



**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

Nairobi, Kenya  
Sutra 16

Tula Rasi: 29.26 Tithi 17

273832369

**Gulika** 12:31PM – 2:02PM  
Yama 9:30AM – 11:01AM  
**Rahu** 3:32PM – 5:03PM

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

**Ganesha:** Purple *Sunrise:* 6:29AM  
**Muruqa:** White *Sunset:* 6:33PM

**Nataraja:** Purple  
Moon – Orange  
**Vaisaka-Chaitra**

Moon 4 - Phase 3  
1st Phase

Routine Work Marana Yoga

Until 1:23PM

Then Creative Work - Siddha Yoga

**Bhuloka Day**

**1**

**Wednesday, May 2, 2018**

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

Nairobi, Kenya  
Sun 1 Sutra 17

Vrischika Rasi: 11.58 Tithi 18

273832369

**Gulika** 11:01AM – 12:31PM  
Yama 7:59AM – 9:30AM  
**Rahu** 12:31PM – 2:02PM

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

**Ganesha:** Purple *Sunrise:* 6:29AM  
**Muruqa:** White *Sunset:* 6:33PM

**Nataraja:** Purple  
Moon – Orange  
**Vaisaka-Chaitra**

Moon 4 - Phase 3  
1st Phase

Creative Work Siddha Yoga

**Bhuloka Day**

**2**

**Thursday, May 3, 2018**

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

Nairobi, Kenya  
Sun 2 Sutra 18

Vrischika Rasi: 24.16 Tithi 18 – 19

274832369

**Gulika** 9:30AM – 11:00AM  
Yama 6:29AM – 7:59AM  
**Rahu** 2:01PM – 3:32PM

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

**Ganesha:** Clear *Sunrise:* 6:29AM  
**Muruqa:** White *Sunset:* 6:33PM

**Nataraja:** Purple  
Moon – Orange  
**Vaisaka-Chaitra**

Moon 4 - Phase 3  
1st Phase

Routine Work Prabalarishta Yoga

Until 5:08PM

Then Creative Work - Siddha Yoga

**Bhuloka Day**

Devaloka Time: 9:AM to12:PM

**3**

**Friday, May 4, 2018**

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

Nairobi, Kenya  
Sun 3 Sutra 19

Dhanus Rasi: 6.22 Tithi 19 – 20

284832369

**Gulika** 7:59AM – 9:30AM  
Yama 3:32PM – 5:02PM  
**Rahu** 11:00AM – 12:31PM

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

**Ganesha:** White *Sunrise:* 6:29AM  
**Muruqa:** White *Sunset:* 6:33PM

**Nataraja:** Purple  
Moon – Light Blue  
**Vaisaka-Chaitra**

Moon 4 - Phase 3  
1st Phase

Creative Work Amrita Yoga

Until 7:59PM

Then Routine Work - Prabalarishta Yoga

**Devaloka Day**

**4**

**Saturday, May 5, 2018**

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

Nairobi, Kenya  
Sun 4 Sutra 20

Dhanus Rasi: 18.17 Tithi 20 – 21

284832369

**Gulika** 6:29AM – 7:59AM  
Yama 2:01PM – 3:32PM  
**Rahu** 9:30AM – 11:00AM

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

**Ganesha:** White *Sunrise:* 6:29AM  
**Muruqa:** White *Sunset:* 6:33PM

**Nataraja:** Purple  
Moon – Light Blue  
**Vaisaka-Chaitra**

Moon 4 - Phase 3  
1st Phase

Creative Work Siddha Yoga

Until 10:59PM

Then Routine Work - Marana Yoga

**Devaloka Day**

**5**

**Sunday, May 6, 2018**

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

Nairobi, Kenya  
Sun 5 Sutra 21

Makara Rasi: 0.07 Tithi 21 – 22

284832369

**Gulika** 3:32PM – 5:02PM  
Yama 12:31PM – 2:01PM  
**Rahu** 5:02PM – 6:33PM

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

**Ganesha:** White *Sunrise:* 6:29AM  
**Muruqa:** White *Sunset:* 6:33PM

**Nataraja:** Purple  
Moon – Light Blue  
**Vaisaka-Chaitra**

Moon 4 - Phase 3  
1st Phase

Creative Work Amrita Yoga

**Devaloka Day**

**6**

**Monday, May 7, 2018**

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

Nairobi, Kenya  
Sun 6 Sutra 22

Makara Rasi: 11.55 Tithi 22 – 23

294832369

**Gulika** 2:01PM – 3:32PM  
Yama 11:00AM – 12:31PM  
**Rahu** 7:59AM – 9:30AM

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

**Ganesha:** Yellow *Sunrise:* 6:29AM  
**Muruqa:** White *Sunset:* 6:33PM

**Nataraja:** Purple  
Moon – Purple  
**Vaisaka-Chaitra**

Moon 4 - Phase 3  
1st Phase

Creative Work Amrita Yoga

Until 5:04AM Tue

Then Creative Work - Siddha Yoga

**Bhuloka Day**

Devaloka Time: 9:AM to12:PM

**D**

**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

Nairobi, Kenya  
Sun 7 Sutra 23

Makara Rasi: 23.47 Tithi 23

294832369

**Gulika** 12:31PM – 2:01PM  
Yama 9:30AM – 11:00AM  
**Rahu** 3:32PM – 5:02PM

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

**Ganesha:** Yellow *Sunrise:* 6:29AM  
**Muruqa:** White *Sunset:* 6:33PM

**Nataraja:** Purple  
Moon – Purple  
**Vaisaka-Chaitra**

Moon 4 - Phase 3  
Ashtami

Creative Work Siddha Yoga

**Bhuloka Day**

Devaloka Time: 9:AM to12:PM

**Wednesday, May 9, 2018**

**Retreat Star**

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

Nairobi, Kenya  
Sun 8 Sutra 24

Kumbha Rasi: 5.49 Tithi 24

294832369

**Gulika** 11:00AM – 12:30PM  
Yama 7:59AM – 9:29AM  
**Rahu** 12:30PM – 2:01PM

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

**Ganesha:** Yellow *Sunrise:* 6:28AM  
**Muruqa:** White *Sunset:* 6:33PM

**Nataraja:** Purple  
Moon – Purple  
**Vaisaka-Chaitra**

Moon 4 - Phase 3  
Navami

Routine Work Prabalarishta Yoga

Until 7:40AM

Then Creative Work - Siddha Yoga

**Bhuloka Day**

Devaloka Time: 9:AM to12:PM

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

<b>1</b>	<b>Thursday, May 10, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Dashamyam Titau				Nairobi, Kenya	
	Kumbha Rasi: 18.05	Tithi 25	Sun 9	Sutra 25			Vilamba 5120	
			294832369	<b>Gulika</b> 9:29AM – 11:00AM <b>Yama</b> 6:28AM – 7:59AM <b>Rahu</b> 2:01PM – 3:31PM	<b>Shatabhishak</b> <b>Until 9:30AM</b> Indra Until 11:49AM Vanija Until 8:35AM <b>Dashami</b> <b>Until 9:00PM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Purple <b>Vaisaka-Chaitra</b>	Sunrise: 6:28AM Sunset: 6:32PM	Moon 4 - Phase 4 2nd Phase
	Creative Work	Siddha Yoga					<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

<b>2</b>	<b>Friday, May 11, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Ekadashyam Titau				Nairobi, Kenya	
	Meena Rasi: 0.41	Tithi 26	Sun 10	Sutra 26			Vilamba 5120	
			214832369	<b>Gulika</b> 7:59AM – 9:29AM <b>Yama</b> 3:31PM – 5:02PM <b>Rahu</b> 11:00AM – 12:30PM	<b>Purvaproshtapada*</b> <b>Until 10:55AM</b> Vaidhriti* Until 11:14AM Bava Until 9:14AM <b>Ekadashi*</b> <b>Until 9:14PM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Clear <b>Vaisaka-Chaitra</b>	Sunrise: 6:28AM Sunset: 6:32PM	Moon 4 - Phase 4 2nd Phase
	Creative Work	Siddha Yoga					<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

<b>3</b>	<b>Saturday, May 12, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vishkambha*/Priti Yoga Kaulava/Taitila Karana Dvadashyam Titau				Nairobi, Kenya	
	Meena Rasi: 13.41	Tithi 27	Sun 11	Sutra 27			Vilamba 5120	
			214932369	<b>Gulika</b> 6:28AM – 7:59AM <b>Yama</b> 2:01PM – 3:31PM <b>Rahu</b> 9:29AM – 11:00AM	<b>Uttaraproshtapada</b> <b>Until 11:22AM</b> Vishkambha* Until 10:01AM Kaulava Until 9:03AM <b>Dvadashi*</b> <b>Until 8:39PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Clear <b>Vaisaka-Chaitra</b>	Sunrise: 6:28AM Sunset: 6:32PM	Moon 4 - Phase 4 2nd Phase
	Creative Work	Siddha Yoga					<b>Bhuloka Day</b>	

<b>4</b>	<b>Sunday, May 13, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Trayodashyam Titau				Nairobi, Kenya	
	Meena Rasi: 27.07	Tithi 28	Sun 12	Sutra 28			Vilamba 5120	
			214932369	<b>Gulika</b> 3:31PM – 5:02PM <b>Yama</b> 12:30PM – 2:01PM <b>Rahu</b> 5:02PM – 6:32PM	<b>Revati</b> <b>Until 10:53AM</b> Priti Until 8:10AM Gara Until 8:05AM <b>Trayodashi*</b> <b>Until 7:18PM</b> <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> Blue <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Clear <b>Vaisaka-Chaitra</b>	Sunrise: 6:28AM Sunset: 6:32PM	Moon 4 - Phase 4 2nd Phase
	Creative Work	Amrita Yoga					<b>Bhuloka Day</b>	

<b>5</b>	<b>Monday, May 14, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Saubhagya Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Nairobi, Kenya	
	Mesha Rasi: 10.58	Tithi 29 – 30	Sun 13	Sutra 29			Vilamba 5120	
	<b>Family Home Evening</b>		224932369	<b>Gulika</b> 2:01PM – 3:31PM <b>Yama</b> 11:00AM – 12:30PM <b>Rahu</b> 7:59AM – 9:29AM	<b>Ashvini</b> <b>Until 10:01AM</b> Saubhagya Until 2:51AM Tue Visti Until 6:24AM <b>Chaturdashi*</b> <b>Until 5:20PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – White <b>Vaisaka-Chaitra</b>	Sunrise: 6:28AM Sunset: 6:32PM	Moon 4 - Phase 4 2nd Phase
	Creative Work	Siddha Yoga					<b>Bhuloka Day</b>	

	<b>Tuesday, May 15, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Sobhana Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Nairobi, Kenya	
	<b>Retreat Star</b>		Sun 14	Sutra 30			Vilamba 5120	
	Mesha Rasi: 25.11	Tithi 30 – 1	224932369	<b>Gulika</b> 12:30PM – 2:01PM <b>Yama</b> 9:29AM – 11:00AM <b>Rahu</b> 3:31PM – 5:02PM	<b>Bharani</b> <b>Until 8:28AM</b> Sobhana Until 11:37PM Kintughna Until 1:29AM Wed <b>Amavasya*</b> <b>Until 2:51PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – White <b>Vaisaka-Vaikasi</b>	Sunrise: 6:28AM Sunset: 6:32PM	Moon 4 - Phase 4 Amavasya
	Creative Work	Siddha Yoga					<b>Bhuloka Day</b>	

<b>6</b>	<b>Wednesday, May 16, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Athiganda* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Nairobi, Kenya	
	<b>Retreat Star</b>		Sun 15	Sutra 31			Vilamba 5120	
	Vrishabha Rasi: 9.41	Tithi 1 – 2	225932369	<b>Gulika</b> 11:00AM – 12:30PM <b>Yama</b> 7:59AM – 9:29AM <b>Rahu</b> 12:30PM – 2:01PM	<b>Krittika</b> <b>Until 6:22AM</b> Athiganda* Until 8:08PM Balava Until 10:33PM <b>Prathama*</b> <b>Until 12:01PM</b>	<b>Ganesha:</b> Red <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – White <b>Jyeshtha Adhika-Vaikasi</b>	Sunrise: 6:28AM Sunset: 6:32PM	Moon 4 - Phase 4 Prathama
	Creative Work	Amrita Yoga					<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

<b>1</b>	<b>Thursday, May 17, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Dvitiya/Trityayam Titau				Nairobi, Kenya Sun 16 Sutra 32
	Vrishabha Rasi: 24.2	Tithi 2 – 3	<b>Gulika</b> 9:29AM – 11:00AM	<b>Mrigashira</b> Until 2:05AM Fri	<b>Ganesha:</b> Yellow <i>Sunrise: 6:29AM</i>		Vilamba 5120
			Yama 6:29AM – 7:59AM	Sukarma Until 4:34PM	<b>Muruqa:</b> White <i>Sunset: 6:32PM</i>		Moon 4 - Phase 5
			235932369 <b>Rahu</b> 2:01PM – 3:31PM	Taitila Until 7:30PM	<b>Nataraja:</b> Purple		3rd Phase
Routine Work Marana Yoga			<b>Dvitiya</b> Until 9:01AM	<b>Moon – Yellow</b>	<b>Bhuloka Day</b>		
Until 2:05AM Fri				<b>Jyeshtha Adhika-Vaikasi</b>	Devaloka Time: 9:AM to12:PM		
Then Creative Work - Siddha Yoga							

<b>2</b>	<b>Friday, May 18, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Chaturtham Titau				Nairobi, Kenya Sun 17 Sutra 33
	Mithuna Rasi: 9.03	Tithi 4	<b>Gulika</b> 7:59AM – 9:29AM	<b>Ardra</b> Until 11:46PM	<b>Ganesha:</b> Yellow <i>Sunrise: 6:29AM</i>		Vilamba 5120
			Yama 3:31PM – 5:02PM	Dhriti Until 1:00PM	<b>Muruqa:</b> White <i>Sunset: 6:32PM</i>		Moon 4 - Phase 5
			235932369 <b>Rahu</b> 11:00AM – 12:30PM	Vanija Until 4:29PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work Siddha Yoga			<b>Chaturthi*</b> Until 3:00AM Sat	<b>Moon – Yellow</b>	<b>Bhuloka Day</b>		
				<b>Jyeshtha Adhika-Vaikasi</b>	Devaloka Time: 9:AM to12:PM		

<b>3</b>	<b>Saturday, May 19, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya Sun 18 Sutra 34
	Mithuna Rasi: 23.42	Tithi 5	<b>Gulika</b> 6:29AM – 7:59AM	<b>Punarvasu</b> Until 9:55PM	<b>Ganesha:</b> White <i>Sunrise: 6:29AM</i>		Vilamba 5120
			Yama 2:01PM – 3:31PM	Shula* Until 9:32AM	<b>Muruqa:</b> White <i>Sunset: 6:32PM</i>		Moon 4 - Phase 5
			245932369 <b>Rahu</b> 9:30AM – 11:00AM	Bava Until 1:37PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work Siddha Yoga			<b>Panchami</b> Until 12:15AM Sun	<b>Moon – Blue</b>	<b>Devaloka Day</b>		
				<b>Jyeshtha Adhika-Vaikasi</b>			

<b>4</b>	<b>Sunday, May 20, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Ganda*/Vridhhi Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya Sun 19 Sutra 35
	Kataka Rasi: 8.11	Tithi 6	<b>Gulika</b> 3:31PM – 5:02PM	<b>Pushya</b> Until 8:13PM	<b>Ganesha:</b> White <i>Sunrise: 6:29AM</i>		Vilamba 5120
			Yama 12:31PM – 2:01PM	Ganda* Until 6:16AM	<b>Muruqa:</b> White <i>Sunset: 6:32PM</i>		Moon 4 - Phase 5
			245932369 <b>Rahu</b> 5:02PM – 6:32PM	Kaulava Until 11:00AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work Siddha Yoga			<b>Shashthi*</b> Until 9:48PM	<b>Moon – Blue</b>	<b>Devaloka Day</b>		
				<b>Jyeshtha Adhika-Vaikasi</b>			

<b>5</b>	<b>Monday, May 21, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha* Nakshatra Dhruva Yoga Gara/Vanija Karana Saptamyam Titau				Nairobi, Kenya Sun 20 Sutra 36
	Kataka Rasi: 22.26	Tithi 7	<b>Gulika</b> 2:01PM – 3:32PM	<b>Ashlesha*</b> Until 6:44PM	<b>Ganesha:</b> White <i>Sunrise: 6:29AM</i>		Vilamba 5120
	<b>Family Home Evening</b>		Yama 11:00AM – 12:31PM	Dhruva Until 12:35AM Tue	<b>Muruqa:</b> White <i>Sunset: 6:32PM</i>		Moon 4 - Phase 5
			245932369 <b>Rahu</b> 7:59AM – 9:30AM	Gara Until 8:43AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work Siddha Yoga			<b>Saptami</b> Until 7:42PM	<b>Moon – Blue</b>	<b>Devaloka Day</b>		
Until 6:44PM				<b>Jyeshtha Adhika-Vaikasi</b>			
Then Routine Work - Marana Yoga							

<b>☾</b>	<b>Tuesday, May 22, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ashtamyam Titau				Nairobi, Kenya Sun 21 Sutra 37
	<b>Retreat Star</b>		<b>Gulika</b> 12:31PM – 2:01PM	<b>Magha*</b> Until 5:55PM	<b>Ganesha:</b> Clear <i>Sunrise: 6:29AM</i>		Vilamba 5120
	Simha Rasi: 6.27	Tithi 8	Yama 9:30AM – 11:00AM	Vyaghata* Until 10:13PM	<b>Muruqa:</b> White <i>Sunset: 6:32PM</i>		Moon 4 - Phase 5
			255932369 <b>Rahu</b> 3:32PM – 5:02PM	Visti Until 6:49AM	<b>Nataraja:</b> Purple		Ashtami
Creative Work Siddha Yoga			<b>Ashtami*</b> Until 6:00PM	<b>Moon – Red</b>	<b>Bhuloka Day</b>		
				<b>Jyeshtha Adhika-Vaikasi</b>	Devaloka Time: 9:AM to12:PM		

<b>☽</b>	<b>Wednesday, May 23, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Harshana Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 22 Sutra 38
	<b>Retreat Star</b>		<b>Gulika</b> 11:00AM – 12:31PM	<b>Purvaphalguni</b> Until 5:23PM	<b>Ganesha:</b> Clear <i>Sunrise: 6:29AM</i>		Vilamba 5120
	Simha Rasi: 20.13	Tithi 9 – 10	Yama 7:59AM – 9:30AM	Harshana Until 8:12PM	<b>Muruqa:</b> White <i>Sunset: 6:32PM</i>		Moon 4 - Phase 5
			255932369 <b>Rahu</b> 12:31PM – 2:01PM	Taitila Until 4:13AM Thu	<b>Nataraja:</b> Purple		Navami
Creative Work Amrita Yoga			<b>Navami*</b> Until 4:42PM	<b>Moon – Red</b>	<b>Bhuloka Day</b>		
				<b>Jyeshtha Adhika-Vaikasi</b>	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

All times are standard time

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<b>1 Thursday, May 24, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vajra* Yoga Gara/Varija Karana Dashami/Ekodashyam Titau				Nairobi, Kenya Sun 23 Sutra 39 Vilamba 5120
Kanya Rasi: 3.44	Tithi 10 – 11	<b>Gulika</b> 9:30AM – 11:00AM	<b>Uttaraphalguni</b> Until 5:05PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	
		Yama 6:29AM – 7:59AM	Vajra* Until 6:28PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 6
	Amrita Yoga	255932369 <b>Rahu</b> 2:01PM – 3:32PM	Varija Until 3:31AM Fri	<b>Nataraja:</b> Purple		4th Phase
Until 5:05PM			<b>Dashami</b> Until 3:48PM	<b>Moon – Red</b>		<b>Bhuloka Day</b>
Then Routine Work - Marana Yoga				<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 9:AM to 12:PM
<b>2 Friday, May 25, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Siddhi/Vyati-pata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 24 Sutra 40 Vilamba 5120
Kanya Rasi: 17.02	Tithi 11 – 12	<b>Gulika</b> 8:00AM – 9:30AM	<b>Hasta</b> Until 5:28PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	
		Yama 3:32PM – 5:02PM	Siddhi Until 5:04PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 6
	Amrita Yoga	266932369 <b>Rahu</b> 11:00AM – 12:31PM	Bava Until 3:12AM Sat	<b>Nataraja:</b> Purple		4th Phase
Creative Work				<b>Moon – Green</b>		<b>Bhuloka Day</b>
Until 5:28PM			<b>Ekadashi</b> Until 3:18PM	<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 6:AM to 9:AM
Then Creative Work - Siddha Yoga						
<b>3 Saturday, May 26, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra Nakshatra Vyati-pata*/Variyan Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 25 Sutra 41 Vilamba 5120
Tula Rasi: 0.08	Tithi 12 – 13	<b>Gulika</b> 6:29AM – 8:00AM	<b>Chitra</b> Until 6:05PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:29AM	
		Yama 2:01PM – 3:32PM	Vyati-pata* Until 3:59PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 6
	Marana Yoga	366932369 <b>Rahu</b> 9:30AM – 11:01AM	Kaulava Until 3:17AM Sun	<b>Nataraja:</b> Purple		4th Phase
Routine Work				<b>Moon – Green</b>		<b>Bhuloka Day</b>
Until 6:05PM			<b>Dvadashi</b> Until 3:11PM	<b>Jyeshtha Adhika-Vaikasi</b>		
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>			
<b>4 Sunday, May 27, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Varyan/Parigha* Yoga Tailita/Gara Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 26 Sutra 42 Vilamba 5120
Tula Rasi: 13.02	Tithi 13 – 14	<b>Gulika</b> 3:32PM – 5:02PM	<b>Svati</b> Until 6:56PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:29AM	
		Yama 12:31PM – 2:02PM	Variyan Until 3:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 6
	Siddha Yoga	366932369 <b>Rahu</b> 5:02PM – 6:33PM	Gara Until 3:46AM Mon	<b>Nataraja:</b> Purple		4th Phase
Creative Work				<b>Moon – Green</b>		<b>Bhuloka Day</b>
Until 6:56PM			<b>Trayodashi</b> Until 3:27PM	<b>Jyeshtha Adhika-Vaikasi</b>		
Then Routine Work - Marana Yoga						
<b>5 Monday, May 28, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Vishakha Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Nairobi, Kenya Sun 27 Sutra 43 Vilamba 5120
Tula Rasi: 25.44	Tithi 14 – 15	<b>Gulika</b> 2:02PM – 3:32PM	<b>Vishakha</b> Until 8:30PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	
<b>Family Home Evening</b>		Yama 11:01AM – 12:31PM	Parigha* Until 2:44PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 6
Routine Work	Marana Yoga	376932369 <b>Rahu</b> 8:00AM – 9:30AM	Visti Until 4:41AM Tue	<b>Nataraja:</b> Purple		4th Phase
Until 8:30PM				<b>Moon – Orange</b>		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga		<b>Vaikasi Visakam</b>	<b>Chaturdashi*</b> Until 4:09PM	<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 6:AM to 9:AM
<b>○ Tuesday, May 29, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Nairobi, Kenya Sun 28 Sutra 44 Vilamba 5120
Vrischika Rasi: 8.14	Tithi 15 – 16	<b>Gulika</b> 12:31PM – 2:02PM	<b>Anuradha</b> Until 10:22PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:30AM	
		Yama 9:30AM – 11:01AM	Shiva Until 2:39PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 6
	Copper Retreat Star	376932369 <b>Rahu</b> 3:32PM – 5:03PM	Balava Until 6:03AM Wed	<b>Nataraja:</b> Purple		Purnima
Creative Work	Siddha Yoga			<b>Moon – Orange</b>		<b>Bhuloka Day</b>
Until 10:22PM			<b>Purnima*</b> Until 5:17PM	<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 6:AM to 9:AM
Then Routine Work - Marana Yoga						
<b>Wednesday, May 30, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Prathamayam Titau				Nairobi, Kenya Sun 29 Sutra 45 Vilamba 5120
Vrischika Rasi: 20.33	Tithi 16	<b>Gulika</b> 11:01AM – 12:31PM	<b>Jyeshtha*</b> Until 12:29AM Thu	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:30AM	
		Yama 8:00AM – 9:31AM	Siddha Until 2:53PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 6
	Silver Retreat Star	376932369 <b>Rahu</b> 12:31PM – 2:02PM	Balava Until 6:03AM	<b>Nataraja:</b> Purple		Prathama
Creative Work	Siddha Yoga			<b>Moon – Orange</b>		<b>Bhuloka Day</b>
			<b>Prathama*</b> Until 6:52PM	<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 6:AM to 9:AM



**Thursday, May 31, 2018**  
**Gold Retreat Star**

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

Nairobi, Kenya  
Sun 1 Sutra 46

Dhanus Rasi: 2.41 Tithi 17

**Gulika** 9:31AM – 11:01AM  
Yama 6:30AM – 8:00AM  
387932369 **Rahu** 2:02PM – 3:33PM

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

**Ganesha:** White *Sunrise:* 6:30AM  
**Muruqa:** White *Sunset:* 6:33PM  
**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

Nairobi, Kenya  
Sun 2 Sutra 47

Dhanus Rasi: 14.39 Tithi 18

**Gulika** 8:00AM – 9:31AM  
Yama 3:33PM – 5:03PM  
387932369 **Rahu** 11:01AM – 12:32PM

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

**Ganesha:** Yellow *Sunrise:* 6:30AM  
**Muruqa:** White *Sunset:* 6:34PM  
**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 to 12: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

Nairobi, Kenya  
Sun 3 Sutra 48

Dhanus Rasi: 26.31 Tithi 19

**Gulika** 6:30AM – 8:01AM  
Yama 2:02PM – 3:33PM  
387932369 **Rahu** 9:31AM – 11:01AM

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

**Ganesha:** Yellow *Sunrise:* 6:30AM  
**Muruqa:** White *Sunset:* 6:34PM  
**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 to 12: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/Taitila Karana Panchamyam Titau

Nairobi, Kenya  
Sun 4 Sutra 49

Makara Rasi: 8.18 Tithi 20

**Gulika** 3:33PM – 5:03PM  
Yama 12:32PM – 2:03PM  
387932369 **Rahu** 5:03PM – 6:34PM

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

**Ganesha:** Yellow *Sunrise:* 6:30AM  
**Muruqa:** White *Sunset:* 6:34PM  
**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 to 12: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 Shashthyam Titau

Nairobi, Kenya  
Sun 5 Sutra 50

Makara Rasi: 20.06 Tithi 21

**Gulika** 2:03PM – 3:33PM  
Yama 11:02AM – 12:32PM  
397932369 **Rahu** 8:01AM – 9:31AM

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

**Ganesha:** Blue *Sunrise:* 6:31AM  
**Muruqa:** White *Sunset:* 6:34PM  
**Nataraja:** Purple  
Moon – Purple  
**Jyeshtha Adhika-Vaikasi**

Vilamba 5120  
Moon 5 - Phase 7  
1st Phase

**Family Home Evening**  
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

Nairobi, Kenya  
Sun 6 Sutra 51

Kumbha Rasi: 1.58 Tithi 21 – 22

**Gulika** 12:32PM – 2:03PM  
Yama 9:32AM – 11:02AM  
397132361 **Rahu** 3:33PM – 5:04PM

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

**Ganesha:** Purple *Sunrise:* 6:31AM  
**Muruqa:** White *Sunset:* 6:34PM  
**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

Nairobi, Kenya  
Sun 7 Sutra 52

Kumbha Rasi: 13.59 Tithi 22 – 23

**Gulika** 11:02AM – 12:33PM  
Yama 8:01AM – 9:32AM  
397132361 **Rahu** 12:33PM – 2:03PM

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

**Ganesha:** Purple *Sunrise:* 6:31AM  
**Muruqa:** White *Sunset:* 6:34PM  
**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/Taitila Karana Ashtami/Navamyam Titau

Nairobi, Kenya  
Sun 8 Sutra 53

Kumbha Rasi: 26.15 Tithi 23 – 24

**Gulika** 9:32AM – 11:02AM  
Yama 6:31AM – 8:02AM  
317132361 **Rahu** 2:03PM – 3:34PM

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

**Ganesha:** Blue *Sunrise:* 6:31AM  
**Muruqa:** White *Sunset:* 6:34PM  
**Nataraja:** White  
Moon – Clear  
**Jyeshtha Adhika-Vaikasi**

Vilamba 5120  
Moon 5 - Phase 7  
Navami

Creative Work Siddha Yoga

**Devaloka Day**

<b>1 Friday, June 8, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Ayushman Yoga Gara/Vanija Karana Navami/Dashmyam Titau				Nairobi, Kenya Sun 9 Sutra 54
Meena Rasi: 8.51	Tithi 24 – 25	<b>Gulika</b> 8:02AM – 9:32AM	<b>Uttaraproshtapada</b> Until 8:31PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:31AM	Vilamba 5120
		Yama 3:34PM – 5:04PM	Ayushman Until 7:45PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 8
318132361		<b>Rahu</b> 11:03AM – 12:33PM	Vanija Until 10:44PM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Navami*</b> Until 10:44AM	Moon – Clear		<b>Bhuloka Day</b>
				<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 6:AM to 9:AM

<b>2 Saturday, June 9, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Revati Nakshatra Saubhagya Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 10 Sutra 55
Meena Rasi: 21.5	Tithi 25 – 26	<b>Gulika</b> 6:31AM – 8:02AM	<b>Revati</b> Until 8:29PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:31AM	Vilamba 5120
		Yama 2:04PM – 3:34PM	Saubhagya Until 6:18PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 8
318132361		<b>Rahu</b> 9:32AM – 11:03AM	Bava Until 10:04PM	<b>Nataraja:</b> White		2nd Phase
Routine Work	Prabalarishta Yoga		<b>Dashami</b> Until 10:29AM	Moon – Clear		<b>Bhuloka Day</b>
Until 8:29PM				<b>Jyeshtha Adhika-Vaikasi</b>		Devaloka Time: 6:AM to 9:AM
Then Creative Work - Siddha Yoga						

<b>3 Sunday, June 10, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 11 Sutra 56
Mesha Rasi: 5.17	Tithi 26 – 27	<b>Gulika</b> 3:34PM – 5:05PM	<b>Ashvini</b> Until 7:58PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:32AM	Vilamba 5120
		Yama 12:33PM – 2:04PM	Sobhana Until 4:13PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 8
328132361		<b>Rahu</b> 5:05PM – 6:35PM	Kaulava Until 8:36PM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 9:25AM	Moon – White		<b>Bhuloka Day</b>
Until 7:58PM				<b>Jyeshtha Adhika-Vaikasi</b>		
Then Routine Work - Prabalarishta Yoga						

<b>4 Monday, June 11, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Bharani Nakshatra Athiganda*/Sukarma Yoga Taliti*/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 12 Sutra 57
Mesha Rasi: 19.11	Tithi 27 – 28	<b>Gulika</b> 2:04PM – 3:34PM	<b>Bharani</b> Until 6:35PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:32AM	Vilamba 5120
		Yama 11:03AM – 12:34PM	Athiganda* Until 1:30PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 8
328132361		<b>Rahu</b> 8:02AM – 9:33AM	Gara Until 6:25PM	<b>Nataraja:</b> White		2nd Phase
Family Home Evening	Siddha Yoga		<b>Dvadashi*</b> Until 7:34AM	Moon – White		<b>Bhuloka Day</b>
Until 6:35PM				<b>Jyeshtha Adhika-Vaikasi</b>		
Then Routine Work - Marana Yoga			<i>Pradosha Vrata (Fasting)</i>			

<b>5 Tuesday, June 12, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Sukarma/Dhriti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Nairobi, Kenya Sun 13 Sutra 58
Vrishabha Rasi: 3.31	Tithi 29	<b>Gulika</b> 12:34PM – 2:04PM	<b>Krittika</b> Until 4:29PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:32AM	Vilamba 5120
		Yama 9:33AM – 11:03AM	Sukarma Until 10:18AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 8
328132361		<b>Rahu</b> 3:35PM – 5:05PM	Visti Until 3:40PM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 2:06AM Wed	Moon – White		<b>Bhuloka Day</b>
Until 4:29PM				<b>Jyeshtha Adhika-Vaikasi</b>		
Then Creative Work - Amrita Yoga						

<b>Wednesday, June 13, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti/Shula* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Nairobi, Kenya Sun 14 Sutra 59
<b>Retreat Star</b>		<b>Gulika</b> 11:04AM – 12:34PM	<b>Rohini</b> Until 2:15PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:32AM	Vilamba 5120
Vrishabha Rasi: 18.13	Tithi 30	Yama 8:03AM – 9:33AM	Dhriti Until 6:43AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:36PM	Moon 5 - Phase 8
338132361		<b>Rahu</b> 12:34PM – 2:04PM	Catuspada Until 12:30PM	<b>Nataraja:</b> White		Amavasya
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 10:47PM	Moon – Yellow		<b>Bhuloka Day</b>
				<b>Jyeshtha Adhika-Vaikasi</b>		

<b>Thursday, June 14, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Ganda* Yoga Kintughna*/Bava Karana Prathamayam Titau				Nairobi, Kenya Sun 15 Sutra 60
<b>Retreat Star</b>		<b>Gulika</b> 9:33AM – 11:04AM	<b>Mrigashira</b> Until 11:37AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:33AM	Vilamba 5120
Mithuna Rasi: 3.08	Tithi 1	Yama 6:33AM – 8:03AM	Ganda* Until 10:53PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:36PM	Moon 5 - Phase 8
339132361		<b>Rahu</b> 2:05PM – 3:35PM	Kintughna Until 9:03AM	<b>Nataraja:</b> White		Prathama
Routine Work	Marana Yoga		<b>Prathama*</b> Until 7:16PM	Moon – Yellow		<b>Bhuloka Day</b>
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 9:AM to 12:PM

<b>1</b>		<b>Friday, June 15, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Nairobi, Kenya Sun 16 Sutra 61 Vilamba 5120	
Mithuna Rasi: 18.1	Tithi 2 – 3	<b>Gulika</b> 8:03AM – 9:34AM	<b>Ardra</b> Until 8:46AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:33AM	Moon 5 - Phase 9 3rd Phase	
339132361	<b>Rahu</b> 11:04AM – 12:34PM	Yama 3:35PM – 5:06PM	Vriddhi Until 6:56PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:36PM	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	
Creative Work	Siddha Yoga		Taitila Until 2:02AM Sat	<b>Nataraja:</b> White			
			<b>Dvitiya</b> Until 3:44PM	Moon – Yellow			
				<b>Jyeshtha-Ani</b>			

<b>2</b>		<b>Saturday, June 16, 2018</b>		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		Nairobi, Kenya Sun 17 Sutra 62 Vilamba 5120	
Kataka Rasi: 3.1	Tithi 3 – 4	<b>Gulika</b> 6:33AM – 8:03AM	<b>Punarvasu</b> Until 6:16AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:33AM	Moon 5 - Phase 9 3rd Phase	
349132361	<b>Rahu</b> 9:34AM – 11:04AM	Yama 2:05PM – 3:35PM	Dhruva Until 3:05PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:36PM	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	
Creative Work	Siddha Yoga		Vanija Until 10:44PM	<b>Nataraja:</b> White			
			<b>Tritiya</b> Until 12:20PM	Moon – Blue			
				<b>Jyeshtha-Ani</b>			

<b>3</b>		<b>Sunday, June 17, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Nairobi, Kenya Sun 18 Sutra 63 Vilamba 5120	
Kataka Rasi: 17.58	Tithi 4 – 5	<b>Gulika</b> 3:36PM – 5:06PM	<b>Ashlesha*</b> Until 1:40AM Mon	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:33AM	Moon 5 - Phase 9 3rd Phase	
349132361	<b>Rahu</b> 5:06PM – 6:36PM	Yama 12:35PM – 2:05PM	Vyaghata* Until 11:28AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:36PM	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	
Creative Work	Siddha Yoga		Bava Until 7:46PM	<b>Nataraja:</b> White			
Until 1:40AM Mon		<b>Father's Day</b>	<b>Chaturthi*</b> Until 9:11AM	Moon – Blue			
Then Routine Work - Marana Yoga				<b>Jyeshtha-Ani</b>			

<b>4</b>		<b>Monday, June 18, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana/Vajra* Yoga Balava/Taitila Karana Panchami/Shashthyam Titau		Nairobi, Kenya Sun 19 Sutra 64 Vilamba 5120	
Simha Rasi: 2.3	Tithi 5 – 6	<b>Gulika</b> 2:05PM – 3:36PM	<b>Magha*</b> Until 12:14AM Tue	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:33AM	Moon 5 - Phase 9 3rd Phase	
359132361	<b>Rahu</b> 8:04AM – 9:34AM	Yama 11:05AM – 12:35PM	Harshana Until 8:13AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:37PM	<b>Devaloka Day</b>	
Family Home Evening	Marana Yoga		Taitila Until 4:09AM Tue	<b>Nataraja:</b> White			
Routine Work			<b>Panchami</b> Until 6:26AM	Moon – Red			
Until 12:14AM Tue				<b>Jyeshtha-Ani</b>			
Then Creative Work - Siddha Yoga							

<b>5</b>		<b>Tuesday, June 19, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Siddhi Yoga Gara/Vanija Karana Saptamyam Titau		Nairobi, Kenya Sun 20 Sutra 65 Vilamba 5120	
Simha Rasi: 16.42	Tithi 7	<b>Gulika</b> 12:35PM – 2:06PM	<b>Purvaphalguni</b> Until 11:12PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:34AM	Moon 5 - Phase 9 3rd Phase	
359132361	<b>Rahu</b> 3:36PM – 5:07PM	Yama 9:34AM – 11:05AM	Siddhi Until 2:55AM Wed	<b>Muruqa:</b> White	<i>Sunset:</i> 6:37PM	<b>Devaloka Day</b>	
Creative Work	Siddha Yoga		Gara Until 3:15PM	<b>Nataraja:</b> White			
Until 11:12PM			<b>Saptami</b> Until 2:27AM Wed	Moon – Red			
Then Creative Work - Amrita Yoga				<b>Jyeshtha-Ani</b>			

<b>Retreat Star</b>		<b>Wednesday, June 20, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Vyatipata* Yoga Visti*/Bava Karana Ashtamyam Titau		Nairobi, Kenya Sun 21 Sutra 66 Vilamba 5120	
Kanya Rasi: 0.32	Tithi 8	<b>Gulika</b> 11:05AM – 12:35PM	<b>Uttaraphalguni</b> Until 10:36PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:34AM	Moon 5 - Phase 9 Ashtami	
359132361	<b>Rahu</b> 12:35PM – 2:06PM	Yama 8:04AM – 9:35AM	Vyatipata* Until 1:01AM Thu	<b>Muruqa:</b> White	<i>Sunset:</i> 6:37PM	<b>Devaloka Day</b>	
Creative Work	Amrita Yoga		Visti Until 1:49PM	<b>Nataraja:</b> White			
Until 10:36PM		<b>Chidambaram Abhishekam</b>	<b>Ashtami*</b> Until 1:19AM Thu	Moon – Red			
Then Routine Work - Marana Yoga				<b>Jyeshtha-Ani</b>			

<b>Retreat Star</b>		<b>Thursday, June 21, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta Nakshatra Variyan Yoga Balava/Kaulava Karana Navamyam Titau		Nairobi, Kenya Sun 22 Sutra 67 Vilamba 5120	
Kanya Rasi: 14.01	Tithi 9	<b>Gulika</b> 9:35AM – 11:05AM	<b>Hasta</b> Until 10:54PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:34AM	Moon 5 - Phase 9 Navami	
369132361	<b>Rahu</b> 2:06PM – 3:37PM	Yama 6:34AM – 8:04AM	Variyan Until 11:33PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:37PM	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	
Routine Work	Marana Yoga		Balava Until 1:00PM	<b>Nataraja:</b> White			
Until 10:54PM			<b>Navami*</b> Until 12:47AM Fri	Moon – Green			
Then Creative Work - Siddha Yoga				<b>Jyeshtha-Ani</b>			

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

All times are standard time

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<b>1</b>	<b>Friday, June 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Parigha* Yoga Taitila/Gara Karana Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 68 Vilamba 5120
	Kanya Rasi: 27.11	Tithi 10	<b>Gulika</b> 8:05AM – 9:35AM	<b>Chitra Until 11:35PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:34AM	
			Yama 3:37PM – 5:07PM	Parigha* Until 10:32PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:38PM	Moon 5 - Phase 10
	361132361		<b>Rahu</b> 11:05AM – 12:36PM	Taitila Until 12:45PM	<b>Nataraja:</b> White		4th Phase
Creative Work	Siddha Yoga		<b>Dashami Until 12:49AM Sat</b>	Moon – Green		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Ani</b>			

<b>2</b>	<b>Saturday, June 23, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Shiva Yoga Vanija/Visti* Karana Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 69 Vilamba 5120
	Tula Rasi: 10.04	Tithi 11	<b>Gulika</b> 6:34AM – 8:05AM	<b>Svati Until 12:38AM Sun</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:34AM	
			Yama 2:07PM – 3:37PM	Shiva Until 9:58PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:38PM	Moon 5 - Phase 10
	361132361		<b>Rahu</b> 9:35AM – 11:06AM	Vanija Until 1:03PM	<b>Nataraja:</b> White		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi Until 1:21AM Sun</b>	Moon – Green		<b>Bhuloka Day</b>	
Until 12:38AM Sun				<b>Jyeshtha-Ani</b>			
Then Routine Work - Marana Yoga							

<b>3</b>	<b>Sunday, June 24, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Siddha Yoga Bava/Balava Karana Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 70 Vilamba 5120
	Tula Rasi: 22.43	Tithi 12	<b>Gulika</b> 3:37PM – 5:08PM	<b>Vishakha Until 2:28AM Mon</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:35AM	
			Yama 12:36PM – 2:07PM	Siddha Until 9:45PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:38PM	Moon 5 - Phase 10
	371132361		<b>Rahu</b> 5:08PM – 6:38PM	Bava Until 1:50PM	<b>Nataraja:</b> White		4th Phase
Routine Work	Marana Yoga		<b>Dvadashi Until 2:23AM Mon</b>	Moon – Orange		<b>Bhuloka Day</b>	
Until 2:28AM Mon				<b>Jyeshtha-Ani</b>		Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga							

<b>4</b>	<b>Monday, June 25, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Sadhya Yoga Kaulava/Taitila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 71 Vilamba 5120
	Vrischika Rasi: 5.08	Tithi 13	<b>Gulika</b> 2:07PM – 3:37PM	<b>Anuradha Until 4:33AM Tue</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:35AM	
	<b>Family Home Evening</b>		Yama 11:06AM – 12:37PM	Sadhya Until 9:52PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:38PM	Moon 5 - Phase 10
	371142361		<b>Rahu</b> 8:05AM – 9:36AM	Kaulava Until 3:05PM	<b>Nataraja:</b> White		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 3:50AM Tue</b>	Moon – Orange		<b>Devaloka Day</b>	
Until 4:33AM Tue				<b>Jyeshtha-Ani</b>			
Then Routine Work - Marana Yoga							
				<i>Pradosha Vrata</i>			

<b>5</b>	<b>Tuesday, June 26, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Subha Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 72 Vilamba 5120
	Vrischika Rasi: 17.23	Tithi 14	<b>Gulika</b> 12:37PM – 2:07PM	<b>Jyeshtha* Until 6:51AM Wed</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:35AM	
			Yama 9:36AM – 11:06AM	Subha Until 10:20PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:38PM	Moon 5 - Phase 10
	371142361		<b>Rahu</b> 3:38PM – 5:08PM	Gara Until 4:44PM	<b>Nataraja:</b> White		4th Phase
Routine Work	Marana Yoga		<b>Chaturdashi* Until 5:40AM Wed</b>	Moon – Orange		<b>Devaloka Day</b>	
				<b>Jyeshtha-Ani</b>			

	<b>Wednesday, June 27, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukla Yoga Visti* Karana Purnimayam Titau				Nairobi, Kenya Sutra 73 Vilamba 5120
	Vrischika Rasi: 29.29	Tithi 15	<b>Gulika</b> 11:07AM – 12:37PM	<b>Jyeshtha* Until 6:51AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:35AM	
			Yama 8:06AM – 9:36AM	Sukla Until 11:01PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:39PM	Moon 5 - Phase 10
	371142361		<b>Rahu</b> 12:37PM – 2:07PM	Visti Until 6:45PM	<b>Nataraja:</b> White		Purnima
Creative Work	Siddha Yoga		<b>Purnima* Until 7:51AM Thu</b>	Moon – Orange		<b>Devaloka Day</b>	
Until 6:51AM				<b>Jyeshtha-Ani</b>			
Then Routine Work - Marana Yoga							

<b>○</b>	<b>Thursday, June 28, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Brahma Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Nairobi, Kenya Sutra 74 Vilamba 5120
	Dhanus Rasi: 11.26	Tithi 15 – 16	<b>Gulika</b> 9:36AM – 11:07AM	<b>Mula* Until 9:48AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:36AM	
			Yama 6:36AM – 8:06AM	Brahma Until 11:57PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:39PM	Moon 5 - Phase 10
	381142361		<b>Rahu</b> 2:08PM – 3:38PM	Balava Until 9:03PM	<b>Nataraja:</b> White		Prathama
Creative Work	Siddha Yoga		<b>Purnima* Until 7:51AM</b>	Moon – Light Blue		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Ani</b>		Devaloka Time: 12:PM to 3:PM	





**Friday, June 29, 2018**  
**Gold Retreat Star**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvashadha/Uttarashadha Nakshatra Indra Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Nairobi, Kenya  
Sutra 75

Dhanus Rasi: 23.18    Tithi 16 – 17

381142361

**Gulika** 8:06AM – 9:37AM  
Yama 3:38PM – 5:09PM  
**Rahu** 11:07AM – 12:37PM

**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:* 6:36AM  
*Sunset:* 6:39PM

Moon 6 - Phase 11  
1st Phase

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

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

**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

Nairobi, Kenya  
Sun 1    Sutra 76

Makara Rasi: 5.06    Tithi 17 – 18

381242361

**Gulika** 6:36AM – 8:06AM  
Yama 2:08PM – 3:38PM  
**Rahu** 9:37AM – 11:07AM

**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:* 6:36AM  
*Sunset:* 6:39PM

Moon 6 - Phase 11  
1st Phase

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

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

**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

Nairobi, Kenya  
Sun 2    Sutra 77

Makara Rasi: 16.53    Tithi 18 – 19

391242361

**Gulika** 3:39PM – 5:09PM  
Yama 12:38PM – 2:08PM  
**Rahu** 5:09PM – 6:39PM

**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:* 6:36AM  
*Sunset:* 6:39PM

Moon 6 - Phase 11  
1st Phase

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

**Devaloka Day**

**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

Nairobi, Kenya  
Sun 3    Sutra 78

Makara Rasi: 28.41    Tithi 19 – 20

391242361

**Gulika** 2:08PM – 3:39PM  
Yama 11:08AM – 12:38PM  
**Rahu** 8:07AM – 9:37AM

**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:* 6:36AM  
*Sunset:* 6:40PM

Moon 6 - Phase 11  
1st Phase

Family Home Evening  
Creative Work    Siddha Yoga

**Devaloka Day**

**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

Nairobi, Kenya  
Sun 4    Sutra 79

Kumbha Rasi: 10.35    Tithi 20

392242361

**Gulika** 12:38PM – 2:09PM  
Yama 9:37AM – 10:08AM  
**Rahu** 3:39PM – 5:09PM

**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:* 6:36AM  
*Sunset:* 6:40PM

Moon 6 - Phase 11  
1st Phase

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

**Devaloka Day**

**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

Nairobi, Kenya  
Sun 5    Sutra 80

Kumbha Rasi: 22.39    Tithi 21

312242361

**Gulika** 11:08AM – 12:38PM  
Yama 8:07AM – 9:38AM  
**Rahu** 12:38PM – 2:09PM

**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:* 6:37AM  
*Sunset:* 6:40PM

Moon 6 - Phase 11  
1st Phase

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

**Devaloka Day**

**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

Nairobi, Kenya  
Sun 6    Sutra 81

Meena Rasi: 4.56    Tithi 22

312242361

**Gulika** 9:38AM – 11:08AM  
Yama 6:37AM – 8:07AM  
**Rahu** 2:09PM – 3:39PM

**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:* 6:37AM  
*Sunset:* 6:40PM

Moon 6 - Phase 11  
1st Phase

Creative Work    Siddha Yoga

**Devaloka Day**

**D**

**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

Nairobi, Kenya  
Sun 7    Sutra 82

Meena Rasi: 17.31    Tithi 23

312242361

**Gulika** 8:07AM – 9:38AM  
Yama 3:40PM – 5:10PM  
**Rahu** 11:08AM – 12:39PM

**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:* 6:37AM  
*Sunset:* 6:40PM

Moon 6 - Phase 11  
Ashtami

Creative Work    Siddha Yoga

**Devaloka Day**

**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

Nairobi, Kenya  
Sun 8    Sutra 83

Mesha Rasi: 0.28    Tithi 24

422242361

**Gulika** 6:37AM – 8:08AM  
Yama 2:09PM – 3:40PM  
**Rahu** 9:38AM – 11:08AM

**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:* 6:37AM  
*Sunset:* 6:41PM

Moon 6 - Phase 11  
Navami

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

**Devaloka Day**

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

<b>1 Sunday, July 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bharani Nakshatra Dhruti Yoga Vanija/Visi* Karana Dashamyam Titau		Nairobi, Kenya Sun 9 Sutra 84 Vilamba 5120
Mesha Rasi: 13.49	Tithi 25	<b>Gulika</b> 3:40PM – 5:10PM	<b>Bharani Until 4:18AM Mon</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:37AM
		Yama 12:39PM – 2:09PM	Dhriti Until 11:58PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:41PM
	422242361	<b>Rahu</b> 5:10PM – 6:41PM	Vanija Until 9:48AM	<b>Nataraja:</b> White
Routine Work Prabalarishta Yoga			Dashami Until 9:01PM	Moon – White
Until 4:18AM Mon				<b>Devaloka Day</b>
Then Routine Work - Marana Yoga				<b>Jyeshtha-Ani</b>

<b>2 Monday, July 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam		Nairobi, Kenya Sun 10 Sutra 85 Vilamba 5120
Mesha Rasi: 27.38	Tithi 26	<b>Gulika</b> 2:10PM – 3:40PM	<b>Krittika Until 2:40AM Tue</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:37AM
<b>Family Home Evening</b>		Yama 11:09AM – 12:39PM	Shula* Until 9:10PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:41PM
Routine Work Marana Yoga	422242361	<b>Rahu</b> 8:08AM – 9:38AM	Bava Until 8:05AM	<b>Nataraja:</b> White
Until 2:40AM Tue			Ekadashi* Until 6:57PM	Moon 6 - Phase 12
Then Creative Work - Amrita Yoga				2nd Phase
				<b>Devaloka Day</b>
				<b>Jyeshtha-Ani</b>

<b>3 Tuesday, July 10, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam		Nairobi, Kenya Sun 11 Sutra 86 Vilamba 5120
Wrishabha Rasi: 11.55	Tithi 27 – 28	<b>Gulika</b> 12:39PM – 2:10PM	<b>Rohini Until 12:44AM Wed</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:38AM
		Yama 9:38AM – 11:09AM	Ganda* Until 5:52PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:41PM
	432242361	<b>Rahu</b> 3:40PM – 5:11PM	Gara Until 2:44AM Wed	<b>Nataraja:</b> White
Creative Work Amrita Yoga			Dvadashi* Until 4:15PM	Moon – Yellow
Until 12:44AM Wed				<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga				<b>Devaloka Time: 12:PM to 3:PM</b>
				<b>Jyeshtha-Ani</b>
				<i>Pradosha Vrata (Fasting)</i>

<b>4 Wednesday, July 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam		Nairobi, Kenya Sun 12 Sutra 87 Vilamba 5120
Wrishabha Rasi: 26.34	Tithi 28 – 29	<b>Gulika</b> 11:09AM – 12:39PM	<b>Mrigashira Until 10:12PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:38AM
		Yama 8:08AM – 9:39AM	Vridhi Until 2:11PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:41PM
	432242361	<b>Rahu</b> 12:39PM – 2:10PM	Visti Until 11:22PM	<b>Nataraja:</b> White
Creative Work Siddha Yoga			Trayodashi* Until 1:04PM	Moon – Yellow
				<b>Bhuloka Day</b>
				<b>Devaloka Time: 12:PM to 3:PM</b>
				<b>Jyeshtha-Ani</b>

<b>Thursday, July 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam		Nairobi, Kenya Sun 13 Sutra 88 Vilamba 5120
<b>Retreat Star</b>		Ardra Nakshatra Dhruva/Vyaghata* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		
Mithuna Rasi: 11.32	Tithi 29 – 30	<b>Gulika</b> 9:39AM – 11:09AM	<b>Ardra Until 7:17PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:38AM
		Yama 6:38AM – 8:08AM	Dhruva Until 10:12AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:41PM
	432242361	<b>Rahu</b> 2:10PM – 3:40PM	Catuspada Until 7:43PM	<b>Nataraja:</b> White
Routine Work Marana Yoga			Chaturdashi* Until 9:33AM	Moon – Yellow
Until 7:17PM				<b>Bhuloka Day</b>
Then Creative Work - Amrita Yoga				<b>Devaloka Time: 12:PM to 3:PM</b>
				<b>Jyeshtha-Ani</b>

<b>Friday, July 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam		Nairobi, Kenya Sun 14 Sutra 89 Vilamba 5120
<b>Retreat Star</b>		Punarvasu/Pushya Nakshatra Vyaghata*/Harshana Yoga Kintughna*/Bava Karana Prathamayam Titau		
Mithuna Rasi: 26.41	Tithi 1	<b>Gulika</b> 8:08AM – 9:39AM	<b>Punarvasu Until 4:30PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:38AM
		Yama 3:41PM – 5:11PM	Vyaghata* Until 6:04AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:41PM
	442242361	<b>Rahu</b> 11:09AM – 12:40PM	Kintughna Until 3:58PM	<b>Nataraja:</b> White
Creative Work Siddha Yoga			Prathama* Until 2:05AM Sat	Moon – Blue
Until 4:30PM				<b>Bhuloka Day</b>
Then Routine Work - Marana Yoga		Partial Solar Eclipse		<b>Devaloka Time: 12:PM to 3:PM</b>
				<b>Ashada-Ani</b>

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

<b>1</b>		<b>Saturday, July 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Vajra* Yoga Balava/Kaulava Karana Dvitiyayam Titau		Nairobi, Kenya Sun 15 Sutra 90	
Kataka Rasi: 11.51	Tithi 2	<b>Gulika</b> 6:38AM – 8:09AM	<b>Pushya</b> Until 1:38PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:38AM	Vilamba 5120	
		Yama 2:10PM – 3:41PM	Vajra* Until 9:51PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		442242361 <b>Rahu</b> 9:39AM – 11:09AM	Balava Until 12:16PM	<b>Nataraja:</b> White		3rd Phase	
Creative Work	Siddha Yoga		Dvitiya Until 10:28PM	Moon – Blue		<b>Bhuloka Day</b>	
Until 1:38PM				<b>Ashada*Ani</b>		Devaloka Time: 12:PM to 3:PM	
Then Routine Work - Marana Yoga							

<b>2</b>		<b>Sunday, July 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Siddhi Yoga Taitila/Gara Karana Tritiyayam Titau		Nairobi, Kenya Sun 16 Sutra 91	
Kataka Rasi: 26.53	Tithi 3	<b>Gulika</b> 3:41PM – 5:11PM	<b>Ashlesha*</b> Until 10:51AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:38AM	Vilamba 5120	
		Yama 12:40PM – 2:10PM	Siddhi Until 6:02PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		442242361 <b>Rahu</b> 5:11PM – 6:42PM	Taitila Until 8:46AM	<b>Nataraja:</b> White		3rd Phase	
Creative Work	Siddha Yoga		Tritiya Until 7:07PM	Moon – Blue		<b>Bhuloka Day</b>	
Until 10:51AM				<b>Ashada*Ani</b>		Devaloka Time: 12:PM to 3:PM	
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Monday, July 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vyatipata*/Varyan Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau		Nairobi, Kenya Sun 17 Sutra 92	
Simha Rasi: 11.4	Tithi 4 – 5	<b>Gulika</b> 2:10PM – 3:41PM	<b>Magha*</b> Until 8:43AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:38AM	Vilamba 5120	
<b>Family Home Evening</b>		Yama 11:10AM – 12:40PM	Vyatipata* Until 2:34PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		453242361 <b>Rahu</b> 8:09AM – 9:39AM	Bava Until 2:57AM Tue	<b>Nataraja:</b> White		3rd Phase	
Routine Work	Marana Yoga		Chaturthi* Until 4:12PM	Moon – Red		<b>Bhuloka Day</b>	
Until 8:43AM				<b>Ashada*Adi</b>		Devaloka Time: 12:PM to 3:PM	
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Tuesday, July 17, 2018</b>		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		Nairobi, Kenya Sun 18 Sutra 93	
Simha Rasi: 26.06	Tithi 5 – 6	<b>Gulika</b> 12:40PM – 2:11PM	<b>Purvaphalguni</b> Until 6:56AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:38AM	Vilamba 5120	
		Yama 9:39AM – 11:10AM	Varyan Until 11:31AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		453242362 <b>Rahu</b> 3:41PM – 5:11PM	Kaulava Until 12:53AM Wed	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 1:49PM	Moon – Red		<b>Devaloka Day</b>	
Until 6:56AM				<b>Ashada*Adi</b>			
Then Creative Work - Amrita Yoga							

<b>5</b>		<b>Wednesday, July 18, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Nairobi, Kenya Sun 19 Sutra 94	
Kanya Rasi: 10.07	Tithi 6 – 7	<b>Gulika</b> 11:10AM – 12:40PM	<b>Hasta</b> Until 5:20AM Thu	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:38AM	Vilamba 5120	
		Yama 8:09AM – 9:39AM	Parigha* Until 9:01AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		463242362 <b>Rahu</b> 12:40PM – 2:11PM	Gara Until 11:31PM	<b>Nataraja:</b> Clear		3rd Phase	
Routine Work	Marana Yoga		Shashthi* Until 12:06PM	Moon – Green		<b>Sivaloka Day</b>	
Until 5:20AM Thu				<b>Ashada*Adi</b>			
Then Creative Work - Siddha Yoga							

<b>Retreat Star</b>		<b>Thursday, July 19, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Shiva/Siddha Yoga Vanija/Vistil* Karana Saptami/Ashtamyam Titau		Nairobi, Kenya Sun 20 Sutra 95	
Kanya Rasi: 23.41	Tithi 7 – 8	<b>Gulika</b> 9:39AM – 11:10AM	<b>Chitra</b> Until 5:37AM Fri	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:38AM	Vilamba 5120	
		Yama 6:38AM – 8:09AM	Shiva Until 7:06AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		463242362 <b>Rahu</b> 2:11PM – 3:41PM	Vistil Until 10:52PM	<b>Nataraja:</b> Clear		Ashtami	
Creative Work	Siddha Yoga		Saptami Until 11:05AM	Moon – Green		<b>Sivaloka Day</b>	
				<b>Ashada*Adi</b>			

<b>Retreat Star</b>		<b>Friday, July 20, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Sadhya Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Nairobi, Kenya Sun 21 Sutra 96	
Tula Rasi: 6.52	Tithi 8 – 9	<b>Gulika</b> 8:09AM – 9:39AM	<b>Svati</b> Until 6:26AM Sat	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:39AM	Vilamba 5120	
		Yama 3:41PM – 5:12PM	Sadhya Until 4:58AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		463242362 <b>Rahu</b> 11:10AM – 12:40PM	Balava Until 10:57PM	<b>Nataraja:</b> Clear		Navami	
Creative Work	Siddha Yoga		Ashtami* Until 10:48AM	Moon – Green		<b>Sivaloka Day</b>	
				<b>Ashada*Adi</b>			

<b>1</b>	<b>Saturday, July 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Subha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 22 Sutra 97 Vilamba 5120
	Tula Rasi: 19.41	Tithi 9 – 10	<b>Gulika</b> 6:39AM – 8:09AM Yama 2:11PM – 3:41PM	<b>Svati Until 6:26AM</b> Subha Until 4:44AM Sun Taitila Until 11:42PM Navami* Until 11:13AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Green	<b>Sunrise:</b> 6:39AM <b>Sunset:</b> 6:42PM	Moon 6 - Phase 14 4th Phase
	463242362	Rahu 9:39AM – 11:10AM	Creative Work	Siddha Yoga	<b>Sivaloka Day</b>		


<b>2</b>	<b>Sunday, July 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 23 Sutra 98 Vilamba 5120
	Vrischika Rasi: 2.11	Tithi 10 – 11	<b>Gulika</b> 3:41PM – 5:12PM Yama 12:40PM – 2:11PM	<b>Vishakha Until 8:12AM</b> Sukla Until 4:54AM Mon Vanija Until 1:02AM Mon Dashami Until 12:17PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 6:39AM <b>Sunset:</b> 6:42PM	Moon 6 - Phase 14 4th Phase
	473242362	Rahu 5:12PM – 6:42PM	Routine Work	Marana Yoga	<b>Devaloka Day</b>		


<b>3</b>	<b>Monday, July 23, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 24 Sutra 99 Vilamba 5120
	Vrischika Rasi: 14.28	Tithi 11 – 12	<b>Gulika</b> 2:11PM – 3:41PM Yama 11:10AM – 12:40PM	<b>Anuradha Until 10:20AM</b> Brahma Until 5:26AM Tue Bava Until 2:52AM Tue Ekadashi Until 1:52PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 6:39AM <b>Sunset:</b> 6:42PM	Moon 6 - Phase 14 4th Phase
	473242362	Rahu 8:09AM – 9:40AM	Family Home Evening	Creative Work	Siddha Yoga	<b>Devaloka Day</b>	

<b>4</b>	<b>Tuesday, July 24, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Indra Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 25 Sutra 100 Vilamba 5120
	Vrischika Rasi: 26.32	Tithi 12 – 13	<b>Gulika</b> 12:41PM – 2:11PM Yama 9:40AM – 11:10AM	<b>Jyeshtha* Until 12:45PM</b> Indra Until 6:16AM Wed Kaulava Until 5:03AM Wed Dvadashi Until 3:54PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 6:39AM <b>Sunset:</b> 6:42PM	Moon 6 - Phase 14 4th Phase
	473242362	Rahu 3:41PM – 5:12PM	Routine Work	Marana Yoga	Until 12:45PM	Then Creative Work - Amrita Yoga	<b>Devaloka Day</b>

<b>5</b>	<b>Wednesday, July 25, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Taitila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 101 Vilamba 5120
	Dhanus Rasi: 8.28	Tithi 13	<b>Gulika</b> 11:10AM – 12:41PM Yama 8:09AM – 9:40AM	<b>Mula* Until 3:48PM</b> Indra Until 6:16AM Taitila Until 6:14PM Trayodashi Until 6:14PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 6:39AM <b>Sunset:</b> 6:42PM	Moon 6 - Phase 14 4th Phase
	483342362	Rahu 12:41PM – 2:11PM	Routine Work	Marana Yoga	Until 3:48PM	Then Creative Work - Amrita Yoga	<b>Sivaloka Day</b>

<b>6</b>	<b>Thursday, July 26, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 102 Vilamba 5120
	Dhanus Rasi: 20.19	Tithi 14	<b>Gulika</b> 9:40AM – 11:10AM Yama 6:39AM – 8:09AM	<b>Purvashadha* Until 6:53PM</b> Vaidhriti* Until 7:15AM Gara Until 7:30AM Chaturdashi* Until 8:46PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 6:39AM <b>Sunset:</b> 6:42PM	Moon 6 - Phase 14 4th Phase
	483342362	Rahu 2:11PM – 3:41PM	Creative Work	Siddha Yoga	Until 6:53PM	Then Routine Work - Marana Yoga	<b>Sivaloka Day</b>

	<b>Friday, July 27, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Purnimayam Titau				Nairobi, Kenya Sun 27 Sutra 103 Vilamba 5120
	<b>Copper Retreat Star</b>		<b>Gulika</b> 8:09AM – 9:40AM Yama 3:41PM – 5:12PM	<b>Uttarashadha Until 9:52PM</b> Vishkambha* Until 8:21AM Visti Until 10:05AM Purnima* Until 11:21PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 6:39AM <b>Sunset:</b> 6:42PM	Moon 6 - Phase 14 Purnima
	Makara Rasi: 2.07	Tithi 15	483342362	Rahu 11:10AM – 12:41PM	Routine Work	Marana Yoga	<b>Sivaloka Day</b>

	<b>Saturday, July 28, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Prathamayam Titau				Nairobi, Kenya Sun 28 Sutra 104 Vilamba 5120
	<b>Silver Retreat Star</b>		<b>Gulika</b> 6:39AM – 8:09AM Yama 2:11PM – 3:41PM	<b>Shravana Until 1:08AM Sun</b> Priti Until 9:29AM Balava Until 12:39PM Prathama* Until 1:53AM Sun	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple	<b>Sunrise:</b> 6:39AM <b>Sunset:</b> 6:42PM	Moon 6 - Phase 14 Prathama
	Makara Rasi: 13.54	Tithi 16	493342362	Rahu 9:40AM – 11:10AM	Creative Work	Siddha Yoga	Until 1:08AM Sun

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

Nairobi, Kenya  
Sun 1 Sutra 105

Makara Rasi: 25.44 Tithi 17

Gulika 3:41PM – 5:12PM  
Yama 12:40PM – 2:11PM  
493342362 Rahu 5:12PM – 6:42PM

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

Ganesha: Blue Sunrise: 6:39AM  
Muruga: Clear Sunset: 6:42PM  
Nataraja: Clear  
Moon – Purple

Moon 7 - Phase 15  
1st Phase

Routine Work Marana Yoga  
Until 4:03AM Mon  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**Ashada-Adi**

**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

Nairobi, Kenya  
Sun 2 Sutra 106

Kumbha Rasi: 7.37 Tithi 18

Gulika 2:11PM – 3:41PM  
Yama 11:10AM – 12:40PM  
494342362 Rahu 8:09AM – 9:39AM

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

Ganesha: Blue Sunrise: 6:39AM  
Muruga: Clear Sunset: 6:42PM  
Nataraja: Clear  
Moon – Purple

Moon 7 - Phase 15  
1st Phase

**Family Home Evening**  
Creative Work Siddha Yoga  
Until 6:32AM Tue  
Then Routine Work - Marana Yoga

**Devaloka Day**

**Ashada-Adi**

**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

Nairobi, Kenya  
Sun 3 Sutra 107

Kumbha Rasi: 19.38 Tithi 18 – 19

Gulika 12:40PM – 2:11PM  
Yama 9:39AM – 11:10AM  
494342362 Rahu 3:41PM – 5:12PM

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

Ganesha: Blue Sunrise: 6:38AM  
Muruga: Clear Sunset: 6:42PM  
Nataraja: Clear  
Moon – Purple

Moon 7 - Phase 15  
1st Phase

Routine Work Marana Yoga  
Until 6:32AM Tue  
Then Routine Work - Marana Yoga

**Devaloka Day**

**Ashada-Adi**

**3**

**Wednesday, August 1, 2018**

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

Nairobi, Kenya  
Sun 4 Sutra 108

Meena Rasi: 1.49 Tithi 19 – 20

Gulika 11:10AM – 12:40PM  
Yama 8:09AM – 9:39AM  
414342362 Rahu 12:40PM – 2:11PM

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

Ganesha: White Sunrise: 6:38AM  
Muruga: Clear Sunset: 6:42PM  
Nataraja: Clear  
Moon – Clear

Moon 7 - Phase 15  
1st Phase

Creative Work Amrita Yoga  
Until 8:57AM  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**Ashada-Adi**

**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

Nairobi, Kenya  
Sun 5 Sutra 109

Meena Rasi: 14.11 Tithi 20 – 21

Gulika 9:39AM – 11:10AM  
Yama 6:38AM – 8:09AM  
414342362 Rahu 2:11PM – 3:41PM

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

Ganesha: White Sunrise: 6:38AM  
Muruga: Clear Sunset: 6:42PM  
Nataraja: Clear  
Moon – Clear

Moon 7 - Phase 15  
1st Phase

Creative Work Siddha Yoga  
Until 9:06AM  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**Ashada-Adi**

**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

Nairobi, Kenya  
Sun 6 Sutra 110

Meena Rasi: 26.49 Tithi 21 – 22

Gulika 8:09AM – 9:39AM  
Yama 3:41PM – 5:12PM  
414342362 Rahu 11:10AM – 12:40PM

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

Ganesha: White Sunrise: 6:38AM  
Muruga: Clear Sunset: 6:42PM  
Nataraja: Clear  
Moon – Clear

Moon 7 - Phase 15  
1st Phase

Creative Work Siddha Yoga  
Until 11:46AM  
Then Creative Work - Amrita Yoga

**Devaloka Day**

**Ashada-Adi**

**6**

**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 Saplam/Ashtamyam Titau

Nairobi, Kenya  
Sun 7 Sutra 111

Mesha Rasi: 9.46 Tithi 22 – 23

Gulika 6:38AM – 8:09AM  
Yama 2:11PM – 3:41PM  
424342362 Rahu 9:39AM – 11:10AM

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

Ganesha: Clear Sunrise: 6:38AM  
Muruga: Clear Sunset: 6:42PM  
Nataraja: Clear  
Moon – White

Moon 7 - Phase 15  
Ashtami

Creative Work Siddha Yoga  
Until 9:37AM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**

**Ashada-Adi**

**Sunday, August 5, 2018**

**Retreat Star**

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

Nairobi, Kenya  
Sun 8 Sutra 112

Mesha Rasi: 23.03 Tithi 23 – 24

Gulika 3:41PM – 5:12PM  
Yama 12:40PM – 2:11PM  
424342362 Rahu 5:12PM – 6:42PM

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

Ganesha: Clear Sunrise: 6:38AM  
Muruga: Clear Sunset: 6:42PM  
Nataraja: Clear  
Moon – White

Moon 7 - Phase 15  
Navami

Routine Work Prabalarishta Yoga  
Until 12:24PM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**

**Ashada-Adi**


<b>1</b>		<b>Monday, August 6, 2018</b>		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		Nairobi, Kenya Sun 9 Sutra 113 Vilamba 5120	
Vrishabha Rasi: 6.43 Tithi 24 – 25		<b>Gulika</b> 2:10PM – 3:41PM	<b>Krittika</b> <b>Until 11:29AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:38AM	Moon 7 - Phase 16	
<b>Family Home Evening</b>		Yama 11:09AM – 12:40PM	Vriddhi <b>Until 6:41AM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	2nd Phase	
Routine Work Marana Yoga		<b>Rahu</b> 8:08AM – 9:39AM	Vanija <b>Until 6:31PM</b>	<b>Nataraja:</b> Clear		<b>Sivaloka Day</b>	
Until 11:29AM			<b>Navami* Until 7:28AM</b>	<b>Moon – White</b>			
Then Creative Work - Amrita Yoga				<b>Ashada-Adi</b>			

<b>2</b>		<b>Tuesday, August 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vyaghata* Yoga Bava/Balava Karana Ekadashyam Titau		Nairobi, Kenya Sun 10 Sutra 114 Vilamba 5120	
Vrishabha Rasi: 20.48 Tithi 26		<b>Gulika</b> 12:40PM – 2:10PM	<b>Rohini</b> <b>Until 10:13AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:38AM	Moon 7 - Phase 16	
434342362		Yama 9:39AM – 11:09AM	Vyaghata* <b>Until 12:47AM Wed</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	2nd Phase	
Creative Work Amrita Yoga		<b>Rahu</b> 3:41PM – 5:11PM	Bava <b>Until 4:10PM</b>	<b>Nataraja:</b> Clear		<b>Devaloka Day</b>	
Until 10:13AM			<b>Ekadashi* Until 2:46AM Wed</b>	<b>Moon – Yellow</b>			
Then Creative Work - Siddha Yoga				<b>Ashada-Adi</b>			

<b>3</b>		<b>Wednesday, August 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvadashyam Titau		Nairobi, Kenya Sun 11 Sutra 115 Vilamba 5120	
Mithuna Rasi: 5.16 Tithi 27		<b>Gulika</b> 11:09AM – 12:40PM	<b>Mrigashira</b> <b>Until 8:16AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:38AM	Moon 7 - Phase 16	
434342362		Yama 8:08AM – 9:39AM	Harshana <b>Until 9:13PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	2nd Phase	
Creative Work Siddha Yoga		<b>Rahu</b> 12:40PM – 2:10PM	Kaulava <b>Until 1:17PM</b>	<b>Nataraja:</b> Clear		<b>Devaloka Day</b>	
			<b>Dvadashi* Until 11:40PM</b>	<b>Moon – Yellow</b>			
				<b>Ashada-Adi</b>			

<b>4</b>		<b>Thursday, August 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Trayodashyam Titau		Nairobi, Kenya Sun 12 Sutra 116 Vilamba 5120	
Mithuna Rasi: 20.04 Tithi 28		<b>Gulika</b> 9:39AM – 11:09AM	<b>Punarvasu</b> <b>Until 3:12AM Fri</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:37AM	Moon 7 - Phase 16	
444342362		Yama 6:37AM – 8:08AM	Vajra* <b>Until 5:21PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	2nd Phase	
Creative Work Amrita Yoga		<b>Rahu</b> 2:10PM – 3:41PM	Gara <b>Until 10:00AM</b>	<b>Nataraja:</b> Clear		<b>Devaloka Day</b>	
Until 3:12AM Fri			<b>Trayodashi* Until 8:14PM</b>	<b>Moon – Blue</b>			
Then Routine Work - Marana Yoga				<b>Ashada-Adi</b>			
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Friday, August 10, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Siddhi/Vyatipata* Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Nairobi, Kenya Sun 13 Sutra 117 Vilamba 5120	
Kataka Rasi: 5.05 Tithi 29 – 30		<b>Gulika</b> 8:08AM – 9:38AM	<b>Pushya</b> <b>Until 12:22AM Sat</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:37AM	Moon 7 - Phase 16	
444342362		Yama 3:40PM – 5:11PM	Siddhi <b>Until 1:18PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	2nd Phase	
Routine Work Marana Yoga		<b>Rahu</b> 11:09AM – 12:39PM	Visti <b>Until 6:28AM</b>	<b>Nataraja:</b> Clear		<b>Devaloka Day</b>	
			<b>Chaturdashi* Until 4:37PM</b>	<b>Moon – Blue</b>			
				<b>Ashada-Adi</b>			

		<b>Saturday, August 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Vyatipata*/Varyan Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Nairobi, Kenya Sun 14 Sutra 118 Vilamba 5120	
<b>Retreat Star</b>		<b>Gulika</b> 6:37AM – 8:08AM	<b>Ashlesha*</b> <b>Until 9:25PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:37AM	Moon 7 - Phase 16	
Kataka Rasi: 20.12 Tithi 30 – 1		Yama 2:10PM – 3:40PM	Vyatipata* <b>Until 9:12AM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:41PM	Amavasya	
444342362		<b>Rahu</b> 9:38AM – 11:09AM	Kintughna <b>Until 11:10PM</b>	<b>Nataraja:</b> Clear		<b>Devaloka Day</b>	
Routine Work Marana Yoga			<b>Amavasya* Until 12:57PM</b>	<b>Moon – Blue</b>			
Until 9:25PM				<b>Ashada-Adi</b>			
Then Creative Work - Amrita Yoga		<b>Partial Solar Eclipse</b>					

<b>Retreat Star</b>		<b>Sunday, August 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Parigha* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Nairobi, Kenya Sun 15 Sutra 119 Vilamba 5120	
Simha Rasi: 5.16 Tithi 1 – 2		<b>Gulika</b> 3:40PM – 5:11PM	<b>Magha*</b> <b>Until 6:56PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:37AM	Moon 7 - Phase 16	
455342362		Yama 12:39PM – 2:10PM	Parigha* <b>Until 1:19AM Mon</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:41PM	Prathama	
Routine Work Marana Yoga		<b>Rahu</b> 5:11PM – 6:41PM	Balava <b>Until 7:44PM</b>	<b>Nataraja:</b> Clear		<b>Sivaloka Day</b>	
Until 6:56PM			<b>Prathama* Until 9:24AM</b>	<b>Moon – Red</b>			
Then Creative Work - Siddha Yoga				<b>Sravana-Adi</b>			

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

<b>Monday, August 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Shiva Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau				Nairobi, Kenya Sun 16 Sutra 120 Vilamba 5120 Moon 7 - Phase 17 3rd Phase
<b>1</b>	Simha Rasi: 20.09 Tithi 2 - 3 Family Home Evening Creative Work Siddha Yoga	Gulika 2:09PM - 3:40PM Yama 11:08AM - 12:39PM Rahu 8:07AM - 9:38AM	<b>Purvaphalguni Until 4:38PM</b> Shiva Until 9:49PM Gara Until 3:16AM Tue Dvitiya Until 6:07AM	Ganesha: Clear Muruga: Clear Nataraja: Clear Moon - Red	Sunrise: 6:37AM Sunset: 6:41PM	<b>Sivaloka Day</b>

<b>Tuesday, August 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddha Yoga Vanija/Visti* Karana Chaturthyam Titau				Nairobi, Kenya Sun 17 Sutra 121 Vilamba 5120 Moon 7 - Phase 17 3rd Phase
<b>2</b>	Kanya Rasi: 4.43 Tithi 4 Creative Work Amrita Yoga Until 2:42PM Then Creative Work - Siddha Yoga	Gulika 12:39PM - 2:09PM Yama 9:38AM - 11:08AM Rahu 3:40PM - 5:10PM	<b>Uttaraphalguni Until 2:42PM</b> Siddha Until 6:44PM Vanija Until 2:03PM Chaturthi* Until 12:58AM Wed	Ganesha: Clear Muruga: Clear Nataraja: Clear Moon - Red	Sunrise: 6:37AM Sunset: 6:41PM	<b>Sivaloka Day</b>

<b>Wednesday, August 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya Sun 18 Sutra 122 Vilamba 5120 Moon 7 - Phase 17 3rd Phase
<b>3</b>	Kanya Rasi: 18.53 Tithi 5 Routine Work Marana Yoga Until 1:42PM Then Creative Work - Siddha Yoga	Gulika 11:08AM - 12:39PM Yama 8:07AM - 9:37AM Rahu 12:39PM - 2:09PM	<b>Hasta Until 1:42PM</b> Sadhya Until 4:12PM Bava Until 12:05PM Panchami Until 11:22PM	Ganesha: Purple Muruga: Clear Nataraja: Clear Moon - Green	Sunrise: 6:36AM Sunset: 6:41PM	<b>Subha Sivaloka Day</b>

<b>Thursday, August 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Subha/Sukla Yoga Kaulava/Taila Karana Shashthyam Titau				Nairobi, Kenya Sun 19 Sutra 123 Vilamba 5120 Moon 7 - Phase 17 3rd Phase
<b>4</b>	Tula Rasi: 2.35 Tithi 6 Creative Work Siddha Yoga Until 1:17PM Then Creative Work - Amrita Yoga	Gulika 9:37AM - 11:08AM Yama 6:36AM - 8:07AM Rahu 2:09PM - 3:39PM	<b>Chitra Until 1:17PM</b> Subha Until 2:17PM Kaulava Until 10:52AM Shashthi* Until 10:32PM	Ganesha: Purple Muruga: Clear Nataraja: Clear Moon - Green	Sunrise: 6:36AM Sunset: 6:41PM	<b>Subha Sivaloka Day</b>

<b>Friday, August 17, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Saplamyam Titau				Nairobi, Kenya Sun 20 Sutra 124 Vilamba 5120 Moon 7 - Phase 17 3rd Phase
<b>5</b>	Tula Rasi: 15.51 Tithi 7 Creative Work Siddha Yoga	Gulika 8:06AM - 9:37AM Yama 3:39PM - 5:10PM Rahu 11:08AM - 12:38PM	<b>Svati Until 1:30PM</b> Sukla Until 1:00PM Gara Until 10:26AM Saptami Until 10:31PM	Ganesha: Clear Muruga: Clear Nataraja: Clear Moon - Green	Sunrise: 6:36AM Sunset: 6:40PM	<b>Sivaloka Day</b>

<b>Saturday, August 18, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha/Anuradha Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Ashtamyam Titau				Nairobi, Kenya Sun 21 Sutra 125 Vilamba 5120 Moon 7 - Phase 17 Ashtami
<b>Retreat Star</b>	Tula Rasi: 28.41 Tithi 8 Creative Work Siddha Yoga	Gulika 6:36AM - 8:06AM Yama 2:09PM - 3:39PM Rahu 9:37AM - 11:07AM	<b>Vishakha Until 2:49PM</b> Brahma Until 12:21PM Visti Until 10:50AM Ashtami* Until 11:17PM	Ganesha: Purple Muruga: Clear Nataraja: Clear Moon - Orange	Sunrise: 6:36AM Sunset: 6:40PM	<b>Subha Sivaloka Day</b>

<b>Sunday, August 19, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya Sun 22 Sutra 126 Vilamba 5120 Moon 7 - Phase 17 Navami
<b>Retreat Star</b>	Vrischika Rasi: 11.11 Tithi 9 Routine Work Marana Yoga	Gulika 3:39PM - 5:09PM Yama 12:38PM - 2:08PM Rahu 5:09PM - 6:40PM	<b>Anuradha Until 4:42PM</b> Indra Until 12:18PM Balava Until 11:58AM Navami* Until 12:45AM Mon	Ganesha: Clear Muruga: Clear Nataraja: Clear Moon - Orange	Sunrise: 6:35AM Sunset: 6:40PM	<b>Sivaloka Day</b>

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

<b>Monday, August 20, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Vaidhriti*/Vishkambha* Yoga Taitila/Gara Karana Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 127 Vilamba 5120
<b>1</b>	Vrischika Rasi: 23.23 Family Home Evening Creative Work Siddha Yoga	Tithi 10 586442362	<b>Gulika</b> 2:08PM – 3:39PM Yama 11:07AM – 12:37PM <b>Rahu</b> 8:06AM – 9:36AM	<b>Jyeshtha* Until 7:00PM</b> Vaidhriti* Until 12:42PM Taitila Until 1:44PM Dashami Until 2:47AM Tue	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange Sunrise: 6:35AM Sunset: 6:40PM	Moon 7 - Phase 18 4th Phase <b>Sivaloka Day</b> Sravana-Avani

<b>Tuesday, August 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 128 Vilamba 5120
<b>2</b>	Dhanus Rasi: 5.23 Creative Work Amrita Yoga Until 10:02PM Then Creative Work - Siddha Yoga	Tithi 11 586442362	<b>Gulika</b> 12:37PM – 2:08PM Yama 9:36AM – 11:07AM <b>Rahu</b> 3:38PM – 5:09PM	<b>Mula* Until 10:02PM</b> Vishkambha* Until 1:29PM Vanija Until 3:58PM Ekadashi Until 5:11AM Wed	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue Sunrise: 6:35AM Sunset: 6:40PM	Moon 7 - Phase 18 4th Phase <b>Sivaloka Day</b> Sravana-Avani

<b>Wednesday, August 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Priti/Ayushman Yoga Bava Karana Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 129 Vilamba 5120
<b>3</b>	Dhanus Rasi: 17.15 Creative Work Amrita Yoga Until 1:08AM Thu Then Routine Work - Marana Yoga	Tithi 12 586442362	<b>Gulika</b> 11:06AM – 12:37PM Yama 8:05AM – 9:36AM <b>Rahu</b> 12:37PM – 2:08PM	<b>Purvashadha* Until 1:08AM Thu</b> Priti Until 2:31PM Bava Until 6:29PM Dvadashi Until 7:46AM Thu	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue Sunrise: 6:35AM Sunset: 6:39PM	Moon 7 - Phase 18 4th Phase <b>Sivaloka Day</b> Sravana-Avani

<b>Thursday, August 23, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 130 Vilamba 5120
<b>4</b>	Dhanus Rasi: 29.02 Routine Work Marana Yoga	Tithi 12 – 13 586442362	<b>Gulika</b> 9:36AM – 11:06AM Yama 6:34AM – 8:05AM <b>Rahu</b> 2:07PM – 3:38PM	<b>Uttarashadha Until 4:07AM Fri</b> Ayushman Until 3:35PM Kaulava Until 9:06PM Dvadashi Until 7:46AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue Sunrise: 6:34AM Sunset: 6:39PM	Moon 7 - Phase 18 4th Phase <b>Sivaloka Day</b> Sravana-Avani

Pradosha Vrata

<b>Friday, August 24, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shravana Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 131 Vilamba 5120
<b>5</b>	Makara Rasi: 10.5 Routine Work Marana Yoga Until 7:19AM Sat Then Creative Work - Siddha Yoga	Tithi 13 – 14 596442362	<b>Gulika</b> 8:05AM – 9:35AM Yama 3:38PM – 5:08PM <b>Rahu</b> 11:06AM – 12:36PM	<b>Shravana Until 7:19AM Sat</b> Saubhagya Until 4:39PM Gara Until 11:38PM Trayodashi Until 10:22AM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple Sunrise: 6:34AM Sunset: 6:39PM	Moon 7 - Phase 18 4th Phase <b>Subha Sivaloka Day</b> Sravana-Avani

<b>Saturday, August 25, 2018</b>		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				Nairobi, Kenya Sutra 132 Vilamba 5120
<b>○</b>	<b>Copper Retreat Star</b> Makara Rasi: 22.4 Creative Work Siddha Yoga	Tithi 14 – 15 596442362	<b>Gulika</b> 6:34AM – 8:04AM Yama 2:07PM – 3:37PM <b>Rahu</b> 9:35AM – 11:06AM	<b>Shravana Until 7:19AM</b> Sobhana Until 5:36PM Visti Until 1:58AM Sun Chaturdashi* Until 12:49PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple Sunrise: 6:34AM Sunset: 6:39PM	Moon 7 - Phase 18 Purnima <b>Subha Sivaloka Day</b> Sravana-Avani

<b>Sunday, August 26, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Athiganda* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Nairobi, Kenya Sutra 133 Vilamba 5120
<b>○</b>	<b>Silver Retreat Star</b> Kumbha Rasi: 5 Routine Work Marana Yoga Until 10:07AM Then Creative Work - Siddha Yoga	Tithi 15 – 16 596442362	<b>Gulika</b> 3:37PM – 5:08PM Yama 12:36PM – 2:07PM <b>Rahu</b> 5:08PM – 6:38PM	<b>Dhanishtha Until 10:07AM</b> Athiganda* Until 6:17PM Balava Until 3:58AM Mon Purnima* Until 2:59PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple Sunrise: 6:33AM Sunset: 6:38PM	Moon 7 - Phase 18 Prathama <b>Subha Sivaloka Day</b> 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**

Kumbha Rasi: 16.39 Tithi 16 – 17  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 12:25PM  
Then Routine Work - Marana Yoga

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam  
Shatabhishak/Purvaproshtapada\* Nakshatra Sukarma Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau  
**Gulika** 2:06PM – 3:37PM  
Yama 11:05AM – 12:36PM  
**Rahu** 8:04AM – 9:34AM

**Shatabhishak Until 12:25PM**  
Sukarma Until 6:43PM  
Taitila Until 5:35AM Tue  
**Prathama\* Until 4:48PM**

**Ganesha:** White *Sunrise: 6:33AM*  
**Muruqa:** Clear *Sunset: 6:38PM*  
**Nataraja:** Clear  
Moon – Purple  
**Sravana-Avani**

Nairobi, Kenya  
Sutra 134  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

**Subha Sivaloka Day**

**1**

**Tuesday, August 28, 2018**

Kumbha Rasi: 28.52 Tithi 17  
**Routine Work** Marana Yoga  
Until 2:39PM  
Then Creative Work - Amrita Yoga

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvaproshtapada\*/Uttaraproshtapada Nakshatra Dhriti Yoga Gara Karana Dvitiyayam Titau  
**Gulika** 12:35PM – 2:06PM  
Yama 9:34AM – 11:05AM  
**Rahu** 3:37PM – 5:07PM

**Purvaproshtapada\* Until 2:39PM**  
Dhriti Until 6:50PM  
Gara Until 6:12PM  
**Dvitiya Until 6:12PM**

**Ganesha:** Clear *Sunrise: 6:33AM*  
**Muruqa:** Purple *Sunset: 6:38PM*  
**Nataraja:** Purple  
Moon – Clear  
**Sravana-Avani**

Nairobi, Kenya  
Sun 1 Sutra 135  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

**Bhuloka Day**  
Devaloka Time: 6:AM to 9:AM

**2**

**Wednesday, August 29, 2018**

Meena Rasi: 11.16 Tithi 18  
**Creative Work** Siddha Yoga  
Until 4:18PM  
Then Routine Work - Marana Yoga

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttaraproshtapada\*/Revati Nakshatra Shula\* Yoga Vanija/Visti\* Karana Tritiyayam Titau  
**Gulika** 11:04AM – 12:35PM  
Yama 8:03AM – 9:34AM  
**Rahu** 12:35PM – 2:06PM

**Uttaraproshtapada Until 4:18PM**  
Shula\* Until 6:34PM  
Vanija Until 6:46AM  
**Tritiya Until 7:10PM**

**Ganesha:** Clear *Sunrise: 6:33AM*  
**Muruqa:** Purple *Sunset: 6:38PM*  
**Nataraja:** Purple  
Moon – Clear  
**Sravana-Avani**

Nairobi, Kenya  
Sun 2 Sutra 136  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

**Bhuloka Day**  
Devaloka Time: 6:AM to 9:AM

**3**

**Thursday, August 30, 2018**

Meena Rasi: 23.52 Tithi 19  
**Creative Work** Siddha Yoga  
Until 5:21PM  
Then Creative Work - Amrita Yoga

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam  
Revati/Ashvini Nakshatra Ganda\*/Vridhi Yoga Bava/Balava Karana Chaturthyam Titau  
**Gulika** 9:33AM – 11:04AM  
Yama 6:32AM – 8:03AM  
**Rahu** 2:05PM – 3:36PM

**Revati Until 5:21PM**  
Ganda\* Until 5:58PM  
Bava Until 7:30AM  
**Chaturthi\* Until 7:41PM**

**Ganesha:** Clear *Sunrise: 6:32AM*  
**Muruqa:** Purple *Sunset: 6:37PM*  
**Nataraja:** Purple  
Moon – Clear  
**Sravana-Avani**

Nairobi, Kenya  
Sun 3 Sutra 137  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

**Bhuloka Day**  
Devaloka Time: 6:AM to 9:AM

**4**

**Friday, August 31, 2018**

Mesha Rasi: 6.41 Tithi 20  
**Creative Work** Amrita Yoga  
Until 6:16PM  
Then Creative Work - Siddha Yoga

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Ashvini Nakshatra Vridhi/Dhruva Yoga Kaulava/Taitila Karana Panchamyam Titau  
**Gulika** 8:03AM – 9:33AM  
Yama 3:36PM – 5:06PM  
**Rahu** 11:04AM – 12:34PM

**Ashvini Until 6:16PM**  
Vridhi Until 5:01PM  
Kaulava Until 7:47AM  
**Panchami Until 7:43PM**

**Ganesha:** Purple *Sunrise: 6:32AM*  
**Muruqa:** Purple *Sunset: 6:37PM*  
**Nataraja:** Purple  
Moon – White  
**Sravana-Avani**

Nairobi, Kenya  
Sun 4 Sutra 138  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

**Bhuloka Day**

**5**

**Saturday, September 1, 2018**

Mesha Rasi: 19.44 Tithi 21  
**Creative Work** Siddha Yoga  
Until 6:32PM  
Then Creative Work - Amrita Yoga

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam  
Bharani Nakshatra Dhruva/Vyaghata\* Yoga Gara/Vanija Karana Shashthyam Titau  
**Gulika** 6:32AM – 8:02AM  
Yama 2:05PM – 3:35PM  
**Rahu** 9:33AM – 11:03AM

**Bharani Until 6:32PM**  
Dhruva Until 3:40PM  
Gara Until 7:35AM  
**Shashthi\* Until 7:17PM**

**Ganesha:** Purple *Sunrise: 6:32AM*  
**Muruqa:** Purple *Sunset: 6:37PM*  
**Nataraja:** Purple  
Moon – White  
**Sravana-Avani**

Nairobi, Kenya  
Sun 5 Sutra 139  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

**Bhuloka Day**

**6**

**Sunday, September 2, 2018**

Virshabha Rasi: 3.02 Tithi 22  
**Creative Work** Siddha Yoga

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Krittika Nakshatra Vyaghata\*/Harshana Yoga Visti\*/Bava Karana Saptamyam Titau  
**Gulika** 3:35PM – 5:06PM  
Yama 12:34PM – 2:04PM  
**Rahu** 5:06PM – 6:36PM

**Krittika Until 6:11PM**  
Vyaghata\* Until 1:55PM  
Visti Until 6:53AM  
**Saptami Until 6:20PM**

**Ganesha:** Purple *Sunrise: 6:31AM*  
**Muruqa:** Purple *Sunset: 6:36PM*  
**Nataraja:** Purple  
Moon – White  
**Sravana-Avani**

Nairobi, Kenya  
Sun 6 Sutra 140  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

**Bhuloka Day**

**Monday, September 3, 2018**

**Retreat Star**

Virshabha Rasi: 16.38 Tithi 23 – 24  
**Family Home Evening**  
Creative Work Amrita Yoga

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  
**Gulika** 2:04PM – 3:35PM  
Yama 11:03AM – 12:34PM  
**Rahu** 8:02AM – 9:32AM

**Rohini Until 5:36PM**  
Harshana Until 11:47AM  
Taitila Until 4:00AM Tue  
**Ashtami\* Until 4:53PM**

**Ganesha:** Clear *Sunrise: 6:31AM*  
**Muruqa:** Purple *Sunset: 6:36PM*  
**Nataraja:** Purple  
Moon – Yellow  
**Sravana-Avani**

Nairobi, Kenya  
Sun 7 Sutra 141  
Vilamba 5120  
Moon 8 - Phase 19  
Ashtami

**Bhuloka Day**  
Devaloka Time: 6:AM to 9:AM

**Krishna Janmashtami**

**Tuesday, September 4, 2018**

**Retreat Star**

Mithuna Rasi: 0.32 Tithi 24 – 25  
**Creative Work** Siddha Yoga  
Until 4:24PM  
Then Routine Work - Marana Yoga

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  
**Gulika** 12:33PM – 2:04PM  
Yama 9:32AM – 11:03AM  
**Rahu** 3:35PM – 5:05PM

**Mrigashira Until 4:24PM**  
Vajra\* Until 9:12AM  
Vanija Until 1:49AM Wed  
**Navami\* Until 2:57PM**

**Ganesha:** White *Sunrise: 6:30AM*  
**Muruqa:** Purple *Sunset: 6:36PM*  
**Nataraja:** Purple  
Moon – Yellow  
**Sravana-Avani**

Nairobi, Kenya  
Sun 8 Sutra 142  
Vilamba 5120  
Moon 8 - Phase 19  
Navami

**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

<b>1</b>	<b>Wednesday, September 5, 2018</b>		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				Nairobi, Kenya Sun 9 Sutra 143 Vilamba 5120
	Mithuna Rasi: 14.44	Tithi 25 – 26	<b>Gulika</b> 11:02AM – 12:33PM	<b>Ardra</b> Until 2:37PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:30AM	
			Yama 8:01AM – 9:31AM	Siddhi Until 6:16AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:36PM	Moon 8 - Phase 20
	Creative Work	Siddha Yoga	538452363 <b>Rahu</b> 12:33PM – 2:04PM	Bava Until 11:13PM	<b>Nataraja:</b> Purple		2nd Phase
			<b>Dashami</b> Until 12:33PM	Moon – Yellow		<b>Devaloka Day</b>	
				<b>Sravana-Avani</b>			

<b>2</b>	<b>Thursday, September 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Variyan Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 10 Sutra 144 Vilamba 5120
	Mithuna Rasi: 29.13	Tithi 26 – 27	<b>Gulika</b> 9:31AM – 11:02AM	<b>Punarvasu</b> Until 12:43PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:30AM	
			Yama 6:30AM – 8:00AM	Variyan Until 11:27PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:35PM	Moon 8 - Phase 20
	Creative Work	Amrita Yoga	548452363 <b>Rahu</b> 2:03PM – 3:34PM	Kaulava Until 8:17PM	<b>Nataraja:</b> Purple		2nd Phase
			<b>Ekadashi*</b> Until 9:46AM	Moon – Blue		<b>Bhuloka Day</b>	
				<b>Sravana-Avani</b>		<b>Devaloka Time: 9:AM to 12:PM</b>	

<b>3</b>	<b>Friday, September 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Parigha* Yoga Taitila/Vanija Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 11 Sutra 145 Vilamba 5120
	Kataka Rasi: 13.56	Tithi 27 – 28	<b>Gulika</b> 8:00AM – 9:31AM	<b>Pushya</b> Until 10:24AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:29AM	
			Yama 3:34PM – 5:04PM	Parigha* Until 7:43PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:35PM	Moon 8 - Phase 20
	Routine Work	Marana Yoga	548452363 <b>Rahu</b> 11:01AM – 12:32PM	Vanija Until 3:28AM Sat	<b>Nataraja:</b> Purple		2nd Phase
			<b>Dvadashi*</b> Until 6:42AM	Moon – Blue		<b>Bhuloka Day</b>	
				<b>Sravana-Avani</b>		<b>Devaloka Time: 9:AM to 12:PM</b>	
				<i>Pradosha Vrata (Fasting)</i>			

<b>4</b>	<b>Saturday, September 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Shiva/Siddha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Nairobi, Kenya Sun 12 Sutra 146 Vilamba 5120
	Kataka Rasi: 28.47	Tithi 29	<b>Gulika</b> 6:29AM – 8:00AM	<b>Ashlesha*</b> Until 7:49AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:29AM	
			Yama 2:03PM – 3:33PM	Shiva Until 3:56PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:35PM	Moon 8 - Phase 20
	Routine Work	Marana Yoga	548452363 <b>Rahu</b> 9:30AM – 11:01AM	Visti Until 1:50PM	<b>Nataraja:</b> Purple		2nd Phase
			<b>Chaturdashi*</b> Until 12:11AM Sun	Moon – Blue		<b>Bhuloka Day</b>	
				<b>Sravana-Avani</b>		<b>Devaloka Time: 9:AM to 12:PM</b>	

	<b>Sunday, September 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Siddha/Sadhya Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Nairobi, Kenya Sun 13 Sutra 147 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 3:33PM – 5:04PM	<b>Purvaphalguni</b> Until 3:08AM Mon	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:29AM	
	Simha Rasi: 13.39	Tithi 30	Yama 12:31PM – 2:02PM	Siddha Until 12:09PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:34PM	Moon 8 - Phase 20
	Creative Work	Siddha Yoga	558452363 <b>Rahu</b> 5:04PM – 6:34PM	Catuspada Until 10:35AM	<b>Nataraja:</b> Purple		Amavasya
			<b>Amavasya*</b> Until 9:00PM	Moon – Red		<b>Bhuloka Day</b>	
				<b>Sravana-Avani</b>		<b>Devaloka Time: 9:AM to 12:PM</b>	

<b>Monday, September 10, 2018</b>	<b>Retreat Star</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya/Subha Yoga Kintughna*/Bava Karana Prathamayam Titau				Nairobi, Kenya Sun 14 Sutra 148 Vilamba 5120
	Simha Rasi: 28.24	Tithi 1	<b>Gulika</b> 2:02PM – 3:33PM	<b>Uttaraphalguni</b> Until 12:58AM Tue	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:28AM	
	<b>Family Home Evening</b>		Yama 11:00AM – 12:31PM	Sadhya Until 8:32AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:34PM	Moon 8 - Phase 20
	Creative Work	Siddha Yoga	559452363 <b>Rahu</b> 7:59AM – 9:30AM	Kintughna Until 7:31AM	<b>Nataraja:</b> Purple		Prathama
			<b>Prathama*</b> Until 6:04PM	Moon – Red		<b>Bhuloka Day</b>	
				<b>Bhadrapada-Avani</b>			

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

1	<b>Tuesday, September 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Sukla Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Nairobi, Kenya Sun 15 Sutra 149 Vilamba 5120
	Kanya Rasi: 12.55	Tithi 2 – 3	<b>Gulika</b> 12:31PM – 2:02PM	<b>Hasta</b> <b>Until 11:33PM</b>	<b>Ganesha:</b> Blue	<b>Sunrise:</b> 6:28AM	
			Yama 9:29AM – 11:00AM	Sukla <b>Until 2:17AM</b> Wed	<b>Muruqa:</b> Purple	<b>Sunset:</b> 6:34PM	Moon 8 - Phase 21
	Creative Work	Siddha Yoga	569452363 <b>Rahu</b> 3:32PM – 5:03PM	Taitila <b>Until 2:31AM</b> Wed	<b>Nataraja:</b> Purple		3rd Phase
			<b>Dvitiya</b> <b>Until 3:34PM</b>	Moon – Green		<b>Bhuloka Day</b>	
				<b>Bhadrapada-Avani</b>			

2	<b>Wednesday, September 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Brahma Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau				Nairobi, Kenya Sun 16 Sutra 150 Vilamba 5120
	Kanya Rasi: 27.06	Tithi 3 – 4	<b>Gulika</b> 11:00AM – 12:30PM	<b>Chitra</b> <b>Until 10:35PM</b>	<b>Ganesha:</b> Blue	<b>Sunrise:</b> 6:28AM	
			Yama 7:58AM – 9:29AM	Brahma <b>Until 11:53PM</b>	<b>Muruqa:</b> Purple	<b>Sunset:</b> 6:33PM	Moon 8 - Phase 21
	Creative Work	Siddha Yoga	569452363 <b>Rahu</b> 12:30PM – 2:01PM	Vanija <b>Until 12:54AM</b> Thu	<b>Nataraja:</b> Purple		3rd Phase
			<b>Tritiya</b> <b>Until 1:37PM</b>	Moon – Green		<b>Bhuloka Day</b>	
				<b>Bhadrapada-Avani</b>			

3	<b>Thursday, September 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Indra Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Nairobi, Kenya Sun 17 Sutra 151 Vilamba 5120
	Tula Rasi: 10.52	Tithi 4 – 5	<b>Gulika</b> 9:29AM – 10:59AM	<b>Svati</b> <b>Until 10:12PM</b>	<b>Ganesha:</b> Blue	<b>Sunrise:</b> 6:27AM	
			Yama 6:27AM – 7:58AM	Indra <b>Until 10:04PM</b>	<b>Muruqa:</b> Purple	<b>Sunset:</b> 6:33PM	Moon 8 - Phase 21
	Creative Work	Amrita Yoga	569452363 <b>Rahu</b> 2:01PM – 3:32PM	Bava <b>Until 12:02AM</b> Fri	<b>Nataraja:</b> Purple		3rd Phase
Until 10:12PM			<b>Chaturthi*</b> <b>Until 12:21PM</b>	Moon – Green		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga		<b>Ganesha Chaturthi</b>		<b>Bhadrapada-Avani</b>			

4	<b>Friday, September 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Nairobi, Kenya Sun 18 Sutra 152 Vilamba 5120
	Tula Rasi: 24.11	Tithi 5 – 6	<b>Gulika</b> 7:58AM – 9:28AM	<b>Vishakha</b> <b>Until 10:56PM</b>	<b>Ganesha:</b> White	<b>Sunrise:</b> 6:27AM	
			Yama 3:31PM – 5:02PM	Vaidhriti* <b>Until 8:53PM</b>	<b>Muruqa:</b> Purple	<b>Sunset:</b> 6:33PM	Moon 8 - Phase 21
	Creative Work	Siddha Yoga	579552363 <b>Rahu</b> 10:59AM – 12:30PM	Kaulava <b>Until 11:59PM</b>	<b>Nataraja:</b> Purple		3rd Phase
			<b>Panchami</b> <b>Until 11:53AM</b>	Moon – Orange		<b>Devaloka Day</b>	
				<b>Bhadrapada-Avani</b>			

5	<b>Saturday, September 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vishkambha* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Nairobi, Kenya Sun 19 Sutra 153 Vilamba 5120
	Vrischika Rasi: 7.05	Tithi 6 – 7	<b>Gulika</b> 6:26AM – 7:57AM	<b>Anuradha</b> <b>Until 12:18AM</b> Sun	<b>Ganesha:</b> White	<b>Sunrise:</b> 6:26AM	
			Yama 2:00PM – 3:31PM	Vishkambha* <b>Until 8:22PM</b>	<b>Muruqa:</b> Purple	<b>Sunset:</b> 6:32PM	Moon 8 - Phase 21
	Creative Work	Siddha Yoga	579552363 <b>Rahu</b> 9:28AM – 10:59AM	Gara <b>Until 12:46AM</b> Sun	<b>Nataraja:</b> Purple		3rd Phase
Until 12:18AM Sun			<b>Shashthi*</b> <b>Until 12:15PM</b>	Moon – Orange		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga				<b>Bhadrapada-Avani</b>			

D	<b>Sunday, September 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Priti Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Nairobi, Kenya Sun 20 Sutra 154 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 3:31PM – 5:01PM	<b>Jyeshtha*</b> <b>Until 2:14AM</b> Mon	<b>Ganesha:</b> White	<b>Sunrise:</b> 6:26AM	
	Vrischika Rasi: 19.35	Tithi 7 – 8	Yama 12:29PM – 2:00PM	Priti <b>Until 8:27PM</b>	<b>Muruqa:</b> Purple	<b>Sunset:</b> 6:32PM	Moon 8 - Phase 21
	Routine Work	Marana Yoga	579552363 <b>Rahu</b> 5:01PM – 6:32PM	Visti <b>Until 2:17AM</b> Mon	<b>Nataraja:</b> Purple		Ashtami
Until 2:14AM Mon			<b>Saptami</b> <b>Until 1:25PM</b>	Moon – Orange		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Bhadrapada-Avani</b>			

D	<b>Monday, September 17, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Ayushman Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Nairobi, Kenya Sun 21 Sutra 155 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 1:59PM – 3:30PM	<b>Mula*</b> <b>Until 5:04AM</b> Tue	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 6:26AM	
	Dhanus Rasi: 1.48	Tithi 8 – 9	Yama 10:58AM – 12:29PM	Ayushman <b>Until 8:59PM</b>	<b>Muruqa:</b> Purple	<b>Sunset:</b> 6:32PM	Moon 8 - Phase 21
	<b>Family Home Evening</b>		589552363 <b>Rahu</b> 7:56AM – 9:27AM	Balava <b>Until 4:24AM</b> Tue	<b>Nataraja:</b> Purple		Navami
Creative Work	Siddha Yoga		<b>Ashtami*</b> <b>Until 3:16PM</b>	Moon – Light Blue		<b>Bhuloka Day</b>	
				<b>Bhadrapada-Puratasi</b>		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

<b>1</b>	<b>Tuesday, September 18, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya
	Dhanus Rasi: 13.47	Tithi 9 – 10	581552363	<b>Gulika</b> 12:28PM – 1:59PM Yama 9:27AM – 10:58AM <b>Rahu</b> 3:30PM – 5:01PM	<b>Purvashadha* Until 8:06AM Wed</b> Saubhagya Until 9:52PM Taitila Until 6:54AM Wed <b>Navami* Until 5:36PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:25AM</i> <b>Muruqa:</b> Purple <i>Sunset: 6:31PM</i> <b>Nataraja:</b> Purple Moon – Light Blue	Sun 22 Sutra 156 Vilamba 5120 Moon 8 - Phase 22 4th Phase
	Creative Work	Siddha Yoga				<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	
	Until 8:06AM Wed						
	Then Creative Work - Amrita Yoga						

<b>2</b>	<b>Wednesday, September 19, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Sobhana Yoga Taitila/Gara Karana Dashamyam Titau				Nairobi, Kenya
	Dhanus Rasi: 25.37	Tithi 10	581552363	<b>Gulika</b> 10:57AM – 12:28PM Yama 7:56AM – 9:26AM <b>Rahu</b> 12:28PM – 1:59PM	<b>Purvashadha* Until 8:06AM</b> Sobhana Until 10:56PM Taitila Until 6:54AM <b>Dashami Until 8:12PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:25AM</i> <b>Muruqa:</b> Purple <i>Sunset: 6:31PM</i> <b>Nataraja:</b> Purple Moon – Light Blue	Sun 23 Sutra 157 Vilamba 5120 Moon 8 - Phase 22 4th Phase
	Creative Work	Amrita Yoga				<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

<b>3</b>	<b>Thursday, September 20, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Athiganda* Yoga Vanija/Visti* Karana Ekadashyam Titau				Nairobi, Kenya
	Makara Rasi: 7.25	Tithi 11	581552363	<b>Gulika</b> 9:26AM – 10:57AM Yama 6:24AM – 7:55AM <b>Rahu</b> 1:58PM – 3:29PM	<b>Uttarashadha Until 11:04AM</b> Athiganda* Until 11:58PM Vanija Until 9:32AM <b>Ekadashi Until 10:48PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:24AM</i> <b>Muruqa:</b> Purple <i>Sunset: 6:31PM</i> <b>Nataraja:</b> Purple Moon – Light Blue	Sun 24 Sutra 158 Vilamba 5120 Moon 8 - Phase 22 4th Phase
	Routine Work	Marana Yoga				<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	
	Until 11:04AM						
	Then Creative Work - Siddha Yoga						

<b>4</b>	<b>Friday, September 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sukarma Yoga Bava/Balava Karana Dvadashyam Titau				Nairobi, Kenya
	Makara Rasi: 19.14	Tithi 12	591552363	<b>Gulika</b> 7:55AM – 9:26AM Yama 3:29PM – 5:00PM <b>Rahu</b> 10:56AM – 12:27PM	<b>Shravana Until 2:16PM</b> Sukarma Until 12:51AM Sat Bava Until 12:04PM <b>Dvadashi Until 1:13AM Sat</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:24AM</i> <b>Muruqa:</b> Purple <i>Sunset: 6:30PM</i> <b>Nataraja:</b> Purple Moon – Purple	Sun 25 Sutra 159 Vilamba 5120 Moon 8 - Phase 22 4th Phase
	Routine Work	Marana Yoga				<b>Devaloka Day</b>	
	Until 2:16PM						
	Then Creative Work - Siddha Yoga						

<b>5</b>	<b>Saturday, September 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Dhriti Yoga Kaulava/Taitila Karana Trayodashyam Titau				Nairobi, Kenya
	Kumbha Rasi: 1.08	Tithi 13	591552363	<b>Gulika</b> 6:24AM – 7:54AM Yama 1:58PM – 3:29PM <b>Rahu</b> 9:25AM – 10:56AM	<b>Dhanishtha Until 5:01PM</b> Dhriti Until 1:28AM Sun Kaulava Until 2:19PM <b>Trayodashi Until 3:16AM Sun</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:24AM</i> <b>Muruqa:</b> Purple <i>Sunset: 6:30PM</i> <b>Nataraja:</b> Purple Moon – Purple	Sun 26 Sutra 160 Vilamba 5120 Moon 8 - Phase 22 4th Phase
	Creative Work	Siddha Yoga				<b>Devaloka Day</b>	
	Until 5:01PM						
	Then Creative Work - Amrita Yoga						
						<i>Pradosha Vrata</i>	

<b>6</b>	<b>Sunday, September 23, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Shalabhishak Nakshatra Shula* Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya
	Kumbha Rasi: 13.12	Tithi 14	591552363	<b>Gulika</b> 3:28PM – 4:59PM Yama 12:27PM – 1:57PM <b>Rahu</b> 4:59PM – 6:30PM	<b>Shatabhishak Until 7:11PM</b> Shula* Until 1:42AM Mon Gara Until 4:09PM <b>Chaturdashi* Until 4:51AM Mon</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:23AM</i> <b>Muruqa:</b> Purple <i>Sunset: 6:30PM</i> <b>Nataraja:</b> Purple Moon – Purple	Sun 27 Sutra 161 Vilamba 5120 Moon 8 - Phase 22 4th Phase
	Creative Work	Siddha Yoga				<b>Devaloka Day</b>	
	Until 9:11PM						
	Then Creative Work - Siddha Yoga						
						<b>Chidambaram Abhishekam</b> <b>Kadaitswami Mahasamadhi</b>	

<b>○</b>	<b>Monday, September 24, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Ganda* Yoga Visti*/Bava Karana Purnimayam Titau				Nairobi, Kenya
	<b>Copper Retreat Star</b>			<b>Gulika</b> 1:57PM – 3:28PM Yama 10:55AM – 12:26PM <b>Rahu</b> 7:54AM – 9:25AM	<b>Purvaproshtapada* Until 9:11PM</b> Ganda* Until 1:34AM Tue Visti Until 5:28PM <b>Purnima* Until 5:55AM Tue</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:23AM</i> <b>Muruqa:</b> Purple <i>Sunset: 6:29PM</i> <b>Nataraja:</b> Purple Moon – Clear	Sun 28 Sutra 162 Vilamba 5120 Moon 8 - Phase 22 Purnima
	Kumbha Rasi: 25.27	Tithi 15	511552363			<b>Devaloka Day</b>	
	<b>Family Home Evening</b>						
	Routine Work	Marana Yoga					
	Until 9:11PM						
	Then Creative Work - Siddha Yoga						

<b>○</b>	<b>Tuesday, September 25, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Vriddhi Yoga Balava Karana Prathamayam Titau				Nairobi, Kenya
	<b>Silver Retreat Star</b>			<b>Gulika</b> 12:26PM – 1:57PM Yama 9:24AM – 10:55AM <b>Rahu</b> 3:28PM – 4:58PM	<b>Uttaraproshtapada Until 10:31PM</b> Vriddhi Until 1:02AM Wed Balava Until 6:16PM <b>Prathama* Until 6:28AM Wed</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:23AM</i> <b>Muruqa:</b> Purple <i>Sunset: 6:29PM</i> <b>Nataraja:</b> Purple Moon – Clear	Sun 29 Sutra 163 Vilamba 5120 Moon 8 - Phase 22 Prathama
	Meena Rasi: 7.56	Tithi 16	511552363			<b>Devaloka Day</b>	
	Creative Work	Amrita Yoga					
	Until 10:31PM						
	Then Creative Work - Siddha Yoga						



Wednesday, September 26, 2018

Gold Retreat Star

Meena Rasi: 20.38    Tithi 16 – 17

511552363

Routine Work    Marana Yoga

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

**Gulika** 10:55AM – 12:26PM  
Yama 7:53AM – 9:24AM  
**Rahu** 12:26PM – 1:56PM

**Revati** Until 11:14PM  
Dhruva Until 12:06AM Thu  
Taitila Until 6:35PM  
Prathama\* Until 6:28AM

**Ganesha:** Purple    *Sunrise:* 6:22AM  
**Muruqa:** Purple    *Sunset:* 6:29PM  
**Nataraja:** Purple  
Moon – Clear

**Devaloka Day**

Nairobi, Kenya  
Sutra 164  
Vilamba 5120  
Moon 9 - Phase 23  
1st Phase

1

Thursday, September 27, 2018

Mesha Rasi: 3.34    Tithi 17 – 18

521552363

Creative Work    Amrita Yoga  
Until 11:50PM  
Then Creative Work - Siddha Yoga

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

**Gulika** 9:23AM – 10:54AM  
Yama 6:22AM – 7:53AM  
**Rahu** 1:56PM – 3:27PM

**Ashvini** Until 11:50PM  
Vyaghata\* Until 10:51PM  
Vanija Until 6:28PM  
Dvitiya Until 6:33AM

**Ganesha:** Clear    *Sunrise:* 6:22AM  
**Muruqa:** Purple    *Sunset:* 6:29PM  
**Nataraja:** Purple  
Moon – White

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

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

2

Friday, September 28, 2018

Mesha Rasi: 16.43    Tithi 18 – 19

621552363

Creative Work    Siddha Yoga

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

**Gulika** 7:52AM – 9:23AM  
Yama 3:27PM – 4:57PM  
**Rahu** 10:54AM – 12:25PM

**Bharani** Until 11:55PM  
Harshana Until 9:19PM  
Balava Until 5:33AM Sat  
Tritiya Until 6:14AM

**Ganesha:** Purple    *Sunrise:* 6:21AM  
**Muruqa:** Purple    *Sunset:* 6:28PM  
**Nataraja:** Purple  
Moon – White

**Devaloka Day**

**Bhadrapada\*Puratasi**

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

3

Saturday, September 29, 2018

Vrishabha Rasi: 0.03    Tithi 20

622552363

Creative Work    Amrita Yoga

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

**Gulika** 6:21AM – 7:52AM  
Yama 1:55PM – 3:26PM  
**Rahu** 9:23AM – 10:54AM

**Krittika** Until 11:32PM  
Vajra\* Until 7:29PM  
Kaulava Until 5:06PM  
Panchami Until 4:33AM Sun

**Ganesha:** Clear    *Sunrise:* 6:21AM  
**Muruqa:** Purple    *Sunset:* 6:28PM  
**Nataraja:** Purple  
Moon – White

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

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

4

Sunday, September 30, 2018

Vrishabha Rasi: 13.34    Tithi 21

632552363

Creative Work    Siddha Yoga

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

**Gulika** 3:26PM – 4:57PM  
Yama 12:24PM – 1:55PM  
**Rahu** 4:57PM – 6:28PM

**Rohini** Until 11:09PM  
Siddhi Until 5:26PM  
Gara Until 3:57PM  
Shashthi\* Until 3:15AM Mon

**Ganesha:** Purple    *Sunrise:* 6:21AM  
**Muruqa:** Purple    *Sunset:* 6:28PM  
**Nataraja:** Purple  
Moon – Yellow

**Bhuloka Day**

**Bhadrapada\*Puratasi**

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

5

Monday, October 1, 2018

Vrishabha Rasi: 27.14    Tithi 22

632552363

**Family Home Evening**  
Creative Work    Amrita Yoga  
Until 10:21PM  
Then Creative Work - Siddha Yoga

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

**Gulika** 1:55PM – 3:26PM  
Yama 10:53AM – 12:24PM  
**Rahu** 7:51AM – 9:22AM

**Mrigashira** Until 10:21PM  
Vyatipata\* Until 3:09PM  
Visti Until 2:31PM  
Saptami Until 1:40AM Tue

**Ganesha:** Purple    *Sunrise:* 6:20AM  
**Muruqa:** Purple    *Sunset:* 6:27PM  
**Nataraja:** Purple  
Moon – Yellow

**Bhuloka Day**

**Bhadrapada\*Puratasi**

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

D

Tuesday, October 2, 2018

Retreat Star

Mithuna Rasi: 11.05    Tithi 23

632552363

Routine Work    Marana Yoga  
Until 9:07PM  
Then Creative Work - Siddha Yoga

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

**Gulika** 12:24PM – 1:54PM  
Yama 9:22AM – 10:53AM  
**Rahu** 3:25PM – 4:56PM

**Ardra** Until 9:07PM  
Variyan Until 12:38PM  
Balava Until 12:48PM  
Ashtami\* Until 11:49PM

**Ganesha:** Purple    *Sunrise:* 6:20AM  
**Muruqa:** Purple    *Sunset:* 6:27PM  
**Nataraja:** Purple  
Moon – Yellow

**Bhuloka Day**

**Bhadrapada\*Puratasi**

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

Wednesday, October 3, 2018

Retreat Star

Mithuna Rasi: 25.07    Tithi 24

642552363

Creative Work    Siddha Yoga

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

**Gulika** 10:52AM – 12:23PM  
Yama 7:51AM – 9:21AM  
**Rahu** 12:23PM – 1:54PM

**Punarvasu** Until 7:54PM  
Parigha\* Until 9:54AM  
Taitila Until 10:49AM  
Navami\* Until 9:42PM

**Ganesha:** Clear    *Sunrise:* 6:20AM  
**Muruqa:** Purple    *Sunset:* 6:27PM  
**Nataraja:** Purple  
Moon – Blue

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

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

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

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1	<b>Thursday, October 4, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Dashamyam Titau				Nairobi, Kenya Sun 8 Sutra 172 Vilamba 5120
	Kataka Rasi: 9.19	Tithi 25	<b>Gulika</b> 9:21AM – 10:52AM	<b>Pushya</b> Until 6:19PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:19AM	
			Yama 6:19AM – 7:50AM	Shiva Until 6:58AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:27PM	Moon 9 - Phase 24
		642552363	<b>Rahu</b> 1:54PM – 3:25PM	Vanija Until 8:35AM	<b>Nataraja:</b> Purple		2nd Phase
Creative Work Amrita Yoga			<b>Dashami</b> Until 7:21PM	Moon – Blue	<b>Bhuloka Day</b>		
Until 6:19PM				<b>Bhadrapada•Puratasi</b>	Devaloka Time: 6:AM to 9:AM		
Then Creative Work - Siddha Yoga							

2	<b>Friday, October 5, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sadhya Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 9 Sutra 173 Vilamba 5120
	Kataka Rasi: 23.39	Tithi 26 – 27	<b>Gulika</b> 7:50AM – 9:21AM	<b>Ashlesha*</b> Until 4:24PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:19AM	
			Yama 3:24PM – 4:55PM	Sadhya Until 12:36AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:26PM	Moon 9 - Phase 24
		642552363	<b>Rahu</b> 10:52AM – 12:23PM	Bava Until 6:08AM	<b>Nataraja:</b> Purple		2nd Phase
Routine Work Marana Yoga			<b>Ekadashi*</b> Until 4:49PM	Moon – Blue	<b>Bhuloka Day</b>		
				<b>Bhadrapada•Puratasi</b>	Devaloka Time: 6:AM to 9:AM		

3	<b>Saturday, October 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Subha Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 10 Sutra 174 Vilamba 5120
	Simha Rasi: 8.05	Tithi 27 – 28	<b>Gulika</b> 6:19AM – 7:50AM	<b>Magha*</b> Until 2:40PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:19AM	
			Yama 1:53PM – 3:24PM	Subha Until 9:18PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:26PM	Moon 9 - Phase 24
		652552363	<b>Rahu</b> 9:20AM – 10:51AM	Gara Until 12:53AM Sun	<b>Nataraja:</b> Purple		2nd Phase
Creative Work Amrita Yoga			<b>Dvadashi*</b> Until 2:11PM	Moon – Red	<b>Bhuloka Day</b>		
Until 2:40PM				<b>Bhadrapada•Puratasi</b>			
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>				

4	<b>Sunday, October 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Sukla Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 11 Sutra 175 Vilamba 5120
	Simha Rasi: 22.34	Tithi 28 – 29	<b>Gulika</b> 3:24PM – 4:55PM	<b>Purvaphalguni</b> Until 12:47PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:18AM	
			Yama 12:22PM – 1:53PM	Sukla Until 6:01PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:26PM	Moon 9 - Phase 24
		652552363	<b>Rahu</b> 4:55PM – 6:26PM	Visti Until 10:17PM	<b>Nataraja:</b> Purple		2nd Phase
Creative Work Siddha Yoga			<b>Trayodashi*</b> Until 11:33AM	Moon – Red	<b>Bhuloka Day</b>		
Until 12:47PM				<b>Bhadrapada•Puratasi</b>			
Then Creative Work - Amrita Yoga							

●	<b>Monday, October 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Brahma/Indra Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Nairobi, Kenya Sun 12 Sutra 176 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 1:53PM – 3:24PM	<b>Uttaraphalguni</b> Until 10:53AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:18AM	
	Kanya Rasi: 6.59	Tithi 29 – 30	Yama 10:51AM – 12:22PM	Brahma Until 2:52PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:25PM	Moon 9 - Phase 24
	<b>Family Home Evening</b>	652552364	<b>Rahu</b> 7:49AM – 9:20AM	Catuspada Until 7:52PM	<b>Nataraja:</b> Clear		Amavasya
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 9:02AM	Moon – Red	<b>Bhuloka Day</b>		
		<b>Mahalaya Amavasai (Tamil Nadu)</b>		<b>Bhadrapada•Puratasi</b>	Devaloka Time: 6:PM to 9:PM		

●	<b>Tuesday, October 9, 2018</b>		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				Nairobi, Kenya Sun 13 Sutra 177 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 12:21PM – 1:52PM	<b>Hasta</b> Until 9:32AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:18AM	
	Kanya Rasi: 21.14	Tithi 30 – 1	Yama 9:20AM – 10:50AM	Indra Until 11:59AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:25PM	Moon 9 - Phase 24
		662652364	<b>Rahu</b> 3:23PM – 4:54PM	Bava Until 4:54AM Wed	<b>Nataraja:</b> Clear		Prathama
Creative Work Siddha Yoga			<b>Amavasya*</b> Until 6:46AM	Moon – Green	<b>Devaloka Day</b>		
		<b>Navaratri Begins</b>		<b>Ashvina•Puratasi</b>			

<b>1</b>		<b>Wednesday, October 10, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Vaidhriti/Vishkambha* Yoga Balava/Kaulava Karana Dvitiyayam Titau		Nairobi, Kenya Sun 14 Sutra 178 Vilamba 5120	
Tula Rasi: 5.14	Tithi 2	<b>Gulika</b> 10:50AM – 12:21PM	<b>Chitra Until 8:28AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:17AM	Moon 9 - Phase 25	
		Yama 7:48AM – 9:19AM	Vaidhriti* Until 9:25AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:25PM	3rd Phase	
662652364		<b>Rahu</b> 12:21PM – 1:52PM	Balava Until 4:12PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Siddha Yoga		<b>Dvitiya Until 3:36AM Thu</b>	Moon – Green		<b>Devaloka Day</b>	
				<b>Ashvina+Puratasi</b>			

<b>2</b>		<b>Thursday, October 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Trityayam Titau		Nairobi, Kenya Sun 15 Sutra 179 Vilamba 5120	
Tula Rasi: 18.53	Tithi 3	<b>Gulika</b> 9:19AM – 10:50AM	<b>Svati Until 7:49AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:17AM	Moon 9 - Phase 25	
		Yama 6:17AM – 7:48AM	Vishkambha* Until 7:19AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:25PM	3rd Phase	
662652364		<b>Rahu</b> 1:52PM – 3:23PM	Taitila Until 3:12PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Amrita Yoga		<b>Tritiya Until 2:57AM Fri</b>	Moon – Green		<b>Devaloka Day</b>	
Until 7:49AM				<b>Ashvina+Puratasi</b>			
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Friday, October 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Ayushman Yoga Vanija/Visti* Karana Chaturtham Titau		Nairobi, Kenya Sun 16 Sutra 180 Vilamba 5120	
Vrischika Rasi: 2.1	Tithi 4	<b>Gulika</b> 7:48AM – 9:19AM	<b>Vishakha Until 8:08AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:17AM	Moon 9 - Phase 25	
		Yama 3:23PM – 4:54PM	Ayushman Until 4:49AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:25PM	3rd Phase	
673652364		<b>Rahu</b> 10:50AM – 12:21PM	Vanija Until 2:56PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Siddha Yoga		<b>Chaturthi* Until 3:04AM Sat</b>	Moon – Orange		<b>Bhuloka Day</b>	
				<b>Ashvina+Puratasi</b>		Devaloka Time: 6:PM to 9:PM	

<b>4</b>		<b>Saturday, October 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Saubhagya Yoga Bava/Balava Karana Panchamyam Titau		Nairobi, Kenya Sun 17 Sutra 181 Vilamba 5120	
Vrischika Rasi: 15.02	Tithi 5	<b>Gulika</b> 6:16AM – 7:47AM	<b>Anuradha Until 9:03AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:16AM	Moon 9 - Phase 25	
		Yama 1:51PM – 3:22PM	Saubhagya Until 4:28AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:24PM	3rd Phase	
673652364		<b>Rahu</b> 9:18AM – 10:49AM	Bava Until 3:27PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Siddha Yoga		<b>Panchami Until 3:58AM Sun</b>	Moon – Orange		<b>Bhuloka Day</b>	
				<b>Ashvina+Puratasi</b>		Devaloka Time: 6:PM to 9:PM	

<b>5</b>		<b>Sunday, October 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sobhana Yoga Kaulava/Taitila Karana Shashthyam Titau		Nairobi, Kenya Sun 18 Sutra 182 Vilamba 5120	
Vrischika Rasi: 27.34	Tithi 6	<b>Gulika</b> 3:22PM – 4:53PM	<b>Jyeshtha* Until 10:33AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:16AM	Moon 9 - Phase 25	
		Yama 12:20PM – 1:51PM	Sobhana Until 4:41AM Mon	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:24PM	3rd Phase	
673652364		<b>Rahu</b> 4:53PM – 6:24PM	Kaulava Until 4:43PM	<b>Nataraja:</b> Clear		3rd Phase	
Routine Work	Marana Yoga		<b>Shashthi* Until 5:36AM Mon</b>	Moon – Orange		<b>Bhuloka Day</b>	
Until 10:33AM				<b>Ashvina+Puratasi</b>		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga							

<b>6</b>		<b>Monday, October 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Athiganda* Yoga Gara Karana Saptamyam Titau		Nairobi, Kenya Sun 19 Sutra 183 Vilamba 5120	
Dhanus Rasi: 9.47	Tithi 7	<b>Gulika</b> 1:51PM – 3:22PM	<b>Mula* Until 1:03PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:16AM	Moon 9 - Phase 25	
<b>Family Home Evening</b>		Yama 10:49AM – 12:20PM	Athiganda* Until 5:19AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:24PM	3rd Phase	
683652364		<b>Rahu</b> 7:47AM – 9:18AM	Gara Until 6:40PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Siddha Yoga		<b>Saptami Until 7:49AM Tue</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 1:03PM				<b>Ashvina+Puratasi</b>			
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Tuesday, October 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Sukarma Yoga Vanija/Visti* Karana Saptami/Ashamyam Titau		Nairobi, Kenya Sun 20 Sutra 184 Vilamba 5120	
Dhanus Rasi: 21.46	Tithi 7 – 8	<b>Gulika</b> 12:20PM – 1:51PM	<b>Purvashadha* Until 3:54PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:16AM	Moon 9 - Phase 25	
		Yama 9:18AM – 10:49AM	Sukarma Until 6:15AM Wed	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:24PM	Ashtami	
683652364		<b>Rahu</b> 3:22PM – 4:53PM	Visti Until 9:05PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Siddha Yoga		<b>Saptami Until 7:49AM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 3:54PM		<b>Durga Ashtami</b>		<b>Ashvina+Puratasi</b>			
Then Routine Work - Prabalarishta Yoga							

<b>Retreat Star</b>		<b>Wednesday, October 17, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Nairobi, Kenya Sun 21 Sutra 185 Vilamba 5120	
Makara Rasi: 4	Tithi 8 – 9	<b>Gulika</b> 10:48AM – 12:19PM	<b>Uttarashadha Until 6:49PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:15AM	Moon 9 - Phase 25	
		Yama 7:46AM – 9:17AM	Sukarma Until 6:15AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:24PM	Navami	
683652364		<b>Rahu</b> 12:19PM – 1:51PM	Balava Until 11:44PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Amrita Yoga		<b>Ashtami* Until 10:23AM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 6:49PM		<b>Saraswathi Puja (Tamil Nadu)</b>		<b>Ashvina+Purasi</b>			
Then Creative Work - Siddha Yoga							

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

<b>1</b>	<b>Thursday, October 18, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 22 Sutra 186 Vilamba 5120
	Makara Rasi: 15.24	Tithi 9 – 10	<b>Gulika</b> 9:17AM – 10:48AM	<b>Shravana Until 10:05PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:15AM	
			Yama 6:15AM – 7:46AM	Dhriti Until 7:17AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:23PM	Moon 9 - Phase 26
	693652364	Rahu 1:50PM – 3:21PM		Taitila Until 2:20AM Fri	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Vijaya Dasami</b>	<b>Navami* Until 1:02PM</b>	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	

<b>2</b>	<b>Friday, October 19, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 23 Sutra 187 Vilamba 5120
	Makara Rasi: 27.14	Tithi 10 – 11	<b>Gulika</b> 7:46AM – 9:17AM	<b>Dhanishtha Until 12:55AM Sat</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:15AM	
			Yama 3:21PM – 4:52PM	Shula* Until 8:12AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:23PM	Moon 9 - Phase 26
	693652364	Rahu 10:48AM – 12:19PM		Vanija Until 4:37AM Sat	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dashami Until 3:30PM</b>	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		
	Until 12:55AM Sat						
	Then Creative Work - Amrita Yoga						

<b>3</b>	<b>Saturday, October 20, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Shatabhishak Nakshatra Ganda*/Vridhhi Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 24 Sutra 188 Vilamba 5120
	Kumbha Rasi: 9.12	Tithi 11 – 12	<b>Gulika</b> 6:15AM – 7:46AM	<b>Shatabhishak Until 3:09AM Sun</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:15AM	
			Yama 1:50PM – 3:21PM	Ganda* Until 8:52AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:23PM	Moon 9 - Phase 26
	693652364	Rahu 9:17AM – 10:48AM		Bava Until 6:25AM Sun	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Amrita Yoga		<b>Ekadashi Until 5:34PM</b>	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		
	Until 3:09AM Sun						
	Then Creative Work - Siddha Yoga						

<b>4</b>	<b>Sunday, October 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 189 Vilamba 5120
	Kumbha Rasi: 21.22	Tithi 12	<b>Gulika</b> 3:21PM – 4:52PM	<b>Purvaproshtapada* Until 5:07AM Mon</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:15AM	
			Yama 12:19PM – 1:50PM	Vridhhi Until 9:09AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:23PM	Moon 9 - Phase 26
	613652364	Rahu 4:52PM – 6:23PM		Bava Until 6:25AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi Until 7:04PM</b>	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		

<b>5</b>	<b>Monday, October 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 190 Vilamba 5120
	Meena Rasi: 3.47	Tithi 13	<b>Gulika</b> 1:50PM – 3:21PM	<b>Uttaraproshtapada Until 6:19AM Tue</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:14AM	
			Yama 10:48AM – 12:19PM	Dhruva Until 8:56AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:23PM	Moon 9 - Phase 26
	613652364	Rahu 7:45AM – 9:16AM		Kaulava Until 7:36AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 7:56PM</b>	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		

Pradosha Vrata

<b>6</b>	<b>Tuesday, October 23, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 191 Vilamba 5120
	Meena Rasi: 16.29	Tithi 14	<b>Gulika</b> 12:18PM – 1:50PM	<b>Uttaraproshtapada Until 6:19AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:14AM	
			Yama 9:16AM – 10:47AM	Vyaghata* Until 8:14AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:23PM	Moon 9 - Phase 26
	613652364	Rahu 3:21PM – 4:52PM		Gara Until 8:08AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Amrita Yoga		<b>Chaturdashi* Until 8:09PM</b>	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		
	Until 6:19AM						
	Then Creative Work - Siddha Yoga						

<b>○</b>	<b>Wednesday, October 24, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Purnimayam Titau				Nairobi, Kenya Sutra 192 Vilamba 5120
	<b>Copper Retreat Star</b>		<b>Gulika</b> 10:47AM – 12:18PM	<b>Revati Until 6:44AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:14AM	
	Meena Rasi: 29.3	Tithi 15	Yama 7:45AM – 9:16AM	Harshana Until 7:03AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:23PM	Moon 9 - Phase 26
	613652364	Rahu 12:18PM – 1:49PM		Visti Until 8:04AM	<b>Nataraja:</b> Clear		Purnima
Routine Work	Marana Yoga		<b>Purnima* Until 7:47PM</b>	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		

<b>○</b>	<b>Thursday, October 25, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Siddhi Yoga Balava/Kaulava Karana Prathamayam Titau				Nairobi, Kenya Sutra 193 Vilamba 5120
	<b>Silver Retreat Star</b>		<b>Gulika</b> 9:16AM – 10:47AM	<b>Ashvini Until 6:56AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:14AM	
	Mesha Rasi: 12.48	Tithi 16	Yama 6:14AM – 7:45AM	Siddhi Until 3:27AM Fri	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:23PM	Moon 9 - Phase 26
	623652364	Rahu 1:49PM – 3:20PM		Balava Until 7:26AM	<b>Nataraja:</b> Clear		Prathama
Creative Work	Amrita Yoga		<b>Prathama* Until 6:56PM</b>	<b>Ashvina-Aipasi</b>	<b>Devaloka Day</b>		
	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

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Friday, October 26, 2018

Gold Retreat Star

Mesha Rasi: 26.21 Tithi 17 - 18

624652364

Creative Work Siddha Yoga

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

Nairobi, Kenya

Sun 1 Sutra 194

Vilamba 5120

Moon 10 - Phase 27

1st Phase

Gulika 7:45AM - 9:16AM

Yama 3:20PM - 4:51PM

Rahu 10:47AM - 12:18PM

Bharani Until 6:32AM

Vyatipata\* Until 1:11AM Sat

Taitila Until 6:21AM

Dvitiya Until 5:40PM

Ganesha: White

Sunrise: 6:14AM

Muruqa: Purple

Sunset: 6:22PM

Nataraja: Clear

Moon - White

Ashvina-Aipasi

Sivaloka Day

1

Saturday, October 27, 2018

Vrishabha Rasi: 10.06 Tithi 18 - 19

634652364

Creative Work Amrita Yoga

Until 4:50AM Sun

Then Creative Work - Siddha Yoga

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

Nairobi, Kenya

Sun 2 Sutra 195

Vilamba 5120

Moon 10 - Phase 27

1st Phase

Gulika 6:14AM - 7:45AM

Yama 1:49PM - 3:20PM

Rahu 9:16AM - 10:47AM

Rohini Until 4:50AM Sun

Variyan Until 10:42PM

Bava Until 3:17AM Sun

Tritiya Until 4:07PM

Ganesha: Clear

Sunrise: 6:14AM

Muruqa: Purple

Sunset: 6:22PM

Nataraja: Clear

Moon - Yellow

Ashvina-Aipasi

Devaloka Day

2

Sunday, October 28, 2018

Vrishabha Rasi: 23.59 Tithi 19 - 20

634652364

Creative Work Siddha Yoga

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

Nairobi, Kenya

Sun 3 Sutra 196

Vilamba 5120

Moon 10 - Phase 27

1st Phase

Gulika 3:20PM - 4:51PM

Yama 12:18PM - 1:49PM

Rahu 4:51PM - 6:22PM

Mrigashira Until 3:44AM Mon

Parigha\* Until 8:06PM

Kaulava Until 1:29AM Mon

Chaturthi\* Until 2:23PM

Ganesha: Clear

Sunrise: 6:13AM

Muruqa: Purple

Sunset: 6:22PM

Nataraja: Clear

Moon - Yellow

Ashvina-Aipasi

Devaloka Day

3

Monday, October 29, 2018

Mithuna Rasi: 7.59 Tithi 20 - 21

634652364

Family Home Evening

Creative Work Siddha Yoga

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

Nairobi, Kenya

Sun 4 Sutra 197

Vilamba 5120

Moon 10 - Phase 27

1st Phase

Gulika 1:49PM - 3:20PM

Yama 10:47AM - 12:18PM

Rahu 7:44AM - 9:16AM

Ardra Until 2:23AM Tue

Shiva Until 5:25PM

Gara Until 11:35PM

Panchami Until 12:31PM

Ganesha: Clear

Sunrise: 6:13AM

Muruqa: Purple

Sunset: 6:22PM

Nataraja: Clear

Moon - Yellow

Ashvina-Aipasi

Devaloka Day

4

Tuesday, October 30, 2018

Mithuna Rasi: 22.01 Tithi 21 - 22

644662364

Creative Work Siddha Yoga

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

Nairobi, Kenya

Sun 5 Sutra 198

Vilamba 5120

Moon 10 - Phase 27

1st Phase

Gulika 12:18PM - 1:49PM

Yama 9:15AM - 10:47AM

Rahu 3:20PM - 4:51PM

Punarvasu Until 1:17AM Wed

Siddha Until 2:40PM

Visti Until 9:38PM

Shashthi\* Until 10:36AM

Ganesha: Purple

Sunrise: 6:13AM

Muruqa: Purple

Sunset: 6:22PM

Nataraja: Clear

Moon - Blue

Ashvina-Aipasi

Sivaloka Day

5

Wednesday, October 31, 2018

Retreat Star

Kataka Rasi: 6.05 Tithi 22 - 23

644662364

Creative Work Siddha Yoga

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

Nairobi, Kenya

Sun 6 Sutra 199

Vilamba 5120

Moon 10 - Phase 27

Ashtami

Gulika 10:47AM - 12:18PM

Yama 7:44AM - 9:15AM

Rahu 12:18PM - 1:49PM

Pushya Until 12:01AM Thu

Sadhya Until 11:55AM

Balava Until 7:40PM

Saptami Until 8:38AM

Ganesha: Purple

Sunrise: 6:13AM

Muruqa: Clear

Sunset: 6:22PM

Nataraja: Clear

Moon - Blue

Ashvina-Aipasi

Subha Sivaloka Day

Thursday, November 1, 2018

Retreat Star

Kataka Rasi: 20.1 Tithi 23 - 24

644662364

Creative Work Siddha Yoga

Until 10:36PM

Then Creative Work - Amrita Yoga

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

Nairobi, Kenya

Sun 7 Sutra 200

Vilamba 5120

Moon 10 - Phase 27

Navami

Gulika 9:15AM - 10:47AM

Yama 6:13AM - 7:44AM

Rahu 1:49PM - 3:20PM

Ashlesha\* Until 10:36PM

Subha Until 9:09AM

Gara Until 4:40AM Fri

Ashtami\* Until 6:39AM

Ganesha: Purple

Sunrise: 6:13AM

Muruqa: Clear

Sunset: 6:22PM

Nataraja: Clear

Moon - Blue

Ashvina-Aipasi

Subha Sivaloka Day

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

All times are standard time

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<b>1</b>		<b>Friday, November 2, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Dashamyam Titau		Nairobi, Kenya Sun 8 Sutra 201 Vilamba 5120 Moon 10 - Phase 28 2nd Phase	
Simha Rasi: 4.14	Tithi 25	Gulika 7:44AM - 9:15AM	Magha* Until 9:29PM	Ganesha: Clear	Sunrise: 6:13AM		
		Yama 3:20PM - 4:51PM	Sukla Until 6:21AM	Muruqa: Clear	Sunset: 6:22PM		
	654662364	Rahu 10:46AM - 12:18PM	Vanija Until 3:42PM	Nataraja: Clear			
Routine Work	Marana Yoga		Dashami Until 2:42AM Sat	Moon - Red			Sivaloka Day
Until 9:29PM				Ashvina-Aipasi			
Then Creative Work - Siddha Yoga							
<b>2</b>		<b>Saturday, November 3, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau		Nairobi, Kenya Sun 9 Sutra 202 Vilamba 5120 Moon 10 - Phase 28 2nd Phase	
Simha Rasi: 18.19	Tithi 26	Gulika 6:13AM - 7:44AM	Purvaphalguni Until 8:14PM	Ganesha: White	Sunrise: 6:13AM		
		Yama 1:49PM - 3:20PM	Indra Until 12:51AM Sun	Muruqa: Clear	Sunset: 6:22PM		
	654762364	Rahu 9:15AM - 10:46AM	Bava Until 1:45PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Ekadashi* Until 12:46AM Sun	Moon - Red			Devaloka Day
Until 8:14PM				Ashvina-Aipasi			
Then Routine Work - Marana Yoga							
<b>3</b>		<b>Sunday, November 4, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Nairobi, Kenya Sun 10 Sutra 203 Vilamba 5120 Moon 10 - Phase 28 2nd Phase	
Kanya Rasi: 2.22	Tithi 27	Gulika 3:20PM - 4:51PM	Uttaraphalguni Until 6:57PM	Ganesha: White	Sunrise: 6:13AM		
		Yama 12:18PM - 1:49PM	Vaidhriti* Until 10:11PM	Muruqa: Clear	Sunset: 6:22PM		
	654762364	Rahu 4:51PM - 6:22PM	Kaulava Until 11:52AM	Nataraja: Clear			
Creative Work	Amrita Yoga		Dvadashi* Until 10:57PM	Moon - Red			Devaloka Day
Until 6:07PM				Ashvina-Aipasi			
Then Routine Work - Prabararishta Yoga							
<b>4</b>		<b>Monday, November 5, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Hasta Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau		Nairobi, Kenya Sun 11 Sutra 204 Vilamba 5120 Moon 10 - Phase 28 2nd Phase	
Kanya Rasi: 16.19	Tithi 28	Gulika 1:49PM - 3:20PM	Hasta Until 6:07PM	Ganesha: Green	Sunrise: 6:13AM		
Family Home Evening		Yama 10:46AM - 12:18PM	Vishkambha* Until 7:40PM	Muruqa: Clear	Sunset: 6:22PM		
Creative Work	Siddha Yoga	Rahu 7:44AM - 9:15AM	Gara Until 10:07AM	Nataraja: Clear			
Until 6:07PM			Trayodashi* Until 9:19PM	Moon - Green			Devaloka Day
Then Routine Work - Prabararishta Yoga			Pradosha Vrata (Fasting)	Ashvina-Aipasi			
<b>5</b>		<b>Tuesday, November 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Priti/Ayushman Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Nairobi, Kenya Sun 12 Sutra 205 Vilamba 5120 Moon 10 - Phase 28 2nd Phase	
Tula Rasi: 0.09	Tithi 29	Gulika 12:18PM - 1:49PM	Chitra Until 5:24PM	Ganesha: Green	Sunrise: 6:13AM		
		Yama 9:15AM - 10:46AM	Priti Until 5:24PM	Muruqa: Clear	Sunset: 6:23PM		
	664762364	Rahu 3:20PM - 4:51PM	Visti Until 8:37AM	Nataraja: Clear			
Creative Work	Siddha Yoga		Chaturdashi* Until 7:58PM	Moon - Green			Devaloka Day
		Subramuniaswami Mahasamadhi		Ashvina-Aipasi			
		Deepavali Hindu Solidarity Day					
<b>Retreat Star</b>		<b>Wednesday, November 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Ayushman/Saubhagya Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Nairobi, Kenya Sun 13 Sutra 206 Vilamba 5120 Moon 10 - Phase 28 Amavasya	
Tula Rasi: 13.47	Tithi 30	Gulika 10:47AM - 12:18PM	Svati Until 4:56PM	Ganesha: White	Sunrise: 6:13AM		
		Yama 7:44AM - 9:15AM	Ayushman Until 3:25PM	Muruqa: Clear	Sunset: 6:23PM		
	764762364	Rahu 12:18PM - 1:49PM	Catuspada Until 7:28AM	Nataraja: Clear			
Creative Work	Siddha Yoga		Amavasya* Until 7:02PM	Moon - Green			Devaloka Day
				Ashvina-Aipasi			
<b>Retreat Star</b>		<b>Thursday, November 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Saubhagya/Sobhana Yoga Kintughna*/Bava Karana Prathamayam Titau		Nairobi, Kenya Sun 14 Sutra 207 Vilamba 5120 Moon 10 - Phase 28 Prathama	
Tula Rasi: 27.09	Tithi 1	Gulika 9:15AM - 10:47AM	Vishakha Until 5:16PM	Ganesha: Orange	Sunrise: 6:13AM		
		Yama 6:13AM - 7:44AM	Saubhagya Until 1:50PM	Muruqa: Clear	Sunset: 6:23PM		
	775762364	Rahu 1:49PM - 3:20PM	Kintughna Until 6:46AM	Nataraja: Clear			
Creative Work	Siddha Yoga		Prathama* Until 6:37PM	Moon - Orange			Sivaloka Day
		Skanda Shasthi Begins		Kartika-Aipasi			

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

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<b>1</b>		<b>Friday, November 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dviliyayam Titau			Nairobi, Kenya Sun 15 Sutra 208 Vilamba 5120
Wrischika Rasi: 10.13	Tithi 2	<b>Gulika</b> 7:44AM – 9:15AM	<b>Anuradha</b> Until 6:02PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:13AM		
		Yama 3:20PM – 4:52PM	Sobhana Until 12:45PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:23PM		Moon 10 - Phase 29
		775762364 <b>Rahu</b> 10:47AM – 12:18PM	Balava Until 6:39AM	<b>Nataraja:</b> Clear			3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya</b> Until 6:49PM	Moon – Orange		<b>Sivaloka Day</b>	
Until 6:02PM				<b>Kartika-Aipasi</b>			
Then Routine Work - Marana Yoga							

<b>2</b>		<b>Saturday, November 10, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Tailila/Gara Karana Triliyayam Titau			Nairobi, Kenya Sun 16 Sutra 209 Vilamba 5120
Wrischika Rasi: 22.58	Tithi 3	<b>Gulika</b> 6:13AM – 7:44AM	<b>Jyeshtha*</b> Until 7:18PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:13AM		
		Yama 1:49PM – 3:20PM	Athiganda* Until 12:08PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:23PM		Moon 10 - Phase 29
		775762364 <b>Rahu</b> 9:15AM – 10:47AM	Taitila Until 7:12AM	<b>Nataraja:</b> Clear			3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya</b> Until 7:42PM	Moon – Orange		<b>Sivaloka Day</b>	
				<b>Kartika-Aipasi</b>			

<b>3</b>		<b>Sunday, November 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturtham Titau			Nairobi, Kenya Sun 17 Sutra 210 Vilamba 5120
Dhanus Rasi: 5.25	Tithi 4	<b>Gulika</b> 3:21PM – 4:52PM	<b>Mula*</b> Until 9:31PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:13AM		
		Yama 12:18PM – 1:49PM	Sukarma Until 12:03PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:23PM		Moon 10 - Phase 29
		785762364 <b>Rahu</b> 4:52PM – 6:23PM	Vanija Until 8:25AM	<b>Nataraja:</b> Clear			3rd Phase
Creative Work	Amrita Yoga		<b>Chaturthi*</b> Until 9:15PM	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 9:31PM				<b>Kartika-Aipasi</b>			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Monday, November 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Panchamyam Titau			Nairobi, Kenya Sun 18 Sutra 211 Vilamba 5120
Dhanus Rasi: 17.35	Tithi 5	<b>Gulika</b> 1:49PM – 3:21PM	<b>Purvashadha*</b> Until 12:08AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:13AM		
<b>Family Home Evening</b>		Yama 10:47AM – 12:18PM	Dhriti Until 12:28PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:23PM		Moon 10 - Phase 29
Routine Work	Marana Yoga	785762364 <b>Rahu</b> 7:44AM – 9:16AM	Bava Until 10:17AM	<b>Nataraja:</b> Clear			3rd Phase
Until 12:08AM Tue			<b>Panchami</b> Until 11:23PM	Moon – Light Blue		<b>Sivaloka Day</b>	
Then Routine Work - Prabalarishta Yoga				<b>Kartika-Aipasi</b>			

<b>5</b>		<b>Tuesday, November 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau			Nairobi, Kenya Sun 19 Sutra 212 Vilamba 5120
Dhanus Rasi: 29.34	Tithi 6	<b>Gulika</b> 12:18PM – 1:50PM	<b>Uttarashadha</b> Until 2:58AM Wed	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:13AM		
		Yama 9:16AM – 10:47AM	Shula* Until 1:12PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:23PM		Moon 10 - Phase 29
		785762364 <b>Rahu</b> 3:21PM – 4:52PM	Kaulava Until 12:38PM	<b>Nataraja:</b> Clear			3rd Phase
Routine Work	Prabalarishta Yoga		<b>Shashthi*</b> Until 1:55AM Wed	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 2:58AM Wed		<b>Skanda Shasthi</b>		<b>Kartika-Aipasi</b>			
Then Creative Work - Siddha Yoga							

<b>6</b>		<b>Wednesday, November 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ganda*/Vridhhi Yoga Gara/Vanija Karana Saptamyam Titau			Nairobi, Kenya Sun 20 Sutra 213 Vilamba 5120
Makara Rasi: 11.24	Tithi 7	<b>Gulika</b> 10:47AM – 12:18PM	<b>Shravana</b> Until 6:16AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:13AM		
		Yama 7:45AM – 9:16AM	Ganda* Until 2:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM		Moon 10 - Phase 29
		795762364 <b>Rahu</b> 12:18PM – 1:50PM	Gara Until 3:18PM	<b>Nataraja:</b> Clear			3rd Phase
Creative Work	Siddha Yoga		<b>Saptami</b> Until 4:38AM Thu	Moon – Purple		<b>Subha Sivaloka Day</b>	
				<b>Kartika-Aipasi</b>			

<b>Retreat Star</b>		<b>Thursday, November 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Vridhhi/Dhruva Yoga Visti*/Bava Karana Ashtamyam Titau			Nairobi, Kenya Sun 21 Sutra 214 Vilamba 5120
Makara Rasi: 23.11	Tithi 8	<b>Gulika</b> 9:16AM – 10:47AM	<b>Shravana</b> Until 6:16AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:13AM		
		Yama 6:13AM – 7:45AM	Vridhhi Until 3:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM		Moon 10 - Phase 29
		795762364 <b>Rahu</b> 1:50PM – 3:21PM	Visti Until 5:59PM	<b>Nataraja:</b> Clear			Ashtami
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 7:13AM Fri	Moon – Purple		<b>Subha Sivaloka Day</b>	
				<b>Kartika-Aipasi</b>			

<b>Retreat Star</b>		<b>Friday, November 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Dhruva*/Vyaghata* Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Nairobi, Kenya Sun 22 Sutra 215 Vilamba 5120
Kumbha Rasi: 5.01	Tithi 8 – 9	<b>Gulika</b> 7:45AM – 9:16AM	<b>Dhanishtha</b> Until 9:18AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:14AM		
		Yama 3:21PM – 4:53PM	Dhruva Until 3:59PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM		Moon 10 - Phase 29
		795762364 <b>Rahu</b> 10:47AM – 12:19PM	Balava Until 8:25PM	<b>Nataraja:</b> Clear			Navami
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 7:13AM	Moon – Purple		<b>Subha Sivaloka Day</b>	
				<b>Kartika-Kartikai</b>			

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


<b>1</b>	<b>Saturday, November 17, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Vyaghata/Harshana Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 216
	Kumbha Rasi: 16.59	Tithi 9 – 10	<b>Gulika</b> 6:14AM – 7:45AM	<b>Shatabhishak</b> Until 11:47AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:14AM	Vilamba 5120
			Yama 1:50PM – 3:22PM	Vyaghata* Until 4:29PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM	Moon 10 - Phase 30
		796762365	<b>Rahu</b> 9:16AM – 10:48AM	Taitila Until 10:23PM	<b>Nataraja:</b> White		4th Phase
Creative Work Amrita Yoga			<b>Navami*</b> Until 9:27AM	<b>Karttika-Karttikai</b>	<b>Devaloka Day</b>		
Until 11:47AM							
Then Routine Work - Marana Yoga							

<b>2</b>	<b>Sunday, November 18, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 217
	Kumbha Rasi: 29.11	Tithi 10 – 11	<b>Gulika</b> 3:22PM – 4:53PM	<b>Purvaproshtapada*</b> Until 2:02PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:14AM	Vilamba 5120
			Yama 12:19PM – 1:50PM	Harshana Until 4:32PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM	Moon 10 - Phase 30
		716762365	<b>Rahu</b> 4:53PM – 6:24PM	Vanija Until 11:41PM	<b>Nataraja:</b> White		4th Phase
Creative Work Siddha Yoga			<b>Dashami</b> Until 11:06AM	<b>Karttika-Karttikai</b>	<b>Devaloka Day</b>		
Until 2:02PM							
Then Creative Work - Amrita Yoga							

<b>3</b>	<b>Monday, November 19, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vajra*/Siddhi Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 218
	Meena Rasi: 11.4	Tithi 11 – 12	<b>Gulika</b> 1:51PM – 3:22PM	<b>Uttaraproshtapada</b> Until 3:25PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:14AM	Vilamba 5120
	<b>Family Home Evening</b>		Yama 10:48AM – 12:19PM	Vajra* Until 4:00PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 10 - Phase 30
		716762365	<b>Rahu</b> 7:45AM – 9:17AM	Bava Until 12:15AM Tue	<b>Nataraja:</b> White		4th Phase
Creative Work Siddha Yoga			<b>Ekadashi</b> Until 12:02PM	<b>Karttika-Karttikai</b>	<b>Devaloka Day</b>		

<b>4</b>	<b>Tuesday, November 20, 2018</b>		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				Nairobi, Kenya Sun 26 Sutra 219
	Meena Rasi: 24.29	Tithi 12 – 13	<b>Gulika</b> 12:20PM – 1:51PM	<b>Revati</b> Until 3:56PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:14AM	Vilamba 5120
			Yama 9:17AM – 10:48AM	Siddhi Until 2:53PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 10 - Phase 30
		716762365	<b>Rahu</b> 3:22PM – 4:54PM	Kaulava Until 12:03AM Wed	<b>Nataraja:</b> White		4th Phase
Creative Work Siddha Yoga			<b>Dvadashi</b> Until 12:13PM	<b>Karttika-Karttikai</b>	<b>Devaloka Day</b>		
			<i>Pradosha Vrata</i>				

<b>5</b>	<b>Wednesday, November 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Ashvini/Bharani Nakshatra Vyailpata*/Variyan Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 220
	Mesha Rasi: 7.41	Tithi 13 – 14	<b>Gulika</b> 10:49AM – 12:20PM	<b>Ashvini</b> Until 4:03PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:15AM	Vilamba 5120
			Yama 7:46AM – 9:17AM	Vyailpata* Until 1:13PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 10 - Phase 30
		726762365	<b>Rahu</b> 12:20PM – 1:51PM	Gara Until 11:10PM	<b>Nataraja:</b> White		4th Phase
Routine Work Marana Yoga			<b>Trayodashi</b> Until 11:40AM	<b>Karttika-Karttikai</b>	<b>Bhuloka Day</b>		
Until 4:03PM					<b>Devaloka Time: 12:PM to 3:PM</b>		
Then Creative Work - Siddha Yoga							

	<b>Thursday, November 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Bharani/Krittika Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Nairobi, Kenya Sutra 221
	Mesha Rasi: 21.15	Tithi 14 – 15	<b>Gulika</b> 9:17AM – 10:49AM	<b>Bharani</b> Until 3:23PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:15AM	Vilamba 5120
			Yama 6:15AM – 7:46AM	Variyan Until 11:01AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 10 - Phase 30
		726762365	<b>Rahu</b> 1:51PM – 3:23PM	Visti Until 9:40PM	<b>Nataraja:</b> White		Purnima
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 10:28AM	<b>Karttika-Karttikai</b>	<b>Bhuloka Day</b>		
Until 3:23PM					<b>Devaloka Time: 12:PM to 3:PM</b>		
Then Routine Work - Marana Yoga							

<b>6</b>	<b>Friday, November 23, 2018</b>		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				Nairobi, Kenya Sutra 222
	Vrishabha Rasi: 5.1	Tithi 15 – 16	<b>Gulika</b> 7:46AM – 9:18AM	<b>Krittika</b> Until 2:05PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:15AM	Vilamba 5120
			Yama 3:23PM – 4:54PM	Parigha* Until 8:25AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:26PM	Moon 10 - Phase 30
		726762365	<b>Rahu</b> 10:49AM – 12:20PM	Balava Until 7:42PM	<b>Nataraja:</b> White		Prathama
Creative Work Siddha Yoga			<b>Purnima*</b> Until 8:43AM	<b>Karttika-Karttikai</b>	<b>Bhuloka Day</b>		
Until 2:05PM					<b>Devaloka Time: 12:PM to 3:PM</b>		
Then Routine Work - Marana Yoga			<b>Krittika Deepam</b>				
			<b>Vinayaga Viratam Begins</b>				

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

All times are standard time

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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

Nairobi, Kenya

Sutra 223

Vilamba 5120

Vrishabha Rasi: 19.2 Tithi 16 - 17

Gulika 6:15AM - 7:47AM  
Yama 1:52PM - 3:23PM  
Rahu 9:18AM - 10:49AM

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

Ganesha: Red Sunrise: 6:15AM  
Muruga: Clear Sunset: 6:26PM  
Nataraja: White  
Moon - Yellow

Moon 11 - Phase 31  
1st Phase

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

Nairobi, Kenya

Sun 1 Sutra 224

Vilamba 5120

Mithuna Rasi: 3.41 Tithi 18

Gulika 3:24PM - 4:55PM  
Yama 12:21PM - 1:52PM  
Rahu 4:55PM - 6:26PM

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

Ganesha: Red Sunrise: 6:16AM  
Muruga: Clear Sunset: 6:26PM  
Nataraja: White  
Moon - Yellow

Moon 11 - Phase 31  
1st Phase

Devaloka Day

Creative Work Siddha Yoga

Until 12:42PM

Then 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

Nairobi, Kenya

Sun 2 Sutra 225

Vilamba 5120

Mithuna Rasi: 18.07 Tithi 19

Gulika 1:53PM - 3:24PM  
Yama 10:50AM - 12:21PM  
Rahu 7:47AM - 9:19AM

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

Ganesha: Red Sunrise: 6:16AM  
Muruga: Clear Sunset: 6:27PM  
Nataraja: White  
Moon - Yellow

Moon 11 - Phase 31  
1st Phase

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

Nairobi, Kenya

Sun 3 Sutra 226

Vilamba 5120

Kataka Rasi: 2.34 Tithi 20

Gulika 12:22PM - 1:53PM  
Yama 9:19AM - 10:50AM  
Rahu 3:24PM - 4:56PM

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

Ganesha: Green Sunrise: 6:16AM  
Muruga: Clear Sunset: 6:27PM  
Nataraja: White  
Moon - Blue

Moon 11 - Phase 31  
1st Phase

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

Nairobi, Kenya

Sun 4 Sutra 227

Vilamba 5120

Kataka Rasi: 16.55 Tithi 21

Gulika 10:51AM - 12:22PM  
Yama 7:48AM - 9:19AM  
Rahu 12:22PM - 1:53PM

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

Ganesha: White Sunrise: 6:16AM  
Muruga: Clear Sunset: 6:27PM  
Nataraja: White  
Moon - Blue

Moon 11 - Phase 31  
1st Phase

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

Nairobi, Kenya

Sun 5 Sutra 228

Vilamba 5120

Simha Rasi: 1.08 Tithi 22 - 23

Gulika 9:19AM - 10:51AM  
Yama 6:17AM - 7:48AM  
Rahu 1:54PM - 3:25PM

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

Ganesha: Clear Sunrise: 6:17AM  
Muruga: Purple Sunset: 6:28PM  
Nataraja: White  
Moon - Red

Moon 11 - Phase 31  
1st Phase

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

Nairobi, Kenya

Sun 6 Sutra 229

Vilamba 5120

Simha Rasi: 15.12 Tithi 23 - 24

Gulika 7:48AM - 9:20AM  
Yama 3:25PM - 4:57PM  
Rahu 10:51AM - 12:23PM

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

Ganesha: Clear Sunrise: 6:17AM  
Muruga: Purple Sunset: 6:28PM  
Nataraja: White  
Moon - Red

Moon 11 - Phase 31  
Ashtami

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

Nairobi, Kenya

Sun 7 Sutra 230

Vilamba 5120

Simha Rasi: 29.07 Tithi 24 - 25

Gulika 6:17AM - 7:49AM  
Yama 1:54PM - 3:26PM  
Rahu 9:20AM - 10:52AM

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

Ganesha: Orange Sunrise: 6:17AM  
Muruga: Purple Sunset: 6:29PM  
Nataraja: White  
Moon - Red

Moon 11 - Phase 31  
Navami

Bhuloka Day  
Devaloka Time: 6:AM to 9:AM

Routine Work Marana Yoga

Until 12:50AM Sun

Then Creative Work - Amrita Yoga

<b>1 Sunday, December 2, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Ayushman Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Nairobi, Kenya Sun 8 Sutra 231 Vilamba 5120
Kanya Rasi: 12.5	Tithi 25 – 26	<b>Gulika</b> 3:26PM – 4:58PM	<b>Hasta</b> <b>Until 12:30AM Mon</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:18AM	
		Yama 12:23PM – 1:55PM	Ayushman <b>Until 12:43AM Mon</b>	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:29PM	Moon 11 - Phase 32
	768863365	<b>Rahu</b> 4:58PM – 6:29PM	Bava <b>Until 11:01PM</b>	<b>Nataraja:</b> White	2nd Phase
Creative Work	Amrita Yoga		<b>Dashami</b> <b>Until 11:31AM</b>	Moon – Green	<b>Bhuloka Day</b>
Until 12:30AM Mon				<b>Karttika-Karttikai</b>	
Then Routine Work - Prabalarishta Yoga					

<b>2 Monday, December 3, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Nairobi, Kenya Sun 9 Sutra 232 Vilamba 5120
Kanya Rasi: 26.25	Tithi 26 – 27	<b>Gulika</b> 1:55PM – 3:27PM	<b>Chitra</b> <b>Until 12:20AM Tue</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:18AM	
<b>Family Home Evening</b>		Yama 10:52AM – 12:24PM	Saubhagya <b>Until 10:52PM</b>	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:29PM	Moon 11 - Phase 32
	768863365	<b>Rahu</b> 7:50AM – 9:21AM	Kaulava <b>Until 10:11PM</b>	<b>Nataraja:</b> White	2nd Phase
Routine Work	Prabalarishta Yoga		<b>Ekadashi*</b> <b>Until 10:32AM</b>	Moon – Green	<b>Bhuloka Day</b>
Until 12:20AM Tue				<b>Karttika-Karttikai</b>	
Then Creative Work - Siddha Yoga					

<b>3 Tuesday, December 4, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Sobhana Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau			Nairobi, Kenya Sun 10 Sutra 233 Vilamba 5120
Tula Rasi: 9.48	Tithi 27 – 28	<b>Gulika</b> 12:24PM – 1:56PM	<b>Svati</b> <b>Until 12:21AM Wed</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:19AM	
		Yama 9:21AM – 10:53AM	Sobhana <b>Until 9:17PM</b>	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:30PM	Moon 11 - Phase 32
	768863365	<b>Rahu</b> 3:27PM – 4:58PM	Gara <b>Until 9:41PM</b>	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi*</b> <b>Until 9:52AM</b>	Moon – Green	<b>Bhuloka Day</b>
				<b>Karttika-Karttikai</b>	
				<i>Pradosha Vrata (Fasting)</i>	

<b>4 Wednesday, December 5, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Athiganda* Yoga Vanja/Visiti* Karana Trayodashi/Chaturdashyam Titau			Nairobi, Kenya Sun 11 Sutra 234 Vilamba 5120
Tula Rasi: 23	Tithi 28 – 29	<b>Gulika</b> 10:53AM – 12:25PM	<b>Vishakha</b> <b>Until 1:03AM Thu</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:19AM	
		Yama 7:50AM – 9:22AM	Athiganda* <b>Until 8:00PM</b>	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:30PM	Moon 11 - Phase 32
	778863365	<b>Rahu</b> 12:25PM – 1:56PM	Visti <b>Until 9:36PM</b>	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> <b>Until 9:34AM</b>	Moon – Orange	<b>Bhuloka Day</b>
				<b>Karttika-Karttikai</b>	

<b>Thursday, December 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau			Nairobi, Kenya Sun 12 Sutra 235 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 9:22AM – 10:54AM	<b>Anuradha</b> <b>Until 2:04AM Fri</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:19AM	
Vrischika Rasi: 5.59	Tithi 29 – 30	Yama 6:19AM – 7:51AM	Sukarma <b>Until 7:04PM</b>	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:31PM	Moon 11 - Phase 32
	778863365	<b>Rahu</b> 1:56PM – 3:28PM	Catuspada <b>Until 9:59PM</b>	<b>Nataraja:</b> White	Amavasya
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> <b>Until 9:42AM</b>	Moon – Orange	<b>Bhuloka Day</b>
Until 2:04AM Fri				<b>Karttika-Karttikai</b>	
Then Routine Work - Marana Yoga					

<b>Friday, December 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Nairobi, Kenya Sun 13 Sutra 236 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 7:51AM – 9:23AM	<b>Jyeshtha*</b> <b>Until 3:25AM Sat</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:20AM	
Vrischika Rasi: 18.44	Tithi 30 – 1	Yama 3:28PM – 5:00PM	Dhriti <b>Until 6:33PM</b>	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:31PM	Moon 11 - Phase 32
	779863365	<b>Rahu</b> 10:54AM – 12:25PM	Kintughna <b>Until 10:52PM</b>	<b>Nataraja:</b> White	Prathama
Routine Work	Marana Yoga		<b>Amavasya*</b> <b>Until 10:20AM</b>	Moon – Orange	<b>Bhuloka Day</b>
Until 3:25AM Sat				<b>Margasira-Karttikai</b>	
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

<b>1</b>	<b>Saturday, December 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Nairobi, Kenya Sun 14 Sutra 237 Vilamba 5120
	Dhanus Rasi: 1.14	Tithi 1 – 2	<b>Gulika</b> 6:20AM – 7:52AM	<b>Mula* Until 5:36AM Sun</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:20AM	
			Yama 1:57PM – 3:29PM	Shula* Until 6:24PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:31PM	Moon 11 - Phase 33
			799863365 <b>Rahu</b> 9:23AM – 10:54AM	Balava Until 12:18AM Sun	<b>Nataraja:</b> White		3rd Phase
Creative Work Siddha Yoga			<b>Prathama* Until 11:29AM</b>		<b>Margasira-Karttikai</b>		<b>Bhuloka Day</b>

<b>2</b>	<b>Sunday, December 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Trityayam Titau				Nairobi, Kenya Sun 15 Sutra 238 Vilamba 5120
	Dhanus Rasi: 13.31	Tithi 2 – 3	<b>Gulika</b> 3:29PM – 5:01PM	<b>Purvashadha* Until 8:07AM Mon</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:21AM	
			Yama 12:26PM – 1:58PM	Ganda* Until 6:41PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:32PM	Moon 11 - Phase 33
			799863365 <b>Rahu</b> 5:01PM – 6:32PM	Taitila Until 2:15AM Mon	<b>Nataraja:</b> White		3rd Phase
Creative Work Siddha Yoga Until 8:07AM Mon Then Routine Work - Marana Yoga			<b>Dvitiya Until 1:11PM</b>		<b>Margasira-Karttikai</b>		<b>Bhuloka Day</b>

<b>3</b>	<b>Monday, December 10, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritya/Chaturthyam Titau				Nairobi, Kenya Sun 16 Sutra 239 Vilamba 5120
	Dhanus Rasi: 25.36	Tithi 3 – 4	<b>Gulika</b> 1:58PM – 3:30PM	<b>Purvashadha* Until 8:07AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:21AM	
	<b>Family Home Evening</b>		Yama 10:55AM – 12:27PM	Vriddhi Until 7:18PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:32PM	Moon 11 - Phase 33
			799863365 <b>Rahu</b> 7:52AM – 9:24AM	Vanija Until 4:38AM Tue	<b>Nataraja:</b> White		3rd Phase
Routine Work Marana Yoga			<b>Tritiya Until 3:22PM</b>		<b>Margasira-Karttikai</b>		<b>Bhuloka Day</b>

<b>4</b>	<b>Tuesday, December 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Dhruva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Nairobi, Kenya Sun 17 Sutra 240 Vilamba 5120
	Makara Rasi: 7.31	Tithi 4 – 5	<b>Gulika</b> 12:27PM – 1:59PM	<b>Uttarashadha Until 10:51AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:21AM	
			Yama 9:24AM – 10:56AM	Dhruva Until 8:10PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:33PM	Moon 11 - Phase 33
			799863365 <b>Rahu</b> 3:30PM – 5:01PM	Bava Until 7:18AM Wed	<b>Nataraja:</b> White		3rd Phase
Routine Work Prabalarishta Yoga Until 10:51AM Then Creative Work - Siddha Yoga			<b>Chaturthi* Until 5:55PM</b>		<b>Margasira-Karttikai</b>		<b>Bhuloka Day</b>

<b>5</b>	<b>Wednesday, December 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Vyaghata* Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya Sun 18 Sutra 241 Vilamba 5120
	Makara Rasi: 19.2	Tithi 5	<b>Gulika</b> 10:56AM – 12:28PM	<b>Shravana Until 2:08PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:22AM	
			Yama 7:53AM – 9:25AM	Vyaghata* Until 9:10PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:33PM	Moon 11 - Phase 33
			799863365 <b>Rahu</b> 12:28PM – 1:59PM	Bava Until 7:18AM	<b>Nataraja:</b> White		3rd Phase
Creative Work Siddha Yoga Until 2:08PM Then Routine Work - Prabalarishta Yoga			<b>Panchami Until 8:40PM</b>		<b>Margasira-Karttikai</b>		<b>Bhuloka Day</b> Devaloka Time: 6:AM to 9:AM

<b>6</b>	<b>Thursday, December 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya Sun 19 Sutra 242 Vilamba 5120
	Kumbha Rasi: 1.07	Tithi 6	<b>Gulika</b> 9:25AM – 10:57AM	<b>Dhanishtha Until 5:17PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:22AM	
			Yama 6:22AM – 7:54AM	Harshana Until 10:09PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:34PM	Moon 11 - Phase 33
			799863365 <b>Rahu</b> 2:00PM – 3:31PM	Kaulava Until 10:03AM	<b>Nataraja:</b> White		3rd Phase
Creative Work Siddha Yoga			<b>Shashthi* Until 11:22PM</b>		<b>Margasira-Karttikai</b>		<b>Bhuloka Day</b> Devaloka Time: 6:AM to 9:AM

Vinayaga Viratam Ends

<b>Friday, December 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Vajra* Yoga Gara/Vanija Karana Saptamyam Titau				Nairobi, Kenya Sun 20 Sutra 243 Vilamba 5120	
<b>Retreat Star</b>		<b>Gulika</b> 7:54AM – 9:26AM	<b>Shatabhishak Until 8:04PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:23AM		
Kumbha Rasi: 12.56	Tithi 7	Yama 3:31PM – 5:03PM	Vajra* Until 10:55PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:34PM	Moon 11 - Phase 33	
		799863365 <b>Rahu</b> 10:57AM – 12:29PM	Gara Until 12:40PM	<b>Nataraja:</b> White		3rd Phase	
Creative Work Siddha Yoga			<b>Saptami Until 1:49AM Sat</b>		<b>Margasira-Karttikai</b>		<b>Bhuloka Day</b> Devaloka Time: 6:AM to 9:AM

<b>D</b>	<b>Saturday, December 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau				Nairobi, Kenya Sun 21 Sutra 244 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 6:23AM – 7:55AM	<b>Purvaproshtapada* Until 10:45PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:23AM	
	Kumbha Rasi: 24.52	Tithi 8	Yama 2:00PM – 3:32PM	Siddhi Until 11:21PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:35PM	Moon 11 - Phase 33
			711863365 <b>Rahu</b> 9:26AM – 10:58AM	Visti Until 2:53PM	<b>Nataraja:</b> White		Ashtami
Routine Work Marana Yoga Until 10:45PM Then Creative Work - Siddha Yoga			<b>Ashtami* Until 3:45AM Sun</b>		<b>Margasira-Karttikai</b>		<b>Bhuloka Day</b> Devaloka Time: 6:AM to 9:AM

<b>Sunday, December 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya Sun 22 Sutra 245 Vilamba 5120	
<b>Retreat Star</b>		<b>Gulika</b> 3:32PM – 5:04PM	<b>Uttaraproshtapada Until 12:38AM Mon</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:24AM		
Meena Rasi: 7.01	Tithi 9	Yama 12:30PM – 2:01PM	Vyatipata* Until 11:18PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:35PM	Moon 11 - Phase 33	
		711863365 <b>Rahu</b> 5:04PM – 6:35PM	Balava Until 4:30PM	<b>Nataraja:</b> White		Navami	
Creative Work Amrita Yoga Until 12:38AM Mon Then Creative Work - Siddha Yoga			<b>Navami* Until 5:01AM Mon</b>		<b>Margasira-Markali</b>		<b>Bhuloka Day</b> Devaloka Time: 6:AM to 9:AM

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

<b>1</b>	<b>Monday, December 17, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Revati Nakshatra Variyan Yoga Taitila/Gara Karana Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 246 Vilamba 5120
	Meena Rasi: 19.28	Tithi 10	<b>Gulika</b> 2:01PM – 3:33PM	<b>Revati Until 1:38AM Tue</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:24AM	
	<b>Family Home Evening</b>	811863365	Yama 10:59AM – 12:30PM	Variyan Until 10:38PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:36PM	Moon 11 - Phase 34
	Creative Work Siddha Yoga		<b>Rahu</b> 7:56AM – 9:27AM	Taitila Until 5:22PM	<b>Nataraja:</b> White		4th Phase
			<b>Dashami Until 5:29AM Tue</b>	Moon – Clear		<b>Bhuloka Day</b>	
				<b>Margasira-Markali</b>			

<b>2</b>	<b>Tuesday, December 18, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Ashvini Nakshatra Parigha* Yoga Vanija/Visti* Karana Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 247 Vilamba 5120
	Mesha Rasi: 2.16	Tithi 11	<b>Gulika</b> 12:30PM – 2:02PM	<b>Ashvini Until 2:09AM Wed</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:25AM	
		821863365	Yama 9:28AM – 10:59AM	Parigha* Until 9:21PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:36PM	Moon 11 - Phase 34
	Creative Work Siddha Yoga		<b>Rahu</b> 3:33PM – 5:05PM	Vanija Until 5:26PM	<b>Nataraja:</b> White		4th Phase
		<b>Vaikuntha Ekadasi</b>	<b>Ekadashi Until 5:08AM Wed</b>	Moon – White		<b>Bhuloka Day</b>	
				<b>Margasira-Markali</b>		Devaloka Time: 6:AM to 9:AM	

<b>3</b>	<b>Wednesday, December 19, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Bharani Nakshatra Shiva Yoga Bava/Balava Karana Dvodashyam Titau				Nairobi, Kenya Sun 25 Sutra 248 Vilamba 5120
	Mesha Rasi: 15.28	Tithi 12	<b>Gulika</b> 11:00AM – 12:31PM	<b>Bharani Until 1:43AM Thu</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:25AM	
		821863365	Yama 7:57AM – 9:28AM	Shiva Until 7:26PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:37PM	Moon 11 - Phase 34
	Creative Work Siddha Yoga		<b>Rahu</b> 12:31PM – 2:02PM	Bava Until 4:40PM	<b>Nataraja:</b> White		4th Phase
Until 1:43AM Thu			<b>Dvodashi Until 3:59AM Thu</b>	Moon – White		<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga				<b>Margasira-Markali</b>		Devaloka Time: 6:AM to 9:AM	

<b>4</b>	<b>Thursday, December 20, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Krittika Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 249 Vilamba 5120
	Mesha Rasi: 29.07	Tithi 13	<b>Gulika</b> 9:29AM – 11:00AM	<b>Krittika Until 12:28AM Fri</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:26AM	
		821863365	Yama 6:26AM – 7:57AM	Siddha Until 4:56PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:37PM	Moon 11 - Phase 34
	Routine Work Marana Yoga		<b>Rahu</b> 2:03PM – 3:34PM	Kaulava Until 3:09PM	<b>Nataraja:</b> White		4th Phase
			<b>Trayodashi Until 2:08AM Fri</b>	Moon – White		<b>Bhuloka Day</b>	
				<b>Margasira-Markali</b>		Devaloka Time: 6:AM to 9:AM	
				<i>Pradosha Vrata</i>			

<b>5</b>	<b>Friday, December 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 250 Vilamba 5120
	Vrishabha Rasi: 13.11	Tithi 14	<b>Gulika</b> 7:58AM – 9:29AM	<b>Rohini Until 10:54PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:26AM	
		831863365	Yama 3:25PM – 5:06PM	Sadhya Until 1:56PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:38PM	Moon 11 - Phase 34
	Routine Work Marana Yoga		<b>Rahu</b> 11:01AM – 12:32PM	Gara Until 1:00PM	<b>Nataraja:</b> White		4th Phase
Until 10:54PM		<b>Day 1 of Pancha Ganapati</b>	<b>Chaturdashi* Until 11:43PM</b>	Moon – Yellow		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Margasira-Markali</b>			

<b>○</b>	<b>Saturday, December 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Mrigashira Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Purnimayam Titau				Nairobi, Kenya Sun 28 Sutra 251 Vilamba 5120
	<b>Copper Retreat Star</b>		<b>Gulika</b> 6:27AM – 7:58AM	<b>Mrigashira Until 8:47PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:27AM	
	Vrishabha Rasi: 27.37	Tithi 15	Yama 2:04PM – 3:35PM	Subha Until 10:32AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:38PM	Moon 11 - Phase 34
		831963365	<b>Rahu</b> 9:30AM – 11:01AM	Visti Until 10:21AM	<b>Nataraja:</b> White		Purnima
Creative Work Siddha Yoga		<b>Day 2 of Pancha Ganapati</b>	<b>Purnima* Until 8:52PM</b>	Moon – Yellow		<b>Bhuloka Day</b>	
				<b>Margasira-Markali</b>		Devaloka Time: 9:AM to 12:PM	

<b>○</b>	<b>Sunday, December 23, 2018</b>		Vilamba Nama Samvatsare Uтарыayе Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Ardra Nakshatra Sukla/Brahma Yoga Balava/Taitila Karana Prathamam/Dvityayam Titau				Nairobi, Kenya Sun 29 Sutra 252 Vilamba 5120
	<b>Silver Retreat Star</b>		<b>Gulika</b> 3:36PM – 5:07PM	<b>Ardra Until 6:15PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:27AM	
	Mithuna Rasi: 12.2	Tithi 16 – 17	Yama 12:33PM – 2:04PM	Sukla Until 6:51AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:39PM	Moon 11 - Phase 34
		831963365	<b>Rahu</b> 5:07PM – 6:39PM	Balava Until 7:21AM	<b>Nataraja:</b> White		Prathama
Creative Work Siddha Yoga		<b>Day 3 of Pancha Ganapati</b>	<b>Prathamam* Until 5:45PM</b>	Moon – Yellow		<b>Bhuloka Day</b>	
		<b>Ardra Darshanam</b>		<b>Margasira-Markali</b>		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 Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Indra Yoga Gara/Vanija Karana Dvitya/Tritiyayam Titau

Nairobi, Kenya

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 2:05PM - 3:36PM

Yama 11:02AM - 12:33PM

Rahu 7:59AM - 9:31AM

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: 6:28AM

Muruqa: Purple

Sunset: 6:39PM

Nataraja: White

Moon - Blue

Margasira-Markali

Devaloka Day

1

Tuesday, December 25, 2018

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

Nairobi, Kenya

Sun 2 Sutra 254

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Kataka Rasi: 12.04 Tithi 18 - 19

842963365

Creative Work Siddha Yoga

Gulika 12:34PM - 2:05PM

Yama 9:31AM - 11:03AM

Rahu 3:37PM - 5:08PM

Day 5 of Pancha Ganapati

Pushya Until 1:25PM

Vaidhriti\* Until 7:18PM

Bava Until 9:47PM

Tritiya Until 11:19AM

Ganesha: Yellow

Sunrise: 6:28AM

Muruqa: Purple

Sunset: 6:40PM

Nataraja: White

Moon - Blue

Margasira-Markali

Devaloka Time: 6:AM to 9:AM

Bhuloka Day

2

Wednesday, December 26, 2018

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

Nairobi, Kenya

Sun 3 Sutra 255

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Kataka Rasi: 26.52 Tithi 19 - 20

842963366

Creative Work Siddha Yoga

Gulika 11:03AM - 12:34PM

Yama 8:00AM - 9:32AM

Rahu 12:34PM - 2:06PM

Ashlesha\* Until 10:59AM

Vishkambha\* Until 3:39PM

Kaulava Until 6:52PM

Chaturthi\* Until 8:16AM

Ganesha: Yellow

Sunrise: 6:29AM

Muruqa: Purple

Sunset: 6:40PM

Nataraja: Green

Moon - Blue

Margasira-Markali

Devaloka Time: 6:AM to 9:AM

Bhuloka Day

3

Thursday, December 27, 2018

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

Nairobi, Kenya

Sun 4 Sutra 256

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Simha Rasi: 11.26 Tithi 21

852963366

Creative Work Amrita Yoga

Until 9:08AM

Then Creative Work - Siddha Yoga

Gulika 9:32AM - 11:04AM

Yama 6:29AM - 8:01AM

Rahu 2:06PM - 3:38PM

Magha\* Until 9:08AM

Priti Until 12:17PM

Gara Until 4:18PM

Shashthi\* Until 3:10AM Fri

Ganesha: Blue

Sunrise: 6:29AM

Muruqa: Purple

Sunset: 6:41PM

Nataraja: Green

Moon - Red

Margasira-Markali

Bhuloka Day

4

Friday, December 28, 2018

Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvaphalguni/Uttaraphalguni Nakshatra Ayushman/Saubhagya Yoga Visti\*/Bava Karana Saptamyam Titau

Nairobi, Kenya

Sun 5 Sutra 257

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Simha Rasi: 25.44 Tithi 22

852963366

Creative Work Siddha Yoga

Gulika 8:01AM - 9:33AM

Yama 3:38PM - 5:10PM

Rahu 11:04AM - 12:35PM

Purvaphalguni Until 7:33AM

Ayushman Until 9:14AM

Visti Until 2:10PM

Saptami Until 1:16AM Sat

Ganesha: Blue

Sunrise: 6:30AM

Muruqa: Purple

Sunset: 6:41PM

Nataraja: Green

Moon - Red

Margasira-Markali

Bhuloka Day

D

Saturday, December 29, 2018

Retreat Star

Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam  
Uttaraphalguni/Hasta Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Ashtamyam Titau

Nairobi, Kenya

Sun 6 Sutra 258

Vilamba 5120

Moon 12 - Phase 35

Ashtami

Kanya Rasi: 9.44 Tithi 23

852963366

Routine Work Marana Yoga

Gulika 6:30AM - 8:02AM

Yama 2:07PM - 3:39PM

Rahu 9:33AM - 11:04AM

Uttaraphalguni Until 6:17AM

Saubhagya Until 6:35AM

Balava Until 12:32PM

Ashtami\* Until 11:54PM

Ganesha: Blue

Sunrise: 6:30AM

Muruqa: Purple

Sunset: 6:42PM

Nataraja: Green

Moon - Red

Margasira-Markali

Bhuloka Day

Sunday, December 30, 2018

Retreat Star

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

Nairobi, Kenya

Sun 7 Sutra 259

Vilamba 5120

Moon 12 - Phase 35

Navami

Kanya Rasi: 23.25 Tithi 24

862963366

Creative Work Siddha Yoga

Until 5:46AM Mon

Then Creative Work - Amrita Yoga

Gulika 3:39PM - 5:11PM

Yama 12:36PM - 2:08PM

Rahu 5:11PM - 6:42PM

Chitra Until 5:46AM Mon

Athiganda\* Until 2:33AM Mon

Taitila Until 11:26AM

Navami\* Until 11:04PM

Ganesha: Red

Sunrise: 6:31AM

Muruqa: Purple

Sunset: 6:42PM

Nataraja: Green

Moon - Green

Margasira-Markali

Devaloka Time: 6:AM to 9:AM

Bhuloka Day


<b>1</b>		<b>Monday, December 31, 2018</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Svati Nakshatra Sukarma Yoga Vanija/Visti* Karana Dashamyam Titau		Nairobi, Kenya Sun 8 Sutra 260 Vilamba 5120	
Tula Rasi: 6.47	Tithi 25	<b>Gulika</b>	2:08PM – 3:40PM	<b>Svati</b> Until 6:03AM Tue	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:31AM	
<b>Family Home Evening</b>	862963366	Yama	11:05AM – 12:37PM	Sukarma Until 1:09AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:43PM	Moon 12 - Phase 36
Creative Work Amrita Yoga		<b>Rahu</b>	8:03AM – 9:34AM	Vanija Until 10:52AM	<b>Nataraja:</b> Green		2nd Phase
Until 6:03AM Tue				<b>Dashami</b> Until 10:45PM	Moon – Green	<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga					<b>Margasira*Markali</b>	Devaloka Time: 6:AM to 9:AM	

<b>2</b>		<b>Tuesday, January 1, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Dhriti Yoga Bava/Balava Karana Ekadashyam Titau		Nairobi, Kenya Sun 9 Sutra 261 Vilamba 5120	
Tula Rasi: 19.53	Tithi 26	<b>Gulika</b>	12:37PM – 2:09PM	<b>Svati</b> Until 6:03AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:32AM	
	862963366	Yama	9:35AM – 11:06AM	Dhriti Until 12:09AM Wed	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:43PM	Moon 12 - Phase 36
Creative Work Siddha Yoga		<b>Rahu</b>	3:40PM – 5:12PM	Bava Until 10:49AM	<b>Nataraja:</b> Green		2nd Phase
Until 6:03AM				<b>Ekadashi*</b> Until 10:58PM	Moon – Green	<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga					<b>Margasira*Markali</b>	Devaloka Time: 6:AM to 9:AM	

<b>3</b>		<b>Wednesday, January 2, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Shula* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Nairobi, Kenya Sun 10 Sutra 262 Vilamba 5120	
Vrischika Rasi: 2.43	Tithi 27	<b>Gulika</b>	11:06AM – 12:38PM	<b>Vishakha</b> Until 7:08AM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:32AM	
	872963366	Yama	8:04AM – 9:35AM	Shula* Until 11:31PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:44PM	Moon 12 - Phase 36
Creative Work Siddha Yoga		<b>Rahu</b>	12:38PM – 2:09PM	Kaulava Until 11:17AM	<b>Nataraja:</b> Green		2nd Phase
				<b>Dvadashi*</b> Until 11:40PM	Moon – Orange	<b>Bhuloka Day</b>	
					<b>Margasira*Markali</b>		

<b>4</b>		<b>Thursday, January 3, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau		Nairobi, Kenya Sun 11 Sutra 263 Vilamba 5120	
Vrischika Rasi: 15.2	Tithi 28	<b>Gulika</b>	9:35AM – 11:07AM	<b>Anuradha</b> Until 8:31AM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:33AM	
	872963366	Yama	6:33AM – 8:04AM	Ganda* Until 11:14PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:44PM	Moon 12 - Phase 36
Creative Work Siddha Yoga		<b>Rahu</b>	2:10PM – 3:41PM	Gara Until 12:13PM	<b>Nataraja:</b> Green		2nd Phase
Until 8:31AM				<b>Trayodashi*</b> Until 12:51AM Fri	Moon – Orange	<b>Bhuloka Day</b>	
Then Routine Work - Prabalarishta Yoga					<b>Margasira*Markali</b>		
						<i>Pradosha Vrata (Fasting)</i>	

<b>5</b>		<b>Friday, January 4, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vriddhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Nairobi, Kenya Sun 12 Sutra 264 Vilamba 5120	
Vrischika Rasi: 27.45	Tithi 29	<b>Gulika</b>	8:05AM – 9:36AM	<b>Jyeshtha*</b> Until 10:12AM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:33AM	
	872963366	Yama	3:42PM – 5:13PM	Vriddhi Until 11:19PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:44PM	Moon 12 - Phase 36
Routine Work Marana Yoga		<b>Rahu</b>	11:07AM – 12:39PM	Visti Until 1:37PM	<b>Nataraja:</b> Green		2nd Phase
Until 10:12AM				<b>Chaturdashi*</b> Until 2:28AM Sat	Moon – Orange	<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga					<b>Margasira*Markali</b>		

		<b>Saturday, January 5, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Nairobi, Kenya Sun 13 Sutra 265 Vilamba 5120	
<b>Retreat Star</b>		<b>Gulika</b>	6:34AM – 8:05AM	<b>Mula*</b> Until 12:36PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:34AM	
Dhanus Rasi: 9.59	Tithi 30	Yama	2:11PM – 3:42PM	Dhruva Until 11:40PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:45PM	Moon 12 - Phase 36
	882963366	<b>Rahu</b>	9:36AM – 11:08AM	Catuspada Until 3:27PM	<b>Nataraja:</b> Green		Amavasya
Creative Work Siddha Yoga				<b>Amavasya*</b> Until 4:29AM Sun	Moon – Light Blue	<b>Bhuloka Day</b>	
		<b>Subramuniyaswami Jayanti</b>			<b>Margasira*Markali</b>		

<b>Sunday, January 6, 2019</b>		<b>Retreat Star</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau		Nairobi, Kenya Sun 14 Sutra 266 Vilamba 5120	
Dhanus Rasi: 22.04	Tithi 1	<b>Gulika</b>	3:43PM – 5:14PM	<b>Purvashadha*</b> Until 3:13PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:34AM	
	882973366	Yama	12:40PM – 2:11PM	Vyaghata* Until 12:18AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:45PM	Moon 12 - Phase 36
Creative Work Siddha Yoga		<b>Rahu</b>	5:14PM – 6:45PM	Kintughna Until 5:39PM	<b>Nataraja:</b> Green		Prathama
Until 3:13PM				<b>Prathama*</b> Until 6:50AM Mon	Moon – Light Blue	<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga		<b>Partial Solar Eclipse</b>			<b>Pausha*Markali</b>	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

<b>Monday, January 7, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Harshana Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Nairobi, Kenya Sun 15 Sutra 267 Vilamba 5120		
<b>1</b>	Makara Rasi: 4 Family Home Evening Routine Work Marana Yoga Until 5:56PM Then Creative Work - Amrita Yoga	Tithi 1 – 2 882973366	<b>Gulika</b> 2:12PM – 3:43PM <b>Yama</b> 11:09AM – 12:40PM <b>Rahu</b> 8:06AM – 9:37AM	<b>Uttarashadha Until 5:56PM</b> Harshana Until 1:09AM Tue Balava Until 8:09PM <b>Prathama* Until 6:50AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:34AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:46PM <b>Nataraja:</b> Green Moon – Light Blue <b>Pausha-Markali</b>	<b>Bhuloka Day</b> Devaloka Time: 12:PM to 3:PM

<b>Tuesday, January 8, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Vajra* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Nairobi, Kenya Sun 16 Sutra 268 Vilamba 5120		
<b>2</b>	Makara Rasi: 15.51 Creative Work Siddha Yoga	Tithi 2 – 3 893973366	<b>Gulika</b> 12:41PM – 2:12PM <b>Yama</b> 9:38AM – 11:09AM <b>Rahu</b> 3:43PM – 5:15PM	<b>Shravana Until 9:12PM</b> Vajra* Until 2:06AM Wed Taitila Until 10:50PM <b>Dvitiya Until 9:27AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:35AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:46PM <b>Nataraja:</b> Green Moon – Purple <b>Pausha-Markali</b>	<b>Devaloka Day</b>

<b>Wednesday, January 9, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Siddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Nairobi, Kenya Sun 17 Sutra 269 Vilamba 5120		
<b>3</b>	Makara Rasi: 27.38 Routine Work Prabalarishta Yoga Until 12:22AM Thu Then Creative Work - Siddha Yoga	Tithi 3 – 4 893973366	<b>Gulika</b> 11:10AM – 12:41PM <b>Yama</b> 8:07AM – 9:38AM <b>Rahu</b> 12:41PM – 2:12PM	<b>Dhanishtha Until 12:22AM Thu</b> Siddhi Until 3:06AM Thu Vanija Until 1:36AM Thu <b>Tritiya Until 12:12PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:35AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:47PM <b>Nataraja:</b> Green Moon – Purple <b>Pausha-Markali</b>	<b>Devaloka Day</b>

<b>Thursday, January 10, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Vyatipata* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Nairobi, Kenya Sun 18 Sutra 270 Vilamba 5120		
<b>4</b>	Kumbha Rasi: 9.26 Creative Work Siddha Yoga	Tithi 4 – 5 893973366	<b>Gulika</b> 9:39AM – 11:10AM <b>Yama</b> 6:36AM – 8:07AM <b>Rahu</b> 2:13PM – 3:44PM	<b>Shatabhishak Until 3:16AM Fri</b> Vyatipata* Until 4:01AM Fri Bava Until 4:15AM Fri <b>Chaturthi* Until 2:55PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:36AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:47PM <b>Nataraja:</b> Green Moon – Purple <b>Pausha-Markali</b>	<b>Devaloka Day</b>

<b>Friday, January 11, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Variyan Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Nairobi, Kenya Sun 19 Sutra 271 Vilamba 5120		
<b>5</b>	Kumbha Rasi: 21.16 Creative Work Siddha Yoga	Tithi 5 – 6 813973366	<b>Gulika</b> 8:08AM – 9:39AM <b>Yama</b> 3:45PM – 5:16PM <b>Rahu</b> 11:10AM – 12:42PM	<b>Purvaproshtapada* Until 6:14AM Sat</b> Variyan Until 4:43AM Sat Kaulava Until 6:37AM Sat <b>Panchami Until 5:27PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:36AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:47PM <b>Nataraja:</b> Green Moon – Clear <b>Pausha-Markali</b>	<b>Devaloka Day</b>

<b>Saturday, January 12, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mantra Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Parigha* Yoga Kaulava/Taitila Karana Shashthyam Titau		Nairobi, Kenya Sun 20 Sutra 272 Vilamba 5120		
<b>6</b>	Meena Rasi: 3.12 Routine Work Marana Yoga Until 6:14AM Then Creative Work - Siddha Yoga	Tithi 6 813973366	<b>Gulika</b> 6:37AM – 8:08AM <b>Yama</b> 2:14PM – 3:45PM <b>Rahu</b> 9:39AM – 11:11AM	<b>Purvaproshtapada* Until 6:14AM</b> Parigha* Until 5:06AM Sun Kaulava Until 6:37AM <b>Shashthi* Until 7:37PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:37AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:48PM <b>Nataraja:</b> Green Moon – Clear <b>Pausha-Markali</b>	<b>Devaloka Day</b>

<b>Sunday, January 13, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Shiva Yoga Gara/Vanija Karana Saptamyam Titau		Nairobi, Kenya Sun 21 Sutra 273 Vilamba 5120		
<b>Retreat Star</b>			<b>Gulika</b> 3:45PM – 5:17PM <b>Yama</b> 12:43PM – 2:14PM <b>Rahu</b> 5:17PM – 6:48PM	<b>Uttaraproshtapada Until 8:37AM</b> Shiva Until 5:02AM Mon Gara Until 8:32AM <b>Saptami Until 9:15PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:37AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:48PM <b>Nataraja:</b> Green Moon – Clear <b>Pausha-Markali</b>	<b>Devaloka Day</b>
Meena Rasi: 15.19	Tithi 7 813973366	Creative Work Amrita Yoga				

<b>Monday, January 14, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Siddha Yoga Visti*/Bava Karana Ashtamyam Titau		Nairobi, Kenya Sun 22 Sutra 274 Vilamba 5120		
<b>Retreat Star</b>			<b>Gulika</b> 2:14PM – 3:46PM <b>Yama</b> 11:12AM – 12:43PM <b>Rahu</b> 8:09AM – 9:40AM	<b>Revati Until 10:14AM</b> Siddha Until 4:23AM Tue Visti Until 9:49AM <b>Ashtami* Until 10:10PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:37AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:48PM <b>Nataraja:</b> Green Moon – Clear <b>Pausha-Thai</b>	<b>Devaloka Day</b>
Meena Rasi: 27.41	Tithi 8 813973366	Creative Work Siddha Yoga				
			<b>Thai Pongal</b>			

<b>Tuesday, January 15, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya Yoga Balava/Kaulava Karana Navamyam Titau		Nairobi, Kenya Sun 23 Sutra 275 Vilamba 5120		
<b>Retreat Star</b>			<b>Gulika</b> 12:43PM – 2:15PM <b>Yama</b> 9:41AM – 11:12AM <b>Rahu</b> 3:46PM – 5:17PM	<b>Ashvini Until 11:28AM</b> Sadhya Until 3:08AM Wed Balava Until 10:21AM <b>Navami* Until 10:18PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:38AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:49PM <b>Nataraja:</b> Green Moon – White <b>Pausha-Thai</b>	<b>Sivaloka Day</b>
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

<b>1</b>		<b>Wednesday, January 16, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Bharani/Krittika Nakshatra Subha Yoga Taitila/Gara Karana Dashamyam Titau		Nairobi, Kenya Sun 24 Sutra 276 Vilamba 5120	
Mesha Rasi: 23.28	Tithi 10	<b>Gulika</b> 11:12AM – 12:44PM	<b>Bharani Until 11:43AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:38AM		
		Yama 8:10AM – 9:41AM	Subha Until 1:15AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:49PM	Moon 12 - Phase 38	
		823173366 <b>Rahu</b> 12:44PM – 2:15PM	Taitila Until 10:04AM	<b>Nataraja:</b> Green		4th Phase	
Creative Work	Siddha Yoga		<b>Dashami Until 9:36PM</b>	Moon – White		<b>Sivaloka Day</b>	
Until 11:43AM				<b>Pausha*Thai</b>			
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Thursday, January 17, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Krittika/Rohini Nakshatra Sukla Yoga Vanija/Visti* Karana Ekadashyam Titau		Nairobi, Kenya Sun 25 Sutra 277 Vilamba 5120	
Vrishabha Rasi: 7	Tithi 11	<b>Gulika</b> 9:41AM – 11:13AM	<b>Krittika Until 11:02AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:39AM		
		Yama 6:39AM – 8:10AM	Sukla Until 10:43PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:49PM	Moon 12 - Phase 38	
		823173366 <b>Rahu</b> 2:15PM – 3:47PM	Vanija Until 8:57AM	<b>Nataraja:</b> Green		4th Phase	
Routine Work	Marana Yoga		<b>Ekadashi Until 8:05PM</b>	Moon – White		<b>Sivaloka Day</b>	
				<b>Pausha*Thai</b>			

<b>3</b>		<b>Friday, January 18, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini/Mrigashira Nakshatra Brahma Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau		Nairobi, Kenya Sun 26 Sutra 278 Vilamba 5120	
Vrishabha Rasi: 21	Tithi 12 – 13	<b>Gulika</b> 8:10AM – 9:42AM	<b>Rohini Until 9:54AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:39AM		
		Yama 3:47PM – 5:18PM	Brahma Until 7:37PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:50PM	Moon 12 - Phase 38	
		833173366 <b>Rahu</b> 11:13AM – 12:44PM	Bava Until 7:05AM	<b>Nataraja:</b> Green		4th Phase	
Routine Work	Marana Yoga		<b>Dvadashi Until 5:22PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
Until 9:54AM				<b>Pausha*Thai</b>			
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata</i>			

<b>4</b>		<b>Saturday, January 19, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Mrigashira/Ardra Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Nairobi, Kenya Sun 27 Sutra 279 Vilamba 5120	
Mithuna Rasi: 5.26	Tithi 13 – 14	<b>Gulika</b> 6:39AM – 8:11AM	<b>Mrigashira Until 7:59AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:39AM		
		Yama 2:16PM – 3:47PM	Indra Until 4:05PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:50PM	Moon 12 - Phase 38	
		833173366 <b>Rahu</b> 9:42AM – 11:13AM	Gara Until 1:29AM Sun	<b>Nataraja:</b> Green		4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi Until 3:03PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
				<b>Pausha*Thai</b>			

		<b>Sunday, January 20, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Nairobi, Kenya Sutra 280 Vilamba 5120	
<b>Copper Retreat Star</b>		<b>Gulika</b> 3:48PM – 5:19PM	<b>Punarvasu Until 2:50AM Mon</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:40AM		
Mithuna Rasi: 20.15	Tithi 14 – 15	Yama 12:45PM – 2:16PM	Vaidhriti* Until 12:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:50PM	Moon 12 - Phase 38	
		843173366 <b>Rahu</b> 5:19PM – 6:50PM	Visti Until 10:04PM	<b>Nataraja:</b> Green		Purnima	
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 11:48AM</b>	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Pausha*Thai</b>			

<b>Monday, January 21, 2019</b>		<b>Silver Retreat Star</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Pushya Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Nairobi, Kenya Sutra 281 Vilamba 5120	
Kataka Rasi: 5.19	Tithi 15 – 16	<b>Gulika</b> 2:17PM – 3:48PM	<b>Pushya Until 11:55PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:40AM		
<b>Family Home Evening</b>		Yama 11:14AM – 12:45PM	Vishkambha* Until 8:01AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:51PM	Moon 12 - Phase 38	
		843173366 <b>Rahu</b> 8:11AM – 9:43AM	Balava Until 6:26PM	<b>Nataraja:</b> Green		Prathama	
Creative Work	Siddha Yoga		<b>Purnima* Until 8:15AM</b>	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Pausha*Thai</b>			
		<b>Total Lunar Eclipse</b>					
		<b>Thai Pusam</b>					



**Tuesday, January 22, 2019**  
**Gold Retreat Star**

Kataka Rasi: 20.3 Tithi 17  
Creative Work Siddha Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yukstayam  
Ashlesha\* Nakshatra Ayushman Yoga Taitila/Gara Karana Dvitiyayam Titau  
Gulika 12:46PM - 2:17PM  
Yama 9:43AM - 11:14AM  
Rahu 3:48PM - 5:19PM  
Ashlesha\* Until 8:53PM  
Ayushman Until 11:32PM  
Taitila Until 2:45PM  
Dvitiya Until 12:56AM Wed

Nairobi, Kenya  
Sutra 282  
Vilamba 5120  
Moon 1 - Phase 39  
1st Phase

Ganesha: Clear Sunrise: 6:40AM  
Muruga: Clear Sunset: 6:51PM  
Nataraja: Green  
Moon - Blue  
Devaloka Day  
Pausha\*Thai

**1**

**Wednesday, January 23, 2019**

Simha Rasi: 5.39 Tithi 18  
Creative Work Siddha Yoga  
Until 6:16PM  
Then Creative Work - Amrita Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yukstayam  
Magha\* Nakshatra Saubhagya Yoga Vanija/Visti\* Karana Tritiyayam Titau  
Gulika 11:14AM - 12:46PM  
Yama 8:12AM - 9:43AM  
Rahu 12:46PM - 2:17PM  
Magha\* Until 6:16PM  
Saubhagya Until 7:27PM  
Vanija Until 11:12AM  
Tritiya Until 9:29PM

Nairobi, Kenya  
Sun 1 Sutra 283  
Vilamba 5120  
Moon 1 - Phase 39  
1st Phase

Ganesha: Purple Sunrise: 6:41AM  
Muruga: Clear Sunset: 6:51PM  
Nataraja: Green  
Moon - Red  
Devaloka Day  
Pausha\*Thai  
Devaloka Time: 12:PM to 3:PM

**2**

**Thursday, January 24, 2019**

Simha Rasi: 20.37 Tithi 19  
Creative Work Siddha Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yukstayam  
Purvaphalguni/Uttaraphalguni Nakshatra Sobhana/Athiganda\* Yoga Bava/Balava Karana Chaturthyam Titau  
Gulika 9:43AM - 11:15AM  
Yama 6:41AM - 8:12AM  
Rahu 2:17PM - 3:49PM  
Purvaphalguni Until 3:50PM  
Sobhana Until 3:40PM  
Bava Until 7:54AM  
Chaturthi\* Until 6:24PM

Nairobi, Kenya  
Sun 2 Sutra 284  
Vilamba 5120  
Moon 1 - Phase 39  
1st Phase

Ganesha: Purple Sunrise: 6:41AM  
Muruga: Clear Sunset: 6:51PM  
Nataraja: Green  
Moon - Red  
Devaloka Day  
Pausha\*Thai  
Devaloka Time: 12:PM to 3:PM

**3**

**Friday, January 25, 2019**

Kanya Rasi: 5.16 Tithi 20 - 21  
Creative Work Siddha Yoga  
Until 1:45PM  
Then Creative Work - Amrita Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yukstayam  
Uttaraphalguni/Hasta Nakshatra Athiganda\*/Sukarma Yoga Taitila/Gara Karana Panchami/Shashthyam Titau  
Gulika 8:12AM - 9:44AM  
Yama 3:49PM - 5:20PM  
Rahu 11:15AM - 12:46PM  
Uttaraphalguni Until 1:45PM  
Athiganda\* Until 12:14PM  
Gara Until 2:44AM Sat  
Panchami Until 3:47PM

Nairobi, Kenya  
Sun 3 Sutra 285  
Vilamba 5120  
Moon 1 - Phase 39  
1st Phase

Ganesha: Clear Sunrise: 6:41AM  
Muruga: Clear Sunset: 6:51PM  
Nataraja: Green  
Moon - Red  
Devaloka Day  
Pausha\*Thai

**4**

**Saturday, January 26, 2019**

Kanya Rasi: 19.31 Tithi 21 - 22  
Routine Work Marana Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yukstayam  
Hasta/Chitra Nakshatra Sukarma/Dhriti Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau  
Gulika 6:41AM - 8:13AM  
Yama 2:18PM - 3:49PM  
Rahu 9:44AM - 11:15AM  
Hasta Until 12:31PM  
Sukarma Until 9:18AM  
Visti Until 1:04AM Sun  
Shashthi\* Until 1:48PM

Nairobi, Kenya  
Sun 4 Sutra 286  
Vilamba 5120  
Moon 1 - Phase 39  
1st Phase

Ganesha: Purple Sunrise: 6:41AM  
Muruga: Clear Sunset: 6:52PM  
Nataraja: Green  
Moon - Green  
Devaloka Day  
Pausha\*Thai  
Devaloka Time: 12:PM to 3:PM

**5**

**Sunday, January 27, 2019**

**Retreat Star**

Tula Rasi: 3.21 Tithi 22 - 23  
Creative Work Siddha Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yukstayam  
Chitra/Svati Nakshatra Dhriti/Shula\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau  
Gulika 3:49PM - 5:21PM  
Yama 12:47PM - 2:18PM  
Rahu 5:21PM - 6:52PM  
Chitra Until 11:51AM  
Dhriti Until 6:55AM  
Balava Until 12:08AM Mon  
Saptami Until 12:30PM

Nairobi, Kenya  
Sun 5 Sutra 287  
Vilamba 5120  
Moon 1 - Phase 39  
Ashtami

Ganesha: Purple Sunrise: 6:42AM  
Muruga: Clear Sunset: 6:52PM  
Nataraja: Green  
Moon - Green  
Devaloka Day  
Pausha\*Thai  
Devaloka Time: 12:PM to 3:PM

**Monday, January 28, 2019**

**Retreat Star**

Tula Rasi: 16.46 Tithi 23 - 24  
**Family Home Evening**  
Creative Work Amrita Yoga  
Until 11:44AM  
Then Routine Work - Marana Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yukstayam  
Svati/Vishakha Nakshatra Ganda\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau  
Gulika 2:18PM - 3:49PM  
Yama 11:16AM - 12:47PM  
Rahu 8:13AM - 9:44AM  
Svati Until 11:44AM  
Ganda\* Until 3:52AM Tue  
Taitila Until 11:58PM  
Ashtami\* Until 11:56AM

Nairobi, Kenya  
Sun 6 Sutra 288  
Vilamba 5120  
Moon 1 - Phase 39  
Navami

Ganesha: Purple Sunrise: 6:42AM  
Muruga: Clear Sunset: 6:52PM  
Nataraja: Green  
Moon - Green  
Devaloka Day  
Pausha\*Thai  
Devaloka Time: 12:PM to 3:PM

<b>1</b>		<b>Tuesday, January 29, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Vriddhi Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Nairobi, Kenya Sun 7 Sutra 289 Vilamba 5120	
Tula Rasi: 29.46	Tithi 24 – 25	<b>Gulika</b>	12:47PM – 2:18PM	<b>Vishakha</b> Until 12:40PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:42AM	
		Yama	9:45AM – 11:16AM	Vridhhi Until 3:12AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:52PM	Moon 1 - Phase 40
		974173366 <b>Rahu</b>	3:50PM – 5:21PM	Vanija Until 12:30AM Wed	<b>Nataraja:</b> Green		2nd Phase
Routine Work	Marana Yoga			<b>Navami*</b> Until 12:07PM	Moon – Orange		<b>Devaloka Day</b>
Until 12:40PM					<b>Pausha*Thai</b>		
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Wednesday, January 30, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Dhruva Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Nairobi, Kenya Sun 8 Sutra 290 Vilamba 5120	
Virshika Rasi: 12.26	Tithi 25 – 26	<b>Gulika</b>	11:16AM – 12:47PM	<b>Anuradha</b> Until 2:06PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:42AM	
		Yama	8:13AM – 9:45AM	Dhruva Until 3:00AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:52PM	Moon 1 - Phase 40
		974173366 <b>Rahu</b>	12:47PM – 2:19PM	Bava Until 1:42AM Thu	<b>Nataraja:</b> Green		2nd Phase
Creative Work	Siddha Yoga			<b>Dashami</b> Until 1:00PM	Moon – Orange		<b>Devaloka Day</b>
					<b>Pausha*Thai</b>		

<b>3</b>		<b>Thursday, January 31, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Nairobi, Kenya Sun 9 Sutra 291 Vilamba 5120	
Virshika Rasi: 24.5	Tithi 26 – 27	<b>Gulika</b>	9:45AM – 11:16AM	<b>Jyeshtha*</b> Until 3:57PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:42AM	
		Yama	6:42AM – 8:14AM	Vyaghata* Until 3:13AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:52PM	Moon 1 - Phase 40
		974173366 <b>Rahu</b>	2:19PM – 3:50PM	Kaulava Until 3:27AM Fri	<b>Nataraja:</b> Green		2nd Phase
Routine Work	Prabalarishta Yoga			<b>Ekadashi*</b> Until 2:30PM	Moon – Orange		<b>Devaloka Day</b>
Until 3:57PM					<b>Pausha*Thai</b>		
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Friday, February 1, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Harshana Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Nairobi, Kenya Sun 10 Sutra 292 Vilamba 5120	
Dhanus Rasi: 7.01	Tithi 27 – 28	<b>Gulika</b>	8:14AM – 9:45AM	<b>Mula*</b> Until 6:35PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:42AM	
		Yama	3:50PM – 5:21PM	Harshana Until 3:47AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:52PM	Moon 1 - Phase 40
		984173366 <b>Rahu</b>	11:16AM – 12:47PM	Gara Until 5:38AM Sat	<b>Nataraja:</b> Green		2nd Phase
Creative Work	Amrita Yoga			<b>Dvadashi*</b> Until 4:28PM	Moon – Light Blue		<b>Bhuloka Day</b>
Until 6:35PM					<b>Pausha*Thai</b>		Devaloka Time: 12:PM to 3:PM
Then Routine Work - Prabalarishta Yoga				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Saturday, February 2, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Vajra* Yoga Vanija Karana Trayodashyam Titau		Nairobi, Kenya Sun 11 Sutra 293 Vilamba 5120	
Dhanus Rasi: 19.01	Tithi 28	<b>Gulika</b>	6:43AM – 8:14AM	<b>Purvashadha*</b> Until 9:23PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:43AM	
		Yama	2:19PM – 3:50PM	Vajra* Until 4:32AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 40
		984173366 <b>Rahu</b>	9:45AM – 11:16AM	Vanija Until 6:49PM	<b>Nataraja:</b> Green		2nd Phase
Creative Work	Siddha Yoga			<b>Trayodashi*</b> Until 6:49PM	Moon – Light Blue		<b>Bhuloka Day</b>
Until 9:23PM					<b>Pausha*Thai</b>		Devaloka Time: 12:PM to 3:PM
Then Routine Work - Marana Yoga							

<b>6</b>		<b>Sunday, February 3, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Siddhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Nairobi, Kenya Sun 12 Sutra 294 Vilamba 5120	
Makara Rasi: 0.55	Tithi 29	<b>Gulika</b>	3:50PM – 5:21PM	<b>Uttarashadha</b> Until 12:15AM Mon	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:43AM	
		Yama	12:48PM – 2:19PM	Siddhi Until 5:27AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 40
		984173366 <b>Rahu</b>	5:21PM – 6:53PM	Visti Until 8:06AM	<b>Nataraja:</b> Green		2nd Phase
Creative Work	Amrita Yoga			<b>Chaturdashi*</b> Until 9:24PM	Moon – Light Blue		<b>Bhuloka Day</b>
					<b>Pausha*Thai</b>		Devaloka Time: 12:PM to 3:PM

<b>Monday, February 4, 2019</b>		<b>Retreat Star</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Shravana Nakshatra Vyatipata* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Nairobi, Kenya Sun 13 Sutra 295 Vilamba 5120	
Makara Rasi: 12.44	Tithi 30	<b>Gulika</b>	2:19PM – 3:50PM	<b>Shravana</b> Until 3:32AM Tue	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:43AM	
<b>Family Home Evening</b>		Yama	11:17AM – 12:48PM	Vyatipata* Until 6:27AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 40
Creative Work	Amrita Yoga	995173367 <b>Rahu</b>	8:14AM – 9:45AM	Catuspada Until 10:46AM	<b>Nataraja:</b> White		Amavasya
Until 3:32AM Tue				<b>Amavasya*</b> Until 12:06AM Tue	Moon – Purple		<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga					<b>Pausha*Thai</b>		

<b>Tuesday, February 5, 2019</b>		<b>Retreat Star</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vyatipata*/Variyan Yoga Kintughna*/Bava Karana Prathamayam Titau		Nairobi, Kenya Sun 14 Sutra 296 Vilamba 5120	
Makara Rasi: 24.32	Tithi 1	<b>Gulika</b>	12:48PM – 2:19PM	<b>Dhanishtha</b> Until 6:39AM Wed	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:43AM	
		Yama	9:45AM – 11:17AM	Vyatipata* Until 6:27AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 40
		995173367 <b>Rahu</b>	3:50PM – 5:22PM	Kintughna Until 1:29PM	<b>Nataraja:</b> White		Prathama
Creative Work	Siddha Yoga			<b>Prathama*</b> Until 2:48AM Wed	Moon – Purple		<b>Devaloka Day</b>
					<b>Magha*Thai</b>		

<b>1</b>	<b>Wednesday, February 6, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Dvityayam Titau				Nairobi, Kenya
	Kumbha Rasi: 6.2	Tithi 2	<b>Gulika</b> 11:17AM – 12:48PM	<b>Dhanishtha Until 6:39AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:43AM	Sun 15 Sutra 297
		995173367 <b>Rahu</b> 12:48PM – 2:19PM	Yama 8:14AM – 9:46AM	Variyan Until 7:24AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Vilamba 5120
	Routine Work Prabalarishta Yoga			Balava Until 4:09PM	<b>Nataraja:</b> White		Moon 1 - Phase 41
	Until 6:39AM			<b>Dvitiya Until 5:25AM Thu</b>	Moon – Purple		3rd Phase
	Then Creative Work - Siddha Yoga				<b>Magha-Thai</b>	<b>Devaloka Day</b>	

<b>2</b>	<b>Thursday, February 7, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Parigha*/Shiva Yoga Tailila Karana Trityayam Titau				Nairobi, Kenya
	Kumbha Rasi: 18.1	Tithi 3	<b>Gulika</b> 9:46AM – 11:17AM	<b>Shatabhishak Until 9:30AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:43AM	Sun 16 Sutra 298
		995173367 <b>Rahu</b> 2:19PM – 3:50PM	Yama 6:43AM – 8:14AM	Parigha* Until 8:18AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Vilamba 5120
	Creative Work Siddha Yoga			Taitila Until 6:40PM	<b>Nataraja:</b> White		Moon 1 - Phase 41
				<b>Tritiya Until 7:50AM Fri</b>	Moon – Purple		3rd Phase
					<b>Magha-Thai</b>	<b>Devaloka Day</b>	

<b>3</b>	<b>Friday, February 8, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Shiva/Siddha Yoga Gara/Vanija Karana Tritya/Chaturthyam Titau				Nairobi, Kenya
	Meena Rasi: 0.05	Tithi 3 – 4	<b>Gulika</b> 8:15AM – 9:46AM	<b>Purvaproshtapada* Until 12:29PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:43AM	Sun 17 Sutra 299
		915173367 <b>Rahu</b> 11:17AM – 12:48PM	Yama 3:51PM – 5:22PM	Shiva Until 9:03AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Vilamba 5120
	Creative Work Siddha Yoga			Vanija Until 8:57PM	<b>Nataraja:</b> White		Moon 1 - Phase 41
				<b>Tritiya Until 7:50AM</b>	Moon – Clear		3rd Phase
					<b>Magha-Thai</b>	<b>Sivaloka Day</b>	

<b>4</b>	<b>Saturday, February 9, 2019</b>		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				Nairobi, Kenya
	Meena Rasi: 12.07	Tithi 4 – 5	<b>Gulika</b> 6:43AM – 8:15AM	<b>Uttaraproshtapada Until 3:01PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:43AM	Sun 18 Sutra 300
		915173367 <b>Rahu</b> 9:46AM – 11:17AM	Yama 2:19PM – 3:51PM	Siddha Until 9:33AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Vilamba 5120
	Creative Work Siddha Yoga			Bava Until 10:54PM	<b>Nataraja:</b> White		Moon 1 - Phase 41
	Until 3:01PM			<b>Chaturthi* Until 9:57AM</b>	Moon – Clear		3rd Phase
	Then Routine Work - Prabalarishta Yoga				<b>Magha-Thai</b>	<b>Sivaloka Day</b>	

<b>5</b>	<b>Sunday, February 10, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Nairobi, Kenya
	Meena Rasi: 24.16	Tithi 5 – 6	<b>Gulika</b> 3:51PM – 5:22PM	<b>Revati Until 4:59PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:44AM	Sun 19 Sutra 301
		915273367 <b>Rahu</b> 5:22PM – 6:53PM	Yama 12:48PM – 2:19PM	Sadhya Until 9:47AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Vilamba 5120
	Creative Work Amrita Yoga			Kaulava Until 12:23AM Mon	<b>Nataraja:</b> White		Moon 1 - Phase 41
	Until 4:59PM			<b>Panchami Until 11:41AM</b>	Moon – Clear		3rd Phase
	Then Creative Work - Siddha Yoga				<b>Magha-Thai</b>	<b>Devaloka Day</b>	

<b>6</b>	<b>Monday, February 11, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Subha/Sukla Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Nairobi, Kenya
	Mesha Rasi: 6.39	Tithi 6 – 7	<b>Gulika</b> 2:19PM – 3:51PM	<b>Ashvini Until 6:45PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:44AM	Sun 20 Sutra 302
<b>Family Home Evening</b>		925273367 <b>Rahu</b> 8:15AM – 9:46AM	Yama 11:17AM – 12:48PM	Subha Until 9:38AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Vilamba 5120
Creative Work Siddha Yoga				Gara Until 1:18AM Tue	<b>Nataraja:</b> White		Moon 1 - Phase 41
				<b>Shashthi* Until 12:54PM</b>	Moon – White		3rd Phase
					<b>Magha-Thai</b>	<b>Bhuloka Day</b>	
						Devaloka Time: 12:PM to 3:PM	

<b>D</b>	<b>Tuesday, February 12, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Nairobi, Kenya
	<b>Retreat Star</b>		<b>Gulika</b> 12:48PM – 2:19PM	<b>Bharani Until 7:44PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:44AM	Sun 21 Sutra 303
	Mesha Rasi: 19.17	Tithi 7 – 8	Yama 9:46AM – 11:17AM	Sukla Until 9:00AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Vilamba 5120
		925273367 <b>Rahu</b> 3:51PM – 5:22PM		Visti Until 1:32AM Wed	<b>Nataraja:</b> White		Moon 1 - Phase 41
	Creative Work Siddha Yoga			<b>Saptami Until 1:29PM</b>	Moon – White		Ashtami
					<b>Magha-Thai</b>	<b>Bhuloka Day</b>	
						Devaloka Time: 12:PM to 3:PM	

<b>D</b>	<b>Wednesday, February 13, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Nairobi, Kenya
	<b>Retreat Star</b>		<b>Gulika</b> 11:17AM – 12:48PM	<b>Krittika Until 7:52PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:44AM	Sun 22 Sutra 304
	Vrishabha Rasi: 2.14	Tithi 8 – 9	Yama 8:15AM – 9:46AM	Brahma Until 7:51AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Vilamba 5120
		926273367 <b>Rahu</b> 12:48PM – 2:19PM		Balava Until 1:02AM Thu	<b>Nataraja:</b> White		Moon 1 - Phase 41
	Creative Work Amrita Yoga			<b>Ashtami* Until 1:22PM</b>	Moon – White		Navami
	Until 7:52PM				<b>Magha-Masi</b>	<b>Devaloka Day</b>	
	Then Creative Work - Siddha Yoga						

<b>1</b>	<b>Thursday, February 14, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Rohini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 305 Vilamba 5120
	Vrishabha Rasi: 15.35 Tithi 9 – 10 936273367 Rohini Rahu	Gulika 9:46AM – 11:17AM Yama 6:44AM – 8:15AM 2:19PM – 3:51PM	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: 6:44AM Sunset: 6:53PM	Moon 1 - Phase 42 4th Phase	Sivaloka Day
Routine Work Marana Yoga							

<b>2</b>	<b>Friday, February 15, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Mrigashira Nakshatra Vishkambha* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 306 Vilamba 5120
	Vrishabha Rasi: 29.23 Tithi 10 – 11 936273367 Rahu	Gulika 8:15AM – 9:46AM Yama 3:51PM – 5:22PM 11:17AM – 12:48PM	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: 6:44AM Sunset: 6:53PM	Moon 1 - Phase 42 4th Phase	Sivaloka Day
Creative Work Siddha Yoga							

<b>3</b>	<b>Saturday, February 16, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Ardra/Punarvasu Nakshatra Priti Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau				Nairobi, Kenya Sun 25 Sutra 307 Vilamba 5120
	Mithuna Rasi: 13.37 Tithi 11 – 12 936273367 Rahu	Gulika 6:44AM – 8:15AM Yama 2:19PM – 3:50PM 9:46AM – 11:17AM	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: 6:44AM Sunset: 6:53PM	Moon 1 - Phase 42 4th Phase	Sivaloka Day
Creative Work Siddha Yoga							

<b>4</b>	<b>Sunday, February 17, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu/Pushya Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 308 Vilamba 5120
	Mithuna Rasi: 28.16 Tithi 13 946273367 Rahu	Gulika 3:50PM – 5:21PM Yama 12:48PM – 2:19PM 5:21PM – 6:53PM	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: 6:44AM Sunset: 6:53PM	Moon 1 - Phase 42 4th Phase	Devaloka Day
Creative Work Siddha Yoga							

<b>5</b>	<b>Monday, February 18, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 309 Vilamba 5120
	Kataka Rasi: 13.14 Tithi 14 Family Home Evening 946273367 Rahu	Gulika 2:19PM – 3:50PM Yama 11:17AM – 12:48PM 8:15AM – 9:46AM	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: 6:44AM Sunset: 6:53PM	Moon 1 - Phase 42 4th Phase	Devaloka Day
Creative Work Siddha Yoga		Chidambaram Abhishekam					

	<b>Tuesday, February 19, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Purnimayam Titau				Nairobi, Kenya Sutra 310 Vilamba 5120
	Kataka Rasi: 28.26 Tithi 15 946273367 Rahu	Gulika 12:48PM – 2:19PM Yama 9:46AM – 11:17AM 3:50PM – 5:21PM	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: 6:44AM Sunset: 6:52PM	Moon 1 - Phase 42 Purnima	Devaloka Day
Creative Work Siddha Yoga							

<b>6</b>	<b>Wednesday, February 20, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaphalguni Nakshatra Sukarma Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Nairobi, Kenya Sutra 311 Vilamba 5120
	Simha Rasi: 13.42 Tithi 16 – 17 957273367 Rahu	Gulika 11:17AM – 12:48PM Yama 8:15AM – 9:46AM 12:48PM – 2:19PM	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: 6:44AM Sunset: 6:52PM	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

Nairobi, Kenya

Sun 1 Sutra 312

Simha Rasi: 28.5 Tithi 17 - 18

957273367

**Gulika** 9:46AM - 11:17AM  
Yama 6:44AM - 8:15AM  
**Rahu** 2:19PM - 3:50PM

**Uttaraphalguni Until 11:46PM**

Dhriti Until 8:40PM

Vanija Until 9:53PM

**Dvitiya Until 11:30AM**

**Ganesha:** Clear *Sunrise:* 6:44AM

**Muruqa:** Clear *Sunset:* 6:52PM

**Nataraja:** White

Moon - Red

**Magha-Masi**

**Devaloka Day**

Until 11:46PM

Then Routine Work - Marana Yoga

1

Friday, February 22, 2019

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

Nairobi, Kenya

Sun 2 Sutra 313

Kanya Rasi: 13.44 Tithi 18 - 19

967273367

**Gulika** 8:15AM - 9:46AM  
Yama 3:50PM - 5:21PM  
**Rahu** 11:17AM - 12:48PM

**Hasta Until 9:47PM**

Shula\* Until 5:01PM

Bava Until 6:57PM

**Tritiya Until 8:20AM**

**Ganesha:** White *Sunrise:* 6:43AM

**Muruqa:** Clear *Sunset:* 6:52PM

**Nataraja:** White

Moon - Green

**Magha-Masi**

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Until 9:47PM

Then Creative Work - Siddha Yoga

2

Saturday, February 23, 2019

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

Nairobi, Kenya

Sun 3 Sutra 314

Kanya Rasi: 28.14 Tithi 20

967273367

**Gulika** 6:43AM - 8:14AM  
Yama 2:19PM - 3:50PM  
**Rahu** 9:46AM - 11:17AM

**Chitra Until 8:16PM**

Ganda\* Until 1:53PM

Kaulava Until 4:38PM

**Panchami Until 3:43AM Sun**

**Ganesha:** White *Sunrise:* 6:43AM

**Muruqa:** Clear *Sunset:* 6:52PM

**Nataraja:** White

Moon - Green

**Magha-Masi**

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Until 8:16PM

Then Creative Work - Siddha Yoga

3

Sunday, February 24, 2019

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

Nairobi, Kenya

Sun 4 Sutra 315

Tula Rasi: 12.17 Tithi 21

967273367

**Gulika** 3:50PM - 5:21PM  
Yama 12:47PM - 2:19PM  
**Rahu** 5:21PM - 6:52PM

**Svati Until 7:21PM**

Vridhi Until 11:20AM

Gara Until 3:03PM

**Shashthi\* Until 2:33AM Mon**

**Ganesha:** White *Sunrise:* 6:43AM

**Muruqa:** Clear *Sunset:* 6:52PM

**Nataraja:** White

Moon - Green

**Magha-Masi**

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Until 7:21PM

Then Routine Work - Marana Yoga

4

Monday, February 25, 2019

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

Nairobi, Kenya

Sun 5 Sutra 316

Tula Rasi: 25.52 Tithi 22

977273367

**Gulika** 2:18PM - 3:49PM  
Yama 11:16AM - 12:47PM  
**Rahu** 8:14AM - 9:45AM

**Vishakha Until 7:34PM**

Dhruva Until 9:25AM

Visti Until 2:18PM

**Saptami Until 2:14AM Tue**

**Ganesha:** Yellow *Sunrise:* 6:43AM

**Muruqa:** Clear *Sunset:* 6:51PM

**Nataraja:** White

Moon - Orange

**Magha-Masi**

**Devaloka Day**

Until 7:34PM

Then Creative Work - Siddha Yoga

5

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

Nairobi, Kenya

Sun 6 Sutra 317

Vrischika Rasi: 8.58 Tithi 23

977273367

**Gulika** 12:47PM - 2:18PM  
Yama 9:45AM - 11:16AM  
**Rahu** 3:49PM - 5:20PM

**Anuradha Until 8:29PM**

Vyaghata\* Until 8:11AM

Balava Until 2:26PM

**Ashtami\* Until 2:47AM Wed**

**Ganesha:** Yellow *Sunrise:* 6:43AM

**Muruqa:** Clear *Sunset:* 6:51PM

**Nataraja:** White

Moon - Orange

**Magha-Masi**

**Devaloka Day**

Until 8:29PM

Then Routine Work - Marana Yoga

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

Nairobi, Kenya

Sun 7 Sutra 318

Vrischika Rasi: 21.38 Tithi 24

978273367

**Gulika** 11:16AM - 12:47PM  
Yama 8:14AM - 9:45AM  
**Rahu** 12:47PM - 2:18PM

**Jyeshtha\* Until 10:01PM**

Harshana Until 7:39AM

Taitila Until 3:23PM

**Navami\* Until 4:08AM Thu**

**Ganesha:** Blue *Sunrise:* 6:43AM

**Muruqa:** Clear *Sunset:* 6:51PM

**Nataraja:** White

Moon - Orange

**Magha-Masi**

**Sivaloka Day**

Until 10:01PM

Then Routine Work - Marana Yoga

<b>1</b>		<b>Thursday, February 28, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Vajra*/Siddhi Yoga Vanija/Visiti* Karana Dashamyam Titau		Nairobi, Kenya Sun 8 Sutra 319	
Dhanus Rasi: 3.58	Tithi 25	<b>Gulika</b>	<b>9:45AM – 11:16AM</b>	<b>Mula* Until 12:33AM Fri</b>	<b>Ganesha: Red</b>	<b>Sunrise: 6:43AM</b>	Vilamba 5120		
		Yama	6:43AM – 8:14AM	Vajra* Until 7:39AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:51PM</b>	Moon 2 - Phase 44		
		988273367 <b>Rahu</b>	<b>2:18PM – 3:49PM</b>	Vanija Until 5:05PM	<b>Nataraja: White</b>		2nd Phase		
Creative Work	Siddha Yoga			<b>Dashami Until 6:07AM Fri</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>		
Until 12:33AM Fri					<b>Magha-Masi</b>				
Then Routine Work - Prabalarishta Yoga									

<b>2</b>		<b>Friday, March 1, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Nairobi, Kenya Sun 9 Sutra 320	
Dhanus Rasi: 16.03	Tithi 25 – 26	<b>Gulika</b>	<b>8:14AM – 9:45AM</b>	<b>Purvashadha* Until 3:22AM Sat</b>	<b>Ganesha: Red</b>	<b>Sunrise: 6:43AM</b>	Vilamba 5120		
		Yama	3:48PM – 5:19PM	Siddhi Until 8:09AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:50PM</b>	Moon 2 - Phase 44		
		988273367 <b>Rahu</b>	<b>11:16AM – 12:47PM</b>	Bava Until 7:19PM	<b>Nataraja: White</b>		2nd Phase		
Routine Work	Prabalarishta Yoga			<b>Dashami Until 6:07AM</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>		
Until 3:22AM Sat					<b>Magha-Masi</b>				
Then Routine Work - Marana Yoga									

<b>3</b>		<b>Saturday, March 2, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Vyalipata*/Variyan Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Nairobi, Kenya Sun 10 Sutra 321	
Dhanus Rasi: 27.57	Tithi 26 – 27	<b>Gulika</b>	<b>6:42AM – 8:13AM</b>	<b>Uttarashadha Until 6:19AM Sun</b>	<b>Ganesha: Red</b>	<b>Sunrise: 6:42AM</b>	Vilamba 5120		
		Yama	2:17PM – 3:48PM	Vyatipata* Until 8:59AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:50PM</b>	Moon 2 - Phase 44		
		988273367 <b>Rahu</b>	<b>9:44AM – 11:15AM</b>	Kaulava Until 9:55PM	<b>Nataraja: White</b>		2nd Phase		
Routine Work	Marana Yoga			<b>Ekadashi* Until 8:34AM</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>		
Until 6:19AM Sun					<b>Magha-Masi</b>				
Then Creative Work - Amrita Yoga									

<b>4</b>		<b>Sunday, March 3, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Variyan/Parigha* Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Nairobi, Kenya Sun 11 Sutra 322	
Makara Rasi: 9.45	Tithi 27 – 28	<b>Gulika</b>	<b>3:48PM – 5:19PM</b>	<b>Uttarashadha Until 6:19AM</b>	<b>Ganesha: Red</b>	<b>Sunrise: 6:42AM</b>	Vilamba 5120		
		Yama	12:46PM – 2:17PM	Variyan Until 9:58AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:50PM</b>	Moon 2 - Phase 44		
		988273367 <b>Rahu</b>	<b>5:19PM – 6:50PM</b>	Gara Until 12:39AM Mon	<b>Nataraja: White</b>		2nd Phase		
Creative Work	Amrita Yoga			<b>Dvadashi* Until 11:15AM</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>		
Until 6:19AM Sun					<b>Magha-Masi</b>				
Then Creative Work - Amrita Yoga									

*Pradosha Vrata (Fasting)*

<b>5</b>		<b>Monday, March 4, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Parigha*/Shiva Yoga Vanija/Visiti* Karana Trayodashi/Chaturdashyam Titau		Nairobi, Kenya Sun 12 Sutra 323	
Makara Rasi: 21.31	Tithi 28 – 29	<b>Gulika</b>	<b>2:17PM – 3:48PM</b>	<b>Shravana Until 9:40AM</b>	<b>Ganesha: Yellow</b>	<b>Sunrise: 6:42AM</b>	Vilamba 5120		
<b>Family Home Evening</b>		Yama	11:15AM – 12:46PM	Parigha* Until 11:02AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:50PM</b>	Moon 2 - Phase 44		
		998273367 <b>Rahu</b>	<b>8:13AM – 9:44AM</b>	Visti Until 3:22AM Tue	<b>Nataraja: White</b>		2nd Phase		
Creative Work	Amrita Yoga			<b>Trayodashi* Until 2:00PM</b>	<b>Moon – Purple</b>		<b>Devaloka Day</b>		
Until 9:40AM					<b>Magha-Masi</b>				
Then Creative Work - Siddha Yoga		<b>Mahasivaratri (Lunar)</b>							
		<b>Mahasivaratri (Solar)</b>							

<b>6</b>		<b>Tuesday, March 5, 2019</b>				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		Nairobi, Kenya Sun 13 Sutra 324	
Kumbha Rasi: 3.19	Tithi 29 – 30	<b>Gulika</b>	<b>12:46PM – 2:17PM</b>	<b>Dhanishtha Until 12:47PM</b>	<b>Ganesha: Clear</b>	<b>Sunrise: 6:42AM</b>	Vilamba 5120		
		Yama	9:44AM – 11:15AM	Shiva Until 12:03PM	<b>Muruqa: Clear</b>	<b>Sunset: 6:49PM</b>	Moon 2 - Phase 44		
		199273367 <b>Rahu</b>	<b>3:48PM – 5:19PM</b>	Catuspada Until 5:56AM Wed	<b>Nataraja: White</b>		2nd Phase		
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 4:39PM</b>	<b>Moon – Purple</b>		<b>Devaloka Day</b>		
Until 12:47PM					<b>Magha-Masi</b>				
Then Routine Work - Marana Yoga									

<b>Retreat Star</b>		<b>Wednesday, March 6, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddha/Sadhya Yoga Naga* Karana Amavasyayam Titau		Nairobi, Kenya Sun 14 Sutra 325	
Kumbha Rasi: 15.1	Tithi 30	<b>Gulika</b>	<b>11:15AM – 12:45PM</b>	<b>Shatabhishak Until 3:33PM</b>	<b>Ganesha: Clear</b>	<b>Sunrise: 6:42AM</b>	Vilamba 5120		
		Yama	8:13AM – 9:44AM	Siddha Until 12:53PM	<b>Muruqa: Clear</b>	<b>Sunset: 6:49PM</b>	Moon 2 - Phase 44		
		199273367 <b>Rahu</b>	<b>12:45PM – 2:16PM</b>	Naga Until 7:06PM	<b>Nataraja: White</b>		Amavasya		
Creative Work	Siddha Yoga			<b>Amavasya* Until 7:06PM</b>	<b>Moon – Purple</b>		<b>Devaloka Day</b>		
Until 3:33PM					<b>Magha-Masi</b>				
Then Creative Work - Amrita Yoga									

<b>Retreat Star</b>		<b>Thursday, March 7, 2019</b>				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Kintughna*/Bava Karana Prathamayam Titau		Nairobi, Kenya Sun 15 Sutra 326	
Kumbha Rasi: 27.07	Tithi 1	<b>Gulika</b>	<b>9:43AM – 11:14AM</b>	<b>Purvaproshtapada* Until 6:24PM</b>	<b>Ganesha: Yellow</b>	<b>Sunrise: 6:41AM</b>	Vilamba 5120		
		Yama	6:41AM – 8:12AM	Sadhya Until 1:32PM	<b>Muruqa: Clear</b>	<b>Sunset: 6:49PM</b>	Moon 2 - Phase 44		
		119373367 <b>Rahu</b>	<b>2:16PM – 3:47PM</b>	Kintughna Until 8:14AM	<b>Nataraja: White</b>		Prathama		
Creative Work	Siddha Yoga			<b>Prathama* Until 9:15PM</b>	<b>Moon – Clear</b>		<b>Devaloka Day</b>		
Until 3:33PM					<b>Phalgun-Masi</b>				
Then Creative Work - Amrita Yoga									

That part of Him which is characterized by tamas is called Rudra. That part of Him which belongs to rajas is Brahma. That part of Him which belongs to sattva is Vishnu. Krishna Yajur Veda


<b>1</b>		<b>Friday, March 8, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Dvitiyayam Titau				Nairobi, Kenya Sun 16 Sutra 327 Vilamba 5120
Meena Rasi: 9.1	Tithi 2	<b>Gulika</b> 8:12AM – 9:43AM	<b>Uttaraproshtapada</b> Until 8:46PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:41AM			
		Yama 3:47PM – 5:18PM	Subha Until 1:58PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:49PM			Moon 2 - Phase 45
		119373367 <b>Rahu</b> 11:14AM – 12:45PM	Balava Until 10:13AM	<b>Nataraja:</b> White				3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya</b> Until 11:04PM	Moon – Clear			<b>Devaloka Day</b>	
				<b>Phalguna-Masi</b>				
<b>2</b>		<b>Saturday, March 9, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Sukla/Brahma Yoga Taitila/Gara Karana Tritiyayam Titau				Nairobi, Kenya Sun 17 Sutra 328 Vilamba 5120
Meena Rasi: 21.22	Tithi 3	<b>Gulika</b> 6:41AM – 8:12AM	<b>Revati</b> Until 10:38PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:41AM			
		Yama 2:16PM – 3:47PM	Sukla Until 2:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:48PM			Moon 2 - Phase 45
		119373367 <b>Rahu</b> 9:43AM – 11:14AM	Taitila Until 11:53AM	<b>Nataraja:</b> White				3rd Phase
Routine Work	Prabalarishta Yoga		<b>Tritiya</b> Until 12:33AM Sun	Moon – Clear			<b>Devaloka Day</b>	
Until 10:38PM				<b>Phalguna-Masi</b>				
Then Creative Work - Siddha Yoga		<b>Subramuniyaswami Siva Vision Day</b>						
<b>3</b>		<b>Sunday, March 10, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Brahma/Indra Yoga Vanija/Visi* Karana Chaturthyam Titau				Nairobi, Kenya Sun 18 Sutra 329 Vilamba 5120
Mesha Rasi: 3.43	Tithi 4	<b>Gulika</b> 3:46PM – 5:17PM	<b>Ashvini</b> Until 12:27AM Mon	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:41AM			
		Yama 12:44PM – 2:15PM	Brahma Until 1:59PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:48PM			Moon 2 - Phase 45
		129373367 <b>Rahu</b> 5:17PM – 6:48PM	Vanija Until 1:09PM	<b>Nataraja:</b> White				3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi*</b> Until 1:38AM Mon	Moon – White			<b>Devaloka Day</b>	
				<b>Phalguna-Masi</b>				
<b>4</b>		<b>Monday, March 11, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Indra/Valdhriti* Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya Sun 19 Sutra 330 Vilamba 5120
Mesha Rasi: 16.14	Tithi 5	<b>Gulika</b> 2:15PM – 3:46PM	<b>Bharani</b> Until 1:41AM Tue	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:41AM			
Family Home Evening		Yama 11:13AM – 12:44PM	Indra Until 1:34PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:48PM			Moon 2 - Phase 45
		129373367 <b>Rahu</b> 8:12AM – 9:42AM	Bava Until 2:01PM	<b>Nataraja:</b> White				3rd Phase
Creative Work	Siddha Yoga		<b>Panchami</b> Until 2:16AM Tue	Moon – White			<b>Devaloka Day</b>	
				<b>Phalguna-Masi</b>				
<b>5</b>		<b>Tuesday, March 12, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya Sun 20 Sutra 331 Vilamba 5120
Mesha Rasi: 28.58	Tithi 6	<b>Gulika</b> 12:44PM – 2:15PM	<b>Krittika</b> Until 2:17AM Wed	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:40AM			
		Yama 9:42AM – 11:13AM	Vaidhriti* Until 12:45PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:48PM			Moon 2 - Phase 45
		129373367 <b>Rahu</b> 3:46PM – 5:17PM	Kaulava Until 2:25PM	<b>Nataraja:</b> White				3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 2:24AM Wed	Moon – White			<b>Devaloka Day</b>	
				<b>Phalguna-Masi</b>				
<b>6</b>		<b>Wednesday, March 13, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Saplamyam Titau				Nairobi, Kenya Sun 21 Sutra 332 Vilamba 5120
Vrishabha Rasi: 11.56	Tithi 7	<b>Gulika</b> 11:13AM – 12:44PM	<b>Rohini</b> Until 2:39AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:40AM			
		Yama 8:11AM – 9:42AM	Vishkambha* Until 11:33AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:47PM			Moon 2 - Phase 45
		131373367 <b>Rahu</b> 12:44PM – 2:15PM	Gara Until 2:17PM	<b>Nataraja:</b> White				3rd Phase
Creative Work	Siddha Yoga		<b>Saptami</b> Until 1:59AM Thu	Moon – Yellow			<b>Sivaloka Day</b>	
Until 2:39AM Thu				<b>Phalguna-Masi</b>				
Then Routine Work - Marana Yoga								
<b>☾</b>		<b>Thursday, March 14, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Ashtamyam Titau				Nairobi, Kenya Sun 22 Sutra 333 Vilamba 5120
Vrishabha Rasi: 25.11	Tithi 8	<b>Gulika</b> 9:42AM – 11:13AM	<b>Mrigashira</b> Until 2:15AM Fri	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:40AM			
		Yama 6:40AM – 8:11AM	Priti Until 9:54AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:47PM			Moon 2 - Phase 45
		131373367 <b>Rahu</b> 2:14PM – 3:45PM	Visti Until 1:33PM	<b>Nataraja:</b> White				Ashtami
Routine Work	Marana Yoga		<b>Ashtami*</b> Until 12:56AM Fri	Moon – Yellow			<b>Sivaloka Day</b>	
Until 2:15AM Fri				<b>Phalguna-Masi</b>				
Then Creative Work - Siddha Yoga								
<b>☽</b>		<b>Friday, March 15, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Ayushmani/Saubhagya Yoga Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya Sun 23 Sutra 334 Vilamba 5120
Mithuna Rasi: 8.48	Tithi 9	<b>Gulika</b> 8:11AM – 9:41AM	<b>Ardra</b> Until 1:07AM Sat	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:40AM			
		Yama 3:45PM – 5:16PM	Ayushman Until 7:44AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:47PM			Moon 2 - Phase 45
		131373368 <b>Rahu</b> 11:12AM – 12:43PM	Balava Until 12:12PM	<b>Nataraja:</b> Clear				Navami
Creative Work	Siddha Yoga		<b>Navami*</b> Until 11:17PM	Moon – Yellow			<b>Subha Sivaloka Day</b>	
		<b>Karadaiyan Nombu (Tamil Nadu)</b>		<b>Phalguna-Panguni</b>				

<b>1</b>		<b>Saturday, March 16, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu Nakshatra Sobhana Yoga Taitila/Gara Karana Dashamyam Titau		Nairobi, Kenya Sun 24 Sutra 335 Vilamba 5120	
Mithuna Rasi: 22.47	Tithi 10	<b>Gulika</b> 6:39AM – 8:10AM	<b>Punarvasu</b> Until 11:41PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:39AM		
		Yama 2:14PM – 3:45PM	Sobhana Until 2:00AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:46PM	Moon 2 - Phase 46	
Creative Work	Siddha Yoga	141373368 <b>Rahu</b> 9:41AM – 11:12AM	Taitila Until 10:14AM	<b>Nataraja:</b> Clear		4th Phase	
			<b>Dashami</b> Until 9:02PM	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Phalguna-Panguni</b>			

<b>2</b>		<b>Sunday, March 17, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Athiganda* Yoga Vanija/Visti* Karana Ekadashyam Titau		Nairobi, Kenya Sun 25 Sutra 336 Vilamba 5120	
Kataka Rasi: 7.08	Tithi 11	<b>Gulika</b> 3:44PM – 5:15PM	<b>Pushya</b> Until 9:36PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:39AM		
		Yama 12:43PM – 2:13PM	Athiganda* Until 10:29PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:46PM	Moon 2 - Phase 46	
Creative Work	Siddha Yoga	141373368 <b>Rahu</b> 5:15PM – 6:46PM	Vanija Until 7:44AM	<b>Nataraja:</b> Clear		4th Phase	
			<b>Ekadashi</b> Until 6:16PM	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Phalguna-Panguni</b>			

<b>3</b>		<b>Monday, March 18, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha* Nakshatra Sukarma Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Nairobi, Kenya Sun 26 Sutra 337 Vilamba 5120	
Kataka Rasi: 21.5	Tithi 12 – 13	<b>Gulika</b> 2:13PM – 3:44PM	<b>Ashlesha*</b> Until 7:01PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:39AM		
<b>Family Home Evening</b>		Yama 11:11AM – 12:42PM	Sukarma Until 6:40PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:46PM	Moon 2 - Phase 46	
Creative Work	Siddha Yoga	141373368 <b>Rahu</b> 8:10AM – 9:41AM	Kaulava Until 1:26AM Tue	<b>Nataraja:</b> Clear		4th Phase	
Until 7:01PM		<b>Yogaswami Mahasamadhi</b>	<b>Dvadashi</b> Until 3:07PM	Moon – Blue		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga			<i>Pradosha Vrata</i>	<b>Phalguna-Panguni</b>			

<b>4</b>		<b>Tuesday, March 19, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Nairobi, Kenya Sun 27 Sutra 338 Vilamba 5120	
Simha Rasi: 6.46	Tithi 13 – 14	<b>Gulika</b> 12:42PM – 2:13PM	<b>Magha*</b> Until 4:27PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:39AM		
		Yama 9:40AM – 11:11AM	Dhriti Until 2:40PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:45PM	Moon 2 - Phase 46	
Creative Work	Siddha Yoga	151373368 <b>Rahu</b> 3:44PM – 5:14PM	Gara Until 9:56PM	<b>Nataraja:</b> Clear		4th Phase	
			<b>Trayodashi</b> Until 11:41AM	Moon – Red		<b>Subha Sivaloka Day</b>	
				<b>Phalguna-Panguni</b>			

		<b>Wednesday, March 20, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Nairobi, Kenya Sutra 339 Vilamba 5120	
<b>Copper Retreat Star</b>		<b>Gulika</b> 11:11AM – 12:42PM	<b>Purvaphalguni</b> Until 1:40PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:38AM		
Simha Rasi: 21.5	Tithi 14 – 15	Yama 8:09AM – 9:40AM	Shula* Until 10:34AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:45PM	Moon 2 - Phase 46	
Creative Work	Amrita Yoga	151373368 <b>Rahu</b> 12:42PM – 2:13PM	Visti Until 6:23PM	<b>Nataraja:</b> Clear		Purnima	
		<b>Panguni Uttiram</b>	<b>Chaturdashi*</b> Until 8:08AM	Moon – Red		<b>Subha Sivaloka Day</b>	
		<b>Holi</b>		<b>Phalguna-Panguni</b>			

<b>Thursday, March 21, 2019</b>		<b>Silver Retreat Star</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Prathamayam Titau		Nairobi, Kenya Sutra 340 Vilamba 5120	
Kanya Rasi: 6.53	Tithi 16	<b>Gulika</b> 9:40AM – 11:11AM	<b>Uttaraphalguni</b> Until 10:50AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:38AM		
		Yama 6:38AM – 8:09AM	Ganda* Until 6:31AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:45PM	Moon 2 - Phase 46	
Amrita Yoga		151373368 <b>Rahu</b> 2:12PM – 3:43PM	Balava Until 2:57PM	<b>Nataraja:</b> Clear		Prathama	
Until 10:50AM			<b>Prathama*</b> Until 1:19AM Fri	Moon – Red		<b>Subha Sivaloka Day</b>	
Then Routine Work - Marana Yoga				<b>Phalguna-Panguni</b>			

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



**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

Nairobi, Kenya  
Sutra 341

Kanya Rasi: 21.46      Tithi 17

**Gulika** 8:09AM – 9:39AM  
Yama 3:43PM – 5:14PM  
**Rahu** 11:10AM – 12:41PM

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

**Ganesha:** Yellow      *Sunrise:* 6:38AM  
**Muruqa:** White      *Sunset:* 6:44PM  
**Nataraja:** Clear  
Moon – Green

Moon 3 - Phase 47  
1st Phase

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

**Devaloka Day**  
**Phalguna-Panguni**

**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

Nairobi, Kenya  
Sun 1      Sutra 342

Tula Rasi: 6.19      Tithi 18

**Gulika** 6:38AM – 8:08AM  
Yama 2:12PM – 3:42PM  
**Rahu** 9:39AM – 11:10AM

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

**Ganesha:** Blue      *Sunrise:* 6:38AM  
**Muruqa:** White      *Sunset:* 6:44PM  
**Nataraja:** Clear  
Moon – Green

Moon 3 - Phase 47  
1st Phase

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

**Bhuloka Day**  
Devaloka Time: 6:PM to 9:PM  
**Phalguna-Panguni**

**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

Nairobi, Kenya  
Sun 2      Sutra 343

Tula Rasi: 20.28      Tithi 19

**Gulika** 3:42PM – 5:13PM  
Yama 12:41PM – 2:11PM  
**Rahu** 5:13PM – 6:44PM

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

**Ganesha:** Red      *Sunrise:* 6:37AM  
**Muruqa:** White      *Sunset:* 6:44PM  
**Nataraja:** Clear  
Moon – Orange

Moon 3 - Phase 47  
1st Phase

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

**Devaloka Day**  
**Phalguna-Panguni**

**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

Nairobi, Kenya  
Sun 3      Sutra 344

Vrischika Rasi: 4.09      Tithi 20 – 21

**Gulika** 2:11PM – 3:42PM  
Yama 11:09AM – 12:40PM  
**Rahu** 8:08AM – 9:39AM

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

**Ganesha:** Red      *Sunrise:* 6:37AM  
**Muruqa:** White      *Sunset:* 6:43PM  
**Nataraja:** Clear  
Moon – Orange

Moon 3 - Phase 47  
1st Phase

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

**Devaloka Day**  
**Phalguna-Panguni**

**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

Nairobi, Kenya  
Sun 4      Sutra 345

Vrischika Rasi: 17.21      Tithi 21 – 22

**Gulika** 12:40PM – 2:11PM  
Yama 9:38AM – 11:09AM  
**Rahu** 3:41PM – 5:12PM

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

**Ganesha:** Red      *Sunrise:* 6:37AM  
**Muruqa:** White      *Sunset:* 6:43PM  
**Nataraja:** Clear  
Moon – Orange

Moon 3 - Phase 47  
1st Phase

Routine Work      Marana Yoga

**Devaloka Day**  
**Phalguna-Panguni**

**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

Nairobi, Kenya  
Sun 5      Sutra 346

Dhanus Rasi: 0.06      Tithi 22

**Gulika** 11:09AM – 12:40PM  
Yama 8:07AM – 9:38AM  
**Rahu** 12:40PM – 2:10PM

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

**Ganesha:** Green      *Sunrise:* 6:37AM  
**Muruqa:** White      *Sunset:* 6:43PM  
**Nataraja:** Clear  
Moon – Light Blue

Moon 3 - Phase 47  
1st Phase

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

**Bhuloka Day**  
Devaloka Time: 6:PM to 9:PM  
**Phalguna-Panguni**

**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

Nairobi, Kenya  
Sun 6      Sutra 347

Dhanus Rasi: 12.29      Tithi 23

**Gulika** 9:38AM – 11:09AM  
Yama 6:36AM – 8:07AM  
**Rahu** 2:10PM – 3:41PM

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

**Ganesha:** Green      *Sunrise:* 6:36AM  
**Muruqa:** White      *Sunset:* 6:42PM  
**Nataraja:** Clear  
Moon – Light Blue

Moon 3 - Phase 47  
Ashtami

Creative Work      Siddha Yoga

**Bhuloka Day**  
Devaloka Time: 6:PM to 9:PM  
**Phalguna-Panguni**

**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

Nairobi, Kenya  
Sun 7      Sutra 348

Dhanus Rasi: 24.35      Tithi 24

**Gulika** 8:07AM – 9:37AM  
Yama 3:40PM – 5:11PM  
**Rahu** 11:08AM – 12:39PM

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

**Ganesha:** Green      *Sunrise:* 6:36AM  
**Muruqa:** Yellow      *Sunset:* 6:42PM  
**Nataraja:** Purple  
Moon – Light Blue

Moon 3 - Phase 47  
Navami

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

**Devaloka Day**  
**Phalguna-Panguni**

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

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<b>1</b>		<b>Saturday, March 30, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Dashamyam Titau				Nairobi, Kenya
Makara Rasi: 6.29	Tithi 25	<b>Gulika</b>	<b>6:36AM – 8:06AM</b>	<b>Uttarashadha Until 12:57PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:36AM	Sun 8	Sutra 349
		Yama	2:09PM – 3:40PM	Shiva Until 3:42PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:42PM		Vilamba 5120
		182383468 <b>Rahu</b>	<b>9:37AM – 11:08AM</b>	Vanija Until 11:36AM	<b>Nataraja:</b> Purple		Moon 3 - Phase 48	2nd Phase
Routine Work	Marana Yoga			<b>Dashami Until 12:54AM Sun</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 12:57PM					<b>Phalguna-Panguni</b>			
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Sunday, March 31, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Ekadashyam Titau				Nairobi, Kenya
Makara Rasi: 18.17	Tithi 26	<b>Gulika</b>	<b>3:40PM – 5:11PM</b>	<b>Shravana Until 4:17PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:35AM	Sun 9	Sutra 350
		Yama	12:38PM – 2:09PM	Siddha Until 4:45PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:41PM		Vilamba 5120
		192383468 <b>Rahu</b>	<b>5:11PM – 6:41PM</b>	Bava Until 2:17PM	<b>Nataraja:</b> Purple		Moon 3 - Phase 48	2nd Phase
Creative Work	Amrita Yoga			<b>Ekadashi* Until 3:36AM Mon</b>	Moon – Purple		<b>Sivaloka Day</b>	
Until 4:17PM					<b>Phalguna-Panguni</b>			
Then Routine Work - Marana Yoga								

<b>3</b>		<b>Monday, April 1, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Sadhya/Subha Yoga Kaulava/Taitila Karana Dvadashyam Titau				Nairobi, Kenya
Kumbha Rasi: 0.04	Tithi 27	<b>Gulika</b>	<b>2:09PM – 3:40PM</b>	<b>Dhanishtha Until 7:25PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:35AM	Sun 10	Sutra 351
<b>Family Home Evening</b>		Yama	11:08AM – 12:38PM	Sadhya Until 5:47PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:41PM		Vilamba 5120
		192483468 <b>Rahu</b>	<b>8:06AM – 9:37AM</b>	Kaulava Until 4:56PM	<b>Nataraja:</b> Purple		Moon 3 - Phase 48	2nd Phase
Creative Work	Siddha Yoga			<b>Dvadashi* Until 6:11AM Tue</b>	Moon – Purple		<b>Subha Sivaloka Day</b>	
					<b>Phalguna-Panguni</b>			

<b>4</b>		<b>Tuesday, April 2, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Subha Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya
Kumbha Rasi: 11.53	Tithi 27 – 28	<b>Gulika</b>	<b>12:38PM – 2:09PM</b>	<b>Shatabhishak Until 10:10PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:35AM	Sun 11	Sutra 352
		Yama	9:37AM – 11:07AM	Subha Until 6:41PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:41PM		Vilamba 5120
		192483468 <b>Rahu</b>	<b>3:40PM – 5:10PM</b>	Gara Until 7:23PM	<b>Nataraja:</b> Purple		Moon 3 - Phase 48	2nd Phase
Routine Work	Marana Yoga			<b>Dvadashi* Until 6:11AM</b>	Moon – Purple		<b>Subha Sivaloka Day</b>	
					<b>Phalguna-Panguni</b>			
					<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Wednesday, April 3, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Sukla Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya
Kumbha Rasi: 23.49	Tithi 28 – 29	<b>Gulika</b>	<b>11:07AM – 12:38PM</b>	<b>Purvaproshtapada* Until 12:55AM Thu</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:35AM	Sun 12	Sutra 353
		Yama	8:06AM – 9:36AM	Sukla Until 7:17PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:41PM		Vilamba 5120
		112483468 <b>Rahu</b>	<b>12:38PM – 2:09PM</b>	Visti Until 9:30PM	<b>Nataraja:</b> Purple		Moon 3 - Phase 48	2nd Phase
Creative Work	Amrita Yoga			<b>Trayodashi* Until 8:28AM</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 12:55AM Thu					<b>Phalguna-Panguni</b>			
Then Creative Work - Siddha Yoga								

		<b>Thursday, April 4, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Brahma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Nairobi, Kenya
<b>Retreat Star</b>		<b>Gulika</b>	<b>9:36AM – 11:07AM</b>	<b>Uttaraproshtapada Until 3:06AM Fri</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:35AM	Sun 13	Sutra 354
Meena Rasi: 5.53	Tithi 29 – 30	Yama	6:35AM – 8:05AM	Brahma Until 7:36PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:40PM		Vilamba 5120
		112483468 <b>Rahu</b>	<b>2:08PM – 3:39PM</b>	Catuspada Until 11:11PM	<b>Nataraja:</b> Purple		Moon 3 - Phase 48	Amavasya
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 10:22AM</b>	Moon – Clear		<b>Sivaloka Day</b>	
					<b>Phalguna-Panguni</b>			

<b>Friday, April 5, 2019</b>		<b>Retreat Star</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Indra Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Nairobi, Kenya
Meena Rasi: 18.09	Tithi 30 – 1	<b>Gulika</b>	<b>8:05AM – 9:36AM</b>	<b>Revati Until 4:42AM Sat</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:34AM	Sun 14	Sutra 355
		Yama	3:39PM – 5:09PM	Indra Until 7:37PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:40PM		Vilamba 5120
		112483468 <b>Rahu</b>	<b>11:06AM – 12:37PM</b>	Kintughna Until 12:27AM Sat	<b>Nataraja:</b> Purple		Moon 3 - Phase 48	Prathama
Creative Work	Siddha Yoga			<b>Amavasya* Until 11:51AM</b>	Moon – Clear		<b>Sivaloka Day</b>	
		<b>Yugadhi</b>			<b>Chaitra-Panguni</b>			

<b>1</b>		<b>Saturday, April 6, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Vaidhriti* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Nairobi, Kenya Sun 15 Sutra 356 Vilamba 5120
Mesha Rasi: 0.35	Tithi 1 – 2	<b>Gulika</b> 6:34AM – 8:05AM	<b>Ashvini</b> Until 6:13AM Sun	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:34AM		
		Yama 2:08PM – 3:38PM	Vaidhriti* Until 7:15PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:40PM	Moon 3 - Phase 49	
		123483468 <b>Rahu</b> 9:36AM – 11:06AM	Balava Until 1:17AM Sun	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work Siddha Yoga				Moon – White			
Until 6:13AM Sun		Chellappaswami Mahasamadhi	Prathama* Until 12:54PM	<b>Chaitra-Panguni</b>		<b>Devaloka Day</b>	
Then Routine Work - Prabalarishta Yoga							

<b>2</b>		<b>Sunday, April 7, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Nairobi, Kenya Sun 16 Sutra 357 Vilamba 5120
Mesha Rasi: 13.12	Tithi 2 – 3	<b>Gulika</b> 3:38PM – 5:09PM	<b>Ashvini</b> Until 6:13AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:34AM		
		Yama 12:37PM – 2:07PM	Vishkambha* Until 6:36PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:39PM	Moon 3 - Phase 49	
		123483468 <b>Rahu</b> 5:09PM – 6:39PM	Taitila Until 1:42AM Mon	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work Siddha Yoga				Moon – White			
Until 6:13AM			Dvitiya Until 1:31PM	<b>Chaitra-Panguni</b>		<b>Devaloka Day</b>	
Then Routine Work - Prabalarishta Yoga							

<b>3</b>		<b>Monday, April 8, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau	Nairobi, Kenya Sun 17 Sutra 358 Vilamba 5120
Mesha Rasi: 26.01	Tithi 3 – 4	<b>Gulika</b> 2:07PM – 3:38PM	<b>Bharani</b> Until 7:12AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:34AM		
<b>Family Home Evening</b>		Yama 11:06AM – 12:36PM	Priti Until 5:40PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:39PM	Moon 3 - Phase 49	
		123483468 <b>Rahu</b> 8:04AM – 9:35AM	Vanija Until 1:45AM Tue	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work Siddha Yoga				Moon – White			
Until 7:12AM			Tritiya Until 1:45PM	<b>Chaitra-Panguni</b>		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga							


<b>4</b>		<b>Tuesday, April 9, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Nairobi, Kenya Sun 18 Sutra 359 Vilamba 5120
Vrishabha Rasi: 9	Tithi 4 – 5	<b>Gulika</b> 12:36PM – 2:07PM	<b>Krittika</b> Until 7:39AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:33AM		
		Yama 9:35AM – 11:05AM	Ayushman Until 4:25PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:39PM	Moon 3 - Phase 49	
		123483468 <b>Rahu</b> 3:37PM – 5:08PM	Bava Until 1:26AM Wed	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work Siddha Yoga				Moon – White			
Until 7:39AM			Chaturthi* Until 1:37PM	<b>Chaitra-Panguni</b>		<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga							

<b>5</b>		<b>Wednesday, April 10, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Nairobi, Kenya Sun 19 Sutra 360 Vilamba 5120
Vrishabha Rasi: 22.11	Tithi 5 – 6	<b>Gulika</b> 11:05AM – 12:36PM	<b>Rohini</b> Until 8:03AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:33AM		
		Yama 8:04AM – 9:34AM	Saubhagya Until 2:53PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:38PM	Moon 3 - Phase 49	
		133483468 <b>Rahu</b> 12:36PM – 2:06PM	Kaulava Until 12:44AM Thu	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work Siddha Yoga				Moon – Yellow			
			Panchami Until 1:07PM	<b>Chaitra-Panguni</b>		<b>Sivaloka Day</b>	

<b>6</b>		<b>Thursday, April 11, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Nairobi, Kenya Sun 20 Sutra 361 Vilamba 5120
Mithuna Rasi: 5.34	Tithi 6 – 7	<b>Gulika</b> 9:34AM – 11:05AM	<b>Mrigashira</b> Until 7:56AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:33AM		
		Yama 6:33AM – 8:03AM	Sobhana Until 1:04PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:38PM	Moon 3 - Phase 49	
		133483468 <b>Rahu</b> 2:06PM – 3:37PM	Gara Until 11:39PM	<b>Nataraja:</b> Purple		3rd Phase	
Routine Work Marana Yoga				Moon – Yellow			
			Shashthi* Until 12:14PM	<b>Chaitra-Panguni</b>		<b>Sivaloka Day</b>	

<b>☾</b>		<b>Friday, April 12, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Nairobi, Kenya Sun 21 Sutra 362 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 8:03AM – 9:34AM	<b>Ardra</b> Until 7:16AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:33AM		
Mithuna Rasi: 19.11	Tithi 7 – 8	Yama 3:37PM – 5:07PM	Athiganda* Until 10:53AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:38PM	Moon 3 - Phase 49	
		133483468 <b>Rahu</b> 11:05AM – 12:35PM	Visti Until 10:08PM	<b>Nataraja:</b> Purple		Ashtami	
Creative Work Siddha Yoga				Moon – Yellow			
			Saptami Until 10:56AM	<b>Chaitra-Panguni</b>		<b>Sivaloka Day</b>	

<b>☽</b>		<b>Saturday, April 13, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Nairobi, Kenya Sun 22 Sutra 363 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 6:32AM – 8:03AM	<b>Punarvasu</b> Until 6:29AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:32AM		
Kataka Rasi: 3.02	Tithi 8 – 9	Yama 2:06PM – 3:36PM	Sukarma Until 8:23AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:38PM	Moon 3 - Phase 49	
		143483468 <b>Rahu</b> 9:34AM – 11:04AM	Balava Until 8:13PM	<b>Nataraja:</b> Purple		Navami	
Creative Work Siddha Yoga				Moon – Blue			
		Sri Rama Navami	Ashtami* Until 9:13AM	<b>Chaitra-Panguni</b>		<b>Devaloka Day</b>	

<b>1</b>		<b>Sunday, April 14, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Shula* Yoga Kaulava/Gara Karana Navami/Dashamyam Titau			Nairobi, Kenya Sun 23 Sutra 364 Vikarin 5121
Kataka Rasi: 17.1	Tithi 9 – 10	Gulika 3:36PM – 5:07PM	Ashlesha* Until 3:19AM Mon	Ganesha: White	Sunrise: 6:32AM		
		Yama 12:35PM – 2:05PM	Shula* Until 2:27AM Mon	Muruqa: Yellow	Sunset: 6:37PM		Moon 3 - Phase 1
		143483468 Rahu 5:07PM – 6:37PM	Gara Until 4:37AM Mon	Nataraja: Purple			4th Phase
Creative Work	Siddha Yoga			Moon – Blue		<b>Devaloka Day</b>	
Until 3:19AM Mon		Tamil New Year	Navami* Until 7:06AM	Chaitra*Chaitra			
Then Routine Work - Marana Yoga							
<b>2</b>		<b>Monday, April 15, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Ekadashyam Titau			Nairobi, Kenya Sun 24 Sutra 1 Vikarin 5121
Simha Rasi: 1.31	Tithi 11	Gulika 2:05PM – 3:36PM	Magha* Until 1:27AM Tue	Ganesha: White	Sunrise: 6:32AM		
Family Home Evening		Yama 11:04AM – 12:34PM	Ganda* Until 11:05PM	Muruqa: Yellow	Sunset: 6:37PM		Moon 3 - Phase 1
Routine Work	Marana Yoga	253483468 Rahu 8:03AM – 9:33AM	Vanija Until 3:16PM	Nataraja: Purple			4th Phase
Until 1:27AM Tue				Moon – Red		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga			Ekadashi Until 1:50AM Tue	Chaitra*Chaitra			
<b>3</b>		<b>Tuesday, April 16, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vriddhi Yoga Bava/Balava Karana Dvadashyam Titau			Nairobi, Kenya Sun 25 Sutra 2 Vikarin 5121
Simha Rasi: 16.05	Tithi 12	Gulika 12:34PM – 2:05PM	Purvaphalguni Until 11:16PM	Ganesha: White	Sunrise: 6:32AM		
		Yama 9:33AM – 11:04AM	Vriddhi Until 7:33PM	Muruqa: Yellow	Sunset: 6:37PM		Moon 3 - Phase 1
		253483468 Rahu 3:35PM – 5:06PM	Bava Until 12:23PM	Nataraja: Purple			4th Phase
Creative Work	Siddha Yoga			Moon – Red		<b>Devaloka Day</b>	
Until 11:16PM			Dvadashi Until 10:52PM	Chaitra*Chaitra			
Then Creative Work - Amrita Yoga							
<b>4</b>		<b>Wednesday, April 17, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Nairobi, Kenya Sun 26 Sutra 3 Vikarin 5121
Kanya Rasi: 0.47	Tithi 13	Gulika 11:03AM – 12:34PM	Uttaraphalguni Until 8:53PM	Ganesha: White	Sunrise: 6:31AM		
		Yama 8:02AM – 9:33AM	Dhruva Until 7:35PM	Muruqa: Yellow	Sunset: 6:36PM		Moon 3 - Phase 1
		253483468 Rahu 12:34PM – 2:05PM	Kaulava Until 9:22AM	Nataraja: Purple			4th Phase
Creative Work	Amrita Yoga			Moon – Red		<b>Devaloka Day</b>	
Until 8:53PM			Trayodashi Until 7:50PM	Chaitra*Chaitra			
Then Routine Work - Marana Yoga			Pradosha Vrata				
<b>5</b>		<b>Thursday, April 18, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Hasta Nakshatra Vyaghata*/Harshana Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau			Nairobi, Kenya Sun 27 Sutra 4 Vikarin 5121
Kanya Rasi: 15.29	Tithi 14 – 15	Gulika 9:32AM – 11:03AM	Hasta Until 6:51PM	Ganesha: Yellow	Sunrise: 6:31AM		
		Yama 6:31AM – 8:02AM	Vyaghata* Until 12:22PM	Muruqa: Yellow	Sunset: 6:36PM		Moon 3 - Phase 1
		263483468 Rahu 2:04PM – 3:35PM	Gara Until 6:22AM	Nataraja: Purple			4th Phase
Routine Work	Marana Yoga			Moon – Green		<b>Sivaloka Day</b>	
Until 6:51PM			Chaturdashi* Until 4:53PM	Chaitra*Chaitra			
Then Creative Work - Siddha Yoga							
		<b>Friday, April 19, 2019</b>		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			Nairobi, Kenya Sutra 5 Vikarin 5121
<b>Copper Retreat Star</b>		Gulika 8:02AM – 9:32AM	Chitra Until 4:56PM	Ganesha: Yellow	Sunrise: 6:31AM		
Tula Rasi: 0.05	Tithi 15 – 16	Yama 3:35PM – 5:05PM	Harshana Until 8:59AM	Muruqa: Yellow	Sunset: 6:36PM		Moon 3 - Phase 1
		263483468 Rahu 11:03AM – 12:33PM	Balava Until 12:57AM Sat	Nataraja: Purple			Purnima
Creative Work	Siddha Yoga			Moon – Green		<b>Sivaloka Day</b>	
		Chitra Purnima (Tamil Nadu)	Purnima* Until 2:09PM	Chaitra*Chaitra			
		Hanuman Jayanti					
<b>Saturday, April 20, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau			Nairobi, Kenya Sutra 6 Vikarin 5121		
<b>Silver Retreat Star</b>		Gulika 6:31AM – 8:01AM	Svati Until 3:17PM	Ganesha: Red	Sunrise: 6:31AM		
Tula Rasi: 14.26	Tithi 16 – 17	Yama 2:04PM – 3:34PM	Siddhi Until 3:09AM Sun	Muruqa: Yellow	Sunset: 6:36PM		Moon 3 - Phase 1
		264483468 Rahu 9:32AM – 11:03AM	Taitila Until 10:51PM	Nataraja: Purple			Prathama
Creative Work	Siddha Yoga			Moon – Green		<b>Sivaloka Day</b>	
			Prathama* Until 11:49AM	Chaitra*Chaitra			