



**Tuesday, May 1, 2018**  
**Gold Retreat Star**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Vyatipata\*/Variyan Yoga Taitila/Vanija Karana Dvitiyayam Titau

Manama, Bahrain  
Sutra 16  
Vilamba 5120  
Moon 4 - Phase 3  
1st Phase

Tula Rasi: 29.26      Tihti 17  
273832369  
Routine Work      Marana Yoga  
Until 6:34AM Thu Wed  
Then Creative Work - Siddha Yoga

**Gulika**      11:36AM – 1:14PM  
Yama      8:19AM – 9:57AM  
**Rahu**      2:53PM – 4:32PM

**Vishakha Until 6:34AM Thu Wed**  
Vyatipata\* Until 1:23PM  
Taitila Until 17:49AM Wed  
**Dvitiya Until**

**Ganesha:** Purple      *Sunrise:* 5:02AM  
**Muruga:** White      *Sunset:* 6:10PM  
**Nataraja:** Purple  
Moon – Orange  
**Vaisaka-Chaitra**

**Bhuloka Day**

**1**

**Wednesday, May 2, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam  
Vishakha/Jyeshtha\* Nakshatra Variyan/Parigha\* Yoga Vanija/Bava Karana Triliyayam Titau

Manama, Bahrain  
Sun 1      Sutra 17  
Vilamba 5120  
Moon 4 - Phase 3  
1st Phase

Vrischika Rasi: 11.58      Tihti 18  
273832369  
Creative Work      Siddha Yoga  
Until 6:34AM Thu  
Then Routine Work - Prabalarishta Yoga

**Gulika**      9:57AM – 11:36AM  
Yama      6:40AM – 8:18AM  
**Rahu**      11:36AM – 1:14PM

**Vishakha Until 6:34AM Thu**  
Variyan Until 3:05PM  
Vanija Until 18:90AM Thu  
**Tritiya Until 6:48AM Wed**

**Ganesha:** Purple      *Sunrise:* 5:01AM  
**Muruga:** White      *Sunset:* 6:11PM  
**Nataraja:** Purple  
Moon – Orange  
**Vaisaka-Chaitra**

**Bhuloka Day**

**2**

**Thursday, May 3, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam  
Anuradha/Mula\* Nakshatra Parigha\*/Shiva Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Manama, Bahrain  
Sun 2      Sutra 18  
Vilamba 5120  
Moon 4 - Phase 3  
1st Phase

Vrischika Rasi: 24.16      Tihti 18 – 19  
274832369  
Routine Work      Prabalarishta Yoga  
Until 6:34AM  
Then Creative Work - Siddha Yoga

**Gulika**      8:18AM – 9:57AM  
Yama      5:00AM – 6:39AM  
**Rahu**      1:15PM – 2:53PM

**Anuradha Until 6:34AM**  
Parigha\* Until 5:08PM  
Bava Until 6:90PM  
**Tritiya Until 6:56AM Thu**

**Ganesha:** Clear      *Sunrise:* 5:00AM  
**Muruga:** White      *Sunset:* 6:11PM  
**Nataraja:** Purple  
Moon – Orange  
**Vaisaka-Chaitra**

**Bhuloka Day**  
Devaloka Time: 9:AM to12:PM

**3**

**Friday, May 4, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Jyeshtha\*/Mula\* Nakshatra Shiva/Siddha Yoga Balava/Taitila Karana Chaturthi/Panchamyam Titau

Manama, Bahrain  
Sun 3      Sutra 19  
Vilamba 5120  
Moon 4 - Phase 3  
1st Phase

Dhanus Rasi: 6.22      Tihti 19 – 20  
284832369  
Creative Work      Amrita Yoga  
Until 8:30AM  
Then Routine Work - Prabalarishta Yoga

**Gulika**      6:39AM – 8:18AM  
Yama      2:54PM – 4:33PM  
**Rahu**      9:57AM – 11:36AM

**Jyeshtha\* Until 8:30AM**  
Shiva Until 7:59PM  
Taitila Until 9:39PM  
**Chaturthi\* Until 7:28AM Fri**

**Ganesha:** White      *Sunrise:* 5:00AM  
**Muruga:** White      *Sunset:* 6:12PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Vaisaka-Chaitra**

**Devaloka Day**

**4**

**Saturday, May 5, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam  
Mula\*/Purvashadha\* Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Manama, Bahrain  
Sun 4      Sutra 20  
Vilamba 5120  
Moon 4 - Phase 3  
1st Phase

Dhanus Rasi: 18.17      Tihti 20 – 21  
284832369  
Creative Work      Siddha Yoga  
Until 10:50AM  
Then Routine Work - Marana Yoga

**Gulika**      4:59AM – 6:38AM  
Yama      1:15PM – 2:54PM  
**Rahu**      8:17AM – 9:56AM

**Mula\* Until 10:50AM**  
Siddha Until 10:59PM  
Gara Until 11:67PM  
**Panchami Until 8:17AM Sat**

**Ganesha:** White      *Sunrise:* 4:59AM  
**Muruga:** White      *Sunset:* 6:12PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Vaisaka-Chaitra**

**Devaloka Day**

**5**

**Sunday, May 6, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Sadhya/Subha Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Manama, Bahrain  
Sun 5      Sutra 21  
Vilamba 5120  
Moon 4 - Phase 3  
1st Phase

Makara Rasi: 0.07      Tihti 21 – 22  
284832369  
Creative Work      Amrita Yoga

**Gulika**      2:54PM – 4:33PM  
Yama      11:35AM – 1:15PM  
**Rahu**      4:33PM – 6:13PM

**Purvashadha\* Until 1:23PM**  
Sadhya Until 1:55AM Mon  
Visti Until 2:42AM Mon  
**Shashthi\* Until 9:18AM Sun**

**Ganesha:** White      *Sunrise:* 4:58AM  
**Muruga:** White      *Sunset:* 6:13PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Vaisaka-Chaitra**

**Devaloka Day**

**6**

**Monday, May 7, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam  
Shravana Nakshatra Subha/Sukla Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Manama, Bahrain  
Sun 6      Sutra 22  
Vilamba 5120  
Moon 4 - Phase 3  
1st Phase

Makara Rasi: 11.55      Tihti 22 – 23  
294832369  
**Family Home Evening**  
Creative Work      Amrita Yoga  
Until 6:12PM Tue  
Then Creative Work - Siddha Yoga

**Gulika**      1:15PM – 2:54PM  
Yama      9:56AM – 11:35AM  
**Rahu**      6:37AM – 8:16AM

**Shravana Until 6:12PM Tue**  
Subha Until 5:04AM Tue  
Balava Until 4:68AM Tue  
**Saptami Until 10:22AM Mon**

**Ganesha:** Yellow      *Sunrise:* 4:57AM  
**Muruga:** White      *Sunset:* 6:13PM  
**Nataraja:** Purple  
Moon – Purple  
**Vaisaka-Chaitra**

**Bhuloka Day**  
Devaloka Time: 9:AM to12:PM

**Retreat Star**

**Tuesday, May 8, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Ashtamyam Titau

Manama, Bahrain  
Sun 7      Sutra 23  
Vilamba 5120  
Moon 4 - Phase 3  
Ashtami

Makara Rasi: 23.47      Tihti 23  
294832369  
Creative Work      Siddha Yoga  
Until 6:12PM  
Then Routine Work - Marana Yoga

**Gulika**      11:35AM – 1:15PM  
Yama      8:16AM – 9:56AM  
**Rahu**      2:55PM – 4:34PM

**Shravana Until 6:12PM**  
Sukla Until 11:46AM Wed  
Taitila Until 6:70AM Wed  
**Ashtami\* Until 11:14AM Tue**

**Ganesha:** Yellow      *Sunrise:* 4:57AM  
**Muruga:** White      *Sunset:* 6:14PM  
**Nataraja:** Purple  
Moon – Purple  
**Vaisaka-Chaitra**

**Bhuloka Day**  
Devaloka Time: 9:AM to12:PM

**Wednesday, May 9, 2018**

**Retreat Star**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam  
Dhanishtha/Shatabhishak Nakshatra Brahma/Indra Yoga Taitila/Vanija Karana Navamyam Titau

Manama, Bahrain  
Sun 8      Sutra 24  
Vilamba 5120  
Moon 4 - Phase 3  
Navami

Kumbha Rasi: 5.49      Tihti 24  
294832369  
Routine Work      Prabalarishta Yoga  
Until 9:00PM Thu  
Then Creative Work - Siddha Yoga

**Gulika**      9:55AM – 11:35AM  
Yama      6:36AM – 8:16AM  
**Rahu**      11:35AM – 1:15PM

**Dhanishtha Until 9:00PM Thu**  
Brahma Until 7:40AM  
Taitila Until 8:35AM Thu  
**Navami\* Until 11:46AM Wed**

**Ganesha:** Yellow      *Sunrise:* 4:56AM  
**Muruga:** White      *Sunset:* 6:14PM  
**Nataraja:** Purple  
Moon – Purple  
**Vaisaka-Chaitra**

**Bhuloka Day**  
Devaloka Time: 9:AM to12:PM

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

1

Thursday, May 10, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam

Manama, Bahrain

Dhanishtha/Purvaprosarthapada\* Nakshatra Indra/Vaidhriti\* Yoga Vanija/Bava Karana Dashamyam Titau

Sun 9 Sutra 25

Gulika 8:15AM - 9:55AM

Dhanishtha Until 9:00PM

Ganesha: Yellow

Sunrise: 4:55AM

Vilamba 5120

Kumbha Rasi: 18.05 Tithi 25

Yama 4:55AM - 6:35AM

Indra Until 9:30AM

Muruga: White

Sunset: 6:15PM

Moon 4 - Phase 4

214832369 Rahu 1:15PM - 2:55PM

Vanija Until 9:14AM Fri

Nataraja: Purple

2nd Phase

Creative Work Siddha Yoga

Dashami Until 11:49AM Thu

Moon - Purple

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Vaisaka-Chaitra

2

Friday, May 11, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Shatabhishak/Uttaraprosarthapada\* Nakshatra Vaidhriti\*/Vishkambha\* Yoga Bava/Kaulava Karana Ekadashyam Titau

Manama, Bahrain

Sun 10 Sutra 26

Gulika 6:35AM - 8:15AM

Shatabhishak Until 9:14PM

Ganesha: Yellow

Sunrise: 4:55AM

Vilamba 5120

Meena Rasi: 0.41 Tithi 26

Yama 2:55PM - 4:35PM

Vaidhriti\* Until 10:55AM

Muruga: White

Sunset: 6:15PM

Moon 4 - Phase 4

214832369 Rahu 9:55AM - 11:35AM

Bava Until 8:63AM Sat

Nataraja: Purple

2nd Phase

Creative Work Siddha Yoga

Ekadashi\* Until 11:14AM Fri

Moon - Clear

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Vaisaka-Chaitra

3

Saturday, May 12, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam  
Purvaprosarthapada\*/Revati Nakshatra Vishkambha\*/Priti Yoga Kaulava/Vanija Karana Dvadashyam Titau

Manama, Bahrain

Sun 11 Sutra 27

Gulika 4:54AM - 6:34AM

Purvaprosarthapada\* Until 8:39PM

Ganesha: Blue

Sunrise: 4:54AM

Vilamba 5120

Meena Rasi: 13.41 Tithi 27

Yama 1:15PM - 2:56PM

Vishkambha\* Until 11:22AM

Muruga: White

Sunset: 6:16PM

Moon 4 - Phase 4

214932369 Rahu 8:15AM - 9:55AM

Kaulava Until 7:65AM Sun

Nataraja: Purple

2nd Phase

Creative Work Siddha Yoga

Dvadashi\* Until 10:01AM Sat

Moon - Clear

Bhuloka Day

Until 8:39PM

Vaisaka-Chaitra

Then Routine Work - Prabararishta Yoga

4

Sunday, May 13, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Uttaraprosarthapada\*/Ashvini Nakshatra Priti/Ayushman Yoga Gara/Visti\* Karana Trayodashyam Titau

Manama, Bahrain

Sun 12 Sutra 28

Gulika 2:56PM - 4:36PM

Uttaraprosarthapada Until 7:18PM

Ganesha: Blue

Sunrise: 4:54AM

Vilamba 5120

Meena Rasi: 27.07 Tithi 28

Yama 11:35AM - 1:15PM

Priti Until 10:53AM

Muruga: White

Sunset: 6:16PM

Moon 4 - Phase 4

214932369 Rahu 4:36PM - 6:16PM

Gara Until 6:24AM Mon

Nataraja: Purple

2nd Phase

Creative Work Amrita Yoga

Mother's Day

Trayodashi\* Until 8:10AM Sun

Moon - Clear

Bhuloka Day

Until 7:18PM

Vaisaka-Chaitra

Then Creative Work - Siddha Yoga

Pradosha Vrata (Fasting)

5

Monday, May 14, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam  
Revati/Bharani Nakshatra Saubhagya Yoga Visti\*/Catuspada\* Karana Chaturdashi/Amavasyayam Titau

Manama, Bahrain

Sun 13 Sutra 29

Gulika 1:16PM - 2:56PM

Revati Until 5:20PM

Ganesha: Blue

Sunrise: 4:53AM

Vilamba 5120

Mesha Rasi: 10.58 Tithi 29 - 30

Yama 9:55AM - 11:35AM

Saubhagya Until 10:01AM

Muruga: White

Sunset: 6:17PM

Moon 4 - Phase 4

Family Home Evening

224932369 Rahu 6:34AM - 8:14AM

Visti Until 3:69AM Tue

Nataraja: Purple

2nd Phase

Creative Work Siddha Yoga

Chaturdashi\* Until 5:45AM Mon

Moon - White

Bhuloka Day

Vaisaka-Chaitra

●

Tuesday, May 15, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam  
Ashvini/Krittika Nakshatra Sobhana Yoga Naga\*/Kintughna\* Karana Amavasya/Prathamayam Titau

Manama, Bahrain

Sun 14 Sutra 30

Gulika 11:35AM - 1:16PM

Ashvini Until 2:51PM

Ganesha: Blue

Sunrise: 4:53AM

Vilamba 5120

Mesha Rasi: 25.11 Tithi 30 - 1

Yama 8:14AM - 9:54AM

Sobhana Until 8:28AM

Muruga: White

Sunset: 6:18PM

Moon 4 - Phase 4

224932369 Rahu 2:56PM - 4:37PM

Kintughna Until 24:89

Nataraja: Purple

Amavasya

Creative Work Siddha Yoga

Amavasya\* Until 2:51AM Tue

Moon - White

Bhuloka Day

Vaisaka-Vaikasi

Wednesday, May 16, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam  
Bharani/Rohini Nakshatra Athiganda\* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau

Manama, Bahrain

Sun 15 Sutra 31

Gulika 9:54AM - 11:35AM

Bharani Until 12:01PM

Ganesha: Red

Sunrise: 4:52AM

Vilamba 5120

Vrishabha Rasi: 9.41 Tithi 1 - 2

Yama 6:33AM - 8:14AM

Athiganda\* Until 6:22AM

Muruga: White

Sunset: 6:18PM

Moon 4 - Phase 4

Creative Work Amrita Yoga

Balava Until 10:33PM

Nataraja: Purple

Prathama

Until 12:01PM

Prathama\* Until 11:37PM

Moon - White

Bhuloka Day

Then Creative Work - Siddha Yoga

Jyeshtha Adhika-Vaikasi

Devaloka Time: 9:AM to 12:PM

<b>1 Thursday, May 17, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Krittika/Mrigashira Nakshatra Sukarma/Dhriti Yoga Kaulava/Vanija Karana Dvitiya/Tritiyam Titau				Manama, Bahrain Sun 16 Sutra 32
Vrishabha Rasi: 24.2	Tithi 2 - 3	<b>Gulika</b> 8:13AM - 9:54AM	<b>Krittika</b> Until 9:01AM	<b>Ganesh:</b> Yellow <i>Sunrise:</i> 4:52AM	Vilamba 5120	
		Yama 4:52AM - 6:32AM	Sukarma Until 2:05AM Fri	<b>Muruga:</b> White <i>Sunset:</i> 6:19PM	Moon 4 - Phase 5	
Routine Work	Marana Yoga	235932369 <b>Rahu</b> 1:16PM - 2:57PM	Vanija Until 7:30PM	<b>Nataraja:</b> Purple	3rd Phase	
			<b>Dvitiya</b> Until 8:08PM	Moon - Yellow		<b>Bhuloka Day</b>
				<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 9:AM to 12:PM

<b>2 Friday, May 18, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Mrigashira/Ardra Nakshatra Dhriti/Shula* Yoga Vanija/Bava Karana Chaturthiyam Titau				Manama, Bahrain Sun 17 Sutra 33
Mithuna Rasi: 9.03	Tithi 4	<b>Gulika</b> 6:32AM - 8:13AM	<b>Mrigashira</b> Until 3:00AM Sat	<b>Ganesh:</b> Yellow <i>Sunrise:</i> 4:51AM	Vilamba 5120	
		Yama 2:57PM - 4:38PM	Dhriti Until 11:46PM	<b>Muruga:</b> White <i>Sunset:</i> 6:19PM	Moon 4 - Phase 5	
Creative Work	Siddha Yoga	235932369 <b>Rahu</b> 9:54AM - 11:35AM	Vanija Until 13:37AM Sat	<b>Nataraja:</b> Purple	3rd Phase	
			<b>Chaturthi*</b> Until 1:00PM	Moon - Yellow		<b>Bhuloka Day</b>
				<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 9:AM to 12:PM

<b>3 Saturday, May 19, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ardra/Punarvasu Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Panchamyam Titau				Manama, Bahrain Sun 18 Sutra 34
Mithuna Rasi: 23.42	Tithi 5	<b>Gulika</b> 4:51AM - 6:32AM	<b>Ardra</b> Until 12:15AM Sun	<b>Ganesh:</b> White <i>Sunrise:</i> 4:51AM	Vilamba 5120	
		Yama 1:16PM - 2:57PM	Shula* Until 5:76AM Sun	<b>Muruga:</b> White <i>Sunset:</i> 6:20PM	Moon 4 - Phase 5	
Creative Work	Siddha Yoga	245932369 <b>Rahu</b> 8:13AM - 9:54AM	Bava Until 11:00AM Sun	<b>Nataraja:</b> Purple	3rd Phase	
			<b>Panchami</b> Until 9:32AM Sat	Moon - Blue		<b>Devaloka Day</b>
				<b>Jyeshtha Adhika-Vaikasi</b>		

<b>4 Sunday, May 20, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu/Pushya Nakshatra Ganda*/Vridhi Yoga Kaulava/Gara Karana Shashthiyam Titau				Manama, Bahrain Sun 19 Sutra 35
Kataka Rasi: 8.11	Tithi 6	<b>Gulika</b> 2:58PM - 4:39PM	<b>Punarvasu</b> Until 9:48PM	<b>Ganesh:</b> White <i>Sunrise:</i> 4:50AM	Vilamba 5120	
		Yama 11:35AM - 1:16PM	Ganda* Until 8:13PM	<b>Muruga:</b> White <i>Sunset:</i> 6:20PM	Moon 4 - Phase 5	
Creative Work	Siddha Yoga	245932369 <b>Rahu</b> 4:39PM - 6:20PM	Kaulava Until 8:43AM Mon	<b>Nataraja:</b> Purple	3rd Phase	
			<b>Shashthi*</b> Until 5:76AM Sun	Moon - Blue		<b>Devaloka Day</b>
				<b>Jyeshtha Adhika-Vaikasi</b>		

<b>5 Monday, May 21, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva Yoga Gara/Visti* Karana Saplamyam Titau				Manama, Bahrain Sun 20 Sutra 36
Kataka Rasi: 22.26	Tithi 7	<b>Gulika</b> 1:17PM - 2:58PM	<b>Pushya</b> Until 7:42PM	<b>Ganesh:</b> White <i>Sunrise:</i> 4:50AM	Vilamba 5120	
<b>Family Home Evening</b>		Yama 9:54AM - 11:35AM	Dhruva Until 6:44PM	<b>Muruga:</b> White <i>Sunset:</i> 6:21PM	Moon 4 - Phase 5	
Creative Work	Siddha Yoga	245932369 <b>Rahu</b> 6:31AM - 8:13AM	Gara Until 6:49AM Tue	<b>Nataraja:</b> Purple	3rd Phase	
Until 7:42PM			<b>Saptami</b> Until 3:17AM Mon	Moon - Blue		<b>Devaloka Day</b>
Then Routine Work - Marana Yoga				<b>Jyeshtha Adhika-Vaikasi</b>		

<b>Retreat Star Tuesday, May 22, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Ashlesha*/Purvaphalguni Nakshatra Vyaghata* Yoga Visti*/Balava Karana Ashtamyam Titau				Manama, Bahrain Sun 21 Sutra 37
Simha Rasi: 6.27	Tithi 8	<b>Gulika</b> 11:35AM - 1:17PM	<b>Ashlesha*</b> Until 6:00PM	<b>Ganesh:</b> Clear <i>Sunrise:</i> 4:49AM	Vilamba 5120	
		Yama 8:12AM - 9:54AM	Vyaghata* Until 5:55PM	<b>Muruga:</b> White <i>Sunset:</i> 6:21PM	Moon 4 - Phase 5	
Creative Work	Siddha Yoga	255932369 <b>Rahu</b> 2:58PM - 4:40PM	Visti Until 5:19AM Wed	<b>Nataraja:</b> Purple	Ashtami	
			<b>Ashtami*</b> Until 12:35AM Tue	Moon - Red		<b>Bhuloka Day</b>
				<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 9:AM to 12:PM

<b>Retreat Star Wednesday, May 23, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Magha*/Uttaraphalguni Nakshatra Harshana Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 22 Sutra 38
Simha Rasi: 20.13	Tithi 9 - 10	<b>Gulika</b> 9:54AM - 11:35AM	<b>Magha*</b> Until 4:42PM	<b>Ganesh:</b> Clear <i>Sunrise:</i> 4:49AM	Vilamba 5120	
		Yama 6:31AM - 8:12AM	Harshana Until 5:23PM	<b>Muruga:</b> White <i>Sunset:</i> 6:22PM	Moon 4 - Phase 5	
Creative Work	Amrita Yoga	255932369 <b>Rahu</b> 11:35AM - 1:17PM	Taitila Until 3:73AM Thu	<b>Nataraja:</b> Purple	Navami	
			<b>Navami*</b> Until 10:13PM	Moon - Red		<b>Bhuloka Day</b>
				<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 9:AM to 12:PM

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. Mrigendra Agama Jnana Pada

All times are standard time

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<b>1 Thursday, May 24, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam				Manama, Bahrain
Purvaphalguni/Hasta Nakshatra Vajra* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Sun 23 Sutra 39				
Kanya Rasi: 3.44	Tithi 10 – 11	<b>Gulika</b> 8:12AM – 9:54AM	<b>Purvaphalguni</b> Until 3:48PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:49AM	Vilamba 5120
		Yama 4:49AM – 6:30AM	Vajra* Until 6:28PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:22PM	Moon 4 - Phase 6
	Amrita Yoga	255932369 <b>Rahu</b> 1:17PM – 2:59PM	Vanija Until 2:91AM Fri	<b>Nataraja:</b> Purple		4th Phase
Until 3:48PM			<b>Dashami</b> Until 8:12PM	Moon – Red		
Then Routine Work - Marana Yoga				<b>Jyeshtha Adhika-Vaikasi</b>	<b>Bhuloka Day</b>	Devaloka Time: 9:AM to 12:PM

<b>2 Friday, May 25, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam				Manama, Bahrain
Hasta/Chitra Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Sun 24 Sutra 40				
Kanya Rasi: 17.02	Tithi 11 – 12	<b>Gulika</b> 6:30AM – 8:12AM	<b>Hasta</b> Until 3:11PM Sat	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:48AM	Vilamba 5120
		Yama 2:59PM – 4:41PM	Siddhi Until 5:28PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:23PM	Moon 4 - Phase 6
	Amrita Yoga	266932369 <b>Rahu</b> 9:54AM – 11:36AM	Bava Until 2:72AM Sat	<b>Nataraja:</b> Purple		4th Phase
Creative Work				Moon – Green		
Until 3:11PM Sat			<b>Ekadashi</b> Until 6:28PM	<b>Jyeshtha Adhika-Vaikasi</b>	<b>Bhuloka Day</b>	Devaloka Time: 6:AM to 9:AM
Then Creative Work - Siddha Yoga						

<b>3 Saturday, May 26, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam				Manama, Bahrain
Hasta/Chitra Nakshatra Vyatipata*/Variyan Yoga Balava Karana Dvadashi/Trayodashyam Titau		Sun 25 Sutra 41				
Tula Rasi: 0.08	Tithi 12 – 13	<b>Gulika</b> 4:48AM – 6:30AM	<b>Hasta</b> Until 3:11PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:48AM	Vilamba 5120
		Yama 1:18PM – 3:00PM	Vyatipata* Until 6:05PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:23PM	Moon 4 - Phase 6
	Marana Yoga	366932369 <b>Rahu</b> 8:12AM – 9:54AM	Balava Until 3:11PM	<b>Nataraja:</b> Purple		4th Phase
Routine Work				Moon – Green		
Until 3:11PM			<b>Dvadashi</b> Until 3:11PM	<b>Jyeshtha Adhika-Vaikasi</b>	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga						

<b>4 Sunday, May 27, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam				Manama, Bahrain
Chitra/Svati Nakshatra Variyan/Parigha* Yoga Tailila/Gara Karana Trayodashi/Chaturdashyam Titau		Sun 26 Sutra 42				
Tula Rasi: 13.02	Tithi 13 – 14	<b>Gulika</b> 3:00PM – 4:42PM	<b>Chitra</b> Until 3:27PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:48AM	Vilamba 5120
		Yama 11:36AM – 1:18PM	Variyan Until 6:56PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:24PM	Moon 4 - Phase 6
	Siddha Yoga	366932369 <b>Rahu</b> 4:42PM – 6:24PM	Gara Until 3:46AM Mon	<b>Nataraja:</b> Purple		4th Phase
Creative Work				Moon – Green		
Until 3:27PM			<b>Trayodashi</b> Until 15:11AM Sun	<b>Jyeshtha Adhika-Vaikasi</b>	<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga						

<b>5 Monday, May 28, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam				Manama, Bahrain
Vishakha Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Sun 27 Sutra 43				
Tula Rasi: 25.44	Tithi 14 – 15	<b>Gulika</b> 1:18PM – 3:00PM	<b>Vishakha</b> Until 5:17PM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:47AM	Vilamba 5120
<b>Family Home Evening</b>		Yama 9:54AM – 11:36AM	Parigha* Until 8:30PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:24PM	Moon 4 - Phase 6
	Marana Yoga	376932369 <b>Rahu</b> 6:30AM – 8:12AM	Visti Until 4:41AM Tue	<b>Nataraja:</b> Purple		4th Phase
Routine Work				Moon – Orange		
Until 5:17PM Tue			<b>Chaturdashi*</b> Until 14:44AM Mon	<b>Jyeshtha Adhika-Vaikasi</b>	<b>Bhuloka Day</b>	Devaloka Time: 6:AM to 9:AM
Then Creative Work - Siddha Yoga						

<b>○ Tuesday, May 29, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam				Manama, Bahrain
<b>Copper Retreat Star</b>		Vishakha/Anuradha Nakshatra Shiva/Siddha Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau		Sun 28 Sutra 44		
Vrischika Rasi: 8.14	Tithi 15 – 16	<b>Gulika</b> 11:36AM – 1:18PM	<b>Vishakha</b> Until 5:17PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:47AM	Vilamba 5120
		Yama 8:12AM – 9:54AM	Shiva Until 10:22PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 6
	Siddha Yoga	376932369 <b>Rahu</b> 3:00PM – 4:43PM	Kaulava Until 5:63AM Wed	<b>Nataraja:</b> Purple		Purnima
Creative Work				Moon – Orange		
Until 5:17PM		<b>Vaikasi Visakam</b>	<b>Purnima*</b> Until 14:39AM Tue	<b>Jyeshtha Adhika-Vaikasi</b>	<b>Bhuloka Day</b>	Devaloka Time: 6:AM to 9:AM
Then Routine Work - Marana Yoga						

<b>Wednesday, May 30, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam				Manama, Bahrain
<b>Silver Retreat Star</b>		Anuradha/Jyeshtha* Nakshatra Siddha/Sadhya Yoga Balava/Tailila Karana Prathamayam Titau		Sun 29 Sutra 45		
Vrischika Rasi: 20.33	Tithi 16	<b>Gulika</b> 9:54AM – 11:36AM	<b>Anuradha</b> Until 6:52PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:47AM	Vilamba 5120
		Yama 6:29AM – 8:12AM	Siddha Until 12:29AM Thu	<b>Muruga:</b> White	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 6
	Siddha Yoga	376932369 <b>Rahu</b> 11:36AM – 1:18PM	Balava Until 7:51AM Thu	<b>Nataraja:</b> Purple		Prathama
Creative Work				Moon – Orange		
Until 6:52PM			<b>Prathama*</b> Until 14:53AM Wed	<b>Jyeshtha Adhika-Vaikasi</b>	<b>Bhuloka Day</b>	Devaloka Time: 6:AM to 9:AM
Then Routine Work - Marana Yoga						

The mind is said to be twofold: the pure and also the impure; impure by union with desire—pure when from desire completely free! Krishna Yajur Veda



Thursday, May 31, 2018

Gold Retreat Star

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Mula\* Nakshatra Sadhya/Subha Yoga Taitila/Vanija Karana Dvitiyayam Titau

Manama, Bahrain

Sun 1 Sutra 46

Vilamba 5120

Moon 5 - Phase 7  
1st Phase

Dhanus Rasi: 2.41 Tithi 17

Gulika 8:11AM - 9:54AM  
Yama 4:47AM - 6:29AM  
Rahu 1:19PM - 3:01PM

Mula\* Until 3:19AM Fri  
Sadhya Until 3:27PM  
Taitila Until 9:62AM Fri

Ganesha: White Sunrise: 4:47AM  
Muruga: White Sunset: 6:26PM  
Nataraja: Purple  
Moon - Light Blue

Bhuloka Day

Jyeshtha Adhika-Vaikasi

Creative Work Siddha Yoga

Until 3:19AM Fri

Then Routine Work - Prabalarishta Yoga

Friday, June 1, 2018

1

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha\* Nakshatra Subha/Sukla Yoga Vanija/Balava Karana Tritiyayam Titau

Manama, Bahrain

Sun 2 Sutra 47

Vilamba 5120

Moon 5 - Phase 7  
1st Phase

Dhanus Rasi: 14.39 Tithi 18

Gulika 6:29AM - 8:11AM  
Yama 3:01PM - 4:44PM  
Rahu 9:54AM - 11:36AM

Purvashadha\* Until 1:47AM Sun Sat  
Subha Until 6:17AM Sat  
Vanija Until 12:30AM Sat

Ganesha: Yellow Sunrise: 4:46AM  
Muruga: White Sunset: 6:26PM  
Nataraja: Purple  
Moon - Light Blue

Bhuloka Day

Jyeshtha Adhika-Vaikasi

Devaloka Time: 9:AM to 12:PM

Routine Work Prabalarishta Yoga

Until 1:47AM Sun Sat

Then Routine Work - Marana Yoga

Saturday, June 2, 2018

2

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha\*Uttarashadha Nakshatra Sukla/Brahma Yoga Bava/Kaulava Karana Chaturthyam Titau

Manama, Bahrain

Sun 3 Sutra 48

Vilamba 5120

Moon 5 - Phase 7  
1st Phase

Dhanus Rasi: 26.31 Tithi 19

Gulika 4:46AM - 6:29AM  
Yama 1:19PM - 3:02PM  
Rahu 8:11AM - 9:54AM

Purvashadha\* Until 1:47AM Sun  
Sukla Until 6:17AM  
Bava Until 14:66AM Sun

Ganesha: Yellow Sunrise: 4:46AM  
Muruga: White Sunset: 6:27PM  
Nataraja: Purple  
Moon - Light Blue

Bhuloka Day

Jyeshtha Adhika-Vaikasi

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

Until 1:47AM Sun

Then Creative Work - Amrita Yoga

Sunday, June 3, 2018

3

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Brahma Yoga Kaulava/Gara Karana Panchamyam Titau

Manama, Bahrain

Sun 4 Sutra 49

Vilamba 5120

Moon 5 - Phase 7  
1st Phase

Makara Rasi: 8.18 Tithi 20

Gulika 3:02PM - 4:45PM  
Yama 11:37AM - 1:19PM  
Rahu 4:45PM - 6:27PM

Uttarashadha Until 6:46AM Tue Mon  
Brahma Until 9:15AM  
Kaulava Until 17:37AM Mon

Ganesha: Yellow Sunrise: 4:46AM  
Muruga: White Sunset: 6:27PM  
Nataraja: Purple  
Moon - Light Blue

Bhuloka Day

Jyeshtha Adhika-Vaikasi

Devaloka Time: 9:AM to 12:PM

Creative Work Amrita Yoga

Monday, June 4, 2018

4

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Uttarashadha/Dhanishtha Nakshatra Indra Yoga Gara/Visti\* Karana Shashthyam Titau

Manama, Bahrain

Sun 5 Sutra 50

Vilamba 5120

Moon 5 - Phase 7  
1st Phase

Makara Rasi: 20.06 Tithi 21

Gulika 1:20PM - 3:02PM  
Yama 9:54AM - 11:37AM  
Rahu 6:29AM - 8:11AM

Uttarashadha Until 6:46AM Tue  
Indra Until 12:32PM  
Gara Until 19:51AM Tue

Ganesha: Blue Sunrise: 4:46AM  
Muruga: White Sunset: 6:28PM  
Nataraja: Purple  
Moon - Purple

Devaloka Day

Jyeshtha Adhika-Vaikasi

Creative Work Amrita Yoga

Until 6:46AM Tue

Then Creative Work - Siddha Yoga

Tuesday, June 5, 2018

5

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Shravana/Shatabhishak Nakshatra Vaidhriti\* Yoga Vanija/Bava Karana Shashthi/Saptamyam Titau

Manama, Bahrain

Sun 6 Sutra 51

Vilamba 5120

Moon 5 - Phase 7  
1st Phase

Kumbha Rasi: 1.58 Tithi 21 - 22

Gulika 11:37AM - 1:20PM  
Yama 8:11AM - 9:54AM  
Rahu 3:03PM - 4:45PM

Shravana Until 6:46AM  
Vaidhriti\* Until 3:25PM  
Bava Until 8:45AM Wed

Ganesha: Purple Sunrise: 4:46AM  
Muruga: White Sunset: 6:28PM  
Nataraja: White  
Moon - Purple

Devaloka Day

Jyeshtha Adhika-Vaikasi

Creative Work Siddha Yoga

Until 6:46AM

Then Routine Work - Marana Yoga

Wednesday, June 6, 2018

D

Retreat Star

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Dhanishtha/Purvaproshtapada\* Nakshatra Vishkambha\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Manama, Bahrain

Sun 7 Sutra 52

Vilamba 5120

Moon 5 - Phase 7  
Ashtami

Kumbha Rasi: 13.59 Tithi 22 - 23

Gulika 9:54AM - 11:37AM  
Yama 6:29AM - 8:12AM  
Rahu 11:37AM - 1:20PM

Dhanishtha Until 8:45AM  
Vishkambha\* Until 5:39PM  
Balava Until 9:33PM

Ganesha: Purple Sunrise: 4:46AM  
Muruga: White Sunset: 6:29PM  
Nataraja: White  
Moon - Purple

Devaloka Day

Jyeshtha Adhika-Vaikasi

Creative Work Siddha Yoga

Until 8:45AM

Then Creative Work - Amrita Yoga

Thursday, June 7, 2018

Retreat Star

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada\* Nakshatra Priti Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Manama, Bahrain

Sun 8 Sutra 53

Vilamba 5120

Moon 5 - Phase 7  
Navami

Kumbha Rasi: 26.15 Tithi 23 - 24

Gulika 8:12AM - 9:54AM  
Yama 4:46AM - 6:29AM  
Rahu 1:20PM - 3:03PM

Shatabhishak Until 10:08AM  
Priti Until 7:93PM  
Taitila Until 10:33PM

Ganesha: Blue Sunrise: 4:46AM  
Muruga: White Sunset: 6:29PM  
Nataraja: White  
Moon - Clear

Devaloka Day

Jyeshtha Adhika-Vaikasi

Creative Work Siddha Yoga

Ashtami\* Until 8:41PM

<b>1</b>		<b>Friday, June 8, 2018</b>				Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Ayushman Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Manama, Bahrain Sun 9 Sutra 54	
Meena Rasi: 8.51	Tithi 24 – 25	<b>Gulika</b>	6:29AM – 8:12AM	<b>Purvaproshtapada* Until 10:44AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:46AM	Vilamba 5120		
		<b>Yama</b>	3:04PM – 4:46PM	<b>Ayushman Until 17:78AM Sat</b>	<b>Muruga:</b> White	<i>Sunset:</i> 6:29PM	Moon 5 - Phase 8		
Creative Work	Siddha Yoga	318132361 <b>Rahu</b>	9:55AM – 11:38AM	<b>Vanija Until 10:44PM</b>	<b>Nataraja:</b> White		2nd Phase		
				<b>Navami* Until 7:93PM</b>	<b>Moon – Clear</b>		<b>Bhuloka Day</b>		
					<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 6:AM to 9:AM		

<b>2</b>		<b>Saturday, June 9, 2018</b>				Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Revati Nakshatra Saubhagya Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Manama, Bahrain Sun 10 Sutra 55	
Meena Rasi: 21.5	Tithi 25 – 26	<b>Gulika</b>	4:46AM – 6:29AM	<b>Revati Until 9:25AM Sun</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:46AM	Vilamba 5120		
		<b>Yama</b>	1:21PM – 3:04PM	<b>Saubhagya Until 8:29PM</b>	<b>Muruga:</b> White	<i>Sunset:</i> 6:30PM	Moon 5 - Phase 8		
Routine Work	Prabalarishta Yoga	318132361 <b>Rahu</b>	8:12AM – 9:55AM	<b>Bava Until 9:64PM</b>	<b>Nataraja:</b> White		2nd Phase		
Until 9:25AM Sun				<b>Dashami Until 17:78AM Sat</b>	<b>Moon – Clear</b>		<b>Bhuloka Day</b>		
Then Creative Work - Siddha Yoga					<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 6:AM to 9:AM		

<b>3</b>		<b>Sunday, June 10, 2018</b>				Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 11 Sutra 56	
Mesha Rasi: 5.17	Tithi 26 – 27	<b>Gulika</b>	3:04PM – 4:47PM	<b>Revati Until 9:25AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:46AM	Vilamba 5120		
		<b>Yama</b>	11:38AM – 1:21PM	<b>Sobhana Until 7:58PM</b>	<b>Muruga:</b> White	<i>Sunset:</i> 6:30PM	Moon 5 - Phase 8		
Creative Work	Siddha Yoga	318132361 <b>Rahu</b>	4:47PM – 6:30PM	<b>Kaulava Until 8:36PM</b>	<b>Nataraja:</b> White		2nd Phase		
Until 9:25AM				<b>Ekadashi* Until 6:18PM</b>	<b>Moon – White</b>		<b>Bhuloka Day</b>		
Then Routine Work - Prabalarishta Yoga					<b>Jyeshtha Adhika-Vaikasi</b>				

<b>4</b>		<b>Monday, June 11, 2018</b>				Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Athiganda*/Sukarma Yoga Talitla/Gara Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 12 Sutra 57	
Mesha Rasi: 19.11	Tithi 27 – 28	<b>Gulika</b>	1:21PM – 3:04PM	<b>Ashvini Until 7:34AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:46AM	Vilamba 5120		
<b>Family Home Evening</b>		<b>Yama</b>	9:55AM – 11:38AM	<b>Athiganda* Until 9:78AM Tue</b>	<b>Muruga:</b> White	<i>Sunset:</i> 6:31PM	Moon 5 - Phase 8		
Creative Work	Siddha Yoga	318132361 <b>Rahu</b>	6:29AM – 8:12AM	<b>Gara Until 5:85PM</b>	<b>Nataraja:</b> White		2nd Phase		
Until 7:34AM				<b>Dvadashi* Until 13:30AM Mon</b>	<b>Moon – White</b>		<b>Bhuloka Day</b>		
Then Routine Work - Marana Yoga					<b>Jyeshtha Adhika-Vaikasi</b>				

*Pradosha Vrata (Fasting)*

<b>5</b>		<b>Tuesday, June 12, 2018</b>				Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani/Rohini Nakshatra Sukarma/Dhriti Yoga Visti*/Catuspada* Karana Chaturdashyam Titau		Manama, Bahrain Sun 13 Sutra 58	
Vrishabha Rasi: 3.31	Tithi 29	<b>Gulika</b>	11:38AM – 1:22PM	<b>Bharani Until 2:06AM Wed</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:46AM	Vilamba 5120		
		<b>Yama</b>	8:12AM – 9:55AM	<b>Sukarma Until 4:29PM</b>	<b>Muruga:</b> White	<i>Sunset:</i> 6:31PM	Moon 5 - Phase 8		
Creative Work	Siddha Yoga	318132361 <b>Rahu</b>	3:05PM – 4:48PM	<b>Visti Until 12:30AM Wed</b>	<b>Nataraja:</b> White		2nd Phase		
				<b>Chaturdashi* Until 9:78AM Tue</b>	<b>Moon – White</b>		<b>Bhuloka Day</b>		
					<b>Jyeshtha Adhika-Vaikasi</b>				

<b>●</b>		<b>Wednesday, June 13, 2018</b>				Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti/Shula* Yoga Catuspada*/Kintughna* Karana Amavasyayam Titau		Manama, Bahrain Sun 14 Sutra 59	
<b>Retreat Star</b>		<b>Gulika</b>	9:55AM – 11:39AM	<b>Rohini Until 7:16PM Thu</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:46AM	Vilamba 5120		
Vrishabha Rasi: 18.13	Tithi 30	<b>Yama</b>	6:29AM – 8:12AM	<b>Dhriti Until 2:15PM</b>	<b>Muruga:</b> White	<i>Sunset:</i> 6:31PM	Moon 5 - Phase 8		
Creative Work	Siddha Yoga	318132361 <b>Rahu</b>	11:39AM – 1:22PM	<b>Catuspada Until 8:63AM Thu</b>	<b>Nataraja:</b> White		Amavasya		
				<b>Amavasya* Until 6:43AM Wed</b>	<b>Moon – Yellow</b>		<b>Bhuloka Day</b>		
					<b>Jyeshtha Adhika-Vaikasi</b>				

<b>●</b>		<b>Thursday, June 14, 2018</b>				Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Rohini/Ardra Nakshatra Ganda* Yoga Kintughna*/Balava Karana Prathamayam Titau		Manama, Bahrain Sun 15 Sutra 60	
<b>Retreat Star</b>		<b>Gulika</b>	8:12AM – 9:56AM	<b>Rohini Until 7:16PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:46AM	Vilamba 5120		
Mithuna Rasi: 3.08	Tithi 1	<b>Yama</b>	4:46AM – 6:29AM	<b>Ganda* Until 11:37AM</b>	<b>Muruga:</b> White	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 8		
Routine Work	Marana Yoga	318132361 <b>Rahu</b>	1:22PM – 3:05PM	<b>Kintughna Until 5:31AM Fri</b>	<b>Nataraja:</b> White		Prathama		
				<b>Prathama* Until 2:52AM Thu</b>	<b>Moon – Yellow</b>		<b>Bhuloka Day</b>		
					<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 9:AM to 12:PM		

<b>1 Friday, June 15, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Vridhhi Yoga Kaulava/Tailila Karana Dvitiya/Tritiyayam Titau				Manama, Bahrain Sun 16 Sutra 61
Mithuna Rasi: 18.1	Tithi 2 - 3	<b>Gulika</b> 6:29AM - 8:12AM	<b>Ardra Until 12:20PM Sat</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:46AM	Vilamba 5120
		Yama 3:05PM - 4:49PM	Vridhhi Until 8:46AM	<b>Muruga:</b> White	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 9
Creative Work	Siddha Yoga	359132361 <b>Rahu</b> 9:56AM - 11:39AM	Tailila Until 1:62AM Sat	<b>Nataraja:</b> White		3rd Phase
			<b>Dvitiya Until 10:53PM</b>	Moon - Yellow		
				<b>Jyeshtha-Ani</b>	<b>Bhuloka Day</b>	Devaloka Time: 9:AM to 12:PM

<b>2 Saturday, June 16, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ardra/Pushya Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau				Manama, Bahrain Sun 17 Sutra 62
Kataka Rasi: 3.1	Tithi 3 - 4	<b>Gulika</b> 4:46AM - 6:29AM	<b>Ardra Until 12:20PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:46AM	Vilamba 5120
		Yama 1:22PM - 3:06PM	Dhruva Until 6:16AM	<b>Muruga:</b> White	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 9
Creative Work	Siddha Yoga	359132361 <b>Rahu</b> 8:13AM - 9:56AM	Vanija Until 10:44PM	<b>Nataraja:</b> White		3rd Phase
			<b>Tritiya Until 6:56PM</b>	Moon - Blue		
				<b>Jyeshtha-Ani</b>	<b>Bhuloka Day</b>	Devaloka Time: 9:AM to 12:PM

<b>3 Sunday, June 17, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu/Ashlesha* Nakshatra Vyaghata*/Harshana Yoga Visti*/Kaulava Karana Chaturthi/Panchamyam Titau				Manama, Bahrain Sun 18 Sutra 63
Kataka Rasi: 17.58	Tithi 4 - 5	<b>Gulika</b> 3:06PM - 4:49PM	<b>Punarvasu Until 9:11AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:46AM	Vilamba 5120
		Yama 11:39AM - 1:23PM	Vyaghata* Until 1:40AM Mon	<b>Muruga:</b> White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 9
Creative Work	Siddha Yoga	359132361 <b>Rahu</b> 4:49PM - 6:33PM	Kaulava Until 7:46PM	<b>Nataraja:</b> White		3rd Phase
Until 9:11AM			<b>Chaturthi* Until 11:28AM Sun</b>	Moon - Blue		
Then Routine Work - Marana Yoga		<b>Father's Day</b>		<b>Jyeshtha-Ani</b>	<b>Bhuloka Day</b>	Devaloka Time: 9:AM to 12:PM

<b>4 Monday, June 18, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau				Manama, Bahrain Sun 19 Sutra 64
Simha Rasi: 2.3	Tithi 5 - 6	<b>Gulika</b> 1:23PM - 3:06PM	<b>Ashlesha* Until 6:26AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:46AM	Vilamba 5120
<b>Family Home Evening</b>		Yama 9:56AM - 11:40AM	Harshana Until 12:14AM Tue	<b>Muruga:</b> White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 9
Routine Work	Marana Yoga	359132361 <b>Rahu</b> 6:30AM - 8:13AM	Kaulava Until 4:75PM	<b>Nataraja:</b> White		3rd Phase
Until 6:26AM			<b>Panchami Until 8:13AM Mon</b>	Moon - Red		
Then Creative Work - Siddha Yoga				<b>Jyeshtha-Ani</b>	<b>Devaloka Day</b>	

<b>5 Tuesday, June 19, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi Yoga Gara/Visti* Karana Saptamyam Titau				Manama, Bahrain Sun 20 Sutra 65
Simha Rasi: 16.42	Tithi 7	<b>Gulika</b> 11:40AM - 1:23PM	<b>Magha* Until 2:27AM Wed</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:47AM	Vilamba 5120
		Yama 8:13AM - 9:56AM	Siddhi Until 11:12PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 9
Creative Work	Siddha Yoga	359132361 <b>Rahu</b> 3:06PM - 4:50PM	Gara Until 13:49AM Wed	<b>Nataraja:</b> White		3rd Phase
Until 2:27AM Wed			<b>Saptami Until 5:20AM Tue</b>	Moon - Red		
Then Creative Work - Amrita Yoga				<b>Jyeshtha-Ani</b>	<b>Devaloka Day</b>	

<b>Wednesday, June 20, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Vyatipata* Yoga Visti* Karana Ashtamyam Titau				Manama, Bahrain Sun 21 Sutra 66
<b>Retreat Star</b>		<b>Gulika</b> 9:57AM - 11:40AM	<b>Uttaraphalguni Until 12:47AM Fri Th</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:47AM	Vilamba 5120
Kanya Rasi: 0.32	Tithi 8	Yama 6:30AM - 8:13AM	Vyatipata* Until 10:36PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 9
Creative Work	Amrita Yoga	359132361 <b>Rahu</b> 11:40AM - 1:23PM	Visti Until 1:49PM	<b>Nataraja:</b> White		Ashtami
Until 12:47AM Fri Th			<b>Ashtami* Until 1:19AM Thu</b>	Moon - Red		
Then Routine Work - Marana Yoga				<b>Jyeshtha-Ani</b>	<b>Devaloka Day</b>	

<b>Thursday, June 21, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Variyan Yoga Balava/Tailila Karana Navamyam Titau				Manama, Bahrain Sun 22 Sutra 67
<b>Retreat Star</b>		<b>Gulika</b> 8:14AM - 9:57AM	<b>Uttaraphalguni Until 12:47AM Fri</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:47AM	Vilamba 5120
Kanya Rasi: 14.01	Tithi 9	Yama 4:47AM - 6:30AM	Variyan Until 10:54PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 9
Routine Work	Marana Yoga	369132361 <b>Rahu</b> 1:24PM - 3:07PM	Balava Until 12:45AM Fri	<b>Nataraja:</b> White		Navami
Until 12:47AM Fri			<b>Navami* Until 1:01AM Thu</b>	Moon - Green		
Then Creative Work - Siddha Yoga		<b>Chidambaram Abhishekam</b>		<b>Jyeshtha-Ani</b>	<b>Bhuloka Day</b>	Devaloka Time: 9:AM to 12:PM

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

All times are standard time

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<b>1 Friday, June 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam				Manama, Bahrain	
Kanya Rasi: 27.11		Hasta/Chitra Nakshatra Parigha* Yoga Taitila/Vanija Karana Dashamyam Titau				Sun 23 Sutra 68	
Tithi 10		<b>Gulika</b> 6:30AM – 8:14AM	<b>Hasta</b> Until 12:49AM Sat	<b>Ganesh:</b> Green	<i>Sunrise:</i> 4:47AM	Vilamba 5120	
361132361		Yama 3:07PM – 4:50PM	Parigha* Until 11:35PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 10	
Creative Work	Siddha Yoga	<b>Rahu</b> 9:57AM – 11:40AM	Taitila Until 12:63AM Sat	<b>Nataraja:</b> White		4th Phase	
			<b>Dashami</b> Until 11:33PM	Moon – Green		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Ani</b>			

<b>2 Saturday, June 23, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam				Manama, Bahrain	
Tula Rasi: 10.04		Chitra/Svati Nakshatra Shiva Yoga Vanija/Bava Karana Ekadashyam Titau				Sun 24 Sutra 69	
Tithi 11		<b>Gulika</b> 4:47AM – 6:31AM	<b>Chitra</b> Until 1:21AM Sun	<b>Ganesh:</b> Green	<i>Sunrise:</i> 4:47AM	Vilamba 5120	
361132361		Yama 1:24PM – 3:07PM	Shiva Until 12:38AM Sun	<b>Muruga:</b> White	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 10	
Creative Work	Siddha Yoga	<b>Rahu</b> 8:14AM – 9:57AM	Vanija Until 13:50AM Sun	<b>Nataraja:</b> White		4th Phase	
Until 1:21AM Sun			<b>Ekadashi</b> Until 10:32PM	Moon – Green		<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga				<b>Jyeshtha-Ani</b>			

<b>3 Sunday, June 24, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam				Manama, Bahrain	
Tula Rasi: 22.43		Svati/Vishakha Nakshatra Siddha Yoga Bava/Kaulava Karana Dvadashyam Titau				Sun 25 Sutra 70	
Tithi 12		<b>Gulika</b> 3:08PM – 4:51PM	<b>Svati</b> Until 2:23AM Mon	<b>Ganesh:</b> Red	<i>Sunrise:</i> 4:48AM	Vilamba 5120	
371132361		Yama 11:41AM – 1:24PM	Siddha Until 2:28AM Mon	<b>Muruga:</b> White	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 10	
Routine Work	Marana Yoga	<b>Rahu</b> 4:51PM – 6:34PM	Bava Until 14:65AM Mon	<b>Nataraja:</b> White		4th Phase	
Until 2:23AM Mon			<b>Dvadashi</b> Until 9:58PM	Moon – Orange		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Jyeshtha-Ani</b>		Devaloka Time: 6:AM to 9:AM	

<b>4 Monday, June 25, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam				Manama, Bahrain	
Vrischika Rasi: 5.08		Vishakha/Anuradha Nakshatra Sadhya Yoga Kaulava/Gara Karana Trayodashyam Titau				Sun 26 Sutra 71	
Tithi 13		<b>Gulika</b> 1:24PM – 3:08PM	<b>Vishakha</b> Until 3:50AM Tue	<b>Ganesh:</b> Red	<i>Sunrise:</i> 4:48AM	Vilamba 5120	
371142361		Yama 9:58AM – 11:41AM	Sadhya Until 4:33AM Tue	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 10	
<b>Family Home Evening</b>		<b>Rahu</b> 6:31AM – 8:14AM	Kaulava Until 16:44AM Tue	<b>Nataraja:</b> White		4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 9:45PM	Moon – Orange		<b>Devaloka Day</b>	
Until 3:50AM Tue				<b>Jyeshtha-Ani</b>			
Then Routine Work - Marana Yoga				<i>Pradosha Vrata</i>			

<b>5 Tuesday, June 26, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam				Manama, Bahrain	
Vrischika Rasi: 17.23		Anuradha/Jyeshtha* Nakshatra Subha Yoga Gara/Visti* Karana Chaturdashyam Titau				Sun 27 Sutra 72	
Tithi 14		<b>Gulika</b> 11:41AM – 1:25PM	<b>Anuradha</b> Until 5:40AM Wed	<b>Ganesh:</b> Red	<i>Sunrise:</i> 4:48AM	Vilamba 5120	
371142361		Yama 8:15AM – 9:58AM	Subha Until 6:51AM Wed	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 10	
Routine Work	Marana Yoga	<b>Rahu</b> 3:08PM – 4:51PM	Gara Until 18:45AM Wed	<b>Nataraja:</b> White		4th Phase	
			<b>Chaturdashi*</b> Until 9:52PM	Moon – Orange		<b>Devaloka Day</b>	
				<b>Jyeshtha-Ani</b>			

<b>Wednesday, June 27, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam				Manama, Bahrain	
<b>Copper Retreat Star</b>		Jyeshtha*/Mula* Nakshatra Sukla Yoga Visti*/Balava Karana Purnimayam Titau				Sutra 73	
Vrischika Rasi: 29.29		<b>Gulika</b> 9:58AM – 11:42AM	<b>Jyeshtha*</b> Until 7:51AM Thu	<b>Ganesh:</b> Red	<i>Sunrise:</i> 4:48AM	Vilamba 5120	
Tithi 15		Yama 6:32AM – 8:15AM	Sukla Until 6:51AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 10	
371142361		<b>Rahu</b> 11:42AM – 1:25PM	Visti Until 20:63AM Thu	<b>Nataraja:</b> White		Purnima	
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 10:20PM	Moon – Orange		<b>Devaloka Day</b>	
				<b>Jyeshtha-Ani</b>			

<b>Thursday, June 28, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam				Manama, Bahrain	
<b>Silver Retreat Star</b>		Jyeshtha*/Purvashadha* Nakshatra Brahma Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Sutra 74	
Dhanus Rasi: 11.26		<b>Gulika</b> 8:15AM – 9:58AM	<b>Jyeshtha*</b> Until 7:51AM	<b>Ganesh:</b> Blue	<i>Sunrise:</i> 4:49AM	Vilamba 5120	
Tithi 15 – 16		Yama 4:49AM – 6:32AM	Brahma Until 9:48AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 10	
381142361		<b>Rahu</b> 1:25PM – 3:08PM	Balava Until 8:63PM	<b>Nataraja:</b> White		Prathama	
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 11:01PM	Moon – Light Blue		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Ani</b>		Devaloka Time: 12:PM to 3:PM	





Friday, June 29, 2018

Gold Retreat Star

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yukstayam

Manama, Bahrain

Mula\*/Uttarashadha Nakshatra Indra Yoga Kaulava/Gara Karana Prathama/Dvitiyayam Titau

Sun 1 Sutra 76

Dhanus Rasi: 23.18 Tihi 16 – 17

Gulika 6:32AM – 8:15AM

Mula\* Until 10:16AM

Ganesha: Blue Sunrise: 4:49AM

Vilamba 5120

Yama 3:08PM – 4:52PM

Indra Until 12:49PM

Muruga: Clear Sunset: 6:35PM

Moon 6 - Phase 11

381142361 Rahu 9:59AM – 11:42AM

Gara Until 11:34PM

Nataraja: White

1st Phase

Routine Work Prabalarishta Yoga

Prathama\* Until 11:57PM

Moon – Light Blue

Bhuloka Day

Until 10:16AM

Jyeshtha-Ani

Devaloka Time: 12:PM to 3:PM

Then Routine Work - Marana Yoga

Saturday, June 30, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yukstayam

Manama, Bahrain

Purvashadha\*/Shravana Nakshatra Vaidhriti\* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Sun 2 Sutra 77

Makara Rasi: 5.06 Tihi 17 – 18

Gulika 4:49AM – 6:33AM

Purvashadha\* Until 12:51PM

Ganesha: Blue Sunrise: 4:49AM

Vilamba 5120

Yama 1:25PM – 3:08PM

Vaidhriti\* Until 3:47PM

Muruga: Clear Sunset: 6:35PM

Moon 6 - Phase 11

381242361 Rahu 8:16AM – 9:59AM

Vanija Until 1:70AM Sun

Nataraja: White

1st Phase

Routine Work Marana Yoga

Dvitiya Until 1:02AM Sat

Moon – Light Blue

Bhuloka Day

Until 12:51PM

Jyeshtha-Ani

Devaloka Time: 12:PM to 3:PM

Then Creative Work - Siddha Yoga

Sunday, July 1, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yukstayam

Manama, Bahrain

Uttarashadha\*/Shravana Nakshatra Vishkambha\* Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Sun 3 Sutra 78

Makara Rasi: 16.53 Tihi 18 – 19

Gulika 3:09PM – 4:52PM

Uttarashadha Until 3:26PM

Ganesha: Red Sunrise: 4:50AM

Vilamba 5120

Yama 11:42AM – 1:25PM

Vishkambha\* Until 7:06PM

Muruga: Clear Sunset: 6:35PM

Moon 6 - Phase 11

391242361 Rahu 4:52PM – 6:35PM

Bava Until 4:43AM Mon

Nataraja: White

1st Phase

Creative Work Amrita Yoga

Tritiya Until 2:09AM Sun

Moon – Purple

Devaloka Day

Until 3:26PM

Jyeshtha-Ani

Then Routine Work - Marana Yoga

Monday, July 2, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yukstayam

Manama, Bahrain

Shravana/Dhanishtha Nakshatra Priti Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Sun 4 Sutra 79

Makara Rasi: 28.41 Tihi 19 – 20

Gulika 1:26PM – 3:09PM

Shravana Until 5:53PM

Ganesha: Red Sunrise: 4:50AM

Vilamba 5120

Family Home Evening

Yama 9:59AM – 11:42AM

Priti Until 4:10AM Tue

Muruga: Clear Sunset: 6:35PM

Moon 6 - Phase 11

391242361 Rahu 6:33AM – 8:16AM

Kaulava Until 6:61AM Tue

Nataraja: White

1st Phase

Creative Work Siddha Yoga

Chaturthi\* Until 3:14AM Mon

Moon – Purple

Devaloka Day

Jyeshtha-Ani

Tuesday, July 3, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yukstayam

Manama, Bahrain

Dhanishtha/Shatabhishak Nakshatra Ayushman Yoga Kaulava/Gara Karana Panchamyam Titau

Sun 5 Sutra 80

Kumbha Rasi: 10.35 Tihi 20

Gulika 11:43AM – 1:26PM

Dhanishtha Until 8:00PM

Ganesha: Yellow Sunrise: 4:50AM

Vilamba 5120

Yama 8:17AM – 10:00AM

Ayushman Until 12:34AM Wed

Muruga: Clear Sunset: 6:35PM

Moon 6 - Phase 11

392242361 Rahu 3:09PM – 4:52PM

Kaulava Until 8:55AM Wed

Nataraja: White

1st Phase

Routine Work Marana Yoga

Panchami Until 4:10AM Tue

Moon – Purple

Devaloka Day

Jyeshtha-Ani

Wednesday, July 4, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yukstayam

Manama, Bahrain

Shatabhishak/Purvaproshtapada\* Nakshatra Saubhagya Yoga Gara/Visti\* Karana Shashthyam Titau

Sun 6 Sutra 81

Kumbha Rasi: 22.39 Tihi 21

Gulika 10:00AM – 11:43AM

Shatabhishak Until 9:38PM

Ganesha: Orange Sunrise: 4:51AM

Vilamba 5120

Yama 6:34AM – 8:17AM

Saubhagya Until 2:53AM Thu

Muruga: Clear Sunset: 6:35PM

Moon 6 - Phase 11

312242361 Rahu 11:43AM – 1:26PM

Gara Until 9:75AM Thu

Nataraja: White

1st Phase

Creative Work Amrita Yoga

Shashthi\* Until 4:46AM Wed

Moon – Clear

Devaloka Day

Until 9:38PM

Jyeshtha-Ani

Then Creative Work - Siddha Yoga

Thursday, July 5, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yukstayam

Manama, Bahrain

Purvaproshtapada\*/Uttaraproshtapada Nakshatra Sobhana Yoga Visti\*/Balava Karana Saptamyam Titau

Sun 7 Sutra 82

Meena Rasi: 4.56 Tihi 22

Gulika 8:17AM – 10:00AM

Purvaproshtapada\* Until 10:38PM

Ganesha: Orange Sunrise: 4:51AM

Vilamba 5120

Yama 4:51AM – 6:34AM

Sobhana Until 4:23AM Fri

Muruga: Clear Sunset: 6:35PM

Moon 6 - Phase 11

312242361 Rahu 1:26PM – 3:09PM

Visti Until 10:53AM Fri

Nataraja: White

1st Phase

Creative Work Siddha Yoga

Saptami Until 4:58AM Thu

Moon – Clear

Devaloka Day

Jyeshtha-Ani

Friday, July 6, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yukstayam

Manama, Bahrain

Uttaraproshtapada\*/Revati Nakshatra Athiganda\* Yoga Balava/Taitila Karana Ashtamyam Titau

Sun 8 Sutra 83

Meena Rasi: 17.31 Tihi 23

Gulika 6:35AM – 8:17AM

Uttaraproshtapada Until 10:54PM

Ganesha: Orange Sunrise: 4:52AM

Vilamba 5120

Yama 3:09PM – 4:52PM

Athiganda\* Until 4:59AM Sat

Muruga: Clear Sunset: 6:35PM

Moon 6 - Phase 11

312242361 Rahu 10:00AM – 11:43AM

Balava Until 10:44AM Sat

Nataraja: White

Ashtami

Creative Work Siddha Yoga

Ashtami\* Until 4:39AM Fri

Moon – Clear

Devaloka Day

Until 10:54PM

Jyeshtha-Ani

Then Creative Work - Amrita Yoga

Saturday, July 7, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yukstayam

Manama, Bahrain

Revati/Ashvini Nakshatra Sukarma Yoga Taitila/Vanija Karana Navamyam Titau

Sun 8 Sutra 83

Mesha Rasi: 0.28 Tihi 24

Gulika 4:52AM – 6:35AM

Revati Until 10:21PM

Ganesha: Orange Sunrise: 4:52AM

Vilamba 5120

Yama 1:26PM – 3:09PM

Sukarma Until 5:07AM Sun

Muruga: Clear Sunset: 6:35PM

Moon 6 - Phase 11

422242361 Rahu 8:18AM – 10:01AM

Taitila Until 9:48AM Sun

Nataraja: White

Navami

Creative Work Siddha Yoga

Navami\* Until 3:43AM Sat

Moon – White

Devaloka Day

Jyeshtha-Ani

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

All times are standard time

www.gurudeva.org/panchang

<b>1 Sunday, July 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam				Manama, Bahrain
Ashvini/Bharani Nakshatra Dhriti Yoga Vanija/Bava Karana Dashamyam Titau				Sun 9 Sutra 84		
Mesha Rasi: 13.49	Tithi 25	<b>Gulika</b> 3:09PM – 4:52PM	<b>Ashvini</b> Until 9:01PM	<b>Ganesh:</b> Orange <i>Sunrise:</i> 4:52AM	Vilamba 5120	
		Yama 11:44AM – 1:26PM	Dhriti Until 4:18AM Mon	<b>Muruga:</b> Clear <i>Sunset:</i> 6:35PM	Moon 6 - Phase 12	
	422242361	<b>Rahu</b> 4:52PM – 6:35PM	Vanija Until 8:05AM Mon	<b>Nataraja:</b> White	2nd Phase	
Routine Work	Prabalarishta Yoga		<b>Dashami</b> Until 2:09AM Sun	Moon – White	<b>Devaloka Day</b>	
Until 9:01PM				<b>Jyeshtha-Ani</b>		
Then Creative Work - Siddha Yoga						

<b>2 Monday, July 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam				Manama, Bahrain
Bharani/Krittika Nakshatra Shula* Yoga Bava/Kaulava Karana Ekadashyam Titau				Sun 10 Sutra 85		
Mesha Rasi: 27.38	Tithi 26	<b>Gulika</b> 1:26PM – 3:09PM	<b>Bharani</b> Until 6:57PM	<b>Ganesh:</b> Orange <i>Sunrise:</i> 4:53AM	Vilamba 5120	
<b>Family Home Evening</b>		Yama 10:01AM – 11:44AM	Shula* Until 2:40AM Tue	<b>Muruga:</b> Clear <i>Sunset:</i> 6:34PM	Moon 6 - Phase 12	
	422242361	<b>Rahu</b> 6:36AM – 8:18AM	Bava Until 5:41AM Tue	<b>Nataraja:</b> White	2nd Phase	
Routine Work	Marana Yoga		<b>Ekadashi*</b> Until 11:58PM	Moon – White	<b>Devaloka Day</b>	
Until 6:57PM				<b>Jyeshtha-Ani</b>		
Then Creative Work - Amrita Yoga						

<b>3 Tuesday, July 10, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam				Manama, Bahrain
Krittika/Rohini Nakshatra Ganda*/Vridhhi Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau				Sun 11 Sutra 86		
Vrishabha Rasi: 11.55	Tithi 27 – 28	<b>Gulika</b> 11:44AM – 1:26PM	<b>Krittika</b> Until 4:15PM	<b>Ganesh:</b> Light Blue <i>Sunrise:</i> 4:53AM	Vilamba 5120	
		Yama 8:19AM – 10:01AM	Ganda* Until 12:44AM Wed	<b>Muruga:</b> Clear <i>Sunset:</i> 6:34PM	Moon 6 - Phase 12	
	422242361	<b>Rahu</b> 3:09PM – 4:52PM	Gara Until 2:44AM Wed	<b>Nataraja:</b> White	2nd Phase	
Creative Work	Amrita Yoga		<b>Dvadashi*</b> Until 9:10PM	Moon – Yellow	<b>Bhuloka Day</b>	
Until 4:15PM				<b>Jyeshtha-Ani</b>	Devaloka Time: 12:PM to 3:PM	
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>			

<b>4 Wednesday, July 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam				Manama, Bahrain
Rohini/Mrigashira Nakshatra Vridhhi/Dhruva Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Sun 12 Sutra 87		
Vrishabha Rasi: 26.34	Tithi 28 – 29	<b>Gulika</b> 10:01AM – 11:44AM	<b>Rohini</b> Until 1:04PM	<b>Ganesh:</b> Light Blue <i>Sunrise:</i> 4:54AM	Vilamba 5120	
		Yama 6:36AM – 8:19AM	Vridhhi Until 10:12PM	<b>Muruga:</b> Clear <i>Sunset:</i> 6:34PM	Moon 6 - Phase 12	
	422242361	<b>Rahu</b> 11:44AM – 1:26PM	Visti Until 11:22PM	<b>Nataraja:</b> White	2nd Phase	
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 14:11AM Wed	Moon – Yellow	<b>Bhuloka Day</b>	
				<b>Jyeshtha-Ani</b>	Devaloka Time: 12:PM to 3:PM	

<b>Thursday, July 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam				Manama, Bahrain
<b>Retreat Star</b>		Mrigashira/Ardra Nakshatra Dhruva/Vyaghata* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Sun 13 Sutra 88		
Mithuna Rasi: 11.32	Tithi 29 – 30	<b>Gulika</b> 8:19AM – 10:02AM	<b>Mrigashira</b> Until 9:33AM	<b>Ganesh:</b> Light Blue <i>Sunrise:</i> 4:54AM	Vilamba 5120	
		Yama 4:54AM – 6:37AM	Dhruva Until 7:17PM	<b>Muruga:</b> Clear <i>Sunset:</i> 6:34PM	Moon 6 - Phase 12	
	422242361	<b>Rahu</b> 1:27PM – 3:09PM	Catuspada Until 7:43PM	<b>Nataraja:</b> White	Amavasya	
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 10:12AM Thu	Moon – Yellow	<b>Bhuloka Day</b>	
Until 9:33AM				<b>Jyeshtha-Ani</b>	Devaloka Time: 12:PM to 3:PM	
Then Creative Work - Amrita Yoga						

<b>Friday, July 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam				Manama, Bahrain
<b>Retreat Star</b>		Ardra/Pushya Nakshatra Vyaghata*/Harshana Yoga Kintughna*/Balava Karana Prathamayam Titau		Sun 14 Sutra 89		
Mithuna Rasi: 26.41	Tithi 1	<b>Gulika</b> 6:37AM – 8:19AM	<b>Ardra</b> Until 2:05AM Sat	<b>Ganesh:</b> Purple <i>Sunrise:</i> 4:55AM	Vilamba 5120	
		Yama 3:09PM – 4:51PM	Vyaghata* Until 4:30PM	<b>Muruga:</b> Clear <i>Sunset:</i> 6:34PM	Moon 6 - Phase 12	
	422242361	<b>Rahu</b> 10:02AM – 11:44AM	Kintughna Until 12:16AM Sat	<b>Nataraja:</b> White	Prathama	
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 6:04AM Fri	Moon – Blue	<b>Bhuloka Day</b>	
				<b>Ashada-Ani</b>	Devaloka Time: 12:PM to 3:PM	
		Partial Solar Eclipse				

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

<b>1</b>		<b>Saturday, July 14, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam		Manama, Bahrain	
Kataka Rasi: 11.51		Tithi 2		Punarvasu/Ashlesha* Nakshatra Vajra* Yoga Balava/Tailila Karana Dvitiyayam Titau		Sun 15		Sutra 90	
		<b>Gulika</b>	4:55AM – 6:37AM	<b>Punarvasu</b>	Until 10:28PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:55AM	Vilamba 5120	
		<b>Yama</b>	1:27PM – 3:09PM	<b>Vajra*</b>	Until 9:51PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 13	
Creative Work Siddha Yoga		<b>Rahu</b>	8:20AM – 10:02AM	Balava Until 8:46AM Sun		<b>Nataraja:</b> White	3rd Phase		
Until 10:28PM				<b>Dvitiya</b>		Moon – Blue	<b>Bhuloka Day</b>		
Then Routine Work - Marana Yoga						<b>Ashada*Ani</b>	Devaloka Time: 12:PM to 3:PM		

<b>2</b>		<b>Sunday, July 15, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam		Manama, Bahrain	
Kataka Rasi: 26.53		Tithi 3		Pushya/Magha* Nakshatra Siddhi Yoga Tailila/Vanija Karana Tritiyayam Titau		Sun 16		Sutra 91	
		<b>Gulika</b>	3:09PM – 4:51PM	<b>Pushya</b>	Until 7:07PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:56AM	Vilamba 5120	
		<b>Yama</b>	11:44AM – 1:27PM	<b>Siddhi</b>	Until 10:51AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 13	
Creative Work Siddha Yoga		<b>Rahu</b>	4:51PM – 6:33PM	Tailila Until 5:37AM Mon		<b>Nataraja:</b> White	3rd Phase		
Until 7:07PM				<b>Tritiya</b>		Moon – Blue	<b>Bhuloka Day</b>		
Then Routine Work - Marana Yoga						<b>Ashada*Ani</b>	Devaloka Time: 12:PM to 3:PM		

<b>3</b>		<b>Monday, July 16, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam		Manama, Bahrain	
Simha Rasi: 11.4		Tithi 4 – 5		Magha*/Purvaphalguni Nakshatra Vratipata*/Variyan Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau		Sun 17		Sutra 92	
<b>Family Home Evening</b>		<b>Gulika</b>	1:27PM – 3:09PM	<b>Magha*</b>	Until 1:49PM Tue	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:56AM	Vilamba 5120	
Routine Work Marana Yoga		<b>Yama</b>	10:02AM – 11:44AM	<b>Vyatipata*</b>	Until 8:43AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 13	
Until 1:49PM Tue		<b>Rahu</b>	6:38AM – 8:20AM	Bava Until 2:57AM Tue		<b>Nataraja:</b> White	3rd Phase		
Then Creative Work - Siddha Yoga				<b>Chaturthi*</b>		Moon – Red	<b>Bhuloka Day</b>		
						<b>Ashada*Adi</b>	Devaloka Time: 12:PM to 3:PM		

<b>4</b>		<b>Tuesday, July 17, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam		Manama, Bahrain	
Simha Rasi: 26.06		Tithi 5 – 6		Magha*/Uttaraphalguni Nakshatra Variyan/Parigaha* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Sun 18		Sutra 93	
		<b>Gulika</b>	11:45AM – 1:27PM	<b>Magha*</b>	Until 1:49PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:57AM	Vilamba 5120	
		<b>Yama</b>	8:21AM – 10:03AM	<b>Variyan</b>	Until 6:56AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 13	
Creative Work Siddha Yoga		<b>Rahu</b>	3:09PM – 4:51PM	Kaulava Until 12:53AM Wed		<b>Nataraja:</b> Clear	3rd Phase		
Until 1:49PM Tue				<b>Panchami</b>		Moon – Red	<b>Devaloka Day</b>		
Then Creative Work - Amrita Yoga						<b>Ashada*Adi</b>			

<b>5</b>		<b>Wednesday, July 18, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam		Manama, Bahrain	
Kanya Rasi: 10.07		Tithi 6 – 7		Purvaphalguni/Hasta Nakshatra Parigaha*/Shiva Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau		Sun 19		Sutra 94	
		<b>Gulika</b>	10:03AM – 11:45AM	<b>Purvaphalguni</b>	Until 12:06PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:57AM	Vilamba 5120	
		<b>Yama</b>	6:39AM – 8:21AM	<b>Parigaha*</b>	Until 6:66AM Thu	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:32PM	Moon 6 - Phase 13	
Routine Work Marana Yoga		<b>Rahu</b>	11:45AM – 1:27PM	Gara Until 11:31PM		<b>Nataraja:</b> Clear	3rd Phase		
Until 12:06PM				<b>Shashthi*</b>		Moon – Green	<b>Sivaloka Day</b>		
Then Creative Work - Siddha Yoga						<b>Ashada*Adi</b>			

<b>Retreat Star</b>		<b>Thursday, July 19, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam		Manama, Bahrain	
Kanya Rasi: 23.41		Tithi 7 – 8		Hasta/Chitra Nakshatra Shiva/Siddha Yoga Vanija/Vistil* Karana Saptami/Ashtamyam Titau		Sun 20		Sutra 95	
		<b>Gulika</b>	8:21AM – 10:03AM	<b>Hasta</b>	Until 11:05AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:58AM	Vilamba 5120	
		<b>Yama</b>	4:58AM – 6:39AM	<b>Shiva</b>	Until 5:45AM Fri	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:32PM	Moon 6 - Phase 13	
Creative Work Siddha Yoga		<b>Rahu</b>	1:27PM – 3:08PM	Vistil Until 10:52PM		<b>Nataraja:</b> Clear	Ashtami		
Until 11:05AM				<b>Saptami</b>		Moon – Green	<b>Sivaloka Day</b>		
Then Creative Work - Amrita Yoga						<b>Ashada*Adi</b>			

<b>Retreat Star</b>		<b>Friday, July 20, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam		Manama, Bahrain	
Tula Rasi: 6.52		Tithi 8 – 9		Chitra/Svati Nakshatra Sadhya Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Sun 21		Sutra 96	
		<b>Gulika</b>	6:40AM – 8:21AM	<b>Chitra</b>	Until 10:48AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:58AM	Vilamba 5120	
		<b>Yama</b>	3:08PM – 4:50PM	<b>Sadhya</b>	Until 28:44AM Sat	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:32PM	Moon 6 - Phase 13	
Creative Work Siddha Yoga		<b>Rahu</b>	10:03AM – 11:45AM	Balava Until 10:57PM		<b>Nataraja:</b> Clear	Navami		
				<b>Ashtami*</b>		Moon – Green	<b>Sivaloka Day</b>		
						<b>Ashada*Adi</b>			

<b>1</b>		<b>Saturday, July 21, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Subha Yoga Kaulava/Tailila Karana Navami/Dashamyam Titau		Manama, Bahrain Sun 22 Sutra 97	
Tula Rasi: 19.41	Tithi 9 – 10	<b>Gulika</b>	4:58AM – 6:40AM	<b>Svati</b> Until 12:17PM Sun	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 4:58AM	Vilamba 5120		
		Yama	1:26PM – 3:08PM	Subha Until 6:26AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:31PM	Moon 6 - Phase 14		
Creative Work	Siddha Yoga	463242362 <b>Rahu</b>	8:22AM – 10:03AM	Tailila Until 11:42PM	<b>Nataraja:</b> Clear		4th Phase		
				<b>Navami*</b> Until 28:44AM Sat	Moon – Green		<b>Sivaloka Day</b>		
					<b>Ashada*Adi</b>				

<b>2</b>		<b>Sunday, July 22, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Anuradha Nakshatra Sukla Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Manama, Bahrain Sun 23 Sutra 98	
Vrischika Rasi: 2.11	Tithi 10 – 11	<b>Gulika</b>	3:08PM – 4:49PM	<b>Svati</b> Until 12:17PM	<b>Ganesh:</b> White	<i>Sunrise:</i> 4:59AM	Vilamba 5120		
		Yama	11:45AM – 1:26PM	Sukla Until 8:12AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:31PM	Moon 6 - Phase 14		
Routine Work	Marana Yoga	473242362 <b>Rahu</b>	4:49PM – 6:31PM	Vanija Until 24:62	<b>Nataraja:</b> Clear		4th Phase		
				<b>Dashami</b> Until 4:44AM Sun	Moon – Orange		<b>Devaloka Day</b>		
					<b>Ashada*Adi</b>				

<b>3</b>		<b>Monday, July 23, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Vishakha/Jyeshtha* Nakshatra Brahma Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 24 Sutra 99	
Vrischika Rasi: 14.28	Tithi 11 – 12	<b>Gulika</b>	1:26PM – 3:08PM	<b>Vishakha</b> Until 1:52PM	<b>Ganesh:</b> White	<i>Sunrise:</i> 4:59AM	Vilamba 5120		
<b>Family Home Evening</b>		Yama	10:04AM – 11:45AM	Brahma Until 10:20AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:30PM	Moon 6 - Phase 14		
Creative Work	Siddha Yoga	473242362 <b>Rahu</b>	6:41AM – 8:22AM	Bava Until 2:52AM Tue	<b>Nataraja:</b> Clear		4th Phase		
				<b>Ekadashi</b> Until 4:54AM Mon	Moon – Orange		<b>Devaloka Day</b>		
					<b>Ashada*Adi</b>				

<b>4</b>		<b>Tuesday, July 24, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha/Mula* Nakshatra Indra Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 25 Sutra 100	
Vrischika Rasi: 26.32	Tithi 12 – 13	<b>Gulika</b>	11:45AM – 1:26PM	<b>Anuradha</b> Until 3:54PM	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:00AM	Vilamba 5120		
		Yama	8:22AM – 10:04AM	Indra Until 3:48PM Wed	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:30PM	Moon 6 - Phase 14		
Routine Work	Marana Yoga	473242362 <b>Rahu</b>	3:07PM – 4:49PM	Kaulava Until 4:63AM Wed	<b>Nataraja:</b> Clear		4th Phase		
Until 3:54PM				<b>Dvadashi</b> Until 5:26AM Tue	Moon – Orange		<b>Devaloka Day</b>		
Then Creative Work - Amrita Yoga					<b>Ashada*Adi</b>				
					<i>Pradosha Vrata</i>				

<b>5</b>		<b>Wednesday, July 25, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha*/Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Tailila/Gara Karana Trayodashyam Titau		Manama, Bahrain Sun 26 Sutra 101	
Dhanus Rasi: 8.28	Tithi 13	<b>Gulika</b>	10:04AM – 11:45AM	<b>Jyeshtha*</b> Until 6:14PM	<b>Ganesh:</b> Red	<i>Sunrise:</i> 5:00AM	Vilamba 5120		
		Yama	6:42AM – 8:23AM	Indra Until 3:48PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:29PM	Moon 6 - Phase 14		
Routine Work	Marana Yoga	483342362 <b>Rahu</b>	11:45AM – 1:26PM	Gara Until 7:30AM Thu	<b>Nataraja:</b> Clear		4th Phase		
Until 6:14PM				<b>Trayodashi</b> Until 6:16AM Wed	Moon – Light Blue		<b>Sivaloka Day</b>		
Then Creative Work - Amrita Yoga					<b>Ashada*Adi</b>				

<b>6</b>		<b>Thursday, July 26, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Visti* Karana Chaturdashyam Titau		Manama, Bahrain Sun 27 Sutra 102	
Dhanus Rasi: 20.19	Tithi 14	<b>Gulika</b>	8:23AM – 10:04AM	<b>Mula*</b> Until 8:46PM	<b>Ganesh:</b> Red	<i>Sunrise:</i> 5:01AM	Vilamba 5120		
		Yama	5:01AM – 6:42AM	Vaidhriti* Until 6:53PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:29PM	Moon 6 - Phase 14		
Creative Work	Siddha Yoga	483342362 <b>Rahu</b>	1:26PM – 3:07PM	Gara Until 9:65AM Fri	<b>Nataraja:</b> Clear		4th Phase		
Until 8:46PM				<b>Chaturdashi*</b> Until 7:15AM Thu	Moon – Light Blue		<b>Sivaloka Day</b>		
Then Routine Work - Marana Yoga					<b>Ashada*Adi</b>				

<b>○</b>		<b>Friday, July 27, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vishkambha*/Priti Yoga Visti*/Balava Karana Purnimayam Titau		Manama, Bahrain Sutra 103	
<b>Copper Retreat Star</b>		<b>Gulika</b>	6:42AM – 8:23AM	<b>Purvashadha*</b> Until 11:21PM	<b>Ganesh:</b> Red	<i>Sunrise:</i> 5:01AM	Vilamba 5120		
Makara Rasi: 2.07	Tithi 15	Yama	3:07PM – 4:48PM	Vishkambha* Until 9:52PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:28PM	Moon 6 - Phase 14		
Routine Work	Marana Yoga	483342362 <b>Rahu</b>	10:04AM – 11:45AM	Visti Until 12:39AM Sat	<b>Nataraja:</b> Clear		Purnima		
				<b>Purnima*</b> Until 8:21AM Fri	Moon – Light Blue		<b>Sivaloka Day</b>		
					<b>Ashada*Adi</b>				
					<b>Total Lunar Eclipse</b>				
					<b>Satguru Purnima</b>				

<b>○</b>		<b>Saturday, July 28, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Priti/Ayushman Yoga Balava/Tailila Karana Prathamayam Titau		Manama, Bahrain Sutra 104	
<b>Silver Retreat Star</b>		<b>Gulika</b>	5:02AM – 6:43AM	<b>Uttarashadha</b> Until 1:53AM Sun	<b>Ganesh:</b> Blue	<i>Sunrise:</i> 5:02AM	Vilamba 5120		
Makara Rasi: 13.54	Tithi 16	Yama	1:26PM – 3:06PM	Priti Until 1:08AM Sun	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:28PM	Moon 6 - Phase 14		
Routine Work	Marana Yoga	493342362 <b>Rahu</b>	8:23AM – 10:04AM	Balava Until 14:66AM Sun	<b>Nataraja:</b> Clear		Prathama		
				<b>Prathama*</b> Until 9:29AM Sat	Moon – Purple		<b>Devaloka Day</b>		
					<b>Ashada*Adi</b>				
Creative Work	Siddha Yoga								
Until 1:53AM Sun									
Then Routine Work - Marana Yoga									

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



**Sunday, July 29, 2018**  
**Gold Retreat Star**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Dhanishtha Nakshatra Ayushman/Saubhagya Yoga Taitila/Vanija Karana Dvitiyayam Titau

Manama, Bahrain  
Sun 1 Sutra 105  
Vilamba 5120

Makara Rasi: 25.44    Tihti 17

**Gulika** 3:06PM – 4:47PM  
Yama 11:45AM – 1:26PM  
494342362 **Rahu** 4:47PM – 6:27PM

**Dhanishtha** Until 6:17AM Tue Mon  
Ayushman Until 4:03AM Mon  
Taitila Until 17:19AM Mon  
**Dvitiya** Until 10:29AM Sun

**Ganesha:** Blue    *Sunrise:* 5:02AM  
**Muruga:** Clear    *Sunset:* 6:27PM  
**Nataraja:** Clear  
Moon – Purple  
**Ashada•Adi**

Moon 7 - Phase 15  
1st Phase

Routine Work    Marana Yoga  
Until 6:17AM Tue Mon  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**1**

**Monday, July 30, 2018**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam  
Dhanishtha/Shatabhishak Nakshatra Saubhagya/Sobhana Yoga Vanija/Bava Karana Tritiyayam Titau

Manama, Bahrain  
Sun 2 Sutra 106  
Vilamba 5120

Kumbha Rasi: 7.37    Tihti 18

**Gulika** 1:25PM – 3:06PM  
Yama 10:04AM – 11:45AM  
494342362 **Rahu** 6:43AM – 8:24AM

**Dhanishtha** Until 6:17AM Tue  
Saubhagya Until 6:32AM Tue  
Vanija Until 18:71AM Tue  
**Tritiya** Until 11:20AM Mon

**Ganesha:** Blue    *Sunrise:* 5:03AM  
**Muruga:** Clear    *Sunset:* 6:27PM  
**Nataraja:** Clear  
Moon – Purple  
**Ashada•Adi**

Moon 7 - Phase 15  
1st Phase

**Family Home Evening**  
Creative Work    Siddha Yoga  
Until 6:17AM Tue  
Then Routine Work - Marana Yoga

**Devaloka Day**

**2**

**Tuesday, July 31, 2018**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam  
Shatabhishak/Purvaprossthapada\* Nakshatra Sobhana/Athiganda\* Yoga Vistil/Bava Karana Tritiya/Chaturthiyam Titau

Manama, Bahrain  
Sun 3 Sutra 107  
Vilamba 5120

Kumbha Rasi: 19.38    Tihti 18 – 19

**Gulika** 11:45AM – 1:25PM  
Yama 8:24AM – 10:05AM  
494342362 **Rahu** 3:06PM – 4:46PM

**Shatabhishak** Until 7:56AM Wed  
Sobhana Until 6:32AM  
Bava Until 6:71PM  
**Tritiya** Until 11:58AM Tue

**Ganesha:** Blue    *Sunrise:* 5:04AM  
**Muruga:** Clear    *Sunset:* 6:26PM  
**Nataraja:** Clear  
Moon – Purple  
**Ashada•Adi**

Moon 7 - Phase 15  
1st Phase

Routine Work    Marana Yoga

**Devaloka Day**

**3**

**Wednesday, August 1, 2018**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam  
Shatabhishak/Uttaraprossthapada Nakshatra Athiganda\*/Sukarma Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Manama, Bahrain  
Sun 4 Sutra 108  
Vilamba 5120

Meena Rasi: 1.49    Tihti 19 – 20

**Gulika** 10:05AM – 11:45AM  
Yama 6:44AM – 8:24AM  
414342362 **Rahu** 11:45AM – 1:25PM

**Shatabhishak** Until 7:56AM  
Athiganda\* Until 8:57AM  
Kaulava Until 8:36PM  
**Chaturthi\*** Until 12:14AM Wed

**Ganesha:** White    *Sunrise:* 5:04AM  
**Muruga:** Clear    *Sunset:* 6:26PM  
**Nataraja:** Clear  
Moon – Clear  
**Ashada•Adi**

Moon 7 - Phase 15  
1st Phase

Creative Work    Amrita Yoga  
Until 7:56AM  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**4**

**Thursday, August 2, 2018**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvaprossthapada\*/Revati Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Manama, Bahrain  
Sun 5 Sutra 109  
Vilamba 5120

Meena Rasi: 14.11    Tihti 20 – 21

**Gulika** 8:25AM – 10:05AM  
Yama 5:05AM – 6:45AM  
414342362 **Rahu** 1:25PM – 3:05PM

**Purvaprossthapada\*** Until 9:06AM  
Sukarma Until 10:43AM  
Gara Until 9:29PM  
**Panchami** Until 12:07AM Thu

**Ganesha:** White    *Sunrise:* 5:05AM  
**Muruga:** Clear    *Sunset:* 6:25PM  
**Nataraja:** Clear  
Moon – Clear  
**Ashada•Adi**

Moon 7 - Phase 15  
1st Phase

Creative Work    Siddha Yoga

**Devaloka Day**

**5**

**Friday, August 3, 2018**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttaraprossthapada\*/Ashvini Nakshatra Dhriti/Shula\* Yoga Vanija/Vistil\* Karana Shashthi/Saptamyam Titau

Manama, Bahrain  
Sun 6 Sutra 110  
Vilamba 5120

Meena Rasi: 26.49    Tihti 21 – 22

**Gulika** 6:45AM – 8:25AM  
Yama 3:04PM – 4:44PM  
414342362 **Rahu** 10:05AM – 11:45AM

**Uttaraprossthapada** Until 9:41AM  
Dhriti Until 11:46AM  
Visti Until 9:45PM  
**Shashthi\*** Until 11:34AM Fri

**Ganesha:** White    *Sunrise:* 5:05AM  
**Muruga:** Clear    *Sunset:* 6:24PM  
**Nataraja:** Clear  
Moon – Clear  
**Ashada•Adi**

Moon 7 - Phase 15  
1st Phase

Creative Work    Siddha Yoga  
Until 9:41AM  
Then Creative Work - Amrita Yoga

**Devaloka Day**

**D**

**Saturday, August 4, 2018**  
**Retreat Star**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam  
Ashvini/Bharani Nakshatra Shula\*/Ganda\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Manama, Bahrain  
Sun 7 Sutra 111  
Vilamba 5120

Mesha Rasi: 9.46    Tihti 22 – 23

**Gulika** 5:05AM – 6:45AM  
Yama 1:24PM – 3:04PM  
424342362 **Rahu** 8:25AM – 10:05AM

**Ashvini** Until 8:53AM Sun  
Shula\* Until 12:30PM  
Balava Until 8:81PM  
**Saptami** Until 10:28AM Sat

**Ganesha:** Clear    *Sunrise:* 5:05AM  
**Muruga:** Clear    *Sunset:* 6:24PM  
**Nataraja:** Clear  
Moon – White  
**Ashada•Adi**

Moon 7 - Phase 15  
Ashtami

Creative Work    Siddha Yoga

**Sivaloka Day**

**Sunday, August 5, 2018**  
**Retreat Star**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Ashvini/Krittika Nakshatra Ganda\*/Vridhhi Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Manama, Bahrain  
Sun 8 Sutra 112  
Vilamba 5120

Mesha Rasi: 23.03    Tihti 23 – 24

**Gulika** 3:04PM – 4:43PM  
Yama 11:44AM – 1:24PM  
424342362 **Rahu** 4:43PM – 6:23PM

**Ashvini** Until 8:53AM  
Ganda\* Until 12:24PM  
Taitila Until 7:76PM  
**Ashtami\*** Until 8:50AM Sun

**Ganesha:** Clear    *Sunrise:* 5:06AM  
**Muruga:** Clear    *Sunset:* 6:23PM  
**Nataraja:** Clear  
Moon – White  
**Ashada•Adi**

Moon 7 - Phase 15  
Navami

Routine Work    Prabalarishta Yoga  
Until 8:53AM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**

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

All times are standard time

www.gurudev.org/panchang

<b>1</b>		<b>Monday, August 6, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam		Manama, Bahrain	
Bharani/Rohini Nakshatra		Vridhhi/Dhruva Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Sun 9		Sutra 113	
Vrishabha Rasi: 6.43		Tithi 24 - 25		424342362		Gulika 1:24PM - 3:03PM		Bharani Until 7:28AM	
Family Home Evening		Yama 10:05AM - 11:44AM		Rahu 6:46AM - 8:25AM		Ganesh: Clear		Sunrise: 5:06AM	
Routine Work Marana Yoga		Vridhhi Until 11:29AM		Vanija Until 6:31PM		Muruga: Clear		Sunset: 6:22PM	
Until 7:28AM		Navami* Until 6:41AM Mon		Nataraja: Clear		Moon - White		Sivaloka Day	
Then Creative Work - Amrita Yoga		Ashada*Adi							

<b>2</b>		<b>Tuesday, August 7, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam		Manama, Bahrain	
Krittika/Mrigashira Nakshatra		Vyaghata* Yoga Bava/Kaulava Karana Ekadashyam Titau				Sun 10		Sutra 114	
Vrishabha Rasi: 20.48		Tithi 26		434342362		Gulika 11:44AM - 1:24PM		Krittika Until 2:46AM Wed	
Creative Work Amrita Yoga		Yama 8:26AM - 10:05AM		Rahu 3:03PM - 4:42PM		Ganesh: Purple		Sunrise: 5:07AM	
Until 2:46AM Wed		Vyaghata* Until 10:13AM		Bava Until 12:77AM Wed		Muruga: Clear		Sunset: 6:21PM	
Then Creative Work - Siddha Yoga		Ekadashi* Until 3:57AM Tue		Nataraja: Clear		Moon - Yellow		Devaloka Day	
		Ashada*Adi							

<b>3</b>		<b>Wednesday, August 8, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam		Manama, Bahrain	
Rohini/Ardra Nakshatra		Harshana Yoga Kaulava/Gara Karana Dvodashyam Titau				Sun 11		Sutra 115	
Mithuna Rasi: 5.16		Tithi 27		434342362		Gulika 10:05AM - 11:44AM		Rohini Until 11:40PM	
Creative Work Siddha Yoga		Yama 6:47AM - 8:26AM		Rahu 11:44AM - 1:23PM		Ganesh: Purple		Sunrise: 5:07AM	
		Harshana Until 8:16AM		Kaulava Until 10:00AM Thu		Muruga: Clear		Sunset: 6:21PM	
		Dvodashi* Until 12:47AM Wed		Nataraja: Clear		Moon - Yellow		Devaloka Day	
		Ashada*Adi							

<b>4</b>		<b>Thursday, August 9, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam		Manama, Bahrain	
Mrigashira/Punarvasu Nakshatra		Vajra*/Siddhi Yoga Gara/Visti* Karana Trayodashyam Titau				Sun 12		Sutra 116	
Mithuna Rasi: 20.04		Tithi 28		444342362		Gulika 8:26AM - 10:05AM		Mrigashira Until 8:14PM	
Creative Work Amrita Yoga		Yama 5:08AM - 6:47AM		Rahu 1:23PM - 3:02PM		Ganesh: Light Blue		Sunrise: 5:08AM	
		Vajra* Until 3:12AM Fri		Gara Until 6:28AM Fri		Muruga: Clear		Sunset: 6:20PM	
		Trayodashi* Until 9:13PM		Nataraja: Clear		Moon - Blue		Devaloka Day	
		Ashada*Adi							
		Pradosha Vrata (Fasting)							

<b>5</b>		<b>Friday, August 10, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam		Manama, Bahrain	
Punarvasu/Pushya Nakshatra		Siddhi/Vyatipata* Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Sun 13		Sutra 117	
Kataka Rasi: 5.05		Tithi 29 - 30		444342362		Gulika 6:47AM - 8:26AM		Punarvasu Until 4:37PM	
Routine Work Marana Yoga		Yama 3:02PM - 4:40PM		Rahu 10:05AM - 11:44AM		Ganesh: Light Blue		Sunrise: 5:08AM	
		Siddhi Until 12:22AM Sat		Visti Until 2:48AM Sat		Muruga: Clear		Sunset: 6:19PM	
		Chaturdashi* Until 13:18AM Fri		Nataraja: Clear		Moon - Blue		Devaloka Day	
		Ashada*Adi							

<b>6</b>		<b>Saturday, August 11, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam		Manama, Bahrain	
Pushya/Ashlesha* Nakshatra		Vyalipata*/Variyan Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Sun 14		Sutra 118	
Kataka Rasi: 20.12		Tithi 30 - 1		444342362		Gulika 5:09AM - 6:48AM		Pushya Until 12:57PM	
Routine Work Marana Yoga		Yama 1:22PM - 3:01PM		Rahu 8:26AM - 10:05AM		Ganesh: Light Blue		Sunrise: 5:09AM	
Until 12:57PM		Vyalipata* Until 9:25PM		Kintughna Until 10:70PM		Muruga: Clear		Sunset: 6:18PM	
Then Creative Work - Amrita Yoga		Amavasya* Until 9:12AM Sat		Nataraja: Clear		Moon - Blue		Devaloka Day	
		Ashada*Adi							
		Partial Solar Eclipse							

<b>7</b>		<b>Sunday, August 12, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam		Manama, Bahrain	
Ashlesha*/Magha* Nakshatra		Parigha* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Sun 15		Sutra 119	
Simha Rasi: 5.16		Tithi 1 - 2		455342362		Gulika 3:01PM - 4:39PM		Ashlesha* Until 9:24AM	
Routine Work Marana Yoga		Yama 11:44AM - 1:22PM		Rahu 4:39PM - 6:18PM		Ganesh: Clear		Sunrise: 5:09AM	
Until 9:24AM		Parigha* Until 6:56PM		Balava Until 7:44PM		Muruga: Clear		Sunset: 6:18PM	
Then Creative Work - Siddha Yoga		Prathama* Until 5:10AM Sun		Nataraja: Clear		Moon - Red		Sivaloka Day	
		Ashada*Adi							
		Sravana*Adi							

Where men move at will, in the threefold sphere, in the third heaven of heavens, where are realms full of light, in that radiant world make me immortal. Rig Veda Samhita

<b>1</b>		<b>Monday, August 13, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Uttaraphalguni Nakshatra Shiva Yoga Kaulava/Gara Karana Dvitiya/Trityayam Titau		Manama, Bahrain Sun 16 Sutra 120 Vilamba 5120	
Simha Rasi: 20.09	Tithi 2 - 3	<b>Gulika</b>	1:22PM - 3:00PM	<b>Magha* Until 6:07AM</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:10AM			
<b>Family Home Evening</b>	455342362	Yama	10:05AM - 11:43AM	Shiva Until 4:38PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:17PM		Moon 7 - Phase 17	
Creative Work	Siddha Yoga	<b>Rahu</b>	6:48AM - 8:27AM	Gara Until 4:39PM	<b>Nataraja:</b> Clear			3rd Phase	
				<b>Dvitiya Until 1:19AM Mon</b>	Moon - Red				<b>Sivaloka Day</b>
					<b>Sravana-Adi</b>				

<b>2</b>		<b>Tuesday, August 14, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Hasta Nakshatra Siddha Yoga Vanija/Bava Karana Chaturthyam Titau		Manama, Bahrain Sun 17 Sutra 121 Vilamba 5120	
Kanya Rasi: 4.43	Tithi 4	<b>Gulika</b>	11:43AM - 1:21PM	<b>Purvaphalguni Until 12:58AM Wed</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:10AM			
	455342362	Yama	8:27AM - 10:05AM	Siddha Until 2:42PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:16PM		Moon 7 - Phase 17	
Creative Work	Amrita Yoga	<b>Rahu</b>	3:00PM - 4:38PM	Vanija Until 11:65AM Wed	<b>Nataraja:</b> Clear			3rd Phase	
Until 12:58AM Wed				<b>Chaturthi* Until 9:49PM</b>	Moon - Red				<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga					<b>Sravana-Adi</b>				

<b>3</b>		<b>Wednesday, August 15, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Chitra Nakshatra Sadhya/Subha Yoga Bava/Kaulava Karana Panchamyam Titau		Manama, Bahrain Sun 18 Sutra 122 Vilamba 5120	
Kanya Rasi: 18.53	Tithi 5	<b>Gulika</b>	10:05AM - 11:43AM	<b>Uttaraphalguni Until 11:22PM</b>	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:11AM			
	455342362	Yama	6:49AM - 8:27AM	Sadhya Until 1:42PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:15PM		Moon 7 - Phase 17	
Routine Work	Marana Yoga	<b>Rahu</b>	11:43AM - 1:21PM	Bava Until 10:52AM Thu	<b>Nataraja:</b> Clear			3rd Phase	
Until 11:22PM		<b>Nag Panchami</b>		<b>Panchami Until 6:44PM</b>	Moon - Green				<b>Subha Sivaloka Day</b>
Then Creative Work - Siddha Yoga					<b>Sravana-Adi</b>				

<b>4</b>		<b>Thursday, August 16, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Svati Nakshatra Subha/Sukla Yoga Kaulava/Gara Karana Shashthiyam Titau		Manama, Bahrain Sun 19 Sutra 123 Vilamba 5120	
Tula Rasi: 2.35	Tithi 6	<b>Gulika</b>	8:27AM - 10:05AM	<b>Hasta Until 10:32PM</b>	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:11AM			
	455342362	Yama	5:11AM - 6:49AM	Subha Until 1:17PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:14PM		Moon 7 - Phase 17	
Creative Work	Siddha Yoga	<b>Rahu</b>	1:21PM - 2:59PM	Kaulava Until 9:86AM Fri	<b>Nataraja:</b> Clear			3rd Phase	
Until 10:32PM				<b>Shashthi* Until 14:17AM Thu</b>	Moon - Green				<b>Subha Sivaloka Day</b>
Then Creative Work - Amrita Yoga					<b>Sravana-Adi</b>				

<b>5</b>		<b>Friday, August 17, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Vishakha Nakshatra Sukla/Brahma Yoga Gara/Visti* Karana Saptamyam Titau		Manama, Bahrain Sun 20 Sutra 124 Vilamba 5120	
Tula Rasi: 15.51	Tithi 7	<b>Gulika</b>	6:49AM - 8:27AM	<b>Chitra Until 10:31PM</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:12AM			
	565342362	Yama	2:58PM - 4:36PM	Sukla Until 1:30PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:13PM		Moon 7 - Phase 17	
Creative Work	Siddha Yoga	<b>Rahu</b>	10:05AM - 11:43AM	Gara Until 10:50AM Sat	<b>Nataraja:</b> Clear			3rd Phase	
				<b>Saptami Until 1:00PM</b>	Moon - Green				<b>Sivaloka Day</b>
					<b>Sravana-Avani</b>				

<b>Retreat Star</b>		<b>Saturday, August 18, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Anuradha Nakshatra Brahma/Indra Yoga Visti*/Balava Karana Ashtamyam Titau		Manama, Bahrain Sun 21 Sutra 125 Vilamba 5120	
Tula Rasi: 28.41	Tithi 8	<b>Gulika</b>	5:12AM - 6:50AM	<b>Svati Until 11:17PM</b>	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:12AM			
	575342362	Yama	1:20PM - 2:57PM	Brahma Until 2:49PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:12PM		Moon 7 - Phase 17	
Creative Work	Siddha Yoga	<b>Rahu</b>	8:27AM - 10:05AM	Visti Until 11:58AM Sun	<b>Nataraja:</b> Clear			Ashtami	
				<b>Ashtami* Until 12:21AM Sat</b>	Moon - Orange				<b>Subha Sivaloka Day</b>
					<b>Sravana-Avani</b>				

<b>Retreat Star</b>		<b>Sunday, August 19, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha/Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Balava/Taitila Karana Navamyam Titau		Manama, Bahrain Sun 22 Sutra 126 Vilamba 5120	
Vrischika Rasi: 11.11	Tithi 9	<b>Gulika</b>	2:57PM - 4:34PM	<b>Vishakha Until 12:45AM Mon</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:13AM			
	575442362	Yama	11:42AM - 1:19PM	Indra Until 4:42PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:12PM		Moon 7 - Phase 17	
Routine Work	Marana Yoga	<b>Rahu</b>	4:34PM - 6:12PM	Balava Until 13:44AM Mon	<b>Nataraja:</b> Clear			Navami	
Until 12:45AM Mon				<b>Navami* Until 12:18AM Sun</b>	Moon - Orange				<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga					<b>Sravana-Avani</b>				

Now, there are, of a truth, three worlds: the world of men, the world of the fathers, and the world of the Gods. The world of the Gods is verily the best of worlds. Shukla Yajur Veda

<b>Monday, August 20, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vaidhriti*/Vishkambha* Yoga Taitila/Vanija Karana Dashamyam Titau				Manama, Bahrain Sun 23 Sutra 127 Vilamba 5120
<b>1</b>		<b>Gulika</b> 1:19PM – 2:56PM	<b>Anuradha</b> Until 2:47AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:13AM	
Vrischika Rasi: 23.23	Tithi 10	<b>Yama</b> 10:05AM – 11:42AM	<b>Vaidhriti*</b> Until 7:00PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:11PM	Moon 7 - Phase 18
<b>Family Home Evening</b>	575442362	<b>Rahu</b> 6:50AM – 8:28AM	<b>Taitila</b> Until 15:58AM Tue	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Dashami</b> Until 12:42AM Mon	Moon – Orange		<b>Sivaloka Day</b>
Until 2:47AM Tue				<b>Sravana-Avani</b>		
Then Creative Work - Amrita Yoga						

<b>Tuesday, August 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vishkambha*/Priti Yoga Vanija/Bava Karana Ekadashyam Titau				Manama, Bahrain Sun 24 Sutra 128 Vilamba 5120
<b>2</b>		<b>Gulika</b> 11:42AM – 1:19PM	<b>Jyeshtha*</b> Until 5:11AM Wed	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:14AM	
Dhanus Rasi: 5.23	Tithi 11	<b>Yama</b> 8:28AM – 10:05AM	<b>Vishkambha*</b> Until 10:02PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:10PM	Moon 7 - Phase 18
<b>Family Home Evening</b>	586442362	<b>Rahu</b> 2:56PM – 4:33PM	<b>Vanija</b> Until 18:29AM Wed	<b>Nataraja:</b> Clear		4th Phase
Creative Work Amrita Yoga			<b>Vanija</b> Until 18:29AM Wed	Moon – Light Blue		<b>Sivaloka Day</b>
Until 7:46AM Thu			<b>Ekadashi</b> Until 13:29AM Tue	<b>Sravana-Avani</b>		
Then Routine Work - Marana Yoga						

<b>Wednesday, August 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Priti/Ayushman Yoga Bava/Kaulava Karana Dvadashyam Titau				Manama, Bahrain Sun 25 Sutra 129 Vilamba 5120
<b>3</b>		<b>Gulika</b> 10:05AM – 11:41AM	<b>Mula*</b> Until 7:46AM Thu	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:14AM	
Dhanus Rasi: 17.15	Tithi 12	<b>Yama</b> 6:51AM – 8:28AM	<b>Priti</b> Until 1:08AM Thu	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:09PM	Moon 7 - Phase 18
<b>Family Home Evening</b>	586442362	<b>Rahu</b> 11:41AM – 1:18PM	<b>Bava</b> Until 20:66AM Thu	<b>Nataraja:</b> Clear		4th Phase
Creative Work Amrita Yoga			<b>Dvadashi</b> Until 14:31AM Wed	Moon – Light Blue		<b>Sivaloka Day</b>
Until 7:46AM Thu				<b>Sravana-Avani</b>		
Then Routine Work - Marana Yoga						

<b>Thursday, August 23, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 130 Vilamba 5120
<b>4</b>		<b>Gulika</b> 8:28AM – 10:04AM	<b>Purvashadha*</b> Until 7:46AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:14AM	
Dhanus Rasi: 29.02	Tithi 12 – 13	<b>Yama</b> 5:14AM – 6:51AM	<b>Ayushman</b> Until 4:07AM Fri	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:08PM	Moon 7 - Phase 18
<b>Family Home Evening</b>	586442362	<b>Rahu</b> 1:18PM – 2:54PM	<b>Kaulava</b> Until 8:66PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work Marana Yoga			<b>Dvadashi</b> Until 15:35AM Thu	Moon – Light Blue		<b>Sivaloka Day</b>
Until 7:46AM				<b>Sravana-Avani</b>		
Then Creative Work - Siddha Yoga						

*Pradosha Vrata*

<b>Friday, August 24, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 131 Vilamba 5120
<b>5</b>		<b>Gulika</b> 6:51AM – 8:28AM	<b>Uttarashadha</b> Until 10:22AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:15AM	
Makara Rasi: 10.5	Tithi 13 – 14	<b>Yama</b> 2:54PM – 4:30PM	<b>Saubhagya</b> Until 7:19AM Sat	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:07PM	Moon 7 - Phase 18
<b>Family Home Evening</b>	596442362	<b>Rahu</b> 10:04AM – 11:41AM	<b>Gara</b> Until 11:38PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work Marana Yoga			<b>Trayodashi</b> Until 16:39AM Fri	Moon – Purple		<b>Subha Sivaloka Day</b>
Until 10:22AM				<b>Sravana-Avani</b>		
Then Creative Work - Siddha Yoga						

**Varalakshmi Vratam**

<b>Saturday, August 25, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sobhana/Alhiganda* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Manama, Bahrain Sun 27 Sutra 132 Vilamba 5120
<b>0</b>		<b>Gulika</b> 5:15AM – 6:52AM	<b>Shravana</b> Until 2:59PM Sun	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:15AM	
Makara Rasi: 22.4	Tithi 14 – 15	<b>Yama</b> 1:17PM – 2:53PM	<b>Sobhana</b> Until 7:19AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:06PM	Moon 7 - Phase 18
<b>Family Home Evening</b>	596442362	<b>Rahu</b> 8:28AM – 10:04AM	<b>Visti</b> Until 1:58AM Sun	<b>Nataraja:</b> Clear		Purnima
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 17:36AM Sat	Moon – Purple		<b>Subha Sivaloka Day</b>
Until 10:22AM				<b>Sravana-Avani</b>		
Then Creative Work - Siddha Yoga						

**Chidambaram Abhishekam**

<b>Sunday, August 26, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Shatabhishak Nakshatra Alhiganda* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Manama, Bahrain Sun 28 Sutra 133 Vilamba 5120
<b>0</b>		<b>Gulika</b> 2:53PM – 4:29PM	<b>Shravana</b> Until 2:59PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:16AM	
Kumbha Rasi: 5	Tithi 15 – 16	<b>Yama</b> 11:40AM – 1:16PM	<b>Athiganda*</b> Until 6:17PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:05PM	Moon 7 - Phase 18
<b>Family Home Evening</b>	596442362	<b>Rahu</b> 4:29PM – 6:05PM	<b>Balava</b> Until 3:58AM Mon	<b>Nataraja:</b> Clear		Prathama
Routine Work Marana Yoga			<b>Purnima*</b> Until 18:17AM Sun	Moon – Purple		<b>Subha Sivaloka Day</b>
Until 2:59PM				<b>Sravana-Avani</b>		
Then Creative Work - Siddha Yoga						

**Avani Avittam**

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

All times are standard time

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**Monday, August 27, 2018****Gold Retreat Star**Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam  
Dhanishtha/Purvaproshtapada\* Nakshatra Sukarma Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Manama, Bahrain

Sutra 134

Vilamba 5120

Kumbha Rasi: 16.39      Tihti 16 – 17

**Family Home Evening**

517442363

**Gulika**

1:16PM – 2:52PM

Yama

10:04AM – 11:40AM

Rahu

6:52AM – 8:28AM

**Dhanishtha Until 4:48PM**

Sukarma Until 12:25PM

Taitila Until 5:35AM Tue

**Prathama\* Until 6:17PM****Ganesh:** White*Sunrise:* 5:16AM**Muruga:** Clear*Sunset:* 6:04PM**Nataraja:** Clear

Moon – Purple

**Sravana-Avani****Subha Sivaloka Day**

Moon 8 - Phase 19

1st Phase

Creative Work    Siddha Yoga

Until 4:48PM

Then Routine Work - Marana Yoga

**Tuesday, August 28, 2018**Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Shatabhishak/Uttaraproshtapada Nakshatra Dhriti Yoga Gara/Vanija Karana Dvitiyayam Titau

Manama, Bahrain

Sun 1      Sutra 135

Vilamba 5120

Kumbha Rasi: 28.52      Tihti 17

Routine Work    Marana Yoga

Until 6:12PM

Then Creative Work - Amrita Yoga

517452363

**Gulika**

11:40AM – 1:16PM

Yama

8:28AM – 10:04AM

Rahu

2:51PM – 4:27PM

**Shatabhishak Until 6:12PM**

Dhriti Until 2:39PM

Vanija Until 6:46AM Wed

**Dvitiya Until 6:43PM****Ganesh:** Clear*Sunrise:* 5:17AM**Muruga:** Purple*Sunset:* 6:03PM**Nataraja:** Purple

Moon – Clear

**Sravana-Avani****Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Moon 8 - Phase 19

1st Phase

**Wednesday, August 29, 2018**Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam  
Purvaproshtapada\*/Revati Nakshatra Shula\* Yoga Vanija/Bava Karana Tritiyayam Titau

Manama, Bahrain

Sun 2      Sutra 136

Vilamba 5120

Meena Rasi: 11.16      Tihti 18

Creative Work    Siddha Yoga

Until 7:10PM

Then Routine Work - Marana Yoga

517452363

**Gulika**

10:04AM – 11:39AM

Yama

6:53AM – 8:28AM

Rahu

11:39AM – 1:15PM

**Purvaproshtapada\* Until 7:10PM**

Shula\* Until 4:18PM

Vanija Until 7:30AM Thu

**Tritiya Until 6:50PM****Ganesh:** Clear*Sunrise:* 5:17AM**Muruga:** Purple*Sunset:* 6:02PM**Nataraja:** Purple

Moon – Clear

**Sravana-Avani****Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Moon 8 - Phase 19

1st Phase

**Thursday, August 30, 2018**Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam  
Revati/Ashvini Nakshatra Ganda\*/Vridhi Yoga Bava/Kaulava Karana Chaturthyam Titau

Manama, Bahrain

Sun 3      Sutra 137

Vilamba 5120

Meena Rasi: 23.52      Tihti 19

Creative Work    Siddha Yoga

Until 7:43PM Fri

Then Creative Work - Amrita Yoga

517452363

**Gulika**

8:28AM – 10:04AM

Yama

5:17AM – 6:53AM

Rahu

1:15PM – 2:50PM

**Revati Until 7:43PM Fri**

Ganda\* Until 5:21PM

Bava Until 7:47AM Fri

**Chaturthi\* Until 6:34PM****Ganesh:** Clear*Sunrise:* 5:17AM**Muruga:** Purple*Sunset:* 6:01PM**Nataraja:** Purple

Moon – Clear

**Sravana-Avani****Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Moon 8 - Phase 19

1st Phase

**Friday, August 31, 2018**Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Revati/Ashvini Nakshatra Vridhi/Dhruva Yoga Kaulava/Gara Karana Panchamyam Titau

Manama, Bahrain

Sun 4      Sutra 138

Vilamba 5120

Mesha Rasi: 6.41      Tihti 20

Creative Work    Amrita Yoga

Until 7:43PM

Then Creative Work - Siddha Yoga

527452363

**Gulika**

6:53AM – 8:28AM

Yama

2:49PM – 4:25PM

Rahu

10:04AM – 11:39AM

**Revati Until 7:43PM**

Vridhi Until 6:16PM

Kaulava Until 7:35AM Sat

**Panchami Until 17:01AM Fri****Ganesh:** Purple*Sunrise:* 5:18AM**Muruga:** Purple*Sunset:* 6:00PM**Nataraja:** Purple

Moon – White

**Sravana-Avani****Bhuloka Day**

Moon 8 - Phase 19

1st Phase

**Saturday, September 1, 2018**Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam  
Ashvini/Bharani Nakshatra Dhruva/Vyaghata\* Yoga Gara/Visi\* Karana Shashthyam Titau

Manama, Bahrain

Sun 5      Sutra 139

Vilamba 5120

Mesha Rasi: 19.44      Tihti 21

Creative Work    Siddha Yoga

Until 7:17PM

Then Creative Work - Amrita Yoga

527452363

**Gulika**

5:18AM – 6:53AM

Yama

1:14PM – 2:49PM

Rahu

8:28AM – 10:03AM

**Ashvini Until 7:17PM**

Dhruva Until 6:32PM

Gara Until 6:53AM Sun

**Shashthi\* Until 15:40AM Sat****Ganesh:** Purple*Sunrise:* 5:18AM**Muruga:** Purple*Sunset:* 5:59PM**Nataraja:** Purple

Moon – White

**Sravana-Avani****Bhuloka Day**

Moon 8 - Phase 19

1st Phase

**Sunday, September 2, 2018**Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Bharani/Krittika Nakshatra Vyaghata\*/Harshana Yoga Visi\*/Balava Karana Saptamyam Titau

Manama, Bahrain

Sun 6      Sutra 140

Vilamba 5120

Vrisabha Rasi: 3.02      Tihti 22

Creative Work    Siddha Yoga

527452363

**Gulika**

2:48PM – 4:23PM

Yama

11:38AM – 1:13PM

Rahu

4:23PM – 5:58PM

**Bharani Until 6:20PM**

Vyaghata\* Until 6:11PM

Visi Until 5:41AM Mon

**Saptami Until 13:55AM Sun****Ganesh:** Purple*Sunrise:* 5:19AM**Muruga:** Purple*Sunset:* 5:58PM**Nataraja:** Purple

Moon – White

**Sravana-Avani****Bhuloka Day**

Moon 8 - Phase 19

1st Phase

**Monday, September 3, 2018****Retreat Star**Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam  
Krittika/Mrigashira Nakshatra Harshana/Vajra\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Manama, Bahrain

Sun 7      Sutra 141

Vilamba 5120

Vrisabha Rasi: 16.38      Tihti 23 – 24

**Family Home Evening**

537452363

**Gulika**

1:13PM – 2:47PM

Yama

10:03AM – 11:38AM

Rahu

6:54AM – 8:29AM

**Krittika Until 4:53PM**

Harshana Until 8:72AM Tue

Taitila Until 4:00AM Tue

**Ashtami\* Until 11:47AM Mon****Ganesh:** Clear*Sunrise:* 5:19AM**Muruga:** Purple*Sunset:* 5:57PM**Nataraja:** Purple

Moon – Yellow

**Sravana-Avani****Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Creative Work    Amrita Yoga

Moon 8 - Phase 19

Ashtami

**Tuesday, September 4, 2018****Retreat Star**Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Rohini/Ardra Nakshatra Vajra\*/Siddhi Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Manama, Bahrain

Sun 8      Sutra 142

Vilamba 5120

Mithuna Rasi: 0.32      Tihti 24 – 25

Creative Work    Siddha Yoga

Until 2:57PM

Then Routine Work - Marana Yoga

538452363

**Gulika**

11:38AM – 1:12PM

Yama

8:29AM – 10:03AM

Rahu

2:47PM – 4:21PM

**Rohini Until 2:57PM**

Vajra\* Until 4:24PM

Vanija Until 1:49AM Wed

**Navami\* Until 8:72AM Tue****Ganesh:** White*Sunrise:* 5:20AM**Muruga:** Purple*Sunset:* 5:56PM**Nataraja:** Purple

Moon – Yellow

**Sravana-Avani****Devaloka Day**

Moon 8 - Phase 19

Navami

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

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<b>1</b>		<b>Wednesday, September 5, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Mrigashira/Punarvasu Nakshatra Siddhi/Vyatipala* Yoga Visti*/Bava Karana Dashami/Ekodashyam Titau			Manama, Bahrain Sun 9 Sutra 143 Vilamba 5120	
Mithuna Rasi: 14.44	Tithi 25 – 26	<b>Gulika</b>	<b>10:03AM – 11:37AM</b>	<b>Mrigashira Until 12:33PM</b>	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:20AM		
		Yama	6:54AM – 8:29AM	Siddhi Until 2:37PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:54PM		Moon 8 - Phase 20
Creative Work	Siddha Yoga	548452363	<b>Rahu</b>	Bava Until 10:73PM	<b>Nataraja:</b> Purple			2nd Phase
			<b>11:37AM – 1:12PM</b>	<b>Dashami Until 6:16AM Wed</b>	Moon – Yellow		<b>Devaloka Day</b>	
					<b>Sravana-Avani</b>			

<b>2</b>		<b>Thursday, September 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ardra/Pushya Nakshatra Variyan Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau			Manama, Bahrain Sun 10 Sutra 144 Vilamba 5120	
Mithuna Rasi: 29.13	Tithi 26 – 27	<b>Gulika</b>	<b>8:29AM – 10:03AM</b>	<b>Ardra Until 9:46AM</b>	<b>Ganesh:</b> Yellow	<i>Sunrise:</i> 5:20AM		
		Yama	5:20AM – 6:55AM	Variyan Until 12:43PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:53PM		Moon 8 - Phase 20
Creative Work	Amrita Yoga	548452363	<b>Rahu</b>	Kaulava Until 7:77PM	<b>Nataraja:</b> Purple			2nd Phase
			<b>1:11PM – 2:45PM</b>	<b>Ekadashi* Until 3:00AM Thu</b>	Moon – Blue		<b>Bhuloka Day</b>	
					<b>Sravana-Avani</b>		<b>Devaloka Time: 9:AM to12:PM</b>	

<b>3</b>		<b>Friday, September 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam Punarvasu/Ashlesha* Nakshatra Parigha* Yoga Tailila/Gara Karana Dvodashi/Trayodashyam Titau			Manama, Bahrain Sun 11 Sutra 145 Vilamba 5120	
Kataka Rasi: 13.56	Tithi 27 – 28	<b>Gulika</b>	<b>6:55AM – 8:29AM</b>	<b>Punarvasu Until 6:42AM</b>	<b>Ganesh:</b> Yellow	<i>Sunrise:</i> 5:21AM		
		Yama	2:44PM – 4:18PM	Parigha* Until 10:24AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:52PM		Moon 8 - Phase 20
Routine Work	Marana Yoga	548452363	<b>Rahu</b>	Gara Until 4:67PM	<b>Nataraja:</b> Purple			2nd Phase
			<b>10:03AM – 11:37AM</b>	<b>Dvodashi* Until 11:27PM</b>	Moon – Blue		<b>Bhuloka Day</b>	
					<b>Sravana-Avani</b>		<b>Devaloka Time: 9:AM to12:PM</b>	

*Pradosha Vrata (Fasting)*

<b>4</b>		<b>Saturday, September 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Pushya/Magha* Nakshatra Shiva/Siddha Yoga Visti*/Catuspada* Karana Chaturdashyam Titau			Manama, Bahrain Sun 12 Sutra 146 Vilamba 5120	
Kataka Rasi: 28.47	Tithi 29	<b>Gulika</b>	<b>5:21AM – 6:55AM</b>	<b>Pushya Until 12:11AM Sun</b>	<b>Ganesh:</b> Yellow	<i>Sunrise:</i> 5:21AM		
		Yama	1:10PM – 2:44PM	Shiva Until 7:49AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:51PM		Moon 8 - Phase 20
Routine Work	Marana Yoga	548452363	<b>Rahu</b>	Visti Until 10:35AM Sun	<b>Nataraja:</b> Purple			2nd Phase
			<b>8:29AM – 10:02AM</b>	<b>Chaturdashi* Until 7:43PM</b>	Moon – Blue		<b>Bhuloka Day</b>	
					<b>Sravana-Avani</b>		<b>Devaloka Time: 9:AM to12:PM</b>	

<b>●</b>		<b>Sunday, September 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha*/Purvaphalguni Nakshatra Siddha/Sadhya Yoga Catuspada*/Kintughna* Karana Amavasyayam Titau			Manama, Bahrain Sun 13 Sutra 147 Vilamba 5120	
<b>Retreat Star</b>		<b>Gulika</b>	<b>2:43PM – 4:17PM</b>	<b>Ashlesha* Until 9:00PM</b>	<b>Ganesh:</b> Red	<i>Sunrise:</i> 5:22AM		
Simha Rasi: 13.39	Tithi 30	Yama	11:36AM – 1:09PM	Siddha Until 3:08AM Mon	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:50PM		Moon 8 - Phase 20
Creative Work	Siddha Yoga	548452363	<b>Rahu</b>	Catuspada Until 7:31AM Mon	<b>Nataraja:</b> Purple			Amavasya
Until 9:00PM				<b>Amavasya* Until 12:09AM Sun</b>	Moon – Red		<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga					<b>Sravana-Avani</b>		<b>Devaloka Time: 9:AM to12:PM</b>	

**Grandparent's Day**

<b>Monday, September 10, 2018</b>		<b>Retreat Star</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Sadhya/Subha Yoga Kintughna*/Kaulava Karana Prathamayam Titau			Manama, Bahrain Sun 14 Sutra 148 Vilamba 5120	
Simha Rasi: 28.24	Tithi 1	<b>Gulika</b>	<b>1:09PM – 2:42PM</b>	<b>Purvaphalguni Until 6:04PM</b>	<b>Ganesh:</b> Blue	<i>Sunrise:</i> 5:22AM		
<b>Family Home Evening</b>		Yama	10:02AM – 11:36AM	Sadhya Until 12:58AM Tue	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:49PM		Moon 8 - Phase 20
Creative Work	Siddha Yoga	559452363	<b>Rahu</b>	Kintughna Until 4:46AM Tue	<b>Nataraja:</b> Purple			Prathama
			<b>6:55AM – 8:29AM</b>	<b>Prathama* Until 8:32AM Mon</b>	Moon – Red		<b>Bhuloka Day</b>	
					<b>Bhadrapada-Avani</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

All times are standard time

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<b>1</b>	<b>Tuesday, September 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sukla Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Manama, Bahrain Sun 15 Sutra 149 Vilamba 5120
	Kanya Rasi: 12.55	Titthi 2 – 3	569452363	<b>Gulika</b> 11:35AM – 1:08PM <b>Yama</b> 8:29AM – 10:02AM <b>Rahu</b> 2:42PM – 4:15PM	<b>Uttaraphalguni Until 3:34PM</b> Sukla Until 11:33PM Taitila Until 1:91AM Wed Dvitiya Until 5:14AM Tue	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:22AM <b>Muruga:</b> Purple <i>Sunset:</i> 5:48PM <b>Nataraja:</b> Purple Moon – Green <b>Bhadrapada-Avani</b>	Moon 8 - Phase 21 3rd Phase <b>Bhuloka Day</b>
	Creative Work Siddha Yoga						

<b>2</b>	<b>Wednesday, September 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Brahma Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Manama, Bahrain Sun 16 Sutra 150 Vilamba 5120
	Kanya Rasi: 27.06	Titthi 3 – 4	569452363	<b>Gulika</b> 10:02AM – 11:35AM <b>Yama</b> 6:56AM – 8:29AM <b>Rahu</b> 11:35AM – 1:08PM	<b>Hasta Until 1:37PM</b> Brahma Until 10:35PM Vanija Until 12:54AM Thu Tritiya Until 2:17AM Wed	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:23AM <b>Muruga:</b> Purple <i>Sunset:</i> 5:47PM <b>Nataraja:</b> Purple Moon – Green <b>Bhadrapada-Avani</b>	Moon 8 - Phase 21 3rd Phase <b>Bhuloka Day</b>
	Creative Work Siddha Yoga						

<b>3</b>	<b>Thursday, September 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Indra Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau				Manama, Bahrain Sun 17 Sutra 151 Vilamba 5120
	Tula Rasi: 10.52	Titthi 4 – 5	569452363	<b>Gulika</b> 8:29AM – 10:02AM <b>Yama</b> 5:23AM – 6:56AM <b>Rahu</b> 1:07PM – 2:40PM	<b>Chitra Until 12:21PM</b> Indra Until 10:12PM Bava Until 11:62PM Chaturthi* Until 11:53PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:23AM <b>Muruga:</b> Purple <i>Sunset:</i> 5:46PM <b>Nataraja:</b> Purple Moon – Green <b>Bhadrapada-Avani</b>	Moon 8 - Phase 21 3rd Phase <b>Bhuloka Day</b>
	Creative Work Amrita Yoga Until 12:21PM Then Creative Work - Siddha Yoga						

<b>4</b>	<b>Friday, September 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Manama, Bahrain Sun 18 Sutra 152 Vilamba 5120
	Tula Rasi: 24.11	Titthi 5 – 6	579552363	<b>Gulika</b> 6:56AM – 8:29AM <b>Yama</b> 2:39PM – 4:12PM <b>Rahu</b> 10:01AM – 11:34AM	<b>Svati Until 11:53AM</b> Vaidhriti* Until 10:56PM Kaulava Until 11:59PM Panchami Until 10:04PM	<b>Ganesha:</b> White <i>Sunrise:</i> 5:24AM <b>Muruga:</b> Purple <i>Sunset:</i> 5:45PM <b>Nataraja:</b> Purple Moon – Orange <b>Bhadrapada-Avani</b>	Moon 8 - Phase 21 3rd Phase <b>Devaloka Day</b>
	Creative Work Siddha Yoga						

<b>5</b>	<b>Saturday, September 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Vishkambha* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Manama, Bahrain Sun 19 Sutra 153 Vilamba 5120
	Vrischika Rasi: 7.05	Titthi 6 – 7	579552363	<b>Gulika</b> 5:24AM – 6:56AM <b>Yama</b> 1:06PM – 2:39PM <b>Rahu</b> 8:29AM – 10:01AM	<b>Vishakha Until 12:15PM</b> Vishkambha* Until 12:18AM Sun Gara Until 12:46AM Sun Shashthi* Until 8:53PM	<b>Ganesha:</b> White <i>Sunrise:</i> 5:24AM <b>Muruga:</b> Purple <i>Sunset:</i> 5:43PM <b>Nataraja:</b> Purple Moon – Orange <b>Bhadrapada-Avani</b>	Moon 8 - Phase 21 3rd Phase <b>Devaloka Day</b>
	Creative Work Siddha Yoga						

<b>D</b>	<b>Sunday, September 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Priti Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Manama, Bahrain Sun 20 Sutra 154 Vilamba 5120		
	<b>Retreat Star</b>		Vrischika Rasi: 19.35	Titthi 7 – 8	579552363	<b>Gulika</b> 2:38PM – 4:10PM <b>Yama</b> 11:33AM – 1:06PM <b>Rahu</b> 4:10PM – 5:42PM	<b>Anuradha Until 1:25PM</b> Priti Until 2:14AM Mon Visti Until 1:77AM Mon Saptami Until 8:22PM	<b>Ganesha:</b> White <i>Sunrise:</i> 5:24AM <b>Muruga:</b> Purple <i>Sunset:</i> 5:42PM <b>Nataraja:</b> Purple Moon – Orange <b>Bhadrapada-Avani</b>	Moon 8 - Phase 21 Ashtami <b>Devaloka Day</b>
	Routine Work Marana Yoga Until 1:25PM Then Creative Work - Amrita Yoga								

<b>D</b>	<b>Monday, September 17, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ayushman Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain Sun 21 Sutra 155 Vilamba 5120		
	<b>Retreat Star</b>		Dhanus Rasi: 1.48	Titthi 8 – 9	589552363	<b>Gulika</b> 1:05PM – 2:37PM <b>Yama</b> 10:01AM – 11:33AM <b>Rahu</b> 6:57AM – 8:29AM	<b>Jyeshtha* Until 3:16PM</b> Ayushman Until 5:04AM Tue Balava Until 4:24AM Tue Ashtami* Until 8:27PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:25AM <b>Muruga:</b> Purple <i>Sunset:</i> 5:41PM <b>Nataraja:</b> Purple Moon – Light Blue <b>Bhadrapada-Puratasi</b>	Moon 8 - Phase 21 Navami <b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM
	Family Home Evening Creative Work Siddha Yoga Until 3:16PM Then Routine Work - Marana Yoga								

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

<b>1</b> Tuesday, September 18, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Saubhagya Yoga Kaulava/Tailila Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 22 Sutra 156 Vilamba 5120
Dhanus Rasi: 13.47	Tithi 9 – 10	<b>Gulika</b> 11:33AM – 1:05PM	<b>Purvashadha* Until 8:12PM Wed</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:25AM	
		<b>Yama</b> 8:29AM – 10:01AM	Saubhagya Until 8:06AM Wed	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:40PM	Moon 8 - Phase 22
		<b>Rahu</b> 2:36PM – 4:08PM	Tailila Until 6:54AM Wed	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga		<b>Navami* Until 8:59PM</b>	Moon – Light Blue		<b>Bhuloka Day</b>
Until 8:12PM Wed				<b>Bhadrapada-Puratasi</b>		Devaloka Time: 9:AM to12:PM
Then Creative Work - Amrita Yoga						

<b>2</b> Wednesday, September 19, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Sobhana Yoga Tailila/Vanija Karana Dashamyam Titau				Manama, Bahrain Sun 23 Sutra 157 Vilamba 5120
Dhanus Rasi: 25.37	Tithi 10	<b>Gulika</b> 10:01AM – 11:32AM	<b>Purvashadha* Until 10:48PM Thu</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:26AM	
		<b>Yama</b> 6:57AM – 8:29AM	Sobhana Until 8:06AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:39PM	Moon 8 - Phase 22
		<b>Rahu</b> 11:32AM – 1:04PM	Tailila Until 9:32AM Thu	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Amrita Yoga		<b>Dashami Until 9:52PM</b>	Moon – Light Blue		<b>Bhuloka Day</b>
				<b>Bhadrapada-Puratasi</b>		Devaloka Time: 9:AM to12:PM

<b>3</b> Thursday, September 20, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha*/Shravana Nakshatra Athiganda* Yoga Vanija/Bava Karana Ekadashyam Titau				Manama, Bahrain Sun 24 Sutra 158 Vilamba 5120
Makara Rasi: 7.25	Tithi 11	<b>Gulika</b> 8:29AM – 10:00AM	<b>Purvashadha* Until 10:48PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:26AM	
		<b>Yama</b> 5:26AM – 6:58AM	Athiganda* Until 11:04AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:38PM	Moon 8 - Phase 22
		<b>Rahu</b> 1:03PM – 2:35PM	Vanija Until 11:64AM Fri	<b>Nataraja:</b> Purple		4th Phase
Routine Work	Marana Yoga		<b>Ekadashi Until 10:56PM</b>	Moon – Light Blue		<b>Bhuloka Day</b>
Until 10:48PM				<b>Bhadrapada-Puratasi</b>		Devaloka Time: 9:AM to12:PM
Then Creative Work - Siddha Yoga						

<b>4</b> Friday, September 21, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha/Dhanishtha Nakshatra Sukarma Yoga Bava/Kaulava Karana Dvadashyam Titau				Manama, Bahrain Sun 25 Sutra 159 Vilamba 5120
Makara Rasi: 19.14	Tithi 12	<b>Gulika</b> 6:58AM – 8:29AM	<b>Uttarashadha Until 1:13AM Sat</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:26AM	
		<b>Yama</b> 2:34PM – 4:05PM	Sukarma Until 2:16PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:37PM	Moon 8 - Phase 22
		<b>Rahu</b> 10:00AM – 11:32AM	Bava Until 14:19AM Sat	<b>Nataraja:</b> Purple		4th Phase
Routine Work	Marana Yoga		<b>Dvadashi Until 11:58PM</b>	Moon – Purple		<b>Devaloka Day</b>
Until 1:13AM Sat				<b>Bhadrapada-Puratasi</b>		
Then Creative Work - Siddha Yoga						

<b>5</b> Saturday, September 22, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Shravana/Shatabhishak Nakshatra Dhriti Yoga Kaulava/Gara Karana Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 160 Vilamba 5120
Kumbha Rasi: 1.08	Tithi 13	<b>Gulika</b> 5:27AM – 6:58AM	<b>Shravana Until 3:16AM Sun</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:27AM	
		<b>Yama</b> 1:02PM – 2:33PM	Dhriti Until 5:01PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:36PM	Moon 8 - Phase 22
		<b>Rahu</b> 8:29AM – 10:00AM	Kaulava Until 15:69AM Sun	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 12:51AM Sat</b>	Moon – Purple		<b>Devaloka Day</b>
				<b>Bhadrapada-Puratasi</b>		

*Pradosha Vrata*

<b>6</b> Sunday, September 23, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shula* Yoga Gara/Visti* Karana Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 161 Vilamba 5120
Kumbha Rasi: 13.12	Tithi 14	<b>Gulika</b> 2:33PM – 4:04PM	<b>Dhanishtha Until 4:51AM Mon</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:27AM	
		<b>Yama</b> 11:31AM – 1:02PM	Shula* Until 7:11PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:35PM	Moon 8 - Phase 22
		<b>Rahu</b> 4:04PM – 5:35PM	Gara Until 16:88AM Mon	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 1:28AM Sun</b>	Moon – Purple		<b>Devaloka Day</b>
Until 4:51AM Mon		<b>Chidambaram Abhishekam</b>		<b>Bhadrapada-Puratasi</b>		
Then Routine Work - Marana Yoga						

<b>○</b> Monday, September 24, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Ganda* Yoga Visti*/Balava Karana Purnimayam Titau				Manama, Bahrain Sutra 162 Vilamba 5120
<b>Copper Retreat Star</b>		<b>Gulika</b> 1:01PM – 2:32PM	<b>Shatabhishak Until 5:55AM Tue</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:28AM	
Kumbha Rasi: 25.27	Tithi 15	<b>Yama</b> 10:00AM – 11:31AM	Ganda* Until 9:11PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:33PM	Moon 8 - Phase 22
<b>Family Home Evening</b>		<b>Rahu</b> 6:58AM – 8:29AM	Visti Until 17:76AM Tue	<b>Nataraja:</b> Purple		Purnima
Routine Work	Marana Yoga		<b>Purnima* Until 1:42AM Mon</b>	Moon – Clear		<b>Devaloka Day</b>
Until 5:55AM Tue		<b>Kadaitwami Mahasamadhi</b>		<b>Bhadrapada-Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>○</b> Tuesday, September 25, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vriddhi Yoga Balava/Tailila Karana Prathamayam Titau				Manama, Bahrain Sutra 163 Vilamba 5120
<b>Silver Retreat Star</b>		<b>Gulika</b> 11:30AM – 1:01PM	<b>Purvaproshtapada* Until 6:28AM Wed</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:28AM	
Meena Rasi: 7.56	Tithi 16	<b>Yama</b> 8:29AM – 10:00AM	Vriddhi Until 10:31PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:32PM	Moon 8 - Phase 22
		<b>Rahu</b> 2:31PM – 4:02PM	Balava Until 18:35AM Wed	<b>Nataraja:</b> Purple		Prathama
Creative Work	Amrita Yoga		<b>Prathama* Until 1:34AM Tue</b>	Moon – Clear		<b>Devaloka Day</b>
Until 6:28AM Wed				<b>Bhadrapada-Puratasi</b>		
Then Routine Work - Marana Yoga						



Wednesday, September 26, 2018

Gold Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttaraproshtapada/Revati Nakshatra Dhruva Yoga Kaulava/Tailila Karana Prathama/Dvitiyayam Titau

Manama, Bahrain

Meena Rasi: 20.38 Tihi 16 – 17

511552363

**Gulika** 10:00AM – 11:30AM  
Yama 6:59AM – 8:29AM  
**Rahu** 11:30AM – 1:00PM

**Uttaraproshtapada** Until 6:28AM  
Dhruva Until 11:14PM  
Tailila Until 6:35PM  
**Prathama\*** Until 1:02AM Wed

**Ganesha:** Purple *Sunrise:* 5:29AM  
**Muruga:** Purple *Sunset:* 5:31PM  
**Nataraja:** Purple  
Moon – Clear  
**Bhadrapada-Puratasi**

Sutra 164  
Vilamba 5120  
Moon 9 - Phase 23  
1st Phase

Routine Work Marana Yoga

**Devaloka Day**

Thursday, September 27, 2018

1

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam  
Revati/Ashvini Nakshatra Vyaghata\* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Manama, Bahrain

Mesha Rasi: 3.34 Tihi 17 – 18

521552363

**Gulika** 8:29AM – 9:59AM  
Yama 5:29AM – 6:59AM  
**Rahu** 1:00PM – 2:30PM

**Revati** Until 6:33AM  
Vyaghata\* Until 11:50PM  
Vanija Until 5:88PM  
**Dvitiya** Until 12:06AM Thu

**Ganesha:** Clear *Sunrise:* 5:29AM  
**Muruga:** Purple *Sunset:* 5:30PM  
**Nataraja:** Purple  
Moon – White  
**Bhadrapada-Puratasi**

Sun 1 Sutra 165  
Vilamba 5120  
Moon 9 - Phase 23  
1st Phase

Creative Work Amrita Yoga

Until 6:33AM

Then Creative Work - Siddha Yoga

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

Friday, September 28, 2018

2

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam  
Ashvini/Bharani Nakshatra Harshana Yoga Visti\*/Bava Karana Tritiya/Chaturtham Titau

Manama, Bahrain

Mesha Rasi: 16.43 Tihi 18 – 19

621552363

**Gulika** 6:59AM – 8:29AM  
Yama 2:29PM – 3:59PM  
**Rahu** 9:59AM – 11:29AM

**Ashvini** Until 6:14AM  
Harshana Until 11:55PM  
Bava Until 5:57PM  
**Tritiya** Until 10:51PM

**Ganesha:** Purple *Sunrise:* 5:29AM  
**Muruga:** Purple *Sunset:* 5:29PM  
**Nataraja:** Purple  
Moon – White  
**Bhadrapada-Puratasi**

Sun 2 Sutra 166  
Vilamba 5120  
Moon 9 - Phase 23  
1st Phase

Creative Work Siddha Yoga

**Devaloka Day**

Saturday, September 29, 2018

3

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam  
Bharani/Krittika Nakshatra Vajra\* Yoga Kaulava/Gara Karana Panchamyam Titau

Manama, Bahrain

Vrisabha Rasi: 0.03 Tihi 20

622552363

**Gulika** 5:30AM – 7:00AM  
Yama 12:59PM – 2:28PM  
**Rahu** 8:29AM – 9:59AM

**Bharani** Until 4:33AM Sun  
Vajra\* Until 11:32PM  
Kaulava Until 15:57AM Sun  
**Panchami** Until 9:19PM

**Ganesha:** Clear *Sunrise:* 5:30AM  
**Muruga:** Purple *Sunset:* 5:28PM  
**Nataraja:** Purple  
Moon – White  
**Bhadrapada-Puratasi**

Sun 3 Sutra 167  
Vilamba 5120  
Moon 9 - Phase 23  
1st Phase

Creative Work Amrita Yoga

Until 4:33AM Sun

Then Creative Work - Siddha Yoga

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Sunday, September 30, 2018

4

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Krittika/Rohini Nakshatra Siddhi/Vyatipata\* Yoga Gara/Bava Karana Shashthyam Titau

Manama, Bahrain

Vrisabha Rasi: 13.34 Tihi 21

632552363

**Gulika** 2:28PM – 3:57PM  
Yama 11:29AM – 12:58PM  
**Rahu** 3:57PM – 5:27PM

**Krittika** Until 3:15AM Mon  
Siddhi Until 11:09PM  
Gara Until 14:31AM Mon  
**Shashthi\*** Until 7:29PM

**Ganesha:** Purple *Sunrise:* 5:30AM  
**Muruga:** Purple *Sunset:* 5:27PM  
**Nataraja:** Purple  
Moon – Yellow  
**Bhadrapada-Puratasi**

Sun 4 Sutra 168  
Vilamba 5120  
Moon 9 - Phase 23  
1st Phase

Creative Work Siddha Yoga

Until 3:15AM Mon

Then Creative Work - Amrita Yoga

**Bhuloka Day**

Monday, October 1, 2018

5

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Vyatipata\*/Variyan Yoga Visti\*/Balava Karana Saptamyam Titau

Manama, Bahrain

Vrisabha Rasi: 27.14 Tihi 22

632552363

**Gulika** 12:58PM – 2:27PM  
Yama 9:59AM – 11:28AM  
**Rahu** 7:00AM – 8:29AM

**Rohini** Until 1:40AM Tue  
Vyatipata\* Until 10:21PM  
Visti Until 12:48AM Tue  
**Saptami** Until 15:09AM Mon

**Ganesha:** Purple *Sunrise:* 5:31AM  
**Muruga:** Purple *Sunset:* 5:26PM  
**Nataraja:** Purple  
Moon – Yellow  
**Bhadrapada-Puratasi**

Sun 5 Sutra 169  
Vilamba 5120  
Moon 9 - Phase 23  
1st Phase

Creative Work Amrita Yoga

Until 1:40AM Tue

Then Routine Work - Marana Yoga

**Bhuloka Day**

Tuesday, October 2, 2018

D

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Variyan/Parigha\* Yoga Balava/Tailila Karana Ashtamyam Titau

Manama, Bahrain

Mithuna Rasi: 11.05 Tihi 23

632552363

**Gulika** 11:28AM – 12:57PM  
Yama 8:30AM – 9:59AM  
**Rahu** 2:26PM – 3:55PM

**Mrigashira** Until 11:49PM  
Variyan Until 9:07PM  
Balava Until 10:49AM Wed  
**Ashtami\*** Until 12:38AM Tue

**Ganesha:** Purple *Sunrise:* 5:31AM  
**Muruga:** Purple *Sunset:* 5:25PM  
**Nataraja:** Purple  
Moon – Yellow  
**Bhadrapada-Puratasi**

Sun 6 Sutra 170  
Vilamba 5120  
Moon 9 - Phase 23  
Ashtami

Routine Work Marana Yoga

Until 11:49PM

Then Creative Work - Siddha Yoga

**Bhuloka Day**

Wednesday, October 3, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam  
Ardra/Punarvasu Nakshatra Parigha\*/Shiva Yoga Tailila/Vanija Karana Navamyam Titau

Manama, Bahrain

Mithuna Rasi: 25.07 Tihi 24

642552363

**Gulika** 9:59AM – 11:28AM  
Yama 7:01AM – 8:30AM  
**Rahu** 11:28AM – 12:57PM

**Ardra** Until 9:42PM  
Parigha\* Until 7:54PM  
Tailila Until 8:35AM Thu  
**Navami\*** Until 9:54AM Wed

**Ganesha:** Clear *Sunrise:* 5:32AM  
**Muruga:** Purple *Sunset:* 5:24PM  
**Nataraja:** Purple  
Moon – Blue  
**Bhadrapada-Puratasi**

Sun 7 Sutra 171  
Vilamba 5120  
Moon 9 - Phase 23  
Navami

Creative Work Siddha Yoga

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

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 margas. Tirumantiram 1502

All times are standard time


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<b>1</b>		<b>Thursday, October 4, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shiva/Siddha Yoga Vanija/Bava Karana Dashamyam Titau			Manama, Bahrain Sun 8 Sutra 172 Vilamba 5120	
Kataka Rasi: 9.19	Tithi 25	<b>Gulika</b>	<b>8:30AM – 9:58AM</b>	<b>Pushya Until 4:49PM Fri</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:32AM		
		Yama	5:32AM – 7:01AM	Shiva Until 6:19PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:23PM	Moon 9 - Phase 24	
		642552363 <b>Rahu</b>	<b>12:56PM – 2:25PM</b>	Vanija Until 5:68AM Fri	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Amrita Yoga			<b>Dashami Until 6:58AM Thu</b>	Moon – Blue		<b>Bhuloka Day</b>	
Until 4:49PM Fri					<b>Bhadrapada•Puratasi</b>	Devaloka Time: 6:AM to 9:AM		
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Friday, October 5, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Pushya/Magha* Nakshatra Sadhya Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau			Manama, Bahrain Sun 9 Sutra 173 Vilamba 5120	
Kataka Rasi: 23.39	Tithi 26 – 27	<b>Gulika</b>	<b>7:01AM – 8:30AM</b>	<b>Pushya Until 4:49PM</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:32AM		
		Yama	2:24PM – 3:53PM	Sadhya Until 4:24PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:21PM	Moon 9 - Phase 24	
		642552363 <b>Rahu</b>	<b>9:58AM – 11:27AM</b>	Bava Until 2:92AM Sat	<b>Nataraja:</b> Purple		2nd Phase	
Routine Work	Marana Yoga			<b>Ekadashi* Until 3:50AM Fri</b>	Moon – Blue		<b>Bhuloka Day</b>	
					<b>Bhadrapada•Puratasi</b>	Devaloka Time: 6:AM to 9:AM		

<b>3</b>		<b>Saturday, October 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Ashlesha*/Purvaphalguni Nakshatra Subha Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau			Manama, Bahrain Sun 10 Sutra 174 Vilamba 5120	
Simha Rasi: 8.05	Tithi 27 – 28	<b>Gulika</b>	<b>5:33AM – 7:01AM</b>	<b>Ashlesha* Until 2:11PM</b>	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:33AM		
		Yama	12:55PM – 2:24PM	Subha Until 2:40PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:20PM	Moon 9 - Phase 24	
		652552363 <b>Rahu</b>	<b>8:30AM – 9:58AM</b>	Gara Until 12:53AM Sun	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Amrita Yoga			<b>Dvadashi* Until 12:36AM Sat</b>	Moon – Red		<b>Bhuloka Day</b>	
Until 2:11PM					<b>Bhadrapada•Puratasi</b>			
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>				

<b>4</b>		<b>Sunday, October 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Magha*/Uttaraphalguni Nakshatra Sukla Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau			Manama, Bahrain Sun 11 Sutra 175 Vilamba 5120	
Simha Rasi: 22.34	Tithi 28 – 29	<b>Gulika</b>	<b>2:23PM – 3:51PM</b>	<b>Magha* Until 11:33AM</b>	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:33AM		
		Yama	11:26AM – 12:55PM	Sukla Until 12:47PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:19PM	Moon 9 - Phase 24	
		652552363 <b>Rahu</b>	<b>3:51PM – 5:19PM</b>	Visti Until 9:77PM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga			<b>Trayodashi* Until 9:18PM</b>	Moon – Red		<b>Bhuloka Day</b>	
Until 11:33AM					<b>Bhadrapada•Puratasi</b>			
Then Creative Work - Amrita Yoga								

		<b>Monday, October 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Brahma/Indra Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau			Manama, Bahrain Sun 12 Sutra 176 Vilamba 5120	
<b>Retreat Star</b>		<b>Gulika</b>	<b>12:54PM – 2:22PM</b>	<b>Uttaraphalguni Until 6:46AM Tue</b>	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:34AM		
Kanya Rasi: 6.59	Tithi 29 – 30	Yama	9:58AM – 11:26AM	Brahma Until 10:53AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:18PM	Moon 9 - Phase 24	
<b>Family Home Evening</b>		652552364 <b>Rahu</b>	<b>7:02AM – 8:30AM</b>	Catuspada Until 7:52PM	<b>Nataraja:</b> Clear		Amavasya	
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 6:01PM</b>	Moon – Red		<b>Bhuloka Day</b>	
		<b>Mahalaya Amavasai (Tamil Nadu)</b>			<b>Bhadrapada•Puratasi</b>	Devaloka Time: 6:PM to 9:PM		

<b>Tuesday, October 9, 2018</b>		<b>Retreat Star</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Chitra Nakshatra Indra/Vaidhriti* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Manama, Bahrain Sun 13 Sutra 177 Vilamba 5120	
Kanya Rasi: 21.14	Tithi 30 – 1	<b>Gulika</b>	<b>11:26AM – 12:54PM</b>	<b>Uttaraphalguni Until 6:46AM</b>	<b>Ganesh:</b> Red	<i>Sunrise:</i> 5:34AM		
		Yama	8:30AM – 9:58AM	Indra Until 9:32AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:17PM	Moon 9 - Phase 24	
		662652364 <b>Rahu</b>	<b>2:22PM – 3:49PM</b>	Kintughna Until 5:48PM	<b>Nataraja:</b> Clear		Prathama	
Creative Work	Siddha Yoga			<b>Amavasya* Until 11:59AM Tue</b>	Moon – Green		<b>Devaloka Day</b>	
		<b>Navaratri Begins</b>			<b>Ashvina•Puratasi</b>			

<b>1</b>		<b>Wednesday, October 10, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam		Manama, Bahrain	
Tula Rasi: 5.14		Tithi 2		Hasta/Svati Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Taitila Karana Dvitiyayam Titau		Sun 14		Sutra 178	
662652364		<b>Gulika</b>	9:58AM – 11:26AM	<b>Hasta</b> Until 3:36AM Thu	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:35AM	Vilamba 5120		
Creative Work Siddha Yoga		<b>Yama</b>	7:02AM – 8:30AM	Vaidhriti* Until 8:28AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:16PM	Moon 9 - Phase 25		
Until 3:36AM Thu		<b>Rahu</b>	11:26AM – 12:53PM	Balava Until 14:72AM Thu	<b>Nataraja:</b> Clear	Moon – Green			
Then Creative Work - Amrita Yoga					<b>Ashvina•Puratasi</b>	<b>Devaloka Day</b>			

<b>2</b>		<b>Thursday, October 11, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam		Manama, Bahrain	
Tula Rasi: 18.53		Tithi 3		Chitra/Vishakha Nakshatra Vishkambha*/Priti Yoga Taitila/Vanija Karana Tritiyayam Titau		Sun 15		Sutra 179	
662652364		<b>Gulika</b>	8:30AM – 9:58AM	<b>Chitra</b> Until 2:57AM Fri	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:35AM	Vilamba 5120		
Creative Work Amrita Yoga		<b>Yama</b>	5:35AM – 7:03AM	Vishkambha* Until 7:49AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:15PM	Moon 9 - Phase 25		
Until 2:57AM Fri		<b>Rahu</b>	12:53PM – 2:20PM	Taitila Until 14:56AM Fri	<b>Nataraja:</b> Clear	Moon – Green			
Then Creative Work - Siddha Yoga					<b>Ashvina•Puratasi</b>	<b>Devaloka Day</b>			

<b>3</b>		<b>Friday, October 12, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam		Manama, Bahrain	
Vrischika Rasi: 2.1		Tithi 4		Svati/Anuradha Nakshatra Ayushman Yoga Vanija/Bava Karana Chaturthyam Titau		Sun 16		Sutra 180	
673652364		<b>Gulika</b>	7:03AM – 8:30AM	<b>Svati</b> Until 3:04AM Sat	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:36AM	Vilamba 5120		
Creative Work Siddha Yoga		<b>Yama</b>	2:20PM – 3:47PM	Ayushman Until 8:08AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:14PM	Moon 9 - Phase 25		
Until 3:04AM Sat		<b>Rahu</b>	9:58AM – 11:25AM	Vanija Until 15:27AM Sat	<b>Nataraja:</b> Clear	Moon – Orange			
Then Creative Work - Siddha Yoga					<b>Ashvina•Puratasi</b>	<b>Bhuloka Day</b>			
						Devaloka Time: 6:PM to 9:PM			

<b>4</b>		<b>Saturday, October 13, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam		Manama, Bahrain	
Vrischika Rasi: 15.02		Tithi 5		Vishakha/Jyeshtha* Nakshatra Saubhagya Yoga Bava/Kaulava Karana Panchamyam Titau		Sun 17		Sutra 181	
673652364		<b>Gulika</b>	5:36AM – 7:03AM	<b>Vishakha</b> Until 3:58AM Sun	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:36AM	Vilamba 5120		
Creative Work Siddha Yoga		<b>Yama</b>	12:52PM – 2:19PM	Saubhagya Until 9:03AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:13PM	Moon 9 - Phase 25		
Until 3:58AM Sun		<b>Rahu</b>	8:31AM – 9:58AM	Bava Until 16:43AM Sun	<b>Nataraja:</b> Clear	Moon – Orange			
Then Routine Work - Marana Yoga					<b>Ashvina•Puratasi</b>	<b>Bhuloka Day</b>			
						Devaloka Time: 6:PM to 9:PM			

<b>5</b>		<b>Sunday, October 14, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam		Manama, Bahrain	
Vrischika Rasi: 27.34		Tithi 6		Jyeshtha*/Mula* Nakshatra Sobhana Yoga Kaulava/Gara Karana Shashthyam Titau		Sun 18		Sutra 182	
673652364		<b>Gulika</b>	2:18PM – 3:45PM	<b>Jyeshtha*</b> Until 7:49AM Tue Mon	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:37AM	Vilamba 5120		
Routine Work Marana Yoga		<b>Yama</b>	11:25AM – 12:51PM	Sobhana Until 10:33AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:12PM	Moon 9 - Phase 25		
Until 7:49AM Tue Mon		<b>Rahu</b>	3:45PM – 5:12PM	Kaulava Until 18:40AM Mon	<b>Nataraja:</b> Clear	Moon – Orange			
Then Creative Work - Amrita Yoga					<b>Ashvina•Puratasi</b>	<b>Bhuloka Day</b>			
						Devaloka Time: 6:PM to 9:PM			

<b>6</b>		<b>Monday, October 15, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam		Manama, Bahrain	
Dhanus Rasi: 9.47		Tithi 7		Jyeshtha*/Purvashadha* Nakshatra Athiganda* Yoga Gara/Visti* Karana Saptamyam Titau		Sun 19		Sutra 183	
683652364		<b>Gulika</b>	12:51PM – 2:18PM	<b>Jyeshtha*</b> Until 7:49AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:37AM	Vilamba 5120		
Family Home Evening		<b>Yama</b>	9:58AM – 11:24AM	Athiganda* Until 1:03PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:11PM	Moon 9 - Phase 25		
Creative Work Siddha Yoga		<b>Rahu</b>	7:04AM – 8:31AM	Gara Until 20:65AM Tue	<b>Nataraja:</b> Clear	Moon – Light Blue			
					<b>Ashvina•Puratasi</b>	<b>Devaloka Day</b>			

<b>Retreat Star</b>		<b>Tuesday, October 16, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam		Manama, Bahrain	
Dhanus Rasi: 21.46		Tithi 7 – 8		Mula*/Uttarashadha Nakshatra Sukarma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Sun 20		Sutra 184	
683652364		<b>Gulika</b>	11:24AM – 12:51PM	<b>Mula*</b> Until 7:49AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:38AM	Vilamba 5120		
Creative Work Siddha Yoga		<b>Yama</b>	8:31AM – 9:58AM	Sukarma Until 6:49PM Wed	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:10PM	Moon 9 - Phase 25		
Until 7:49AM		<b>Rahu</b>	2:17PM – 3:44PM	Visti Until 8:65PM	<b>Nataraja:</b> Clear	Moon – Light Blue			
Then Routine Work - Prabalarishta Yoga		<b>Durga Ashtami</b>			<b>Ashvina•Puratasi</b>	<b>Devaloka Day</b>			

<b>Retreat Star</b>		<b>Wednesday, October 17, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam		Manama, Bahrain	
Makara Rasi: 4		Tithi 8 – 9		Purvashadha*/Uttarashadha Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Sun 21		Sutra 185	
683652364		<b>Gulika</b>	9:57AM – 11:24AM	<b>Purvashadha*</b> Until 10:23AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:38AM	Vilamba 5120		
Creative Work Amrita Yoga		<b>Yama</b>	7:05AM – 8:31AM	Sukarma Until 6:49PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:09PM	Moon 9 - Phase 25		
Until 10:23AM		<b>Rahu</b>	11:24AM – 12:50PM	Balava Until 11:44PM	<b>Nataraja:</b> Clear	Moon – Light Blue			
Then Creative Work - Siddha Yoga		<b>Saraswathi Puja (Tamil Nadu)</b>			<b>Ashvina•Aipasi</b>	<b>Devaloka Day</b>			

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

<b>1</b>		<b>Thursday, October 18, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Navami/Dashyam Titau	Manama, Bahrain Sun 22 Sutra 186 Vilamba 5120
Makara Rasi: 15.24	Tithi 9 – 10	<b>Gulika</b> 8:31AM – 9:57AM	<b>Uttarashadha</b> Until 1:02PM	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:39AM		
		<b>Yama</b> 5:39AM – 7:05AM	Dhriti Until 10:05PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:08PM	Moon 9 - Phase 26	
		693652364 <b>Rahu</b> 12:50PM – 2:16PM	Taitila Until 2:20AM Fri	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Navami*</b> Until 7:17AM Thu	Moon – Purple		<b>Bhuloka Day</b>	
		<b>Vijaya Dasami</b>		<b>Ashvina-Aipasi</b>		Devaloka Time: 6:PM to 9:PM	

<b>2</b>		<b>Friday, October 19, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau	Manama, Bahrain Sun 23 Sutra 187 Vilamba 5120
Makara Rasi: 27.14	Tithi 10 – 11	<b>Gulika</b> 7:05AM – 8:31AM	<b>Dhanishtha</b> Until 5:34PM Sat	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:39AM		
		<b>Yama</b> 2:16PM – 3:42PM	Shula* Until 12:55AM Sat	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:08PM	Moon 9 - Phase 26	
		693652364 <b>Rahu</b> 9:57AM – 11:23AM	Vanija Until 4:37AM Sat	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 8:12AM Fri	Moon – Purple		<b>Bhuloka Day</b>	
Until 5:34PM Sat				<b>Ashvina-Aipasi</b>		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Saturday, October 20, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Ganda*/Vridhi Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau	Manama, Bahrain Sun 24 Sutra 188 Vilamba 5120
Kumbha Rasi: 9.12	Tithi 11 – 12	<b>Gulika</b> 5:40AM – 7:06AM	<b>Dhanishtha</b> Until 5:34PM	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:40AM		
		<b>Yama</b> 12:49PM – 2:15PM	Ganda* Until 3:09AM Sun	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:07PM	Moon 9 - Phase 26	
		693652364 <b>Rahu</b> 8:32AM – 9:57AM	Bava Until 5:85AM Sun	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Amrita Yoga		<b>Ekadashi</b> Until 8:52AM Sat	Moon – Purple		<b>Bhuloka Day</b>	
Until 5:34PM				<b>Ashvina-Aipasi</b>		Devaloka Time: 6:PM to 9:PM	
Then Routine Work - Marana Yoga							

<b>4</b>		<b>Sunday, October 21, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Shatabhishak/Purvaprosithapada* Nakshatra Vridhi/Dhruva Yoga Bava/Kaulava Karana Dvodashyam Titau	Manama, Bahrain Sun 25 Sutra 189 Vilamba 5120
Kumbha Rasi: 21.22	Tithi 12	<b>Gulika</b> 2:14PM – 3:40PM	<b>Shatabhishak</b> Until 7:04PM	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:41AM		
		<b>Yama</b> 11:23AM – 12:49PM	Vridhi Until 5:07AM Mon	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:06PM	Moon 9 - Phase 26	
		613652364 <b>Rahu</b> 3:40PM – 5:06PM	Bava Until 7:36AM Mon	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Dvodashi</b> Until 9:09AM Sun	Moon – Clear		<b>Bhuloka Day</b>	
Until 7:04PM				<b>Ashvina-Aipasi</b>		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga							

<b>5</b>		<b>Monday, October 22, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Purvaprosithapada*/Uttaraprosithapada Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Gara Karana Trayodashyam Titau	Manama, Bahrain Sun 26 Sutra 190 Vilamba 5120
Meena Rasi: 3.47	Tithi 13	<b>Gulika</b> 12:48PM – 2:14PM	<b>Purvaprosithapada*</b> Until 7:56PM	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:41AM		
<b>Family Home Evening</b>		<b>Yama</b> 9:57AM – 11:23AM	Dhruva Until 6:19AM Tue	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:05PM	Moon 9 - Phase 26	
		613652364 <b>Rahu</b> 7:07AM – 8:32AM	Kaulava Until 7:68AM Tue	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 8:56AM Mon	Moon – Clear		<b>Bhuloka Day</b>	
				<b>Ashvina-Aipasi</b>		Devaloka Time: 6:PM to 9:PM	
						<i>Pradosha Vrata</i>	

<b>6</b>		<b>Tuesday, October 23, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraprosithapada*/Revati Nakshatra Vyaghata*/Harshana Yoga Gara/Visti* Karana Chaturdashyam Titau	Manama, Bahrain Sun 27 Sutra 191 Vilamba 5120
Meena Rasi: 16.29	Tithi 14	<b>Gulika</b> 11:23AM – 12:48PM	<b>Uttaraprosithapada</b> Until 8:09PM	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:42AM		
		<b>Yama</b> 8:32AM – 9:58AM	Vyaghata* Until 6:19AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:04PM	Moon 9 - Phase 26	
		613652364 <b>Rahu</b> 2:13PM – 3:39PM	Gara Until 7:64AM Wed	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 8:14AM Tue	Moon – Clear		<b>Bhuloka Day</b>	
Until 8:09PM				<b>Ashvina-Aipasi</b>		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Siddha Yoga							

<b>○</b>		<b>Wednesday, October 24, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Harshana/Vajra* Yoga Visti*/Balava Karana Purnimayam Titau	Manama, Bahrain Sutra 192 Vilamba 5120
<b>Copper Retreat Star</b>		<b>Gulika</b> 9:58AM – 11:23AM	<b>Revati</b> Until 6:56PM Thu	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:42AM		
Meena Rasi: 29.3	Tithi 15	<b>Yama</b> 7:07AM – 8:32AM	Harshana Until 6:44AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:03PM	Moon 9 - Phase 26	
		613652364 <b>Rahu</b> 11:23AM – 12:48PM	Visti Until 6:86AM Thu	<b>Nataraja:</b> Clear		Purnima	
Routine Work	Marana Yoga		<b>Purnima*</b> Until 7:03AM Wed	Moon – Clear		<b>Bhuloka Day</b>	
				<b>Ashvina-Aipasi</b>		Devaloka Time: 6:PM to 9:PM	

<b>○</b>		<b>Thursday, October 25, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Bharani Nakshatra Siddhi Yoga Balava/Taitila Karana Prathamayam Titau	Manama, Bahrain Sutra 193 Vilamba 5120
<b>Silver Retreat Star</b>		<b>Gulika</b> 8:33AM – 9:58AM	<b>Revati</b> Until 6:56PM	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:43AM		
Mesha Rasi: 12.48	Tithi 16	<b>Yama</b> 5:43AM – 7:08AM	Siddhi Until 6:56AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:02PM	Moon 9 - Phase 26	
		623652364 <b>Rahu</b> 12:48PM – 2:12PM	Balava Until 5:81AM Fri	<b>Nataraja:</b> Clear		Prathama	
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 5:25AM Thu	Moon – White		<b>Devaloka Day</b>	
Until 6:56PM				<b>Ashvina-Aipasi</b>			
Then Creative Work - Siddha Yoga							

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





Friday, October 26, 2018

Gold Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam  
Ashvini/Krittika Nakshatra Vyatipata\* Yoga Taitila/Vanija Karana Dvitiya/Tritiyayam Titau

Manama, Bahrain

Sun 1 Sutra 194

Vilamba 5120

Moon 10 - Phase 27  
1st Phase

Mesha Rasi: 26.21 Tihi 17 - 18

634652364

Gulika 7:08AM - 8:33AM  
Yama 2:12PM - 3:37PM  
Rahu 9:58AM - 11:22AMAshvini Until 5:40PM  
Vyatipata\* Until 6:32AM  
Taitila Until 4:56AM Sat  
Dvitiya Until 3:27AM FriGanesha: White Sunrise: 5:43AM  
Muruga: Purple Sunset: 5:02PM  
Nataraja: Clear  
Moon - White  
Ashvina-Aipasi

Sivaloka Day

Creative Work Siddha Yoga

Saturday, October 27, 2018

1

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam  
Bharani/Rohini Nakshatra Variyan Yoga Visti\*/Bava Karana Tritiya/Chatrthyam Titau

Manama, Bahrain

Sun 2 Sutra 195

Vilamba 5120

Moon 10 - Phase 27  
1st Phase

Vrishabha Rasi: 10.06 Tihi 18 - 19

634652364

Gulika 5:44AM - 7:09AM  
Yama 12:47PM - 2:12PM  
Rahu 8:33AM - 9:58AMBharani Until 4:07PM  
Variyan Until 4:50AM Sun  
Bava Until 3:17AM Sun  
Tritiya Until 1:11AM SatGanesha: Clear Sunrise: 5:44AM  
Muruga: Purple Sunset: 5:01PM  
Nataraja: Clear  
Moon - Yellow  
Ashvina-Aipasi

Devaloka Day

Creative Work Amrita Yoga

Until 4:07PM

Then Creative Work - Siddha Yoga

Sunday, October 28, 2018

2

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Parigha\* Yoga Balava/Kaulava Karana Chatrthi/Panchamyam Titau

Manama, Bahrain

Sun 3 Sutra 196

Vilamba 5120

Moon 10 - Phase 27  
1st Phase

Vrishabha Rasi: 23.59 Tihi 19 - 20

634652364

Gulika 2:11PM - 3:36PM  
Yama 11:22AM - 12:47PM  
Rahu 3:36PM - 5:00PMRohini Until 2:23PM  
Parigha\* Until 3:44AM Mon  
Kaulava Until 1:29AM Mon  
Chatrthi\* Until 10:42PMGanesha: Clear Sunrise: 5:45AM  
Muruga: Purple Sunset: 5:00PM  
Nataraja: Clear  
Moon - Yellow  
Ashvina-Aipasi

Devaloka Day

Creative Work Siddha Yoga

Monday, October 29, 2018

3

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Manama, Bahrain

Sun 4 Sutra 197

Vilamba 5120

Moon 10 - Phase 27  
1st Phase

Mithuna Rasi: 7.59 Tihi 20 - 21

634652364

Gulika 12:46PM - 2:11PM  
Yama 9:58AM - 11:22AM  
Rahu 7:09AM - 8:34AMMrigashira Until 12:31PM  
Shiva Until 2:23AM Tue  
Gara Until 11:35PM  
Panchami Until 8:06PMGanesha: Clear Sunrise: 5:45AM  
Muruga: Purple Sunset: 4:59PM  
Nataraja: Clear  
Moon - Yellow  
Ashvina-Aipasi

Devaloka Day

Creative Work Siddha Yoga

Until 12:31PM

Then Creative Work - Amrita Yoga

Tuesday, October 30, 2018

4

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam  
Ardra/Punarvasu Nakshatra Siddha/Sadhya Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Manama, Bahrain

Sun 5 Sutra 198

Vilamba 5120

Moon 10 - Phase 27  
1st Phase

Mithuna Rasi: 22.01 Tihi 21 - 22

644652364

Gulika 11:22AM - 12:46PM  
Yama 8:34AM - 9:58AM  
Rahu 2:10PM - 3:34PMArdra Until 10:36AM  
Siddha Until 1:17AM Wed  
Visti Until 9:38PM  
Shashthi\* Until 14:40AM TueGanesha: Purple Sunrise: 5:46AM  
Muruga: Purple Sunset: 4:58PM  
Nataraja: Clear  
Moon - Blue  
Ashvina-Aipasi

Sivaloka Day

Creative Work Siddha Yoga

Wednesday, October 31, 2018

D

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Manama, Bahrain

Sun 6 Sutra 199

Vilamba 5120

Moon 10 - Phase 27  
Ashtami

Kataka Rasi: 6.05 Tihi 22 - 23

644662364

Gulika 9:58AM - 11:22AM  
Yama 7:10AM - 8:34AM  
Rahu 11:22AM - 12:46PMPunarvasu Until 8:38AM  
Sadhya Until 12:01AM Thu  
Balava Until 7:40PM  
Saptami Until 11:55AM WedGanesha: Purple Sunrise: 5:46AM  
Muruga: Clear Sunset: 4:58PM  
Nataraja: Clear  
Moon - Blue  
Ashvina-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

Thursday, November 1, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Manama, Bahrain

Sun 7 Sutra 200

Vilamba 5120

Moon 10 - Phase 27  
Navami

Kataka Rasi: 20.1 Tihi 23 - 24

644662364

Gulika 8:35AM - 9:58AM  
Yama 5:47AM - 7:11AM  
Rahu 12:46PM - 2:10PMPushya Until 6:39AM  
Subha Until 10:36PM  
Taitila Until 5:41PM  
Ashtami\* Until 9:09AM ThuGanesha: Purple Sunrise: 5:47AM  
Muruga: Clear Sunset: 4:57PM  
Nataraja: Clear  
Moon - Blue  
Ashvina-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 6:39AM

Then Creative Work - Amrita Yoga

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

All times are standard time

www.gurudev.org/panchang

<b>1 Friday, November 2, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sukla/Brahma Yoga Vanija/Bava Karana Dashamyam Titau				Manama, Bahrain Sun 8 Sutra 201 Vilamba 5120
Simha Rasi: 4.14	Tithi 25	<b>Gulika</b> 7:11AM – 8:35AM	<b>Ashlesha* Until 2:42AM Sat</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:48AM	
		Yama 2:09PM – 3:33PM	Sukla Until 9:29PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:56PM	Moon 10 - Phase 28
		654662364 <b>Rahu</b> 9:58AM – 11:22AM	Vanija Until 13:45AM Sat	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga		<b>Dashami Until 6:21AM Fri</b>	Moon – Red		<b>Sivaloka Day</b>
Until 2:42AM Sat				<b>Ashvina-Aipasi</b>		
Then Creative Work - Siddha Yoga						

<b>2 Saturday, November 3, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Indra Yoga Bava/Kaulava Karana Ekadashyam Titau				Manama, Bahrain Sun 9 Sutra 202 Vilamba 5120
Simha Rasi: 18.19	Tithi 26	<b>Gulika</b> 5:48AM – 7:12AM	<b>Magha* Until 12:46AM Sun</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:48AM	
		Yama 12:45PM – 2:09PM	Indra Until 8:14PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:56PM	Moon 10 - Phase 28
		654762364 <b>Rahu</b> 8:35AM – 9:59AM	Bava Until 11:52AM Sun	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi* Until 3:34AM Sat</b>	Moon – Red		<b>Devaloka Day</b>
Until 12:46AM Sun				<b>Ashvina-Aipasi</b>		
Then Creative Work - Amrita Yoga						

<b>3 Sunday, November 4, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhriti* Yoga Kaulava/Gara Karana Dvadashyam Titau				Manama, Bahrain Sun 10 Sutra 203 Vilamba 5120
Kanya Rasi: 2.22	Tithi 27	<b>Gulika</b> 2:09PM – 3:32PM	<b>Purvaphalguni Until 10:57PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:49AM	
		Yama 11:22AM – 12:45PM	Vaidhriti* Until 6:57PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:55PM	Moon 10 - Phase 28
		654762364 <b>Rahu</b> 3:32PM – 4:55PM	Kaulava Until 9:67AM Mon	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Amrita Yoga		<b>Dvadashi* Until 12:51AM Sun</b>	Moon – Red		<b>Devaloka Day</b>
				<b>Ashvina-Aipasi</b>		

<b>4 Monday, November 5, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha* Yoga Gara/Visti* Karana Trayodashyam Titau				Manama, Bahrain Sun 11 Sutra 204 Vilamba 5120
Kanya Rasi: 16.19	Tithi 28	<b>Gulika</b> 12:45PM – 2:08PM	<b>Uttaraphalguni Until 9:19PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:50AM	
<b>Family Home Evening</b>		Yama 9:59AM – 11:22AM	Vishkambha* Until 6:07PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:54PM	Moon 10 - Phase 28
		664762364 <b>Rahu</b> 7:13AM – 8:36AM	Gara Until 8:37AM Tue	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi* Until 10:11PM</b>	Moon – Green		<b>Devaloka Day</b>
Until 9:19PM				<b>Ashvina-Aipasi</b>		
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata (Fasting)</i>			

<b>5 Tuesday, November 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Hasta/Svati Nakshatra Priti/Ayushman Yoga Visti*/Catuspada* Karana Chaturdashyam Titau				Manama, Bahrain Sun 12 Sutra 205 Vilamba 5120
Tula Rasi: 0.09	Tithi 29	<b>Gulika</b> 11:22AM – 12:45PM	<b>Hasta Until 7:58PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:50AM	
		Yama 8:36AM – 9:59AM	Priti Until 5:24PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:54PM	Moon 10 - Phase 28
		664762364 <b>Rahu</b> 2:08PM – 3:31PM	Visti Until 6:88AM Wed	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 7:40PM</b>	Moon – Green		<b>Devaloka Day</b>
		<b>Deepavali Hindu Solidarity Day</b>		<b>Ashvina-Aipasi</b>		

<b>Wednesday, November 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Chitra/Vishakha Nakshatra Ayushman/Saubhagya Yoga Catuspada*/Kintughna* Karana Amavasyayam Titau				Manama, Bahrain Sun 13 Sutra 206 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 9:59AM – 11:22AM	<b>Chitra Until 7:02PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:51AM	
Tula Rasi: 13.47	Tithi 30	Yama 7:14AM – 8:37AM	Ayushman Until 4:56PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:53PM	Moon 10 - Phase 28
		764762364 <b>Rahu</b> 11:22AM – 12:45PM	Catuspada Until 6:46AM Thu	<b>Nataraja:</b> Clear		Amavasya
Creative Work	Siddha Yoga		<b>Amavasya* Until 15:25AM Wed</b>	Moon – Green		<b>Devaloka Day</b>
		<b>Subramuniyaswami Mahasamadhi</b>		<b>Ashvina-Aipasi</b>		

<b>Thursday, November 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Anuradha Nakshatra Saubhagya/Sobhana Yoga Kintughna*/Balava Karana Prathamayam Titau				Manama, Bahrain Sun 14 Sutra 207 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 8:37AM – 10:00AM	<b>Svati Until 6:37PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:52AM	
Tula Rasi: 27.09	Tithi 1	Yama 5:52AM – 7:14AM	Saubhagya Until 5:16PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:53PM	Moon 10 - Phase 28
		775762364 <b>Rahu</b> 12:45PM – 2:07PM	Kintughna Until 6:39AM Fri	<b>Nataraja:</b> Clear		Prathama
Creative Work	Siddha Yoga		<b>Prathama* Until 13:50AM Thu</b>	Moon – Orange		<b>Sivaloka Day</b>
		<b>Skanda Shasthi Begins</b>		<b>Kartika-Aipasi</b>		

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

<b>1</b>		<b>Friday, November 9, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Sobhana/Athiganda* Yoga Balava/Taitila Karana Dvitiyayam Titau	Manama, Bahrain Sun 15 Sutra 208 Vilamba 5120
Vrischika Rasi: 10.13	Tithi 2	<b>Gulika</b> 7:15AM – 8:37AM	<b>Vishakha</b> Until 6:49PM	<b>Ganesh:</b> Orange	<i>Sunrise:</i> 5:52AM		
		<b>Yama</b> 2:07PM – 3:30PM	Sobhana Until 6:02PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:52PM	Moon 10 - Phase 29	
		775762364 <b>Rahu</b> 10:00AM – 11:22AM	Balava Until 6:72AM Sat	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Siddha Yoga		<b>Dvitiya</b> Until 12:45AM Fri	Moon – Orange		<b>Sivaloka Day</b>	
Until 6:49PM				<b>Karttika•Aipasi</b>			
Then Routine Work - Marana Yoga							

<b>2</b>		<b>Saturday, November 10, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Taitila/Vanija Karana Tritiyayam Titau	Manama, Bahrain Sun 16 Sutra 209 Vilamba 5120
Vrischika Rasi: 22.58	Tithi 3	<b>Gulika</b> 5:53AM – 7:15AM	<b>Anuradha</b> Until 7:42PM	<b>Ganesh:</b> Orange	<i>Sunrise:</i> 5:53AM		
		<b>Yama</b> 12:45PM – 2:07PM	Athiganda* Until 7:18PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:52PM	Moon 10 - Phase 29	
		775762364 <b>Rahu</b> 8:38AM – 10:00AM	Taitila Until 7:85AM Sun	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Siddha Yoga		<b>Tritiya</b> Until 12:08AM Sat	Moon – Orange		<b>Sivaloka Day</b>	
				<b>Karttika•Aipasi</b>			

<b>3</b>		<b>Sunday, November 11, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukarma/Dhriti Yoga Vanija/Bava Karana Chaturtham Titau	Manama, Bahrain Sun 17 Sutra 210 Vilamba 5120
Dhanus Rasi: 5.25	Tithi 4	<b>Gulika</b> 2:07PM – 3:29PM	<b>Jyeshtha*</b> Until 9:15PM	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:54AM		
		<b>Yama</b> 11:22AM – 12:45PM	Sukarma Until 9:31PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:51PM	Moon 10 - Phase 29	
		785762364 <b>Rahu</b> 3:29PM – 4:51PM	Vanija Until 10:17AM Mon	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Amrita Yoga		<b>Chaturthi*</b> Until 12:03AM Sun	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 9:15PM				<b>Karttika•Aipasi</b>			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Monday, November 12, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Dhriti/Shula* Yoga Bava/Kaulava Karana Panchamyam Titau	Manama, Bahrain Sun 18 Sutra 211 Vilamba 5120
Dhanus Rasi: 17.35	Tithi 5	<b>Gulika</b> 12:45PM – 2:07PM	<b>Mula*</b> Until 11:23PM	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:55AM		
<b>Family Home Evening</b>		<b>Yama</b> 10:01AM – 11:23AM	Dhriti Until 12:08AM Tue	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:51PM	Moon 10 - Phase 29	
		785762364 <b>Rahu</b> 7:17AM – 8:39AM	Bava Until 12:38AM Tue	<b>Nataraja:</b> Clear		3rd Phase	
Routine Work	Marana Yoga		<b>Panchami</b> Until 12:28AM Mon	Moon – Light Blue		<b>Sivaloka Day</b>	
				<b>Karttika•Aipasi</b>			

<b>5</b>		<b>Tuesday, November 13, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Shula*/Ganda* Yoga Kaulava/Gara Karana Shashthiyam Titau	Manama, Bahrain Sun 19 Sutra 212 Vilamba 5120
Dhanus Rasi: 29.34	Tithi 6	<b>Gulika</b> 11:23AM – 12:45PM	<b>Purvashadha*</b> Until 1:55AM Wed	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:55AM		
		<b>Yama</b> 8:39AM – 10:01AM	Shula* Until 2:58AM Wed	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:50PM	Moon 10 - Phase 29	
		785762364 <b>Rahu</b> 2:06PM – 3:28PM	Kaulava Until 14:78AM Wed	<b>Nataraja:</b> Clear		3rd Phase	
Routine Work	Prabalarishta Yoga		<b>Shashthi*</b> Until 13:12AM Tue	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 1:55AM Wed				<b>Karttika•Aipasi</b>			
Then Creative Work - Siddha Yoga							

<b>6</b>		<b>Wednesday, November 14, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Ganda*/Vridhhi Yoga Gara/Visti* Karana Saptamyam Titau	Manama, Bahrain Sun 20 Sutra 213 Vilamba 5120
Makara Rasi: 11.24	Tithi 7	<b>Gulika</b> 10:01AM – 11:23AM	<b>Uttarashadha</b> Until 4:38AM Thu	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:56AM		
		<b>Yama</b> 7:18AM – 8:39AM	Ganda* Until 6:16AM Thu	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:50PM	Moon 10 - Phase 29	
		795762364 <b>Rahu</b> 11:23AM – 12:45PM	Gara Until 17:59AM Thu	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Siddha Yoga		<b>Saptami</b> Until 14:10AM Wed	Moon – Purple		<b>Subha Sivaloka Day</b>	
				<b>Karttika•Aipasi</b>			

<b>Retreat Star</b>		<b>Thursday, November 15, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Vridhhi/Dhruva Yoga Visti*/Balava Karana Ashtamyam Titau	Manama, Bahrain Sun 21 Sutra 214 Vilamba 5120
Makara Rasi: 23.11	Tithi 8	<b>Gulika</b> 8:40AM – 10:01AM	<b>Shravana</b> Until 7:13AM Fri	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:57AM		
		<b>Yama</b> 5:57AM – 7:18AM	Vridhhi Until 6:16AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:49PM	Moon 10 - Phase 29	
		795762364 <b>Rahu</b> 12:45PM – 2:06PM	Visti Until 20:25AM Fri	<b>Nataraja:</b> Clear		Ashtami	
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 15:10AM Thu	Moon – Purple		<b>Subha Sivaloka Day</b>	
				<b>Karttika•Aipasi</b>			

<b>Retreat Star</b>		<b>Friday, November 16, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Shravana/Shatabhishak Nakshatra Dhruva/Vyaghata* Yoga Bava Karana Ashtami/Navamyam Titau	Manama, Bahrain Sun 22 Sutra 215 Vilamba 5120
Kumbha Rasi: 5.01	Tithi 8 – 9	<b>Gulika</b> 7:19AM – 8:40AM	<b>Shravana</b> Until 7:13AM	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:57AM		
		<b>Yama</b> 2:06PM – 3:28PM	Dhruva Until 9:18AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:49PM	Moon 10 - Phase 29	
		795762364 <b>Rahu</b> 10:02AM – 11:23AM	Bava Until 7:13AM	<b>Nataraja:</b> Clear		Navami	
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 7:13AM	Moon – Purple		<b>Subha Sivaloka Day</b>	
				<b>Karttika•Karttikai</b>			

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

<b>1</b>		<b>Saturday, November 17, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Dhanishtha/Purvaprosarthapada* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Tailila Karana Navami/Dashamyam Titau		Manama, Bahrain Sun 23 Sutra 216	
Kumbha Rasi: 16.59	Tithi 9 – 10	<b>Gulika</b>	5:58AM – 7:19AM	<b>Dhanishtha</b> Until 9:27AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:58AM		Vilamba 5120	
		<b>Yama</b>	12:45PM – 2:06PM	Vyaghata* Until 11:47AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:49PM		Moon 10 - Phase 30	
		796762365 <b>Rahu</b>	8:41AM – 10:02AM	Tailila Until 9:83PM	<b>Nataraja:</b> White			4th Phase	
Creative Work	Amrita Yoga			<b>Navami*</b> Until 16:29AM Sat	Moon – Purple			<b>Devaloka Day</b>	
Until 9:27AM					<b>Karttika-Karttikai</b>				
Then Routine Work - Marana Yoga									

<b>2</b>		<b>Sunday, November 18, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Shatabhishak/Uttaraprosarthapada* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Manama, Bahrain Sun 24 Sutra 217	
Kumbha Rasi: 29.11	Tithi 10 – 11	<b>Gulika</b>	2:06PM – 3:27PM	<b>Shatabhishak</b> Until 11:06AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:59AM		Vilamba 5120	
		<b>Yama</b>	11:24AM – 12:45PM	Harshana Until 2:02PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:48PM		Moon 10 - Phase 30	
		716762365 <b>Rahu</b>	3:27PM – 4:48PM	Vanija Until 11:41PM	<b>Nataraja:</b> White			4th Phase	
Creative Work	Siddha Yoga			<b>Dashami</b> Until 16:32AM Sun	Moon – Clear			<b>Devaloka Day</b>	
Until 11:06AM					<b>Karttika-Karttikai</b>				
Then Creative Work - Amrita Yoga									

<b>3</b>		<b>Monday, November 19, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Purvaprosarthapada*/Revati Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 25 Sutra 218	
Meena Rasi: 11.4	Tithi 11 – 12	<b>Gulika</b>	12:45PM – 2:06PM	<b>Purvaprosarthapada*</b> Until 12:02PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:00AM		Vilamba 5120	
		<b>Yama</b>	10:03AM – 11:24AM	Vajra* Until 3:25PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:48PM		Moon 10 - Phase 30	
<b>Family Home Evening</b>		716762365 <b>Rahu</b>	7:21AM – 8:42AM	Bava Until 12:15AM Tue	<b>Nataraja:</b> White			4th Phase	
Creative Work	Siddha Yoga			<b>Ekadashi</b> Until 16:00AM Mon	Moon – Clear			<b>Devaloka Day</b>	
					<b>Karttika-Karttikai</b>				

<b>4</b>		<b>Tuesday, November 20, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraprosarthapada*/Ashvini Nakshatra Siddhi/Vyalipata* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 26 Sutra 219	
Meena Rasi: 24.29	Tithi 12 – 13	<b>Gulika</b>	11:24AM – 12:45PM	<b>Uttaraprosarthapada</b> Until 12:13PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:00AM		Vilamba 5120	
		<b>Yama</b>	8:42AM – 10:03AM	Siddhi Until 3:56PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:48PM		Moon 10 - Phase 30	
		716762365 <b>Rahu</b>	2:06PM – 3:27PM	Kaulava Until 11:63PM	<b>Nataraja:</b> White			4th Phase	
Creative Work	Siddha Yoga			<b>Dvadashi</b> Until 14:53AM Tue	Moon – Clear			<b>Devaloka Day</b>	
					<b>Karttika-Karttikai</b>				
					<i>Pradosha Vrata</i>				

<b>5</b>		<b>Wednesday, November 21, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Ashvini/Bharani Nakshatra Vyalipata*/Varyan Yoga Tailila/Gara Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 27 Sutra 220	
Mesha Rasi: 7.41	Tithi 13 – 14	<b>Gulika</b>	10:03AM – 11:24AM	<b>Ashvini</b> Until 10:28AM Thu	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:01AM		Vilamba 5120	
		<b>Yama</b>	7:22AM – 8:43AM	Vyalipata* Until 4:03PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:47PM		Moon 10 - Phase 30	
		726762365 <b>Rahu</b>	11:24AM – 12:45PM	Gara Until 10:70PM	<b>Nataraja:</b> White			4th Phase	
Routine Work	Marana Yoga			<b>Trayodashi</b> Until 13:13AM Wed	Moon – White			<b>Bhuloka Day</b>	
Until 10:28AM Thu					<b>Karttika-Karttikai</b>			Devaloka Time: 12:PM to 3:PM	
Then Creative Work - Siddha Yoga									

<b>○</b>		<b>Thursday, November 22, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Krittika Nakshatra Varyan/Parigha* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Manama, Bahrain Sutra 221	
<b>Copper Retreat Star</b>		<b>Gulika</b>	8:43AM – 10:04AM	<b>Ashvini</b> Until 10:28AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:02AM		Vilamba 5120	
Mesha Rasi: 21.15	Tithi 14 – 15	<b>Yama</b>	6:02AM – 7:22AM	Varyan Until 3:23PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:47PM		Moon 10 - Phase 30	
		726762365 <b>Rahu</b>	12:45PM – 2:06PM	Visti Until 9:40PM	<b>Nataraja:</b> White			Purnima	
Creative Work	Siddha Yoga			<b>Chaturdashi*</b> Until 11:01AM Thu	Moon – White			<b>Bhuloka Day</b>	
Until 10:28AM					<b>Karttika-Karttikai</b>			Devaloka Time: 12:PM to 3:PM	
Then Routine Work - Marana Yoga									

<b>○</b>		<b>Friday, November 23, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Rohini Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Manama, Bahrain Sutra 222	
<b>Silver Retreat Star</b>		<b>Gulika</b>	7:23AM – 8:44AM	<b>Bharani</b> Until 8:43AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:03AM		Vilamba 5120	
Vrishabha Rasi: 5.1	Tithi 15 – 16	<b>Yama</b>	2:06PM – 3:26PM	Parigha* Until 2:05PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 4:47PM		Moon 10 - Phase 30	
		726762365 <b>Rahu</b>	10:04AM – 11:25AM	Balava Until 7:42PM	<b>Nataraja:</b> White			Prathama	
Creative Work	Siddha Yoga			<b>Purnima*</b> Until 8:25AM Fri	Moon – White			<b>Bhuloka Day</b>	
Until 8:43AM		<b>Krittika Deepam</b>			<b>Karttika-Karttikai</b>			Devaloka Time: 12:PM to 3:PM	
Then Routine Work - Marana Yoga		<b>Vinayaga Viratam Begins</b>							

If here one is able to realize Him before the death of the body, he will be liberated from the bondage of the world. Krishna Yajur Veda



Saturday, November 24, 2018

Gold Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam

Manama, Bahrain

Wrishabha Rasi: 19.2 Tihi 16 - 17

Gulika 6:03AM - 7:24AM

Krittika Until 6:34AM

Ganesh: Red

Sunrise: 6:03AM

Sutra 223

Yama 12:46PM - 2:06PM

Siddha Until 12:42PM

Muruga: Clear

Sunset: 4:47PM

Vilamba 5120

737762365 Rahu 8:44AM - 10:05AM

Taitila Until 4:85PM

Nataraja: White

Devaloka Day

Moon 11 - Phase 31

Creative Work Amrita Yoga

Prathama\* Until 5:29AM Sat

Moon - Yellow

Karttika-Karttikai

Until 6:34AM

Then Creative Work - Siddha Yoga

1

Sunday, November 25, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam

Manama, Bahrain

Mithuna Rasi: 3.41 Tihi 18

Gulika 2:06PM - 3:26PM

Rohini Until 1:37AM Mon

Ganesh: Red

Sunrise: 6:04AM

Sun 1 Sutra 224

Yama 11:25AM - 12:46PM

Sadhya Until 10:56AM

Muruga: Clear

Sunset: 4:47PM

Vilamba 5120

737762365 Rahu 3:26PM - 4:47PM

Vanija Until 11:81AM Mon

Nataraja: White

Devaloka Day

Moon 11 - Phase 31

Creative Work Siddha Yoga

Tritiya Until 2:19AM Sun

Moon - Yellow

Karttika-Karttikai

Until 11:04PM

Then Creative Work - Amrita Yoga

2

Monday, November 26, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam

Manama, Bahrain

Mithuna Rasi: 18.07 Tihi 19

Gulika 12:46PM - 2:06PM

Mrigashira Until 11:04PM

Ganesh: Red

Sunrise: 6:05AM

Sun 2 Sutra 225

Yama 10:05AM - 11:26AM

Subha Until 8:57AM

Muruga: Clear

Sunset: 4:47PM

Vilamba 5120

737762365 Rahu 7:25AM - 8:45AM

Bava Until 9:50AM Tue

Nataraja: White

Devaloka Day

Moon 11 - Phase 31

Creative Work Siddha Yoga

Chaturthi\* Until 11:02PM

Moon - Yellow

Karttika-Karttikai

Until 11:04PM

Then Creative Work - Amrita Yoga

3

Tuesday, November 27, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam

Manama, Bahrain

Kataka Rasi: 2.34 Tihi 20

Gulika 11:26AM - 12:46PM

Ardra Until 8:36PM

Ganesh: Green

Sunrise: 6:06AM

Sun 3 Sutra 226

Yama 8:46AM - 10:06AM

Sukla Until 7:16AM

Muruga: Clear

Sunset: 4:47PM

Vilamba 5120

747762365 Rahu 2:06PM - 3:26PM

Kaulava Until 6:86AM Wed

Nataraja: White

Bhuloka Day

Moon 11 - Phase 31

Creative Work Siddha Yoga

Panchami Until 7:45PM

Moon - Blue

Karttika-Karttikai

Devaloka Time: 12:PM to 3:PM

4

Wednesday, November 28, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam

Manama, Bahrain

Kataka Rasi: 16.55 Tihi 21

Gulika 10:06AM - 11:26AM

Punarvasu Until 6:17PM

Ganesh: White

Sunrise: 6:06AM

Sun 4 Sutra 227

Yama 7:26AM - 8:46AM

Brahma Until 10:27AM Thu

Muruga: Clear

Sunset: 4:46PM

Vilamba 5120

747862365 Rahu 11:26AM - 12:46PM

Gara Until 4:74AM Thu

Nataraja: White

Bhuloka Day

Moon 11 - Phase 31

Creative Work Siddha Yoga

Shashthi\* Until 13:23AM Wed

Moon - Blue

Karttika-Karttikai

Devaloka Time: 12:PM to 3:PM

5

Thursday, November 29, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam

Manama, Bahrain

Simha Rasi: 1.08 Tihi 22 - 23

Gulika 8:47AM - 10:07AM

Ashlesha\* Until 4:12PM

Ganesh: Clear

Sunrise: 6:07AM

Sun 5 Sutra 228

Yama 6:07AM - 7:27AM

Indra Until 2:46AM Fri

Muruga: Purple

Sunset: 4:46PM

Vilamba 5120

757863365 Rahu 12:47PM - 2:07PM

Balava Until 3:17AM Fri

Nataraja: White

Bhuloka Day

Moon 11 - Phase 31

Creative Work Amrita Yoga

Saptami Until 10:27AM Thu

Moon - Red

Karttika-Karttikai

Devaloka Time: 6:AM to 9:AM

Until 4:12PM

Then Creative Work - Siddha Yoga

D

Friday, November 30, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam

Manama, Bahrain

Simha Rasi: 15.12 Tihi 23 - 24

Gulika 7:28AM - 8:47AM

Magha\* Until 2:22PM

Ganesh: Clear

Sunrise: 6:08AM

Sun 6 Sutra 229

Yama 2:07PM - 3:27PM

Vaidhriti\* Until 4:68AM Sat

Muruga: Purple

Sunset: 4:46PM

Vilamba 5120

757863365 Rahu 10:07AM - 11:27AM

Taitila Until 1:35AM Sat

Nataraja: White

Bhuloka Day

Moon 11 - Phase 31

Creative Work Siddha Yoga

Ashtami\* Until 7:41AM Fri

Moon - Red

Karttika-Karttikai

Devaloka Time: 6:AM to 9:AM

Saturday, December 1, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam

Manama, Bahrain

Simha Rasi: 29.07 Tihi 24 - 25

Gulika 6:08AM - 7:28AM

Purvaphalguni Until 12:49PM

Ganesh: Orange

Sunrise: 6:08AM

Sun 7 Sutra 230

Yama 12:47PM - 2:07PM

Priti Until 12:50AM Sun

Muruga: Purple

Sunset: 4:46PM

Vilamba 5120

758863365 Rahu 8:48AM - 10:08AM

Vanija Until 11:69PM

Nataraja: White

Bhuloka Day

Moon 11 - Phase 31

Routine Work Marana Yoga

Navami\* Until 4:68AM Sat

Moon - Red

Karttika-Karttikai

Devaloka Time: 6:AM to 9:AM

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

All times are standard time

www.gurudeva.org/panchang

<b>1 Sunday, December 2, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Ayushman Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Manama, Bahrain Sun 8 Sutra 231 Vilamba 5120
Kanya Rasi: 12.5	Tithi 25 – 26	<b>Gulika</b> 2:07PM – 3:27PM	<b>Uttaraphalguni Until 11:31AM</b>	<b>Ganesh:</b> Light Blue <i>Sunrise:</i> 6:09AM	
		Yama 11:28AM – 12:47PM	Ayushman Until 12:30AM Mon	<b>Muruga:</b> Purple <i>Sunset:</i> 4:46PM	Moon 11 - Phase 32
		768863365 <b>Rahu</b> 3:27PM – 4:46PM	Bava Until 10:61PM	<b>Nataraja:</b> White	2nd Phase
Creative Work Amrita Yoga			<b>Dashami Until 2:50AM Sun</b>	Moon – Green	<b>Bhuloka Day</b>
Until 11:31AM				<b>Karttika-Karttikai</b>	
Then Creative Work - Siddha Yoga					

<b>2 Monday, December 3, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Manama, Bahrain Sun 9 Sutra 232 Vilamba 5120
Kanya Rasi: 26.25	Tithi 26 – 27	<b>Gulika</b> 12:48PM – 2:07PM	<b>Hasta Until 10:32AM</b>	<b>Ganesh:</b> Light Blue <i>Sunrise:</i> 6:10AM	
<b>Family Home Evening</b>		Yama 10:09AM – 11:28AM	Saubhagya Until 12:20AM Tue	<b>Muruga:</b> Purple <i>Sunset:</i> 4:46PM	Moon 11 - Phase 32
		768863365 <b>Rahu</b> 7:29AM – 8:49AM	Kaulava Until 9:71PM	<b>Nataraja:</b> White	2nd Phase
Routine Work Prabalarishta Yoga			<b>Ekadashi* Until 12:43AM Mon</b>	Moon – Green	<b>Bhuloka Day</b>
Until 10:32AM				<b>Karttika-Karttikai</b>	
Then Creative Work - Amrita Yoga					

<b>3 Tuesday, December 4, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Sobhana Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau			Manama, Bahrain Sun 10 Sutra 233 Vilamba 5120
Tula Rasi: 9.48	Tithi 27 – 28	<b>Gulika</b> 11:29AM – 12:48PM	<b>Chitra Until 9:52AM</b>	<b>Ganesh:</b> Light Blue <i>Sunrise:</i> 6:11AM	
		Yama 8:50AM – 10:09AM	Sobhana Until 12:21AM Wed	<b>Muruga:</b> Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 32
		768863365 <b>Rahu</b> 2:08PM – 3:27PM	Gara Until 9:41PM	<b>Nataraja:</b> White	2nd Phase
Creative Work Siddha Yoga			<b>Dvadashi* Until 10:52PM</b>	Moon – Green	<b>Bhuloka Day</b>
Until 9:52AM				<b>Karttika-Karttikai</b>	
Then Routine Work - Marana Yoga			<i>Pradosha Vrata (Fasting)</i>		

<b>4 Wednesday, December 5, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau			Manama, Bahrain Sun 11 Sutra 234 Vilamba 5120
Tula Rasi: 23	Tithi 28 – 29	<b>Gulika</b> 10:10AM – 11:29AM	<b>Svati Until 9:34AM</b>	<b>Ganesh:</b> Purple <i>Sunrise:</i> 6:11AM	
		Yama 7:31AM – 8:50AM	Athiganda* Until 1:03AM Thu	<b>Muruga:</b> Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 32
		778863365 <b>Rahu</b> 11:29AM – 12:48PM	Visti Until 9:36PM	<b>Nataraja:</b> White	2nd Phase
Creative Work Siddha Yoga			<b>Trayodashi* Until 9:17PM</b>	Moon – Orange	<b>Bhuloka Day</b>
				<b>Karttika-Karttikai</b>	

<b>Thursday, December 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau			Manama, Bahrain Sun 12 Sutra 235 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 8:51AM – 10:10AM	<b>Vishakha Until 9:42AM</b>	<b>Ganesh:</b> Purple <i>Sunrise:</i> 6:12AM	
Vrischika Rasi: 5.59	Tithi 29 – 30	Yama 6:12AM – 7:31AM	Sukarma Until 2:04AM Fri	<b>Muruga:</b> Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 32
		778863365 <b>Rahu</b> 12:49PM – 2:08PM	Catuspada Until 9:59PM	<b>Nataraja:</b> White	Amavasya
Creative Work Siddha Yoga			<b>Chaturdashi* Until 8:00PM</b>	Moon – Orange	<b>Bhuloka Day</b>
Until 9:42AM				<b>Karttika-Karttikai</b>	
Then Routine Work - Prabalarishta Yoga					

<b>Friday, December 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Manama, Bahrain Sun 13 Sutra 236 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 7:32AM – 8:51AM	<b>Anuradha Until 10:20AM</b>	<b>Ganesh:</b> Light Blue <i>Sunrise:</i> 6:13AM	
Vrischika Rasi: 18.44	Tithi 30 – 1	Yama 2:08PM – 3:28PM	Dhriti Until 3:25AM Sat	<b>Muruga:</b> Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 32
		779863365 <b>Rahu</b> 10:11AM – 11:30AM	Kintughna Until 10:52PM	<b>Nataraja:</b> White	Prathama
Routine Work Marana Yoga			<b>Amavasya* Until 7:04PM</b>	Moon – Orange	<b>Bhuloka Day</b>
Until 10:20AM				<b>Margasira-Karttikai</b>	
Then Creative Work - Amrita Yoga					

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. Krishna Yajur Veda

<b>1</b>		<b>Saturday, December 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Manama, Bahrain Sun 14 Sutra 237 Vilamba 5120	
Dhanus Rasi: 1.14	Tithi 1 – 2	<b>Gulika</b>	6:13AM – 7:33AM	<b>Jyeshtha* Until 11:29AM</b>	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 6:13AM			
		<b>Yama</b>	12:50PM – 2:09PM	Shula* Until 5:36AM Sun	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:47PM			Moon 11 - Phase 33
		789863365 <b>Rahu</b>	8:52AM – 10:11AM	Balava Until 11:78PM	<b>Nataraja:</b> White				3rd Phase
Creative Work	Siddha Yoga			<b>Prathama* Until 6:33PM</b>	Moon – Light Blue			<b>Bhuloka Day</b>	
					<b>Margasira-Karttikai</b>				
<b>2</b>		<b>Sunday, December 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Manama, Bahrain Sun 15 Sutra 238 Vilamba 5120	
Dhanus Rasi: 13.31	Tithi 2 – 3	<b>Gulika</b>	2:09PM – 3:28PM	<b>Mula* Until 1:11PM</b>	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 6:14AM			
		<b>Yama</b>	11:31AM – 12:50PM	Ganda* Until 8:07AM Mon	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:47PM			Moon 11 - Phase 33
		789863365 <b>Rahu</b>	3:28PM – 4:47PM	Taitila Until 2:15AM Mon	<b>Nataraja:</b> White				3rd Phase
Creative Work	Siddha Yoga			<b>Dvitiya Until 6:24PM</b>	Moon – Light Blue			<b>Bhuloka Day</b>	
Until 1:11PM					<b>Margasira-Karttikai</b>				
Then Creative Work - Amrita Yoga									
<b>3</b>		<b>Monday, December 10, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Manama, Bahrain Sun 16 Sutra 239 Vilamba 5120	
Dhanus Rasi: 25.36	Tithi 3 – 4	<b>Gulika</b>	12:50PM – 2:09PM	<b>Purvashadha* Until 5:55PM Tue</b>	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 6:15AM			
<b>Family Home Evening</b>		<b>Yama</b>	10:12AM – 11:31AM	Vriddhi Until 8:07AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:48PM			Moon 11 - Phase 33
		789863365 <b>Rahu</b>	7:34AM – 8:53AM	Vanija Until 4:38AM Tue	<b>Nataraja:</b> White				3rd Phase
Routine Work	Marana Yoga			<b>Tritiya Until 6:41PM</b>	Moon – Light Blue			<b>Bhuloka Day</b>	
					<b>Margasira-Karttikai</b>				
<b>4</b>		<b>Tuesday, December 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Shravana Nakshatra Dhruva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Manama, Bahrain Sun 17 Sutra 240 Vilamba 5120	
Makara Rasi: 7.31	Tithi 4 – 5	<b>Gulika</b>	11:32AM – 12:51PM	<b>Purvashadha* Until 5:55PM</b>	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 6:15AM			
		<b>Yama</b>	8:54AM – 10:13AM	Dhruva Until 10:51AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:48PM			Moon 11 - Phase 33
		789863365 <b>Rahu</b>	2:10PM – 3:29PM	Bava Until 6:78AM Wed	<b>Nataraja:</b> White				3rd Phase
Routine Work	Prabalarishta Yoga			<b>Chaturthi* Until 7:18PM</b>	Moon – Light Blue			<b>Bhuloka Day</b>	
Until 5:55PM					<b>Margasira-Karttikai</b>				
Then Creative Work - Siddha Yoga									
<b>5</b>		<b>Wednesday, December 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Dhanishtha Nakshatra Vyaghata* Yoga Bava/Kaulava Karana Panchamyam Titau				Manama, Bahrain Sun 18 Sutra 241 Vilamba 5120	
Makara Rasi: 19.2	Tithi 5	<b>Gulika</b>	10:13AM – 11:32AM	<b>Uttarashadha Until 8:40PM</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 6:16AM			
		<b>Yama</b>	7:35AM – 8:54AM	Vyaghata* Until 2:08PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:48PM			Moon 11 - Phase 33
		799863365 <b>Rahu</b>	11:32AM – 12:51PM	Bava Until 9:63AM Thu	<b>Nataraja:</b> White				3rd Phase
Creative Work	Siddha Yoga			<b>Panchami Until 8:10PM</b>	Moon – Purple			<b>Bhuloka Day</b>	
Until 8:40PM					<b>Margasira-Karttikai</b>			Devaloka Time: 6:AM to 9:AM	
Then Routine Work - Prabalarishta Yoga									
<b>6</b>		<b>Thursday, December 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Shatabhishak Nakshatra Harshana Yoga Kaulava/Gara Karana Shashthyam Titau				Manama, Bahrain Sun 19 Sutra 242 Vilamba 5120	
Kumbha Rasi: 1.07	Tithi 6	<b>Gulika</b>	8:55AM – 10:14AM	<b>Shravana Until 11:22PM</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 6:17AM			
		<b>Yama</b>	6:17AM – 7:36AM	Harshana Until 9:69PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:48PM			Moon 11 - Phase 33
		799863365 <b>Rahu</b>	12:52PM – 2:11PM	Kaulava Until 12:40AM Fri	<b>Nataraja:</b> White				3rd Phase
Creative Work	Siddha Yoga			<b>Shashthi* Until 9:10PM</b>	Moon – Purple			<b>Bhuloka Day</b>	
					<b>Margasira-Karttikai</b>			Devaloka Time: 6:AM to 9:AM	
<b>Retreat Star</b>		<b>Friday, December 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vajra* Yoga Gara Karana Saptamyam Titau				Manama, Bahrain Sun 20 Sutra 243 Vilamba 5120	
Kumbha Rasi: 12.56	Tithi 7	<b>Gulika</b>	7:36AM – 8:55AM	<b>Dhanishtha Until 1:49AM Sat</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 6:17AM			
		<b>Yama</b>	2:11PM – 3:30PM	Vajra* Until 8:04PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:49PM			Moon 11 - Phase 33
		799863365 <b>Rahu</b>	10:14AM – 11:33AM	Gara Until 12:40PM	<b>Nataraja:</b> White				3rd Phase
Creative Work	Siddha Yoga			<b>Saptami Until 1:49AM Sat</b>	Moon – Purple			<b>Bhuloka Day</b>	
Until 1:49AM Sat					<b>Margasira-Karttikai</b>			Devaloka Time: 6:AM to 9:AM	
Then Routine Work - Marana Yoga									
<b>Retreat Star</b>		<b>Saturday, December 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Shatabhishak/Purvashrothapada* Nakshatra Siddhi Yoga Visti*/Balava Karana Ashtamyam Titau				Manama, Bahrain Sun 21 Sutra 244 Vilamba 5120	
Kumbha Rasi: 24.52	Tithi 8	<b>Gulika</b>	6:18AM – 7:37AM	<b>Shatabhishak Until 3:45AM Sun</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 6:18AM			
		<b>Yama</b>	12:52PM – 2:11PM	Siddhi Until 10:45PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:49PM			Moon 11 - Phase 33
		711863365 <b>Rahu</b>	8:56AM – 10:15AM	Visti Until 15:90AM Sun	<b>Nataraja:</b> White				Ashtami
Routine Work	Marana Yoga			<b>Ashtami* Until 10:55PM</b>	Moon – Clear			<b>Bhuloka Day</b>	
Until 3:45AM Sun					<b>Margasira-Karttikai</b>			Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Amrita Yoga									
<b>Retreat Star</b>		<b>Sunday, December 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashrothapada*/Uttarashrothapada Nakshatra Vyalipata* Yoga Balava/Taitila Karana Navamyam Titau				Manama, Bahrain Sun 22 Sutra 245 Vilamba 5120	
Meena Rasi: 7.01	Tithi 9	<b>Gulika</b>	2:12PM – 3:31PM	<b>Purvashrothapada* Until 5:01AM Mon</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 6:19AM			
		<b>Yama</b>	11:34AM – 12:53PM	Vyatipata* Until 12:38AM Mon	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:49PM			Moon 11 - Phase 33
		711863365 <b>Rahu</b>	3:31PM – 4:49PM	Balava Until 17:22AM Mon	<b>Nataraja:</b> White				Navami
Creative Work	Amrita Yoga			<b>Navami* Until 11:21PM</b>	Moon – Clear			<b>Bhuloka Day</b>	
Until 5:01AM Mon		<b>Markali Pillaiyar</b>			<b>Margasira-Markali</b>			Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga									

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. Krishna Yajur Veda

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<b>1</b>		<b>Monday, December 17, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam		Manama, Bahrain	
Meena Rasi: 19.28		Tithi 10		Uttaraproshtapada/Revati Nakshatra Variyan Yoga Tailila/Vanija Karana Dashamyam Titau		Sun 23		Sutra 246	
<b>Family Home Evening</b>		811863365		<b>Gulika</b>	<b>12:53PM – 2:12PM</b>	<b>Uttaraproshtapada</b> Until 5:29AM Tue	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:19AM	Vilamba 5120
Creative Work		Siddha Yoga		<b>Yama</b>	<b>10:16AM – 11:35AM</b>	Variyan Until 1:38AM Tue	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:50PM	Moon 11 - Phase 34
				<b>Rahu</b>	<b>7:38AM – 8:57AM</b>	Tailila Until 16:86AM Tue	<b>Nataraja:</b> White		4th Phase
						<b>Dashami</b> Until 11:18PM	Moon – Clear		<b>Bhuloka Day</b>
							<b>Margasira-Markali</b>		

<b>2</b>		<b>Tuesday, December 18, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam		Manama, Bahrain	
Mesha Rasi: 2.16		Tithi 11		Revati/Ashvini Nakshatra Parigha* Yoga Vanija/Visti* Karana Ekadashyam Titau		Sun 24		Sutra 247	
Creative Work		Siddha Yoga		<b>Gulika</b>	<b>11:35AM – 12:54PM</b>	<b>Revati</b> Until 5:08AM Wed	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:20AM	Vilamba 5120
				<b>Yama</b>	<b>8:57AM – 10:16AM</b>	Parigha* Until 2:09AM Wed	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:50PM	Moon 11 - Phase 34
				<b>Rahu</b>	<b>2:13PM – 3:31PM</b>	Vanija Until 16:40AM Wed	<b>Nataraja:</b> White		4th Phase
				<b>Vaikuntha Ekadasi</b>		<b>Ekadashi</b> Until 10:38PM	Moon – White		<b>Bhuloka Day</b>
							<b>Margasira-Markali</b>	<i>Devaloka Time:</i> 6:AM to 9:AM	

<b>3</b>		<b>Wednesday, December 19, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam		Manama, Bahrain	
Mesha Rasi: 15.28		Tithi 12		Ashvini/Bharani Nakshatra Shiva Yoga Bava/Balava Karana Dvadashyam Titau		Sun 25		Sutra 248	
Creative Work		Siddha Yoga		<b>Gulika</b>	<b>10:17AM – 11:36AM</b>	<b>Ashvini</b> Until 3:59AM Thu	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:20AM	Vilamba 5120
Until 3:59AM Thu		821863365		<b>Yama</b>	<b>7:39AM – 8:58AM</b>	Shiva Until 1:43AM Thu	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:51PM	Moon 11 - Phase 34
Then Routine Work - Marana Yoga				<b>Rahu</b>	<b>11:36AM – 12:54PM</b>	Bava Until 14:69AM Thu	<b>Nataraja:</b> White		4th Phase
						<b>Dvadashi</b> Until 9:21PM	Moon – White		<b>Bhuloka Day</b>
							<b>Margasira-Markali</b>	<i>Devaloka Time:</i> 6:AM to 9:AM	

<b>4</b>		<b>Thursday, December 20, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam		Manama, Bahrain	
Mesha Rasi: 29.07		Tithi 13		Bharani/Krittika Nakshatra Siddha/Sadhya Yoga Kaulava/Gara Karana Trayodashyam Titau		Sun 26		Sutra 249	
Routine Work		Marana Yoga		<b>Gulika</b>	<b>8:58AM – 10:17AM</b>	<b>Bharani</b> Until 2:08AM Fri	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:21AM	Vilamba 5120
				<b>Yama</b>	<b>6:21AM – 7:40AM</b>	Siddha Until 12:28AM Fri	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:51PM	Moon 11 - Phase 34
				<b>Rahu</b>	<b>12:55PM – 2:14PM</b>	Kaulava Until 1:00PM	<b>Nataraja:</b> White		4th Phase
						<b>Trayodashi</b> Until 7:26PM	Moon – White		<b>Bhuloka Day</b>
							<b>Margasira-Markali</b>	<i>Devaloka Time:</i> 6:AM to 9:AM	
									<i>Pradosha Vrata</i>

<b>5</b>		<b>Friday, December 21, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam		Manama, Bahrain	
Vrishabha Rasi: 13.11		Tithi 14		Krittika/Rohini Nakshatra Sadhya Yoga Gara/Bava Karana Chaturdashyam Titau		Sun 27		Sutra 250	
Routine Work		Marana Yoga		<b>Gulika</b>	<b>7:40AM – 8:59AM</b>	<b>Krittika</b> Until 11:43PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:21AM	Vilamba 5120
Until 11:43PM		831863365		<b>Yama</b>	<b>2:14PM – 3:33PM</b>	Sadhya Until 10:54PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 34
Then Creative Work - Siddha Yoga				<b>Rahu</b>	<b>10:18AM – 11:37AM</b>	Gara Until 9:81AM Sat	<b>Nataraja:</b> White		4th Phase
				<b>Day 1 of Pancha Ganapati</b>		<b>Chaturdashi*</b> Until 13:56AM Fri	Moon – Yellow		<b>Bhuloka Day</b>
							<b>Margasira-Markali</b>		

<b>○</b>		<b>Saturday, December 22, 2018</b>				Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam		Manama, Bahrain	
<b>Copper Retreat Star</b>				Rohini/Mrigashira Nakshatra Subha/Sukla Yoga Visti*/Balava Karana Purnimayam Titau		Sun 27		Sutra 251	
Vrishabha Rasi: 27.37		Tithi 15		<b>Gulika</b>	<b>6:22AM – 7:41AM</b>	<b>Rohini</b> Until 8:52PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:22AM	Vilamba 5120
Creative Work		Siddha Yoga		<b>Yama</b>	<b>12:56PM – 2:15PM</b>	Subha Until 8:47PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 34
				<b>Rahu</b>	<b>8:59AM – 10:18AM</b>	Visti Until 6:81AM Sun	<b>Nataraja:</b> White		Purnima
				<b>Day 2 of Pancha Ganapati</b>		<b>Purnima*</b> Until 10:32AM Sat	Moon – Yellow		<b>Bhuloka Day</b>
							<b>Margasira-Markali</b>	<i>Devaloka Time:</i> 9:AM to 12:PM	

<b>○</b>		<b>Sunday, December 23, 2018</b>				Vilamba Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam		Manama, Bahrain	
<b>Silver Retreat Star</b>				Mrigashira/Ardra Nakshatra Sukla/Brahma Yoga Balava/Tailila Karana Prathama/Dvitiyayam Titau		Sun 28		Sutra 252	
Mithuna Rasi: 12.2		Tithi 16 – 17		<b>Gulika</b>	<b>2:15PM – 3:34PM</b>	<b>Mrigashira</b> Until 5:45PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:22AM	Vilamba 5120
Creative Work		Siddha Yoga		<b>Yama</b>	<b>11:38AM – 12:56PM</b>	Sukla Until 6:15PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:53PM	Moon 11 - Phase 34
				<b>Rahu</b>	<b>3:34PM – 4:53PM</b>	Balava Until 3:69AM Mon	<b>Nataraja:</b> White		Prathama
				<b>Day 3 of Pancha Ganapati</b>		<b>Prathama*</b> Until 6:51AM Sun	Moon – Yellow		<b>Bhuloka Day</b>
							<b>Margasira-Markali</b>	<i>Devaloka Time:</i> 9:AM to 12:PM	

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; earthly or airy, heavy or light. Krishna Yajur Veda

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Monday, December 24, 2018

Gold Retreat Star

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Ardra/Pushya Nakshatra Indra Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Manama, Bahrain

Sun 1 Sutra 253

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Mithuna Rasi: 27.11 Tihi 17 - 18

Family Home Evening

841963365

Gulika 12:57PM - 2:16PM

Yama 10:19AM - 11:38AM

Rahu 7:42AM - 9:00AM

Ardra Until 2:31PM

Indra Until 3:53PM

Vanija Until 12:55AM Tue

Ganesha: Blue Sunrise: 6:23AM

Muruga: Purple Sunset: 4:53PM

Nataraja: White

Moon - Blue

Devaloka Day

Creative Work Amrita Yoga

Until 2:31PM

Then Creative Work - Siddha Yoga

Day 4 of Pancha Ganapati

Ardra Darshanam

Tuesday, December 25, 2018

1

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam  
Punarvasu/Ashlesha\* Nakshatra Vaidhriti\* Yoga Visli\*/Bava Karana Tritiya/Chaturthyam Titau

Manama, Bahrain

Sun 2 Sutra 254

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Kataka Rasi: 12.04 Tihi 18 - 19

Creative Work Siddha Yoga

842963365

Gulika 11:39AM - 12:57PM

Yama 9:01AM - 10:20AM

Rahu 2:16PM - 3:35PM

Punarvasu Until 11:19AM

Vaidhriti\* Until 1:25PM

Bava Until 9:47PM

Ganesha: Yellow Sunrise: 6:23AM

Muruga: Purple Sunset: 4:54PM

Nataraja: White

Moon - Blue

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Day 5 of Pancha Ganapati

Wednesday, December 26, 2018

2

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam  
Pushya/Magha\* Nakshatra Vishkambha\*/Priti Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Manama, Bahrain

Sun 3 Sutra 255

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Kataka Rasi: 26.52 Tihi 19 - 20

Creative Work Siddha Yoga

842963366

Gulika 10:20AM - 11:39AM

Yama 7:43AM - 9:01AM

Rahu 11:39AM - 12:58PM

Pushya Until 8:16AM

Vishkambha\* Until 10:59AM

Kaulava Until 6:52PM

Ganesha: Yellow Sunrise: 6:24AM

Muruga: Purple Sunset: 4:54PM

Nataraja: Green

Moon - Blue

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Thursday, December 27, 2018

3

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam  
Ashlesha\*/Purvaphalguni Nakshatra Priti/Ayushman Yoga Gara Karana Shashthyam Titau

Manama, Bahrain

Sun 4 Sutra 256

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Simha Rasi: 11.26 Tihi 21

Creative Work Amrita Yoga

852963366

Gulika 9:02AM - 10:21AM

Yama 6:24AM - 7:43AM

Rahu 12:58PM - 2:17PM

Ashlesha\* Until 3:10AM Fri

Priti Until 9:08AM

Gara Until 4:18PM

Ganesha: Blue Sunrise: 6:24AM

Muruga: Purple Sunset: 4:55PM

Nataraja: Green

Moon - Red

Bhuloka Day

Margasira\*Markali

Until 3:10AM Fri

Then Creative Work - Siddha Yoga

Friday, December 28, 2018

4

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam  
Magha\*/Uttaraphalguni Nakshatra Ayushman/Saubhagya Yoga Visli\*/Balava Karana Saptamyam Titau

Manama, Bahrain

Sun 5 Sutra 257

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Simha Rasi: 25.44 Tihi 22

Creative Work Siddha Yoga

852963366

Gulika 7:43AM - 9:02AM

Yama 2:18PM - 3:37PM

Rahu 10:21AM - 11:40AM

Magha\* Until 1:16AM Sat

Ayushman Until 7:33AM

Visli Until 12:32AM Sat

Ganesha: Blue Sunrise: 6:25AM

Muruga: Purple Sunset: 4:55PM

Nataraja: Green

Moon - Red

Bhuloka Day

Margasira\*Markali

Until 1:16AM Sat

Then Routine Work - Marana Yoga

Saturday, December 29, 2018

5

Retreat Star

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam  
Purvaphalguni/Hasta Nakshatra Saubhagya/Sobhana Yoga Balava/Taitila Karana Ashtamyam Titau

Manama, Bahrain

Sun 6 Sutra 258

Vilamba 5120

Moon 12 - Phase 35

Ashtami

Kanya Rasi: 9.44 Tihi 23

Routine Work Marana Yoga

852963366

Gulika 6:25AM - 7:44AM

Yama 12:59PM - 2:18PM

Rahu 9:03AM - 10:22AM

Purvaphalguni Until 11:54PM

Saubhagya Until 6:17AM

Balava Until 11:26AM Sun

Ganesha: Blue Sunrise: 6:25AM

Muruga: Purple Sunset: 4:56PM

Nataraja: Green

Moon - Red

Bhuloka Day

Margasira\*Markali

Ashtami\* Until 6:35AM Sat

Sunday, December 30, 2018

6

Retreat Star

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Uttaraphalguni/Chitra Nakshatra Athiganda\* Yoga Taitila/Vanija Karana Navamyam Titau

Manama, Bahrain

Sun 7 Sutra 259

Vilamba 5120

Moon 12 - Phase 35

Navami

Kanya Rasi: 23.25 Tihi 24

Creative Work Siddha Yoga

862963366

Gulika 2:19PM - 3:38PM

Yama 11:41AM - 1:00PM

Rahu 3:38PM - 4:57PM

Uttaraphalguni Until 11:04PM

Athiganda\* Until 5:46AM Mon

Taitila Until 10:52AM Mon

Ganesha: Red Sunrise: 6:25AM

Muruga: Purple Sunset: 4:57PM

Nataraja: Green

Moon - Green

Bhuloka Day

Margasira\*Markali

Devaloka Time: 6:AM to 9:AM

Navami\* Until 4:22AM Sun

<b>Monday, December 31, 2018</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Sukarma Yoga Vanija/Bava Karana Dashamyam Titau				Manama, Bahrain Sun 8 Sutra 260 Vilamba 5120	
<b>1</b>		<b>Gulika</b>	<b>1:00PM – 2:19PM</b>	<b>Chitra Until 10:45PM</b>	<b>Ganesh:</b> Red	<i>Sunrise:</i> 6:26AM	
Tula Rasi: 6.47	Tithi 25	Yama	10:23AM – 11:41AM	Sukarma Until 6:03AM Tue	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:57PM	Moon 12 - Phase 36
<b>Family Home Evening</b>	862963366	<b>Rahu</b>	<b>7:45AM – 9:04AM</b>	Vanija Until 10:49AM Tue	<b>Nataraja:</b> Green		2nd Phase
Creative Work Amrita Yoga				<b>Dashami Until 2:33AM Mon</b>	Moon – Green	<b>Bhuloka Day</b>	
Until 10:45PM					<b>Margasira-Markali</b>	Devaloka Time: 6:AM to 9:AM	
Then Routine Work - Marana Yoga							

<b>Tuesday, January 1, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Dhriti Yoga Bava/Kaulava Karana Ekadashyam Titau				Manama, Bahrain Sun 9 Sutra 261 Vilamba 5120	
<b>2</b>		<b>Gulika</b>	<b>11:42AM – 1:01PM</b>	<b>Svati Until 11:40PM Wed</b>	<b>Ganesh:</b> Red	<i>Sunrise:</i> 6:26AM	
Tula Rasi: 19.53	Tithi 26	Yama	9:04AM – 10:23AM	Dhriti Until 6:03AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:58PM	Moon 12 - Phase 36
Creative Work Siddha Yoga	862963366	<b>Rahu</b>	<b>2:20PM – 3:39PM</b>	Bava Until 10:77AM Wed	<b>Nataraja:</b> Green		2nd Phase
Until 11:40PM Wed				<b>Ekadashi* Until 1:09AM Tue</b>	Moon – Green	<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga					<b>Margasira-Markali</b>	Devaloka Time: 6:AM to 9:AM	

<b>Wednesday, January 2, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Svati/Anuradha Nakshatra Shula* Yoga Kaulava/Gara Karana Dvadashtyam Titau				Manama, Bahrain Sun 10 Sutra 262 Vilamba 5120	
<b>3</b>		<b>Gulika</b>	<b>10:23AM – 11:42AM</b>	<b>Svati Until 11:40PM</b>	<b>Ganesh:</b> Green	<i>Sunrise:</i> 6:26AM	
Vrischika Rasi: 2.43	Tithi 27	Yama	7:45AM – 9:04AM	Shula* Until 7:08AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:59PM	Moon 12 - Phase 36
Creative Work Siddha Yoga	872963366	<b>Rahu</b>	<b>11:42AM – 1:02PM</b>	Kaulava Until 11:73AM Thu	<b>Nataraja:</b> Green		2nd Phase
Until 11:40PM Wed				<b>Dvadashti* Until 12:09AM Wed</b>	Moon – Orange	<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga					<b>Margasira-Markali</b>		

<b>Thursday, January 3, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Vishakha/Jyeshtha* Nakshatra Ganda* Yoga Gara/Visli* Karana Trayodashyam Titau				Manama, Bahrain Sun 11 Sutra 263 Vilamba 5120	
<b>4</b>		<b>Gulika</b>	<b>9:05AM – 10:24AM</b>	<b>Vishakha Until 12:51AM Fri</b>	<b>Ganesh:</b> Green	<i>Sunrise:</i> 6:26AM	
Vrischika Rasi: 15.2	Tithi 28	Yama	6:26AM – 7:46AM	Ganda* Until 8:31AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:59PM	Moon 12 - Phase 36
Creative Work Siddha Yoga	872963366	<b>Rahu</b>	<b>1:02PM – 2:21PM</b>	Gara Until 13:37AM Fri	<b>Nataraja:</b> Green		2nd Phase
Until 12:51AM Fri				<b>Trayodashi* Until 11:31PM</b>	Moon – Orange	<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga					<b>Margasira-Markali</b>		
				<i>Pradosha Vrata (Fasting)</i>			

<b>Friday, January 4, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam Anuradha/Mula* Nakshatra Vriddhi Yoga Visti*/Catuspada* Karana Chaturdashyam Titau				Manama, Bahrain Sun 12 Sutra 264 Vilamba 5120	
<b>5</b>		<b>Gulika</b>	<b>7:46AM – 9:05AM</b>	<b>Anuradha Until 2:28AM Sat</b>	<b>Ganesh:</b> Green	<i>Sunrise:</i> 6:27AM	
Vrischika Rasi: 27.45	Tithi 29	Yama	2:22PM – 3:41PM	Vriddhi Until 11:19PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:00PM	Moon 12 - Phase 36
Routine Work Marana Yoga	872963366	<b>Rahu</b>	<b>10:24AM – 11:43AM</b>	Visti Until 14:87AM Sat	<b>Nataraja:</b> Green		2nd Phase
Until 2:28AM Sat				<b>Chaturdashi* Until 11:14PM</b>	Moon – Orange	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga					<b>Margasira-Markali</b>		

<b>Saturday, January 5, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Jyeshtha*/Purvashadha* Nakshatra Dhruva Yoga Catuspada*/Kintughna* Karana Amavasyayam Titau				Manama, Bahrain Sun 13 Sutra 265 Vilamba 5120	
<b>Retreat Star</b>		<b>Gulika</b>	<b>6:27AM – 7:46AM</b>	<b>Jyeshtha* Until 4:29AM Sun</b>	<b>Ganesh:</b> White	<i>Sunrise:</i> 6:27AM	
Dhanus Rasi: 9.59	Tithi 30	Yama	1:03PM – 2:22PM	Dhruva Until 11:40PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:01PM	Moon 12 - Phase 36
Creative Work Siddha Yoga	882963366	<b>Rahu</b>	<b>9:05AM – 10:25AM</b>	Catuspada Until 17:39AM Sun	<b>Nataraja:</b> Green		Amavasya
Until 6:50AM Mon				<b>Amavasya* Until 11:19PM</b>	Moon – Light Blue	<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga					<b>Margasira-Markali</b>		
				<b>Subramuniyaswami Jayanti</b>			

<b>Sunday, January 6, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Uttarashadha Nakshatra Vyaghata* Yoga Kintughna*/Balava Karana Prathamayam Titau				Manama, Bahrain Sun 14 Sutra 266 Vilamba 5120	
<b>Retreat Star</b>		<b>Gulika</b>	<b>2:23PM – 3:42PM</b>	<b>Mula* Until 6:50AM Mon</b>	<b>Ganesh:</b> White	<i>Sunrise:</i> 6:27AM	
Dhanus Rasi: 22.04	Tithi 1	Yama	11:44AM – 1:04PM	Vyaghata* Until 3:13PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:01PM	Moon 12 - Phase 36
Creative Work Siddha Yoga	882973366	<b>Rahu</b>	<b>3:42PM – 5:01PM</b>	Kintughna Until 19:69AM Mon	<b>Nataraja:</b> Green		Prathama
Until 6:50AM Mon				<b>Prathama* Until 11:40PM</b>	Moon – Light Blue	<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga					<b>Pausha-Markali</b>	Devaloka Time: 12:PM to 3:PM	
				<b>Partial Solar Eclipse</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

<b>Monday, January 7, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha/Shravana Nakshatra Harshana Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Manama, Bahrain Sun 15 Sutra 267 Vilamba 5120
<b>1</b>		<b>Gulika</b> 1:04PM – 2:23PM	<b>Purvashadha* Until 6:50AM</b>	<b>Ganesh:</b> White <i>Sunrise:</i> 6:27AM		
Makara Rasi: 4	Tithi 1 – 2	Yama 10:25AM – 11:45AM	Harshana Until 5:56PM	<b>Muruga:</b> Clear <i>Sunset:</i> 5:02PM		Moon 12 - Phase 37
<b>Family Home Evening</b>	882973366	<b>Rahu</b> 7:47AM – 9:06AM	Balava Until 7:69PM	<b>Nataraja:</b> Green		3rd Phase
Routine Work	Marana Yoga		<b>Prathama* Until 12:18AM Mon</b>	Moon – Light Blue	<b>Bhuloka Day</b>	
Until 6:50AM				<b>Pausha-Markali</b>	Devaloka Time: 12:PM to 3:PM	
Then Creative Work - Amrita Yoga						

<b>Tuesday, January 8, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vajra* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Manama, Bahrain Sun 16 Sutra 268 Vilamba 5120
<b>2</b>		<b>Gulika</b> 11:45AM – 1:05PM	<b>Uttarashadha Until 9:27AM</b>	<b>Ganesh:</b> Red <i>Sunrise:</i> 6:27AM		
Makara Rasi: 15.51	Tithi 2 – 3	Yama 9:06AM – 10:26AM	Vajra* Until 9:12PM	<b>Muruga:</b> Clear <i>Sunset:</i> 5:03PM		Moon 12 - Phase 37
	893973366	<b>Rahu</b> 2:24PM – 3:43PM	Taitila Until 10:50PM	<b>Nataraja:</b> Green		3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya Until 1:09AM Tue</b>	Moon – Purple	<b>Devaloka Day</b>	
				<b>Pausha-Markali</b>		

<b>Wednesday, January 9, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Siddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Manama, Bahrain Sun 17 Sutra 269 Vilamba 5120
<b>3</b>		<b>Gulika</b> 10:26AM – 11:46AM	<b>Shravana Until 12:12PM</b>	<b>Ganesh:</b> Red <i>Sunrise:</i> 6:28AM		
Makara Rasi: 27.38	Tithi 3 – 4	Yama 7:47AM – 9:07AM	Siddhi Until 12:22AM Thu	<b>Muruga:</b> Clear <i>Sunset:</i> 5:04PM		Moon 12 - Phase 37
	893973366	<b>Rahu</b> 11:46AM – 1:05PM	Vanija Until 1:36AM Thu	<b>Nataraja:</b> Green		3rd Phase
Routine Work	Prabalarishta Yoga		<b>Tritiya Until 2:06AM Wed</b>	Moon – Purple	<b>Devaloka Day</b>	
Until 12:12PM				<b>Pausha-Markali</b>		
Then Creative Work - Siddha Yoga						

<b>Thursday, January 10, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyatipata* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Manama, Bahrain Sun 18 Sutra 270 Vilamba 5120
<b>4</b>		<b>Gulika</b> 9:07AM – 10:26AM	<b>Dhanishtha Until 2:55PM</b>	<b>Ganesh:</b> Red <i>Sunrise:</i> 6:28AM		
Kumbha Rasi: 9.26	Tithi 4 – 5	Yama 6:28AM – 7:47AM	Vyatipata* Until 3:16AM Fri	<b>Muruga:</b> Clear <i>Sunset:</i> 5:04PM		Moon 12 - Phase 37
	893973366	<b>Rahu</b> 1:06PM – 2:25PM	Bava Until 3:75AM Fri	<b>Nataraja:</b> Green		3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi* Until 3:06AM Thu</b>	Moon – Purple	<b>Devaloka Day</b>	
				<b>Pausha-Markali</b>		

<b>Friday, January 11, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Variyan Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Manama, Bahrain Sun 19 Sutra 271 Vilamba 5120
<b>5</b>		<b>Gulika</b> 7:47AM – 9:07AM	<b>Shatabhishak Until 5:27PM</b>	<b>Ganesh:</b> Clear <i>Sunrise:</i> 6:28AM		
Kumbha Rasi: 21.16	Tithi 5 – 6	Yama 2:26PM – 3:45PM	Variyan Until 6:14AM Sat	<b>Muruga:</b> Clear <i>Sunset:</i> 5:05PM		Moon 12 - Phase 37
	813973366	<b>Rahu</b> 10:27AM – 11:46AM	Kaulava Until 6:37AM Sat	<b>Nataraja:</b> Green		3rd Phase
Creative Work	Siddha Yoga		<b>Panchami Until 4:01AM Fri</b>	Moon – Clear	<b>Devaloka Day</b>	
				<b>Pausha-Markali</b>		

<b>Saturday, January 12, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Parigha* Yoga Kaulava/Gara Karana Shashthyam Titau				Manama, Bahrain Sun 20 Sutra 272 Vilamba 5120
<b>6</b>		<b>Gulika</b> 6:28AM – 7:47AM	<b>Purvaproshtapada* Until 7:37PM</b>	<b>Ganesh:</b> Clear <i>Sunrise:</i> 6:28AM		
Meena Rasi: 3.12	Tithi 6	Yama 1:07PM – 2:26PM	Parigha* Until 6:14AM	<b>Muruga:</b> Clear <i>Sunset:</i> 5:06PM		Moon 12 - Phase 37
	813973366	<b>Rahu</b> 9:07AM – 10:27AM	Kaulava Until 7:92AM Sun	<b>Nataraja:</b> Green		3rd Phase
Routine Work	Marana Yoga		<b>Shashthi* Until 4:43AM Sat</b>	Moon – Clear	<b>Devaloka Day</b>	
Until 7:37PM				<b>Pausha-Markali</b>		
Then Creative Work - Siddha Yoga						

<b>Sunday, January 13, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Shiva Yoga Gara/Visti* Karana Saptamyam Titau				Manama, Bahrain Sun 21 Sutra 273 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 2:27PM – 3:47PM	<b>Uttaraproshtapada Until 10:10PM Mon</b>	<b>Ganesh:</b> Clear <i>Sunrise:</i> 6:28AM		
Meena Rasi: 15.19	Tithi 7	Yama 11:47AM – 1:07PM	Shiva Until 8:37AM	<b>Muruga:</b> Clear <i>Sunset:</i> 5:07PM		Moon 12 - Phase 37
	813973366	<b>Rahu</b> 3:47PM – 5:07PM	Gara Until 9:49AM Mon	<b>Nataraja:</b> Green		3rd Phase
Creative Work	Amrita Yoga		<b>Saptami Until 5:06AM Sun</b>	Moon – Clear	<b>Devaloka Day</b>	
				<b>Pausha-Markali</b>		

<b>Monday, January 14, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraproshtapada*/Ashvini Nakshatra Siddha Yoga Visti*/Balava Karana Ashtamyam Titau				Manama, Bahrain Sun 22 Sutra 274 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 1:08PM – 2:28PM	<b>Uttaraproshtapada Until 10:10PM</b>	<b>Ganesh:</b> Clear <i>Sunrise:</i> 6:28AM		
Meena Rasi: 27.41	Tithi 8	Yama 10:28AM – 11:48AM	Siddha Until 10:14AM	<b>Muruga:</b> Clear <i>Sunset:</i> 5:07PM		Moon 12 - Phase 37
<b>Family Home Evening</b>	813973366	<b>Rahu</b> 7:48AM – 9:08AM	Visti Until 10:21AM Tue	<b>Nataraja:</b> Green		Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 5:02AM Mon</b>	Moon – Clear	<b>Devaloka Day</b>	
				<b>Pausha-Thai</b>		

<b>Tuesday, January 15, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Revati/Bharani Nakshatra Sadhya Yoga Balava/Taitila Karana Navamyam Titau				Manama, Bahrain Sun 23 Sutra 275 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 11:48AM – 1:08PM	<b>Revati Until 10:18PM</b>	<b>Ganesh:</b> Purple <i>Sunrise:</i> 6:28AM		
Mesha Rasi: 10.23	Tithi 9	Yama 9:08AM – 10:28AM	Sadhya Until 11:28AM	<b>Muruga:</b> Clear <i>Sunset:</i> 5:08PM		Moon 12 - Phase 37
	823973366	<b>Rahu</b> 2:28PM – 3:48PM	Balava Until 9:64AM Wed	<b>Nataraja:</b> Green		Navami
Creative Work	Siddha Yoga		<b>Navami* Until 4:23AM Tue</b>	Moon – White	<b>Sivaloka Day</b>	
				<b>Pausha-Thai</b>		


These Lords who, it is said, on the pure path, attend to the various duties deriving from a higher realm of maya are at the prow of the effects of the higher realm of maya.  
Mrigendra Agama Jnana Pada

<b>1</b>		<b>Wednesday, January 16, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam		Manama, Bahrain	
Mesha Rasi: 23.28		Tithi 10		Ashvini/Krittika Nakshatra Subha Yoga Taitila/Vanija Karana Dashamyam Titau		Sun 24		Sutra 276	
		<b>Gulika</b>	<b>10:28AM – 11:48AM</b>	<b>Ashvini Until 9:36PM</b>	<b>Ganesh:</b> Blue	<i>Sunrise:</i> 6:28AM	Vilamba 5120		
		Yama	7:48AM – 9:08AM	Subha Until 24:75	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:09PM	Moon 12 - Phase 38		
Creative Work		823173366	<b>Rahu</b>	11:48AM – 1:08PM	<b>Nataraja:</b> Green		Moon – White		<b>Sivaloka Day</b>
Until 9:36PM				Taitila Until 8:57AM Thu	Moon – White				
Then Creative Work - Amrita Yoga				<b>Dashami Until 3:08AM Wed</b>	<b>Pausha*Thai</b>				

<b>2</b>		<b>Thursday, January 17, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam		Manama, Bahrain	
Vrishabha Rasi: 7		Tithi 11		Bharani/Rohini Nakshatra Sukla Yoga Vanija/Bava Karana Ekadashyam Titau		Sun 25		Sutra 277	
		<b>Gulika</b>	<b>9:08AM – 10:28AM</b>	<b>Bharani Until 8:05PM</b>	<b>Ganesh:</b> Blue	<i>Sunrise:</i> 6:28AM	Vilamba 5120		
		Yama	6:28AM – 7:48AM	Sukla Until 11:02AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:10PM	Moon 12 - Phase 38		
Routine Work		823173366	<b>Rahu</b>	1:09PM – 2:29PM	<b>Nataraja:</b> Green		Moon – White		<b>Sivaloka Day</b>
Marana Yoga				Vanija Until 6:65AM Fri	Moon – White				
				<b>Ekadashi Until 24:75</b>	<b>Pausha*Thai</b>				

<b>3</b>		<b>Friday, January 18, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam		Manama, Bahrain	
Vrishabha Rasi: 21		Tithi 12 – 13		Krittika/Mrigashira Nakshatra Brahma Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau		Sun 26		Sutra 278	
		<b>Gulika</b>	<b>7:48AM – 9:08AM</b>	<b>Krittika Until 5:52PM</b>	<b>Ganesh:</b> Yellow	<i>Sunrise:</i> 6:27AM	Vilamba 5120		
		Yama	2:30PM – 3:50PM	Brahma Until 9:54AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:11PM	Moon 12 - Phase 38		
Routine Work		823173366	<b>Rahu</b>	10:29AM – 11:49AM	<b>Nataraja:</b> Green		Moon – Yellow		<b>Devaloka Day</b>
Marana Yoga				Bava Until 3:93AM Sat	Moon – Yellow				
Until 5:52PM				<b>Dvadashi Until 10:43PM</b>	<b>Pausha*Thai</b>				
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata</i>					

<b>4</b>		<b>Saturday, January 19, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam		Manama, Bahrain	
Mithuna Rasi: 5.26		Tithi 13 – 14		Rohini/Ardra Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Sun 27		Sutra 279	
		<b>Gulika</b>	<b>6:27AM – 7:48AM</b>	<b>Rohini Until 3:03PM</b>	<b>Ganesh:</b> Yellow	<i>Sunrise:</i> 6:27AM	Vilamba 5120		
		Yama	1:10PM – 2:30PM	Indra Until 7:59AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:11PM	Moon 12 - Phase 38		
Creative Work		823173366	<b>Rahu</b>	9:08AM – 10:29AM	<b>Nataraja:</b> Green		Moon – Yellow		<b>Devaloka Day</b>
Siddha Yoga				Gara Until 1:29AM Sun	Moon – Yellow				
				<b>Trayodashi Until 7:37PM</b>	<b>Pausha*Thai</b>				

		<b>Sunday, January 20, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam		Manama, Bahrain	
<b>Copper Retreat Star</b>		Mithuna Rasi: 20.15		Tithi 14 – 15		Mrigashira/Punarvasu Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau		Sutra 280	
		<b>Gulika</b>	<b>2:31PM – 3:51PM</b>	<b>Mrigashira Until 11:48AM</b>	<b>Ganesh:</b> White	<i>Sunrise:</i> 6:27AM	Vilamba 5120		
		Yama	11:50AM – 1:10PM	Vaidhriti* Until 2:50AM Mon	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:12PM	Moon 12 - Phase 38		
Creative Work		823173366	<b>Rahu</b>	3:51PM – 5:12PM	<b>Nataraja:</b> Green		Moon – Blue		<b>Sivaloka Day</b>
Siddha Yoga				Bava Until 9:64PM	Moon – Blue				
				<b>Chaturdashi* Until 12:09AM Sun</b>	<b>Pausha*Thai</b>				

<b>Monday, January 21, 2019</b>		<b>Silver Retreat Star</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam		Manama, Bahrain	
Kataka Rasi: 5.19		Tithi 15 – 16		Punarvasu/Pushya Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Sun 28		Sutra 281	
<b>Family Home Evening</b>		<b>Gulika</b>	<b>1:11PM – 2:31PM</b>	<b>Punarvasu Until 8:15AM</b>	<b>Ganesh:</b> White	<i>Sunrise:</i> 6:27AM	Vilamba 5120		
		Yama	10:29AM – 11:50AM	Vishkambha* Until 11:55PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:13PM	Moon 12 - Phase 38		
Creative Work		823173366	<b>Rahu</b>	7:48AM – 9:08AM	<b>Nataraja:</b> Green		Moon – Blue		<b>Sivaloka Day</b>
Siddha Yoga				Balava Until 6:26PM	Moon – Blue				
				<b>Purnima* Until 8:01AM Mon</b>	<b>Pausha*Thai</b>				
		<b>Total Lunar Eclipse</b>							
		<b>Thai Pusam</b>							



Tuesday, January 22, 2019

Gold Retreat Star

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam  
Ashlesha\* Nakshatra Ayushman Yoga Taitila/Vanija Karana Dvitiyayam Titau

Manama, Bahrain

Sutra 282

Vilamba 5120

Kataka Rasi: 20.3 Tihti 17

844173366

**Gulika** 11:50AM – 1:11PM  
Yama 9:08AM – 10:29AM  
**Rahu** 2:32PM – 3:53PM

**Ashlesha\* Until 9:29PM Wed**  
Ayushman Until 11:32PM  
Taitila Until 10:72AM Wed  
**Dvitiya Until 3:46AM Tue**

**Ganesha:** Clear *Sunrise: 6:27AM*  
**Muruga:** Clear *Sunset: 5:14PM*  
**Nataraja:** Green  
Moon – Blue  
**Pausha\*Thai**

Moon 1 - Phase 39  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

Wednesday, January 23, 2019

1

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam  
Ashlesha\*/Magha\* Nakshatra Saubhagya Yoga Vanija/Bava Karana Tritiyayam Titau

Manama, Bahrain

Sun 1 Sutra 283

Vilamba 5120

Simha Rasi: 5.39 Tihti 18

854173366

**Gulika** 10:29AM – 11:50AM  
Yama 7:47AM – 9:08AM  
**Rahu** 11:50AM – 1:11PM

**Ashlesha\* Until 9:29PM**  
Saubhagya Until 6:16PM  
Vanija Until 7:54AM Thu  
**Tritiya Until 11:32PM**

**Ganesha:** Purple *Sunrise: 6:27AM*  
**Muruga:** Clear *Sunset: 5:14PM*  
**Nataraja:** Green  
Moon – Red  
**Pausha\*Thai**

Moon 1 - Phase 39  
1st Phase

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Creative Work Siddha Yoga

Until 9:29PM

Then Creative Work - Amrita Yoga

Thursday, January 24, 2019

2

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam  
Magha\*/Uttaraphalguni Nakshatra Sobhana/Athiganda\* Yoga Bava/Kaulava Karana Chaturthiyam Titau

Manama, Bahrain

Sun 2 Sutra 284

Vilamba 5120

Simha Rasi: 20.37 Tihti 19

854173366

**Gulika** 9:08AM – 10:30AM  
Yama 6:26AM – 7:47AM  
**Rahu** 1:12PM – 2:33PM

**Magha\* Until 6:24PM**  
Sobhana Until 3:50PM  
Bava Until 4:63AM Fri  
**Chaturthi\* Until 7:27PM**

**Ganesha:** Purple *Sunrise: 6:26AM*  
**Muruga:** Clear *Sunset: 5:15PM*  
**Nataraja:** Green  
Moon – Red  
**Pausha\*Thai**

Moon 1 - Phase 39  
1st Phase

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Creative Work Siddha Yoga

Friday, January 25, 2019

3

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvaphalguni/Hasta Nakshatra Athiganda\*/Sukarma Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Manama, Bahrain

Sun 3 Sutra 285

Vilamba 5120

Kanya Rasi: 5.16 Tihti 20 – 21

954173366

**Gulika** 7:47AM – 9:08AM  
Yama 2:33PM – 3:55PM  
**Rahu** 10:30AM – 11:51AM

**Purvaphalguni Until 3:47PM**  
Athiganda\* Until 1:45PM  
Gara Until 2:44AM Sat  
**Panchami Until 12:14AM Fri**

**Ganesha:** Clear *Sunrise: 6:26AM*  
**Muruga:** Clear *Sunset: 5:16PM*  
**Nataraja:** Green  
Moon – Red  
**Pausha\*Thai**

Moon 1 - Phase 39  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

Until 3:47PM

Then Creative Work - Amrita Yoga

Saturday, January 26, 2019

4

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Uttaraphalguni/Chitra Nakshatra Sukarma/Dhriti Yoga Vanija/Bava Karana Shashthi/Saptamyam Titau

Manama, Bahrain

Sun 4 Sutra 286

Vilamba 5120

Kanya Rasi: 19.31 Tihti 21 – 22

964173366

**Gulika** 6:26AM – 7:47AM  
Yama 1:13PM – 2:34PM  
**Rahu** 9:08AM – 10:30AM

**Uttaraphalguni Until 1:48PM**  
Sukarma Until 12:31PM  
Bava Until 24:64  
**Shashthi\* Until 9:18AM Sat**

**Ganesha:** Purple *Sunrise: 6:26AM*  
**Muruga:** Clear *Sunset: 5:17PM*  
**Nataraja:** Green  
Moon – Green  
**Pausha\*Thai**

Moon 1 - Phase 39  
1st Phase

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Routine Work Marana Yoga

Sunday, January 27, 2019

5

Retreat Star

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Hasta/Svati Nakshatra Dhriti/Shula\* Yoga Bava/Kaulava Karana Saptami/Ashtamyam Titau

Manama, Bahrain

Sun 5 Sutra 287

Vilamba 5120

Tula Rasi: 3.21 Tihti 22 – 23

964173366

**Gulika** 2:34PM – 3:56PM  
Yama 11:51AM – 1:13PM  
**Rahu** 3:56PM – 5:17PM

**Hasta Until 12:30PM**  
Dhriti Until 11:51AM  
Kaulava Until 11:56AM Mon  
**Saptami Until 12:30PM**

**Ganesha:** Purple *Sunrise: 6:25AM*  
**Muruga:** Clear *Sunset: 5:17PM*  
**Nataraja:** Green  
Moon – Green  
**Pausha\*Thai**

Moon 1 - Phase 39  
Ashtami

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Creative Work Siddha Yoga

Monday, January 28, 2019

Retreat Star

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam  
Chitra/Vishakha Nakshatra Ganda\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Manama, Bahrain

Sun 6 Sutra 288

Vilamba 5120

Tula Rasi: 16.46 Tihti 23 – 24

964173366

**Gulika** 1:13PM – 2:35PM  
Yama 10:30AM – 11:52AM  
**Rahu** 7:47AM – 9:08AM

**Chitra Until 11:56AM**  
Ganda\* Until 11:44AM  
Taitila Until 11:58PM  
**Ashtami\* Until 5:06AM Mon**

**Ganesha:** Purple *Sunrise: 6:25AM*  
**Muruga:** Clear *Sunset: 5:18PM*  
**Nataraja:** Green  
Moon – Green  
**Pausha\*Thai**

Moon 1 - Phase 39  
Navami

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Creative Work Amrita Yoga

Until 11:56AM

Then Routine Work - Marana Yoga

<b>1</b> Tuesday, January 29, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam				Manama, Bahrain
Tula Rasi: 29.46      Tihi 24 – 25		Svati/Anuradha Nakshatra Vriddhi Yoga Gara/Visi* Karana Navami/Dashamyam Titau				Sun 7      Sutra 289
		<b>Gulika</b> 11:52AM – 1:14PM	<b>Svati</b> Until 12:07PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:25AM	Vilamba 5120	
		Yama      9:08AM – 10:30AM	Vriddhi Until 12:40PM	<b>Muruga:</b> Clear <i>Sunset:</i> 5:19PM	Moon 1 - Phase 40	
974173366		<b>Rahu</b> 2:35PM – 3:57PM	Visti Until 12:30AM Wed	<b>Nataraja:</b> Green	2nd Phase	
Routine Work      Marana Yoga					<b>Devaloka Day</b>	
Until 12:07PM		<b>Navami* Until 3:52AM Tue</b>			Moon – Orange <b>Pausha*Thai</b>	
Then Creative Work - Siddha Yoga						

<b>2</b> Wednesday, January 30, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam				Manama, Bahrain
Vrischika Rasi: 12.26      Tihi 25 – 26		Vishakha/Jyeshtha* Nakshatra Dhruva Yoga Visti* Karana Dashami/Ekadashyam Titau				Sun 8      Sutra 290
		<b>Gulika</b> 10:30AM – 11:52AM	<b>Vishakha</b> Until 1:00PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:24AM	Vilamba 5120	
		Yama      7:46AM – 9:08AM	Dhruva Until 3:00AM Thu	<b>Muruga:</b> Clear <i>Sunset:</i> 5:20PM	Moon 1 - Phase 40	
974173366		<b>Rahu</b> 11:52AM – 1:14PM	Visti Until 1:00PM	<b>Nataraja:</b> Green	2nd Phase	
Creative Work      Siddha Yoga					<b>Devaloka Day</b>	
		<b>Dashami Until 1:00PM</b>			Moon – Orange <b>Pausha*Thai</b>	

<b>3</b> Thursday, January 31, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam				Manama, Bahrain
Vrischika Rasi: 24.5      Tihi 26 – 27		Anuradha/Mula* Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Sun 9      Sutra 291
		<b>Gulika</b> 9:08AM – 10:30AM	<b>Anuradha</b> Until 2:30PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:24AM	Vilamba 5120	
		Yama      6:24AM – 7:46AM	Vyaghata* Until 2:73AM Fri	<b>Muruga:</b> Clear <i>Sunset:</i> 5:21PM	Moon 1 - Phase 40	
974173366		<b>Rahu</b> 1:14PM – 2:36PM	Kaulava Until 2:87AM Fri	<b>Nataraja:</b> Green	2nd Phase	
Routine Work      Prabalarishta Yoga					<b>Devaloka Day</b>	
Until 2:30PM		<b>Ekadashi* Until 3:00AM Thu</b>			Moon – Orange <b>Pausha*Thai</b>	
Then Creative Work - Siddha Yoga						

<b>4</b> Friday, February 1, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam				Manama, Bahrain
Dhanus Rasi: 7.01      Tihi 27 – 28		Jyeshtha*/Mula* Nakshatra Harshana Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau				Sun 10      Sutra 292
		<b>Gulika</b> 7:46AM – 9:08AM	<b>Jyeshtha*</b> Until 4:28PM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:24AM	Vilamba 5120	
		Yama      2:36PM – 3:58PM	Harshana Until 3:47AM Sat	<b>Muruga:</b> Clear <i>Sunset:</i> 5:21PM	Moon 1 - Phase 40	
984173366		<b>Rahu</b> 10:30AM – 11:52AM	Gara Until 5:38AM Sat	<b>Nataraja:</b> Green	2nd Phase	
Creative Work      Amrita Yoga					<b>Bhuloka Day</b>	
Until 4:28PM		<b>Dvadashi* Until 2:73AM Fri</b>			Moon – Light Blue <b>Pausha*Thai</b>	
Then Routine Work - Prabalarishta Yoga		<i>Pradosha Vrata (Fasting)</i>				
					Devaloka Time: 12:PM to 3:PM	

<b>5</b> Saturday, February 2, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam				Manama, Bahrain
Dhanus Rasi: 19.01      Tihi 28		Mula*/Purvashadha* Nakshatra Vajra* Yoga Vanija/Visi* Karana Trayodashyam Titau				Sun 11      Sutra 293
		<b>Gulika</b> 6:23AM – 7:46AM	<b>Mula*</b> Until 6:49PM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:23AM	Vilamba 5120	
		Yama      1:15PM – 2:37PM	Vajra* Until 9:23PM	<b>Muruga:</b> Clear <i>Sunset:</i> 5:21PM	Moon 1 - Phase 40	
984173366		<b>Rahu</b> 9:08AM – 10:30AM	Visti Until 7:66AM Sun	<b>Nataraja:</b> Green	2nd Phase	
Creative Work      Siddha Yoga					<b>Bhuloka Day</b>	
Until 6:49PM		<b>Trayodashi* Until 3:47AM Sat</b>			Moon – Light Blue <b>Pausha*Thai</b>	
Then Routine Work - Marana Yoga						
					Devaloka Time: 12:PM to 3:PM	

<b>6</b> Sunday, February 3, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam				Manama, Bahrain
Makara Rasi: 0.55      Tihi 29		Purvashadha*/Uttarashadha Nakshatra Siddhi Yoga Visi*/Catuspada* Karana Chaturdashyam Titau				Sun 12      Sutra 294
		<b>Gulika</b> 2:37PM – 4:00PM	<b>Purvashadha*</b> Until 9:24PM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:23AM	Vilamba 5120	
		Yama      11:52AM – 1:15PM	Siddhi Until 12:15AM Mon	<b>Muruga:</b> Clear <i>Sunset:</i> 5:22PM	Moon 1 - Phase 40	
984173366		<b>Rahu</b> 4:00PM – 5:22PM	Visti Until 10:46AM Mon	<b>Nataraja:</b> Green	2nd Phase	
Creative Work      Amrita Yoga					<b>Bhuloka Day</b>	
		<b>Chaturdashi* Until 4:32AM Sun</b>			Moon – Light Blue <b>Pausha*Thai</b>	
					Devaloka Time: 12:PM to 3:PM	

<b>Monday, February 4, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam				Manama, Bahrain
<b>Retreat Star</b>		Uttarashadha/Shravana Nakshatra Vyalipata* Yoga Catuspada*/Kintughna* Karana Amavasyayam Titau				Sun 13      Sutra 295
Makara Rasi: 12.44      Tihi 30		<b>Gulika</b> 1:15PM – 2:38PM	<b>Uttarashadha</b> Until 12:06AM Tue	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:22AM	Vilamba 5120	
<b>Family Home Evening</b>		Yama      10:30AM – 11:53AM	Vyatipata* Until 6:39AM Wed Tue	<b>Muruga:</b> Clear <i>Sunset:</i> 5:23PM	Moon 1 - Phase 40	
995173367		<b>Rahu</b> 7:45AM – 9:07AM	Catuspada Until 13:29AM Tue	<b>Nataraja:</b> White	Amavasya	
Creative Work      Amrita Yoga					<b>Devaloka Day</b>	
Until 12:06AM Tue		<b>Amavasya* Until 5:27AM Mon</b>			Moon – Purple <b>Pausha*Thai</b>	
Then Creative Work - Siddha Yoga						

<b>Tuesday, February 5, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam				Manama, Bahrain
<b>Retreat Star</b>		Shravana/Dhanishtha Nakshatra Vyalipata*/Varyan Yoga Kintughna*/Balava Karana Prathamayam Titau				Sun 14      Sutra 296
Makara Rasi: 24.32      Tihi 1		<b>Gulika</b> 11:53AM – 1:15PM	<b>Shravana</b> Until 2:48AM Wed	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:22AM	Vilamba 5120	
		Yama      9:07AM – 10:30AM	Vyatipata* Until 6:39AM Wed	<b>Muruga:</b> Clear <i>Sunset:</i> 5:23PM	Moon 1 - Phase 40	
995173367		<b>Rahu</b> 2:38PM – 4:01PM	Kintughna Until 15:69AM Wed	<b>Nataraja:</b> White	Prathama	
Creative Work      Siddha Yoga					<b>Devaloka Day</b>	
		<b>Prathama* Until 6:27AM Tue</b>			Moon – Purple <b>Magha*Thai</b>	

<b>1</b>		<b>Wednesday, February 6, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Variyan/Parigha* Yoga Balava/Taitila Karana Dvitiyayam Titau		Manama, Bahrain Sun 15 Sutra 297 Vilamba 5120	
Kumbha Rasi: 6.2	Tithi 2	<b>Gulika</b>	10:30AM – 11:53AM	<b>Dhanishtha</b> Until 7:50AM Fri Thu	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:21AM			
		Yama	7:44AM – 9:07AM	Variyan Until 6:39AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:24PM		Moon 1 - Phase 41	
		995173367 <b>Rahu</b>	11:53AM – 1:16PM	Balava Until 18:40AM Thu	<b>Nataraja:</b> White			3rd Phase	
Routine Work	Prabalarishta Yoga			<b>Dvitiya</b> Until 7:24AM Wed	Moon – Purple				<b>Devaloka Day</b>
Until 7:50AM Fri Thu					<b>Magha-Thai</b>				
Then Creative Work - Siddha Yoga									

<b>2</b>		<b>Thursday, February 7, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Purvaproshtapada* Nakshatra Parigha*/Shiva Yoga Taitila/Vanija Karana Trityayam Titau		Manama, Bahrain Sun 16 Sutra 298 Vilamba 5120	
Kumbha Rasi: 18.1	Tithi 3	<b>Gulika</b>	9:07AM – 10:30AM	<b>Dhanishtha</b> Until 7:50AM Fri	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:21AM			
		Yama	6:21AM – 7:44AM	Parigha* Until 9:30AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:25PM		Moon 1 - Phase 41	
		995173367 <b>Rahu</b>	1:16PM – 2:39PM	Taitila Until 20:57AM Fri	<b>Nataraja:</b> White			3rd Phase	
Creative Work	Siddha Yoga			<b>Tritiya</b> Until 8:18AM Thu	Moon – Purple				<b>Devaloka Day</b>
					<b>Magha-Thai</b>				

<b>3</b>		<b>Friday, February 8, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak/Uttaraproshtapada Nakshatra Shiva/Siddha Yoga Gara/Visti* Karana Tritya/Chaturthyam Titau		Manama, Bahrain Sun 17 Sutra 299 Vilamba 5120	
Meena Rasi: 0.05	Tithi 3 – 4	<b>Gulika</b>	7:43AM – 9:07AM	<b>Shatabhishak</b> Until 7:50AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:20AM			
		Yama	2:39PM – 4:02PM	Shiva Until 12:29PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:26PM		Moon 1 - Phase 41	
		915173367 <b>Rahu</b>	10:30AM – 11:53AM	Visti Until 8:57PM	<b>Nataraja:</b> White			3rd Phase	
Creative Work	Siddha Yoga			<b>Tritiya</b> Until 9:03AM Fri	Moon – Clear				<b>Sivaloka Day</b>
					<b>Magha-Thai</b>				

<b>4</b>		<b>Saturday, February 9, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Purvaproshtapada*/Revati Nakshatra Siddha/Sadhya Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Manama, Bahrain Sun 18 Sutra 300 Vilamba 5120	
Meena Rasi: 12.07	Tithi 4 – 5	<b>Gulika</b>	6:20AM – 7:43AM	<b>Purvaproshtapada*</b> Until 9:57AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:20AM			
		Yama	1:16PM – 2:40PM	Siddha Until 3:01PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:26PM		Moon 1 - Phase 41	
		915173367 <b>Rahu</b>	9:06AM – 10:30AM	Bava Until 10:54PM	<b>Nataraja:</b> White			3rd Phase	
Creative Work	Siddha Yoga			<b>Chaturthi*</b> Until 9:33AM Sat	Moon – Clear				<b>Sivaloka Day</b>
Until 9:57AM					<b>Magha-Thai</b>				
Then Routine Work - Prabalarishta Yoga									

<b>5</b>		<b>Sunday, February 10, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada*/Ashvini Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Manama, Bahrain Sun 19 Sutra 301 Vilamba 5120	
Meena Rasi: 24.16	Tithi 5 – 6	<b>Gulika</b>	2:40PM – 4:04PM	<b>Uttaraproshtapada</b> Until 11:41AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:19AM			
		Yama	11:53AM – 1:17PM	Sadhya Until 4:59PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:27PM		Moon 1 - Phase 41	
		915273367 <b>Rahu</b>	4:04PM – 5:27PM	Kaulava Until 11:83PM	<b>Nataraja:</b> White			3rd Phase	
Creative Work	Amrita Yoga			<b>Panchami</b> Until 9:47AM Sun	Moon – Clear				<b>Devaloka Day</b>
Until 11:41AM					<b>Magha-Thai</b>				
Then Creative Work - Siddha Yoga									

<b>6</b>		<b>Monday, February 11, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Subha/Sukla Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Manama, Bahrain Sun 20 Sutra 302 Vilamba 5120	
Mesha Rasi: 6.39	Tithi 6 – 7	<b>Gulika</b>	1:17PM – 2:40PM	<b>Ashvini</b> Until 1:29PM Tue	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:18AM			
<b>Family Home Evening</b>		Yama	10:29AM – 11:53AM	Subha Until 6:45PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:28PM		Moon 1 - Phase 41	
		925273367 <b>Rahu</b>	7:42AM – 9:06AM	Gara Until 24:78	<b>Nataraja:</b> White			3rd Phase	
Creative Work	Siddha Yoga			<b>Shashthi*</b> Until 9:38AM Mon	Moon – White				<b>Bhuloka Day</b>
					<b>Magha-Thai</b>				Devaloka Time: 12:PM to 3:PM

<b>Retreat Star</b>		<b>Tuesday, February 12, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Ashvini/Bharani Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Manama, Bahrain Sun 21 Sutra 303 Vilamba 5120	
Mesha Rasi: 19.17	Tithi 7 – 8	<b>Gulika</b>	11:53AM – 1:17PM	<b>Ashvini</b> Until 1:29PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:18AM			
		Yama	9:05AM – 10:29AM	Sukla Until 7:44PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:28PM		Moon 1 - Phase 41	
		925273367 <b>Rahu</b>	2:41PM – 4:05PM	Visti Until 1:32AM Wed	<b>Nataraja:</b> White			Ashtami	
Creative Work	Siddha Yoga			<b>Saptami</b> Until 9:00AM Tue	Moon – White				<b>Bhuloka Day</b>
					<b>Magha-Thai</b>				Devaloka Time: 12:PM to 3:PM

<b>Retreat Star</b>		<b>Wednesday, February 13, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Bharani/Krittika Nakshatra Brahma/Indra Yoga Bava/Kaulava Karana Ashtami/Navamyam Titau		Manama, Bahrain Sun 22 Sutra 304 Vilamba 5120	
Vrisabha Rasi: 2.14	Tithi 8 – 9	<b>Gulika</b>	10:29AM – 11:53AM	<b>Bharani</b> Until 1:22PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:17AM			
		Yama	7:41AM – 9:05AM	Brahma Until 7:52PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:29PM		Moon 1 - Phase 41	
		926273367 <b>Rahu</b>	11:53AM – 1:17PM	Kaulava Until 24:62	<b>Nataraja:</b> White			Navami	
Creative Work	Amrita Yoga			<b>Ashtami*</b> Until 7:51AM Wed	Moon – White				<b>Devaloka Day</b>
Until 1:22PM					<b>Magha-Masi</b>				
Then Creative Work - Siddha Yoga									

<b>1</b>		<b>Thursday, February 14, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Krittika/Rohini Nakshatra Indra/Vaidhriti* Yoga Kaulava Karana Navami/Dashamyam Titau	Manama, Bahrain Sun 23 Sutra 305 Vilamba 5120
936273367	<b>Gulika</b>	<b>9:05AM – 10:29AM</b>	<b>Krittika Until 12:28PM</b>	<b>Ganesha: White</b>	<i>Sunrise: 6:16AM</i>		
	<b>Yama</b>	<b>6:16AM – 7:40AM</b>	<b>Indra Until 7:33PM</b>	<b>Muruga: Clear</b>	<i>Sunset: 5:30PM</i>	Moon 1 - Phase 42	
	<b>Rahu</b>	<b>1:17PM – 2:41PM</b>	<b>Kaulava Until 12:28PM</b>	<b>Nataraja: White</b>		4th Phase	
Routine Work	Marana Yoga		<b>Navami* Until 12:28PM</b>	<b>Moon – Yellow</b>		<b>Sivaloka Day</b>	
				<b>Magha-Masi</b>			

<b>2</b>		<b>Friday, February 15, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha* Yoga Gara Karana Dashami/Ekadashyam Titau	Manama, Bahrain Sun 24 Sutra 306 Vilamba 5120
936273367	<b>Gulika</b>	<b>7:40AM – 9:04AM</b>	<b>Rohini Until 10:49AM</b>	<b>Ganesha: White</b>	<i>Sunrise: 6:16AM</i>		
	<b>Yama</b>	<b>2:42PM – 4:06PM</b>	<b>Vishkambha* Until 12:51AM Sat</b>	<b>Muruga: Clear</b>	<i>Sunset: 5:30PM</i>	Moon 1 - Phase 42	
	<b>Rahu</b>	<b>10:29AM – 11:53AM</b>	<b>Gara Until 10:49AM</b>	<b>Nataraja: White</b>		4th Phase	
Creative Work	Siddha Yoga		<b>Dashami Until 10:49AM</b>	<b>Moon – Yellow</b>		<b>Sivaloka Day</b>	
				<b>Magha-Masi</b>			

<b>3</b>		<b>Saturday, February 16, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Mrigashira/Punarvasu Nakshatra Priti Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau	Manama, Bahrain Sun 25 Sutra 307 Vilamba 5120
936273367	<b>Gulika</b>	<b>6:15AM – 7:39AM</b>	<b>Mrigashira Until 8:30AM</b>	<b>Ganesha: White</b>	<i>Sunrise: 6:15AM</i>		
	<b>Yama</b>	<b>1:18PM – 2:42PM</b>	<b>Priti Until 4:23PM</b>	<b>Muruga: Clear</b>	<i>Sunset: 5:31PM</i>	Moon 1 - Phase 42	
	<b>Rahu</b>	<b>9:04AM – 10:28AM</b>	<b>Bava Until 6:67PM</b>	<b>Nataraja: White</b>		4th Phase	
Creative Work	Siddha Yoga		<b>Ekadashi Until 12:51AM Sat</b>	<b>Moon – Yellow</b>		<b>Sivaloka Day</b>	
				<b>Magha-Masi</b>			

<b>4</b>		<b>Sunday, February 17, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu/Pushya Nakshatra Ayushman/Saubhagya Yoga Kaulava/Gara Karana Trayodashyam Titau	Manama, Bahrain Sun 26 Sutra 308 Vilamba 5120
946273367	<b>Gulika</b>	<b>2:42PM – 4:07PM</b>	<b>Punarvasu Until 2:09PM</b>	<b>Ganesha: Clear</b>	<i>Sunrise: 6:14AM</i>		
	<b>Yama</b>	<b>11:53AM – 1:18PM</b>	<b>Ayushman Until 2:09PM</b>	<b>Muruga: Clear</b>	<i>Sunset: 5:32PM</i>	Moon 1 - Phase 42	
	<b>Rahu</b>	<b>4:07PM – 5:32PM</b>	<b>Kaulava Until 12:27AM Mon</b>	<b>Nataraja: White</b>		4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi Until 9:26PM</b>	<b>Moon – Blue</b>		<b>Devaloka Day</b>	
				<b>Magha-Masi</b>			

*Pradosha Vrata*

<b>5</b>		<b>Monday, February 18, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Gara/Visti* Karana Chaturdashyam Titau	Manama, Bahrain Sun 27 Sutra 309 Vilamba 5120
946273367	<b>Gulika</b>	<b>1:18PM – 2:43PM</b>	<b>Pushya Until 6:48PM Tue</b>	<b>Ganesha: Clear</b>	<i>Sunrise: 6:13AM</i>		
	<b>Yama</b>	<b>10:28AM – 11:53AM</b>	<b>Saubhagya Until 1:29PM</b>	<b>Muruga: Clear</b>	<i>Sunset: 5:32PM</i>	Moon 1 - Phase 42	
	<b>Rahu</b>	<b>7:38AM – 9:03AM</b>	<b>Gara Until 8:43AM Tue</b>	<b>Nataraja: White</b>		4th Phase	
Family Home Evening	Siddha Yoga		<b>Chaturdashi* Until 13:29AM Mon</b>	<b>Moon – Blue</b>		<b>Devaloka Day</b>	
		<b>Chidambaram Abhishekam</b>		<b>Magha-Masi</b>			

<b>○</b>		<b>Tuesday, February 19, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Pushya/Magha* Nakshatra Sobhana/Athiganda* Yoga Visti*/Balava Karana Purnimayam Titau	Manama, Bahrain Sutra 310 Vilamba 5120
<b>Copper Retreat Star</b>		<b>Gulika</b>	<b>11:53AM – 1:18PM</b>	<b>Pushya Until 6:48PM</b>	<b>Ganesha: Clear</b>	<i>Sunrise: 6:12AM</i>	
946273367		<b>Yama</b>	<b>9:03AM – 10:28AM</b>	<b>Sobhana Until 8:18AM</b>	<b>Muruga: Clear</b>	<i>Sunset: 5:33PM</i>	
		<b>Rahu</b>	<b>2:43PM – 4:08PM</b>	<b>Visti Until 4:55AM Wed</b>	<b>Nataraja: White</b>		
Creative Work	Siddha Yoga			<b>Purnima* Until 1:29PM</b>	<b>Moon – Blue</b>	<b>Devaloka Day</b>	
				<b>Magha-Masi</b>			

<b>○</b>		<b>Wednesday, February 20, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha*/Purvaphalguni Nakshatra Sukarma Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau	Manama, Bahrain Sutra 311 Vilamba 5120
<b>Silver Retreat Star</b>		<b>Gulika</b>	<b>10:27AM – 11:53AM</b>	<b>Ashlesha* Until 3:03PM</b>	<b>Ganesha: Clear</b>	<i>Sunrise: 6:12AM</i>	
957273367		<b>Yama</b>	<b>7:37AM – 9:02AM</b>	<b>Sukarma Until 2:30AM Thu</b>	<b>Muruga: Clear</b>	<i>Sunset: 5:34PM</i>	
		<b>Rahu</b>	<b>11:53AM – 1:18PM</b>	<b>Taitila Until 1:15AM Thu</b>	<b>Nataraja: White</b>		
Creative Work	Amrita Yoga			<b>Prathama* Until 4:52AM Wed</b>	<b>Moon – Red</b>	<b>Devaloka Day</b>	
				<b>Magha-Masi</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

All times are standard time

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Thursday, February 21, 2019

Gold Retreat Star

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvaphalguni/Uttaraphalguni Nakshatra Dhriti Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Manama, Bahrain

Sun 1 Sutra 312

Vilamba 5120

Moon 2 - Phase 43  
1st Phase

Simha Rasi: 28.5      Tihi 17 - 18

**Gulika** 9:02AM - 10:27AM  
**Yama** 6:11AM - 7:36AM  
**Rahu** 1:18PM - 2:43PM

**Purvaphalguni Until 11:30AM**  
Dhriti Until 16:61AM Fri  
Vanija Until 9:53PM  
Dvitiya Until 12:38AM Thu

**Ganesha:** Clear  
**Muruga:** Clear  
**Nataraja:** White  
Moon - Red  
**Magha-Masi**

*Sunrise:* 6:11AM  
*Sunset:* 5:34PM

**Devaloka Day**

Amrita Yoga

Until 11:30AM

Then Routine Work - Marana Yoga

Friday, February 22, 2019

1

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttaraphalguni/Hasta Nakshatra Shula\*/Ganda\* Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Manama, Bahrain

Sun 2 Sutra 313

Vilamba 5120

Moon 2 - Phase 43  
1st Phase

Kanya Rasi: 13.44      Tihi 18 - 19

**Gulika** 7:36AM - 9:01AM  
**Yama** 2:44PM - 4:09PM  
**Rahu** 10:27AM - 11:52AM

**Uttaraphalguni Until 8:20AM**  
Shula\* Until 9:47PM  
Bava Until 6:57PM  
Tritiya Until 16:61AM Fri

**Ganesha:** White  
**Muruga:** Clear  
**Nataraja:** White  
Moon - Green  
**Magha-Masi**

*Sunrise:* 6:10AM  
*Sunset:* 5:35PM

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Creative Work Amrita Yoga

Until 8:20AM

Then Creative Work - Siddha Yoga

Saturday, February 23, 2019

2

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam  
Hasta/Chitra Nakshatra Ganda\*/Vridhhi Yoga Kaulava Karana Panchamyam Titau

Manama, Bahrain

Sun 3 Sutra 314

Vilamba 5120

Moon 2 - Phase 43  
1st Phase

Kanya Rasi: 28.14      Tihi 20

**Gulika** 6:09AM - 7:35AM  
**Yama** 1:18PM - 2:44PM  
**Rahu** 9:01AM - 10:27AM

**Hasta Until 3:43AM Sun**  
Ganda\* Until 11:20AM Sun  
Kaulava Until 4:38PM  
Panchami Until 3:43AM Sun

**Ganesha:** White  
**Muruga:** Clear  
**Nataraja:** White  
Moon - Green  
**Magha-Masi**

*Sunrise:* 6:09AM  
*Sunset:* 5:36PM

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Routine Work Marana Yoga

Until 3:43AM Sun

Then Creative Work - Siddha Yoga

Sunday, February 24, 2019

3

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Chitra/Svati Nakshatra Vriddhi/Dhruva Yoga Gara/Visti\* Karana Shashthyam Titau

Manama, Bahrain

Sun 4 Sutra 315

Vilamba 5120

Moon 2 - Phase 43  
1st Phase

Tula Rasi: 12.17      Tihi 21

**Gulika** 2:44PM - 4:10PM  
**Yama** 11:52AM - 1:18PM  
**Rahu** 4:10PM - 5:36PM

**Chitra Until 2:33AM Mon**  
Vriddhi Until 7:21PM  
Gara Until 13:78AM Mon  
Shashthi\* Until 11:20AM Sun

**Ganesha:** White  
**Muruga:** Clear  
**Nataraja:** White  
Moon - Green  
**Magha-Masi**

*Sunrise:* 6:08AM  
*Sunset:* 5:36PM

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Creative Work Siddha Yoga

Until 2:33AM Mon

Then Routine Work - Marana Yoga

Monday, February 25, 2019

4

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam  
Svati/Vishakha Nakshatra Dhruva/Vyaghata\* Yoga Visti\*/Balava Karana Saptamyam Titau

Manama, Bahrain

Sun 5 Sutra 316

Vilamba 5120

Moon 2 - Phase 43  
1st Phase

Tula Rasi: 25.52      Tihi 22

Family Home Evening

**Gulika** 1:18PM - 2:44PM  
**Yama** 10:26AM - 11:52AM  
**Rahu** 7:34AM - 9:00AM

**Svati Until 2:14AM Tue**  
Dhruva Until 7:71AM Tue  
Visti Until 14:26AM Tue  
Saptami Until 9:25AM Mon

**Ganesha:** Yellow  
**Muruga:** Clear  
**Nataraja:** White  
Moon - Orange  
**Magha-Masi**

*Sunrise:* 6:07AM  
*Sunset:* 5:37PM

**Devaloka Day**

Routine Work Marana Yoga

Until 2:14AM Tue

Then Creative Work - Siddha Yoga

Tuesday, February 26, 2019

5

Retreat Star

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Vyaghata\*/Harshana Yoga Balava/Taitila Karana Ashtamyam Titau

Manama, Bahrain

Sun 6 Sutra 317

Vilamba 5120

Moon 2 - Phase 43  
Ashtami

Vrischika Rasi: 8.58      Tihi 23

**Gulika** 11:52AM - 1:18PM  
**Yama** 8:59AM - 10:26AM  
**Rahu** 2:45PM - 4:11PM

**Vishakha Until 2:47AM Wed**  
Vyaghata\* Until 8:29PM  
Balava Until 14:83AM Wed  
Ashtami\* Until 7:71AM Tue

**Ganesha:** Yellow  
**Muruga:** Clear  
**Nataraja:** White  
Moon - Orange  
**Magha-Masi**

*Sunrise:* 6:07AM  
*Sunset:* 5:37PM

**Devaloka Day**

Creative Work Siddha Yoga

Wednesday, February 27, 2019

Retreat Star

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam  
Anuradha/Jyeshtha\* Nakshatra Harshana/Vajra\* Yoga Taitila/Vanija Karana Navamyam Titau

Manama, Bahrain

Sun 7 Sutra 318

Vilamba 5120

Moon 2 - Phase 43  
Navami

Vrischika Rasi: 21.38      Tihi 24

**Gulika** 10:25AM - 11:52AM  
**Yama** 7:32AM - 8:59AM  
**Rahu** 11:52AM - 1:18PM

**Anuradha Until 4:08AM Thu**  
Harshana Until 10:01PM  
Taitila Until 16:65AM Thu  
Navami\* Until 7:39AM Wed

**Ganesha:** Blue  
**Muruga:** Clear  
**Nataraja:** White  
Moon - Orange  
**Magha-Masi**

*Sunrise:* 6:06AM  
*Sunset:* 5:38PM

**Sivaloka Day**

Creative Work Siddha Yoga

<b>1</b>		<b>Thursday, February 28, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Vajra*/Siddhi Yoga Vanija/Bava Karana Dashamyam Titau		Manama, Bahrain Sun 8 Sutra 319	
Dhanus Rasi: 3.58	Tithi 25	<b>Gulika</b>	8:58AM – 10:25AM	<b>Mula* Until 6:07AM Fri</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:05AM		Vilamba 5120	
		Yama	6:05AM – 7:31AM	Vajra* Until 12:33AM Fri	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:39PM		Moon 2 - Phase 44	
		988273367 <b>Rahu</b>	1:18PM – 2:45PM	Vanija Until 19:19AM Fri	<b>Nataraja:</b> White			2nd Phase	
Creative Work	Siddha Yoga			<b>Dashami Until 7:39AM Thu</b>	Moon – Light Blue			<b>Devaloka Day</b>	
Until 6:07AM Fri					<b>Magha-Masi</b>				
Then Routine Work - Prabalarishta Yoga									

<b>2</b>		<b>Friday, March 1, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Manama, Bahrain Sun 9 Sutra 320	
Dhanus Rasi: 16.03	Tithi 25 – 26	<b>Gulika</b>	7:30AM – 8:57AM	<b>Mula* Until 6:07AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:03AM		Vilamba 5120	
		Yama	2:45PM – 4:13PM	Siddhi Until 3:22AM Sat	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:40PM		Moon 2 - Phase 44	
		988273367 <b>Rahu</b>	10:24AM – 11:51AM	Bava Until 7:19PM	<b>Nataraja:</b> White			2nd Phase	
Routine Work	Prabalarishta Yoga			<b>Dashami Until 8:09AM Fri</b>	Moon – Light Blue			<b>Devaloka Day</b>	
Until 6:07AM					<b>Magha-Masi</b>				
Then Routine Work - Marana Yoga									

<b>3</b>		<b>Saturday, March 2, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vyatipata*/Variyan Yoga Balava/Taitila Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 10 Sutra 321	
Dhanus Rasi: 27.57	Tithi 26 – 27	<b>Gulika</b>	6:02AM – 7:29AM	<b>Purvashadha* Until 8:34AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:02AM		Vilamba 5120	
		Yama	1:18PM – 2:46PM	Vyatipata* Until 6:19AM Sun	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:40PM		Moon 2 - Phase 44	
		988273367 <b>Rahu</b>	8:57AM – 10:24AM	Taitila Until 9:55PM	<b>Nataraja:</b> White			2nd Phase	
Routine Work	Marana Yoga			<b>Ekadashi* Until 8:59AM Sat</b>	Moon – Light Blue			<b>Devaloka Day</b>	
Until 8:34AM					<b>Magha-Masi</b>				
Then Creative Work - Siddha Yoga									

<b>4</b>		<b>Sunday, March 3, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Variyan/Parigha* Yoga Taitila/Vanija Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 11 Sutra 322	
Makara Rasi: 9.45	Tithi 27 – 28	<b>Gulika</b>	2:46PM – 4:13PM	<b>Uttarashadha Until 2:00PM Mon</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:01AM		Vilamba 5120	
		Yama	11:51AM – 1:18PM	Variyan Until 6:19AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:41PM		Moon 2 - Phase 44	
		988273367 <b>Rahu</b>	4:13PM – 5:41PM	Vanija Until 12:39AM Mon	<b>Nataraja:</b> White			2nd Phase	
Creative Work	Amrita Yoga			<b>Dvadashi* Until 9:58AM Sun</b>	Moon – Light Blue			<b>Devaloka Day</b>	
Until 2:00PM					<b>Magha-Masi</b>				
Then Creative Work - Siddha Yoga									

*Pradosha Vrata (Fasting)*

<b>5</b>		<b>Monday, March 4, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Uttarashadha/Dhanishtha Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 12 Sutra 323	
Makara Rasi: 21.31	Tithi 28 – 29	<b>Gulika</b>	1:18PM – 2:46PM	<b>Uttarashadha Until 2:00PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:00AM		Vilamba 5120	
<b>Family Home Evening</b>		Yama	10:23AM – 11:51AM	Parigha* Until 10:62AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:41PM		Moon 2 - Phase 44	
		988273367 <b>Rahu</b>	7:28AM – 8:55AM	Visti Until 3:22AM Tue	<b>Nataraja:</b> White			2nd Phase	
Creative Work	Amrita Yoga			<b>Trayodashi* Until 11:02AM Mon</b>	Moon – Purple			<b>Devaloka Day</b>	
Until 2:00PM					<b>Magha-Masi</b>				
Then Creative Work - Siddha Yoga									

<b>6</b>		<b>Tuesday, March 5, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Shravana/Shatabhishak Nakshatra Shiva/Siddha Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau		Manama, Bahrain Sun 13 Sutra 324	
Kumbha Rasi: 3.19	Tithi 29 – 30	<b>Gulika</b>	11:50AM – 1:18PM	<b>Shravana Until 4:39PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:59AM		Vilamba 5120	
		Yama	8:55AM – 10:23AM	Shiva Until 12:47PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:42PM		Moon 2 - Phase 44	
		199273367 <b>Rahu</b>	2:46PM – 4:14PM	Naga Until 5:56AM Wed	<b>Nataraja:</b> White			2nd Phase	
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 10:62AM</b>	Moon – Purple			<b>Devaloka Day</b>	
Until 4:39PM					<b>Magha-Masi</b>				
Then Routine Work - Marana Yoga		<b>Mahasivaratri (Lunar)</b>							
		<b>Mahasivaratri (Solar)</b>							

<b>Retreat Star</b>		<b>Wednesday, March 6, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Dhanishtha/Purvaproshtapada* Nakshatra Siddha/Sadhya Yoga Naga*/Bava Karana Amavasyayam Titau		Manama, Bahrain Sun 14 Sutra 325	
Kumbha Rasi: 15.1	Tithi 30	<b>Gulika</b>	10:22AM – 11:50AM	<b>Dhanishtha Until 7:06PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:58AM		Vilamba 5120	
		Yama	7:26AM – 8:54AM	Siddha Until 3:33PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:42PM		Moon 2 - Phase 44	
		199273367 <b>Rahu</b>	11:50AM – 1:18PM	Bava Until 20:75AM Thu	<b>Nataraja:</b> White			Amavasya	
Creative Work	Siddha Yoga			<b>Amavasya* Until 7:06PM</b>	Moon – Purple			<b>Devaloka Day</b>	
Until 7:06PM					<b>Magha-Masi</b>				
Then Creative Work - Amrita Yoga									

<b>Retreat Star</b>		<b>Thursday, March 7, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Kintughna*/Kaulava Karana Prathamayam Titau		Manama, Bahrain Sun 15 Sutra 326	
Kumbha Rasi: 27.07	Tithi 1	<b>Gulika</b>	8:54AM – 10:22AM	<b>Shatabhishak Until 9:15PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:57AM		Vilamba 5120	
		Yama	5:57AM – 7:25AM	Sadhya Until 6:24PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:43PM		Moon 2 - Phase 44	
		119373367 <b>Rahu</b>	1:18PM – 2:46PM	Kintughna Until 9:73AM Fri	<b>Nataraja:</b> White			Prathama	
Creative Work	Siddha Yoga			<b>Prathama* Until 13:32AM Thu</b>	Moon – Clear			<b>Devaloka Day</b>	
					<b>Phalguna-Masi</b>				

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. Krishna Yajur Veda

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<b>1</b>		Friday, March 8, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Balava/Taitila Karana Dvitiyayam Titau			Manama, Bahrain Sun 16 Sutra 327	
Meena Rasi: 9.1	Tithi 2	<b>Gulika</b>	7:24AM – 8:53AM	<b>Purvaproshtapada* Until 11:04PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:56AM			Vilamba 5120	
		<b>Yama</b>	2:47PM – 4:15PM	Subha Until 8:46PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:43PM			Moon 2 - Phase 45	
Creative Work	Siddha Yoga	119373367	<b>Rahu</b>	10:21AM – 11:50AM	Balava Until 11:53AM Sat	<b>Nataraja:</b> White			3rd Phase	
				<b>Dvitiya Until 13:58AM Fri</b>	Moon – Clear			<b>Devaloka Day</b>		
					<b>Phalguna-Masi</b>					

<b>2</b>		Saturday, March 9, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Sukla/Brahma Yoga Taitila/Vanija Karana Tritiyayam Titau			Manama, Bahrain Sun 17 Sutra 328	
Meena Rasi: 21.22	Tithi 3	<b>Gulika</b>	5:55AM – 7:24AM	<b>Revati Until 1:38AM Mon Sun</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:55AM			Vilamba 5120	
		<b>Yama</b>	1:18PM – 2:47PM	Sukla Until 10:38PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:44PM			Moon 2 - Phase 45	
Routine Work	Prabalarishta Yoga	119373367	<b>Rahu</b>	8:52AM – 10:21AM	Taitila Until 12:69AM Sun	<b>Nataraja:</b> White			3rd Phase	
Until 1:38AM Mon Sun					<b>Tritiya Until 14:07AM Sat</b>	Moon – Clear		<b>Devaloka Day</b>		
Then Creative Work - Siddha Yoga					<b>Phalguna-Masi</b>					

<b>3</b>		Sunday, March 10, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Brahma/Indra Yoga Vanija/Bava Karana Chaturthyam Titau			Manama, Bahrain Sun 18 Sutra 329	
Mesha Rasi: 3.43	Tithi 4	<b>Gulika</b>	2:47PM – 4:16PM	<b>Revati Until 1:38AM Mon</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:54AM			Vilamba 5120	
		<b>Yama</b>	11:49AM – 1:18PM	Brahma Until 12:27AM Mon	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:45PM			Moon 2 - Phase 45	
Creative Work	Siddha Yoga	129373367	<b>Rahu</b>	4:16PM – 5:45PM	Vanija Until 13:61AM Mon	<b>Nataraja:</b> White			3rd Phase	
					<b>Chaturthi* Until 13:59AM Sun</b>	Moon – White		<b>Devaloka Day</b>		
					<b>Phalguna-Masi</b>					
					<b>Subramuniyaswami Siva Vision Day</b>					

<b>4</b>		Monday, March 11, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Indra/Vaidhriti* Yoga Bava/Kaulava Karana Panchamyam Titau			Manama, Bahrain Sun 19 Sutra 330	
Mesha Rasi: 16.14	Tithi 5	<b>Gulika</b>	1:18PM – 2:47PM	<b>Ashvini Until 2:16AM Tue</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:53AM			Vilamba 5120	
Family Home Evening		<b>Yama</b>	10:20AM – 11:49AM	Indra Until 1:41AM Tue	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:45PM			Moon 2 - Phase 45	
Creative Work	Siddha Yoga	129373367	<b>Rahu</b>	7:22AM – 8:51AM	Bava Until 14:25AM Tue	<b>Nataraja:</b> White			3rd Phase	
					<b>Panchami Until 13:34AM Mon</b>	Moon – White		<b>Devaloka Day</b>		
					<b>Phalguna-Masi</b>					

<b>5</b>		Tuesday, March 12, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Gara Karana Shashthyam Titau			Manama, Bahrain Sun 20 Sutra 331	
Mesha Rasi: 28.58	Tithi 6	<b>Gulika</b>	11:49AM – 1:18PM	<b>Krittika Until 1:59AM Thu Wed</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:52AM			Vilamba 5120	
		<b>Yama</b>	8:50AM – 10:20AM	Vaidhriti* Until 2:17AM Wed	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:46PM			Moon 2 - Phase 45	
Creative Work	Siddha Yoga	129373367	<b>Rahu</b>	2:47PM – 4:16PM	Kaulava Until 13:77AM Wed	<b>Nataraja:</b> White			3rd Phase	
					<b>Shashthi* Until 12:45AM Tue</b>	Moon – White		<b>Devaloka Day</b>		
					<b>Phalguna-Masi</b>					

<b>6</b>		Wednesday, March 13, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Vishkambha*/Priti Yoga Gara/Visti* Karana Saptamyam Titau			Manama, Bahrain Sun 21 Sutra 332	
Vrishabha Rasi: 11.56	Tithi 7	<b>Gulika</b>	10:19AM – 11:48AM	<b>Krittika Until 1:59AM Thu</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:51AM			Vilamba 5120	
		<b>Yama</b>	7:20AM – 8:50AM	Vishkambha* Until 2:39AM Thu	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:46PM			Moon 2 - Phase 45	
Creative Work	Siddha Yoga	131373367	<b>Rahu</b>	11:48AM – 1:18PM	Gara Until 13:33AM Thu	<b>Nataraja:</b> White			3rd Phase	
Until 1:59AM Thu					<b>Saptami Until 11:33AM Wed</b>	Moon – Yellow		<b>Sivaloka Day</b>		
Then Routine Work - Marana Yoga					<b>Phalguna-Masi</b>					

<b>Retreat Star</b>		Thursday, March 14, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Priti/Ayushman Yoga Visti*/Balava Karana Ashtamyam Titau			Manama, Bahrain Sun 22 Sutra 333	
Vrishabha Rasi: 25.11	Tithi 8	<b>Gulika</b>	8:49AM – 10:19AM	<b>Mrigashira Until 11:17PM Fri</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:50AM			Vilamba 5120	
		<b>Yama</b>	5:50AM – 7:19AM	Priti Until 2:15AM Fri	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:47PM			Moon 2 - Phase 45	
Routine Work	Marana Yoga	131373367	<b>Rahu</b>	1:18PM – 2:47PM	Nataraja: White				Ashtami	
Until 11:17PM Fri					Moon – Yellow			<b>Sivaloka Day</b>		
Then Creative Work - Siddha Yoga					<b>Phalguna-Masi</b>					
					<b>Ashtami* Until 9:54AM Thu</b>					

<b>Retreat Star</b>		Friday, March 15, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Mrigashira/Ardra Nakshatra Ayushman/Saubhagya Yoga Balava/Taitila Karana Navamyam Titau			Manama, Bahrain Sun 23 Sutra 334	
Mithuna Rasi: 8.48	Tithi 9	<b>Gulika</b>	7:19AM – 8:48AM	<b>Mrigashira Until 11:17PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:49AM			Vilamba 5120	
		<b>Yama</b>	2:47PM – 4:17PM	Ayushman Until 1:07AM Sat	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:47PM			Moon 2 - Phase 45	
Creative Work	Siddha Yoga	131373368	<b>Rahu</b>	10:18AM – 11:48AM	Balava Until 9:74AM Sat	<b>Nataraja:</b> Clear			Navami	
					Moon – Yellow			<b>Subha Sivaloka Day</b>		
					<b>Phalguna-Panguni</b>					
					<b>Navami* Until 7:44AM Fri</b>					
					<b>Karadaiyan Nombu (Tamil Nadu)</b>					

The birth of the world, its maintenance, its destruction, the soul's obscuration and liberation are the five acts of His dance. Mrigendra Agama Jnana Pada

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<b>1</b>		<b>Saturday, March 16, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana Yoga Taitila/Vanija Karana Dashamyam Titau		Manama, Bahrain Sun 24 Sutra 335 Vilamba 5120	
Mithuna Rasi: 22.47	Tithi 10	<b>Gulika</b>	5:48AM – 7:18AM	<b>Ardra Until 9:02PM</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:48AM			
		Yama	1:18PM – 2:48PM	Sobhana Until 11:41PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:48PM		Moon 2 - Phase 46	
Creative Work	Siddha Yoga	141373368 <b>Rahu</b>	8:48AM – 10:18AM	Taitila Until 7:44AM Sun	<b>Nataraja:</b> Clear			4th Phase	
				<b>Dashami Until 5:05AM Sat</b>	Moon – Blue		<b>Sivaloka Day</b>		
					<b>Phalguna•Panguni</b>				

<b>2</b>		<b>Sunday, March 17, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu/Pushya Nakshatra Athiganda* Yoga Vanija/Bava Karana Ekadashyam Titau		Manama, Bahrain Sun 25 Sutra 336 Vilamba 5120	
Kataka Rasi: 7.08	Tithi 11	<b>Gulika</b>	2:48PM – 4:18PM	<b>Punarvasu Until 6:16PM</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:47AM			
		Yama	11:47AM – 1:18PM	Athiganda* Until 9:89PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:48PM		Moon 2 - Phase 46	
Creative Work	Siddha Yoga	141373368 <b>Rahu</b>	4:18PM – 5:48PM	Vanija Until 4:45AM Mon	<b>Nataraja:</b> Clear			4th Phase	
				<b>Ekadashi Until 2:00AM Sun</b>	Moon – Blue		<b>Sivaloka Day</b>		
					<b>Phalguna•Panguni</b>				

<b>3</b>		<b>Monday, March 18, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sukarma Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 26 Sutra 337 Vilamba 5120	
Kataka Rasi: 21.5	Tithi 12 – 13	<b>Gulika</b>	1:17PM – 2:48PM	<b>Pushya Until 3:07PM</b>	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:46AM			
<b>Family Home Evening</b>		Yama	10:17AM – 11:47AM	Sukarma Until 14:40AM Tue	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:48PM		Moon 2 - Phase 46	
Creative Work	Siddha Yoga	141373368 <b>Rahu</b>	7:16AM – 8:46AM	Kaulava Until 1:26AM Tue	<b>Nataraja:</b> Clear			4th Phase	
Until 3:07PM				<b>Dvadashi Until 9:89PM</b>	Moon – Blue		<b>Sivaloka Day</b>		
Then Routine Work - Marana Yoga					<b>Phalguna•Panguni</b>				
				<i>Pradosha Vrata</i>					

<b>4</b>		<b>Tuesday, March 19, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Ashlesha*/Purvaphalguni Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 27 Sutra 338 Vilamba 5120	
Simha Rasi: 6.46	Tithi 13 – 14	<b>Gulika</b>	11:47AM – 1:17PM	<b>Ashlesha* Until 11:41AM</b>	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:45AM			
		Yama	8:46AM – 10:16AM	Dhriti Until 10:34AM Wed	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:49PM		Moon 2 - Phase 46	
Creative Work	Siddha Yoga	151373368 <b>Rahu</b>	2:48PM – 4:18PM	Gara Until 9:56PM	<b>Nataraja:</b> Clear			4th Phase	
				<b>Trayodashi Until 14:40AM Tue</b>	Moon – Red		<b>Subha Sivaloka Day</b>		
		<b>Yogaswami Mahasamadhi</b>			<b>Phalguna•Panguni</b>				

		<b>Wednesday, March 20, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Magha*/Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Manama, Bahrain Sutra 339 Vilamba 5120	
<b>Copper Retreat Star</b>		<b>Gulika</b>	10:16AM – 11:46AM	<b>Magha* Until 8:08AM</b>	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:43AM			
Simha Rasi: 21.5	Tithi 14 – 15	Yama	7:14AM – 8:45AM	Shula* Until 1:40PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:49PM		Moon 2 - Phase 46	
Creative Work	Amrita Yoga	151373368 <b>Rahu</b>	11:46AM – 1:17PM	Visti Until 6:23PM	<b>Nataraja:</b> Clear			Purnima	
				<b>Chaturdashi* Until 10:34AM Wed</b>	Moon – Red		<b>Subha Sivaloka Day</b>		
		<b>Panguni Uttiram</b>			<b>Phalguna•Panguni</b>				
		<b>Holi</b>							

<b>Thursday, March 21, 2019</b>		<b>Silver Retreat Star</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Hasta Nakshatra Ganda*/Vridhi Yoga Balava/Taitila Karana Prathamayam Titau		Manama, Bahrain Sutra 340 Vilamba 5120	
Kanya Rasi: 6.53	Tithi 16	<b>Gulika</b>	8:44AM – 10:15AM	<b>Purvaphalguni Until 1:19AM Fri</b>	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:42AM			
		Yama	5:42AM – 7:13AM	Ganda* Until 10:50AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:50PM		Moon 2 - Phase 46	
Amrita Yoga		151373368 <b>Rahu</b>	1:17PM – 2:48PM	Balava Until 11:49AM Fri	<b>Nataraja:</b> Clear			Prathama	
				<b>Prathama* Until 6:31AM Thu</b>	Moon – Red		<b>Subha Sivaloka Day</b>		
					<b>Phalguna•Panguni</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. Rig Veda

All times are standard time

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Friday, March 22, 2019

Gold Retreat Star

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttaraphalguni/Chitra Nakshatra Dhruva Yoga Taitila/Vanija Karana Dvitiyayam Titau

Manama, Bahrain

Sutra 341

Vilamba 5120

Kanya Rasi: 21.46      Tihti 17

<b>Gulika</b>	7:12AM – 8:44AM
Yama	2:48PM – 4:19PM
<b>Rahu</b>	10:15AM – 11:46AM

Uttaraphalguni Until 10:24PM

Ganesha: Yellow      Sunrise: 5:41AM

Muruga: White      Sunset: 5:50PM

Nataraja: Clear

Moon – Green

Moon 3 - Phase 47

1st Phase

Devaloka Day

Creative Work      Amrita Yoga

Until 10:24PM

Then Creative Work - Siddha Yoga

1

Saturday, March 23, 2019

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mantra Vasara Yuktayam  
Hasta/Svati Nakshatra Vyaghata\* Yoga Vanija/Bava Karana Tritiyayam Titau

Manama, Bahrain

Sun 1      Sutra 342

Vilamba 5120

Tula Rasi: 6.19      Tihti 18

<b>Gulika</b>	5:40AM – 7:12AM
Yama	1:17PM – 2:48PM
<b>Rahu</b>	8:43AM – 10:14AM

Hasta Until 8:02PM

Ganesha: Blue      Sunrise: 5:40AM

Muruga: White      Sunset: 5:51PM

Nataraja: Clear

Moon – Green

Moon 3 - Phase 47

1st Phase

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Routine Work      Marana Yoga

Until 8:02PM

Then Creative Work - Siddha Yoga

2

Sunday, March 24, 2019

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Chitra/Vishakha Nakshatra Harshana/Vajra\* Yoga Bava/Kaulava Karana Chaturthiyam Titau

Manama, Bahrain

Sun 2      Sutra 343

Vilamba 5120

Tula Rasi: 20.28      Tihti 19

<b>Gulika</b>	2:48PM – 4:20PM
Yama	11:45AM – 1:17PM
<b>Rahu</b>	4:20PM – 5:51PM

Chitra Until 6:21PM

Ganesha: Red      Sunrise: 5:39AM

Muruga: White      Sunset: 5:51PM

Nataraja: Clear

Moon – Orange

Moon 3 - Phase 47

1st Phase

Devaloka Day

Phalguna-Panguni

Routine Work      Marana Yoga

Until 8:02PM

Then Creative Work - Siddha Yoga

3

Monday, March 25, 2019

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Vajra\*/Siddhi Yoga Taitila/Vanija Karana Panchami/Shashthiyam Titau

Manama, Bahrain

Sun 3      Sutra 344

Vilamba 5120

Vrischika Rasi: 4.09      Tihti 20 – 21

Family Home Evening

<b>Gulika</b>	1:17PM – 2:48PM
Yama	10:13AM – 11:45AM
<b>Rahu</b>	7:10AM – 8:42AM

Vishakha Until 5:29PM

Ganesha: Red      Sunrise: 5:38AM

Muruga: White      Sunset: 5:52PM

Nataraja: Clear

Moon – Orange

Moon 3 - Phase 47

1st Phase

Devaloka Day

Phalguna-Panguni

Creative Work      Siddha Yoga

Until 8:02PM

Then Creative Work - Siddha Yoga

4

Tuesday, March 26, 2019

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam  
Anuradha/Jyeshtha\* Nakshatra Siddhi/Vyatipata\* Yoga Vanija/Vistli\* Karana Shashthi/Saptamyam Titau

Manama, Bahrain

Sun 4      Sutra 345

Vilamba 5120

Vrischika Rasi: 17.21      Tihti 21 – 22

<b>Gulika</b>	11:45AM – 1:17PM
Yama	8:41AM – 10:13AM
<b>Rahu</b>	2:48PM – 4:20PM

Anuradha Until 5:30PM

Ganesha: Red      Sunrise: 5:37AM

Muruga: White      Sunset: 5:52PM

Nataraja: Clear

Moon – Orange

Moon 3 - Phase 47

1st Phase

Devaloka Day

Phalguna-Panguni

Routine Work      Marana Yoga

Until 5:30PM

Then Creative Work - Amrita Yoga

5

Wednesday, March 27, 2019

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam  
Jyeshtha\*/Mula\* Nakshatra Vyatipata\*/Vriyan Yoga Bava/Balava Karana Saptamyam Titau

Manama, Bahrain

Sun 5      Sutra 346

Vilamba 5120

Dhanus Rasi: 0.06      Tihti 22

<b>Gulika</b>	10:12AM – 11:44AM
Yama	7:08AM – 8:40AM
<b>Rahu</b>	11:44AM – 1:16PM

Jyeshtha\* Until 6:24PM

Ganesha: Green      Sunrise: 5:36AM

Muruga: White      Sunset: 5:53PM

Nataraja: Clear

Moon – Light Blue

Moon 3 - Phase 47

1st Phase

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Routine Work      Marana Yoga

Until 6:24PM

Then Creative Work - Amrita Yoga

D

Thursday, March 28, 2019

Retreat Star

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam  
Mula\*/Purvashadha\* Nakshatra Vriyan/Parigha\* Yoga Balava/Taitila Karana Ashtamyam Titau

Manama, Bahrain

Sun 6      Sutra 347

Vilamba 5120

Dhanus Rasi: 12.29      Tihti 23

<b>Gulika</b>	8:39AM – 10:12AM
Yama	5:35AM – 7:07AM
<b>Rahu</b>	1:16PM – 2:49PM

Mula\* Until 10:19PM Fri

Ganesha: Green      Sunrise: 5:35AM

Muruga: White      Sunset: 5:53PM

Nataraja: Clear

Moon – Light Blue

Moon 3 - Phase 47

Ashtami

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Creative Work      Siddha Yoga

Until 8:02PM

Then Creative Work - Siddha Yoga

Friday, March 29, 2019

Retreat Star

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam  
Mula\*/Uttarashadha Nakshatra Parigha\*/Shiva Yoga Taitila Karana Navamyam Titau

Manama, Bahrain

Sun 7      Sutra 348

Vilamba 5120

Dhanus Rasi: 24.35      Tihti 24

<b>Gulika</b>	7:06AM – 8:39AM
Yama	2:49PM – 4:21PM
<b>Rahu</b>	10:11AM – 11:44AM

Mula\* Until 10:19PM

Ganesha: Green      Sunrise: 5:34AM

Muruga: Yellow      Sunset: 5:54PM

Nataraja: Purple

Moon – Light Blue

Moon 3 - Phase 47

Navami

Devaloka Day

Phalguna-Panguni

Routine Work      Prabalarishta Yoga

Until 10:19PM

Then Routine Work - Marana Yoga

<b>1</b>		<b>Saturday, March 30, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mantra Vasara Yuktayam Purvashadha*/Shravana Nakshatra Shiva/Siddha Yoga Vanija/Bava Karana Dashamyam Titau	Manama, Bahrain Sun 8 Sutra 349 Vilamba 5120
Makara Rasi: 6.29	Tithi 25	<b>Gulika</b>	5:33AM – 7:05AM	<b>Purvashadha* Until 12:54AM Sun</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:33AM		
		<b>Yama</b>	1:16PM – 2:49PM	Shiva Until 12:57PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 5:54PM	Moon 3 - Phase 48	
		182383468 <b>Rahu</b>	8:38AM – 10:11AM	Vanija Until 13:77AM Sun	<b>Nataraja:</b> Purple	2nd Phase	
Routine Work	Marana Yoga			<b>Dashami Until 15:42AM Sat</b>	Moon – Light Blue	<b>Devaloka Day</b>	
Until 12:54AM Sun					<b>Phalguna•Panguni</b>		
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Sunday, March 31, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Siddha/Sadhya Yoga Bava/Taitila Karana Ekadashyam Titau	Manama, Bahrain Sun 9 Sutra 350 Vilamba 5120
Makara Rasi: 18.17	Tithi 26	<b>Gulika</b>	2:49PM – 4:22PM	<b>Shravana Until 6:11AM Tue Mon</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:32AM		
		<b>Yama</b>	11:43AM – 1:16PM	Siddha Until 4:17PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 5:55PM	Moon 3 - Phase 48	
		192383468 <b>Rahu</b>	4:22PM – 5:55PM	Bava Until 16:56AM Mon	<b>Nataraja:</b> Purple	2nd Phase	
Creative Work	Amrita Yoga			<b>Ekadashi* Until 16:45AM Sun</b>	Moon – Purple	<b>Sivaloka Day</b>	
Until 6:11AM Tue Mon					<b>Phalguna•Panguni</b>		
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Monday, April 1, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sadhya/Subha Yoga Kaulava/Gara Karana Dvadashyam Titau	Manama, Bahrain Sun 10 Sutra 351 Vilamba 5120
Kumbha Rasi: 0.04	Tithi 27	<b>Gulika</b>	1:16PM – 2:49PM	<b>Shravana Until 6:11AM Tue</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:32AM		
<b>Family Home Evening</b>		<b>Yama</b>	10:10AM – 11:43AM	Sadhya Until 7:25PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 5:55PM	Moon 3 - Phase 48	
		192483468 <b>Rahu</b>	7:05AM – 8:37AM	Kaulava Until 19:23AM Tue	<b>Nataraja:</b> Purple	2nd Phase	
Creative Work	Siddha Yoga			<b>Dvadashi* Until 17:47AM Mon</b>	Moon – Purple	<b>Subha Sivaloka Day</b>	
Until 6:11AM Tue					<b>Phalguna•Panguni</b>		
Then Routine Work - Marana Yoga							

<b>4</b>		<b>Tuesday, April 2, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Subha Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau	Manama, Bahrain Sun 11 Sutra 352 Vilamba 5120
Kumbha Rasi: 11.53	Tithi 27 – 28	<b>Gulika</b>	11:43AM – 1:16PM	<b>Dhanishtha Until 6:11AM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:31AM		
		<b>Yama</b>	8:37AM – 10:10AM	Subha Until 10:10PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 5:55PM	Moon 3 - Phase 48	
		192483468 <b>Rahu</b>	2:49PM – 4:22PM	Gara Until 7:23PM	<b>Nataraja:</b> Purple	2nd Phase	
Routine Work	Marana Yoga			<b>Dvadashi* Until 18:41AM Tue</b>	Moon – Purple	<b>Subha Sivaloka Day</b>	
					<b>Phalguna•Panguni</b>		

*Pradosha Vrata (Fasting)*

<b>5</b>		<b>Wednesday, April 3, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaprosnthapada* Nakshatra Sukla Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Manama, Bahrain Sun 12 Sutra 353 Vilamba 5120
Kumbha Rasi: 23.49	Tithi 28 – 29	<b>Gulika</b>	10:09AM – 11:43AM	<b>Shatabhishak Until 8:28AM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:30AM		
		<b>Yama</b>	7:03AM – 8:36AM	Sukla Until 12:55AM Thu	<b>Muruga:</b> Yellow <i>Sunset:</i> 5:56PM	Moon 3 - Phase 48	
		112483468 <b>Rahu</b>	11:43AM – 1:16PM	Visti Until 9:30PM	<b>Nataraja:</b> Purple	2nd Phase	
Creative Work	Amrita Yoga			<b>Trayodashi* Until 6:41PM</b>	Moon – Clear	<b>Sivaloka Day</b>	
Until 8:28AM					<b>Phalguna•Panguni</b>		
Then Creative Work - Siddha Yoga							

<b>●</b>		<b>Thursday, April 4, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Purvaprosnthapada*/Uttarproshthapada Nakshatra Brahma Yoga Sakuni*/Caluspada* Karana Chaturdashii/Amavasyayam Titau	Manama, Bahrain Sun 13 Sutra 354 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b>	8:35AM – 10:09AM	<b>Purvaprosnthapada* Until 10:22AM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:28AM		
Meena Rasi: 5.53	Tithi 29 – 30	<b>Yama</b>	5:28AM – 7:02AM	Brahma Until 3:06AM Fri	<b>Muruga:</b> Yellow <i>Sunset:</i> 5:56PM	Moon 3 - Phase 48	
		112483468 <b>Rahu</b>	1:16PM – 2:49PM	Catuspada Until 10:71PM	<b>Nataraja:</b> Purple	Amavasya	
Creative Work	Siddha Yoga			<b>Chaturdashii* Until 7:17PM</b>	Moon – Clear	<b>Sivaloka Day</b>	
					<b>Phalguna•Panguni</b>		

<b>Retreat Star</b>		<b>Friday, April 5, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarproshthapada*/Revali Nakshatra Indra Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Manama, Bahrain Sun 14 Sutra 355 Vilamba 5120
Meena Rasi: 18.09	Tithi 30 – 1	<b>Gulika</b>	7:01AM – 8:35AM	<b>Uttarproshthapada Until 11:51AM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:27AM		
		<b>Yama</b>	2:49PM – 4:23PM	Indra Until 18:75AM Sat	<b>Muruga:</b> Yellow <i>Sunset:</i> 5:57PM	Moon 3 - Phase 48	
		112483468 <b>Rahu</b>	10:08AM – 11:42AM	Kintughna Until 11:87PM	<b>Nataraja:</b> Purple	Prathama	
Creative Work	Siddha Yoga			<b>Amavasya* Until 7:36PM</b>	Moon – Clear	<b>Sivaloka Day</b>	
Until 11:51AM		<b>Yugadhi</b>			<b>Chaitra•Panguni</b>		
Then Creative Work - Amrita Yoga							

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

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1 Saturday, April 6, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Vaidhriti* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Manama, Bahrain Sun 15 Sutra 356 Vilamba 5120	
Mesha Rasi: 0.35	Tithi 1 – 2	<b>Gulika</b> 5:26AM – 7:00AM	<b>Revati</b> Until 12:54PM	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:26AM	Moon 3 - Phase 49	
		Yama 1:15PM – 2:49PM	Vaidhriti* Until 6:13AM Sun	<b>Muruga:</b> Yellow	<i>Sunset:</i> 5:57PM	3rd Phase	
123483468	Rahu	8:34AM – 10:08AM	Balava Until 24:77	<b>Nataraja:</b> Purple		Moon – White	
Creative Work	Siddha Yoga		Prathama* Until 18:75AM Sat	<b>Chaitra-Panguni</b>		<b>Devaloka Day</b>	
		Chellappaswami Mahasamadhi					

2 Sunday, April 7, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Manama, Bahrain Sun 16 Sutra 357 Vilamba 5120	
Mesha Rasi: 13.12	Tithi 2 – 3	<b>Gulika</b> 2:49PM – 4:23PM	<b>Ashvini</b> Until 1:45PM Mon	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:25AM	Moon 3 - Phase 49	
		Yama 11:41AM – 1:15PM	Vishkambha* Until 6:13AM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 5:57PM	3rd Phase	
123483468	Rahu	4:23PM – 5:57PM	Taitila Until 1:42AM Mon	<b>Nataraja:</b> Purple		Moon – White	
Creative Work	Siddha Yoga		Dvitiya Until 7:15PM	<b>Chaitra-Panguni</b>		<b>Devaloka Day</b>	
Until 1:45PM Mon							
Then Routine Work - Prabalarishta Yoga							

3 Monday, April 8, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Krittika Nakshatra Priti/Ayushman Yoga Gara Karana Tritiya/Chaturthyam Titau				Manama, Bahrain Sun 17 Sutra 358 Vilamba 5120	
Mesha Rasi: 26.01	Tithi 3 – 4	<b>Gulika</b> 1:15PM – 2:50PM	<b>Ashvini</b> Until 1:45PM	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:24AM	Moon 3 - Phase 49	
<b>Family Home Evening</b>		Yama 10:07AM – 11:41AM	Priti Until 7:12AM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 5:58PM	3rd Phase	
123483468	Rahu	6:58AM – 8:33AM	Gara Until 1:45PM	<b>Nataraja:</b> Purple		Moon – White	
Creative Work	Siddha Yoga		Tritiya Until 1:45PM	<b>Chaitra-Panguni</b>		<b>Devaloka Day</b>	
Until 1:45PM							
Then Routine Work - Marana Yoga							

4 Tuesday, April 9, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Rohini Nakshatra Ayushman/Saubhagya Yoga Visli*/Bava Karana Chaturthi/Panchamyam Titau				Manama, Bahrain Sun 18 Sutra 359 Vilamba 5120	
Vrishabha Rasi: 9	Tithi 4 – 5	<b>Gulika</b> 11:41AM – 1:15PM	<b>Bharani</b> Until 1:37PM	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:23AM	Moon 3 - Phase 49	
		Yama 8:32AM – 10:06AM	Ayushman Until 7:39AM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 5:58PM	3rd Phase	
123483468	Rahu	2:50PM – 4:24PM	Bava Until 24:86	<b>Nataraja:</b> Purple		Moon – White	
Creative Work	Siddha Yoga		Chaturthi* Until 16:25AM Tue	<b>Chaitra-Panguni</b>		<b>Devaloka Day</b>	
Until 1:37PM							
Then Creative Work - Amrita Yoga							

5 Wednesday, April 10, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Mrigashira Nakshatra Saubhagya/Sobhana Yoga Balava/Gara Karana Panchami/Shashthyam Titau				Manama, Bahrain Sun 19 Sutra 360 Vilamba 5120	
Vrishabha Rasi: 22.11	Tithi 5 – 6	<b>Gulika</b> 10:06AM – 11:41AM	<b>Krittika</b> Until 1:07PM	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:22AM	Moon 3 - Phase 49	
		Yama 6:57AM – 8:31AM	Saubhagya Until 8:03AM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 5:59PM	3rd Phase	
123483468	Rahu	11:41AM – 1:15PM	Gara Until 12:44AM Thu	<b>Nataraja:</b> Purple		Moon – Yellow	
Creative Work	Siddha Yoga		Panchami Until 14:53AM Wed	<b>Chaitra-Panguni</b>		<b>Sivaloka Day</b>	

6 Thursday, April 11, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Rohini/Ardra Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Manama, Bahrain Sun 20 Sutra 361 Vilamba 5120	
Mithuna Rasi: 5.34	Tithi 6 – 7	<b>Gulika</b> 8:31AM – 10:05AM	<b>Rohini</b> Until 12:14PM	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:21AM	Moon 3 - Phase 49	
		Yama 5:21AM – 6:56AM	Sobhana Until 7:56AM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 5:59PM	3rd Phase	
123483468	Rahu	1:15PM – 2:50PM	Gara Until 11:39PM	<b>Nataraja:</b> Purple		Moon – Yellow	
Routine Work	Marana Yoga		Shashthi* Until 13:04AM Thu	<b>Chaitra-Panguni</b>		<b>Sivaloka Day</b>	

Friday, April 12, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Mrigashira/Punarvasu Nakshatra Athiganda*/Sukarma Yoga Vanija/Visli* Karana Saptami/Ashtamyam Titau				Manama, Bahrain Sun 21 Sutra 362 Vilamba 5120	
<b>Retreat Star</b>		<b>Gulika</b> 6:55AM – 8:30AM	<b>Mrigashira</b> Until 10:56AM	<b>Ganesh:</b> Clear	<i>Sunrise:</i> 5:20AM	Moon 3 - Phase 49	
Mithuna Rasi: 19.11	Tithi 7 – 8	Yama 2:50PM – 4:25PM	Athiganda* Until 7:16AM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 6:00PM	Ashtami	
123483468	Rahu	10:05AM – 11:40AM	Visti Until 9:68PM	<b>Nataraja:</b> Purple		Moon – Yellow	
Creative Work	Siddha Yoga		Saptami Until 10:53AM Fri	<b>Chaitra-Panguni</b>		<b>Sivaloka Day</b>	

Saturday, April 13, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ardra/Pushya Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain Sun 22 Sutra 363 Vilamba 5120	
<b>Retreat Star</b>		<b>Gulika</b> 5:19AM – 6:54AM	<b>Ardra</b> Until 9:13AM	<b>Ganesh:</b> White	<i>Sunrise:</i> 5:19AM	Moon 3 - Phase 49	
Kataka Rasi: 3.02	Tithi 8 – 9	Yama 1:15PM – 2:50PM	Sukarma Until 6:29AM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 6:00PM	Navami	
123483468	Rahu	8:29AM – 10:05AM	Balava Until 7:73PM	<b>Nataraja:</b> Purple		Moon – Blue	
Creative Work	Siddha Yoga		Ashtami* Until 8:23AM Sat	<b>Chaitra-Panguni</b>		<b>Devaloka Day</b>	
		Sri Rama Navami					

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

<b>1 Sunday, April 14, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam				Manama, Bahrain
Kataka Rasi: 17.1      Tithi 9 – 10		Punarvasu/Ashlesha* Nakshatra Shula* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Sun 23      Sutra 364
Creative Work      Siddha Yoga		<b>Gulika</b> 2:50PM – 4:25PM	<b>Punarvasu Until 7:06AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:18AM	Vikarin 5121	
Until 7:06AM		Yama      11:39AM – 1:15PM	Shula* Until 3:19AM Mon	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:01PM	Moon 3 - Phase 1	
Then Routine Work - Marana Yoga		143483468 <b>Rahu</b> 4:25PM – 6:01PM	Taitila Until 5:55PM	<b>Nataraja:</b> Purple	4th Phase	
		<b>Tamil New Year</b>		Moon – Blue	<b>Devaloka Day</b>	
		<b>Navami* Until 5:35AM Sun</b>		<b>Chaitra*Chaitra</b>		

<b>2 Monday, April 15, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam				Manama, Bahrain
Simha Rasi: 1.31      Tithi 11		Magha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Ekadashyam Titau				Sun 24      Sutra 1
Family Home Evening		<b>Gulika</b> 1:15PM – 2:50PM	<b>Magha* Until 10:52PM Tue</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:17AM	Vikarin 5121	
Routine Work      Marana Yoga		Yama      10:04AM – 11:39AM	Ganda* Until 11:05PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:01PM	Moon 3 - Phase 1	
Until 10:52PM Tue		253483468 <b>Rahu</b> 6:53AM – 8:28AM	Vanija Until 11:83AM Tue	<b>Nataraja:</b> Purple	4th Phase	
Then Creative Work - Siddha Yoga		<b>Ekadashi Until 2:27AM Mon</b>		Moon – Red	<b>Devaloka Day</b>	
				<b>Chaitra*Chaitra</b>		

<b>3 Tuesday, April 16, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam				Manama, Bahrain
Simha Rasi: 16.05      Tithi 12		Magha*/Purvaphalguni Nakshatra Vriddhi Yoga Bava/Balava Karana Dvadashyam Titau				Sun 25      Sutra 2
Creative Work      Siddha Yoga		<b>Gulika</b> 11:39AM – 1:15PM	<b>Magha* Until 10:52PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:16AM	Vikarin 5121	
Until 10:52PM		Yama      8:28AM – 10:03AM	Vriddhi Until 11:16PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:02PM	Moon 3 - Phase 1	
Then Creative Work - Amrita Yoga		253483468 <b>Rahu</b> 2:50PM – 4:26PM	Bava Until 12:23PM	<b>Nataraja:</b> Purple	4th Phase	
		<b>Dvadashi Until 10:52PM</b>		Moon – Red	<b>Devaloka Day</b>	
				<b>Chaitra*Chaitra</b>		

<b>4 Wednesday, April 17, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam				Manama, Bahrain
Kanya Rasi: 0.47      Tithi 13		Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Gara Karana Trayodashyam Titau				Sun 26      Sutra 3
Creative Work      Amrita Yoga		<b>Gulika</b> 10:03AM – 11:39AM	<b>Purvaphalguni Until 7:50PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:15AM	Vikarin 5121	
Until 7:50PM		Yama      6:51AM – 8:27AM	Dhruva Until 11:82AM Thu	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:02PM	Moon 3 - Phase 1	
Then Routine Work - Marana Yoga		253483468 <b>Rahu</b> 11:39AM – 1:15PM	Kaulava Until 5:82AM Thu	<b>Nataraja:</b> Purple	4th Phase	
		<b>Trayodashi Until 7:33PM</b>		Moon – Red	<b>Devaloka Day</b>	
				<b>Chaitra*Chaitra</b>		
				<i>Pradosha Vrata</i>		

<b>5 Thursday, April 18, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam				Manama, Bahrain
Kanya Rasi: 15.29      Tithi 14 – 15		Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau				Sun 27      Sutra 4
Routine Work      Marana Yoga		<b>Gulika</b> 8:26AM – 10:02AM	<b>Uttaraphalguni Until 4:53PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:14AM	Vikarin 5121	
Until 4:53PM		Yama      5:14AM – 6:50AM	Vyaghata* Until 6:51PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:03PM	Moon 3 - Phase 1	
Then Creative Work - Siddha Yoga		263483468 <b>Rahu</b> 1:15PM – 2:51PM	Gara Until 2:90AM Fri	<b>Nataraja:</b> Purple	4th Phase	
		<b>Chaturdashi* Until 11:82AM Thu</b>		Moon – Green	<b>Sivaloka Day</b>	
				<b>Chaitra*Chaitra</b>		

<b>Friday, April 19, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam				Manama, Bahrain
<b>Copper Retreat Star</b>		Chitra/Svati Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Sutra 5
Tula Rasi: 0.05      Tithi 15 – 16		<b>Gulika</b> 6:50AM – 8:26AM	<b>Chitra Until 11:49AM Sat</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:13AM	Vikarin 5121	
Creative Work      Siddha Yoga		Yama      2:51PM – 4:27PM	Harshana Until 4:56PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:03PM	Moon 3 - Phase 1	
		263483468 <b>Rahu</b> 10:02AM – 11:38AM	Balava Until 12:57AM Sat	<b>Nataraja:</b> Purple	Purnima	
		<b>Purnima* Until 8:59AM Fri</b>		Moon – Green	<b>Sivaloka Day</b>	
				<b>Chaitra*Chaitra</b>		
				<b>Chitra Purnima (Tamil Nadu)</b>		
				<b>Hanuman Jayanti</b>		

<b>Saturday, April 20, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam				Manama, Bahrain
<b>Silver Retreat Star</b>		Chitra/Vishakha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Sutra 6
Tula Rasi: 14.26      Tithi 16 – 17		<b>Gulika</b> 5:12AM – 6:49AM	<b>Chitra Until 11:49AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:12AM	Vikarin 5121	
Creative Work      Siddha Yoga		Yama      1:14PM – 2:51PM	Siddhi Until 2:69AM Sun	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:04PM	Moon 3 - Phase 1	
		264483468 <b>Rahu</b> 8:25AM – 10:02AM	Taitila Until 10:51PM	<b>Nataraja:</b> Purple	Prathama	
		<b>Prathama* Until 5:51AM Sat</b>		Moon – Green	<b>Sivaloka Day</b>	
				<b>Chaitra*Chaitra</b>		