



**Tuesday, April 19, 2011**  
**Gold Retreat Star**

Tula Rasi: 18.55      Tihi 17  
262456158  
Creative Work    Siddha Yoga  
Until 7:44AM then Marana Yoga  
Until 10.01PM 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**    12:33PM – 2:04PM    **Svati Until 7:44AM**  
**Yama**      9:32AM – 11:03AM      **Siddhi Until 8:33PM**  
**Rahu**      3:34PM – 5:05PM      **Taitila Until 12:31PM**  
**Dvitiya Until 10:48PM**

Nairobi, Kenya  
**Sutra 6**  
Khara 5113  
Moon 4 - Phase 1  
1st Phase  
**Sivaloka Day**  
**Ganesha:** White    *Sunrise:* 6:31AM  
**Muruqa:** Yellow    *Sunset:* 6:36PM  
**Nataraja:** Clear  
Moon – Green  
**Chaitra-Chaitra**

**1** **Wednesday, April 20, 2011**

Wrishchika Rasi: 3.38      Tihi 18  
272456158  
Creative Work    Siddha Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam  
Anuradha Nakshatra Vyatipata/Variyan Yoga Vanija/Visti\* Karana Tritiya Yam Titau  
**Gulika**    11:02AM – 12:33PM    **Anuradha Until 4:20AM Thu**  
**Yama**      8:01AM – 9:32AM      **Vyatipata\* Until 5:44PM**  
**Rahu**      12:33PM – 2:04PM      **Vanija Until 9:47AM**  
**Tritiya Until 8:52PM**

Nairobi, Kenya  
**Sutra 7**  
Khara 5113  
Moon 4 - Phase 1  
1st Phase  
**Devaloka Day**  
**Ganesha:** Yellow    *Sunrise:* 6:31AM  
**Muruqa:** Yellow    *Sunset:* 6:35PM  
**Nataraja:** Clear  
Moon – Orange  
**Chaitra-Chaitra**

**2** **Thursday, April 21, 2011**

Wrishchika Rasi: 17.58      Tihi 19  
272456158  
Creative Work    Siddha Yoga  
Until 10.01PM then Prabalarishta Yoga  
Until 2:39AM Fri then no yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam  
Jyeshtha\* Nakshatra Variyan/Parigha\* Yoga Bava/Balava Karana Chaturthi\* Yam Titau  
**Gulika**    9:32AM – 11:02AM    **Jyeshtha\* Until 2:39AM Fri**  
**Yama**      6:30AM – 8:01AM      **Variyan Until 2:36PM**  
**Rahu**      2:03PM – 3:34PM      **Bava Until 7:19AM**  
**Chaturthi\* Until 6:23PM**

Nairobi, Kenya  
**Sutra 8**  
Khara 5113  
Moon 4 - Phase 1  
1st Phase  
**Devaloka Day**  
**Ganesha:** Yellow    *Sunrise:* 6:30AM  
**Muruqa:** Yellow    *Sunset:* 6:35PM  
**Nataraja:** Clear  
Moon – Orange  
**Chaitra-Chaitra**

**3** **Friday, April 22, 2011**

Dhanus Rasi: 1.48      Tihi 20 – 21  
282456158  
No Yoga  
Until 10.01PM then Siddha Yoga  
Until 3:18AM Sat then Marana Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Mula\* Nakshatra Parigha\*/Shiva Yoga Taitila/Gara Karana Panchami/Shasthi\* Yam Titau  
**Gulika**    8:01AM – 9:31AM    **Mula\* Until 3:18AM Sat**  
**Yama**      3:34PM – 5:04PM      **Parigha\* Until 12:40PM**  
**Rahu**      11:02AM – 12:33PM    **Gara Until 5:41AM Sat**  
**Panchami Until 5:41PM**

Nairobi, Kenya  
**Sutra 9**  
Khara 5113  
Moon 4 - Phase 1  
1st Phase  
**Sivaloka Day**  
**Ganesha:** Blue      *Sunrise:* 6:30AM  
**Muruqa:** Yellow    *Sunset:* 6:35PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra-Chaitra**

**4** **Saturday, April 23, 2011**

Dhanus Rasi: 15.1      Tihi 21 – 22  
282466158  
Routine Work    Marana Yoga  
Until 10.01PM then Siddha Yoga  
Until 3:14AM Sun then Amrita Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam  
Purvashadha\* Nakshatra Shiva/Siddha Yoga Vanija/Visti\* Karana Shasthi\*/Saptami Yam Titau  
**Gulika**    6:30AM – 8:01AM    **Purvashadha\* Until 3:14AM Sun**  
**Yama**      2:03PM – 3:34PM      **Shiva Until 10:57AM**  
**Rahu**      9:31AM – 11:02AM    **Visti Until 4:55AM Sun**  
**Shasthi\* Until 4:55PM**

Nairobi, Kenya  
**Sutra 10**  
Khara 5113  
Moon 4 - Phase 1  
1st Phase  
**Sivaloka Day**  
**Ganesha:** Blue      *Sunrise:* 6:30AM  
**Muruqa:** Red        *Sunset:* 6:35PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra-Chaitra**

**5** **Sunday, April 24, 2011**

Dhanus Rasi: 28.05      Tihi 22 – 23  
282466158  
Creative Work    Amrita Yoga  
Until 10.00PM then Marana Yoga  
Until 3:59AM Mon then Amrita Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Uttarashadha Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Saptami/Ashtami\* Yam Titau  
**Gulika**    3:33PM – 5:04PM    **Uttarashadha Until 3:59AM Mon**  
**Yama**      12:32PM – 2:03PM      **Siddha Until 9:58AM**  
**Rahu**      5:04PM – 6:35PM      **Balava Until 5:01AM Mon**  
**Saptami Until 5:01PM**

Nairobi, Kenya  
**Sutra 11**  
Khara 5113  
Moon 4 - Phase 1  
1st Phase  
**Sivaloka Day**  
**Ganesha:** Blue      *Sunrise:* 6:30AM  
**Muruqa:** Red        *Sunset:* 6:35PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra-Chaitra**

**Monday, April 25, 2011**  
**Retreat Star**

Makara Rasi: 10.38      Tihi 23  
293466159  
**Family Home Evening**  
Creative Work    Amrita Yoga  
Until 10.00PM then Siddha Yoga  
Until 6:51AM Tue then Marana Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam  
Sravana Nakshatra Sadhya/Subha Yoga Kaulava Karana Ashtami\* Yam Titau  
**Gulika**    2:03PM – 3:33PM    **Sravana Until 6:51AM Tue**  
**Yama**      11:02AM – 12:32PM    **Sadhya Until 9:55AM**  
**Rahu**      8:00AM – 9:31AM      **Kaulava Until 8:01AM Tue**  
**Ashtami\* Until 6:56PM**


Nairobi, Kenya  
**Sutra 12**  
Khara 5113  
Moon 4 - Phase 1  
Ashtami  
**Devaloka Day**  
**Ganesha:** Green    *Sunrise:* 6:30AM  
**Muruqa:** Red        *Sunset:* 6:34PM  
**Nataraja:** Purple  
Moon – Purple  
**Chaitra-Chaitra**

**Tuesday, April 26, 2011**  
**Retreat Star**

Makara Rasi: 22.55      Tihi 24  
293466159  
Creative Work    Siddha Yoga  
Until 6:51AM then Marana Yoga  
Until 10.00PM 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**    12:32PM – 2:02PM    **Sravana Until 6:51AM**  
**Yama**      9:31AM – 11:01AM    **Subha Until 10:06AM**  
**Rahu**      3:33PM – 5:04PM      **Taitila Until 7:23AM**  
**Navami\* Until 8:29PM**

Nairobi, Kenya  
**Sutra 13**  
Khara 5113  
Moon 4 - Phase 1  
Navami  
**Devaloka Day**  
**Ganesha:** Green    *Sunrise:* 6:30AM  
**Muruqa:** Red        *Sunset:* 6:34PM  
**Nataraja:** Purple  
Moon – Purple  
**Chaitra-Chaitra**

<b>1</b>	<b>Wednesday, April 27, 2011</b>	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	Nairobi, Kenya <b>Sutra 14</b> Khara 5113
	Kumbha Rasi: 4.58      Tilthi 25 293566159	<b>Gulika</b> 11:01AM – 12:32PM <b>Yama</b> 8:00AM – 9:31AM <b>Rahu</b> 12:32PM – 2:02PM	<b>Dhanishtha</b> Until 9:24AM Sukla Until 10:39AM Vanija Until 9:22AM Dasami Until 10:28PM
	Routine Work    Prabalarishta Yoga Until 9:24AM then Siddha Yoga Until 10.00PM then Marana Yoga	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:30AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:34PM <b>Nataraja:</b> Purple Moon – Purple	<b>Sivaloka Day</b>
<b>2</b>	<b>Thursday, April 28, 2011</b>	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	Nairobi, Kenya <b>Sutra 15</b> Khara 5113
	Kumbha Rasi: 16.55      Tilthi 26 293566159	<b>Gulika</b> 9:30AM – 11:01AM <b>Yama</b> 6:29AM – 8:00AM <b>Rahu</b> 2:02PM – 3:33PM	<b>Satabhisha</b> Until 12:11PM Brahma Until 11:26AM Bava Until 11:38AM Ekadasi* Until 12:43AM Fri
	Routine Work    Marana Yoga Until 12:11PM then Siddha Yoga	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:34PM <b>Nataraja:</b> Purple Moon – Purple	<b>Sivaloka Day</b>
<b>3</b>	<b>Friday, April 29, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaprostapada*/Uttaraprostapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Tailila Karana Dvadasi* Yam Titau	Nairobi, Kenya <b>Sutra 16</b> Khara 5113
	Kumbha Rasi: 28.47      Tilthi 27 213566159	<b>Gulika</b> 8:00AM – 9:30AM <b>Yama</b> 3:33PM – 5:03PM <b>Rahu</b> 11:01AM – 12:31PM	<b>Purvaprostapada*</b> Until 3:06PM Indra Until 12:20PM Kaulava Until 2:02PM Dvadasi* Until 3:07AM Sat
	Creative Work    Siddha Yoga	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:34PM <b>Nataraja:</b> Purple Moon – Clear	<b>Sivaloka Day</b>
<b>4</b>	<b>Saturday, April 30, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mantra Vasara Yuktayam Uttaraprostapada Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodasi* Yam Titau	Nairobi, Kenya <b>Sutra 17</b> Khara 5113
	Meena Rasi: 10.39      Tilthi 28 213566159	<b>Gulika</b> 6:29AM – 8:00AM <b>Yama</b> 2:02PM – 3:32PM <b>Rahu</b> 9:30AM – 11:01AM	<b>Uttaraprostapada</b> Until 6:03PM Vaidhriti* Until 1:15PM Gara Until 4:27PM Trayodasi* Until 5:32AM Sun <i>Pradosha Vrata (Fasting)</i>
	Creative Work    Siddha Yoga Until 6:03PM then Prabalarishta Yoga Until 9.59PM then Amrita Yoga	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Clear	<b>Sivaloka Day</b>
<b>5</b>	<b>Sunday, May 1, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vishkambha*/Priti Yoga Visti* Karana Chaturdasi* Yam Titau	Nairobi, Kenya <b>Sutra 18</b> Khara 5113
	Meena Rasi: 22.32      Tilthi 29 213566159	<b>Gulika</b> 3:32PM – 5:03PM <b>Yama</b> 12:31PM – 2:02PM <b>Rahu</b> 5:03PM – 6:33PM	<b>Revati</b> Until 8:55PM Vishkambha* Until 2:06PM Visti Until 6:47PM Chaturdasi* Until 7:54AM Mon
	Creative Work    Amrita Yoga Until 8:55PM then Siddha Yoga	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Clear	<b>Sivaloka Day</b>
	<b>Monday, May 2, 2011</b>	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	Nairobi, Kenya <b>Sutra 19</b> Khara 5113
	<b>Retreat Star</b> Mesha Rasi: 4.3      Tilthi 29 – 30 <b>Family Home Evening</b> 223566159	<b>Gulika</b> 2:02PM – 3:32PM <b>Yama</b> 11:01AM – 12:31PM <b>Rahu</b> 7:59AM – 9:30AM	<b>Asvini</b> Until 11:40PM Priti Until 2:51PM Catuspada Until 9:00PM Chaturdasi* Until 7:54AM
	Creative Work    Siddha Yoga	<b>Chaitra-Chaitra</b>	<b>Sivaloka Day</b>
	<b>Tuesday, May 3, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Naga*/Kintughna* Karana Amavasya*/Prathama* Yam Titau	Nairobi, Kenya <b>Sutra 20</b> Khara 5113
	<b>Retreat Star</b> Mesha Rasi: 16.34      Tilthi 30 – 1 223566159	<b>Gulika</b> 12:31PM – 2:01PM <b>Yama</b> 9:30AM – 11:00AM <b>Rahu</b> 3:32PM – 5:03PM	<b>Bharani</b> Until 2:13AM Wed Ayushman Until 3:25PM Kintughna Until 10:59PM Amavasya* Until 9:54AM
	Creative Work    Siddha Yoga Until 9.59PM then Marana Yoga Until 2:13AM Wed then Amrita Yoga	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – White	<b>Sivaloka Day</b>
		<b>Vaisaka-Chaitra</b>	

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

<b>1</b>	<b>Wednesday, May 4, 2011</b>		Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Prathama*/Dvitiya Yam Titau	Nairobi, Kenya
	Mesha Rasi: 28.44    Tithi 1 – 2	223566159	<b>Gulika</b> 11:00AM – 12:31PM <b>Yama</b> 7:59AM – 9:30AM <b>Rahu</b> 12:31PM – 2:01PM	<b>Sutra 21</b> Khara 5113 Moon 4 - Phase 3 3rd Phase
	Creative Work    Amrita Yoga Until 9.59PM then Marana Yoga		<b>Krittika Until 4:33AM Thu</b> Saubhagya Until 3:46PM Balava Until 12:44AM Thu <b>Prathama* Until 11:38AM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – White <b>Vaisaka-Chaitra</b>
				<b>Sivaloka Day</b>


<b>2</b>	<b>Thursday, May 5, 2011</b>		Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiya Yam Titau	Nairobi, Kenya
	Wrishabha Rasi: 11.02    Tithi 2 – 3	233566159	<b>Gulika</b> 9:30AM – 11:00AM <b>Yama</b> 6:29AM – 7:59AM <b>Rahu</b> 2:01PM – 3:32PM	<b>Sutra 22</b> Khara 5113 Moon 4 - Phase 3 3rd Phase
	Routine Work    Marana Yoga Until 6:35AM Fri then Siddha Yoga		<b>Rohini Until 6:35AM Fri</b> Sobhana Until 3:51PM Taitila Until 12:29AM Fri <b>Dvitiya Until 12:29PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Yellow <b>Vaisaka-Chaitra</b>
				<b>Sivaloka Day</b>

<b>3</b>	<b>Friday, May 6, 2011</b>		Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Mrigasira Nakshatra Athiganda*/Sukarma Yoga Gara/Vanija Karana Tritiya/Chaturthi* Yam Titau	Nairobi, Kenya
	Wrishabha Rasi: 23.32    Tithi 3 – 4	233566159	<b>Gulika</b> 7:59AM – 9:30AM <b>Yama</b> 3:32PM – 5:02PM <b>Rahu</b> 11:00AM – 12:31PM	<b>Sutra 23</b> Khara 5113 Moon 4 - Phase 3 3rd Phase
	Creative Work    Siddha Yoga		<b>Mrigasira Until 6:50AM Sat</b> Athiganda* Until 2:57PM Vanija Until 1:27AM Sat <b>Tritiya Until 1:27PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Yellow <b>Vaisaka-Chaitra</b>
				<b>Sivaloka Day</b>

<b>4</b>	<b>Saturday, May 7, 2011</b>		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	Nairobi, Kenya
	Mithuna Rasi: 6.13    Tithi 4 – 5	233566159	<b>Gulika</b> 6:29AM – 7:59AM <b>Yama</b> 2:01PM – 3:32PM <b>Rahu</b> 9:30AM – 11:00AM	<b>Sutra 24</b> Khara 5113 Moon 4 - Phase 3 3rd Phase
	Creative Work    Siddha Yoga		<b>Mrigasira Until 6:50AM</b> Sukarma Until 2:24PM Bava Until 2:01AM Sun <b>Chaturthi* Until 2:01PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Yellow <b>Vaisaka-Chaitra</b>
				<b>Sivaloka Day</b>

<b>5</b>	<b>Sunday, May 8, 2011</b>		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	Nairobi, Kenya
	Mithuna Rasi: 19.07    Tithi 5 – 6	233566159	<b>Gulika</b> 3:32PM – 5:02PM <b>Yama</b> 12:31PM – 2:01PM <b>Rahu</b> 5:02PM – 6:33PM	<b>Sutra 25</b> Khara 5113 Moon 4 - Phase 3 3rd Phase
	Creative Work    Siddha Yoga Until 9.59PM then Amrita Yoga		<b>Ardra Until 7:37AM</b> Dhriti Until 1:28PM Kaulava Until 2:08AM Mon <b>Panchami Until 2:08PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Yellow <b>Vaisaka-Chaitra</b>
		<b>Mother's Day</b>		<b>Sivaloka Day</b>

<b>6</b>	<b>Monday, May 9, 2011</b>		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	Nairobi, Kenya
	Kataka Rasi: 2.18    Tithi 6 – 7	244566159	<b>Gulika</b> 2:01PM – 3:32PM <b>Yama</b> 11:00AM – 12:30PM <b>Rahu</b> 7:59AM – 9:29AM	<b>Sutra 26</b> Khara 5113 Moon 4 - Phase 3 3rd Phase
	<b>Family Home Evening</b> Creative Work    Amrita Yoga Until 7:55AM then Siddha Yoga		<b>Punarvasu Until 7:55AM</b> Shula* Until 12:05PM Gara Until 12:12AM Tue <b>Shasthi* Until 1:07PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:28AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Blue <b>Vaisaka-Chaitra</b>
				<b>Sivaloka Day</b>

	<b>Tuesday, May 10, 2011</b>		Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Pushya/Aslesha* Nakshatra Ganda*/Vridhhi Yoga Vanija/Visti* Karana Saptami/Ashtami* Yam Titau	Nairobi, Kenya
	<b>Retreat Star</b> Kataka Rasi: 15.46    Tithi 7 – 8	244566159	<b>Gulika</b> 12:30PM – 2:01PM <b>Yama</b> 9:29AM – 11:00AM <b>Rahu</b> 3:31PM – 5:02PM	<b>Sutra 27</b> Khara 5113 Moon 4 - Phase 3 Ashtami
	Creative Work    Siddha Yoga		<b>Pushya Until 7:32AM</b> Ganda* Until 9:54AM Visti Until 11:16PM <b>Saptami Until 12:11PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:28AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Purple Moon – Blue <b>Vaisaka-Chaitra</b>
				<b>Sivaloka Day</b>

<b>7</b>	<b>Wednesday, May 11, 2011</b>		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	Nairobi, Kenya
	<b>Retreat Star</b> Kataka Rasi: 29.34    Tithi 8 – 9	244566159	<b>Gulika</b> 11:00AM – 12:30PM <b>Yama</b> 7:59AM – 9:29AM <b>Rahu</b> 12:30PM – 2:01PM	<b>Sutra 28</b> Khara 5113 Moon 4 - Phase 3 Navami
	Creative Work    Siddha Yoga Until 9.59PM then Amrita Yoga		<b>Aslesha* Until 6:45AM</b> Vridhhi Until 7:38AM Balava Until 9:44PM <b>Ashtami* Until 10:40AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:28AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Purple Moon – Blue <b>Vaisaka-Chaitra</b>
				<b>Sivaloka Day</b>

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

<b>1</b>	<b>Thursday, May 12, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Purvaphalguni* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Navami*/Dasami Yam Titau				Nairobi, Kenya
	Simha Rasi: 13.41      Tithi 9 – 10 No Yoga Until 9.58PM then Siddha Yoga	254566159	<b>Gulika</b> 9:29AM – 11:00AM <b>Yama</b> 6:28AM – 7:59AM <b>Rahu</b> 2:01PM – 3:31PM	<b>Purvaphalguni*</b> Until 4:16AM Fri <b>Vyaghata*</b> Until 2:09AM Fri Taitila Until 7:37PM <b>Navami*</b> Until 8:32AM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:28AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Purple Moon – Red <b>Vaisaka-Chaitra</b>	Sutra 29 Khara 5113 Moon 4 - Phase 4 4th Phase <b>Devaloka Day</b>

<b>2</b>	<b>Friday, May 13, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraphalguni Nakshatra Harshana Yoga Vanija/Visti* Karana Ekadasi Yam Titau				Nairobi, Kenya
	Simha Rasi: 28.06      Tithi 11 Creative Work      Siddha Yoga Until 9.58PM then Marana Yoga	254566159	<b>Gulika</b> 7:59AM – 9:29AM <b>Yama</b> 3:31PM – 5:02PM <b>Rahu</b> 11:00AM – 12:30PM	<b>Uttaraphalguni</b> Until 1:02AM Sat Harshana Until 9:49PM Vanija Until 4:08PM <b>Ekadasi</b> Until 2:26AM Sat	<b>Ganesha:</b> White <i>Sunrise:</i> 6:28AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Purple Moon – Red <b>Vaisaka-Chaitra</b>	Sutra 30 Khara 5113 Moon 4 - Phase 4 4th Phase <b>Devaloka Day</b>

<b>3</b>	<b>Saturday, May 14, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Hasta Nakshatra Vajra* Yoga Bava/Balava Karana Dvadasi Yam Titau				Nairobi, Kenya
	Kanya Rasi: 12.47      Tithi 12 Routine Work      Marana Yoga Until 9.58PM then Amrita Yoga Until 10:54PM then Siddha Yoga	264566159	<b>Gulika</b> 6:28AM – 7:59AM <b>Yama</b> 2:01PM – 3:31PM <b>Rahu</b> 9:29AM – 11:00AM	<b>Hasta</b> Until 10:54PM Vajra* Until 6:22PM Bava Until 1:13PM <b>Dvadasi</b> Until 11:30PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:28AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Purple Moon – Green <b>Vaisaka-Chaitra</b>	Sutra 31 Khara 5113 Moon 4 - Phase 4 4th Phase <b>Sivaloka Day</b>

<b>4</b>	<b>Sunday, May 15, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Trayodasi Yam Titau				Nairobi, Kenya
	Kanya Rasi: 27.36      Tithi 13 Creative Work      Siddha Yoga Until 9.58PM then Amrita Yoga	264566159	<b>Gulika</b> 3:31PM – 5:02PM <b>Yama</b> 12:30PM – 2:01PM <b>Rahu</b> 5:02PM – 6:32PM	<b>Chitra</b> Until 8:30PM Siddhi Until 2:40PM Kaulava Until 10:02AM <b>Trayodasi</b> Until 8:19PM <i>Pradosha Vrata</i>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:28AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Purple Moon – Green <b>Vaisaka-Vaikasi</b>	Sutra 32 Khara 5113 Moon 4 - Phase 4 4th Phase <b>Sivaloka Day</b>

<b>5</b>	<b>Monday, May 16, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Vyatipata*/Variyan Yoga Gara/Visti* Karana Chaturdasi*/Purnima* Yam Titau				Nairobi, Kenya
	Tula Rasi: 12.28      Tithi 14 – 15 <b>Family Home Evening</b> Creative Work      Amrita Yoga Until 6:03PM then Marana Yoga	264566159	<b>Gulika</b> 2:01PM – 3:31PM <b>Yama</b> 11:00AM – 12:30PM <b>Rahu</b> 7:59AM – 9:29AM	<b>Svati</b> Until 6:03PM Vyatipata* Until 10:56AM Gara Until 6:46AM <b>Chaturdasi*</b> Until 5:03PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:28AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Purple Moon – Green <b>Vaisaka-Vaikasi</b>	Sutra 33 Khara 5113 Moon 4 - Phase 4 4th Phase <b>Sivaloka Day</b>

<b>○</b>	<b>Tuesday, May 17, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Visakha/Anuradha Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Purnima*/Prathama* Yam Titau				Nairobi, Kenya
	<b>Copper Retreat Star</b> Tula Rasi: 27.14      Tithi 15 – 16 Routine Work      Marana Yoga Until 3:46PM then Siddha Yoga	274566159	<b>Gulika</b> 12:30PM – 2:01PM <b>Yama</b> 9:29AM – 11:00AM <b>Rahu</b> 3:31PM – 5:02PM	<b>Visakha</b> Until 3:46PM Variyan Until 7:20AM Balava Until 12:15AM Wed <b>Purnima*</b> Until 1:58PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Purple Moon – Orange <b>Vaisaka-Vaikasi</b>	Sutra 34 Khara 5113 Moon 4 - Phase 4 Purnima <b>Devaloka Day</b>

<b>○</b>	<b>Wednesday, May 18, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shiva Yoga Kaulava/Taitila Karana Prathama*/Dvitiya Yam Titau				Nairobi, Kenya
	<b>Silver Retreat Star</b> Vrischika Rasi: 11.47      Tithi 16 – 17 Creative Work      Siddha Yoga	274566159	<b>Gulika</b> 11:00AM – 12:30PM <b>Yama</b> 7:59AM – 9:29AM <b>Rahu</b> 12:30PM – 2:01PM	<b>Anuradha</b> Until 2:23PM Shiva Until 1:16AM Thu Taitila Until 10:44PM <b>Prathama*</b> Until 11:39AM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Purple Moon – Orange <b>Vaisaka-Vaikasi</b>	Sutra 35 Khara 5113 Moon 4 - Phase 4 Prathama <b>Devaloka Day</b>



**Thursday, May 19, 2011**  
**Gold Retreat Star**

Virshchika Rasi: 26    Tithi 17 – 18  
274566159  
Creative Work    Siddha Yoga  
Until 9.59PM 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

Nairobi, Kenya  
**Sun 1    Sutra 36**  
Khara 5113  
Moon 5 - Phase 5  
1st Phase

**Gulika    9:30AM – 11:00AM    Jyeshtha\* Until 12:52PM**  
**Yama        6:29AM – 7:59AM    Siddha Until 10:19PM**  
**Rahu         2:01PM – 3:31PM    Vanija Until 8:25PM**  
**Dvitiya Until 9:20AM**

**Ganesha:** Blue    *Sunrise: 6:29AM*  
**Muruqa:** Red    *Sunset: 6:32PM*  
**Nataraja:** Purple  
Moon – Orange  
**Vaisaka-Vaikasi**

**Devaloka Day**

**1    Friday, May 20, 2011**

Dhanus Rasi: 9.49    Tithi 18 – 19  
284566159  
No Yoga  
Until 12:29PM then Siddha Yoga  
Until 9.59PM 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

Nairobi, Kenya  
**Sun 2    Sutra 37**  
Khara 5113  
Moon 5 - Phase 5  
1st Phase

**Gulika        7:59AM – 9:30AM    Mula\* Until 12:29PM**  
**Yama         3:31PM – 5:02PM    Sadhya Until 8:59PM**  
**Rahu         11:00AM – 12:31PM    Bava Until 7:54PM**  
**Tritiya Until 7:54AM**

**Ganesha:** Red    *Sunrise: 6:29AM*  
**Muruqa:** Red    *Sunset: 6:32PM*  
**Nataraja:** Purple  
Moon – Light Blue  
**Vaisaka-Vaikasi**

**Sivaloka Day**

**2    Saturday, May 21, 2011**

Dhanus Rasi: 23.13    Tithi 19 – 20  
284566159  
Routine Work    Marana Yoga  
Until 12:22PM then no yoga  
Until 9.59PM 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

Nairobi, Kenya  
**Sun 3    Sutra 38**  
Khara 5113  
Moon 5 - Phase 5  
1st Phase

**Gulika        6:29AM – 7:59AM    Purvashadha\* Until 12:22PM**  
**Yama         2:01PM – 3:32PM    Subha Until 7:14PM**  
**Rahu         9:30AM – 11:00AM    Kaulava Until 7:01PM**  
**Chaturthi\* Until 7:01AM**

**Ganesha:** Red    *Sunrise: 6:29AM*  
**Muruqa:** Red    *Sunset: 6:32PM*  
**Nataraja:** Purple  
Moon – Light Blue  
**Vaisaka-Vaikasi**

**Sivaloka Day**

**3    Sunday, May 22, 2011**

Makara Rasi: 6.13    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

Nairobi, Kenya  
**Sun 4    Sutra 39**  
Khara 5113  
Moon 5 - Phase 5  
1st Phase

**Gulika        3:32PM – 5:02PM    Uttarashadha Until 1:00PM**  
**Yama         12:31PM – 2:01PM    Sukla Until 6:10PM**  
**Rahu         5:02PM – 6:32PM    Gara Until 6:58PM**  
**Panchami Until 6:58AM**

**Ganesha:** Red    *Sunrise: 6:29AM*  
**Muruqa:** Red    *Sunset: 6:32PM*  
**Nataraja:** Purple  
Moon – Light Blue  
**Vaisaka-Vaikasi**

**Sivaloka Day**

**4    Monday, May 23, 2011**

Makara Rasi: 18.5    Tithi 21 – 22  
295666159  
**Family Home Evening**  
Creative Work    Amrita Yoga  
Until 3:00PM then Siddha Yoga  
Until 9.59PM 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

Nairobi, Kenya  
**Sun 5    Sutra 40**  
Khara 5113  
Moon 5 - Phase 5  
1st Phase

**Gulika        2:01PM – 3:32PM    Sravana Until 3:00PM**  
**Yama         11:00AM – 12:31PM    Brahma Until 6:38PM**  
**Rahu         7:59AM – 9:30AM    Visti Until 8:52PM**  
**Shasthi\* Until 7:47AM**

**Ganesha:** Green    *Sunrise: 6:29AM*  
**Muruqa:** Red    *Sunset: 6:33PM*  
**Nataraja:** Purple  
Moon – Purple  
**Vaisaka-Vaikasi**

**Devaloka Day**

**Tuesday, May 24, 2011**  
**Retreat Star**

Kumbha Rasi: 1.1    Tithi 22 – 23  
295666159  
Routine Work    Marana Yoga  
Until 9.59PM then Siddha Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Dhanishtha/Satabhisha Nakshatra Indra Yoga Bava/Balava Karana Saptami/Ashtami\* Yam Titau

Nairobi, Kenya  
**Sun 6    Sutra 41**  
Khara 5113  
Moon 5 - Phase 5  
Ashtami

**Gulika        12:31PM – 2:01PM    Dhanishtha Until 5:00PM**  
**Yama         9:30AM – 11:00AM    Indra Until 6:42PM**  
**Rahu         3:32PM – 5:02PM    Balava Until 10:15PM**  
**Saptami Until 9:09AM**

**Ganesha:** Green    *Sunrise: 6:29AM*  
**Muruqa:** Red    *Sunset: 6:33PM*  
**Nataraja:** Purple  
Moon – Purple  
**Vaisaka-Vaikasi**

**Devaloka Day**

**Wednesday, May 25, 2011**  
**Retreat Star**

Kumbha Rasi: 13.17    Tithi 23 – 24  
295666159  
Creative Work    Siddha Yoga  
Until 7:26PM then Amrita Yoga  
Until 9.59PM then Siddha Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam  
Satabhisha Nakshatra Vaidhriti\* Yoga Kaulava/Tailila Karana Ashtami\*/Navami\* Yam Titau

Nairobi, Kenya  
**Sun 7    Sutra 42**  
Khara 5113  
Moon 5 - Phase 5  
Navami

**Gulika        11:00AM – 12:31PM    Satabhisha Until 7:26PM**  
**Yama         8:00AM – 9:30AM    Vaidhriti\* Until 7:11PM**  
**Rahu         12:31PM – 2:01PM    Tailila Until 12:05AM Thu**  
**Ashtami\* Until 11:00AM**

**Ganesha:** Green    *Sunrise: 6:29AM*  
**Muruqa:** Red    *Sunset: 6:33PM*  
**Nataraja:** Purple  
Moon – Purple  
**Vaisaka-Vaikasi**

**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

<b>1</b>	<b>Thursday, May 26, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Purvaprostapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami*/Dasami Yam Titau		Nairobi, Kenya
	Kumbha Rasi: 25.16    Tithi 24 – 25 315666159	<b>Gulika</b> 9:30AM – 11:01AM <b>Yama</b> 6:29AM – 8:00AM <b>Rahu</b> 2:01PM – 3:32PM	<b>Purvaprostapada* Until 10:09PM</b> Vishkambha* Until 7:55PM Vanija Until 2:15AM Fri Navami* Until 1:09PM	<b>Sun 8 Sutra 43</b> Khara 5113 Moon 5 - Phase 6 2nd Phase <b>Sivaloka Day</b>
	Creative Work    Siddha Yoga		<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Clear <b>Vaisaka-Vaikasi</b>	


<b>2</b>	<b>Friday, May 27, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraprostapada Nakshatra Priti Yoga Visti*/Bava Karana Dasami/Ekadasi* Yam Titau		Nairobi, Kenya
	Meena Rasi: 7.1    Tithi 25 – 26 315666159	<b>Gulika</b> 8:00AM – 9:30AM <b>Yama</b> 3:32PM – 5:02PM <b>Rahu</b> 11:01AM – 12:31PM	<b>Uttaraprostapada Until 1:01AM Sat</b> Priti Until 8:47PM Bava Until 4:34AM Sat Dasami Until 3:28PM	<b>Sun 9 Sutra 44</b> Khara 5113 Moon 5 - Phase 6 2nd Phase <b>Sivaloka Day</b>
	Creative Work    Siddha Yoga Until 1:01AM Sat then Prabalarishta Yoga		<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Clear <b>Vaisaka-Vaikasi</b>	

<b>3</b>	<b>Saturday, May 28, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadasi*/Dvadasi* Yam Titau		Nairobi, Kenya
	Meena Rasi: 19.03    Tithi 26 – 27 315666159	<b>Gulika</b> 6:29AM – 8:00AM <b>Yama</b> 2:02PM – 3:32PM <b>Rahu</b> 9:30AM – 11:01AM	<b>Revati Until 3:54AM Sun</b> Ayushman Until 9:41PM Kaulava Until 6:54AM Sun Ekadasi* Until 5:48PM	<b>Sun 10 Sutra 45</b> Khara 5113 Moon 5 - Phase 6 2nd Phase <b>Sivaloka Day</b>
	Routine Work    Prabalarishta Yoga Until 9:59PM then Amrita Yoga Until 3:54AM Sun then Siddha Yoga		<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Clear <b>Vaisaka-Vaikasi</b>	

<b>4</b>	<b>Sunday, May 29, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Asvini Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvadasi* Yam Titau		Nairobi, Kenya
	Mesha Rasi: 0.59    Tithi 27 325666159	<b>Gulika</b> 3:32PM – 5:03PM <b>Yama</b> 12:31PM – 2:02PM <b>Rahu</b> 5:03PM – 6:33PM	<b>Asvini Until 6:38AM Mon</b> Saubhagya Until 10:30PM Kaulava Until 6:57AM Dvadasi* Until 8:02PM	<b>Sun 11 Sutra 46</b> Khara 5113 Moon 5 - Phase 6 2nd Phase <b>Devaloka Day</b>
	Creative Work    Siddha Yoga		<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:30AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – White <b>Vaisaka-Vaikasi</b>	

<b>5</b>	<b>Monday, May 30, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Asvini/Bharani Nakshatra Sobhana Yoga Gara/Vanija Karana Trayodasi* Yam Titau		Nairobi, Kenya
	Mesha Rasi: 13.01    Tithi 28 Family Home Evening 325666159	<b>Gulika</b> 2:02PM – 3:32PM <b>Yama</b> 11:01AM – 12:31PM <b>Rahu</b> 8:00AM – 9:31AM	<b>Asvini Until 6:38AM</b> Sobhana Until 11:07PM Gara Until 8:58AM Trayodasi* Until 10:04PM <i>Pradosha Vrata (Fasting)</i>	<b>Sun 12 Sutra 47</b> Khara 5113 Moon 5 - Phase 6 2nd Phase <b>Devaloka Day</b>
	Creative Work    Siddha Yoga		<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:30AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – White <b>Vaisaka-Vaikasi</b>	

<b>6</b>	<b>Tuesday, May 31, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Athiganda* Yoga Visti*/Sakuni* Karana Chaturdasi* Yam Titau		Nairobi, Kenya
	Mesha Rasi: 25.11    Tithi 29 326666159	<b>Gulika</b> 12:32PM – 2:02PM <b>Yama</b> 9:31AM – 11:01AM <b>Rahu</b> 3:33PM – 5:03PM	<b>Bharani Until 8:57AM</b> Athiganda* Until 11:29PM Visti Until 10:41AM Chaturdasi* Until 11:46PM	<b>Sun 13 Sutra 48</b> Khara 5113 Moon 5 - Phase 6 2nd Phase <b>Devaloka Day</b>
	Creative Work    Siddha Yoga Until 10:00PM then Amrita Yoga		<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:30AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – White <b>Vaisaka-Vaikasi</b>	

	<b>Wednesday, June 1, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Sukarma Yoga Catuspada*/Naga* Karana Amavasya* Yam Titau		Nairobi, Kenya
	<b>Retreat Star</b> Vrishabha Rasi: 7.33    Tithi 30 326666159	<b>Gulika</b> 11:01AM – 12:32PM <b>Yama</b> 8:00AM – 9:31AM <b>Rahu</b> 12:32PM – 2:02PM	<b>Krittika Until 10:31AM</b> Sukarma Until 10:16PM Catuspada Until 11:29AM Amavasya* Until 11:29PM	<b>Sun 14 Sutra 49</b> Khara 5113 Moon 5 - Phase 6 Amavasya <b>Devaloka Day</b>
	Creative Work    Amrita Yoga Until 10:31AM then Siddha Yoga Until 10:00PM then Marana Yoga		<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:30AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:34PM <b>Nataraja:</b> Purple Moon – White <b>Vaisaka-Vaikasi</b>	

<b>Retreat Star</b>	<b>Thursday, June 2, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Rohini/Mrigasira Nakshatra Dhriti Yoga Kintughna*/Bava Karana Prathama* Yam Titau		Nairobi, Kenya
	Vrishabha Rasi: 20.08    Tithi 1 336666159	<b>Gulika</b> 9:31AM – 11:01AM <b>Yama</b> 6:30AM – 8:01AM <b>Rahu</b> 2:02PM – 3:33PM	<b>Rohini Until 11:55AM</b> Dhriti Until 9:55PM Kintughna Until 12:15PM Prathama* Until 12:15AM Fri	<b>Sun 15 Sutra 50</b> Khara 5113 Moon 5 - Phase 6 Prathama <b>Devaloka Day</b>
	Routine Work    Marana Yoga Until 10:00PM then Siddha Yoga		<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:30AM <b>Muruqa:</b> Red <i>Sunset:</i> 6:34PM <b>Nataraja:</b> Purple Moon – Yellow <b>Jyeshtha-Vaikasi</b>	

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

<b>1</b>	<b>Friday, June 3, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam				Nairobi, Kenya	
	Mithuna Rasi: 2.56	Tithi 2	Mrigasira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvitiya Yam Titau				Sun 16 Sutra 51
	336666159	<b>Gulika</b> 8:01AM – 9:31AM	<b>Mrigasira</b> Until 12:54PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:30AM	Khara 5113		
	Creative Work Siddha Yoga	<b>Yama</b> 3:33PM – 5:03PM	<b>Shula*</b> Until 9:11PM	<b>Muruqa:</b> Red <i>Sunset:</i> 6:34PM	Moon 5 - Phase 7		
		<b>Rahu</b> 11:02AM – 12:32PM	Balava Until 12:34PM	<b>Nataraja:</b> Purple	3rd Phase		
			<b>Dvitiya</b> Until 12:34AM Sat	<b>Jyeshtha-Vaikasi</b>	<b>Devaloka Day</b>		


<b>2</b>	<b>Saturday, June 4, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam				Nairobi, Kenya	
	Mithuna Rasi: 15.58	Tithi 3	Ardra/Punarvasu Nakshatra Ganda* Yoga Tailita/Gara Karana Tritiya Yam Titau				Sun 17 Sutra 52
	336666159	<b>Gulika</b> 6:31AM – 8:01AM	<b>Ardra</b> Until 1:27PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:31AM	Khara 5113		
	Creative Work Siddha Yoga	<b>Yama</b> 2:03PM – 3:33PM	<b>Ganda*</b> Until 8:03PM	<b>Muruqa:</b> Red <i>Sunset:</i> 6:34PM	Moon 5 - Phase 7		
Until 1:27PM then Marana Yoga		<b>Rahu</b> 9:31AM – 11:02AM	Tailita Until 12:24PM	<b>Nataraja:</b> Purple	3rd Phase		
Until 10:00PM then Siddha Yoga			<b>Tritiya</b> Until 12:24AM Sun	<b>Jyeshtha-Vaikasi</b>	<b>Devaloka Day</b>		

<b>3</b>	<b>Sunday, June 5, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam				Nairobi, Kenya	
	Mithuna Rasi: 29.14	Tithi 4	Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthi* Yam Titau				Sun 18 Sutra 53
	346666151	<b>Gulika</b> 3:33PM – 5:04PM	<b>Punarvasu</b> Until 1:34PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:31AM	Khara 5113		
	Creative Work Siddha Yoga	<b>Yama</b> 12:32PM – 2:03PM	<b>Vriddhi</b> Until 6:31PM	<b>Muruqa:</b> Red <i>Sunset:</i> 6:34PM	Moon 5 - Phase 7		
		<b>Rahu</b> 5:04PM – 6:34PM	Vanija Until 11:20AM	<b>Nataraja:</b> Purple	3rd Phase		
			<b>Chaturthi*</b> Until 10:25PM	<b>Jyeshtha-Vaikasi</b>	<b>Devaloka Day</b>		

<b>4</b>	<b>Monday, June 6, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam				Nairobi, Kenya	
	Kataka Rasi: 12.44	Tithi 5	Pushya/Aslesha* Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Panchami Yam Titau				Sun 19 Sutra 54
	346666151	<b>Gulika</b> 2:03PM – 3:33PM	<b>Pushya</b> Until 12:45PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:31AM	Khara 5113		
	Family Home Evening	<b>Yama</b> 11:02AM – 12:33PM	<b>Dhruva</b> Until 3:54PM	<b>Muruqa:</b> Red <i>Sunset:</i> 6:34PM	Moon 5 - Phase 7		
Creative Work Siddha Yoga		<b>Rahu</b> 8:01AM – 9:32AM	Bava Until 10:21AM	<b>Nataraja:</b> Purple	3rd Phase		
			<b>Panchami</b> Until 9:25PM	<b>Jyeshtha-Vaikasi</b>	<b>Devaloka Day</b>		

<b>5</b>	<b>Tuesday, June 7, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam				Nairobi, Kenya	
	Kataka Rasi: 26.26	Tithi 6	Aslesha*/Magha* Nakshatra Vyaghata*/Harshana* Yoga Kaulava/Tailita Karana Shasthi* Yam Titau				Sun 20 Sutra 55
	347666151	<b>Gulika</b> 12:33PM – 2:03PM	<b>Aslesha*</b> Until 12:07PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:31AM	Khara 5113		
	Creative Work Siddha Yoga	<b>Yama</b> 9:32AM – 11:02AM	<b>Vyaghata*</b> Until 1:47PM	<b>Muruqa:</b> Red <i>Sunset:</i> 6:34PM	Moon 5 - Phase 7		
		<b>Rahu</b> 3:34PM – 5:04PM	Kaulava Until 8:58AM	<b>Nataraja:</b> Purple	3rd Phase		
			<b>Shasthi*</b> Until 8:03PM	<b>Jyeshtha-Vaikasi</b>	<b>Devaloka Day</b>		

<b>6</b>	<b>Wednesday, June 8, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam				Nairobi, Kenya	
	Simha Rasi: 10.2	Tithi 7	Magha*/Purvaphalguni* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptami Yam Titau				Sun 21 Sutra 56
	357666151	<b>Gulika</b> 11:03AM – 12:33PM	<b>Magha*</b> Until 11:09AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:31AM	Khara 5113		
	Creative Work Siddha Yoga	<b>Yama</b> 8:02AM – 9:32AM	<b>Harshana</b> Until 11:21AM	<b>Muruqa:</b> Red <i>Sunset:</i> 6:35PM	Moon 5 - Phase 7		
Until 11:09AM then Amrita Yoga		<b>Rahu</b> 12:33PM – 2:03PM	Gara Until 7:14AM	<b>Nataraja:</b> Purple	3rd Phase		
Until 10:01PM then no yoga			<b>Saptami</b> Until 6:19PM	<b>Jyeshtha-Vaikasi</b>	<b>Sivaloka Day</b>		

	<b>Thursday, June 9, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam				Nairobi, Kenya
	<b>Retreat Star</b>	Purvaphalguni*/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Ashlami*/Navami* Yam Titau				Sun 22 Sutra 57
	Simha Rasi: 24.25	Tithi 8 – 9	<b>Gulika</b> 9:32AM – 11:03AM	<b>Purvaphalguni*</b> Until 9:52AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:31AM	Khara 5113
	357666151	<b>Yama</b> 6:31AM – 8:02AM	<b>Vajra*</b> Until 8:37AM	<b>Muruqa:</b> Red <i>Sunset:</i> 6:35PM	Moon 5 - Phase 7	
No Yoga		<b>Rahu</b> 2:04PM – 3:34PM	Balava Until 3:19AM Fri	<b>Nataraja:</b> Purple	Ashtami	
Until 9:52AM then Prabalarishta Yoga			<b>Ashtami*</b> Until 4:14PM	<b>Jyeshtha-Vaikasi</b>	<b>Sivaloka Day</b>	
Until 10:01PM then Siddha Yoga						

	<b>Friday, June 10, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam				Nairobi, Kenya
	<b>Retreat Star</b>	Uttaraphalguni*/Hasta Nakshatra Vyatipala* Yoga Kaulava/Tailita Karana Navami*/Dasami Yam Titau				Sun 23 Sutra 58
	Kanya Rasi: 8.38	Tithi 9 – 10	<b>Gulika</b> 8:02AM – 9:33AM	<b>Uttaraphalguni</b> Until 8:20AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:32AM	Khara 5113
	357666151	<b>Yama</b> 3:34PM – 5:05PM	<b>Vyatipata*</b> Until 2:59AM Sat	<b>Muruqa:</b> Red <i>Sunset:</i> 6:35PM	Moon 5 - Phase 7	
Creative Work Siddha Yoga		<b>Rahu</b> 11:03AM – 12:33PM	Tailita Until 12:58AM Sat	<b>Nataraja:</b> Purple	Navami	
Until 8:20AM then Amrita Yoga			<b>Navami*</b> Until 1:53PM	<b>Jyeshtha-Vaikasi</b>	<b>Sivaloka Day</b>	
Until 10:01PM 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 UP.R, 570

<b>1</b>	<b>Saturday, June 11, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Varyan Yoga Gara/Vanija Karana Dasami/Ekadasi Yam Titau	Nairobi, Kenya
	Sun 24	<b>Sutra 59</b>	Khara 5113
Kanya Rasi: 23	Tithi 10 – 11	367666151	Moon 5 - Phase 8
Routine Work	Marana Yoga		4th Phase
Until 10.02PM then Siddha Yoga			<b>Devaloka Day</b>
<b>Gulika</b>	<b>6:32AM – 8:02AM</b>	<b>Hasta Until 6:35AM</b>	<b>Ganesha: White</b> <i>Sunrise: 6:32AM</i>
<b>Yama</b>	<b>2:04PM – 3:34PM</b>	<b>Variyan Until 11:49PM</b>	<b>Muruqa: Red</b> <i>Sunset: 6:35PM</i>
<b>Rahu</b>	<b>9:33AM – 11:03AM</b>	<b>Vanija Until 10:22PM</b>	<b>Nataraja: Purple</b>
		<b>Dasami Until 11:18AM</b>	<b>Moon – Green</b>
			<b>Jyeshtha-Vaikasi</b>

<b>2</b>	<b>Sunday, June 12, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadasi/Dvadasi Yam Titau	Nairobi, Kenya
	Sun 25	<b>Sutra 60</b>	Khara 5113
Tula Rasi: 7.25	Tithi 11 – 12	367666151	Moon 5 - Phase 8
Creative Work	Siddha Yoga		4th Phase
Until 10.02PM then Amrita Yoga			<b>Devaloka Day</b>
Until 3.34AM Mon then Marana Yoga			
<b>Gulika</b>	<b>3:35PM – 5:05PM</b>	<b>Svati Until 3:34AM Mon</b>	<b>Ganesha: White</b> <i>Sunrise: 6:32AM</i>
<b>Yama</b>	<b>12:34PM – 2:04PM</b>	<b>Parigha* Until 8:33PM</b>	<b>Muruqa: Red</b> <i>Sunset: 6:35PM</i>
<b>Rahu</b>	<b>5:05PM – 6:35PM</b>	<b>Bava Until 7:40PM</b>	<b>Nataraja: Purple</b>
		<b>Ekadasi Until 8:35AM</b>	<b>Moon – Green</b>
			<b>Jyeshtha-Vaikasi</b>

<b>3</b>	<b>Monday, June 13, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Visakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodasi Yam Titau	Nairobi, Kenya
	Sun 26	<b>Sutra 61</b>	Khara 5113
Tula Rasi: 21.51	Tithi 13	377666151	Moon 5 - Phase 8
Family Home Evening			4th Phase
Routine Work	Marana Yoga		<b>Sivaloka Day</b>
Until 1:42AM Tue then Siddha Yoga			
<b>Gulika</b>	<b>2:04PM – 3:35PM</b>	<b>Visakha Until 1:42AM Tue</b>	<b>Ganesha: Yellow</b> <i>Sunrise: 6:32AM</i>
<b>Yama</b>	<b>11:04AM – 12:34PM</b>	<b>Shiva Until 5:16PM</b>	<b>Muruqa: Red</b> <i>Sunset: 6:36PM</i>
<b>Rahu</b>	<b>8:03AM – 9:33AM</b>	<b>Kaulava Until 4:57PM</b>	<b>Nataraja: Purple</b>
		<b>Trayodasi Until 4:02AM Tue</b>	<b>Moon – Orange</b>
		<i>Pradosha Vrata</i>	<b>Jyeshtha-Vaikasi</b>

<b>4</b>	<b>Tuesday, June 14, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Chaturdasi* Yam Titau	Nairobi, Kenya
	Sun 27	<b>Sutra 62</b>	Khara 5113
Vrischika Rasi: 6.11	Tithi 14	378666151	Moon 5 - Phase 8
Creative Work	Siddha Yoga		4th Phase
			<b>Subha Sivaloka Day</b>
<b>Gulika</b>	<b>12:34PM – 2:05PM</b>	<b>Anuradha Until 11:58PM</b>	<b>Ganesha: White</b> <i>Sunrise: 6:33AM</i>
<b>Yama</b>	<b>9:33AM – 11:04AM</b>	<b>Siddha Until 2:07PM</b>	<b>Muruqa: Red</b> <i>Sunset: 6:36PM</i>
<b>Rahu</b>	<b>3:35PM – 5:05PM</b>	<b>Gara Until 2:23PM</b>	<b>Nataraja: Purple</b>
		<b>Chaturdasi* Until 1:28AM Wed</b>	<b>Moon – Orange</b>
			<b>Jyeshtha-Vaikasi</b>

	<b>Wednesday, June 15, 2011</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Purnima* Yam Titau	Nairobi, Kenya
	<b>Copper Retreat Star</b>	<b>Sutra 63</b>	Khara 5113
Vrischika Rasi: 20.22	Tithi 15	378666151	Moon 5 - Phase 8
Creative Work	Siddha Yoga		Purnima
			<b>Subha Sivaloka Day</b>
<b>Gulika</b>	<b>11:04AM – 12:34PM</b>	<b>Jyeshtha* Until 10:31PM</b>	<b>Ganesha: White</b> <i>Sunrise: 6:33AM</i>
<b>Yama</b>	<b>8:03AM – 9:34AM</b>	<b>Sadhya Until 11:15AM</b>	<b>Muruqa: Red</b> <i>Sunset: 6:36PM</i>
<b>Rahu</b>	<b>12:34PM – 2:05PM</b>	<b>Visti Until 12:08PM</b>	<b>Nataraja: Purple</b>
		<b>Purnima* Until 11:13PM</b>	<b>Moon – Orange</b>
			<b>Jyeshtha-Ani</b>

<b>Thursday, June 16, 2011</b>	<b>Silver Retreat Star</b>	Khara Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Prathama* Yam Titau	Nairobi, Kenya
	<b>Sutra 64</b>	Khara 5113	
Dhanus Rasi: 4.17	Tithi 16	388766151	Moon 5 - Phase 8
Creative Work	Siddha Yoga		Prathama
			<b>Devaloka Day</b>
<b>Gulika</b>	<b>9:34AM – 11:04AM</b>	<b>Mula* Until 9:30PM</b>	<b>Ganesha: Blue</b> <i>Sunrise: 6:33AM</i>
<b>Yama</b>	<b>6:33AM – 8:03AM</b>	<b>Subha Until 8:46AM</b>	<b>Muruqa: Red</b> <i>Sunset: 6:36PM</i>
<b>Rahu</b>	<b>2:05PM – 3:35PM</b>	<b>Balava Until 10:20AM</b>	<b>Nataraja: Purple</b>
		<b>Prathama* Until 9:25PM</b>	<b>Moon – Light Blue</b>
			<b>Jyeshtha-Ani</b>





**Friday, June 17, 2011**  
**Gold Retreat Star**

Dhanu Rasi: 17.55      Tithi 17  
388766151  
Creative Work    Siddha Yoga  
Until 10.03PM then Marana Yoga  
Until 10.09PM then no yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvashadha\* Nakshatra Sukla/Brahma Yoga Taitila/Gara Karana Dvitiya Yam Titau  
**Gulika**      **8:04AM – 9:34AM**      **Purvashadha\* Until 10:09PM**  
**Yama**        **3:36PM – 5:06PM**        **Sukla Until 6:50AM**  
**Rahu**        **11:04AM – 12:35PM**        **Taitila Until 9:22AM**  
**Dvitiya Until 9:22PM**

Nairobi, Kenya  
**Sun 1**      **Sutra 65**  
Khara 5113  
Moon 6 - Phase 9  
1st Phase

**Devaloka Day**

**1**      **Saturday, June 18, 2011**

Makara Rasi: 1.12      Tithi 18  
388766151  
No Yoga  
Until 10.03PM then Amrita Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam  
Uttarashadha Nakshatra Indra Yoga Vanija/Visti\* Karana Tritiya Yam Titau  
**Gulika**      **6:33AM – 8:04AM**      **Uttarashadha Until 10:15PM**  
**Yama**        **2:05PM – 3:36PM**        **Indra Until 4:08AM Sun**  
**Rahu**        **9:34AM – 11:05AM**        **Vanija Until 8:42AM**  
**Tritiya Until 8:42PM**

Nairobi, Kenya  
**Sun 2**      **Sutra 66**  
Khara 5113  
Moon 6 - Phase 9  
1st Phase

**Devaloka Day**

**2**      **Sunday, June 19, 2011**

Makara Rasi: 14.09      Tithi 19  
398766151  
Creative Work    Amrita Yoga  
Until 10:58PM then Siddha Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Sravana Nakshatra Vaidhriti\* Yoga Bava/Balava Karana Chaturthi\* Yam Titau  
**Gulika**      **3:36PM – 5:07PM**      **Sravana Until 10:58PM**  
**Yama**        **12:35PM – 2:06PM**        **Vaidhriti\* Until 3:10AM Mon**  
**Rahu**        **5:07PM – 6:37PM**        **Bava Until 8:44AM**  
**Chaturthi\* Until 8:44PM**

Nairobi, Kenya  
**Sun 3**      **Sutra 67**  
Khara 5113  
Moon 6 - Phase 9  
1st Phase

**Sivaloka Day**

**Father's Day**

**3**      **Monday, June 20, 2011**

Makara Rasi: 26.46      Tithi 20  
399766151  
**Family Home Evening**  
Creative Work    Siddha Yoga  
Until 10.04PM then Marana Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam  
Dhanishtha Nakshatra Vishkambha\* Yoga Kaulava/Taitila Karana Panchami Yam Titau  
**Gulika**      **2:06PM – 3:36PM**      **Dhanishtha Until 1:47AM Tue**  
**Yama**        **11:05AM – 12:35PM**        **Vishkambha\* Until 4:20AM Tue**  
**Rahu**        **8:04AM – 9:35AM**        **Kaulava Until 9:41AM**  
**Panchami Until 10:46PM**

Nairobi, Kenya  
**Sun 4**      **Sutra 68**  
Khara 5113  
Moon 6 - Phase 9  
1st Phase

**Subha Sivaloka Day**

**4**      **Tuesday, June 21, 2011**

Kumbha Rasi: 9.08      Tithi 21  
399766151  
Routine Work    Marana Yoga  
Until 10.04PM then Siddha Yoga  
Until 3.44AM Wed then Amrita Yoga

Khara Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam  
Satabhisha Nakshatra Priti Yoga Gara/Vanija Karana Shasthi\* Yam Titau  
**Gulika**      **12:36PM – 2:06PM**      **Satabhisha Until 3:44AM Wed**  
**Yama**        **9:35AM – 11:05AM**        **Priti Until 4:22AM Wed**  
**Rahu**        **3:37PM – 5:07PM**        **Gara Until 10:59AM**  
**Shasthi\* Until 12:04AM Wed**

Nairobi, Kenya  
**Sun 5**      **Sutra 69**  
Khara 5113  
Moon 6 - Phase 9  
1st Phase

**Subha Sivaloka Day**

**5**      **Wednesday, June 22, 2011**

Kumbha Rasi: 21.17      Tithi 22  
319766151  
Creative Work    Amrita Yoga  
Until 10.04PM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam  
Purvaprostapada\* Nakshatra Ayushman Yoga Visti\*/Bava Karana Saptami Yam Titau  
**Gulika**      **11:05AM – 12:36PM**      **Purvaprostapada\* Until 6:06AM Thu**  
**Yama**        **8:05AM – 9:35AM**        **Ayushman Until 4:48AM Thu**  
**Rahu**        **12:36PM – 2:06PM**        **Visti Until 12:45PM**  
**Saptami Until 1:50AM Thu**

Nairobi, Kenya  
**Sun 6**      **Sutra 70**  
Khara 5113  
Moon 6 - Phase 9  
1st Phase

**Subha Sivaloka Day**

**Thursday, June 23, 2011**  
**Retreat Star**

Meena Rasi: 3.17      Tithi 23  
319766151  
Creative Work    Siddha Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvaprostapada\*/Uttaraprostapada Nakshatra Saubhagya Yoga Balava/Kaulava Karana Ashtami\* Yam Titau  
**Gulika**      **9:35AM – 11:06AM**      **Purvaprostapada\* Until 6:06AM**  
**Yama**        **6:34AM – 8:05AM**        **Saubhagya Until 5:30AM Fri**  
**Rahu**        **2:07PM – 3:37PM**        **Balava Until 2:49PM**  
**Ashtami\* Until 3:55AM Fri**

Nairobi, Kenya  
**Sun 7**      **Sutra 71**  
Khara 5113  
Moon 6 - Phase 9  
Ashtami

**Subha Sivaloka Day**

**Friday, June 24, 2011**  
**Retreat Star**

Meena Rasi: 15.12      Tithi 24  
319766151  
Creative Work    Siddha Yoga  
Until 10.04PM then Prabalarishta Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttaraprostapada/Revati Nakshatra Sobhana Yoga Taitila/Gara Karana Navami\* Yam Titau  
**Gulika**      **8:05AM – 9:36AM**      **Uttaraprostapada Until 8:56AM**  
**Yama**        **3:37PM – 5:08PM**        **Sobhana Until 6:36AM Sat**  
**Rahu**        **11:06AM – 12:36PM**        **Taitila Until 5:05PM**  
**Navami\* Until 6:16AM Sat**

Nairobi, Kenya  
**Sun 8**      **Sutra 72**  
Khara 5113  
Moon 6 - Phase 9  
Navami

**Subha Sivaloka Day**


<b>1</b>	<b>Saturday, June 25, 2011</b>	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				Nairobi, Kenya
	Meena Rasi: 27.07    Tithi 24 – 25 319766151	<b>Gulika</b> 6:35AM – 8:05AM <b>Yama</b> 2:07PM – 3:37PM <b>Rahu</b> 9:36AM – 11:06AM	<b>Revati</b> Until 11:47AM Sobhana Until 6:36AM Vanija Until 7:22PM Navami* Until 6:16AM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Red <b>Nataraja:</b> Purple Moon – Clear <b>Jyeshtha-Ani</b>	<i>Sunrise:</i> 6:35AM <i>Sunset:</i> 6:38PM	<b>Sun 9</b> <b>Sutra 73</b> Khara 5113 Moon 6 - Phase 10 2nd Phase <b>Subha Sivaloka Day</b>

<b>2</b>	<b>Sunday, June 26, 2011</b>	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				Nairobi, Kenya
	Mesha Rasi: 9.04    Tithi 25 – 26 329766151	<b>Gulika</b> 3:38PM – 5:08PM <b>Yama</b> 12:37PM – 2:07PM <b>Rahu</b> 5:08PM – 6:38PM	<b>Asvini</b> Until 2:32PM Athiganda* Until 7:22AM Bava Until 9:32PM Dasami Until 8:26AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Red <b>Nataraja:</b> Purple Moon – White <b>Jyeshtha-Ani</b>	<i>Sunrise:</i> 6:35AM <i>Sunset:</i> 6:38PM	<b>Sun 10</b> <b>Sutra 74</b> Khara 5113 Moon 6 - Phase 10 2nd Phase <b>Sivaloka Day</b>

<b>3</b>	<b>Monday, June 27, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Ekadasi*/Dvadasi* Yam Titau				Nairobi, Kenya
	Mesha Rasi: 21.09    Tithi 26 – 27 329766151	<b>Gulika</b> 2:07PM – 3:38PM <b>Yama</b> 11:07AM – 12:37PM <b>Rahu</b> 8:06AM – 9:36AM	<b>Bharani</b> Until 5:01PM Sukarma Until 7:55AM Kaulava Until 11:25PM Ekadasi* Until 10:20AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Red <b>Nataraja:</b> Purple Moon – White <b>Jyeshtha-Ani</b>	<i>Sunrise:</i> 6:35AM <i>Sunset:</i> 6:39PM	<b>Sun 11</b> <b>Sutra 75</b> Khara 5113 Moon 6 - Phase 10 2nd Phase <b>Sivaloka Day</b>

<b>4</b>	<b>Tuesday, June 28, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Dvadasi*/Trayodasi* Yam Titau				Nairobi, Kenya
	Wrishabha Rasi: 3.26    Tithi 27 – 28 321766151	<b>Gulika</b> 12:37PM – 2:08PM <b>Yama</b> 9:36AM – 11:07AM <b>Rahu</b> 3:38PM – 5:08PM	<b>Krittika</b> Until 6:08PM Dhriti Until 8:07AM Gara Until 11:20PM Dvadasi* Until 11:20AM <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> Red <b>Muruqa:</b> Red <b>Nataraja:</b> Purple Moon – White <b>Jyeshtha-Ani</b>	<i>Sunrise:</i> 6:36AM <i>Sunset:</i> 6:39PM	<b>Sun 12</b> <b>Sutra 76</b> Khara 5113 Moon 6 - Phase 10 2nd Phase <b>Sivaloka Day</b>

<b>5</b>	<b>Wednesday, June 29, 2011</b>	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				Nairobi, Kenya
	Wrishabha Rasi: 15.57    Tithi 28 – 29 331776151	<b>Gulika</b> 11:07AM – 12:37PM <b>Yama</b> 8:06AM – 9:37AM <b>Rahu</b> 12:37PM – 2:08PM	<b>Rohini</b> Until 7:38PM Shula* Until 7:43AM Visti Until 12:12AM Thu Trayodasi* Until 12:12PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Yellow <b>Nataraja:</b> Purple Moon – Yellow <b>Jyeshtha-Ani</b>	<i>Sunrise:</i> 6:36AM <i>Sunset:</i> 6:39PM	<b>Sun 13</b> <b>Sutra 77</b> Khara 5113 Moon 6 - Phase 10 2nd Phase <b>Sivaloka Day</b>

	<b>Thursday, June 30, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Mrigasira Nakshatra Ganda*/Vridhidi Yoga Sakuni*/Catuspada* Karana Chaturdasi*/Amavasya* Yam Titau				Nairobi, Kenya
	<b>Retreat Star</b> Wrishabha Rasi: 28.46    Tithi 29 – 30 331776151	<b>Gulika</b> 9:37AM – 11:07AM <b>Yama</b> 6:36AM – 8:06AM <b>Rahu</b> 2:08PM – 3:38PM	<b>Mrigasira</b> Until 8:36PM Ganda* Until 6:59AM Catuspada Until 12:29AM Fri Chaturdasi* Until 12:29PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Yellow <b>Nataraja:</b> Purple Moon – Yellow <b>Jyeshtha-Ani</b>	<i>Sunrise:</i> 6:36AM <i>Sunset:</i> 6:39PM	<b>Sun 14</b> <b>Sutra 78</b> Khara 5113 Moon 6 - Phase 10 Amavasya <b>Sivaloka Day</b>

	<b>Friday, July 1, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Dhruva Yoga Naga*/Kintughna* Karana Amavasya*/Prathama* Yam Titau				Nairobi, Kenya
	<b>Retreat Star</b> Mithuna Rasi: 11.53    Tithi 30 – 1 331776151	<b>Gulika</b> 8:07AM – 9:37AM <b>Yama</b> 3:39PM – 5:09PM <b>Rahu</b> 11:07AM – 12:38PM	<b>Ardra</b> Until 9:00PM Dhruva Until 4:34AM Sat Kintughna Until 12:09AM Sat Amavasya* Until 12:09PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Yellow <b>Nataraja:</b> Purple Moon – Yellow <b>Ashada-Ani</b>	<i>Sunrise:</i> 6:36AM <i>Sunset:</i> 6:39PM	<b>Sun 15</b> <b>Sutra 79</b> Khara 5113 Moon 6 - Phase 10 Prathama <b>Sivaloka Day</b>

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

<b>1</b>	<b>Saturday, July 2, 2011</b>		Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu Nakshatra Vyaghata* Yoga Bava/Balava Karana Prathama*/Dvitiya Yam Titau		Nairobi, Kenya
	Mithuna Rasi: 25.19	Tithi 1 – 2			Sun 16 Sutra 80 Khara 5113
	341776151	<b>Gulika</b> 6:36AM – 8:07AM <b>Yama</b> 2:08PM – 3:39PM <b>Rahu</b> 9:37AM – 11:08AM	<b>Punarvasu</b> Until 7:46PM Vyaghata* Until 1:23AM Sun Balava Until 9:53PM <b>Prathama* Until 10:48AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:36AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:40PM <b>Nataraja:</b> Purple Moon – Blue <b>Ashada*Ani</b>	Moon 6 - Phase 11 3rd Phase <b>Sivaloka Day</b>
	Routine Work Marana Yoga Until 7:46PM then Siddha Yoga				


<b>2</b>	<b>Sunday, July 3, 2011</b>		Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiya Yam Titau		Nairobi, Kenya
	Kataka Rasi: 9.01	Tithi 2 – 3			Sun 17 Sutra 81 Khara 5113
	341776151	<b>Gulika</b> 3:39PM – 5:09PM <b>Yama</b> 12:38PM – 2:09PM <b>Rahu</b> 5:09PM – 6:40PM	<b>Pushya</b> Until 7:08PM Harshana Until 11:16PM Taitila Until 8:30PM <b>Dvitiya Until 9:25AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:36AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:40PM <b>Nataraja:</b> Purple Moon – Blue <b>Ashada*Ani</b>	Moon 6 - Phase 11 3rd Phase <b>Sivaloka Day</b>
	Creative Work Siddha Yoga				

<b>3</b>	<b>Monday, July 4, 2011</b>		Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Aslesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthi* Yam Titau		Nairobi, Kenya
	Kataka Rasi: 22.56	Tithi 3 – 4			Sun 18 Sutra 82 Khara 5113
	341776151	<b>Gulika</b> 2:09PM – 3:39PM <b>Yama</b> 11:08AM – 12:38PM <b>Rahu</b> 8:07AM – 9:38AM	<b>Aslesha* Until 6:06PM</b> Vajra* Until 8:48PM Vanija Until 6:42PM <b>Tritiya Until 7:37AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:37AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:40PM <b>Nataraja:</b> Purple Moon – Blue <b>Ashada*Ani</b>	Moon 6 - Phase 11 3rd Phase <b>Sivaloka Day</b>
	Family Home Evening Creative Work Siddha Yoga				

<b>4</b>	<b>Tuesday, July 5, 2011</b>		Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni* Nakshatra Siddhi/Vyatipata* Yoga Bava/Balava Karana Panchami Yam Titau		Nairobi, Kenya
	Simha Rasi: 7.02	Tithi 5			Sun 19 Sutra 83 Khara 5113
	351776151	<b>Gulika</b> 12:39PM – 2:09PM <b>Yama</b> 9:38AM – 11:08AM <b>Rahu</b> 3:39PM – 5:10PM	<b>Magha* Until 4:48PM</b> Siddhi Until 6:03PM Bava Until 4:36PM <b>Panchami Until 3:40AM Wed</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:37AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:40PM <b>Nataraja:</b> Purple Moon – Red <b>Ashada*Ani</b>	Moon 6 - Phase 11 3rd Phase <b>Subha Sivaloka Day</b>
	Creative Work Siddha Yoga Until 10:07PM then Amrita Yoga				

<b>5</b>	<b>Wednesday, July 6, 2011</b>		Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni*/Uttaraphalguni* Nakshatra Vyatipata*/Variyan Yoga Kaulava/Taitila Karana Shashti* Yam Titau		Nairobi, Kenya
	Simha Rasi: 21.13	Tithi 6			Sun 20 Sutra 84 Khara 5113
	351776151	<b>Gulika</b> 11:08AM – 12:39PM <b>Yama</b> 8:07AM – 9:38AM <b>Rahu</b> 12:39PM – 2:09PM	<b>Purvaphalguni* Until 3:20PM</b> Vyatipata* Until 3:10PM Kaulava Until 2:19PM <b>Shashti* Until 1:23AM Thu</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:37AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:40PM <b>Nataraja:</b> Purple Moon – Red <b>Ashada*Ani</b>	Moon 6 - Phase 11 3rd Phase <b>Subha Sivaloka Day</b>
	Creative Work Amrita Yoga Until 10:07PM then Prabalarishta Yoga				

<b>6</b>	<b>Thursday, July 7, 2011</b>		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		Nairobi, Kenya
	Kanya Rasi: 5.27	Tithi 7			Sun 21 Sutra 85 Khara 5113
	451776151	<b>Gulika</b> 9:38AM – 11:08AM <b>Yama</b> 6:37AM – 8:08AM <b>Rahu</b> 2:09PM – 3:40PM	<b>Uttaraphalguni Until 1:48PM</b> Variyan Until 12:12PM Gara Until 11:57AM <b>Saptami Until 11:01PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:37AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:41PM <b>Nataraja:</b> Purple Moon – Red <b>Ashada*Ani</b>	Moon 6 - Phase 11 3rd Phase <b>Sivaloka Day</b>
	Routine Work Prabalarishta Yoga Until 1:48PM then no yoga Until 10:07PM then Amrita Yoga	<b>Chidambaram Abhishekam</b>			

	<b>Friday, July 8, 2011</b>		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		Nairobi, Kenya
	Kanya Rasi: 19.41	Tithi 8			Sun 22 Sutra 86 Khara 5113
	462776151	<b>Gulika</b> 8:08AM – 9:38AM <b>Yama</b> 3:40PM – 5:10PM <b>Rahu</b> 11:09AM – 12:39PM	<b>Hasta Until 12:15PM</b> Parigha* Until 9:14AM Visti Until 9:35AM <b>Ashtami* Until 8:40PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:37AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:41PM <b>Nataraja:</b> Purple Moon – Green <b>Ashada*Ani</b>	Moon 6 - Phase 11 Ashtami <b>Sivaloka Day</b>
	Creative Work Amrita Yoga Until 12:15PM then Siddha Yoga Until 10:07PM then Marana Yoga				

<b>7</b>	<b>Saturday, July 9, 2011</b>		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		Nairobi, Kenya
	Tula Rasi: 3.52	Tithi 9			Sun 23 Sutra 87 Khara 5113
	462776151	<b>Gulika</b> 6:37AM – 8:08AM <b>Yama</b> 2:10PM – 3:40PM <b>Rahu</b> 9:38AM – 11:09AM	<b>Chitra Until 10:47AM</b> Shiva Until 6:20AM Balava Until 7:19AM <b>Navami* Until 6:23PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:37AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:41PM <b>Nataraja:</b> Purple Moon – Green <b>Ashada*Ani</b>	Moon 6 - Phase 11 Navami <b>Sivaloka Day</b>
	Routine Work Marana Yoga Until 10:47AM then Siddha Yoga				


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. Krishṇa Yajur Veda, Maitu 3.2. UpH, 418

<b>1</b>	<b>Sunday, July 10, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Visakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dasami/Ekadasi Yam Titau				Nairobi, Kenya
	Tula Rasi: 17.59    Tithi 10 – 11 462776151	<b>Gulika</b> 3:40PM – 5:11PM <b>Yama</b> 12:39PM – 2:10PM <b>Rahu</b> 5:11PM – 6:41PM	<b>Svati Until 9:27AM</b> Sadhya Until 12:53AM Mon Vanija Until 3:19AM Mon <b>Dasami Until 4:14PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:38AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:41PM <b>Nataraja:</b> Purple Moon – Green <b>Ashada*Ani</b>	<b>Sun 24</b> <b>Sutra 88</b> Khara 5113 Moon 6 - Phase 12 4th Phase	
Creative Work    Siddha Yoga Until 9:27AM then Marana Yoga		<b>Sivaloka Day</b>				

<b>2</b>	<b>Monday, July 11, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Visakha/Anuradha Nakshatra Subha Yoga Visti/Bava Karana Ekadasi/Dvadasi Yam Titau				Nairobi, Kenya
	Vrischika Rasi: 2.01    Tithi 11 – 12 <b>Family Home Evening</b> 472876151 Routine Work    Marana Yoga Until 8:16AM then Siddha Yoga	<b>Gulika</b> 2:10PM – 3:40PM <b>Yama</b> 11:09AM – 12:39PM <b>Rahu</b> 8:08AM – 9:39AM	<b>Visakha Until 8:16AM</b> Subha Until 10:16PM Bava Until 1:20AM Tue <b>Ekadasi Until 2:16PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:38AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:41PM <b>Nataraja:</b> Purple Moon – Orange <b>Ashada*Ani</b>	<b>Sun 25</b> <b>Sutra 89</b> Khara 5113 Moon 6 - Phase 12 4th Phase	
		<b>Sivaloka Day</b>				

<b>3</b>	<b>Tuesday, July 12, 2011</b>	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				Nairobi, Kenya
	Vrischika Rasi: 15.54    Tithi 12 – 13 472876151	<b>Gulika</b> 12:40PM – 2:10PM <b>Yama</b> 9:39AM – 11:09AM <b>Rahu</b> 3:40PM – 5:11PM	<b>Anuradha Until 7:18AM</b> Sukla Until 7:51PM Kaulava Until 11:36PM <b>Dvadasi Until 12:32PM</b> <i>Pradosha Vrata</i>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:38AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:41PM <b>Nataraja:</b> Purple Moon – Orange <b>Ashada*Ani</b>	<b>Sun 26</b> <b>Sutra 90</b> Khara 5113 Moon 6 - Phase 12 4th Phase	
Creative Work    Siddha Yoga		<b>Sivaloka Day</b>				

<b>4</b>	<b>Wednesday, July 13, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Tailita/Gara Karana Trayodasi/Chaturdasi* Yam Titau				Nairobi, Kenya
	Vrischika Rasi: 29.38    Tithi 13 – 14 472876151	<b>Gulika</b> 11:09AM – 12:40PM <b>Yama</b> 8:08AM – 9:39AM <b>Rahu</b> 12:40PM – 2:10PM	<b>Jyeshtha* Until 6:38AM</b> Brahma Until 6:31PM Gara Until 10:11PM <b>Trayodasi Until 11:06AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:38AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:41PM <b>Nataraja:</b> Purple Moon – Orange <b>Ashada*Ani</b>	<b>Sun 27</b> <b>Sutra 91</b> Khara 5113 Moon 6 - Phase 12 4th Phase	
Creative Work    Siddha Yoga Until 6:38AM then Marana Yoga Until 10.08PM then Siddha Yoga		<b>Sivaloka Day</b>				

	<b>Thursday, July 14, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Chaturdasi*/Purnima* Yam Titau				Nairobi, Kenya
	<b>Copper Retreat Star</b> Dhanus Rasi: 13.1    Tithi 14 – 15 482876151	<b>Gulika</b> 9:39AM – 11:09AM <b>Yama</b> 6:38AM – 8:09AM <b>Rahu</b> 2:10PM – 3:41PM	<b>Mula* Until 6:19AM</b> Indra Until 4:33PM Visti Until 10:23PM <b>Chaturdasi* Until 10:23AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:38AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:42PM <b>Nataraja:</b> Purple Moon – Light Blue <b>Ashada*Ani</b>	<b>Sutra 92</b> Khara 5113 Moon 6 - Phase 12 Purnima	
Creative Work    Siddha Yoga		<b>Satguru Purnima</b>		<b>Subha Sivaloka Day</b>		

	<b>Friday, July 15, 2011</b>	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				Nairobi, Kenya
	<b>Silver Retreat Star</b> Dhanus Rasi: 26.28    Tithi 15 – 16 482876151	<b>Gulika</b> 8:09AM – 9:39AM <b>Yama</b> 3:41PM – 5:11PM <b>Rahu</b> 11:09AM – 12:40PM	<b>Purvashadha* Until 6:23AM</b> Vaidhriti* Until 2:59PM Balava Until 9:41PM <b>Purnima* Until 9:41AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:38AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:42PM <b>Nataraja:</b> Purple Moon – Light Blue <b>Ashada*Ani</b>	<b>Sutra 93</b> Khara 5113 Moon 6 - Phase 12 Prathama	
Creative Work    Siddha Yoga Until 10.08PM then no yoga		<b>Subha Sivaloka Day</b>				

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. Krishṇa Yajur Veda, Maitu 6.34. UpM, 104



**Saturday, July 16, 2011**  
**Gold Retreat Star**

Makara Rasi: 9.3      Tithi 16 – 17  
482876151  
No Yoga  
Until 6:55AM then Siddha Yoga  
Until 10.08PM then Amrita Yoga

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

**Gulika** 6:38AM – 8:09AM  
**Yama** 2:10PM – 3:41PM  
**Rahu** 9:39AM – 11:10AM

**Uttarashadha** Until 6:55AM  
**Vishkambha\*** Until 1:51PM  
**Taitila** Until 9:31PM  
**Prathama\*** Until 9:31AM

**Ganesha:** White  
**Muruqa:** Yellow  
**Nataraja:** Purple  
Moon – Light Blue  
**Ashada\*Adi**

Nairobi, Kenya  
**Sutra 94**  
Khara 5113  
Moon 7 - Phase 13  
1st Phase  
**Subha Sivaloka Day**



**Sunday, July 17, 2011**

Makara Rasi: 22.17      Tithi 17 – 18  
492876152  
Creative Work      Amrita Yoga  
Until 7:56AM 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** 3:41PM – 5:11PM  
**Yama** 12:40PM – 2:11PM  
**Rahu** 5:11PM – 6:42PM

**Sravana** Until 7:56AM  
**Priti** Until 1:42PM  
**Vanija** Until 9:51PM  
**Dvitiya** Until 9:51AM

**Ganesha:** Clear  
**Muruqa:** Yellow  
**Nataraja:** Clear  
Moon – Purple  
**Ashada\*Adi**

Nairobi, Kenya  
**Sun 1 Sutra 95**  
Khara 5113  
Moon 7 - Phase 13  
1st Phase  
**Devaloka Day**



**Monday, July 18, 2011**

Kumbha Rasi: 4.49      Tithi 18 – 19  
492876152  
**Family Home Evening**  
Creative Work      Siddha Yoga  
Until 10.08PM 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** 2:11PM – 3:41PM  
**Yama** 11:10AM – 12:40PM  
**Rahu** 8:09AM – 9:39AM

**Dhanishtha** Until 9:42AM  
**Ayushman** Until 1:25PM  
**Bava** Until 12:13AM Tue  
**Tritiya** Until 11:07AM

**Ganesha:** Clear  
**Muruqa:** Yellow  
**Nataraja:** Clear  
Moon – Purple  
**Ashada\*Adi**

Nairobi, Kenya  
**Sun 2 Sutra 96**  
Khara 5113  
Moon 7 - Phase 13  
1st Phase  
**Devaloka Day**



**Tuesday, July 19, 2011**

Kumbha Rasi: 17.08      Tithi 19 – 20  
492876152  
Routine Work      Marana Yoga  
Until 10.08PM 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** 12:40PM – 2:11PM  
**Yama** 9:39AM – 11:10AM  
**Rahu** 3:41PM – 5:12PM

**Satabhisha** Until 11:45AM  
**Saubhagya** Until 1:33PM  
**Kaulava** Until 1:37AM Wed  
**Chaturthi\*** Until 12:32PM

**Ganesha:** Clear  
**Muruqa:** Yellow  
**Nataraja:** Clear  
Moon – Purple  
**Ashada\*Adi**

Nairobi, Kenya  
**Sun 3 Sutra 97**  
Khara 5113  
Moon 7 - Phase 13  
1st Phase  
**Devaloka Day**



**Wednesday, July 20, 2011**

Kumbha Rasi: 29.15      Tithi 20 – 21  
412876152  
Creative Work      Amrita Yoga  
Until 2:10PM then Siddha Yoga

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

**Gulika** 11:10AM – 12:40PM  
**Yama** 8:09AM – 9:39AM  
**Rahu** 12:40PM – 2:11PM

**Purvaprostapada\*** Until 2:10PM  
**Sobhana** Until 2:01PM  
**Gara** Until 3:26AM Thu  
**Panchami** Until 2:20PM

**Ganesha:** Yellow  
**Muruqa:** Yellow  
**Nataraja:** Clear  
Moon – Clear  
**Ashada\*Adi**

Nairobi, Kenya  
**Sun 4 Sutra 98**  
Khara 5113  
Moon 7 - Phase 13  
1st Phase  
**Devaloka Day**



**Thursday, July 21, 2011**

Meena Rasi: 11.14      Tithi 21 – 22  
412876152  
Creative Work      Siddha Yoga

Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam  
Uttaraprostapada\*/Revati Nakshatra Alhiganda\*/Sukarma Yoga Vanija/Visti\* Karana Shasthi\*/Saptami Yam Titau

**Gulika** 9:39AM – 11:10AM  
**Yama** 6:39AM – 8:09AM  
**Rahu** 2:11PM – 3:41PM

**Uttaraprostapada** Until 4:52PM  
**Athiganda\*** Until 2:45PM  
**Visti** Until 5:33AM Fri  
**Shasthi\*** Until 4:27PM

**Ganesha:** Yellow  
**Muruqa:** Yellow  
**Nataraja:** Clear  
Moon – Clear  
**Ashada\*Adi**

Nairobi, Kenya  
**Sun 5 Sutra 99**  
Khara 5113  
Moon 7 - Phase 13  
1st Phase  
**Devaloka Day**



**Friday, July 22, 2011**

Meena Rasi: 23.08      Tithi 22  
413876152  
Creative Work      Siddha Yoga  
Until 7:43PM then Amrita Yoga  
Until 10.09PM then Siddha Yoga

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

**Gulika** 8:09AM – 9:40AM  
**Yama** 3:41PM – 5:12PM  
**Rahu** 11:10AM – 12:40PM

**Revati** Until 7:43PM  
**Sukarma** Until 3:37PM  
**Bava** Until 7:50AM Sat  
**Saptami** Until 6:44PM

**Ganesha:** White  
**Muruqa:** Yellow  
**Nataraja:** Clear  
Moon – Clear  
**Ashada\*Adi**

Nairobi, Kenya  
**Sun 6 Sutra 100**  
Khara 5113  
Moon 7 - Phase 13  
1st Phase  
**Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM



**Saturday, July 23, 2011**  
**Retreat Star**

Mesha Rasi: 5.02      Tithi 23  
423876152  
Creative Work      Siddha Yoga  
Until 10:36PM then no yoga

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

**Gulika** 6:39AM – 8:09AM  
**Yama** 2:11PM – 3:41PM  
**Rahu** 9:40AM – 11:10AM

**Asvini** Until 10:36PM  
**Dhriti** Until 4:31PM  
**Balava** Until 7:58AM  
**Ashtami\*** Until 9:03PM

**Ganesha:** Yellow  
**Muruqa:** Yellow  
**Nataraja:** Clear  
Moon – White  
**Ashada\*Adi**

Nairobi, Kenya  
**Sun 7 Sutra 101**  
Khara 5113  
Moon 7 - Phase 13  
Ashtami  
**Devaloka Day**

**Sunday, July 24, 2011**  
**Retreat Star**

Mesha Rasi: 16.59      Tithi 24  
423876152  
No Yoga  
Until 10.09PM then Siddha Yoga  
Until 1:22AM Mon then no yoga

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

**Gulika** 3:41PM – 5:12PM  
**Yama** 12:41PM – 2:11PM  
**Rahu** 5:12PM – 6:42PM

**Bharani** Until 1:22AM Mon  
**Shula\*** Until 5:18PM  
**Taitila** Until 10:09AM  
**Navami\*** Until 11:15PM

**Ganesha:** Yellow  
**Muruqa:** Yellow  
**Nataraja:** Clear  
Moon – White  
**Ashada\*Adi**

Nairobi, Kenya  
**Sun 8 Sutra 102**  
Khara 5113  
Moon 7 - Phase 13  
Navami  
**Devaloka Day**

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


<b>1</b>	<b>Monday, July 25, 2011</b>		Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Krittika Nakshatra Ganda*Vridhi Yoga Vanija/Visti* Karana Dasami Yam Titau	Nairobi, Kenya
	Mesha Rasi: 29.05      Tithi 25 Family Home Evening No Yoga Until 10.09PM then Siddha Yoga Until 3:51AM Tue then Amrita Yoga	433876152	<b>Gulika</b> 2:11PM – 3:41PM <b>Yama</b> 11:10AM – 12:41PM <b>Rahu</b> 8:09AM – 9:40AM	<b>Sun 9 Sutra 103</b> Khara 5113 Moon 7 - Phase 14 2nd Phase <b>Devaloka Day</b>


<b>2</b>	<b>Tuesday, July 26, 2011</b>		Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Vriddhi/Dhruva Yoga Bava/Balava Karana Ekadasi* Yam Titau	Nairobi, Kenya
	Wrishabha Rasi: 11.23      Tithi 26 Creative Work Amrita Yoga Until 10.09PM then Siddha Yoga	433876152	<b>Gulika</b> 12:41PM – 2:11PM <b>Yama</b> 9:40AM – 11:10AM <b>Rahu</b> 3:41PM – 5:12PM	<b>Sun 10 Sutra 104</b> Khara 5113 Moon 7 - Phase 14 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>3</b>	<b>Wednesday, July 27, 2011</b>		Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Mrigasira Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Dvadasi* Yam Titau	Nairobi, Kenya
	Wrishabha Rasi: 23.59      Tithi 27 Creative Work Siddha Yoga Until 10.09PM then Marana Yoga	433876152	<b>Gulika</b> 11:10AM – 12:41PM <b>Yama</b> 8:09AM – 9:40AM <b>Rahu</b> 12:41PM – 2:11PM	<b>Sun 11 Sutra 105</b> Khara 5113 Moon 7 - Phase 14 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>4</b>	<b>Thursday, July 28, 2011</b>		Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Trayodasi* Yam Titau	Nairobi, Kenya
	Mithuna Rasi: 6.58      Tithi 28 Routine Work Marana Yoga Until 10.09PM then Siddha Yoga	433876152	<b>Gulika</b> 9:40AM – 11:10AM <b>Yama</b> 6:39AM – 8:09AM <b>Rahu</b> 2:11PM – 3:41PM	<b>Sun 12 Sutra 106</b> Khara 5113 Moon 7 - Phase 14 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>5</b>	<b>Friday, July 29, 2011</b>		Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Harshana/Vajra* Yoga Visti*/Sakuni* Karana Chaturdasi* Yam Titau	Nairobi, Kenya
	Mithuna Rasi: 20.19      Tithi 29 Creative Work Siddha Yoga Until 10.09PM then Marana Yoga Until 4:19AM Sat then Siddha Yoga	443876152	<b>Gulika</b> 8:09AM – 9:40AM <b>Yama</b> 3:41PM – 5:12PM <b>Rahu</b> 11:10AM – 12:40PM	<b>Sun 13 Sutra 107</b> Khara 5113 Moon 7 - Phase 14 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

	<b>Saturday, July 30, 2011</b>	<b>Retreat Star</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mantla Vasara Yuktayam Pushya Nakshatra Vajra*/Siddhi Yoga Catuspada*/Naga* Karana Amavasya* Yam Titau	Nairobi, Kenya
	Kataka Rasi: 4.04      Tithi 30 Creative Work Siddha Yoga	443876152	<b>Gulika</b> 6:39AM – 8:09AM <b>Yama</b> 2:11PM – 3:41PM <b>Rahu</b> 9:39AM – 11:10AM	<b>Sun 14 Sutra 108</b> Khara 5113 Moon 7 - Phase 14 Amavasya <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

	<b>Sunday, July 31, 2011</b>	<b>Retreat Star</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Aslesha* Nakshatra Siddhi/Vyatipata* Yoga Kintughna*/Bava Karana Prathama* Yam Titau	Nairobi, Kenya
	Kataka Rasi: 18.1      Tithi 1 Creative Work Siddha Yoga	443876152	<b>Gulika</b> 3:41PM – 5:12PM <b>Yama</b> 12:40PM – 2:11PM <b>Rahu</b> 5:12PM – 6:42PM	<b>Sun 15 Sutra 109</b> Khara 5113 Moon 7 - Phase 14 Prathama <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

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

<b>1</b>	<b>Monday, August 1, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Variyan Yoga Balava/Taitila Karana Dvitiya/Tritiya Yam Titau	Nairobi, Kenya
	Simha Rasi: 2.32      Tithi 2 – 3 Family Home Evening      453876152 Creative Work      Siddha Yoga	<b>Gulika</b> 2:11PM – 3:41PM <b>Yama</b> 11:10AM – 12:40PM <b>Rahu</b> 8:09AM – 9:39AM	<b>Magha* Until 11:17PM</b> Variyan Until 2:41AM Tue Balava Until 6:00AM <b>Dvitiya Until 4:17PM</b>

**Ganesha:** Blue      *Sunrise:* 6:38AM  
**Muruqa:** Yellow      *Sunset:* 6:42PM  
**Nataraja:** Clear  
Moon – Red  
**Sravana-Adi**

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

<b>2</b>	<b>Tuesday, August 2, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni* Nakshatra Parigha* Yoga Gara/Vanija Karana Tritiya/Chaturthi* Yam Titau	Nairobi, Kenya
	Simha Rasi: 17.05      Tithi 3 – 4 Creative Work      Siddha Yoga Until 9:21PM then Amrita Yoga	<b>Gulika</b> 12:40PM – 2:11PM <b>Yama</b> 9:39AM – 11:10AM <b>Rahu</b> 3:41PM – 5:12PM	<b>Purvaphalguni* Until 9:21PM</b> Parigha* Until 10:09PM Vanija Until 11:51PM <b>Tritiya Until 1:34PM</b>

**Ganesha:** Blue      *Sunrise:* 6:38AM  
**Muruqa:** Yellow      *Sunset:* 6:42PM  
**Nataraja:** Clear  
Moon – Red  
**Sravana-Adi**

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

<b>3</b>	<b>Wednesday, August 3, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi*/Panchami Yam Titau	Nairobi, Kenya
	Kanya Rasi: 1.41      Tithi 4 – 5 Creative Work      Amrita Yoga Until 7:19PM then Siddha Yoga Until 10.08PM then no yoga	<b>Gulika</b> 11:10AM – 12:40PM <b>Yama</b> 8:09AM – 9:39AM <b>Rahu</b> 12:40PM – 2:11PM	<b>Uttaraphalguni Until 7:19PM</b> Shiva Until 6:49PM Bava Until 9:02PM <b>Chaturthi* Until 10:45AM</b>

**Nag Panchami**

**Ganesha:** Blue      *Sunrise:* 6:38AM  
**Muruqa:** Yellow      *Sunset:* 6:42PM  
**Nataraja:** Clear  
Moon – Red  
**Sravana-Adi**

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

<b>4</b>	<b>Thursday, August 4, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Panchami/Shasthi* Yam Titau	Nairobi, Kenya
	Kanya Rasi: 16.14      Tithi 5 – 6 No Yoga Until 6:11PM then Siddha Yoga	<b>Gulika</b> 9:39AM – 11:10AM <b>Yama</b> 6:38AM – 8:09AM <b>Rahu</b> 2:11PM – 3:41PM	<b>Hasta Until 6:11PM</b> Siddha Until 4:11PM Kaulava Until 7:16PM <b>Panchami Until 8:11AM</b>

**Ganesha:** Yellow      *Sunrise:* 6:38AM  
**Muruqa:** Yellow      *Sunset:* 6:42PM  
**Nataraja:** Clear  
Moon – Green  
**Sravana-Adi**

**Devaloka Day**

<b>5</b>	<b>Friday, August 5, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptami Yam Titau	Nairobi, Kenya
	Tula Rasi: 0.38      Tithi 7 Creative Work      Siddha Yoga	<b>Gulika</b> 8:09AM – 9:39AM <b>Yama</b> 3:41PM – 5:12PM <b>Rahu</b> 11:10AM – 12:40PM	<b>Chitra Until 4:20PM</b> Sadhya Until 12:56PM Gara Until 4:34PM <b>Saptami Until 3:39AM Sat</b>

**Ganesha:** Yellow      *Sunrise:* 6:38AM  
**Muruqa:** Yellow      *Sunset:* 6:42PM  
**Nataraja:** Clear  
Moon – Green  
**Sravana-Adi**

**Devaloka Day**

<b>6</b>	<b>Saturday, August 6, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mantla Vasara Yuktayam Svati/Visakha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtami* Yam Titau	Nairobi, Kenya
	Tula Rasi: 14.52      Tithi 8 Creative Work      Siddha Yoga Until 10.08PM then Marana Yoga	<b>Gulika</b> 6:38AM – 8:08AM <b>Yama</b> 2:10PM – 3:41PM <b>Rahu</b> 9:39AM – 11:09AM	<b>Svati Until 2:49PM</b> Subha Until 9:59AM Visti Until 2:14PM <b>Ashtami* Until 1:19AM Sun</b>

**Ganesha:** Yellow      *Sunrise:* 6:38AM  
**Muruqa:** Yellow      *Sunset:* 6:42PM  
**Nataraja:** Clear  
Moon – Green  
**Sravana-Adi**

**Devaloka Day**

<b>7</b>	<b>Sunday, August 7, 2011</b>	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	Nairobi, Kenya
	Tula Rasi: 28.52      Tithi 9 Routine Work      Marana Yoga Until 10.08PM then Siddha Yoga	<b>Gulika</b> 3:41PM – 5:11PM <b>Yama</b> 12:40PM – 2:10PM <b>Rahu</b> 5:11PM – 6:42PM	<b>Visakha Until 1:41PM</b> Sukla Until 7:23AM Balava Until 12:19PM <b>Navami* Until 11:24PM</b>

**Ganesha:** White      *Sunrise:* 6:38AM  
**Muruqa:** Yellow      *Sunset:* 6:42PM  
**Nataraja:** Clear  
Moon – Orange  
**Sravana-Adi**

**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

<b>1</b>	<b>Monday, August 8, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Indra Yoga Tailila/Gara Karana Dasami Yam Titau	Nairobi, Kenya
	474976152	<b>Gulika</b> 2:10PM – 3:41PM <b>Yama</b> 11:09AM – 12:40PM <b>Rahu</b> 8:08AM – 9:39AM	<b>Sun 23 Sutra 117</b> Khara 5113 Moon 7 - Phase 16 4th Phase
	Vrischika Rasi: 12.37 Family Home Evening Creative Work Siddha Yoga	<b>Anuradha Until 12:56PM</b> Indra Until 2:29AM Tue Tailila Until 10:50AM <b>Dasami Until 9:54PM</b>	<b>Ganesha:</b> White <i>Sunrise: 6:38AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:42PM</i> <b>Nataraja:</b> Clear Moon – Orange <b>Sravana-Adi</b>
			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>2</b>	<b>Tuesday, August 9, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadasi Yam Titau	Nairobi, Kenya
	474976152	<b>Gulika</b> 12:40PM – 2:10PM <b>Yama</b> 9:39AM – 11:09AM <b>Rahu</b> 3:41PM – 5:11PM	<b>Sun 24 Sutra 118</b> Khara 5113 Moon 7 - Phase 16 4th Phase
	Vrischika Rasi: 26.1 Creative Work Siddha Yoga Until 1:05PM then Amrita Yoga Until 10:08PM then Marana Yoga	<b>Jyeshtha* Until 1:05PM</b> Vaidhriti* Until 1:57AM Wed Vanija Until 10:04AM <b>Ekadasi Until 10:04PM</b>	<b>Ganesha:</b> White <i>Sunrise: 6:37AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:42PM</i> <b>Nataraja:</b> Clear Moon – Orange <b>Sravana-Adi</b>
			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>3</b>	<b>Wednesday, August 10, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvadasi Yam Titau	Nairobi, Kenya
	484976152	<b>Gulika</b> 11:09AM – 12:39PM <b>Yama</b> 8:08AM – 9:38AM <b>Rahu</b> 12:39PM – 2:10PM	<b>Sun 25 Sutra 119</b> Khara 5113 Moon 7 - Phase 16 4th Phase
	Dhanus Rasi: 9.29 Routine Work Marana Yoga Until 1:05PM then Amrita Yoga Until 10:08PM then Siddha Yoga	<b>Mula* Until 1:05PM</b> Vishkambha* Until 12:19AM Thu Bava Until 9:19AM <b>Dvadasi Until 9:19PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:37AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:42PM</i> <b>Nataraja:</b> Clear Moon – Light Blue <b>Sravana-Adi</b>
			<b>Devaloka Day</b>

<b>4</b>	<b>Thursday, August 11, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Priti Yoga Kaulava/Tailila Karana Trayodasi Yam Titau	Nairobi, Kenya
	484976152	<b>Gulika</b> 9:38AM – 11:09AM <b>Yama</b> 6:37AM – 8:08AM <b>Rahu</b> 2:10PM – 3:40PM	<b>Sun 26 Sutra 120</b> Khara 5113 Moon 7 - Phase 16 4th Phase
	Dhanus Rasi: 22.37 Creative Work Siddha Yoga	<b>Purvashadha* Until 1:28PM</b> Priti Until 11:01PM Kaulava Until 8:59AM <b>Trayodasi Until 8:59PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:37AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:41PM</i> <b>Nataraja:</b> Clear Moon – Light Blue <b>Sravana-Adi</b>
			<b>Devaloka Day</b>

*Pradosha Vrata*

<b>5</b>	<b>Friday, August 12, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha/Sravana Nakshatra Ayushman Yoga Gara/Vanija Karana Chaturdasi* Yam Titau	Nairobi, Kenya
	484976152	<b>Gulika</b> 8:07AM – 9:38AM <b>Yama</b> 3:40PM – 5:11PM <b>Rahu</b> 11:09AM – 12:39PM	<b>Sun 27 Sutra 121</b> Khara 5113 Moon 7 - Phase 16 4th Phase
	Makara Rasi: 5.34 Creative Work Siddha Yoga	<b>Uttarashadha Until 2:12PM</b> Ayushman Until 10:04PM Gara Until 9:02AM <b>Chaturdasi* Until 9:02PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:37AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:41PM</i> <b>Nataraja:</b> Clear Moon – Light Blue <b>Sravana-Adi</b>
			<b>Devaloka Day</b>

<b>○</b>	<b>Saturday, August 13, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mantra Vasara Yuktayam Sravana/Dhanishtha Nakshatra Saubhagya Yoga Visti*/Bava Karana Purnima* Yam Titau	Nairobi, Kenya
	494976152	<b>Gulika</b> 6:37AM – 8:07AM <b>Yama</b> 2:09PM – 3:40PM <b>Rahu</b> 9:38AM – 11:08AM	<b>Sun 28 Sutra 122</b> Khara 5113 Moon 7 - Phase 16 Purnima
	Makara Rasi: 18.18 Creative Work Siddha Yoga	<b>Sravana Until 3:18PM</b> Saubhagya Until 9:26PM Visti Until 9:29AM <b>Purnima* Until 9:29PM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:37AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:41PM</i> <b>Nataraja:</b> Clear Moon – Purple <b>Sravana-Adi</b>
		<b>Raksha Bandhan</b>	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>○</b>	<b>Sunday, August 14, 2011</b>	Khara Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Satabhisha Nakshatra Sobhana Yoga Balava/Kaulava Karana Prathama* Yam Titau	Nairobi, Kenya
	494976152	<b>Gulika</b> 3:40PM – 5:10PM <b>Yama</b> 12:39PM – 2:09PM <b>Rahu</b> 5:10PM – 6:41PM	<b>Sun 29 Sutra 123</b> Khara 5113 Moon 7 - Phase 16 Prathama
	Kumbha Rasi: 0.51 Creative Work Siddha Yoga	<b>Dhanishtha Until 5:38PM</b> Sobhana Until 10:18PM Balava Until 10:41AM <b>Prathama* Until 11:46PM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:37AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:41PM</i> <b>Nataraja:</b> Clear Moon – Purple <b>Sravana-Adi</b>
			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM





**Monday, August 15, 2011**  
**Gold Retreat Star**

Kumbha Rasi: 13.13    Tithi 17  
**Family Home Evening**    494976152  
Creative Work    Siddha Yoga  
Until 7:34PM then no yoga  
Until 10.07PM then Marana Yoga

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

**Gulika**    2:09PM – 3:40PM    **Satabhisha Until 7:34PM**  
**Yama**    11:08AM – 12:39PM    **Athiganda\* Until 10:18PM**  
**Rahu**    8:07AM – 9:37AM    **Taitila Until 11:59AM**  
**Dvitiya Until 1:04AM Tue**

**Ganesha:** Purple    *Sunrise: 6:36AM*  
**Muruqa:** Yellow    *Sunset: 6:41PM*  
**Nataraja:** Clear  
Moon – Purple  
**Sravana-Adi**

Nairobi, Kenya  
**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: 25.25    Tithi 18  
414976152  
Routine Work    Marana Yoga  
Until 9:51PM then Amrita Yoga  
Until 10.06PM 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**    12:38PM – 2:09PM    **Purvaprostapada\* Until 9:51PM**  
**Yama**    9:37AM – 11:08AM    **Sukarma Until 10:38PM**  
**Rahu**    3:39PM – 5:10PM    **Vanija Until 1:39PM**  
**Tritiya Until 2:44AM Wed**

**Ganesha:** White    *Sunrise: 6:36AM*  
**Muruqa:** Yellow    *Sunset: 6:41PM*  
**Nataraja:** Clear  
Moon – Clear  
**Sravana-Adi**

Nairobi, Kenya  
**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: 7.28    Tithi 19  
415976152  
Creative Work    Siddha Yoga

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

**Gulika**    11:08AM – 12:38PM    **Uttaraprostapada Until 12:25AM Thu**  
**Yama**    8:06AM – 9:37AM    **Dhriti Until 11:14PM**  
**Rahu**    12:38PM – 2:09PM    **Bava Until 3:38PM**  
**Chaturthi\* Until 4:43AM Thu**

**Ganesha:** Clear    *Sunrise: 6:36AM*  
**Muruqa:** Yellow    *Sunset: 6:40PM*  
**Nataraja:** Clear  
Moon – Clear  
**Sravana-Avani**

Nairobi, Kenya  
**Sun 3    Sutra 126**  
Khara 5113  
Moon 8 - Phase 17  
1st Phase

**Devaloka Day**

**3**

**Thursday, August 18, 2011**

Meena Rasi: 19.24    Tithi 20  
515976152  
Creative Work    Siddha Yoga  
Until 3:13AM Fri then Amrita Yoga

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

**Gulika**    9:37AM – 11:07AM    **Revati Until 3:13AM Fri**  
**Yama**    6:36AM – 8:06AM    **Shula\* Until 12:02AM Fri**  
**Rahu**    2:09PM – 3:39PM    **Kaulava Until 5:52PM**  
**Panchami Until 7:11AM Fri**

**Ganesha:** Purple    *Sunrise: 6:36AM*  
**Muruqa:** Yellow    *Sunset: 6:40PM*  
**Nataraja:** Clear  
Moon – Clear  
**Sravana-Avani**

Nairobi, Kenya  
**Sun 4    Sutra 127**  
Khara 5113  
Moon 8 - Phase 17  
1st Phase

**Sivaloka Day**

**4**

**Friday, August 19, 2011**

Mesha Rasi: 1.16    Tithi 20 – 21  
525976152  
Creative Work    Amrita Yoga  
Until 10.06PM then Siddha Yoga

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

**Gulika**    8:06AM – 9:37AM    **Asvini Until 6:26AM Sat**  
**Yama**    3:39PM – 5:09PM    **Ganda\* Until 12:58AM Sat**  
**Rahu**    11:07AM – 12:38PM    **Gara Until 8:16PM**  
**Panchami Until 7:11AM**

**Ganesha:** Clear    *Sunrise: 6:35AM*  
**Muruqa:** Yellow    *Sunset: 6:40PM*  
**Nataraja:** Clear  
Moon – White  
**Sravana-Avani**

Nairobi, Kenya  
**Sun 5    Sutra 128**  
Khara 5113  
Moon 8 - Phase 17  
1st Phase

**Devaloka Day**

**5**

**Saturday, August 20, 2011**

Mesha Rasi: 13.07    Tithi 21 – 22  
525976152  
Creative Work    Siddha Yoga  
Until 10.06PM 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**    6:35AM – 8:06AM    **Asvini Until 6:26AM**  
**Yama**    2:08PM – 3:39PM    **Vriddhi Until 1:56AM Sun**  
**Rahu**    9:36AM – 11:07AM    **Visti Until 10:41PM**  
**Shasthi\* Until 9:36AM**

**Ganesha:** Clear    *Sunrise: 6:35AM*  
**Muruqa:** Yellow    *Sunset: 6:40PM*  
**Nataraja:** Clear  
Moon – White  
**Sravana-Avani**

Nairobi, Kenya  
**Sun 6    Sutra 129**  
Khara 5113  
Moon 8 - Phase 17  
1st Phase

**Devaloka Day**



**Sunday, August 21, 2011**  
**Retreat Star**

Mesha Rasi: 25.01    Tithi 22 – 23  
525976152  
No Yoga  
Until 9:17AM then Siddha Yoga  
Until 10.05PM 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**    3:38PM – 5:09PM    **Bharani Until 9:17AM**  
**Yama**    12:37PM – 2:08PM    **Dhruva Until 2:47AM Mon**  
**Rahu**    5:09PM – 6:40PM    **Balava Until 12:59AM Mon**  
**Krishna Janmashtami**  
**Saptami Until 11:54AM**

**Ganesha:** Clear    *Sunrise: 6:35AM*  
**Muruqa:** Yellow    *Sunset: 6:40PM*  
**Nataraja:** Clear  
Moon – White  
**Sravana-Avani**

Nairobi, Kenya  
**Sun 7    Sutra 130**  
Khara 5113  
Moon 8 - Phase 17  
Ashtami

**Devaloka Day**

**Monday, August 22, 2011**  
**Retreat Star**

Vrishabha Rasi: 7.04    Tithi 23 – 24  
**Family Home Evening**    525976152  
No Yoga  
Until 11:51AM 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**    2:08PM – 3:38PM    **Krittika Until 11:51AM**  
**Yama**    11:06AM – 12:37PM    **Vyaghata\* Until 3:22AM Tue**  
**Rahu**    8:05AM – 9:36AM    **Taitila Until 2:59AM Tue**  
**Ashtami\* Until 1:53PM**

**Ganesha:** Clear    *Sunrise: 6:35AM*  
**Muruqa:** Yellow    *Sunset: 6:39PM*  
**Nataraja:** Clear  
Moon – White  
**Sravana-Avani**

Nairobi, Kenya  
**Sun 8    Sutra 131**  
Khara 5113  
Moon 8 - Phase 17  
Navami

**Devaloka Day**

<b>1</b>	<b>Tuesday, August 23, 2011</b>	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	Nairobi, Kenya
	Sun 9 Sutra 132 Khara 5113 Moon 8 - Phase 18 2nd Phase	<b>Gulika</b> 12:37PM – 2:07PM <b>Yama</b> 9:36AM – 11:06AM <b>Rahu</b> 3:38PM – 5:09PM	<b>Rohini</b> Until 1:21PM Harshana Until 2:00AM Wed Vanija Until 2:36AM Wed <b>Navami*</b> Until 2:36PM

Vishabha Rasi: 19.21 Tithi 24 – 25  
 535976152  
 Creative Work Amrita Yoga  
 Until 1:21PM then Siddha Yoga

**Sivaloka Day**

<b>2</b>	<b>Wednesday, August 24, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Mrigasira/Ardra Nakshatra Vajra* Yoga Visti*/Bava Karana Dasami/Ekadasi* Yam Titau	Nairobi, Kenya
	Sun 10 Sutra 133 Khara 5113 Moon 8 - Phase 18 2nd Phase	<b>Gulika</b> 11:06AM – 12:36PM <b>Yama</b> 8:05AM – 9:35AM <b>Rahu</b> 12:36PM – 2:07PM	<b>Mrigasira</b> Until 2:42PM Vajra* Until 1:36AM Thu Bava Until 3:19AM Thu <b>Dasami</b> Until 3:19PM

Mithuna Rasi: 1.58 Tithi 25 – 26  
 535976152  
 Creative Work Siddha Yoga  
 Until 10:05PM then Marana Yoga

**Sivaloka Day**

<b>3</b>	<b>Thursday, August 25, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadasi*/Dvadasi* Yam Titau	Nairobi, Kenya
	Sun 11 Sutra 134 Khara 5113 Moon 8 - Phase 18 2nd Phase	<b>Gulika</b> 9:35AM – 11:06AM <b>Yama</b> 6:34AM – 8:04AM <b>Rahu</b> 2:07PM – 3:37PM	<b>Ardra</b> Until 3:18PM Siddhi Until 12:31AM Fri Kaulava Until 3:14AM Fri <b>Ekadasi*</b> Until 3:14PM

Mithuna Rasi: 14.58 Tithi 26 – 27  
 535976152  
 Routine Work Marana Yoga  
 Until 3:18PM then Amrita Yoga  
 Until 10:04PM then Siddha Yoga

**Sivaloka Day**

<b>4</b>	<b>Friday, August 26, 2011</b>	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	Nairobi, Kenya
	Sun 12 Sutra 135 Khara 5113 Moon 8 - Phase 18 2nd Phase	<b>Gulika</b> 8:04AM – 9:35AM <b>Yama</b> 3:37PM – 5:08PM <b>Rahu</b> 11:05AM – 12:36PM	<b>Punarvasu</b> Until 2:26PM Vyatipata* Until 9:32PM Gara Until 12:42AM Sat <b>Dvadasi*</b> Until 1:37PM <i>Pradosha Vrata (Fasting)</i>


Mithuna Rasi: 28.25 Tithi 27 – 28  
 545976152  
 Creative Work Siddha Yoga  
 Until 2:26PM then Marana Yoga  
 Until 10:04PM then Siddha Yoga

**Devaloka Day**

<b>5</b>	<b>Saturday, August 27, 2011</b>	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	Nairobi, Kenya
	Sun 13 Sutra 136 Khara 5113 Moon 8 - Phase 18 2nd Phase	<b>Gulika</b> 6:33AM – 8:04AM <b>Yama</b> 2:06PM – 3:37PM <b>Rahu</b> 9:34AM – 11:05AM	<b>Pushya</b> Until 1:26PM Variyan Until 7:03PM Visti Until 10:56PM <b>Trayodasi*</b> Until 11:51AM

Kataka Rasi: 12.2 Tithi 28 – 29  
 546976152  
 Creative Work Siddha Yoga  
 Until 1:26PM then Marana Yoga  
 Until 10:04PM then Siddha Yoga

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

	<b>Sunday, August 28, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Aslesha*/Magha* Nakshatra Parigha*/Shiva Yoga Sakuni*/Catuspada* Karana Chaturdasi*/Amavasya* Yam Titau	Nairobi, Kenya
	<b>Retreat Star</b> Sun 14 Sutra 137 Khara 5113 Moon 8 - Phase 18 Amavasya	<b>Gulika</b> 3:37PM – 5:07PM <b>Yama</b> 12:35PM – 2:06PM <b>Rahu</b> 5:07PM – 6:38PM	<b>Aslesha*</b> Until 11:18AM Parigha* Until 3:16PM Catuspada Until 7:21PM <b>Chaturdasi*</b> Until 9:04AM

Kataka Rasi: 26.41 Tithi 29 – 30  
 546976153  
 Creative Work Siddha Yoga  
 Until 11:18AM then Marana Yoga  
 Until 10:03PM then Siddha Yoga

**Devaloka Day**

<b>Retreat Star</b>	<b>Monday, August 29, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni* Nakshatra Shiva/Siddha Yoga Naga*/Bava Karana Amavasya*/Prathama* Yam Titau	Nairobi, Kenya
	<b>Sun 15 Sutra 138</b> Khara 5113 Moon 8 - Phase 18 Prathama	<b>Gulika</b> 2:06PM – 3:36PM <b>Yama</b> 11:04AM – 12:35PM <b>Rahu</b> 8:03AM – 9:34AM	<b>Magha*</b> Until 9:07AM Shiva Until 11:46AM Bava Until 2:40AM Tue <b>Amavasya*</b> Until 6:06AM

Simha Rasi: 11.23 Tithi 30 – 1  
 556976153  
**Family Home Evening**  
 Creative Work Siddha Yoga

**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


<b>1</b>	<b>Tuesday, August 30, 2011</b>	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	Nairobi, Kenya
	Simha Rasi: 26.18      Tithi 2 566176153	<b>Gulika</b> 12:35PM – 2:05PM <b>Yama</b> 9:33AM – 11:04AM <b>Rahu</b> 3:36PM – 5:07PM	<b>Sun 16 Sutra 139</b> Khara 5113 Moon 8 - Phase 19 3rd Phase
Creative Work Siddha Yoga Until 6:35AM then Amrita Yoga		<b>Purvaphalguni* Until 6:35AM</b> Siddha Until 7:57AM Balava Until 1:02PM <b>Dvitiya Until 11:19PM</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:32AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:37PM</i> <b>Nataraja:</b> White Moon – Red <b>Bhadrapada*Avani</b>
<b>Devaloka Day</b>			


<b>2</b>	<b>Wednesday, August 31, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Subha Yoga Taitila/Gara Karana Tritiya Yam Titau	Nairobi, Kenya
	Kanya Rasi: 11.18      Tithi 3 566176153	<b>Gulika</b> 11:04AM – 12:34PM <b>Yama</b> 8:03AM – 9:33AM <b>Rahu</b> 12:34PM – 2:05PM	<b>Sun 17 Sutra 140</b> Khara 5113 Moon 8 - Phase 19 3rd Phase
Creative Work Siddha Yoga Until 10.03PM then no yoga Until 1:16AM Thu then Siddha Yoga		<b>Hasta Until 1:16AM Thu</b> Subha Until 12:00PM Taitila Until 9:33AM <b>Tritiya Until 7:51PM</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:32AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:37PM</i> <b>Nataraja:</b> White Moon – Green <b>Bhadrapada*Avani</b>
<b>Devaloka Day</b>			

<b>3</b>	<b>Thursday, September 1, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Sukla Yoga Vanija/Bava Karana Chaturthi*/Panchami Yam Titau	Nairobi, Kenya
	Kanya Rasi: 26.13      Tithi 4 – 5 566176153	<b>Gulika</b> 9:33AM – 11:03AM <b>Yama</b> 6:32AM – 8:02AM <b>Rahu</b> 2:05PM – 3:35PM	<b>Sun 18 Sutra 141</b> Khara 5113 Moon 8 - Phase 19 3rd Phase
Creative Work Siddha Yoga		<b>Chitra Until 10:43PM</b> Sukla Until 8:10PM Vanija Until 6:12AM <b>Chaturthi* Until 4:29PM</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:32AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:37PM</i> <b>Nataraja:</b> White Moon – Green <b>Bhadrapada*Avani</b>
<b>Devaloka Day</b>			

<b>4</b>	<b>Friday, September 2, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shasthi* Yam Titau	Nairobi, Kenya
	Tula Rasi: 10.56      Tithi 5 – 6 566176153	<b>Gulika</b> 8:02AM – 9:33AM <b>Yama</b> 3:35PM – 5:06PM <b>Rahu</b> 11:03AM – 12:34PM	<b>Sun 19 Sutra 142</b> Khara 5113 Moon 8 - Phase 19 3rd Phase
Creative Work Siddha Yoga Until 9:32PM then Marana Yoga Until 10.02PM then Siddha Yoga		<b>Svati Until 9:32PM</b> Brahma Until 5:21PM Kaulava Until 1:08AM Sat <b>Panchami Until 2:04PM</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:31AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:36PM</i> <b>Nataraja:</b> White Moon – Green <b>Bhadrapada*Avani</b>
<b>Devaloka Day</b>			

<b>5</b>	<b>Saturday, September 3, 2011</b>	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	Nairobi, Kenya
	Tula Rasi: 25.22      Tithi 6 – 7 577176153	<b>Gulika</b> 6:31AM – 8:02AM <b>Yama</b> 2:04PM – 3:35PM <b>Rahu</b> 9:32AM – 11:03AM	<b>Sun 20 Sutra 143</b> Khara 5113 Moon 8 - Phase 19 3rd Phase
Creative Work Siddha Yoga Until 10.02PM then Marana Yoga		<b>Visakha Until 7:40PM</b> Indra Until 2:03PM Gara Until 10:27PM <b>Shasthi* Until 11:23AM</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:31AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:36PM</i> <b>Nataraja:</b> White Moon – Orange <b>Bhadrapada*Avani</b>
<b>Subha Sivaloka Day</b>			

	<b>Sunday, September 4, 2011</b>	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	Nairobi, Kenya
	<b>Retreat Star</b> Vrischika Rasi: 9.26      Tithi 7 – 8 577176153	<b>Gulika</b> 3:35PM – 5:05PM <b>Yama</b> 12:33PM – 2:04PM <b>Rahu</b> 5:05PM – 6:36PM	<b>Sun 21 Sutra 144</b> Khara 5113 Moon 8 - Phase 19 Ashtami
Routine Work Marana Yoga Until 10.01PM then Siddha Yoga		<b>Anuradha Until 6:24PM</b> Vaidhriti* Until 11:19AM Visti Until 8:25PM <b>Saptami Until 9:20AM</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:30AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:36PM</i> <b>Nataraja:</b> White Moon – Orange <b>Bhadrapada*Avani</b>
<b>Subha Sivaloka Day</b>			

	<b>Monday, September 5, 2011</b>	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	Nairobi, Kenya
	<b>Retreat Star</b> Vrischika Rasi: 23.09      Tithi 8 – 9 <b>Family Home Evening</b> 577176153	<b>Gulika</b> 2:04PM – 3:34PM <b>Yama</b> 11:02AM – 12:33PM <b>Rahu</b> 8:01AM – 9:31AM	<b>Sun 22 Sutra 145</b> Khara 5113 Moon 8 - Phase 19 Navami
Creative Work Siddha Yoga Until 10.01PM then Amrita Yoga		<b>Jyeshtha* Until 6:39PM</b> Vishkambha* Until 9:23AM Balava Until 8:08PM <b>Ashtami* Until 8:08AM</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:30AM</i> <b>Muruqa:</b> Yellow <i>Sunset: 6:36PM</i> <b>Nataraja:</b> White Moon – Orange <b>Bhadrapada*Avani</b>
<b>Subha Sivaloka Day</b>			

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, Mundu 1.1.7. bo UpR, 673

<b>1</b>	<b>Tuesday, September 6, 2011</b>	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	Nairobi, Kenya
	Dhanus Rasi: 6.31    Tithi 9 – 10 587176153	<b>Gulika</b> 12:33PM – 2:03PM <b>Yama</b> 9:31AM – 11:02AM <b>Rahu</b> 3:34PM – 5:05PM	<b>Sun 23 Sutra 146</b> Khara 5113 Moon 8 - Phase 20 4th Phase
Creative Work    Amrita Yoga Until 6:35PM then Siddha Yoga Until 10.01PM then Amrita Yoga		<b>Mula* Until 6:35PM</b> Priti Until 7:39AM Taitila Until 7:19PM <b>Navami* Until 7:19AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:30AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:35PM <b>Nataraja:</b> White Moon – Light Blue <b>Bhadrapada*Avani</b>
<b>Sivaloka Day</b>			

<b>2</b>	<b>Wednesday, September 7, 2011</b>	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	Nairobi, Kenya
	Dhanus Rasi: 19.36    Tithi 10 – 11 587176153	<b>Gulika</b> 11:01AM – 12:32PM <b>Yama</b> 8:00AM – 9:31AM <b>Rahu</b> 12:32PM – 2:03PM	<b>Sun 24 Sutra 147</b> Khara 5113 Moon 8 - Phase 20 4th Phase
Creative Work    Amrita Yoga Until 10.00PM then Siddha Yoga		<b>Purvashadha* Until 7:03PM</b> Ayushman Until 6:26AM Vanija Until 7:06PM <b>Dasami Until 7:06AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:35PM <b>Nataraja:</b> White Moon – Light Blue <b>Bhadrapada*Avani</b>
<b>Sivaloka Day</b>			

<b>3</b>	<b>Thursday, September 8, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Sobhana Yoga Visti*/Bava Karana Ekadasi/Dvadasi Yam Titau	Nairobi, Kenya
	Makara Rasi: 2.26    Tithi 11 – 12 587176153	<b>Gulika</b> 9:30AM – 11:01AM <b>Yama</b> 6:29AM – 8:00AM <b>Rahu</b> 2:03PM – 3:33PM	<b>Sun 25 Sutra 148</b> Khara 5113 Moon 8 - Phase 20 4th Phase
Creative Work    Siddha Yoga		<b>Uttarashadha Until 7:59PM</b> Sobhana Until 4:29AM Fri Bava Until 7:23PM <b>Ekadasi Until 7:23AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:35PM <b>Nataraja:</b> White Moon – Light Blue <b>Bhadrapada*Avani</b>
<b>Sivaloka Day</b>			

<b>4</b>	<b>Friday, September 9, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Sravana Nakshatra Athiganda* Yoga Balava/Kaulava Karana Dvadasi/Trayodasi Yam Titau	Nairobi, Kenya
	Makara Rasi: 15.03    Tithi 12 – 13 597176153	<b>Gulika</b> 7:59AM – 9:30AM <b>Yama</b> 3:33PM – 5:04PM <b>Rahu</b> 11:01AM – 12:31PM	<b>Sun 26 Sutra 149</b> Khara 5113 Moon 8 - Phase 20 4th Phase
Creative Work    Siddha Yoga		<b>Sravana Until 10:34PM</b> Athiganda* Until 5:44AM Sat Kaulava Until 9:21PM <b>Dvadasi Until 8:16AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:29AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:34PM <b>Nataraja:</b> White Moon – Purple <b>Bhadrapada*Avani</b>
<i>Pradosha Vrata</i>			
<b>Subha Sivaloka Day</b>			

<b>5</b>	<b>Saturday, September 10, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Sukarma Yoga Taitila/Gara Karana Trayodasi/Chaturdasi* Yam Titau	Nairobi, Kenya
	Makara Rasi: 27.31    Tithi 13 – 14 598176153	<b>Gulika</b> 6:28AM – 7:59AM <b>Yama</b> 2:02PM – 3:33PM <b>Rahu</b> 9:30AM – 11:00AM	<b>Sun 27 Sutra 150</b> Khara 5113 Moon 8 - Phase 20 4th Phase
Creative Work    Siddha Yoga		<b>Dhanishtha Until 12:19AM Sun</b> Sukarma Until 5:34AM Sun Gara Until 10:29PM <b>Trayodasi Until 9:23AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:28AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:34PM <b>Nataraja:</b> White Moon – Purple <b>Bhadrapada*Avani</b>
<b>Sivaloka Day</b>			

<b>○</b>	<b>Sunday, September 11, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Satabhisha Nakshatra Dhriti Yoga Vanija/Visti* Karana Chaturdasi*/Purnima* Yam Titau	Nairobi, Kenya
	Kumbha Rasi: 9.49    Tithi 14 – 15 598176153	<b>Gulika</b> 3:32PM – 5:03PM <b>Yama</b> 12:31PM – 2:02PM <b>Rahu</b> 5:03PM – 6:34PM	<b>Sun 28 Sutra 151</b> Khara 5113 Moon 8 - Phase 20 Purnima
Creative Work    Siddha Yoga Until 2:22AM Mon then no yoga		<b>Satabhisha Until 2:22AM Mon</b> Dhriti Until 5:39AM Mon Visti Until 11:55PM <b>Chaturdasi* Until 10:50AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:28AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:34PM <b>Nataraja:</b> White Moon – Purple <b>Bhadrapada*Avani</b>
<b>Sivaloka Day</b>			

<b>○</b>	<b>Monday, September 12, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaprostapada* Nakshatra Shula* Yoga Bava/Balava Karana Purnima*/Prathama* Yam Titau	Nairobi, Kenya
	Kumbha Rasi: 22    Tithi 15 – 16 518186153	<b>Gulika</b> 2:01PM – 3:32PM <b>Yama</b> 11:00AM – 12:30PM <b>Rahu</b> 7:58AM – 9:29AM	<b>Sun 29 Sutra 152</b> Khara 5113 Moon 8 - Phase 20 Prathama
Family Home Evening No Yoga Until 9.59PM then Marana Yoga Until 4:40AM Tue then Amrita Yoga		<b>Purvaprostapada* Until 4:40AM Tue</b> Shula* Until 5:59AM Tue Balava Until 1:39AM Tue <b>Purnima* Until 12:34PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:28AM <b>Muruqa:</b> White <i>Sunset:</i> 6:33PM <b>Nataraja:</b> White Moon – Clear <b>Bhadrapada*Avani</b>
<b>Subha Sivaloka Day</b>			

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: 4.04      Tithi 16 – 17  
518186153  
Creative Work    Amrita Yoga  
Until 9.58PM then Siddha Yoga  
Until 7:18AM Wed then Marana Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Uttaraprostapada Nakshatra Ganda\* Yoga Kaulava/Taitila Karana Prathama\*/Dvitiya Yam Titau  
**Gulika**    12:30PM – 2:01PM    **Uttaraprostapada Until 7:18AM Wed**  
**Yama**      9:29AM – 10:59AM    **Ganda\* Until 6:40AM Wed**  
**Rahu**      3:32PM – 5:02PM      **Taitila Until 3:39AM Wed**  
**Prathama\* Until 2:33PM**

Nairobi, Kenya  
**Sutra 153**  
Khara 5113  
Moon 9 - Phase 21  
1st Phase  
**Subha Sivaloka Day**  
**Ganesha:** Yellow    *Sunrise: 6:27AM*  
**Muruqa:** White    *Sunset: 6:33PM*  
**Nataraja:** White  
Moon – Clear  
**Bhadrapada\*Avani**

**1**

**Wednesday, September 14, 2011**

Meena Rasi: 16.01      Tithi 17 – 18  
518186153  
Creative Work    Siddha Yoga  
Until 7:18AM then Marana Yoga  
Until 9.58PM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttaraprostapada/Revati Nakshatra Ganda\*/Vridhhi Yoga Gara/Vanija Karana Dvitiya/Tritiya Yam Titau  
**Gulika**    10:59AM – 12:30PM    **Uttaraprostapada Until 7:18AM**  
**Yama**      7:58AM – 9:28AM      **Ganda\* Until 6:40AM**  
**Rahu**      12:30PM – 2:00PM      **Vanija Until 5:51AM Thu**  
**Dvitiya Until 4:46PM**

Nairobi, Kenya  
**Sun 1 Sutra 154**  
Khara 5113  
Moon 9 - Phase 21  
1st Phase  
**Subha Sivaloka Day**  
**Ganesha:** Yellow    *Sunrise: 6:27AM*  
**Muruqa:** White    *Sunset: 6:33PM*  
**Nataraja:** White  
Moon – Clear  
**Bhadrapada\*Avani**

**2**

**Thursday, September 15, 2011**

Meena Rasi: 27.54      Tithi 18  
518186153  
Creative Work    Siddha Yoga  
Until 10:12AM 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**    9:28AM – 10:59AM    **Revati Until 10:12AM**  
**Yama**      6:26AM – 7:57AM      **Vridhhi Until 7:33AM**  
**Rahu**      2:00PM – 3:31PM      **Vanija Until 6:04AM**  
**Tritiya Until 7:09PM**

Nairobi, Kenya  
**Sun 2 Sutra 155**  
Khara 5113  
Moon 9 - Phase 21  
1st Phase  
**Subha Sivaloka Day**  
**Ganesha:** Yellow    *Sunrise: 6:26AM*  
**Muruqa:** White    *Sunset: 6:32PM*  
**Nataraja:** White  
Moon – Clear  
**Bhadrapada\*Avani**

**3**

**Friday, September 16, 2011**

Mesha Rasi: 9.44      Tithi 19  
529186153  
Creative Work    Amrita Yoga  
Until 1:12PM 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**    7:57AM – 9:28AM      **Asvini Until 1:12PM**  
**Yama**      3:31PM – 5:01PM      **Dhruva Until 8:32AM**  
**Rahu**      10:58AM – 12:29PM    **Bava Until 8:33AM**  
**Chaturthi\* Until 9:39PM**

Nairobi, Kenya  
**Sun 3 Sutra 156**  
Khara 5113  
Moon 9 - Phase 21  
1st Phase  
**Subha Sivaloka Day**  
**Ganesha:** Red      *Sunrise: 6:26AM*  
**Muruqa:** White    *Sunset: 6:32PM*  
**Nataraja:** White  
Moon – White  
**Bhadrapada\*Avani**

**4**

**Saturday, September 17, 2011**

Mesha Rasi: 21.34      Tithi 20  
529186153  
Creative Work    Siddha Yoga  
Until 4:13PM then Amrita Yoga  
Until 9.57PM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mantla Vasara Yuktayam  
Bharani/Krittika Nakshatra Vyaghata\*/Harshana Yoga Kaulava/Taitila Karana Panchami Yam Titau  
**Gulika**    6:26AM – 7:56AM      **Bharani Until 4:13PM**  
**Yama**      1:59PM – 3:30PM      **Vyaghata\* Until 9:30AM**  
**Rahu**      9:27AM – 10:58AM    **Kaulava Until 11:04AM**  
**Panchami Until 12:09AM Sun**

Nairobi, Kenya  
**Sun 4 Sutra 157**  
Khara 5113  
Moon 9 - Phase 21  
1st Phase  
**Subha Sivaloka Day**  
**Ganesha:** Red      *Sunrise: 6:26AM*  
**Muruqa:** White    *Sunset: 6:32PM*  
**Nataraja:** White  
Moon – White  
**Bhadrapada\*Puratasi**

**5**

**Sunday, September 18, 2011**

Vrishabha Rasi: 3.26      Tithi 21  
529186153  
Creative Work    Siddha Yoga  
Until 9.56PM 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**    3:30PM – 5:01PM      **Krittika Until 7:07PM**  
**Yama**      12:28PM – 1:59PM      **Harshana Until 10:23AM**  
**Rahu**      5:01PM – 6:31PM      **Gara Until 1:26PM**  
**Shasthi\* Until 2:32AM Mon**

Nairobi, Kenya  
**Sun 5 Sutra 158**  
Khara 5113  
Moon 9 - Phase 21  
1st Phase  
**Subha Sivaloka Day**  
**Ganesha:** Red      *Sunrise: 6:25AM*  
**Muruqa:** White    *Sunset: 6:31PM*  
**Nataraja:** White  
Moon – White  
**Bhadrapada\*Puratasi**

**6**

**Monday, September 19, 2011**

Vrishabha Rasi: 15.28      Tithi 22  
539186153  
**Family Home Evening**  
Creative Work    Amrita Yoga  
Until 9.45PM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam  
Rohini Nakshatra Vajra\*/Siddhi Yoga Visti\*/Bava Karana Saptami Yam Titau  
**Gulika**    1:59PM – 3:30PM      **Rohini Until 9:45PM**  
**Yama**      10:57AM – 12:28PM    **Vajra\* Until 11:00AM**  
**Rahu**      7:56AM – 9:26AM      **Visti Until 3:32PM**  
**Saptami Until 4:37AM Tue**

Nairobi, Kenya  
**Sun 6 Sutra 159**  
Khara 5113  
Moon 9 - Phase 21  
1st Phase  
**Subha Subha Sivaloka Day**  
**Ganesha:** Green    *Sunrise: 6:25AM*  
**Muruqa:** White    *Sunset: 6:31PM*  
**Nataraja:** White  
Moon – Yellow  
**Bhadrapada\*Puratasi**

**Retreat Star**

**Tuesday, September 20, 2011**

Vrishabha Rasi: 27.42      Tithi 23  
539186153  
Creative Work    Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam  
Mrigasira Nakshatra Siddhi/Vyatipata\* Yoga Balava/Kaulava Karana Ashtami\* Yam Titau  
**Gulika**    12:28PM – 1:58PM    **Mrigasira Until 10:34PM**  
**Yama**      9:26AM – 10:57AM    **Siddhi Until 10:51AM**  
**Rahu**      3:29PM – 5:00PM      **Balava Until 4:13PM**  
**Ashtami\* Until 4:13AM Wed**

Nairobi, Kenya  
**Sun 7 Sutra 160**  
Khara 5113  
Moon 9 - Phase 21  
Ashtami  
**Subha Subha Sivaloka Day**  
**Ganesha:** Green    *Sunrise: 6:24AM*  
**Muruqa:** White    *Sunset: 6:31PM*  
**Nataraja:** White  
Moon – Yellow  
**Bhadrapada\*Puratasi**

**Wednesday, September 21, 2011**

**Retreat Star**

Mithuna Rasi: 10.14      Tithi 24  
539186153  
Creative Work    Siddha Yoga  
Until 9.55PM then Marana Yoga  
Until 12:01AM Thu then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam  
Ardra Nakshatra Vyatipata\*/Variyan Yoga Taitila/Gara Karana Navami\* Yam Titau  
**Gulika**    10:56AM – 12:27PM    **Ardra Until 12:01AM Thu**  
**Yama**      7:55AM – 9:26AM      **Vyatipata\* Until 10:32AM**  
**Rahu**      12:27PM – 1:58PM    **Taitila Until 5:05PM**  
**Navami\* Until 5:05AM Thu**

Nairobi, Kenya  
**Sun 8 Sutra 161**  
Khara 5113  
Moon 9 - Phase 21  
Navami  
**Subha Subha Sivaloka Day**  
**Ganesha:** Green    *Sunrise: 6:24AM*  
**Muruqa:** White    *Sunset: 6:30PM*  
**Nataraja:** White  
Moon – Yellow  
**Bhadrapada\*Puratasi**

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. Krishṇa Yajur Veda, Svetu 2.9. UpP, 192


<b>1</b>	<b>Thursday, September 22, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Variyan/Parigha* Yoga Vanja/Visti* Karana Dasami Yam Titau				Nairobi, Kenya
	Mithuna Rasi: 23.11	Tithi 25	549186153	<b>Gulika</b> 9:25AM – 10:56AM <b>Yama</b> 6:24AM – 7:54AM <b>Rahu</b> 1:58PM – 3:29PM	<b>Punarvasu Until 12:44AM Fri</b> Variyan Until 9:31AM Vanija Until 5:09PM <b>Dasami Until 5:09AM Fri</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:24AM</i> <b>Muruqa:</b> White <i>Sunset: 6:30PM</i> <b>Nataraja:</b> White Moon – Blue <b>Bhadrapada•Puratasi</b>	<b>Sun 9 Sutra 162</b> Khara 5113 Moon 9 - Phase 22 2nd Phase <b>Subha Sivaloka Day</b>
Creative Work Amrita Yoga Until 9:55PM then Siddha Yoga Until 12:44AM Fri then Marana Yoga							

<b>2</b>	<b>Friday, September 23, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Parigha/Shiva Yoga Bava/Balava Karana Ekadasi* Yam Titau				Nairobi, Kenya
	Kataka Rasi: 6.35	Tithi 26	549286153	<b>Gulika</b> 7:54AM – 9:25AM <b>Yama</b> 3:28PM – 4:59PM <b>Rahu</b> 10:56AM – 12:27PM	<b>Pushya Until 11:16PM</b> Parigha* Until 7:36AM Bava Until 3:30PM <b>Ekadasi* Until 2:34AM Sat</b>	<b>Ganesha:</b> Green <i>Sunrise: 6:23AM</i> <b>Muruqa:</b> White <i>Sunset: 6:30PM</i> <b>Nataraja:</b> White Moon – Blue <b>Bhadrapada•Puratasi</b>	<b>Sun 10 Sutra 163</b> Khara 5113 Moon 9 - Phase 22 2nd Phase <b>Sivaloka Day</b>
Routine Work Marana Yoga Until 9:55PM then Siddha Yoga Until 11:16PM then Marana Yoga							

<b>3</b>	<b>Saturday, September 24, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Aslesha* Nakshatra Siddha Yoga Kaulava/Taitila Karana Dvadasi* Yam Titau				Nairobi, Kenya
	Kataka Rasi: 20.3	Tithi 27	541286153	<b>Gulika</b> 6:23AM – 7:54AM <b>Yama</b> 1:57PM – 3:28PM <b>Rahu</b> 9:25AM – 10:55AM	<b>Aslesha* Until 10:17PM</b> Siddha Until 2:27AM Sun Kaulava Until 1:47PM <b>Dvadasi* Until 12:52AM Sun</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:23AM</i> <b>Muruqa:</b> White <i>Sunset: 6:29PM</i> <b>Nataraja:</b> White Moon – Blue <b>Bhadrapada•Puratasi</b>	<b>Sun 11 Sutra 164</b> Khara 5113 Moon 9 - Phase 22 2nd Phase <b>Sivaloka Day</b>
Routine Work Marana Yoga Until 9:54PM then Siddha Yoga Until 10:17PM then Marana Yoga							

<b>4</b>	<b>Sunday, September 25, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Sadhya Yoga Gara/Vanija Karana Trayodasi* Yam Titau				Nairobi, Kenya
	Simha Rasi: 4.53	Tithi 28	551286153	<b>Gulika</b> 3:28PM – 4:58PM <b>Yama</b> 12:26PM – 1:57PM <b>Rahu</b> 4:58PM – 6:29PM	<b>Magha* Until 7:31PM</b> Sadhya Until 10:08PM Gara Until 10:49AM <b>Trayodasi* Until 9:06PM</b> <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:23AM</i> <b>Muruqa:</b> White <i>Sunset: 6:29PM</i> <b>Nataraja:</b> White Moon – Red <b>Bhadrapada•Puratasi</b>	<b>Sun 12 Sutra 165</b> Khara 5113 Moon 9 - Phase 22 2nd Phase <b>Sivaloka Day</b>
Routine Work Marana Yoga Until 7:31PM then Siddha Yoga							

<b>5</b>	<b>Monday, September 26, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Subha Yoga Visti*/Catuspada* Karana Chaturdasi*/Amavasya* Yam Titau				Nairobi, Kenya
	Simha Rasi: 19.41	Tithi 29 – 30	551286153	<b>Gulika</b> 1:56PM – 3:27PM <b>Yama</b> 10:55AM – 12:26PM <b>Rahu</b> 7:53AM – 9:24AM	<b>Purvaphalguni* Until 5:10PM</b> Subha Until 6:28PM Visti Until 7:42AM <b>Chaturdasi* Until 5:59PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:22AM</i> <b>Muruqa:</b> White <i>Sunset: 6:29PM</i> <b>Nataraja:</b> White Moon – Red <b>Bhadrapada•Puratasi</b>	<b>Sun 13 Sutra 166</b> Khara 5113 Moon 9 - Phase 22 2nd Phase <b>Sivaloka Day</b>
Family Home Evening Creative Work Siddha Yoga Until 5:10PM then Marana Yoga Until 9:54PM then Amrita Yoga							

	<b>Tuesday, September 27, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya*/Prathama* Yam Titau				Nairobi, Kenya	
	<b>Retreat Star</b>		Kanya Rasi: 4.47	Tithi 30 – 1	551286153	<b>Gulika</b> 12:25PM – 1:56PM <b>Yama</b> 9:23AM – 10:54AM <b>Rahu</b> 3:27PM – 4:58PM	<b>Uttaraphalguni Until 2:21PM</b> Sukla Until 2:21PM Kintughna Until 12:39AM Wed <b>Amavasya* Until 2:22PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:22AM</i> <b>Muruqa:</b> White <i>Sunset: 6:29PM</i> <b>Nataraja:</b> White Moon – Red <b>Bhadrapada•Puratasi</b>
Creative Work Amrita Yoga Until 2:21PM then Siddha Yoga								

<b>Retreat Star</b>	<b>Wednesday, September 28, 2011</b>		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				Nairobi, Kenya
	Kanya Rasi: 20.01	Tithi 1 – 2	661286153	<b>Gulika</b> 10:54AM – 12:25PM <b>Yama</b> 7:52AM – 9:23AM <b>Rahu</b> 12:25PM – 1:56PM	<b>Hasta Until 11:19AM</b> Brahma Until 10:02AM Balava Until 8:47PM <b>Prathama* Until 10:30AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:21AM</i> <b>Muruqa:</b> White <i>Sunset: 6:28PM</i> <b>Nataraja:</b> White Moon – Green <b>Ashvina•Puratasi</b>	<b>Sun 15 Sutra 168</b> Khara 5113 Moon 9 - Phase 22 Prathama <b>Sivaloka Day</b>
Creative Work Siddha Yoga <b>Navaratri Begins</b>							

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


<b>1</b>	<b>Thursday, September 29, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svatil Nakshatra Vaidhriti* Yoga Kaulava/Gara Karana Dvitiya/Tritiya Yam Titau	Nairobi, Kenya
	Tula Rasi: 5.13      Tithi 2 – 3 661286153	<b>Gulika</b> 9:23AM – 10:54AM <b>Yama</b> 6:21AM – 7:52AM <b>Rahu</b> 1:55PM – 3:26PM	<b>Sun 16 Sutra 169</b> Khara 5113 Moon 9 - Phase 23 3rd Phase
Creative Work Siddha Yoga Until 8:19AM then Amrita Yoga Until 9:53PM then Siddha Yoga		<b>Chitra Until 8:19AM</b> Vaidhriti* Until 1:45AM Fri Gara Until 3:16AM Fri <b>Dvitiya Until 6:41AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:21AM</i> <b>Muruqa:</b> White <i>Sunset: 6:28PM</i> <b>Nataraja:</b> White Moon – Green <b>Ashvina•Puratasi</b>


<b>2</b>	<b>Friday, September 30, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Visakha Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Chaturthi* Yam Titau	Nairobi, Kenya
	Tula Rasi: 20.14      Tithi 4 671286153	<b>Gulika</b> 7:52AM – 9:22AM <b>Yama</b> 3:26PM – 4:57PM <b>Rahu</b> 10:53AM – 12:24PM	<b>Sun 17 Sutra 170</b> Khara 5113 Moon 9 - Phase 23 3rd Phase
Routine Work Marana Yoga Until 9:52PM then Siddha Yoga		<b>Visakha Until 2:58AM Sat</b> Vishkambha* Until 9:45PM Vanija Until 1:30PM <b>Chaturthi* Until 11:47PM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:21AM</i> <b>Muruqa:</b> White <i>Sunset: 6:28PM</i> <b>Nataraja:</b> White Moon – Orange <b>Ashvina•Puratasi</b>

<b>3</b>	<b>Saturday, October 1, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchami Yam Titau	Nairobi, Kenya
	Vrischika Rasi: 4.55      Tithi 5 671286153	<b>Gulika</b> 6:20AM – 7:51AM <b>Yama</b> 1:55PM – 3:26PM <b>Rahu</b> 9:22AM – 10:53AM	<b>Sun 18 Sutra 171</b> Khara 5113 Moon 9 - Phase 23 3rd Phase
Creative Work Siddha Yoga Until 9:52PM then Marana Yoga		<b>Anuradha Until 2:08AM Sun</b> Priti Until 7:04PM Bava Until 10:55AM <b>Panchami Until 10:00PM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:20AM</i> <b>Muruqa:</b> White <i>Sunset: 6:27PM</i> <b>Nataraja:</b> White Moon – Orange <b>Ashvina•Puratasi</b>

<b>4</b>	<b>Sunday, October 2, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Shasthi* Yam Titau	Nairobi, Kenya
	Vrischika Rasi: 19.12      Tithi 6 671286153	<b>Gulika</b> 3:25PM – 4:56PM <b>Yama</b> 12:24PM – 1:54PM <b>Rahu</b> 4:56PM – 6:27PM	<b>Sun 19 Sutra 172</b> Khara 5113 Moon 9 - Phase 23 3rd Phase
Routine Work Marana Yoga Until 9:52PM then Siddha Yoga		<b>Jyeshtha* Until 12:31AM Mon</b> Ayushman Until 3:58PM Kaulava Until 8:31AM <b>Shasthi* Until 7:36PM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:20AM</i> <b>Muruqa:</b> White <i>Sunset: 6:27PM</i> <b>Nataraja:</b> White Moon – Orange <b>Ashvina•Puratasi</b>

<b>5</b>	<b>Monday, October 3, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptami Yam Titau	Nairobi, Kenya
	Dhanus Rasi: 3.02      Tithi 7 <b>Family Home Evening</b> 681286153	<b>Gulika</b> 1:54PM – 3:25PM <b>Yama</b> 10:52AM – 12:23PM <b>Rahu</b> 7:51AM – 9:21AM	<b>Sun 20 Sutra 173</b> Khara 5113 Moon 9 - Phase 23 3rd Phase
Creative Work Siddha Yoga Until 9:51PM then Amrita Yoga Until 1:01AM Tue then Siddha Yoga		<b>Mula* Until 1:01AM Tue</b> Saubhagya Until 2:08PM Gara Until 7:02AM <b>Saptami Until 7:02PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:20AM</i> <b>Muruqa:</b> White <i>Sunset: 6:27PM</i> <b>Nataraja:</b> White Moon – Light Blue <b>Ashvina•Puratasi</b>

	<b>Tuesday, October 4, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Ashtami* Yam Titau	Nairobi, Kenya
	<b>Retreat Star</b> Dhanus Rasi: 16.26      Tithi 8 682286153	<b>Gulika</b> 12:23PM – 1:54PM <b>Yama</b> 9:21AM – 10:52AM <b>Rahu</b> 3:25PM – 4:56PM	<b>Sun 21 Sutra 174</b> Khara 5113 Moon 9 - Phase 23 Ashtami
Creative Work Siddha Yoga Until 9:51PM then Amrita Yoga		<b>Purvashadha* Until 12:53AM Wed</b> Sobhana Until 12:20PM Visti Until 6:11AM <b>Ashtami* Until 6:11PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:19AM</i> <b>Muruqa:</b> White <i>Sunset: 6:27PM</i> <b>Nataraja:</b> White Moon – Light Blue <b>Ashvina•Puratasi</b>

	<b>Wednesday, October 5, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navami* Yam Titau	Nairobi, Kenya
	<b>Retreat Star</b> Dhanus Rasi: 29.27      Tithi 9 682286153	<b>Gulika</b> 10:52AM – 12:23PM <b>Yama</b> 7:50AM – 9:21AM <b>Rahu</b> 12:23PM – 1:53PM	<b>Sun 22 Sutra 175</b> Khara 5113 Moon 9 - Phase 23 Navami
Creative Work Amrita Yoga Until 9:51PM then Siddha Yoga		<b>Uttarashadha Until 1:28AM Thu</b> Athiganda* Until 11:11AM Balava Until 6:08AM <b>Navami* Until 6:08PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:19AM</i> <b>Muruqa:</b> White <i>Sunset: 6:26PM</i> <b>Nataraja:</b> White Moon – Light Blue <b>Ashvina•Puratasi</b>

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

<b>1</b>	<b>Thursday, October 6, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Sravana Nakshatra Sukarma/Dhriti Yoga Tailila/Gara Karana Dasami Yam Titau	Nairobi, Kenya
	Makara Rasi: 12.09      Tithi 10 Creative Work      Siddha Yoga	<b>Gulika</b> 9:20AM – 10:51AM <b>Yama</b> 6:19AM – 7:50AM <b>Rahu</b> 1:53PM – 3:24PM	<b>Sun 23 Sutra 176</b> Khara 5113 Moon 9 - Phase 24 4th Phase <b>Sivaloka Day</b>
		<b>Sravana Until 4:22AM Fri</b> Sukarma Until 10:57AM Tailila Until 6:46AM <b>Dasami Until 7:52PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:19AM <b>Muruqa:</b> White <i>Sunset:</i> 6:26PM <b>Nataraja:</b> White Moon – Purple <b>Ashvina•Puratasi</b>

<b>2</b>	<b>Friday, October 7, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Ekadasi Yam Titau	Nairobi, Kenya
	Makara Rasi: 24.36      Tithi 11 Creative Work      Siddha Yoga Until 6:08AM Sat then Amrita Yoga	<b>Gulika</b> 7:49AM – 9:20AM <b>Yama</b> 3:24PM – 4:55PM <b>Rahu</b> 10:51AM – 12:22PM	<b>Sun 24 Sutra 177</b> Khara 5113 Moon 9 - Phase 24 4th Phase <b>Sivaloka Day</b>
		<b>Dhanishtha Until 6:08AM Sat</b> Dhriti Until 10:46AM Vanija Until 7:57AM <b>Ekadasi Until 9:02PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:18AM <b>Muruqa:</b> White <i>Sunset:</i> 6:26PM <b>Nataraja:</b> White Moon – Purple <b>Ashvina•Puratasi</b>
		<b>Vijaya Dasami</b>	

<b>3</b>	<b>Saturday, October 8, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Satabhisha Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Dvadasi Yam Titau	Nairobi, Kenya
	Kumbha Rasi: 6.52      Tithi 12 Creative Work      Amrita Yoga Until 9:50PM then Siddha Yoga	<b>Gulika</b> 6:18AM – 7:49AM <b>Yama</b> 1:53PM – 3:24PM <b>Rahu</b> 9:20AM – 10:51AM	<b>Sun 25 Sutra 178</b> Khara 5113 Moon 9 - Phase 24 4th Phase <b>Devaloka Day</b>
		<b>Satabhisha Until 8:03AM Sun</b> Shula* Until 10:56AM Bava Until 9:32AM <b>Dvadasi Until 10:38PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:18AM <b>Muruqa:</b> White <i>Sunset:</i> 6:25PM <b>Nataraja:</b> Yellow Moon – Purple <b>Ashvina•Puratasi</b>
		<b>Kadaitswami Mahasamadhi</b>	

<b>4</b>	<b>Sunday, October 9, 2011</b>	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	Nairobi, Kenya
	Kumbha Rasi: 18.59      Tithi 13 Creative Work      Siddha Yoga Until 9:50PM then no yoga	<b>Gulika</b> 3:23PM – 4:54PM <b>Yama</b> 12:21PM – 1:52PM <b>Rahu</b> 4:54PM – 6:25PM	<b>Sun 26 Sutra 179</b> Khara 5113 Moon 9 - Phase 24 4th Phase <b>Devaloka Day</b>
		<b>Satabhisha Until 8:03AM</b> Ganda* Until 11:20AM Kaulava Until 11:25AM <b>Trayodasi Until 12:31AM Mon</b> <i>Pradosha Vrata</i>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:18AM <b>Muruqa:</b> White <i>Sunset:</i> 6:25PM <b>Nataraja:</b> Yellow Moon – Purple <b>Ashvina•Puratasi</b>

<b>5</b>	<b>Monday, October 10, 2011</b>	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	Nairobi, Kenya
	Meena Rasi: 1      Tithi 14 Family Home Evening      No Yoga Until 10:40AM then Siddha Yoga Until 9:49PM then Amrita Yoga	<b>Gulika</b> 1:52PM – 3:23PM <b>Yama</b> 10:50AM – 12:21PM <b>Rahu</b> 7:48AM – 9:19AM	<b>Sun 27 Sutra 180</b> Khara 5113 Moon 9 - Phase 24 4th Phase <b>Devaloka Day</b>
		<b>Purvaprostapada* Until 10:40AM</b> Vridhi Until 11:56AM Gara Until 1:32PM <b>Chaturdasi* Until 2:37AM Tue</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:17AM <b>Muruqa:</b> White <i>Sunset:</i> 6:25PM <b>Nataraja:</b> Yellow Moon – Clear <b>Ashvina•Puratasi</b>
		<b>Chidambaram Abhishekam</b>	

<b>○</b>	<b>Tuesday, October 11, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraprostapada/Revati Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnima* Yam Titau	Nairobi, Kenya
	Meena Rasi: 12.57      Tithi 15 Creative Work      Amrita Yoga Until 1:27PM then Siddha Yoga Until 9:49PM then Marana Yoga	<b>Gulika</b> 12:21PM – 1:52PM <b>Yama</b> 9:19AM – 10:50AM <b>Rahu</b> 3:23PM – 4:54PM	<b>Sun 28 Sutra 181</b> Khara 5113 Moon 9 - Phase 24 Purnima <b>Devaloka Day</b>
		<b>Uttaraprostapada Until 1:27PM</b> Dhruva Until 12:40PM Visti Until 3:48PM <b>Purnima* Until 4:54AM Wed</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:17AM <b>Muruqa:</b> White <i>Sunset:</i> 6:25PM <b>Nataraja:</b> Yellow Moon – Clear <b>Ashvina•Puratasi</b>

<b>○</b>	<b>Wednesday, October 12, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Asvini Nakshatra Vyaghata*/Harshana Yoga Balava Karana Prathama* Yam Titau	Nairobi, Kenya
	Meena Rasi: 24.5      Tithi 16 Routine Work      Marana Yoga Until 9:49PM then Amrita Yoga	<b>Gulika</b> 10:50AM – 12:21PM <b>Yama</b> 7:48AM – 9:19AM <b>Rahu</b> 12:21PM – 1:52PM	<b>Sun 29 Sutra 182</b> Khara 5113 Moon 9 - Phase 24 Prathama <b>Devaloka Day</b>
		<b>Revati Until 4:20PM</b> Vyaghata* Until 1:31PM Balava Until 6:12PM <b>Prathama* Until 7:35AM Thu</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:17AM <b>Muruqa:</b> White <i>Sunset:</i> 6:25PM <b>Nataraja:</b> Yellow Moon – Clear <b>Ashvina•Puratasi</b>

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: 6.41    Tithi 16 – 17  
622286154  
Creative Work    Amrita Yoga  
Until 7:17PM 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**    9:18AM – 10:49AM    **Asvini** Until 7:17PM  
**Yama**        6:16AM – 7:47AM        Harshana Until 2:25PM  
**Rahu**        1:51PM – 3:22PM        Taitila Until 8:41PM  
**Prathama\*** Until 7:35AM

Nairobi, Kenya  
**Sutra 183**  
Khara 5113  
Moon 10 - Phase 25  
1st Phase  
**Sivaloka Day**  
**Ganesha:** Red    *Sunrise:* 6:16AM  
**Muruqa:** White    *Sunset:* 6:24PM  
**Nataraja:** Yellow  
Moon – White  
**Ashvina•Puratasi**

**1** **Friday, October 14, 2011**

Mesha Rasi: 18.32    Tithi 17 – 18  
622286154  
Creative Work    Siddha Yoga  
Until 10:16PM then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam  
Bharani Nakshatra Vajra\*/Siddhi Yoga Gara/Vanija Karana Dvitiya/Tritiya Yam Titau  
**Gulika**        7:47AM – 9:18AM        **Bharani** Until 10:16PM  
**Yama**        3:22PM – 4:53PM        Vajra\* Until 3:21PM  
**Rahu**        10:49AM – 12:20PM      Vanija Until 11:11PM  
**Dvitiya** Until 10:06AM

Nairobi, Kenya  
**Sun 1 Sutra 184**  
Khara 5113  
Moon 10 - Phase 25  
1st Phase  
**Sivaloka Day**  
**Ganesha:** Red    *Sunrise:* 6:16AM  
**Muruqa:** White    *Sunset:* 6:24PM  
**Nataraja:** Yellow  
Moon – White  
**Ashvina•Puratasi**

**2** **Saturday, October 15, 2011**

Wrishabha Rasi: 0.24    Tithi 18 – 19  
622286154  
Creative Work    Amrita Yoga  
Until 9.48PM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mantra Vasara Yuktayam  
Krittika Nakshatra Siddhi/Vyatipata\* Yoga Visti\*/Bava Karana Tritiya/Chaturthi\* Yam Titau  
**Gulika**        6:16AM – 7:47AM        **Krittika** Until 1:12AM Sun  
**Yama**        1:51PM – 3:22PM        Siddhi Until 4:13PM  
**Rahu**        9:18AM – 10:49AM        Bava Until 1:38AM Sun  
**Tritiya** Until 12:33PM

Nairobi, Kenya  
**Sun 2 Sutra 185**  
Khara 5113  
Moon 10 - Phase 25  
1st Phase  
**Sivaloka Day**  
**Ganesha:** Red    *Sunrise:* 6:16AM  
**Muruqa:** White    *Sunset:* 6:24PM  
**Nataraja:** Yellow  
Moon – White  
**Ashvina•Puratasi**

**3** **Sunday, October 16, 2011**

Wrishabha Rasi: 12.2    Tithi 19 – 20  
632286154  
Creative Work    Siddha Yoga  
Until 9.48PM then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Rohini Nakshatra Vyatipata\*/Variyan Yoga Balava/Kaulava Karana Chaturthi\*/Panchami Yam Titau  
**Gulika**        3:22PM – 4:53PM        **Rohini** Until 4:00AM Mon  
**Yama**        12:20PM – 1:51PM        Vyatipata\* Until 4:58PM  
**Rahu**        4:53PM – 6:24PM        Kaulava Until 3:56AM Mon  
**Chaturthi\*** Until 2:51PM

Nairobi, Kenya  
**Sun 3 Sutra 186**  
Khara 5113  
Moon 10 - Phase 25  
1st Phase  
**Devaloka Day**  
**Ganesha:** Green    *Sunrise:* 6:16AM  
**Muruqa:** White    *Sunset:* 6:24PM  
**Nataraja:** Yellow  
Moon – Yellow  
**Ashvina•Puratasi**

**4** **Monday, October 17, 2011**

Wrishabha Rasi: 24.24    Tithi 20 – 21  
632286154  
**Family Home Evening**  
Creative Work    Amrita Yoga  
Until 9.48PM then Siddha Yoga  
Until 6:32AM Tue then Marana Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam  
Mrigasira Nakshatra Variyan/Parigha\* Yoga Taitila/Gara Karana Panchami/Shasthi\* Yam Titau  
**Gulika**        1:51PM – 3:22PM        **Mrigasira** Until 6:32AM Tue  
**Yama**        10:48AM – 12:19PM      Variyan Until 5:29PM  
**Rahu**        7:46AM – 9:17AM        Gara Until 5:57AM Tue  
**Panchami** Until 4:52PM

Nairobi, Kenya  
**Sun 4 Sutra 187**  
Khara 5113  
Moon 10 - Phase 25  
1st Phase  
**Devaloka Day**  
**Ganesha:** Green    *Sunrise:* 6:15AM  
**Muruqa:** White    *Sunset:* 6:24PM  
**Nataraja:** Yellow  
Moon – Yellow  
**Ashvina•Aipasi**

**5** **Tuesday, October 18, 2011**

Mithuna Rasi: 6.4    Tithi 21 – 22  
633386154  
Routine Work    Marana Yoga  
Until 9.47PM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam  
Ardra Nakshatra Parigha\*/Shiva Yoga Vanija/Visti\* Karana Shasthi\*/Saptami Yam Titau  
**Gulika**        12:19PM – 1:50PM        **Ardra** Until 7:30AM Wed  
**Yama**        9:17AM – 10:48AM        Parigha\* Until 4:48PM  
**Rahu**        3:21PM – 4:52PM        Visti Until 5:26AM Wed  
**Shasthi\*** Until 5:26PM

Nairobi, Kenya  
**Sun 5 Sutra 188**  
Khara 5113  
Moon 10 - Phase 25  
1st Phase  
**Devaloka Day**  
**Ganesha:** Green    *Sunrise:* 6:15AM  
**Muruqa:** White    *Sunset:* 6:23PM  
**Nataraja:** Yellow  
Moon – Yellow  
**Ashvina•Aipasi**

**6** **Wednesday, October 19, 2011**

Mithuna Rasi: 19.11    Tithi 22  
633386154  
Creative Work    Siddha Yoga  
Until 9.47PM then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam  
Ardra/Punarvasu Nakshatra Shiva/Siddha Yoga Visti\*/Bava Karana Saptami Yam Titau  
**Gulika**        10:48AM – 12:19PM      **Ardra** Until 7:30AM  
**Yama**        7:46AM – 9:17AM        Shiva Until 4:29PM  
**Rahu**        12:19PM – 1:50PM        Visti Until 6:21AM  
**Saptami** Until 6:21PM

Nairobi, Kenya  
**Sun 6 Sutra 189**  
Khara 5113  
Moon 10 - Phase 25  
1st Phase  
**Devaloka Day**  
**Ganesha:** Green    *Sunrise:* 6:15AM  
**Muruqa:** White    *Sunset:* 6:23PM  
**Nataraja:** Yellow  
Moon – Yellow  
**Ashvina•Aipasi**

**Thursday, October 20, 2011**  
**Retreat Star**

Kataka Rasi: 2.04    Tithi 23  
643386154  
Creative Work    Amrita Yoga  
Until 9.47PM then Marana Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Ashtami\* Yam Titau  
**Gulika**        9:17AM – 10:48AM        **Punarvasu** Until 8:20AM  
**Yama**        6:15AM – 7:46AM        Siddha Until 3:33PM  
**Rahu**        1:50PM – 3:21PM        Balava Until 6:35AM  
**Ashtami\*** Until 6:35PM

Nairobi, Kenya  
**Sun 7 Sutra 190**  
Khara 5113  
Moon 10 - Phase 25  
Ashtami  
**Sivaloka Day**  
**Ganesha:** Orange    *Sunrise:* 6:15AM  
**Muruqa:** White    *Sunset:* 6:23PM  
**Nataraja:** Yellow  
Moon – Blue  
**Ashvina•Aipasi**

**Friday, October 21, 2011**  
**Retreat Star**

Kataka Rasi: 15.22    Tithi 24 – 25  
643386154  
Routine Work    Marana Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam  
Pushya/Aslesha\* Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami\*/Dasami Yam Titau  
**Gulika**        7:46AM – 9:17AM        **Pushya** Until 8:14AM  
**Yama**        3:21PM – 4:52PM        Sadhya Until 1:23PM  
**Rahu**        10:48AM – 12:19PM      Vanija Until 4:08AM Sat  
**Navami\*** Until 5:03PM

Nairobi, Kenya  
**Sun 8 Sutra 191**  
Khara 5113  
Moon 10 - Phase 25  
Navami  
**Sivaloka Day**  
**Ganesha:** Orange    *Sunrise:* 6:15AM  
**Muruqa:** White    *Sunset:* 6:23PM  
**Nataraja:** Yellow  
Moon – Blue  
**Ashvina•Aipasi**


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

<b>1</b>	<b>Saturday, October 22, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Aslesha*/Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dasami/Ekadasi* Yam Titau	Nairobi, Kenya
	Kataka Rasi: 29.07    Tithi 25 – 26 643386154	<b>Gulika</b> 6:14AM – 7:45AM <b>Yama</b> 1:50PM – 3:21PM <b>Rahu</b> 9:16AM – 10:48AM	<b>Sun 9 Sutra 192</b> Khara 5113 Moon 10 - Phase 26 2nd Phase
Routine Work    Marana Yoga Until 7:31AM then Amrita Yoga Until 9.47PM then Marana Yoga		<b>Aslesha* Until 7:31AM</b> Subha Until 11:07AM Bava Until 2:44AM Sun <b>Dasami Until 3:39PM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:14AM <b>Muruqa:</b> White <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Yellow Moon – Blue <b>Ashvina•Aipasi</b>

<b>2</b>	<b>Sunday, October 23, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaphalguni* Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadasi*/Dvadasi* Yam Titau	Nairobi, Kenya
	Simha Rasi: 13.2    Tithi 26 – 27 653386154	<b>Gulika</b> 3:21PM – 4:52PM <b>Yama</b> 12:18PM – 1:50PM <b>Rahu</b> 4:52PM – 6:23PM	<b>Sun 10 Sutra 193</b> Khara 5113 Moon 10 - Phase 26 2nd Phase
Creative Work    Siddha Yoga Until 3:19AM Mon then Marana Yoga		<b>Purvaphalguni* Until 3:19AM Mon</b> Sukla Until 7:58AM Kaulava Until 11:08PM <b>Ekadasi* Until 12:51PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:14AM <b>Muruqa:</b> White <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Yellow Moon – Red <b>Ashvina•Aipasi</b>

<b>3</b>	<b>Monday, October 24, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Indra Yoga Tailita/Gara Karana Dvadasi*/Trayodasi* Yam Titau	Nairobi, Kenya
	Simha Rasi: 28    Tithi 27 – 28 Family Home Evening    653386154	<b>Gulika</b> 1:49PM – 3:20PM <b>Yama</b> 10:47AM – 12:18PM <b>Rahu</b> 7:45AM – 9:16AM	<b>Sun 11 Sutra 194</b> Khara 5113 Moon 10 - Phase 26 2nd Phase
Routine Work    Marana Yoga Until 9.46PM then Amrita Yoga Until 1:12AM Tue then Siddha Yoga		<b>Uttaraphalguni Until 1:12AM Tue</b> Indra Until 12:30AM Tue Gara Until 8:18PM <b>Dvadasi* Until 10:01AM</b> <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:14AM <b>Muruqa:</b> White <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Yellow Moon – Red <b>Ashvina•Aipasi</b>

<b>4</b>	<b>Tuesday, October 25, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Vaidhriti* Yoga Vanija/Sakuni* Karana Trayodasi*/Chaturdasi* Yam Titau	Nairobi, Kenya
	Kanya Rasi: 12.59    Tithi 28 – 29 663386154	<b>Gulika</b> 12:18PM – 1:49PM <b>Yama</b> 9:16AM – 10:47AM <b>Rahu</b> 3:20PM – 4:51PM	<b>Sun 12 Sutra 195</b> Khara 5113 Moon 10 - Phase 26 2nd Phase
Creative Work    Siddha Yoga Deepavali Hindu Solidarity Day		<b>Hasta Until 10:33PM</b> Vaidhriti* Until 8:31PM Sakuni Until 3:09AM Wed <b>Trayodasi* Until 6:35AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:14AM <b>Muruqa:</b> White <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Yellow Moon – Green <b>Ashvina•Aipasi</b>

	<b>Wednesday, October 26, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Chitra Nakshatra Vishkambha*/Priti Yoga Catuspada*/Naga* Karana Amavasya* Yam Titau	Nairobi, Kenya
	<b>Retreat Star</b> Kanya Rasi: 28.12    Tithi 30 663386154	<b>Gulika</b> 10:47AM – 12:18PM <b>Yama</b> 7:45AM – 9:16AM <b>Rahu</b> 12:18PM – 1:49PM	<b>Sun 13 Sutra 196</b> Khara 5113 Moon 10 - Phase 26 Amavasya
Creative Work    Siddha Yoga Until 9.46PM then Amrita Yoga Subramuniyaswami Mahasamadhi		<b>Chitra Until 7:33PM</b> Vishkambha* Until 4:12PM Catuspada Until 1:05PM <b>Amavasya* Until 11:22PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:14AM <b>Muruqa:</b> White <i>Sunset:</i> 6:22PM <b>Nataraja:</b> Yellow Moon – Green <b>Ashvina•Aipasi</b>

<b>Retreat Star</b>	<b>Thursday, October 27, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Visakha Nakshatra Priti/Ayushman Yoga Kintughna*/Bava Karana Prathama* Yam Titau	Nairobi, Kenya
	Tula Rasi: 13.27    Tithi 1 663386154	<b>Gulika</b> 9:16AM – 10:47AM <b>Yama</b> 6:14AM – 7:45AM <b>Rahu</b> 1:49PM – 3:20PM	<b>Sun 14 Sutra 197</b> Khara 5113 Moon 10 - Phase 26 Prathama
Creative Work    Amrita Yoga Until 4:29PM then Siddha Yoga Until 9.46PM then Marana Yoga		<b>Svati Until 4:29PM</b> Priti Until 11:50AM Kintughna Until 9:13AM <b>Prathama* Until 7:30PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:14AM <b>Muruqa:</b> White <i>Sunset:</i> 6:22PM <b>Nataraja:</b> Yellow Moon – Green <b>Karttika•Aipasi</b>

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


<b>1</b>	<b>Friday, October 28, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Visakha/Anuradha Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiya Yam Titau			Nairobi, Kenya
	Tula Rasi: 28.35      Tithi 2 – 3	<b>Gulika</b> <b>7:45AM – 9:16AM</b>	<b>Visakha</b> <b>Until 1:35PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:13AM</i>	<b>Sun 15</b> <b>Sutra 198</b> Khara 5113
	673386154	<b>Yama</b> <b>3:20PM – 4:51PM</b>	<b>Ayushman</b> <b>Until 7:38AM</b>	<b>Muruqa:</b> White <i>Sunset: 6:22PM</i>	Moon 10 - Phase 27
	Routine Work      Marana Yoga	<b>Rahu</b> <b>10:47AM – 12:18PM</b>	<b>Taitila</b> <b>Until 2:07AM Sat</b>	<b>Nataraja:</b> Yellow	3rd Phase
	Until 1:35PM then Siddha Yoga		<b>Dvitiya</b> <b>Until 3:50PM</b>	<b>Moon – Orange</b>	<b>Devaloka Day</b>
				<b>Karttika-Aipasi</b>	


<b>2</b>	<b>Saturday, October 29, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthi* Yam Titau			Nairobi, Kenya
	Virschika Rasi: 13.28      Tithi 3 – 4	<b>Gulika</b> <b>6:13AM – 7:44AM</b>	<b>Anuradha</b> <b>Until 11:30AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:13AM</i>	<b>Sun 16</b> <b>Sutra 199</b> Khara 5113
	673386154	<b>Yama</b> <b>1:49PM – 3:20PM</b>	<b>Sobhana</b> <b>Until 1:01AM Sun</b>	<b>Muruqa:</b> White <i>Sunset: 6:22PM</i>	Moon 10 - Phase 27
	Creative Work      Siddha Yoga	<b>Rahu</b> <b>9:16AM – 10:47AM</b>	<b>Vanija</b> <b>Until 12:13AM Sun</b>	<b>Nataraja:</b> Yellow	3rd Phase
	Until 9:46PM then Marana Yoga		<b>Tritiya</b> <b>Until 1:08PM</b>	<b>Moon – Orange</b>	<b>Devaloka Day</b>
				<b>Karttika-Aipasi</b>	

<b>3</b>	<b>Sunday, October 30, 2011</b>	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			Nairobi, Kenya
	Virschika Rasi: 27.56      Tithi 4 – 5	<b>Gulika</b> <b>3:20PM – 4:51PM</b>	<b>Jyeshtha*</b> <b>Until 9:32AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:13AM</i>	<b>Sun 17</b> <b>Sutra 200</b> Khara 5113
	673386154	<b>Yama</b> <b>12:18PM – 1:49PM</b>	<b>Athiganda*</b> <b>Until 9:35PM</b>	<b>Muruqa:</b> White <i>Sunset: 6:22PM</i>	Moon 10 - Phase 27
	Routine Work      Marana Yoga	<b>Rahu</b> <b>4:51PM – 6:22PM</b>	<b>Bava</b> <b>Until 9:29PM</b>	<b>Nataraja:</b> Yellow	3rd Phase
	Until 9:32AM then Amrita Yoga		<b>Chaturthi*</b> <b>Until 10:24AM</b>	<b>Moon – Orange</b>	<b>Devaloka Day</b>
	Until 9:46PM then Siddha Yoga			<b>Karttika-Aipasi</b>	

<b>4</b>	<b>Monday, October 31, 2011</b>	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			Nairobi, Kenya
	Dhanu Rasi: 11.58      Tithi 5 – 6	<b>Gulika</b> <b>1:49PM – 3:20PM</b>	<b>Mula*</b> <b>Until 8:21AM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:13AM</i>	<b>Sun 18</b> <b>Sutra 201</b> Khara 5113
	<b>Family Home Evening</b> 683386154	<b>Yama</b> <b>10:47AM – 12:18PM</b>	<b>Sukarma</b> <b>Until 6:53PM</b>	<b>Muruqa:</b> White <i>Sunset: 6:22PM</i>	Moon 10 - Phase 27
	Creative Work      Siddha Yoga	<b>Rahu</b> <b>7:44AM – 9:15AM</b>	<b>Kaulava</b> <b>Until 7:35PM</b>	<b>Nataraja:</b> Yellow	3rd Phase
	Until 8:21AM then Marana Yoga		<b>Panchami</b> <b>Until 8:31AM</b>	<b>Moon – Light Blue</b>	<b>Sivaloka Day</b>
	Until 9:46PM then Siddha Yoga	<b>Skanda Shasthi</b>		<b>Karttika-Aipasi</b>	

<b>5</b>	<b>Tuesday, November 1, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Shasthi*/Saplami Yam Titau			Nairobi, Kenya
	Dhanu Rasi: 25.31      Tithi 6 – 7	<b>Gulika</b> <b>12:18PM – 1:49PM</b>	<b>Purvashadha*</b> <b>Until 8:08AM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:13AM</i>	<b>Sun 19</b> <b>Sutra 202</b> Khara 5113
	684386154	<b>Yama</b> <b>9:15AM – 10:47AM</b>	<b>Dhriti</b> <b>Until 5:43PM</b>	<b>Muruqa:</b> White <i>Sunset: 6:22PM</i>	Moon 10 - Phase 27
	Creative Work      Siddha Yoga	<b>Rahu</b> <b>3:20PM – 4:51PM</b>	<b>Gara</b> <b>Until 7:37PM</b>	<b>Nataraja:</b> Yellow	3rd Phase
	Until 8:08AM then Prabalarishta Yoga		<b>Shasthi*</b> <b>Until 7:37AM</b>	<b>Moon – Light Blue</b>	<b>Sivaloka Day</b>
	Until 9:46PM then Amrita Yoga			<b>Karttika-Aipasi</b>	

	<b>Wednesday, November 2, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha*/Sravana Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtami* Yam Titau			Nairobi, Kenya
	<b>Retreat Star</b>	<b>Gulika</b> <b>10:46AM – 12:18PM</b>	<b>Uttarashadha</b> <b>Until 8:32AM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:13AM</i>	<b>Sun 20</b> <b>Sutra 203</b> Khara 5113
	Makara Rasi: 8.37      Tithi 7 – 8	<b>Yama</b> <b>7:44AM – 9:15AM</b>	<b>Shula*</b> <b>Until 4:23PM</b>	<b>Muruqa:</b> White <i>Sunset: 6:22PM</i>	Moon 10 - Phase 27
	684386154	<b>Rahu</b> <b>12:18PM – 1:49PM</b>	<b>Visti</b> <b>Until 7:24PM</b>	<b>Nataraja:</b> Yellow	Ashtami
	Creative Work      Amrita Yoga		<b>Saptami</b> <b>Until 7:24AM</b>	<b>Moon – Light Blue</b>	<b>Sivaloka Day</b>
	Until 8:32AM then Siddha Yoga			<b>Karttika-Aipasi</b>	

	<b>Thursday, November 3, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Sravana/Dhanishtha Nakshatra Ganda*/Vridhhi Yoga Bava/Balava Karana Ashtami*/Navami* Yam Titau			Nairobi, Kenya
	<b>Retreat Star</b>	<b>Gulika</b> <b>9:15AM – 10:46AM</b>	<b>Sravana</b> <b>Until 9:58AM</b>	<b>Ganesha:</b> White <i>Sunrise: 6:13AM</i>	<b>Sun 21</b> <b>Sutra 204</b> Khara 5113
	Makara Rasi: 21.21      Tithi 8 – 9	<b>Yama</b> <b>6:13AM – 7:44AM</b>	<b>Ganda*</b> <b>Until 4:27PM</b>	<b>Muruqa:</b> White <i>Sunset: 6:22PM</i>	Moon 10 - Phase 27
	694386154	<b>Rahu</b> <b>1:49PM – 3:20PM</b>	<b>Balava</b> <b>Until 9:13PM</b>	<b>Nataraja:</b> Yellow	Navami
	Creative Work      Siddha Yoga		<b>Ashtami*</b> <b>Until 8:08AM</b>	<b>Moon – Purple</b>	<b>Devaloka Day</b>
				<b>Karttika-Aipasi</b>	

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

<b>1</b>	<b>Friday, November 4, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Satabhisha Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Navami*/Dasami Yam Titau		Nairobi, Kenya
	Kumbha Rasi: 3.46	Tithi 9 – 10	694386154		Sun 22 Sutra 205 Khara 5113 Moon 10 - Phase 28 4th Phase
	Creative Work Siddha Yoga				
	Until 9.46PM then Amrita Yoga				Devaloka Day

<b>2</b>	<b>Saturday, November 5, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Satabhisha/Purvaprostapada* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dasami/Ekadasi Yam Titau		Nairobi, Kenya
	Kumbha Rasi: 15.57	Tithi 10 – 11	694386154		Sun 23 Sutra 206 Khara 5113 Moon 10 - Phase 28 4th Phase
	Creative Work Amrita Yoga				
	Until 2:06PM then Siddha Yoga				Devaloka Day

<b>3</b>	<b>Sunday, November 6, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaprostapada*/Uttaraprostapada Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Ekadasi/Dvadasi Yam Titau		Nairobi, Kenya
	Kumbha Rasi: 27.59	Tithi 11 – 12	614386154		Sun 24 Sutra 207 Khara 5113 Moon 10 - Phase 28 4th Phase
	Creative Work Siddha Yoga				
	Until 4:43PM then Amrita Yoga				Devaloka Day
	Until 9.46PM then Siddha Yoga				

<b>4</b>	<b>Monday, November 7, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraprostapada Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadasi/Trayodasi Yam Titau		Nairobi, Kenya
	Meena Rasi: 9.55	Tithi 12 – 13	714386154		Sun 25 Sutra 208 Khara 5113 Moon 10 - Phase 28 4th Phase
	Family Home Evening				
	Creative Work Siddha Yoga				Sivaloka Day
					<i>Pradosha Vrata</i>

<b>5</b>	<b>Tuesday, November 8, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Revati Nakshatra Vajra* Yoga Taitila Karana Trayodasi Yam Titau		Nairobi, Kenya
	Meena Rasi: 21.47	Tithi 13	714386154		Sun 26 Sutra 209 Khara 5113 Moon 10 - Phase 28 4th Phase
	Creative Work Siddha Yoga				
	Until 9.46PM then Marana Yoga				Sivaloka Day

<b>6</b>	<b>Wednesday, November 9, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Asvini Nakshatra Siddhi Yoga Gara/Vanija Karana Chaturdasi* Yam Titau		Nairobi, Kenya
	Mesha Rasi: 3.38	Tithi 14	724386154		Sun 27 Sutra 210 Khara 5113 Moon 10 - Phase 28 4th Phase
	Routine Work Marana Yoga				
	Until 9.46PM then Amrita Yoga				Devaloka Day
	Until 1:24AM Thu then Siddha Yoga				

<b>○</b>	<b>Thursday, November 10, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Bharani Nakshatra Vyatipata* Yoga Visti*/Bava Karana Purnima* Yam Titau		Nairobi, Kenya
	Mesha Rasi: 15.3	Tithi 15	724386154		Sun 28 Sutra 211 Khara 5113 Moon 10 - Phase 28 Purnima
	Creative Work Siddha Yoga				
					Devaloka Day

<b>○</b>	<b>Friday, November 11, 2011</b>		Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Krittika Nakshatra Variyan Yoga Balava/Kaulava Karana Prathama* Yam Titau		Nairobi, Kenya
	Mesha Rasi: 27.25	Tithi 16	724386154		Sun 29 Sutra 212 Khara 5113 Moon 10 - Phase 28 Prathama
	Creative Work Siddha Yoga				
	Until 9.46PM then Amrita Yoga				Devaloka Day

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: 9.25    Tithi 17  
735486154  
Creative Work    Amrita Yoga  
Until 9.46PM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam  
Krittika/Rohini Nakshatra Parigha\* Yoga Tailila/Gara Karana Dvitiya Yam Titau  
**Gulika**    6:13AM – 7:44AM    **Krittika** Until 7:11AM  
**Yama**       1:49PM – 3:21PM    Parigha\* Until 9:50PM  
**Rahu**       9:16AM – 10:47AM    Tailila Until 2:37PM  
**Dvitiya** Until 3:42AM Sun

Nairobi, Kenya  
**Sutra 213**  
Khara 5113  
Moon 11 - Phase 29  
1st Phase  
**Devaloka Day**  
Ganesha: Blue    *Sunrise:* 6:13AM  
Muruqa: White    *Sunset:* 6:23PM  
Nataraja: Yellow  
Moon – White  
Karttika•Aipasi

**1**

**Sunday, November 13, 2011**

Wrishabha Rasi: 21.31    Tithi 18  
735486154  
Creative Work    Siddha Yoga  
Until 9.46PM then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Rohini/Mrigasira Nakshatra Shiva Yoga Vanija/Visiti\* Karana Tritiya Yam Titau  
**Gulika**    3:21PM – 4:52PM    **Rohini** Until 9:39AM  
**Yama**       12:18PM – 1:50PM    Shiva Until 10:15PM  
**Rahu**       4:52PM – 6:23PM    Vanija Until 4:35PM  
**Tritiya** Until 5:41AM Mon

Nairobi, Kenya  
**Sun 1 Sutra 214**  
Khara 5113  
Moon 11 - Phase 29  
1st Phase  
**Sivaloka Day**  
Ganesha: Yellow    *Sunrise:* 6:13AM  
Muruqa: White    *Sunset:* 6:23PM  
Nataraja: Yellow  
Moon – Yellow  
Karttika•Aipasi

**2**

**Monday, November 14, 2011**

Mithuna Rasi: 3.45    Tithi 19  
735486154  
**Family Home Evening**  
Creative Work    Amrita Yoga  
Until 11:50AM then Siddha Yoga  
Until 9.47PM then Marana Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam  
Mrigasira/Ardra Nakshatra Siddha Yoga Bava/Balava Karana Chaturthi\* Yam Titau  
**Gulika**    1:50PM – 3:21PM    **Mrigasira** Until 11:50AM  
**Yama**       10:47AM – 12:18PM    Siddha Until 10:24PM  
**Rahu**       7:45AM – 9:16AM    Bava Until 6:15PM  
**Chaturthi\*** Until 6:23AM Tue

Nairobi, Kenya  
**Sun 2 Sutra 215**  
Khara 5113  
Moon 11 - Phase 29  
1st Phase  
**Sivaloka Day**  
Ganesha: Yellow    *Sunrise:* 6:13AM  
Muruqa: White    *Sunset:* 6:24PM  
Nataraja: Yellow  
Moon – Yellow  
Karttika•Aipasi

**3**

**Tuesday, November 15, 2011**

Mithuna Rasi: 16.11    Tithi 19 – 20  
735486154  
Routine Work    Marana Yoga  
Until 1:03PM 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**    12:19PM – 1:50PM    **Ardra** Until 1:03PM  
**Yama**       9:16AM – 10:47AM    Sadhya Until 9:04PM  
**Rahu**       3:21PM – 4:52PM    Kaulava Until 6:23PM  
**Chaturthi\*** Until 6:23AM

Nairobi, Kenya  
**Sun 3 Sutra 216**  
Khara 5113  
Moon 11 - Phase 29  
1st Phase  
**Sivaloka Day**  
Ganesha: Yellow    *Sunrise:* 6:13AM  
Muruqa: White    *Sunset:* 6:24PM  
Nataraja: Yellow  
Moon – Yellow  
Karttika•Aipasi

**4**

**Wednesday, November 16, 2011**

Mithuna Rasi: 28.5    Tithi 20 – 21  
745486154  
Creative Work    Siddha Yoga  
Until 9.47PM then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Subha Yoga Tailila/Gara Karana Panchami/Shasthi\* Yam Titau  
**Gulika**    10:47AM – 12:19PM    **Punarvasu** Until 2:18PM  
**Yama**       7:45AM – 9:16AM    Subha Until 8:29PM  
**Rahu**       12:19PM – 1:50PM    Gara Until 7:05PM  
**Panchami** Until 7:05AM

Nairobi, Kenya  
**Sun 4 Sutra 217**  
Khara 5113  
Moon 11 - Phase 29  
1st Phase  
**Devaloka Day**  
Ganesha: White    *Sunrise:* 6:14AM  
Muruqa: White    *Sunset:* 6:24PM  
Nataraja: Yellow  
Moon – Blue  
Karttika•Karttikai

**5**

**Thursday, November 17, 2011**

Kataka Rasi: 11.46    Tithi 21 – 22  
745486155  
Creative Work    Amrita Yoga  
Until 3:02PM then Siddha Yoga  
Until 9.47PM then Marana Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam  
Pushya/Aslesha\* Nakshatra Sukla Yoga Vanija/Visiti\* Karana Shasthi\*/Saptami Yam Titau  
**Gulika**    9:16AM – 10:48AM    **Pushya** Until 3:02PM  
**Yama**       6:14AM – 7:45AM    Sukla Until 7:27PM  
**Rahu**       1:50PM – 3:22PM    Visiti Until 7:14PM  
**Shasthi\*** Until 7:14AM

Nairobi, Kenya  
**Sun 5 Sutra 218**  
Khara 5113  
Moon 11 - Phase 29  
1st Phase  
**Devaloka Day**  
Ganesha: White    *Sunrise:* 6:14AM  
Muruqa: White    *Sunset:* 6:24PM  
Nataraja: Red  
Moon – Blue  
Karttika•Karttikai

**Retreat Star**

**Friday, November 18, 2011**

Kataka Rasi: 25.02    Tithi 22 – 23  
745486155  
Routine Work    Marana Yoga  
Until 9.47PM then Amrita Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam  
Aslesha\*/Magha\* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Saptami/Ashtami\* Yam Titau  
**Gulika**    7:45AM – 9:17AM    **Aslesha\*** Until 2:31PM  
**Yama**       3:22PM – 4:53PM    Brahma Until 5:03PM  
**Rahu**       10:48AM – 12:19PM    Balava Until 4:50AM Sat  
**Saptami** Until 6:40AM

Nairobi, Kenya  
**Sun 6 Sutra 219**  
Khara 5113  
Moon 11 - Phase 29  
Ashtami  
**Devaloka Day**  
Ganesha: White    *Sunrise:* 6:14AM  
Muruqa: White    *Sunset:* 6:24PM  
Nataraja: Red  
Moon – Blue  
Karttika•Karttikai

**Saturday, November 19, 2011**  
**Retreat Star**

Simha Rasi: 8.39    Tithi 24  
755486155  
Creative Work    Amrita Yoga  
Until 2:02PM then Marana Yoga  
Until 9.48PM then Siddha Yoga

Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam  
Magha\*/Purvaphalguni\* Nakshatra Indra/Vaidhrili\* Yoga Tailila/Gara Karana Navami\* Yam Titau  
**Gulika**    6:14AM – 7:45AM    **Magha\*** Until 2:02PM  
**Yama**       1:51PM – 3:22PM    Indra Until 2:59PM  
**Rahu**       9:17AM – 10:48AM    Tailila Until 4:38PM  
**Navami\*** Until 3:42AM Sun

Nairobi, Kenya  
**Sun 7 Sutra 220**  
Khara 5113  
Moon 11 - Phase 29  
Navami  
**Sivaloka Day**  
Ganesha: Clear    *Sunrise:* 6:14AM  
Muruqa: White    *Sunset:* 6:25PM  
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

<b>1</b>	<b>Sunday, November 20, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhriti/Vishkambha* Yoga Vanija/Visti* Karana Dasami Yam Titau	Nairobi, Kenya
	Simha Rasi: 22.38      Tithi 25 755486155	<b>Gulika</b> 3:22PM – 4:54PM <b>Yama</b> 12:20PM – 1:51PM <b>Rahu</b> 4:54PM – 6:25PM	<b>Sun 8 Sutra 221</b> Khara 5113 Moon 11 - Phase 30 2nd Phase
Creative Work    Siddha Yoga Until 12:54PM then Amrita Yoga Until 9.48PM then Marana Yoga		<b>Purvaphalguni* Until 12:54PM</b> <b>Vaidhriti* Until 12:19PM</b> <b>Vanija Until 2:48PM</b> <b>Dasami Until 1:53AM Mon</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:14AM</i> <b>Muruqa:</b> White <i>Sunset: 6:25PM</i> <b>Nataraja:</b> Red Moon – Red <b>Karttika•Karttikai</b>
<b>Sivaloka Day</b>			

<b>2</b>	<b>Monday, November 21, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ekadasi* Yam Titau	Nairobi, Kenya
	Kanya Rasi: 7      Tithi 26 Family Home Evening      755486155 Routine Work    Marana Yoga Until 10:48AM then Siddha Yoga	<b>Gulika</b> 1:51PM – 3:23PM <b>Yama</b> 10:49AM – 12:20PM <b>Rahu</b> 7:46AM – 9:17AM	<b>Sun 9 Sutra 222</b> Khara 5113 Moon 11 - Phase 30 2nd Phase
		<b>Uttaraphalguni Until 10:48AM</b> <b>Vishkambha* Until 8:52AM</b> <b>Bava Until 11:52AM</b> <b>Ekadasi* Until 10:09PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:15AM</i> <b>Muruqa:</b> White <i>Sunset: 6:25PM</i> <b>Nataraja:</b> Red Moon – Red <b>Karttika•Karttikai</b>
<b>Sivaloka Day</b>			

<b>3</b>	<b>Tuesday, November 22, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Ayushman Yoga Kaulava/Taitila Karana Dvadasi* Yam Titau	Nairobi, Kenya
	Kanya Rasi: 21.41      Tithi 27 766486155	<b>Gulika</b> 12:20PM – 1:51PM <b>Yama</b> 9:17AM – 10:49AM <b>Rahu</b> 3:23PM – 4:54PM	<b>Sun 10 Sutra 223</b> Khara 5113 Moon 11 - Phase 30 2nd Phase
Creative Work    Siddha Yoga		<b>Hasta Until 8:39AM</b> <b>Ayushman Until 1:20AM Wed</b> <b>Kaulava Until 9:00AM</b> <b>Dvadasi* Until 7:17PM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:15AM</i> <b>Muruqa:</b> White <i>Sunset: 6:25PM</i> <b>Nataraja:</b> Red Moon – Green <b>Karttika•Karttikai</b>
<b>Devaloka Day</b>			

<b>4</b>	<b>Wednesday, November 23, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Saubhagya Yoga Vanija/Visti* Karana Trayodasi*/Chaturdasi* Yam Titau	Nairobi, Kenya
	Tula Rasi: 6.35      Tithi 28 – 29 766486155	<b>Gulika</b> 10:49AM – 12:20PM <b>Yama</b> 7:46AM – 9:18AM <b>Rahu</b> 12:20PM – 1:52PM	<b>Sun 11 Sutra 224</b> Khara 5113 Moon 11 - Phase 30 2nd Phase
Creative Work    Siddha Yoga Until 9.49PM then Amrita Yoga		<b>Chitra Until 6:08AM</b> <b>Saubhagya Until 9:28PM</b> <b>Visti Until 2:19AM Thu</b> <b>Trayodasi* Until 4:02PM</b> <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> Clear <i>Sunrise: 6:15AM</i> <b>Muruqa:</b> White <i>Sunset: 6:26PM</i> <b>Nataraja:</b> Red Moon – Green <b>Karttika•Karttikai</b>
<b>Sivaloka Day</b>			

	<b>Thursday, November 24, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Visakha Nakshatra Sobhana/Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdasi*/Amavasya* Yam Titau	Nairobi, Kenya
	<b>Retreat Star</b> Tula Rasi: 21.36      Tithi 29 – 30 776486155	<b>Gulika</b> 9:18AM – 10:49AM <b>Yama</b> 6:15AM – 7:47AM <b>Rahu</b> 1:52PM – 3:23PM	<b>Sun 12 Sutra 225</b> Khara 5113 Moon 11 - Phase 30 Amavasya
Creative Work    Siddha Yoga Until 9.49PM then Marana Yoga Until 12:46AM Fri then Siddha Yoga		<b>Visakha Until 12:46AM Fri</b> <b>Sobhana Until 5:25PM</b> <b>Catuspada Until 10:53PM</b> <b>Chaturdasi* Until 12:36PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:15AM</i> <b>Muruqa:</b> White <i>Sunset: 6:26PM</i> <b>Nataraja:</b> Red Moon – Orange <b>Karttika•Karttikai</b>
<b>Sivaloka Day</b>			

	<b>Friday, November 25, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Athiganda*/Sukarma Yoga Naga*/Kintughna* Karana Amavasya*/Prathama* Yam Titau	Nairobi, Kenya
	<b>Retreat Star</b> Vrischika Rasi: 6.35      Tithi 30 – 1 776486155	<b>Gulika</b> 7:47AM – 9:18AM <b>Yama</b> 3:24PM – 4:55PM <b>Rahu</b> 10:50AM – 12:21PM	<b>Sun 13 Sutra 226</b> Khara 5113 Moon 11 - Phase 30 Prathama
Creative Work    Siddha Yoga		<b>Anuradha Until 10:08PM</b> <b>Athiganda* Until 1:26PM</b> <b>Kintughna Until 7:30PM</b> <b>Amavasya* Until 9:13AM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:16AM</i> <b>Muruqa:</b> White <i>Sunset: 6:26PM</i> <b>Nataraja:</b> Red Moon – Orange <b>Margasira•Karttikai</b>
<b>Sivaloka Day</b>			

<b>1</b>	<b>Saturday, November 26, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Sukarma/Dhriti Yoga Bava/Kaulava Karana Prathama*/Dvitiya Yam Titau	Nairobi, Kenya
	Sun 14	<b>Sutra 227</b>	Khara 5113
Vrischika Rasi: 21.24	Tithi 1 - 2	786486155	Moon 11 - Phase 31
Creative Work	Siddha Yoga		3rd Phase
Until 9.49PM	then Amrita Yoga		<b>Sivaloka Day</b>
<b>Gulika</b>	<b>6:16AM - 7:47AM</b>	<b>Jyeshtha* Until 7:46PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:16AM</i>
<b>Yama</b>	<b>1:53PM - 3:24PM</b>	<b>Sukarma Until 9:41AM</b>	<b>Muruqa:</b> White <i>Sunset: 6:27PM</i>
<b>Rahu</b>	<b>9:19AM - 10:50AM</b>	<b>Kaulava Until 2:42AM Sun</b>	<b>Nataraja:</b> Red
		<b>Prathama* Until 6:08AM</b>	<b>Margasira-Karttikai</b>


<b>2</b>	<b>Sunday, November 27, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Dhriti/Shula* Yoga Tailila/Gara Karana Tritiya Yam Titau	Nairobi, Kenya
	Sun 15	<b>Sutra 228</b>	Khara 5113
Dhanus Rasi: 5.55	Tithi 3	786486155	Moon 11 - Phase 31
Creative Work	Amrita Yoga		3rd Phase
Until 6.43PM	then Siddha Yoga		<b>Sivaloka Day</b>
Until 9.50PM	then Marana Yoga		
<b>Gulika</b>	<b>3:24PM - 4:56PM</b>	<b>Mula* Until 6:43PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:16AM</i>
<b>Yama</b>	<b>12:22PM - 1:53PM</b>	<b>Dhriti Until 6:26AM</b>	<b>Muruqa:</b> White <i>Sunset: 6:27PM</i>
<b>Rahu</b>	<b>4:56PM - 6:27PM</b>	<b>Tailila Until 2:27PM</b>	<b>Nataraja:</b> Red
		<b>Tritiya Until 1:31AM Mon</b>	<b>Moon - Light Blue</b>
			<b>Margasira-Karttikai</b>

<b>3</b>	<b>Monday, November 28, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda* Yoga Vanija/Visti* Karana Chalurthi* Yam Titau	Nairobi, Kenya
	Sun 16	<b>Sutra 229</b>	Khara 5113
Dhanus Rasi: 20.02	Tithi 4	786486155	Moon 11 - Phase 31
Family Home Evening			3rd Phase
Routine Work	Marana Yoga		<b>Sivaloka Day</b>
Until 9.50PM	then Prabalarishtha Yoga		
<b>Gulika</b>	<b>1:53PM - 3:25PM</b>	<b>Purvashadha* Until 5:22PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:16AM</i>
<b>Yama</b>	<b>10:51AM - 12:22PM</b>	<b>Ganda* Until 12:53AM Tue</b>	<b>Muruqa:</b> White <i>Sunset: 6:27PM</i>
<b>Rahu</b>	<b>7:48AM - 9:19AM</b>	<b>Vanija Until 12:24PM</b>	<b>Nataraja:</b> Red
		<b>Chaturthi* Until 11:28PM</b>	<b>Moon - Light Blue</b>
			<b>Margasira-Karttikai</b>

<b>4</b>	<b>Tuesday, November 29, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Sravana Nakshatra Vriddhi Yoga Bava/Balava Karana Panchami Yam Titau	Nairobi, Kenya
	Sun 17	<b>Sutra 230</b>	Khara 5113
Makara Rasi: 3.43	Tithi 5	786486155	Moon 11 - Phase 31
Routine Work	Prabalarishtha Yoga		3rd Phase
Until 5:35PM	then Siddha Yoga		<b>Sivaloka Day</b>
<b>Gulika</b>	<b>12:22PM - 1:54PM</b>	<b>Uttarashadha Until 5:35PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:17AM</i>
<b>Yama</b>	<b>9:19AM - 10:51AM</b>	<b>Vriddhi Until 11:53PM</b>	<b>Muruqa:</b> White <i>Sunset: 6:28PM</i>
<b>Rahu</b>	<b>3:25PM - 4:56PM</b>	<b>Bava Until 11:35AM</b>	<b>Nataraja:</b> Red
		<b>Panchami Until 11:35PM</b>	<b>Moon - Light Blue</b>
			<b>Margasira-Karttikai</b>

<b>5</b>	<b>Wednesday, November 30, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Sravana/Dhanishtha Nakshatra Dhruva Yoga Kaulava/Tailila Karana Shasthi* Yam Titau	Nairobi, Kenya
	Sun 18	<b>Sutra 231</b>	Khara 5113
Makara Rasi: 16.58	Tithi 6	797486155	Moon 11 - Phase 31
Creative Work	Siddha Yoga		3rd Phase
Until 5.45PM	then Prabalarishtha Yoga		<b>Sivaloka Day</b>
Until 9.51PM	then Siddha Yoga		
<b>Gulika</b>	<b>10:51AM - 12:23PM</b>	<b>Sravana Until 5:45PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:17AM</i>
<b>Yama</b>	<b>7:48AM - 9:20AM</b>	<b>Dhruva Until 10:18PM</b>	<b>Muruqa:</b> White <i>Sunset: 6:28PM</i>
<b>Rahu</b>	<b>12:23PM - 1:54PM</b>	<b>Kaulava Until 11:07AM</b>	<b>Nataraja:</b> Red
		<b>Shasthi* Until 11:07PM</b>	<b>Moon - Purple</b>
			<b>Margasira-Karttikai</b>

<b>6</b>	<b>Thursday, December 1, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Vyaghata* Yoga Gara/Vanija Karana Saptami Yam Titau	Nairobi, Kenya
	Sun 19	<b>Sutra 232</b>	Khara 5113
Makara Rasi: 29.48	Tithi 7	797486155	Moon 11 - Phase 31
Creative Work	Siddha Yoga		3rd Phase
Until 7.44PM	then Marana Yoga		<b>Sivaloka Day</b>
Until 9.51PM	then Siddha Yoga		
<b>Gulika</b>	<b>9:20AM - 10:52AM</b>	<b>Dhanishtha Until 7:44PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:17AM</i>
<b>Yama</b>	<b>6:17AM - 7:49AM</b>	<b>Vyaghata* Until 9:25PM</b>	<b>Muruqa:</b> White <i>Sunset: 6:29PM</i>
<b>Rahu</b>	<b>1:54PM - 3:26PM</b>	<b>Gara Until 11:58AM</b>	<b>Nataraja:</b> Red
		<b>Saptami Until 1:03AM Fri</b>	<b>Moon - Purple</b>
			<b>Margasira-Karttikai</b>

	<b>Friday, December 2, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Satabhisha Nakshatra Harshana Yoga Visti*/Bava Karana Ashtami* Yam Titau	Nairobi, Kenya
	Sun 20	<b>Sutra 233</b>	Khara 5113
Kumbha Rasi: 12.17	Tithi 8	797486155	Moon 11 - Phase 31
Creative Work	Siddha Yoga		Ashtami
			<b>Sivaloka Day</b>
<b>Gulika</b>	<b>7:49AM - 9:21AM</b>	<b>Satabhisha Until 9:25PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:18AM</i>
<b>Yama</b>	<b>3:26PM - 4:58PM</b>	<b>Harshana Until 10:18PM</b>	<b>Muruqa:</b> White <i>Sunset: 6:29PM</i>
<b>Rahu</b>	<b>10:52AM - 12:23PM</b>	<b>Visti Until 1:07PM</b>	<b>Nataraja:</b> Red
		<b>Ashtami* Until 2:12AM Sat</b>	<b>Moon - Purple</b>
			<b>Margasira-Karttikai</b>

<b>Saturday, December 3, 2011</b>	<b>Retreat Star</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Purvaprostapada* Nakshatra Vajra* Yoga Balava/Kaulava Karana Navami* Yam Titau	Nairobi, Kenya
	Sun 21	<b>Sutra 234</b>	Khara 5113
Kumbha Rasi: 24.3	Tithi 9	717486155	Moon 11 - Phase 31
Creative Work	Siddha Yoga		Navami
Until 11.40PM	then Amrita Yoga		<b>Sivaloka Day</b>
<b>Gulika</b>	<b>6:18AM - 7:50AM</b>	<b>Purvaprostapada* Until 11:40PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise: 6:18AM</i>
<b>Yama</b>	<b>1:55PM - 3:27PM</b>	<b>Vajra* Until 10:29PM</b>	<b>Muruqa:</b> White <i>Sunset: 6:29PM</i>
<b>Rahu</b>	<b>9:21AM - 10:52AM</b>	<b>Balava Until 2:51PM</b>	<b>Nataraja:</b> Red
		<b>Navami* Until 3:57AM Sun</b>	<b>Moon - Clear</b>
			<b>Margasira-Karttikai</b>

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

<b>1</b>	<b>Sunday, December 4, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraprostapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dasami Yam Titau	Nairobi, Kenya
	Meena Rasi: 6.31      Tithi 10 717486155	<b>Gulika</b> 3:27PM – 4:58PM <b>Yama</b> 12:24PM – 1:56PM <b>Rahu</b> 4:58PM – 6:30PM	<b>Sun 22 Sutra 235</b> Khara 5113 Moon 11 - Phase 32 4th Phase
	Creative Work    Amrita Yoga Until 9.52PM then Siddha Yoga	<b>Uttaraprostapada Until 2:17AM Mon</b> <b>Siddhi Until 11:03PM</b> <b>Taitila Until 5:02PM</b> <b>Dasami Until 6:22AM Mon</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:19AM <b>Muruqa:</b> White <i>Sunset:</i> 6:30PM <b>Nataraja:</b> Red Moon – Clear <b>Margasira-Karttikai</b>
			<b>Sivaloka Day</b>


<b>2</b>	<b>Monday, December 5, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Gara/Vanija Karana Dasami/Ekadasi Yam Titau	Nairobi, Kenya
	Meena Rasi: 18.25      Tithi 10 – 11 717496155	<b>Gulika</b> 1:56PM – 3:27PM <b>Yama</b> 10:53AM – 12:25PM <b>Rahu</b> 7:50AM – 9:22AM	<b>Sun 23 Sutra 236</b> Khara 5113 Moon 11 - Phase 32 4th Phase
	Family Home Evening Creative Work    Siddha Yoga	<b>Revati Until 5:09AM Tue</b> <b>Vyatipata* Until 11:49PM</b> <b>Vanija Until 7:28PM</b> <b>Dasami Until 6:22AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:19AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:30PM <b>Nataraja:</b> Red Moon – Clear <b>Margasira-Karttikai</b>
			<b>Devaloka Day</b>

<b>3</b>	<b>Tuesday, December 6, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Asvini Nakshatra Variyan Yoga Visti*/Bava Karana Ekadasi/Dvadasi Yam Titau	Nairobi, Kenya
	Mesha Rasi: 0.16      Tithi 11 – 12 727496155	<b>Gulika</b> 12:25PM – 1:56PM <b>Yama</b> 9:22AM – 10:54AM <b>Rahu</b> 3:28PM – 4:59PM	<b>Sun 24 Sutra 237</b> Khara 5113 Moon 11 - Phase 32 4th Phase
	Creative Work    Siddha Yoga Until 9.53PM then Marana Yoga	<b>Asvini Until 8:26AM Wed</b> <b>Variyan Until 12:42AM Wed</b> <b>Bava Until 10:01PM</b> <b>Ekadasi Until 8:56AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:19AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:31PM <b>Nataraja:</b> Red Moon – White <b>Margasira-Karttikai</b>
			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>4</b>	<b>Wednesday, December 7, 2011</b>	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	Nairobi, Kenya
	Mesha Rasi: 12.07      Tithi 12 – 13 728496155	<b>Gulika</b> 10:54AM – 12:25PM <b>Yama</b> 7:51AM – 9:23AM <b>Rahu</b> 12:25PM – 1:57PM	<b>Sun 25 Sutra 238</b> Khara 5113 Moon 11 - Phase 32 4th Phase
	Routine Work    Marana Yoga Until 9.54PM then Siddha Yoga	<b>Asvini Until 8:26AM</b> <b>Parigha* Until 1:34AM Thu</b> <b>Kaulava Until 12:34AM Thu</b> <b>Dvadasi Until 11:28AM</b> <i>Pradosha Vrata</i>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:20AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:31PM <b>Nataraja:</b> Red Moon – White <b>Margasira-Karttikai</b>
			<b>Devaloka Day</b>

<b>5</b>	<b>Thursday, December 8, 2011</b>	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	Nairobi, Kenya
	Mesha Rasi: 24.01      Tithi 13 – 14 728596155	<b>Gulika</b> 9:23AM – 10:54AM <b>Yama</b> 6:20AM – 7:52AM <b>Rahu</b> 1:57PM – 3:29PM	<b>Sun 26 Sutra 239</b> Khara 5113 Moon 11 - Phase 32 4th Phase
	Creative Work    Siddha Yoga Until 11:17AM then Marana Yoga Until 9.54PM then Siddha Yoga	<b>Bharani Until 11:17AM</b> <b>Shiva Until 2:19AM Fri</b> <b>Gara Until 2:58AM Fri</b> <b>Trayodasi Until 1:53PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:20AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:31PM <b>Nataraja:</b> Red Moon – White <b>Margasira-Karttikai</b>
		<b>Krittika Deepam</b>	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>6</b>	<b>Friday, December 9, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Krittika/Rohini Nakshatra Siddha Yoga Vanija/Visti* Karana Chaturdasi*/Purnima* Yam Titau	Nairobi, Kenya
	Vrishabha Rasi: 6.02      Tithi 14 – 15 728596155	<b>Gulika</b> 7:52AM – 9:23AM <b>Yama</b> 3:29PM – 5:01PM <b>Rahu</b> 10:55AM – 12:26PM	<b>Sun 27 Sutra 240</b> Khara 5113 Moon 11 - Phase 32 4th Phase
	Creative Work    Siddha Yoga Until 1:55PM then Marana Yoga Until 9.54PM then Amrita Yoga	<b>Krittika Until 1:55PM</b> <b>Siddha Until 2:53AM Sat</b> <b>Visti Until 5:09AM Sat</b> <b>Chaturdasi* Until 4:04PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:21AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Red Moon – White <b>Margasira-Karttikai</b>
		<b>Sivalaya Deepam</b>	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

	<b>Saturday, December 10, 2011</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mantla Vasara Yuktayam Rohini/Mrigasira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima*/Prathama* Yam Titau	Nairobi, Kenya
	<b>Copper Retreat Star</b> Vrishabha Rasi: 18.12      Tithi 15 – 16 738596155	<b>Gulika</b> 6:21AM – 7:52AM <b>Yama</b> 1:58PM – 3:30PM <b>Rahu</b> 9:24AM – 10:55AM	<b>Sun 241 Sutra 241</b> Khara 5113 Moon 11 - Phase 32 Purnima
	Creative Work    Amrita Yoga Until 4:16PM then Siddha Yoga	<b>Rohini Until 4:16PM</b> <b>Sadhya Until 3:10AM Sun</b> <b>Balava Until 7:01AM Sun</b> <b>Purnima* Until 5:56PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:21AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Red Moon – Yellow <b>Margasira-Karttikai</b>
			<b>Devaloka Day</b>

<b>Sunday, December 11, 2011</b>	<b>Silver Retreat Star</b>	Khara Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigasira/Ardra Nakshatra Subha Yoga Balava/Kaulava Karana Prathama* Yam Titau	Nairobi, Kenya
	Mithuna Rasi: 0.32      Tithi 16 738596155	<b>Gulika</b> 3:30PM – 5:01PM <b>Yama</b> 12:27PM – 1:59PM <b>Rahu</b> 5:01PM – 6:33PM	<b>Sun 242 Sutra 242</b> Khara 5113 Moon 11 - Phase 32 Prathama
	Creative Work    Siddha Yoga	<b>Mrigasira Until 5:19PM</b> <b>Subha Until 1:37AM Mon</b> <b>Balava Until 6:17AM</b> <b>Prathama* Until 6:17PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:21AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Red Moon – Yellow <b>Margasira-Karttikai</b>
		<b>Vinayaga Viratam Begins</b>	<b>Devaloka Day</b>

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: 13.05      Tithi 17  
Family Home Evening      738596155  
Creative Work      Siddha Yoga  
Until 6:46PM then Amrita Yoga  
Until 9:56PM 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

Nairobi, Kenya  
Sun 1      Sutra 243  
Khara 5113

**Gulika**      1:59PM – 3:30PM      **Ardra Until 6:46PM**  
**Yama**      10:56AM – 12:28PM      Sukla Until 1:14AM Tue  
**Rahu**      7:53AM – 9:25AM      Tailila Until 7:14AM  
**Dvitiya Until 7:14PM**

**Ganesha:** Clear      *Sunrise:* 6:22AM  
**Muruqa:** Clear      *Sunset:* 6:33PM  
**Nataraja:** Red  
Moon – Yellow  
**Margasira-Karttikai**

**Devaloka Day**

**1** **Tuesday, December 13, 2011**

Mithuna Rasi: 25.5      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

Nairobi, Kenya  
Sun 2      Sutra 244  
Khara 5113

**Gulika**      12:28PM – 2:00PM      **Punarvasu Until 7:50PM**  
**Yama**      9:25AM – 10:57AM      Brahma Until 12:29AM Wed  
**Rahu**      3:31PM – 5:02PM      Vanija Until 7:46AM  
**Tritiya Until 7:46PM**

**Ganesha:** Clear      *Sunrise:* 6:22AM  
**Muruqa:** Clear      *Sunset:* 6:34PM  
**Nataraja:** Red  
Moon – Blue  
**Margasira-Karttikai**

**Devaloka Day**

**2** **Wednesday, December 14, 2011**

Kataka Rasi: 8.49      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

Nairobi, Kenya  
Sun 3      Sutra 245  
Khara 5113

**Gulika**      10:57AM – 12:29PM      **Pushya Until 8:30PM**  
**Yama**      7:54AM – 9:26AM      Indra Until 11:21PM  
**Rahu**      12:29PM – 2:00PM      Bava Until 7:51AM  
**Chaturthi\* Until 7:51PM**

**Ganesha:** Clear      *Sunrise:* 6:23AM  
**Muruqa:** Clear      *Sunset:* 6:34PM  
**Nataraja:** Red  
Moon – Blue  
**Margasira-Karttikai**

**Devaloka Day**

**3** **Thursday, December 15, 2011**

Kataka Rasi: 22.01      Tithi 20  
749596155  
Creative Work      Siddha Yoga  
Until 8:45PM then Amrita Yoga  
Until 9:57PM 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

Nairobi, Kenya  
Sun 4      Sutra 246  
Khara 5113

**Gulika**      9:26AM – 10:58AM      **Aslesha\* Until 8:45PM**  
**Yama**      6:23AM – 7:55AM      Vaidhriti\* Until 9:50PM  
**Rahu**      2:00PM – 3:32PM      Kaulava Until 7:29AM  
**Panchami Until 7:29PM**

**Ganesha:** Clear      *Sunrise:* 6:23AM  
**Muruqa:** Clear      *Sunset:* 6:35PM  
**Nataraja:** Red  
Moon – Blue  
**Margasira-Karttikai**

**Devaloka Day**

**4** **Friday, December 16, 2011**

Simha Rasi: 5.26      Tithi 21  
759596155  
Routine Work      Marana Yoga  
Until 7:33PM then Siddha Yoga  
Until 9:58PM 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

Nairobi, Kenya  
Sun 5      Sutra 247  
Khara 5113

**Gulika**      7:55AM – 9:27AM      **Magha\* Until 7:33PM**  
**Yama**      3:32PM – 5:04PM      Vishkambha\* Until 7:01PM  
**Rahu**      10:58AM – 12:30PM      Gara Until 6:38AM  
**Shasthi\* Until 5:42PM**

**Ganesha:** White      *Sunrise:* 6:24AM  
**Muruqa:** Clear      *Sunset:* 6:35PM  
**Nataraja:** Red  
Moon – Red  
**Margasira-Markali**

**Sivaloka Day**

**5** **Saturday, December 17, 2011**

Simha Rasi: 19.05      Tithi 22 – 23  
859596155  
Routine Work      Marana Yoga  
Until 9:58PM then Amrita Yoga

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

Nairobi, Kenya  
Sun 6      Sutra 248  
Khara 5113

**Gulika**      6:24AM – 7:56AM      **Purvaphalguni\* Until 7:00PM**  
**Yama**      2:01PM – 3:33PM      Priti Until 4:53PM  
**Rahu**      9:27AM – 10:59AM      Balava Until 3:37AM Sun  
**Saptami Until 4:32PM**

**Ganesha:** Clear      *Sunrise:* 6:24AM  
**Muruqa:** Clear      *Sunset:* 6:36PM  
**Nataraja:** Red  
Moon – Red  
**Margasira-Markali**

**Devaloka Day**

**Sunday, December 18, 2011**  
**Retreat Star**

Kanya Rasi: 2.58      Tithi 23 – 24  
859596155  
Creative Work      Amrita Yoga  
Until 9:59PM then Siddha Yoga

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

Nairobi, Kenya  
Sun 7      Sutra 249  
Khara 5113

**Gulika**      3:33PM – 5:05PM      **Uttaraphalguni Until 6:04PM**  
**Yama**      12:30PM – 2:02PM      Ayushman Until 2:22PM  
**Rahu**      5:05PM – 6:36PM      Tailila Until 2:01AM Mon  
**Ashtami\* Until 2:56PM**

**Ganesha:** Clear      *Sunrise:* 6:25AM  
**Muruqa:** Clear      *Sunset:* 6:36PM  
**Nataraja:** Red  
Moon – Red  
**Margasira-Markali**

**Devaloka Day**

**Monday, December 19, 2011**  
**Retreat Star**

Kanya Rasi: 17.04      Tithi 24 – 25  
869596155  
Family Home Evening  
Creative Work      Siddha Yoga  
Until 4:44PM then Prabalarishta Yoga  
Until 9:59PM then Siddha Yoga

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

Nairobi, Kenya  
Sun 8      Sutra 250  
Khara 5113

**Gulika**      2:02PM – 3:34PM      **Hasta Until 4:44PM**  
**Yama**      11:00AM – 12:31PM      Saubhagya Until 11:30AM  
**Rahu**      7:57AM – 9:28AM      Vanija Until 12:00AM Tue  
**Navami\* Until 12:56PM**

**Ganesha:** White      *Sunrise:* 6:25AM  
**Muruqa:** Clear      *Sunset:* 6:37PM  
**Nataraja:** Red  
Moon – Green  
**Margasira-Markali**

**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

<b>1</b>	<b>Tuesday, December 20, 2011</b>	Khara Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Sobhana/Alhiganda* Yoga Visti*/Bava Karana Dasami/Ekadasi* Yam Titau	Nairobi, Kenya
			Sun 9 Sutra 251 Khara 5113
Tula Rasi: 1.23	Tithi 25 – 26	869596155	Moon 12 - Phase 34 2nd Phase
Creative Work	Siddha Yoga		Sivaloka Day
<b>Gulika</b>	12:31PM – 2:03PM	<b>Chitra</b> Until 3:04PM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:26AM
<b>Yama</b>	9:29AM – 11:00AM	Sobhana Until 8:19AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:37PM
<b>Rahu</b>	3:34PM – 5:06PM	Bava Until 9:37PM	<b>Nataraja:</b> Red
		Dasami Until 10:32AM	Moon – Green
			Margasira*Markali

<b>2</b>	<b>Wednesday, December 21, 2011</b>	Khara Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Svati/Visakha Nakshatra Sukarma Yoga Balava/Kaulava Karana Ekadasi*/Dvadasi* Yam Titau	Nairobi, Kenya
			Sun 10 Sutra 252 Khara 5113
Tula Rasi: 15.52	Tithi 26 – 27	861596155	Moon 12 - Phase 34 2nd Phase
Creative Work	Siddha Yoga		Sivaloka Day
<b>Gulika</b>	11:01AM – 12:32PM	<b>Svati</b> Until 12:37PM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:26AM
<b>Yama</b>	7:58AM – 9:29AM	Sukarma Until 12:55AM Thu	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:38PM
<b>Rahu</b>	12:32PM – 2:03PM	Kaulava Until 6:00PM	<b>Nataraja:</b> Red
		Ekadasi* Until 7:43AM	Moon – Green
		Day 1 of Pancha Ganapati	Margasira*Markali

<b>3</b>	<b>Thursday, December 22, 2011</b>	Khara Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Visakha/Anuradha Nakshatra Dhriti Yoga Gara/Vanija Karana Trayodasi* Yam Titau	Nairobi, Kenya
			Sun 11 Sutra 253 Khara 5113
Vrischika Rasi: 0.26	Tithi 28	871596155	Moon 12 - Phase 34 2nd Phase
Creative Work	Siddha Yoga		Devaloka Day
<b>Gulika</b>	9:30AM – 11:01AM	<b>Visakha</b> Until 10:38AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:27AM
<b>Yama</b>	6:27AM – 7:58AM	Dhriti Until 9:32PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:38PM
<b>Rahu</b>	2:04PM – 3:35PM	Gara Until 3:20PM	<b>Nataraja:</b> Red
		Trayodasi* Until 1:37AM Fri	Moon – Orange
		Day 2 of Pancha Ganapati	Margasira*Markali
			<i>Pradosha Vrata (Fasting)</i>

<b>4</b>	<b>Friday, December 23, 2011</b>	Khara Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Visti*/Sakuni* Karana Chaturdasi* Yam Titau	Nairobi, Kenya
			Sun 12 Sutra 254 Khara 5113
Vrischika Rasi: 15.01	Tithi 29	871596155	Moon 12 - Phase 34 2nd Phase
Creative Work	Siddha Yoga		Devaloka Day
Until 8:49AM then Prabalarishta Yoga			
Until 10:01PM then Siddha Yoga			
<b>Gulika</b>	7:59AM – 9:30AM	<b>Anuradha</b> Until 8:49AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:27AM
<b>Yama</b>	3:36PM – 5:07PM	Shula* Until 6:08PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:39PM
<b>Rahu</b>	11:02AM – 12:33PM	Visti Until 1:09PM	<b>Nataraja:</b> Red
		Chaturdasi* Until 12:14AM Sat	Moon – Orange
		Day 3 of Pancha Ganapati	Margasira*Markali

	<b>Saturday, December 24, 2011</b>	Khara Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda*/Vridhi Yoga Catuspada*/Naga* Karana Amavasya* Yam Titau	Nairobi, Kenya
	<b>Retreat Star</b>		Sun 13 Sutra 255 Khara 5113
Vrischika Rasi: 29.31	Tithi 30	871596155	Moon 12 - Phase 34 Amavasya
Creative Work	Siddha Yoga		Devaloka Day
Until 10:02PM then Amrita Yoga			
<b>Gulika</b>	6:28AM – 7:59AM	<b>Jyeshtha*</b> Until 6:50AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:28AM
<b>Yama</b>	2:05PM – 3:36PM	Ganda* Until 3:27PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:39PM
<b>Rahu</b>	9:31AM – 11:02AM	Catuspada Until 10:26AM	<b>Nataraja:</b> Red
		Amavasya* Until 9:30PM	Moon – Orange
		Day 4 of Pancha Ganapati	Margasira*Markali

	<b>Sunday, December 25, 2011</b>	Khara Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Vriddhi/Dhruva Yoga Kintughna*/Bava Karana Prathama* Yam Titau	Nairobi, Kenya
	<b>Retreat Star</b>		Sun 14 Sutra 256 Khara 5113
Dhanus Rasi: 13.49	Tithi 1	881596155	Moon 12 - Phase 34 Prathama
Creative Work	Siddha Yoga		Devaloka Day
Until 10:02PM then Marana Yoga			
<b>Gulika</b>	3:37PM – 5:08PM	<b>Purvashadha*</b> Until 4:02AM Mon	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:28AM
<b>Yama</b>	12:34PM – 2:05PM	Vriddhi Until 12:17PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:40PM
<b>Rahu</b>	5:08PM – 6:40PM	Kintughna Until 8:04AM	<b>Nataraja:</b> Red
		Prathama* Until 7:09PM	Moon – Light Blue
		Day 5 of Pancha Ganapati	Pausha*Markali

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

<b>1</b>	<b>Monday, December 26, 2011</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Dhruva/Vyaghata* Yoga Balava/Taitila Karana Dvitiya/Tritiya Yam Titau	Nairobi, Kenya
	Dhanu Rasi: 27.49    Tithi 2 – 3 Family Home Evening    881596155 Routine Work    Marana Yoga Until 10.03PM then Prabalarishta Yoga Until 2:52AM Tue then Siddha Yoga	<b>Gulika</b> 2:06PM – 3:37PM <b>Yama</b> 11:03AM – 12:34PM <b>Rahu</b> 8:00AM – 9:32AM	<b>Sun 15</b> <b>Sutra 257</b> Khara 5113 Moon 12 - Phase 35 3rd Phase

<b>2</b>	<b>Tuesday, December 27, 2011</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Sravana Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Tritiya/Chaturthi* Yam Titau	Nairobi, Kenya
	Makara Rasi: 11.29    Tithi 3 – 4 Creative Work    Siddha Yoga Until 3:52AM Wed then Prabalarishta Yoga	<b>Gulika</b> 12:35PM – 2:06PM <b>Yama</b> 9:32AM – 11:04AM <b>Rahu</b> 3:38PM – 5:09PM	<b>Sun 16</b> <b>Sutra 258</b> Khara 5113 Moon 12 - Phase 35 3rd Phase


<b>3</b>	<b>Wednesday, December 28, 2011</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Vajra* Yoga Visti*/Bava Karana Chaturthi*/Panchami Yam Titau	Nairobi, Kenya
	Makara Rasi: 24.46    Tithi 4 – 5 Routine Work    Prabalarishta Yoga Until 10.04PM then Siddha Yoga Until 3:57AM Thu then Marana Yoga	<b>Gulika</b> 11:04AM – 12:35PM <b>Yama</b> 8:01AM – 9:33AM <b>Rahu</b> 12:35PM – 2:07PM	<b>Sun 17</b> <b>Sutra 259</b> Khara 5113 Moon 12 - Phase 35 3rd Phase

<b>4</b>	<b>Thursday, December 29, 2011</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Satabhisha Nakshatra Siddhi Yoga Balava/Kaulava Karana Panchami/Shasthi* Yam Titau	Nairobi, Kenya
	Kumbha Rasi: 7.41    Tithi 5 – 6 Routine Work    Marana Yoga Until 10.04PM then Siddha Yoga	<b>Gulika</b> 9:33AM – 11:04AM <b>Yama</b> 6:30AM – 8:02AM <b>Rahu</b> 2:07PM – 3:39PM	<b>Sun 18</b> <b>Sutra 260</b> Khara 5113 Moon 12 - Phase 35 3rd Phase

<b>5</b>	<b>Friday, December 30, 2011</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaprostapada* Nakshatra Vyatipata* Yoga Taitila Karana Shasthi* Yam Titau	Nairobi, Kenya
	Kumbha Rasi: 20.14    Tithi 6 Creative Work    Siddha Yoga	<b>Gulika</b> 8:02AM – 9:34AM <b>Yama</b> 3:39PM – 5:11PM <b>Rahu</b> 11:05AM – 12:36PM	<b>Sun 19</b> <b>Sutra 261</b> Khara 5113 Moon 12 - Phase 35 3rd Phase

<b>6</b>	<b>Saturday, December 31, 2011</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvaprostapada*/Uttaraprostapada Nakshatra Variyan Yoga Gara/Vanija Karana Saptami Yam Titau	Nairobi, Kenya
	Meena Rasi: 2.31    Tithi 7 Creative Work    Siddha Yoga Until 10.05PM then Amrita Yoga	<b>Gulika</b> 6:31AM – 8:03AM <b>Yama</b> 2:08PM – 3:40PM <b>Rahu</b> 9:34AM – 11:05AM	<b>Sun 20</b> <b>Sutra 262</b> Khara 5113 Moon 12 - Phase 35 3rd Phase

**Vinayaga Viratam Ends**

	<b>Sunday, January 1, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraprostapada/Revati Nakshatra Parigha* Yoga Visti*/Bava Karana Ashtami* Yam Titau	Nairobi, Kenya
	Meena Rasi: 14.34    Tithi 8 Creative Work    Amrita Yoga Until 10.06PM then Siddha Yoga	<b>Gulika</b> 3:41PM – 5:12PM <b>Yama</b> 12:38PM – 2:09PM <b>Rahu</b> 5:12PM – 6:44PM	<b>Sun 21</b> <b>Sutra 263</b> Khara 5113 Moon 12 - Phase 35 Ashtami

<b>Monday, January 2, 2012</b>	<b>Retreat Star</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Revati/Asvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navami* Yam Titau	Nairobi, Kenya
	Meena Rasi: 26.28    Tithi 9 Family Home Evening    812696156 Creative Work    Siddha Yoga	<b>Gulika</b> 2:10PM – 3:41PM <b>Yama</b> 11:07AM – 12:38PM <b>Rahu</b> 8:04AM – 9:35AM	<b>Sun 22</b> <b>Sutra 264</b> Khara 5113 Moon 12 - Phase 35 Navami

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

<b>1</b>	<b>Tuesday, January 3, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Asvini/Bharani Nakshatra Shiva/Siddha Yoga Tailila/Gara Karana Dasami Yam Titau	Nairobi, Kenya <b>Sun 23 Sutra 265</b> Khara 5113
	Mesha Rasi: 8.19      Tithi 10 822696156	<b>Gulika</b> 12:39PM – 2:10PM <b>Yama</b> 9:36AM – 11:07AM <b>Rahu</b> 3:42PM – 5:13PM	<b>Asvini Until 4:03PM</b> Shiva Until 6:28AM Tailila Until 2:17PM <b>Dasami Until 3:22AM Wed</b>

Creative Work    Siddha Yoga  
Until 10.07PM then Marana Yoga

<b>Ganesha:</b> White <i>Sunrise:</i> 6:33AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:44PM	Moon 12 - Phase 36 4th Phase
<b>Nataraja:</b> Yellow Moon – White	<b>Pausha-Markali</b>	<b>Sivaloka Day</b>

<b>2</b>	<b>Wednesday, January 4, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Bharani Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Ekadasi Yam Titau	Nairobi, Kenya <b>Sun 24 Sutra 266</b> Khara 5113
	Mesha Rasi: 20.1      Tithi 11 822696156	<b>Gulika</b> 11:08AM – 12:39PM <b>Yama</b> 8:05AM – 9:36AM <b>Rahu</b> 12:39PM – 2:11PM	<b>Bharani Until 7:01PM</b> Siddha Until 7:20AM Vanija Until 4:50PM <b>Ekadasi Until 6:06AM Thu</b>

Routine Work    Marana Yoga  
Until 7:01PM then Amrita Yoga  
Until 10.07PM then Marana Yoga

<b>Ganesha:</b> White <i>Sunrise:</i> 6:34AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:45PM	Moon 12 - Phase 36 4th Phase
<b>Nataraja:</b> Yellow Moon – White	<b>Pausha-Markali</b>	<b>Sivaloka Day</b>

<b>3</b>	<b>Thursday, January 5, 2012</b>	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	Nairobi, Kenya <b>Sun 25 Sutra 267</b> Khara 5113
	Vrishabha Rasi: 2.05      Tithi 11 – 12 822696156	<b>Gulika</b> 9:37AM – 11:08AM <b>Yama</b> 6:34AM – 8:05AM <b>Rahu</b> 2:11PM – 3:43PM	<b>Krittika Until 9:49PM</b> Sadhya Until 8:02AM Bava Until 7:12PM <b>Ekadasi Until 6:06AM</b>

Routine Work    Marana Yoga  
Subramuniyaswami Jayanti

<b>Ganesha:</b> White <i>Sunrise:</i> 6:34AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:45PM	Moon 12 - Phase 36 4th Phase
<b>Nataraja:</b> Yellow Moon – White	<b>Pausha-Markali</b>	<b>Sivaloka Day</b>

<b>4</b>	<b>Friday, January 6, 2012</b>	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	Nairobi, Kenya <b>Sun 26 Sutra 268</b> Khara 5113
	Vrishabha Rasi: 14.11      Tithi 12 – 13 832696156	<b>Gulika</b> 8:06AM – 9:37AM <b>Yama</b> 3:43PM – 5:14PM <b>Rahu</b> 11:09AM – 12:40PM	<b>Rohini Until 12:17AM Sat</b> Subha Until 8:26AM Kaulava Until 9:13PM <b>Dvadasi Until 8:07AM</b>

Routine Work    Marana Yoga  
Until 10.08PM then Amrita Yoga  
Until 12:17AM Sat then Siddha Yoga

<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:34AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:46PM	Moon 12 - Phase 36 4th Phase
<b>Nataraja:</b> Yellow Moon – Yellow	<b>Pausha-Markali</b>	<b>Devaloka Day</b>

*Pradosha Vrata*

<b>5</b>	<b>Saturday, January 7, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Mrigasira Nakshatra Sukla/Brahma Yoga Tailila/Gara Karana Trayodasi/Chaturdasi* Yam Titau	Nairobi, Kenya <b>Sun 27 Sutra 269</b> Khara 5113
	Vrishabha Rasi: 26.3      Tithi 13 – 14 832696156	<b>Gulika</b> 6:35AM – 8:06AM <b>Yama</b> 2:12PM – 3:43PM <b>Rahu</b> 9:38AM – 11:09AM	<b>Mrigasira Until 12:46AM Sun</b> Sukla Until 8:16AM Gara Until 9:22PM <b>Trayodasi Until 9:22AM</b>

Creative Work    Siddha Yoga

<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:35AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:46PM	Moon 12 - Phase 36 4th Phase
<b>Nataraja:</b> Yellow Moon – Yellow	<b>Pausha-Markali</b>	<b>Devaloka Day</b>

<b>○</b>	<b>Sunday, January 8, 2012</b>	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	Nairobi, Kenya <b>Sutra 270</b> Khara 5113
	<b>Copper Retreat Star</b> Mithuna Rasi: 9.05      Tithi 14 – 15 832696156	<b>Gulika</b> 3:44PM – 5:15PM <b>Yama</b> 12:41PM – 2:12PM <b>Rahu</b> 5:15PM – 6:47PM	<b>Ardra Until 2:10AM Mon</b> Brahma Until 7:49AM Visti Until 10:15PM <b>Chaturdasi* Until 10:15AM</b>

Creative Work    Siddha Yoga  
Until 2:10AM Mon then Amrita Yoga

<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:35AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:47PM	Moon 12 - Phase 36 Purnima
<b>Nataraja:</b> Yellow Moon – Yellow	<b>Pausha-Markali</b>	<b>Devaloka Day</b>

Tiruvembavai

<b>○</b>	<b>Monday, January 9, 2012</b>	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	Nairobi, Kenya <b>Sutra 271</b> Khara 5113
	<b>Silver Retreat Star</b> Mithuna Rasi: 21.56      Tithi 15 – 16 842696156	<b>Gulika</b> 2:13PM – 3:44PM <b>Yama</b> 11:10AM – 12:41PM <b>Rahu</b> 8:07AM – 9:39AM	<b>Punarvasu Until 3:02AM Tue</b> Indra Until 6:52AM Balava Until 10:33PM <b>Purnima* Until 10:33AM</b>

Creative Work    Amrita Yoga  
Until 10.10PM then Siddha Yoga

<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:36AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:47PM	Moon 12 - Phase 36 Prathama
<b>Nataraja:</b> Yellow Moon – Blue	<b>Pausha-Markali</b>	<b>Sivaloka Day</b>

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: 5.05    Tithi 16 – 17  
842696156

Creative Work    Siddha Yoga

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

**Gulika** 12:42PM – 2:13PM    **Pushya Until 3:22AM Wed**  
**Yama** 9:39AM – 11:10AM    **Vishkambha\* Until 4:18AM Wed**  
**Rahu** 3:45PM – 5:16PM    **Taitila Until 10:18PM**  
**Prathama\* Until 10:18AM**

**Ganesha:** Purple    *Sunrise:* 6:36AM  
**Muruqa:** Clear    *Sunset:* 6:47PM  
**Nataraja:** Yellow  
Moon – Blue  
**Pausha-Markali**

Nairobi, Kenya  
**Sutra 272**  
Khara 5113  
Moon 13 - Phase 37  
1st Phase

**Sivaloka Day**

**1**

**Wednesday, January 11, 2012**

Kataka Rasi: 18.3    Tithi 17 – 18  
842696156

Creative Work    Siddha Yoga  
Until 1:43AM Thu then Amrita Yoga

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

**Gulika** 11:11AM – 12:42PM    **Aslesha\* Until 1:43AM Thu**  
**Yama** 8:08AM – 9:39AM    **Priti Until 1:03AM Thu**  
**Rahu** 12:42PM – 2:14PM    **Vanija Until 8:19PM**  
**Dvitiya Until 9:14AM**

**Ganesha:** Purple    *Sunrise:* 6:37AM  
**Muruqa:** Clear    *Sunset:* 6:48PM  
**Nataraja:** Yellow  
Moon – Blue  
**Pausha-Markali**

Nairobi, Kenya  
**Sun 1 Sutra 273**  
Khara 5113  
Moon 13 - Phase 37  
1st Phase

**Sivaloka Day**

**2**

**Thursday, January 12, 2012**

Simha Rasi: 2.08    Tithi 18 – 19  
852696156

Creative Work    Amrita Yoga  
Until 10:11PM then Marana Yoga  
Until 1:12AM Fri then Siddha Yoga

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

**Gulika** 9:40AM – 11:11AM    **Magha\* Until 1:12AM Fri**  
**Yama** 6:37AM – 8:08AM    **Ayushman Until 10:57PM**  
**Rahu** 2:14PM – 3:45PM    **Bava Until 7:11PM**  
**Tritiya Until 8:06AM**

**Ganesha:** Clear    *Sunrise:* 6:37AM  
**Muruqa:** Clear    *Sunset:* 6:48PM  
**Nataraja:** Yellow  
Moon – Red  
**Pausha-Markali**

Nairobi, Kenya  
**Sun 2 Sutra 274**  
Khara 5113  
Moon 13 - Phase 37  
1st Phase

**Devaloka Day**

**3**

**Friday, January 13, 2012**

Simha Rasi: 15.56    Tithi 19 – 20  
852696156

Creative Work    Siddha Yoga  
Until 10:11PM then Marana Yoga

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

**Gulika** 8:09AM – 9:40AM    **Purvaphalguni\* Until 12:23AM Sat**  
**Yama** 3:46PM – 5:17PM    **Saubhagya Until 8:34PM**  
**Rahu** 11:12AM – 12:43PM    **Taitila Until 4:49AM Sat**  
**Chaturthi\* Until 6:39AM**

**Ganesha:** Clear    *Sunrise:* 6:37AM  
**Muruqa:** Clear    *Sunset:* 6:48PM  
**Nataraja:** Yellow  
Moon – Red  
**Pausha-Markali**

Nairobi, Kenya  
**Sun 3 Sutra 275**  
Khara 5113  
Moon 13 - Phase 37  
1st Phase

**Devaloka Day**

**4**

**Saturday, January 14, 2012**

Simha Rasi: 29.52    Tithi 21  
853696156

Routine Work    Marana Yoga  
Until 10:11PM then Amrita Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Uttaraphalguni Nakshatra Sobhana/Athiganda\* Yoga Gara/Vanija Karana Shasthi\* Yam Titau

**Gulika** 6:38AM – 8:09AM    **Uttaraphalguni Until 11:22PM**  
**Yama** 2:15PM – 3:46PM    **Sobhana Until 5:58PM**  
**Rahu** 9:41AM – 11:12AM    **Gara Until 4:03PM**  
**Shasthi\* Until 3:08AM Sun**

**Ganesha:** Purple    *Sunrise:* 6:38AM  
**Muruqa:** Clear    *Sunset:* 6:49PM  
**Nataraja:** Yellow  
Moon – Red  
**Pausha-Thai**

Nairobi, Kenya  
**Sun 4 Sutra 276**  
Khara 5113  
Moon 13 - Phase 37  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

**5**

**Sunday, January 15, 2012**

Kanya Rasi: 13.53    Tithi 22  
863696156

Creative Work    Amrita Yoga  
Until 10:12PM then Siddha Yoga  
Until 10:12PM then Prabalarishta Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Hasta Nakshatra Athiganda\*/Sukarma Yoga Visti\*/Bava Karana Saptami Yam Titau

**Gulika** 3:46PM – 5:18PM    **Hasta Until 10:12PM**  
**Yama** 12:44PM – 2:15PM    **Athiganda\* Until 3:15PM**  
**Rahu** 5:18PM – 6:49PM    **Visti Until 2:13PM**  
**Saptami Until 1:17AM Mon**

**Ganesha:** Clear    *Sunrise:* 6:38AM  
**Muruqa:** Clear    *Sunset:* 6:49PM  
**Nataraja:** Yellow  
Moon – Green  
**Pausha-Thai**

Nairobi, Kenya  
**Sun 5 Sutra 277**  
Khara 5113  
Moon 13 - Phase 37  
1st Phase

**Devaloka Day**



**Monday, January 16, 2012**  
**Retreat Star**

Kanya Rasi: 27.58    Tithi 23  
**Family Home Evening** 863696156

Routine Work    Prabalarishta Yoga  
Until 8:56PM then Amrita Yoga  
Until 10:12PM then Siddha Yoga

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

**Gulika** 2:15PM – 3:47PM    **Chitra Until 8:56PM**  
**Yama** 11:13AM – 12:44PM    **Sukarma Until 12:26PM**  
**Rahu** 8:10AM – 9:41AM    **Balava Until 12:16PM**  
**Ashtami\* Until 11:21PM**

**Ganesha:** Clear    *Sunrise:* 6:39AM  
**Muruqa:** Clear    *Sunset:* 6:49PM  
**Nataraja:** Yellow  
Moon – Green  
**Pausha-Thai**

Nairobi, Kenya  
**Sun 6 Sutra 278**  
Khara 5113  
Moon 13 - Phase 37  
Ashtami

**Devaloka Day**

**Tuesday, January 17, 2012**  
**Retreat Star**

Tula Rasi: 12.04    Tithi 24  
863696156

Creative Work    Siddha Yoga  
Until 7:36PM then Marana Yoga  
Until 10:13PM then Siddha Yoga

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

**Gulika** 12:44PM – 2:16PM    **Svati Until 7:36PM**  
**Yama** 9:42AM – 11:13AM    **Dhriti Until 9:34AM**  
**Rahu** 3:47PM – 5:18PM    **Taitila Until 10:15AM**  
**Navami\* Until 9:19PM**

**Ganesha:** Clear    *Sunrise:* 6:39AM  
**Muruqa:** Clear    *Sunset:* 6:50PM  
**Nataraja:** Yellow  
Moon – Green  
**Pausha-Thai**

Nairobi, Kenya  
**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 Nairobi, Kenya  
 Visakha Nakshatra Shula\*/Ganda\* Yoga Vanija/Visti\* Karana Dasami Yam Titau Sun 8 Sutra 280  
 Khara 5113  
 Tula Rasi: 26.12 Tithi 25 873696156  
**Gulika** 11:13AM – 12:45PM **Visakha** Until 6:14PM **Ganesha:** White *Sunrise:* 6:39AM  
**Yama** 8:11AM – 9:42AM Shula\* Until 6:40AM **Muruqa:** Clear *Sunset:* 6:50PM Moon 13 - Phase 38  
**Rahu** 12:45PM – 2:16PM Vanija Until 8:11AM **Nataraja:** Yellow  
 Moon – Orange  
**Pausha\*Thai**  
**Bhuloka Day**  
 Devaloka Time: 3:PM to 6:PM  
 Creative Work Siddha Yoga

**2** Thursday, January 19, 2012 Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Nairobi, Kenya  
 Anuradha/Jyeshtha\* Nakshatra Vriddhi Yoga Bava/Kaulava Karana Ekadasi\*/Dvadasi\* Yam Titau Sun 9 Sutra 281  
 Khara 5113  
 Vrischika Rasi: 10.2 Tithi 26 – 27 873696156  
**Gulika** 9:42AM – 11:14AM **Anuradha** Until 4:51PM **Ganesha:** White *Sunrise:* 6:40AM  
**Yama** 6:40AM – 8:11AM Vriddhi Until 1:05AM Fri **Muruqa:** Clear *Sunset:* 6:50PM Moon 13 - Phase 38  
**Rahu** 2:16PM – 3:48PM Bava Until 6:08AM **Nataraja:** Yellow  
 Moon – Orange  
**Pausha\*Thai**  
**Bhuloka Day**  
 Devaloka Time: 3:PM to 6:PM  
 Creative Work Siddha Yoga  
 Until 10.13PM then Prabalarishta Yoga

**3** Friday, January 20, 2012 Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Nairobi, Kenya  
 Jyeshtha\*/Mula\* Nakshatra Dhruva Yoga Tailila/Gara Karana Dvadasi\*/Trayodasi\* Yam Titau Sun 10 Sutra 282  
 Khara 5113  
 Vrischika Rasi: 24.26 Tithi 27 – 28 873696156  
**Gulika** 8:11AM – 9:43AM **Jyeshtha\*** Until 3:32PM **Ganesha:** White *Sunrise:* 6:40AM  
**Yama** 3:48PM – 5:19PM Dhruva Until 10:14PM **Muruqa:** Clear *Sunset:* 6:51PM Moon 13 - Phase 38  
**Rahu** 11:14AM – 12:45PM Gara Until 2:17AM Sat **Nataraja:** Yellow  
 Moon – Orange  
**Pausha\*Thai**  
**Bhuloka Day**  
 Devaloka Time: 3:PM to 6:PM  
 Routine Work Prabalarishta Yoga  
 Until 3:32PM then no yoga  
 Until 10.13PM then Siddha Yoga  
*Pradosha Vrata (Fasting)*

**4** Saturday, January 21, 2012 Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Nairobi, Kenya  
 Mula\*/Purvashadha\* Nakshatra Vyaghata\* Yoga Vanija/Visti\* Karana Trayodasi\*/Chaturdasi\* Yam Titau Sun 11 Sutra 283  
 Khara 5113  
 Dhanus Rasi: 8.28 Tithi 28 – 29 883696156  
**Gulika** 6:40AM – 8:12AM **Mula\*** Until 2:22PM **Ganesha:** Green *Sunrise:* 6:40AM  
**Yama** 2:17PM – 3:48PM Vyaghata\* Until 7:30PM **Muruqa:** Clear *Sunset:* 6:51PM Moon 13 - Phase 38  
**Rahu** 9:43AM – 11:14AM Visti Until 12:26AM Sun **Nataraja:** Yellow  
 Moon – Light Blue  
**Pausha\*Thai**  
**Bhuloka Day**  
 Devaloka Time: 3:PM to 6:PM  
 Creative Work Siddha Yoga  
 Until 2:22PM then Marana Yoga  
 Until 10.14PM then Siddha Yoga

 **Sunday, January 22, 2012** Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Nairobi, Kenya  
 Purvashadha\*/Uttarashadha Nakshatra Harshana/Vajra\* Yoga Sakuni\*/Catuspada\* Karana Chaturdasi\*/Amavasya\* Yam Titau Sun 12 Sutra 284  
 Khara 5113  
 Dhanus Rasi: 22.2 Tithi 29 – 30 883696156  
**Gulika** 3:48PM – 5:20PM **Purvashadha\*** Until 1:25PM **Ganesha:** Green *Sunrise:* 6:41AM  
**Yama** 12:46PM – 2:17PM Harshana Until 4:59PM **Muruqa:** Clear *Sunset:* 6:51PM Moon 13 - Phase 38  
**Rahu** 5:20PM – 6:51PM Catuspada Until 10:50PM **Nataraja:** Yellow  
 Moon – Light Blue  
**Pausha\*Thai**  
**Bhuloka Day**  
 Devaloka Time: 3:PM to 6:PM  
 Creative Work Siddha Yoga  
 Until 1:25PM then Amrita Yoga  
 Until 10.14PM then Marana Yoga

**Monday, January 23, 2012** Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Nairobi, Kenya  
 Uttarashadha\*/Sravana Nakshatra Vajra\*/Siddhi Yoga Naga\*/Kintughna\* Karana Amavasya\*/Prathama\* Yam Titau Sun 13 Sutra 285  
 Khara 5113  
 Makara Rasi: 6.02 Tithi 30 – 1 883696156  
**Gulika** 2:17PM – 3:49PM **Uttarashadha** Until 1:20PM **Ganesha:** Green *Sunrise:* 6:41AM  
**Yama** 11:15AM – 12:46PM Vajra\* Until 3:25PM **Muruqa:** Clear *Sunset:* 6:51PM Moon 13 - Phase 38  
**Rahu** 8:12AM – 9:43AM Kintughna Until 10:53PM **Nataraja:** Yellow  
 Moon – Light Blue  
**Magha\*Thai**  
**Bhuloka Day**  
 Devaloka Time: 3:PM to 6:PM  
**Family Home Evening**  
 Routine Work Marana Yoga  
 Until 1:20PM then Amrita Yoga  
 Until 10.14PM then Siddha Yoga

<b>1</b>	<b>Tuesday, January 24, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Sravana/Dhanishtha Nakshatra Siddhi/Vyatipata* Yoga Bava/Balava Karana Prathama*/Dviliya Yam Titau				Nairobi, Kenya
	Makara Rasi: 19.28      Tithi 1 – 2 893696156	<b>Gulika</b> 12:46PM – 2:18PM <b>Yama</b> 9:44AM – 11:15AM <b>Rahu</b> 3:49PM – 5:20PM	<b>Sravana Until 1:08PM</b> Siddhi Until 1:29PM Balava Until 10:03PM <b>Prathama* Until 10:03AM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Yellow Moon – Purple <b>Magha*Thai</b>	<i>Sunrise:</i> 6:41AM <i>Sunset:</i> 6:51PM	<b>Sun 14 Sutra 286</b> Khara 5113 Moon 13 - Phase 39 3rd Phase
Creative Work Siddha Yoga Until 1:08PM then Marana Yoga Until 10:14PM then Prabalarishta Yoga		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM				

<b>2</b>	<b>Wednesday, January 25, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Satabhisha Nakshatra Vyatipata*/Variyan Yoga Kaulava/Taitila Karana Dviliya/Triliya Yam Titau				Nairobi, Kenya
	Kumbha Rasi: 2.37      Tithi 2 – 3 993696156	<b>Gulika</b> 11:15AM – 12:46PM <b>Yama</b> 8:13AM – 9:44AM <b>Rahu</b> 12:46PM – 2:18PM	<b>Dhanishtha Until 1:28PM</b> Vyatipata* Until 12:04PM Taitila Until 9:47PM <b>Dvitiya Until 9:47AM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> Clear <b>Nataraja:</b> Yellow Moon – Purple <b>Magha*Thai</b>	<i>Sunrise:</i> 6:41AM <i>Sunset:</i> 6:52PM	<b>Sun 15 Sutra 287</b> Khara 5113 Moon 13 - Phase 39 3rd Phase
Routine Work Prabalarishta Yoga Until 1:28PM then Siddha Yoga Until 10:15PM then Marana Yoga		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM				

<b>3</b>	<b>Thursday, January 26, 2012</b>	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				Nairobi, Kenya
	Kumbha Rasi: 15.28      Tithi 3 – 4 993696156	<b>Gulika</b> 9:44AM – 11:15AM <b>Yama</b> 6:42AM – 8:13AM <b>Rahu</b> 2:18PM – 3:49PM	<b>Satabhisha Until 2:22PM</b> Variyan Until 11:09AM Vanija Until 10:07PM <b>Tritiya Until 10:07AM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> Clear <b>Nataraja:</b> Yellow Moon – Purple <b>Magha*Thai</b>	<i>Sunrise:</i> 6:42AM <i>Sunset:</i> 6:52PM	<b>Sun 16 Sutra 288</b> Khara 5113 Moon 13 - Phase 39 3rd Phase
Routine Work Marana Yoga Until 2:22PM then Siddha Yoga		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM				

<b>4</b>	<b>Friday, January 27, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaprostapada*/Uttaraprostapada Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Chaturthi*/Panchami Yam Titau				Nairobi, Kenya
	Kumbha Rasi: 28.01      Tithi 4 – 5 913796156	<b>Gulika</b> 8:13AM – 9:44AM <b>Yama</b> 3:49PM – 5:21PM <b>Rahu</b> 11:16AM – 12:47PM	<b>Purvaprostapada* Until 4:38PM</b> Parigha* Until 11:07AM Bava Until 12:36AM Sat <b>Chaturthi* Until 11:31AM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Yellow Moon – Clear <b>Magha*Thai</b>	<i>Sunrise:</i> 6:42AM <i>Sunset:</i> 6:52PM	<b>Sun 17 Sutra 289</b> Khara 5113 Moon 13 - Phase 39 3rd Phase
Creative Work Siddha Yoga		<b>Sivaloka Day</b>				

<b>5</b>	<b>Saturday, January 28, 2012</b>	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				Nairobi, Kenya
	Meena Rasi: 10.18      Tithi 5 – 6 914796156	<b>Gulika</b> 6:42AM – 8:13AM <b>Yama</b> 2:18PM – 3:50PM <b>Rahu</b> 9:45AM – 11:16AM	<b>Uttaraprostapada Until 6:45PM</b> Shiva Until 11:11AM Kaulava Until 2:13AM Sun <b>Panchami Until 1:07PM</b>	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Yellow Moon – Clear <b>Magha*Thai</b>	<i>Sunrise:</i> 6:42AM <i>Sunset:</i> 6:52PM	<b>Sun 18 Sutra 290</b> Khara 5113 Moon 13 - Phase 39 3rd Phase
Creative Work Siddha Yoga Until 6:45PM then Prabalarishta Yoga Until 10:15PM then Amrita Yoga		<b>Devaloka Day</b>				

<b>6</b>	<b>Sunday, January 29, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Shasthi*/Saptami Yam Titau				Nairobi, Kenya
	Meena Rasi: 22.22      Tithi 6 – 7 914796156	<b>Gulika</b> 3:50PM – 5:21PM <b>Yama</b> 12:47PM – 2:19PM <b>Rahu</b> 5:21PM – 6:52PM	<b>Revati Until 9:17PM</b> Siddha Until 11:40AM Gara Until 4:18AM Mon <b>Shasthi* Until 3:12PM</b>	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Yellow Moon – Clear <b>Magha*Thai</b>	<i>Sunrise:</i> 6:42AM <i>Sunset:</i> 6:52PM	<b>Sun 19 Sutra 291</b> Khara 5113 Moon 13 - Phase 39 3rd Phase
Creative Work Amrita Yoga Until 9:17PM then Siddha Yoga		<b>Devaloka Day</b>				

<b>Monday, January 30, 2012</b>	<b>Retreat Star</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Asvini Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Saptami/Ashtami* Yam Titau				Nairobi, Kenya
	Mesha Rasi: 4.16      Tithi 7 – 8 Family Home Evening 924796156	<b>Gulika</b> 2:19PM – 3:50PM <b>Yama</b> 11:16AM – 12:47PM <b>Rahu</b> 8:14AM – 9:45AM	<b>Asvini Until 12:09AM Tue</b> Sadhya Until 12:25PM Visti Until 6:43AM Tue <b>Saptami Until 5:38PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Yellow Moon – White <b>Magha*Thai</b>	<i>Sunrise:</i> 6:42AM <i>Sunset:</i> 6:52PM	<b>Sun 20 Sutra 292</b> Khara 5113 Moon 13 - Phase 39 3rd Phase
Creative Work Siddha Yoga		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM				

<b>Tuesday, January 31, 2012</b>	<b>Retreat Star</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtami* Yam Titau				Nairobi, Kenya
	Mesha Rasi: 16.05      Tithi 8 924796156	<b>Gulika</b> 12:48PM – 2:19PM <b>Yama</b> 9:45AM – 11:16AM <b>Rahu</b> 3:50PM – 5:21PM	<b>Bharani Until 3:09AM Wed</b> Subha Until 1:20PM Visti Until 7:08AM <b>Ashtami* Until 8:13PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Yellow Moon – White <b>Magha*Thai</b>	<i>Sunrise:</i> 6:43AM <i>Sunset:</i> 6:53PM	<b>Sun 21 Sutra 293</b> Khara 5113 Moon 13 - Phase 39 Ashtami
Creative Work Siddha Yoga Until 10:16PM then Marana Yoga Until 3:09AM Wed then Amrita Yoga		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM				

<b>Wednesday, February 1, 2012</b>	<b>Retreat Star</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navami* Yam Titau				Nairobi, Kenya
	Mesha Rasi: 27.55      Tithi 9 924796156	<b>Gulika</b> 11:16AM – 12:48PM <b>Yama</b> 8:14AM – 9:45AM <b>Rahu</b> 12:48PM – 2:19PM	<b>Krittika Until 6:18AM Thu</b> Sukla Until 2:14PM Balava Until 9:43AM <b>Navami* Until 10:48PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Yellow Moon – White <b>Magha*Thai</b>	<i>Sunrise:</i> 6:43AM <i>Sunset:</i> 6:53PM	<b>Sun 22 Sutra 294</b> Khara 5113 Moon 13 - Phase 39 Navami
Creative Work Amrita Yoga Until 10:16PM then Marana Yoga		<b>Bhuloka Day</b> 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

<b>1</b>	<b>Thursday, February 2, 2012</b>	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	Nairobi, Kenya
	924796156		Sun 23 Sutra 295 Khara 5113
9:51	Tithi 10	<b>Gulika</b> 9:45AM – 11:16AM <b>Yama</b> 6:43AM – 8:14AM <b>Rahu</b> 2:19PM – 3:50PM	<b>Krittika Until 6:18AM</b> Brahma Until 2:57PM Taitila Until 12:05PM Dasami Until 1:11AM Fri
Routine Work	Marana Yoga	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Yellow Moon – White	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
		<b>Sunrise:</b> 6:43AM <b>Sunset:</b> 6:53PM	Moon 13 - Phase 40 4th Phase

<b>2</b>	<b>Friday, February 3, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini/Mrigasira Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Ekadasi Yam Titau	Nairobi, Kenya
	934797156		Sun 24 Sutra 296 Khara 5113
21:58	Tithi 11	<b>Gulika</b> 8:14AM – 9:45AM <b>Yama</b> 3:50PM – 5:22PM <b>Rahu</b> 11:17AM – 12:48PM	<b>Rohini Until 8:44AM</b> Indra Until 3:19PM Vanija Until 2:03PM Ekadasi Until 3:08AM Sat
Routine Work	Marana Yoga	<b>Ganesha:</b> Yellow <b>Muruqa:</b> White <b>Nataraja:</b> Yellow Moon – Yellow	<b>Sivaloka Day</b>
Until 8:44AM then Siddha Yoga		<b>Sunrise:</b> 6:43AM <b>Sunset:</b> 6:53PM	Moon 13 - Phase 40 4th Phase

<b>3</b>	<b>Saturday, February 4, 2012</b>	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	Nairobi, Kenya
	934797157		Sun 25 Sutra 297 Khara 5113
4:21	Tithi 12	<b>Gulika</b> 6:43AM – 8:14AM <b>Yama</b> 2:19PM – 3:50PM <b>Rahu</b> 9:45AM – 11:17AM	<b>Mrigasira Until 10:17AM</b> Vaidhriti* Until 2:33PM Bava Until 2:38PM Dvadasi Until 2:38AM Sun
Creative Work	Siddha Yoga	<b>Ganesha:</b> Yellow <b>Muruqa:</b> White <b>Nataraja:</b> White Moon – Yellow	<b>Subha Sivaloka Day</b>
		<b>Sunrise:</b> 6:43AM <b>Sunset:</b> 6:53PM	Moon 13 - Phase 40 4th Phase

<b>4</b>	<b>Sunday, February 5, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Ardra/Punarvasu Nakshatra Vishkambha*/Priti Yoga Kaulava/Taitila Karana Trayodasi Yam Titau	Nairobi, Kenya
	934797157		Sun 26 Sutra 298 Khara 5113
17:04	Tithi 13	<b>Gulika</b> 3:50PM – 5:22PM <b>Yama</b> 12:48PM – 2:19PM <b>Rahu</b> 5:22PM – 6:53PM	<b>Ardra Until 11:25AM</b> Vishkambha* Until 1:52PM Kaulava Until 3:14PM Trayodasi Until 3:14AM Mon <i>Pradosha Vrata</i>
Creative Work	Siddha Yoga	<b>Ganesha:</b> Yellow <b>Muruqa:</b> White <b>Nataraja:</b> White Moon – Yellow	<b>Subha Sivaloka Day</b>
Until 10:16PM then Amrita Yoga		<b>Sunrise:</b> 6:43AM <b>Sunset:</b> 6:53PM	Moon 13 - Phase 40 4th Phase

<b>5</b>	<b>Monday, February 6, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Chaturdasi* Yam Titau	Nairobi, Kenya
	944797157		Sun 27 Sutra 299 Khara 5113
0.1	Tithi 14	<b>Gulika</b> 2:19PM – 3:50PM <b>Yama</b> 11:17AM – 12:48PM <b>Rahu</b> 8:14AM – 9:46AM	<b>Punarvasu Until 11:51AM</b> Priti Until 12:32PM Gara Until 3:04PM Chaturdasi* Until 3:04AM Tue
Family Home Evening		<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> White Moon – Blue	<b>Sivaloka Day</b>
Creative Work	Amrita Yoga	<b>Sunrise:</b> 6:43AM <b>Sunset:</b> 6:53PM	Moon 13 - Phase 40 4th Phase
Until 11:51AM then Siddha Yoga		<b>Thai Pusam</b>	

<b>○</b>	<b>Tuesday, February 7, 2012</b>	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	Nairobi, Kenya
	944797157		Sutra 300 Khara 5113
13:38	Tithi 15	<b>Gulika</b> 12:48PM – 2:19PM <b>Yama</b> 9:46AM – 11:17AM <b>Rahu</b> 3:51PM – 5:22PM	<b>Pushya Until 11:12AM</b> Ayushman Until 10:15AM Visti Until 1:31PM Purnima* Until 12:36AM Wed
Creative Work	Siddha Yoga	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> White Moon – Blue	<b>Sivaloka Day</b>
		<b>Sunrise:</b> 6:43AM <b>Sunset:</b> 6:53PM	Moon 13 - Phase 40 Purnima

<b>○</b>	<b>Wednesday, February 8, 2012</b>	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	Nairobi, Kenya
	944797167		Sutra 301 Khara 5113
27:28	Tithi 16	<b>Gulika</b> 11:17AM – 12:48PM <b>Yama</b> 8:15AM – 9:46AM <b>Rahu</b> 12:48PM – 2:19PM	<b>Aslesha* Until 10:22AM</b> Saubhagya Until 7:51AM Balava Until 12:02PM Prathama* Until 11:06PM
Creative Work	Siddha Yoga	<b>Ganesha:</b> White <b>Muruqa:</b> Yellow <b>Nataraja:</b> Blue Moon – Blue	<b>Bhuloka Day</b> Devaloka Time: 12:PM to 3:PM
Until 10:16PM then Amrita Yoga		<b>Sunrise:</b> 6:43AM <b>Sunset:</b> 6:53PM	Moon 13 - Phase 40 Prathama





**Thursday, February 9, 2012**  
**Gold Retreat Star**

Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam  
Magha\*/Purvaphalguni\* Nakshatra Athiganda\* Yoga Taitila/Gara Karana Dvitiya Yam Titau

Nairobi, Kenya  
**Sutra 302**  
Khara 5113

Simha Rasi: 11.34      Tithi 17  
955797167  
Creative Work    Amrita Yoga  
Until 9:03AM then no yoga  
Until 10.16PM then Siddha Yoga

**Gulika**    9:46AM – 11:17AM    **Magha\* Until 9:03AM**  
**Yama**      6:44AM – 8:15AM    Athiganda\* Until 2:20AM Fri  
**Rahu**      2:19PM – 3:51PM    Taitila Until 10:01AM  
**Dvitiya Until 9:06PM**

**Ganesha:** White    *Sunrise: 6:44AM*  
**Muruqa:** Yellow    *Sunset: 6:53PM*  
**Nataraja:** Blue  
Moon – Red  
**Magha\*Thai**

**Sivaloka Day**

Moon 1 - Phase 41  
1st Phase

**1 Friday, February 10, 2012**

Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvaphalguni\*/Uttaraphalguni Nakshatra Sukarma Yoga Vanija/Visti\* Karana Tritiya Yam Titau

Nairobi, Kenya  
**Sun 1 Sutra 303**  
Khara 5113

Simha Rasi: 25.51      Tithi 18  
955797267  
Creative Work    Siddha Yoga  
Until 10.16PM then Marana Yoga

**Gulika**    8:15AM – 9:46AM    **Purvaphalguni\* Until 7:24AM**  
**Yama**      3:51PM – 5:22PM    Sukarma Until 11:11PM  
**Rahu**      11:17AM – 12:48PM    Vanija Until 7:40AM  
**Tritiya Until 6:44PM**

**Ganesha:** White    *Sunrise: 6:44AM*  
**Muruqa:** White    *Sunset: 6:53PM*  
**Nataraja:** Yellow  
Moon – Red  
**Magha\*Thai**

**Subha Sivaloka Day**

Moon 1 - Phase 41  
1st Phase

**2 Saturday, February 11, 2012**

Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Hasla Nakshatra Dhriti Yoga Balava/Kaulava Karana Chaturthi\*/Panchami Yam Titau

Nairobi, Kenya  
**Sun 2 Sutra 304**  
Khara 5113

Kanya Rasi: 10.14      Tithi 19 – 20  
965797267  
Routine Work    Marana Yoga  
Until 10.16PM then Amrita Yoga  
Until 4:28AM Sun then Siddha Yoga

**Gulika**    6:44AM – 8:15AM    **Hasla Until 4:28AM Sun**  
**Yama**      2:19PM – 3:51PM    Dhriti Until 7:53PM  
**Rahu**      9:46AM – 11:17AM    Kaulava Until 3:17AM Sun  
**Chaturthi\* Until 4:13PM**

**Ganesha:** Clear    *Sunrise: 6:44AM*  
**Muruqa:** White    *Sunset: 6:53PM*  
**Nataraja:** Yellow  
Moon – Green  
**Magha\*Thai**

**Sivaloka Day**

Moon 1 - Phase 41  
1st Phase

**3 Sunday, February 12, 2012**

Khara Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Chitra Nakshatra Shula\*/Ganda\* Yoga Taitila/Gara Karana Panchami/Shasthi\* Yam Titau

Nairobi, Kenya  
**Sun 3 Sutra 305**  
Khara 5113

Kanya Rasi: 24.37      Tithi 20 – 21  
965797267  
Creative Work    Siddha Yoga  
Until 10.16PM then Prabalarishta Yoga  
Until 2:40AM Mon then Amrita Yoga

**Gulika**    3:51PM – 5:22PM    **Chitra Until 2:40AM Mon**  
**Yama**      12:48PM – 2:19PM    Shula\* Until 4:35PM  
**Rahu**      5:22PM – 6:53PM    Gara Until 12:46AM Mon  
**Panchami Until 1:41PM**

**Ganesha:** Clear    *Sunrise: 6:44AM*  
**Muruqa:** White    *Sunset: 6:53PM*  
**Nataraja:** Yellow  
Moon – Green  
**Magha\*Thai**

**Sivaloka Day**

Moon 1 - Phase 41  
1st Phase

**4 Monday, February 13, 2012**

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

Nairobi, Kenya  
**Sun 4 Sutra 306**  
Khara 5113

Tula Rasi: 8.55      Tithi 21 – 22  
**Family Home Evening**    965797267  
Creative Work    Amrita Yoga  
Until 10.16PM then Siddha Yoga  
Until 1:00AM Tue then Marana Yoga

**Gulika**    2:19PM – 3:51PM    **Svati Until 1:00AM Tue**  
**Yama**      11:17AM – 12:48PM    Ganda\* Until 1:25PM  
**Rahu**      8:15AM – 9:46AM    Visti Until 10:22PM  
**Shasthi\* Until 11:18AM**

**Ganesha:** Clear    *Sunrise: 6:44AM*  
**Muruqa:** White    *Sunset: 6:53PM*  
**Nataraja:** Yellow  
Moon – Green  
**Magha\*Mas**

**Sivaloka Day**

Moon 1 - Phase 41  
1st Phase

**Tuesday, February 14, 2012**  
**Retreat Star**

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

Nairobi, Kenya  
**Sun 5 Sutra 307**  
Khara 5113

Tula Rasi: 23.06      Tithi 22 – 23  
975797267  
Routine Work    Marana Yoga  
Until 10.16PM then Siddha Yoga

**Gulika**    12:48PM – 2:19PM    **Visakha Until 11:33PM**  
**Yama**      9:46AM – 11:17AM    Vridhhi Until 10:27AM  
**Rahu**      3:51PM – 5:22PM    Balava Until 8:13PM  
**Saptami Until 9:08AM**

**Ganesha:** Purple    *Sunrise: 6:44AM*  
**Muruqa:** White    *Sunset: 6:53PM*  
**Nataraja:** Yellow  
Moon – Orange  
**Magha\*Mas**

**Subha Sivaloka Day**

Moon 1 - Phase 41  
Ashtami

**Wednesday, February 15, 2012**  
**Retreat Star**

Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam  
Anuradha Nakshatra Dhruva/Vyaghata\* Yoga Kaulava/Taitila Karana Ashtami\*/Navami\* Yam Titau

Nairobi, Kenya  
**Sun 6 Sutra 308**  
Khara 5113

Vrischika Rasi: 7.08      Tithi 23 – 24  
975797267  
Creative Work    Siddha Yoga

**Gulika**    11:17AM – 12:48PM    **Anuradha Until 10:21PM**  
**Yama**      8:15AM – 9:46AM    Dhruva Until 7:42AM  
**Rahu**      12:48PM – 2:19PM    Taitila Until 6:19PM  
**Ashtami\* Until 7:14AM**

**Ganesha:** Purple    *Sunrise: 6:44AM*  
**Muruqa:** White    *Sunset: 6:53PM*  
**Nataraja:** Yellow  
Moon – Orange  
**Magha\*Mas**

**Subha Sivaloka Day**

Moon 1 - Phase 41  
Navami


<b>1</b>	<b>Thursday, February 16, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Harshana Yoga Vanija/Visti* Karana Dasami Yam Titau	Nairobi, Kenya
	Wrischika Rasi: 21.01      Tithi 25 985797267	<b>Gulika</b> 9:46AM – 11:17AM <b>Yama</b> 6:44AM – 8:15AM <b>Rahu</b> 2:19PM – 3:50PM	<b>Sun 7 Sutra 309</b> Khara 5113 Moon 1 - Phase 42 2nd Phase
Creative Work Siddha Yoga Until 10.16PM then no yoga		<b>Jyeshtha* Until 9:24PM</b> Harshana Until 2:32AM Fri Vanija Until 4:42PM <b>Dasami Until 3:47AM Fri</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:44AM</i> <b>Muruqa:</b> White <i>Sunset: 6:53PM</i> <b>Nataraja:</b> Yellow Moon – Orange <b>Magha-Masi</b>
<b>Subha Sivaloka Day</b>			

<b>2</b>	<b>Friday, February 17, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadasi* Yam Titau	Nairobi, Kenya
	Dhanus Rasi: 4.45      Tithi 26 985797267	<b>Gulika</b> 8:15AM – 9:46AM <b>Yama</b> 3:50PM – 5:21PM <b>Rahu</b> 11:17AM – 12:48PM	<b>Sun 8 Sutra 310</b> Khara 5113 Moon 1 - Phase 42 2nd Phase
No Yoga Until 8:42PM then Siddha Yoga Until 10.16PM then Marana Yoga		<b>Mula* Until 8:42PM</b> Vajra* Until 12:17AM Sat Bava Until 3:22PM <b>Ekadasi* Until 2:26AM Sat</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:44AM</i> <b>Muruqa:</b> White <i>Sunset: 6:53PM</i> <b>Nataraja:</b> Yellow Moon – Light Blue <b>Magha-Masi</b>
<b>Sivaloka Day</b>			

<b>3</b>	<b>Saturday, February 18, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadasi* Yam Titau	Nairobi, Kenya
	Dhanus Rasi: 18.2      Tithi 27 985797267	<b>Gulika</b> 6:44AM – 8:15AM <b>Yama</b> 2:19PM – 3:50PM <b>Rahu</b> 9:46AM – 11:17AM	<b>Sun 9 Sutra 311</b> Khara 5113 Moon 1 - Phase 42 2nd Phase
Routine Work Marana Yoga Until 9:22PM then no yoga Until 10.16PM then Amrita Yoga		<b>Purvashadha* Until 9:22PM</b> Siddhi Until 11:25PM Kaulava Until 2:59PM <b>Dvadasi* Until 2:59AM Sun</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:44AM</i> <b>Muruqa:</b> White <i>Sunset: 6:52PM</i> <b>Nataraja:</b> Yellow Moon – Light Blue <b>Magha-Masi</b>
<b>Sivaloka Day</b>			

<b>4</b>	<b>Sunday, February 19, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodasi* Yam Titau	Nairobi, Kenya
	Makara Rasi: 1.47      Tithi 28 986797267	<b>Gulika</b> 3:50PM – 5:21PM <b>Yama</b> 12:48PM – 2:19PM <b>Rahu</b> 5:21PM – 6:52PM	<b>Sun 10 Sutra 312</b> Khara 5113 Moon 1 - Phase 42 2nd Phase
Creative Work Amrita Yoga		<b>Uttarashadha Until 9:10PM</b> Vyatipata* Until 9:30PM Gara Until 2:07PM <b>Trayodasi* Until 2:07AM Mon</b> <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> Purple <i>Sunrise: 6:44AM</i> <b>Muruqa:</b> White <i>Sunset: 6:52PM</i> <b>Nataraja:</b> Yellow Moon – Light Blue <b>Magha-Masi</b>
<b>Devaloka Day</b>			

<b>5</b>	<b>Monday, February 20, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Sravana Nakshatra Variyan Yoga Visti*/Sakuni* Karana Chaturdasi* Yam Titau	Nairobi, Kenya
	Makara Rasi: 15.03      Tithi 29 Family Home Evening 996797267 Creative Work Amrita Yoga Until 9:17PM then Siddha Yoga Until 10.16PM then Marana Yoga	<b>Gulika</b> 2:19PM – 3:50PM <b>Yama</b> 11:17AM – 12:48PM <b>Rahu</b> 8:15AM – 9:46AM  <b>Mahasivaratri</b>	<b>Sun 11 Sutra 313</b> Khara 5113 Moon 1 - Phase 42 2nd Phase
		<b>Sravana Until 9:17PM</b> Variyan Until 7:53PM Visti Until 1:36PM <b>Chaturdasi* Until 1:36AM Tue</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:44AM</i> <b>Muruqa:</b> White <i>Sunset: 6:52PM</i> <b>Nataraja:</b> Yellow Moon – Purple <b>Magha-Masi</b>
<b>Devaloka Day</b>			

	<b>Tuesday, February 21, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Parigha* Yoga Catuspada*/Naga* Karana Amavasya* Yam Titau	Nairobi, Kenya
	Makara Rasi: 28.08      Tithi 30 996897267	<b>Gulika</b> 12:48PM – 2:19PM <b>Yama</b> 9:46AM – 11:17AM <b>Rahu</b> 3:50PM – 5:21PM	<b>Sun 12 Sutra 314</b> Khara 5113 Moon 1 - Phase 42 Amavasya
Retreat Star Routine Work Marana Yoga Until 10.16PM then Siddha Yoga		<b>Dhanishtha Until 9:45PM</b> Parigha* Until 6:35PM Catuspada Until 1:27PM <b>Amavasya* Until 1:27AM Wed</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:43AM</i> <b>Muruqa:</b> White <i>Sunset: 6:52PM</i> <b>Nataraja:</b> Yellow Moon – Purple <b>Magha-Masi</b>
<b>Sivaloka Day</b>			

	<b>Wednesday, February 22, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Satabhisha Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathama* Yam Titau	Nairobi, Kenya
	Kumbha Rasi: 11.01      Tithi 1 996897267	<b>Gulika</b> 11:17AM – 12:48PM <b>Yama</b> 8:14AM – 9:46AM <b>Rahu</b> 12:48PM – 2:19PM	<b>Sun 13 Sutra 315</b> Khara 5113 Moon 1 - Phase 42 Prathama
Retreat Star Creative Work Siddha Yoga Until 10.16PM then Marana Yoga Until 10:36PM then Siddha Yoga		<b>Satabhisha Until 10:36PM</b> Shiva Until 5:39PM Kintughna Until 1:43PM <b>Prathama* Until 1:43AM Thu</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:43AM</i> <b>Muruqa:</b> White <i>Sunset: 6:52PM</i> <b>Nataraja:</b> Yellow Moon – Purple <b>Phalgun-Masi</b>
<b>Sivaloka Day</b>			

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

<b>1</b>	<b>Thursday, February 23, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Purvaprostapada* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiya Yam Titau	Nairobi, Kenya
	Kumbha Rasi: 23.39      Tithi 2	<b>Gulika</b> 9:45AM – 11:16AM <b>Purvaprostapada* Until 1:22AM Fri</b>	<b>Sun 14 Sutra 316</b> Khara 5113
	916897267	<b>Yama</b> 6:43AM – 8:14AM <b>Siddha Until 5:57PM</b>	Moon 1 - Phase 43
Creative Work      Siddha Yoga	<b>Rahu</b> 2:19PM – 3:50PM <b>Balava Until 3:13PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:43AM	3rd Phase
		<b>Dvitiya Until 4:19AM Fri</b>	<b>Muruqa:</b> White <i>Sunset:</i> 6:52PM
			<b>Nataraja:</b> Yellow
			Moon – Clear
			<b>Phalguna-Masi</b>
			<b>Subha Sivaloka Day</b>

<b>2</b>	<b>Friday, February 24, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraprostapada Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Tritiya Yam Titau	Nairobi, Kenya
	Meena Rasi: 6.04      Tithi 3	<b>Gulika</b> 8:14AM – 9:45AM <b>Uttaraprostapada Until 3:12AM Sat</b>	<b>Sun 15 Sutra 317</b> Khara 5113
	916897267	<b>Yama</b> 3:49PM – 5:20PM <b>Sadhya Until 5:48PM</b>	Moon 1 - Phase 43
Creative Work      Siddha Yoga	<b>Rahu</b> 11:16AM – 12:47PM <b>Taitila Until 4:31PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:43AM	3rd Phase
Until 3:12AM Sat then Prabalarishta Yoga		<b>Tritiya Until 5:36AM Sat</b>	<b>Muruqa:</b> White <i>Sunset:</i> 6:51PM
			<b>Nataraja:</b> Yellow
			Moon – Clear
			<b>Phalguna-Masi</b>
			<b>Subha Sivaloka Day</b>

<b>3</b>	<b>Saturday, February 25, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija Karana Chaturthi* Yam Titau	Nairobi, Kenya
	Meena Rasi: 18.16      Tithi 4	<b>Gulika</b> 6:43AM – 8:14AM <b>Revati Until 5:29AM Sun</b>	<b>Sun 16 Sutra 318</b> Khara 5113
	916897267	<b>Yama</b> 2:18PM – 3:49PM <b>Subha Until 6:02PM</b>	Moon 1 - Phase 43
Routine Work      Prabalarishta Yoga	<b>Rahu</b> 9:45AM – 11:16AM <b>Vanija Until 6:16PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:43AM	3rd Phase
Until 10:15PM then Amrita Yoga		<b>Chaturthi* Until 7:21AM Sun</b>	<b>Muruqa:</b> White <i>Sunset:</i> 6:51PM
Until 5:29AM Sun then Siddha Yoga	<b>Subramuniyaswami Siva Vision Day</b>		<b>Nataraja:</b> Yellow
			Moon – Clear
			<b>Phalguna-Masi</b>
			<b>Subha Sivaloka Day</b>

<b>4</b>	<b>Sunday, February 26, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Asvini Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi*/Panchami Yam Titau	Nairobi, Kenya
	Mesha Rasi: 0.16      Tithi 4 – 5	<b>Gulika</b> 3:49PM – 5:20PM <b>Asvini Until 8:22AM Mon</b>	<b>Sun 17 Sutra 319</b> Khara 5113
	927897267	<b>Yama</b> 12:47PM – 2:18PM <b>Sukla Until 6:37PM</b>	Moon 1 - Phase 43
Creative Work      Siddha Yoga	<b>Rahu</b> 5:20PM – 6:51PM <b>Bava Until 8:26PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:43AM	3rd Phase
		<b>Chaturthi* Until 7:21AM</b>	<b>Muruqa:</b> White <i>Sunset:</i> 6:51PM
			<b>Nataraja:</b> Yellow
			Moon – White
			<b>Phalguna-Masi</b>
			<b>Devaloka Day</b>

<b>5</b>	<b>Monday, February 27, 2012</b>	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	Nairobi, Kenya
	Mesha Rasi: 12.09      Tithi 5 – 6	<b>Gulika</b> 2:18PM – 3:49PM <b>Asvini Until 8:22AM</b>	<b>Sun 18 Sutra 320</b> Khara 5113
	927897267	<b>Yama</b> 11:16AM – 12:47PM <b>Brahma Until 7:27PM</b>	Moon 1 - Phase 43
Family Home Evening	<b>Rahu</b> 8:14AM – 9:45AM <b>Kaulava Until 10:54PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:43AM	3rd Phase
Creative Work      Siddha Yoga		<b>Panchami Until 9:49AM</b>	<b>Muruqa:</b> White <i>Sunset:</i> 6:51PM
			<b>Nataraja:</b> Yellow
			Moon – White
			<b>Phalguna-Masi</b>
			<b>Devaloka Day</b>

<b>6</b>	<b>Tuesday, February 28, 2012</b>	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	Nairobi, Kenya
	Mesha Rasi: 23.57      Tithi 6 – 7	<b>Gulika</b> 12:47PM – 2:18PM <b>Bharani Until 11:26AM</b>	<b>Sun 19 Sutra 321</b> Khara 5113
	927897267	<b>Yama</b> 9:45AM – 11:16AM <b>Indra Until 8:25PM</b>	Moon 1 - Phase 43
Creative Work      Siddha Yoga	<b>Rahu</b> 3:49PM – 5:20PM <b>Gara Until 1:32AM Wed</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:43AM	3rd Phase
Until 10:15PM then Amrita Yoga		<b>Shasthi* Until 12:27PM</b>	<b>Muruqa:</b> White <i>Sunset:</i> 6:51PM
			<b>Nataraja:</b> Yellow
			Moon – White
			<b>Phalguna-Masi</b>
			<b>Devaloka Day</b>

<b>7</b>	<b>Wednesday, February 29, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Saptami/Ashtami* Yam Titau	Nairobi, Kenya
	Retreat Star	<b>Gulika</b> 11:16AM – 12:47PM <b>Krittika Until 2:30PM</b>	<b>Sun 20 Sutra 322</b> Khara 5113
	Vrishabha Rasi: 5.45      Tithi 7 – 8	<b>Yama</b> 8:14AM – 9:45AM <b>Vaidhriti* Until 9:24PM</b>	Moon 1 - Phase 43
927897267	<b>Rahu</b> 12:47PM – 2:17PM <b>Visti Until 4:09AM Thu</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:43AM	3rd Phase
Creative Work      Amrita Yoga		<b>Saptami Until 3:04PM</b>	<b>Muruqa:</b> White <i>Sunset:</i> 6:50PM
Until 2:30PM then Siddha Yoga			<b>Nataraja:</b> Yellow
Until 10:15PM then Marana Yoga			Moon – White
			<b>Phalguna-Masi</b>
			<b>Devaloka Day</b>

<b>8</b>	<b>Thursday, March 1, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Rohini/Mrigasira Nakshatra Vishkambha* Yoga Bava/Balava Karana Ashtami*/Navami* Yam Titau	Nairobi, Kenya
	Retreat Star	<b>Gulika</b> 9:44AM – 11:15AM <b>Rohini Until 5:22PM</b>	<b>Sun 21 Sutra 323</b> Khara 5113
	Vrishabha Rasi: 17.39      Tithi 8 – 9	<b>Yama</b> 6:42AM – 8:13AM <b>Vishkambha* Until 10:12PM</b>	Moon 1 - Phase 43
937897267	<b>Rahu</b> 2:17PM – 3:48PM <b>Balava Until 6:34AM Fri</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:42AM	Ashtami
Routine Work      Marana Yoga		<b>Ashtami* Until 5:29PM</b>	<b>Muruqa:</b> White <i>Sunset:</i> 6:50PM
Until 10:14PM then Siddha Yoga			<b>Nataraja:</b> Yellow
			Moon – Yellow
			<b>Phalguna-Masi</b>
			<b>Sivaloka Day</b>

<b>9</b>	<b>Friday, March 2, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Mrigasira Nakshatra Priti Yoga Balava/Kaulava Karana Navami* Yam Titau	Nairobi, Kenya
	Retreat Star	<b>Gulika</b> 8:13AM – 9:44AM <b>Mrigasira Until 7:52PM</b>	<b>Sun 22 Sutra 324</b> Khara 5113
	Vrishabha Rasi: 29.44      Tithi 9	<b>Yama</b> 3:48PM – 5:19PM <b>Priti Until 10:39PM</b>	Moon 1 - Phase 43
937897267	<b>Rahu</b> 11:15AM – 12:46PM <b>Balava Until 6:23AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:42AM	Navami
Creative Work      Siddha Yoga		<b>Navami* Until 7:29PM</b>	<b>Muruqa:</b> White <i>Sunset:</i> 6:50PM
			<b>Nataraja:</b> Yellow
			Moon – Yellow
			<b>Phalguna-Masi</b>
			<b>Sivaloka Day</b>

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

1	<b>Saturday, March 3, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Ardra Nakshatra Ayushman Yoga Taitila/Gara Karana Dasami Yam Titau			Nairobi, Kenya
	Mithuna Rasi: 12.07	Tithi 10 937897267	<b>Gulika</b> 6:42AM – 8:13AM <b>Yama</b> 2:17PM – 3:48PM <b>Rahu</b> 9:44AM – 11:15AM	<b>Ardra Until 8:34PM</b> Ayushman Until 9:23PM Taitila Until 7:37AM <b>Dasami Until 7:37PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 6:42AM</i> <b>Muruqa:</b> White <i>Sunset: 6:49PM</i> <b>Nataraja:</b> Yellow Moon – Yellow <b>Phalgun-Masi</b>	Sun 23 <b>Sutra 325</b> Khara 5113 Moon 1 - Phase 44 4th Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 8:34PM then Marana Yoga Until 10.14PM then Siddha Yoga						
2	<b>Sunday, March 4, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu Nakshatra Saubhagya Yoga Vanija/Visti* Karana Ekadasi Yam Titau			Nairobi, Kenya
	Mithuna Rasi: 24.51	Tithi 11 948897267	<b>Gulika</b> 3:47PM – 5:18PM <b>Yama</b> 12:45PM – 2:16PM <b>Rahu</b> 5:18PM – 6:49PM	<b>Punarvasu Until 9:40PM</b> Saubhagya Until 8:41PM Vanija Until 8:09AM <b>Ekadasi Until 8:09PM</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:42AM</i> <b>Muruqa:</b> White <i>Sunset: 6:49PM</i> <b>Nataraja:</b> Yellow Moon – Blue <b>Phalgun-Masi</b>	Sun 24 <b>Sutra 326</b> Khara 5113 Moon 1 - Phase 44 4th Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga						
3	<b>Monday, March 5, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Pushya Nakshatra Sobhana Yoga Bava/Balava Karana Dvadasi Yam Titau			Nairobi, Kenya
	Kataka Rasi: 8.01	Tithi 12 148817267	<b>Gulika</b> 2:16PM – 3:47PM <b>Yama</b> 11:14AM – 12:45PM <b>Rahu</b> 8:12AM – 9:43AM	<b>Pushya Until 8:50PM</b> Sobhana Until 6:22PM Bava Until 7:40AM <b>Dvadasi Until 6:45PM</b>	<b>Ganesha:</b> Green <i>Sunrise: 6:41AM</i> <b>Muruqa:</b> White <i>Sunset: 6:49PM</i> <b>Nataraja:</b> Yellow Moon – Blue <b>Phalgun-Masi</b>	Sun 25 <b>Sutra 327</b> Khara 5113 Moon 1 - Phase 44 4th Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga						
4	<b>Tuesday, March 6, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Aslesha* Nakshatra Athiganda*/Sukarma Yoga Kaulava/Gara Karana Trayodasi*/Chaturdasi* Yam Titau			Nairobi, Kenya
	Kataka Rasi: 21.38	Tithi 13 – 14 148817267	<b>Gulika</b> 12:45PM – 2:16PM <b>Yama</b> 9:43AM – 11:14AM <b>Rahu</b> 3:47PM – 5:18PM	<b>Aslesha* Until 8:20PM</b> Athiganda* Until 4:18PM Kaulava Until 6:31AM <b>Trayodasi Until 5:36PM</b> <i>Pradosha Vrata</i>	<b>Ganesha:</b> Green <i>Sunrise: 6:41AM</i> <b>Muruqa:</b> White <i>Sunset: 6:49PM</i> <b>Nataraja:</b> Yellow Moon – Blue <b>Phalgun-Masi</b>	Sun 26 <b>Sutra 328</b> Khara 5113 Moon 1 - Phase 44 4th Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga						
5	<b>Wednesday, March 7, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdasi*/Purnima* Yam Titau			Nairobi, Kenya
	Simha Rasi: 5.42	Tithi 14 – 15 158817267	<b>Gulika</b> 11:14AM – 12:45PM <b>Yama</b> 8:12AM – 9:43AM <b>Rahu</b> 12:45PM – 2:16PM	<b>Magha* Until 7:05PM</b> Sukarma Until 1:32PM Visti Until 2:43AM Thu <b>Chaturdasi* Until 3:38PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 6:41AM</i> <b>Muruqa:</b> White <i>Sunset: 6:48PM</i> <b>Nataraja:</b> Yellow Moon – Red <b>Phalgun-Masi</b>	Sun 27 <b>Sutra 329</b> Khara 5113 Moon 1 - Phase 44 4th Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 7:05PM then Amrita Yoga Until 10.13PM then no yoga						
O	<b>Thursday, March 8, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni*/Uttaraphalguni Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima*/Prathama* Yam Titau			Nairobi, Kenya
	Simha Rasi: 20.08	Tithi 15 – 16 158817267	<b>Gulika</b> 9:43AM – 11:14AM <b>Yama</b> 6:41AM – 8:12AM <b>Rahu</b> 2:15PM – 3:46PM	<b>Purvaphalguni* Until 4:28PM</b> Dhriti Until 9:55AM Balava Until 10:47PM <b>Purnima* Until 12:30PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 6:41AM</i> <b>Muruqa:</b> White <i>Sunset: 6:48PM</i> <b>Nataraja:</b> Yellow Moon – Red <b>Phalgun-Masi</b>	Sun 27 <b>Sutra 330</b> Khara 5113 Moon 1 - Phase 44 Purnima <b>Sivaloka Day</b>
No Yoga Until 4:28PM then Prabalarishta Yoga Until 10.13PM then Siddha Yoga						
O	<b>Friday, March 9, 2012</b>		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			Nairobi, Kenya
	Kanya Rasi: 4.49	Tithi 16 – 17 158817267	<b>Gulika</b> 8:12AM – 9:42AM <b>Yama</b> 3:46PM – 5:17PM <b>Rahu</b> 11:13AM – 12:44PM	<b>Uttaraphalguni Until 2:17PM</b> Shula* Until 6:23AM Taitila Until 7:54PM <b>Prathama* Until 9:36AM</b>	<b>Ganesha:</b> Red <i>Sunrise: 6:41AM</i> <b>Muruqa:</b> White <i>Sunset: 6:48PM</i> <b>Nataraja:</b> Yellow Moon – Red <b>Phalgun-Masi</b>	Sun 27 <b>Sutra 331</b> Khara 5113 Moon 1 - Phase 44 Prathama <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 2:17PM then Amrita Yoga Until 10.12PM then Marana Yoga						

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: 19.38    Tithi 17 – 18  
169817267  
Routine Work    Marana Yoga  
Until 10.12PM then Siddha Yoga

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

**Gulika**    6:40AM – 8:11AM    **Hasta** **Until 11:54AM**  
**Yama**       2:15PM – 3:46PM    **Vriddhi** **Until 10:39PM**  
**Rahu**       9:42AM – 11:13AM    **Visti** **Until 3:03AM Sun**  
**Dvitiya** **Until 6:29AM**

**Ganesha:** Blue    *Sunrise: 6:40AM*  
**Muruqa:** White    *Sunset: 6:48PM*  
**Nataraja:** Yellow  
Moon – Green  
**Phalguna-Masi**

Nairobi, Kenya  
**Sun 1**    **Sutra 332**  
Khara 5113  
Moon 2 - Phase 45  
1st Phase

**Devaloka Day**



**Sunday, March 11, 2012**

Tula Rasi: 4.28    Tithi 19  
169817267  
Creative Work    Siddha Yoga  
Until 10.12PM then Amrita Yoga

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

**Gulika**    3:45PM – 5:16PM    **Chitra** **Until 9:31AM**  
**Yama**       12:44PM – 2:15PM    **Dhruva** **Until 6:55PM**  
**Rahu**       5:16PM – 6:47PM    **Bava** **Until 1:39PM**  
**Chaturthi\*** **Until 11:56PM**

**Ganesha:** Blue    *Sunrise: 6:40AM*  
**Muruqa:** White    *Sunset: 6:47PM*  
**Nataraja:** Yellow  
Moon – Green  
**Phalguna-Masi**

Nairobi, Kenya  
**Sun 2**    **Sutra 333**  
Khara 5113  
Moon 2 - Phase 45  
1st Phase

**Devaloka Day**



**Monday, March 12, 2012**

Tula Rasi: 19.1    Tithi 20  
169817267  
**Family Home Evening**  
Creative Work    Amrita Yoga  
Until 7:27AM then Marana Yoga

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

**Gulika**    2:14PM – 3:45PM    **Svati** **Until 7:27AM**  
**Yama**       11:13AM – 12:43PM    **Vyaghata\*** **Until 4:00PM**  
**Rahu**       8:11AM – 9:42AM    **Kaulava** **Until 11:06AM**  
**Panchami** **Until 10:11PM**

**Ganesha:** Blue    *Sunrise: 6:40AM*  
**Muruqa:** White    *Sunset: 6:47PM*  
**Nataraja:** Yellow  
Moon – Green  
**Phalguna-Masi**

Nairobi, Kenya  
**Sun 3**    **Sutra 334**  
Khara 5113  
Moon 2 - Phase 45  
1st Phase

**Devaloka Day**



**Tuesday, March 13, 2012**

Wrischika Rasi: 3.38    Tithi 21  
179817267  
Creative Work    Siddha Yoga

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

**Gulika**    12:43PM – 2:14PM    **Anuradha** **Until 4:21AM Wed**  
**Yama**       9:41AM – 11:12AM    **Harshana** **Until 12:35PM**  
**Rahu**       3:45PM – 5:16PM    **Gara** **Until 8:22AM**  
**Shasthi\*** **Until 7:27PM**

**Ganesha:** Red    *Sunrise: 6:40AM*  
**Muruqa:** White    *Sunset: 6:47PM*  
**Nataraja:** Yellow  
Moon – Orange  
**Phalguna-Masi**

Nairobi, Kenya  
**Sun 4**    **Sutra 335**  
Khara 5113  
Moon 2 - Phase 45  
1st Phase

**Sivaloka Day**



**Wednesday, March 14, 2012**

Wrischika Rasi: 17.5    Tithi 22 – 23  
179817267  
Creative Work    Siddha Yoga

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

**Gulika**    11:12AM – 12:43PM    **Jyeshtha\*** **Until 2:52AM Thu**  
**Yama**       8:10AM – 9:41AM    **Vajra\*** **Until 9:36AM**  
**Rahu**       12:43PM – 2:14PM    **Visti** **Until 6:09AM**  
**Saptami** **Until 5:14PM**

**Ganesha:** Red    *Sunrise: 6:39AM*  
**Muruqa:** White    *Sunset: 6:46PM*  
**Nataraja:** Yellow  
Moon – Orange  
**Phalguna-Panguni**

Nairobi, Kenya  
**Sun 5**    **Sutra 336**  
Khara 5113  
Moon 2 - Phase 45  
1st Phase

**Sivaloka Day**



**Thursday, March 15, 2012**  
**Retreat Star**

Dhanus Rasi: 1.44    Tithi 23 – 24  
189817268  
Creative Work    Siddha Yoga  
Until 10.11PM then no yoga  
Until 1:53AM Fri then Siddha Yoga

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

**Gulika**    9:41AM – 11:12AM    **Mula\*** **Until 1:53AM Fri**  
**Yama**       6:39AM – 8:10AM    **Siddhi** **Until 7:06AM**  
**Rahu**       2:13PM – 3:44PM    **Taitila** **Until 2:38AM Fri**  
**Ashtami\*** **Until 3:34PM**

**Ganesha:** Green    *Sunrise: 6:39AM*  
**Muruqa:** White    *Sunset: 6:46PM*  
**Nataraja:** White  
Moon – Light Blue  
**Phalguna-Panguni**

Nairobi, Kenya  
**Sun 6**    **Sutra 337**  
Khara 5113  
Moon 2 - Phase 45  
Ashtami

**Sivaloka Day**

**Friday, March 16, 2012**

**Retreat Star**

Dhanus Rasi: 15.21    Tithi 24 – 25  
189817268  
Creative Work    Siddha Yoga  
Until 10.10PM then Marana Yoga  
Until 2:54AM Sat then no yoga

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

**Gulika**    8:10AM – 9:41AM    **Purvashadha\*** **Until 2:54AM Sat**  
**Yama**       3:44PM – 5:15PM    **Variyan** **Until 3:51AM Sat**  
**Rahu**       11:11AM – 12:42PM    **Vanija** **Until 3:07AM Sat**  
**Navami\*** **Until 3:07PM**

**Ganesha:** Green    *Sunrise: 6:39AM*  
**Muruqa:** White    *Sunset: 6:46PM*  
**Nataraja:** White  
Moon – Light Blue  
**Phalguna-Panguni**

Nairobi, Kenya  
**Sun 7**    **Sutra 338**  
Khara 5113  
Moon 2 - Phase 45  
Navami

**Sivaloka Day**

<b>1</b>	<b>Saturday, March 17, 2012</b>	Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dasami/Ekadasi* Yam Titau	Nairobi, Kenya
	Dhanus Rasi: 28.42    Tithi 26 – 26 No Yoga Until 10.10PM then Amrita Yoga	<b>Gulika</b> 6:39AM – 8:10AM <b>Yama</b> 2:13PM – 3:44PM <b>Rahu</b> 9:40AM – 11:11AM	<b>Sun 8 Sutra 339</b> Khara 5113 Moon 2 - Phase 46 2nd Phase <b>Sivaloka Day</b>


<b>2</b>	<b>Sunday, March 18, 2012</b>	Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Sravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadasi*/Dvadasi* Yam Titau	Nairobi, Kenya
	Makara Rasi: 11.5    Tithi 26 – 27 Creative Work Amrita Yoga Until 3:15AM Mon then Siddha Yoga	<b>Gulika</b> 3:43PM – 5:14PM <b>Yama</b> 12:42PM – 2:13PM <b>Rahu</b> 5:14PM – 6:45PM	<b>Sun 9 Sutra 340</b> Khara 5113 Moon 2 - Phase 46 2nd Phase <b>Subha Subha Sivaloka Day</b>

<b>3</b>	<b>Monday, March 19, 2012</b>	Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Siddha Yoga Tailila/Gara Karana Dvadasi*/Trayodasi* Yam Titau	Nairobi, Kenya
	Makara Rasi: 24.44    Tithi 27 – 28 Family Home Evening Creative Work Siddha Yoga Until 10.10PM then Marana Yoga	<b>Gulika</b> 2:12PM – 3:43PM <b>Yama</b> 11:11AM – 12:41PM <b>Rahu</b> 8:09AM – 9:40AM	<b>Sun 10 Sutra 341</b> Khara 5113 Moon 2 - Phase 46 2nd Phase <b>Subha Subha Sivaloka Day</b>

*Pradosha Vrata (Fasting)*

<b>4</b>	<b>Tuesday, March 20, 2012</b>	Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Satabhisha Nakshatra Sadhya Yoga Vanija/Visti* Karana Trayodasi*/Chaturdasi* Yam Titau	Nairobi, Kenya
	Kumbha Rasi: 7.28    Tithi 28 – 29 Routine Work Marana Yoga Until 10.09PM then Siddha Yoga Until 5:07AM Wed then Amrita Yoga	<b>Gulika</b> 12:41PM – 2:12PM <b>Yama</b> 9:39AM – 11:10AM <b>Rahu</b> 3:43PM – 5:14PM	<b>Sun 11 Sutra 342</b> Khara 5113 Moon 2 - Phase 46 2nd Phase <b>Subha Subha Sivaloka Day</b>

<b>5</b>	<b>Wednesday, March 21, 2012</b>	Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvaprostapada* Nakshatra Subha Yoga Sakuni*/Catuspada* Karana Chaturdasi*/Amavasya* Yam Titau	Nairobi, Kenya
	Kumbha Rasi: 20.02    Tithi 29 – 30 Creative Work Amrita Yoga Until 10.09PM then Siddha Yoga	<b>Gulika</b> 11:10AM – 12:41PM <b>Yama</b> 8:08AM – 9:39AM <b>Rahu</b> 12:41PM – 2:12PM	<b>Sun 12 Sutra 343</b> Khara 5113 Moon 2 - Phase 46 2nd Phase <b>Subha Sivaloka Day</b>

	<b>Thursday, March 22, 2012</b>	Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Purvaprostapada*/Uttaraprostapada Nakshatra Sukla Yoga Naga*/Kintughna* Karana Amavasya*/Prathama* Yam Titau	Nairobi, Kenya
	Meena Rasi: 2.24    Tithi 30 – 1 Creative Work Siddha Yoga	<b>Gulika</b> 9:39AM – 11:10AM <b>Yama</b> 6:37AM – 8:08AM <b>Rahu</b> 2:11PM – 3:42PM	<b>Sun 13 Sutra 344</b> Khara 5113 Moon 2 - Phase 46 Amavasya <b>Subha Sivaloka Day</b>

	<b>Friday, March 23, 2012</b>	Khara Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraprostapada/Revati Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathama* Yam Titau	Nairobi, Kenya
	Meena Rasi: 14.37    Tithi 1 Creative Work Siddha Yoga Until 10.08PM then Prabalarishta Yoga	<b>Gulika</b> 8:08AM – 9:39AM <b>Yama</b> 3:42PM – 5:13PM <b>Rahu</b> 11:09AM – 12:40PM	<b>Sun 14 Sutra 345</b> Khara 5113 Moon 2 - Phase 46 Prathama <b>Subha Sivaloka Day</b>

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. %oig Veda 1.89.8. RvP, 287

<b>1</b>	<b>Saturday, March 24, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Asvini Nakshatra Indra Yoga Balava/Kaulava Karana Dvitiya Yam Titau	Nairobi, Kenya
	Sun 15	<b>Sutra 346</b>	Khara 5113
Meena Rasi: 26.4	Tithi 2	111917268	Moon 2 - Phase 47
Routine Work	Prabalarishta Yoga		3rd Phase
Until 12:41PM then Siddha Yoga	Chellappaswami Mahasamadhi	<b>Gulika</b> 6:37AM – 8:08AM <b>Yama</b> 2:11PM – 3:41PM <b>Rahu</b> 9:38AM – 11:09AM	<b>Revati Until 12:41PM</b> Indra Until 12:44AM Sun Balava Until 8:36AM Dvitiya Until 9:42PM
			<b>Ganesha:</b> Clear <i>Sunrise: 6:37AM</i> <b>Muruqa:</b> White <i>Sunset: 6:43PM</i> <b>Nataraja:</b> White Moon – Clear <b>Chaitra•Panguni</b>
			<b>Subha Sivaloka Day</b>


<b>2</b>	<b>Sunday, March 25, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Asvini/Bharani Nakshatra Vaidhriti* Yoga Tailila/Gara Karana Tritiya Yam Titau	Nairobi, Kenya
	Sun 16	<b>Sutra 347</b>	Khara 5113
Mesha Rasi: 8.35	Tithi 3	121917268	Moon 2 - Phase 47
Creative Work	Siddha Yoga		3rd Phase
Until 3:30PM then no yoga			
Until 10:08PM then Siddha Yoga		<b>Gulika</b> 3:41PM – 5:12PM <b>Yama</b> 12:40PM – 2:10PM <b>Rahu</b> 5:12PM – 6:43PM	<b>Asvini Until 3:30PM</b> Vaidhriti* Until 1:31AM Mon Tailila Until 10:57AM Tritiya Until 12:02AM Mon
			<b>Ganesha:</b> Orange <i>Sunrise: 6:37AM</i> <b>Muruqa:</b> White <i>Sunset: 6:43PM</i> <b>Nataraja:</b> White Moon – White <b>Chaitra•Panguni</b>
			<b>Subha Sivaloka Day</b>

<b>3</b>	<b>Monday, March 26, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Vishkambha* Yoga Vanija/Visli* Karana Chaturthi* Yam Titau	Nairobi, Kenya
	Sun 17	<b>Sutra 348</b>	Khara 5113
Mesha Rasi: 20.24	Tithi 4	121917268	Moon 2 - Phase 47
Family Home Evening	Siddha Yoga		3rd Phase
Until 6:31PM then no yoga			
Until 10:07PM then Siddha Yoga		<b>Gulika</b> 2:10PM – 3:41PM <b>Yama</b> 11:09AM – 12:39PM <b>Rahu</b> 8:07AM – 9:38AM	<b>Bharani Until 6:31PM</b> Vishkambha* Until 2:28AM Tue Vanija Until 1:30PM Chaturthi* Until 2:35AM Tue
			<b>Ganesha:</b> Orange <i>Sunrise: 6:36AM</i> <b>Muruqa:</b> White <i>Sunset: 6:42PM</i> <b>Nataraja:</b> White Moon – White <b>Chaitra•Panguni</b>
			<b>Subha Sivaloka Day</b>

<b>4</b>	<b>Tuesday, March 27, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Priti Yoga Bava/Balava Karana Panchami Yam Titau	Nairobi, Kenya
	Sun 18	<b>Sutra 349</b>	Khara 5113
Wrishabha Rasi: 2.11	Tithi 5	121917268	Moon 2 - Phase 47
Creative Work	Siddha Yoga		3rd Phase
Until 9:38PM then Amrita Yoga			
Until 10:07PM then Siddha Yoga		<b>Gulika</b> 12:39PM – 2:10PM <b>Yama</b> 9:37AM – 11:08AM <b>Rahu</b> 3:40PM – 5:11PM	<b>Krittika Until 9:38PM</b> Priti Until 3:31AM Wed Bava Until 4:09PM Panchami Until 5:14AM Wed
			<b>Ganesha:</b> Orange <i>Sunrise: 6:36AM</i> <b>Muruqa:</b> White <i>Sunset: 6:42PM</i> <b>Nataraja:</b> White Moon – White <b>Chaitra•Panguni</b>
			<b>Subha Sivaloka Day</b>

<b>5</b>	<b>Wednesday, March 28, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Ayushman Yoga Kaulava Karana Shasthi* Yam Titau	Nairobi, Kenya
	Sun 19	<b>Sutra 350</b>	Khara 5113
Wrishabha Rasi: 13.58	Tithi 6	132917268	Moon 2 - Phase 47
Creative Work	Siddha Yoga		3rd Phase
Until 10:07PM then Marana Yoga			
		<b>Gulika</b> 11:08AM – 12:39PM <b>Yama</b> 8:06AM – 9:37AM <b>Rahu</b> 12:39PM – 2:09PM	<b>Rohini Until 12:44AM Thu</b> Ayushman Until 4:33AM Thu Kaulava Until 6:46PM Shasthi* Until 8:05AM Thu
			<b>Ganesha:</b> Red <i>Sunrise: 6:36AM</i> <b>Muruqa:</b> White <i>Sunset: 6:42PM</i> <b>Nataraja:</b> White Moon – Yellow <b>Chaitra•Panguni</b>
			<b>Subha Sivaloka Day</b>

<b>6</b>	<b>Thursday, March 29, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Mrigasira Nakshatra Saubhagya Yoga Tailila/Gara Karana Shasthi*/Saptami Yam Titau	Nairobi, Kenya
	Sun 20	<b>Sutra 351</b>	Khara 5113
Wrishabha Rasi: 25.51	Tithi 6 – 7	132917268	Moon 2 - Phase 47
Routine Work	Marana Yoga		3rd Phase
Until 10:07PM then Siddha Yoga			
		<b>Gulika</b> 9:37AM – 11:08AM <b>Yama</b> 6:35AM – 8:06AM <b>Rahu</b> 2:09PM – 3:40PM	<b>Mrigasira Until 3:38AM Fri</b> Saubhagya Until 5:24AM Fri Gara Until 9:10PM Shasthi* Until 8:05AM
			<b>Ganesha:</b> Red <i>Sunrise: 6:35AM</i> <b>Muruqa:</b> White <i>Sunset: 6:41PM</i> <b>Nataraja:</b> White Moon – Yellow <b>Chaitra•Panguni</b>
			<b>Subha Sivaloka Day</b>

	<b>Friday, March 30, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Sobhana Yoga Vanija/Visli* Karana Saptami/Ashtami* Yam Titau	Nairobi, Kenya
	Sun 21	<b>Sutra 352</b>	Khara 5113
Mithuna Rasi: 7.55	Tithi 7 – 8	132917268	Moon 2 - Phase 47
Creative Work	Siddha Yoga		Ashtami
Until 6:11AM Sat then Marana Yoga			
		<b>Gulika</b> 8:06AM – 9:37AM <b>Yama</b> 3:40PM – 5:10PM <b>Rahu</b> 11:07AM – 12:38PM	<b>Ardra Until 6:11AM Sat</b> Sobhana Until 5:56AM Sat Visli Until 11:12PM Saptami Until 10:07AM
			<b>Ganesha:</b> Red <i>Sunrise: 6:35AM</i> <b>Muruqa:</b> White <i>Sunset: 6:41PM</i> <b>Nataraja:</b> White Moon – Yellow <b>Chaitra•Panguni</b>
			<b>Subha Sivaloka Day</b>

<b>Retreat Star</b>	<b>Saturday, March 31, 2012</b>	Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami*/Navami* Yam Titau	Nairobi, Kenya
	Sun 22	<b>Sutra 353</b>	Khara 5113
Mithuna Rasi: 20.14	Tithi 8 – 9	142917268	Moon 2 - Phase 47
Routine Work	Marana Yoga		Navami
Until 10:06PM then Siddha Yoga			
		<b>Gulika</b> 6:35AM – 8:06AM <b>Yama</b> 2:09PM – 3:39PM <b>Rahu</b> 9:36AM – 11:07AM	<b>Punarvasu Until 6:45AM Sun</b> Athiganda* Until 4:15AM Sun Balava Until 11:05PM Ashtami* Until 11:05AM
			<b>Ganesha:</b> Blue <i>Sunrise: 6:35AM</i> <b>Muruqa:</b> White <i>Sunset: 6:41PM</i> <b>Nataraja:</b> White Moon – Blue <b>Chaitra•Panguni</b>
			<b>Sivaloka Day</b>

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

<b>1</b>	<b>Sunday, April 1, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu/Pushya Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami*/Dasami Yam Titau	Nairobi, Kenya
	Kataka Rasi: 2.56    Titithi 9 – 10 142917268	<b>Gulika</b> 3:39PM – 5:10PM <b>Yama</b> 12:38PM – 2:09PM <b>Rahu</b> 5:10PM – 6:41PM	<b>Punarvasu</b> Until 6:45AM Sukarma Until 3:40AM Mon Taitila Until 11:41PM <b>Navami*</b> Until 11:41AM	<b>Sun 23 Sutra 354</b> Khara 5113 Moon 2 - Phase 48 4th Phase <b>Sivaloka Day</b>
	Creative Work    Siddha Yoga		<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:35AM <b>Muruqa:</b> White <i>Sunset:</i> 6:41PM <b>Nataraja:</b> White Moon – Blue <b>Chaitra•Panguni</b>	

<b>2</b>	<b>Monday, April 2, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Pushya/Aslesha* Nakshatra Dhriti Yoga Gara/Vanija Karana Dasami/Ekadasi Yam Titau	Nairobi, Kenya
	Kataka Rasi: 16.03    Titithi 10 – 11 <b>Family Home Evening</b> 142917268 Creative Work    Siddha Yoga	<b>Gulika</b> 2:08PM – 3:39PM <b>Yama</b> 11:07AM – 12:37PM <b>Rahu</b> 8:05AM – 9:36AM	<b>Pushya</b> Until 7:03AM Dhriti Until 12:59AM Tue Vanija Until 10:04PM <b>Dasami</b> Until 11:00AM	<b>Sun 24 Sutra 355</b> Khara 5113 Moon 2 - Phase 48 4th Phase <b>Sivaloka Day</b>
		<b>Yogaswami Mahasamadhi</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:35AM <b>Muruqa:</b> White <i>Sunset:</i> 6:40PM <b>Nataraja:</b> White Moon – Blue <b>Chaitra•Panguni</b>	

<b>3</b>	<b>Tuesday, April 3, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Aslesha*/Magha* Nakshatra Shula* Yoga Visti*/Bava Karana Ekadasi/Dvadasi Yam Titau	Nairobi, Kenya
	Kataka Rasi: 29.39    Titithi 11 – 12 142917268	<b>Gulika</b> 12:37PM – 2:08PM <b>Yama</b> 9:36AM – 11:06AM <b>Rahu</b> 3:39PM – 5:09PM	<b>Aslesha*</b> Until 6:36AM Shula* Until 10:59PM Bava Until 8:57PM <b>Ekadasi</b> Until 9:52AM	<b>Sun 25 Sutra 356</b> Khara 5113 Moon 2 - Phase 48 4th Phase <b>Sivaloka Day</b>
	Creative Work    Siddha Yoga		<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:34AM <b>Muruqa:</b> White <i>Sunset:</i> 6:40PM <b>Nataraja:</b> White Moon – Blue <b>Chaitra•Panguni</b>	

<b>4</b>	<b>Wednesday, April 4, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni* Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadasi/Trayodasi Yam Titau	Nairobi, Kenya
	Simha Rasi: 13.44    Titithi 12 – 13 152917268	<b>Gulika</b> 11:06AM – 12:37PM <b>Yama</b> 8:05AM – 9:36AM <b>Rahu</b> 12:37PM – 2:08PM	<b>Purvaphalguni*</b> Until 2:42AM Thu Ganda* Until 7:19PM Kaulava Until 6:00PM <b>Dvadasi</b> Until 7:43AM <i>Pradosha Vrata</i>	<b>Sun 26 Sutra 357</b> Khara 5113 Moon 2 - Phase 48 4th Phase <b>Subha Sivaloka Day</b>
	Creative Work    Amrita Yoga Until 10.05PM then no yoga Until 2:42AM Thu then Prabalarishta Yoga		<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:34AM <b>Muruqa:</b> White <i>Sunset:</i> 6:40PM <b>Nataraja:</b> White Moon – Red <b>Chaitra•Panguni</b>	

<b>5</b>	<b>Thursday, April 5, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Chaturdasi* Yam Titau	Nairobi, Kenya
	Simha Rasi: 28.14    Titithi 14 152917268	<b>Gulika</b> 9:35AM – 11:06AM <b>Yama</b> 6:34AM – 8:05AM <b>Rahu</b> 2:07PM – 3:38PM	<b>Uttaraphalguni</b> Until 12:49AM Fri Vriddhi Until 4:04PM Gara Until 3:22PM <b>Chaturdasi*</b> Until 1:40AM Fri	<b>Sun 27 Sutra 358</b> Khara 5113 Moon 2 - Phase 48 4th Phase <b>Subha Sivaloka Day</b>
	Routine Work    Prabalarishta Yoga Until 10.05PM then Siddha Yoga Until 12:49AM Fri then Amrita Yoga		<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:34AM <b>Muruqa:</b> White <i>Sunset:</i> 6:39PM <b>Nataraja:</b> White Moon – Red <b>Chaitra•Panguni</b>	

<b>○</b>	<b>Friday, April 6, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnima* Yam Titau	Nairobi, Kenya
	<b>Copper Retreat Star</b> Kanya Rasi: 13.07    Titithi 15 162917268	<b>Gulika</b> 8:04AM – 9:35AM <b>Yama</b> 3:38PM – 5:08PM <b>Rahu</b> 11:06AM – 12:36PM	<b>Hasta</b> Until 10:22PM Dhruva Until 12:18PM Visti Until 12:09PM <b>Purnima*</b> Until 10:26PM	<b>Sutra 359</b> Khara 5113 Moon 2 - Phase 48 Purnima <b>Sivaloka Day</b>
	Creative Work    Amrita Yoga Until 10.04PM then Marana Yoga	<b>Panguni Uttiram</b> <b>Hanuman Jayanti</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:34AM <b>Muruqa:</b> White <i>Sunset:</i> 6:39PM <b>Nataraja:</b> White Moon – Green <b>Chaitra•Panguni</b>	

<b>○</b>	<b>Saturday, April 7, 2012</b>		Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathama* Yam Titau	Nairobi, Kenya
	<b>Silver Retreat Star</b> Kanya Rasi: 28.11    Titithi 16 162917268	<b>Gulika</b> 6:33AM – 8:04AM <b>Yama</b> 2:07PM – 3:37PM <b>Rahu</b> 9:35AM – 11:05AM	<b>Chitra</b> Until 7:34PM Vyaghata* Until 8:12AM Balava Until 8:34AM <b>Prathama*</b> Until 6:51PM	<b>Sutra 360</b> Khara 5113 Moon 2 - Phase 48 Prathama <b>Sivaloka Day</b>
	Routine Work    Marana Yoga Until 7:34PM then Siddha Yoga		<b>Ganesha:</b> White <i>Sunrise:</i> 6:33AM <b>Muruqa:</b> White <i>Sunset:</i> 6:39PM <b>Nataraja:</b> White Moon – Green <b>Chaitra•Panguni</b>	





**Sunday, April 8, 2012**  
**Gold Retreat Star**

Tula Rasi: 13.19      Tithi 17 – 18  
162917268  
Creative Work    Siddha Yoga  
Until 4:41PM then Marana Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Svati/Visakha Nakshatra Vajra\* Yoga Gara/Vanija Karana Dvitiya/Tritiya Yam Titau  
**Gulika**    3:37PM – 5:08PM    **Svati Until 4:41PM**  
**Yama**      12:36PM – 2:06PM    **Vajra\* Until 12:02AM Mon**  
**Rahu**      5:08PM – 6:38PM      **Vanija Until 1:27AM Mon**  
**Dvitiya Until 3:10PM**

Nairobi, Kenya  
**Sun 1    Sutra 361**  
Khara 5113  
Moon 3 - Phase 49  
1st Phase  
**Sivaloka Day**  
Ganesha: White    *Sunrise: 6:33AM*  
Muruqa: White    *Sunset: 6:38PM*  
Nataraja: White  
Moon – Green  
Chaitra•Panguni



**Monday, April 9, 2012**

Family Home Evening    172917268  
Routine Work    Marana Yoga  
Until 1:57PM then Siddha Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam  
Visakha/Anuradha Nakshatra Siddhi Yoga Visti\*/Bava Karana Tritiya/Chaturthi\* Yam Titau  
**Gulika**    2:06PM – 3:37PM    **Visakha Until 1:57PM**  
**Yama**      11:05AM – 12:35PM    **Siddhi Until 7:59PM**  
**Rahu**      8:03AM – 9:34AM      **Bava Until 9:55PM**  
**Tritiya Until 11:38AM**

Nairobi, Kenya  
**Sun 2    Sutra 362**  
Khara 5113  
Moon 3 - Phase 49  
1st Phase  
**Subha Sivaloka Day**  
Ganesha: Clear    *Sunrise: 6:33AM*  
Muruqa: White    *Sunset: 6:38PM*  
Nataraja: White  
Moon – Orange  
Chaitra•Panguni



**Tuesday, April 10, 2012**

Vrischika Rasi: 13.11      Tithi 19 – 20  
172117268  
Creative Work    Siddha Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam  
Anuradha/Jyeshtha\* Nakshatra Vyatipata\*/Variyan Yoga Balava/Kaulava Karana Chaturthi\*/Panchami Yam Titau  
**Gulika**    12:35PM – 2:06PM    **Anuradha Until 11:59AM**  
**Yama**      9:34AM – 11:05AM    **Vyatipata\* Until 4:58PM**  
**Rahu**      3:37PM – 5:07PM      **Kaulava Until 6:46PM**  
**Chaturthi\* Until 8:29AM**

Nairobi, Kenya  
**Sun 3    Sutra 363**  
Khara 5113  
Moon 3 - Phase 49  
1st Phase  
**Subha Sivaloka Day**  
Ganesha: Red    *Sunrise: 6:33AM*  
Muruqa: White    *Sunset: 6:38PM*  
Nataraja: White  
Moon – Orange  
Chaitra•Panguni



**Wednesday, April 11, 2012**

Vrischika Rasi: 27.4      Tithi 21  
173117268  
Creative Work    Siddha Yoga  
Until 10:00AM then Marana Yoga  
Until 10:03PM then Siddha Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam  
Jyeshtha\*/Mula\* Nakshatra Variyan/Parigha\* Yoga Gara/Vanija Karana Shasthi\* Yam Titau  
**Gulika**    11:04AM – 12:35PM    **Jyeshtha\* Until 10:00AM**  
**Yama**      8:03AM – 9:34AM      **Variyan Until 1:33PM**  
**Rahu**      12:35PM – 2:06PM      **Gara Until 4:58PM**  
**Shasthi\* Until 4:02AM Thu**

Nairobi, Kenya  
**Sun 4    Sutra 364**  
Khara 5113  
Moon 3 - Phase 49  
1st Phase  
**Subha Subha Sivaloka Day**  
Ganesha: Blue    *Sunrise: 6:32AM*  
Muruqa: White    *Sunset: 6:38PM*  
Nataraja: White  
Moon – Orange  
Chaitra•Panguni



**Thursday, April 12, 2012**

Dhanus Rasi: 11.47      Tithi 22  
183117268  
Creative Work    Siddha Yoga

Khara Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam  
Mula\*/Purvashadha\* Nakshatra Parigha\*/Shiva Yoga Visti\*/Bava Karana Saptami Yam Titau  
**Gulika**    9:33AM – 11:04AM    **Mula\* Until 8:40AM**  
**Yama**      6:32AM – 8:03AM      **Parigha\* Until 10:44AM**  
**Rahu**      2:05PM – 3:36PM      **Visti Until 2:53PM**  
**Saptami Until 1:57AM Fri**

Nairobi, Kenya  
**Sun 5    Sutra 365**  
Khara 5113  
Moon 3 - Phase 49  
1st Phase  
**Subha Sivaloka Day**  
Ganesha: Red    *Sunrise: 6:32AM*  
Muruqa: White    *Sunset: 6:37PM*  
Nataraja: White  
Moon – Light Blue  
Chaitra•Panguni



**Friday, April 13, 2012**  
**Retreat Star**

Dhanus Rasi: 25.29      Tithi 23  
183117268  
Creative Work    Siddha Yoga  
Until 10:03PM then no yoga

Nandana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ashtami\* Yam Titau  
**Gulika**    8:03AM – 9:33AM    **Purvashadha\* Until 8:10AM**  
**Yama**      3:36PM – 5:06PM      **Shiva Until 8:45AM**  
**Rahu**      11:04AM – 12:34PM    **Balava Until 2:09PM**  
**Ashtami\* Until 2:09AM Sat**

Nairobi, Kenya  
**Sun 6    Sutra 1**  
Nandana 5114  
Moon 3 - Phase 49  
Ashtami  
**Subha Sivaloka Day**  
Ganesha: Red    *Sunrise: 6:32AM*  
Muruqa: White    *Sunset: 6:37PM*  
Nataraja: White  
Moon – Light Blue  
Chaitra•Chaitra

**Saturday, April 14, 2012**  
**Retreat Star**

Makara Rasi: 8.5      Tithi 24  
283117268  
No Yoga  
Until 8:09AM then Siddha Yoga  
Until 10:02PM then Amrita Yoga

Nandana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam  
Uttarashadha/Sravana Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Navami\* Yam Titau  
**Gulika**    6:32AM – 8:02AM    **Uttarashadha Until 8:09AM**  
**Yama**      2:05PM – 3:35PM      **Siddha Until 7:03AM**  
**Rahu**      9:33AM – 11:04AM    **Taitila Until 1:26PM**  
**Navami\* Until 1:26AM Sun**

Nairobi, Kenya  
**Sun 7    Sutra 2**  
Nandana 5114  
Moon 3 - Phase 49  
Navami  
**Subha Subha Sivaloka Day**  
Ganesha: Blue    *Sunrise: 6:32AM*  
Muruqa: White    *Sunset: 6:37PM*  
Nataraja: White  
Moon – Light Blue  
Chaitra•Chaitra

Shuddha Saivas meditate on these as their religious path: Oneself, Absolute Reality and the Primal Soul; the categories three: God, soul and bonds; immaculate liberation and all that fetters the soul. Tirumantiram 1432. TM


<b>1</b>	<b>Sunday, April 15, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam			Nairobi, Kenya
		Sravana/Dhanishtha Nakshatra Subha Yoga Vanija/Visti* Karana Dasami Yam Titau			<b>Sun 8 Sutra 3</b>
Makara Rasi: 21.51	Tithi 25	<b>Gulika</b> 3:35PM – 5:06PM	<b>Sravana Until 8:45AM</b>	<b>Ganesha:</b> Red <i>Sunrise: 6:31AM</i>	Nandana 5114
	293117268	<b>Yama</b> 12:34PM – 2:05PM	<b>Subha Until 4:47AM Mon</b>	<b>Muruqa:</b> White <i>Sunset: 6:36PM</i>	Moon 3 - Phase 1
Creative Work Amrita Yoga		<b>Rahu</b> 5:06PM – 6:36PM	<b>Vanija Until 1:22PM</b>	<b>Nataraja:</b> White	2nd Phase
Until 8:45AM then Siddha Yoga			<b>Dasami Until 1:22AM Mon</b>	<b>Chaitra-Chaitra</b>	<b>Subha Sivaloka Day</b>

<b>2</b>	<b>Monday, April 16, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam			Nairobi, Kenya
		Dhanishtha/Satabhisha Nakshatra Sukla Yoga Bava/Balava Karana Ekadasi* Yam Titau			<b>Sun 9 Sutra 4</b>
Kumbha Rasi: 4.35	Tithi 26	<b>Gulika</b> 2:04PM – 3:35PM	<b>Dhanishtha Until 10:11AM</b>	<b>Ganesha:</b> Red <i>Sunrise: 6:31AM</i>	Nandana 5114
<b>Family Home Evening</b>	293117268	<b>Yama</b> 11:03AM – 12:34PM	<b>Sukla Until 5:51AM Tue</b>	<b>Muruqa:</b> White <i>Sunset: 6:36PM</i>	Moon 3 - Phase 1
Creative Work Siddha Yoga		<b>Rahu</b> 8:02AM – 9:32AM	<b>Bava Until 1:52PM</b>	<b>Nataraja:</b> White	2nd Phase
Until 10:02PM then Marana Yoga			<b>Ekadasi* Until 1:52AM Tue</b>	<b>Chaitra-Chaitra</b>	<b>Subha Sivaloka Day</b>

<b>3</b>	<b>Tuesday, April 17, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam			Nairobi, Kenya
		Satabhisha/Purvaprostapada* Nakshatra Brahma Yoga Kaulava/Tailita Karana Dvadasi* Yam Titau			<b>Sun 10 Sutra 5</b>
Kumbha Rasi: 17.04	Tithi 27	<b>Gulika</b> 12:33PM – 2:04PM	<b>Satabhisha Until 11:51AM</b>	<b>Ganesha:</b> Red <i>Sunrise: 6:31AM</i>	Nandana 5114
	293117268	<b>Yama</b> 9:32AM – 11:03AM	<b>Brahma Until 5:35AM Wed</b>	<b>Muruqa:</b> White <i>Sunset: 6:36PM</i>	Moon 3 - Phase 1
Routine Work Marana Yoga		<b>Rahu</b> 3:35PM – 5:05PM	<b>Kaulava Until 3:38PM</b>	<b>Nataraja:</b> White	2nd Phase
Until 10:02PM then Amrita Yoga			<b>Dvadasi* Until 4:43AM Wed</b>	<b>Chaitra-Chaitra</b>	<b>Subha Sivaloka Day</b>

<b>4</b>	<b>Wednesday, April 18, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam			Nairobi, Kenya
		Purvaprostapada/Uttaraprostapada Nakshatra Indra Yoga Gara/Vanija Karana Trayodasi* Yam Titau			<b>Sun 11 Sutra 6</b>
Kumbha Rasi: 29.23	Tithi 28	<b>Gulika</b> 11:03AM – 12:33PM	<b>Purvaprostapada* Until 1:55PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:31AM</i>	Nandana 5114
	213117268	<b>Yama</b> 8:01AM – 9:32AM	<b>Indra Until 5:41AM Thu</b>	<b>Muruqa:</b> White <i>Sunset: 6:36PM</i>	Moon 3 - Phase 1
Creative Work Amrita Yoga		<b>Rahu</b> 12:33PM – 2:04PM	<b>Gara Until 5:06PM</b>	<b>Nataraja:</b> White	2nd Phase
Until 1:55PM then Siddha Yoga			<b>Trayodasi* Until 6:11AM Thu</b>	<b>Chaitra-Chaitra</b>	<b>Subha Sivaloka Day</b>
			<i>Pradosha Vrata (Fasting)</i>		

<b>5</b>	<b>Thursday, April 19, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam			Nairobi, Kenya
		Uttaraprostapada/Revati Nakshatra Vaidhriti* Yoga Visti* Karana Chaturdasi* Yam Titau			<b>Sun 12 Sutra 7</b>
Meena Rasi: 11.31	Tithi 29	<b>Gulika</b> 9:32AM – 11:02AM	<b>Uttaraprostapada Until 4:17PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:31AM</i>	Nandana 5114
	213117268	<b>Yama</b> 6:31AM – 8:01AM	<b>Vaidhriti* Until 6:05AM Fri</b>	<b>Muruqa:</b> White <i>Sunset: 6:36PM</i>	Moon 3 - Phase 1
Creative Work Siddha Yoga		<b>Rahu</b> 2:04PM – 3:34PM	<b>Visti Until 6:55PM</b>	<b>Nataraja:</b> White	2nd Phase
			<b>Chaturdasi* Until 7:56AM Fri</b>	<b>Chaitra-Chaitra</b>	<b>Subha Sivaloka Day</b>

	<b>Friday, April 20, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam			Nairobi, Kenya
	<b>Retreat Star</b>	Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdasi*/Amavasya* Yam Titau			<b>Sun 13 Sutra 8</b>
Meena Rasi: 23.32	Tithi 29 – 30	<b>Gulika</b> 8:01AM – 9:32AM	<b>Revati Until 6:56PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:30AM</i>	Nandana 5114
	213117268	<b>Yama</b> 3:34PM – 5:05PM	<b>Vaidhriti* Until 6:05AM</b>	<b>Muruqa:</b> White <i>Sunset: 6:35PM</i>	Moon 3 - Phase 1
Creative Work Siddha Yoga		<b>Rahu</b> 11:02AM – 12:33PM	<b>Catuspada Until 9:01PM</b>	<b>Nataraja:</b> White	Amavasya
Until 6:56PM then Amrita Yoga			<b>Chaturdasi* Until 7:56AM</b>	<b>Chaitra-Chaitra</b>	<b>Subha Sivaloka Day</b>
Until 10:01PM then Siddha Yoga					

<b>Retreat Star</b>	<b>Saturday, April 21, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam			Nairobi, Kenya
		Asvini Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya*/Prathama* Yam Titau			<b>Sun 14 Sutra 9</b>
Mesha Rasi: 5.26	Tithi 30 – 1	<b>Gulika</b> 6:30AM – 8:01AM	<b>Asvini Until 9:47PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:30AM</i>	Nandana 5114
	223117268	<b>Yama</b> 2:03PM – 3:34PM	<b>Vishkambha* Until 6:56AM</b>	<b>Muruqa:</b> White <i>Sunset: 6:35PM</i>	Moon 3 - Phase 1
Creative Work Siddha Yoga		<b>Rahu</b> 9:31AM – 11:02AM	<b>Kintughna Until 11:22PM</b>	<b>Nataraja:</b> White	Prathama
Until 10:01PM then no yoga			<b>Amavasya* Until 10:16AM</b>	<b>Vaisaka-Chaitra</b>	<b>Subha Sivaloka Day</b>

<b>1</b>	<b>Sunday, April 22, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam			Nairobi, Kenya
	Mesha Rasi: 17.16	Tithi 1 – 2	223117268	Bharani Until 12:48AM Mon	Sun 15 Sutra 10 Nandana 5114
No Yoga		Gulika 3:34PM – 5:04PM			Ganesha: Orange Sunrise: 6:30AM
Until 10.01PM then Siddha Yoga		Yama 12:32PM – 2:03PM			Muruqa: White Sunset: 6:35PM
Until 12:48AM Mon then no yoga		Rahu 5:04PM – 6:35PM			Nataraja: White Moon – White
		Prathama* Until 12:46PM			Vaisaka-Chaitra
					Subha Sivaloka Day

<b>2</b>	<b>Monday, April 23, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam			Nairobi, Kenya
	Mesha Rasi: 29.03	Tithi 2 – 3	223117268	Krittika Until 3:54AM Tue	Sun 16 Sutra 11 Nandana 5114
Family Home Evening		Gulika 2:03PM – 3:33PM			Ganesha: Orange Sunrise: 6:30AM
No Yoga		Yama 11:02AM – 12:32PM			Muruqa: White Sunset: 6:35PM
Until 10.00PM then Siddha Yoga		Rahu 8:01AM – 9:31AM			Nataraja: White Moon – White
Until 3:54AM Tue then Amrita Yoga		Ayushman Until 8:58AM			Vaisaka-Chaitra
		Taitila Until 4:28AM Tue			
		Dvitiya Until 3:22PM			Subha Sivaloka Day

<b>3</b>	<b>Tuesday, April 24, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam			Nairobi, Kenya
	Wrishabha Rasi: 10.5	Tithi 3	233117269	Rohini Until 7:21AM Wed	Sun 17 Sutra 12 Nandana 5114
Creative Work Amrita Yoga		Gulika 12:32PM – 2:03PM			Ganesha: Clear Sunrise: 6:30AM
Until 10.00PM then Siddha Yoga		Yama 9:31AM – 11:01AM			Muruqa: White Sunset: 6:34PM
		Rahu 3:33PM – 5:04PM			Nataraja: Clear Moon – Yellow
		Saubhagya Until 10:02AM			Vaisaka-Chaitra
		Gara Until 7:04AM Wed			Sivaloka Day
		Tritiya Until 5:58PM			

<b>4</b>	<b>Wednesday, April 25, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam			Nairobi, Kenya
	Wrishabha Rasi: 22.4	Tithi 4	234117269	Rohini Until 7:21AM	Sun 18 Sutra 13 Nandana 5114
Creative Work Siddha Yoga		Gulika 11:01AM – 12:32PM			Ganesha: White Sunrise: 6:30AM
Until 10.00PM then Marana Yoga		Yama 8:00AM – 9:31AM			Muruqa: White Sunset: 6:34PM
		Rahu 12:32PM – 2:02PM			Nataraja: Clear Moon – Yellow
		Sobhana Until 11:01AM			Vaisaka-Chaitra
		Vanija Until 7:23AM			Devaloka Day
		Chaturthi* Until 8:28PM			

<b>5</b>	<b>Thursday, April 26, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam			Nairobi, Kenya
	Mithuna Rasi: 4.35	Tithi 5	234117269	Mrigasira Until 10:09AM	Sun 19 Sutra 14 Nandana 5114
Routine Work Marana Yoga		Gulika 9:31AM – 11:01AM			Ganesha: White Sunrise: 6:29AM
Until 10.00PM then Siddha Yoga		Yama 6:29AM – 8:00AM			Muruqa: White Sunset: 6:34PM
		Rahu 2:02PM – 3:33PM			Nataraja: Clear Moon – Yellow
		Athiganda* Until 11:48AM			Vaisaka-Chaitra
		Bava Until 9:39AM			Devaloka Day
		Panchami Until 10:45PM			

<b>6</b>	<b>Friday, April 27, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam			Nairobi, Kenya
	Mithuna Rasi: 16.41	Tithi 6	234117269	Ardra Until 12:37PM	Sun 20 Sutra 15 Nandana 5114
Creative Work Siddha Yoga		Gulika 8:00AM – 9:30AM			Ganesha: White Sunrise: 6:29AM
Until 10.00PM then Marana Yoga		Yama 3:33PM – 5:03PM			Muruqa: White Sunset: 6:34PM
		Rahu 11:01AM – 12:32PM			Nataraja: Clear Moon – Yellow
		Sukarma Until 12:17PM			Vaisaka-Chaitra
		Kaulava Until 11:34AM			Devaloka Day
		Shasthi* Until 12:39AM Sat			

<b>Retreat Star</b>	<b>Saturday, April 28, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam			Nairobi, Kenya
	Mithuna Rasi: 29.02	Tithi 7	244117269	Punarvasu Until 1:57PM	Sun 21 Sutra 16 Nandana 5114
Routine Work Marana Yoga		Gulika 6:29AM – 8:00AM			Ganesha: Clear Sunrise: 6:29AM
Until 1:57PM then Siddha Yoga		Yama 2:02PM – 3:33PM			Muruqa: White Sunset: 6:34PM
		Rahu 9:30AM – 11:01AM			Nataraja: Clear Moon – Blue
		Dhriti Until 11:52AM			Vaisaka-Chaitra
		Gara Until 12:22PM			Sivaloka Day
		Saptami Until 12:22AM Sun			

<b>Retreat Star</b>	<b>Sunday, April 29, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam			Nairobi, Kenya
	Kataka Rasi: 11.41	Tithi 8	244117269	Pushya Until 3:11PM	Sun 22 Sutra 17 Nandana 5114
Creative Work Siddha Yoga		Gulika 3:32PM – 5:03PM			Ganesha: Clear Sunrise: 6:29AM
		Yama 12:31PM – 2:02PM			Muruqa: White Sunset: 6:33PM
		Rahu 5:03PM – 6:33PM			Nataraja: Clear Moon – Blue
		Shula* Until 11:22AM			Vaisaka-Chaitra
		Visti Until 12:59PM			Sivaloka Day
		Ashtami* Until 12:59AM Mon			

<b>Retreat Star</b>	<b>Monday, April 30, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam			Nairobi, Kenya
	Kataka Rasi: 24.44	Tithi 9	244117269	Aslesha* Until 3:44PM	Sun 23 Sutra 18 Nandana 5114
Family Home Evening		Gulika 2:02PM – 3:32PM			Ganesha: Clear Sunrise: 6:29AM
Creative Work Siddha Yoga		Yama 11:01AM – 12:31PM			Muruqa: White Sunset: 6:33PM
		Rahu 8:00AM – 9:30AM			Nataraja: Clear Moon – Blue
		Ganda* Until 10:12AM			Vaisaka-Chaitra
		Balava Until 12:19PM			Sivaloka Day
		Navami* Until 11:24PM			


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

<b>1</b>	<b>Tuesday, May 1, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam			Nairobi, Kenya
	Simha Rasi: 8.13      Tithi 10	Magha*/Purvaphalguni* Nakshatra Vriddhi/Dhruva Yoga Taitila/Gara Karana Dasami Yam Titau			Sun 24      Sutra 19
	254117269	<b>Gulika</b> 12:31PM – 2:01PM	<b>Magha* Until 2:47PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:29AM	Nandana 5114
		<b>Yama</b> 9:30AM – 11:00AM	Vriddhi Until 8:08AM	<b>Muruqa:</b> White <i>Sunset:</i> 6:33PM	Moon 3 - Phase 3
Creative Work      Siddha Yoga		<b>Rahu</b> 3:32PM – 5:03PM	Taitila Until 11:23AM	<b>Nataraja:</b> Clear	4th Phase
Until 9:59PM then Amrita Yoga			<b>Dasami Until 10:27PM</b>	<b>Vaisaka-Chaitra</b>	<b>Devaloka Day</b>

<b>2</b>	<b>Wednesday, May 2, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam			Nairobi, Kenya
	Simha Rasi: 22.1      Tithi 11	Purvaphalguni*/Uttaraphalguni Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Ekadasi Yam Titau			Sun 25      Sutra 20
	254117269	<b>Gulika</b> 11:00AM – 12:31PM	<b>Purvaphalguni* Until 1:44PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:29AM	Nandana 5114
		<b>Yama</b> 7:59AM – 9:30AM	Vyaghata* Until 2:56AM Thu	<b>Muruqa:</b> White <i>Sunset:</i> 6:33PM	Moon 3 - Phase 3
Creative Work      Amrita Yoga		<b>Rahu</b> 12:31PM – 2:01PM	Vanija Until 9:35AM	<b>Nataraja:</b> Clear	4th Phase
Until 9:59PM then Prabalarishta Yoga			<b>Ekadasi Until 8:39PM</b>	<b>Vaisaka-Chaitra</b>	<b>Devaloka Day</b>

<b>3</b>	<b>Thursday, May 3, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam			Nairobi, Kenya
	Kanya Rasi: 6.33      Tithi 12 – 13	Uttaraphalguni*/Hasta Nakshatra Harshana Yoga Bava/Kaulava Karana Dvadasi/Trayodasi Yam Titau			Sun 26      Sutra 21
	254117269	<b>Gulika</b> 9:30AM – 11:00AM	<b>Uttaraphalguni Until 11:31AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:29AM	Nandana 5114
		<b>Yama</b> 6:29AM – 7:59AM	Harshana Until 10:34PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:33PM	Moon 3 - Phase 3
Routine Work      Prabalarishta Yoga		<b>Rahu</b> 2:01PM – 3:32PM	Bava Until 6:53AM	<b>Nataraja:</b> Clear	4th Phase
Until 11:31AM then no yoga			<b>Dvadasi Until 5:10PM</b>	<b>Vaisaka-Chaitra</b>	<b>Devaloka Day</b>
Until 9:59PM then Amrita Yoga			<i>Pradosha Vrata</i>		

<b>4</b>	<b>Friday, May 4, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam			Nairobi, Kenya
	Kanya Rasi: 21.2      Tithi 13 – 14	Hasta/Chitra Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodasi/Chaturdasi* Yam Titau			Sun 27      Sutra 22
	264117269	<b>Gulika</b> 7:59AM – 9:30AM	<b>Hasta Until 9:12AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:29AM	Nandana 5114
		<b>Yama</b> 3:32PM – 5:02PM	Vajra* Until 6:57PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:33PM	Moon 3 - Phase 3
Creative Work      Amrita Yoga		<b>Rahu</b> 11:00AM – 12:31PM	Gara Until 12:21AM Sat	<b>Nataraja:</b> Clear	4th Phase
Until 9:12AM then Siddha Yoga			<b>Trayodasi Until 2:04PM</b>	<b>Vaisaka-Chaitra</b>	<b>Sivaloka Day</b>
Until 9:59PM then Marana Yoga					

	<b>Saturday, May 5, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam			Nairobi, Kenya
	<b>Copper Retreat Star</b>	Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Chaturdasi*/Purnima* Yam Titau			Sutra 23
	Tula Rasi: 6.24      Tithi 14 – 15	<b>Gulika</b> 6:28AM – 7:59AM	<b>Chitra Until 6:26AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:28AM	Nandana 5114
	264217269	<b>Yama</b> 2:01PM – 3:32PM	Siddhi Until 2:54PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:33PM	Moon 3 - Phase 3
Routine Work      Marana Yoga		<b>Rahu</b> 9:30AM – 11:00AM	Visti Until 8:45PM	<b>Nataraja:</b> Clear	Purnima
Until 6:26AM then Siddha Yoga			<b>Chaturdasi* Until 10:28AM</b>	<b>Vaisaka-Chaitra</b>	<b>Subha Sivaloka Day</b>

	<b>Sunday, May 6, 2012</b>	Nandana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam			Nairobi, Kenya
	<b>Silver Retreat Star</b>	Visakha Nakshatra Vyatipata*/Variyan Yoga Bava/Kaulava Karana Purnima*/Prathama* Yam Titau			Sutra 24
	Tula Rasi: 21.37      Tithi 15 – 16	<b>Gulika</b> 3:32PM – 5:02PM	<b>Visakha Until 12:46AM Mon</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:28AM	Nandana 5114
	274217269	<b>Yama</b> 12:30PM – 2:01PM	Vyatipata* Until 10:38AM	<b>Muruqa:</b> White <i>Sunset:</i> 6:33PM	Moon 3 - Phase 3
Routine Work      Marana Yoga		<b>Rahu</b> 5:02PM – 6:33PM	Kaulava Until 3:12AM Mon	<b>Nataraja:</b> Clear	Prathama
Until 12:46AM Mon then Siddha Yoga			<b>Purnima* Until 6:38AM</b>	<b>Vaisaka-Chaitra</b>	<b>Sivaloka Day</b>