> 8:26PM Nataraja: Purple Moon – Blue Vaisaka-Chaitra |
| Kataka Rasi: 27.49 | Tithi 8 – 9 | Aslesha* Until 9:44AM Vridhhi Until 10:36AM Balava Until 12:44AM Thu Ashtami* Until 1:39PM | Moon 4 - Phase 3 Ashtami Sivaloka Day |
| Creative Work Siddha Yoga Until 12.58AM Thu then Amrita Yoga | 244566159 | | |

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| | Thursday, May 12, 2011 | Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni* Nakshatra Dhruva/Vyaghala* Yoga Kaulava/Taitila Karana Navami*/Dasami Yam Titau | Dushanbe, Tajikistan |
| | | | Sutra 29 Khara 5113 |
| Retreat Star | | Gulika 9:50AM – 11:37AM Yama 6:18AM – 8:04AM Rahu 3:09PM – 4:55PM | Ganesha: White <i>Sunrise:</i> 6:18AM Muruqa: Red <i>Sunset:</i> 8:27PM Nataraja: Purple Moon – Red Vaisaka-Chaitra |
| Simha Rasi: 11.54 | Tithi 9 – 10 | Magha* Until 8:28AM Dhruva Until 7:52AM Taitila Until 10:41PM Navami* Until 11:36AM | Moon 4 - Phase 3 Navami Devaloka Day |
| Creative Work Amrita Yoga Until 8:28AM then no yoga Until 12.58AM Fri then Siddha Yoga | 254566159 | | |

When a man is born, whoever he may be, there is born simultaneously a debt to the Gods, to the sages, to the ancestors and to men. Shukla Yajur Veda, SataBR 1.7.2.1. VE, 393

1 Friday, May 13, 2011 Khara Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Dushanbe, Tajikistan
 Purvaphalguni*/Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dasami/Ekadasi Yam Titau **Sutra 30**
 Khara 5113
Gulika 8:04AM – 9:50AM **Purvaphalguni* Until 6:36AM** **Ganesha:** White *Sunrise:* 6:17AM
Yama 4:55PM – 6:42PM Harshana Until 12:43AM Sat **Muruqa:** Red *Sunset:* 8:28PM Moon 4 - Phase 4
 264566159 **Rahu** 11:36AM – 1:23PM Vanija Until 7:03PM **Nataraja:** Purple Moon – Red **Devaloka Day**
 Creative Work Siddha Yoga **Vaisaka-Chaitra**
 Until 12:58AM Sat then Marana Yoga **Dasami Until 8:46AM**

2 Saturday, May 14, 2011 Khara Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Dushanbe, Tajikistan
 Hasta Nakshatra Vajra* Yoga Bava/Balava Karana Dvadasi Yam Titau **Sutra 31**
 Khara 5113
Gulika 6:16AM – 8:03AM **Hasta Until 1:51AM Sun** **Ganesha:** Yellow *Sunrise:* 6:16AM
Yama 3:09PM – 4:56PM Vajra* Until 9:18PM **Muruqa:** Red *Sunset:* 8:29PM Moon 4 - Phase 4
 264566159 **Rahu** 9:49AM – 11:36AM Bava Until 4:10PM **Nataraja:** Purple Moon – Green **Sivaloka Day**
 Routine Work Marana Yoga **Dvadasi Until 2:28AM Sun** **Vaisaka-Chaitra**
 Until 12:58AM Sun then Amrita Yoga
 Until 1:51AM Sun then Siddha Yoga

3 Sunday, May 15, 2011 Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Dushanbe, Tajikistan
 Chitra Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Trayodasi Yam Titau **Sutra 32**
 Khara 5113
Gulika 4:56PM – 6:43PM **Chitra Until 11:29PM** **Ganesha:** Yellow *Sunrise:* 6:15AM
Yama 1:23PM – 3:09PM Siddhi Until 5:38PM **Muruqa:** Red *Sunset:* 8:30PM Moon 4 - Phase 4
 264566159 **Rahu** 6:43PM – 8:30PM Kaulava Until 1:00PM **Nataraja:** Purple Moon – Green **Sivaloka Day**
 Creative Work Siddha Yoga **Trayodasi Until 11:17PM** **Vaisaka-Vaikasi**
 Until 12:58AM Mon then Amrita Yoga *Pradosha Vrata*

4 Monday, May 16, 2011 Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Dushanbe, Tajikistan
 Svati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Chaturdasi* Yam Titau **Sutra 33**
 Khara 5113
Gulika 3:10PM – 4:57PM **Svati Until 9:01PM** **Ganesha:** Yellow *Sunrise:* 6:15AM
Yama 11:36AM – 1:23PM Vyatipata* Until 1:54PM **Muruqa:** Red *Sunset:* 8:31PM Moon 4 - Phase 4
 264566159 **Rahu** 8:02AM – 9:49AM Gara Until 9:45AM **Nataraja:** Purple Moon – Green **Sivaloka Day**
 Family Home Evening Amrita Yoga **Chaturdasi* Until 8:02PM** **Vaisaka-Vaikasi**
 Creative Work Amrita Yoga
 Until 9:01PM then Marana Yoga

○ Tuesday, May 17, 2011 Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Dushanbe, Tajikistan
 Visakha Nakshatra Variyan/Parigha* Yoga Visti*/Balava Karana Purnima*/Prathama* Yam Titau **Sutra 34**
 Khara 5113
Gulika 1:23PM – 3:10PM **Visakha Until 6:42PM** **Ganesha:** Blue *Sunrise:* 6:14AM
Yama 9:48AM – 11:35AM Variyan Until 10:16AM **Muruqa:** Red *Sunset:* 8:32PM Moon 4 - Phase 4
 274566159 **Rahu** 4:57PM – 6:44PM Visti Until 6:37AM **Nataraja:** Purple Moon – Orange **Devaloka Day**
 Routine Work Marana Yoga **Purnima* Until 4:54PM** **Vaisaka-Vaikasi**
 Until 6:42PM then Siddha Yoga

Wednesday, May 18, 2011 Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Dushanbe, Tajikistan
 Anuradha/Jyeshtha* Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Prathama*/Dvitiya Yam Titau **Sutra 35**
 Khara 5113
Gulika 11:35AM – 1:23PM **Anuradha Until 5:28PM** **Ganesha:** Blue *Sunrise:* 6:13AM
Yama 8:00AM – 9:48AM Parigha* Until 7:01AM **Muruqa:** Red *Sunset:* 8:32PM Moon 4 - Phase 4
 274566159 **Rahu** 1:23PM – 3:10PM Taitila Until 1:50AM Thu **Nataraja:** Purple Moon – Orange **Devaloka Day**
 Creative Work Siddha Yoga **Prathama* Until 2:46PM** **Vaisaka-Vaikasi**



Thursday, May 19, 2011
Gold Retreat Star

Vrischika Rasi: 24.14 Tithi 17 – 18
274566159
Creative Work Siddha Yoga
Until 12.59AM Fri then no yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam
Jyeshtha*/Mula* Nakshatra Siddha Yoga Gara/Vanija Karana Dvitiya/Tritiya Yam Titau
Gulika 9:47AM – 11:35AM **Jyeshtha* Until 3:52PM**
Yama 6:12AM – 8:00AM Siddha Until 1:19AM Fri
Rahu 3:10PM – 4:58PM Vanija Until 11:26PM
Dvitiya Until 12:21PM

Ganesha: Blue *Sunrise: 6:12AM*
Muruqa: Red *Sunset: 8:33PM*
Nataraja: Purple
Moon – Orange
Vaisaka-Vaikasi

Dushanbe, Tajikistan
Sun 1 Sutra 36
Khara 5113
Moon 5 - Phase 5
1st Phase

Devaloka Day

1 Friday, May 20, 2011

Dhanus Rasi: 8.07 Tithi 18 – 19
284566159
No Yoga
Until 3:38PM then Siddha Yoga
Until 12.59AM Sat then Marana Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam
Mula*/Purvashadha* Nakshatra Sadhya Yoga Visti*/Bava Karana Tritiya/Chaturthi* Yam Titau
Gulika 7:59AM – 9:47AM **Mula* Until 3:38PM**
Yama 4:58PM – 6:46PM Sadhya Until 12:07AM Sat
Rahu 11:35AM – 1:23PM Bava Until 11:04PM
Tritiya Until 11:04AM

Ganesha: Red *Sunrise: 6:11AM*
Muruqa: Red *Sunset: 8:34PM*
Nataraja: Purple
Moon – Light Blue
Vaisaka-Vaikasi

Dushanbe, Tajikistan
Sun 2 Sutra 37
Khara 5113
Moon 5 - Phase 5
1st Phase

Sivaloka Day

2 Saturday, May 21, 2011

Dhanus Rasi: 21.34 Tithi 19 – 20
284566159
Routine Work Marana Yoga
Until 3:25PM then no yoga
Until 12.59AM Sun then Amrita Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam
Purvashadha*/Uttarashadha Nakshatra Subha Yoga Balava/Kaulava Karana Chaturthi*/Panchami Yam Titau
Gulika 6:11AM – 7:59AM **Purvashadha* Until 3:25PM**
Yama 3:11PM – 4:59PM Subha Until 10:16PM
Rahu 9:47AM – 11:35AM Kaulava Until 10:05PM
Chaturthi* Until 10:05AM

Ganesha: Red *Sunrise: 6:11AM*
Muruqa: Red *Sunset: 8:35PM*
Nataraja: Purple
Moon – Light Blue
Vaisaka-Vaikasi

Dushanbe, Tajikistan
Sun 3 Sutra 38
Khara 5113
Moon 5 - Phase 5
1st Phase

Sivaloka Day

3 Sunday, May 22, 2011

Makara Rasi: 4.37 Tithi 20 – 21
285666159
Creative Work Amrita Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Uttarashadha/Sravana Nakshatra Sukla Yoga Tailila/Gara Karana Panchami/Shasthi* Yam Titau
Gulika 4:59PM – 6:48PM **Uttarashadha Until 3:57PM**
Yama 1:23PM – 3:11PM Sukla Until 9:07PM
Rahu 6:48PM – 8:36PM Gara Until 9:56PM
Panchami Until 9:56AM

Ganesha: Red *Sunrise: 6:10AM*
Muruqa: Red *Sunset: 8:36PM*
Nataraja: Purple
Moon – Light Blue
Vaisaka-Vaikasi

Dushanbe, Tajikistan
Sun 4 Sutra 39
Khara 5113
Moon 5 - Phase 5
1st Phase

Sivaloka Day

4 Monday, May 23, 2011

Makara Rasi: 17.17 Tithi 21 – 22
295666159
Family Home Evening
Creative Work Amrita Yoga
Until 6:07PM then Siddha Yoga
Until 12.59AM Tue then Marana Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
Sravana/Dhanishtha Nakshatra Brahma Yoga Vanija/Visti* Karana Shasthi*/Saptami Yam Titau
Gulika 3:11PM – 5:00PM **Sravana Until 6:07PM**
Yama 11:35AM – 1:23PM Brahma Until 9:44PM
Rahu 7:58AM – 9:46AM Visti Until 12:01AM Tue
Shasthi* Until 10:56AM

Ganesha: Green *Sunrise: 6:09AM*
Muruqa: Red *Sunset: 8:37PM*
Nataraja: Purple
Moon – Purple
Vaisaka-Vaikasi

Dushanbe, Tajikistan
Sun 5 Sutra 40
Khara 5113
Moon 5 - Phase 5
1st Phase

Devaloka Day

Tuesday, May 24, 2011
Retreat Star

Makara Rasi: 29.38 Tithi 22 – 23
295666159
Routine Work Marana Yoga
Until 12.59AM Wed then Siddha Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam
Dhanishtha Nakshatra Indra Yoga Bava/Balava Karana Saptami/Ashtami* Yam Titau
Gulika 1:23PM – 3:12PM **Dhanishtha Until 8:03PM**
Yama 9:46AM – 11:34AM Indra Until 9:45PM
Rahu 5:00PM – 6:49PM Balava Until 1:19AM Wed
Saptami Until 12:14PM

Ganesha: Green *Sunrise: 6:09AM*
Muruqa: Red *Sunset: 8:37PM*
Nataraja: Purple
Moon – Purple
Vaisaka-Vaikasi

Dushanbe, Tajikistan
Sun 6 Sutra 41
Khara 5113
Moon 5 - Phase 5
Ashtami

Devaloka Day

Wednesday, May 25, 2011
Retreat Star

Kumbha Rasi: 11.47 Tithi 23 – 24
295666159
Creative Work Siddha Yoga
Until 10:26PM then Amrita Yoga
Until 12.59AM Thu then Siddha Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam
Satabhisha Nakshatra Vaidhriti* Yoga Kaulava/Taitila Karana Ashtami*/Navami* Yam Titau
Gulika 11:34AM – 1:23PM **Satabhisha Until 10:26PM**
Yama 7:57AM – 9:46AM Vaidhriti* Until 10:11PM
Rahu 1:23PM – 3:12PM Taitila Until 3:07AM Thu
Ashtami* Until 2:01PM

Ganesha: Green *Sunrise: 6:08AM*
Muruqa: Red *Sunset: 8:38PM*
Nataraja: Purple
Moon – Purple
Vaisaka-Vaikasi

Dushanbe, Tajikistan
Sun 7 Sutra 42
Khara 5113
Moon 5 - Phase 5
Navami

Devaloka Day

When the soul gradually reduces and then stops altogether its participation in darkness and inauspicious powers, the Friend of the World, God, reveals to the soul the limitless character of its knowledge and activity. Mṛigendra Agama Jnana Pada 5.A1. MA, 138

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| 1 | Thursday, May 26, 2011 | Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Purvaprostapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami*/Dasami Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 23.46 Titthi 24 – 25 315666159 | Gulika 9:45AM – 11:34AM Yama 6:07AM – 7:56AM Rahu 3:12PM – 5:01PM | Sun 8 Sutra 43 Khara 5113 Moon 5 - Phase 6 2nd Phase |
| Creative Work Siddha Yoga | | Purvaprostapada* Until 1:08AM Fri Vishkambha* Until 10:53PM Vanija Until 5:14AM Fri Navami* Until 4:09PM | Ganesha: Clear <i>Sunrise:</i> 6:07AM Muruqa: Red <i>Sunset:</i> 8:39PM Nataraja: Purple Moon – Clear Vaisaka-Vaikasi |
| | | | Sivaloka Day |


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| 2 | Friday, May 27, 2011 | Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraprostapada Nakshatra Pritii Yoga Vistii* Karana Dasami Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 5.4 Titthi 25 315666159 | Gulika 7:56AM – 9:45AM Yama 5:02PM – 6:51PM Rahu 11:34AM – 1:23PM | Sun 9 Sutra 44 Khara 5113 Moon 5 - Phase 6 2nd Phase |
| Creative Work Siddha Yoga Until 3:59AM Sat then Prabalarishta Yoga | | Uttaraprostapada Until 3:59AM Sat Pritii Until 11:45PM Vistii Until 7:32AM Sat Dasami Until 6:27PM | Ganesha: Clear <i>Sunrise:</i> 6:07AM Muruqa: Red <i>Sunset:</i> 8:40PM Nataraja: Purple Moon – Clear Vaisaka-Vaikasi |
| | | | Sivaloka Day |

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| 3 | Saturday, May 28, 2011 | Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Revatii Nakshatra Ayushman Yoga Bava/Balava Karana Ekadasi* Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 17.34 Titthi 26 315666159 | Gulika 6:06AM – 7:56AM Yama 3:13PM – 5:02PM Rahu 9:45AM – 11:34AM | Sun 10 Sutra 45 Khara 5113 Moon 5 - Phase 6 2nd Phase |
| Routine Work Prabalarishta Yoga Until 12:59AM Sun then Amrita Yoga Until 7:02AM Sun then Siddha Yoga | | Revatii Until 7:02AM Sun Ayushman Until 12:39AM Sun Bava Until 7:42AM Ekadasi* Until 8:47PM | Ganesha: Clear <i>Sunrise:</i> 6:06AM Muruqa: Red <i>Sunset:</i> 8:41PM Nataraja: Purple Moon – Clear Vaisaka-Vaikasi |
| | | | Sivaloka Day |

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| 4 | Sunday, May 29, 2011 | Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Revatii/Asvini Nakshatra Saubhagya Yoga Kaulava/Tailila Karana Dvadasi* Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 29.29 Titthi 27 315666159 | Gulika 5:02PM – 6:52PM Yama 1:24PM – 3:13PM Rahu 6:52PM – 8:41PM | Sun 11 Sutra 46 Khara 5113 Moon 5 - Phase 6 2nd Phase |
| Creative Work Amrita Yoga Until 7:02AM then Siddha Yoga | | Revatii Until 7:02AM Saubhagya Until 1:29AM Mon Kaulava Until 9:57AM Dvadasi* Until 11:03PM | Ganesha: Clear <i>Sunrise:</i> 6:06AM Muruqa: Red <i>Sunset:</i> 8:41PM Nataraja: Purple Moon – Clear Vaisaka-Vaikasi |
| | | | Sivaloka Day |

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| 5 | Monday, May 30, 2011 | Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Asvini/Bharani Nakshatra Sobhana Yoga Gara/Vanija Karana Trayodasi* Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 11.3 Titthi 28 325666159 | Gulika 3:13PM – 5:03PM Yama 11:34AM – 1:24PM Rahu 7:55AM – 9:44AM | Sun 12 Sutra 47 Khara 5113 Moon 5 - Phase 6 2nd Phase |
| Family Home Evening Creative Work Siddha Yoga | | Asvini Until 9:40AM Sobhana Until 2:08AM Tue Gara Until 12:00PM Trayodasi* Until 1:06AM Tue <i>Pradosha Vrata (Fasting)</i> | Ganesha: Purple <i>Sunrise:</i> 6:05AM Muruqa: Red <i>Sunset:</i> 8:42PM Nataraja: Purple Moon – White Vaisaka-Vaikasi |
| | | | Devaloka Day |

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| 6 | Tuesday, May 31, 2011 | Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Athiganda* Yoga Vistii*/Sakuni* Karana Chaturdasi* Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 23.4 Titthi 29 326666159 | Gulika 1:24PM – 3:14PM Yama 9:44AM – 11:34AM Rahu 5:03PM – 6:53PM | Sun 13 Sutra 48 Khara 5113 Moon 5 - Phase 6 2nd Phase |
| Creative Work Siddha Yoga Until 1:00AM Wed then Amrita Yoga | | Bharani Until 12:01PM Athiganda* Until 2:32AM Wed Vistii Until 1:45PM Chaturdasi* Until 2:51AM Wed | Ganesha: Light Blue <i>Sunrise:</i> 6:05AM Muruqa: Red <i>Sunset:</i> 8:43PM Nataraja: Purple Moon – White Vaisaka-Vaikasi |
| | | | Devaloka Day |

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|  | Wednesday, June 1, 2011 | Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Sukarma Yoga Catuspada*/Naga* Karana Amavasya* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star Vrishabha Rasi: 6 Titthi 30 326666159 | Gulika 11:34AM – 1:24PM Yama 7:54AM – 9:44AM Rahu 1:24PM – 3:14PM | Sun 14 Sutra 49 Khara 5113 Moon 5 - Phase 6 Amavasya |
| Creative Work Amrita Yoga Until 1:23PM then Siddha Yoga Until 1:00AM Thu then Marana Yoga | | Krittika Until 1:23PM Sukarma Until 1:08AM Thu Catuspada Until 2:21PM Amavasya* Until 2:21AM Thu | Ganesha: Light Blue <i>Sunrise:</i> 6:04AM Muruqa: Red <i>Sunset:</i> 8:43PM Nataraja: Purple Moon – White Vaisaka-Vaikasi |
| | | | Devaloka Day |

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| Retreat Star | Thursday, June 2, 2011 | Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Rohini/Mrigasira Nakshatra Dhriti Yoga Kintughna*/Bava Karana Prathama* Yam Titau | Dushanbe, Tajikistan |
| | Vrishabha Rasi: 18.32 Titthi 1 336666159 | Gulika 9:44AM – 11:34AM Yama 6:04AM – 7:54AM Rahu 3:14PM – 5:04PM | Sun 15 Sutra 50 Khara 5113 Moon 5 - Phase 6 Prathama |
| Routine Work Marana Yoga Until 1:00AM Fri then Siddha Yoga | | Rohini Until 2:51PM Dhriti Until 12:51AM Fri Kintughna Until 3:11PM Prathama* Until 3:11AM Fri | Ganesha: Purple <i>Sunrise:</i> 6:04AM Muruqa: Red <i>Sunset:</i> 8:44PM Nataraja: Purple Moon – Yellow Jyeshtha-Vaikasi |
| | | | Devaloka Day |

The mind is said to be twofold: the pure and also the impure; impure by union with desire—pure when from desire completely free! Krishṇa Yajur Veda, Maitu 6.34. UpH, 447

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| 1 | Friday, June 3, 2011 | | Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Mrigasira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvitiya Yam Titau | | Dushanbe, Tajikistan |
| | Mithuna Rasi: 1.19 | Tithi 2 | | | Sun 16 Sutra 51 Khara 5113 |
| | | 336666159 | Gulika 7:54AM – 9:44AM Yama 5:05PM – 6:55PM Rahu 11:34AM – 1:24PM | Mrigasira Until 3:53PM Shula* Until 12:10AM Sat Balava Until 3:33PM Dvitiya Until 3:33AM Sat | Ganesha: Purple <i>Sunrise:</i> 6:04AM Muruqa: Red <i>Sunset:</i> 8:45PM Nataraja: Purple Moon – Yellow Jyeshtha-Vaikasi |
| | Creative Work | Siddha Yoga | | | Devaloka Day Moon 5 - Phase 7 3rd Phase |


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| 2 | Saturday, June 4, 2011 | | Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Tailita/Gara Karana Tritiya Yam Titau | | Dushanbe, Tajikistan |
| | Mithuna Rasi: 14.19 | Tithi 3 | | | Sun 17 Sutra 52 Khara 5113 |
| | | 336666159 | Gulika 6:03AM – 7:54AM Yama 3:15PM – 5:05PM Rahu 9:44AM – 11:34AM | Ardra Until 4:29PM Ganda* Until 11:05PM Tailita Until 3:27PM Tritiya Until 3:27AM Sun | Ganesha: Purple <i>Sunrise:</i> 6:03AM Muruqa: Red <i>Sunset:</i> 8:45PM Nataraja: Purple Moon – Yellow Jyeshtha-Vaikasi |
| | Creative Work | Siddha Yoga | | | Devaloka Day Moon 5 - Phase 7 3rd Phase |
| | Until 4:29PM then Marana Yoga | | | | |
| | Until 1:00AM Sun then Siddha Yoga | | | | |

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| 3 | Sunday, June 5, 2011 | | Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthi* Yam Titau | | Dushanbe, Tajikistan |
| | Mithuna Rasi: 27.34 | Tithi 4 | | | Sun 18 Sutra 53 Khara 5113 |
| | | 346666151 | Gulika 5:05PM – 6:56PM Yama 1:25PM – 3:15PM Rahu 6:56PM – 8:46PM | Punarvasu Until 4:39PM Vriddhi Until 9:35PM Vanija Until 2:12PM Chaturthi* Until 1:17AM Mon | Ganesha: Light Blue <i>Sunrise:</i> 6:03AM Muruqa: Red <i>Sunset:</i> 8:46PM Nataraja: Purple Moon – Blue Jyeshtha-Vaikasi |
| | Creative Work | Siddha Yoga | | | Devaloka Day Moon 5 - Phase 7 3rd Phase |

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| 4 | Monday, June 6, 2011 | | Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Pushya/Aslesha* Nakshatra Dhruva Yoga Bava/Balava Karana Panchami Yam Titau | | Dushanbe, Tajikistan |
| | Kataka Rasi: 11.02 | Tithi 5 | | | Sun 19 Sutra 54 Khara 5113 |
| | Family Home Evening | 346666151 | Gulika 3:15PM – 5:06PM Yama 11:34AM – 1:25PM Rahu 7:53AM – 9:44AM | Pushya Until 3:40PM Dhruva Until 6:49PM Bava Until 1:16PM Panchami Until 12:20AM Tue | Ganesha: Light Blue <i>Sunrise:</i> 6:03AM Muruqa: Red <i>Sunset:</i> 8:47PM Nataraja: Purple Moon – Blue Jyeshtha-Vaikasi |
| | Creative Work | Siddha Yoga | | | Devaloka Day Moon 5 - Phase 7 3rd Phase |

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| 5 | Tuesday, June 7, 2011 | | Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Aslesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Tailita Karana Shasthi* Yam Titau | | Dushanbe, Tajikistan |
| | Kataka Rasi: 24.43 | Tithi 6 | | | Sun 20 Sutra 55 Khara 5113 |
| | | 347666151 | Gulika 1:25PM – 3:16PM Yama 9:44AM – 11:34AM Rahu 5:06PM – 6:57PM | Aslesha* Until 3:04PM Vyaghata* Until 4:44PM Kaulava Until 11:56AM Shasthi* Until 11:01PM | Ganesha: Purple <i>Sunrise:</i> 6:03AM Muruqa: Red <i>Sunset:</i> 8:47PM Nataraja: Purple Moon – Blue Jyeshtha-Vaikasi |
| | Creative Work | Siddha Yoga | | | Devaloka Day Moon 5 - Phase 7 3rd Phase |

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| 6 | Wednesday, June 8, 2011 | | Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Magha*/Purvaphalguni* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptami Yam Titau | | Dushanbe, Tajikistan |
| | Simha Rasi: 8.35 | Tithi 7 | | | Sun 21 Sutra 56 Khara 5113 |
| | | 357666151 | Gulika 11:34AM – 1:25PM Yama 7:53AM – 9:44AM Rahu 1:25PM – 3:16PM | Magha* Until 2:09PM Harshana Until 2:20PM Gara Until 10:14AM Saptami Until 9:19PM | Ganesha: Clear <i>Sunrise:</i> 6:02AM Muruqa: Red <i>Sunset:</i> 8:48PM Nataraja: Purple Moon – Red Jyeshtha-Vaikasi |
| | Creative Work | Siddha Yoga | | | Sivaloka Day Moon 5 - Phase 7 3rd Phase |
| | Until 2:09PM then Amrita Yoga | | | | |
| | Until 1:01AM Thu then no yoga | | | | |

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|  | Thursday, June 9, 2011 | | Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Purvaphalguni*/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtami* Yam Titau | | Dushanbe, Tajikistan |
| | Simha Rasi: 22.38 | Tithi 8 | | | Sun 22 Sutra 57 Khara 5113 |
| | Retreat Star | 357666151 | Gulika 9:44AM – 11:34AM Yama 6:02AM – 7:53AM Rahu 3:16PM – 5:07PM | Purvaphalguni* Until 12:54PM Vajra* Until 11:39AM Visti Until 8:13AM Ashtami* Until 7:17PM | Ganesha: Clear <i>Sunrise:</i> 6:02AM Muruqa: Red <i>Sunset:</i> 8:48PM Nataraja: Purple Moon – Red Jyeshtha-Vaikasi |
| | No Yoga | | | | Sivaloka Day Moon 5 - Phase 7 Ashtami |
| | Until 12:54PM then Prabalarishta Yoga | | | | |
| | Until 1:01AM Fri then Siddha Yoga | | | | |

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| Friday, June 10, 2011 | Retreat Star | | Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddhi/Vyatalipata* Yoga Kaulava/Tailita Karana Navami*/Dasami Yam Titau | | Dushanbe, Tajikistan |
| | Kanya Rasi: 6.51 | Tithi 9 – 10 | | | Sun 23 Sutra 58 Khara 5113 |
| | | 357666151 | Gulika 7:53AM – 9:44AM Yama 5:07PM – 6:58PM Rahu 11:35AM – 1:25PM | Uttaraphalguni Until 11:24AM Siddhi Until 8:42AM Tailita Until 4:02AM Sat Navami* Until 4:58PM | Ganesha: Clear <i>Sunrise:</i> 6:02AM Muruqa: Red <i>Sunset:</i> 8:49PM Nataraja: Purple Moon – Red Jyeshtha-Vaikasi |
| | Creative Work | Siddha Yoga | | | Sivaloka Day Moon 5 - Phase 7 Navami |
| | Until 11:24AM then Amrita Yoga | | | | |
| | Until 1:01AM Sat then Marana Yoga | | | | |

Sunless and demonic, verily, are those worlds, and enveloped in blinding darkness, to which all those people who are enemies of their own souls go after death. Shukla Yajur Veda, Isau 3. bo UpR, 570

1 Saturday, June 11, 2011 Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Dushanbe, Tajikistan
 Hasta/Chitra Nakshatra Varyan Yoga Gara/Vanija Karana Dasami/Ekadasi Yam Titau Sun 24 Sutra 59
 Khara 5113
Gulika 6:02AM – 7:53AM Hasta Until 9:40AM Ganesha: White Sunrise: 6:02AM
 Yama 3:17PM – 5:08PM Variyan Until 2:53AM Sun **Muruqa: Red Sunset: 8:49PM** Moon 5 - Phase 8
 367666151 **Rahu 9:44AM – 11:35AM Vanija Until 1:29AM Sun Nataraja: Purple 4th Phase**
 Routine Work Marana Yoga **Devaloka Day**
 Until 1.02AM Sun then Siddha Yoga **Jyeshtha-Vaikasi**

2 Sunday, June 12, 2011 Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Dushanbe, Tajikistan
 Chitra/Svatil Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadasi/Dvadasi Yam Titau Sun 25 Sutra 60
 Khara 5113
Gulika 5:08PM – 6:59PM Chitra Until 7:48AM Ganesha: White Sunrise: 6:02AM
 Yama 1:26PM – 3:17PM Parigha* Until 11:37PM **Muruqa: Red Sunset: 8:50PM** Moon 5 - Phase 8
 367666151 **Rahu 6:59PM – 8:50PM Bava Until 10:46PM Nataraja: Purple 4th Phase**
 Creative Work Siddha Yoga **Devaloka Day**
 Until 1.02AM Mon then Amrita Yoga **Ekadasi Until 11:42AM Jyeshtha-Vaikasi**

3 Monday, June 13, 2011 Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Dushanbe, Tajikistan
 Visakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadasi/Trayodasi Yam Titau Sun 26 Sutra 61
 Khara 5113
Gulika 3:17PM – 5:08PM Visakha Until 4:47AM Tue Ganesha: Yellow Sunrise: 6:02AM
 Yama 11:35AM – 1:26PM Shiva Until 8:20PM **Muruqa: Red Sunset: 8:50PM** Moon 5 - Phase 8
 377666151 **Rahu 7:53AM – 9:44AM Kaulava Until 8:03PM Nataraja: Purple 4th Phase**
 Routine Work Marana Yoga **Sivaloka Day**
 Until 4:47AM Tue then Siddha Yoga **Vaikasi Visakam Dvadasi Until 8:59AM Jyeshtha-Vaikasi**
Pradosha Vrata

4 Tuesday, June 14, 2011 Khara Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Dushanbe, Tajikistan
 Anuradha Nakshatra Siddha/Sadhya Yoga Tailita/Vanija Karana Trayodasi/Chaturdasi* Yam Titau Sun 27 Sutra 62
 Khara 5113
Gulika 1:26PM – 3:17PM Anuradha Until 3:01AM Wed Ganesha: White Sunrise: 6:02AM
 Yama 9:44AM – 11:35AM Siddha Until 5:10PM **Muruqa: Red Sunset: 8:51PM** Moon 5 - Phase 8
 378666151 **Rahu 5:09PM – 7:00PM Vanija Until 4:32AM Wed Nataraja: Purple 4th Phase**
 Creative Work Siddha Yoga **Subha Sivaloka Day**
Trayodasi Until 6:23AM Jyeshtha-Vaikasi

Wednesday, June 15, 2011 Khara Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Dushanbe, Tajikistan
 Jyeshtha* Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Purnima* Yam Titau Sun 28 Sutra 63
 Khara 5113
Gulika 11:35AM – 1:26PM Jyeshtha* Until 1:32AM Thu Ganesha: White Sunrise: 6:02AM
 Yama 7:53AM – 9:44AM Sadhya Until 2:15PM **Muruqa: Red Sunset: 8:51PM** Moon 5 - Phase 8
 378666151 **Rahu 1:26PM – 3:18PM Visti Until 3:10PM Nataraja: Purple Purnima**
 Creative Work Siddha Yoga **Subha Sivaloka Day**
Purnima* Until 2:15AM Thu Jyeshtha-Ani

Thursday, June 16, 2011 Khara Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Dushanbe, Tajikistan
 Mula* Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Prathama* Yam Titau Sun 29 Sutra 64
 Khara 5113
Gulika 9:44AM – 11:35AM Mula* Until 12:27AM Fri Ganesha: Yellow Sunrise: 6:02AM
 Yama 6:02AM – 7:53AM Subha Until 11:43AM **Muruqa: Red Sunset: 8:52PM** Moon 5 - Phase 8
 388666151 **Rahu 3:18PM – 5:09PM Balava Until 1:18PM Nataraja: Purple Prathama**
 Creative Work Siddha Yoga **Sivaloka Day**
Prathama* Until 12:23AM Fri Jyeshtha-Ani



Friday, June 17, 2011
Gold Retreat Star

Dhanus Rasi: 16.14 Titthi 17
388766151
Creative Work Siddha Yoga
Until 1.03AM Sat then Marana Yoga
Until 1:16AM Sat then no yoga

Khara Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvashadha* Nakshatra Sukla/Brahma Yoga Tailita/Gara Karana Dvitiya Yam Titau
Gulika 7:53AM – 9:44AM **Purvashadha* Until 1:16AM Sat**
Yama 5:09PM – 7:01PM Sukla Until 9:56AM
Rahu 11:36AM – 1:27PM Tailita Until 12:30PM
Dvitiya Until 12:30AM Sat

Dushanbe, Tajikastan
Sun 1 Sutra 65
Khara 5113
Moon 6 - Phase 9
1st Phase
Devaloka Day

1 Saturday, June 18, 2011

Dhanus Rasi: 29.34 Titthi 18
388766151
No Yoga
Until 1.03AM Sun then Amrita Yoga

Khara Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam
Uttarashadha Nakshatra Brahma/Indra Yoga Vanija/Visiti* Karana Tritiya Yam Titau
Gulika 6:02AM – 7:53AM **Uttarashadha Until 1:17AM Sun**
Yama 3:18PM – 5:10PM Brahma Until 8:18AM
Rahu 9:45AM – 11:36AM Vanija Until 11:45AM
Tritiya Until 11:45PM

Dushanbe, Tajikastan
Sun 2 Sutra 66
Khara 5113
Moon 6 - Phase 9
1st Phase
Devaloka Day

2 Sunday, June 19, 2011

Makara Rasi: 12.32 Titthi 19
398766151
Creative Work Amrita Yoga
Until 1:55AM Mon then Siddha Yoga

Khara Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam
Sravana Nakshatra Indra/Vaidhriti* Yoga Bava/Balava Karana Chaturthi* Yam Titau
Gulika 5:10PM – 7:01PM **Sravana Until 1:55AM Mon**
Yama 1:27PM – 3:19PM Indra Until 7:15AM
Rahu 7:01PM – 8:52PM Bava Until 11:41AM
Chaturthi* Until 11:41PM

Dushanbe, Tajikastan
Sun 3 Sutra 67
Khara 5113
Moon 6 - Phase 9
1st Phase
Sivaloka Day

3 Monday, June 20, 2011

Makara Rasi: 25.13 Titthi 20
399766151
Family Home Evening
Creative Work Siddha Yoga
Until 1.04AM Tue then Marana Yoga

Khara Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam
Dhanishtha Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Tailita Karana Panchami Yam Titau
Gulika 3:19PM – 5:10PM **Dhanishtha Until 4:55AM Tue**
Yama 11:36AM – 1:28PM Vaidhriti* Until 6:49AM
Rahu 7:54AM – 9:45AM Kaulava Until 12:50PM
Panchami Until 1:55AM Tue

Dushanbe, Tajikastan
Sun 4 Sutra 68
Khara 5113
Moon 6 - Phase 9
1st Phase
Subha Sivaloka Day

4 Tuesday, June 21, 2011

Kumbha Rasi: 8 Titthi 21
399766151
Routine Work Marana Yoga
Until 1.04AM Wed then Siddha Yoga
Until 6:27AM Wed then Amrita Yoga

Khara Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam
Satabhisha Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Shasthi* Yam Titau
Gulika 1:28PM – 3:19PM **Satabhisha Until 6:27AM Wed**
Yama 9:45AM – 11:36AM Vishkambha* Until 6:48AM
Rahu 5:10PM – 7:02PM Gara Until 2:04PM
Shasthi* Until 3:09AM Wed

Dushanbe, Tajikastan
Sun 5 Sutra 69
Khara 5113
Moon 6 - Phase 9
1st Phase
Subha Sivaloka Day

5 Wednesday, June 22, 2011

Kumbha Rasi: 19.46 Titthi 22
399766151
Creative Work Siddha Yoga
Until 6:27AM then Amrita Yoga
Until 1.04AM Thu then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam
Satabhisha/Purvaprostapada* Nakshatra Priti/Ayushman Yoga Visiti*/Bava Karana Sapthami Yam Titau
Gulika 11:37AM – 1:28PM **Satabhisha Until 6:27AM**
Yama 7:54AM – 9:45AM Priti Until 7:11AM
Rahu 1:28PM – 3:19PM Visiti Until 3:47PM
Sapthami Until 4:52AM Thu

Dushanbe, Tajikastan
Sun 6 Sutra 70
Khara 5113
Moon 6 - Phase 9
1st Phase
Subha Sivaloka Day

Thursday, June 23, 2011
Retreat Star

Meena Rasi: 1.47 Titthi 23
319766151
Creative Work Siddha Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam
Purvaprostapada*/Uttaraprostapada Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ashtami* Yam Titau
Gulika 9:46AM – 11:37AM **Purvaprostapada* Until 9:06AM**
Yama 6:03AM – 7:54AM Ayushman Until 7:52AM
Rahu 3:19PM – 5:11PM Balava Until 5:49PM
Ashtami* Until 6:59AM Fri

Dushanbe, Tajikastan
Sun 7 Sutra 71
Khara 5113
Moon 6 - Phase 9
Ashtami
Subha Sivaloka Day

Friday, June 24, 2011
Retreat Star

Meena Rasi: 13.43 Titthi 23 – 24
319766151
Creative Work Siddha Yoga
Until 1.04AM Sat then Prabalarishta Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam
Uttaraprostapada*/Revali Nakshatra Saubhagya/Sobhana Yoga Kaulava/Tailita Karana Ashtami*/Navami* Yam Titau
Gulika 7:54AM – 9:46AM **Uttaraprostapada Until 11:54AM**
Yama 5:11PM – 7:02PM Saubhagya Until 8:42AM
Rahu 11:37AM – 1:28PM Tailita Until 8:04PM
Ashtami* Until 6:59AM

Dushanbe, Tajikastan
Sun 8 Sutra 72
Khara 5113
Moon 6 - Phase 9
Navami
Subha Sivaloka Day

That which appears as cold or as hot, fresh or spoiled, good fortune and bad, love and hate, effort and laziness, the exalted and the deprived, the rich and the poor, the well-founded and the ill-founded, all this is God Himself; none other than Him can we know. Ajita AG 2.10–2.13. MA, 94

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| 1 | Saturday, June 25, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Revati/Asvini Nakshatra Sobhana/Athiganda* Yoga Gara/Vanija Karana Navami*/Dasami Yam Titau | | | | Dushanbe, Tajikistan |
| | Meena Rasi: 25.37 Tithi 24 – 25 319766151 | Gulika 6:03AM – 7:55AM Yama 3:20PM – 5:11PM Rahu 9:46AM – 11:37AM | Revati Until 2:46PM Sobhana Until 9:34AM Vanija Until 10:21PM Navami* Until 9:16AM | Ganesha: Purple Muruqa: Red Nataraja: Purple Moon – Clear Jyeshtha-Ani | <i>Sunrise:</i> 6:03AM <i>Sunset:</i> 8:54PM | Sun 9 Sutra 73 Khara 5113 Moon 6 - Phase 10 2nd Phase Subha Sivaloka Day |
| Routine Work Prabalarishta Yoga Until 2:46PM then Siddha Yoga | | | | | | |


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| 2 | Sunday, June 26, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Asvini/Bharani Nakshatra Athiganda*/Sukarma Yoga Visti*/Bava Karana Dasami/Ekadasi* Yam Titau | | | | Dushanbe, Tajikistan |
| | Mesha Rasi: 7.34 Tithi 25 – 26 329766151 | Gulika 5:11PM – 7:02PM Yama 1:29PM – 3:20PM Rahu 7:02PM – 8:54PM | Asvini Until 5:32PM Athiganda* Until 10:22AM Bava Until 12:33AM Mon Dasami Until 11:27AM | Ganesha: Clear Muruqa: Red Nataraja: Purple Moon – White Jyeshtha-Ani | <i>Sunrise:</i> 6:04AM <i>Sunset:</i> 8:54PM | Sun 10 Sutra 74 Khara 5113 Moon 6 - Phase 10 2nd Phase Sivaloka Day |
| Creative Work Siddha Yoga Until 5:32PM then no yoga Until 1:05AM Mon then Siddha Yoga | | | | | | |

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| 3 | Monday, June 27, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Bharani Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Ekadasi*/Dvadasi* Yam Titau | | | | Dushanbe, Tajikistan |
| | Mesha Rasi: 19.38 Tithi 26 – 27 329766151 | Gulika 3:20PM – 5:11PM Yama 11:38AM – 1:29PM Rahu 7:55AM – 9:47AM | Bharani Until 8:04PM Sukarma Until 10:57AM Kaulava Until 2:29AM Tue Ekadasi* Until 1:23PM | Ganesha: Clear Muruqa: Red Nataraja: Purple Moon – White Jyeshtha-Ani | <i>Sunrise:</i> 6:04AM <i>Sunset:</i> 8:54PM | Sun 11 Sutra 75 Khara 5113 Moon 6 - Phase 10 2nd Phase Sivaloka Day |
| Family Home Evening Creative Work Siddha Yoga Until 8:04PM then no yoga Until 1:05AM Tue then Siddha Yoga | | | | | | |

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| 4 | Tuesday, June 28, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Dhriti/Shula* Yoga Tailita/Gara Karana Dvadasi*/Trayodasi* Yam Titau | | | | Dushanbe, Tajikistan |
| | Wrishabha Rasi: 1.53 Tithi 27 – 28 321766151 | Gulika 1:29PM – 3:20PM Yama 9:47AM – 11:38AM Rahu 5:11PM – 7:03PM | Krittika Until 10:14PM Dhriti Until 11:11AM Gara Until 2:11AM Wed Dvadasi* Until 2:11PM <i>Pradosha Vrata (Fasting)</i> | Ganesha: Red Muruqa: Red Nataraja: Purple Moon – White Jyeshtha-Ani | <i>Sunrise:</i> 6:05AM <i>Sunset:</i> 8:54PM | Sun 12 Sutra 76 Khara 5113 Moon 6 - Phase 10 2nd Phase Sivaloka Day |
| Creative Work Siddha Yoga Until 10:14PM then Amrita Yoga Until 1:05AM Wed then Siddha Yoga | | | | | | |

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| 5 | Wednesday, June 29, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Rohini Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Trayodasi*/Chaturdasi* Yam Titau | | | | Dushanbe, Tajikistan |
| | Wrishabha Rasi: 14.22 Tithi 28 – 29 331776151 | Gulika 11:38AM – 1:29PM Yama 7:56AM – 9:47AM Rahu 1:29PM – 3:20PM | Rohini Until 10:33PM Shula* Until 10:38AM Visti Until 3:07AM Thu Trayodasi* Until 3:07PM | Ganesha: Yellow Muruqa: Yellow Nataraja: Purple Moon – Yellow Jyeshtha-Ani | <i>Sunrise:</i> 6:05AM <i>Sunset:</i> 8:54PM | Sun 13 Sutra 77 Khara 5113 Moon 6 - Phase 10 2nd Phase Sivaloka Day |
| Creative Work Siddha Yoga Until 1:05AM Thu then Marana Yoga | | | | | | |

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| 6 | Thursday, June 30, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Mrigasira Nakshatra Ganda*/Vridhi Yoga Sakuni*/Catuspada* Karana Chaturdasi*/Amavasya* Yam Titau | | | | Dushanbe, Tajikistan |
| | Wrishabha Rasi: 27.08 Tithi 29 – 30 331776151 | Gulika 9:47AM – 11:38AM Yama 6:05AM – 7:56AM Rahu 3:21PM – 5:12PM | Mrigasira Until 11:35PM Ganda* Until 9:58AM Catuspada Until 3:29AM Fri Chaturdasi* Until 3:29PM | Ganesha: Yellow Muruqa: Yellow Nataraja: Purple Moon – Yellow Jyeshtha-Ani | <i>Sunrise:</i> 6:05AM <i>Sunset:</i> 8:54PM | Sun 14 Sutra 78 Khara 5113 Moon 6 - Phase 10 2nd Phase Sivaloka Day |
| Routine Work Marana Yoga Until 1:06AM Fri then Siddha Yoga | | | | | | |

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|  | Friday, July 1, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Vridhi/Dhruva Yoga Naga*/Kintughna* Karana Amavasya*/Prathama* Yam Titau | | | | Dushanbe, Tajikistan |
| | Retreat Star Mithuna Rasi: 10.13 Tithi 30 – 1 331776151 | Gulika 7:57AM – 9:48AM Yama 5:12PM – 7:03PM Rahu 11:39AM – 1:30PM | Ardra Until 12:03AM Sat Vridhi Until 8:46AM Kintughna Until 3:14AM Sat Amavasya* Until 3:14PM | Ganesha: Yellow Muruqa: Yellow Nataraja: Purple Moon – Yellow Jyeshtha-Ani | <i>Sunrise:</i> 6:06AM <i>Sunset:</i> 8:54PM | Sun 15 Sutra 79 Khara 5113 Moon 6 - Phase 10 Amavasya Sivaloka Day |
| Creative Work Siddha Yoga Until 1:06AM Sat then Marana Yoga | | | | | | |

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| 7 | Saturday, July 2, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama*/Dvitiya Yam Titau | | | | Dushanbe, Tajikistan |
| | Retreat Star Mithuna Rasi: 23.37 Tithi 1 – 2 341776151 | Gulika 6:06AM – 7:57AM Yama 3:21PM – 5:12PM Rahu 9:48AM – 11:39AM | Punarvasu Until 10:40PM Dhruva Until 6:58AM Balava Until 12:47AM Sun Prathama* Until 1:43PM | Ganesha: Red Muruqa: Yellow Nataraja: Purple Moon – Blue Ashada-Ani | <i>Sunrise:</i> 6:06AM <i>Sunset:</i> 8:54PM | Sun 16 Sutra 80 Khara 5113 Moon 6 - Phase 10 Prathama Sivaloka Day |
| Routine Work Marana Yoga Until 10:40PM then Siddha Yoga | | | | | | |

Behold the universe in the glory of God: and all that lives and moves on earth. Leaving the transient, find joy in the Eternal. Set not your heart on another's possession. Shukla Yajur Veda, Isau 1. UpM, 49


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| 1 | Sunday, July 3, 2011 | | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiya Yam Titau | Dushanbe, Tajikistan | | |
| | Kataka Rasi: 7.17 | Tithi 2 - 3 | | Sun 17 Sutra 81 Khara 5113 | | |
| Creative Work | Siddha Yoga | 341776151 | Gulika 5:12PM - 7:03PM Yama 1:30PM - 3:21PM Rahu 7:03PM - 8:53PM | Pushya Until 10:05PM Harshana Until 2:14AM Mon Taitila Until 11:28PM Dvitiya Until 12:23PM | Ganesha: Red <i>Sunrise: 6:07AM</i> Muruqa: Yellow <i>Sunset: 8:53PM</i> Nataraja: Purple Moon - Blue Ashada-Ani | Moon 6 - Phase 11 3rd Phase Sivaloka Day |


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| 2 | Monday, July 4, 2011 | | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Aslesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthi* Yam Titau | Dushanbe, Tajikistan | | |
| | Kataka Rasi: 21.11 | Tithi 3 - 4 | | Sun 18 Sutra 82 Khara 5113 | | |
| Family Home Evening | Siddha Yoga | 341776151 | Gulika 3:21PM - 5:12PM Yama 11:40AM - 1:30PM Rahu 7:58AM - 9:49AM | Aslesha* Until 9:07PM Vajra* Until 11:47PM Vanija Until 9:43PM Tritiya Until 10:38AM | Ganesha: Red <i>Sunrise: 6:07AM</i> Muruqa: Yellow <i>Sunset: 8:53PM</i> Nataraja: Purple Moon - Blue Ashada-Ani | Moon 6 - Phase 11 3rd Phase Sivaloka Day |

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| 3 | Tuesday, July 5, 2011 | | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi*/Panchami Yam Titau | Dushanbe, Tajikistan | | |
| | Simha Rasi: 5.16 | Tithi 4 - 5 | | Sun 19 Sutra 83 Khara 5113 | | |
| Creative Work | Siddha Yoga | 351776151 | Gulika 1:30PM - 3:21PM Yama 9:49AM - 11:40AM Rahu 5:12PM - 7:02PM | Magha* Until 7:50PM Siddhi Until 9:05PM Bava Until 7:38PM Chaturthi* Until 8:34AM | Ganesha: Blue <i>Sunrise: 6:08AM</i> Muruqa: Yellow <i>Sunset: 8:53PM</i> Nataraja: Purple Moon - Red Ashada-Ani | Moon 6 - Phase 11 3rd Phase Subha Sivaloka Day |

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| 4 | Wednesday, July 6, 2011 | | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni* Nakshatra Vyatipata* Yoga Balava/Taitila Karana Panchami/Shasthi* Yam Titau | Dushanbe, Tajikistan | | |
| | Simha Rasi: 19.26 | Tithi 5 - 6 | | Sun 20 Sutra 84 Khara 5113 | | |
| Creative Work | Amrita Yoga | 351776151 | Gulika 11:40AM - 1:31PM Yama 7:59AM - 9:49AM Rahu 1:31PM - 3:21PM | Purvaphalguni* Until 6:23PM Vyatipata* Until 6:12PM Taitila Until 4:27AM Thu Panchami Until 6:18AM | Ganesha: Blue <i>Sunrise: 6:08AM</i> Muruqa: Yellow <i>Sunset: 8:53PM</i> Nataraja: Purple Moon - Red Ashada-Ani | Moon 6 - Phase 11 3rd Phase Subha Sivaloka Day |

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| 5 | Thursday, July 7, 2011 | | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Saptami Yam Titau | Dushanbe, Tajikistan | | |
| | Kanya Rasi: 3.4 | Tithi 7 | | Sun 21 Sutra 85 Khara 5113 | | |
| Routine Work | Prabalarishta Yoga | 451776151 | Gulika 9:50AM - 11:40AM Yama 6:09AM - 7:59AM Rahu 3:21PM - 5:12PM | Uttaraphalguni Until 4:51PM Variyan Until 3:14PM Gara Until 3:01PM Saptami Until 2:05AM Fri | Ganesha: Red <i>Sunrise: 6:09AM</i> Muruqa: Yellow <i>Sunset: 8:53PM</i> Nataraja: Purple Moon - Red Ashada-Ani | Moon 6 - Phase 11 3rd Phase Sivaloka Day |

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|  | Friday, July 8, 2011 | | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtami* Yam Titau | Dushanbe, Tajikistan | | |
| | Kanya Rasi: 17.55 | Tithi 8 | | Sun 22 Sutra 86 Khara 5113 | | |
| Creative Work | Amrita Yoga | 461776151 | Gulika 8:00AM - 9:50AM Yama 5:12PM - 7:02PM Rahu 11:41AM - 1:31PM | Hasta Until 3:18PM Parigha* Until 12:16PM Visti Until 12:39PM Ashtami* Until 11:44PM | Ganesha: Blue <i>Sunrise: 6:09AM</i> Muruqa: Yellow <i>Sunset: 8:52PM</i> Nataraja: Purple Moon - Green Ashada-Ani | Moon 6 - Phase 11 Ashtami Subha Sivaloka Day |

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|  | Saturday, July 9, 2011 | | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navami* Yam Titau | Dushanbe, Tajikistan | | |
| | Tula Rasi: 2.06 | Tithi 9 | | Sun 23 Sutra 87 Khara 5113 | | |
| Routine Work | Marana Yoga | 462776151 | Gulika 6:10AM - 8:00AM Yama 3:21PM - 5:12PM Rahu 9:51AM - 11:41AM | Chitra Until 1:50PM Shiva Until 9:22AM Balava Until 10:22AM Navami* Until 9:26PM | Ganesha: Yellow <i>Sunrise: 6:10AM</i> Muruqa: Yellow <i>Sunset: 8:52PM</i> Nataraja: Purple Moon - Green Ashada-Ani | Moon 6 - Phase 11 Navami Sivaloka Day |


Being overcome by the fruits of his action, he enters a good or an evil womb, so that his course is downward or upward, and he wanders around, overcome by the pairs of opposites. *Krishna Yajur Veda, Maitu 3.2. UpH, 418*

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|--|--------------------------------|---|---|---|--|---|
| 1 | Sunday, July 10, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Visakha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dasami Yam Titau | | | | Dushanbe, Tajikistan |
| | Tula Rasi: 16.14 Tithi 10 | 462776151 | Gulika 5:11PM – 7:02PM Yama 1:31PM – 3:21PM Rahu 7:02PM – 8:52PM | Svati Until 12:28PM Siddha Until 6:34AM Taitila Until 8:11AM Dasami Until 7:16PM | Ganesha: Yellow <i>Sunrise:</i> 6:11AM Muruqa: Yellow <i>Sunset:</i> 8:52PM Nataraja: Purple Moon – Green Ashada-Ani | Sun 24 Sutra 88 Khara 5113 Moon 6 - Phase 12 4th Phase Sivaloka Day |
| Creative Work Siddha Yoga Until 12:28PM then Marana Yoga | | | | | | |

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| 2 | Monday, July 11, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Visakha/Anuradha Nakshatra Subha Yoga Vanija/Bava Karana Ekadasi/Dvadasi Yam Titau | | | | Dushanbe, Tajikistan |
| | Vrischika Rasi: 0.16 Tithi 11 – 12 | 472876151 | Gulika 3:21PM – 5:11PM Yama 11:41AM – 1:31PM Rahu 8:01AM – 9:51AM | Visakha Until 11:15AM Subha Until 1:15AM Tue Vanija Until 6:11AM Ekadasi Until 5:16PM | Ganesha: Yellow <i>Sunrise:</i> 6:11AM Muruqa: Yellow <i>Sunset:</i> 8:51PM Nataraja: Purple Moon – Orange Ashada-Ani | Sun 25 Sutra 89 Khara 5113 Moon 6 - Phase 12 4th Phase Sivaloka Day |
| Family Home Evening 472876151 Routine Work Marana Yoga Until 11:15AM then Siddha Yoga | | | | | | |

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| 3 | Tuesday, July 12, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Balava/Kaulava Karana Dvadasi/Trayodasi Yam Titau | | | | Dushanbe, Tajikistan |
| | Vrischika Rasi: 14.11 Tithi 12 – 13 | 472876151 | Gulika 1:31PM – 3:21PM Yama 9:52AM – 11:42AM Rahu 5:11PM – 7:01PM | Anuradha Until 10:16AM Sukla Until 10:48PM Kaulava Until 2:35AM Wed Dvadasi Until 3:30PM <i>Pradosha Vrata</i> | Ganesha: Yellow <i>Sunrise:</i> 6:12AM Muruqa: Yellow <i>Sunset:</i> 8:51PM Nataraja: Purple Moon – Orange Ashada-Ani | Sun 26 Sutra 90 Khara 5113 Moon 6 - Phase 12 4th Phase Sivaloka Day |
| Creative Work Siddha Yoga | | | | | | |

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| 4 | Wednesday, July 13, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Taitila/Gara Karana Trayodasi/Chaturdasi* Yam Titau | | | | Dushanbe, Tajikistan |
| | Vrischika Rasi: 27.56 Tithi 13 – 14 | 472876151 | Gulika 11:42AM – 1:32PM Yama 8:02AM – 9:52AM Rahu 1:32PM – 3:21PM | Jyeshtha* Until 9:33AM Brahma Until 8:36PM Gara Until 1:06AM Thu Trayodasi Until 2:02PM | Ganesha: Yellow <i>Sunrise:</i> 6:13AM Muruqa: Yellow <i>Sunset:</i> 8:51PM Nataraja: Purple Moon – Orange Ashada-Ani | Sun 27 Sutra 91 Khara 5113 Moon 6 - Phase 12 4th Phase Sivaloka Day |
| Creative Work Siddha Yoga Until 9:33AM then Marana Yoga Until 1.08AM Thu then Siddha Yoga | | | | | | |

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|  | Thursday, July 14, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra Yoga Vanija/Visti* Karana Chaturdasi*/Purnima* Yam Titau | | | | Dushanbe, Tajikistan |
| | Dhanus Rasi: 11.29 Tithi 14 – 15 | 482876151 | Gulika 9:53AM – 11:42AM Yama 6:13AM – 8:03AM Rahu 3:21PM – 5:11PM | Mula* Until 9:25AM Indra Until 7:38PM Visti Until 1:30AM Fri Chaturdasi* Until 1:30PM | Ganesha: White <i>Sunrise:</i> 6:13AM Muruqa: Yellow <i>Sunset:</i> 8:50PM Nataraja: Purple Moon – Light Blue Ashada-Ani | Sun 28 Sutra 92 Khara 5113 Moon 6 - Phase 12 Purnima Subha Sivaloka Day |
| Creative Work Siddha Yoga Satguru Purnima | | | | | | |

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| 5 | Friday, July 15, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Purnima*/Prathama* Yam Titau | | | | Dushanbe, Tajikistan |
| | Dhanus Rasi: 24.49 Tithi 15 – 16 | 482876151 | Gulika 8:04AM – 9:53AM Yama 5:11PM – 7:00PM Rahu 11:42AM – 1:32PM | Purvashadha* Until 9:26AM Vaidhriti* Until 6:01PM Balava Until 12:45AM Sat Purnima* Until 12:45PM | Ganesha: White <i>Sunrise:</i> 6:14AM Muruqa: Yellow <i>Sunset:</i> 8:50PM Nataraja: Purple Moon – Light Blue Ashada-Ani | Sun 29 Sutra 93 Khara 5113 Moon 6 - Phase 12 Prathama Subha Sivaloka Day |
| Creative Work Siddha Yoga Until 1.08AM Sat then no yoga | | | | | | |

Mind is indeed the source of bondage and also the source of liberation. To be bound to things of this world: this is bondage. To be free from them: this is liberation. *Krishna Yajur Veda, Maitu 6.34. UpM, 104*



Saturday, July 16, 2011
Gold Retreat Star

Makara Rasi: 7.53 Tithi 16 – 17
482876151
No Yoga
Until 9:54AM then Siddha Yoga
Until 1.08AM Sun then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mantra Vasara Yuktayam
Uttarashadha/Sravana Nakshatra Vishkambha*/Priti Yoga Kaulava/Taitila Karana Prathama*/Dvitiya Yam Titau

Gulika 6:15AM – 8:04AM
Yama 3:21PM – 5:10PM
Rahu 9:53AM – 11:43AM

Uttarashadha Until 9:54AM
Vishkambha* Until 4:49PM
Taitila Until 12:30AM Sun
Prathama* Until 12:30PM

Dushanbe, Tajikistan
Sutra 94
Khara 5113
Moon 7 - Phase 13
1st Phase

Sunrise: 6:15AM
Sunset: 8:49PM

Subha Sivaloka Day

Ganesha: White
Muruqa: Yellow
Nataraja: Purple
Moon – Light Blue
Ashada-Ani

1

Sunday, July 17, 2011

Makara Rasi: 20.42 Tithi 17 – 18
492876152
Creative Work Amrita Yoga
Until 10:52AM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam
Sravana/Dhanishtha Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Dvitiya/Tritiya Yam Titau

Gulika 5:10PM – 6:59PM
Yama 1:32PM – 3:21PM
Rahu 6:59PM – 8:48PM

Sravana Until 10:52AM
Priti Until 4:04PM
Vanija Until 12:47AM Mon
Dvitiya Until 12:47PM

Dushanbe, Tajikistan
Sun 1 **Sutra 95**
Khara 5113
Moon 7 - Phase 13
1st Phase

Sunrise: 6:16AM
Sunset: 8:48PM

Devaloka Day

Ganesha: Clear
Muruqa: Yellow
Nataraja: Clear
Moon – Purple
Ashada-Adi

2

Monday, July 18, 2011

Kumbha Rasi: 3.16 Tithi 18 – 19
492876152
Family Home Evening
Creative Work Siddha Yoga
Until 1.08AM Tue then Marana Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam
Dhanishtha/Satabhisha Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Tritiya/Chaturthi* Yam Titau

Gulika 3:21PM – 5:10PM
Yama 11:43AM – 1:32PM
Rahu 8:05AM – 9:54AM

Dhanishtha Until 12:48PM
Ayushman Until 4:30PM
Bava Until 3:20AM Tue
Tritiya Until 2:15PM

Dushanbe, Tajikistan
Sun 2 **Sutra 96**
Khara 5113
Moon 7 - Phase 13
1st Phase

Sunrise: 6:16AM
Sunset: 8:48PM

Devaloka Day

Ganesha: Clear
Muruqa: Yellow
Nataraja: Clear
Moon – Purple
Ashada-Adi

3

Tuesday, July 19, 2011

Kumbha Rasi: 16 Tithi 19 – 20
492876152
Routine Work Marana Yoga
Until 1.08AM Wed then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam
Satabhisha/Purvaprostapada* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Chaturthi*/Panchami Yam Titau

Gulika 1:32PM – 3:21PM
Yama 9:55AM – 11:43AM
Rahu 5:10PM – 6:58PM

Satabhisha Until 2:48PM
Saubhagya Until 4:35PM
Kaulava Until 4:41AM Wed
Chaturthi* Until 3:36PM

Dushanbe, Tajikistan
Sun 3 **Sutra 97**
Khara 5113
Moon 7 - Phase 13
1st Phase

Sunrise: 6:17AM
Sunset: 8:47PM

Devaloka Day

Ganesha: Clear
Muruqa: Yellow
Nataraja: Clear
Moon – Purple
Ashada-Adi

4

Wednesday, July 20, 2011

Kumbha Rasi: 27.44 Tithi 20 – 21
412876152
Creative Work Amrita Yoga
Until 5:11PM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam
Purvaprostapada*/Uttaraprostapada Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Panchami/Shasthi* Yam Titau

Gulika 11:44AM – 1:32PM
Yama 8:06AM – 9:55AM
Rahu 1:32PM – 3:21PM

Purvaprostapada* Until 5:11PM
Sobhana Until 5:01PM
Gara Until 6:27AM Thu
Panchami Until 5:22PM

Dushanbe, Tajikistan
Sun 4 **Sutra 98**
Khara 5113
Moon 7 - Phase 13
1st Phase

Sunrise: 6:18AM
Sunset: 8:47PM

Devaloka Day

Ganesha: Yellow
Muruqa: Yellow
Nataraja: Clear
Moon – Clear
Ashada-Adi

5

Thursday, July 21, 2011

Meena Rasi: 9.44 Tithi 21
412876152
Creative Work Siddha Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam
Uttaraprostapada Nakshatra Athiganda*/Sukarma Yoga Gara/Vanija Karana Shasthi* Yam Titau

Gulika 9:55AM – 11:44AM
Yama 6:19AM – 8:07AM
Rahu 3:21PM – 5:09PM

Uttaraprostapada Until 7:51PM
Athiganda* Until 5:43PM
Gara Until 6:21AM
Shasthi* Until 7:27PM

Dushanbe, Tajikistan
Sun 5 **Sutra 99**
Khara 5113
Moon 7 - Phase 13
1st Phase

Sunrise: 6:19AM
Sunset: 8:46PM

Devaloka Day

Ganesha: Yellow
Muruqa: Yellow
Nataraja: Clear
Moon – Clear
Ashada-Adi

6

Friday, July 22, 2011

Meena Rasi: 21.4 Tithi 22
413876152
Creative Work Siddha Yoga
Until 10:41PM then Amrita Yoga
Until 1.09AM Sat then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam
Revati Nakshatra Sukarma Yoga Visti*/Bava Karana Saptami Yam Titau

Gulika 8:08AM – 9:56AM
Yama 5:09PM – 6:57PM
Rahu 11:44AM – 1:32PM

Revati Until 10:41PM
Sukarma Until 6:35PM
Visti Until 8:38AM
Saptami Until 9:43PM

Dushanbe, Tajikistan
Sun 6 **Sutra 100**
Khara 5113
Moon 7 - Phase 13
1st Phase

Sunrise: 6:19AM
Sunset: 8:45PM

Bhuloka Day
Devaloka Time: 3:PM to 6:PM

Ganesha: White
Muruqa: Yellow
Nataraja: Clear
Moon – Clear
Ashada-Adi

Retreat Star

Saturday, July 23, 2011

Mesha Rasi: 3.33 Tithi 23
423876152
Creative Work Siddha Yoga
Until 1:34AM Sun then no yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mantra Vasara Yuktayam
Asvini Nakshatra Dhriti Yoga Balava/Kaulava Karana Ashtami* Yam Titau

Gulika 6:20AM – 8:08AM
Yama 3:20PM – 5:08PM
Rahu 9:56AM – 11:44AM

Asvini Until 1:34AM Sun
Dhriti Until 7:29PM
Balava Until 10:57AM
Ashtami* Until 12:03AM Sun

Dushanbe, Tajikistan
Sun 7 **Sutra 101**
Khara 5113
Moon 7 - Phase 13
Ashtami

Sunrise: 6:20AM
Sunset: 8:44PM

Devaloka Day

Ganesha: Yellow
Muruqa: Yellow
Nataraja: Clear
Moon – White
Ashada-Adi

Sunday, July 24, 2011

Retreat Star

Mesha Rasi: 15.29 Tithi 24
423876152
No Yoga
Until 1.09AM Mon then Siddha Yoga
Until 4:22AM Mon then no yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam
Bharani Nakshatra Shula* Yoga Taitila/Gara Karana Navami* Yam Titau

Gulika 5:08PM – 6:56PM
Yama 1:32PM – 3:20PM
Rahu 6:56PM – 8:44PM

Bharani Until 4:22AM Mon
Shula* Until 8:17PM
Taitila Until 1:10PM
Navami* Until 2:16AM Mon

Dushanbe, Tajikistan
Sun 8 **Sutra 102**
Khara 5113
Moon 7 - Phase 13
Navami

Sunrise: 6:21AM
Sunset: 8:44PM

Devaloka Day

Ganesha: Yellow
Muruqa: Yellow
Nataraja: Clear
Moon – White
Ashada-Adi

Borne along and defiled by the stream of qualities, unsteady, wavering, bewildered, full of desire, distracted, one goes on into the state of self-conceit. In thinking, "This is I" and "That is mine" one binds himself with himself, as does a bird with a snare. Krishna Yajur Veda, Maitu 3.2. UpH, 418


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| 1 | Monday, July 25, 2011 | | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Krittika Nakshatra Ganda* Yoga Vanija/Visti* Karana Dasami Yam Titau | | Dushanbe, Tajikastan |
| | Mesha Rasi: 27.33 Tithi 25 Family Home Evening 423876152 No Yoga | Gulika 3:20PM – 5:08PM Yama 11:45AM – 1:32PM Rahu 8:09AM – 9:57AM | Krittika Until 6:19AM Tue Ganda* Until 8:52PM Vanija Until 3:06PM Dasami Until 4:12AM Tue | Ganesha: Yellow <i>Sunrise:</i> 6:22AM Muruqa: Yellow <i>Sunset:</i> 8:43PM Nataraja: Clear Moon – White Ashada*Adi | Sun 9 Sutra 103 Khara 5113 Moon 7 - Phase 14 2nd Phase Devaloka Day |
| | Until 1.09AM Tue then Siddha Yoga Until 6:19AM Tue then Amrita Yoga | | | | |

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| 2 | Tuesday, July 26, 2011 | | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi Yoga Bava/Balava Karana Ekadasi* Yam Titau | | Dushanbe, Tajikastan |
| | Wrishabha Rasi: 9.5 Tithi 26 423876152 | Gulika 1:32PM – 3:20PM Yama 9:57AM – 11:45AM Rahu 5:07PM – 6:55PM | Krittika Until 6:19AM Vriddhi Until 7:59PM Bava Until 3:42PM Ekadasi* Until 3:42AM Wed | Ganesha: Yellow <i>Sunrise:</i> 6:23AM Muruqa: Yellow <i>Sunset:</i> 8:42PM Nataraja: Clear Moon – White Ashada*Adi | Sun 10 Sutra 104 Khara 5113 Moon 7 - Phase 14 2nd Phase Devaloka Day |
| | Creative Work Siddha Yoga Until 6:19AM then Amrita Yoga Until 1.09AM Wed then Siddha Yoga | | | | |

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| 3 | Wednesday, July 27, 2011 | | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Rohini/Mrigasira Nakshatra Dhruva Yoga Kaulava/Taitila Karana Dvadasi* Yam Titau | | Dushanbe, Tajikastan |
| | Wrishabha Rasi: 22.24 Tithi 27 433876152 | Gulika 11:45AM – 1:32PM Yama 8:11AM – 9:58AM Rahu 1:32PM – 3:20PM | Rohini Until 7:44AM Dhruva Until 7:39PM Kaulava Until 4:29PM Dvadasi* Until 4:29AM Thu | Ganesha: Blue <i>Sunrise:</i> 6:23AM Muruqa: Yellow <i>Sunset:</i> 8:41PM Nataraja: Clear Moon – Yellow Ashada*Adi | Sun 11 Sutra 105 Khara 5113 Moon 7 - Phase 14 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |
| | Creative Work Siddha Yoga Until 1.09AM Thu then Marana Yoga | | | | |

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| 4 | Thursday, July 28, 2011 | | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Mrigasira/Ardra Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodasi* Yam Titau | | Dushanbe, Tajikastan |
| | Mithuna Rasi: 5.19 Tithi 28 433876152 | Gulika 9:58AM – 11:45AM Yama 6:24AM – 8:11AM Rahu 3:19PM – 5:06PM | Mrigasira Until 8:30AM Vyaghata* Until 6:44PM Gara Until 4:34PM Trayodasi* Until 4:34AM Fri <i>Pradosha Vrata (Fasting)</i> | Ganesha: Blue <i>Sunrise:</i> 6:24AM Muruqa: Yellow <i>Sunset:</i> 8:40PM Nataraja: Clear Moon – Yellow Ashada*Adi | Sun 12 Sutra 106 Khara 5113 Moon 7 - Phase 14 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |
| | Routine Work Marana Yoga Until 1.09AM Fri then Siddha Yoga | | | | |

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| 5 | Friday, July 29, 2011 | | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana/Vajra* Yoga Visti*/Sakuni* Karana Chaturdasi* Yam Titau | | Dushanbe, Tajikastan |
| | Mithuna Rasi: 18.37 Tithi 29 433876152 | Gulika 8:12AM – 9:59AM Yama 5:06PM – 6:53PM Rahu 11:46AM – 1:32PM | Ardra Until 8:22AM Harshana Until 4:24PM Visti Until 3:06PM Chaturdasi* Until 2:10AM Sat | Ganesha: Blue <i>Sunrise:</i> 6:25AM Muruqa: Yellow <i>Sunset:</i> 8:40PM Nataraja: Clear Moon – Yellow Ashada*Adi | Sun 13 Sutra 107 Khara 5113 Moon 7 - Phase 14 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |
| | Creative Work Siddha Yoga Until 1.09AM Sat then Marana Yoga | | | | |

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|  | Saturday, July 30, 2011 | Retreat Star | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra*/Siddhi Yoga Catuspada*/Naga* Karana Amavasya* Yam Titau | | Dushanbe, Tajikastan |
| | Kataka Rasi: 2.19 Tithi 30 443876152 | Gulika 6:26AM – 8:13AM Yama 3:19PM – 5:05PM Rahu 9:59AM – 11:46AM | Punarvasu Until 7:44AM Vajra* Until 2:16PM Catuspada Until 1:43PM Amavasya* Until 12:48AM Sun | Ganesha: Blue <i>Sunrise:</i> 6:26AM Muruqa: Yellow <i>Sunset:</i> 8:39PM Nataraja: Clear Moon – Blue Ashada*Adi | Sun 14 Sutra 108 Khara 5113 Moon 7 - Phase 14 Amavasya Bhuloka Day Devaloka Time: 3:PM to 6:PM |
| | Routine Work Marana Yoga Until 7:44AM then Siddha Yoga | | | | |

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| | Sunday, July 31, 2011 | Retreat Star | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Aslesha* Nakshatra Siddhi/Vyatipata* Yoga Kintughna*/Bava Karana Prathama* Yam Titau | | Dushanbe, Tajikastan |
| | Kataka Rasi: 16.23 Tithi 1 443876152 | Gulika 5:05PM – 6:51PM Yama 1:32PM – 3:19PM Rahu 6:51PM – 8:38PM | Pushya Until 6:29AM Siddhi Until 11:35AM Kintughna Until 11:41AM Prathama* Until 10:45PM | Ganesha: Blue <i>Sunrise:</i> 6:27AM Muruqa: Yellow <i>Sunset:</i> 8:38PM Nataraja: Clear Moon – Blue Sravana*Adi | Sun 15 Sutra 109 Khara 5113 Moon 7 - Phase 14 Prathama Bhuloka Day Devaloka Time: 3:PM to 6:PM |
| | Creative Work Siddha Yoga | | | | |

As the sun, the eye of the whole world, is not sullied by the external faults of the eyes, so the one inner soul of all things is not sullied by the sorrow in the world, being external to it. Krishna Yajur Veda, Kathau 5.11. bo UpH, 357

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| 1 | Monday, August 1, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Vyatipata/Variyan Yoga Balava/Kaulava Karana Dvitiya Yam Titau | Dushanbe, Tajikistan |
| | Simha Rasi: 0.44 Tithi 2 Family Home Evening 453876152 Creative Work Siddha Yoga | Gulika 3:18PM – 5:04PM Yama 11:46AM – 1:32PM Rahu 8:14AM – 10:00AM | Magha* Until 2:10AM Tue Vyatipata* Until 8:26AM Balava Until 8:54AM Dvitiya Until 7:11PM |

Bhuloka Day
Devaloka Time: 3:PM to 6:PM

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| 2 | Tuesday, August 2, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni* Nakshatra Parigha* Yoga Taitila/Vanija Karana Tritiya/Chaturthi* Yam Titau | Dushanbe, Tajikistan |
| | Simha Rasi: 15.15 Tithi 3 – 4 Creative Work Siddha Yoga Until 12:16AM Wed then Amrita Yoga | Gulika 1:32PM – 3:18PM Yama 10:00AM – 11:46AM Rahu 5:04PM – 6:50PM | Purvaphalguni* Until 12:16AM Wed Parigha* Until 1:03AM Wed Taitila Until 6:12AM Tritiya Until 4:29PM |

Bhuloka Day
Devaloka Time: 3:PM to 6:PM

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|----------|---|---|---|
| 3 | Wednesday, August 3, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi*/Panchami Yam Titau | Dushanbe, Tajikistan |
| | Simha Rasi: 29.51 Tithi 4 – 5 Creative Work Amrita Yoga Until 10:14PM then Siddha Yoga Until 1.08AM Thu then no yoga | Gulika 11:46AM – 1:32PM Yama 8:15AM – 10:01AM Rahu 1:32PM – 3:18PM | Uttaraphalguni Until 10:14PM Shiva Until 9:44PM Bava Until 11:58PM Chaturthi* Until 1:41PM |

Bhuloka Day
Devaloka Time: 3:PM to 6:PM

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|----------|--|---|--|
| 4 | Thursday, August 4, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Hasta Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shasthi* Yam Titau | Dushanbe, Tajikistan |
| | Kanya Rasi: 14.25 Tithi 5 – 6 No Yoga Until 9:18PM then Siddha Yoga | Gulika 10:01AM – 11:47AM Yama 6:30AM – 8:16AM Rahu 3:17PM – 5:03PM | Hasta Until 9:18PM Siddha Until 7:17PM Kaulava Until 10:23PM Panchami Until 11:18AM |

Devaloka Day

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| 5 | Friday, August 5, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Shasthi*/Saptami Yam Titau | Dushanbe, Tajikistan |
| | Kanya Rasi: 28.51 Tithi 6 – 7 Creative Work Siddha Yoga | Gulika 8:16AM – 10:01AM Yama 5:02PM – 6:47PM Rahu 11:47AM – 1:32PM | Chitra Until 7:24PM Sadhya Until 3:59PM Gara Until 7:39PM Shasthi* Until 8:35AM |

Devaloka Day

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| D | Saturday, August 6, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mantla Vasara Yuktayam Svati/Visakha Nakshatra Subha/Sukla Yoga Vanija/Bava Karana Saptami/Ashtami* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star Tula Rasi: 13.05 Tithi 7 – 8 Creative Work Siddha Yoga Until 1.08AM Sun then Marana Yoga | Gulika 6:32AM – 8:17AM Yama 3:17PM – 5:02PM Rahu 10:02AM – 11:47AM | Svati Until 5:50PM Subha Until 1:00PM Bava Until 4:21AM Sun Saptami Until 6:12AM |

Devaloka Day

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| D | Sunday, August 7, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Visakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navami* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star Tula Rasi: 27.07 Tithi 9 Routine Work Marana Yoga Until 1.08AM Mon then Siddha Yoga | Gulika 5:01PM – 6:46PM Yama 1:32PM – 3:16PM Rahu 6:46PM – 8:30PM | Visakha Until 4:39PM Sukla Until 10:21AM Balava Until 3:18PM Navami* Until 2:23AM Mon |

Bhuloka Day
Devaloka Time: 3:PM to 6:PM

Truly, God is One; there can be no second. He alone governs these worlds with His powers. He stands facing beings. He, the herdsman, after bringing forth all worlds, reabsorbs them at the end of time. Krishna Yajur Veda, Svetu 3.2. VE, 621

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| 1 | Monday, August 8, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dasami Yam Titau | Dushanbe, Tajikastan |
| | Vrischika Rasi: 10.55 Tilthi 10 Family Home Evening 474976152 Creative Work Siddha Yoga | Gulika 3:16PM – 5:00PM Yama 11:47AM – 1:32PM Rahu 8:18AM – 10:03AM | Anuradha Until 3:52PM Brahma Until 8:05AM Taitila Until 1:46PM Dasami Until 12:50AM Tue |

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| 2 | Tuesday, August 9, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Ekadasi Yam Titau | Dushanbe, Tajikastan |
| | Vrischika Rasi: 24.29 Tilthi 11 474976152 Creative Work Siddha Yoga Until 4:11PM then Amrita Yoga Until 1.08AM Wed then Marana Yoga | Gulika 1:31PM – 3:16PM Yama 10:03AM – 11:47AM Rahu 5:00PM – 6:44PM | Jyeshtha* Until 4:11PM Indra Until 6:11AM Vanija Until 1:11PM Ekadasi Until 1:11AM Wed |

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| 3 | Wednesday, August 10, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvadasi Yam Titau | Dushanbe, Tajikastan |
| | Dhanus Rasi: 7.5 Tilthi 12 484976152 Routine Work Marana Yoga Until 4:09PM then Amrita Yoga Until 1.08AM Thu then Siddha Yoga | Gulika 11:47AM – 1:31PM Yama 8:19AM – 10:03AM Rahu 1:31PM – 3:15PM | Mula* Until 4:09PM Vishkambha* Until 3:22AM Thu Bava Until 12:24PM Dvadasi Until 12:24AM Thu |

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| 4 | Thursday, August 11, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Priti Yoga Kaulava/Taitila Karana Trayodasi Yam Titau | Dushanbe, Tajikastan |
| | Dhanus Rasi: 20.59 Tilthi 13 484976152 Creative Work Siddha Yoga | Gulika 10:04AM – 11:47AM Yama 6:36AM – 8:20AM Rahu 3:15PM – 4:58PM | Purvashadha* Until 4:29PM Priti Until 2:01AM Fri Kaulava Until 12:00PM Trayodasi Until 12:00AM Fri <i>Pradosha Vrata</i> |

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| 5 | Friday, August 12, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha/Sravana Nakshatra Ayushman Yoga Gara/Vanija Karana Chaturdasi* Yam Titau | Dushanbe, Tajikastan |
| | Makara Rasi: 3.57 Tilthi 14 484976152 Creative Work Siddha Yoga | Gulika 8:21AM – 10:04AM Yama 4:58PM – 6:41PM Rahu 11:48AM – 1:31PM | Uttarashadha Until 5:10PM Ayushman Until 1:01AM Sat Gara Until 12:01PM Chaturdasi* Until 12:01AM Sat |

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| ○ | Saturday, August 13, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mantra Vasara Yuktayam Sravana Nakshatra Saubhagya Yoga Visti*/Bava Karana Purnima* Yam Titau | Dushanbe, Tajikastan |
| | Copper Retreat Star Makara Rasi: 16.43 Tilthi 15 494976152 Creative Work Siddha Yoga | Gulika 6:38AM – 8:21AM Yama 3:14PM – 4:57PM Rahu 10:04AM – 11:48AM | Sravana Until 6:13PM Saubhagya Until 12:21AM Sun Visti Until 12:24PM Purnima* Until 12:24AM Sun Raksha Bandhan |

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| ○ | Sunday, August 14, 2011 | Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Sobhana Yoga Balava/Kaulava Karana Prathama* Yam Titau | Dushanbe, Tajikastan |
| | Silver Retreat Star Makara Rasi: 29.17 Tilthi 16 494976152 Creative Work Siddha Yoga | Gulika 4:56PM – 6:39PM Yama 1:31PM – 3:13PM Rahu 6:39PM – 8:22PM | Dhanishtha Until 8:45PM Sobhana Until 1:24AM Mon Balava Until 1:49PM Prathama* Until 2:55AM Mon |

Where men move at will, in the threefold sphere, in the third heaven of heavens, where are realms full of light, in that radiant world make me immortal. %oig Veda Sarhita 9.113.9. VE, 634



Monday, August 15, 2011
Gold Retreat Star

Kumbha Rasi: 11.41 Tithi 17
Family Home Evening 494976152
Creative Work Siddha Yoga
Until 10:39PM then no yoga
Until 1.07AM Tue then Marana Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam
Satabhisha Nakshatra Athiganda* Yoga Tailila/Gara Karana Dvitiya Yam Titau

Gulika 3:13PM – 4:56PM **Satabhisha Until 10:39PM**
Yama 11:48AM – 1:30PM **Athiganda* Until 1:22AM Tue**
Rahu 8:23AM – 10:05AM **Taitila Until 3:04PM**
Dvitiya Until 4:10AM Tue

Ganesha: Purple *Sunrise:* 6:40AM
Muruqa: Yellow *Sunset:* 8:21PM
Nataraja: Clear
Moon – Purple
Sravana-Adi

Dushanbe, Tajikastan
Sun 1 Sutra 124
Khara 5113
Moon 8 - Phase 17
1st Phase

Bhuloka Day
Devaloka Time: 3:PM to 6:PM

1

Tuesday, August 16, 2011

Kumbha Rasi: 23.54 Tithi 18
414976152
Routine Work Marana Yoga
Until 12:53AM Wed then Amrita Yoga
Until 1.06AM Wed then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam
Purvaprostapada* Nakshatra Sukarma Yoga Vanija/Visti* Karana Tritiya Yam Titau

Gulika 1:30PM – 3:12PM **Purvaprostapada* Until 12:53AM Wed**
Yama 10:06AM – 11:48AM **Sukarma Until 1:39AM Wed**
Rahu 4:55PM – 6:37PM **Vanija Until 4:41PM**
Tritiya Until 5:47AM Wed

Ganesha: White *Sunrise:* 6:41AM
Muruqa: Yellow *Sunset:* 8:19PM
Nataraja: Clear
Moon – Clear
Sravana-Adi

Dushanbe, Tajikastan
Sun 2 Sutra 125
Khara 5113
Moon 8 - Phase 17
1st Phase

Bhuloka Day
Devaloka Time: 3:PM to 6:PM

2

Wednesday, August 17, 2011

Meena Rasi: 5.58 Tithi 19
414976152
Creative Work Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam
Uttaraprostapada Nakshatra Dhriti Yoga Bava Karana Chaturthi* Yam Titau

Gulika 11:48AM – 1:30PM **Uttaraprostapada Until 3:25AM Thu**
Yama 8:24AM – 10:06AM **Dhriti Until 2:13AM Thu**
Rahu 1:30PM – 3:12PM **Bava Until 6:39PM**
Chaturthi* Until 7:46AM Thu

Ganesha: White *Sunrise:* 6:42AM
Muruqa: Yellow *Sunset:* 8:18PM
Nataraja: Clear
Moon – Clear
Sravana-Avani

Dushanbe, Tajikastan
Sun 3 Sutra 126
Khara 5113
Moon 8 - Phase 17
1st Phase

Bhuloka Day
Devaloka Time: 3:PM to 6:PM

3

Thursday, August 18, 2011

Meena Rasi: 17.55 Tithi 19 – 20
515976152
Creative Work Siddha Yoga
Until 6:26AM Fri then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam
Revati Nakshatra Shula* Yoga Balava/Kaulava Karana Chaturthi*/Panchami Yam Titau

Gulika 10:06AM – 11:48AM **Revati Until 6:26AM Fri**
Yama 6:43AM – 8:24AM **Shula* Until 3:00AM Fri**
Rahu 3:12PM – 4:53PM **Kaulava Until 8:51PM**
Chaturthi* Until 7:46AM

Ganesha: Purple *Sunrise:* 6:43AM
Muruqa: Yellow *Sunset:* 8:17PM
Nataraja: Clear
Moon – Clear
Sravana-Avani

Dushanbe, Tajikastan
Sun 4 Sutra 127
Khara 5113
Moon 8 - Phase 17
1st Phase

Sivaloka Day

4

Friday, August 19, 2011

Meena Rasi: 29.47 Tithi 20 – 21
515976152
Creative Work Siddha Yoga
Until 6:26AM then Amrita Yoga
Until 1.06AM Sat then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam
Revati/Asvini Nakshatra Ganda* Yoga Tailila/Gara Karana Panchami/Shasthi* Yam Titau

Gulika 8:25AM – 10:07AM **Revati Until 6:26AM**
Yama 4:52PM – 6:34PM **Ganda* Until 3:55AM Sat**
Rahu 11:48AM – 1:30PM **Gara Until 11:14PM**
Panchami Until 10:09AM

Ganesha: Purple *Sunrise:* 6:44AM
Muruqa: Yellow *Sunset:* 8:15PM
Nataraja: Clear
Moon – Clear
Sravana-Avani

Dushanbe, Tajikastan
Sun 5 Sutra 128
Khara 5113
Moon 8 - Phase 17
1st Phase

Sivaloka Day

5

Saturday, August 20, 2011

Mesha Rasi: 11.38 Tithi 21 – 22
525976152
Creative Work Siddha Yoga
Until 1.06AM Sun then no yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mantla Vasara Yuktayam
Asvini/Bharani Nakshatra Vriddhi Yoga Vanija/Visti* Karana Shasthi*/Saptami Yam Titau

Gulika 6:44AM – 8:26AM **Asvini Until 9:24AM**
Yama 3:10PM – 4:52PM **Vriddhi Until 4:53AM Sun**
Rahu 10:07AM – 11:48AM **Visti Until 1:40AM Sun**
Shasthi* Until 12:34PM

Ganesha: Clear *Sunrise:* 6:44AM
Muruqa: Yellow *Sunset:* 8:14PM
Nataraja: Clear
Moon – White
Sravana-Avani

Dushanbe, Tajikastan
Sun 6 Sutra 129
Khara 5113
Moon 8 - Phase 17
1st Phase

Devaloka Day



Sunday, August 21, 2011
Retreat Star

Mesha Rasi: 23.32 Tithi 22 – 23
525976152
No Yoga
Until 12:17PM then Siddha Yoga
Until 1.05AM Mon then no yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Bharani/Krittika Nakshatra Dhruva Yoga Bava/Balava Karana Saptami/Ashtami* Yam Titau

Gulika 4:51PM – 6:32PM **Bharani Until 12:17PM**
Yama 1:29PM – 3:10PM **Dhruva Until 5:45AM Mon**
Rahu 6:32PM – 8:13PM **Balava Until 3:59AM Mon**
Krishna Janmashtami **Saptami Until 2:53PM**

Ganesha: Clear *Sunrise:* 6:45AM
Muruqa: Yellow *Sunset:* 8:13PM
Nataraja: Clear
Moon – White
Sravana-Avani

Dushanbe, Tajikastan
Sun 7 Sutra 130
Khara 5113
Moon 8 - Phase 17
Ashtami

Devaloka Day

Monday, August 22, 2011
Retreat Star

Vrishabha Rasi: 5.34 Tithi 23 – 24
Family Home Evening 525976152
No Yoga
Until 2:53PM then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam
Krittika/Rohini Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Ashtami*/Navami* Yam Titau

Gulika 3:09PM – 4:50PM **Krittika Until 2:53PM**
Yama 11:48AM – 1:29PM **Vyaghata* Until 6:23AM Tue**
Rahu 8:27AM – 10:07AM **Taitila Until 6:01AM Tue**
Ashtami* Until 4:56PM

Ganesha: Clear *Sunrise:* 6:46AM
Muruqa: Yellow *Sunset:* 8:11PM
Nataraja: Clear
Moon – White
Sravana-Avani

Dushanbe, Tajikastan
Sun 8 Sutra 131
Khara 5113
Moon 8 - Phase 17
Navami

Devaloka Day


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| 1 | Tuesday, August 23, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Rohini/Mrigasira Nakshatra Harshana Yoga Gara/Vanija Karana Navami*/Dasami Yam Titau | Dushanbe, Tajikistan |
| | 535976152 | | Sun 9 Sutra 132 Khara 5113 |
| Wrishabha Rasi: 17.48 | Tithi 24 – 25 | Gulika 1:29PM – 3:09PM Yama 10:08AM – 11:48AM Rahu 4:49PM – 6:30PM | Rohini Until 4:13PM Harshana Until 6:00AM Vanija Until 5:27AM Wed Navami* Until 5:27PM |
| Creative Work Amrita Yoga Until 4:13PM then Siddha Yoga | | Ganesha: White <i>Sunrise:</i> 6:47AM Muruqa: Yellow <i>Sunset:</i> 8:10PM Nataraja: Clear Moon – Yellow Sravana*Avani | Moon 8 - Phase 18 2nd Phase Sivaloka Day |

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| 2 | Wednesday, August 24, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Mrigasira/Ardra Nakshatra Vajra* Yoga Vanija/Visti* Karana Dasami Yam Titau | Dushanbe, Tajikistan |
| | 535976152 | | Sun 10 Sutra 133 Khara 5113 |
| Mithuna Rasi: 0.22 | Tithi 25 | Gulika 11:48AM – 1:28PM Yama 8:28AM – 10:08AM Rahu 1:28PM – 3:08PM | Mrigasira Until 5:39PM Vajra* Until 4:32AM Thu Vanija Until 6:16AM Dasami Until 6:16PM |
| Creative Work Siddha Yoga Until 1.05AM Thu then Marana Yoga | | Ganesha: White <i>Sunrise:</i> 6:48AM Muruqa: Yellow <i>Sunset:</i> 8:09PM Nataraja: Clear Moon – Yellow Sravana*Avani | Moon 8 - Phase 18 2nd Phase Sivaloka Day |

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| 3 | Thursday, August 25, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ardra Nakshatra Siddhi Yoga Bava/Kaulava Karana Ekadasi*/Dvadasi* Yam Titau | Dushanbe, Tajikistan |
| | 535976152 | | Sun 11 Sutra 134 Khara 5113 |
| Mithuna Rasi: 13.19 | Tithi 26 – 27 | Gulika 10:08AM – 11:48AM Yama 6:49AM – 8:29AM Rahu 3:08PM – 4:48PM | Ardra Until 6:21PM Siddhi Until 3:33AM Fri Bava Until 6:18AM Ekadasi* Until 6:18PM |
| Routine Work Marana Yoga Until 6:21PM then Amrita Yoga Until 1.04AM Fri then Siddha Yoga | | Ganesha: White <i>Sunrise:</i> 6:49AM Muruqa: Yellow <i>Sunset:</i> 8:07PM Nataraja: Clear Moon – Yellow Sravana*Avani | Moon 8 - Phase 18 2nd Phase Sivaloka Day |

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| 4 | Friday, August 26, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dvadasi*/Trayodasi* Yam Titau | Dushanbe, Tajikistan |
| | 545976152 | | Sun 12 Sutra 135 Khara 5113 |
| Mithuna Rasi: 26.43 | Tithi 27 – 28 | Gulika 8:29AM – 10:09AM Yama 4:47PM – 6:26PM Rahu 11:48AM – 1:28PM | Punarvasu Until 5:22PM Vyatipata* Until 12:28AM Sat Gara Until 3:38AM Sat Dvadasi* Until 4:33PM <i>Pradosha Vrata (Fasting)</i> |
| Creative Work Siddha Yoga Until 5:22PM then Marana Yoga Until 1.04AM Sat then Siddha Yoga | | Ganesha: Yellow <i>Sunrise:</i> 6:50AM Muruqa: Yellow <i>Sunset:</i> 8:06PM Nataraja: Clear Moon – Blue Sravana*Avani | Moon 8 - Phase 18 2nd Phase Devaloka Day |

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| 5 | Saturday, August 27, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mantla Vasara Yuktayam Pushya/Aslesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodasi*/Chaturdasi* Yam Titau | Dushanbe, Tajikistan |
| | 546976152 | | Sun 13 Sutra 136 Khara 5113 |
| Kataka Rasi: 10.34 | Tithi 28 – 29 | Gulika 6:51AM – 8:30AM Yama 3:07PM – 4:46PM Rahu 10:09AM – 11:48AM | Pushya Until 4:27PM Variyan Until 10:04PM Visti Until 1:58AM Sun Trayodasi* Until 2:54PM |
| Creative Work Siddha Yoga Until 4:27PM then Marana Yoga Until 1.04AM Sun then Siddha Yoga | | Ganesha: White <i>Sunrise:</i> 6:51AM Muruqa: Yellow <i>Sunset:</i> 8:04PM Nataraja: Clear Moon – Blue Sravana*Avani | Moon 8 - Phase 18 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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|---|--------------------------------|--|---|
|  | Sunday, August 28, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Aslesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdasi*/Amavasya* Yam Titau | Dushanbe, Tajikistan |
| | 546976153 | | Sun 14 Sutra 137 Khara 5113 |
| Kataka Rasi: 24.52 | Tithi 29 – 30 | Gulika 4:45PM – 6:24PM Yama 1:27PM – 3:06PM Rahu 6:24PM – 8:03PM | Aslesha* Until 2:12PM Parigha* Until 6:10PM Catuspada Until 10:15PM Chaturdasi* Until 11:58AM |
| Creative Work Siddha Yoga Until 2:12PM then Marana Yoga Until 1.03AM Mon then Siddha Yoga | | Ganesha: White <i>Sunrise:</i> 6:51AM Muruqa: Yellow <i>Sunset:</i> 8:03PM Nataraja: White Moon – Blue Sravana*Avani | Moon 8 - Phase 18 Amavasya Devaloka Day |

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| Retreat Star | Monday, August 29, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni* Nakshatra Shiva/Siddha Yoga Naga*/Kintughna* Karana Amavasya*/Prathama* Yam Titau | Dushanbe, Tajikistan |
| | 556976153 | | Sun 15 Sutra 138 Khara 5113 |
| Simha Rasi: 9.32 | Tithi 30 – 1 | Gulika 3:05PM – 4:44PM Yama 11:48AM – 1:27PM Rahu 8:31AM – 10:10AM | Magha* Until 12:05PM Shiva Until 2:44PM Kintughna Until 7:21PM Amavasya* Until 9:04AM |
| Family Home Evening Creative Work Siddha Yoga | | Ganesha: Green <i>Sunrise:</i> 6:52AM Muruqa: Yellow <i>Sunset:</i> 8:01PM Nataraja: White Moon – Red Bhadrapada*Avani | Moon 8 - Phase 18 Prathama Devaloka Day |

The knower, the author of time, the possessor of qualities and all knowledge, it is He who envelops the universe. Controlled by Him, this work of creation unfolds itself—that which is regarded as earth, water, fire, air and ether. Krishna Yajur Veda, Svetu 6.2. UpR, 743


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| 1 | Tuesday, August 30, 2011 | | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dviliya Yam Titau | | Dushanbe, Tajikistan |
| | Simha Rasi: 24.26 | Tithi 2 | | | Sun 16 Sutra 139 Khara 5113 |
| | | 566176153 | Gulika 1:27PM – 3:05PM Yama 10:10AM – 11:48AM Rahu 4:43PM – 6:22PM | Purvaphalguni* Until 9:35AM Siddha Until 10:56AM Balava Until 4:02PM Dvitiya Until 2:19AM Wed | Ganesha: Blue <i>Sunrise: 6:53AM</i> Muruqa: Yellow <i>Sunset: 8:00PM</i> Nataraja: White Moon – Red Bhadrapada*Avani |
| | Creative Work Siddha Yoga Until 9:35AM then Amrita Yoga | | | | Devaloka Day |

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|----------|---|-----------|---|--|---|
| 2 | Wednesday, August 31, 2011 | | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Tritiya Yam Titau | | Dushanbe, Tajikistan |
| | Kanya Rasi: 9.25 | Tithi 3 | | | Sun 17 Sutra 140 Khara 5113 |
| | | 566176153 | Gulika 11:48AM – 1:26PM Yama 8:32AM – 10:10AM Rahu 1:26PM – 3:04PM | Uttaraphalguni Until 6:55AM Sadhya Until 6:59AM Taitila Until 12:34PM Tritiya Until 10:51PM | Ganesha: Blue <i>Sunrise: 6:54AM</i> Muruqa: Yellow <i>Sunset: 7:58PM</i> Nataraja: White Moon – Red Bhadrapada*Avani |
| | Creative Work Amrita Yoga Until 6:55AM then Siddha Yoga Until 1:03AM Thu then no yoga | | | | Devaloka Day |

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|----------|------------------------------------|-----------|---|--|---|
| 3 | Thursday, September 1, 2011 | | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthi* Yam Titau | | Dushanbe, Tajikistan |
| | Kanya Rasi: 24.22 | Tithi 4 | | | Sun 18 Sutra 141 Khara 5113 |
| | | 566176153 | Gulika 10:10AM – 11:48AM Yama 6:55AM – 8:33AM Rahu 3:04PM – 4:41PM | Chitra Until 1:41AM Fri Sukla Until 11:08PM Vanija Until 9:11AM Chaturthi* Until 7:28PM | Ganesha: Blue <i>Sunrise: 6:55AM</i> Muruqa: Yellow <i>Sunset: 7:57PM</i> Nataraja: White Moon – Green Bhadrapada*Avani |
| | Creative Work Siddha Yoga | | Ganesha Chaturthi | | Devaloka Day |

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|----------|--|-------------|--|--|---|
| 4 | Friday, September 2, 2011 | | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Brahma Yoga Bava/Kaulava Karana Panchami/Shasthi* Yam Titau | | Dushanbe, Tajikistan |
| | Tula Rasi: 9.07 | Tithi 5 – 6 | | | Sun 19 Sutra 142 Khara 5113 |
| | | 566176153 | Gulika 8:33AM – 10:11AM Yama 4:40PM – 6:18PM Rahu 11:48AM – 1:26PM | Svati Until 12:40AM Sat Brahma Until 8:27PM Bava Until 6:08AM Panchami Until 5:13PM | Ganesha: Blue <i>Sunrise: 6:56AM</i> Muruqa: Yellow <i>Sunset: 7:59PM</i> Nataraja: White Moon – Green Bhadrapada*Avani |
| | Creative Work Siddha Yoga Until 12:40AM Sat then Marana Yoga Until 1:02AM Sat then Siddha Yoga | | | | Devaloka Day |

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|----------|--|-------------|---|---|--|
| 5 | Saturday, September 3, 2011 | | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Visakha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shasthi*/Saptami Yam Titau | | Dushanbe, Tajikistan |
| | Tula Rasi: 23.35 | Tithi 6 – 7 | | | Sun 20 Sutra 143 Khara 5113 |
| | | 577176153 | Gulika 6:57AM – 8:34AM Yama 3:02PM – 4:40PM Rahu 10:11AM – 11:48AM | Visakha Until 10:44PM Indra Until 5:06PM Gara Until 1:32AM Sun Shasthi* Until 2:27PM | Ganesha: Blue <i>Sunrise: 6:57AM</i> Muruqa: Yellow <i>Sunset: 7:54PM</i> Nataraja: White Moon – Orange Bhadrapada*Avani |
| | Creative Work Siddha Yoga Until 1:02AM Sun then Marana Yoga | | | | Subha Sivaloka Day |

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|---|---|-------------|---|--|--|
|  | Sunday, September 4, 2011 | | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtami* Yam Titau | | Dushanbe, Tajikistan |
| | Retreat Star | | | | Sun 21 Sutra 144 Khara 5113 |
| | Vrischika Rasi: 7.41 | Tithi 7 – 8 | | | Moon 8 - Phase 19 Ashtami |
| | | 577176153 | Gulika 4:39PM – 6:16PM Yama 1:25PM – 3:02PM Rahu 6:16PM – 7:52PM | Anuradha Until 9:23PM Vaidhriti* Until 2:18PM Visti Until 11:24PM Saptami Until 12:20PM | Ganesha: Blue <i>Sunrise: 6:58AM</i> Muruqa: Yellow <i>Sunset: 7:52PM</i> Nataraja: White Moon – Orange Bhadrapada*Avani |
| | Routine Work Marana Yoga Until 1:01AM Mon then Siddha Yoga | | | | Subha Sivaloka Day |

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|----------------------------------|--|-------------|--|---|--|
| Monday, September 5, 2011 | Retreat Star | | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami*/Navami* Yam Titau | | Dushanbe, Tajikistan |
| | | | | | Sun 22 Sutra 145 Khara 5113 |
| | Vrischika Rasi: 21.27 | Tithi 8 – 9 | | | Moon 8 - Phase 19 Navami |
| | Family Home Evening | | | | |
| | | 577176153 | Gulika 3:01PM – 4:38PM Yama 11:48AM – 1:25PM Rahu 8:35AM – 10:12AM | Jyeshtha* Until 9:47PM Vishkambha* Until 12:30PM Balava Until 11:17PM Ashtami* Until 11:17AM | Ganesha: Blue <i>Sunrise: 6:58AM</i> Muruqa: Yellow <i>Sunset: 7:51PM</i> Nataraja: White Moon – Orange Bhadrapada*Avani |
| | Creative Work Siddha Yoga Until 1:01AM Tue then Amrita Yoga | | | | Subha Sivaloka Day |

As a spider spins and withdraws its web, as herbs grow on the earth, as hair grows on the head and body of a person, so also from the Imperishable arises this universe. Atharva Veda, Munda 1.1.7. bo UpR, 673

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|-----------------------------------|-----------------------------------|--|---|
| 1 | Tuesday, September 6, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami*/Dasami Yam Titau | Dushanbe, Tajikistan |
| | Sun 23 | Sutra 146 | Khara 5113 |
| Dhanus Rasi: 4.52 | Tithi 9 – 10 | Gulika 1:24PM – 3:01PM | Mula* Until 9:38PM |
| 587176153 | | Yama 10:12AM – 11:48AM | Priti Until 10:42AM |
| Creative Work Amrita Yoga | | Rahu 4:37PM – 6:13PM | Taitila Until 10:23PM |
| Until 9:38PM then Siddha Yoga | | | Navami* Until 10:23AM |
| Until 1.01AM Wed then Amrita Yoga | | | Ganesha: Yellow <i>Sunrise: 6:59AM</i> |
| | | | Muruqa: Yellow <i>Sunset: 7:49PM</i> |
| | | | Nataraja: White |
| | | | Moon – Light Blue |
| | | | Bhadrapada*Avani |
| | | | Sivaloka Day |

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| 2 | Wednesday, September 7, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dasami/Ekadasi Yam Titau | Dushanbe, Tajikistan |
| | Sun 24 | Sutra 147 | Khara 5113 |
| Dhanus Rasi: 17.59 | Tithi 10 – 11 | Gulika 11:48AM – 1:24PM | Purvashadha* Until 10:03PM |
| 587176153 | | Yama 8:36AM – 10:12AM | Ayushman Until 9:25AM |
| Creative Work Amrita Yoga | | Rahu 1:24PM – 3:00PM | Vanija Until 10:06PM |
| Until 1.00AM Thu then Siddha Yoga | | | Dasami Until 10:06AM |
| | | | Ganesha: Yellow <i>Sunrise: 7:00AM</i> |
| | | | Muruqa: Yellow <i>Sunset: 7:48PM</i> |
| | | | Nataraja: White |
| | | | Moon – Light Blue |
| | | | Bhadrapada*Avani |
| | | | Sivaloka Day |

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| 3 | Thursday, September 8, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Visti*/Bava Karana Ekadasi/Dvadasi Yam Titau | Dushanbe, Tajikistan |
| | Sun 25 | Sutra 148 | Khara 5113 |
| Makara Rasi: 0.5 | Tithi 11 – 12 | Gulika 10:12AM – 11:48AM | Uttarashadha Until 10:55PM |
| 587176153 | | Yama 7:01AM – 8:37AM | Saubhagya Until 8:34AM |
| Creative Work Siddha Yoga | | Rahu 2:59PM – 4:35PM | Bava Until 10:20PM |
| | | | Ekadasi Until 10:20AM |
| | | | Ganesha: Yellow <i>Sunrise: 7:01AM</i> |
| | | | Muruqa: Yellow <i>Sunset: 7:46PM</i> |
| | | | Nataraja: White |
| | | | Moon – Light Blue |
| | | | Bhadrapada*Avani |
| | | | Sivaloka Day |

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| 4 | Friday, September 9, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Sravana Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dvadasi/Trayodasi Yam Titau | Dushanbe, Tajikistan |
| | Sun 26 | Sutra 149 | Khara 5113 |
| Makara Rasi: 13.29 | Tithi 12 – 13 | Gulika 8:37AM – 10:13AM | Sravana Until 1:42AM Sat |
| 597176153 | | Yama 4:34PM – 6:09PM | Sobhana Until 8:14AM |
| Creative Work Siddha Yoga | | Rahu 11:48AM – 1:23PM | Kaulava Until 10:58PM |
| | | | Dvadasi Until 10:58AM |
| | | | Ganesha: White <i>Sunrise: 7:02AM</i> |
| | | | Muruqa: Yellow <i>Sunset: 7:45PM</i> |
| | | | Nataraja: White |
| | | | Moon – Purple |
| | | | Bhadrapada*Avani |
| | | | Subha Sivaloka Day |
| | | | <i>Pradosha Vrata</i> |

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|---------------------------|-------------------------------------|---|---|
| 5 | Saturday, September 10, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Trayodasi/Chaturdasi* Yam Titau | Dushanbe, Tajikistan |
| | Sun 27 | Sutra 150 | Khara 5113 |
| Makara Rasi: 25.58 | Tithi 13 – 14 | Gulika 7:03AM – 8:38AM | Dhanishtha Until 3:25AM Sun |
| 598176153 | | Yama 2:58PM – 4:33PM | Athiganda* Until 8:02AM |
| Creative Work Siddha Yoga | | Rahu 10:13AM – 11:48AM | Gara Until 1:36AM Sun |
| | | | Trayodasi Until 12:30PM |
| | | Chidambaram Abhishekam | Ganesha: Yellow <i>Sunrise: 7:03AM</i> |
| | | | Muruqa: Yellow <i>Sunset: 7:43PM</i> |
| | | | Nataraja: White |
| | | | Moon – Purple |
| | | | Bhadrapada*Avani |
| | | | Sivaloka Day |

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| ○ | Sunday, September 11, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Satabhisha Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdasi*/Purnima* Yam Titau | Dushanbe, Tajikistan |
| | Sun 27 | Sutra 151 | Khara 5113 |
| Kumbha Rasi: 8.17 | Tithi 14 – 15 | Gulika 4:32PM – 6:07PM | Satabhisha Until 5:25AM Mon |
| 598176153 | | Yama 1:23PM – 2:57PM | Sukarma Until 8:05AM |
| Creative Work Siddha Yoga | | Rahu 6:07PM – 7:42PM | Visti Until 3:00AM Mon |
| Until 5:25AM Mon then no yoga | | | Chaturdasi* Until 1:55PM |
| | | Grandparent's Day | Ganesha: Yellow <i>Sunrise: 7:04AM</i> |
| | | | Muruqa: Yellow <i>Sunset: 7:42PM</i> |
| | | | Nataraja: White |
| | | | Moon – Purple |
| | | | Bhadrapada*Avani |
| | | | Sivaloka Day |

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|------------------------------------|-----------------------------------|---|---|
| ○ | Monday, September 12, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaprostapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima*/Prathama* Yam Titau | Dushanbe, Tajikistan |
| | Sun 27 | Sutra 152 | Khara 5113 |
| Kumbha Rasi: 20.29 | Tithi 15 – 16 | Gulika 2:57PM – 4:31PM | Purvaprostapada* Until 7:33AM Tue |
| 518186153 | | Yama 11:48AM – 1:22PM | Dhriti Until 8:24AM |
| Family Home Evening No Yoga | | Rahu 8:39AM – 10:13AM | Balava Until 4:42AM Tue |
| Until 12.59AM Tue then Marana Yoga | | | Purnima* Until 3:36PM |
| Until 7:33AM Tue then Amrita Yoga | | | Ganesha: Yellow <i>Sunrise: 7:04AM</i> |
| | | | Muruqa: White <i>Sunset: 7:40PM</i> |
| | | | Nataraja: White |
| | | | Moon – Clear |
| | | | Bhadrapada*Avani |
| | | | Subha Sivaloka Day |

Having realized the Self the rishis, perfected souls, satisfied with their knowledge, passion-free, tranquil—those wise beings, having attained the omnipresent on all sides—enter into the All itself. Atharva Veda, Mundu 3.2.5. bo UpH, 376



Tuesday, September 13, 2011
Gold Retreat Star

Meena Rasi: 2.34 Tihti 16 – 17
518186153
Routine Work Marana Yoga
Until 7:33AM then Amrita Yoga
Until 12.58AM Wed then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam
Purvaprostapada*/Uttaraprostapada Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama*/Dvitiya Yam Titau
Gulika 1:22PM – 2:56PM **Purvaprostapada* Until 7:33AM**
Yama 10:14AM – 11:48AM **Shula* Until 8:55AM**
Rahu 4:30PM – 6:04PM **Taitila Until 6:39AM Wed**
Prathama* Until 5:34PM

Dushanbe, Tajikistan
Sutra 153
Khara 5113
Moon 9 - Phase 21
1st Phase
Subha Sivaloka Day
Bhadrapada*Avani
Ganesha: Yellow *Sunrise: 7:05AM*
Muruqa: White *Sunset: 7:38PM*
Nataraja: White
Moon – Clear

1

Wednesday, September 14, 2011

Meena Rasi: 14.32 Tihti 17
518186153
Creative Work Siddha Yoga
Until 10:16AM then Marana Yoga
Until 12.58AM Thu then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam
Uttaraprostapada*/Revati Nakshatra Ganda*/Vridhhi Yoga Taitila/Gara Karana Dvitiya Yam Titau
Gulika 11:48AM – 1:21PM **Uttaraprostapada Until 10:16AM**
Yama 8:40AM – 10:14AM **Ganda* Until 9:38AM**
Rahu 1:21PM – 2:55PM **Taitila Until 6:39AM**
Dvitiya Until 7:45PM

Dushanbe, Tajikistan
Sun 1 Sutra 154
Khara 5113
Moon 9 - Phase 21
1st Phase
Subha Sivaloka Day
Bhadrapada*Avani
Ganesha: Yellow *Sunrise: 7:06AM*
Muruqa: White *Sunset: 7:37PM*
Nataraja: White
Moon – Clear

2

Thursday, September 15, 2011

Meena Rasi: 26.25 Tihti 18
518186153
Creative Work Siddha Yoga
Until 1:10PM then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam
Revati/Asvini Nakshatra Vridhhi/Dhruva Yoga Vanija/Visti* Karana Tritiya Yam Titau
Gulika 10:14AM – 11:48AM **Revati Until 1:10PM**
Yama 7:07AM – 8:41AM **Vridhhi Until 10:31AM**
Rahu 2:55PM – 4:28PM **Vanija Until 9:02AM**
Tritiya Until 10:07PM

Dushanbe, Tajikistan
Sun 2 Sutra 155
Khara 5113
Moon 9 - Phase 21
1st Phase
Subha Sivaloka Day
Bhadrapada*Avani
Ganesha: Yellow *Sunrise: 7:07AM*
Muruqa: White *Sunset: 7:35PM*
Nataraja: White
Moon – Clear

3

Friday, September 16, 2011

Mesha Rasi: 8.15 Tihti 19
529186153
Creative Work Amrita Yoga
Until 4:10PM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam
Asvini/Bharani Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Chaturthi* Yam Titau
Gulika 8:41AM – 10:14AM **Asvini Until 4:10PM**
Yama 4:27PM – 6:00PM **Dhruva Until 11:29AM**
Rahu 11:48AM – 1:21PM **Bava Until 11:31AM**
Chaturthi* Until 12:36AM Sat

Dushanbe, Tajikistan
Sun 3 Sutra 156
Khara 5113
Moon 9 - Phase 21
1st Phase
Subha Sivaloka Day
Bhadrapada*Avani
Ganesha: Red *Sunrise: 7:08AM*
Muruqa: White *Sunset: 7:34PM*
Nataraja: White
Moon – White

4

Saturday, September 17, 2011

Mesha Rasi: 20.05 Tihti 20
529186153
Creative Work Siddha Yoga
Until 7:11PM then Amrita Yoga
Until 12.57AM Sun then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mantla Vasara Yuktayam
Bharani Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Panchami Yam Titau
Gulika 7:09AM – 8:42AM **Bharani Until 7:11PM**
Yama 2:53PM – 4:26PM **Vyaghata* Until 12:28PM**
Rahu 10:15AM – 11:48AM **Kaulava Until 2:01PM**
Panchami Until 3:07AM Sun

Dushanbe, Tajikistan
Sun 4 Sutra 157
Khara 5113
Moon 9 - Phase 21
1st Phase
Subha Sivaloka Day
Bhadrapada*Puratasi
Ganesha: Red *Sunrise: 7:09AM*
Muruqa: White *Sunset: 7:32PM*
Nataraja: White
Moon – White

5

Sunday, September 18, 2011

Vrishabha Rasi: 1.57 Tihti 21
529186153
Creative Work Siddha Yoga
Until 12.56AM Mon then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam
Krittika Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Shasthi* Yam Titau
Gulika 4:25PM – 5:58PM **Krittika Until 10:06PM**
Yama 1:20PM – 2:53PM **Harshana Until 1:21PM**
Rahu 5:58PM – 7:30PM **Gara Until 4:25PM**
Shasthi* Until 5:31AM Mon

Dushanbe, Tajikistan
Sun 5 Sutra 158
Khara 5113
Moon 9 - Phase 21
1st Phase
Subha Sivaloka Day
Bhadrapada*Puratasi
Ganesha: Red *Sunrise: 7:10AM*
Muruqa: White *Sunset: 7:30PM*
Nataraja: White
Moon – White

6

Monday, September 19, 2011

Vrishabha Rasi: 13.57 Tihti 22
539186153
Family Home Evening
Creative Work Amrita Yoga
Until 12:46AM Tue then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam
Rohini Nakshatra Vajra*/Siddhi Yoga Visti* Karana Saptami Yam Titau
Gulika 2:52PM – 4:24PM **Rohini Until 12:46AM Tue**
Yama 11:47AM – 1:20PM **Vajra* Until 2:01PM**
Rahu 8:43AM – 10:15AM **Visti Until 6:34PM**
Saptami Until 7:04AM Tue

Dushanbe, Tajikistan
Sun 6 Sutra 159
Khara 5113
Moon 9 - Phase 21
1st Phase
Subha Subha Sivaloka Day
Bhadrapada*Puratasi
Ganesha: Green *Sunrise: 7:11AM*
Muruqa: White *Sunset: 7:29PM*
Nataraja: White
Moon – Yellow

Retreat Star

Tuesday, September 20, 2011

Vrishabha Rasi: 26.09 Tihti 22 – 23
539186153
Creative Work Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam
Mrigasira Nakshatra Siddhi/Vyatipata* Yoga Bava/Balava Karana Saptami/Ashtami* Yam Titau
Gulika 1:19PM – 2:51PM **Mrigasira Until 1:25AM Wed**
Yama 10:15AM – 11:47AM **Siddhi Until 2:18PM**
Rahu 4:23PM – 5:55PM **Balava Until 7:04PM**
Saptami Until 7:04AM

Dushanbe, Tajikistan
Sun 7 Sutra 160
Khara 5113
Moon 9 - Phase 21
Ashtami
Subha Subha Sivaloka Day
Bhadrapada*Puratasi
Ganesha: Green *Sunrise: 7:11AM*
Muruqa: White *Sunset: 7:27PM*
Nataraja: White
Moon – Yellow

Wednesday, September 21, 2011

Retreat Star

Mithuna Rasi: 8.39 Tihti 23 – 24
539186153
Creative Work Siddha Yoga
Until 12.55AM Thu then Marana Yoga
Until 2:57AM Thu then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam
Ardra Nakshatra Vyatipata*/Variyan Yoga Kaulava/Taitila Karana Ashtami*/Navami* Yam Titau
Gulika 11:47AM – 1:19PM **Ardra Until 2:57AM Thu**
Yama 8:44AM – 10:16AM **Vyatipata* Until 1:28PM**
Rahu 1:19PM – 2:51PM **Taitila Until 8:01PM**
Ashtami* Until 8:01AM

Dushanbe, Tajikistan
Sun 8 Sutra 161
Khara 5113
Moon 9 - Phase 21
Navami
Subha Subha Sivaloka Day
Bhadrapada*Puratasi
Ganesha: Green *Sunrise: 7:12AM*
Muruqa: White *Sunset: 7:26PM*
Nataraja: White
Moon – Yellow

With earnest effort hold the senses in check. Controlling the breath, regulate the vital activities. As a charioteer holds back his restive horses, so does a persevering aspirant restrain his mind. Krishna Yajur Veda, Svetu 2.9. UpP, 192


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| 1 | Thursday, September 22, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Navami*/Dasami Yam Titau | | Dushanbe, Tajikistan |
| | Mithuna Rasi: 21.32 Tithi 24 – 25 549186153 | Gulika 10:16AM – 11:47AM Yama 7:13AM – 8:45AM Rahu 2:50PM – 4:21PM | Punarvasu Until 3:46AM Fri Variyan Until 12:33PM Vanija Until 8:11PM Navami* Until 8:11AM | Sun 9 Sutra 162 Khara 5113 Moon 9 - Phase 22 2nd Phase |
| | Creative Work Amrita Yoga Until 12.55AM Fri then Siddha Yoga Until 3:46AM Fri then Marana Yoga | | | Subha Sivaloka Day Bhadrapada*Puratasi |

| | | | | |
|----------|--|---|---|---|
| 2 | Friday, September 23, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Dasami*/Ekadasi* Yam Titau | | Dushanbe, Tajikistan |
| | Kataka Rasi: 4.53 Tithi 25 – 26 549286153 | Gulika 8:45AM – 10:16AM Yama 4:20PM – 5:51PM Rahu 11:47AM – 1:18PM | Pushya Until 2:11AM Sat Parigha* Until 10:31AM Bava Until 6:25PM Dasami Until 7:20AM | Sun 10 Sutra 163 Khara 5113 Moon 9 - Phase 22 2nd Phase |
| | Routine Work Marana Yoga Until 12.55AM Sat then Siddha Yoga Until 2:11AM Sat then Marana Yoga | | | Sivaloka Day Bhadrapada*Puratasi |

| | | | | |
|----------|--|---|--|---|
| 3 | Saturday, September 24, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Aslesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadasi* Yam Titau | | Dushanbe, Tajikistan |
| | Kataka Rasi: 18.44 Tithi 27 541286153 | Gulika 7:15AM – 8:46AM Yama 2:49PM – 4:19PM Rahu 10:16AM – 11:47AM | Aslesha* Until 1:19AM Sun Shiva Until 8:09AM Kaulava Until 4:49PM Dvadasi* Until 3:54AM Sun | Sun 11 Sutra 164 Khara 5113 Moon 9 - Phase 22 2nd Phase |
| | Routine Work Marana Yoga Until 12.54AM Sun then Siddha Yoga Until 1:19AM Sun then Marana Yoga | | | Sivaloka Day Bhadrapada*Puratasi |

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|----------|---|---|--|---|
| 4 | Sunday, September 25, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Sadhya Yoga Gara/Vanija Karana Trayodasi* Yam Titau | | Dushanbe, Tajikistan |
| | Simha Rasi: 3.04 Tithi 28 551286153 | Gulika 4:18PM – 5:49PM Yama 1:18PM – 2:48PM Rahu 5:49PM – 7:19PM | Magha* Until 10:26PM Sadhya Until 1:03AM Mon Gara Until 1:44PM Trayodasi* Until 12:01AM Mon | Sun 12 Sutra 165 Khara 5113 Moon 9 - Phase 22 2nd Phase |
| | Routine Work Marana Yoga Until 10:26PM then Siddha Yoga | | | Sivaloka Day Bhadrapada*Puratasi <i>Pradosha Vrata (Fasting)</i> |

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|----------|---|---|--|---|
| 5 | Monday, September 26, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Purvaphalguni* Nakshatra Subha Yoga Visti*/Sakuni* Karana Chaturdasi* Yam Titau | | Dushanbe, Tajikistan |
| | Simha Rasi: 17.49 Tithi 29 551286153 | Gulika 2:47PM – 4:18PM Yama 11:47AM – 1:17PM Rahu 8:47AM – 10:17AM | Purvaphalguni* Until 8:10PM Subha Until 9:27PM Visti Until 10:42AM Chaturdasi* Until 8:59PM | Sun 13 Sutra 166 Khara 5113 Moon 9 - Phase 22 2nd Phase |
| | Family Home Evening Creative Work Siddha Yoga Until 8:10PM then Marana Yoga Until 12.54AM Tue then Amrita Yoga | | | Sivaloka Day Bhadrapada*Puratasi |

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|---|--|--|---|--|
|  | Tuesday, September 27, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sukla/Brahma Yoga Catuspada*/Kintughna* Karana Amavasya*/Prathama* Yam Titau | | Dushanbe, Tajikistan |
| | Retreat Star Kanya Rasi: 2.53 Tithi 30 – 1 551286153 | Gulika 1:17PM – 2:47PM Yama 10:17AM – 11:47AM Rahu 4:17PM – 5:46PM | Uttaraphalguni Until 5:24PM Sukla Until 5:23PM Catuspada Until 7:07AM Amavasya* Until 5:24PM | Sun 14 Sutra 167 Khara 5113 Moon 9 - Phase 22 Amavasya |
| | Creative Work Amrita Yoga Until 5:24PM then Siddha Yoga | | | Sivaloka Day Bhadrapada*Puratasi |

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|---------------------|---|--|---|--|
| Retreat Star | Wednesday, September 28, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama*/Dvitiya Yam Titau | | Dushanbe, Tajikistan |
| | Kanya Rasi: 18.06 Tithi 1 – 2 661286153 | Gulika 11:47AM – 1:17PM Yama 8:48AM – 10:18AM Rahu 1:17PM – 2:46PM | Hasta Until 2:22PM Brahma Until 1:04PM Balava Until 11:51PM Prathama* Until 1:34PM | Sun 15 Sutra 168 Khara 5113 Moon 9 - Phase 22 Prathama |
| | Creative Work Siddha Yoga | Navaratri Begins | | Sivaloka Day Ashvina*Puratasi |

Puja, reading the scriptures, singing hymns, performing japa and unsullied austerity, truthfulness, restraint of envy, and offering of food—these and other self-purifying acts constitute the flawless satputra marga. Tirumantiram 1496. TM


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|---|---|---|--|
| 1 | Thursday, September 29, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiya Yam Titau | Dushanbe, Tajikistan |
| | Tula Rasi: 3.19 Tithi 2 – 3 661286153 | Gulika 10:18AM – 11:47AM Yama 7:19AM – 8:49AM Rahu 2:45PM – 4:15PM | Sun 16 Sutra 169 Khara 5113 Moon 9 - Phase 23 3rd Phase |
| Creative Work Siddha Yoga Until 11:21AM then Amrita Yoga Until 12.53AM Fri then Siddha Yoga | | Chitra Until 11:21AM Indra Until 8:46AM Taitila Until 8:01PM Dvitiya Until 9:43AM | Ganesha: Light Blue <i>Sunrise: 7:19AM</i> Muruqa: White <i>Sunset: 7:13PM</i> Nataraja: White Moon – Green Ashvina•Puratasi |


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| 2 | Friday, September 30, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Visakha Nakshatra Vishkambha* Yoga Gara/Visi* Karana Tritiya/Chaturthi* Yam Titau | Dushanbe, Tajikistan |
| | Tula Rasi: 18.22 Tithi 3 – 4 661286153 | Gulika 8:49AM – 10:18AM Yama 4:14PM – 5:43PM Rahu 11:47AM – 1:16PM | Sun 17 Sutra 170 Khara 5113 Moon 9 - Phase 23 3rd Phase |
| Creative Work Siddha Yoga Until 8:37AM then Marana Yoga Until 12.52AM Sat then Siddha Yoga | | Svati Until 8:37AM Vishkambha* Until 12:44AM Sat Visti Until 2:46AM Sat Tritiya Until 6:11AM | Ganesha: Light Blue <i>Sunrise: 7:20AM</i> Muruqa: White <i>Sunset: 7:12PM</i> Nataraja: White Moon – Green Ashvina•Puratasi |

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|---|--|--|---|
| 3 | Saturday, October 1, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Visakha/Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchami Yam Titau | Dushanbe, Tajikistan |
| | Vrischika Rasi: 3.06 Tithi 5 671286153 | Gulika 7:21AM – 8:50AM Yama 2:44PM – 4:13PM Rahu 10:18AM – 11:47AM | Sun 18 Sutra 171 Khara 5113 Moon 9 - Phase 23 3rd Phase |
| Creative Work Siddha Yoga Until 12.52AM Sun then Marana Yoga | | Visakha Until 6:24AM Priti Until 10:10PM Bava Until 2:02PM Panchami Until 1:07AM Sun | Ganesha: Purple <i>Sunrise: 7:21AM</i> Muruqa: White <i>Sunset: 7:10PM</i> Nataraja: White Moon – Orange Ashvina•Puratasi |

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| 4 | Sunday, October 2, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shasthi* Yam Titau | Dushanbe, Tajikistan |
| | Vrischika Rasi: 17.26 Tithi 6 671286153 | Gulika 4:12PM – 5:40PM Yama 1:15PM – 2:44PM Rahu 5:40PM – 7:08PM | Sun 19 Sutra 172 Khara 5113 Moon 9 - Phase 23 3rd Phase |
| Routine Work Marana Yoga Until 12.52AM Mon then Siddha Yoga | | Jyeshtha* Until 3:32AM Mon Ayushman Until 6:59PM Kaulava Until 11:33AM Shasthi* Until 10:37PM | Ganesha: Purple <i>Sunrise: 7:22AM</i> Muruqa: White <i>Sunset: 7:08PM</i> Nataraja: White Moon – Orange Ashvina•Puratasi |

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| 5 | Monday, October 3, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptami Yam Titau | Dushanbe, Tajikistan |
| | Dhanus Rasi: 1.2 Tithi 7 681286153 | Gulika 2:43PM – 4:11PM Yama 11:47AM – 1:15PM Rahu 8:51AM – 10:19AM | Sun 20 Sutra 173 Khara 5113 Moon 9 - Phase 23 3rd Phase |
| Family Home Evening Creative Work Siddha Yoga Until 12.51AM Tue then Amrita Yoga Until 4:10AM Tue then Siddha Yoga | | Mula* Until 4:10AM Tue Saubhagya Until 5:16PM Gara Until 10:11AM Saptami Until 10:11PM | Ganesha: Clear <i>Sunrise: 7:23AM</i> Muruqa: White <i>Sunset: 7:07PM</i> Nataraja: White Moon – Light Blue Ashvina•Puratasi |

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|  | Tuesday, October 4, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Visi*/Bava Karana Ashtami* Yam Titau | Dushanbe, Tajikistan |
| | Dhanus Rasi: 14.47 Tithi 8 681286153 | Gulika 1:15PM – 2:42PM Yama 10:19AM – 11:47AM Rahu 4:10PM – 5:38PM | Sun 21 Sutra 174 Khara 5113 Moon 9 - Phase 23 Ashtami |
| Retreat Star Creative Work Siddha Yoga Until 12.51AM Wed then Amrita Yoga | | Purvashadha* Until 3:56AM Wed Sobhana Until 3:23PM Visti Until 9:15AM Ashtami* Until 9:15PM | Ganesha: Clear <i>Sunrise: 7:24AM</i> Muruqa: White <i>Sunset: 7:05PM</i> Nataraja: White Moon – Light Blue Ashvina•Puratasi |

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|  | Wednesday, October 5, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navami* Yam Titau | Dushanbe, Tajikistan |
| | Dhanus Rasi: 27.51 Tithi 9 682286153 | Gulika 11:47AM – 1:14PM Yama 8:52AM – 10:20AM Rahu 1:14PM – 2:42PM | Sun 22 Sutra 175 Khara 5113 Moon 9 - Phase 23 Navami |
| Retreat Star Creative Work Amrita Yoga Until 12.51AM Thu then Siddha Yoga | | Uttarashadha Until 4:26AM Thu Athiganda* Until 2:10PM Balava Until 9:06AM Navami* Until 9:06PM | Ganesha: Orange <i>Sunrise: 7:25AM</i> Muruqa: White <i>Sunset: 7:04PM</i> Nataraja: White Moon – Light Blue Ashvina•Puratasi |

The simple temple duties, lighting the lamps, picking flowers, lovingly polishing the floors, sweeping, singing the Lord's praise, ringing the bell and fetching ceremonial water—these constitute the dasa marga. Tirumantiram 1502. TM

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| 1 | Thursday, October 6, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Sravana Nakshatra Sukarma/Dhriti Yoga Tailila/Gara Karana Dasami Yam Titau | Dushanbe, Tajikistan |
| | Makara Rasi: 10.35 Tithi 10 692286153 | Gulika 10:20AM – 11:47AM Yama 7:26AM – 8:53AM Rahu 2:41PM – 4:08PM | Sun 23 Sutra 176 Khara 5113 Moon 9 - Phase 24 4th Phase |
| Creative Work | Siddha Yoga | Sravana Until 6:34AM Fri Sukarma Until 2:05PM Tailila Until 9:56AM Dasami Until 11:01PM | Sivaloka Day |
| | | Ganesha: Green <i>Sunrise:</i> 7:26AM Muruqa: White <i>Sunset:</i> 7:02PM Nataraja: White Moon – Purple Ashvina•Puratasi | |

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| 2 | Friday, October 7, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Sravana/Dhanishtha Nakshatra Dhriti/Shula* Yoga Vanija/Visi* Karana Ekadasi Yam Titau | Dushanbe, Tajikistan |
| | Makara Rasi: 23.03 Tithi 11 692286153 | Gulika 8:53AM – 10:20AM Yama 4:07PM – 5:34PM Rahu 11:47AM – 1:14PM | Sun 24 Sutra 177 Khara 5113 Moon 9 - Phase 24 4th Phase |
| Creative Work | Siddha Yoga | Sravana Until 6:34AM Dhriti Until 1:51PM Vanija Until 11:03AM Ekadasi Until 12:08AM Sat | Sivaloka Day |
| | | Ganesha: Green <i>Sunrise:</i> 7:27AM Muruqa: White <i>Sunset:</i> 7:01PM Nataraja: White Moon – Purple Ashvina•Puratasi | |
| | | Vijaya Dasami | |

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| 3 | Saturday, October 8, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Dhanishtha/Satabhisha Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Dvadasi Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 5.2 Tithi 12 692286154 | Gulika 7:28AM – 8:54AM Yama 2:40PM – 4:06PM Rahu 10:21AM – 11:47AM | Sun 25 Sutra 178 Khara 5113 Moon 9 - Phase 24 4th Phase |
| Creative Work | Siddha Yoga | Dhanishtha Until 8:40AM Shula* Until 1:58PM Bava Until 12:35PM Dvadasi Until 1:41AM Sun | Devaloka Day |
| Until 8:40AM then Amrita Yoga | | Ganesha: Green <i>Sunrise:</i> 7:28AM Muruqa: White <i>Sunset:</i> 6:59PM Nataraja: Yellow Moon – Purple Ashvina•Puratasi | |
| Until 12.50AM Sun then Siddha Yoga | Kadaitswami Mahasamadhi | | |

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| 4 | Sunday, October 9, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Satabhisha/Purvaprostapada* Nakshatra Ganda*/Vridhi* Yoga Kaulava/Tailila Karana Trayodasi Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 17.28 Tithi 13 692286154 | Gulika 4:05PM – 5:32PM Yama 1:13PM – 2:39PM Rahu 5:32PM – 6:58PM | Sun 26 Sutra 179 Khara 5113 Moon 9 - Phase 24 4th Phase |
| Creative Work | Siddha Yoga | Satabhisha Until 11:04AM Ganda* Until 2:21PM Kaulava Until 2:27PM Trayodasi Until 3:32AM Mon | Devaloka Day |
| Until 12.50AM Mon then no yoga | | Ganesha: Green <i>Sunrise:</i> 7:29AM Muruqa: White <i>Sunset:</i> 6:58PM Nataraja: Yellow Moon – Purple Ashvina•Puratasi | |
| | | <i>Pradosha Vrata</i> | |

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| 5 | Monday, October 10, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvaprostapada*/Uttaraprostapada Nakshatra Vridhi/Dhruva Yoga Gara/Vanija Karana Chaturdasi* Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 29.3 Tithi 14 612286154 | Gulika 2:39PM – 4:05PM Yama 11:47AM – 1:13PM Rahu 8:55AM – 10:21AM | Sun 27 Sutra 180 Khara 5113 Moon 9 - Phase 24 4th Phase |
| Family Home Evening | No Yoga | Purvaprostapada* Until 1:40PM Vridhi Until 2:56PM Gara Until 4:32PM Chaturdasi* Until 5:37AM Tue | Devaloka Day |
| Until 1:40PM then Siddha Yoga | | Ganesha: Blue <i>Sunrise:</i> 7:30AM Muruqa: White <i>Sunset:</i> 6:58PM Nataraja: Yellow Moon – Clear Ashvina•Puratasi | |
| Until 12.49AM Tue then Amrita Yoga | Chidambaram Abhishekam | | |

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| ○ | Tuesday, October 11, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraprostapada/Revati Nakshatra Dhruva/Vyaghata* Yoga Visi* Karana Purnima* Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 11.28 Tithi 15 612286154 | Gulika 1:13PM – 2:38PM Yama 10:22AM – 11:47AM Rahu 4:04PM – 5:29PM | Sun 28 Sutra 181 Khara 5113 Moon 9 - Phase 24 Purnima |
| Creative Work | Amrita Yoga | Uttaraprostapada Until 4:25PM Dhruva Until 3:39PM Visi Until 6:47PM Purnima* Until 8:05AM Wed | Devaloka Day |
| Until 4:25PM then Siddha Yoga | | Ganesha: Blue <i>Sunrise:</i> 7:30AM Muruqa: White <i>Sunset:</i> 6:55PM Nataraja: Yellow Moon – Clear Ashvina•Puratasi | |
| Until 12.49AM Wed then Marana Yoga | | | |

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| ○ | Wednesday, October 12, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Purnima*/Prathama* Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 23.21 Tithi 15 – 16 612286154 | Gulika 11:47AM – 1:12PM Yama 8:57AM – 10:22AM Rahu 1:12PM – 2:38PM | Sun 29 Sutra 182 Khara 5113 Moon 9 - Phase 24 Prathama |
| Routine Work | Marana Yoga | Revati Until 7:18PM Vyaghata* Until 4:29PM Balava Until 9:10PM Purnima* Until 8:05AM | Devaloka Day |
| Until 12.49AM Thu then Amrita Yoga | | Ganesha: Blue <i>Sunrise:</i> 7:31AM Muruqa: White <i>Sunset:</i> 6:53PM Nataraja: Yellow Moon – Clear Ashvina•Puratasi | |

Being the Life of life is splendrous jnana worship. Beholding the Light of life is great yoga worship. Giving life by invocation is external worship. Expressing adoration is charya. Tirumantiram 1444. TM



Thursday, October 13, 2011
Gold Retreat Star

Mesha Rasi: 5.13 Titli 16 – 17
622286154
Creative Work Amrita Yoga
Until 10:15PM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam
Asvini Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Prathama*/Dvitiya Yam Titau
Gulika 10:22AM – 11:47AM **Asvini Until 10:15PM**
Yama 7:32AM – 8:57AM Harshana Until 5:23PM
Rahu 2:37PM – 4:02PM Taitila Until 11:39PM
Prathama* Until 10:33AM

Ganesha: Red *Sunrise:* 7:32AM
Muruqa: White *Sunset:* 6:52PM
Nataraja: Yellow
Moon – White
Ashvina•Puratasi

Dushanbe, Tajikistan
Sutra 183
Khara 5113
Moon 10 - Phase 25
1st Phase

Sivaloka Day

1

Friday, October 14, 2011

Mesha Rasi: 17.03 Titli 17 – 18
622286154
Creative Work Siddha Yoga
Until 1:14AM Sat then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam
Bharani Nakshatra Vajra* Yoga Gara/Vanija Karana Dvitiya/Tritiya Yam Titau
Gulika 8:58AM – 10:23AM **Bharani Until 1:14AM Sat**
Yama 4:01PM – 5:26PM Vajra* Until 6:18PM
Rahu 11:47AM – 1:12PM Vanija Until 2:09AM Sat
Dvitiya Until 1:03PM

Ganesha: Red *Sunrise:* 7:33AM
Muruqa: White *Sunset:* 6:50PM
Nataraja: Yellow
Moon – White
Ashvina•Puratasi

Dushanbe, Tajikistan
Sun 1 Sutra 184
Khara 5113
Moon 10 - Phase 25
1st Phase

Sivaloka Day

2

Saturday, October 15, 2011

Mesha Rasi: 28.55 Titli 18 – 19
622286154
Creative Work Amrita Yoga
Until 12.48AM Sun then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam
Krittika Nakshatra Siddhi Yoga Visti*/Bava Karana Tritiya/Chaturthi* Yam Titau
Gulika 7:34AM – 8:59AM **Krittika Until 4:10AM Sun**
Yama 2:36PM – 4:00PM Siddhi Until 7:12PM
Rahu 10:23AM – 11:47AM Bava Until 4:36AM Sun
Tritiya Until 3:31PM

Ganesha: Red *Sunrise:* 7:34AM
Muruqa: White *Sunset:* 6:49PM
Nataraja: Yellow
Moon – White
Ashvina•Puratasi

Dushanbe, Tajikistan
Sun 2 Sutra 185
Khara 5113
Moon 10 - Phase 25
1st Phase

Sivaloka Day

3

Sunday, October 16, 2011

Vrishabha Rasi: 10.5 Titli 19 – 20
632286154
Creative Work Siddha Yoga
Until 12.48AM Mon then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam
Rohini Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Chaturthi*/Panchami Yam Titau
Gulika 4:00PM – 5:24PM **Rohini Until 6:54AM Mon**
Yama 1:11PM – 2:35PM Vyatipata* Until 7:58PM
Rahu 5:24PM – 6:48PM Kaulava Until 6:56AM Mon
Chaturthi* Until 5:50PM

Ganesha: Green *Sunrise:* 7:35AM
Muruqa: White *Sunset:* 6:48PM
Nataraja: Yellow
Moon – Yellow
Ashvina•Puratasi

Dushanbe, Tajikistan
Sun 3 Sutra 186
Khara 5113
Moon 10 - Phase 25
1st Phase

Devaloka Day

4

Monday, October 17, 2011

Vrishabha Rasi: 22.53 Titli 20
Family Home Evening 632286154
Creative Work Amrita Yoga
Until 12.48AM Tue then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam
Rohini/Mrigasira Nakshatra Variyan Yoga Kaulava/Taitila Karana Panchami Yam Titau
Gulika 2:35PM – 3:59PM **Rohini Until 6:54AM**
Yama 11:48AM – 1:11PM Variyan Until 8:31PM
Rahu 9:00AM – 10:24AM Kaulava Until 6:49AM
Panchami Until 7:54PM

Ganesha: Green *Sunrise:* 7:36AM
Muruqa: White *Sunset:* 6:46PM
Nataraja: Yellow
Moon – Yellow
Ashvina•Aipasi

Dushanbe, Tajikistan
Sun 4 Sutra 187
Khara 5113
Moon 10 - Phase 25
1st Phase

Devaloka Day

5

Tuesday, October 18, 2011

Mithuna Rasi: 5.07 Titli 21
633386154
Creative Work Siddha Yoga
Until 9:06AM then Marana Yoga
Until 12.47AM Wed then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam
Mrigasira/Ardra Nakshatra Parigha* Yoga Gara/Vanija Karana Shasthi* Yam Titau
Gulika 1:11PM – 2:34PM **Mrigasira Until 9:06AM**
Yama 10:24AM – 11:48AM Parigha* Until 8:43PM
Rahu 3:58PM – 5:21PM Gara Until 8:29AM
Shasthi* Until 9:34PM

Ganesha: Green *Sunrise:* 7:37AM
Muruqa: White *Sunset:* 6:45PM
Nataraja: Yellow
Moon – Yellow
Ashvina•Aipasi

Dushanbe, Tajikistan
Sun 5 Sutra 188
Khara 5113
Moon 10 - Phase 25
1st Phase

Devaloka Day

6

Wednesday, October 19, 2011

Mithuna Rasi: 17.36 Titli 22
633386154
Creative Work Siddha Yoga
Until 12.47AM Thu then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam
Ardra/Punarvasu Nakshatra Shiva Yoga Visti*/Bava Karana Saptami Yam Titau
Gulika 11:48AM – 1:11PM **Ardra Until 10:25AM**
Yama 9:01AM – 10:25AM Shiva Until 7:24PM
Rahu 1:11PM – 2:34PM Visti Until 9:16AM
Saptami Until 9:16PM

Ganesha: Green *Sunrise:* 7:38AM
Muruqa: White *Sunset:* 6:43PM
Nataraja: Yellow
Moon – Yellow
Ashvina•Aipasi

Dushanbe, Tajikistan
Sun 6 Sutra 189
Khara 5113
Moon 10 - Phase 25
1st Phase

Devaloka Day



Thursday, October 20, 2011
Retreat Star

Kataka Rasi: 0.26 Titli 23
643386154
Creative Work Amrita Yoga
Until 12.47AM Fri then Marana Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam
Punarvasu/Pushya Nakshatra Siddha Yoga Balava/Kaulava Karana Ashtami* Yam Titau
Gulika 10:25AM – 11:48AM **Punarvasu Until 11:21AM**
Yama 7:39AM – 9:02AM Siddha Until 6:34PM
Rahu 2:34PM – 3:56PM Balava Until 9:36AM
Ashtami* Until 9:36PM

Ganesha: Orange *Sunrise:* 7:39AM
Muruqa: White *Sunset:* 6:42PM
Nataraja: Yellow
Moon – Blue
Ashvina•Aipasi

Dushanbe, Tajikistan
Sun 7 Sutra 190
Khara 5113
Moon 10 - Phase 25
Ashtami

Sivaloka Day

Friday, October 21, 2011

Retreat Star

Kataka Rasi: 13.41 Titli 24
643386154
Routine Work Marana Yoga


Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam
Pushya/Aslesha* Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Navami* Yam Titau
Gulika 9:03AM – 10:25AM **Pushya Until 11:07AM**
Yama 3:56PM – 5:18PM Sadhya Until 4:17PM
Rahu 11:48AM – 1:11PM Taitila Until 8:52AM
Navami* Until 7:56PM

Ganesha: Orange *Sunrise:* 7:40AM
Muruqa: White *Sunset:* 6:41PM
Nataraja: Yellow
Moon – Blue
Ashvina•Aipasi

Dushanbe, Tajikistan
Sun 8 Sutra 191
Khara 5113
Moon 10 - Phase 25
Navami

Sivaloka Day

When a person comes to weakness, be it through old age or disease, he frees himself from these limbs just as a mango, a fig or a berry releases itself from its stalk. Shukla Yajur Veda, Brihadu 4.3.36. bo UpH, 139

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| 1 | Saturday, October 22, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Aslesha*/Magha* Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Dasami Yam Titau | | Dushanbe, Tajikistan |
| | Kataka Rasi: 27.22 Tithi 25 643386154 | Gulika 7:41AM – 9:04AM Yama 2:33PM – 3:55PM Rahu 10:26AM – 11:48AM | Aslesha* Until 10:30AM Subha Until 2:07PM Vanija Until 7:34AM Dasami Until 6:39PM | Sun 9 Sutra 192 Khara 5113 Moon 10 - Phase 26 2nd Phase |
| | Routine Work Marana Yoga Until 10:30AM then Amrita Yoga Until 12.47AM Sun then Marana Yoga | | Ganesha: Orange <i>Sunrise:</i> 7:41AM Muruqa: White <i>Sunset:</i> 6:39PM Nataraja: Yellow Moon – Blue Ashvina-Aipasi | Sivaloka Day |
| 2 | Sunday, October 23, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni* Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadasi*/Dvadasi* Yam Titau | | Dushanbe, Tajikistan |
| | Simha Rasi: 11.32 Tithi 26 – 27 653386154 | Gulika 3:54PM – 5:16PM Yama 1:10PM – 2:32PM Rahu 5:16PM – 6:38PM | Magha* Until 8:52AM Sukla Until 10:52AM Kaulava Until 2:01AM Mon Ekadasi* Until 3:44PM | Sun 10 Sutra 193 Khara 5113 Moon 10 - Phase 26 2nd Phase |
| | Routine Work Marana Yoga Until 8:52AM then Siddha Yoga | | Ganesha: Light Blue <i>Sunrise:</i> 7:42AM Muruqa: White <i>Sunset:</i> 6:38PM Nataraja: Yellow Moon – Red Ashvina-Aipasi | Devaloka Day |
| 3 | Monday, October 24, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Purvaphalguni*/Uttaraphalguni Nakshatra Brahma/Indra Yoga Tailila/Gara Karana Dvadasi*/Trayodasi* Yam Titau | | Dushanbe, Tajikistan |
| | Simha Rasi: 26.09 Tithi 27 – 28 653386154 | Gulika 2:32PM – 3:53PM Yama 11:48AM – 1:10PM Rahu 9:05AM – 10:27AM | Purvaphalguni* Until 6:50AM Brahma Until 7:28AM Gara Until 11:15PM Dvadasi* Until 12:58PM <i>Pradosha Vrata (Fasting)</i> | Sun 11 Sutra 194 Khara 5113 Moon 10 - Phase 26 2nd Phase |
| | Family Home Evening Creative Work Siddha Yoga Until 6:50AM then Marana Yoga Until 12.46AM Tue then Amrita Yoga | | Ganesha: Light Blue <i>Sunrise:</i> 7:43AM Muruqa: White <i>Sunset:</i> 6:37PM Nataraja: Yellow Moon – Red Ashvina-Aipasi | Devaloka Day |
| 4 | Tuesday, October 25, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Trayodasi*/Chaturdasi* Yam Titau | | Dushanbe, Tajikistan |
| | Kanya Rasi: 11.06 Tithi 28 – 29 663386154 | Gulika 1:10PM – 2:31PM Yama 10:27AM – 11:49AM Rahu 3:53PM – 5:14PM | Hasta Until 1:34AM Wed Vaidhriti* Until 11:32PM Visti Until 7:54PM Trayodasi* Until 9:36AM | Sun 12 Sutra 195 Khara 5113 Moon 10 - Phase 26 2nd Phase |
| | Creative Work Siddha Yoga Deepavali Hindu Solidarity Day | | Ganesha: Purple <i>Sunrise:</i> 7:44AM Muruqa: White <i>Sunset:</i> 6:36PM Nataraja: Yellow Moon – Green Ashvina-Aipasi | Devaloka Day |
|  | Wednesday, October 26, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Chitra Nakshatra Vishkambha* Yoga Catuspada*/Naga* Karana Amavasya* Yam Titau | | Dushanbe, Tajikistan |
| | Retreat Star Kanya Rasi: 26.17 Tithi 30 663386154 | Gulika 11:49AM – 1:10PM Yama 9:06AM – 10:28AM Rahu 1:10PM – 2:31PM | Chitra Until 10:36PM Vishkambha* Until 7:15PM Catuspada Until 4:08PM Amavasya* Until 2:25AM Thu | Sun 13 Sutra 196 Khara 5113 Moon 10 - Phase 26 Amavasya |
| | Creative Work Siddha Yoga Until 12.46AM Thu then Amrita Yoga | Subramuniyaswami Mahasamadhi | Ganesha: Purple <i>Sunrise:</i> 7:45AM Muruqa: White <i>Sunset:</i> 6:34PM Nataraja: Yellow Moon – Green Ashvina-Aipasi | Devaloka Day |
| | Thursday, October 27, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Priti/Ayushman Yoga Kintughna*/Bava Karana Prathama* Yam Titau | | Dushanbe, Tajikistan |
| | Retreat Star Tula Rasi: 11.33 Tithi 1 663386154 | Gulika 10:28AM – 11:49AM Yama 7:46AM – 9:07AM Rahu 2:31PM – 3:51PM | Svati Until 7:31PM Priti Until 2:52PM Kintughna Until 12:16PM Prathama* Until 10:33PM | Sun 14 Sutra 197 Khara 5113 Moon 10 - Phase 26 Prathama |
| | Creative Work Amrita Yoga Until 7:31PM then Siddha Yoga Until 12.46AM Fri then Marana Yoga | Skanda Shasthi Begins | Ganesha: Purple <i>Sunrise:</i> 7:46AM Muruqa: White <i>Sunset:</i> 6:33PM Nataraja: Yellow Moon – Green Karttika-Aipasi | Devaloka Day |

As a caterpillar coming to the end of a blade of grass draws itself together in taking the next step, so does the soul in the process of transition strike down this body and dispel its ignorance. Shukla Yajur Veda, Brihadu 4.4.3. bo UpH, 140


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| 1 | Friday, October 28, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Visakha/Anuradha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvitiya Yam Titau | Dushanbe, Tajikistan |
| | Tula Rasi: 26.43 Tithi 2 673386154 | Gulika 9:08AM – 10:29AM Yama 3:51PM – 5:11PM Rahu 11:49AM – 1:10PM | Sun 15 Sutra 198 Khara 5113 Moon 10 - Phase 27 3rd Phase |
| Routine Work Marana Yoga Until 4:36PM then Siddha Yoga | | Visakha Until 4:36PM Ayushman Until 10:38AM Balava Until 8:33AM Dvitiya Until 6:50PM | Ganesha: Light Blue <i>Sunrise:</i> 7:47AM Muruqa: White <i>Sunset:</i> 6:32PM Nataraja: Yellow Moon – Orange Karttika-Aipasi |
| Devaloka Day | | | |


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| 2 | Saturday, October 29, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthi* Yam Titau | Dushanbe, Tajikistan |
| | Virshika Rasi: 11.37 Tithi 3 – 4 673386154 | Gulika 7:49AM – 9:09AM Yama 2:30PM – 3:50PM Rahu 10:29AM – 11:49AM | Sun 16 Sutra 199 Khara 5113 Moon 10 - Phase 27 3rd Phase |
| Creative Work Siddha Yoga Until 12.46AM Sun then Marana Yoga | | Anuradha Until 2:05PM Saubhagya Until 6:47AM Vanija Until 1:51AM Sun Tritiya Until 3:34PM | Ganesha: Light Blue <i>Sunrise:</i> 7:49AM Muruqa: White <i>Sunset:</i> 6:31PM Nataraja: Yellow Moon – Orange Karttika-Aipasi |
| Devaloka Day | | | |

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| 3 | Sunday, October 30, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi*/Panchami Yam Titau | Dushanbe, Tajikistan |
| | Virshika Rasi: 26.09 Tithi 4 – 5 673386154 | Gulika 3:49PM – 5:09PM Yama 1:10PM – 2:30PM Rahu 5:09PM – 6:29PM | Sun 17 Sutra 200 Khara 5113 Moon 10 - Phase 27 3rd Phase |
| Routine Work Marana Yoga Until 12:36PM then Amrita Yoga Until 12.46AM Mon then Siddha Yoga | | Jyeshtha* Until 12:36PM Athiganda* Until 12:39AM Mon Bava Until 12:33AM Mon Chaturthi* Until 1:28PM | Ganesha: Light Blue <i>Sunrise:</i> 7:50AM Muruqa: White <i>Sunset:</i> 6:29PM Nataraja: Yellow Moon – Orange Karttika-Aipasi |
| Devaloka Day | | | |

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| 4 | Monday, October 31, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shasthi* Yam Titau | Dushanbe, Tajikistan |
| | Dhanus Rasi: 10.14 Tithi 5 – 6 Family Home Evening 683386154 | Gulika 2:29PM – 3:49PM Yama 11:50AM – 1:09PM Rahu 9:10AM – 10:30AM | Sun 18 Sutra 201 Khara 5113 Moon 10 - Phase 27 3rd Phase |
| Creative Work Siddha Yoga Until 11:19AM then Marana Yoga Until 12.46AM Tue then Siddha Yoga | | Mula* Until 11:19AM Sukarma Until 9:51PM Kaulava Until 10:33PM Panchami Until 11:28AM | Ganesha: Orange <i>Sunrise:</i> 7:51AM Muruqa: White <i>Sunset:</i> 6:28PM Nataraja: Yellow Moon – Light Blue Karttika-Aipasi |
| Sivaloka Day | | | |

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| 5 | Tuesday, November 1, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhriti Yoga Taila/Gara Karana Shasthi*/Saptami Yam Titau | Dushanbe, Tajikistan |
| | Dhanus Rasi: 23.51 Tithi 6 – 7 684386154 | Gulika 1:09PM – 2:29PM Yama 10:31AM – 11:50AM Rahu 3:48PM – 5:08PM | Sun 19 Sutra 202 Khara 5113 Moon 10 - Phase 27 3rd Phase |
| Creative Work Siddha Yoga Until 11:12AM then Prabalarishta Yoga Until 12.46AM Wed then Amrita Yoga | | Purvashadha* Until 11:12AM Dhriti Until 8:47PM Gara Until 10:42PM Shasthi* Until 10:42AM | Ganesha: Clear <i>Sunrise:</i> 7:52AM Muruqa: White <i>Sunset:</i> 6:27PM Nataraja: Yellow Moon – Light Blue Karttika-Aipasi |
| Sivaloka Day | | | |

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|  | Wednesday, November 2, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Sravana Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtami* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star Makara Rasi: 7.01 Tithi 7 – 8 684386154 | Gulika 11:50AM – 1:09PM Yama 9:12AM – 10:31AM Rahu 1:09PM – 2:29PM | Sun 20 Sutra 203 Khara 5113 Moon 10 - Phase 27 Ashtami |
| Creative Work Amrita Yoga Until 11:31AM then Siddha Yoga | | Uttarashadha Until 11:31AM Shula* Until 7:22PM Visti Until 10:23PM Saptami Until 10:23AM | Ganesha: Clear <i>Sunrise:</i> 7:53AM Muruqa: White <i>Sunset:</i> 6:26PM Nataraja: Yellow Moon – Light Blue Karttika-Aipasi |
| Sivaloka Day | | | |

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|  | Thursday, November 3, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Sravana/Dhanishtha Nakshatra Ganda* Yoga Bava/Balava Karana Ashtami*/Navami* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star Makara Rasi: 19.47 Tithi 8 – 9 694386154 | Gulika 10:32AM – 11:51AM Yama 7:54AM – 9:13AM Rahu 2:28PM – 3:47PM | Sun 21 Sutra 204 Khara 5113 Moon 10 - Phase 27 Navami |
| Creative Work Siddha Yoga | | Sravana Until 1:07PM Ganda* Until 7:35PM Balava Until 12:22AM Fri Ashtami* Until 11:17AM | Ganesha: White <i>Sunrise:</i> 7:54AM Muruqa: White <i>Sunset:</i> 6:25PM Nataraja: Yellow Moon – Purple Karttika-Aipasi |
| Devaloka Day | | | |

After death, the soul goes to the next world bearing in mind the subtle impressions of its deeds, and after reaping their harvest returns again to this world of action. Thus, he who has desires continues subject to rebirth. Shukla Yajur Veda, Brihadu 4.4.6

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| 1 | Friday, November 4, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Satabhisha Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Navami*/Dasami Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 2.14 Titli 9 – 10 694386154 | Gulika 9:14AM – 10:32AM Yama 3:47PM – 5:05PM Rahu 11:51AM – 1:09PM | Sun 22 Sutra 205 Khara 5113 Moon 10 - Phase 28 4th Phase |
| Creative Work Siddha Yoga Until 12.46AM Sat then Amrita Yoga | | Dhanishtha Until 2:53PM Vriddhi Until 7:22PM Taitila Until 1:35AM Sat Navami* Until 12:29PM | Ganesha: White <i>Sunrise:</i> 7:55AM Muruqa: White <i>Sunset:</i> 6:24PM Nataraja: Yellow Moon – Purple Devaloka Day Karttika-Aipasi |

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| 2 | Saturday, November 5, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Satabhisha/Purvaprostapada* Nakshatra Dhruva Yoga Gara/Vanija Karana Dasami/Ekadasi Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 14.26 Titli 10 – 11 694386154 | Gulika 7:56AM – 9:14AM Yama 2:28PM – 3:46PM Rahu 10:33AM – 11:51AM | Sun 23 Sutra 206 Khara 5113 Moon 10 - Phase 28 4th Phase |
| Creative Work Amrita Yoga Until 5:07PM then Siddha Yoga | | Satabhisha Until 5:07PM Dhruva Until 7:36PM Vanija Until 3:18AM Sun Dasami Until 2:13PM | Ganesha: White <i>Sunrise:</i> 7:56AM Muruqa: White <i>Sunset:</i> 6:23PM Nataraja: Yellow Moon – Purple Devaloka Day Karttika-Aipasi |

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| 3 | Sunday, November 6, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaprostapada* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ekadasi/Dvadasi Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 26.29 Titli 11 – 12 614386154 | Gulika 3:46PM – 5:04PM Yama 1:09PM – 2:28PM Rahu 5:04PM – 6:22PM | Sun 24 Sutra 207 Khara 5113 Moon 10 - Phase 28 4th Phase |
| Creative Work Siddha Yoga Until 7:42PM then Amrita Yoga Until 12.46AM Mon then Siddha Yoga | | Purvaprostapada* Until 7:42PM Vyaghata* Until 8:07PM Bava Until 5:23AM Mon Ekadasi Until 4:18PM | Ganesha: Blue <i>Sunrise:</i> 7:57AM Muruqa: White <i>Sunset:</i> 6:22PM Nataraja: Yellow Moon – Clear Devaloka Day Karttika-Aipasi |

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| 4 | Monday, November 7, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraprostapada Nakshatra Harshana Yoga Balava Karana Dvadasi Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 8.25 Titli 12 Family Home Evening 714386154 | Gulika 2:27PM – 3:45PM Yama 11:52AM – 1:10PM Rahu 9:16AM – 10:34AM | Sun 25 Sutra 208 Khara 5113 Moon 10 - Phase 28 4th Phase |
| Creative Work Siddha Yoga | | Uttaraprostapada Until 10:30PM Harshana Until 8:51PM Balava Until 7:43AM Tue Dvadasi Until 6:38PM | Ganesha: Red <i>Sunrise:</i> 7:58AM Muruqa: White <i>Sunset:</i> 6:21PM Nataraja: Yellow Moon – Clear Sivaloka Day Karttika-Aipasi |

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| 5 | Tuesday, November 8, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Revati Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodasi Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 20.18 Titli 13 714386154 | Gulika 1:10PM – 2:27PM Yama 10:34AM – 11:52AM Rahu 3:45PM – 5:02PM | Sun 26 Sutra 209 Khara 5113 Moon 10 - Phase 28 4th Phase |
| Creative Work Siddha Yoga Until 12.46AM Wed then Marana Yoga | | Revati Until 1:25AM Wed Vajra* Until 9:41PM Kaulava Until 8:00AM Trayodasi Until 9:05PM <i>Pradosha Vrata</i> | Ganesha: Red <i>Sunrise:</i> 7:59AM Muruqa: White <i>Sunset:</i> 6:20PM Nataraja: Yellow Moon – Clear Sivaloka Day Karttika-Aipasi |

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| 6 | Wednesday, November 9, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Asvini Nakshatra Siddhi Yoga Gara/Vanija Karana Chaturdasi* Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 2.09 Titli 14 724386154 | Gulika 11:52AM – 1:10PM Yama 9:18AM – 10:35AM Rahu 1:10PM – 2:27PM | Sun 27 Sutra 210 Khara 5113 Moon 10 - Phase 28 4th Phase |
| Routine Work Marana Yoga Until 12.46AM Thu then Amrita Yoga Until 4:22AM Thu then Siddha Yoga | | Asvini Until 4:22AM Thu Siddhi Until 10:34PM Gara Until 10:30AM Chaturdasi* Until 11:35PM | Ganesha: Blue <i>Sunrise:</i> 8:00AM Muruqa: White <i>Sunset:</i> 6:19PM Nataraja: Yellow Moon – White Devaloka Day Karttika-Aipasi |

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| ○ | Thursday, November 10, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Bharani Nakshatra Vyatipata* Yoga Visti*/Bava Karana Purnima* Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 14.01 Titli 15 724386154 | Gulika 10:36AM – 11:53AM Yama 8:01AM – 9:18AM Rahu 2:27PM – 3:44PM | Sun 28 Sutra 211 Khara 5113 Moon 10 - Phase 28 Purnima |
| Creative Work Siddha Yoga | | Bharani Until 7:29AM Fri Vyatipata* Until 11:25PM Visti Until 12:59PM Purnima* Until 2:04AM Fri | Ganesha: Blue <i>Sunrise:</i> 8:01AM Muruqa: White <i>Sunset:</i> 6:18PM Nataraja: Yellow Moon – White Devaloka Day Karttika-Aipasi |

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| ○ | Friday, November 11, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Variyan Yoga Balava/Kaulava Karana Prathama* Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 25.55 Titli 16 724386154 | Gulika 9:19AM – 10:36AM Yama 3:44PM – 5:00PM Rahu 11:53AM – 1:10PM | Sun 29 Sutra 212 Khara 5113 Moon 10 - Phase 28 Prathama |
| Creative Work Siddha Yoga Until 12.46AM Sat then Amrita Yoga | | Bharani Until 7:29AM Variyan Until 12:12AM Sat Balava Until 3:23PM Prathama* Until 4:28AM Sat | Ganesha: Blue <i>Sunrise:</i> 8:02AM Muruqa: White <i>Sunset:</i> 6:17PM Nataraja: Yellow Moon – White Devaloka Day Karttika-Aipasi |

According as one acts, so does he become. One becomes virtuous by virtuous action, bad by bad action. Shukla Yajur Veda, Brihadu 4.4.5. UpH, 140



Saturday, November 12, 2011
Gold Retreat Star

Wrishabha Rasi: 7.54 Tithi 17
734486154
Creative Work Amrita Yoga
Until 12.46AM Sun then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam
Krittika/Rohini Nakshatra Parigha* Yoga Taitila/Gara Karana Dvitiya Yam Titau
Gulika 8:04AM – 9:20AM
Yama 2:27PM – 3:43PM
Rahu 10:37AM – 11:53AM
Krittika Until 10:12AM
Parigha* Until 12:50AM Sun
Taitila Until 5:37PM
Dvitiya Until 6:32AM Sun

Dushanbe, Tajikistan
Sutra 213
Khara 5113
Moon 11 - Phase 29
1st Phase
Devaloka Day
Ganesha: Blue *Sunrise: 8:04AM*
Muruqa: White *Sunset: 6:16PM*
Nataraja: Yellow
Moon – White
Karttika•Aipasi

1

Sunday, November 13, 2011

Wrishabha Rasi: 19.59 Tithi 17 – 18
734486154
Creative Work Siddha Yoga
Until 12.46AM Mon then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam
Rohini/Mrigasira Nakshatra Shiva Yoga Gara/Vanija Karana Dvitiya/Tritiya Yam Titau
Gulika 3:43PM – 4:59PM
Yama 1:10PM – 2:26PM
Rahu 4:59PM – 6:16PM
Rohini Until 12:42PM
Shiva Until 1:17AM Mon
Vanija Until 7:38PM
Dvitiya Until 6:32AM

Dushanbe, Tajikistan
Sun 1 Sutra 214
Khara 5113
Moon 11 - Phase 29
1st Phase
Sivaloka Day
Ganesha: Red *Sunrise: 8:05AM*
Muruqa: White *Sunset: 6:16PM*
Nataraja: Yellow
Moon – Yellow
Karttika•Aipasi

2

Monday, November 14, 2011

Mithuna Rasi: 2.13 Tithi 18 – 19
735486154
Family Home Evening
Creative Work Amrita Yoga
Until 2:55PM then Siddha Yoga
Until 12.47AM Tue then Marana Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam
Mrigasira/Ardra Nakshatra Siddha Yoga Visti*/Bava Karana Tritiya/Chaturthi* Yam Titau
Gulika 2:26PM – 3:42PM
Yama 11:54AM – 1:10PM
Rahu 9:22AM – 10:38AM
Mrigasira Until 2:55PM
Siddha Until 1:29AM Tue
Bava Until 9:20PM
Tritiya Until 8:15AM

Dushanbe, Tajikistan
Sun 2 Sutra 215
Khara 5113
Moon 11 - Phase 29
1st Phase
Sivaloka Day
Ganesha: Yellow *Sunrise: 8:06AM*
Muruqa: White *Sunset: 6:15PM*
Nataraja: Yellow
Moon – Yellow
Karttika•Aipasi

3

Tuesday, November 15, 2011

Mithuna Rasi: 14.37 Tithi 19 – 20
735486154
Routine Work Marana Yoga
Until 3:57PM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam
Ardra/Punarvasu Nakshatra Sadhya Yoga Balava/Kaulava Karana Chaturthi*/Panchami Yam Titau
Gulika 1:10PM – 2:26PM
Yama 10:39AM – 11:55AM
Rahu 3:42PM – 4:58PM
Ardra Until 3:57PM
Sadhya Until 11:57PM
Kaulava Until 9:16PM
Chaturthi* Until 9:16AM

Dushanbe, Tajikistan
Sun 3 Sutra 216
Khara 5113
Moon 11 - Phase 29
1st Phase
Sivaloka Day
Ganesha: Yellow *Sunrise: 8:07AM*
Muruqa: White *Sunset: 6:14PM*
Nataraja: Yellow
Moon – Yellow
Karttika•Aipasi

4

Wednesday, November 16, 2011

Mithuna Rasi: 27.14 Tithi 20 – 21
745486154
Creative Work Siddha Yoga
Until 12.47AM Thu then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam
Punarvasu/Pushya Nakshatra Subha Yoga Taitila/Gara Karana Panchami/Shasthi* Yam Titau
Gulika 11:55AM – 1:11PM
Yama 9:24AM – 10:39AM
Rahu 1:11PM – 2:26PM
Punarvasu Until 5:15PM
Subha Until 11:26PM
Gara Until 10:02PM
Panchami Until 10:02AM

Dushanbe, Tajikistan
Sun 4 Sutra 217
Khara 5113
Moon 11 - Phase 29
1st Phase
Devaloka Day
Ganesha: White *Sunrise: 8:08AM*
Muruqa: White *Sunset: 6:13PM*
Nataraja: Yellow
Moon – Blue
Karttika•Karttikai

5

Thursday, November 17, 2011

Kataka Rasi: 10.08 Tithi 21 – 22
745486155
Creative Work Amrita Yoga
Until 6:03PM then Siddha Yoga
Until 12.47AM Fri then Marana Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam
Pushya/Aslesha* Nakshatra Sukla Yoga Vanija/Visti* Karana Shasthi*/Saptami Yam Titau
Gulika 10:40AM – 11:55AM
Yama 8:09AM – 9:24AM
Rahu 2:26PM – 3:42PM
Pushya Until 6:03PM
Sukla Until 10:28PM
Visti Until 10:15PM
Shasthi* Until 10:15AM

Dushanbe, Tajikistan
Sun 5 Sutra 218
Khara 5113
Moon 11 - Phase 29
1st Phase
Devaloka Day
Ganesha: White *Sunrise: 8:09AM*
Muruqa: White *Sunset: 6:13PM*
Nataraja: Red
Moon – Blue
Karttika•Karttikai



Friday, November 18, 2011
Retreat Star

Kataka Rasi: 23.21 Tithi 22 – 23
745486155
Routine Work Marana Yoga
Until 12.47AM Sat then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam
Aslesha*/Magha* Nakshatra Brahma Yoga Bava/Balava Karana Saptami/Ashtami* Yam Titau
Gulika 9:25AM – 10:41AM
Yama 3:41PM – 4:57PM
Rahu 11:56AM – 1:11PM
Aslesha* Until 5:24PM
Brahma Until 7:56PM
Balava Until 8:37PM
Saptami Until 9:32AM

Dushanbe, Tajikistan
Sun 6 Sutra 219
Khara 5113
Moon 11 - Phase 29
Ashtami
Devaloka Day
Ganesha: White *Sunrise: 8:10AM*
Muruqa: White *Sunset: 6:12PM*
Nataraja: Red
Moon – Blue
Karttika•Karttikai


Saturday, November 19, 2011
Retreat Star

Simha Rasi: 6.56 Tithi 23 – 24
755486155
Creative Work Amrita Yoga
Until 4:59PM then Marana Yoga
Until 12.48AM Sun then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam
Magha*/Purvaphalguni* Nakshatra Indra Yoga Kaulava/Taitila Karana Ashtami*/Navami* Yam Titau
Gulika 8:11AM – 9:26AM
Yama 2:26PM – 3:41PM
Rahu 10:41AM – 11:56AM
Magha* Until 4:59PM
Indra Until 5:57PM
Taitila Until 7:34PM
Ashtami* Until 8:30AM

Dushanbe, Tajikistan
Sun 7 Sutra 220
Khara 5113
Moon 11 - Phase 29
Navami
Sivaloka Day
Ganesha: Clear *Sunrise: 8:11AM*
Muruqa: White *Sunset: 6:11PM*
Nataraja: Red
Moon – Red
Karttika•Karttikai

Here they say that a person consists of desires. And as is his desire, so is his will. As is his will, so is his deed. Whatever deed he does, that he will reap. Shukla Yajur Veda, Brihadu 4.4.5. bo UpH, 140

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| 1 | Sunday, November 20, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhrili/Vishkambha* Yoga Gara/Visti* Karana Navami/Dasami Yam Tilau | Dushanbe, Tajikistan |
| | Simha Rasi: 20.52 Tithi 24 – 25 755486155 | Gulika 3:41PM – 4:56PM Yama 1:11PM – 2:26PM Rahu 4:56PM – 6:11PM | Sun 8 Sutra 221 Khara 5113 Moon 11 - Phase 30 2nd Phase |
| | Creative Work Siddha Yoga Until 3:56PM then Amrita Yoga Until 12.48AM Mon then Marana Yoga | Purvaphalguni* Until 3:56PM Vaidhrili* Until 3:21PM Visti Until 4:55AM Mon Navami* Until 6:46AM | Ganesha: Clear <i>Sunrise: 8:12AM</i> Muruqa: White <i>Sunset: 6:11PM</i> Nataraja: Red Moon – Red Karttika•Karttikai |
| 2 | Monday, November 21, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ekadasi* Yam Tilau | Dushanbe, Tajikistan |
| | Kanya Rasi: 5.11 Tithi 26 Family Home Evening 755486155 | Gulika 2:26PM – 3:41PM Yama 11:57AM – 1:12PM Rahu 9:28AM – 10:42AM | Sun 9 Sutra 222 Khara 5113 Moon 11 - Phase 30 2nd Phase |
| | Routine Work Marana Yoga Until 1:42PM then Siddha Yoga | Uttaraphalguni Until 1:42PM Vishkambha* Until 11:46AM Bava Until 2:45PM Ekadasi* Until 1:02AM Tue | Ganesha: Clear <i>Sunrise: 8:13AM</i> Muruqa: White <i>Sunset: 6:10PM</i> Nataraja: Red Moon – Red Karttika•Karttikai |
| 3 | Tuesday, November 22, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Dvadasi* Yam Tilau | Dushanbe, Tajikistan |
| | Kanya Rasi: 19.5 Tithi 27 765486155 | Gulika 1:12PM – 2:26PM Yama 10:43AM – 11:58AM Rahu 3:41PM – 4:55PM | Sun 10 Sutra 223 Khara 5113 Moon 11 - Phase 30 2nd Phase |
| | Creative Work Siddha Yoga | Hasta Until 11:36AM Priti Until 8:18AM Kaulava Until 11:57AM Dvadasi* Until 10:15PM | Ganesha: Purple <i>Sunrise: 8:14AM</i> Muruqa: White <i>Sunset: 6:09PM</i> Nataraja: Red Moon – Green Karttika•Karttikai |
| 4 | Wednesday, November 23, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Saubhagya Yoga Gara/Vanija Karana Trayodasi* Yam Tilau | Dushanbe, Tajikistan |
| | Tula Rasi: 4.43 Tithi 28 766486155 | Gulika 11:58AM – 1:12PM Yama 9:30AM – 10:44AM Rahu 1:12PM – 2:26PM | Sun 11 Sutra 224 Khara 5113 Moon 11 - Phase 30 2nd Phase |
| | Creative Work Siddha Yoga Until 12.49AM Thu then Amrita Yoga | Chitra Until 9:07AM Saubhagya Until 12:27AM Thu Gara Until 8:45AM Trayodasi* Until 7:02PM <i>Pradosha Vrata (Fasting)</i> | Ganesha: Clear <i>Sunrise: 8:15AM</i> Muruqa: White <i>Sunset: 6:09PM</i> Nataraja: Red Moon – Green Karttika•Karttikai |
| 5 | Thursday, November 24, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Visakha Nakshatra Sobhana Yoga Sakuni*/Catuspada* Karana Chaturdasi*/Amavasya* Yam Tilau | Dushanbe, Tajikistan |
| | Tula Rasi: 19.43 Tithi 29 – 30 766486155 | Gulika 10:44AM – 11:58AM Yama 8:16AM – 9:30AM Rahu 2:26PM – 3:40PM | Sun 12 Sutra 225 Khara 5113 Moon 11 - Phase 30 2nd Phase |
| | Creative Work Amrita Yoga Until 6:27AM then Siddha Yoga Until 12.49AM Fri then Marana Yoga | Svati Until 6:27AM Sobhana Until 8:26PM Catuspada Until 1:53AM Fri Chaturdasi* Until 3:36PM | Ganesha: Clear <i>Sunrise: 8:16AM</i> Muruqa: White <i>Sunset: 6:08PM</i> Nataraja: Red Moon – Green Karttika•Karttikai |
|  | Friday, November 25, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Athiganda*/Sukarma Yoga Naga*/Kintughna* Karana Amavasya*/Prathama* Yam Tilau | Dushanbe, Tajikistan |
| | Retreat Star Vrischika Rasi: 4.43 Tithi 30 – 1 776486155 | Gulika 9:31AM – 10:45AM Yama 3:40PM – 4:54PM Rahu 11:59AM – 1:13PM | Sun 13 Sutra 226 Khara 5113 Moon 11 - Phase 30 Amavasya |
| | Creative Work Siddha Yoga | Anuradha Until 1:07AM Sat Athiganda* Until 4:25PM Kintughna Until 10:29PM Amavasya* Until 12:12PM | Ganesha: Orange <i>Sunrise: 8:18AM</i> Muruqa: White <i>Sunset: 6:08PM</i> Nataraja: Red Moon – Orange Karttika•Karttikai |
| Retreat Star | Saturday, November 26, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Prathama*/Dvitiya Yam Tilau | Dushanbe, Tajikistan |
| | Vrischika Rasi: 19.34 Tithi 1 – 2 776486155 | Gulika 8:19AM – 9:32AM Yama 2:27PM – 3:40PM Rahu 10:46AM – 11:59AM | Sun 14 Sutra 227 Khara 5113 Moon 11 - Phase 30 Prathama |
| | Creative Work Siddha Yoga Until 12.49AM Sun then Amrita Yoga | Jyeshtha* Until 10:42PM Sukarma Until 12:38PM Balava Until 7:21PM Prathama* Until 9:04AM | Ganesha: Orange <i>Sunrise: 8:19AM</i> Muruqa: White <i>Sunset: 6:08PM</i> Nataraja: Red Moon – Orange Margasira•Karttikai |


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| 1 | Sunday, November 27, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Dhriti/Shula* Yoga Kaulava/Gara Karana Dvitiya/Tritiya Yam Titau | Dushanbe, Tajikistan |
| | Dhanus Rasi: 4.07 Tithi 2 – 3 786486155 | Gulika 3:40PM – 4:54PM Yama 1:13PM – 2:27PM Rahu 4:54PM – 6:07PM | Sun 15 Sutra 228 Khara 5113 Moon 11 - Phase 31 3rd Phase |
| | Creative Work Amrita Yoga Until 9:48PM then Siddha Yoga Until 12.50AM Mon then Marana Yoga | Mula* Until 9:48PM Dhriti Until 9:30AM Gara Until 4:36AM Mon Dvitiya Until 6:27AM | Ganesha: Clear <i>Sunrise:</i> 8:20AM Muruqa: White <i>Sunset:</i> 6:07PM Nataraja: Red Moon – Light Blue Margasira-Karttikai |


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| 2 | Monday, November 28, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Shula*/Ganda* Yoga Vanija/Visli* Karana Chaturthi* Yam Titau | Dushanbe, Tajikistan |
| | Dhanus Rasi: 18.17 Tithi 4 Family Home Evening 786486155 | Gulika 2:27PM – 3:40PM Yama 12:00PM – 1:14PM Rahu 9:34AM – 10:47AM | Sun 16 Sutra 229 Khara 5113 Moon 11 - Phase 31 3rd Phase |
| | Routine Work Marana Yoga Until 12.50AM Tue then Prabalarishta Yoga | Purvashadha* Until 8:21PM Shula* Until 6:32AM Vanija Until 3:22PM Chaturthi* Until 2:27AM Tue | Ganesha: Clear <i>Sunrise:</i> 8:21AM Muruqa: White <i>Sunset:</i> 6:07PM Nataraja: Red Moon – Light Blue Margasira-Karttikai |

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| 3 | Tuesday, November 29, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Vriddhi Yoga Bava/Balava Karana Panchami Yam Titau | Dushanbe, Tajikistan |
| | Makara Rasi: 2.02 Tithi 5 797486155 | Gulika 1:14PM – 2:27PM Yama 10:48AM – 12:01PM Rahu 3:40PM – 4:53PM | Sun 17 Sutra 230 Khara 5113 Moon 11 - Phase 31 3rd Phase |
| | Routine Work Prabalarishta Yoga Until 8:42PM then Siddha Yoga | Uttarashadha Until 8:42PM Vriddhi Until 3:00AM Wed Bava Until 2:42PM Panchami Until 2:42AM Wed | Ganesha: Clear <i>Sunrise:</i> 8:22AM Muruqa: White <i>Sunset:</i> 6:07PM Nataraja: Red Moon – Light Blue Margasira-Karttikai |

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| 4 | Wednesday, November 30, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Sravana Nakshatra Dhruva Yoga Kaulava/Taitila Karana Shasthi* Yam Titau | Dushanbe, Tajikistan |
| | Makara Rasi: 15.2 Tithi 6 797486155 | Gulika 12:01PM – 1:14PM Yama 9:36AM – 10:49AM Rahu 1:14PM – 2:27PM | Sun 18 Sutra 231 Khara 5113 Moon 11 - Phase 31 3rd Phase |
| | Creative Work Siddha Yoga Until 8:46PM then Prabalarishta Yoga Until 12.51AM Thu then Siddha Yoga | Sravana Until 8:46PM Dhruva Until 1:19AM Thu Kaulava Until 2:08PM Shasthi* Until 2:08AM Thu | Ganesha: Clear <i>Sunrise:</i> 8:23AM Muruqa: White <i>Sunset:</i> 6:06PM Nataraja: Red Moon – Purple Margasira-Karttikai |

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| 5 | Thursday, December 1, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Vyaghata* Yoga Gara/Vanija Karana Saptami Yam Titau | Dushanbe, Tajikistan |
| | Makara Rasi: 28.13 Tithi 7 797486155 | Gulika 10:49AM – 12:02PM Yama 8:24AM – 9:36AM Rahu 2:28PM – 3:40PM | Sun 19 Sutra 232 Khara 5113 Moon 11 - Phase 31 3rd Phase |
| | Creative Work Siddha Yoga Until 9:36PM then Marana Yoga Until 12.51AM Fri then Siddha Yoga | Dhanishtha Until 9:36PM Vyaghata* Until 12:21AM Fri Gara Until 2:23PM Saptami Until 2:23AM Fri | Ganesha: Clear <i>Sunrise:</i> 8:24AM Muruqa: White <i>Sunset:</i> 6:06PM Nataraja: Red Moon – Purple Margasira-Karttikai |

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|  | Friday, December 2, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Satabhisha Nakshatra Harshana Yoga Visti*/Bava Karana Ashtami* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star Kumbha Rasi: 10.44 Tithi 8 797486155 | Gulika 9:37AM – 10:50AM Yama 3:41PM – 4:53PM Rahu 12:03PM – 1:15PM | Sun 20 Sutra 233 Khara 5113 Moon 11 - Phase 31 Ashtami |
| | Creative Work Siddha Yoga | Satabhisha Until 12:31AM Sat Harshana Until 1:23AM Sat Visti Until 4:12PM Ashtami* Until 5:18AM Sat | Ganesha: Clear <i>Sunrise:</i> 8:25AM Muruqa: White <i>Sunset:</i> 6:06PM Nataraja: Red Moon – Purple Margasira-Karttikai |

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|  | Saturday, December 3, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Purvaprostapada* Nakshatra Vajra* Yoga Balava/Kaulava Karana Navami* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star Kumbha Rasi: 22.59 Tithi 9 717486155 | Gulika 8:25AM – 9:38AM Yama 2:28PM – 3:41PM Rahu 10:51AM – 12:03PM | Sun 21 Sutra 234 Khara 5113 Moon 11 - Phase 31 Navami |
| | Creative Work Siddha Yoga Until 2:41AM Sun then Amrita Yoga | Purvaprostapada* Until 2:41AM Sun Vajra* Until 1:31AM Sun Balava Until 5:53PM Navami* Until 6:55AM Sun | Ganesha: Yellow <i>Sunrise:</i> 8:25AM Muruqa: White <i>Sunset:</i> 6:06PM Nataraja: Red Moon – Clear Margasira-Karttikai |

When the soul attains Self-knowledge, then it becomes one with Siva. The malas perish, birth's cycle ends and the lustrous light of wisdom dawns. Tirumantiram 2331. TM

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| 1 | Sunday, December 4, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraprostapada Nakshatra Siddhi Yoga Kaulava/Taitila Karana Navami*/Dasami Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 5.02 Tithi 9 – 10 717486155 | Gulika 3:41PM – 4:53PM Yama 1:16PM – 2:28PM Rahu 4:53PM – 6:06PM | Sun 22 Sutra 235 Khara 5113 Moon 11 - Phase 32 4th Phase |
| Creative Work Amrita Yoga Until 12.52AM Mon then Siddha Yoga | | Uttaraprostapada Until 5:16AM Mon Siddhi Until 2:02AM Mon Taitila Until 8:01PM Navami* Until 6:55AM | Ganesha: Yellow <i>Sunrise:</i> 8:26AM Muruqa: White <i>Sunset:</i> 6:06PM Nataraja: Red Moon – Clear Margasira-Karttikai |

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| 2 | Monday, December 5, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Gara/Vanija Karana Dasami/Ekadasi Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 16.56 Tithi 10 – 11 Family Home Evening 717496155 | Gulika 2:29PM – 3:41PM Yama 12:04PM – 1:16PM Rahu 9:40AM – 10:52AM | Sun 23 Sutra 236 Khara 5113 Moon 11 - Phase 32 4th Phase |
| Creative Work Siddha Yoga | | Revati Until 8:26AM Tue Vyatipata* Until 2:48AM Tue Vanija Until 10:25PM Dasami Until 9:20AM | Ganesha: Yellow <i>Sunrise:</i> 8:27AM Muruqa: Clear <i>Sunset:</i> 6:05PM Nataraja: Red Moon – Clear Margasira-Karttikai |

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| 3 | Tuesday, December 6, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Revati/Asvini Nakshatra Variyan Yoga Visti*/Bava Karana Ekadasi/Dvadasi Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 28.47 Tithi 11 – 12 717496155 | Gulika 1:17PM – 2:29PM Yama 10:53AM – 12:05PM Rahu 3:41PM – 4:53PM | Sun 24 Sutra 237 Khara 5113 Moon 11 - Phase 32 4th Phase |
| Creative Work Siddha Yoga Until 12.53AM Wed then Marana Yoga | | Revati Until 8:26AM Variyan Until 3:40AM Wed Bava Until 12:58AM Wed Ekadasi Until 11:53AM | Ganesha: Yellow <i>Sunrise:</i> 8:28AM Muruqa: Clear <i>Sunset:</i> 6:05PM Nataraja: Red Moon – Clear Margasira-Karttikai |

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| 4 | Wednesday, December 7, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Asvini/Bharani Nakshatra Parigha* Yoga Balava/Kaulava Karana Dvadasi/Trayodasi Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 10.38 Tithi 12 – 13 728496155 | Gulika 12:05PM – 1:17PM Yama 9:41AM – 10:53AM Rahu 1:17PM – 2:29PM | Sun 25 Sutra 238 Khara 5113 Moon 11 - Phase 32 4th Phase |
| Routine Work Marana Yoga Until 12.54AM Thu then Siddha Yoga | | Asvini Until 11:24AM Parigha* Until 4:32AM Thu Kaulava Until 3:31AM Thu Dvadasi Until 2:26PM <i>Pradosha Vrata</i> | Ganesha: Clear <i>Sunrise:</i> 8:29AM Muruqa: Clear <i>Sunset:</i> 6:05PM Nataraja: Red Moon – White Margasira-Karttikai |

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| 5 | Thursday, December 8, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Bharani/Krittika Nakshatra Shiva Yoga Taitila/Gara Karana Trayodasi/Chaturdasi* Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 22.32 Tithi 13 – 14 728596155 | Gulika 10:54AM – 12:06PM Yama 8:30AM – 9:42AM Rahu 2:30PM – 3:42PM | Sun 26 Sutra 239 Khara 5113 Moon 11 - Phase 32 4th Phase |
| Creative Work Siddha Yoga Until 2:16PM then Marana Yoga Until 12.54AM Fri then Siddha Yoga | | Bharani Until 2:16PM Shiva Until 5:19AM Fri Gara Until 5:57AM Fri Trayodasi Until 4:52PM | Ganesha: White <i>Sunrise:</i> 8:30AM Muruqa: Clear <i>Sunset:</i> 6:05PM Nataraja: Red Moon – White Margasira-Karttikai |

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| 6 | Friday, December 9, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Krittika/Rohini Nakshatra Siddha Yoga Gara/Vanija Karana Chaturdasi* Yam Titau | Dushanbe, Tajikistan |
| | Vrishabha Rasi: 4.32 Tithi 14 728596155 | Gulika 9:43AM – 10:55AM Yama 3:42PM – 4:54PM Rahu 12:06PM – 1:18PM | Sun 27 Sutra 240 Khara 5113 Moon 11 - Phase 32 4th Phase |
| Creative Work Siddha Yoga Until 4:56PM then Marana Yoga Until 12.54AM Sat then Amrita Yoga | | Krittika Until 4:56PM Siddha Until 5:54AM Sat Vanija Until 8:10AM Sat Chaturdasi* Until 7:05PM | Ganesha: White <i>Sunrise:</i> 8:31AM Muruqa: Clear <i>Sunset:</i> 6:05PM Nataraja: Red Moon – White Margasira-Karttikai |

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| ○ | Saturday, December 10, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Rohini Nakshatra Sadhya Yoga Visti*/Bava Karana Purnima* Yam Titau | Dushanbe, Tajikistan |
| | Copper Retreat Star Vrishabha Rasi: 16.4 Tithi 15 738596155 | Gulika 8:32AM – 9:43AM Yama 2:30PM – 3:42PM Rahu 10:55AM – 12:07PM | Sun 28 Sutra 241 Khara 5113 Moon 11 - Phase 32 Purnima |
| Creative Work Amrita Yoga Until 7:19PM then Siddha Yoga | | Rohini Until 7:19PM Sadhya Until 6:13AM Sun Visti Until 7:54AM Purnima* Until 8:59PM | Ganesha: Clear <i>Sunrise:</i> 8:32AM Muruqa: Clear <i>Sunset:</i> 6:06PM Nataraja: Red Moon – Yellow Margasira-Karttikai |

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| ○ | Sunday, December 11, 2011 | Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigasira Nakshatra Subha Yoga Balava/Kaulava Karana Prathama* Yam Titau | Dushanbe, Tajikistan |
| | Silver Retreat Star Vrishabha Rasi: 28.59 Tithi 16 738596155 | Gulika 3:42PM – 4:54PM Yama 1:19PM – 2:31PM Rahu 4:54PM – 6:06PM | Sun 29 Sutra 242 Khara 5113 Moon 11 - Phase 32 Prathama |
| Creative Work Siddha Yoga Vinayaga Viratam Begins | | Mrigasira Until 8:11PM Subha Until 4:30AM Mon Balava Until 9:26AM Prathama* Until 10:31PM | Ganesha: Clear <i>Sunrise:</i> 8:32AM Muruqa: Clear <i>Sunset:</i> 6:06PM Nataraja: Red Moon – Yellow Margasira-Karttikai |

The one controller, the inner Self of all things, who makes His one form manifold, to the wise who perceive Him as abiding in the soul, to them is eternal bliss—to no others. Kṛishṇa Yajur Veda, Kathau 2.2.12. UpR, 640



Monday, December 12, 2011
Gold Retreat Star

Mithuna Rasi: 11.3 Tithi 17
Family Home Evening 738596155
Creative Work Siddha Yoga
Until 9:41PM then Amrita Yoga
Until 12.56AM Tue then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam
Ardra Nakshatra Sukla Yoga Tailila/Gara Karana Dvitiya Yam Titau

Gulika 2:31PM – 3:43PM **Ardra Until 9:41PM**
Yama 12:08PM – 1:20PM Sukla Until 4:09AM Tue
Rahu 9:45AM – 10:56AM Tailila Until 10:09AM
Dvitiya Until 10:09PM

Ganesha: Clear *Sunrise:* 8:33AM
Muruqa: Clear *Sunset:* 6:06PM
Nataraja: Red
Moon – Yellow
Margasira-Karttikai

Dushanbe, Tajikistan
Sun 1 Sutra 243
Khara 5113
Moon 12 - Phase 33
1st Phase

Devaloka Day

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Tuesday, December 13, 2011

Mithuna Rasi: 24.14 Tithi 18
749596155
Creative Work Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam
Punarvasu Nakshatra Brahma Yoga Vanija/Visti* Karana Tritiya Yam Titau

Gulika 1:20PM – 2:32PM **Punarvasu Until 10:48PM**
Yama 10:57AM – 12:09PM Brahma Until 3:27AM Wed
Rahu 3:43PM – 4:55PM Vanija Until 10:43AM
Tritiya Until 10:43PM

Ganesha: Clear *Sunrise:* 8:34AM
Muruqa: Clear *Sunset:* 6:06PM
Nataraja: Red
Moon – Blue
Margasira-Karttikai

Dushanbe, Tajikistan
Sun 2 Sutra 244
Khara 5113
Moon 12 - Phase 33
1st Phase

Devaloka Day

2

Wednesday, December 14, 2011

Kataka Rasi: 7.11 Tithi 19
749596155
Creative Work Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam
Pushya Nakshatra Indra Yoga Bava/Balava Karana Chaturthi* Yam Titau

Gulika 12:09PM – 1:20PM **Pushya Until 11:31PM**
Yama 9:46AM – 10:58AM Indra Until 2:22AM Thu
Rahu 1:20PM – 2:32PM Bava Until 10:52AM
Chaturthi* Until 10:52PM

Ganesha: Clear *Sunrise:* 8:35AM
Muruqa: Clear *Sunset:* 6:06PM
Nataraja: Red
Moon – Blue
Margasira-Karttikai

Dushanbe, Tajikistan
Sun 3 Sutra 245
Khara 5113
Moon 12 - Phase 33
1st Phase

Devaloka Day

3

Thursday, December 15, 2011

Kataka Rasi: 20.21 Tithi 20
749596155
Creative Work Siddha Yoga
Until 11:49PM then Amrita Yoga
Until 12.57AM Fri then Marana Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam
Aslesha* Nakshatra Vaidhriti* Yoga Kaulava/Tailila Karana Panchami Yam Titau

Gulika 10:58AM – 12:10PM **Aslesha* Until 11:49PM**
Yama 8:35AM – 9:47AM Vaidhriti* Until 12:54AM Fri
Rahu 2:32PM – 3:44PM Kaulava Until 10:33AM
Panchami Until 10:33PM

Ganesha: Clear *Sunrise:* 8:35AM
Muruqa: Clear *Sunset:* 6:06PM
Nataraja: Red
Moon – Blue
Margasira-Karttikai

Dushanbe, Tajikistan
Sun 4 Sutra 246
Khara 5113
Moon 12 - Phase 33
1st Phase

Devaloka Day

4

Friday, December 16, 2011

Simha Rasi: 3.44 Tithi 21
759596155
Routine Work Marana Yoga
Until 10:27PM then Siddha Yoga
Until 12.58AM Sat then Marana Yoga

Khara Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam
Magha* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Shasthi* Yam Titau

Gulika 9:47AM – 10:59AM **Magha* Until 10:27PM**
Yama 3:44PM – 4:55PM Vishkambha* Until 9:55PM
Rahu 12:10PM – 1:21PM Gara Until 9:31AM
Shasthi* Until 8:35PM

Ganesha: White *Sunrise:* 8:36AM
Muruqa: Clear *Sunset:* 6:07PM
Nataraja: Red
Moon – Red
Margasira-Markali

Dushanbe, Tajikistan
Sun 5 Sutra 247
Khara 5113
Moon 12 - Phase 33
1st Phase

Sivaloka Day

5

Saturday, December 17, 2011

Simha Rasi: 17.22 Tithi 22
859596155
Routine Work Marana Yoga
Until 12.58AM Sun then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mantra Vasara Yuktayam
Purvaphalguni* Nakshatra Priti Yoga Visti*/Bava Karana Saptami Yam Titau

Gulika 8:37AM – 9:48AM **Purvaphalguni* Until 9:57PM**
Yama 2:33PM – 3:45PM Priti Until 7:50PM
Rahu 10:59AM – 12:11PM Visti Until 8:24AM
Saptami Until 7:28PM

Ganesha: Clear *Sunrise:* 8:37AM
Muruqa: Clear *Sunset:* 6:07PM
Nataraja: Red
Moon – Red
Margasira-Markali

Dushanbe, Tajikistan
Sun 6 Sutra 248
Khara 5113
Moon 12 - Phase 33
1st Phase

Devaloka Day



Sunday, December 18, 2011
Retreat Star

Kanya Rasi: 1.13 Tithi 23 – 24
859596155
Creative Work Amrita Yoga
Until 12.59AM Mon then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam
Uttaraphalguni Nakshatra Ayushman/Saubhagya Yoga Balava/Tailila Karana Ashtami*/Navami* Yam Titau

Gulika 3:45PM – 4:56PM **Uttaraphalguni Until 9:04PM**
Yama 1:22PM – 2:34PM Ayushman Until 5:22PM
Rahu 4:56PM – 6:07PM Balava Until 6:51AM
Ashtami* Until 5:56PM

Ganesha: Clear *Sunrise:* 8:37AM
Muruqa: Clear *Sunset:* 6:07PM
Nataraja: Red
Moon – Red
Margasira-Markali

Dushanbe, Tajikistan
Sun 7 Sutra 249
Khara 5113
Moon 12 - Phase 33
Ashtami

Devaloka Day

Monday, December 19, 2011
Retreat Star

Kanya Rasi: 15.17 Tithi 24 – 25
869596155
Family Home Evening
Creative Work Siddha Yoga
Until 7:47PM then Prabalarishta Yoga
Until 12.59AM Tue then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam
Hasta Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Navami*/Dasami Yam Titau


Gulika 2:34PM – 3:45PM **Hasta Until 7:47PM**
Yama 12:12PM – 1:23PM Saubhagya Until 2:33PM
Rahu 9:49AM – 11:01AM Vanija Until 3:03AM Tue
Navami* Until 3:58PM

Ganesha: White *Sunrise:* 8:38AM
Muruqa: Clear *Sunset:* 6:08PM
Nataraja: Red
Moon – Green
Margasira-Markali

Dushanbe, Tajikistan
Sun 8 Sutra 250
Khara 5113
Moon 12 - Phase 33
Navami

Sivaloka Day

As oil in sesame seeds, as butter in cream, as water in river beds, as fire in friction sticks, so is the atman grasped in one's own self when one searches for Him with truthfulness and austerity. Krishṇa Yajur Veda, Svetu 1.15. UpR, 718

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| 1 | Tuesday, December 20, 2011 | Khara Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Sobhana/Ahiganda* Yoga Visti*/Bava Karana Dasami/Ekadasi* Yam Titau | Dushanbe, Tajikistan |
| | Kanya Rasi: 29.35 Tithi 25 – 26 869596155 | Gulika 1:23PM – 2:35PM Yama 11:01AM – 12:12PM Rahu 3:46PM – 4:57PM | Sun 9 Sutra 251 Khara 5113 Moon 12 - Phase 34 2nd Phase |
| Creative Work Siddha Yoga | Chitra Until 6:09PM Sobhana Until 11:24AM Bava Until 12:42AM Wed Dasami Until 1:37PM | Ganesha: White <i>Sunrise:</i> 8:39AM Muruqa: Clear <i>Sunset:</i> 6:08PM Nataraja: Red Moon – Green Margasira*Markali | Sivaloka Day |
| 2 | Wednesday, December 21, 2011 | Khara Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Svati/Visakha Nakshatra Ahiganda*/Sukarma Yoga Balava/Kaulava Karana Ekadasi*/Dvadasi* Yam Titau | Dushanbe, Tajikistan |
| | Tula Rasi: 14.02 Tithi 26 – 27 861596155 | Gulika 12:13PM – 1:24PM Yama 9:50AM – 11:02AM Rahu 1:24PM – 2:35PM | Sun 10 Sutra 252 Khara 5113 Moon 12 - Phase 34 2nd Phase |
| Creative Work Siddha Yoga | Svati Until 3:32PM Athiganda* Until 7:50AM Kaulava Until 8:54PM Ekadasi* Until 10:36AM | Ganesha: White <i>Sunrise:</i> 8:39AM Muruqa: Clear <i>Sunset:</i> 6:09PM Nataraja: Red Moon – Green Margasira*Markali | Sivaloka Day |
| Day 1 of Pancha Ganapati | | | |
| 3 | Thursday, December 22, 2011 | Khara Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Visakha/Anuradha Nakshatra Dhriti Yoga Tailila/Gara Karana Dvadasi*/Trayodasi* Yam Titau | Dushanbe, Tajikistan |
| | Tula Rasi: 28.37 Tithi 27 – 28 871596155 | Gulika 11:02AM – 12:13PM Yama 8:40AM – 9:51AM Rahu 2:36PM – 3:47PM | Sun 11 Sutra 253 Khara 5113 Moon 12 - Phase 34 2nd Phase |
| Creative Work Siddha Yoga | Visakha Until 1:33PM Dhriti Until 12:28AM Fri Gara Until 6:14PM Dvadasi* Until 7:57AM <i>Pradosha Vrata (Fasting)</i> | Ganesha: Yellow <i>Sunrise:</i> 8:40AM Muruqa: Clear <i>Sunset:</i> 6:09PM Nataraja: Red Moon – Orange Margasira*Markali | Devaloka Day |
| Day 2 of Pancha Ganapati | | | |
| 4 | Friday, December 23, 2011 | Khara Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Visti*/Sakuni* Karana Chaturdasi* Yam Titau | Dushanbe, Tajikistan |
| | Vrischika Rasi: 13.12 Tithi 29 871596155 | Gulika 9:51AM – 11:03AM Yama 3:47PM – 4:59PM Rahu 12:14PM – 1:25PM | Sun 12 Sutra 254 Khara 5113 Moon 12 - Phase 34 2nd Phase |
| Creative Work Siddha Yoga Until 11:33AM then Prabalarishta Yoga Until 1.01AM Sat then Siddha Yoga | Anuradha Until 11:33AM Shula* Until 9:03PM Visti Until 4:17PM Chaturdasi* Until 3:21AM Sat | Ganesha: Yellow <i>Sunrise:</i> 8:40AM Muruqa: Clear <i>Sunset:</i> 6:10PM Nataraja: Red Moon – Orange Margasira*Markali | Devaloka Day |
| Day 3 of Pancha Ganapati | | | |
|  | Saturday, December 24, 2011 | Khara Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Catuspada*/Naga* Karana Amavasya* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star Vrischika Rasi: 27.43 Tithi 30 871596155 | Gulika 8:41AM – 9:52AM Yama 2:37PM – 3:48PM Rahu 11:03AM – 12:14PM | Sun 13 Sutra 255 Khara 5113 Moon 12 - Phase 34 Amavasya |
| Creative Work Siddha Yoga Until 1.02AM Sun then Amrita Yoga | Jyeshtha* Until 9:55AM Ganda* Until 6:32PM Catuspada Until 1:31PM Amavasya* Until 12:36AM Sun | Ganesha: Yellow <i>Sunrise:</i> 8:41AM Muruqa: Clear <i>Sunset:</i> 6:10PM Nataraja: Red Moon – Orange Margasira*Markali | Devaloka Day |
| Day 4 of Pancha Ganapati | | | |
| Sunday, December 25, 2011 | Retreat Star | Khara Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi/Dhruva Yoga Kintughna*/Bava Karana Prathama* Yam Titau | Dushanbe, Tajikistan |
| | Dhanus Rasi: 12.02 Tithi 1 881596155 | Gulika 3:48PM – 5:00PM Yama 1:26PM – 2:37PM Rahu 5:00PM – 6:11PM | Sun 14 Sutra 256 Khara 5113 Moon 12 - Phase 34 Prathama |
| Creative Work Amrita Yoga Until 8:13AM then Siddha Yoga Until 1.02AM Mon then Marana Yoga | Mula* Until 8:13AM Vriddhi Until 3:19PM Kintughna Until 11:06AM Prathama* Until 10:11PM | Ganesha: Red <i>Sunrise:</i> 8:41AM Muruqa: Clear <i>Sunset:</i> 6:11PM Nataraja: Red Moon – Light Blue Pausha*Markali | Devaloka Day |
| Day 5 of Pancha Ganapati | | | |

The soul is born and unfolds in a body with dreams and desires and the food of life. And then it is reborn in new bodies in accordance with its former works. The quality of the soul determines its future body; earthy or airy, heavy or light. Krishna Yajur Veda, Svetu 5.11–12. UpM, 94

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| 1 | Monday, December 26, 2011 | Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva/Vyaghata* Yoga Balava/Kaulava Karana Dvitiya Yam Titau | Dushanbe, Tajikistan |
| | | | Sun 15 Sutra 257 Khara 5113 |
| Dhanus Rasi: 26.05 | Tithi 2 | Gulika 2:38PM – 3:49PM | Ganesha: Red <i>Sunrise: 8:41AM</i> |
| Family Home Evening | 881596155 | Yama 12:15PM – 1:26PM | Muruqa: Clear <i>Sunset: 6:12PM</i> |
| Routine Work Marana Yoga | | Rahu 9:53AM – 11:04AM | Nataraja: Red |
| Until 1.03AM Tue then Prabalarishta Yoga | | | Moon – Light Blue |
| | | Purvashadha* Until 6:59AM | Pausha-Markali |
| | | Dhruva Until 12:32PM | Devaloka Day |
| | | Balava Until 9:12AM | |
| | | Dvitiya Until 8:17PM | |

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| 2 | Tuesday, December 27, 2011 | Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Sravana Nakshatra Vyaghata*/Harshana Yoga Tailila/Gara Karana Tritiya Yam Titau | Dushanbe, Tajikistan |
| | | | Sun 16 Sutra 258 Khara 5113 |
| Makara Rasi: 9.48 | Tithi 3 | Gulika 1:27PM – 2:38PM | Ganesha: Red <i>Sunrise: 8:42AM</i> |
| Family Home Evening | 881596155 | Yama 11:04AM – 12:16PM | Muruqa: Clear <i>Sunset: 6:12PM</i> |
| Routine Work Prabalarishta Yoga | | Rahu 3:50PM – 5:01PM | Nataraja: Yellow |
| Until 6:22AM then Siddha Yoga | | | Moon – Light Blue |
| | | Uttarashadha Until 6:22AM | Pausha-Markali |
| | | Vyaghata* Until 10:37AM | Devaloka Day |
| | | Tailila Until 8:05AM | |
| | | Tritiya Until 8:05PM | |


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| 3 | Wednesday, December 28, 2011 | Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Sravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Chaturthi* Yam Titau | Dushanbe, Tajikistan |
| | | | Sun 17 Sutra 259 Khara 5113 |
| Makara Rasi: 23.08 | Tithi 4 | Gulika 12:16PM – 1:27PM | Ganesha: Yellow <i>Sunrise: 8:42AM</i> |
| Family Home Evening | 891596156 | Yama 9:53AM – 11:05AM | Muruqa: Clear <i>Sunset: 6:13PM</i> |
| Routine Work Siddha Yoga | | Rahu 1:27PM – 2:39PM | Nataraja: Yellow |
| Until 6:22AM then Prabalarishta Yoga | | | Moon – Purple |
| Until 1.04AM Thu then Siddha Yoga | | Sravana Until 6:22AM | Pausha-Markali |
| | | Harshana Until 8:52AM | Devaloka Day |
| | | Vanija Until 7:27AM | |
| | | Chaturthi* Until 7:27PM | |

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| 4 | Thursday, December 29, 2011 | Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Satabhisha Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchami Yam Titau | Dushanbe, Tajikistan |
| | | | Sun 18 Sutra 260 Khara 5113 |
| Kumbha Rasi: 6.05 | Tithi 5 | Gulika 11:05AM – 12:17PM | Ganesha: Yellow <i>Sunrise: 8:42AM</i> |
| Family Home Evening | 891596156 | Yama 8:42AM – 9:54AM | Muruqa: Clear <i>Sunset: 6:14PM</i> |
| Routine Work Siddha Yoga | | Rahu 2:39PM – 3:51PM | Nataraja: Yellow |
| Until 7:04AM then Marana Yoga | | | Moon – Purple |
| Until 1.04AM Fri then Siddha Yoga | | Dhanishtha Until 7:04AM | Pausha-Markali |
| | | Vajra* Until 7:46AM | Devaloka Day |
| | | Bava Until 7:35AM | |
| | | Panchami Until 7:35PM | |

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| 5 | Friday, December 30, 2011 | Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Satabhisha/Purvaprostapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Tailila Karana Shasthi* Yam Titau | Dushanbe, Tajikistan |
| | | | Sun 19 Sutra 261 Khara 5113 |
| Kumbha Rasi: 18.41 | Tithi 6 | Gulika 9:54AM – 11:06AM | Ganesha: Yellow <i>Sunrise: 8:43AM</i> |
| Family Home Evening | 891596156 | Yama 3:51PM – 5:03PM | Muruqa: Clear <i>Sunset: 6:14PM</i> |
| Routine Work Siddha Yoga | | Rahu 12:17PM – 1:28PM | Nataraja: Yellow |
| Until 1.05AM Sun then Amrita Yoga | | | Moon – Purple |
| | | Satabhisha Until 8:37AM | Pausha-Markali |
| | | Siddhi Until 7:22AM | Devaloka Day |
| | | Kaulava Until 8:38AM | |
| | | Shasthi* Until 9:44PM | |

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| 6 | Saturday, December 31, 2011 | Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvaprostapada*/Uttaraprostapada Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Saptami Yam Titau | Dushanbe, Tajikistan |
| | | | Sun 20 Sutra 262 Khara 5113 |
| Meena Rasi: 1 | Tithi 7 | Gulika 8:43AM – 9:54AM | Ganesha: Yellow <i>Sunrise: 8:43AM</i> |
| Family Home Evening | 811596156 | Yama 2:40PM – 3:52PM | Muruqa: Clear <i>Sunset: 6:15PM</i> |
| Routine Work Siddha Yoga | | Rahu 11:06AM – 12:17PM | Nataraja: Yellow |
| Until 1.05AM Sun then Amrita Yoga | | | Moon – Clear |
| | | Purvaprostapada* Until 10:41AM | Pausha-Markali |
| | | Vyatipata* Until 7:23AM | Devaloka Day |
| | | Gara Until 10:12AM | |
| | | Saptami Until 11:17PM | |

Vinayaga Viratam Ends

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|  | Sunday, January 1, 2012 | Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraprostapada/Revati Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Ashtami* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star | | Sun 21 Sutra 263 Khara 5113 |
| Meena Rasi: 13.04 | Tithi 8 | Gulika 3:53PM – 5:05PM | Ganesha: Blue <i>Sunrise: 8:43AM</i> |
| Family Home Evening | 812596156 | Yama 1:30PM – 2:42PM | Muruqa: Clear <i>Sunset: 6:17PM</i> |
| Routine Work Amrita Yoga | | Rahu 5:05PM – 6:17PM | Nataraja: Yellow |
| Until 1.06AM Mon then Siddha Yoga | | | Moon – Clear |
| | | Uttaraprostapada Until 1:12PM | Pausha-Markali |
| | | Variyan Until 7:50AM | Bhuloka Day |
| | | Visti Until 12:15PM | Devaloka Time: 3:PM to 6:PM |
| | | Ashtami* Until 1:21AM Mon | |

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| Monday, January 2, 2012 | Retreat Star | Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Revati/Asvini Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Navami* Yam Titau | Dushanbe, Tajikistan |
| | | | Sun 22 Sutra 264 Khara 5113 |
| Meena Rasi: 24.59 | Tithi 9 | Gulika 2:42PM – 3:54PM | Ganesha: Yellow <i>Sunrise: 8:43AM</i> |
| Family Home Evening | 812696156 | Yama 12:19PM – 1:30PM | Muruqa: Clear <i>Sunset: 6:17PM</i> |
| Routine Work Siddha Yoga | | Rahu 9:55AM – 11:07AM | Nataraja: Yellow |
| Until 1.06AM Mon then Siddha Yoga | | | Moon – Clear |
| | | Revati Until 4:01PM | Pausha-Markali |
| | | Parigha* Until 8:34AM | Devaloka Day |
| | | Balava Until 2:39PM | |
| | | Navami* Until 3:45AM Tue | |

In the gloom of fear, His six-fold face gleams. In perils unbounded, His vel betokens, 'Fear not.' Tirumurai 11. KD, 224

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| 1 | Tuesday, January 3, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Asvini Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Dasami Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 6.5 Tithi 10 822696156 | Gulika 1:31PM – 2:43PM Yama 11:07AM – 12:19PM Rahu 3:55PM – 5:06PM | Sun 23 Sutra 265 Khara 5113 Moon 12 - Phase 36 4th Phase |
| | Creative Work Siddha Yoga Until 1.07AM Wed then Marana Yoga | Asvini Until 7:00PM Shiva Until 9:26AM Taitila Until 5:14PM Dasami Until 6:42AM Wed | Sivaloka Day |
| | | Ganesha: White <i>Sunrise:</i> 8:43AM Muruqa: Clear <i>Sunset:</i> 6:18PM Nataraja: Yellow Moon – White Pausha-Markali | |

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| 2 | Wednesday, January 4, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Bharani Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Dasami/Ekadasi Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 18.4 Tithi 10 – 11 822696156 | Gulika 12:19PM – 1:31PM Yama 9:55AM – 11:07AM Rahu 1:31PM – 2:43PM | Sun 24 Sutra 266 Khara 5113 Moon 12 - Phase 36 4th Phase |
| | Routine Work Marana Yoga Until 9:59PM then Amrita Yoga Until 1.07AM Thu then Marana Yoga | Bharani Until 9:59PM Siddha Until 10:18AM Vanija Until 7:48PM Dasami Until 6:42AM | Sivaloka Day |
| | | Ganesha: White <i>Sunrise:</i> 8:44AM Muruqa: Clear <i>Sunset:</i> 6:19PM Nataraja: Yellow Moon – White Pausha-Markali | |

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| 3 | Thursday, January 5, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Krittika Nakshatra Sadhya/Subha Yoga Visti/Bava Karana Ekadasi/Dvadasi Yam Titau | Dushanbe, Tajikistan |
| | Mrishabha Rasi: 0.35 Tithi 11 – 12 822696156 | Gulika 11:08AM – 12:20PM Yama 8:44AM – 9:56AM Rahu 2:44PM – 3:56PM | Sun 25 Sutra 267 Khara 5113 Moon 12 - Phase 36 4th Phase |
| | Routine Work Marana Yoga | Krittika Until 12:49AM Fri Sadhya Until 11:02AM Bava Until 10:11PM Ekadasi Until 9:06AM | Sivaloka Day |
| | | Ganesha: White <i>Sunrise:</i> 8:44AM Muruqa: Clear <i>Sunset:</i> 6:20PM Nataraja: Yellow Moon – White Pausha-Markali | |

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| 4 | Friday, January 6, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Dvadasi/Trayodasi Yam Titau | Dushanbe, Tajikistan |
| | Mrishabha Rasi: 12.4 Tithi 12 – 13 832696156 | Gulika 9:56AM – 11:08AM Yama 3:57PM – 5:09PM Rahu 12:20PM – 1:32PM | Sun 26 Sutra 268 Khara 5113 Moon 12 - Phase 36 4th Phase |
| | Routine Work Marana Yoga Until 1.08AM Sat then Amrita Yoga Until 3:20AM Sat then Siddha Yoga | Rohini Until 3:20AM Sat Subha Until 11:29AM Kaulava Until 12:15AM Sat Dvadasi Until 11:10AM <i>Pradosha Vrata</i> | Devaloka Day |
| | | Ganesha: Clear <i>Sunrise:</i> 8:44AM Muruqa: Clear <i>Sunset:</i> 6:21PM Nataraja: Yellow Moon – Yellow Pausha-Markali | |

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| 5 | Saturday, January 7, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Mrigasira Nakshatra Sukla/Brahma Yoga Taitila/Gara Karana Trayodasi/Chaturdasi Yam Titau | Dushanbe, Tajikistan |
| | Mrishabha Rasi: 24.57 Tithi 13 – 14 832696156 | Gulika 8:43AM – 9:56AM Yama 2:45PM – 3:57PM Rahu 11:08AM – 12:20PM | Sun 27 Sutra 269 Khara 5113 Moon 12 - Phase 36 4th Phase |
| | Creative Work Siddha Yoga | Mrigasira Until 3:38AM Sun Sukla Until 11:08AM Gara Until 12:13AM Sun Trayodasi Until 12:13PM | Devaloka Day |
| | | Ganesha: Clear <i>Sunrise:</i> 8:43AM Muruqa: Clear <i>Sunset:</i> 6:22PM Nataraja: Yellow Moon – Yellow Pausha-Markali | |

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| ○ | Sunday, January 8, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ardra Nakshatra Brahma/Indra Yoga Vanija/Visti* Karana Chaturdasi*/Purnima* Yam Titau | Dushanbe, Tajikistan |
| | Mithuna Rasi: 7.29 Tithi 14 – 15 832696156 | Gulika 3:58PM – 5:10PM Yama 1:33PM – 2:46PM Rahu 5:10PM – 6:23PM | Sutra 270 Khara 5113 Moon 12 - Phase 36 Purnima |
| | Creative Work Siddha Yoga Until 5:06AM Mon then Amrita Yoga | Ardra Until 5:06AM Mon Brahma Until 10:45AM Visti Until 1:10AM Mon Chaturdasi* Until 1:10PM | Devaloka Day |
| | | Ganesha: Clear <i>Sunrise:</i> 8:43AM Muruqa: Clear <i>Sunset:</i> 6:23PM Nataraja: Yellow Moon – Yellow Pausha-Markali | |

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| ○ | Monday, January 9, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Punarvasu Nakshatra Indra/Vaidhrili* Yoga Bava/Balava Karana Purnima*/Prathama* Yam Titau | Dushanbe, Tajikistan |
| | Mithuna Rasi: 20.19 Tithi 15 – 16 842696156 | Gulika 2:46PM – 3:59PM Yama 12:21PM – 1:34PM Rahu 9:56AM – 11:08AM | Sutra 271 Khara 5113 Moon 12 - Phase 36 Prathama |
| | Family Home Evening Creative Work Amrita Yoga Until 1.10AM Tue then Siddha Yoga | Punarvasu Until 6:02AM Tue Indra Until 9:52AM Balava Until 1:33AM Tue Purnima* Until 1:33PM | Sivaloka Day |
| | | Ganesha: Purple <i>Sunrise:</i> 8:43AM Muruqa: Clear <i>Sunset:</i> 6:24PM Nataraja: Yellow Moon – Blue Pausha-Markali | |

To such a one who has his stains wiped away, the venerable Sanatkumara shows the further shore of darkness. Him they call Skanda. Sama Veda Chandu 7.26.2. UpH,262



Tuesday, January 10, 2012
Gold Retreat Star

Kataka Rasi: 3.26 Titih 16 – 17
842696156
Creative Work Siddha Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam
Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Prathama*/Dvitiya Yam Titau

Gulika 1:34PM – 2:47PM
Yama 11:09AM – 12:21PM
Rahu 3:59PM – 5:12PM
Pushya Until 6:26AM Wed
Vaidhriti* Until 8:30AM
Taitila Until 1:22AM Wed
Prathama* Until 1:22PM

Ganesha: Purple *Sunrise:* 8:43AM
Muruqa: Clear *Sunset:* 6:25PM
Nataraja: Yellow
Moon – Blue
Pausha-Markali

Dushanbe, Tajikistan
Sutra 272
Khara 5113
Moon 13 - Phase 37
1st Phase

Sivaloka Day



Wednesday, January 11, 2012

Kataka Rasi: 16.49 Titih 17 – 18
842696156
Creative Work Siddha Yoga
Until 4:36AM Thu then Amrita Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam
Aslesha* Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Dvitiya/Tritiya Yam Titau

Gulika 12:21PM – 1:34PM
Yama 9:56AM – 11:09AM
Rahu 1:34PM – 2:47PM
Aslesha* Until 4:36AM Thu
Vishkambha* Until 6:38AM
Vanija Until 11:12PM
Dvitiya Until 12:07PM

Ganesha: Purple *Sunrise:* 8:43AM
Muruqa: Clear *Sunset:* 6:26PM
Nataraja: Yellow
Moon – Blue
Pausha-Markali

Dushanbe, Tajikistan
Sun 1 Sutra 273
Khara 5113
Moon 13 - Phase 37
1st Phase

Sivaloka Day



Thursday, January 12, 2012

Simha Rasi: 0.25 Titih 18 – 19
852696156
Creative Work Amrita Yoga
Until 1:11AM Fri then Marana Yoga
Until 4:08AM Fri then Siddha Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam
Magha* Nakshatra Ayushman Yoga Visti*/Bava Karana Tritiya/Chaturthi* Yam Titau

Gulika 11:09AM – 12:22PM
Yama 8:43AM – 9:56AM
Rahu 2:48PM – 4:01PM
Magha* Until 4:08AM Fri
Ayushman Until 1:53AM Fri
Bava Until 10:07PM
Tritiya Until 11:02AM

Ganesha: Clear *Sunrise:* 8:43AM
Muruqa: Clear *Sunset:* 6:27PM
Nataraja: Yellow
Moon – Red
Pausha-Markali

Dushanbe, Tajikistan
Sun 2 Sutra 274
Khara 5113
Moon 13 - Phase 37
1st Phase

Devaloka Day



Friday, January 13, 2012

Simha Rasi: 14.13 Titih 19 – 20
852696156
Creative Work Siddha Yoga
Until 1:11AM Sat then Marana Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvaphalguni* Nakshatra Saubhagya Yoga Balava/Kaulava Karana Chaturthi*/Panchami Yam Titau

Gulika 9:56AM – 11:09AM
Yama 4:01PM – 5:15PM
Rahu 12:22PM – 1:35PM
Purvaphalguni* Until 3:22AM Sat
Saubhagya Until 11:32PM
Kaulava Until 8:42PM
Chaturthi* Until 9:37AM

Ganesha: Clear *Sunrise:* 8:42AM
Muruqa: Clear *Sunset:* 6:28PM
Nataraja: Yellow
Moon – Red
Pausha-Markali

Dushanbe, Tajikistan
Sun 3 Sutra 275
Khara 5113
Moon 13 - Phase 37
1st Phase

Devaloka Day



Saturday, January 14, 2012

Simha Rasi: 28.07 Titih 20 – 21
853696156
Routine Work Marana Yoga
Until 1:11AM Sun then Amrita Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam
Uttaraphalguni Nakshatra Sobhana Yoga Taitila/Gara Karana Panchami/Shasthi* Yam Titau

Gulika 8:42AM – 9:55AM
Yama 2:49PM – 4:02PM
Rahu 11:09AM – 12:22PM
Uttaraphalguni Until 2:22AM Sun
Sobhana Until 8:58PM
Gara Until 7:02PM
Panchami Until 7:58AM

Ganesha: Purple *Sunrise:* 8:42AM
Muruqa: Clear *Sunset:* 6:29PM
Nataraja: Yellow
Moon – Red
Pausha-Markali

Dushanbe, Tajikistan
Sun 4 Sutra 276
Khara 5113
Moon 13 - Phase 37
1st Phase

Bhuloka Day

Devaloka Time: 3:PM to 6:PM



Sunday, January 15, 2012

Kanya Rasi: 12.08 Titih 21 – 22
863696156
Creative Work Amrita Yoga
Until 1:12AM Mon then Siddha Yoga
Until 1:12AM Mon then Prabalarishta Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam
Hasta Nakshatra Athiganda* Yoga Vanija/Bava Karana Shasthi*/Saptami Yam Titau

Gulika 4:03PM – 5:16PM
Yama 1:36PM – 2:49PM
Rahu 5:16PM – 6:30PM
Hasta Until 1:12AM Mon
Athiganda* Until 6:16PM
Bava Until 4:18AM Mon
Shasthi* Until 6:08AM

Ganesha: Clear *Sunrise:* 8:42AM
Muruqa: Clear *Sunset:* 6:30PM
Nataraja: Yellow
Moon – Green
Pausha-Thai

Dushanbe, Tajikistan
Sun 5 Sutra 277
Khara 5113
Moon 13 - Phase 37
1st Phase

Devaloka Day

Thai Pongal



Monday, January 16, 2012
Retreat Star

Kanya Rasi: 26.12 Titih 23
Family Home Evening 863696156
Routine Work Prabalarishta Yoga
Until 11:57PM then Amrita Yoga
Until 1:12AM Tue then Siddha Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam
Chitra Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Ashtami* Yam Titau

Gulika 2:50PM – 4:04PM
Yama 12:22PM – 1:36PM
Rahu 9:55AM – 11:09AM
Chitra Until 11:57PM
Sukarma Until 3:28PM
Balava Until 3:17PM
Ashtami* Until 2:22AM Tue

Ganesha: Clear *Sunrise:* 8:41AM
Muruqa: Clear *Sunset:* 6:31PM
Nataraja: Yellow
Moon – Green
Pausha-Thai

Dushanbe, Tajikistan
Sun 6 Sutra 278
Khara 5113
Moon 13 - Phase 37
Ashtami

Devaloka Day

Tuesday, January 17, 2012
Retreat Star

Tula Rasi: 10.18 Titih 24
863696156
Creative Work Siddha Yoga
Until 10:37PM then Marana Yoga
Until 1:12AM Wed then Siddha Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam
Svati Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Navami* Yam Titau

Gulika 1:37PM – 2:50PM
Yama 11:09AM – 12:23PM
Rahu 4:04PM – 5:18PM
Svati Until 10:37PM
Dhriti Until 12:36PM
Taitila Until 1:16PM
Navami* Until 12:21AM Wed

Ganesha: Clear *Sunrise:* 8:41AM
Muruqa: Clear *Sunset:* 6:32PM
Nataraja: Yellow
Moon – Green
Pausha-Thai

Dushanbe, Tajikistan
Sun 7 Sutra 279
Khara 5113
Moon 13 - Phase 37
Navami


Devaloka Day

1 Wednesday, January 18, 2012 Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Dushanbe, Tajikistan
 Visakha Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Dasami Yam Titau Sun 8 Sutra 280
 Khara 5113
 Tula Rasi: 24.26 Tithi 25 873696156 **Gulika** 12:23PM – 1:37PM **Visakha** Until 9:15PM **Ganesha:** White *Sunrise:* 8:41AM
Yama 9:55AM – 11:09AM Shula* Until 9:41AM **Muruqa:** Clear *Sunset:* 6:33PM Moon 13 - Phase 38
Rahu 1:37PM – 2:51PM Vanija Until 11:13AM **Nataraja:** Yellow
 Moon – Orange **Bhuloka Day**
 Creative Work Siddha Yoga **Dasami** Until 10:18PM **Pausha*Thai** Devaloka Time: 3:PM to 6:PM

2 Thursday, January 19, 2012 Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Dushanbe, Tajikistan
 Anuradha Nakshatra Ganda*/Vridhhi Yoga Bava/Balava Karana Ekadasi* Yam Titau Sun 9 Sutra 281
 Khara 5113
 Vrischika Rasi: 8.34 Tithi 26 873696156 **Gulika** 11:09AM – 12:23PM **Anuradha** Until 7:53PM **Ganesha:** White *Sunrise:* 8:40AM
Yama 8:40AM – 9:54AM Ganda* Until 6:47AM **Muruqa:** Clear *Sunset:* 6:34PM Moon 13 - Phase 38
Rahu 2:51PM – 4:06PM Bava Until 9:09AM **Nataraja:** Yellow
 Moon – Orange **Bhuloka Day**
 Creative Work Siddha Yoga **Ekadasi*** Until 8:14PM **Pausha*Thai** Devaloka Time: 3:PM to 6:PM
 Until 1.13AM Fri then Prabalarishta Yoga

3 Friday, January 20, 2012 Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Dushanbe, Tajikistan
 Jyeshtha* Nakshatra Dhruva Yoga Kaulava/Tailila Karana Dvadasi* Yam Titau Sun 10 Sutra 282
 Khara 5113
 Vrischika Rasi: 22.41 Tithi 27 873696156 **Gulika** 9:54AM – 11:09AM **Jyeshtha*** Until 6:33PM **Ganesha:** White *Sunrise:* 8:40AM
Yama 4:06PM – 5:21PM Dhruva Until 1:15AM Sat **Muruqa:** Clear *Sunset:* 6:35PM Moon 13 - Phase 38
Rahu 12:23PM – 1:37PM Kaulava Until 7:09AM **Nataraja:** Yellow
 Moon – Orange **Bhuloka Day**
 Routine Work Prabalarishta Yoga **Dvadasi*** Until 6:13PM **Pausha*Thai** Devaloka Time: 3:PM to 6:PM
 Until 6:33PM then no yoga
 Until 1.13AM Sat then Siddha Yoga

4 Saturday, January 21, 2012 Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Dushanbe, Tajikistan
 Mula*/Purvashadha* Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Trayodasi*/Chaturdasi* Yam Titau Sun 11 Sutra 283
 Khara 5113
 Dhanus Rasi: 6.43 Tithi 28 – 29 883696156 **Gulika** 8:39AM – 9:54AM **Mula*** Until 5:21PM **Ganesha:** Green *Sunrise:* 8:39AM
Yama 2:52PM – 4:07PM Vyaghata* Until 10:30PM **Muruqa:** Clear *Sunset:* 6:36PM Moon 13 - Phase 38
Rahu 11:08AM – 12:23PM Visti Until 3:25AM Sun **Nataraja:** Yellow
 Moon – Light Blue **Bhuloka Day**
 Creative Work Siddha Yoga **Trayodasi*** Until 4:21PM **Pausha*Thai** Devaloka Time: 3:PM to 6:PM
 Until 5:21PM then Marana Yoga
 Until 1.14AM Sun then Siddha Yoga
Pradosha Vrata (Fasting)

 **Sunday, January 22, 2012** Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Dushanbe, Tajikistan
 Purvashadha*/Uttarashadha Nakshatra Harshana Yoga Sakuni*/Catuspada* Karana Chaturdasi*/Amavasya* Yam Titau Sun 12 Sutra 284
 Khara 5113
 Dhanus Rasi: 20.37 Tithi 29 – 30 883696156 **Gulika** 4:08PM – 5:23PM **Purvashadha*** Until 4:22PM **Ganesha:** Green *Sunrise:* 8:39AM
Yama 1:38PM – 2:53PM Harshana Until 7:57PM **Muruqa:** Clear *Sunset:* 6:37PM Moon 13 - Phase 38
Rahu 5:23PM – 6:37PM Catuspada Until 1:47AM Mon **Nataraja:** Yellow
 Moon – Light Blue **Bhuloka Day**
 Creative Work Siddha Yoga **Chaturdasi*** Until 2:42PM **Pausha*Thai** Devaloka Time: 3:PM to 6:PM
 Until 4:22PM then Amrita Yoga
 Until 1.14AM Mon then Marana Yoga

Monday, January 23, 2012 Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dushanbe, Tajikistan
 Uttarashadha/Sravana Nakshatra Vajra* Yoga Naga*/Kintughna* Karana Amavasya*/Prathama* Yam Titau Sun 13 Sutra 285
 Khara 5113
 Makara Rasi: 4.2 Tithi 30 – 1 883696156 **Gulika** 2:53PM – 4:08PM **Uttarashadha** Until 4:28PM **Ganesha:** Green *Sunrise:* 8:38AM
Yama 12:23PM – 1:38PM Vajra* Until 6:33PM **Muruqa:** Clear *Sunset:* 6:39PM Moon 13 - Phase 38
Rahu 9:53AM – 11:08AM Kintughna Until 2:02AM Tue **Nataraja:** Yellow
 Moon – Light Blue **Bhuloka Day**
 Family Home Evening **Amavasya*** Until 2:02PM **Magha*Thai** Devaloka Time: 3:PM to 6:PM
 Routine Work Marana Yoga
 Until 4:28PM then Amrita Yoga
 Until 1.14AM Tue then Siddha Yoga

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| 1 | Tuesday, January 24, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Sravana/Dhanishtha Nakshatra Siddhi/Vyatiyata* Yoga Bava/Balava Karana Prathama*/Dviliya Yam Titau | Dushanbe, Tajikistan |
| | Makara Rasi: 17.49 Tithi 1 – 2 893696156 | Gulika 1:39PM – 2:54PM Yama 11:08AM – 12:23PM Rahu 4:09PM – 5:24PM | Sun 14 Sutra 286 Khara 5113 Moon 13 - Phase 39 3rd Phase |
| Creative Work Siddha Yoga Until 4:12PM then Marana Yoga Until 1.14AM Wed then Prabalarishta Yoga | | Sravana Until 4:12PM Siddhi Until 4:34PM Balava Until 1:07AM Wed Prathama* Until 1:07PM | Ganesha: White Muruqa: Clear Nataraja: Yellow Moon – Purple Magha*Thai |
| | | | Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| 2 | Wednesday, January 25, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Satabhisha Nakshatra Vyatiyata*/Variyan Yoga Kaulava/Taitila Karana Dviliya/Triliya Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 0.59 Tithi 2 – 3 993696156 | Gulika 12:23PM – 1:39PM Yama 9:52AM – 11:08AM Rahu 1:39PM – 2:54PM | Sun 15 Sutra 287 Khara 5113 Moon 13 - Phase 39 3rd Phase |
| Routine Work Prabalarishta Yoga Until 4:28PM then Siddha Yoga Until 1.15AM Thu then Marana Yoga | | Dhanishtha Until 4:28PM Vyatiyata* Until 3:04PM Taitila Until 12:47AM Thu Dvitiya Until 12:47PM | Ganesha: Green Muruqa: Clear Nataraja: Yellow Moon – Purple Magha*Thai |
| | | | Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| 3 | Thursday, January 26, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Satabhisha/Purvaprostapada* Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Triliya/Chaturthi* Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 13.53 Tithi 3 – 4 993696156 | Gulika 11:07AM – 12:23PM Yama 8:36AM – 9:52AM Rahu 2:55PM – 4:10PM | Sun 16 Sutra 288 Khara 5113 Moon 13 - Phase 39 3rd Phase |
| Routine Work Marana Yoga Until 5:18PM then Siddha Yoga | | Satabhisha Until 5:18PM Variyan Until 2:06PM Vanija Until 1:03AM Fri Tritiya Until 1:03PM | Ganesha: Green Muruqa: Clear Nataraja: Yellow Moon – Purple Magha*Thai |
| | | | Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| 4 | Friday, January 27, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaprostapada* Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Chaturthi*/Panchami Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 26.28 Tithi 4 – 5 913796156 | Gulika 9:51AM – 11:07AM Yama 4:11PM – 5:27PM Rahu 12:23PM – 1:39PM | Sun 17 Sutra 289 Khara 5113 Moon 13 - Phase 39 3rd Phase |
| Creative Work Siddha Yoga | | Purvaprostapada* Until 7:45PM Parigha* Until 2:13PM Bava Until 3:43AM Sat Chaturthi* Until 2:38PM | Ganesha: Blue Muruqa: Clear Nataraja: Yellow Moon – Clear Magha*Thai |
| | | | Sivaloka Day |

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| 5 | Saturday, January 28, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraprostapada Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shasthi* Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 8.46 Tithi 5 – 6 914796156 | Gulika 8:34AM – 9:51AM Yama 2:56PM – 4:12PM Rahu 11:07AM – 12:23PM | Sun 18 Sutra 290 Khara 5113 Moon 13 - Phase 39 3rd Phase |
| Creative Work Siddha Yoga Until 9:47PM then Prabalarishta Yoga Until 1.15AM Sun then Amrita Yoga | | Uttaraprostapada Until 9:47PM Shiva Until 2:14PM Kaulava Until 5:15AM Sun Panchami Until 4:10PM | Ganesha: Red Muruqa: Clear Nataraja: Yellow Moon – Clear Magha*Thai |
| | | | Devaloka Day |

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| 6 | Sunday, January 29, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Siddha/Sadhya Yoga Taitila Karana Shasthi* Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 20.52 Tithi 6 914796156 | Gulika 4:12PM – 5:29PM Yama 1:40PM – 2:56PM Rahu 5:29PM – 6:45PM | Sun 19 Sutra 291 Khara 5113 Moon 13 - Phase 39 3rd Phase |
| Creative Work Amrita Yoga Until 12:17AM Mon then Siddha Yoga | | Revati Until 12:17AM Mon Siddha Until 2:40PM Taitila Until 7:17AM Mon Shasthi* Until 6:12PM | Ganesha: Red Muruqa: Clear Nataraja: Yellow Moon – Clear Magha*Thai |
| | | | Devaloka Day |

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| Monday, January 30, 2012 | Retreat Star | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Asvini Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptami Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 2.47 Tithi 7 Family Home Evening 924796156 Creative Work Siddha Yoga | Gulika 2:56PM – 4:13PM Yama 12:23PM – 1:40PM Rahu 9:50AM – 11:06AM | Sun 20 Sutra 292 Khara 5113 Moon 13 - Phase 39 3rd Phase |
| | | Asvini Until 3:06AM Tue Sadhya Until 3:24PM Gara Until 7:30AM Saptami Until 8:35PM | Ganesha: Blue Muruqa: Clear Nataraja: Yellow Moon – White Magha*Thai |
| | | | Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| Tuesday, January 31, 2012 | Retreat Star | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtami* Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 14.37 Tithi 8 924796156 | Gulika 1:40PM – 2:57PM Yama 11:06AM – 12:23PM Rahu 4:14PM – 5:31PM | Sun 21 Sutra 293 Khara 5113 Moon 13 - Phase 39 Ashtami |
| Creative Work Siddha Yoga Until 1.16AM Wed then Marana Yoga Until 6:27AM Wed then Amrita Yoga | | Bharani Until 6:27AM Wed Subha Until 4:17PM Visti Until 10:05AM Ashtami* Until 11:10PM | Ganesha: Blue Muruqa: Clear Nataraja: Yellow Moon – White Magha*Thai |
| | | | Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| Wednesday, February 1, 2012 | Retreat Star | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Bharani/Krittika Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navami* Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 26.26 Tithi 9 924796156 | Gulika 12:23PM – 1:40PM Yama 9:49AM – 11:06AM Rahu 1:40PM – 2:57PM | Sun 22 Sutra 294 Khara 5113 Moon 13 - Phase 39 Navami |
| Routine Work Marana Yoga Until 6:27AM then Amrita Yoga Until 1.16AM Thu then Marana Yoga | | Bharani Until 6:27AM Sukla Until 5:12PM Balava Until 12:40PM Navami* Until 1:46AM Thu | Ganesha: Blue Muruqa: Clear Nataraja: Yellow Moon – White Magha*Thai |
| | | | Bhuloka Day Devaloka Time: 3:PM to 6:PM |

From Him, also, are born the Gods, in manifold ways, the celestials, men, cattle, birds, the in-breath and the out-breath, rice and barley, austerity, faith, truth, chastity and the law. Atharva Veda, Mundu 2.1.7. UpR, 681

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| 1 | Thursday, February 2, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Krittika/Rohini Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dasami Yam Titau | Dushanbe, Tajikistan |
| | 942796156 | Gulika 11:06AM – 12:23PM Yama 8:31AM – 9:48AM Rahu 2:57PM – 4:14PM | Sun 23 Sutra 295 Khara 5113 Moon 13 - Phase 40 4th Phase |
| | 942796156 | Krittika Until 9:18AM Brahma Until 5:57PM Taitila Until 3:05PM Dasami Until 4:10AM Fri | Ganesha: Blue <i>Sunrise:</i> 8:31AM Muruqa: Clear <i>Sunset:</i> 6:49PM Nataraja: Yellow Moon – White Magha-Thai |
| | Routine Work Marana Yoga | | Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| 2 | Friday, February 3, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini/Mrigasira Nakshatra Indra Yoga Vanija/Visli* Karana Ekadasi Yam Titau | Dushanbe, Tajikistan |
| | 934797156 | Gulika 9:48AM – 11:05AM Yama 4:15PM – 5:32PM Rahu 12:23PM – 1:40PM | Sun 24 Sutra 296 Khara 5113 Moon 13 - Phase 40 4th Phase |
| | 934797156 | Rohini Until 11:48AM Indra Until 6:23PM Vanija Until 5:06PM Ekadasi Until 6:12AM Sat | Ganesha: Yellow <i>Sunrise:</i> 8:30AM Muruqa: White <i>Sunset:</i> 6:50PM Nataraja: Yellow Moon – Yellow Magha-Thai |
| | Routine Work Marana Yoga Until 11:48AM then Siddha Yoga | | Sivaloka Day |

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| 3 | Saturday, February 4, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Mrigasira/Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Dvadasi Yam Titau | Dushanbe, Tajikistan |
| | 934797157 | Gulika 8:29AM – 9:47AM Yama 2:58PM – 4:16PM Rahu 11:05AM – 12:23PM | Sun 25 Sutra 297 Khara 5113 Moon 13 - Phase 40 4th Phase |
| | 934797157 | Mrigasira Until 1:10PM Vaidhriti* Until 5:27PM Bava Until 5:31PM Dvadasi Until 6:12AM Sun | Ganesha: Yellow <i>Sunrise:</i> 8:29AM Muruqa: White <i>Sunset:</i> 6:51PM Nataraja: White Moon – Yellow Magha-Thai |
| | Creative Work Siddha Yoga | | Subha Sivaloka Day |

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| 4 | Sunday, February 5, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Ardra/Punarvasu Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Dvadasi/Trayodasi Yam Titau | Dushanbe, Tajikistan |
| | 934797157 | Gulika 4:16PM – 5:34PM Yama 1:40PM – 2:58PM Rahu 5:34PM – 6:52PM | Sun 26 Sutra 298 Khara 5113 Moon 13 - Phase 40 4th Phase |
| | 934797157 | Ardra Until 2:23PM Vishkambha* Until 4:50PM Kaulava Until 6:12PM Dvadasi Until 6:12AM <i>Pradosha Vrata</i> | Ganesha: Yellow <i>Sunrise:</i> 8:28AM Muruqa: White <i>Sunset:</i> 6:52PM Nataraja: White Moon – Yellow Magha-Thai |
| | Creative Work Siddha Yoga Until 1.16AM Mon then Amrita Yoga | | Subha Sivaloka Day |

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| 5 | Monday, February 6, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Taitila/Vanija Karana Trayodasi*/Chaturdasi* Yam Titau | Dushanbe, Tajikistan |
| | 944797157 | Gulika 2:59PM – 4:17PM Yama 12:22PM – 1:40PM Rahu 9:46AM – 11:04AM | Sun 27 Sutra 299 Khara 5113 Moon 13 - Phase 40 4th Phase |
| | 944797157 | Punarvasu Until 2:55PM Priti Until 3:35PM Vanija Until 6:08PM Trayodasi Until 6:08AM | Ganesha: White <i>Sunrise:</i> 8:27AM Muruqa: White <i>Sunset:</i> 6:53PM Nataraja: White Moon – Blue Magha-Thai |
| | Creative Work Amrita Yoga Until 2:55PM then Siddha Yoga | Thai Pusam | Sivaloka Day |

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| ○ | Tuesday, February 7, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Pushya/Aslesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnima* Yam Titau | Dushanbe, Tajikistan |
| | Copper Retreat Star | Gulika 1:40PM – 2:59PM Yama 11:03AM – 12:22PM Rahu 4:17PM – 5:36PM | Sutra 300 Khara 5113 Moon 13 - Phase 40 Purnima |
| | 944797157 | Pushya Until 2:07PM Ayushman Until 1:11PM Visti Until 4:26PM Purnima* Until 3:31AM Wed | Ganesha: White <i>Sunrise:</i> 8:26AM Muruqa: White <i>Sunset:</i> 6:54PM Nataraja: White Moon – Blue Magha-Thai |
| | Creative Work Siddha Yoga | | Sivaloka Day |

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| ○ | Wednesday, February 8, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Aslesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathama* Yam Titau | Dushanbe, Tajikistan |
| | Silver Retreat Star | Gulika 12:22PM – 1:41PM Yama 9:44AM – 11:03AM Rahu 1:41PM – 2:59PM | Sutra 301 Khara 5113 Moon 13 - Phase 40 Prathama |
| | 944797157 | Aslesha* Until 1:21PM Saubhagya Until 10:51AM Balava Until 3:01PM Prathama* Until 2:06AM Thu | Ganesha: White <i>Sunrise:</i> 8:25AM Muruqa: White <i>Sunset:</i> 6:56PM Nataraja: White Moon – Blue Magha-Thai |
| | Creative Work Siddha Yoga Until 1.16AM Thu then Amrita Yoga | | Sivaloka Day |



Thursday, February 9, 2012
Gold Retreat Star

Simha Rasi: 9.47 Tithi 17
954797167
Creative Work Amrita Yoga
Until 12:05PM then no yoga
Until 1.16AM Fri then Siddha Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam
Magha*/Purvaphalguni* Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Dvitiya Yam Titau
Gulika 11:03AM – 12:22PM **Magha* Until 12:05PM**
Yama 8:24AM – 9:43AM Sobhana Until 8:03AM
Rahu 3:00PM – 4:19PM Taitila Until 1:04PM
Dvitiya Until 12:09AM Fri

Ganesha: Clear *Sunrise: 8:24AM*
Muruqa: Yellow *Sunset: 6:57PM*
Nataraja: Blue
Moon – Red
Magha*Thai

Dushanbe, Tajikastan
Sutra 302
Khara 5113
Moon 1 - Phase 41
1st Phase
Devaloka Day

1

Friday, February 10, 2012

Simha Rasi: 24.03 Tithi 18
955797267
Creative Work Siddha Yoga
Until 1.16AM Sat then Marana Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvaphalguni*/Uttaraphalguni Nakshatra Sukarma Yoga Vanija/Visti* Karana Tritiya Yam Titau
Gulika 9:43AM – 11:02AM **Purvaphalguni* Until 10:29AM**
Yama 4:19PM – 5:39PM Sukarma Until 2:15AM Sat
Rahu 12:21PM – 1:41PM Vanija Until 10:44AM
Tritiya Until 9:49PM

Ganesha: White *Sunrise: 8:23AM*
Muruqa: White *Sunset: 6:58PM*
Nataraja: Yellow
Moon – Red
Magha*Thai

Dushanbe, Tajikastan
Sun 1 Sutra 303
Khara 5113
Moon 1 - Phase 41
1st Phase
Subha Sivaloka Day

2

Saturday, February 11, 2012

Kanya Rasi: 8.26 Tithi 19
955797267
Routine Work Marana Yoga
Until 1.16AM Sun then Amrita Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam
Uttaraphalguni/Hasta Nakshatra Dhriti Yoga Bava/Balava Karana Chaturthi* Yam Titau
Gulika 8:22AM – 9:42AM **Uttaraphalguni Until 8:42AM**
Yama 3:00PM – 4:20PM Dhriti Until 10:58PM
Rahu 11:01AM – 12:21PM Bava Until 8:13AM
Chaturthi* Until 7:18PM

Ganesha: White *Sunrise: 8:22AM*
Muruqa: White *Sunset: 6:59PM*
Nataraja: Yellow
Moon – Red
Magha*Thai

Dushanbe, Tajikastan
Sun 2 Sutra 304
Khara 5113
Moon 1 - Phase 41
1st Phase
Subha Sivaloka Day

3

Sunday, February 12, 2012

Kanya Rasi: 22.49 Tithi 20 – 21
965797267
Creative Work Amrita Yoga
Until 6:53AM then Siddha Yoga
Until 1.16AM Mon then Prabalarishta Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam
Hasta/Chitra Nakshatra Shula* Yoga Taitila/Gara Karana Panchami/Shasthi* Yam Titau
Gulika 4:20PM – 5:40PM **Hasta Until 6:53AM**
Yama 1:41PM – 3:00PM Shula* Until 7:40PM
Rahu 5:40PM – 7:00PM Gara Until 3:50AM Mon
Panchami Until 4:46PM

Ganesha: Clear *Sunrise: 8:21AM*
Muruqa: White *Sunset: 7:00PM*
Nataraja: Yellow
Moon – Green
Magha*Thai

Dushanbe, Tajikastan
Sun 3 Sutra 305
Khara 5113
Moon 1 - Phase 41
1st Phase
Sivaloka Day

4

Monday, February 13, 2012

Tula Rasi: 7.08 Tithi 21 – 22
Family Home Evening
965797267
Creative Work Amrita Yoga
Until 1.16AM Tue then Siddha Yoga
Until 4:04AM Tue then Marana Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam
Svati Nakshatra Ganda*/Vridhhi Yoga Vanija/Visti* Karana Shasthi*/Saptami Yam Titau
Gulika 3:01PM – 4:21PM **Svati Until 4:04AM Tue**
Yama 12:20PM – 1:41PM Ganda* Until 4:28PM
Rahu 9:40AM – 11:00AM Visti Until 1:26AM Tue
Shasthi* Until 2:21PM

Ganesha: Clear *Sunrise: 8:20AM*
Muruqa: White *Sunset: 7:01PM*
Nataraja: Yellow
Moon – Green
Magha*Mas

Dushanbe, Tajikastan
Sun 4 Sutra 306
Khara 5113
Moon 1 - Phase 41
1st Phase
Sivaloka Day

Retreat Star

Tuesday, February 14, 2012

Tula Rasi: 21.2 Tithi 22 – 23
975797267
Routine Work Marana Yoga
Until 1.16AM Wed then Siddha Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam
Visakha Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Saptami/Ashtami* Yam Titau
Gulika 1:41PM – 3:01PM **Visakha Until 2:34AM Wed**
Yama 11:00AM – 12:20PM Vridhhi Until 1:28PM
Rahu 4:21PM – 5:42PM Balava Until 11:14PM
Saptami Until 12:10PM

Ganesha: Purple *Sunrise: 8:19AM*
Muruqa: White *Sunset: 7:02PM*
Nataraja: Yellow
Moon – Orange
Magha*Mas

Dushanbe, Tajikastan
Sun 5 Sutra 307
Khara 5113
Moon 1 - Phase 41
Ashtami
Subha Sivaloka Day

Wednesday, February 15, 2012

Retreat Star

Vrischika Rasi: 5.23 Tithi 23 – 24
975797267
Creative Work Siddha Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam
Anuradha Nakshatra Dhruva/Nyaghata* Yoga Kaulava/Taitila Karana Ashtami*/Navami* Yam Titau
Gulika 12:20PM – 1:41PM **Anuradha Until 1:20AM Thu**
Yama 9:38AM – 10:59AM Dhruva Until 10:42AM
Rahu 1:41PM – 3:01PM Taitila Until 9:18PM
Ashtami* Until 10:14AM

Ganesha: Purple *Sunrise: 8:18AM*
Muruqa: White *Sunset: 7:03PM*
Nataraja: Yellow
Moon – Orange
Magha*Mas

Dushanbe, Tajikastan
Sun 6 Sutra 308
Khara 5113
Moon 1 - Phase 41
Navami
Subha Sivaloka Day


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| 1 | Thursday, February 16, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Navami*/Dasami Yam Titau | | Dushanbe, Tajikistan |
| | Wrischika Rasi: 19.17 Tithi 24 – 25 975797267 | Gulika 10:59AM – 12:20PM Yama 8:17AM – 9:38AM Rahu 3:02PM – 4:23PM | Jyeshtha* Until 12:22AM Fri Vyaghata* Until 8:10AM Vanija Until 7:40PM Navami* Until 8:35AM | Sun 7 Sutra 309 Khara 5113 Moon 1 - Phase 42 2nd Phase |
| | Creative Work Siddha Yoga Until 1.16AM Fri then no yoga | | | Subha Sivaloka Day |

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| 2 | Friday, February 17, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Visti*/Bava Karana Dasami/Ekadasi* Yam Titau | | Dushanbe, Tajikistan |
| | Dhanus Rasi: 3.02 Tithi 25 – 26 985797267 | Gulika 9:37AM – 10:58AM Yama 4:23PM – 5:44PM Rahu 12:19PM – 1:40PM | Mula* Until 11:38PM Vajra* Until 3:13AM Sat Bava Until 6:17PM Dasami Until 7:12AM | Sun 8 Sutra 310 Khara 5113 Moon 1 - Phase 42 2nd Phase |
| | No Yoga Until 11:38PM then Siddha Yoga Until 1.16AM Sat then Marana Yoga | | | Sivaloka Day |

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| 3 | Saturday, February 18, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Balava/Taitila Karana Ekadasi*/Dvadasi* Yam Titau | | Dushanbe, Tajikistan |
| | Dhanus Rasi: 16.39 Tithi 26 – 27 985797267 | Gulika 8:14AM – 9:36AM Yama 3:02PM – 4:24PM Rahu 10:57AM – 12:19PM | Purvashadha* Until 12:29AM Sun Siddhi Until 2:31AM Sun Taitila Until 6:07PM Ekadasi* Until 6:07AM | Sun 9 Sutra 311 Khara 5113 Moon 1 - Phase 42 2nd Phase |
| | Routine Work Marana Yoga Until 12:29AM Sun then no yoga Until 1.16AM Sun then Amrita Yoga | | | Sivaloka Day |

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| 4 | Sunday, February 19, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodasi* Yam Titau | | Dushanbe, Tajikistan |
| | Makara Rasi: 0.07 Tithi 28 986797267 | Gulika 4:24PM – 5:46PM Yama 1:40PM – 3:02PM Rahu 5:46PM – 7:08PM | Uttarashadha Until 12:15AM Mon Vyatipata* Until 12:35AM Mon Gara Until 5:13PM Trayodasi* Until 5:13AM Mon | Sun 10 Sutra 312 Khara 5113 Moon 1 - Phase 42 2nd Phase |
| | Creative Work Amrita Yoga | | | Devaloka Day |
| | | | | <i>Pradosha Vrata (Fasting)</i> |

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| 5 | Monday, February 20, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Sraavana Nakshatra Variyan Yoga Visti*/Sakuni* Karana Chaturdasi* Yam Titau | | Dushanbe, Tajikistan |
| | Makara Rasi: 13.24 Tithi 29 996797267 | Gulika 3:02PM – 4:25PM Yama 12:18PM – 1:40PM Rahu 9:34AM – 10:56AM | Sraavana Until 12:20AM Tue Variyan Until 10:55PM Visti Until 4:38PM Chaturdasi* Until 4:38AM Tue | Sun 11 Sutra 313 Khara 5113 Moon 1 - Phase 42 2nd Phase |
| | Family Home Evening Creative Work Amrita Yoga Until 12:20AM Tue then Siddha Yoga Until 1.16AM Tue then Marana Yoga | Mahasivaratri | | Devaloka Day |

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|  | Tuesday, February 21, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Parigha* Yoga Catuspada*/Naga* Karana Amavasya* Yam Titau | | Dushanbe, Tajikistan |
| | Makara Rasi: 26.31 Tithi 30 996897267 | Gulika 1:40PM – 3:03PM Yama 10:55AM – 12:18PM Rahu 4:25PM – 5:47PM | Dhanishtha Until 12:45AM Wed Parigha* Until 9:35PM Catuspada Until 4:27PM Amavasya* Until 4:27AM Wed | Sun 12 Sutra 314 Khara 5113 Moon 1 - Phase 42 Amavasya |
| | Routine Work Marana Yoga Until 1.16AM Wed then Siddha Yoga | | | Sivaloka Day |

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| | Wednesday, February 22, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Satabhisha Nakshatra Shiva Yoga Kintughna*/Bava Karana Prathama* Yam Titau | | Dushanbe, Tajikistan |
| | Kumbha Rasi: 9.25 Tithi 1 996897267 | Gulika 12:17PM – 1:40PM Yama 9:32AM – 10:54AM Rahu 1:40PM – 3:03PM | Satabhisha Until 1:33AM Thu Shiva Until 8:36PM Kintughna Until 4:40PM Prathama* Until 4:40AM Thu | Sun 13 Sutra 315 Khara 5113 Moon 1 - Phase 42 Prathama |
| | Creative Work Siddha Yoga Until 1.16AM Thu then Marana Yoga Until 1:33AM Thu then Siddha Yoga | | | Sivaloka Day |

He is God, hidden in all beings, their inmost soul who is in all. He watches the works of creation, lives in all things, watches all things. He is pure consciousness, beyond the three conditions of nature. Krishna Yajur Veda, Svetu 6.11. UpM, 95

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| 1 | Thursday, February 23, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Purvaprostapada* Nakshatra Siddha Yoga Balava/Kaulava Karana Dvitiya Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 22.05 Tithi 2 | Gulika 10:54AM – 12:17PM Purvaprostapada* Until 4:30AM Fri | Sun 14 Sutra 316 Khara 5113 |
| | 916897267 | Yama 8:08AM – 9:31AM Siddha Until 9:05PM | Moon 1 - Phase 43 |
| Creative Work Siddha Yoga | Rahu 3:03PM – 4:26PM Balava Until 6:22PM | Nataraja: Yellow Moon – Clear | 3rd Phase |
| | | Dvitiya Until 6:30AM Fri | Phalguna-Masi Subha Sivaloka Day |

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| 2 | Friday, February 24, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraprostapada Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiya Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 4.31 Tithi 2 – 3 | Gulika 9:30AM – 10:53AM Uttaraprostapada Until 6:17AM Sat | Sun 15 Sutra 317 Khara 5113 |
| | 916897267 | Yama 4:26PM – 5:50PM Sadhya Until 8:52PM | Moon 1 - Phase 43 |
| Creative Work Siddha Yoga | Rahu 12:16PM – 1:40PM Taitila Until 7:36PM | Nataraja: Yellow Moon – Clear | 3rd Phase |
| Until 6:17AM Sat then Prabalarishta Yoga | | Dvitiya Until 6:30AM | Phalguna-Masi Subha Sivaloka Day |


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| 3 | Saturday, February 25, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturthi* Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 16.45 Tithi 3 – 4 | Gulika 8:05AM – 9:29AM Revati Until 8:26AM Sun | Sun 16 Sutra 318 Khara 5113 |
| | 916897267 | Yama 3:03PM – 4:27PM Subha Until 9:04PM | Moon 1 - Phase 43 |
| Routine Work Prabalarishta Yoga | Rahu 10:52AM – 12:16PM Vanija Until 9:18PM | Nataraja: Yellow Moon – Clear | 3rd Phase |
| Until 1.15AM Sun then Amrita Yoga | | Tritiya Until 8:13AM | Phalguna-Masi Subha Sivaloka Day |
| Until 8:26AM Sun then Siddha Yoga | | | |

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| 4 | Sunday, February 26, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Asvini Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi*/Panchami Yam Titau | Dushanbe, Tajikistan |
| | Meena Rasi: 28.47 Tithi 4 – 5 | Gulika 4:27PM – 5:51PM Revati Until 8:26AM | Sun 17 Sutra 319 Khara 5113 |
| | 917897267 | Yama 1:39PM – 3:03PM Sukla Until 9:36PM | Moon 1 - Phase 43 |
| Creative Work Amrita Yoga | Rahu 5:51PM – 7:15PM Bava Until 11:25PM | Nataraja: Yellow Moon – Clear | 3rd Phase |
| Until 8:26AM then Siddha Yoga | | Chaturthi* Until 10:20AM | Phalguna-Masi Sivaloka Day |
| | | | Subramuniyaswami Siva Vision Day |

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| 5 | Monday, February 27, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Asvini/Bharani Nakshatra Brahma Yoga Balava/Kaulava Karana Panchami/Shasthi* Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 10.4 Tithi 5 – 6 | Gulika 3:04PM – 4:28PM Asvini Until 11:19AM | Sun 18 Sutra 320 Khara 5113 |
| | 927897267 | Yama 12:15PM – 1:39PM Brahma Until 10:25PM | Moon 1 - Phase 43 |
| Family Home Evening | Rahu 9:26AM – 10:51AM Kaulava Until 1:52AM Tue | Nataraja: Yellow Moon – White | 3rd Phase |
| Creative Work Siddha Yoga | | Panchami Until 12:46PM | Phalguna-Masi Devaloka Day |

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| 6 | Tuesday, February 28, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Indra Yoga Taitila/Gara Karana Shasthi*/Saptami Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 22.29 Tithi 6 – 7 | Gulika 1:39PM – 3:04PM Bharani Until 2:23PM | Sun 19 Sutra 321 Khara 5113 |
| | 927897267 | Yama 10:50AM – 12:15PM Indra Until 11:23PM | Moon 1 - Phase 43 |
| Creative Work Siddha Yoga | Rahu 4:28PM – 5:53PM Gara Until 4:28AM Wed | Nataraja: Yellow Moon – White | 3rd Phase |
| Until 1.15AM Wed then Amrita Yoga | | Shasthi* Until 3:23PM | Phalguna-Masi Devaloka Day |

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| | Wednesday, February 29, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Vaidhriti* Yoga Vanija Karana Saptami Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star | Gulika 12:14PM – 1:39PM Krittika Until 5:27PM | Sun 20 Sutra 322 Khara 5113 |
| | 927897267 | Yama 9:24AM – 10:49AM Vaidhriti* Until 12:21AM Thu | Moon 1 - Phase 43 |
| Crative Work Amrita Yoga | Rahu 1:39PM – 3:04PM Vanija Until 7:06AM Thu | Nataraja: Yellow Moon – White | 3rd Phase |
| Until 5:27PM then Siddha Yoga | | Saptami Until 6:01PM | Phalguna-Masi Devaloka Day |
| Until 1.15AM Thu then Marana Yoga | | | |

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|  | Thursday, March 1, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Rohini Nakshatra Vishkambha* Yoga Visti*/Bava Karana Ashtami* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star | Gulika 10:48AM – 12:13PM Rohini Until 8:21PM | Sun 21 Sutra 323 Khara 5113 |
| | 937897267 | Yama 7:57AM – 9:22AM Vishkambha* Until 1:11AM Fri | Moon 1 - Phase 43 |
| Crative Work Marana Yoga | Rahu 3:04PM – 4:29PM Visti Until 7:23AM | Nataraja: Yellow Moon – Yellow | Ashtami |
| Until 1.14AM Fri then Siddha Yoga | | Ashtami* Until 8:28PM | Phalguna-Masi Sivaloka Day |

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| | Friday, March 2, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Mrigasira Nakshatra Priti Yoga Balava/Kaulava Karana Navami* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star | Gulika 9:21AM – 10:47AM Mrigasira Until 10:55PM | Sun 22 Sutra 324 Khara 5113 |
| | 937897267 | Yama 4:30PM – 5:56PM Priti Until 1:41AM Sat | Moon 1 - Phase 43 |
| Crative Work Siddha Yoga | Rahu 12:12PM – 1:38PM Balava Until 9:27AM | Nataraja: Yellow Moon – Yellow | Navami |
| | | Navami* Until 10:32PM | Phalguna-Masi Sivaloka Day |

Self-resplendent, formless, unoriginated and pure, that all-pervading being is both within and without. He transcends even the transcendent, unmanifest, causal state of the universe. Atharva Veda, Mundu 2.1.2

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| 1 | Saturday, March 3, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Ardra Nakshatra Ayushman Yoga Tailita/Gara Karana Dasami Yam Titau | Dushanbe, Tajikistan |
| | Mithuna Rasi: 10.32 Tithi 10 937897267 | Gulika 7:54AM – 9:20AM Yama 3:04PM – 4:30PM Rahu 10:46AM – 12:12PM | Sun 23 Sutra 325 Khara 5113 Moon 1 - Phase 44 4th Phase |
| Creative Work Siddha Yoga Until 11:28PM then Marana Yoga Until 1.14AM Sun then Siddha Yoga | | Ardra Until 11:28PM Ayushman Until 12:17AM Sun Taitila Until 10:30AM Dasami Until 10:30PM | Ganesha: Red <i>Sunrise: 7:54AM</i> Muruqa: White <i>Sunset: 7:22PM</i> Nataraja: Yellow Moon – Yellow Phalguna-Masi |
| Sivaloka Day | | | |

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| 2 | Sunday, March 4, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu Nakshatra Saubhagya Yoga Vanija/Visti* Karana Ekadasi Yam Titau | Dushanbe, Tajikistan |
| | Mithuna Rasi: 23.14 Tithi 11 948897267 | Gulika 4:31PM – 5:57PM Yama 1:38PM – 3:04PM Rahu 5:57PM – 7:23PM | Sun 24 Sutra 326 Khara 5113 Moon 1 - Phase 44 4th Phase |
| Creative Work Siddha Yoga | | Punarvasu Until 12:39AM Mon Saubhagya Until 11:40PM Vanija Until 11:07AM Ekadasi Until 11:07PM | Ganesha: Blue <i>Sunrise: 7:52AM</i> Muruqa: White <i>Sunset: 7:23PM</i> Nataraja: Yellow Moon – Blue Phalguna-Masi |
| Devaloka Day | | | |

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| 3 | Monday, March 5, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Pushya Nakshatra Sobhana Yoga Bava/Balava Karana Dvadasi Yam Titau | Dushanbe, Tajikistan |
| | Kataka Rasi: 6.21 Tithi 12 Family Home Evening 148817267 | Gulika 3:04PM – 4:31PM Yama 12:11PM – 1:38PM Rahu 9:17AM – 10:44AM | Sun 25 Sutra 327 Khara 5113 Moon 1 - Phase 44 4th Phase |
| Creative Work Siddha Yoga | | Pushya Until 11:41PM Sobhana Until 9:14PM Bava Until 10:31AM Dvadasi Until 9:36PM | Ganesha: Green <i>Sunrise: 7:51AM</i> Muruqa: White <i>Sunset: 7:24PM</i> Nataraja: Yellow Moon – Blue Phalguna-Masi |
| Devaloka Day | | | |

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| 4 | Tuesday, March 6, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Aslesha* Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodasi Yam Titau | Dushanbe, Tajikistan |
| | Kataka Rasi: 19.55 Tithi 13 148817267 | Gulika 1:37PM – 3:04PM Yama 10:43AM – 12:10PM Rahu 4:31PM – 5:58PM | Sun 26 Sutra 328 Khara 5113 Moon 1 - Phase 44 4th Phase |
| Creative Work Siddha Yoga | | Aslesha* Until 11:17PM Athiganda* Until 7:15PM Kaulava Until 9:29AM Trayodasi Until 8:33PM | Ganesha: Green <i>Sunrise: 7:49AM</i> Muruqa: White <i>Sunset: 7:25PM</i> Nataraja: Yellow Moon – Blue Phalguna-Masi |
| Devaloka Day | | | |
| <i>Pradosha Vrata</i> | | | |

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| 5 | Wednesday, March 7, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdasi* Yam Titau | Dushanbe, Tajikistan |
| | Simha Rasi: 3.55 Tithi 14 158817267 | Gulika 12:10PM – 1:37PM Yama 9:13AM – 10:42AM Rahu 1:37PM – 3:04PM | Sun 27 Sutra 329 Khara 5113 Moon 1 - Phase 44 4th Phase |
| Creative Work Siddha Yoga Until 10:08PM then Amrita Yoga Until 1.13AM Thu then no yoga | | Magha* Until 10:08PM Sukarma Until 4:35PM Gara Until 7:37AM Chaturdasi* Until 6:42PM | Ganesha: Red <i>Sunrise: 7:48AM</i> Muruqa: White <i>Sunset: 7:26PM</i> Nataraja: Yellow Moon – Red Phalguna-Masi |
| Sivaloka Day | | | |

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| ○ | Thursday, March 8, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima*/Prathama* Yam Titau | Dushanbe, Tajikistan |
| | Simha Rasi: 18.19 Tithi 15 – 16 158817267 | Gulika 10:42AM – 12:09PM Yama 7:46AM – 9:14AM Rahu 3:05PM – 4:32PM | Sun 27 Sutra 330 Khara 5113 Moon 1 - Phase 44 Purnima |
| No Yoga Until 7:22PM then Prabalarishta Yoga Until 1.13AM Fri then Siddha Yoga | | Purvaphalguni* Until 7:22PM Dhriti Until 12:50PM Balava Until 1:42AM Fri Purnima* Until 3:25PM | Ganesha: Red <i>Sunrise: 7:46AM</i> Muruqa: White <i>Sunset: 7:27PM</i> Nataraja: Yellow Moon – Red Phalguna-Masi |
| Sivaloka Day | | | |

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| ○ | Friday, March 9, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama*/Dvitiya Yam Titau | Dushanbe, Tajikistan |
| | Kanya Rasi: 2.58 Tithi 16 – 17 158817267 | Gulika 9:13AM – 10:41AM Yama 4:33PM – 6:00PM Rahu 12:09PM – 1:37PM | Sun 27 Sutra 331 Khara 5113 Moon 1 - Phase 44 Prathama |
| Creative Work Siddha Yoga Until 5:14PM then Amrita Yoga Until 1.12AM Sat then Marana Yoga | | Uttaraphalguni Until 5:14PM Shula* Until 9:20AM Taitila Until 10:51PM Prathama* Until 12:33PM | Ganesha: Red <i>Sunrise: 7:45AM</i> Muruqa: White <i>Sunset: 7:28PM</i> Nataraja: Yellow Moon – Red Phalguna-Masi |
| Sivaloka Day | | | |

That part of Him which is characterized by tamas is called Rudra. That part of Him which belongs to rajas is Brahma. That part of Him which belongs to sattva is Vishnu. Kṛishṇa Yajur Veda, Maitu 5.2. bo UpH, 423



Saturday, March 10, 2012
Gold Retreat Star

Kanya Rasi: 17.47 Tithi 17 – 18
169817267
Routine Work Marana Yoga
Until 1.12AM Sun then Siddha Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam
Hasta/Chitra Nakshatra Vriddhi Yoga Gara/Vanija Karana Dvitiya/Tritiya Yam Titau

Gulika 7:43AM – 9:12AM **Hasta** **Until 2:52PM**
Yama 3:05PM – 4:33PM Vriddhi **Until 1:37AM Sun**
Rahu 10:40AM – 12:08PM Vanija **Until 7:44PM**
Dvitiya **Until 9:27AM**

Ganesha: Blue *Sunrise:* 7:43AM
Muruqa: White *Sunset:* 7:29PM
Nataraja: Yellow
Moon – Green
Phalguna-Masi

Dushanbe, Tajikastan
Sun 1 **Sutra 332**
Khara 5113
Moon 2 - Phase 45
1st Phase

Devaloka Day

1

Sunday, March 11, 2012

Tula Rasi: 2.37 Tithi 18 – 19
169817267
Creative Work Siddha Yoga
Until 1.12AM Mon then Amrita Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Chitra/Svati Nakshatra Dhruva Yoga Visti*/Balava Karana Tritiya/Chaturthi* Yam Titau

Gulika 4:33PM – 6:02PM **Chitra** **Until 12:29PM**
Yama 1:36PM – 3:05PM Dhruva **Until 9:53PM**
Rahu 6:02PM – 7:30PM Balava **Until 2:53AM Mon**
Tritiya **Until 6:19AM**

Ganesha: Blue *Sunrise:* 7:42AM
Muruqa: White *Sunset:* 7:30PM
Nataraja: Yellow
Moon – Green
Phalguna-Masi

Dushanbe, Tajikastan
Sun 2 **Sutra 333**
Khara 5113
Moon 2 - Phase 45
1st Phase

Devaloka Day

2

Monday, March 12, 2012

Tula Rasi: 17.2 Tithi 20
169817267
Family Home Evening
Creative Work Amrita Yoga
Until 10:16AM then Marana Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam
Svati/Visakha Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Panchami Yam Titau

Gulika 3:05PM – 4:34PM **Svati** **Until 10:16AM**
Yama 12:07PM – 1:36PM Vyaghata* **Until 6:19PM**
Rahu 9:09AM – 10:38AM Kaulava **Until 1:39PM**
Panchami **Until 11:56PM**

Ganesha: Blue *Sunrise:* 7:40AM
Muruqa: White *Sunset:* 7:31PM
Nataraja: Yellow
Moon – Green
Phalguna-Masi

Dushanbe, Tajikastan
Sun 3 **Sutra 334**
Khara 5113
Moon 2 - Phase 45
1st Phase

Devaloka Day

3

Tuesday, March 13, 2012

Wrischika Rasi: 1.5 Tithi 21
179817267
Routine Work Marana Yoga
Until 8:34AM then Siddha Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam
Visakha/Anuradha Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Shasthi* Yam Titau

Gulika 1:36PM – 3:05PM **Visakha** **Until 8:34AM**
Yama 10:37AM – 12:06PM Harshana **Until 3:39PM**
Rahu 4:34PM – 6:03PM Gara **Until 11:27AM**
Shasthi* **Until 10:32PM**

Ganesha: Red *Sunrise:* 7:39AM
Muruqa: White *Sunset:* 7:32PM
Nataraja: Yellow
Moon – Orange
Phalguna-Masi

Dushanbe, Tajikastan
Sun 4 **Sutra 335**
Khara 5113
Moon 2 - Phase 45
1st Phase

Sivaloka Day

4

Wednesday, March 14, 2012

Wrischika Rasi: 16.04 Tithi 22
179817267
Creative Work Siddha Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Saptami Yam Titau

Gulika 12:06PM – 1:35PM **Anuradha** **Until 7:01AM**
Yama 9:07AM – 10:36AM Vajra* **Until 12:37PM**
Rahu 1:35PM – 3:05PM Visti **Until 9:10AM**
Saptami **Until 8:15PM**

Ganesha: Red *Sunrise:* 7:37AM
Muruqa: White *Sunset:* 7:33PM
Nataraja: Yellow
Moon – Orange
Phalguna-Panguni

Dushanbe, Tajikastan
Sun 5 **Sutra 336**
Khara 5113
Moon 2 - Phase 45
1st Phase

Sivaloka Day



Thursday, March 15, 2012
Retreat Star

Dhanus Rasi: 0.01 Tithi 23
189817268
Creative Work Siddha Yoga
Until 1.11AM Fri then no yoga
Until 4:50AM Fri then Siddha Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam
Mula* Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Ashtami* Yam Titau

Gulika 10:35AM – 12:05PM **Mula*** **Until 4:50AM Fri**
Yama 7:36AM – 9:05AM Siddhi **Until 10:03AM**
Rahu 3:05PM – 4:35PM Balava **Until 7:26AM**
Ashtami* **Until 6:30PM**

Ganesha: Green *Sunrise:* 7:36AM
Muruqa: White *Sunset:* 7:34PM
Nataraja: White
Moon – Light Blue
Phalguna-Panguni

Dushanbe, Tajikastan
Sun 6 **Sutra 337**
Khara 5113
Moon 2 - Phase 45
Ashtami

Sivaloka Day

Friday, March 16, 2012

Retreat Star

Dhanus Rasi: 13.4 Tithi 24 – 25
189817268
Creative Work Siddha Yoga
Until 1.10AM Sat then Marana Yoga
Until 6:00AM Sat then no yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvashadha* Nakshatra Vyatipata*/Variyan Yoga Taitila/Vanija Karana Navami*/Dasami Yam Titau

Gulika 9:04AM – 10:34AM **Purvashadha*** **Until 6:00AM Sat**
Yama 4:35PM – 6:05PM Vyatipata* **Until 8:05AM**
Rahu 12:05PM – 1:35PM Taitila **Until 6:14AM**
Navami* **Until 6:14PM**

Ganesha: Green *Sunrise:* 7:34AM
Muruqa: White *Sunset:* 7:35PM
Nataraja: White
Moon – Light Blue
Phalguna-Panguni

Dushanbe, Tajikastan
Sun 7 **Sutra 338**
Khara 5113
Moon 2 - Phase 45
Navami

Sivaloka Day


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| 1 | Saturday, March 17, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Dasami/Ekadasi* Yam Titau | Dushanbe, Tajikistan |
| | Dhanus Rasi: 27.03 Tithi 26 – 26 No Yoga Until 1.10AM Sun then Amrita Yoga | Gulika 7:33AM – 9:03AM Yama 3:05PM – 4:35PM Rahu 10:33AM – 12:04PM | Sun 8 Sutra 339 Khara 5113 Moon 2 - Phase 46 2nd Phase Sivaloka Day |

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| 2 | Sunday, March 18, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Sravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadasi*/Dvadasi* Yam Titau | Dushanbe, Tajikistan |
| | Makara Rasi: 10.12 Tithi 26 – 27 Creative Work Amrita Yoga Until 6:21AM Mon then Siddha Yoga | Gulika 4:36PM – 6:06PM Yama 1:34PM – 3:05PM Rahu 6:06PM – 7:37PM | Sun 9 Sutra 340 Khara 5113 Moon 2 - Phase 46 2nd Phase Subha Subha Sivaloka Day |

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| 3 | Monday, March 19, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Sravana/Dhanishtha Nakshatra Siddha Yoga Taitila/Gara Karana Dvadasi*/Trayodasi* Yam Titau | Dushanbe, Tajikistan |
| | Makara Rasi: 23.08 Tithi 27 – 28 Family Home Evening Creative Work Amrita Yoga Until 6:21AM then Siddha Yoga Until 1.10AM Tue then Marana Yoga | Gulika 3:05PM – 4:36PM Yama 12:03PM – 1:34PM Rahu 9:01AM – 10:32AM | Sun 10 Sutra 341 Khara 5113 Moon 2 - Phase 46 2nd Phase Subha Subha Sivaloka Day |

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| 4 | Tuesday, March 20, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Dhanishtha/Satabhisha Nakshatra Sadhya Yoga Vanija Karana Trayodasi* Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 5.53 Tithi 28 Routine Work Marana Yoga Until 1.09AM Wed then Siddha Yoga | Gulika 1:33PM – 3:05PM Yama 10:31AM – 12:02PM Rahu 4:36PM – 6:08PM | Sun 11 Sutra 342 Khara 5113 Moon 2 - Phase 46 2nd Phase Subha Subha Sivaloka Day |

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| 5 | Wednesday, March 21, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Satabhisha/Purvaprostapada* Nakshatra Subha Yoga Visti*/Sakuni* Karana Chaturdasi* Yam Titau | Dushanbe, Tajikistan |
| | Kumbha Rasi: 18.28 Tithi 29 Creative Work Siddha Yoga Until 9:04AM then Amrita Yoga Until 1.09AM Thu then Siddha Yoga | Gulika 12:01PM – 1:33PM Yama 8:58AM – 10:30AM Rahu 1:33PM – 3:05PM | Sun 12 Sutra 343 Khara 5113 Moon 2 - Phase 46 2nd Phase Subha Subha Sivaloka Day |

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|  | Thursday, March 22, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Purvaprostapada*/Uttaraprostapada Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasya* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star Meena Rasi: 0.52 Tithi 30 Creative Work Siddha Yoga | Gulika 10:29AM – 12:01PM Yama 7:25AM – 8:57AM Rahu 3:05PM – 4:37PM | Sun 13 Sutra 344 Khara 5113 Moon 2 - Phase 46 Amavasya Subha Sivaloka Day |

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| | Friday, March 23, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraprostapada/Revati Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathama* Yam Titau | Dushanbe, Tajikistan |
| | Retreat Star Meena Rasi: 13.05 Tithi 1 Creative Work Siddha Yoga Until 1.08AM Sat then Prabalarishta Yoga | Gulika 8:56AM – 10:28AM Yama 4:37PM – 6:10PM Rahu 12:00PM – 1:33PM | Sun 14 Sutra 345 Khara 5113 Moon 2 - Phase 46 Prathama Subha Sivaloka Day |

O learned people, may we with our ears listen to what is beneficial, may we see with our eyes what is beneficial. May we, engaged in your praises, enjoy with firm limbs and sound bodies, a full term of life dedicated to God. %ig Veda 1.89.8. RvP, 287

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| 1 | Saturday, March 24, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Asvini Nakshatra Indra Yoga Balava/Kaulava Karana Dvitiya Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 25.1 Tithi 2 111917268 | Gulika 7:22AM – 8:54AM Yama 3:05PM – 4:38PM Rahu 10:27AM – 12:00PM | Sun 15 Sutra 346 Khara 5113 Moon 2 - Phase 47 3rd Phase |
| | Routine Work Prabalarishta Yoga Until 3:40PM then Siddha Yoga | Revati Until 3:40PM Indra Until 3:44AM Sun Balava Until 11:36AM Dvitiya Until 12:42AM Sun | Ganesha: Clear <i>Sunrise:</i> 7:22AM Muruqa: White <i>Sunset:</i> 7:43PM Nataraja: White Moon – Clear Chaitra•Panguni |
| | | | Subha Sivaloka Day |


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| 2 | Sunday, March 25, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Asvini Nakshatra Vaidhriti* Yoga Tailita/Gara Karana Tritiya Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 7.06 Tithi 3 121917268 | Gulika 4:38PM – 6:11PM Yama 1:32PM – 3:05PM Rahu 6:11PM – 7:44PM | Sun 16 Sutra 347 Khara 5113 Moon 2 - Phase 47 3rd Phase |
| | Creative Work Siddha Yoga Until 6:28PM then no yoga Until 1.08AM Mon then Siddha Yoga | Asvini Until 6:28PM Vaidhriti* Until 4:29AM Mon Tailita Until 1:55PM Tritiya Until 3:00AM Mon | Ganesha: Orange <i>Sunrise:</i> 7:20AM Muruqa: White <i>Sunset:</i> 7:44PM Nataraja: White Moon – White Chaitra•Panguni |
| | | | Subha Sivaloka Day |


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| 3 | Monday, March 26, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Chaturthi* Yam Titau | Dushanbe, Tajikistan |
| | Mesha Rasi: 18.56 Tithi 4 121917268 | Gulika 3:05PM – 4:38PM Yama 11:58AM – 1:32PM Rahu 8:52AM – 10:25AM | Sun 17 Sutra 348 Khara 5113 Moon 2 - Phase 47 3rd Phase |
| | Family Home Evening Creative Work Siddha Yoga Until 9:28PM then no yoga Until 1.07AM Tue then Siddha Yoga | Bharani Until 9:28PM Vishkambha* Until 5:25AM Tue Vanija Until 4:26PM Chaturthi* Until 5:32AM Tue | Ganesha: Orange <i>Sunrise:</i> 7:19AM Muruqa: White <i>Sunset:</i> 7:45PM Nataraja: White Moon – White Chaitra•Panguni |
| | | | Subha Sivaloka Day |

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| 4 | Tuesday, March 27, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Priti Yoga Bava Karana Panchami Yam Titau | Dushanbe, Tajikistan |
| | Vrishabha Rasi: 0.43 Tithi 5 121917268 | Gulika 1:31PM – 3:05PM Yama 10:24AM – 11:58AM Rahu 4:39PM – 6:12PM | Sun 18 Sutra 349 Khara 5113 Moon 2 - Phase 47 3rd Phase |
| | Creative Work Siddha Yoga Until 12:35AM Wed then Amrita Yoga Until 1.07AM Wed then Siddha Yoga | Krittika Until 12:35AM Wed Priti Until 6:53AM Wed Bava Until 7:05PM Panchami Until 8:37AM Wed | Ganesha: Orange <i>Sunrise:</i> 7:17AM Muruqa: White <i>Sunset:</i> 7:46PM Nataraja: White Moon – White Chaitra•Panguni |
| | | | Subha Sivaloka Day |

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| 5 | Wednesday, March 28, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Panchami/Shasthi* Yam Titau | Dushanbe, Tajikistan |
| | Vrishabha Rasi: 12.29 Tithi 5 – 6 132917268 | Gulika 11:57AM – 1:31PM Yama 8:49AM – 10:23AM Rahu 1:31PM – 3:05PM | Sun 19 Sutra 350 Khara 5113 Moon 2 - Phase 47 3rd Phase |
| | Creative Work Siddha Yoga Until 1.07AM Thu then Marana Yoga | Rohini Until 3:41AM Thu Priti Until 6:53AM Kaulava Until 9:43PM Panchami Until 8:37AM | Ganesha: Red <i>Sunrise:</i> 7:16AM Muruqa: White <i>Sunset:</i> 7:47PM Nataraja: White Moon – Yellow Chaitra•Panguni |
| | | | Subha Sivaloka Day |

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| 6 | Thursday, March 29, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Mrigasira Nakshatra Ayushman/Saubhagya Yoga Tailita/Gara Karana Shasthi*/Saplami Yam Titau | Dushanbe, Tajikistan |
| | Vrishabha Rasi: 24.22 Tithi 6 – 7 132917268 | Gulika 10:22AM – 11:57AM Yama 7:14AM – 8:48AM Rahu 3:05PM – 4:39PM | Sun 20 Sutra 351 Khara 5113 Moon 2 - Phase 47 3rd Phase |
| | Routine Work Marana Yoga Until 1.07AM Fri then Siddha Yoga | Mrigasira Until 6:33AM Fri Ayushman Until 7:46AM Gara Until 12:10AM Fri Shasthi* Until 11:04AM | Ganesha: Red <i>Sunrise:</i> 7:14AM Muruqa: White <i>Sunset:</i> 7:48PM Nataraja: White Moon – Yellow Chaitra•Panguni |
| | | | Subha Sivaloka Day |

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|  | Friday, March 30, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Mrigasira/Ardra Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtami* Yam Titau | Dushanbe, Tajikistan |
| | Mithuna Rasi: 6.23 Tithi 7 – 8 132917268 | Gulika 8:47AM – 10:21AM Yama 4:39PM – 6:14PM Rahu 11:56AM – 1:30PM | Sun 21 Sutra 352 Khara 5113 Moon 2 - Phase 47 Ashtami |
| | Retreat Star Creative Work Siddha Yoga | Mrigasira Until 6:33AM Saubhagya Until 8:21AM Visti Until 2:15AM Sat Saptami Until 1:09PM | Ganesha: Red <i>Sunrise:</i> 7:12AM Muruqa: White <i>Sunset:</i> 7:48PM Nataraja: White Moon – Yellow Chaitra•Panguni |
| | | | Subha Sivaloka Day |

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|  | Saturday, March 31, 2012 | Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami*/Navami* Yam Titau | Dushanbe, Tajikistan |
| | Mithuna Rasi: 18.41 Tithi 8 – 9 132917268 | Gulika 7:11AM – 8:46AM Yama 3:05PM – 4:40PM Rahu 10:21AM – 11:55AM | Sun 22 Sutra 353 Khara 5113 Moon 2 - Phase 47 Navami |
| | Retreat Star Creative Work Siddha Yoga Until 8:26AM then Marana Yoga Until 1.06AM Sun then Siddha Yoga | Ardra Until 8:26AM Sobhana Until 8:16AM Balava Until 1:57AM Sun Ashtami* Until 1:57PM | Ganesha: Red <i>Sunrise:</i> 7:11AM Muruqa: White <i>Sunset:</i> 7:49PM Nataraja: White Moon – Yellow Chaitra•Panguni |
| | | Sri Rama Navami | Subha Sivaloka Day |

O self-luminous Divine remove the veil of ignorance from before me that I may behold your light. Reveal to me the spirit of the scriptures. May the truth of the scriptures be ever present to me. May I seek day and night to realize what I learn from the sages. %oig Veda Aitareya U Inv. UpP,95

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|------------------------------|--|---|---|---|---|---|
| 1 | Sunday, April 1, 2012 | Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu/Pushya Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Navami*/Dasami Yam Titau | | | | Dushanbe, Tajikistan |
| | Kataka Rasi: 1.19 Tithi 9 – 10 142917268 | Gulika 4:40PM – 6:15PM Yama 1:30PM – 3:05PM Rahu 6:15PM – 7:49PM | Punarvasu Until 9:43AM Athiganda* Until 7:46AM Taitila Until 2:39AM Mon Navami* Until 2:39PM | Ganesha: Blue Muruqa: White Nataraja: White Moon – Blue Chaitra•Panguni | <i>Sunrise:</i> 7:11AM <i>Sunset:</i> 7:49PM | Sun 23 Sutra 354 Khara 5113 Moon 2 - Phase 48 4th Phase Sivaloka Day |
| Creative Work Siddha Yoga | | | | | | |

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| 2 | Monday, April 2, 2012 | Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Pushya/Aslesha* Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Dasami/Ekadasi Yam Titau | | | | Dushanbe, Tajikistan |
| | Kataka Rasi: 14.23 Tithi 10 – 11 Family Home Evening 142917268 Creative Work Siddha Yoga | Gulika 3:05PM – 4:40PM Yama 11:55AM – 1:30PM Rahu 8:45AM – 10:20AM | Pushya Until 9:55AM Sukarma Until 6:30AM Vanija Until 12:55AM Tue Dasami Until 1:51PM | Ganesha: Blue Muruqa: White Nataraja: White Moon – Blue Chaitra•Panguni | <i>Sunrise:</i> 7:09AM <i>Sunset:</i> 7:50PM | Sun 24 Sutra 355 Khara 5113 Moon 2 - Phase 48 4th Phase Sivaloka Day |
| Yogaswami Mahasamadhi | | | | | | |

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| 3 | Tuesday, April 3, 2012 | Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Aslesha*/Magha* Nakshatra Shula* Yoga Visti*/Bava Karana Ekadasi/Dvadasi Yam Titau | | | | Dushanbe, Tajikistan |
| | Kataka Rasi: 27.55 Tithi 11 – 12 142917268 | Gulika 1:30PM – 3:05PM Yama 10:19AM – 11:54AM Rahu 4:40PM – 6:16PM | Aslesha* Until 9:34AM Shula* Until 1:56AM Wed Bava Until 11:54PM Ekadasi Until 12:50PM | Ganesha: Blue Muruqa: White Nataraja: White Moon – Blue Chaitra•Panguni | <i>Sunrise:</i> 7:08AM <i>Sunset:</i> 7:51PM | Sun 25 Sutra 356 Khara 5113 Moon 2 - Phase 48 4th Phase Sivaloka Day |
| Creative Work Siddha Yoga | | | | | | |

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| 4 | Wednesday, April 4, 2012 | Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Magha*/Purvaphalguni* Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadasi/Trayodasi Yam Titau | | | | Dushanbe, Tajikistan |
| | Simha Rasi: 11.56 Tithi 12 – 13 152917268 | Gulika 11:54AM – 1:29PM Yama 8:42AM – 10:18AM Rahu 1:29PM – 3:05PM | Magha* Until 8:23AM Ganda* Until 11:15PM Kaulava Until 9:59PM Dvadasi Until 10:55AM <i>Pradosha Vrata</i> | Ganesha: Yellow Muruqa: White Nataraja: White Moon – Red Chaitra•Panguni | <i>Sunrise:</i> 7:06AM <i>Sunset:</i> 7:52PM | Sun 26 Sutra 357 Khara 5113 Moon 2 - Phase 48 4th Phase Subha Sivaloka Day |
| Creative Work Siddha Yoga Until 8:23AM then Amrita Yoga Until 1:05AM Thu then no yoga | | | | | | |

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| 5 | Thursday, April 5, 2012 | Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Purvaphalguni*/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodasi/Chaturdasi* Yam Titau | | | | Dushanbe, Tajikistan |
| | Simha Rasi: 26.25 Tithi 13 – 14 152917268 | Gulika 10:17AM – 11:53AM Yama 7:05AM – 8:41AM Rahu 3:05PM – 4:41PM | Purvaphalguni* Until 6:25AM Vriddhi Until 7:00PM Gara Until 6:19PM Trayodasi Until 8:01AM | Ganesha: Yellow Muruqa: White Nataraja: White Moon – Red Chaitra•Panguni | <i>Sunrise:</i> 7:05AM <i>Sunset:</i> 7:53PM | Sun 27 Sutra 358 Khara 5113 Moon 2 - Phase 48 4th Phase Subha Sivaloka Day |
| No Yoga Until 6:25AM then Prabalarishta Yoga Until 1:05AM Fri then Siddha Yoga | | | | | | |

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| ○ | Friday, April 6, 2012 | Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnima* Yam Titau | | | | Dushanbe, Tajikistan |
| | Copper Retreat Star Kanya Rasi: 11.14 Tithi 15 162917268 | Gulika 8:40AM – 10:16AM Yama 4:41PM – 6:18PM Rahu 11:52AM – 1:29PM | Hasta Until 1:22AM Sat Dhruva Until 3:17PM Visti Until 3:09PM Purnima* Until 1:26AM Sat | Ganesha: White Muruqa: White Nataraja: White Moon – Green Chaitra•Panguni | <i>Sunrise:</i> 7:03AM <i>Sunset:</i> 7:54PM | Sun 28 Sutra 359 Khara 5113 Moon 2 - Phase 48 Purnima Sivaloka Day |
| Creative Work Amrita Yoga Until 1:04AM Sat then Marana Yoga | | Panguni Uttiram Hanuman Jayanti | | | | |

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| ○ | Saturday, April 7, 2012 | Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathama* Yam Titau | | | | Dushanbe, Tajikistan |
| | Silver Retreat Star Kanya Rasi: 26.17 Tithi 16 162917268 | Gulika 7:02AM – 8:38AM Yama 3:05PM – 4:42PM Rahu 10:15AM – 11:52AM | Chitra Until 10:36PM Vyaghata* Until 11:14AM Balava Until 11:36AM Prathama* Until 9:53PM | Ganesha: White Muruqa: White Nataraja: White Moon – Green Chaitra•Panguni | <i>Sunrise:</i> 7:02AM <i>Sunset:</i> 7:55PM | Sun 29 Sutra 360 Khara 5113 Moon 2 - Phase 48 Prathama Sivaloka Day |
| Routine Work Marana Yoga Until 10:36PM then Siddha Yoga | | | | | | |

Let us have concord with our own people, and concord with people who are strangers to us. Ashvins, create between us and the strangers a unity of hearts. Atharva Veda 7.52.1



Sunday, April 8, 2012
Gold Retreat Star

Tula Rasi: 11.26 Tithi 17
162917268
Creative Work Siddha Yoga
Until 7:43PM then Marana Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam
Svati Nakshatra Harshana/Vajra* Yoga Taitila/Gara Karana Dvitiya Yam Titau
Gulika 4:42PM – 6:19PM
Yama 1:28PM – 3:05PM
Rahu 6:19PM – 7:56PM
Svati Until 7:43PM
Harshana Until 7:03AM
Taitila Until 7:54AM
Dvitiya Until 6:11PM

Ganesha: White *Sunrise: 7:00AM*
Muruqa: White *Sunset: 7:56PM*
Nataraja: White
Moon – Green
Chaitra•Panguni

Sivaloka Day

Dushanbe, Tajikistan
Sun 1 Sutra 361
Khara 5113
Moon 3 - Phase 49
1st Phase

1

Monday, April 9, 2012

Tula Rasi: 26.29 Tithi 18 – 19
172917268
Family Home Evening
Routine Work Marana Yoga
Until 4:57PM then Siddha Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam
Visakha/Anuradha Nakshatra Siddhi Yoga Visti*/Bava Karana Tritiya/Chaturthi* Yam Titau
Gulika 3:05PM – 4:42PM
Yama 11:51AM – 1:28PM
Rahu 8:36AM – 10:13AM
Visakha Until 4:57PM
Siddhi Until 10:59PM
Bava Until 12:55AM Tue
Tritiya Until 2:37PM

Ganesha: Clear *Sunrise: 6:59AM*
Muruqa: White *Sunset: 7:57PM*
Nataraja: White
Moon – Orange
Chaitra•Panguni

Subha Sivaloka Day

Dushanbe, Tajikistan
Sun 2 Sutra 362
Khara 5113
Moon 3 - Phase 49
1st Phase

2

Tuesday, April 10, 2012

Vrischika Rasi: 11.2 Tithi 19 – 20
172117268
Creative Work Siddha Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Chaturthi*/Panchami Yam Titau
Gulika 1:28PM – 3:05PM
Yama 10:12AM – 11:50AM
Rahu 4:43PM – 6:20PM
Anuradha Until 2:31PM
Vyatipata* Until 7:14PM
Kaulava Until 9:42PM
Chaturthi* Until 11:25AM

Ganesha: Red *Sunrise: 6:57AM*
Muruqa: White *Sunset: 7:59PM*
Nataraja: White
Moon – Orange
Chaitra•Panguni

Subha Sivaloka Day

Dushanbe, Tajikistan
Sun 3 Sutra 363
Khara 5113
Moon 3 - Phase 49
1st Phase

3

Wednesday, April 11, 2012

Vrischika Rasi: 25.53 Tithi 20 – 21
173117268
Creative Work Siddha Yoga
Until 1:04PM then Marana Yoga
Until 1.03AM Thu then Siddha Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam
Jyeshtha/Mula* Nakshatra Varyani/Parigha* Yoga Taitila/Gara Karana Panchami/Shasthi* Yam Titau
Gulika 11:49AM – 1:27PM
Yama 8:34AM – 10:12AM
Rahu 1:27PM – 3:05PM
Jyeshtha* Until 1:04PM
Varyani Until 4:37PM
Gara Until 8:03PM
Panchami Until 8:58AM

Ganesha: Blue *Sunrise: 6:56AM*
Muruqa: White *Sunset: 7:59PM*
Nataraja: White
Moon – Orange
Chaitra•Panguni

Subha Subha Sivaloka Day

Dushanbe, Tajikistan
Sun 4 Sutra 364
Khara 5113
Moon 3 - Phase 49
1st Phase

4

Thursday, April 12, 2012

Dhanus Rasi: 10.02 Tithi 21 – 22
183117268
Creative Work Siddha Yoga

Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam
Mula*/Purvashadha* Nakshatra Parigha*/Shiva Yoga Vanija/Bava Karana Shasthi*/Saptami Yam Titau
Gulika 10:11AM – 11:49AM
Yama 6:54AM – 8:33AM
Rahu 3:05PM – 4:43PM
Mula* Until 11:39AM
Parigha* Until 1:43PM
Bava Until 4:57AM Fri
Shasthi* Until 6:48AM

Ganesha: Red *Sunrise: 6:54AM*
Muruqa: White *Sunset: 8:02PM*
Nataraja: White
Moon – Light Blue
Chaitra•Panguni

Subha Sivaloka Day

Dushanbe, Tajikistan
Sun 5 Sutra 365
Khara 5113
Moon 3 - Phase 49
1st Phase

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Friday, April 13, 2012
Retreat Star

Dhanus Rasi: 23.48 Tithi 23
183117268
Creative Work Siddha Yoga
Until 1.03AM Sat then no yoga

Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvashadha*/Uttarashadha Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ashtami* Yam Titau
Gulika 8:31AM – 10:10AM
Yama 4:44PM – 6:22PM
Rahu 11:48AM – 1:27PM
Purvashadha* Until 11:17AM
Shiva Until 11:51AM
Balava Until 5:18PM
Ashtami* Until 5:18AM Sat

Ganesha: Red *Sunrise: 6:53AM*
Muruqa: White *Sunset: 8:01PM*
Nataraja: White
Moon – Light Blue
Chaitra•Chaitra

Subha Sivaloka Day

Dushanbe, Tajikistan
Sun 6 Sutra 1
Nandana 5114
Moon 3 - Phase 49
Ashtami

Saturday, April 14, 2012
Retreat Star

Makara Rasi: 7.11 Tithi 24
283117268
No Yoga
Until 11:11AM then Siddha Yoga
Until 1.02AM Sun then Amrita Yoga

Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam
Uttarashadha/Sravana Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Navami* Yam Titau
Gulika 6:52AM – 8:30AM
Yama 3:05PM – 4:44PM
Rahu 10:09AM – 11:48AM
Uttarashadha Until 11:11AM
Siddha Until 10:05AM
Taitila Until 4:29PM
Navami* Until 4:29AM Sun

Ganesha: Blue *Sunrise: 6:52AM*
Muruqa: White *Sunset: 8:02PM*
Nataraja: White
Moon – Light Blue
Chaitra•Chaitra

Subha Subha Sivaloka Day

Dushanbe, Tajikistan
Sun 7 Sutra 2
Nandana 5114
Moon 3 - Phase 49
Navami

Chidambaram Abhishekam

1 Sunday, April 15, 2012
 Makara Rasi: 20.14 Tithi 25
 293117268
 Creative Work Amrita Yoga
 Until 11:43AM then Siddha Yoga

Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam
 Sravana/Dhanishtha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Dasami Yam Titau

Gulika 4:44PM – 6:23PM **Sravana Until 11:43AM**
Yama 1:26PM – 3:05PM **Sadhya Until 8:54AM**
Rahu 6:23PM – 8:03PM **Vanija Until 4:20PM**
Dasami Until 4:20AM Mon

Ganesha: Red *Sunrise: 6:50AM*
Muruqa: White *Sunset: 8:03PM*
Nataraja: White
 Moon – Purple
Chaitra-Chaitra

Dushanbe, Tajikastan
Sun 8 Sutra 3
 Nandana 5114
 Moon 3 - Phase 1
 2nd Phase
Subha Sivaloka Day

2 Monday, April 16, 2012
 Kumbha Rasi: 3 Tithi 26
Family Home Evening 293117268
 Creative Work Siddha Yoga
 Until 1.02AM Tue then Marana Yoga

Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam
 Dhanishtha/Satabhisha Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ekadasi* Yam Titau

Gulika 3:05PM – 4:45PM **Dhanishtha Until 12:46PM**
Yama 11:47AM – 1:26PM **Subha Until 8:12AM**
Rahu 8:28AM – 10:07AM **Bava Until 4:46PM**
Ekadasi* Until 4:46AM Tue

Ganesha: Red *Sunrise: 6:49AM*
Muruqa: White *Sunset: 8:03PM*
Nataraja: White
 Moon – Purple
Chaitra-Chaitra

Dushanbe, Tajikastan
Sun 9 Sutra 4
 Nandana 5114
 Moon 3 - Phase 1
 2nd Phase
Subha Sivaloka Day

3 Tuesday, April 17, 2012
 Kumbha Rasi: 15.31 Tithi 27
 293117268
 Routine Work Marana Yoga
 Until 1.02AM Wed then Amrita Yoga

Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam
 Satabhisha/Purvaprostapada* Nakshatra Sukla/Brahma Yoga Kaulava Karana Dvadasi* Yam Titau

Gulika 1:26PM – 3:05PM **Satabhisha Until 2:57PM**
Yama 10:07AM – 11:46AM **Sukla Until 8:03AM**
Rahu 4:45PM – 6:25PM **Kaulava Until 6:45PM**
Dvadasi* Until 7:05AM Wed

Ganesha: Red *Sunrise: 6:47AM*
Muruqa: White *Sunset: 8:04PM*
Nataraja: White
 Moon – Purple
Chaitra-Chaitra

Dushanbe, Tajikastan
Sun 10 Sutra 5
 Nandana 5114
 Moon 3 - Phase 1
 2nd Phase
Subha Sivaloka Day

4 Wednesday, April 18, 2012
 Kumbha Rasi: 27.51 Tithi 27 – 28
 213117268
 Creative Work Amrita Yoga
 Until 4:58PM then Siddha Yoga

Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam
 Purvaprostapada*Uttaraprostapada Nakshatra Brahma/Indra Yoga Talitla/Gara Karana Dvadasi*/Trayodasi* Yam Titau

Gulika 11:46AM – 1:26PM **Purvaprostapada* Until 4:58PM**
Yama 8:26AM – 10:06AM **Brahma Until 8:07AM**
Rahu 1:26PM – 3:06PM **Gara Until 8:10PM**
Dvadasi* Until 7:05AM
Pradosha Vrata (Fasting)

Ganesha: Clear *Sunrise: 6:46AM*
Muruqa: White *Sunset: 8:05PM*
Nataraja: White
 Moon – Clear
Chaitra-Chaitra

Dushanbe, Tajikastan
Sun 11 Sutra 6
 Nandana 5114
 Moon 3 - Phase 1
 2nd Phase
Subha Sivaloka Day


5 Thursday, April 19, 2012
 Meena Rasi: 10.01 Tithi 28 – 29
 213117268
 Creative Work Siddha Yoga

Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam
 Uttaraprostapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodasi*/Chaturdasi* Yam Titau

Gulika 10:05AM – 11:45AM **Uttaraprostapada Until 7:19PM**
Yama 6:44AM – 8:25AM **Indra Until 8:28AM**
Rahu 3:06PM – 4:46PM **Visti Until 9:57PM**
Trayodasi* Until 8:51AM

Ganesha: Clear *Sunrise: 6:44AM*
Muruqa: White *Sunset: 8:06PM*
Nataraja: White
 Moon – Clear
Chaitra-Chaitra

Dushanbe, Tajikastan
Sun 12 Sutra 7
 Nandana 5114
 Moon 3 - Phase 1
 2nd Phase
Subha Sivaloka Day

Friday, April 20, 2012
 **Retreat Star**
 Meena Rasi: 22.02 Tithi 29 – 30
 213117268
 Creative Work Siddha Yoga
 Until 9:55PM then Amrita Yoga
 Until 1.01AM Sat then Siddha Yoga

Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam
 Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdasi*/Amavasya* Yam Titau

Gulika 8:24AM – 10:04AM **Revati Until 9:55PM**
Yama 4:46PM – 6:27PM **Vaidhriti* Until 9:05AM**
Rahu 11:45AM – 1:25PM **Catuspada Until 12:01AM Sat**
Chaturdasi* Until 10:56AM

Ganesha: Clear *Sunrise: 6:43AM*
Muruqa: White *Sunset: 8:07PM*
Nataraja: White
 Moon – Clear
Chaitra-Chaitra

Dushanbe, Tajikastan
Sun 13 Sutra 8
 Nandana 5114
 Moon 3 - Phase 1
 Amavasya
Subha Sivaloka Day

Saturday, April 21, 2012
Retreat Star
 Mesha Rasi: 3.57 Tithi 30 – 1
 223117268
 Creative Work Siddha Yoga
 Until 1.01AM Sun then no yoga

Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam
 Asvini Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya*/Prathama* Yam Titau

Gulika 6:42AM – 8:23AM **Asvini Until 12:45AM Sun**
Yama 3:06PM – 4:47PM **Vishkambha* Until 9:53AM**
Rahu 10:03AM – 11:44AM **Kintughna Until 2:20AM Sun**
Amavasya* Until 1:14PM

Ganesha: Orange *Sunrise: 6:42AM*
Muruqa: White *Sunset: 8:08PM*
Nataraja: White
 Moon – White
Vaisaka-Chaitra

Dushanbe, Tajikastan
Sun 14 Sutra 9
 Nandana 5114
 Moon 3 - Phase 1
 Prathama
Subha Sivaloka Day

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|---|---|---|--|---|---|
| 1 | Sunday, April 22, 2012 | Nandana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama*/Dvitiya Yam Titau | | | Dushanbe, Tajikistan |
| | Mesha Rasi: 15.47 Tithi 1 – 2 223117268 | Gulika 4:47PM – 6:28PM Yama 1:25PM – 3:06PM Rahu 6:28PM – 8:09PM | Bharani Until 3:45AM Mon Priti Until 10:51AM Balava Until 4:49AM Mon Prathama* Until 3:44PM | Ganesha: Orange <i>Sunrise:</i> 6:40AM Muruqa: White <i>Sunset:</i> 8:09PM Nataraja: White Moon – White Vaisaka-Chaitra | Sun 15 Sutra 10 Nandana 5114 Moon 3 - Phase 2 3rd Phase Subha Sivaloka Day |
| No Yoga Until 1.01AM Mon then Siddha Yoga Until 3:45AM Mon then no yoga | | | | | |

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| 2 | Monday, April 23, 2012 | Nandana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Ayushman/Saubhagya Yoga Kaulava Karana Dvitiya Yam Titau | | | Dushanbe, Tajikistan |
| | Mesha Rasi: 27.35 Tithi 2 Family Home Evening 223117268 No Yoga | Gulika 3:06PM – 4:47PM Yama 11:43AM – 1:25PM Rahu 8:20AM – 10:02AM | Krittika Until 7:17AM Tue Ayushman Until 11:55AM Kaulava Until 7:24AM Tue Dvitiya Until 6:19PM | Ganesha: Orange <i>Sunrise:</i> 6:39AM Muruqa: White <i>Sunset:</i> 8:10PM Nataraja: White Moon – White Vaisaka-Chaitra | Sun 16 Sutra 11 Nandana 5114 Moon 3 - Phase 2 3rd Phase Subha Sivaloka Day |
| Until 1.00AM Tue then Siddha Yoga Until 7:17AM Tue then Amrita Yoga | | | | | |

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|--|--|---|--|---|---|
| 3 | Tuesday, April 24, 2012 | Nandana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Tritiya Yam Titau | | | Dushanbe, Tajikistan |
| | Wrishabha Rasi: 9.22 Tithi 3 223117269 | Gulika 1:24PM – 3:06PM Yama 10:01AM – 11:43AM Rahu 4:48PM – 6:29PM | Krittika Until 7:17AM Saubhagya Until 12:59PM Tailila Until 7:50AM Tritiya Until 8:55PM | Ganesha: Orange <i>Sunrise:</i> 6:38AM Muruqa: White <i>Sunset:</i> 8:11PM Nataraja: Clear Moon – White Vaisaka-Chaitra | Sun 17 Sutra 12 Nandana 5114 Moon 3 - Phase 2 3rd Phase Sivaloka Day |
| Creative Work Siddha Yoga Until 7:17AM then Amrita Yoga Until 1.00AM Wed then Siddha Yoga | | | | | |

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| 4 | Wednesday, April 25, 2012 | Nandana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigasira Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthi* Yam Titau | | | Dushanbe, Tajikistan |
| | Wrishabha Rasi: 21.11 Tithi 4 234117269 | Gulika 11:42AM – 1:24PM Yama 8:18AM – 10:00AM Rahu 1:24PM – 3:06PM | Rohini Until 10:19AM Sobhana Until 1:59PM Vanija Until 10:21AM Chaturthi* Until 11:27PM | Ganesha: White <i>Sunrise:</i> 6:37AM Muruqa: White <i>Sunset:</i> 8:12PM Nataraja: Clear Moon – Yellow Vaisaka-Chaitra | Sun 18 Sutra 13 Nandana 5114 Moon 3 - Phase 2 3rd Phase Devaloka Day |
| Creative Work Siddha Yoga Until 1.00AM Thu then Marana Yoga | | | | | |

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| 5 | Thursday, April 26, 2012 | Nandana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigasira/Ardra Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchami Yam Titau | | | Dushanbe, Tajikistan |
| | Mithuna Rasi: 3.05 Tithi 5 234117269 | Gulika 10:00AM – 11:42AM Yama 6:35AM – 8:17AM Rahu 3:06PM – 4:48PM | Mrigasira Until 1:09PM Athiganda* Until 2:48PM Bava Until 12:40PM Panchami Until 1:45AM Fri | Ganesha: White <i>Sunrise:</i> 6:35AM Muruqa: White <i>Sunset:</i> 8:13PM Nataraja: Clear Moon – Yellow Vaisaka-Chaitra | Sun 19 Sutra 14 Nandana 5114 Moon 3 - Phase 2 3rd Phase Devaloka Day |
| Routine Work Marana Yoga Until 1.00AM Fri then Siddha Yoga | | | | | |

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| 6 | Friday, April 27, 2012 | Nandana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Sukarma/Dhriti Yoga Kaulava/Tailita Karana Shasthi* Yam Titau | | | Dushanbe, Tajikistan |
| | Mithuna Rasi: 15.1 Tithi 6 234117269 | Gulika 8:16AM – 9:59AM Yama 4:49PM – 6:31PM Rahu 11:41AM – 1:24PM | Ardra Until 3:40PM Sukarma Until 3:19PM Kaulava Until 2:37PM Shasthi* Until 3:43AM Sat | Ganesha: White <i>Sunrise:</i> 6:34AM Muruqa: White <i>Sunset:</i> 8:14PM Nataraja: Clear Moon – Yellow Vaisaka-Chaitra | Sun 20 Sutra 15 Nandana 5114 Moon 3 - Phase 2 3rd Phase Devaloka Day |
| Creative Work Siddha Yoga Until 1.00AM Sat then Marana Yoga | | | | | |

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| Retreat Star | Saturday, April 28, 2012 | Nandana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptami Yam Titau | | | Dushanbe, Tajikistan |
| | Mithuna Rasi: 27.28 Tithi 7 244117269 | Gulika 6:33AM – 8:15AM Yama 3:07PM – 4:49PM Rahu 9:58AM – 11:41AM | Punarvasu Until 4:49PM Dhriti Until 2:45PM Gara Until 3:14PM Saptami Until 3:14AM Sun | Ganesha: Clear <i>Sunrise:</i> 6:33AM Muruqa: White <i>Sunset:</i> 8:15PM Nataraja: Clear Moon – Blue Vaisaka-Chaitra | Sun 21 Sutra 16 Nandana 5114 Moon 3 - Phase 2 3rd Phase Sivaloka Day |
| Routine Work Marana Yoga Until 4:49PM then Siddha Yoga | | | | | |

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| Retreat Star | Sunday, April 29, 2012 | Nandana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtami* Yam Titau | | | Dushanbe, Tajikistan |
| | Kataka Rasi: 10.05 Tithi 8 244117269 | Gulika 4:50PM – 6:33PM Yama 1:24PM – 3:07PM Rahu 6:33PM – 8:16PM | Pushya Until 6:09PM Shula* Until 2:19PM Visti Until 3:57PM Ashtami* Until 3:57AM Mon | Ganesha: Clear <i>Sunrise:</i> 6:31AM Muruqa: White <i>Sunset:</i> 8:16PM Nataraja: Clear Moon – Blue Vaisaka-Chaitra | Sun 22 Sutra 17 Nandana 5114 Moon 3 - Phase 2 Ashtami Sivaloka Day |
| Creative Work Siddha Yoga | | | | | |

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| Retreat Star | Monday, April 30, 2012 | Nandana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Aslesha* Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Navami* Yam Titau | | | Dushanbe, Tajikistan |
| | Kataka Rasi: 23.05 Tithi 9 Family Home Evening 244117269 Creative Work Siddha Yoga | Gulika 3:07PM – 4:50PM Yama 11:40AM – 1:23PM Rahu 8:14AM – 9:57AM | Aslesha* Until 6:47PM Ganda* Until 1:14PM Balava Until 3:55PM Navami* Until 3:55AM Tue | Ganesha: Clear <i>Sunrise:</i> 6:30AM Muruqa: White <i>Sunset:</i> 8:17PM Nataraja: Clear Moon – Blue Vaisaka-Chaitra | Sun 23 Sutra 18 Nandana 5114 Moon 3 - Phase 2 Navami Sivaloka Day |


Pursuit of the duties of the stage of life to which each one belongs—that, verily, is the rule! Others are like branches of a stem. With this, one tends upwards; otherwise, downwards. Krishna Yajur Veda, Maitu 4.3. bo UpR, 810

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| 1 | Tuesday, May 1, 2012 | Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni* Nakshatra Vriddhi/Dhruva Yoga Taitila/Gara Karana Dasami Yam Titau | | | Dushanbe, Tajikistan |
| | Simha Rasi: 6.3 Tithi 10 254117269 | Gulika 1:23PM – 3:07PM Yama 9:56AM – 11:35AM Rahu 4:51PM – 6:35PM | Magha* Until 5:43PM Vriddhi Until 11:03AM Taitila Until 2:19PM Dasami Until 1:23AM Wed | Ganesha: Purple <i>Sunrise:</i> 6:28AM Muruqa: White <i>Sunset:</i> 8:19PM Nataraja: Clear Moon – Red Vaisaka-Chaitra | Sun 24 Sutra 19 Nandana 5114 Moon 3 - Phase 3 4th Phase Devaloka Day |
| Creative Work Siddha Yoga Until 12.59AM Wed then Amrita Yoga | | | | | |

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| 2 | Wednesday, May 2, 2012 | Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni*/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visiti* Karana Ekadasi Yam Titau | | | Dushanbe, Tajikistan |
| | Simha Rasi: 20.23 Tithi 11 254117269 | Gulika 11:39AM – 1:23PM Yama 8:11AM – 9:55AM Rahu 1:23PM – 3:07PM | Purvaphalguni* Until 4:46PM Dhruva Until 8:37AM Vanija Until 12:37PM Ekadasi Until 11:42PM | Ganesha: Purple <i>Sunrise:</i> 6:27AM Muruqa: White <i>Sunset:</i> 8:19PM Nataraja: Clear Moon – Red Vaisaka-Chaitra | Sun 25 Sutra 20 Nandana 5114 Moon 3 - Phase 3 4th Phase Devaloka Day |
| Creative Work Amrita Yoga Until 12.59AM Thu then Prabalarishta Yoga | | | | | |

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| 3 | Thursday, May 3, 2012 | Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana Yoga Bava/Balava Karana Dvadasi Yam Titau | | | Dushanbe, Tajikistan |
| | Kanya Rasi: 4.44 Tithi 12 254117269 | Gulika 9:54AM – 11:39AM Yama 6:26AM – 8:10AM Rahu 3:07PM – 4:52PM | Uttaraphalguni Until 2:26PM Harshana Until 1:29AM Fri Bava Until 9:48AM Dvadasi Until 8:05PM | Ganesha: Purple <i>Sunrise:</i> 6:26AM Muruqa: White <i>Sunset:</i> 8:20PM Nataraja: Clear Moon – Red Vaisaka-Chaitra | Sun 26 Sutra 21 Nandana 5114 Moon 3 - Phase 3 4th Phase Devaloka Day |
| Routine Work Prabalarishta Yoga Until 2:26PM then no yoga Until 12.59AM Fri then Amrita Yoga | | | | | |

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| 4 | Friday, May 4, 2012 | Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Gara Karana Trayodasi/Chaturdasi* Yam Titau | | | Dushanbe, Tajikistan |
| | Kanya Rasi: 19.28 Tithi 13 – 14 264117269 | Gulika 8:09AM – 9:54AM Yama 4:52PM – 6:37PM Rahu 11:38AM – 1:23PM | Hasta Until 12:11PM Vajra* Until 9:56PM Kaulava Until 6:46AM Trayodasi Until 5:03PM <i>Pradosha Vrata</i> | Ganesha: Clear <i>Sunrise:</i> 6:25AM Muruqa: White <i>Sunset:</i> 8:21PM Nataraja: Clear Moon – Green Vaisaka-Chaitra | Sun 27 Sutra 22 Nandana 5114 Moon 3 - Phase 3 4th Phase Sivaloka Day |
| Creative Work Amrita Yoga Until 12:11PM then Siddha Yoga Until 12.59AM Sat then Marana Yoga | | | | | |

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|  | Saturday, May 5, 2012 | Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visiti* Karana Chaturdasi*/Purnima* Yam Titau | | | Dushanbe, Tajikistan |
| | Copper Retreat Star Tula Rasi: 4.3 Tithi 14 – 15 264217269 | Gulika 6:23AM – 8:08AM Yama 3:08PM – 4:53PM Rahu 9:53AM – 11:38AM | Chitra Until 9:28AM Siddhi Until 5:55PM Visiti Until 11:47PM Chaturdasi* Until 1:30PM | Ganesha: White <i>Sunrise:</i> 6:23AM Muruqa: White <i>Sunset:</i> 8:22PM Nataraja: Clear Moon – Green Vaisaka-Chaitra | Sutra 23 Nandana 5114 Moon 3 - Phase 3 Purnima Subha Sivaloka Day |
| Routine Work Marana Yoga Until 9:28AM then Siddha Yoga | | | | | |

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| | Sunday, May 6, 2012 | Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Visakha Nakshatra Vyatipata*Varyan Yoga Bava/Balava Karana Purnima*/Prathama* Yam Titau | | | Dushanbe, Tajikistan |
| | Silver Retreat Star Tula Rasi: 19.42 Tithi 15 – 16 264217269 | Gulika 4:53PM – 6:38PM Yama 1:23PM – 3:08PM Rahu 6:38PM – 8:23PM | Svati Until 6:29AM Vyatipata* Until 1:40PM Balava Until 7:58PM Purnima* Until 9:41AM | Ganesha: White <i>Sunrise:</i> 6:22AM Muruqa: White <i>Sunset:</i> 8:23PM Nataraja: Clear Moon – Green Vaisaka-Chaitra | Sutra 24 Nandana 5114 Moon 3 - Phase 3 Prathama Subha Sivaloka Day |
| Creative Work Siddha Yoga Until 6:29AM then Marana Yoga | | | | | |

When a man is born, whoever he may be, there is born simultaneously a debt to the Gods, to the sages, to the ancestors and to men. Shukla Yajur Veda, SataBR 1.7.2.1. VE, 393