



Tuesday, May 1, 2018
Gold Retreat Star

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam
Vishakha/Anuradha Nakshatra Vyalipata/Variyan Yoga Tailila/Gara Karana Dvitiyayam Titau

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

Tula Rasi: 29.26 Tithi 17
273832369
Rahu
Routine Work Marana Yoga
Until 1:23PM
Then Creative Work - Siddha Yoga

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

Vishakha Until 1:23PM
Vyatipata* Until 7:06AM
Taitila Until 4:40PM
Dvitiya Until 5:09AM Wed

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

Bhuloka Day

Wednesday, May 2, 2018

1

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Tritiyayam Titau

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

Vrischika Rasi: 11.58 Tithi 18
273832369
Rahu
Creative Work Siddha Yoga

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

Anuradha Until 3:05PM
Variyan Until 6:48AM
Vanija Until 5:49PM
Tritiya Until 6:34AM Thu

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

Bhuloka Day

Thursday, May 3, 2018

2

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

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

Vrischika Rasi: 24.16 Tithi 18 – 19
274832369
Rahu
Routine Work Prabalarishta Yoga
Until 5:08PM
Then Creative Work - Siddha Yoga

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

Jyeshtha* Until 5:08PM
Parigha* Until 6:56AM
Bava Until 7:30PM
Tritiya Until 6:34AM

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

Bhuloka Day
Devaloka Time: 9:AM to 12:PM

Friday, May 4, 2018

3

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

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

Dhanus Rasi: 6.22 Tithi 19 – 20
284832369
Rahu
Creative Work Amrita Yoga
Until 7:59PM
Then Routine Work - Prabalarishta Yoga

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

Mula* Until 7:59PM
Shiva Until 7:28AM
Kaulava Until 9:39PM
Chaturthi* Until 8:30AM

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

Devaloka Day

Saturday, May 5, 2018

4

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mantla Vasara Yuktayam
Purvashadha* Nakshatra Siddha/Sadhya Yoga Tailila/Gara Karana Panchami/Shashthayam Titau

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

Dhanus Rasi: 18.17 Tithi 20 – 21
284832369
Rahu
Creative Work Siddha Yoga
Until 10:59PM
Then Routine Work - Marana Yoga

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

Purvashadha* Until 10:59PM
Siddha Until 8:17AM
Gara Until 12:07AM Sun
Panchami Until 10:50AM

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

Devaloka Day

Sunday, May 6, 2018

5

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam
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 Tithi 21 – 22
284832369
Rahu
Creative Work Amrita Yoga

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

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

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

Devaloka Day

Monday, May 7, 2018

6

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 Tithi 22 – 23
294832369
Rahu
Family Home Evening
Creative Work Amrita Yoga
Until 5:04AM Tue
Then Creative Work - Siddha Yoga

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

Shravana Until 5:04AM Tue
Subha Until 10:22AM
Balava Until 5:08AM Tue
Saptami Until 3:56PM

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

Bhuloka Day
Devaloka Time: 9:AM to 12:PM

Tuesday, May 8, 2018

Retreat Star

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

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

Makara Rasi: 23.47 Tithi 23
294832369
Rahu
Creative Work Siddha Yoga

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

Dhanishtha Until 7:40AM Wed
Sukla Until 11:14AM
Kaulava Until 6:12PM
Ashtami* Until 6:12PM

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

Bhuloka Day
Devaloka Time: 9:AM to 12: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 Tailila/Gara Karana Navamyam Titau

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

Kumbha Rasi: 5.49 Tithi 24
294832369
Rahu
Routine Work Prabalarishta Yoga
Until 7:40AM
Then Creative Work - Siddha Yoga

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

Dhanishtha Until 7:40AM
Brahma Until 11:46AM
Taitila Until 7:10AM
Navami* Until 7:57PM

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

Bhuloka Day
Devaloka Time: 9:AM to 12: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 Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Dashamyam Titau				Manama, Bahrain Sun 9 Sutra 25
	Kumbha Rasi: 18.05	Tithi 25	294832369	Gulika 8:15AM – 9:55AM Yama 4:55AM – 6:35AM Rahu 1:15PM – 2:55PM	Shatabhishak Until 9:30AM Indra Until 11:49AM Vanija Until 8:35AM Dashami Until 9:00PM	Ganesha: Yellow Muruqa: White Nataraja: Purple Moon – Purple Vaisaka-Chaitra	Sunrise: 4:55AM Sunset: 6:15PM Moon 4 - Phase 4 2nd Phase
	Creative Work Siddha Yoga						Bhuloka Day Devaloka Time: 9:AM to12:PM

2	Friday, May 11, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Ekadashyam Titau				Manama, Bahrain Sun 10 Sutra 26
	Meena Rasi: 0.41	Tithi 26	214832369	Gulika 6:35AM – 8:15AM Yama 2:55PM – 4:35PM Rahu 9:55AM – 11:35AM	Purvaproshtapada* Until 10:55AM Vaidhriti* Until 11:14AM Bava Until 9:14AM Ekadashi* Until 9:14PM	Ganesha: Yellow Muruqa: White Nataraja: Purple Moon – Clear Vaisaka-Chaitra	Sunrise: 4:55AM Sunset: 6:15PM Moon 4 - Phase 4 2nd Phase
	Creative Work Siddha Yoga						Bhuloka Day Devaloka Time: 9:AM to12:PM

3	Saturday, May 12, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vishkambha*/Priti Yoga Kaulava/Taitila Karana Dvadashyam Titau				Manama, Bahrain Sun 11 Sutra 27
	Meena Rasi: 13.41	Tithi 27	214932369	Gulika 4:54AM – 6:34AM Yama 1:15PM – 2:56PM Rahu 8:15AM – 9:55AM	Uttaraproshtapada Until 11:22AM Vishkambha* Until 10:01AM Kaulava Until 9:03AM Dvadashi* Until 8:39PM	Ganesha: Blue Muruqa: White Nataraja: Purple Moon – Clear Vaisaka-Chaitra	Sunrise: 4:54AM Sunset: 6:16PM Moon 4 - Phase 4 2nd Phase
	Creative Work Siddha Yoga						Bhuloka Day
	Until 11:22AM Then Routine Work - Prabalarishta Yoga						

4	Sunday, May 13, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Trayodashyam Titau				Manama, Bahrain Sun 12 Sutra 28
	Meena Rasi: 27.07	Tithi 28	214932369	Gulika 2:56PM – 4:36PM Yama 11:35AM – 1:15PM Rahu 4:36PM – 6:16PM	Revati Until 10:53AM Priti Until 8:10AM Gara Until 8:05AM Trayodashi* Until 7:18PM <i>Pradosha Vrata (Fasting)</i>	Ganesha: Blue Muruqa: White Nataraja: Purple Moon – Clear Vaisaka-Chaitra	Sunrise: 4:54AM Sunset: 6:16PM Moon 4 - Phase 4 2nd Phase
	Creative Work Amrita Yoga			Mother's Day			Bhuloka Day
	Until 10:53AM Then Creative Work - Siddha Yoga						

5	Monday, May 14, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Saubhagya Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Manama, Bahrain Sun 13 Sutra 29
	Mesha Rasi: 10.58	Tithi 29 – 30	224932369	Gulika 1:16PM – 2:56PM Yama 9:55AM – 11:35AM Rahu 6:34AM – 8:14AM	Ashvini Until 10:01AM Saubhagya Until 2:51AM Tue Visti Until 6:24AM Chaturdashi* Until 5:20PM	Ganesha: Blue Muruqa: White Nataraja: Purple Moon – White Vaisaka-Chaitra	Sunrise: 4:53AM Sunset: 6:17PM Moon 4 - Phase 4 2nd Phase
	Creative Work Siddha Yoga						Bhuloka Day
	Family Home Evening						

	Tuesday, May 15, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Sobhana Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Manama, Bahrain Sun 14 Sutra 30
	Retreat Star			Gulika 11:35AM – 1:16PM Yama 8:14AM – 9:54AM Rahu 2:56PM – 4:37PM	Bharani Until 8:28AM Sobhana Until 11:37PM Kintughna Until 1:29AM Wed Amavasya* Until 2:51PM	Ganesha: Blue Muruqa: White Nataraja: Purple Moon – White Vaisaka-Vaikasi	Sunrise: 4:53AM Sunset: 6:18PM Moon 4 - Phase 4 Amavasya
	Creative Work Siddha Yoga						Bhuloka Day
	Mesha Rasi: 25.11		Tithi 30 – 1				

6	Wednesday, May 16, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Athiganda* Yoga Bava/Balava Karana Prathamam Dvitiyayam Titau				Manama, Bahrain Sun 15 Sutra 31
	Retreat Star			Gulika 9:54AM – 11:35AM Yama 6:33AM – 8:14AM Rahu 11:35AM – 1:16PM	Krittika Until 6:22AM Athiganda* Until 8:08PM Balava Until 10:33PM Prathama* Until 12:01PM	Ganesha: Red Muruqa: White Nataraja: Purple Moon – White Jyeshtha Adhika-Vaikasi	Sunrise: 4:52AM Sunset: 6:18PM Moon 4 - Phase 4 Prathama
	Creative Work Amrita Yoga						Bhuloka Day Devaloka Time: 9:AM to12:PM
	Until 6:22AM Then Creative Work - Siddha Yoga						

Earth is upheld by Truth. Heaven is upheld by the sun. The solar regions are supported by eternal laws, rita. The elixir of divine love is supreme in heaven. Rig Veda Samhita

All times are standard time

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1		Thursday, May 17, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Manama, Bahrain Sun 16 Sutra 32 Vilamba 5120	
Vrishabha Rasi: 24.2	Tithi 2 - 3	Gulika 8:13AM - 9:54AM	Mrigashira Until 2:05AM Fri	Ganesha: Yellow <i>Sunrise: 4:52AM</i>		Muruqa: White <i>Sunset: 6:19PM</i>	Moon 4 - Phase 5
		Yama 4:52AM - 6:32AM	Sukarma Until 4:34PM	Nataraja: Purple			3rd Phase
		235932369 Rahu 1:16PM - 2:57PM	Taitila Until 7:30PM	Moon - Yellow		Bhuloka Day	
Routine Work	Marana Yoga		Dvitiya Until 9:01AM	Jyeshtha Adhika-Vaikasi		Devaloka Time: 9:AM to12:PM	
Until 2:05AM Fri							
Then Creative Work - Siddha Yoga							

2		Friday, May 18, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Chaturthiyam Titau		Manama, Bahrain Sun 17 Sutra 33 Vilamba 5120	
Mithuna Rasi: 9.03	Tithi 4	Gulika 6:32AM - 8:13AM	Ardra Until 11:46PM	Ganesha: Yellow <i>Sunrise: 4:51AM</i>		Muruqa: White <i>Sunset: 6:19PM</i>	Moon 4 - Phase 5
		Yama 2:57PM - 4:38PM	Dhriti Until 1:00PM	Nataraja: Purple			3rd Phase
		235932369 Rahu 9:54AM - 11:35AM	Vanija Until 4:29PM	Moon - Yellow		Bhuloka Day	
Creative Work	Siddha Yoga		Chaturthi* Until 3:00AM Sat	Jyeshtha Adhika-Vaikasi		Devaloka Time: 9:AM to12:PM	

3		Saturday, May 19, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Panchamyam Titau		Manama, Bahrain Sun 18 Sutra 34 Vilamba 5120	
Mithuna Rasi: 23.42	Tithi 5	Gulika 4:51AM - 6:32AM	Punarvasu Until 9:55PM	Ganesha: White <i>Sunrise: 4:51AM</i>		Muruqa: White <i>Sunset: 6:20PM</i>	Moon 4 - Phase 5
		Yama 1:16PM - 2:57PM	Shula* Until 9:32AM	Nataraja: Purple			3rd Phase
		245932369 Rahu 8:13AM - 9:54AM	Bava Until 1:37PM	Moon - Blue		Devaloka Day	
Creative Work	Siddha Yoga		Panchami Until 12:15AM Sun	Jyeshtha Adhika-Vaikasi			

4		Sunday, May 20, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Ganda*/Vridhhi Yoga Kaulava/Taitila Karana Shashthyam Titau		Manama, Bahrain Sun 19 Sutra 35 Vilamba 5120	
Kataka Rasi: 8.11	Tithi 6	Gulika 2:58PM - 4:39PM	Pushya Until 8:13PM	Ganesha: White <i>Sunrise: 4:50AM</i>		Muruqa: White <i>Sunset: 6:20PM</i>	Moon 4 - Phase 5
		Yama 11:35AM - 1:16PM	Ganda* Until 6:16AM	Nataraja: Purple			3rd Phase
		245932369 Rahu 4:39PM - 6:20PM	Kaulava Until 11:00AM	Moon - Blue		Devaloka Day	
Creative Work	Siddha Yoga		Shashthi* Until 9:48PM	Jyeshtha Adhika-Vaikasi			

5		Monday, May 21, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha* Nakshatra Dhruva Yoga Gara/Vanija Karana Saptamyam Titau		Manama, Bahrain Sun 20 Sutra 36 Vilamba 5120	
Kataka Rasi: 22.26	Tithi 7	Gulika 1:17PM - 2:58PM	Ashlesha* Until 6:44PM	Ganesha: White <i>Sunrise: 4:50AM</i>		Muruqa: White <i>Sunset: 6:21PM</i>	Moon 4 - Phase 5
Family Home Evening		Yama 9:54AM - 11:35AM	Dhruva Until 12:35AM Tue	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga	245932369 Rahu 6:31AM - 8:13AM	Gara Until 8:43AM	Moon - Blue		Devaloka Day	
Until 6:44PM			Saptami Until 7:42PM	Jyeshtha Adhika-Vaikasi			
Then Routine Work - Marana Yoga							

Retreat Star		Tuesday, May 22, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ashtamyam Titau		Manama, Bahrain Sun 21 Sutra 37 Vilamba 5120	
Simha Rasi: 6.27	Tithi 8	Gulika 11:35AM - 1:17PM	Magha* Until 5:55PM	Ganesha: Clear <i>Sunrise: 4:49AM</i>		Muruqa: White <i>Sunset: 6:21PM</i>	Moon 4 - Phase 5
		Yama 8:12AM - 9:54AM	Vyaghata* Until 10:13PM	Nataraja: Purple			Ashtami
		255932369 Rahu 2:58PM - 4:40PM	Visti Until 6:49AM	Moon - Red		Bhuloka Day	
Creative Work	Siddha Yoga		Ashtami* Until 6:00PM	Jyeshtha Adhika-Vaikasi		Devaloka Time: 9:AM to12:PM	

Retreat Star		Wednesday, May 23, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Harshana Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Manama, Bahrain Sun 22 Sutra 38 Vilamba 5120	
Simha Rasi: 20.13	Tithi 9 - 10	Gulika 9:54AM - 11:35AM	Purvaphalguni Until 5:23PM	Ganesha: Clear <i>Sunrise: 4:49AM</i>		Muruqa: White <i>Sunset: 6:22PM</i>	Moon 4 - Phase 5
		Yama 6:31AM - 8:12AM	Harshana Until 8:12PM	Nataraja: Purple			Navami
		255932369 Rahu 11:35AM - 1:17PM	Taitila Until 4:13AM Thu	Moon - Red		Bhuloka Day	
Creative Work	Amrita Yoga		Navami* Until 4:42PM	Jyeshtha Adhika-Vaikasi		Devaloka Time: 9:AM to12: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

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1		Thursday, May 24, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vajra* Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau		Manama, Bahrain Sun 23 Sutra 39	
Kanya Rasi: 3.44	Tithi 10 – 11	Gulika 8:12AM – 9:54AM	Uttaraphalguni Until 5:05PM	Ganesha: Clear	<i>Sunrise:</i> 4:49AM	Vilamba 5120	
		Yama 4:49AM – 6:30AM	Vajra* Until 6:28PM	Muruqa: White	<i>Sunset:</i> 6:22PM	Moon 4 - Phase 6	
	Amrita Yoga	255932369 Rahu 1:17PM – 2:59PM	Vanija Until 3:31AM Fri	Nataraja: Purple		4th Phase	
Until 5:05PM			Dashami Until 3:48PM	Moon – Red		Bhuloka Day	
Then Routine Work - Marana Yoga				Jyeshtha Adhika-Vaikasi		Devaloka Time: 9:AM to 12:PM	
2		Friday, May 25, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Siddhi/Vyati-pata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 24 Sutra 40	
Kanya Rasi: 17.02	Tithi 11 – 12	Gulika 6:30AM – 8:12AM	Hasta Until 5:28PM	Ganesha: Clear	<i>Sunrise:</i> 4:48AM	Vilamba 5120	
		Yama 2:59PM – 4:41PM	Siddhi Until 5:04PM	Muruqa: White	<i>Sunset:</i> 6:23PM	Moon 4 - Phase 6	
	Amrita Yoga	266932369 Rahu 9:54AM – 11:36AM	Bava Until 3:12AM Sat	Nataraja: Purple		4th Phase	
Creative Work			Ekadashi Until 3:18PM	Moon – Green		Bhuloka Day	
Until 5:28PM				Jyeshtha Adhika-Vaikasi		Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga							
3		Saturday, May 26, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra Nakshatra Vyati-pata*/Variyan Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 25 Sutra 41	
Tula Rasi: 0.08	Tithi 12 – 13	Gulika 4:48AM – 6:30AM	Chitra Until 6:05PM	Ganesha: Purple	<i>Sunrise:</i> 4:48AM	Vilamba 5120	
		Yama 1:18PM – 3:00PM	Vyati-pata* Until 3:59PM	Muruqa: White	<i>Sunset:</i> 6:23PM	Moon 4 - Phase 6	
	Marana Yoga	366932369 Rahu 8:12AM – 9:54AM	Kaulava Until 3:17AM Sun	Nataraja: Purple		4th Phase	
Routine Work			Dvadashi Until 3:11PM	Moon – Green		Bhuloka Day	
Until 6:05PM				Jyeshtha Adhika-Vaikasi			
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>				
4		Sunday, May 27, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Varyan/Parigha* Yoga Tailita/Gara Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 26 Sutra 42	
Tula Rasi: 13.02	Tithi 13 – 14	Gulika 3:00PM – 4:42PM	Svati Until 6:56PM	Ganesha: Purple	<i>Sunrise:</i> 4:48AM	Vilamba 5120	
		Yama 11:36AM – 1:18PM	Variyan Until 3:11PM	Muruqa: White	<i>Sunset:</i> 6:24PM	Moon 4 - Phase 6	
	Siddha Yoga	366932369 Rahu 4:42PM – 6:24PM	Gara Until 3:46AM Mon	Nataraja: Purple		4th Phase	
Creative Work			Trayodashi Until 3:27PM	Moon – Green		Bhuloka Day	
Until 6:56PM				Jyeshtha Adhika-Vaikasi			
Then Routine Work - Marana Yoga							
5		Monday, May 28, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Vishakha Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Manama, Bahrain Sun 27 Sutra 43	
Tula Rasi: 25.44	Tithi 14 – 15	Gulika 1:18PM – 3:00PM	Vishakha Until 8:30PM	Ganesha: Clear	<i>Sunrise:</i> 4:47AM	Vilamba 5120	
Family Home Evening		Yama 9:54AM – 11:36AM	Parigha* Until 2:44PM	Muruqa: White	<i>Sunset:</i> 6:24PM	Moon 4 - Phase 6	
	Marana Yoga	376932369 Rahu 6:30AM – 8:12AM	Visti Until 4:41AM Tue	Nataraja: Purple		4th Phase	
Routine Work			Chaturdashi* Until 4:09PM	Moon – Orange		Bhuloka Day	
Until 8:30PM		Vaikasi Visakam		Jyeshtha Adhika-Vaikasi		Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga							
○		Tuesday, May 29, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Manama, Bahrain Sutra 44	
Vrischika Rasi: 8.14	Tithi 15 – 16	Gulika 11:36AM – 1:18PM	Anuradha Until 10:22PM	Ganesha: Clear	<i>Sunrise:</i> 4:47AM	Vilamba 5120	
		Yama 8:12AM – 9:54AM	Shiva Until 2:39PM	Muruqa: White	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 6	
	Copper Retreat Star	376932369 Rahu 3:00PM – 4:43PM	Balava Until 6:03AM Wed	Nataraja: Purple		Purnima	
Creative Work			Purnima* Until 5:17PM	Moon – Orange		Bhuloka Day	
Until 10:22PM				Jyeshtha Adhika-Vaikasi		Devaloka Time: 6:AM to 9:AM	
Then Routine Work - Marana Yoga							
○		Wednesday, May 30, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Prathamayam Titau		Manama, Bahrain Sutra 45	
Vrischika Rasi: 20.33	Tithi 16	Gulika 9:54AM – 11:36AM	Jyeshtha* Until 12:29AM Thu	Ganesha: Clear	<i>Sunrise:</i> 4:47AM	Vilamba 5120	
		Yama 6:29AM – 8:12AM	Siddha Until 2:53PM	Muruqa: White	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 6	
	Silver Retreat Star	376932369 Rahu 11:36AM – 1:18PM	Balava Until 6:03AM	Nataraja: Purple		Prathama	
Creative Work			Prathama* Until 6:52PM	Moon – Orange		Bhuloka Day	
Until 6:52PM				Jyeshtha Adhika-Vaikasi		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 Tailila/Gara Karana Dvitiyayam Titau

Manama, Bahrain
Sun 1 Sutra 46

Dhanus Rasi: 2.41 Tithi 17

Gulika 8:11AM – 9:54AM
Yama 4:47AM – 6:29AM
386932369 **Rahu** 1:19PM – 3:01PM

Mula* Until 3:19AM Fri
Sadhya Until 3:27PM
Tailila Until 7:51AM
Dvitiya Until 8:53PM

Ganesha: White *Sunrise:* 4:47AM
Muruqa: White *Sunset:* 6:26PM
Nataraja: Purple
Moon – Light Blue
Jyeshtha Adhika-Vaikasi

Vilamba 5120
Moon 5 - Phase 7
1st Phase

Creative Work Siddha Yoga
Until 3:19AM Fri
Then Routine Work - Prabalarishta Yoga

Bhuloka Day

1

Friday, June 1, 2018

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

Manama, Bahrain
Sun 2 Sutra 47

Dhanus Rasi: 14.39 Tithi 18

Gulika 6:29AM – 8:11AM
Yama 3:01PM – 4:44PM
387932369 **Rahu** 9:54AM – 11:36AM

Purvashadha* Until 6:17AM Sat
Subha Until 4:18PM
Vanija Until 10:02AM
Tritiya Until 11:13PM

Ganesha: Yellow *Sunrise:* 4:46AM
Muruqa: White *Sunset:* 6:26PM
Nataraja: Purple
Moon – Light Blue
Jyeshtha Adhika-Vaikasi

Vilamba 5120
Moon 5 - Phase 7
1st Phase

Routine Work Prabalarishta Yoga
Until 6:17AM Sat
Then Routine Work - Marana Yoga

Bhuloka Day
Devaloka Time: 9:AM to12:PM

2

Saturday, June 2, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manla Vasara Yuktayam
Purvashadha*/Uttarashadha Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Chaturthayam Titau

Manama, Bahrain
Sun 3 Sutra 48

Dhanus Rasi: 26.31 Tithi 19

Gulika 4:46AM – 6:29AM
Yama 1:19PM – 3:02PM
387932369 **Rahu** 8:11AM – 9:54AM

Purvashadha* Until 6:17AM
Sukla Until 5:20PM
Bava Until 12:30PM
Chaturthi* Until 1:47AM Sun

Ganesha: Yellow *Sunrise:* 4:46AM
Muruqa: White *Sunset:* 6:27PM
Nataraja: Purple
Moon – Light Blue
Jyeshtha Adhika-Vaikasi

Vilamba 5120
Moon 5 - Phase 7
1st Phase

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

Bhuloka Day
Devaloka Time: 9:AM to12:PM

3

Sunday, June 3, 2018

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

Manama, Bahrain
Sun 4 Sutra 49

Makara Rasi: 8.18 Tithi 20

Gulika 3:02PM – 4:45PM
Yama 11:37AM – 1:19PM
387932369 **Rahu** 4:45PM – 6:27PM

Uttarashadha Until 9:15AM
Brahma Until 6:27PM
Kaulava Until 3:06PM
Panchami Until 4:22AM Mon

Ganesha: Yellow *Sunrise:* 4:46AM
Muruqa: White *Sunset:* 6:27PM
Nataraja: Purple
Moon – Light Blue
Jyeshtha Adhika-Vaikasi

Vilamba 5120
Moon 5 - Phase 7
1st Phase

Creative Work Amrita Yoga

Bhuloka Day
Devaloka Time: 9:AM to12:PM

4

Monday, June 4, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
Shravana/Dhanishtha Nakshatra Indra Yoga Gara/Vanija Karana Shashthayam Titau

Manama, Bahrain
Sun 5 Sutra 50

Makara Rasi: 20.06 Tithi 21

Family Home Evening

Gulika 1:20PM – 3:02PM
Yama 9:54AM – 11:37AM
397932369 **Rahu** 6:29AM – 8:11AM

Shravana Until 12:32PM
Indra Until 7:30PM
Gara Until 5:37PM
Shashthi* Until 6:46AM Tue

Ganesha: Blue *Sunrise:* 4:46AM
Muruqa: White *Sunset:* 6:28PM
Nataraja: Purple
Moon – Purple
Jyeshtha Adhika-Vaikasi

Vilamba 5120
Moon 5 - Phase 7
1st Phase

Creative Work Amrita Yoga
Until 12:32PM
Then Creative Work - Siddha Yoga

Devaloka Day

5

Tuesday, June 5, 2018

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

Manama, Bahrain
Sun 6 Sutra 51

Kumbha Rasi: 1.58 Tithi 21 – 22

Gulika 11:37AM – 1:20PM
Yama 8:11AM – 9:54AM
397132361 **Rahu** 3:03PM – 4:45PM

Dhanishtha Until 3:25PM
Vaidhriti* Until 8:17PM
Visti Until 7:51PM
Shashthi* Until 6:46AM

Ganesha: Purple *Sunrise:* 4:46AM
Muruqa: White *Sunset:* 6:28PM
Nataraja: White
Moon – Purple
Jyeshtha Adhika-Vaikasi

Vilamba 5120
Moon 5 - Phase 7
1st Phase

Creative Work Siddha Yoga

Until 3:25PM

Then Routine Work - Marana Yoga

Devaloka Day

D

Wednesday, June 6, 2018

Retreat Star

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

Manama, Bahrain
Sun 7 Sutra 52

Kumbha Rasi: 13.59 Tithi 22 – 23

Gulika 9:54AM – 11:37AM
Yama 6:29AM – 8:12AM
397132361 **Rahu** 11:37AM – 1:20PM

Shatabhishak Until 5:39PM
Vishkambha* Until 8:41PM
Balava Until 9:33PM
Saptami Until 8:45AM

Ganesha: Purple *Sunrise:* 4:46AM
Muruqa: White *Sunset:* 6:29PM
Nataraja: White
Moon – Purple
Jyeshtha Adhika-Vaikasi

Vilamba 5120
Moon 5 - Phase 7
Ashtami

Creative Work Siddha Yoga

Until 5:39PM

Then Creative Work - Amrita Yoga

Devaloka Day

Thursday, June 7, 2018

Retreat Star

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

Manama, Bahrain
Sun 8 Sutra 53

Kumbha Rasi: 26.15 Tithi 23 – 24

Gulika 8:12AM – 9:54AM
Yama 4:46AM – 6:29AM
317132361 **Rahu** 1:20PM – 3:03PM

Purvaproshtapada* Until 7:33PM
Priti Until 8:33PM
Tailila Until 10:33PM
Ashtami* Until 10:08AM

Ganesha: Blue *Sunrise:* 4:46AM
Muruqa: White *Sunset:* 6:29PM
Nataraja: White
Moon – Clear
Jyeshtha Adhika-Vaikasi

Vilamba 5120
Moon 5 - Phase 7
Navami

Creative Work Siddha Yoga

Devaloka Day

1 Friday, June 8, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Ayushman Yoga Gara/Vanija Karana Navami/Dashmyam Titau				Manama, Bahrain Sun 9 Sutra 54
Meena Rasi: 8.51	Tithi 24 – 25	Gulika 6:29AM – 8:12AM	Uttaraproshtapada Until 8:31PM	Ganesha: Red	<i>Sunrise:</i> 4:46AM	Vilamba 5120
		Yama 3:04PM – 4:46PM	Ayushman Until 7:45PM	Muruqa: White	<i>Sunset:</i> 6:29PM	Moon 5 - Phase 8
318132361		Rahu 9:55AM – 11:38AM	Vanija Until 10:44PM	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Navami* Until 10:44AM	Moon – Clear		Bhuloka Day
				Jyeshtha Adhika-Vaikasi		Devaloka Time: 6:AM to 9:AM

2 Saturday, June 9, 2018		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	Gulika 4:46AM – 6:29AM	Revati Until 8:29PM	Ganesha: Red	<i>Sunrise:</i> 4:46AM	Vilamba 5120
		Yama 1:21PM – 3:04PM	Saubhagya Until 6:18PM	Muruqa: White	<i>Sunset:</i> 6:30PM	Moon 5 - Phase 8
318132361		Rahu 8:12AM – 9:55AM	Bava Until 10:04PM	Nataraja: White		2nd Phase
Routine Work	Prabalarishta Yoga		Dashami Until 10:29AM	Moon – Clear		Bhuloka Day
Until 8:29PM				Jyeshtha Adhika-Vaikasi		Devaloka Time: 6:AM to 9:AM
Then Creative Work - Siddha Yoga						

3 Sunday, June 10, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Manama, Bahrain Sun 11 Sutra 56
Mesha Rasi: 5.17	Tithi 26 – 27	Gulika 3:04PM – 4:47PM	Ashvini Until 7:58PM	Ganesha: Green	<i>Sunrise:</i> 4:46AM	Vilamba 5120
		Yama 11:38AM – 1:21PM	Sobhana Until 4:13PM	Muruqa: White	<i>Sunset:</i> 6:30PM	Moon 5 - Phase 8
328132361		Rahu 4:47PM – 6:30PM	Kaulava Until 8:36PM	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 9:25AM	Moon – White		Bhuloka Day
Until 7:58PM				Jyeshtha Adhika-Vaikasi		
Then Routine Work - Prabalarishta Yoga						

4 Monday, June 11, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Bharani Nakshatra Athiganda*/Sukarma Yoga Taliti*/Gara Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 12 Sutra 57
Mesha Rasi: 19.11	Tithi 27 – 28	Gulika 1:21PM – 3:04PM	Bharani Until 6:35PM	Ganesha: Green	<i>Sunrise:</i> 4:46AM	Vilamba 5120
		Yama 9:55AM – 11:38AM	Athiganda* Until 1:30PM	Muruqa: White	<i>Sunset:</i> 6:31PM	Moon 5 - Phase 8
328132361		Rahu 6:29AM – 8:12AM	Gara Until 6:25PM	Nataraja: White		2nd Phase
Family Home Evening			Dvadashi* Until 7:34AM	Moon – White		Bhuloka Day
Creative Work	Siddha Yoga			Jyeshtha Adhika-Vaikasi		
Until 6:35PM						
Then Routine Work - Marana Yoga						

Pradosha Vrata (Fasting)

5 Tuesday, June 12, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Sukarma/Dhriti Yoga Taliti*/Sakuni* Karana Chaturdashyam Titau				Manama, Bahrain Sun 13 Sutra 58
Vrishabha Rasi: 3.31	Tithi 29	Gulika 11:38AM – 1:22PM	Krittika Until 4:29PM	Ganesha: Green	<i>Sunrise:</i> 4:46AM	Vilamba 5120
		Yama 8:12AM – 9:55AM	Sukarma Until 10:18AM	Muruqa: White	<i>Sunset:</i> 6:31PM	Moon 5 - Phase 8
328132361		Rahu 3:05PM – 4:48PM	Visti Until 3:40PM	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 2:06AM Wed	Moon – White		Bhuloka Day
Until 4:29PM				Jyeshtha Adhika-Vaikasi		
Then Creative Work - Amrita Yoga						

Wednesday, June 13, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti/Shula* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Manama, Bahrain Sun 14 Sutra 59
Retreat Star		Gulika 9:55AM – 11:39AM	Rohini Until 2:15PM	Ganesha: White	<i>Sunrise:</i> 4:46AM	Vilamba 5120
Vrishabha Rasi: 18.13	Tithi 30	Yama 6:29AM – 8:12AM	Dhriti Until 6:43AM	Muruqa: White	<i>Sunset:</i> 6:31PM	Moon 5 - Phase 8
338132361		Rahu 11:39AM – 1:22PM	Catuspada Until 12:30PM	Nataraja: White		Amavasya
Creative Work	Siddha Yoga		Amavasya* Until 10:47PM	Moon – Yellow		Bhuloka Day
				Jyeshtha Adhika-Vaikasi		

Thursday, June 14, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Ganda* Yoga Kintughna*/Bava Karana Prathamayam Titau				Manama, Bahrain Sun 15 Sutra 60
Retreat Star		Gulika 8:12AM – 9:56AM	Mrigashira Until 11:37AM	Ganesha: Clear	<i>Sunrise:</i> 4:46AM	Vilamba 5120
Mithuna Rasi: 3.08	Tithi 1	Yama 4:46AM – 6:29AM	Ganda* Until 10:53PM	Muruqa: White	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 8
339132361		Rahu 1:22PM – 3:05PM	Kintughna Until 9:03AM	Nataraja: White		Prathama
Routine Work	Marana Yoga		Prathama* Until 7:16PM	Moon – Yellow		Bhuloka Day
				Jyeshtha-Vaikasi		Devaloka Time: 9:AM to 12:PM

1		Friday, June 15, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Manama, Bahrain Sun 16 Sutra 61 Vilamba 5120	
Mithuna Rasi: 18.1	Tithi 2 – 3	Gulika 6:29AM – 8:12AM	Ardra Until 8:46AM	Ganesha: Clear	<i>Sunrise:</i> 4:46AM		
		Yama 3:05PM – 4:49PM	Vriddhi Until 6:56PM	Muruqa: White	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 9	
		339132361 Rahu 9:56AM – 11:39AM	Taitila Until 2:02AM Sat	Nataraja: White		3rd Phase	
Creative Work	Siddha Yoga		Dvitiya Until 3:44PM	Moon – Yellow		Bhuloka Day	
				Jyeshtha-Ani		Devaloka Time: 9:AM to12:PM	

2		Saturday, June 16, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Manama, Bahrain Sun 17 Sutra 62 Vilamba 5120	
Kataka Rasi: 3.1	Tithi 3 – 4	Gulika 4:46AM – 6:29AM	Punarvasu Until 6:16AM	Ganesha: Orange	<i>Sunrise:</i> 4:46AM		
		Yama 1:22PM – 3:06PM	Dhruva Until 3:05PM	Muruqa: White	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 9	
		349132361 Rahu 8:13AM – 9:56AM	Vanija Until 10:44PM	Nataraja: White		3rd Phase	
Creative Work	Siddha Yoga		Tritiya Until 12:20PM	Moon – Blue		Bhuloka Day	
				Jyeshtha-Ani		Devaloka Time: 9:AM to12:PM	

3		Sunday, June 17, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Manama, Bahrain Sun 18 Sutra 63 Vilamba 5120	
Kataka Rasi: 17.58	Tithi 4 – 5	Gulika 3:06PM – 4:49PM	Ashlesha* Until 1:40AM Mon	Ganesha: Orange	<i>Sunrise:</i> 4:46AM		
		Yama 11:39AM – 1:23PM	Vyaghata* Until 11:28AM	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 9	
		349132361 Rahu 4:49PM – 6:33PM	Bava Until 7:46PM	Nataraja: White		3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 9:11AM	Moon – Blue		Bhuloka Day	
Until 1:40AM Mon		Father's Day		Jyeshtha-Ani		Devaloka Time: 9:AM to12:PM	
Then Routine Work - Marana Yoga							

4		Monday, June 18, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana/Vajra* Yoga Balava/Taitila Karana Panchami/Shashthyam Titau		Manama, Bahrain Sun 19 Sutra 64 Vilamba 5120	
Simha Rasi: 2.3	Tithi 5 – 6	Gulika 1:23PM – 3:06PM	Magha* Until 12:14AM Tue	Ganesha: Green	<i>Sunrise:</i> 4:46AM		
Family Home Evening		Yama 9:56AM – 11:40AM	Harshana Until 8:13AM	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 9	
Routine Work	Marana Yoga	359132361 Rahu 6:30AM – 8:13AM	Taitila Until 4:09AM Tue	Nataraja: White		3rd Phase	
Until 12:14AM Tue			Panchami Until 6:26AM	Moon – Red		Devaloka Day	
Then Creative Work - Siddha Yoga				Jyeshtha-Ani			

5		Tuesday, June 19, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Siddhi Yoga Gara/Vanija Karana Saptamyam Titau		Manama, Bahrain Sun 20 Sutra 65 Vilamba 5120	
Simha Rasi: 16.42	Tithi 7	Gulika 11:40AM – 1:23PM	Purvaphalguni Until 11:12PM	Ganesha: Green	<i>Sunrise:</i> 4:47AM		
		Yama 8:13AM – 9:56AM	Siddhi Until 2:55AM Wed	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 9	
		359132361 Rahu 3:06PM – 4:50PM	Gara Until 3:15PM	Nataraja: White		3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 2:27AM Wed	Moon – Red		Devaloka Day	
Until 11:12PM				Jyeshtha-Ani			
Then Creative Work - Amrita Yoga							

Retreat Star		Wednesday, June 20, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Vyatipata* Yoga Visti*/Bava Karana Ashtamyam Titau		Manama, Bahrain Sun 21 Sutra 66 Vilamba 5120	
Kanya Rasi: 0.32	Tithi 8	Gulika 9:57AM – 11:40AM	Uttaraphalguni Until 10:36PM	Ganesha: Green	<i>Sunrise:</i> 4:47AM		
		Yama 6:30AM – 8:13AM	Vyatipata* Until 1:01AM Thu	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 9	
		359132361 Rahu 11:40AM – 1:23PM	Visti Until 1:49PM	Nataraja: White		Ashtami	
Creative Work	Amrita Yoga		Ashtami* Until 1:19AM Thu	Moon – Red		Devaloka Day	
Until 10:36PM		Chidambaram Abhishekam		Jyeshtha-Ani			
Then Routine Work - Marana Yoga							

Retreat Star		Thursday, June 21, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta Nakshatra Variyan Yoga Balava/Kaulava Karana Navamyam Titau		Manama, Bahrain Sun 22 Sutra 67 Vilamba 5120	
Kanya Rasi: 14.01	Tithi 9	Gulika 8:14AM – 9:57AM	Hasta Until 10:54PM	Ganesha: Red	<i>Sunrise:</i> 4:47AM		
		Yama 4:47AM – 6:30AM	Variyan Until 11:33PM	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 9	
		369132361 Rahu 1:24PM – 3:07PM	Balava Until 1:00PM	Nataraja: White		Navami	
Routine Work	Marana Yoga		Navami* Until 12:47AM Fri	Moon – Green		Bhuloka Day	
Until 10:54PM				Jyeshtha-Ani		Devaloka Time: 9:AM to12:PM	
Then Creative Work - Siddha Yoga							

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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1	Friday, June 22, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Parigha* Yoga Taitila/Gara Karana Dashamyam Titau				Manama, Bahrain Sun 23 Sutra 68
	Kanya Rasi: 27.11	Tithi 10	Gulika 6:30AM – 8:14AM	Chitra Until 11:35PM	Ganesha: Green	<i>Sunrise:</i> 4:47AM	Vilamba 5120
			Yama 3:07PM – 4:50PM	Parigha* Until 10:32PM	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 10
	361132361		Rahu 9:57AM – 11:40AM	Taitila Until 12:45PM	Nataraja: White		4th Phase
Creative Work	Siddha Yoga		Dashami Until 12:49AM Sat	Moon – Green		Bhuloka Day	
				Jyeshtha-Ani			

2	Saturday, June 23, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Shiva Yoga Vanija/Visti* Karana Ekadashyam Titau				Manama, Bahrain Sun 24 Sutra 69
	Tula Rasi: 10.04	Tithi 11	Gulika 4:47AM – 6:31AM	Svati Until 12:38AM Sun	Ganesha: Green	<i>Sunrise:</i> 4:47AM	Vilamba 5120
			Yama 1:24PM – 3:07PM	Shiva Until 9:58PM	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 10
	361132361		Rahu 8:14AM – 9:57AM	Vanija Until 1:03PM	Nataraja: White		4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 1:21AM Sun	Moon – Green		Bhuloka Day	
Until 12:38AM Sun				Jyeshtha-Ani			
Then Routine Work - Marana Yoga							

3	Sunday, June 24, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Siddha Yoga Bava/Balava Karana Dvadashyam Titau				Manama, Bahrain Sun 25 Sutra 70
	Tula Rasi: 22.43	Tithi 12	Gulika 3:08PM – 4:51PM	Vishakha Until 2:28AM Mon	Ganesha: Red	<i>Sunrise:</i> 4:48AM	Vilamba 5120
			Yama 11:41AM – 1:24PM	Siddha Until 9:45PM	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 10
	371132361		Rahu 4:51PM – 6:34PM	Bava Until 1:50PM	Nataraja: White		4th Phase
Routine Work	Marana Yoga		Dvadashi Until 2:23AM Mon	Moon – Orange		Bhuloka Day	
Until 2:28AM Mon				Jyeshtha-Ani		Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga							

4	Monday, June 25, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Sadhya Yoga Kaulava/Taitila Karana Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 71
	Vrischika Rasi: 5.08	Tithi 13	Gulika 1:24PM – 3:08PM	Anuradha Until 4:33AM Tue	Ganesha: Red	<i>Sunrise:</i> 4:48AM	Vilamba 5120
	Family Home Evening		Yama 9:58AM – 11:41AM	Sadhya Until 9:52PM	Muruqa: Clear	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 10
	371142361		Rahu 6:31AM – 8:14AM	Kaulava Until 3:05PM	Nataraja: White		4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 3:50AM Tue	Moon – Orange		Devaloka Day	
Until 4:33AM Tue				Jyeshtha-Ani			
Then Routine Work - Marana Yoga							
				<i>Pradosha Vrata</i>			

5	Tuesday, June 26, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Subha Yoga Gara/Vanija Karana Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 72
	Vrischika Rasi: 17.23	Tithi 14	Gulika 11:41AM – 1:25PM	Jyeshtha* Until 6:51AM Wed	Ganesha: Red	<i>Sunrise:</i> 4:48AM	Vilamba 5120
			Yama 8:15AM – 9:58AM	Subha Until 10:20PM	Muruqa: Clear	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 10
	371142361		Rahu 3:08PM – 4:51PM	Gara Until 4:44PM	Nataraja: White		4th Phase
Routine Work	Marana Yoga		Chaturdashi* Until 5:40AM Wed	Moon – Orange		Devaloka Day	
				Jyeshtha-Ani			

	Wednesday, June 27, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukla Yoga Visti* Karana Purnimayam Titau				Manama, Bahrain Sutra 73
	Copper Retreat Star		Gulika 9:58AM – 11:42AM	Jyeshtha* Until 6:51AM	Ganesha: Red	<i>Sunrise:</i> 4:48AM	Vilamba 5120
	Vrischika Rasi: 29.29	Tithi 15	Yama 6:32AM – 8:15AM	Sukla Until 11:01PM	Muruqa: Clear	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 10
	371142361		Rahu 11:42AM – 1:25PM	Visti Until 6:45PM	Nataraja: White		Purnima
Creative Work	Siddha Yoga		Purnima* Until 7:51AM Thu	Moon – Orange		Devaloka Day	
Until 6:51AM				Jyeshtha-Ani			
Then Routine Work - Marana Yoga							

○	Thursday, June 28, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Brahma Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Manama, Bahrain Sutra 74
	Silver Retreat Star		Gulika 8:15AM – 9:58AM	Mula* Until 9:48AM	Ganesha: Blue	<i>Sunrise:</i> 4:49AM	Vilamba 5120
	Dhanus Rasi: 11.26	Tithi 15 – 16	Yama 4:49AM – 6:32AM	Brahma Until 11:57PM	Muruqa: Clear	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 10
	381142361		Rahu 1:25PM – 3:08PM	Balava Until 9:03PM	Nataraja: White		Prathama
Creative Work	Siddha Yoga		Purnima* Until 7:51AM	Moon – Light Blue		Bhuloka Day	
				Jyeshtha-Ani		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 Yuktayam
Purvashadha/Uttarashadha Nakshatra Indra Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Manama, Bahrain
Sutra 75
Vilamba 5120
Moon 6 - Phase 11
1st Phase

Dhanus Rasi: 23.18 Tithi 16 – 17

381142361

Gulika 6:32AM – 8:15AM
Yama 3:08PM – 4:52PM
Rahu 9:59AM – 11:42AM

Purvashadha* Until 12:49PM
Indra Until 1:02AM Sat
Taitila Until 11:34PM
Prathama* Until 10:16AM

Ganesha: Blue
Muruqa: Clear
Nataraja: White
Moon – Light Blue
Jyeshtha-Ani

Sunrise: 4:49AM
Sunset: 6:35PM

Bhuloka Day
Devaloka Time: 12:PM to 3:PM

Routine Work Prabalarishta Yoga
Until 12:49PM
Then Routine Work - Marana Yoga

1

Saturday, June 30, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam
Uttarashadha/Shravana Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Manama, Bahrain
Sun 1 Sutra 76
Vilamba 5120
Moon 6 - Phase 11
1st Phase

Makara Rasi: 5.06 Tithi 17 – 18

381242361

Gulika 4:49AM – 6:33AM
Yama 1:25PM – 3:08PM
Rahu 8:16AM – 9:59AM

Uttarashadha Until 3:47PM
Vaidhriti* Until 2:09AM Sun
Vanija Until 2:10AM Sun
Dvitiya Until 12:51PM

Ganesha: Blue
Muruqa: Clear
Nataraja: White
Moon – Light Blue
Jyeshtha-Ani

Sunrise: 4:49AM
Sunset: 6:35PM

Bhuloka Day
Devaloka Time: 12:PM to 3:PM

Routine Work Marana Yoga
Until 3:47PM
Then Creative Work - Siddha Yoga

2

Sunday, July 1, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam
Shravana Nakshatra Vishkambha* Yoga Visti*/Bava Karana Tritiya/Chatrurthyam Titau

Manama, Bahrain
Sun 2 Sutra 77
Vilamba 5120
Moon 6 - Phase 11
1st Phase

Makara Rasi: 16.53 Tithi 18 – 19

391242361

Gulika 3:09PM – 4:52PM
Yama 11:42AM – 1:25PM
Rahu 4:52PM – 6:35PM

Shravana Until 7:06PM
Vishkambha* Until 3:14AM Mon
Bava Until 4:43AM Mon
Tritiya Until 3:26PM

Ganesha: Red
Muruqa: Clear
Nataraja: White
Moon – Purple
Jyeshtha-Ani

Sunrise: 4:50AM
Sunset: 6:35PM

Devaloka Day

Creative Work Amrita Yoga
Until 7:06PM
Then Routine Work - Marana Yoga

3

Monday, July 2, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam
Dhanishtha Nakshatra Priti Yoga Balava/Kaulava Karana Chatrurthi/Panchamyam Titau

Manama, Bahrain
Sun 3 Sutra 78
Vilamba 5120
Moon 6 - Phase 11
1st Phase

Makara Rasi: 28.41 Tithi 19 – 20

391242361

Gulika 1:26PM – 3:09PM
Yama 9:59AM – 11:42AM
Rahu 6:33AM – 8:16AM

Dhanishtha Until 10:05PM
Priti Until 4:10AM Tue
Kaulava Until 7:01AM Tue
Chatrurthi* Until 5:53PM

Ganesha: Red
Muruqa: Clear
Nataraja: White
Moon – Purple
Jyeshtha-Ani

Sunrise: 4:50AM
Sunset: 6:35PM

Devaloka Day

Family Home Evening
Creative Work Siddha Yoga

4

Tuesday, July 3, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam
Shatabhishak Nakshatra Ayushman Yoga Kaulava/Taitila Karana Panchamyam Titau

Manama, Bahrain
Sun 4 Sutra 79
Vilamba 5120
Moon 6 - Phase 11
1st Phase

Kumbha Rasi: 10.35 Tithi 20

392242361

Gulika 11:43AM – 1:26PM
Yama 8:17AM – 10:00AM
Rahu 3:09PM – 4:52PM

Shatabhishak Until 12:34AM Wed
Ayushman Until 4:46AM Wed
Kaulava Until 7:01AM
Panchami Until 8:00PM

Ganesha: Yellow
Muruqa: Clear
Nataraja: White
Moon – Purple
Jyeshtha-Ani

Sunrise: 4:50AM
Sunset: 6:35PM

Devaloka Day

Routine Work Marana Yoga
Until 12:34AM Wed
Then Creative Work - Amrita Yoga

5

Wednesday, July 4, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam
Purvaproshtapada* Nakshatra Saubhagya Yoga Gara/Vanija Karana Shashthyam Titau

Manama, Bahrain
Sun 5 Sutra 80
Vilamba 5120
Moon 6 - Phase 11
1st Phase

Kumbha Rasi: 22.39 Tithi 21

312242361

Gulika 10:00AM – 11:43AM
Yama 6:34AM – 8:17AM
Rahu 11:43AM – 1:26PM

Purvaproshtapada* Until 2:53AM Thu
Saubhagya Until 4:58AM Thu
Gara Until 8:55AM
Shashthi* Until 9:38PM

Ganesha: Orange
Muruqa: Clear
Nataraja: White
Moon – Clear
Jyeshtha-Ani

Sunrise: 4:51AM
Sunset: 6:35PM

Devaloka Day

Creative Work Amrita Yoga
Until 2:53AM Thu
Then Creative Work - Siddha Yoga

6

Thursday, July 5, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam
Uttaraproshtapada Nakshatra Sobhana Yoga Visti*/Bava Karana Saptamyam Titau

Manama, Bahrain
Sun 6 Sutra 81
Vilamba 5120
Moon 6 - Phase 11
1st Phase

Meena Rasi: 4.56 Tithi 22

312242361

Gulika 8:17AM – 10:00AM
Yama 4:51AM – 6:34AM
Rahu 1:26PM – 3:09PM

Uttaraproshtapada Until 4:23AM Fri
Sobhana Until 4:39AM Fri
Visti Until 10:15AM
Saptami Until 10:38PM

Ganesha: Orange
Muruqa: Clear
Nataraja: White
Moon – Clear
Jyeshtha-Ani

Sunrise: 4:51AM
Sunset: 6:35PM

Devaloka Day

Creative Work Siddha Yoga

Friday, July 6, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam
Revati Nakshatra Athiganda* Yoga Balava/Kaulava Karana Ashtamyam Titau

Manama, Bahrain
Sun 7 Sutra 82
Vilamba 5120
Moon 6 - Phase 11
Ashtami

Meena Rasi: 17.31 Tithi 23

312242361

Gulika 6:35AM – 8:17AM
Yama 3:09PM – 4:52PM
Rahu 10:00AM – 11:43AM

Revati Until 4:59AM Sat
Athiganda* Until 3:43AM Sat
Balava Until 10:53AM
Ashtami* Until 10:54PM

Ganesha: Orange
Muruqa: Clear
Nataraja: White
Moon – Clear
Jyeshtha-Ani

Sunrise: 4:52AM
Sunset: 6:35PM

Devaloka Day

Creative Work Siddha Yoga

Saturday, July 7, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam
Ashvini Nakshatra Sukarma Yoga Taitila/Gara Karana Navamyam Titau

Manama, Bahrain
Sun 8 Sutra 83
Vilamba 5120
Moon 6 - Phase 11
Navami

Mesha Rasi: 0.28 Tithi 24

422242361

Gulika 4:52AM – 6:35AM
Yama 1:26PM – 3:09PM
Rahu 8:18AM – 10:01AM

Ashvini Until 5:07AM Sun
Sukarma Until 2:09AM Sun
Taitila Until 10:44AM
Navami* Until 10:21PM

Ganesha: Orange
Muruqa: Clear
Nataraja: White
Moon – White
Jyeshtha-Ani

Sunrise: 4:52AM
Sunset: 6:35PM

Devaloka Day

Creative Work Siddha Yoga
Until 5:07AM Sun
Then Routine Work - Prabalarishta Yoga

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

1 Sunday, July 8, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bharani Nakshatra Dhruti Yoga Vanija/Visiti* Karana Dashamyam Titau		Manama, Bahrain Sun 9 Sutra 84 Vilamba 5120
Mesha Rasi: 13.49	Tithi 25	Gulika 3:09PM – 4:52PM	Bharani Until 4:18AM Mon	Ganesha: Orange <i>Sunrise:</i> 4:52AM
		Yama 11:44AM – 1:26PM	Dhriti Until 11:58PM	Muruqa: Clear <i>Sunset:</i> 6:35PM
	422242361	Rahu 4:52PM – 6:35PM	Vanija Until 9:48AM	Nataraja: White
Routine Work Prabalarishta Yoga			Dashami Until 9:01PM	Moon – White
Until 4:18AM Mon				Devaloka Day
Then Routine Work - Marana Yoga				Jyeshtha-Ani

2 Monday, July 9, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Kritika Nakshatra Shula* Yoga Bava/Balava Karana Ekadashyam Titau		Manama, Bahrain Sun 10 Sutra 85 Vilamba 5120
Mesha Rasi: 27.38	Tithi 26	Gulika 1:26PM – 3:09PM	Krittika Until 2:40AM Tue	Ganesha: Orange <i>Sunrise:</i> 4:53AM
Family Home Evening		Yama 10:01AM – 11:44AM	Shula* Until 9:10PM	Muruqa: Clear <i>Sunset:</i> 6:34PM
Routine Work Marana Yoga	422242361	Rahu 6:36AM – 8:18AM	Bava Until 8:05AM	Nataraja: White
Until 2:40AM Tue			Ekadashi* Until 6:57PM	Moon – White
Then Creative Work - Amrita Yoga				Devaloka Day
				Jyeshtha-Ani

3 Tuesday, July 10, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Ganda*Vridhi Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 11 Sutra 86 Vilamba 5120
Vrishabha Rasi: 11.55	Tithi 27 – 28	Gulika 11:44AM – 1:26PM	Rohini Until 12:44AM Wed	Ganesha: Light Blue <i>Sunrise:</i> 4:53AM
		Yama 8:19AM – 10:01AM	Ganda* Until 5:52PM	Muruqa: Clear <i>Sunset:</i> 6:34PM
	432242361	Rahu 3:09PM – 4:52PM	Gara Until 2:44AM Wed	Nataraja: White
Creative Work Amrita Yoga			Dvadashi* Until 4:15PM	Moon – Yellow
Until 12:44AM Wed				Bhuloka Day
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>	Devaloka Time: 12:PM to 3:PM
				Jyeshtha-Ani

4 Wednesday, July 11, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mrigashira Nakshatra Vridhi/Dhruva Yoga Vanija/Visiti* Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 12 Sutra 87 Vilamba 5120
Vrishabha Rasi: 26.34	Tithi 28 – 29	Gulika 10:01AM – 11:44AM	Mrigashira Until 10:12PM	Ganesha: Light Blue <i>Sunrise:</i> 4:54AM
		Yama 6:36AM – 8:19AM	Vridhi Until 2:11PM	Muruqa: Clear <i>Sunset:</i> 6:34PM
	432242361	Rahu 11:44AM – 1:26PM	Visti Until 11:22PM	Nataraja: White
Creative Work Siddha Yoga			Trayodashi* Until 1:04PM	Moon – Yellow
				Bhuloka Day
				Devaloka Time: 12:PM to 3:PM
				Jyeshtha-Ani

Thursday, July 12, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Ardra Nakshatra Dhruva/Vyaghata* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Manama, Bahrain Sun 13 Sutra 88 Vilamba 5120
Retreat Star		Gulika 8:19AM – 10:02AM	Ardra Until 7:17PM	Ganesha: Light Blue <i>Sunrise:</i> 4:54AM
Mithuna Rasi: 11.32	Tithi 29 – 30	Yama 4:54AM – 6:37AM	Dhruva Until 10:12AM	Muruqa: Clear <i>Sunset:</i> 6:34PM
		432242361 Rahu 1:27PM – 3:09PM	Catuspada Until 7:43PM	Nataraja: White
Routine Work Marana Yoga			Chaturdashi* Until 9:33AM	Moon – Yellow
Until 7:17PM				Bhuloka Day
Then Creative Work - Amrita Yoga				Devaloka Time: 12:PM to 3:PM
				Jyeshtha-Ani

Friday, July 13, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Punarvasu/Pushya Nakshatra Vyaghata*/Harshana Yoga Kintughna*/Bava Karana Prathamayam Titau		Manama, Bahrain Sun 14 Sutra 89 Vilamba 5120
Retreat Star		Gulika 6:37AM – 8:19AM	Punarvasu Until 4:30PM	Ganesha: Purple <i>Sunrise:</i> 4:55AM
Mithuna Rasi: 26.41	Tithi 1	Yama 3:09PM – 4:51PM	Vyaghata* Until 6:04AM	Muruqa: Clear <i>Sunset:</i> 6:34PM
		442242361 Rahu 10:02AM – 11:44AM	Kintughna Until 3:58PM	Nataraja: White
Creative Work Siddha Yoga			Prathama* Until 2:05AM Sat	Moon – Blue
Until 4:30PM				Bhuloka Day
Then Routine Work - Marana Yoga		Partial Solar Eclipse		Devaloka Time: 12:PM to 3:PM
				Ashada-Ani

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

1		Saturday, July 14, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Vajra* Yoga Balava/Kaulava Karana Dvitiyayam Titau			Manama, Bahrain Sun 15 Sutra 90
Kataka Rasi: 11.51	Tithi 2	Gulika 4:55AM – 6:37AM	Pushya Until 1:38PM	Ganesha: Purple	<i>Sunrise:</i> 4:55AM	Vilamba 5120	
		Yama 1:27PM – 3:09PM	Vajra* Until 9:51PM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 13	
		442242361 Rahu 8:20AM – 10:02AM	Balava Until 12:16PM	Nataraja: White		3rd Phase	
Creative Work	Siddha Yoga		Dvitiya Until 10:28PM	Moon – Blue			
Until 1:38PM				Ashada*Ani	Bhuloka Day	Devaloka Time: 12:PM to 3:PM	
Then Routine Work - Marana Yoga							

2		Sunday, July 15, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Siddhi Yoga Taitila/Gara Karana Tritiyayam Titau			Manama, Bahrain Sun 16 Sutra 91
Kataka Rasi: 26.53	Tithi 3	Gulika 3:09PM – 4:51PM	Ashlesha* Until 10:51AM	Ganesha: Purple	<i>Sunrise:</i> 4:56AM	Vilamba 5120	
		Yama 11:44AM – 1:27PM	Siddhi Until 6:02PM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 13	
		442242361 Rahu 4:51PM – 6:33PM	Taitila Until 8:46AM	Nataraja: White		3rd Phase	
Creative Work	Siddha Yoga		Tritiya Until 7:07PM	Moon – Blue			
Until 10:51AM				Ashada*Ani	Bhuloka Day	Devaloka Time: 12:PM to 3:PM	
Then Routine Work - Marana Yoga							

3		Monday, July 16, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vyatipata*/Varyan Yoga Visli*/Bava Karana Chaturthi/Panchamyam Titau			Manama, Bahrain Sun 17 Sutra 92
Simha Rasi: 11.4	Tithi 4 – 5	Gulika 1:27PM – 3:09PM	Magha* Until 8:43AM	Ganesha: Purple	<i>Sunrise:</i> 4:56AM	Vilamba 5120	
Family Home Evening		Yama 10:02AM – 11:44AM	Vyatipata* Until 2:34PM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 13	
		453242361 Rahu 6:38AM – 8:20AM	Bava Until 2:57AM Tue	Nataraja: White		3rd Phase	
Routine Work	Marana Yoga		Chaturthi* Until 4:12PM	Moon – Red			
Until 8:43AM				Ashada*Adi	Bhuloka Day	Devaloka Time: 12:PM to 3:PM	
Then Creative Work - Siddha Yoga							

4		Tuesday, July 17, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Varyan/Parigha* Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau			Manama, Bahrain Sun 18 Sutra 93
Simha Rasi: 26.06	Tithi 5 – 6	Gulika 11:45AM – 1:27PM	Purvaphalguni Until 6:56AM	Ganesha: Purple	<i>Sunrise:</i> 4:57AM	Vilamba 5120	
		Yama 8:21AM – 10:03AM	Varyan Until 11:31AM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 13	
		453242362 Rahu 3:09PM – 4:51PM	Kaulava Until 12:53AM Wed	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 1:49PM	Moon – Red			
Until 6:56AM				Ashada*Adi	Devaloka Day		
Then Creative Work - Amrita Yoga							

5		Wednesday, July 18, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau			Manama, Bahrain Sun 19 Sutra 94
Kanya Rasi: 10.07	Tithi 6 – 7	Gulika 10:03AM – 11:45AM	Hasta Until 5:20AM Thu	Ganesha: Clear	<i>Sunrise:</i> 4:57AM	Vilamba 5120	
		Yama 6:39AM – 8:21AM	Parigha* Until 9:01AM	Muruqa: Clear	<i>Sunset:</i> 6:32PM	Moon 6 - Phase 13	
		463242362 Rahu 11:45AM – 1:27PM	Gara Until 11:31PM	Nataraja: Clear		3rd Phase	
Routine Work	Marana Yoga		Shashthi* Until 12:06PM	Moon – Green			
Until 5:20AM Thu				Ashada*Adi	Sivaloka Day		
Then Creative Work - Siddha Yoga							

Retreat Star		Thursday, July 19, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Shiva/Siddha Yoga Vanija/Visli* Karana Saptami/Ashtamyam Titau			Manama, Bahrain Sun 20 Sutra 95
Kanya Rasi: 23.41	Tithi 7 – 8	Gulika 8:21AM – 10:03AM	Chitra Until 5:37AM Fri	Ganesha: Clear	<i>Sunrise:</i> 4:58AM	Vilamba 5120	
		Yama 4:58AM – 6:39AM	Shiva Until 7:06AM	Muruqa: Clear	<i>Sunset:</i> 6:32PM	Moon 6 - Phase 13	
		463242362 Rahu 1:27PM – 3:08PM	Visti Until 10:52PM	Nataraja: Clear		Ashtami	
Creative Work	Siddha Yoga		Saptami Until 11:05AM	Moon – Green			
				Ashada*Adi	Sivaloka Day		

Retreat Star		Friday, July 20, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Sadhya Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Manama, Bahrain Sun 21 Sutra 96
Tula Rasi: 6.52	Tithi 8 – 9	Gulika 6:40AM – 8:21AM	Svati Until 6:26AM Sat	Ganesha: Clear	<i>Sunrise:</i> 4:58AM	Vilamba 5120	
		Yama 3:08PM – 4:50PM	Sadhya Until 4:58AM Sat	Muruqa: Clear	<i>Sunset:</i> 6:32PM	Moon 6 - Phase 13	
		463242362 Rahu 10:03AM – 11:45AM	Balava Until 10:57PM	Nataraja: Clear		Navami	
Creative Work	Siddha Yoga		Ashtami* Until 10:48AM	Moon – Green			
				Ashada*Adi	Sivaloka Day		

1	Saturday, July 21, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Subha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 22 Sutra 97 Vilamba 5120
	Tula Rasi: 19.41	Tithi 9 – 10	Gulika 4:58AM – 6:40AM	Svati Until 6:26AM	Ganesha: Clear	<i>Sunrise:</i> 4:58AM	
			Yama 1:26PM – 3:08PM	Subha Until 4:44AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:31PM	Moon 6 - Phase 14
	Creative Work	Siddha Yoga	463242362 Rahu 8:22AM – 10:03AM	Taitila Until 11:42PM	Nataraja: Clear		4th Phase
			Navami* Until 11:13AM	Moon – Green		Sivaloka Day	
				Ashada*Adi			


2	Sunday, July 22, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Manama, Bahrain Sun 23 Sutra 98 Vilamba 5120
	Vrischika Rasi: 2.11	Tithi 10 – 11	Gulika 3:08PM – 4:49PM	Vishakha Until 8:12AM	Ganesha: White	<i>Sunrise:</i> 4:59AM	
			Yama 11:45AM – 1:26PM	Sukla Until 4:54AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:31PM	Moon 6 - Phase 14
	Routine Work	Marana Yoga	473242362 Rahu 4:49PM – 6:31PM	Vanija Until 1:02AM Mon	Nataraja: Clear		4th Phase
			Dashami Until 12:17PM	Moon – Orange		Devaloka Day	
				Ashada*Adi			

3	Monday, July 23, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma Yoga Vistit*/Bava Karana Ekadashi/Dvadashyam Titau				Manama, Bahrain Sun 24 Sutra 99 Vilamba 5120
	Vrischika Rasi: 14.28	Tithi 11 – 12	Gulika 1:26PM – 3:08PM	Anuradha Until 10:20AM	Ganesha: White	<i>Sunrise:</i> 4:59AM	
	Family Home Evening		Yama 10:04AM – 11:45AM	Brahma Until 5:26AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:30PM	Moon 6 - Phase 14
	Creative Work	Siddha Yoga	473242362 Rahu 6:41AM – 8:22AM	Bava Until 2:52AM Tue	Nataraja: Clear		4th Phase
			Ekadashi Until 1:52PM	Moon – Orange		Devaloka Day	
				Ashada*Adi			

4	Tuesday, July 24, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Indra Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 25 Sutra 100 Vilamba 5120
	Vrischika Rasi: 26.32	Tithi 12 – 13	Gulika 11:45AM – 1:26PM	Jyeshtha* Until 12:45PM	Ganesha: White	<i>Sunrise:</i> 5:00AM	
			Yama 8:22AM – 10:04AM	Indra Until 6:16AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:30PM	Moon 6 - Phase 14
	Routine Work	Marana Yoga	473242362 Rahu 3:07PM – 4:49PM	Kaulava Until 5:03AM Wed	Nataraja: Clear		4th Phase
			Dvadashi Until 3:54PM	Moon – Orange		Devaloka Day	
				Ashada*Adi			
				<i>Pradosha Vrata</i>			

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

6	Thursday, July 26, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 102 Vilamba 5120
	Dhanus Rasi: 20.19	Tithi 14	Gulika 8:23AM – 10:04AM	Purvashadha* Until 6:53PM	Ganesha: Red	<i>Sunrise:</i> 5:01AM	
			Yama 5:01AM – 6:42AM	Vaidhriti* Until 7:15AM	Muruqa: Clear	<i>Sunset:</i> 6:29PM	Moon 6 - Phase 14
	Creative Work	Siddha Yoga	483342362 Rahu 1:26PM – 3:07PM	Gara Until 7:30AM	Nataraja: Clear		4th Phase
			Chaturdashi* Until 8:46PM	Moon – Light Blue		Sivaloka Day	
				Ashada*Adi			

	Friday, July 27, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vishkambha*/Priti Yoga Vistit*/Bava Karana Purnimayam Titau				Manama, Bahrain Sutra 103 Vilamba 5120
	Copper Retreat Star		Gulika 6:42AM – 8:23AM	Uttarashadha Until 9:52PM	Ganesha: Red	<i>Sunrise:</i> 5:01AM	
	Makara Rasi: 2.07	Tithi 15	Yama 3:07PM – 4:48PM	Vishkambha* Until 8:21AM	Muruqa: Clear	<i>Sunset:</i> 6:28PM	Moon 6 - Phase 14
	Routine Work	Marana Yoga	483342362 Rahu 10:04AM – 11:45AM	Vistit Until 10:05AM	Nataraja: Clear		Purnima
			Purnima* Until 11:21PM	Moon – Light Blue		Sivaloka Day	
				Ashada*Adi			
				Total Lunar Eclipse			
				Satguru Purnima			

Silver Retreat Star	Saturday, July 28, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Prathamayam Titau				Manama, Bahrain Sutra 104 Vilamba 5120
	Silver Retreat Star		Gulika 5:02AM – 6:43AM	Shravana Until 1:08AM Sun	Ganesha: Blue	<i>Sunrise:</i> 5:02AM	
	Makara Rasi: 13.54	Tithi 16	Yama 1:26PM – 3:06PM	Priti Until 9:29AM	Muruqa: Clear	<i>Sunset:</i> 6:28PM	Moon 6 - Phase 14
	Creative Work	Siddha Yoga	493342362 Rahu 8:23AM – 10:04AM	Balava Until 12:39PM	Nataraja: Clear		Prathama
			Prathama* Until 1:53AM Sun	Moon – Purple		Devaloka Day	
				Ashada*Adi			

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/Gara Karana Dvilyayam Titau

Manama, Bahrain

Sun 1 Sutra 105

Vilamba 5120

Moon 7 - Phase 15

1st Phase

Makara Rasi: 25.44 Tithi 17

Gulika 3:06PM – 4:47PM
Yama 11:45AM – 1:26PM
493342362 **Rahu** 4:47PM – 6:27PM

Dhanishtha Until 4:03AM Mon
Ayushman Until 10:29AM
Taitila Until 3:06PM
Dvitiya Until 4:14AM Mon

Ganesha: Blue *Sunrise: 5:02AM*
Muruqa: Clear *Sunset: 6:27PM*
Nataraja: Clear
Moon – Purple

Devaloka Day

Routine Work Marana Yoga

Until 4:03AM Mon

Then Creative Work - Siddha Yoga

1

Monday, July 30, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam
Shatabhishak Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Trilyayam Titau

Manama, Bahrain

Sun 2 Sutra 106

Vilamba 5120

Moon 7 - Phase 15

1st Phase

Kumbha Rasi: 7.37 Tithi 18

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

Shatabhishak Until 6:32AM Tue
Saubhagya Until 11:20AM
Vanija Until 5:19PM
Tritiya Until 6:17AM Tue

Ganesha: Blue *Sunrise: 5:03AM*
Muruqa: Clear *Sunset: 6:27PM*
Nataraja: Clear
Moon – Purple

Devaloka Day

Family Home Evening

Creative Work Siddha Yoga

Until 6:32AM Tue

Then Routine Work - Marana Yoga

2

Tuesday, July 31, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam
Shatabhishak/Purvaprossthapada* Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Trilya/Chaturthyam Titau

Manama, Bahrain

Sun 3 Sutra 107

Vilamba 5120

Moon 7 - Phase 15

1st Phase

Kumbha Rasi: 19.38 Tithi 18 – 19

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

Shatabhishak Until 6:32AM
Sobhana Until 11:58AM
Bava Until 7:11PM
Tritiya Until 6:17AM

Ganesha: Blue *Sunrise: 5:04AM*
Muruqa: Clear *Sunset: 6:26PM*
Nataraja: Clear
Moon – Purple

Devaloka Day

Routine Work Marana Yoga

3

Wednesday, August 1, 2018

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

Manama, Bahrain

Sun 4 Sutra 108

Vilamba 5120

Moon 7 - Phase 15

1st Phase

Meena Rasi: 1.49 Tithi 19 – 20

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

Purvaprossthapada* Until 8:57AM
Athiganda* Until 12:14PM
Kaulava Until 8:36PM
Chaturthi* Until 7:56AM

Ganesha: White *Sunrise: 5:04AM*
Muruqa: Clear *Sunset: 6:26PM*
Nataraja: Clear
Moon – Clear

Devaloka Day

Creative Work Amrita Yoga

Until 8:57AM

Then Creative Work - Siddha Yoga

4

Thursday, August 2, 2018

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

Manama, Bahrain

Sun 5 Sutra 109

Vilamba 5120

Moon 7 - Phase 15

1st Phase

Meena Rasi: 14.11 Tithi 20 – 21

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

Uttaraprossthapada Until 10:43AM
Sukarma Until 12:07PM
Gara Until 9:29PM
Panchami Until 9:06AM

Ganesha: White *Sunrise: 5:05AM*
Muruqa: Clear *Sunset: 6:25PM*
Nataraja: Clear
Moon – Clear

Devaloka Day

Creative Work Siddha Yoga

5

Friday, August 3, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam
Revati/Ashvini Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Shashthi/Saplamyam Titau

Manama, Bahrain

Sun 6 Sutra 110

Vilamba 5120

Moon 7 - Phase 15

1st Phase

Meena Rasi: 26.49 Tithi 21 – 22

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

Revati Until 11:46AM
Dhriti Until 11:34AM
Visti Until 9:45PM
Shashthi* Until 9:41AM

Ganesha: White *Sunrise: 5:05AM*
Muruqa: Clear *Sunset: 6:24PM*
Nataraja: Clear
Moon – Clear

Devaloka Day

Creative Work Siddha Yoga

Until 11:46AM

Then Creative Work - Amrita Yoga

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 Saplamy/Ashtamyam Titau

Manama, Bahrain

Sun 7 Sutra 111

Vilamba 5120

Moon 7 - Phase 15

Ashtami

Mesha Rasi: 9.46 Tithi 22 – 23

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

Ashvini Until 12:30PM
Shula* Until 10:28AM
Balava Until 9:21PM
Saptami Until 9:37AM

Ganesha: Clear *Sunrise: 5:05AM*
Muruqa: Clear *Sunset: 6:24PM*
Nataraja: Clear
Moon – White

Sivaloka Day

Creative Work Siddha Yoga

Sunday, August 5, 2018

Retreat Star

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

Manama, Bahrain

Sun 8 Sutra 112

Vilamba 5120

Moon 7 - Phase 15

Navami

Mesha Rasi: 23.03 Tithi 23 – 24

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

Bharani Until 12:24PM
Ganda* Until 8:50AM
Taitila Until 8:16PM
Ashtami* Until 8:53AM

Ganesha: Clear *Sunrise: 5:06AM*
Muruqa: Clear *Sunset: 6:23PM*
Nataraja: Clear
Moon – White

Sivaloka Day

Routine Work Prabalarishta Yoga

Until 12:24PM

Then Creative Work - Siddha Yoga

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

1		Monday, August 6, 2018				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Manama, Bahrain Sun 9 Sutra 113 Vilamba 5120
Vrishabha Rasi: 6.43	Tithi 24 – 25	Gulika	1:24PM – 3:03PM	Krittika Until 11:29AM	Ganesha: Clear	<i>Sunrise:</i> 5:06AM	
Family Home Evening	424342362	Yama	10:05AM – 11:44AM	Vriddhi Until 6:41AM	Muruqa: Clear	<i>Sunset:</i> 6:22PM	
Routine Work	Marana Yoga	Rahu	6:46AM – 8:25AM	Vanija Until 6:31PM	Nataraja: Clear	Moon 7 - Phase 16	
Until 11:29AM				Navami* Until 7:28AM	Moon – White	2nd Phase	
Then Creative Work - Amrita Yoga					Ashada-Adi	Sivaloka Day	

2		Tuesday, August 7, 2018				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vyaghata* Yoga Bava/Balava Karana Ekadashyam Titau	Manama, Bahrain Sun 10 Sutra 114 Vilamba 5120
Vrishabha Rasi: 20.48	Tithi 26	Gulika	11:44AM – 1:24PM	Rohini Until 10:13AM	Ganesha: Purple	<i>Sunrise:</i> 5:07AM	
	434342362	Yama	8:26AM – 10:05AM	Vyaghata* Until 12:47AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:21PM	
Creative Work	Amrita Yoga	Rahu	3:03PM – 4:42PM	Bava Until 4:10PM	Nataraja: Clear	Moon 7 - Phase 16	
Until 10:13AM				Ekadashi* Until 2:46AM Wed	Moon – Yellow	2nd Phase	
Then Creative Work - Siddha Yoga					Ashada-Adi	Devaloka Day	

3		Wednesday, August 8, 2018				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvodashyam Titau	Manama, Bahrain Sun 11 Sutra 115 Vilamba 5120
Mithuna Rasi: 5.16	Tithi 27	Gulika	10:05AM – 11:44AM	Mrigashira Until 8:16AM	Ganesha: Purple	<i>Sunrise:</i> 5:07AM	
	434342362	Yama	6:47AM – 8:26AM	Harshana Until 9:13PM	Muruqa: Clear	<i>Sunset:</i> 6:21PM	
Creative Work	Siddha Yoga	Rahu	11:44AM – 1:23PM	Kaulava Until 1:17PM	Nataraja: Clear	Moon 7 - Phase 16	
				Dvadashi* Until 11:40PM	Moon – Yellow	2nd Phase	
					Ashada-Adi	Devaloka Day	

4		Thursday, August 9, 2018				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Trayodashyam Titau	Manama, Bahrain Sun 12 Sutra 116 Vilamba 5120
Mithuna Rasi: 20.04	Tithi 28	Gulika	8:26AM – 10:05AM	Punarvasu Until 3:12AM Fri	Ganesha: Light Blue	<i>Sunrise:</i> 5:08AM	
	444342362	Yama	5:08AM – 6:47AM	Vajra* Until 5:21PM	Muruqa: Clear	<i>Sunset:</i> 6:20PM	
Creative Work	Amrita Yoga	Rahu	1:23PM – 3:02PM	Gara Until 10:00AM	Nataraja: Clear	Moon 7 - Phase 16	
Until 3:12AM Fri				Trayodashi* Until 8:14PM	Moon – Blue	2nd Phase	
Then Routine Work - Marana Yoga					Ashada-Adi	Devaloka Day	
					<i>Pradosha Vrata (Fasting)</i>		

5		Friday, August 10, 2018				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Siddhi/Vyatipata* Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Manama, Bahrain Sun 13 Sutra 117 Vilamba 5120
Kataka Rasi: 5.05	Tithi 29 – 30	Gulika	6:47AM – 8:26AM	Pushya Until 12:22AM Sat	Ganesha: Light Blue	<i>Sunrise:</i> 5:08AM	
	444342362	Yama	3:02PM – 4:40PM	Siddhi Until 1:18PM	Muruqa: Clear	<i>Sunset:</i> 6:19PM	
Routine Work	Marana Yoga	Rahu	10:05AM – 11:44AM	Visti Until 6:28AM	Nataraja: Clear	Moon 7 - Phase 16	
				Chaturdashi* Until 4:37PM	Moon – Blue	2nd Phase	
					Ashada-Adi	Devaloka Day	

●		Saturday, August 11, 2018				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Vyatipata*/Varyan Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Manama, Bahrain Sun 14 Sutra 118 Vilamba 5120
Retreat Star		Gulika	5:09AM – 6:48AM	Ashlesha* Until 9:25PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:09AM	
Kataka Rasi: 20.12	Tithi 30 – 1	Yama	1:22PM – 3:01PM	Vyatipata* Until 9:12AM	Muruqa: Clear	<i>Sunset:</i> 6:18PM	
	444342362	Rahu	8:26AM – 10:05AM	Kintughna Until 11:10PM	Nataraja: Clear	Moon 7 - Phase 16	
Routine Work	Marana Yoga			Amavasya* Until 12:57PM	Moon – Blue	Amavasya	
Until 9:25PM		Partial Solar Eclipse			Ashada-Adi	Devaloka Day	
Then Creative Work - Amrita Yoga							

●		Sunday, August 12, 2018				Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Parigha* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Manama, Bahrain Sun 15 Sutra 119 Vilamba 5120
Retreat Star		Gulika	3:01PM – 4:39PM	Magha* Until 6:56PM	Ganesha: Clear	<i>Sunrise:</i> 5:09AM	
Simha Rasi: 5.16	Tithi 1 – 2	Yama	11:44AM – 1:22PM	Parigha* Until 1:19AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:18PM	
	455342362	Rahu	4:39PM – 6:18PM	Balava Until 7:44PM	Nataraja: Clear	Moon 7 - Phase 16	
Routine Work	Marana Yoga			Prathama* Until 9:24AM	Moon – Red	Prathama	
Until 6:56PM					Sravana-Adi	Sivaloka Day	
Then Creative Work - Siddha Yoga							

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

1		Monday, August 13, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Shiva Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau			Manama, Bahrain Sun 16 Sutra 120 Vilamba 5120
Simha Rasi: 20.09	Tithi 2 - 3	Gulika 1:22PM - 3:00PM	Purvaphalguni Until 4:38PM	Ganesha: Clear	<i>Sunrise:</i> 5:10AM		
Family Home Evening	455342362	Yama 10:05AM - 11:43AM	Shiva Until 9:49PM	Muruqa: Clear	<i>Sunset:</i> 6:17PM		Moon 7 - Phase 17
Creative Work Siddha Yoga		Rahu 6:48AM - 8:27AM	Gara Until 3:16AM Tue	Nataraja: Clear			3rd Phase
			Dvitiya Until 6:07AM	Moon - Red		Sivaloka Day	
				Sravana-Adi			

2		Tuesday, August 14, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddha Yoga Vanija/Visti* Karana Chaturthyam Titau			Manama, Bahrain Sun 17 Sutra 121 Vilamba 5120
Kanya Rasi: 4.43	Tithi 4	Gulika 11:43AM - 1:21PM	Uttaraphalguni Until 2:42PM	Ganesha: Clear	<i>Sunrise:</i> 5:10AM		
	455342362	Yama 8:27AM - 10:05AM	Siddha Until 6:44PM	Muruqa: Clear	<i>Sunset:</i> 6:16PM		Moon 7 - Phase 17
Creative Work Amrita Yoga		Rahu 3:00PM - 4:38PM	Vanija Until 2:03PM	Nataraja: Clear			3rd Phase
Until 2:42PM			Chaturthi* Until 12:58AM Wed	Moon - Red		Sivaloka Day	
Then Creative Work - Siddha Yoga				Sravana-Adi			

3		Wednesday, August 15, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Panchamyam Titau			Manama, Bahrain Sun 18 Sutra 122 Vilamba 5120
Kanya Rasi: 18.53	Tithi 5	Gulika 10:05AM - 11:43AM	Hasta Until 1:42PM	Ganesha: Purple	<i>Sunrise:</i> 5:11AM		
	455342362	Yama 6:49AM - 8:27AM	Sadhya Until 4:12PM	Muruqa: Clear	<i>Sunset:</i> 6:15PM		Moon 7 - Phase 17
Routine Work Marana Yoga		Rahu 11:43AM - 1:21PM	Bava Until 12:05PM	Nataraja: Clear			3rd Phase
Until 1:42PM			Panchami Until 11:22PM	Moon - Green		Subha Sivaloka Day	
Then Creative Work - Siddha Yoga		Nag Panchami		Sravana-Adi			

4		Thursday, August 16, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Subha/Sukla Yoga Kaulava/Taila Karana Shashthyam Titau			Manama, Bahrain Sun 19 Sutra 123 Vilamba 5120
Tula Rasi: 2.35	Tithi 6	Gulika 8:27AM - 10:05AM	Chitra Until 1:17PM	Ganesha: Purple	<i>Sunrise:</i> 5:11AM		
	455342362	Yama 5:11AM - 6:49AM	Subha Until 2:17PM	Muruqa: Clear	<i>Sunset:</i> 6:14PM		Moon 7 - Phase 17
Creative Work Siddha Yoga		Rahu 1:21PM - 2:59PM	Kaulava Until 10:52AM	Nataraja: Clear			3rd Phase
Until 1:17PM			Shashthi* Until 10:32PM	Moon - Green		Subha Sivaloka Day	
Then Creative Work - Amrita Yoga				Sravana-Adi			

5		Friday, August 17, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Saplamyam Titau			Manama, Bahrain Sun 20 Sutra 124 Vilamba 5120
Tula Rasi: 15.51	Tithi 7	Gulika 6:49AM - 8:27AM	Svati Until 1:30PM	Ganesha: Clear	<i>Sunrise:</i> 5:12AM		
	565342362	Yama 2:58PM - 4:36PM	Sukla Until 1:00PM	Muruqa: Clear	<i>Sunset:</i> 6:13PM		Moon 7 - Phase 17
Creative Work Siddha Yoga		Rahu 10:05AM - 11:43AM	Gara Until 10:26AM	Nataraja: Clear			3rd Phase
			Saptami Until 10:31PM	Moon - Green		Sivaloka Day	
				Sravana-Avani			

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

Retreat Star		Sunday, August 19, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Navamyam Titau			Manama, Bahrain Sun 22 Sutra 126 Vilamba 5120
Vrischika Rasi: 11.11	Tithi 9	Gulika 2:57PM - 4:34PM	Anuradha Until 4:42PM	Ganesha: Clear	<i>Sunrise:</i> 5:13AM		
	575442362	Yama 11:42AM - 1:19PM	Indra Until 12:18PM	Muruqa: Clear	<i>Sunset:</i> 6:12PM		Moon 7 - Phase 17
Routine Work Marana Yoga		Rahu 4:34PM - 6:12PM	Balava Until 11:58AM	Nataraja: Clear			Navami
			Navami* Until 12:45AM Mon	Moon - Orange		Sivaloka Day	
				Sravana-Avani			

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

1		Monday, August 20, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Vaidhriti*/Vishkambha* Yoga Tailila/Gara Karana Dashamyam Titau			Manama, Bahrain Sun 23 Sutra 127 Vilamba 5120	
Vrischika Rasi: 23.23	Tithi 10	Gulika	1:19PM – 2:56PM	Jyeshtha* Until 7:00PM	Ganesha: Clear	<i>Sunrise:</i> 5:13AM		
Family Home Evening	575442362	Yama	10:05AM – 11:42AM	Vaidhriti* Until 12:42PM	Muruqa: Clear	<i>Sunset:</i> 6:11PM	Moon 7 - Phase 18	4th Phase
Creative Work	Siddha Yoga	Rahu	6:50AM – 8:28AM	Taitila Until 1:44PM	Nataraja: Clear			
				Dashami Until 2:47AM Tue	Moon – Orange		Sivaloka Day	
					Sravana•Avani			


2		Tuesday, August 21, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Ekadashyam Titau			Manama, Bahrain Sun 24 Sutra 128 Vilamba 5120	
Dhanus Rasi: 5.23	Tithi 11	Gulika	11:42AM – 1:19PM	Mula* Until 10:02PM	Ganesha: Clear	<i>Sunrise:</i> 5:14AM		
	586442362	Yama	8:28AM – 10:05AM	Vishkambha* Until 1:29PM	Muruqa: Clear	<i>Sunset:</i> 6:10PM	Moon 7 - Phase 18	4th Phase
Creative Work	Amrita Yoga	Rahu	2:56PM – 4:33PM	Vanija Until 3:58PM	Nataraja: Clear			
Until 10:02PM				Ekadashi Until 5:11AM Wed	Moon – Light Blue		Sivaloka Day	
Then Creative Work - Siddha Yoga					Sravana•Avani			

3		Wednesday, August 22, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Priti/Ayushman Yoga Bava Karana Dvadashyam Titau			Manama, Bahrain Sun 25 Sutra 129 Vilamba 5120	
Dhanus Rasi: 17.15	Tithi 12	Gulika	10:05AM – 11:41AM	Purvashadha* Until 1:08AM Thu	Ganesha: Clear	<i>Sunrise:</i> 5:14AM		
	586442362	Yama	6:51AM – 8:28AM	Priti Until 2:31PM	Muruqa: Clear	<i>Sunset:</i> 6:09PM	Moon 7 - Phase 18	4th Phase
Creative Work	Amrita Yoga	Rahu	11:41AM – 1:18PM	Bava Until 6:29PM	Nataraja: Clear			
Until 1:08AM Thu				Dvadashi Until 7:46AM Thu	Moon – Light Blue		Sivaloka Day	
Then Routine Work - Marana Yoga					Sravana•Avani			

4		Thursday, August 23, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Manama, Bahrain Sun 26 Sutra 130 Vilamba 5120	
Dhanus Rasi: 29.02	Tithi 12 – 13	Gulika	8:28AM – 10:04AM	Uttarashadha Until 4:07AM Fri	Ganesha: Clear	<i>Sunrise:</i> 5:14AM		
	586442362	Yama	5:14AM – 6:51AM	Ayushman Until 3:35PM	Muruqa: Clear	<i>Sunset:</i> 6:08PM	Moon 7 - Phase 18	4th Phase
Routine Work	Marana Yoga	Rahu	1:18PM – 2:54PM	Kaulava Until 9:06PM	Nataraja: Clear			
				Dvadashi Until 7:46AM	Moon – Light Blue		Sivaloka Day	
					Sravana•Avani			

Pradosha Vrata

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

		Saturday, August 25, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau			Manama, Bahrain Sutra 132 Vilamba 5120	
Makara Rasi: 22.4	Tithi 14 – 15	Gulika	5:15AM – 6:52AM	Shravana Until 7:19AM	Ganesha: White	<i>Sunrise:</i> 5:15AM		
	596442362	Yama	1:17PM – 2:53PM	Sobhana Until 5:36PM	Muruqa: Clear	<i>Sunset:</i> 6:06PM	Moon 7 - Phase 18	Purnima
Creative Work	Siddha Yoga	Rahu	8:28AM – 10:04AM	Visti Until 1:58AM Sun	Nataraja: Clear			
				Chaturdashi* Until 12:49PM	Moon – Purple		Subha Sivaloka Day	
		Avani Avittam			Sravana•Avani			

Sunday, August 26, 2018		Silver Retreat Star			Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Athiganda* Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Manama, Bahrain Sutra 133 Vilamba 5120	
Kumbha Rasi: 5	Tithi 15 – 16	Gulika	2:53PM – 4:29PM	Dhanishtha Until 10:07AM	Ganesha: White	<i>Sunrise:</i> 5:16AM			
	596442362	Yama	11:40AM – 1:16PM	Athiganda* Until 6:17PM	Muruqa: Clear	<i>Sunset:</i> 6:05PM	Moon 7 - Phase 18	Prathama	
Routine Work	Marana Yoga	Rahu	4:29PM – 6:05PM	Balava Until 3:58AM Mon	Nataraja: Clear				
Until 10:07AM				Purnima* Until 2:59PM	Moon – Purple		Subha Sivaloka Day		
Then Creative Work - Siddha Yoga					Sravana•Avani				

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
Shatabhishak/Purvaproshtapada* Nakshatra Sukarma Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Manama, Bahrain

Sutra 134

Vilamba 5120

Moon 8 - Phase 19

1st Phase

Kumbha Rasi: 16.39 Tithi 16 - 17

Family Home Evening 596442362

Creative Work Siddha Yoga

Until 12:25PM

Then Routine Work - Marana Yoga

Gulika 1:16PM - 2:52PM

Yama 10:04AM - 11:40AM

Rahu 6:52AM - 8:28AM

Shatabhishak Until 12:25PM

Sukarma Until 6:43PM

Taitila Until 5:35AM Tue

Prathama* Until 4:48PM

Ganesha: White

Muruqa: Clear

Nataraja: Clear

Moon - Purple
Sravana-Avani

Sunrise: 5:16AM

Sunset: 6:04PM

Subha Sivaloka Day

Tuesday, August 28, 2018

1

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam
Purvaproshtapada/Uttaraproshtapada Nakshatra Dhriti Yoga Gara Karana Dvitiyayam Titau

Manama, Bahrain

Sun 1 Sutra 135

Vilamba 5120

Moon 8 - Phase 19

1st Phase

Kumbha Rasi: 28.52 Tithi 17

517452363

Routine Work Marana Yoga

Until 2:39PM

Then Creative Work - Amrita Yoga

Gulika 11:40AM - 1:16PM

Yama 8:28AM - 10:04AM

Rahu 2:51PM - 4:27PM

Purvaproshtapada* Until 2:39PM

Dhriti Until 6:50PM

Gara Until 6:12PM

Dvitiya Until 6:12PM

Ganesha: Clear

Muruqa: Purple

Nataraja: Purple

Moon - Clear
Sravana-Avani

Sunrise: 5:17AM

Sunset: 6:03PM

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Wednesday, August 29, 2018

2

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam
Uttaraproshtapada/Revati Nakshatra Shula* Yoga Vanija/Visti* Karana Tritiyayam Titau

Manama, Bahrain

Sun 2 Sutra 136

Vilamba 5120

Moon 8 - Phase 19

1st Phase

Meena Rasi: 11.16 Tithi 18

517452363

Creative Work Siddha Yoga

Until 4:18PM

Then Routine Work - Marana Yoga

Gulika 10:04AM - 11:39AM

Yama 6:53AM - 8:28AM

Rahu 11:39AM - 1:15PM

Uttaraproshtapada Until 4:18PM

Shula* Until 6:34PM

Vanija Until 6:46AM

Tritiya Until 7:10PM

Ganesha: Clear

Muruqa: Purple

Nataraja: Purple

Moon - Clear
Sravana-Avani

Sunrise: 5:17AM

Sunset: 6:02PM

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Thursday, August 30, 2018

3

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam
Revati/Ashvini Nakshatra Ganda*Vridhi Yoga Bava/Balava Karana Chaturthyam Titau

Manama, Bahrain

Sun 3 Sutra 137

Vilamba 5120

Moon 8 - Phase 19

1st Phase

Meena Rasi: 23.52 Tithi 19

517452363

Creative Work Siddha Yoga

Until 5:21PM

Then Creative Work - Amrita Yoga

Gulika 8:28AM - 10:04AM

Yama 5:17AM - 6:53AM

Rahu 1:15PM - 2:50PM

Revati Until 5:21PM

Ganda* Until 5:58PM

Bava Until 7:30AM

Chaturthi* Until 7:41PM

Ganesha: Clear

Muruqa: Purple

Nataraja: Purple

Moon - Clear
Sravana-Avani

Sunrise: 5:17AM

Sunset: 6:01PM

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Friday, August 31, 2018

4

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam
Ashvini Nakshatra Vridhi/Dhruva Yoga Kaulava/Taitila Karana Panchamyam Titau

Manama, Bahrain

Sun 4 Sutra 138

Vilamba 5120

Moon 8 - Phase 19

1st Phase

Mesha Rasi: 6.41 Tithi 20

527452363

Creative Work Amrita Yoga

Until 6:16PM

Then Creative Work - Siddha Yoga

Gulika 6:53AM - 8:28AM

Yama 2:49PM - 4:25PM

Rahu 10:04AM - 11:39AM

Ashvini Until 6:16PM

Vridhi Until 5:01PM

Kaulava Until 7:47AM

Panchami Until 7:43PM

Ganesha: Purple

Muruqa: Purple

Nataraja: Purple

Moon - White
Sravana-Avani

Sunrise: 5:18AM

Sunset: 6:00PM

Bhuloka Day

Saturday, September 1, 2018

5

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam
Bharani Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Shashthyam Titau

Manama, Bahrain

Sun 5 Sutra 139

Vilamba 5120

Moon 8 - Phase 19

1st Phase

Mesha Rasi: 19.44 Tithi 21

527452363

Creative Work Siddha Yoga

Until 6:32PM

Then Creative Work - Amrita Yoga

Gulika 5:18AM - 6:53AM

Yama 1:14PM - 2:49PM

Rahu 8:28AM - 10:03AM

Bharani Until 6:32PM

Dhruva Until 3:40PM

Gara Until 7:35AM

Shashthi* Until 7:17PM

Ganesha: Purple

Muruqa: Purple

Nataraja: Purple

Moon - White
Sravana-Avani

Sunrise: 5:18AM

Sunset: 5:59PM

Bhuloka Day

Sunday, September 2, 2018

6

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Krittika Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Saptamyam Titau

Manama, Bahrain

Sun 6 Sutra 140

Vilamba 5120

Moon 8 - Phase 19

1st Phase

Vrishabha Rasi: 3.02 Tithi 22

527452363

Creative Work Siddha Yoga

Gulika 2:48PM - 4:23PM

Yama 11:38AM - 1:13PM

Rahu 4:23PM - 5:58PM

Krittika Until 6:11PM

Vyaghata* Until 1:55PM

Visti Until 6:53AM

Saptami Until 6:20PM

Ganesha: Purple

Muruqa: Purple

Nataraja: Purple

Moon - White
Sravana-Avani

Sunrise: 5:19AM

Sunset: 5:58PM

Bhuloka Day

Monday, September 3, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam
Rohini/Mrigashira Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Manama, Bahrain

Sun 7 Sutra 141

Vilamba 5120

Moon 8 - Phase 19

Ashtami

Vrishabha Rasi: 16.38 Tithi 23 - 24

Family Home Evening 537452363

Creative Work Amrita Yoga

Gulika 1:13PM - 2:47PM

Yama 10:03AM - 11:38AM

Rahu 6:54AM - 8:29AM

Rohini Until 5:36PM

Harshana Until 11:47AM

Taitila Until 4:00AM Tue

Ashtami* Until 4:53PM

Ganesha: Clear

Muruqa: Purple

Nataraja: Purple

Moon - Yellow
Sravana-Avani

Sunrise: 5:19AM

Sunset: 5:57PM

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Krishna Janmashtami

Tuesday, September 4, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam
Mrigashira/Ardra Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Manama, Bahrain

Sun 8 Sutra 142

Vilamba 5120

Moon 8 - Phase 19

Navami

Mithuna Rasi: 0.32 Tithi 24 - 25

538452363

Creative Work Siddha Yoga

Until 4:24PM

Then Routine Work - Marana Yoga

Gulika 11:38AM - 1:12PM

Yama 8:29AM - 10:03AM

Rahu 2:47PM - 4:21PM

Mrigashira Until 4:24PM

Vajra* Until 9:12AM

Vanija Until 1:49AM Wed

Navami* Until 2:57PM

Ganesha: White

Muruqa: Purple

Nataraja: Purple

Moon - Yellow
Sravana-Avani

Sunrise: 5:20AM

Sunset: 5:56PM

Devaloka Day

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

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1	Wednesday, September 5, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Siddhi/Myalipala* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Manama, Bahrain Sun 9 Sutra 143 Vilamba 5120
	Mithuna Rasi: 14.44	Tithi 25 – 26	Gulika 10:03AM – 11:37AM	Ardra Until 2:37PM	Ganesha: White	<i>Sunrise:</i> 5:20AM	
			Yama 6:54AM – 8:29AM	Siddhi Until 6:16AM	Muruqa: Purple	<i>Sunset:</i> 5:54PM	Moon 8 - Phase 20
	Creative Work	Siddha Yoga	538452363 Rahu 11:37AM – 1:12PM	Bava Until 11:13PM	Nataraja: Purple		2nd Phase
			Dashami Until 12:33PM	Moon – Yellow		Devaloka Day	
				Sravana-Avani			

2	Thursday, September 6, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Variyan Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Manama, Bahrain Sun 10 Sutra 144 Vilamba 5120
	Mithuna Rasi: 29.13	Tithi 26 – 27	Gulika 8:29AM – 10:03AM	Punarvasu Until 12:43PM	Ganesha: Yellow	<i>Sunrise:</i> 5:20AM	
			Yama 5:20AM – 6:55AM	Variyan Until 11:27PM	Muruqa: Purple	<i>Sunset:</i> 5:53PM	Moon 8 - Phase 20
	Creative Work	Amrita Yoga	548452363 Rahu 1:11PM – 2:45PM	Kaulava Until 8:17PM	Nataraja: Purple		2nd Phase
			Ekadashi* Until 9:46AM	Moon – Blue		Bhuloka Day	
				Sravana-Avani		Devaloka Time: 9:AM to 12:PM	

3	Friday, September 7, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Parigha* Yoga Taitila/Vanija Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 11 Sutra 145 Vilamba 5120
	Kataka Rasi: 13.56	Tithi 27 – 28	Gulika 6:55AM – 8:29AM	Pushya Until 10:24AM	Ganesha: Yellow	<i>Sunrise:</i> 5:21AM	
			Yama 2:44PM – 4:18PM	Parigha* Until 7:43PM	Muruqa: Purple	<i>Sunset:</i> 5:52PM	Moon 8 - Phase 20
	Routine Work	Marana Yoga	548452363 Rahu 10:03AM – 11:37AM	Vanija Until 3:28AM Sat	Nataraja: Purple		2nd Phase
			Dvadashi* Until 6:42AM	Moon – Blue		Bhuloka Day	
				Sravana-Avani		Devaloka Time: 9:AM to 12:PM	
				<i>Pradosha Vrata (Fasting)</i>			

4	Saturday, September 8, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Shiva/Siddha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Manama, Bahrain Sun 12 Sutra 146 Vilamba 5120
	Kataka Rasi: 28.47	Tithi 29	Gulika 5:21AM – 6:55AM	Ashlesha* Until 7:49AM	Ganesha: Yellow	<i>Sunrise:</i> 5:21AM	
			Yama 1:10PM – 2:44PM	Shiva Until 3:56PM	Muruqa: Purple	<i>Sunset:</i> 5:51PM	Moon 8 - Phase 20
	Routine Work	Marana Yoga	548452363 Rahu 8:29AM – 10:02AM	Visti Until 1:50PM	Nataraja: Purple		2nd Phase
			Chaturdashi* Until 12:11AM Sun	Moon – Blue		Bhuloka Day	
				Sravana-Avani		Devaloka Time: 9:AM to 12:PM	

	Sunday, September 9, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Siddha/Sadhya Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Manama, Bahrain Sun 13 Sutra 147 Vilamba 5120
	Retreat Star		Gulika 2:43PM – 4:17PM	Purvaphalguni Until 3:08AM Mon	Ganesha: Red	<i>Sunrise:</i> 5:22AM	
	Simha Rasi: 13.39	Tithi 30	Yama 11:36AM – 1:09PM	Siddha Until 12:09PM	Muruqa: Purple	<i>Sunset:</i> 5:50PM	Moon 8 - Phase 20
	Creative Work	Siddha Yoga	558452363 Rahu 4:17PM – 5:50PM	Catuspada Until 10:35AM	Nataraja: Purple		Amavasya
			Amavasya* Until 9:00PM	Moon – Red		Bhuloka Day	
				Sravana-Avani		Devaloka Time: 9:AM to 12:PM	
			Grandparent's Day				

Monday, September 10, 2018	Retreat Star		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya/Subha Yoga Kintughna*/Bava Karana Prathamayam Titau				Manama, Bahrain Sun 14 Sutra 148 Vilamba 5120
	Simha Rasi: 28.24	Tithi 1	Gulika 1:09PM – 2:42PM	Uttaraphalguni Until 12:58AM Tue	Ganesha: Blue	<i>Sunrise:</i> 5:22AM	
	Family Home Evening		Yama 10:02AM – 11:36AM	Sadhya Until 8:32AM	Muruqa: Purple	<i>Sunset:</i> 5:49PM	Moon 8 - Phase 20
	Creative Work	Siddha Yoga	559452363 Rahu 6:55AM – 8:29AM	Kintughna Until 7:31AM	Nataraja: Purple		Prathama
			Prathama* Until 6:04PM	Moon – Red		Bhuloka Day	
				Bhadrapada-Avani			

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


1	Tuesday, September 11, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Sukla Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Manama, Bahrain Sun 15 Sutra 149 Vilamba 5120
	Kanya Rasi: 12.55	Tithi 2 – 3	Gulika 11:35AM – 1:08PM	Hasta Until 11:33PM	Ganesha: Blue <i>Sunrise:</i> 5:22AM	Muruqa: Purple <i>Sunset:</i> 5:48PM	Moon 8 - Phase 21 3rd Phase
	569452363	Rahu 2:42PM – 4:15PM	Sukla Until 2:17AM Wed	Taitila Until 2:31AM Wed	Nataraja: Purple	Moon – Green	Bhuloka Day
	Creative Work Siddha Yoga		Dvitiya Until 3:34PM	Bhadrapada-Avani			


2	Wednesday, September 12, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Brahma Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Manama, Bahrain Sun 16 Sutra 150 Vilamba 5120
	Kanya Rasi: 27.06	Tithi 3 – 4	Gulika 10:02AM – 11:35AM	Chitra Until 10:35PM	Ganesha: Blue <i>Sunrise:</i> 5:23AM	Muruqa: Purple <i>Sunset:</i> 5:47PM	Moon 8 - Phase 21 3rd Phase
	569452363	Rahu 11:35AM – 1:08PM	Yama 6:56AM – 8:29AM	Brahma Until 11:53PM	Nataraja: Purple	Moon – Green	Bhuloka Day
	Creative Work Siddha Yoga		Vanija Until 12:54AM Thu	Tritiya Until 1:37PM	Bhadrapada-Avani		

3	Thursday, September 13, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Indra Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Manama, Bahrain Sun 17 Sutra 151 Vilamba 5120
	Tula Rasi: 10.52	Tithi 4 – 5	Gulika 8:29AM – 10:02AM	Svati Until 10:12PM	Ganesha: Blue <i>Sunrise:</i> 5:23AM	Muruqa: Purple <i>Sunset:</i> 5:46PM	Moon 8 - Phase 21 3rd Phase
	569452363	Rahu 1:07PM – 2:40PM	Yama 5:23AM – 6:56AM	Indra Until 10:04PM	Nataraja: Purple	Moon – Green	Bhuloka Day
	Creative Work Amrita Yoga Until 10:12PM Then Creative Work - Siddha Yoga		Ganesha Chaturthi	Chaturthi* Until 12:21PM	Bhadrapada-Avani		

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

5	Saturday, September 15, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vishkambha* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Manama, Bahrain Sun 19 Sutra 153 Vilamba 5120
	Vrischika Rasi: 7.05	Tithi 6 – 7	Gulika 5:24AM – 6:56AM	Anuradha Until 12:18AM Sun	Ganesha: White <i>Sunrise:</i> 5:24AM	Muruqa: Purple <i>Sunset:</i> 5:43PM	Moon 8 - Phase 21 3rd Phase
	579552363	Rahu 8:29AM – 10:01AM	Yama 1:06PM – 2:39PM	Vishkambha* Until 8:22PM	Nataraja: Purple	Moon – Orange	Devaloka Day
	Creative Work Siddha Yoga Until 12:18AM Sun Then Routine Work - Marana Yoga		Gara Until 12:46AM Sun	Shashthi* Until 12:15PM	Bhadrapada-Avani		

	Sunday, September 16, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Priti Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Manama, Bahrain Sun 20 Sutra 154 Vilamba 5120
	Retreat Star		Gulika 2:38PM – 4:10PM	Jyeshtha* Until 2:14AM Mon	Ganesha: White <i>Sunrise:</i> 5:24AM	Muruqa: Purple <i>Sunset:</i> 5:42PM	Moon 8 - Phase 21 Ashtami
	Vrischika Rasi: 19.35	Tithi 7 – 8	Yama 11:33AM – 1:06PM	Priti Until 8:27PM	Nataraja: Purple	Moon – Orange	Devaloka Day
	579552363	Rahu 4:10PM – 5:42PM	Visti Until 2:17AM Mon	Saptami Until 1:25PM	Bhadrapada-Avani		

	Monday, September 17, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Ayushman Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain Sun 21 Sutra 155 Vilamba 5120
	Retreat Star		Gulika 1:05PM – 2:37PM	Mula* Until 5:04AM Tue	Ganesha: Clear <i>Sunrise:</i> 5:25AM	Muruqa: Purple <i>Sunset:</i> 5:41PM	Moon 8 - Phase 21 Navami
	Dhanus Rasi: 1.48	Tithi 8 – 9	Yama 10:01AM – 11:33AM	Ayushman Until 8:59PM	Nataraja: Purple	Moon – Light Blue	Bhuloka Day
	589552363	Rahu 6:57AM – 8:29AM	Balava Until 4:24AM Tue	Ashtami* Until 3:16PM	Bhadrapada-Puratasi	Devaloka Time: 9:AM to 12:PM	

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

1	Tuesday, September 18, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Manama, Bahrain
	Dhanus Rasi: 13.47	Tithi 9 – 10	Gulika 11:33AM – 1:05PM	Purvashadha* Until 8:06AM Wed	Ganesha: Clear <i>Sunrise: 5:25AM</i>	Sun 22	Sutra 156
		581552363 Rahu 2:36PM – 4:08PM	Saubhagya Until 9:52PM	Muruqa: Purple <i>Sunset: 5:40PM</i>		Vilamba 5120	
			Taitila Until 6:54AM Wed	Nataraja: Purple		Moon 8 - Phase 22	
			Navami* Until 5:36PM	Moon – Light Blue		4th Phase	
				Bhadrapada-Puratasi	Bhuloka Day		
					Devaloka Time: 9:AM to12:PM		

2	Wednesday, September 19, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Sobhana Yoga Taitila/Gara Karana Dashamyam Titau				Manama, Bahrain
	Dhanus Rasi: 25.37	Tithi 10	Gulika 10:01AM – 11:32AM	Purvashadha* Until 8:06AM	Ganesha: Clear <i>Sunrise: 5:26AM</i>	Sun 23	Sutra 157
		581552363 Rahu 11:32AM – 1:04PM	Sobhana Until 10:56PM	Muruqa: Purple <i>Sunset: 5:39PM</i>		Vilamba 5120	
			Taitila Until 6:54AM	Nataraja: Purple		Moon 8 - Phase 22	
			Dashami Until 8:12PM	Moon – Light Blue		4th Phase	
				Bhadrapada-Puratasi	Bhuloka Day		
					Devaloka Time: 9:AM to12:PM		

3	Thursday, September 20, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Athiganda* Yoga Vanija/Visti* Karana Ekadashyam Titau				Manama, Bahrain
	Makara Rasi: 7.25	Tithi 11	Gulika 8:29AM – 10:00AM	Uttarashadha Until 11:04AM	Ganesha: Clear <i>Sunrise: 5:26AM</i>	Sun 24	Sutra 158
		581552363 Rahu 1:03PM – 2:35PM	Athiganda* Until 11:58PM	Muruqa: Purple <i>Sunset: 5:38PM</i>		Vilamba 5120	
			Vanija Until 9:32AM	Nataraja: Purple		Moon 8 - Phase 22	
			Ekadashi Until 10:48PM	Moon – Light Blue		4th Phase	
				Bhadrapada-Puratasi	Bhuloka Day		
					Devaloka Time: 9:AM to12:PM		

4	Friday, September 21, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sukarma Yoga Bava/Balava Karana Dvadashyam Titau				Manama, Bahrain
	Makara Rasi: 19.14	Tithi 12	Gulika 6:58AM – 8:29AM	Shravana Until 2:16PM	Ganesha: Purple <i>Sunrise: 5:26AM</i>	Sun 25	Sutra 159
		591552363 Rahu 10:00AM – 11:32AM	Sukarma Until 12:51AM Sat	Muruqa: Purple <i>Sunset: 5:37PM</i>		Vilamba 5120	
			Bava Until 12:04PM	Nataraja: Purple		Moon 8 - Phase 22	
			Dvadashi Until 1:13AM Sat	Moon – Purple		4th Phase	
				Bhadrapada-Puratasi	Devaloka Day		

5	Saturday, September 22, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Dhriti Yoga Kaulava/Taitila Karana Trayodashyam Titau				Manama, Bahrain
	Kumbha Rasi: 1.08	Tithi 13	Gulika 5:27AM – 6:58AM	Dhanishtha Until 5:01PM	Ganesha: Purple <i>Sunrise: 5:27AM</i>	Sun 26	Sutra 160
		591552363 Rahu 8:29AM – 10:00AM	Dhriti Until 1:28AM Sun	Muruqa: Purple <i>Sunset: 5:36PM</i>		Vilamba 5120	
			Kaulava Until 2:19PM	Nataraja: Purple		Moon 8 - Phase 22	
			Trayodashi Until 3:16AM Sun	Moon – Purple		4th Phase	
				Bhadrapada-Puratasi	Devaloka Day		

6	Sunday, September 23, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Shula* Yoga Gara/Vanija Karana Chaturdashyam Titau				Manama, Bahrain
	Kumbha Rasi: 13.12	Tithi 14	Gulika 2:33PM – 4:04PM	Shatabhishak Until 7:11PM	Ganesha: Purple <i>Sunrise: 5:27AM</i>	Sun 27	Sutra 161
		591552363 Rahu 4:04PM – 5:35PM	Shula* Until 1:42AM Mon	Muruqa: Purple <i>Sunset: 5:35PM</i>		Vilamba 5120	
			Gara Until 4:09PM	Nataraja: Purple		Moon 8 - Phase 22	
			Chaturdashi* Until 4:51AM Mon	Moon – Purple		4th Phase	
				Bhadrapada-Puratasi	Devaloka Day		

○	Monday, September 24, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Ganda* Yoga Visti*/Bava Karana Purnimayam Titau				Manama, Bahrain
	Copper Retreat Star		Gulika 1:01PM – 2:32PM	Purvaproshtapada* Until 9:11PM	Ganesha: Purple <i>Sunrise: 5:28AM</i>	Sun 28	Sutra 162
		511552363 Rahu 6:58AM – 8:29AM	Ganda* Until 1:34AM Tue	Muruqa: Purple <i>Sunset: 5:33PM</i>		Vilamba 5120	
			Visti Until 5:28PM	Nataraja: Purple		Moon 8 - Phase 22	
			Purnima* Until 5:55AM Tue	Moon – Clear		Purnima	
				Bhadrapada-Puratasi	Devaloka Day		

○	Tuesday, September 25, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Vriddhi Yoga Balava Karana Prathamayam Titau				Manama, Bahrain
	Silver Retreat Star		Gulika 11:30AM – 1:01PM	Uttaraproshtapada Until 10:31PM	Ganesha: Purple <i>Sunrise: 5:28AM</i>	Sun 29	Sutra 163
		511552363 Rahu 2:31PM – 4:02PM	Vriddhi Until 1:02AM Wed	Muruqa: Purple <i>Sunset: 5:32PM</i>		Vilamba 5120	
			Balava Until 6:16PM	Nataraja: Purple		Moon 8 - Phase 22	
			Prathama* Until 6:28AM Wed	Moon – Clear		Prathama	
				Bhadrapada-Puratasi	Devaloka Day		



Wednesday, September 26, 2018

Gold Retreat Star

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

Manama, Bahrain

Sutra 164

Vilamba 5120

Moon 9 - Phase 23

1st Phase

Meena Rasi: 20.38 Tithi 16 - 17

Gulika 10:00AM - 11:30AM

Yama 6:59AM - 8:29AM

511552363 Rahu 11:30AM - 1:00PM

Revati Until 11:14PM

Dhruva Until 12:06AM Thu

Taitila Until 6:35PM

Prathama* Until 6:28AM

Ganesha: Purple Sunrise: 5:29AM

Muruqa: Purple Sunset: 5:31PM

Nataraja: Purple

Moon - Clear

Devaloka Day

Bhadrapada-Puratasi

Routine Work Marana Yoga

Thursday, September 27, 2018

1

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

Manama, Bahrain

Sun 1 Sutra 165

Vilamba 5120

Moon 9 - Phase 23

1st Phase

Mesha Rasi: 3.34 Tithi 17 - 18

Gulika 8:29AM - 9:59AM

Yama 5:29AM - 6:59AM

521552363 Rahu 1:00PM - 2:30PM

Ashvini Until 11:50PM

Vyaghata* Until 10:51PM

Vanija Until 6:28PM

Dvitiya Until 6:33AM

Ganesha: Clear Sunrise: 5:29AM

Muruqa: Purple Sunset: 5:30PM

Nataraja: Purple

Moon - White

Bhuloka Day

Bhadrapada-Puratasi

Devaloka Time: 9:AM to 12:PM

Creative Work Amrita Yoga

Until 11:50PM

Then Creative Work - Siddha Yoga

Friday, September 28, 2018

2

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam
Bharani Nakshatra Harshana Yoga Visti*/Balava Karana Tritiya/Chaturthyam Titau

Manama, Bahrain

Sun 2 Sutra 166

Vilamba 5120

Moon 9 - Phase 23

1st Phase

Mesha Rasi: 16.43 Tithi 18 - 19

Gulika 6:59AM - 8:29AM

Yama 2:29PM - 3:59PM

621552363 Rahu 9:59AM - 11:29AM

Bharani Until 11:55PM

Harshana Until 9:19PM

Balava Until 5:33AM Sat

Tritiya Until 6:14AM

Ganesha: Purple Sunrise: 5:29AM

Muruqa: Purple Sunset: 5:29PM

Nataraja: Purple

Moon - White

Devaloka Day

Bhadrapada-Puratasi

Creative Work Siddha Yoga

Saturday, September 29, 2018

3

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

Manama, Bahrain

Sun 3 Sutra 167

Vilamba 5120

Moon 9 - Phase 23

1st Phase

Vrishabha Rasi: 0.03 Tithi 20

Gulika 5:30AM - 7:00AM

Yama 12:59PM - 2:28PM

622552363 Rahu 8:29AM - 9:59AM

Krittika Until 11:32PM

Vajra* Until 7:29PM

Kaulava Until 5:06PM

Panchami Until 4:33AM Sun

Ganesha: Clear Sunrise: 5:30AM

Muruqa: Purple Sunset: 5:28PM

Nataraja: Purple

Moon - White

Bhuloka Day

Bhadrapada-Puratasi

Devaloka Time: 6:AM to 9:AM

Creative Work Amrita Yoga

Sunday, September 30, 2018

4

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

Manama, Bahrain

Sun 4 Sutra 168

Vilamba 5120

Moon 9 - Phase 23

1st Phase

Vrishabha Rasi: 13.34 Tithi 21

Gulika 2:28PM - 3:57PM

Yama 11:29AM - 12:58PM

632552363 Rahu 3:57PM - 5:27PM

Rohini Until 11:09PM

Siddhi Until 5:26PM

Gara Until 3:57PM

Shashthi* Until 3:15AM Mon

Ganesha: Purple Sunrise: 5:30AM

Muruqa: Purple Sunset: 5:27PM

Nataraja: Purple

Moon - Yellow

Bhuloka Day

Bhadrapada-Puratasi

Creative Work Siddha Yoga

Monday, October 1, 2018

5

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam
Mrigashira Nakshatra Vyalipata*/Variyan Yoga Visti*/Bava Karana Saptamyam Titau

Manama, Bahrain

Sun 5 Sutra 169

Vilamba 5120

Moon 9 - Phase 23

1st Phase

Vrishabha Rasi: 27.14 Tithi 22

Gulika 12:58PM - 2:27PM

Yama 9:59AM - 11:28AM

632552363 Rahu 7:00AM - 8:29AM

Mrigashira Until 10:21PM

Vyalipata* Until 3:09PM

Visti Until 2:31PM

Saptami Until 1:40AM Tue

Ganesha: Purple Sunrise: 5:31AM

Muruqa: Purple Sunset: 5:26PM

Nataraja: Purple

Moon - Yellow

Bhuloka Day

Bhadrapada-Puratasi

Creative Work Amrita Yoga

Until 10:21PM

Then Creative Work - Siddha Yoga

Tuesday, October 2, 2018

D

Retreat Star

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

Manama, Bahrain

Sun 6 Sutra 170

Vilamba 5120

Moon 9 - Phase 23

Ashtami

Mithuna Rasi: 11.05 Tithi 23

Gulika 11:28AM - 12:57PM

Yama 8:30AM - 9:59AM

632552363 Rahu 2:26PM - 3:55PM

Ardra Until 9:07PM

Variyan Until 12:38PM

Balava Until 12:48PM

Ashtami* Until 11:49PM

Ganesha: Purple Sunrise: 5:31AM

Muruqa: Purple Sunset: 5:25PM

Nataraja: Purple

Moon - Yellow

Bhuloka Day

Bhadrapada-Puratasi

Routine Work Marana Yoga

Until 9:07PM

Then Creative Work - Siddha Yoga

Wednesday, October 3, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam
Punarvasu Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Navamyam Titau

Manama, Bahrain

Sun 7 Sutra 171

Vilamba 5120

Moon 9 - Phase 23

Navami

Mithuna Rasi: 25.07 Tithi 24

Gulika 9:59AM - 11:28AM

Yama 7:01AM - 8:30AM

642552363 Rahu 11:28AM - 12:57PM

Punarvasu Until 7:54PM

Parigha* Until 9:54AM

Taitila Until 10:49AM

Navami* Until 9:42PM

Ganesha: Clear Sunrise: 5:32AM

Muruqa: Purple Sunset: 5:24PM

Nataraja: Purple

Moon - Blue

Bhuloka Day

Bhadrapada-Puratasi

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

1		Thursday, October 4, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Dashamyam Titau		Manama, Bahrain Sun 8 Sutra 172 Vilamba 5120	
Kataka Rasi: 9.19	Tithi 25	Gulika 8:30AM – 9:58AM	Pushya Until 6:19PM	Ganesha: Clear	<i>Sunrise:</i> 5:32AM		
		Yama 5:32AM – 7:01AM	Shiva Until 6:58AM	Muruqa: Purple	<i>Sunset:</i> 5:23PM	Moon 9 - Phase 24	
	642552363	Rahu 12:56PM – 2:25PM	Vanija Until 8:35AM	Nataraja: Purple		2nd Phase	
Creative Work	Amrita Yoga		Dashami Until 7:21PM	Moon – Blue		Bhuloka Day	
Until 6:19PM				Bhadrapada•Puratasi		Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga							

2		Friday, October 5, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Ashlesha*/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	Gulika 7:01AM – 8:30AM	Ashlesha* Until 4:24PM	Ganesha: Clear	<i>Sunrise:</i> 5:32AM		
		Yama 2:24PM – 3:53PM	Sadhya Until 12:36AM Sat	Muruqa: Purple	<i>Sunset:</i> 5:21PM	Moon 9 - Phase 24	
	642552363	Rahu 9:58AM – 11:27AM	Bava Until 6:08AM	Nataraja: Purple		2nd Phase	
Routine Work	Marana Yoga		Ekadashi* Until 4:49PM	Moon – Blue		Bhuloka Day	
				Bhadrapada•Puratasi		Devaloka Time: 6:AM to 9:AM	

3		Saturday, October 6, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Magha*/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	Gulika 5:33AM – 7:01AM	Magha* Until 2:40PM	Ganesha: White	<i>Sunrise:</i> 5:33AM		
		Yama 12:55PM – 2:24PM	Subha Until 9:18PM	Muruqa: Purple	<i>Sunset:</i> 5:20PM	Moon 9 - Phase 24	
	652552363	Rahu 8:30AM – 9:58AM	Gara Until 12:53AM Sun	Nataraja: Purple		2nd Phase	
Creative Work	Amrita Yoga		Dvadashi* Until 2:11PM	Moon – Red		Bhuloka Day	
Until 2:40PM				Bhadrapada•Puratasi			
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>				

4		Sunday, October 7, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaphalguni/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	Gulika 2:23PM – 3:51PM	Purvaphalguni Until 12:47PM	Ganesha: White	<i>Sunrise:</i> 5:33AM		
		Yama 11:26AM – 12:55PM	Sukla Until 6:01PM	Muruqa: Purple	<i>Sunset:</i> 5:19PM	Moon 9 - Phase 24	
	652552363	Rahu 3:51PM – 5:19PM	Visti Until 10:17PM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 11:33AM	Moon – Red		Bhuloka Day	
Until 12:47PM				Bhadrapada•Puratasi			
Then Creative Work - Amrita Yoga							

Monday, October 8, 2018		Retreat Star		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	
Kanya Rasi: 6.59	Tithi 29 – 30	Gulika 12:54PM – 2:22PM	Uttaraphalguni Until 10:53AM	Ganesha: White	<i>Sunrise:</i> 5:34AM		
Family Home Evening		Yama 9:58AM – 11:26AM	Brahma Until 2:52PM	Muruqa: Purple	<i>Sunset:</i> 5:18PM	Moon 9 - Phase 24	
	652552364	Rahu 7:02AM – 8:30AM	Catuspada Until 7:52PM	Nataraja: Clear		Amavasya	
Creative Work	Siddha Yoga		Chaturdashi* Until 9:02AM	Moon – Red		Bhuloka Day	
		Mahalaya Amavasai (Tamil Nadu)		Bhadrapada•Puratasi		Devaloka Time: 6:PM to 9:PM	

Tuesday, October 9, 2018		Retreat Star		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Indra/Vaidhriti* Yoga Naga*/Bava Karana Amavasya/Prathamayam Titau		Manama, Bahrain Sun 13 Sutra 177 Vilamba 5120	
Kanya Rasi: 21.14	Tithi 30 – 1	Gulika 11:26AM – 12:54PM	Hasta Until 9:32AM	Ganesha: Red	<i>Sunrise:</i> 5:34AM		
		Yama 8:30AM – 9:58AM	Indra Until 11:59AM	Muruqa: Purple	<i>Sunset:</i> 5:17PM	Moon 9 - Phase 24	
	662652364	Rahu 2:22PM – 3:49PM	Bava Until 4:54AM Wed	Nataraja: Clear		Prathama	
Creative Work	Siddha Yoga		Amavasya* Until 6:46AM	Moon – Green		Devaloka Day	
		Navaratri Begins		Ashvina•Puratasi			

1	Wednesday, October 10, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Vaidhriti/Vishkambha* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Manama, Bahrain Sun 14 Sutra 178 Vilamba 5120
	Tula Rasi: 5.14 Creative Work Siddha Yoga	Tithi 2 662652364	Gulika 9:58AM – 11:26AM Yama 7:02AM – 8:30AM Rahu 11:26AM – 12:53PM	Chitra Until 8:28AM Vaidhriti* Until 9:25AM Balava Until 4:12PM Dvitiya Until 3:36AM Thu	Ganesha: Red Muruqa: Purple Nataraja: Clear Moon – Green	Sunrise: 5:35AM Sunset: 5:16PM	Moon 9 - Phase 25 3rd Phase Devaloka Day
2	Thursday, October 11, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Trityayam Titau				Manama, Bahrain Sun 15 Sutra 179 Vilamba 5120
	Tula Rasi: 18.53 Creative Work Amrita Yoga Until 7:49AM Then Creative Work - Siddha Yoga	Tithi 3 662652364	Gulika 8:30AM – 9:58AM Yama 5:35AM – 7:03AM Rahu 12:53PM – 2:20PM	Svati Until 7:49AM Vishkambha* Until 7:19AM Taitila Until 3:12PM Tritiya Until 2:57AM Fri	Ganesha: Red Muruqa: Purple Nataraja: Clear Moon – Green	Sunrise: 5:35AM Sunset: 5:15PM	Moon 9 - Phase 25 3rd Phase Devaloka Day
3	Friday, October 12, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Ayushman Yoga Vanija/Visti* Karana Chaturthyam Titau				Manama, Bahrain Sun 16 Sutra 180 Vilamba 5120
	Vrischika Rasi: 2.1 Creative Work Siddha Yoga	Tithi 4 673652364	Gulika 7:03AM – 8:30AM Yama 2:20PM – 3:47PM Rahu 9:58AM – 11:25AM	Vishakha Until 8:08AM Ayushman Until 4:49AM Sat Vanija Until 2:56PM Chaturthi* Until 3:04AM Sat	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Orange	Sunrise: 5:36AM Sunset: 5:14PM	Moon 9 - Phase 25 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
4	Saturday, October 13, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Saubhagya Yoga Bava/Balava Karana Panchamyam Titau				Manama, Bahrain Sun 17 Sutra 181 Vilamba 5120
	Vrischika Rasi: 15.02 Creative Work Siddha Yoga	Tithi 5 673652364	Gulika 5:36AM – 7:03AM Yama 12:52PM – 2:19PM Rahu 8:31AM – 9:58AM	Anuradha Until 9:03AM Saubhagya Until 4:28AM Sun Bava Until 3:27PM Panchami Until 3:58AM Sun	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Orange	Sunrise: 5:36AM Sunset: 5:13PM	Moon 9 - Phase 25 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
5	Sunday, October 14, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sobhana Yoga Kaulava/Taitila Karana Shashthyam Titau				Manama, Bahrain Sun 18 Sutra 182 Vilamba 5120
	Vrischika Rasi: 27.34 Routine Work Marana Yoga Until 10:33AM Then Creative Work - Amrita Yoga	Tithi 6 673652364	Gulika 2:18PM – 3:45PM Yama 11:25AM – 12:51PM Rahu 3:45PM – 5:12PM	Jyeshtha* Until 10:33AM Sobhana Until 4:41AM Mon Kaulava Until 4:43PM Shashthi* Until 5:36AM Mon	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Orange	Sunrise: 5:37AM Sunset: 5:12PM	Moon 9 - Phase 25 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
6	Monday, October 15, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Athiganda* Yoga Gara Karana Saptamyam Titau				Manama, Bahrain Sun 19 Sutra 183 Vilamba 5120
	Dhanus Rasi: 9.47 Family Home Evening Creative Work Siddha Yoga Until 1:03PM Then Routine Work - Marana Yoga	Tithi 7 683652364	Gulika 12:51PM – 2:18PM Yama 9:58AM – 11:24AM Rahu 7:04AM – 8:31AM	Mula* Until 1:03PM Athiganda* Until 5:19AM Tue Gara Until 6:40PM Saptami Until 7:49AM Tue	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – Light Blue	Sunrise: 5:37AM Sunset: 5:11PM	Moon 9 - Phase 25 3rd Phase Devaloka Day
D	Tuesday, October 16, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Sukarma Yoga Vanija/Visti* Karana Saptami/Ashamyam Titau				Manama, Bahrain Sun 20 Sutra 184 Vilamba 5120
	Dhanus Rasi: 21.46 Creative Work Siddha Yoga Until 3:54PM Then Routine Work - Prabalarishta Yoga	Tithi 7 – 8 683652364	Gulika 11:24AM – 12:51PM Yama 8:31AM – 9:58AM Rahu 2:17PM – 3:44PM	Purvashadha* Until 3:54PM Sukarma Until 6:15AM Wed Visti Until 9:05PM Saptami Until 7:49AM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – Light Blue	Sunrise: 5:38AM Sunset: 5:10PM	Moon 9 - Phase 25 Ashtami Devaloka Day
D	Wednesday, October 17, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain Sun 21 Sutra 185 Vilamba 5120
	Makara Rasi: 4 Creative Work Amrita Yoga Until 6:49PM Then Creative Work - Siddha Yoga	Tithi 8 – 9 683652364	Gulika 9:57AM – 11:24AM Yama 7:05AM – 8:31AM Rahu 11:24AM – 12:50PM	Uttarashadha Until 6:49PM Sukarma Until 6:15AM Balava Until 11:44PM Ashtami* Until 10:23AM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – Light Blue	Sunrise: 5:38AM Sunset: 5:09PM	Moon 9 - Phase 25 Navami Devaloka Day

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

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

2		Friday, October 19, 2018		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	Gulika 7:05AM – 8:31AM	Dhanishtha Until 12:55AM Sat	Ganesha: Purple	<i>Sunrise:</i> 5:39AM	Muruqa: Purple	<i>Sunset:</i> 5:08PM	Moon 9 - Phase 26 4th Phase
		Yama 2:16PM – 3:42PM	Shula* Until 8:12AM	Nataraja: Clear				
		693652364 Rahu 9:57AM – 11:23AM	Vanija Until 4:37AM Sat	Moon – Purple				
Creative Work	Siddha Yoga		Dashami Until 3:30PM	Ashvina-Aipasi		Bhuloka Day		Devaloka Time: 6:PM to 9:PM
		Until 12:55AM Sat						
		Then Creative Work - Amrita Yoga						

3		Saturday, October 20, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Shatabhishak Nakshatra Ganda*/Vridhhi Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 24 Sutra 188 Vilamba 5120		
Kumbha Rasi: 9.12	Tithi 11 – 12	Gulika 5:40AM – 7:06AM	Shatabhishak Until 3:09AM Sun	Ganesha: Purple	<i>Sunrise:</i> 5:40AM	Muruqa: Purple	<i>Sunset:</i> 5:07PM	Moon 9 - Phase 26 4th Phase
		Yama 12:49PM – 2:15PM	Ganda* Until 8:52AM	Nataraja: Clear				
		693652364 Rahu 8:32AM – 9:57AM	Bava Until 6:25AM Sun	Moon – Purple				
Creative Work	Amrita Yoga		Ekadashi Until 5:34PM	Ashvina-Aipasi		Bhuloka Day		Devaloka Time: 6:PM to 9:PM
		Until 3:09AM Sun						
		Then Creative Work - Siddha Yoga						

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

5		Monday, October 22, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Manama, Bahrain Sun 26 Sutra 190 Vilamba 5120		
Meena Rasi: 3.47	Tithi 13	Gulika 12:48PM – 2:14PM	Uttaraproshtapada Until 6:19AM Tue	Ganesha: White	<i>Sunrise:</i> 5:41AM	Muruqa: Purple	<i>Sunset:</i> 5:05PM	Moon 9 - Phase 26 4th Phase
Family Home Evening		Yama 9:57AM – 11:23AM	Dhruva Until 8:56AM	Nataraja: Clear				
		613652364 Rahu 7:07AM – 8:32AM	Kaulava Until 7:36AM	Moon – Clear				
Creative Work	Siddha Yoga		Trayodashi Until 7:56PM	Ashvina-Aipasi		Bhuloka Day		Devaloka Time: 6:PM to 9:PM

Pradosha Vrata

6		Tuesday, October 23, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Chaturdashyam Titau		Manama, Bahrain Sun 27 Sutra 191 Vilamba 5120		
Meena Rasi: 16.29	Tithi 14	Gulika 11:23AM – 12:48PM	Uttaraproshtapada Until 6:19AM	Ganesha: White	<i>Sunrise:</i> 5:42AM	Muruqa: Purple	<i>Sunset:</i> 5:04PM	Moon 9 - Phase 26 4th Phase
		Yama 8:32AM – 9:58AM	Vyaghata* Until 8:14AM	Nataraja: Clear				
		613652364 Rahu 2:13PM – 3:39PM	Gara Until 8:08AM	Moon – Clear				
Creative Work	Amrita Yoga		Chaturdashi* Until 8:09PM	Ashvina-Aipasi		Bhuloka Day		Devaloka Time: 6:PM to 9:PM
		Until 6:19AM						
		Then Creative Work - Siddha Yoga						

○		Wednesday, October 24, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Purnimayam Titau		Manama, Bahrain Sutra 192 Vilamba 5120		
Copper Retreat Star		Gulika 9:58AM – 11:23AM	Revati Until 6:44AM	Ganesha: White	<i>Sunrise:</i> 5:42AM	Muruqa: Purple	<i>Sunset:</i> 5:03PM	Moon 9 - Phase 26 Purnima
Meena Rasi: 29.3	Tithi 15	Yama 7:07AM – 8:32AM	Harshana Until 7:03AM	Nataraja: Clear				
		613652364 Rahu 11:23AM – 12:48PM	Visti Until 8:04AM	Moon – Clear				
Routine Work	Marana Yoga		Purnima* Until 7:47PM	Ashvina-Aipasi		Bhuloka Day		Devaloka Time: 6:PM to 9:PM

Thursday, October 25, 2018		Silver Retreat Star		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Siddhi Yoga Balava/Kaulava Karana Prathamayam Titau		Manama, Bahrain Sutra 193 Vilamba 5120		
Mesha Rasi: 12.48	Tithi 16	Gulika 8:33AM – 9:58AM	Ashvini Until 6:56AM	Ganesha: Clear	<i>Sunrise:</i> 5:43AM	Muruqa: Purple	<i>Sunset:</i> 5:02PM	Moon 9 - Phase 26 Prathama
		Yama 5:43AM – 7:08AM	Siddhi Until 3:27AM Fri	Nataraja: Clear				
		623652364 Rahu 12:48PM – 2:12PM	Balava Until 7:26AM	Moon – White				
Creative Work	Amrita Yoga		Prathama* Until 6:56PM	Ashvina-Aipasi		Devaloka Day		
		Until 6:56AM						
		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
Bharani/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 Tithi 17 - 18

624652364

Gulika 7:08AM - 8:33AM
Yama 2:12PM - 3:37PM
Rahu 9:58AM - 11:22AM

Bharani Until 6:32AM
Vyatipata* Until 1:11AM Sat
Taitila Until 6:21AM
Dvitiya Until 5:40PM

Ganesha: White *Sunrise:* 5:43AM
Muruqa: Purple *Sunset:* 5:02PM
Nataraja: Clear
Moon - White
Ashvina•Aipasi

Sivaloka Day

Creative Work Siddha Yoga

1

Saturday, October 27, 2018

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

Manama, Bahrain

Sun 2 Sutra 195

Vilamba 5120

Moon 10 - Phase 27

1st Phase

Vrishabha Rasi: 10.06 Tithi 18 - 19

634652364

Gulika 5:44AM - 7:09AM
Yama 12:47PM - 2:12PM
Rahu 8:33AM - 9:58AM

Rohini Until 4:50AM Sun
Variyan Until 10:42PM
Bava Until 3:17AM Sun
Tritiya Until 4:07PM

Ganesha: Clear *Sunrise:* 5:44AM
Muruqa: Purple *Sunset:* 5:01PM
Nataraja: Clear
Moon - Yellow
Ashvina•Aipasi

Devaloka Day

Creative Work Amrita Yoga

Until 4:50AM Sun

Then Creative Work - Siddha Yoga

2

Sunday, October 28, 2018

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

Manama, Bahrain

Sun 3 Sutra 196

Vilamba 5120

Moon 10 - Phase 27

1st Phase

Vrishabha Rasi: 23.59 Tithi 19 - 20

634652364

Gulika 2:11PM - 3:36PM
Yama 11:22AM - 12:47PM
Rahu 3:36PM - 5:00PM

Mrigashira Until 3:44AM Mon
Parigha* Until 8:06PM
Kaulava Until 1:29AM Mon
Chaturthi* Until 2:23PM

Ganesha: Clear *Sunrise:* 5:45AM
Muruqa: Purple *Sunset:* 5:00PM
Nataraja: Clear
Moon - Yellow
Ashvina•Aipasi

Devaloka Day

Creative Work Siddha Yoga

3

Monday, October 29, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam
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 Tithi 20 - 21

634652364

Family Home Evening

Gulika 12:46PM - 2:11PM
Yama 9:58AM - 11:22AM
Rahu 7:09AM - 8:34AM

Ardra Until 2:23AM Tue
Shiva Until 5:25PM
Gara Until 11:35PM
Panchami Until 12:31PM

Ganesha: Clear *Sunrise:* 5:45AM
Muruqa: Purple *Sunset:* 4:59PM
Nataraja: Clear
Moon - Yellow
Ashvina•Aipasi

Devaloka Day

Creative Work Siddha Yoga

4

Tuesday, October 30, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam
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 Tithi 21 - 22

644652364

Gulika 11:22AM - 12:46PM
Yama 8:34AM - 9:58AM
Rahu 2:10PM - 3:34PM

Punarvasu Until 1:17AM Wed
Siddha Until 2:40PM
Visti Until 9:38PM
Shashthi* Until 10:36AM

Ganesha: Purple *Sunrise:* 5:46AM
Muruqa: Purple *Sunset:* 4:58PM
Nataraja: Clear
Moon - Blue
Ashvina•Aipasi

Sivaloka Day

Creative Work Siddha Yoga

D

Wednesday, October 31, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam
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 Tithi 22 - 23

644662364

Gulika 9:58AM - 11:22AM
Yama 7:10AM - 8:34AM
Rahu 11:22AM - 12:46PM

Pushya Until 12:01AM Thu
Sadhya Until 11:55AM
Balava Until 7:40PM
Saptami Until 8:38AM

Ganesha: Purple *Sunrise:* 5:46AM
Muruqa: 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
Ashlesha* Nakshatra Subha/Sukla Yoga Kaulava/Gara Karana Ashtami/Navamyam Titau

Manama, Bahrain

Sun 7 Sutra 200

Vilamba 5120

Moon 10 - Phase 27

Navami

Kataka Rasi: 20.1 Tithi 23 - 24

644662364

Gulika 8:35AM - 9:58AM
Yama 5:47AM - 7:11AM
Rahu 12:46PM - 2:10PM

Ashlesha* Until 10:36PM
Subha Until 9:09AM
Gara Until 4:40AM Fri
Ashtami* Until 6:39AM

Ganesha: Purple *Sunrise:* 5:47AM
Muruqa: Clear *Sunset:* 4:57PM
Nataraja: Clear
Moon - Blue
Ashvina•Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 10:36PM

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.gurudeva.org/panchang

1		Friday, November 2, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Dashamyam Titau		Manama, Bahrain Sun 8 Sutra 201 Vilamba 5120	
Simha Rasi: 4.14	Tithi 25	Gulika 7:11AM – 8:35AM	Magha* Until 9:29PM	Ganesha: Clear	Sunrise: 5:48AM	Muruqa: Clear	Sunset: 4:56PM
		Yama 2:09PM – 3:33PM	Sukla Until 6:21AM	Nataraja: Clear		Moon – Red	
		654662364 Rahu 9:58AM – 11:22AM	Vanija Until 3:42PM				
Routine Work	Marana Yoga		Dashami Until 2:42AM Sat	Ashvina•Aipasi			Sivaloka Day
Until 9:29PM							
Then Creative Work - Siddha Yoga							
2		Saturday, November 3, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau		Manama, Bahrain Sun 9 Sutra 202 Vilamba 5120	
Simha Rasi: 18.19	Tithi 26	Gulika 5:48AM – 7:12AM	Purvaphalguni Until 8:14PM	Ganesha: White	Sunrise: 5:48AM	Muruqa: Clear	Sunset: 4:56PM
		Yama 12:45PM – 2:09PM	Indra Until 12:51AM Sun	Nataraja: Clear		Moon – Red	
		654762364 Rahu 8:35AM – 9:59AM	Bava Until 1:45PM				
Creative Work	Siddha Yoga		Ekadashi* Until 12:46AM Sun	Ashvina•Aipasi			Devaloka Day
Until 8:14PM							
Then Routine Work - Marana Yoga							
3		Sunday, November 4, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Vaidhriti* Yoga Kaulava/Taitila Karana Dvodashyam Titau		Manama, Bahrain Sun 10 Sutra 203 Vilamba 5120	
Kanya Rasi: 2.22	Tithi 27	Gulika 2:09PM – 3:32PM	Uttaraphalguni Until 6:57PM	Ganesha: White	Sunrise: 5:49AM	Muruqa: Clear	Sunset: 4:55PM
		Yama 11:22AM – 12:45PM	Vaidhriti* Until 10:11PM	Nataraja: Clear		Moon – Red	
		654762364 Rahu 3:32PM – 4:55PM	Kaulava Until 11:52AM				
Creative Work	Amrita Yoga		Dvadashi* Until 10:57PM	Ashvina•Aipasi			Devaloka Day
Until 6:07PM							
Then Routine Work - Prabararishta Yoga							
4		Monday, November 5, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Hasta Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau		Manama, Bahrain Sun 11 Sutra 204 Vilamba 5120	
Kanya Rasi: 16.19	Tithi 28	Gulika 12:45PM – 2:08PM	Hasta Until 6:07PM	Ganesha: Green	Sunrise: 5:50AM	Muruqa: Clear	Sunset: 4:54PM
Family Home Evening		Yama 9:59AM – 11:22AM	Vishkambha* Until 7:40PM	Nataraja: Clear		Moon – Green	
Creative Work	Siddha Yoga	664762364 Rahu 7:13AM – 8:36AM	Gara Until 10:07AM				
Until 6:07PM			Trayodashi* Until 9:19PM	Ashvina•Aipasi			Devaloka Day
Then Routine Work - Prabararishta Yoga			Pradosha Vrata (Fasting)				
5		Tuesday, November 6, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Priti/Ayushman Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Manama, Bahrain Sun 12 Sutra 205 Vilamba 5120	
Tula Rasi: 0.09	Tithi 29	Gulika 11:22AM – 12:45PM	Chitra Until 5:24PM	Ganesha: Green	Sunrise: 5:50AM	Muruqa: Clear	Sunset: 4:54PM
		Yama 8:36AM – 9:59AM	Priti Until 5:24PM	Nataraja: Clear		Moon – Green	
		664762364 Rahu 2:08PM – 3:31PM	Visti Until 8:37AM				
Creative Work	Siddha Yoga		Chaturdashi* Until 7:58PM	Ashvina•Aipasi			Devaloka Day
		Subramuniaswami Mahasamadhi					
		Deepavali Hindu Solidarity Day					
●		Wednesday, November 7, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Ayushman/Saubhagya Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Manama, Bahrain Sun 13 Sutra 206 Vilamba 5120	
Tula Rasi: 13.47	Tithi 30	Gulika 9:59AM – 11:22AM	Svati Until 4:56PM	Ganesha: White	Sunrise: 5:51AM	Muruqa: Clear	Sunset: 4:53PM
		Yama 7:14AM – 8:37AM	Ayushman Until 3:25PM	Nataraja: Clear		Moon – Green	
		764762364 Rahu 11:22AM – 12:45PM	Catuspada Until 7:28AM				
Creative Work	Siddha Yoga		Amavasya* Until 7:02PM	Ashvina•Aipasi			Devaloka Day
Retreat Star		Thursday, November 8, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Saubhagya/Sobhana Yoga Kintughna*/Bava Karana Prathamayam Titau		Manama, Bahrain Sun 14 Sutra 207 Vilamba 5120	
Tula Rasi: 27.09	Tithi 1	Gulika 8:37AM – 10:00AM	Vishakha Until 5:16PM	Ganesha: Orange	Sunrise: 5:52AM	Muruqa: Clear	Sunset: 4:53PM
		Yama 5:52AM – 7:14AM	Saubhagya Until 1:50PM	Nataraja: Clear		Moon – Orange	
		775762364 Rahu 12:45PM – 2:07PM	Kintughna Until 6:46AM				
Creative Work	Siddha Yoga		Prathama* Until 6:37PM	Kartika•Aipasi			Sivaloka Day
		Skanda Shasthi Begins					

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

All times are standard time

www.gurudeva.org/panchang

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

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

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

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

Pradosha Vrata

5	Wednesday, November 21, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Ashvini/Bharani Nakshatra Vyailpata*/Varyan Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 220 Vilamba 5120
	Mesha Rasi: 7.41	Tithi 13 – 14	726762365	Gulika 10:03AM – 11:24AM Yama 7:22AM – 8:43AM Rahu 11:24AM – 12:45PM	Ashvini Until 4:03PM Vyailpata* Until 1:13PM Gara Until 11:10PM Trayodashi Until 11:40AM	Ganesha: Blue <i>Sunrise:</i> 6:01AM Muruqa: Clear <i>Sunset:</i> 4:47PM Nataraja: White Moon – White	Moon 10 - Phase 30 4th Phase Bhuloka Day Devaloka Time: 12:PM to 3:PM
	Routine Work Marana Yoga Until 4:03PM Then Creative Work - Siddha Yoga						
			Karttika-Karttikai				

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

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

Krittika Deepam
Vinayaga Viratam Begins

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 Vriscchika Mase Krishna Pakshe Manta Vasara Yuktayam
Rohini/Mrigashira Nakshatra Siddha Yoga Kaulava/Gara Karana Prathama/Dvityayam Titau

Manama, Bahrain

Sutra 223

Vilamba 5120

Moon 11 - Phase 31

1st Phase

Vrishabha Rasi: 19.2 Tithi 16 - 17

737762365

Gulika 6:03AM - 7:24AM
Yama 12:46PM - 2:06PM
Rahu 8:44AM - 10:05AM

Rohini Until 12:42PM
Siddha Until 2:19AM Sun
Gara Until 4:10AM Sun
Prathama* Until 6:34AM

Ganesha: Red *Sunrise: 6:03AM*
Muruga: Clear *Sunset: 4:47PM*
Nataraja: White
Moon - Yellow
Karttika-Karttikai

Devaloka Day

Creative Work Amrita Yoga

Until 12:42PM

Then Creative Work - Siddha Yoga

1

Sunday, November 25, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Bhanu Vasara Yuktayam
Mrigashira/Ardra Nakshatra Sadhya Yoga Vanija/Visli* Karana Tritiyayam Titau

Manama, Bahrain

Sun 1 Sutra 224

Vilamba 5120

Moon 11 - Phase 31

1st Phase

Mithuna Rasi: 3.41 Tithi 18

737762365

Gulika 2:06PM - 3:26PM
Yama 11:25AM - 12:46PM
Rahu 3:26PM - 4:47PM

Mrigashira Until 10:56AM
Sadhya Until 11:02PM
Vanija Until 2:55PM
Tritiya Until 1:37AM Mon

Ganesha: Red *Sunrise: 6:04AM*
Muruga: Clear *Sunset: 4:47PM*
Nataraja: White
Moon - Yellow
Karttika-Karttikai

Devaloka Day

Creative Work Siddha Yoga

2

Monday, November 26, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Indu Vasara Yuktayam
Ardra/Punarvasu Nakshatra Subha Yoga Bava/Balava Karana Chaturthyam Titau

Manama, Bahrain

Sun 2 Sutra 225

Vilamba 5120

Moon 11 - Phase 31

1st Phase

Mithuna Rasi: 18.07 Tithi 19

737762365

Gulika 12:46PM - 2:06PM
Yama 10:05AM - 11:26AM
Rahu 7:25AM - 8:45AM

Ardra Until 8:57AM
Subha Until 7:45PM
Bava Until 12:21PM
Chaturthi* Until 11:04PM

Ganesha: Red *Sunrise: 6:05AM*
Muruga: Clear *Sunset: 4:47PM*
Nataraja: White
Moon - Yellow
Karttika-Karttikai

Devaloka Day

Creative Work Siddha Yoga

Until 8:57AM

Then Creative Work - Amrita Yoga

3

Tuesday, November 27, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Mangala Vasara Yuktayam
Punarvasu/Pushya Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Panchamyam Titau

Manama, Bahrain

Sun 3 Sutra 226

Vilamba 5120

Moon 11 - Phase 31

1st Phase

Kataka Rasi: 2.34 Tithi 20

747762365

Gulika 11:26AM - 12:46PM
Yama 8:46AM - 10:06AM
Rahu 2:06PM - 3:26PM

Punarvasu Until 7:16AM
Sukla Until 4:30PM
Kaulava Until 9:50AM
Panchami Until 8:36PM

Ganesha: Green *Sunrise: 6:06AM*
Muruga: Clear *Sunset: 4:47PM*
Nataraja: White
Moon - Blue
Karttika-Karttikai

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

Creative Work Siddha Yoga

4

Wednesday, November 28, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Budha Vasara Yuktayam
Ashlesha* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Shashthyam Titau

Manama, Bahrain

Sun 4 Sutra 227

Vilamba 5120

Moon 11 - Phase 31

1st Phase

Kataka Rasi: 16.55 Tithi 21

747862365

Gulika 10:06AM - 11:26AM
Yama 7:26AM - 8:46AM
Rahu 11:26AM - 12:46PM

Ashlesha* Until 3:55AM Thu
Brahma Until 1:23PM
Gara Until 7:26AM
Shashthi* Until 6:17PM

Ganesha: White *Sunrise: 6:06AM*
Muruga: Clear *Sunset: 4:46PM*
Nataraja: White
Moon - Blue
Karttika-Karttikai

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

Creative Work Siddha Yoga

Until 3:55AM Thu

Then Creative Work - Amrita Yoga

5

Thursday, November 29, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Guru Vasara Yuktayam
Magha* Nakshatra Indra/Vaidhriti* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Manama, Bahrain

Sun 5 Sutra 228

Vilamba 5120

Moon 11 - Phase 31

1st Phase

Simha Rasi: 1.08 Tithi 22 - 23

757863365

Gulika 8:47AM - 10:07AM
Yama 6:07AM - 7:27AM
Rahu 12:47PM - 2:07PM

Magha* Until 2:46AM Fri
Indra Until 10:27AM
Balava Until 3:17AM Fri
Saptami Until 4:12PM

Ganesha: Clear *Sunrise: 6:07AM*
Muruga: Purple *Sunset: 4:46PM*
Nataraja: White
Moon - Red
Karttika-Karttikai

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Creative Work Amrita Yoga

Until 2:46AM Fri

Then Creative Work - Siddha Yoga

D

Friday, November 30, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvaphalguni Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Manama, Bahrain

Sun 6 Sutra 229

Vilamba 5120

Moon 11 - Phase 31

Ashtami

Simha Rasi: 15.12 Tithi 23 - 24

757863365

Gulika 7:28AM - 8:47AM
Yama 2:07PM - 3:27PM
Rahu 10:07AM - 11:27AM

Purvaphalguni Until 1:45AM Sat
Vaidhriti* Until 7:41AM
Taitila Until 1:35AM Sat
Ashtami* Until 2:22PM

Ganesha: Clear *Sunrise: 6:08AM*
Muruga: Purple *Sunset: 4:46PM*
Nataraja: White
Moon - Red
Karttika-Karttikai

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

Until 1:45AM Sat

Then Routine Work - Marana Yoga

Saturday, December 1, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Manta Vasara Yuktayam
Uttaraphalguni Nakshatra Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Manama, Bahrain

Sun 7 Sutra 230

Vilamba 5120

Moon 11 - Phase 31

Navami

Simha Rasi: 29.07 Tithi 24 - 25

758863365

Gulika 6:08AM - 7:28AM
Yama 12:47PM - 2:07PM
Rahu 8:48AM - 10:08AM

Uttaraphalguni Until 12:50AM Sun
Priti Until 2:50AM Sun
Vanija Until 12:09AM Sun
Navami* Until 12:49PM

Ganesha: Orange *Sunrise: 6:08AM*
Muruga: Purple *Sunset: 4:46PM*
Nataraja: White
Moon - Red
Karttika-Karttikai

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Routine Work Marana Yoga

Until 12:50AM Sun


Then Creative Work - Amrita Yoga

1		Sunday, December 2, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Bhanu Vasara Yuktayam 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	Gulika	2:07PM – 3:27PM	Hasta Until 12:30AM Mon	Ganesha: Light Blue <i>Sunrise:</i> 6:09AM	Muruqa: Purple <i>Sunset:</i> 4:46PM	Moon 11 - Phase 32
		Yama	11:28AM – 12:47PM	Ayushman Until 12:43AM Mon			2nd Phase
		768863365 Rahu	3:27PM – 4:46PM	Bava Until 11:01PM	Nataraja: White		
Creative Work	Amrita Yoga			Dashami Until 11:31AM	Moon – Green	Bhuloka Day	
Until 12:30AM Mon					Karttika-Karttikai		
Then Routine Work - Prabalarishta Yoga							

2		Monday, December 3, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Indu Vasara Yuktayam 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	Gulika	12:48PM – 2:07PM	Chitra Until 12:20AM Tue	Ganesha: Light Blue <i>Sunrise:</i> 6:10AM	Muruqa: Purple <i>Sunset:</i> 4:46PM	Moon 11 - Phase 32
Family Home Evening		Yama	10:09AM – 11:28AM	Saubhagya Until 10:52PM			2nd Phase
Routine Work	Prabalarishta Yoga	768863365 Rahu	7:29AM – 8:49AM	Kaulava Until 10:11PM	Nataraja: White		
Until 12:20AM Tue				Ekadashi* Until 10:32AM	Moon – Green	Bhuloka Day	
Then Creative Work - Siddha Yoga					Karttika-Karttikai		

3		Tuesday, December 4, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Sobhana Yoga Talita/Gara Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 10 Sutra 233 Vilamba 5120	
Tula Rasi: 9.48	Tithi 27 – 28	Gulika	11:29AM – 12:48PM	Svati Until 12:21AM Wed	Ganesha: Light Blue <i>Sunrise:</i> 6:11AM	Muruqa: Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 32
		Yama	8:50AM – 10:09AM	Sobhana Until 9:17PM			2nd Phase
		768863365 Rahu	2:08PM – 3:27PM	Gara Until 9:41PM	Nataraja: White		
Creative Work	Siddha Yoga			Dvadashi* Until 9:52AM	Moon – Green	Bhuloka Day	
					Karttika-Karttikai		
					<i>Pradosha Vrata (Fasting)</i>		

4		Wednesday, December 5, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Athiganda* Yoga Vanja/Visti* Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 11 Sutra 234 Vilamba 5120	
Tula Rasi: 23	Tithi 28 – 29	Gulika	10:10AM – 11:29AM	Vishakha Until 1:03AM Thu	Ganesha: Purple <i>Sunrise:</i> 6:11AM	Muruqa: Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 32
		Yama	7:31AM – 8:50AM	Athiganda* Until 8:00PM			2nd Phase
		778863365 Rahu	11:29AM – 12:48PM	Visti Until 9:36PM	Nataraja: White		
Creative Work	Siddha Yoga			Trayodashi* Until 9:34AM	Moon – Orange	Bhuloka Day	
					Karttika-Karttikai		

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

Friday, December 7, 2018		Retreat Star		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Manama, Bahrain Sun 13 Sutra 236 Vilamba 5120	
Vrischika Rasi: 18.44	Tithi 30 – 1	Gulika	7:32AM – 8:51AM	Jyeshtha* Until 3:25AM Sat	Ganesha: Light Blue <i>Sunrise:</i> 6:13AM	Muruqa: Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 32
		Yama	2:08PM – 3:28PM	Dhriti Until 6:33PM			Prathama
		779863365 Rahu	10:11AM – 11:30AM	Kintughna Until 10:52PM	Nataraja: White		
Routine Work	Marana Yoga			Amavasya* Until 10:20AM	Moon – Orange	Bhuloka Day	
Until 3:25AM Sat					Margasira-Karttikai		
Then Creative Work - Siddha 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

1	Monday, December 17, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Revati Nakshatra Variyan Yoga Taitila/Gara Karana Dashamyam Titau				Manama, Bahrain Sun 23 Sutra 246 Vilamba 5120
	Meena Rasi: 19.28	Tithi 10	Gulika 12:53PM – 2:12PM	Revati Until 1:38AM Tue	Ganesha: Purple	<i>Sunrise:</i> 6:19AM	
	Family Home Evening	811863365	Yama 10:16AM – 11:35AM	Variyan Until 10:38PM	Muruqa: Purple	<i>Sunset:</i> 4:50PM	Moon 11 - Phase 34
	Creative Work Siddha Yoga		Rahu 7:38AM – 8:57AM	Taitila Until 5:22PM	Nataraja: White		4th Phase
			Dashami Until 5:29AM Tue	Moon – Clear		Bhuloka Day	
				Margasira-Markali			

2	Tuesday, December 18, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Ashvini Nakshatra Parigha* Yoga Vanija/Visti* Karana Ekadashyam Titau				Manama, Bahrain Sun 24 Sutra 247 Vilamba 5120
	Mesha Rasi: 2.16	Tithi 11	Gulika 11:35AM – 12:54PM	Ashvini Until 2:09AM Wed	Ganesha: Clear	<i>Sunrise:</i> 6:20AM	
		821863365	Yama 8:57AM – 10:16AM	Parigha* Until 9:21PM	Muruqa: Purple	<i>Sunset:</i> 4:50PM	Moon 11 - Phase 34
	Creative Work Siddha Yoga		Rahu 2:13PM – 3:31PM	Vanija Until 5:26PM	Nataraja: White		4th Phase
		Vaikuntha Ekadasi	Ekadashi Until 5:08AM Wed	Moon – White		Bhuloka Day	
				Margasira-Markali		Devaloka Time: 6:AM to 9:AM	

3	Wednesday, December 19, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Bharani Nakshatra Shiva Yoga Bava/Balava Karana Dvadashyam Titau				Manama, Bahrain Sun 25 Sutra 248 Vilamba 5120
	Mesha Rasi: 15.28	Tithi 12	Gulika 10:17AM – 11:36AM	Bharani Until 1:43AM Thu	Ganesha: Clear	<i>Sunrise:</i> 6:20AM	
		821863365	Yama 7:39AM – 8:58AM	Shiva Until 7:26PM	Muruqa: Purple	<i>Sunset:</i> 4:51PM	Moon 11 - Phase 34
	Creative Work Siddha Yoga		Rahu 11:36AM – 12:54PM	Bava Until 4:40PM	Nataraja: White		4th Phase
Until 1:43AM Thu			Dvadashi Until 3:59AM Thu	Moon – White		Bhuloka Day	
Then Routine Work - Marana Yoga				Margasira-Markali		Devaloka Time: 6:AM to 9:AM	

4	Thursday, December 20, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Krittika Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 249 Vilamba 5120
	Mesha Rasi: 29.07	Tithi 13	Gulika 8:58AM – 10:17AM	Krittika Until 12:28AM Fri	Ganesha: Clear	<i>Sunrise:</i> 6:21AM	
		821863365	Yama 6:21AM – 7:40AM	Siddha Until 4:56PM	Muruqa: Purple	<i>Sunset:</i> 4:51PM	Moon 11 - Phase 34
	Routine Work Marana Yoga		Rahu 12:55PM – 2:14PM	Kaulava Until 3:09PM	Nataraja: White		4th Phase
			Trayodashi Until 2:08AM Fri	Moon – White		Bhuloka Day	
				Margasira-Markali		Devaloka Time: 6:AM to 9:AM	
				<i>Pradosha Vrata</i>			

5	Friday, December 21, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 250 Vilamba 5120
	Vrishabha Rasi: 13.11	Tithi 14	Gulika 7:40AM – 8:59AM	Rohini Until 10:54PM	Ganesha: White	<i>Sunrise:</i> 6:21AM	
		831863365	Yama 2:14PM – 3:33PM	Sadhya Until 1:56PM	Muruqa: Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 34
	Routine Work Marana Yoga		Rahu 10:18AM – 11:37AM	Gara Until 1:00PM	Nataraja: White		4th Phase
Until 10:54PM		Day 1 of Pancha Ganapati	Chaturdashi* Until 11:43PM	Moon – Yellow		Bhuloka Day	
Then Creative Work - Siddha Yoga				Margasira-Markali			

○	Saturday, December 22, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Mrigashira Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Purnimayam Titau				Manama, Bahrain Sutra 251 Vilamba 5120
	Copper Retreat Star		Gulika 6:22AM – 7:41AM	Mrigashira Until 8:47PM	Ganesha: Yellow	<i>Sunrise:</i> 6:22AM	
	Vrishabha Rasi: 27.37	Tithi 15	Yama 12:56PM – 2:15PM	Subha Until 10:32AM	Muruqa: Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 34
		831963365	Rahu 8:59AM – 10:18AM	Visti Until 10:21AM	Nataraja: White		Purnima
Creative Work Siddha Yoga		Day 2 of Pancha Ganapati	Purnima* Until 8:52PM	Moon – Yellow		Bhuloka Day	
				Margasira-Markali		Devaloka Time: 9:AM to 12:PM	

○	Sunday, December 23, 2018		Vilamba Nama Samvatsare Uтарыayе Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Ardra Nakshatra Sukla/Brahma Yoga Balava/Taitila Karana Prathamam/Dvityayam Titau				Manama, Bahrain Sutra 252 Vilamba 5120
	Silver Retreat Star		Gulika 2:15PM – 3:34PM	Ardra Until 6:15PM	Ganesha: Yellow	<i>Sunrise:</i> 6:22AM	
	Mithuna Rasi: 12.2	Tithi 16 – 17	Yama 11:38AM – 12:56PM	Sukla Until 6:51AM	Muruqa: Purple	<i>Sunset:</i> 4:53PM	Moon 11 - Phase 34
		831963365	Rahu 3:34PM – 4:53PM	Balava Until 7:21AM	Nataraja: White		Prathama
Creative Work Siddha Yoga		Day 3 of Pancha Ganapati	Prathama* Until 5:45PM	Moon – Yellow		Bhuloka Day	
		Ardra Darshanam		Margasira-Markali		Devaloka Time: 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

All times are standard time

www.gurudeva.org/panchang



Monday, December 24, 2018

Gold Retreat Star

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

Manama, Bahrain

Sun 1 Sutra 253

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Mithuna Rasi: 27.11 Tithi 17 - 18

Family Home Evening 841963365

Creative Work Amrita Yoga

Until 3:53PM

Then Creative Work - Siddha Yoga

Gulika 12:57PM - 2:16PM

Yama 10:19AM - 11:38AM

Rahu 7:42AM - 9:00AM

Day 4 of Pancha Ganapati

Punarvasu Until 3:53PM

Indra Until 11:07PM

Vanija Until 12:55AM Tue

Dvitiya Until 2:31PM

Ganesha: Blue

Sunrise: 6:23AM

Muruqa: Purple

Sunset: 4:53PM

Nataraja: White

Moon - Blue

Margasira-Markali

Devaloka Day

Tuesday, December 25, 2018

1

Kataka Rasi: 12.04 Tithi 18 - 19

842963365

Creative Work Siddha Yoga

Gulika 11:39AM - 12:57PM

Yama 9:01AM - 10:20AM

Rahu 2:16PM - 3:35PM

Day 5 of Pancha Ganapati

Pushya Until 1:25PM

Vaidhriti* Until 7:18PM

Bava Until 9:47PM

Tritiya Until 11:19AM

Ganesha: Yellow

Sunrise: 6:23AM

Muruqa: Purple

Sunset: 4:54PM

Nataraja: White

Moon - Blue

Margasira-Markali

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Wednesday, December 26, 2018

2

Kataka Rasi: 26.52 Tithi 19 - 20

842963366

Creative Work Siddha Yoga

Gulika 10:20AM - 11:39AM

Yama 7:43AM - 9:01AM

Rahu 11:39AM - 12:58PM

Ashlesha* Until 10:59AM

Vishkamba* Until 3:39PM

Kaulava Until 6:52PM

Chaturthi* Until 8:16AM

Ganesha: Yellow

Sunrise: 6:24AM

Muruqa: Purple

Sunset: 4:54PM

Nataraja: Green

Moon - Blue

Margasira-Markali

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Thursday, December 27, 2018

3

Simha Rasi: 11.26 Tithi 21

852963366

Creative Work Amrita Yoga

Until 9:08AM

Then Creative Work - Siddha Yoga

Gulika 9:02AM - 10:21AM

Yama 6:24AM - 7:43AM

Rahu 12:58PM - 2:17PM

Magha* Until 9:08AM

Priti Until 12:17PM

Gara Until 4:18PM

Shashthi* Until 3:10AM Fri

Ganesha: Blue

Sunrise: 6:24AM

Muruqa: Purple

Sunset: 4:55PM

Nataraja: Green

Moon - Red

Margasira-Markali

Bhuloka Day

Friday, December 28, 2018

4

Simha Rasi: 25.44 Tithi 22

852963366

Creative Work Siddha Yoga

Gulika 7:43AM - 9:02AM

Yama 2:18PM - 3:37PM

Rahu 10:21AM - 11:40AM

Purvaphalguni Until 7:33AM

Ayushman Until 9:14AM

Visti Until 2:10PM

Saptami Until 1:16AM Sat

Ganesha: Blue

Sunrise: 6:25AM

Muruqa: Purple

Sunset: 4:56PM

Nataraja: Green

Moon - Red

Margasira-Markali

Bhuloka Day

Saturday, December 29, 2018

Retreat Star

Kanya Rasi: 9.44 Tithi 23

852963366

Routine Work Marana Yoga

Gulika 6:25AM - 7:44AM

Yama 12:59PM - 2:18PM

Rahu 9:03AM - 10:22AM

Uttaraphalguni Until 6:17AM

Saubhagya Until 6:35AM

Balava Until 12:32PM

Ashtami* Until 11:54PM

Ganesha: Blue

Sunrise: 6:25AM

Muruqa: Purple

Sunset: 4:56PM

Nataraja: Green

Moon - Red

Margasira-Markali

Bhuloka Day

Sunday, December 30, 2018

Retreat Star

Kanya Rasi: 23.25 Tithi 24

862963366

Creative Work Siddha Yoga

Until 5:46AM Mon

Then Creative Work - Amrita Yoga

Gulika 2:19PM - 3:38PM

Yama 11:41AM - 1:00PM

Rahu 3:38PM - 4:57PM

Chitra Until 5:46AM Mon

Athiganda* Until 2:33AM Mon

Taitila Until 11:26AM

Navami* Until 11:04PM

Ganesha: Red

Sunrise: 6:25AM

Muruqa: Purple

Sunset: 4:57PM

Nataraja: Green

Moon - Green

Margasira-Markali

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Monday, December 31, 2018		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yukhtayam Svati Nakshatra Sukarma Yoga Vanija/Visti* Karana Dashamyam Titau		Manama, Bahrain Sun 8 Sutra 260 Vilamba 5120
1	Tula Rasi: 6.47 Tithi 25 Family Home Evening Creative Work Amrita Yoga Until 6:03AM Tue Then Routine Work - Marana Yoga	Gulika 1:00PM - 2:19PM Yama 10:23AM - 11:41AM Rahu 7:45AM - 9:04AM	Svati Until 6:03AM Tue Sukarma Until 1:09AM Tue Vanija Until 10:52AM Dashami Until 10:45PM	Ganesha: Red <i>Sunrise:</i> 6:26AM Muruqa: Purple <i>Sunset:</i> 4:57PM Nataraja: Green Moon - Green Bhuloka Day Margasira*Markali Devaloka Time: 6:AM to 9:AM

Tuesday, January 1, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yukhtayam Svati/Vishakha Nakshatra Dhriti Yoga Bava/Balava Karana Ekadashyam Titau		Manama, Bahrain Sun 9 Sutra 261 Vilamba 5120
2	Tula Rasi: 19.53 Tithi 26 Creative Work Siddha Yoga Until 6:03AM Then Routine Work - Marana Yoga	Gulika 11:42AM - 1:01PM Yama 9:04AM - 10:23AM Rahu 2:20PM - 3:39PM	Svati Until 6:03AM Dhriti Until 12:09AM Wed Bava Until 10:49AM Ekadashi* Until 10:58PM	Ganesha: Red <i>Sunrise:</i> 6:26AM Muruqa: Purple <i>Sunset:</i> 4:58PM Nataraja: Green Moon - Green Bhuloka Day Margasira*Markali Devaloka Time: 6:AM to 9:AM

Wednesday, January 2, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yukhtayam Vishakha/Anuradha Nakshatra Shula* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Manama, Bahrain Sun 10 Sutra 262 Vilamba 5120
3	Vrischika Rasi: 2.43 Tithi 27 Creative Work Siddha Yoga	Gulika 10:23AM - 11:42AM Yama 7:45AM - 9:04AM Rahu 11:42AM - 1:02PM	Vishakha Until 7:08AM Shula* Until 11:31PM Kaulava Until 11:17AM Dvadashi* Until 11:40PM	Ganesha: Green <i>Sunrise:</i> 6:26AM Muruqa: Purple <i>Sunset:</i> 4:59PM Nataraja: Green Moon - Orange Bhuloka Day Margasira*Markali

Thursday, January 3, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yukhtayam Anuradha/Jyeshtha* Nakshatra Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau		Manama, Bahrain Sun 11 Sutra 263 Vilamba 5120
4	Vrischika Rasi: 15.2 Tithi 28 Creative Work Siddha Yoga Until 8:31AM Then Routine Work - Prabalarishta Yoga	Gulika 9:05AM - 10:24AM Yama 6:26AM - 7:46AM Rahu 1:02PM - 2:21PM	Anuradha Until 8:31AM Ganda* Until 11:14PM Gara Until 12:13PM Trayodashi* Until 12:51AM Fri Pradosha Vrata (Fasting)	Ganesha: Green <i>Sunrise:</i> 6:26AM Muruqa: Purple <i>Sunset:</i> 4:59PM Nataraja: Green Moon - Orange Bhuloka Day Margasira*Markali

Friday, January 4, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yukhtayam Jyeshtha*/Mula* Nakshatra Vriddhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Manama, Bahrain Sun 12 Sutra 264 Vilamba 5120
5	Vrischika Rasi: 27.45 Tithi 29 Routine Work Marana Yoga Until 10:12AM Then Creative Work - Amrita Yoga	Gulika 7:46AM - 9:05AM Yama 2:22PM - 3:41PM Rahu 10:24AM - 11:43AM	Jyeshtha* Until 10:12AM Vriddhi Until 11:19PM Visti Until 1:37PM Chaturdashi* Until 2:28AM Sat	Ganesha: Green <i>Sunrise:</i> 6:27AM Muruqa: Purple <i>Sunset:</i> 5:00PM Nataraja: Green Moon - Orange Bhuloka Day Margasira*Markali

Saturday, January 5, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yukhtayam Mula*/Purvashadha* Nakshatra Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Manama, Bahrain Sun 13 Sutra 265 Vilamba 5120
Retreat Star	Dhanus Rasi: 9.59 Tithi 30 Creative Work Siddha Yoga	Gulika 6:27AM - 7:46AM Yama 1:03PM - 2:22PM Rahu 9:05AM - 10:25AM	Mula* Until 12:36PM Dhruva Until 11:40PM Catuspada Until 3:27PM Amavasya* Until 4:29AM Sun	Ganesha: White <i>Sunrise:</i> 6:27AM Muruqa: Purple <i>Sunset:</i> 5:01PM Nataraja: Green Moon - Light Blue Bhuloka Day Margasira*Markali

Sunday, January 6, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yukhtayam Purvashadha*/Uttarashadha Nakshatra Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau		Manama, Bahrain Sun 14 Sutra 266 Vilamba 5120
Retreat Star	Dhanus Rasi: 22.04 Tithi 1 Creative Work Siddha Yoga Until 3:13PM Then Creative Work - Amrita Yoga	Gulika 2:23PM - 3:42PM Yama 11:44AM - 1:04PM Rahu 3:42PM - 5:01PM	Purvashadha* Until 3:13PM Vyaghata* Until 12:18AM Mon Kintughna Until 5:39PM Prathama* Until 6:50AM Mon	Ganesha: White <i>Sunrise:</i> 6:27AM Muruqa: Clear <i>Sunset:</i> 5:01PM Nataraja: Green Moon - Light Blue Bhuloka Day Pausha*Markali Devaloka Time: 12:PM to 3:PM

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

Monday, January 7, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Harshana Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau			Manama, Bahrain Sun 15 Sutra 267 Vilamba 5120	
1	Makara Rasi: 4 Family Home Evening Routine Work Marana Yoga Until 5:56PM Then Creative Work - Amrita Yoga	Tithi 1 - 2 882973366	Gulika 1:04PM - 2:23PM Yama 10:25AM - 11:45AM Rahu 7:47AM - 9:06AM	Uttarashadha Until 5:56PM Harshana Until 1:09AM Tue Balava Until 8:09PM Prathama* Until 6:50AM	Ganesha: White <i>Sunrise:</i> 6:27AM Muruqa: Clear <i>Sunset:</i> 5:02PM Nataraja: Green Moon - Light Blue Pausha-Markali	Moon 12 - Phase 37 3rd Phase Bhuloka Day Devaloka Time: 12:PM to 3:PM

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

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

Thursday, January 10, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Vyatipata* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Manama, Bahrain Sun 18 Sutra 270 Vilamba 5120	
4	Kumbha Rasi: 9.26 Creative Work Siddha Yoga	Tithi 4 - 5 893973366	Gulika 9:07AM - 10:26AM Yama 6:28AM - 7:47AM Rahu 1:06PM - 2:25PM	Shatabhishak Until 3:16AM Fri Vyatipata* Until 4:01AM Fri Bava Until 4:15AM Fri Chaturthi* Until 2:55PM	Ganesha: Red <i>Sunrise:</i> 6:28AM Muruqa: Clear <i>Sunset:</i> 5:04PM Nataraja: Green Moon - Purple Pausha-Markali	Moon 12 - Phase 37 3rd Phase Devaloka Day

Friday, January 11, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Variyan Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Manama, Bahrain Sun 19 Sutra 271 Vilamba 5120	
5	Kumbha Rasi: 21.16 Creative Work Siddha Yoga	Tithi 5 - 6 813973366	Gulika 7:47AM - 9:07AM Yama 2:26PM - 3:45PM Rahu 10:27AM - 11:46AM	Purvaproshtapada* Until 6:14AM Sat Variyan Until 4:43AM Sat Kaulava Until 6:37AM Sat Panchami Until 5:27PM	Ganesha: Clear <i>Sunrise:</i> 6:28AM Muruqa: Clear <i>Sunset:</i> 5:05PM Nataraja: Green Moon - Clear Pausha-Markali	Moon 12 - Phase 37 3rd Phase Devaloka Day

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

Sunday, January 13, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Shiva Yoga Gara/Vanija Karana Saptamyam Titau			Manama, Bahrain Sun 21 Sutra 273 Vilamba 5120	
Retreat Star			Gulika 2:27PM - 3:47PM Yama 11:47AM - 1:07PM Rahu 3:47PM - 5:07PM	Uttaraproshtapada Until 8:37AM Shiva Until 5:02AM Mon Gara Until 8:32AM Saptami Until 9:15PM	Ganesha: Clear <i>Sunrise:</i> 6:28AM Muruqa: Clear <i>Sunset:</i> 5:07PM Nataraja: Green Moon - Clear Pausha-Markali	Moon 12 - Phase 37 3rd Phase Devaloka Day
Meena Rasi: 15.19	Tithi 7 813973366	Creative Work Amrita Yoga				

Monday, January 14, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Siddha Yoga Visti*/Bava Karana Ashtamyam Titau			Manama, Bahrain Sun 22 Sutra 274 Vilamba 5120	
Retreat Star			Gulika 1:08PM - 2:28PM Yama 10:28AM - 11:48AM Rahu 7:48AM - 9:08AM	Revati Until 10:14AM Siddha Until 4:23AM Tue Visti Until 9:49AM Ashtami* Until 10:10PM	Ganesha: Clear <i>Sunrise:</i> 6:28AM Muruqa: Clear <i>Sunset:</i> 5:07PM Nataraja: Green Moon - Clear Pausha-Thai	Moon 12 - Phase 37 Ashtami Devaloka Day
Meena Rasi: 27.41	Tithi 8 813973366	Creative Work Siddha Yoga				
		Thai Pongal				

Tuesday, January 15, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya Yoga Balava/Kaulava Karana Navamyam Titau			Manama, Bahrain Sun 23 Sutra 275 Vilamba 5120	
Retreat Star			Gulika 11:48AM - 1:08PM Yama 9:08AM - 10:28AM Rahu 2:28PM - 3:48PM	Ashvini Until 11:28AM Sadhya Until 3:08AM Wed Balava Until 10:21AM Navami* Until 10:18PM	Ganesha: Purple <i>Sunrise:</i> 6:28AM Muruqa: Clear <i>Sunset:</i> 5:08PM Nataraja: Green Moon - White Pausha-Thai	Moon 12 - Phase 37 Navami Sivaloka Day
Mesha Rasi: 10.23	Tithi 9 823973366	Creative Work Siddha Yoga				

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

1	Wednesday, January 16, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Bharani/Krittika Nakshatra Subha Yoga Taitila/Gara Karana Dashamyam Titau				Manama, Bahrain Sun 24 Sutra 276 Vilamba 5120
	Mesha Rasi: 23.28	Tithi 10	Gulika 10:28AM – 11:48AM	Bharani Until 11:43AM	Ganesha: Blue <i>Sunrise:</i> 6:28AM	<i>Sunset:</i> 5:09PM	Moon 12 - Phase 38
		823173366	Yama 7:48AM – 9:08AM	Subha Until 1:15AM Thu	Muruqa: Clear		4th Phase
			Rahu 11:48AM – 1:08PM	Taitila Until 10:04AM	Nataraja: Green		
Creative Work Siddha Yoga			Dashami Until 9:36PM	Moon – White		Sivaloka Day	
Until 11:43AM				Pausha*Thai			
Then Creative Work - Amrita Yoga							

2	Thursday, January 17, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Krittika/Rohini Nakshatra Sukla Yoga Vanija/Visti* Karana Ekadashyam Titau				Manama, Bahrain Sun 25 Sutra 277 Vilamba 5120
	Vrishabha Rasi: 7	Tithi 11	Gulika 9:08AM – 10:28AM	Krittika Until 11:02AM	Ganesha: Blue <i>Sunrise:</i> 6:28AM	<i>Sunset:</i> 5:10PM	Moon 12 - Phase 38
		823173366	Yama 6:28AM – 7:48AM	Sukla Until 10:43PM	Muruqa: Clear		4th Phase
			Rahu 1:09PM – 2:29PM	Vanija Until 8:57AM	Nataraja: Green		
Routine Work Marana Yoga			Ekadashi Until 8:05PM	Moon – White		Sivaloka Day	
				Pausha*Thai			

3	Friday, January 18, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini/Mrigashira Nakshatra Brahma Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 278 Vilamba 5120
	Vrishabha Rasi: 21	Tithi 12 – 13	Gulika 7:48AM – 9:08AM	Rohini Until 9:54AM	Ganesha: Yellow <i>Sunrise:</i> 6:27AM	<i>Sunset:</i> 5:11PM	Moon 12 - Phase 38
		833173366	Yama 2:30PM – 3:50PM	Brahma Until 7:37PM	Muruqa: Clear		4th Phase
			Rahu 10:29AM – 11:49AM	Bava Until 7:05AM	Nataraja: Green		
Routine Work Marana Yoga			Dvadashi Until 5:52PM	Moon – Yellow		Devaloka Day	
Until 9:54AM				Pausha*Thai			
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata</i>			

4	Saturday, January 19, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Mrigashira/Ardra Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 279 Vilamba 5120
	Mithuna Rasi: 5.26	Tithi 13 – 14	Gulika 6:27AM – 7:48AM	Mrigashira Until 7:59AM	Ganesha: Yellow <i>Sunrise:</i> 6:27AM	<i>Sunset:</i> 5:11PM	Moon 12 - Phase 38
		833173366	Yama 1:10PM – 2:30PM	Indra Until 4:05PM	Muruqa: Clear		4th Phase
			Rahu 9:08AM – 10:29AM	Gara Until 1:29AM Sun	Nataraja: Green		
Creative Work Siddha Yoga			Trayodashi Until 3:03PM	Moon – Yellow		Devaloka Day	
				Pausha*Thai			

○	Sunday, January 20, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Manama, Bahrain Sutra 280 Vilamba 5120
	Copper Retreat Star		Gulika 2:31PM – 3:51PM	Punarvasu Until 2:50AM Mon	Ganesha: White <i>Sunrise:</i> 6:27AM	<i>Sunset:</i> 5:12PM	Moon 12 - Phase 38
	Mithuna Rasi: 20.15	Tithi 14 – 15	Yama 11:50AM – 1:10PM	Vaidhriti* Until 12:09PM	Muruqa: Clear		Purnima
		843173366	Rahu 3:51PM – 5:12PM	Visti Until 10:04PM	Nataraja: Green		
Creative Work Siddha Yoga			Chaturdashi* Until 11:48AM	Moon – Blue		Sivaloka Day	
				Pausha*Thai			

○	Monday, January 21, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Pushya Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Manama, Bahrain Sutra 281 Vilamba 5120
	Silver Retreat Star		Gulika 1:11PM – 2:31PM	Pushya Until 11:55PM	Ganesha: White <i>Sunrise:</i> 6:27AM	<i>Sunset:</i> 5:13PM	Moon 12 - Phase 38
	Kataka Rasi: 5.19	Tithi 15 – 16	Yama 10:29AM – 11:50AM	Vishkambha* Until 8:01AM	Muruqa: Clear		Prathama
		843173366	Rahu 7:48AM – 9:08AM	Balava Until 6:26PM	Nataraja: Green		
Family Home Evening			Purnima* Until 8:15AM	Moon – Blue		Sivaloka Day	
Creative Work Siddha Yoga				Pausha*Thai			
		Total Lunar Eclipse Thai Pusam					



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/Gara Karana Dvitiyayam Titau

Manama, Bahrain

Sutra 282

Vilamba 5120

Moon 1 - Phase 39

1st Phase

Kataka Rasi: 20.3

Tithi 17

844173366

Gulika

11:50AM - 1:11PM

Yama

9:08AM - 10:29AM

Rahu

2:32PM - 3:53PM

Ashlesha* Until 8:53PM

Ayushman Until 11:32PM

Taitila Until 2:45PM

Dvitiya Until 12:56AM Wed

Ganesha: Clear

Sunrise: 6:27AM

Muruqa: Clear

Sunset: 5:14PM

Nataraja: Green

Moon - Blue

Pausha*Thai

Devaloka Day

Creative Work Siddha Yoga

1

Wednesday, January 23, 2019

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

Manama, Bahrain

Sun 1 Sutra 283

Vilamba 5120

Moon 1 - Phase 39

1st Phase

Simha Rasi: 5.39

Tithi 18

854173366

Gulika

10:29AM - 11:50AM

Yama

7:47AM - 9:08AM

Rahu

11:50AM - 1:11PM

Magha* Until 6:16PM

Saubhagya Until 7:27PM

Vanija Until 11:12AM

Tritiya Until 9:29PM

Ganesha: Purple

Sunrise: 6:27AM

Muruqa: Clear

Sunset: 5:14PM

Nataraja: Green

Moon - Red

Pausha*Thai

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

Creative Work Siddha Yoga

Until 6:16PM

Then Creative Work - Amrita Yoga

2

Thursday, January 24, 2019

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam
Purvaphalguni/Uttaraphalguni Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Chaturthayam Titau

Manama, Bahrain

Sun 2 Sutra 284

Vilamba 5120

Moon 1 - Phase 39

1st Phase

Simha Rasi: 20.37

Tithi 19

854173366

Gulika

9:08AM - 10:30AM

Yama

6:26AM - 7:47AM

Rahu

1:12PM - 2:33PM

Purvaphalguni Until 3:50PM

Sobhana Until 3:40PM

Bava Until 7:54AM

Chaturthi* Until 6:24PM

Ganesha: Purple

Sunrise: 6:26AM

Muruqa: Clear

Sunset: 5:15PM

Nataraja: Green

Moon - Red

Pausha*Thai

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

Creative Work Siddha Yoga

3

Friday, January 25, 2019

Vilamba Nama Samvatsare Ularayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam
Uttaraphalguni/Hasta Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Panchami/Shashthayam Titau

Manama, Bahrain

Sun 3 Sutra 285

Vilamba 5120

Moon 1 - Phase 39

1st Phase

Kanya Rasi: 5.16

Tithi 20 - 21

954173366

Gulika

7:47AM - 9:08AM

Yama

2:33PM - 3:55PM

Rahu

10:30AM - 11:51AM

Uttaraphalguni Until 1:45PM

Athiganda* Until 12:14PM

Gara Until 2:44AM Sat

Panchami Until 3:47PM

Ganesha: Clear

Sunrise: 6:26AM

Muruqa: Clear

Sunset: 5:16PM

Nataraja: Green

Moon - Red

Pausha*Thai

Devaloka Day

Creative Work Siddha Yoga

Until 1:45PM

Then Creative Work - Amrita Yoga

4

Saturday, January 26, 2019

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

Manama, Bahrain

Sun 4 Sutra 286

Vilamba 5120

Moon 1 - Phase 39

1st Phase

Kanya Rasi: 19.31

Tithi 21 - 22

964173366

Gulika

6:26AM - 7:47AM

Yama

1:13PM - 2:34PM

Rahu

9:08AM - 10:30AM

Hasta Until 12:31PM

Sukarma Until 9:18AM

Visti Until 1:04AM Sun

Shashthi* Until 1:48PM

Ganesha: Purple

Sunrise: 6:26AM

Muruqa: Clear

Sunset: 5:17PM

Nataraja: Green

Moon - Green

Pausha*Thai

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

Routine Work Marana Yoga

5

Sunday, January 27, 2019

Retreat Star

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

Manama, Bahrain

Sun 5 Sutra 287

Vilamba 5120

Moon 1 - Phase 39

Ashtami

Tula Rasi: 3.21

Tithi 22 - 23

964173366

Gulika

2:34PM - 3:56PM

Yama

11:51AM - 1:13PM

Rahu

3:56PM - 5:17PM

Chitra Until 11:51AM

Dhriti Until 6:55AM

Balava Until 12:08AM Mon

Saptami Until 12:30PM

Ganesha: Purple

Sunrise: 6:25AM

Muruqa: Clear

Sunset: 5:17PM

Nataraja: Green

Moon - Green

Pausha*Thai

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
Svati/Vishakha Nakshatra Ganda* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Manama, Bahrain

Sun 6 Sutra 288

Vilamba 5120

Moon 1 - Phase 39

Navami

Tula Rasi: 16.46

Tithi 23 - 24

964173366

Gulika

1:13PM - 2:35PM

Yama

10:30AM - 11:52AM

Rahu

7:47AM - 9:08AM

Svati Until 11:44AM

Ganda* Until 3:52AM Tue

Taitila Until 11:58PM

Ashtami* Until 11:56AM

Ganesha: Purple

Sunrise: 6:25AM

Muruqa: Clear

Sunset: 5:18PM

Nataraja: Green

Moon - Green

Pausha*Thai

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

Creative Work Amrita Yoga

Until 11:44AM

Then Routine Work - Marana Yoga

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

2		Wednesday, January 30, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Dhruva Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Manama, Bahrain Sun 8 Sutra 290 Vilamba 5120	
Virchika Rasi: 12.26	Tithi 25 – 26	Gulika 10:30AM – 11:52AM	Anuradha Until 2:06PM	Ganesha: Clear	<i>Sunrise:</i> 6:24AM		
		Yama 7:46AM – 9:08AM	Dhruva Until 3:00AM Thu	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 1 - Phase 40	
		974173366 Rahu 11:52AM – 1:14PM	Bava Until 1:42AM Thu	Nataraja: Green		2nd Phase	
Creative Work	Siddha Yoga		Dashami Until 1:00PM	Moon – Orange		Devaloka Day	
				Pausha*Thai			

3		Thursday, January 31, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 9 Sutra 291 Vilamba 5120	
Virchika Rasi: 24.5	Tithi 26 – 27	Gulika 9:08AM – 10:30AM	Jyeshtha* Until 3:57PM	Ganesha: Clear	<i>Sunrise:</i> 6:24AM		
		Yama 6:24AM – 7:46AM	Vyaghata* Until 3:13AM Fri	Muruqa: Clear	<i>Sunset:</i> 5:21PM	Moon 1 - Phase 40	
		974173366 Rahu 1:14PM – 2:36PM	Kaulava Until 3:27AM Fri	Nataraja: Green		2nd Phase	
Routine Work	Prabalarishta Yoga		Ekadashi* Until 2:30PM	Moon – Orange		Devaloka Day	
Until 3:57PM				Pausha*Thai			
Then Creative Work - Siddha Yoga							

4		Friday, February 1, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Harshana Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 10 Sutra 292 Vilamba 5120	
Dhanus Rasi: 7.01	Tithi 27 – 28	Gulika 7:46AM – 9:08AM	Mula* Until 6:35PM	Ganesha: White	<i>Sunrise:</i> 6:24AM		
		Yama 2:36PM – 3:58PM	Harshana Until 3:47AM Sat	Muruqa: Clear	<i>Sunset:</i> 5:21PM	Moon 1 - Phase 40	
		984173366 Rahu 10:30AM – 11:52AM	Gara Until 5:38AM Sat	Nataraja: Green		2nd Phase	
Creative Work	Amrita Yoga		Dvadashi* Until 4:28PM	Moon – Light Blue		Bhuloka Day	
Until 6:35PM				Pausha*Thai		Devaloka Time: 12:PM to 3:PM	
Then Routine Work - Prabalarishta Yoga				Pradosha Vrata (Fasting)			

5		Saturday, February 2, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Vajra* Yoga Vanija Karana Trayodashyam Titau		Manama, Bahrain Sun 11 Sutra 293 Vilamba 5120	
Dhanus Rasi: 19.01	Tithi 28	Gulika 6:23AM – 7:46AM	Purvashadha* Until 9:23PM	Ganesha: White	<i>Sunrise:</i> 6:23AM		
		Yama 1:15PM – 2:37PM	Vajra* Until 4:32AM Sun	Muruqa: Clear	<i>Sunset:</i> 5:21PM	Moon 1 - Phase 40	
		984173366 Rahu 9:08AM – 10:30AM	Vanija Until 6:49PM	Nataraja: Green		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 6:49PM	Moon – Light Blue		Bhuloka Day	
Until 9:23PM				Pausha*Thai		Devaloka Time: 12:PM to 3:PM	
Then Routine Work - Marana Yoga							

6		Sunday, February 3, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Siddhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Manama, Bahrain Sun 12 Sutra 294 Vilamba 5120	
Makara Rasi: 0.55	Tithi 29	Gulika 2:37PM – 4:00PM	Uttarashadha Until 12:15AM Mon	Ganesha: White	<i>Sunrise:</i> 6:23AM		
		Yama 11:52AM – 1:15PM	Siddhi Until 5:27AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:22PM	Moon 1 - Phase 40	
		984173366 Rahu 4:00PM – 5:22PM	Visti Until 8:06AM	Nataraja: Green		2nd Phase	
Creative Work	Amrita Yoga		Chaturdashi* Until 9:24PM	Moon – Light Blue		Bhuloka Day	
				Pausha*Thai		Devaloka Time: 12:PM to 3:PM	

Monday, February 4, 2019		Retreat Star		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Shravana Nakshatra Vyatipata* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Manama, Bahrain Sun 13 Sutra 295 Vilamba 5120	
Makara Rasi: 12.44	Tithi 30	Gulika 1:15PM – 2:38PM	Shravana Until 3:32AM Tue	Ganesha: Red	<i>Sunrise:</i> 6:22AM		
Family Home Evening		Yama 10:30AM – 11:53AM	Vyatipata* Until 6:27AM Tue	Muruqa: Clear	<i>Sunset:</i> 5:23PM	Moon 1 - Phase 40	
Creative Work	Amrita Yoga	995173367 Rahu 7:45AM – 9:07AM	Catuspada Until 10:46AM	Nataraja: White		Amavasya	
Until 3:32AM Tue			Amavasya* Until 12:06AM Tue	Moon – Purple		Devaloka Day	
Then Creative Work - Siddha Yoga				Pausha*Thai			

Tuesday, February 5, 2019		Retreat Star		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vyatipata*/Variyan Yoga Kintughna*/Bava Karana Prathamayam Titau		Manama, Bahrain Sun 14 Sutra 296 Vilamba 5120	
Makara Rasi: 24.32	Tithi 1	Gulika 11:53AM – 1:15PM	Dhanishtha Until 6:39AM Wed	Ganesha: Red	<i>Sunrise:</i> 6:22AM		
		Yama 9:07AM – 10:30AM	Vyatipata* Until 6:27AM	Muruqa: Clear	<i>Sunset:</i> 5:23PM	Moon 1 - Phase 40	
		995173367 Rahu 2:38PM – 4:01PM	Kintughna Until 1:29PM	Nataraja: White		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 2:48AM Wed	Moon – Purple		Devaloka Day	
				Magha*Thai			

1	Wednesday, February 6, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Dvityayam Titau				Manama, Bahrain
	Kumbha Rasi: 6.2	Tithi 2	Gulika 10:30AM – 11:53AM	Dhanishtha Until 6:39AM	Ganesha: Red	<i>Sunrise:</i> 6:21AM	Sun 15 Sutra 297
		995173367 Rahu 11:53AM – 1:16PM	Yama 7:44AM – 9:07AM	Variyan Until 7:24AM	Muruqa: Clear	<i>Sunset:</i> 5:24PM	Vilamba 5120
	Routine Work Prabalarishta Yoga			Balava Until 4:09PM	Nataraja: White		Moon 1 - Phase 41
	Until 6:39AM			Dvitiya Until 5:25AM Thu	Moon – Purple		3rd Phase
	Then Creative Work - Siddha Yoga				Magha-Thai	Devaloka Day	

2	Thursday, February 7, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Parigha*/Shiva Yoga Tailila Karana Trityayam Titau				Manama, Bahrain
	Kumbha Rasi: 18.1	Tithi 3	Gulika 9:07AM – 10:30AM	Shatabhishak Until 9:30AM	Ganesha: Red	<i>Sunrise:</i> 6:21AM	Sun 16 Sutra 298
		995173367 Rahu 1:16PM – 2:39PM	Yama 6:21AM – 7:44AM	Parigha* Until 8:18AM	Muruqa: Clear	<i>Sunset:</i> 5:25PM	Vilamba 5120
	Creative Work Siddha Yoga			Taitila Until 6:40PM	Nataraja: White		Moon 1 - Phase 41
				Tritiya Until 7:50AM Fri	Moon – Purple		3rd Phase
					Magha-Thai	Devaloka Day	

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

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

5	Sunday, February 10, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau				Manama, Bahrain
	Meena Rasi: 24.16	Tithi 5 – 6	Gulika 2:40PM – 4:04PM	Revati Until 4:59PM	Ganesha: Red	<i>Sunrise:</i> 6:19AM	Sun 19 Sutra 301
		915273367 Rahu 4:04PM – 5:27PM	Yama 11:53AM – 1:17PM	Sadhya Until 9:47AM	Muruqa: Clear	<i>Sunset:</i> 5:27PM	Vilamba 5120
	Creative Work Amrita Yoga			Kaulava Until 12:23AM Mon	Nataraja: White		Moon 1 - Phase 41
	Until 4:59PM			Panchami Until 11:41AM	Moon – Clear		3rd Phase
	Then Creative Work - Siddha Yoga				Magha-Thai	Devaloka Day	

6	Monday, February 11, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Subha/Sukla Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Manama, Bahrain
	Mesha Rasi: 6.39	Tithi 6 – 7	Gulika 1:17PM – 2:40PM	Ashvini Until 6:45PM	Ganesha: Blue	<i>Sunrise:</i> 6:18AM	Sun 20 Sutra 302
Family Home Evening		925273367 Rahu 7:42AM – 9:06AM	Yama 10:29AM – 11:53AM	Subha Until 9:38AM	Muruqa: Clear	<i>Sunset:</i> 5:28PM	Vilamba 5120
Creative Work Siddha Yoga				Gara Until 1:18AM Tue	Nataraja: White		Moon 1 - Phase 41
				Shashthi* Until 12:54PM	Moon – White		3rd Phase
					Magha-Thai	Bhuloka Day	
						Devaloka Time: 12:PM to 3:PM	

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

D	Wednesday, February 13, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain
	Retreat Star		Gulika 10:29AM – 11:53AM	Krittika Until 7:52PM	Ganesha: Yellow	<i>Sunrise:</i> 6:17AM	Sun 22 Sutra 304
	Vrishabha Rasi: 2.14	Tithi 8 – 9	Yama 7:41AM – 9:05AM	Brahma Until 7:51AM	Muruqa: Clear	<i>Sunset:</i> 5:29PM	Vilamba 5120
		926273367 Rahu 11:53AM – 1:17PM		Balava Until 1:02AM Thu	Nataraja: White		Moon 1 - Phase 41
	Creative Work Amrita Yoga			Ashtami* Until 1:22PM	Moon – White		Navami
	Until 7:52PM				Magha-Masi	Devaloka Day	
	Then Creative Work - Siddha Yoga						

1	Thursday, February 14, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Rohini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 23 Sutra 305 Vilamba 5120	
	Vrishabha Rasi: 15.35	Tithi 9 – 10	936273367	Gulika Yama Rahu	9:05AM – 10:29AM 6:16AM – 7:40AM 1:17PM – 2:41PM	Rohini Until 7:33PM Indra Until 6:07AM Taitila Until 11:45PM Navami* Until 12:28PM	Ganesha: White Muruqa: Clear Nataraja: White Moon – Yellow Magha-Masi	Sunrise: 6:16AM Sunset: 5:30PM Moon 1 - Phase 42 4th Phase Sivaloka Day
	Routine Work Marana Yoga							

2	Friday, February 15, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Mrigashira Nakshatra Vishkambha* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Manama, Bahrain Sun 24 Sutra 306 Vilamba 5120	
	Vrishabha Rasi: 29.23	Tithi 10 – 11	936273367	Gulika Yama Rahu	7:40AM – 9:04AM 2:42PM – 4:06PM 10:29AM – 11:53AM	Mrigashira Until 6:22PM Vishkambha* Until 12:51AM Sat Vanija Until 9:45PM Dashami Until 10:49AM	Ganesha: White Muruqa: Clear Nataraja: White Moon – Yellow Magha-Masi	Sunrise: 6:16AM Sunset: 5:30PM Moon 1 - Phase 42 4th Phase Sivaloka Day
	Creative Work Siddha Yoga							

3	Saturday, February 16, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Ardra/Punarvasu Nakshatra Priti Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau				Manama, Bahrain Sun 25 Sutra 307 Vilamba 5120	
	Mithuna Rasi: 13.37	Tithi 11 – 12	936273367	Gulika Yama Rahu	6:15AM – 7:39AM 1:18PM – 2:42PM 9:04AM – 10:28AM	Ardra Until 4:23PM Priti Until 9:26PM Bava Until 7:07PM Ekadashi Until 8:30AM	Ganesha: White Muruqa: Clear Nataraja: White Moon – Yellow Magha-Masi	Sunrise: 6:15AM Sunset: 5:31PM Moon 1 - Phase 42 4th Phase Sivaloka Day
	Creative Work Siddha Yoga							

4	Sunday, February 17, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu/Pushya Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 308 Vilamba 5120	
	Mithuna Rasi: 28.16	Tithi 13	946273367	Gulika Yama Rahu	2:42PM – 4:07PM 11:53AM – 1:18PM 4:07PM – 5:32PM	Punarvasu Until 2:09PM Ayushman Until 5:36PM Kaulava Until 3:58PM Trayodashi Until 2:14AM Mon <i>Pradosha Vrata</i>	Ganesha: Clear Muruqa: Clear Nataraja: White Moon – Blue Magha-Masi	Sunrise: 6:14AM Sunset: 5:32PM Moon 1 - Phase 42 4th Phase Devaloka Day
	Creative Work Siddha Yoga							

5	Monday, February 18, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 309 Vilamba 5120	
	Kataka Rasi: 13.14	Tithi 14	946273367	Gulika Yama Rahu	1:18PM – 2:43PM 10:28AM – 11:53AM 7:38AM – 9:03AM	Pushya Until 11:24AM Saubhagya Until 1:29PM Gara Until 12:27PM Chaturdashi* Until 10:35PM	Ganesha: Clear Muruqa: Clear Nataraja: White Moon – Blue Magha-Masi	Sunrise: 6:13AM Sunset: 5:32PM Moon 1 - Phase 42 4th Phase Devaloka Day
	Family Home Evening Creative Work Siddha Yoga							

	Tuesday, February 19, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Purnimayam Titau				Manama, Bahrain Sutra 310 Vilamba 5120			
	Copper Retreat Star		Kataka Rasi: 28.26	Tithi 15	946273367	Gulika Yama Rahu	11:53AM – 1:18PM 9:03AM – 10:28AM 2:43PM – 4:08PM	Ashlesha* Until 8:18AM Sobhana Until 9:12AM Visti Until 8:43AM Purnima* Until 6:48PM	Ganesha: Clear Muruqa: Clear Nataraja: White Moon – Blue Magha-Masi	Sunrise: 6:12AM Sunset: 5:33PM Moon 1 - Phase 42 Purnima Devaloka Day
	Creative Work Siddha Yoga									

○	Wednesday, February 20, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaphalguni Nakshatra Sukarma Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Manama, Bahrain Sutra 311 Vilamba 5120			
	Silver Retreat Star		Simha Rasi: 13.42	Tithi 16 – 17	957273367	Gulika Yama Rahu	10:27AM – 11:53AM 7:37AM – 9:02AM 11:53AM – 1:18PM	Purvaphalguni Until 2:30AM Thu Sukarma Until 12:38AM Thu Taitila Until 1:15AM Thu Prathama* Until 3:03PM	Ganesha: Clear Muruqa: Clear Nataraja: White Moon – Red Magha-Masi	Sunrise: 6:12AM Sunset: 5:34PM Moon 1 - Phase 42 Prathama Devaloka Day
	Creative Work Amrita Yoga									

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



Thursday, February 21, 2019

Gold Retreat Star

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

Manama, Bahrain

Sun 1 Sutra 312

Vilamba 5120

Moon 2 - Phase 43

1st Phase

Simha Rasi: 28.5 Tithi 17 - 18

957273367

Gulika

9:02AM - 10:27AM

Yama

6:11AM - 7:36AM

Rahu

1:18PM - 2:43PM

Amrita Yoga

Until 11:46PM

Then Routine Work - Marana Yoga

Uttaraphalguni Until 11:46PM

Dhriti Until 8:40PM

Vanija Until 9:53PM

Dvitiya Until 11:30AM

Ganesha: Clear

Sunrise: 6:11AM

Muruqa: Clear

Sunset: 5:34PM

Nataraja: White

Moon - Red

Magha-Masi

Devaloka Day

Friday, February 22, 2019

1

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam
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 Tithi 18 - 19

967273367

Gulika

7:36AM - 9:01AM

Yama

2:44PM - 4:09PM

Rahu

10:27AM - 11:52AM

Creative Work Amrita Yoga

Until 9:47PM

Then Creative Work - Siddha Yoga

Maha Sankatahara Chaturthi

Hasta Until 9:47PM

Shula* Until 5:01PM

Bava Until 6:57PM

Tritiya Until 8:20AM

Ganesha: White

Sunrise: 6:10AM

Muruqa: Clear

Sunset: 5:35PM

Nataraja: White

Moon - Green

Magha-Masi

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

Saturday, February 23, 2019

2

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

Manama, Bahrain

Sun 3 Sutra 314

Vilamba 5120

Moon 2 - Phase 43

1st Phase

Kanya Rasi: 28.14 Tithi 20

967273367

Gulika

6:09AM - 7:35AM

Yama

1:18PM - 2:44PM

Rahu

9:01AM - 10:27AM

Routine Work Marana Yoga

Until 8:16PM

Then Creative Work - Siddha Yoga

Chitra Until 8:16PM

Ganda* Until 1:53PM

Kaulava Until 4:38PM

Panchami Until 3:43AM Sun

Ganesha: White

Sunrise: 6:09AM

Muruqa: Clear

Sunset: 5:36PM

Nataraja: White

Moon - Green

Magha-Masi

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

Sunday, February 24, 2019

3

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Svati Nakshatra Vridhi/Dhruva Yoga Gara/Vanija Karana Shashthyam Titau

Manama, Bahrain

Sun 4 Sutra 315

Vilamba 5120

Moon 2 - Phase 43

1st Phase

Tula Rasi: 12.17 Tithi 21

967273367

Gulika

2:44PM - 4:10PM

Yama

11:52AM - 1:18PM

Rahu

4:10PM - 5:36PM

Creative Work Siddha Yoga

Until 7:21PM

Then Routine Work - Marana Yoga

Svati Until 7:21PM

Vridhi Until 11:20AM

Gara Until 3:03PM

Shashthi* Until 2:33AM Mon

Ganesha: White

Sunrise: 6:08AM

Muruqa: Clear

Sunset: 5:36PM

Nataraja: White

Moon - Green

Magha-Masi

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

Monday, February 25, 2019

4

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam
Vishakha Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Saplamyam Titau

Manama, Bahrain

Sun 5 Sutra 316

Vilamba 5120

Moon 2 - Phase 43

1st Phase

Tula Rasi: 25.52 Tithi 22

977273367

Gulika

1:18PM - 2:44PM

Yama

10:26AM - 11:52AM

Rahu

7:34AM - 9:00AM

Routine Work Marana Yoga

Until 7:34PM

Then Creative Work - Siddha Yoga

Vishakha Until 7:34PM

Dhruva Until 9:25AM

Visti Until 2:18PM

Saptami Until 2:14AM Tue

Ganesha: Yellow

Sunrise: 6:07AM

Muruqa: Clear

Sunset: 5:37PM

Nataraja: White

Moon - Orange

Magha-Masi

Devaloka Day

Tuesday, February 26, 2019

●

Retreat Star

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

Manama, Bahrain

Sun 6 Sutra 317

Vilamba 5120

Moon 2 - Phase 43

Ashtami

Vrischika Rasi: 8.58 Tithi 23

977273367

Gulika

11:52AM - 1:18PM

Yama

8:59AM - 10:26AM

Rahu

2:45PM - 4:11PM

Creative Work Siddha Yoga

Until 8:29PM

Then Routine Work - Marana Yoga

Anuradha Until 8:29PM

Vyaghata* Until 8:11AM

Balava Until 2:26PM

Ashtami* Until 2:47AM Wed

Ganesha: Yellow

Sunrise: 6:07AM

Muruqa: Clear

Sunset: 5:37PM

Nataraja: White

Moon - Orange

Magha-Masi

Devaloka Day

Wednesday, February 27, 2019

Retreat Star

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

Manama, Bahrain

Sun 7 Sutra 318

Vilamba 5120

Moon 2 - Phase 43

Navami

Vrischika Rasi: 21.38 Tithi 24

978273367

Gulika

10:25AM - 11:52AM

Yama

7:32AM - 8:59AM

Rahu

11:52AM - 1:18PM

Creative Work Siddha Yoga

Until 10:01PM

Then Routine Work - Marana Yoga

Jyeshtha* Until 10:01PM

Harshana Until 7:39AM

Taitila Until 3:23PM

Navami* Until 4:08AM Thu

Ganesha: Blue

Sunrise: 6:06AM

Muruqa: Clear

Sunset: 5:38PM

Nataraja: White

Moon - Orange

Magha-Masi

Sivaloka Day

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

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

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

4		Sunday, March 3, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Variyan/Parigha* Yoga Tailila/Gara Karana Dvodashi/Trayodashyam Titau		Manama, Bahrain Sun 11 Sutra 322	
Makara Rasi: 9.45	Tithi 27 – 28	Gulika	2:46PM – 4:13PM	Uttarashadha Until 6:19AM	Ganesha: Red	Sunrise: 6:01AM	Vilamba 5120
		Yama	11:51AM – 1:18PM	Variyan Until 9:58AM	Muruqa: Clear	Sunset: 5:41PM	Moon 2 - Phase 44
		988273367 Rahu	4:13PM – 5:41PM	Gara Until 12:39AM Mon	Nataraja: White		2nd Phase
Creative Work	Amrita Yoga			Dvodashi* Until 11:15AM	Moon – Light Blue		Devaloka Day
					Magha-Masi		

Pradosha Vrata (Fasting)

5		Monday, March 4, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Parigha*/Shiva Yoga Vanija/Visiti* Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 12 Sutra 323	
Makara Rasi: 21.31	Tithi 28 – 29	Gulika	1:18PM – 2:46PM	Shravana Until 9:40AM	Ganesha: Yellow	Sunrise: 6:00AM	Vilamba 5120
Family Home Evening		Yama	10:23AM – 11:51AM	Parigha* Until 11:02AM	Muruqa: Clear	Sunset: 5:41PM	Moon 2 - Phase 44
		998273367 Rahu	7:28AM – 8:55AM	Visti Until 3:22AM Tue	Nataraja: White		2nd Phase
Creative Work	Amrita Yoga			Trayodashi* Until 2:00PM	Moon – Purple		Devaloka Day
Until 9:40AM					Magha-Masi		
Then Creative Work - Siddha Yoga		Mahasivaratri (Lunar)					
		Mahasivaratri (Solar)					

6		Tuesday, March 5, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shiva/Siddha Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Manama, Bahrain Sun 13 Sutra 324	
Kumbha Rasi: 3.19	Tithi 29 – 30	Gulika	11:50AM – 1:18PM	Dhanishtha Until 12:47PM	Ganesha: Clear	Sunrise: 5:59AM	Vilamba 5120
		Yama	8:55AM – 10:23AM	Shiva Until 12:03PM	Muruqa: Clear	Sunset: 5:42PM	Moon 2 - Phase 44
		199273367 Rahu	2:46PM – 4:14PM	Catuspada Until 5:56AM Wed	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga			Chaturdashi* Until 4:39PM	Moon – Purple		Devaloka Day
Until 12:47PM					Magha-Masi		
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, March 6, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddha/Sadhya Yoga Naga* Karana Amavasyayam Titau		Manama, Bahrain Sun 14 Sutra 325	
Kumbha Rasi: 15.1	Tithi 30	Gulika	10:22AM – 11:50AM	Shatabhishak Until 3:33PM	Ganesha: Clear	Sunrise: 5:58AM	Vilamba 5120
		Yama	7:26AM – 8:54AM	Siddha Until 12:53PM	Muruqa: Clear	Sunset: 5:42PM	Moon 2 - Phase 44
		199273367 Rahu	11:50AM – 1:18PM	Naga Until 7:06PM	Nataraja: White		Amavasya
Creative Work	Siddha Yoga			Amavasya* Until 7:06PM	Moon – Purple		Devaloka Day
Until 3:33PM					Magha-Masi		
Then Creative Work - Amrita Yoga							

Retreat Star		Thursday, March 7, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Kintughna*/Bava Karana Prathamayam Titau		Manama, Bahrain Sun 15 Sutra 326	
Kumbha Rasi: 27.07	Tithi 1	Gulika	8:54AM – 10:22AM	Purvaproshtapada* Until 6:24PM	Ganesha: Yellow	Sunrise: 5:57AM	Vilamba 5120
		Yama	5:57AM – 7:25AM	Sadhya Until 1:32PM	Muruqa: Clear	Sunset: 5:43PM	Moon 2 - Phase 44
		119373367 Rahu	1:18PM – 2:46PM	Kintughna Until 8:14AM	Nataraja: White		Prathama
Creative Work	Siddha Yoga			Prathama* Until 9:15PM	Moon – Clear		Devaloka Day
					Phalgun-Masi		

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

1		Friday, March 8, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Dvitiyayam Titau			Manama, Bahrain Sun 16 Sutra 327 Vilamba 5120
Meena Rasi: 9.1	Tithi 2	Gulika 7:24AM – 8:53AM	Uttaraproshtapada Until 8:46PM	Ganesha: Yellow	<i>Sunrise:</i> 5:56AM	Muruqa: Clear	<i>Sunset:</i> 5:43PM
		Yama 2:47PM – 4:15PM	Subha Until 1:58PM	Nataraja: White		Moon 2 - Phase 45	3rd Phase
Creative Work	Siddha Yoga	119373367 Rahu 10:21AM – 11:50AM	Balava Until 10:13AM	Moon – Clear		Devaloka Day	
			Dvitiya Until 11:04PM	Phalguna-Masi			
2		Saturday, March 9, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Sukla/Brahma Yoga Taitila/Gara Karana Tritiyayam Titau			Manama, Bahrain Sun 17 Sutra 328 Vilamba 5120
Meena Rasi: 21.22	Tithi 3	Gulika 5:55AM – 7:24AM	Revati Until 10:38PM	Ganesha: Yellow	<i>Sunrise:</i> 5:55AM	Muruqa: Clear	<i>Sunset:</i> 5:44PM
		Yama 1:18PM – 2:47PM	Sukla Until 2:07PM	Nataraja: White		Moon 2 - Phase 45	3rd Phase
Routine Work	Prabalarishta Yoga	119373367 Rahu 8:52AM – 10:21AM	Taitila Until 11:53AM	Moon – Clear		Devaloka Day	
Until 10:38PM			Tritiya Until 12:33AM Sun	Phalguna-Masi			
Then Creative Work - Siddha Yoga		Subramuniyaswami Siva Vision Day					
3		Sunday, March 10, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Brahma/Indra Yoga Vanija/Visi* Karana Chaturthyam Titau			Manama, Bahrain Sun 18 Sutra 329 Vilamba 5120
Mesha Rasi: 3.43	Tithi 4	Gulika 2:47PM – 4:16PM	Ashvini Until 12:27AM Mon	Ganesha: Red	<i>Sunrise:</i> 5:54AM	Muruqa: Clear	<i>Sunset:</i> 5:45PM
		Yama 11:49AM – 1:18PM	Brahma Until 1:59PM	Nataraja: White		Moon 2 - Phase 45	3rd Phase
Creative Work	Siddha Yoga	129373367 Rahu 4:16PM – 5:45PM	Vanija Until 1:09PM	Moon – White		Devaloka Day	
			Chaturthi* Until 1:38AM Mon	Phalguna-Masi			
4		Monday, March 11, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Indra/Validhriti* Yoga Bava/Balava Karana Panchamyam Titau			Manama, Bahrain Sun 19 Sutra 330 Vilamba 5120
Mesha Rasi: 16.14	Tithi 5	Gulika 1:18PM – 2:47PM	Bharani Until 1:41AM Tue	Ganesha: Red	<i>Sunrise:</i> 5:53AM	Muruqa: Clear	<i>Sunset:</i> 5:45PM
Family Home Evening		Yama 10:20AM – 11:49AM	Indra Until 1:34PM	Nataraja: White		Moon 2 - Phase 45	3rd Phase
Creative Work	Siddha Yoga	129373367 Rahu 7:22AM – 8:51AM	Bava Until 2:01PM	Moon – White		Devaloka Day	
			Panchami Until 2:16AM Tue	Phalguna-Masi			
5		Tuesday, March 12, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Shashthyam Titau			Manama, Bahrain Sun 20 Sutra 331 Vilamba 5120
Mesha Rasi: 28.58	Tithi 6	Gulika 11:49AM – 1:18PM	Krittika Until 2:17AM Wed	Ganesha: Red	<i>Sunrise:</i> 5:52AM	Muruqa: Clear	<i>Sunset:</i> 5:46PM
		Yama 8:50AM – 10:20AM	Vaidhriti* Until 12:45PM	Nataraja: White		Moon 2 - Phase 45	3rd Phase
Creative Work	Siddha Yoga	129373367 Rahu 2:47PM – 4:16PM	Kaulava Until 2:25PM	Moon – White		Devaloka Day	
			Shashthi* Until 2:24AM Wed	Phalguna-Masi			
6		Wednesday, March 13, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Saplamyam Titau			Manama, Bahrain Sun 21 Sutra 332 Vilamba 5120
Vrishabha Rasi: 11.56	Tithi 7	Gulika 10:19AM – 11:48AM	Rohini Until 2:39AM Thu	Ganesha: Purple	<i>Sunrise:</i> 5:51AM	Muruqa: Clear	<i>Sunset:</i> 5:46PM
		Yama 7:20AM – 8:50AM	Vishkambha* Until 11:33AM	Nataraja: White		Moon 2 - Phase 45	3rd Phase
Creative Work	Siddha Yoga	131373367 Rahu 11:48AM – 1:18PM	Gara Until 2:17PM	Moon – Yellow		Sivaloka Day	
Until 2:39AM Thu			Saptami Until 1:59AM Thu	Phalguna-Masi			
Then Routine Work - Marana Yoga							
☾		Thursday, March 14, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Priti/Ayushman Yoga Visi*/Bava Karana Ashtamyam Titau			Manama, Bahrain Sun 22 Sutra 333 Vilamba 5120
Retreat Star		Gulika 8:49AM – 10:19AM	Mrigashira Until 2:15AM Fri	Ganesha: Purple	<i>Sunrise:</i> 5:50AM	Muruqa: Clear	<i>Sunset:</i> 5:47PM
Vrishabha Rasi: 25.11	Tithi 8	Yama 5:50AM – 7:19AM	Priti Until 9:54AM	Nataraja: White		Moon 2 - Phase 45	Ashtami
Routine Work	Marana Yoga	131373367 Rahu 1:18PM – 2:47PM	Visi* Until 1:33PM	Moon – Yellow		Sivaloka Day	
Until 2:15AM Fri			Ashtami* Until 12:56AM Fri	Phalguna-Masi			
Then Creative Work - Siddha Yoga							
☽		Friday, March 15, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Ayushmani/Saubhagya Yoga Balava/Kaulava Karana Navamyam Titau			Manama, Bahrain Sun 23 Sutra 334 Vilamba 5120
Retreat Star		Gulika 7:19AM – 8:48AM	Ardra Until 1:07AM Sat	Ganesha: Purple	<i>Sunrise:</i> 5:49AM	Muruqa: Clear	<i>Sunset:</i> 5:47PM
Mithuna Rasi: 8.48	Tithi 9	Yama 2:47PM – 4:17PM	Ayushman Until 7:44AM	Nataraja: Clear		Moon 2 - Phase 45	Navami
Creative Work	Siddha Yoga	131373368 Rahu 10:18AM – 11:48AM	Balava Until 12:12PM	Moon – Yellow		Subha Sivaloka Day	
			Navami* Until 11:17PM	Phalguna-Panguni			
		Karadaiyan Nombu (Tamil Nadu)					

1	Saturday, March 16, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu Nakshatra Sobhana Yoga Taitila/Gara Karana Dashamyam Titau				Manama, Bahrain Sun 24 Sutra 335 Vilamba 5120
	Mithuna Rasi: 22.47	Tithi 10	Gulika 5:48AM – 7:18AM	Punarvasu Until 11:41PM	Ganesha: Clear	<i>Sunrise:</i> 5:48AM	
			Yama 1:18PM – 2:48PM	Sobhana Until 2:00AM Sun	Muruqa: Clear	<i>Sunset:</i> 5:48PM	Moon 2 - Phase 46
	Creative Work	Siddha Yoga	141373368 Rahu 8:48AM – 10:18AM	Taitila Until 10:14AM	Nataraja: Clear		4th Phase
			Dashami Until 9:02PM	Moon – Blue		Sivaloka Day	
				Phalguna•Panguni			

2	Sunday, March 17, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Athiganda* Yoga Vanija/Visti* Karana Ekadashyam Titau				Manama, Bahrain Sun 25 Sutra 336 Vilamba 5120
	Kataka Rasi: 7.08	Tithi 11	Gulika 2:48PM – 4:18PM	Pushya Until 9:36PM	Ganesha: Clear	<i>Sunrise:</i> 5:47AM	
			Yama 11:47AM – 1:18PM	Athiganda* Until 10:29PM	Muruqa: Clear	<i>Sunset:</i> 5:48PM	Moon 2 - Phase 46
	Creative Work	Siddha Yoga	141373368 Rahu 4:18PM – 5:48PM	Vanija Until 7:44AM	Nataraja: Clear		4th Phase
			Ekadashi Until 6:16PM	Moon – Blue		Sivaloka Day	
				Phalguna•Panguni			

3	Monday, March 18, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam 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	Gulika 1:17PM – 2:48PM	Ashlesha* Until 7:01PM	Ganesha: Clear	<i>Sunrise:</i> 5:46AM	
	Family Home Evening		Yama 10:17AM – 11:47AM	Sukarma Until 6:40PM	Muruqa: Clear	<i>Sunset:</i> 5:48PM	Moon 2 - Phase 46
	Creative Work	Siddha Yoga	141373368 Rahu 7:16AM – 8:46AM	Kaulava Until 1:26AM Tue	Nataraja: Clear		4th Phase
Until 7:01PM		Yogaswami Mahasamadhi	Dvadashi Until 3:07PM	Moon – Blue		Sivaloka Day	
Then Routine Work - Marana Yoga			<i>Pradosha Vrata</i>	Phalguna•Panguni			

4	Tuesday, March 19, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Magha*/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	Gulika 11:47AM – 1:17PM	Magha* Until 4:27PM	Ganesha: White	<i>Sunrise:</i> 5:45AM	
			Yama 8:46AM – 10:16AM	Dhriti Until 2:40PM	Muruqa: Clear	<i>Sunset:</i> 5:49PM	Moon 2 - Phase 46
	Creative Work	Siddha Yoga	151373368 Rahu 2:48PM – 4:18PM	Gara Until 9:56PM	Nataraja: Clear		4th Phase
			Trayodashi Until 11:41AM	Moon – Red		Subha Sivaloka Day	
				Phalguna•Panguni			

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

○	Thursday, March 21, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Prathamayam Titau				Manama, Bahrain Sutra 340 Vilamba 5120
	Silver Retreat Star		Gulika 8:44AM – 10:15AM	Uttaraphalguni Until 10:50AM	Ganesha: White	<i>Sunrise:</i> 5:42AM	
	Kanya Rasi: 6.53	Tithi 16	Yama 5:42AM – 7:13AM	Ganda* Until 6:31AM	Muruqa: Clear	<i>Sunset:</i> 5:50PM	Moon 2 - Phase 46
	Creative Work	Amrita Yoga	151373368 Rahu 1:17PM – 2:48PM	Balava Until 2:57PM	Nataraja: Clear		Prathama
Until 10:50AM			Prathama* Until 1:19AM Fri	Moon – Red		Subha Sivaloka Day	
Then Routine Work - Marana Yoga				Phalguna•Panguni			

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



Friday, March 22, 2019
Gold Retreat Star

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam
Hasta/Chitra Nakshatra Dhruva Yoga Taitila/Gara Karana Dvitiyayam Titau

Manama, Bahrain
Sutra 341
Vilamba 5120
Moon 3 - Phase 47
1st Phase

Kanya Rasi: 21.46 Tithi 17

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

Hasta **Until 8:33AM**
Dhruva **Until 11:08PM**
Taitila **Until 11:49AM**
Dvitiya **Until 10:24PM**

Ganesha: Yellow *Sunrise:* 5:41AM
Muruqa: White *Sunset:* 5:50PM
Nataraja: Clear
Moon – Green
Phalguna-Panguni

Devaloka Day

Creative Work Amrita Yoga
Until 8:33AM
Then Creative Work - Siddha Yoga

1

Saturday, March 23, 2019

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam
Chitra/Svatil Nakshatra Vyaghata* Yoga Vanija/Visli* Karana Tritiyayam Titau

Manama, Bahrain
Sun 1 Sutra 342
Vilamba 5120
Moon 3 - Phase 47
1st Phase

Tula Rasi: 6.19 Tithi 18

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

Chitra **Until 6:33AM**
Vyaghata* **Until 8:03PM**
Vanija **Until 9:09AM**
Tritiya **Until 8:02PM**

Ganesha: Blue *Sunrise:* 5:40AM
Muruqa: White *Sunset:* 5:51PM
Nataraja: Clear
Moon – Green
Phalguna-Panguni

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Routine Work Marana Yoga
Until 6:33AM
Then Creative Work - Siddha Yoga

2

Sunday, March 24, 2019

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam
Vishakha Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Chaturthyam Titau

Manama, Bahrain
Sun 2 Sutra 343
Vilamba 5120
Moon 3 - Phase 47
1st Phase

Tula Rasi: 20.28 Tithi 19

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

Vishakha **Until 4:31AM Mon**
Harshana **Until 5:33PM**
Bava **Until 7:07AM**
Chaturthi* **Until 6:21PM**

Ganesha: Red *Sunrise:* 5:39AM
Muruqa: White *Sunset:* 5:51PM
Nataraja: Clear
Moon – Orange
Phalguna-Panguni

Devaloka Day

Routine Work Marana Yoga
Until 4:31AM Mon
Then Creative Work - Siddha Yoga

3

Monday, March 25, 2019

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam
Anuradha Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Manama, Bahrain
Sun 3 Sutra 344
Vilamba 5120
Moon 3 - Phase 47
1st Phase

Vrischika Rasi: 4.09 Tithi 20 – 21

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

Anuradha **Until 4:43AM Tue**
Vajra* **Until 3:41PM**
Gara **Until 5:24AM Tue**
Panchami **Until 5:29PM**

Ganesha: Red *Sunrise:* 5:38AM
Muruqa: White *Sunset:* 5:52PM
Nataraja: Clear
Moon – Orange
Phalguna-Panguni

Devaloka Day

Family Home Evening
Creative Work Siddha Yoga
Until 4:43AM Tue
Then Routine Work - Marana Yoga

4

Tuesday, March 26, 2019

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

Manama, Bahrain
Sun 4 Sutra 345
Vilamba 5120
Moon 3 - Phase 47
1st Phase

Vrischika Rasi: 17.21 Tithi 21 – 22

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

Jyeshtha* **Until 5:37AM Wed**
Siddhi **Until 2:31PM**
Visli **Until 5:52AM Wed**
Shashthi* **Until 5:30PM**

Ganesha: Red *Sunrise:* 5:37AM
Muruqa: White *Sunset:* 5:52PM
Nataraja: Clear
Moon – Orange
Phalguna-Panguni

Devaloka Day

Routine Work Marana Yoga

5

Wednesday, March 27, 2019

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam
Mula* Nakshatra Vyatipata*/Variyan Yoga Bava Karana Saptamyam Titau

Manama, Bahrain
Sun 5 Sutra 346
Vilamba 5120
Moon 3 - Phase 47
1st Phase

Dhanus Rasi: 0.06 Tithi 22

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

Mula* **Until 7:38AM Thu**
Vyatipata* **Until 2:02PM**
Bava **Until 6:24PM**
Saptami **Until 6:24PM**

Ganesha: Green *Sunrise:* 5:36AM
Muruqa: White *Sunset:* 5:53PM
Nataraja: Clear
Moon – Light Blue
Phalguna-Panguni

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Routine Work Marana Yoga
Until 7:38AM Thu
Then Creative Work - Siddha Yoga

D

Thursday, March 28, 2019

Retreat Star

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam
Mula*/Purvashadha* Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Ashtamyam Titau

Manama, Bahrain
Sun 6 Sutra 347
Vilamba 5120
Moon 3 - Phase 47
Ashtami

Dhanus Rasi: 12.29 Tithi 23

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

Mula* **Until 7:38AM**
Variyan **Until 2:09PM**
Balava **Until 7:10AM**
Ashtami* **Until 8:04PM**

Ganesha: Green *Sunrise:* 5:35AM
Muruqa: White *Sunset:* 5:53PM
Nataraja: Clear
Moon – Light Blue
Phalguna-Panguni

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Creative Work Siddha Yoga

Friday, March 29, 2019

Retreat Star

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvashadha*/Uttarashadha Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Navamyam Titau

Manama, Bahrain
Sun 7 Sutra 348
Vilamba 5120
Moon 3 - Phase 47
Navami

Dhanus Rasi: 24.35 Tithi 24

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

Purvashadha* **Until 10:10AM**
Parigha* **Until 2:45PM**
Taitila **Until 9:09AM**
Navami* **Until 10:19PM**

Ganesha: Green *Sunrise:* 5:34AM
Muruqa: Yellow *Sunset:* 5:54PM
Nataraja: Purple
Moon – Light Blue
Phalguna-Panguni

Devaloka Day

Routine Work Prabalarishta Yoga
Until 10:10AM
Then Routine Work - Marana Yoga

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

All times are standard time

www.gurudeva.org/panchang

1		Saturday, March 30, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Dashamyam Titau			Manama, Bahrain Sun 8 Sutra 349 Vilamba 5120
Makara Rasi: 6.29	Tithi 25	Gulika 5:33AM – 7:05AM	Uttarashadha Until 12:57PM	Ganesha: Green	<i>Sunrise:</i> 5:33AM		
		Yama 1:16PM – 2:49PM	Shiva Until 3:42PM	Muruqa: Yellow	<i>Sunset:</i> 5:54PM		Moon 3 - Phase 48
		182383468 Rahu 8:38AM – 10:11AM	Vanija Until 11:36AM	Nataraja: Purple			2nd Phase
Routine Work	Marana Yoga		Dashami Until 12:54AM Sun	Moon – Light Blue		Devaloka Day	
Until 12:57PM				Phalguna-Panguni			
Then Creative Work - Siddha Yoga							

2		Sunday, March 31, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Ekadashyam Titau			Manama, Bahrain Sun 9 Sutra 350 Vilamba 5120
Makara Rasi: 18.17	Tithi 26	Gulika 2:49PM – 4:22PM	Shravana Until 4:17PM	Ganesha: Orange	<i>Sunrise:</i> 5:32AM		
		Yama 11:43AM – 1:16PM	Siddha Until 4:45PM	Muruqa: Yellow	<i>Sunset:</i> 5:55PM		Moon 3 - Phase 48
		192383468 Rahu 4:22PM – 5:55PM	Bava Until 2:17PM	Nataraja: Purple			2nd Phase
Creative Work	Amrita Yoga		Ekadashi* Until 3:36AM Mon	Moon – Purple		Sivaloka Day	
Until 4:17PM				Phalguna-Panguni			
Then Routine Work - Marana Yoga							

3		Monday, April 1, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Sadhya/Subha Yoga Kaulava/Taitila Karana Dvadashyam Titau			Manama, Bahrain Sun 10 Sutra 351 Vilamba 5120
Kumbha Rasi: 0.04	Tithi 27	Gulika 1:16PM – 2:49PM	Dhanishtha Until 7:25PM	Ganesha: Green	<i>Sunrise:</i> 5:32AM		
Family Home Evening		Yama 10:10AM – 11:43AM	Sadhya Until 5:47PM	Muruqa: Yellow	<i>Sunset:</i> 5:55PM		Moon 3 - Phase 48
		192483468 Rahu 7:05AM – 8:37AM	Kaulava Until 4:56PM	Nataraja: Purple			2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 6:11AM Tue	Moon – Purple		Subha Sivaloka Day	
				Phalguna-Panguni			

4		Tuesday, April 2, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam 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	Gulika 11:43AM – 1:16PM	Shatabhishak Until 10:10PM	Ganesha: Green	<i>Sunrise:</i> 5:31AM		
		Yama 8:37AM – 10:10AM	Subha Until 6:41PM	Muruqa: Yellow	<i>Sunset:</i> 5:55PM		Moon 3 - Phase 48
		192483468 Rahu 2:49PM – 4:22PM	Gara Until 7:23PM	Nataraja: Purple			2nd Phase
Routine Work	Marana Yoga		Dvadashi* Until 6:11AM	Moon – Purple		Subha Sivaloka Day	
				Phalguna-Panguni			
				<i>Pradosha Vrata (Fasting)</i>			

5		Wednesday, April 3, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Sukla Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau			Manama, Bahrain Sun 12 Sutra 353 Vilamba 5120
Kumbha Rasi: 23.49	Tithi 28 – 29	Gulika 10:09AM – 11:43AM	Purvaproshtapada* Until 12:55AM Thu	Ganesha: Orange	<i>Sunrise:</i> 5:30AM		
		Yama 7:03AM – 8:36AM	Sukla Until 7:17PM	Muruqa: Yellow	<i>Sunset:</i> 5:56PM		Moon 3 - Phase 48
		112483468 Rahu 11:43AM – 1:16PM	Visti Until 9:30PM	Nataraja: Purple			2nd Phase
Creative Work	Amrita Yoga		Trayodashi* Until 8:28AM	Moon – Clear		Sivaloka Day	
Until 12:55AM Thu				Phalguna-Panguni			
Then Creative Work - Siddha Yoga							

Retreat Star		Thursday, April 4, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Brahma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau			Manama, Bahrain Sun 13 Sutra 354 Vilamba 5120
Meena Rasi: 5.53	Tithi 29 – 30	Gulika 8:35AM – 10:09AM	Uttaraproshtapada Until 3:06AM Fri	Ganesha: Orange	<i>Sunrise:</i> 5:28AM		
		Yama 5:28AM – 7:02AM	Brahma Until 7:36PM	Muruqa: Yellow	<i>Sunset:</i> 5:56PM		Moon 3 - Phase 48
		112483468 Rahu 1:16PM – 2:49PM	Catuspada Until 11:11PM	Nataraja: Purple			Amavasya
Creative Work	Siddha Yoga		Chaturdashi* Until 10:22AM	Moon – Clear		Sivaloka Day	
				Phalguna-Panguni			

Retreat Star		Friday, April 5, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Indra Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Manama, Bahrain Sun 14 Sutra 355 Vilamba 5120
Meena Rasi: 18.09	Tithi 30 – 1	Gulika 7:01AM – 8:35AM	Revati Until 4:42AM Sat	Ganesha: Orange	<i>Sunrise:</i> 5:27AM		
		Yama 2:49PM – 4:23PM	Indra Until 7:37PM	Muruqa: Yellow	<i>Sunset:</i> 5:57PM		Moon 3 - Phase 48
		112483468 Rahu 10:08AM – 11:42AM	Kintughna Until 12:27AM Sat	Nataraja: Purple			Prathama
Creative Work	Siddha Yoga		Amavasya* Until 11:51AM	Moon – Clear		Sivaloka Day	
		Yugadhi		Chaitra-Panguni			

1		Saturday, April 6, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam 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	Gulika 5:26AM – 7:00AM	Ashvini Until 6:13AM Sun	Ganesha: Purple	<i>Sunrise:</i> 5:26AM				
		Yama 1:15PM – 2:49PM	Vaidhriti* Until 7:15PM	Muruqa: Yellow	<i>Sunset:</i> 5:57PM				Moon 3 - Phase 49
		123483468 Rahu 8:34AM – 10:08AM	Balava Until 1:17AM Sun	Nataraja: Purple					3rd Phase
Creative Work	Siddha Yoga			Moon – White				Devaloka Day	
Until 6:13AM Sun		Chellappaswami Mahasamadh	Prathama* Until 12:54PM	Chaitra-Panguni					
Then Routine Work - Prabalarishta Yoga									

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	Gulika 2:49PM – 4:23PM	Ashvini Until 6:13AM	Ganesha: Purple	<i>Sunrise:</i> 5:25AM				
		Yama 11:41AM – 1:15PM	Vishkambha* Until 6:36PM	Muruqa: Yellow	<i>Sunset:</i> 5:57PM				Moon 3 - Phase 49
		123483468 Rahu 4:23PM – 5:57PM	Taitila Until 1:42AM Mon	Nataraja: Purple					3rd Phase
Creative Work	Siddha Yoga			Moon – White				Devaloka Day	
Until 6:13AM			Dvitiya Until 1:31PM	Chaitra-Panguni					
Then Routine Work - Prabalarishta Yoga									

3		Monday, April 8, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau		Manama, Bahrain Sun 17 Sutra 358 Vilamba 5120	
Mesha Rasi: 26.01	Tithi 3 – 4	Gulika 1:15PM – 2:50PM	Bharani Until 7:12AM	Ganesha: Purple	<i>Sunrise:</i> 5:24AM				
Family Home Evening		Yama 10:07AM – 11:41AM	Priti Until 5:40PM	Muruqa: Yellow	<i>Sunset:</i> 5:58PM				Moon 3 - Phase 49
		123483468 Rahu 6:58AM – 8:33AM	Vanija Until 1:45AM Tue	Nataraja: Purple					3rd Phase
Creative Work	Siddha Yoga			Moon – White				Devaloka Day	
Until 7:12AM			Tritiya Until 1:45PM	Chaitra-Panguni					
Then Routine Work - Marana Yoga									

4		Tuesday, April 9, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Manama, Bahrain Sun 18 Sutra 359 Vilamba 5120	
Vrishabha Rasi: 9	Tithi 4 – 5	Gulika 11:41AM – 1:15PM	Krittika Until 7:39AM	Ganesha: Purple	<i>Sunrise:</i> 5:23AM				
		Yama 8:32AM – 10:06AM	Ayushman Until 4:25PM	Muruqa: Yellow	<i>Sunset:</i> 5:58PM				Moon 3 - Phase 49
		123483468 Rahu 2:50PM – 4:24PM	Bava Until 1:26AM Wed	Nataraja: Purple					3rd Phase
Creative Work	Siddha Yoga			Moon – White				Devaloka Day	
Until 7:39AM			Chaturthi* Until 1:37PM	Chaitra-Panguni					
Then Creative Work - Amrita Yoga									

5		Wednesday, April 10, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Manama, Bahrain Sun 19 Sutra 360 Vilamba 5120	
Vrishabha Rasi: 22.11	Tithi 5 – 6	Gulika 10:06AM – 11:41AM	Rohini Until 8:03AM	Ganesha: Clear	<i>Sunrise:</i> 5:22AM				
		Yama 6:57AM – 8:31AM	Saubhagya Until 2:53PM	Muruqa: Yellow	<i>Sunset:</i> 5:59PM				Moon 3 - Phase 49
		133483468 Rahu 11:41AM – 1:15PM	Kaulava Until 12:44AM Thu	Nataraja: Purple					3rd Phase
Creative Work	Siddha Yoga			Moon – Yellow				Sivaloka Day	
			Panchami Until 1:07PM	Chaitra-Panguni					

6		Thursday, April 11, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/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	Gulika 8:31AM – 10:05AM	Mrigashira Until 7:56AM	Ganesha: Clear	<i>Sunrise:</i> 5:21AM				
		Yama 5:21AM – 6:56AM	Sobhana Until 1:04PM	Muruqa: Yellow	<i>Sunset:</i> 5:59PM				Moon 3 - Phase 49
		133483468 Rahu 1:15PM – 2:50PM	Gara Until 11:39PM	Nataraja: Purple					3rd Phase
Routine Work	Marana Yoga			Moon – Yellow				Sivaloka Day	
			Shashthi* Until 12:14PM	Chaitra-Panguni					

☾		Friday, April 12, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Manama, Bahrain Sun 21 Sutra 362 Vilamba 5120	
Retreat Star		Gulika 6:55AM – 8:30AM	Ardra Until 7:16AM	Ganesha: Clear	<i>Sunrise:</i> 5:20AM				
Mithuna Rasi: 19.11	Tithi 7 – 8	Yama 2:50PM – 4:25PM	Athiganda* Until 10:53AM	Muruqa: Yellow	<i>Sunset:</i> 6:00PM				Moon 3 - Phase 49
		133483468 Rahu 10:05AM – 11:40AM	Visti Until 10:08PM	Nataraja: Purple					Ashtami
Creative Work	Siddha Yoga			Moon – Yellow				Sivaloka Day	
			Saptami Until 10:56AM	Chaitra-Panguni					

☽		Saturday, April 13, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Manama, Bahrain Sun 22 Sutra 363 Vilamba 5120	
Retreat Star		Gulika 5:19AM – 6:54AM	Punarvasu Until 6:29AM	Ganesha: White	<i>Sunrise:</i> 5:19AM				
Kataka Rasi: 3.02	Tithi 8 – 9	Yama 1:15PM – 2:50PM	Sukarma Until 8:23AM	Muruqa: Yellow	<i>Sunset:</i> 6:00PM				Moon 3 - Phase 49
		143483468 Rahu 8:29AM – 10:05AM	Balava Until 8:13PM	Nataraja: Purple					Navami
Creative Work	Siddha Yoga			Moon – Blue				Devaloka Day	
		Sri Rama Navami	Ashtami* Until 9:13AM	Chaitra-Panguni					

1 Sunday, April 14, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Shula* Yoga Kaulava/Gara Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 23 Sutra 364
Kataka Rasi: 17.1	Tithi 9 – 10	Gulika 2:50PM – 4:25PM	Ashlesha* Until 3:19AM Mon	Ganesha: White Sunrise: 5:18AM		Vikarin 5121
		Yama 11:39AM – 1:15PM	Shula* Until 2:27AM Mon	Muruqa: Yellow Sunset: 6:01PM		Moon 3 - Phase 1
	143483468	Rahu 4:25PM – 6:01PM	Gara Until 4:37AM Mon	Nataraja: Purple		4th Phase
Creative Work	Siddha Yoga			Moon – Blue	Devaloka Day	
Until 3:19AM Mon		Tamil New Year	Navami* Until 7:06AM	Chaitra*Chaitra		
Then Routine Work - Marana Yoga						
2 Monday, April 15, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Ekadashyam Titau				Manama, Bahrain Sun 24 Sutra 1
Simha Rasi: 1.31	Tithi 11	Gulika 1:15PM – 2:50PM	Magha* Until 1:27AM Tue	Ganesha: White Sunrise: 5:17AM		Vikarin 5121
Family Home Evening		Yama 10:04AM – 11:39AM	Ganda* Until 11:05PM	Muruqa: Yellow Sunset: 6:01PM		Moon 3 - Phase 1
Routine Work	Marana Yoga	253483468 Rahu 6:53AM – 8:28AM	Vanija Until 3:16PM	Nataraja: Purple		4th Phase
Until 1:27AM Tue			Ekadashi Until 1:50AM Tue	Moon – Red	Devaloka Day	
Then Creative Work - Siddha Yoga				Chaitra*Chaitra		
3 Tuesday, April 16, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vriddhi Yoga Bava/Balava Karana Dvadashyam Titau				Manama, Bahrain Sun 25 Sutra 2
Simha Rasi: 16.05	Tithi 12	Gulika 11:39AM – 1:15PM	Purvaphalguni Until 11:16PM	Ganesha: White Sunrise: 5:16AM		Vikarin 5121
		Yama 8:28AM – 10:03AM	Vriddhi Until 7:33PM	Muruqa: Yellow Sunset: 6:02PM		Moon 3 - Phase 1
	253483468	Rahu 2:50PM – 4:26PM	Bava Until 12:23PM	Nataraja: Purple		4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 10:52PM	Moon – Red	Devaloka Day	
Until 11:16PM				Chaitra*Chaitra		
Then Creative Work - Amrita Yoga						
4 Wednesday, April 17, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 3
Kanya Rasi: 0.47	Tithi 13	Gulika 10:03AM – 11:39AM	Uttaraphalguni Until 8:53PM	Ganesha: White Sunrise: 5:15AM		Vikarin 5121
		Yama 6:51AM – 8:27AM	Dhruva Until 3:56PM	Muruqa: Yellow Sunset: 6:02PM		Moon 3 - Phase 1
	253483468	Rahu 11:39AM – 1:15PM	Kaulava Until 9:22AM	Nataraja: Purple		4th Phase
Creative Work	Amrita Yoga		Trayodashi Until 7:50PM	Moon – Red	Devaloka Day	
Until 8:53PM				Chaitra*Chaitra		
Then Routine Work - Marana Yoga			<i>Pradosha Vrata</i>			
5 Thursday, April 18, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Hasta Nakshatra Vyaghata*/Harshana Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau				Manama, Bahrain Sun 27 Sutra 4
Kanya Rasi: 15.29	Tithi 14 – 15	Gulika 8:26AM – 10:02AM	Hasta Until 6:51PM	Ganesha: Yellow Sunrise: 5:14AM		Vikarin 5121
		Yama 5:14AM – 6:50AM	Vyaghata* Until 12:22PM	Muruqa: Yellow Sunset: 6:03PM		Moon 3 - Phase 1
	263483468	Rahu 1:15PM – 2:51PM	Gara Until 6:22AM	Nataraja: Purple		4th Phase
Routine Work	Marana Yoga		Chaturdashi* Until 4:53PM	Moon – Green	Sivaloka Day	
Until 6:51PM				Chaitra*Chaitra		
Then Creative Work - Siddha Yoga						
Friday, April 19, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Manama, Bahrain Sutra 5
Copper Retreat Star		Gulika 6:50AM – 8:26AM	Chitra Until 4:56PM	Ganesha: Yellow Sunrise: 5:13AM		Vikarin 5121
Tula Rasi: 0.05	Tithi 15 – 16	Yama 2:51PM – 4:27PM	Harshana Until 8:59AM	Muruqa: Yellow Sunset: 6:03PM		Moon 3 - Phase 1
	263483468	Rahu 10:02AM – 11:38AM	Balava Until 12:57AM Sat	Nataraja: Purple		Purnima
Creative Work	Siddha Yoga		Purnima* Until 2:09PM	Moon – Green	Sivaloka Day	
		Chitra Purnima (Tamil Nadu)		Chaitra*Chaitra		
		Hanuman Jayanti				
Saturday, April 20, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Manama, Bahrain Sutra 6
Silver Retreat Star		Gulika 5:12AM – 6:49AM	Svati Until 3:17PM	Ganesha: Red Sunrise: 5:12AM		Vikarin 5121
Tula Rasi: 14.26	Tithi 16 – 17	Yama 1:14PM – 2:51PM	Siddhi Until 3:09AM Sun	Muruqa: Yellow Sunset: 6:04PM		Moon 3 - Phase 1
	264483468	Rahu 8:25AM – 10:02AM	Taitila Until 10:51PM	Nataraja: Purple		Prathama
Creative Work	Siddha Yoga		Prathama* Until 11:49AM	Moon – Green	Sivaloka Day	
				Chaitra*Chaitra		