



**Saturday, April 20, 2019**  
**Gold Retreat Star**

Tula Rasi: 19.09      Tithi 17  
Creative Work      Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam  
Svati/Vishakha Nakshatra Siddhi Yoga Taitila/Gara Karana Dvitiyayam Titau

**Gulika** 5:05AM – 6:47AM  
Yama 1:35PM – 3:17PM  
264483468 **Rahu** 8:29AM – 10:11AM

**Svati Until 7:17AM**  
Siddhi Until 7:09PM  
Taitila Until 2:51PM  
**Dvitiya Until 2:01AM Sun**

Albany, NY  
Sutra 6  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Ganesha:** Red      *Sunrise:* 5:05AM  
**Muruqa:** Yellow      *Sunset:* 6:41PM

**Nataraja:** Purple  
Moon – Green

**Sivaloka Day**

**1**

**Sunday, April 21, 2019**

Vrischika Rasi: 3.03      Tithi 18  
Routine Work      Marana Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yukhtayam  
Vishakha/Anuradha Nakshatra Vyatipata\*/Variyan Yoga Vanija/Visti\* Karana Trityayam Titau

**Gulika** 3:17PM – 5:00PM  
Yama 11:53AM – 1:35PM  
274483468 **Rahu** 5:00PM – 6:42PM

**Vishakha Until 6:28AM**  
Vyatipata\* Until 4:59PM  
Vanija Until 1:23PM  
**Tritiya Until 12:54AM Mon**

Albany, NY  
Sun 1  
Sutra 7  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Ganesha:** Blue      *Sunrise:* 5:04AM  
**Muruqa:** Yellow      *Sunset:* 6:42PM

**Nataraja:** Purple  
Moon – Orange

**Devaloka Day**

**2**

**Monday, April 22, 2019**

Vrischika Rasi: 16.32      Tithi 19  
**Family Home Evening**  
Creative Work      Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yukhtayam  
Anuradha/Jyeshtha\* Nakshatra Variyan/Parigha\* Yoga Bava/Balava Karana Chaturthyam Titau

**Gulika** 1:35PM – 3:18PM  
Yama 10:10AM – 11:53AM  
274483468 **Rahu** 6:45AM – 8:27AM

**Anuradha Until 6:13AM**  
Variyan Until 3:23PM  
Bava Until 12:39PM  
**Chaturthi\* Until 12:33AM Tue**

Albany, NY  
Sun 2  
Sutra 8  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Ganesha:** Blue      *Sunrise:* 5:02AM  
**Muruqa:** Yellow      *Sunset:* 6:43PM

**Nataraja:** Purple  
Moon – Orange

**Devaloka Day**

**3**

**Tuesday, April 23, 2019**

Vrischika Rasi: 29.35      Tithi 20  
Routine Work      Marana Yoga  
Until 6:35AM  
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yukhtayam  
Jyeshtha\*/Mula\* Nakshatra Parigha\*/Shiva Yoga Kaulava/Taitila Karana Panchamyam Titau

**Gulika** 11:52AM – 1:35PM  
Yama 8:27AM – 10:10AM  
274483468 **Rahu** 3:18PM – 5:01PM

**Jyeshtha\* Until 6:35AM**  
Parigha\* Until 2:27PM  
Kaulava Until 12:43PM  
**Panchami Until 1:02AM Wed**

Albany, NY  
Sun 3  
Sutra 9  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Ganesha:** Blue      *Sunrise:* 5:01AM  
**Muruqa:** Yellow      *Sunset:* 6:44PM

**Nataraja:** Purple  
Moon – Orange

**Devaloka Day**

**4**

**Wednesday, April 24, 2019**

Dhanus Rasi: 12.14      Tithi 21  
Routine Work      Marana Yoga  
Until 8:04AM  
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yukhtayam  
Mula\*/Purvashadha\* Nakshatra Shiva/Siddha Yoga Gara/Vanija Karana Shashthyam Titau

**Gulika** 10:09AM – 11:52AM  
Yama 6:43AM – 8:26AM  
284483468 **Rahu** 11:52AM – 1:36PM

**Mula\* Until 8:04AM**  
Shiva Until 2:09PM  
Gara Until 1:36PM  
**Shashthi\* Until 2:18AM Thu**

Albany, NY  
Sun 4  
Sutra 10  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Ganesha:** Yellow      *Sunrise:* 4:59AM  
**Muruqa:** Yellow      *Sunset:* 6:45PM

**Nataraja:** Purple  
Moon – Light Blue

**Sivaloka Day**

**5**

**Thursday, April 25, 2019**

Dhanus Rasi: 24.34      Tithi 22  
Creative Work      Siddha Yoga  
Until 10:08AM  
Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yukhtayam  
Purvashadha\*/Uttarashadha Nakshatra Siddha/Sadhya Yoga Visti\*/Bava Karana Saptamyam Titau

**Gulika** 8:25AM – 10:09AM  
Yama 4:58AM – 6:41AM  
284483469 **Rahu** 1:36PM – 3:19PM

**Purvashadha\* Until 10:08AM**  
Siddha Until 2:23PM  
Visti Until 3:12PM  
**Saptami Until 4:13AM Fri**

Albany, NY  
Sun 5  
Sutra 11  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Ganesha:** Yellow      *Sunrise:* 4:58AM  
**Muruqa:** Yellow      *Sunset:* 6:46PM

**Nataraja:** Clear  
Moon – Light Blue

**Devaloka Day**

**D**

**Friday, April 26, 2019**  
**Retreat Star**

Makara Rasi: 6.38      Tithi 23  
Routine Work      Marana Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yukhtayam  
Uttarashadha/Shravana Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Ashtamyam Titau

**Gulika** 6:40AM – 8:24AM  
Yama 3:20PM – 5:04PM  
284583469 **Rahu** 10:08AM – 11:52AM

**Uttarashadha Until 12:35PM**  
Sadhya Until 3:04PM  
Balava Until 5:22PM  
**Ashtami\* Until 6:34AM Sat**

Albany, NY  
Sun 6  
Sutra 12  
Vikarin 5121  
Moon 4 - Phase 2  
Ashtami

**Ganesha:** Red      *Sunrise:* 4:56AM  
**Muruqa:** Yellow      *Sunset:* 6:48PM

**Nataraja:** Clear  
Moon – Light Blue

**Devaloka Day**

**Saturday, April 27, 2019**  
**Retreat Star**

Makara Rasi: 18.31      Tithi 23 – 24  
Creative Work      Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam  
Shravana/Dhanishtha Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

**Gulika** 4:55AM – 6:39AM  
Yama 1:36PM – 3:20PM  
294583469 **Rahu** 8:23AM – 10:08AM

**Shravana Until 3:44PM**  
Subha Until 4:01PM  
Taitila Until 7:51PM  
**Ashtami\* Until 6:34AM**

Albany, NY  
Sun 7  
Sutra 13  
Vikarin 5121  
Moon 4 - Phase 2  
Navami

**Ganesha:** Green      *Sunrise:* 4:55AM  
**Muruqa:** Yellow      *Sunset:* 6:49PM

**Nataraja:** Clear  
Moon – Purple

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

<b>1</b>		<b>Sunday, April 28, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Navami/Dashmyam Titau		Albany, NY Sun 8 Sutra 14	
Kumbha Rasi: 0.21	Tithi 24 – 25	<b>Gulika</b>	3:21PM – 5:05PM	<b>Dhanishtha</b> Until 6:48PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:53AM	Vikarin 5121
		Yama	11:52AM – 1:36PM	Sukla Until 5:01PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:50PM	Moon 4 - Phase 3
		294583469 <b>Rahu</b>	5:05PM – 6:50PM	Vanija Until 10:24PM	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga			<b>Navami*</b> Until 9:06AM	Moon – Purple		
Until 6:48PM					<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Monday, April 29, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Albany, NY Sun 9 Sutra 15	
Kumbha Rasi: 12.11	Tithi 25 – 26	<b>Gulika</b>	1:36PM – 3:21PM	<b>Shatabhishak</b> Until 9:34PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:52AM	Vikarin 5121
<b>Family Home Evening</b>		Yama	10:07AM – 11:51AM	Brahma Until 5:57PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:51PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	294583469 <b>Rahu</b>	6:37AM – 8:22AM	Bava Until 12:46AM Tue	<b>Nataraja:</b> Clear		2nd Phase
Until 9:34PM				<b>Dashami</b> Until 11:36AM	Moon – Purple		
Then Routine Work - Marana Yoga					<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM

<b>3</b>		<b>Tuesday, April 30, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaprossthapada* Nakshatra Indra Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau		Albany, NY Sun 10 Sutra 16	
Kumbha Rasi: 24.06	Tithi 26 – 27	<b>Gulika</b>	11:51AM – 1:37PM	<b>Purvaprossthapada*</b> Until 12:21AM We	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:51AM	Vikarin 5121
		Yama	8:21AM – 10:06AM	Indra Until 6:39PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:52PM	Moon 4 - Phase 3
		214583469 <b>Rahu</b>	3:22PM – 5:07PM	Kaulava Until 2:47AM Wed	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga			<b>Ekadashi*</b> Until 1:49PM	Moon – Clear		
Until 12:21AM Wed					<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Wednesday, May 1, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraprossthapada Nakshatra Vaidhriti* Yoga Taitilla/Gara Karana Dvadhshi/Trayodashyam Titau		Albany, NY Sun 11 Sutra 17	
Meena Rasi: 6.1	Tithi 27 – 28	<b>Gulika</b>	10:06AM – 11:51AM	<b>Uttaraprossthapada</b> Until 2:31AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:49AM	Vikarin 5121
		Yama	6:35AM – 8:20AM	Vaidhriti* Until 6:59PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:53PM	Moon 4 - Phase 3
		214583469 <b>Rahu</b>	11:51AM – 1:37PM	Gara Until 4:19AM Thu	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Dvadhshi*</b> Until 3:36PM	Moon – Clear		
					<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM

Pradosha Vrata (Fasting)

<b>5</b>		<b>Thursday, May 2, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Albany, NY Sun 12 Sutra 18	
Meena Rasi: 18.26	Tithi 28 – 29	<b>Gulika</b>	8:20AM – 10:05AM	<b>Revati</b> Until 4:01AM Fri	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:48AM	Vikarin 5121
		Yama	4:48AM – 6:34AM	Vishkambha* Until 6:56PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:54PM	Moon 4 - Phase 3
		215583469 <b>Rahu</b>	1:37PM – 3:23PM	Visti Until 5:19AM Fri	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Trayodashi*</b> Until 4:52PM	Moon – Clear		
Until 4:01AM Fri					<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga							

<b>6</b>		<b>Friday, May 3, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Priti Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Albany, NY Sun 13 Sutra 19	
Mesha Rasi: 0.57	Tithi 29 – 30	<b>Gulika</b>	6:33AM – 8:19AM	<b>Ashvini</b> Until 5:18AM Sat	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:47AM	Vikarin 5121
		Yama	3:23PM – 5:09PM	Priti Until 6:28PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:55PM	Moon 4 - Phase 3
		225583469 <b>Rahu</b>	10:05AM – 11:51AM	Catuspada Until 5:47AM Sat	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Amrita Yoga			<b>Chaturdashi*</b> Until 5:36PM	Moon – White		
Until 5:18AM Sat					<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga							

<b>Retreat Star</b>		<b>Saturday, May 4, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Albany, NY Sun 14 Sutra 20	
Mesha Rasi: 13.42	Tithi 30 – 1	<b>Gulika</b>	4:45AM – 6:32AM	<b>Bharani</b> Until 5:55AM Sun	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:45AM	Vikarin 5121
		Yama	1:37PM – 3:24PM	Ayushman Until 5:34PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:56PM	Moon 4 - Phase 3
		225583469 <b>Rahu</b>	8:18AM – 10:04AM	Kintughna Until 5:43AM Sun	<b>Nataraja:</b> Clear		Amavasya
Creative Work	Siddha Yoga			<b>Amavasya*</b> Until 5:47PM	Moon – White		
					<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Sunday, May 5, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Albany, NY Sun 15 Sutra 21	
Mesha Rasi: 26.42	Tithi 1 – 2	<b>Gulika</b>	3:24PM – 5:11PM	<b>Krittika</b> Until 5:58AM Mon	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:44AM	Vikarin 5121
		Yama	11:51AM – 1:37PM	Saubhagya Until 4:18PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:58PM	Moon 4 - Phase 3
		225583469 <b>Rahu</b>	5:11PM – 6:58PM	Balava Until 5:13AM Mon	<b>Nataraja:</b> Clear		Prathama
Creative Work	Siddha Yoga			<b>Prathama*</b> Until 5:30PM	Moon – White		
Until 5:58AM Mon					<b>Vaisaka+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga							

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

All times are standard time

www.gurudeva.org/panchang

<b>Monday, May 6, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Albany, NY Sun 16 Sutra 22 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:38PM – 3:25PM	<b>Rohini</b> Until 5:56AM Tue	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:43AM	
Vrishabha Rasi: 9.56	Tithi 2 – 3	Yama 10:04AM – 11:51AM	Sobhana Until 2:43PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:59PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	225583469	<b>Rahu</b> 6:30AM – 8:17AM	Taitila Until 4:21AM Tue	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Amrita Yoga			<b>Dvitiya</b> Until 4:49PM	Moon – White	<b>Bhuloka Day</b>	
Until 5:56AM Tue				<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga						

<b>Tuesday, May 7, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau				Albany, NY Sun 17 Sutra 23 Vikarin 5121
<b>2</b>		<b>Gulika</b> 11:51AM – 1:38PM	<b>Mrigashira</b> Until 5:27AM Wed	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:42AM	
Vrishabha Rasi: 23.22	Tithi 3 – 4	Yama 8:16AM – 10:03AM	Athiganda* Until 12:50PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:00PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	235583469	<b>Rahu</b> 3:25PM – 5:13PM	Vanija Until 3:10AM Wed	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Tritiya</b> Until 3:46PM	Moon – Yellow	<b>Bhuloka Day</b>	
		<b>Akshaya Tritiya</b>		<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

<b>Wednesday, May 8, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Albany, NY Sun 18 Sutra 24 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:03AM – 11:51AM	<b>Ardra</b> Until 4:35AM Thu	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:40AM	
Mithuna Rasi: 6.58	Tithi 4 – 5	Yama 6:28AM – 8:15AM	Sukarma Until 10:44AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:01PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	235583469	<b>Rahu</b> 11:51AM – 1:38PM	Bava Until 1:43AM Thu	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Chaturthi*</b> Until 2:27PM	Moon – Yellow	<b>Bhuloka Day</b>	
Until 4:35AM Thu				<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

<b>Thursday, May 9, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Albany, NY Sun 19 Sutra 25 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:15AM – 10:03AM	<b>Punarvasu</b> Until 3:48AM Fri	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:39AM	
Mithuna Rasi: 20.43	Tithi 5 – 6	Yama 4:39AM – 6:27AM	Dhriti Until 8:28AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:02PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	245583469	<b>Rahu</b> 1:38PM – 3:26PM	Kaulava Until 12:04AM Fri	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Amrita Yoga			<b>Panchami</b> Until 12:54PM	Moon – Blue	<b>Devaloka Day</b>	
Until 3:48AM Fri				<b>Vaisaka-Chaitra</b>		
Then Routine Work - Marana Yoga						

<b>Friday, May 10, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Ganda* Yoga Taitila/Gara Karana Shashthi/Saplamyam Titau				Albany, NY Sun 20 Sutra 26 Vikarin 5121
<b>5</b>		<b>Gulika</b> 6:26AM – 8:14AM	<b>Pushya</b> Until 2:40AM Sat	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:38AM	
Kataka Rasi: 5	Tithi 6 – 7	Yama 3:27PM – 5:15PM	Ganda* Until 6:00AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:03PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	245583469	<b>Rahu</b> 10:02AM – 11:50AM	Gara Until 10:13PM	<b>Nataraja:</b> Clear		3rd Phase
Routine Work Marana Yoga			<b>Shashthi*</b> Until 11:09AM	Moon – Blue	<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>		

<b>Saturday, May 11, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Vriddhi Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Albany, NY Sun 21 Sutra 27 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 4:37AM – 6:25AM	<b>Ashlesha*</b> Until 1:14AM Sun	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:37AM	
Kataka Rasi: 18.36	Tithi 7 – 8	Yama 1:39PM – 3:27PM	Vriddhi Until 12:38AM Sun	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:04PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	245583469	<b>Rahu</b> 8:14AM – 10:02AM	Visti Until 8:11PM	<b>Nataraja:</b> Clear		Ashtami
Routine Work Marana Yoga			<b>Saptami</b> Until 9:12AM	Moon – Blue	<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>		

<b>Sunday, May 12, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Albany, NY Sun 22 Sutra 28 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 3:28PM – 5:16PM	<b>Magha*</b> Until 11:55PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:36AM	
Simha Rasi: 2.43	Tithi 8 – 9	Yama 11:50AM – 1:39PM	Dhruva Until 9:44PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:05PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	256583469	<b>Rahu</b> 5:16PM – 7:05PM	Balava Until 6:00PM	<b>Nataraja:</b> Clear		Navami
Routine Work Marana Yoga			<b>Ashtami*</b> Until 7:05AM	Moon – Red	<b>Bhuloka Day</b>	
Until 11:55PM		<b>Mother's Day</b>		<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga						


<b>Monday, May 13, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dashamyam Titau				Albany, NY Sutra 29 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:39PM – 3:28PM	<b>Purvaphalguni</b> Until 10:22PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:35AM	Sun 23
Simha Rasi: 16.56	Tithi 10	Yama 10:01AM – 11:50AM	Vyaghata* Until 6:46PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:06PM	Moon 4 - Phase 5
<b>Family Home Evening</b>	256583469	<b>Rahu</b> 6:24AM – 8:12AM	Taitila Until 3:41PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 2:29AM Tue	Moon – Red		<b>Bhuloka Day</b>
				<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM

<b>Tuesday, May 14, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Harshana/Vajra* Yoga Vanija/Visli* Karana Ekadashyam Titau				Albany, NY Sutra 30 Vikarin 5121
<b>2</b>		<b>Gulika</b> 11:50AM – 1:40PM	<b>Uttaraphalguni</b> Until 8:37PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:34AM	Sun 24
Kanya Rasi: 1.12	Tithi 11	Yama 8:12AM – 10:01AM	Harshana Until 3:45PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:07PM	Moon 4 - Phase 5
	256583469	<b>Rahu</b> 3:29PM – 5:18PM	Vanija Until 1:19PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Amrita Yoga		<b>Ekadashi</b> Until 12:06AM Wed	Moon – Red		<b>Bhuloka Day</b>
Until 8:37PM				<b>Vaisaka-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>Wednesday, May 15, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Dvodashyam Titau				Albany, NY Sutra 31 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:01AM – 11:50AM	<b>Hasta</b> Until 7:11PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:32AM	Sun 25
Kanya Rasi: 15.29	Tithi 12	Yama 6:22AM – 8:11AM	Vajra* Until 12:44PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:08PM	Moon 4 - Phase 5
	266583469	<b>Rahu</b> 11:50AM – 1:40PM	Bava Until 10:56AM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Dvadashi</b> Until 9:45PM	Moon – Green		<b>Devaloka Day</b>
Until 7:11PM				<b>Vaisaka-Vaikasi</b>		
Then Creative Work - Siddha Yoga						

<b>Thursday, May 16, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Albany, NY Sutra 32 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:11AM – 10:01AM	<b>Chitra</b> Until 5:45PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:31AM	Sun 26
Kanya Rasi: 29.44	Tithi 13	Yama 4:31AM – 6:21AM	Siddhi Until 9:49AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:09PM	Moon 4 - Phase 5
	266583469	<b>Rahu</b> 1:40PM – 3:30PM	Kaulava Until 8:39AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 7:34PM	Moon – Green		<b>Devaloka Day</b>
Until 5:45PM				<b>Vaisaka-Vaikasi</b>		
Then Creative Work - Amrita Yoga						
				<i>Pradosha Vrata</i>		

<b>Friday, May 17, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyaga Yoga Gara/Visli* Karana Chaturdashi/Purnimayam Titau				Albany, NY Sutra 33 Vikarin 5121
<b>5</b>		<b>Gulika</b> 6:20AM – 8:10AM	<b>Svati</b> Until 4:26PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:30AM	Sun 27
Tula Rasi: 13.5	Tithi 14 – 15	Yama 3:30PM – 5:20PM	Vyatipata* Until 7:05AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:10PM	Moon 4 - Phase 5
	266583469	<b>Rahu</b> 10:00AM – 11:50AM	Gara Until 6:35AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 5:39PM	Moon – Green		<b>Devaloka Day</b>
				<b>Vaisaka-Vaikasi</b>		

<b>Saturday, May 18, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Albany, NY Sutra 34 Vikarin 5121
	<b>Copper Retreat Star</b>	<b>Gulika</b> 4:30AM – 6:20AM	<b>Vishakha</b> Until 3:48PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:30AM	Sun 28
Tula Rasi: 27.43	Tithi 15 – 16	Yama 1:41PM – 3:31PM	Parigha* Until 2:32AM Sun	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:11PM	Moon 4 - Phase 5
	276583469	<b>Rahu</b> 8:10AM – 10:00AM	Balava Until 3:36AM Sun	<b>Nataraja:</b> Clear		Purnima
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 4:09PM	Moon – Orange		<b>Bhuloka Day</b>
				<b>Vaisaka-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM

<b>Sunday, May 19, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shiva Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Albany, NY Sutra 35 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 3:31PM – 5:22PM	<b>Anuradha</b> Until 3:33PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:29AM	Sun 29
Vrischika Rasi: 11.2	Tithi 16 – 17	Yama 11:50AM – 1:41PM	Shiva Until 12:56AM Mon	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:12PM	Moon 4 - Phase 5
	277583469	<b>Rahu</b> 5:22PM – 7:12PM	Taitila Until 2:56AM Mon	<b>Nataraja:</b> Clear		Prathama
Routine Work	Marana Yoga		<b>Prathama*</b> Until 3:10PM	Moon – Orange		<b>Devaloka Day</b>
				<b>Vaisaka-Vaikasi</b>		

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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**Monday, May 20, 2019**  
**Gold Retreat Star**

Vrischika Rasi: 24.36 Tithi 17 – 18  
**Family Home Evening**  
Creative Work Siddha Yoga

277583469

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Jyeshtha\*/Mula\* Nakshatra Siddha Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

**Gulika** 1:41PM – 3:32PM  
**Yama** 10:00AM – 11:51AM  
**Rahu** 6:18AM – 8:09AM

**Jyeshtha\* Until 3:47PM**  
Siddha Until 11:50PM  
Vanija Until 2:55AM Tue  
Dvitiya Until 2:49PM

**Ganesha:** Yellow *Sunrise:* 4:28AM  
**Muruqa:** Yellow *Sunset:* 7:13PM  
**Nataraja:** Clear  
Moon – Orange

**Devaloka Day**  
**Vaisaka-Vaikasi**

Albany, NY  
Sutra 36  
Sun 1  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**1**

**Tuesday, May 21, 2019**

Dhanus Rasi: 7.31 Tithi 18 – 19  
Creative Work Amrita Yoga  
Until 4:59PM  
Then Creative Work - Siddha Yoga

287683469

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Mula\*/Purvashadha\* Nakshatra Sadhya Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

**Gulika** 11:51AM – 1:42PM  
**Yama** 8:09AM – 10:00AM  
**Rahu** 3:32PM – 5:23PM

**Mula\* Until 4:59PM**  
Sadhya Until 11:18PM  
Bava Until 3:37AM Wed  
Tritiya Until 3:10PM

**Ganesha:** Red *Sunrise:* 4:27AM  
**Muruqa:** Yellow *Sunset:* 7:14PM  
**Nataraja:** Clear  
Moon – Light Blue

**Devaloka Day**  
**Vaisaka-Vaikasi**

Albany, NY  
Sutra 37  
Sun 2  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**2**

**Wednesday, May 22, 2019**

Dhanus Rasi: 20.07 Tithi 19 – 20  
Creative Work Amrita Yoga

287683469

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam  
Purvashadha\* Nakshatra Subha Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

**Gulika** 10:00AM – 11:51AM  
**Yama** 6:17AM – 8:08AM  
**Rahu** 11:51AM – 1:42PM

**Purvashadha\* Until 6:43PM**  
Subha Until 11:19PM  
Kaulava Until 4:59AM Thu  
Chaturthi\* Until 4:12PM

**Ganesha:** Red *Sunrise:* 4:26AM  
**Muruqa:** Yellow *Sunset:* 7:15PM  
**Nataraja:** Clear  
Moon – Light Blue

**Devaloka Day**  
**Vaisaka-Vaikasi**

Albany, NY  
Sutra 38  
Sun 3  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**3**

**Thursday, May 23, 2019**

Makara Rasi: 2.24 Tithi 20 – 21  
Routine Work Marana Yoga  
Until 8:52PM  
Then Creative Work - Siddha Yoga

287683469

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam  
Uttarashadha Nakshatra Sukla Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

**Gulika** 8:08AM – 9:59AM  
**Yama** 4:25AM – 6:17AM  
**Rahu** 1:42PM – 3:33PM

**Uttarashadha Until 8:52PM**  
Sukla Until 11:45PM  
Gara Until 6:54AM Fri  
Panchami Until 5:51PM

**Ganesha:** Red *Sunrise:* 4:25AM  
**Muruqa:** Yellow *Sunset:* 7:16PM  
**Nataraja:** Clear  
Moon – Light Blue

**Devaloka Day**  
**Vaisaka-Vaikasi**

Albany, NY  
Sutra 39  
Sun 4  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**4**

**Friday, May 24, 2019**

Makara Rasi: 14.29 Tithi 21  
Routine Work Marana Yoga  
Until 11:47PM  
Then Creative Work - Siddha Yoga

297683469

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Shravana Nakshatra Brahma Yoga Gara/Vanija Karana Shashthyam Titau

**Gulika** 6:16AM – 8:08AM  
**Yama** 3:34PM – 5:26PM  
**Rahu** 9:59AM – 11:51AM

**Shravana Until 11:47PM**  
Brahma Until 12:31AM Sat  
Gara Until 6:54AM  
Shashthi\* Until 7:59PM

**Ganesha:** Green *Sunrise:* 4:24AM  
**Muruqa:** Yellow *Sunset:* 7:17PM  
**Nataraja:** Clear  
Moon – Purple

**Bhuloka Day**  
**Vaisaka-Vaikasi**  
Devaloka Time: 3:PM to 6:PM

Albany, NY  
Sutra 40  
Sun 5  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**5**

**Saturday, May 25, 2019**

Makara Rasi: 26.24 Tithi 22  
Creative Work Siddha Yoga

298683469

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam  
Dhanishtha Nakshatra Indra Yoga Visti\*/Bava Karana Saptamyam Titau

**Gulika** 4:24AM – 6:16AM  
**Yama** 1:43PM – 3:34PM  
**Rahu** 8:07AM – 9:59AM

**Dhanishtha Until 2:44AM Sun**  
Indra Until 1:29AM Sun  
Visti Until 9:11AM  
Saptami Until 10:22PM

**Ganesha:** Red *Sunrise:* 4:24AM  
**Muruqa:** Yellow *Sunset:* 7:18PM  
**Nataraja:** Clear  
Moon – Purple

**Devaloka Day**  
**Vaisaka-Vaikasi**

Albany, NY  
Sutra 41  
Sun 6  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**D**

**Sunday, May 26, 2019**  
**Retreat Star**

Kumbha Rasi: 8.16 Tithi 23  
Creative Work Siddha Yoga  
Until 5:32AM Mon  
Then Routine Work - Marana Yoga

398683469

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Shatabhishak Nakshatra Vaidhriti\* Yoga Balava/Kaulava Karana Ashtamyam Titau

**Gulika** 3:35PM – 5:27PM  
**Yama** 11:51AM – 1:43PM  
**Rahu** 5:27PM – 7:19PM

**Shatabhishak Until 5:32AM Mon**  
Vaidhriti\* Until 2:25AM Mon  
Balava Until 11:37AM  
Ashtami\* Until 12:47AM Mon

**Ganesha:** Blue *Sunrise:* 4:23AM  
**Muruqa:** Yellow *Sunset:* 7:19PM  
**Nataraja:** Clear  
Moon – Purple

**Sivaloka Day**  
**Vaisaka-Vaikasi**

Albany, NY  
Sutra 42  
Sun 7  
Vikarin 5121  
Moon 5 - Phase 6  
Ashtami

**Monday, May 27, 2019**  
**Retreat Star**

Kumbha Rasi: 20.08 Tithi 24  
**Family Home Evening**  
Routine Work Marana Yoga  
Until 8:26AM Tue  
Then Creative Work - Amrita Yoga

318683469

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Purvaproshtapada\* Nakshatra Vishkambha\* Yoga Taitila/Gara Karana Navamyam Titau

**Gulika** 1:43PM – 3:35PM  
**Yama** 9:59AM – 11:51AM  
**Rahu** 6:15AM – 8:07AM

**Purvaproshtapada\* Until 8:26AM Tue**  
Vishkambha\* Until 3:12AM Tue  
Taitila Until 1:57PM  
Navami\* Until 3:00AM Tue

**Ganesha:** Purple *Sunrise:* 4:22AM  
**Muruqa:** Yellow *Sunset:* 7:20PM  
**Nataraja:** Clear  
Moon – Clear

**Sivaloka Day**  
**Vaisaka-Vaikasi**

Albany, NY  
Sutra 43  
Sun 8  
Vikarin 5121  
Moon 5 - Phase 6  
Navami

<b>1</b>		<b>Tuesday, May 28, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Priti Yoga Vanija/Visti* Karana Dashamyam Titau				Albany, NY Sun 9 Sutra 44 Vikarin 5121
Meena Rasi: 2.06	Tithi 25	<b>Gulika</b>	11:51AM – 1:44PM	<b>Purvaproshtapada* Until 8:26AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:22AM		
		Yama	8:06AM – 9:59AM	Priti Until 3:43AM Wed	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:21PM		Moon 5 - Phase 7
		318683469 <b>Rahu</b>	3:36PM – 5:28PM	Vanija Until 4:00PM	<b>Nataraja:</b> Clear			2nd Phase
Routine Work	Marana Yoga			<b>Dashami Until 4:50AM Wed</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 8:26AM					<b>Vaisaka-Vaikasi</b>			
Then Creative Work - Amrita Yoga								

<b>2</b>		<b>Wednesday, May 29, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Ayushman Yoga Bava/Balava Karana Ekadashyam Titau				Albany, NY Sun 10 Sutra 45 Vikarin 5121
Meena Rasi: 14.14	Tithi 26	<b>Gulika</b>	9:59AM – 11:51AM	<b>Uttaraproshtapada Until 10:45AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:21AM		
		Yama	6:14AM – 8:06AM	Ayushman Until 3:47AM Thu	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:22PM		Moon 5 - Phase 7
		318683469 <b>Rahu</b>	11:51AM – 1:44PM	Bava Until 5:34PM	<b>Nataraja:</b> Clear			2nd Phase
Creative Work	Siddha Yoga			<b>Ekadashi* Until 6:07AM Thu</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 10:45AM					<b>Vaisaka-Vaikasi</b>			
Then Routine Work - Marana Yoga								

<b>3</b>		<b>Thursday, May 30, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Albany, NY Sun 11 Sutra 46 Vikarin 5121
Meena Rasi: 26.35	Tithi 26 – 27	<b>Gulika</b>	8:06AM – 9:59AM	<b>Revati Until 12:22PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:21AM		
		Yama	4:21AM – 6:13AM	Saubhagya Until 3:23AM Fri	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:22PM		Moon 5 - Phase 7
		318683469 <b>Rahu</b>	1:44PM – 3:37PM	Kaulava Until 6:33PM	<b>Nataraja:</b> Clear			2nd Phase
Creative Work	Siddha Yoga			<b>Ekadashi* Until 6:07AM</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 12:22PM					<b>Vaisaka-Vaikasi</b>			
Then Creative Work - Amrita Yoga								

<b>4</b>		<b>Friday, May 31, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sobhana Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Albany, NY Sun 12 Sutra 47 Vikarin 5121
Mesha Rasi: 9.13	Tithi 27 – 28	<b>Gulika</b>	6:13AM – 8:06AM	<b>Ashvini Until 1:42PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:20AM		
		Yama	3:37PM – 5:30PM	Sobhana Until 2:30AM Sat	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:23PM		Moon 5 - Phase 7
		328683469 <b>Rahu</b>	9:59AM – 11:52AM	Gara Until 6:54PM	<b>Nataraja:</b> Clear			2nd Phase
Creative Work	Amrita Yoga			<b>Dvadashi* Until 6:47AM</b>	Moon – White		<b>Devaloka Day</b>	
Until 1:42PM					<b>Vaisaka-Vaikasi</b>			
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>				

<b>5</b>		<b>Saturday, June 1, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Albany, NY Sun 13 Sutra 48 Vikarin 5121
Mesha Rasi: 22.08	Tithi 28 – 29	<b>Gulika</b>	4:20AM – 6:13AM	<b>Bharani Until 2:14PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:20AM		
		Yama	1:45PM – 3:38PM	Athiganda* Until 1:05AM Sun	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:24PM		Moon 5 - Phase 7
		329683469 <b>Rahu</b>	8:06AM – 9:59AM	Visti Until 6:37PM	<b>Nataraja:</b> Clear			2nd Phase
Creative Work	Siddha Yoga			<b>Trayodashi* Until 6:49AM</b>	Moon – White		<b>Bhuloka Day</b>	
Until 2:14PM					<b>Vaisaka-Vaikasi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Creative Work - Amrita Yoga								

<b>Retreat Star</b>		<b>Sunday, June 2, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Sukarma Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau				Albany, NY Sun 14 Sutra 49 Vikarin 5121
Vrishabha Rasi: 5.24	Tithi 29 – 30	<b>Gulika</b>	3:38PM – 5:32PM	<b>Krittika Until 2:02PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:19AM		
		Yama	11:52AM – 1:45PM	Sukarma Until 11:14PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:25PM		Moon 5 - Phase 7
		329683469 <b>Rahu</b>	5:32PM – 7:25PM	Naga Until 5:05AM Mon	<b>Nataraja:</b> Clear			Amavasya
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 6:14AM</b>	Moon – White		<b>Bhuloka Day</b>	
					<b>Vaisaka-Vaikasi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>Retreat Star</b>		<b>Monday, June 3, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti Yoga Kintughna*/Bava Karana Prathamayam Titau				Albany, NY Sun 15 Sutra 50 Vikarin 5121
Vrishabha Rasi: 18.58	Tithi 1	<b>Gulika</b>	1:45PM – 3:39PM	<b>Rohini Until 1:37PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:19AM		
<b>Family Home Evening</b>		Yama	9:59AM – 11:52AM	Dhriti Until 9:01PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:25PM		Moon 5 - Phase 7
		339683469 <b>Rahu</b>	6:12AM – 8:05AM	Kintughna Until 4:22PM	<b>Nataraja:</b> Clear			Prathama
Creative Work	Amrita Yoga			<b>Prathama* Until 3:30AM Tue</b>	Moon – Yellow		<b>Bhuloka Day</b>	
					<b>Jyeshtha-Vaikasi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>1</b>		<b>Tuesday, June 4, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Albany, NY Sun 16 Sutra 51 Vikarin 5121
Mithuna Rasi: 2.47	Tithi 2	<b>Gulika</b> 11:52AM – 1:46PM	<b>Mrigashira</b> Until 12:39PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:18AM			
		Yama 8:05AM – 9:59AM	Shula* Until 6:28PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:26PM		Moon 5 - Phase 8	
		339683461 <b>Rahu</b> 3:39PM – 5:33PM	Balava Until 2:35PM	<b>Nataraja:</b> Clear			3rd Phase	
Creative Work	Siddha Yoga		<b>Dvitiya</b> Until 1:34AM Wed	Moon – Yellow		<b>Bhuloka Day</b>		
Until 12:39PM				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM		
Then Routine Work - Marana Yoga								

<b>2</b>		<b>Wednesday, June 5, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda*/Vridhhi Yoga Taitila/Gara Karana Tritiyayam Titau				Albany, NY Sun 17 Sutra 52 Vikarin 5121
Mithuna Rasi: 16.49	Tithi 3	<b>Gulika</b> 9:59AM – 11:52AM	<b>Ardra</b> Until 11:14AM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:18AM			
		Yama 6:11AM – 8:05AM	Ganda* Until 3:42PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:27PM		Moon 5 - Phase 8	
		339683461 <b>Rahu</b> 11:52AM – 1:46PM	Taitila Until 12:31PM	<b>Nataraja:</b> Yellow			3rd Phase	
Creative Work	Siddha Yoga		<b>Tritiya</b> Until 11:23PM	Moon – Yellow		<b>Bhuloka Day</b>		
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM		

<b>3</b>		<b>Thursday, June 6, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Vridhhi/Dhruva Yoga Vanija/Visti* Karana Chaturthyam Titau				Albany, NY Sun 18 Sutra 53 Vikarin 5121
Kataka Rasi: 1	Tithi 4	<b>Gulika</b> 8:05AM – 9:59AM	<b>Punarvasu</b> Until 9:55AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:18AM			
		Yama 4:18AM – 6:11AM	Vridhhi Until 12:48PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:28PM		Moon 5 - Phase 8	
		349683461 <b>Rahu</b> 1:46PM – 3:40PM	Vanija Until 10:15AM	<b>Nataraja:</b> Yellow			3rd Phase	
Creative Work	Amrita Yoga		<b>Chaturthi</b> * Until 9:04PM	Moon – Blue		<b>Bhuloka Day</b>		
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM		

<b>4</b>		<b>Friday, June 7, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Panchamyam Titau				Albany, NY Sun 19 Sutra 54 Vikarin 5121
Kataka Rasi: 15.15	Tithi 5	<b>Gulika</b> 6:11AM – 8:05AM	<b>Pushya</b> Until 8:21AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:17AM			
		Yama 3:40PM – 5:34PM	Dhruva Until 9:49AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:28PM		Moon 5 - Phase 8	
		349683461 <b>Rahu</b> 9:59AM – 11:53AM	Bava Until 7:54AM	<b>Nataraja:</b> Yellow			3rd Phase	
Routine Work	Marana Yoga		<b>Panchami</b> Until 6:42PM	Moon – Blue		<b>Bhuloka Day</b>		
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM		

<b>5</b>		<b>Saturday, June 8, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Albany, NY Sun 20 Sutra 55 Vikarin 5121
Kataka Rasi: 29.32	Tithi 6 – 7	<b>Gulika</b> 4:17AM – 6:11AM	<b>Ashlesha*</b> Until 6:38AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:17AM			
		Yama 1:47PM – 3:41PM	Vyaghata* Until 6:50AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:29PM		Moon 5 - Phase 8	
		349683461 <b>Rahu</b> 8:05AM – 9:59AM	Gara Until 3:12AM Sun	<b>Nataraja:</b> Yellow			3rd Phase	
Routine Work	Marana Yoga		<b>Shashthi*</b> Until 4:20PM	Moon – Blue		<b>Bhuloka Day</b>		
Until 6:38AM				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Amrita Yoga								

<b>Retreat Star</b>		<b>Sunday, June 9, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Albany, NY Sun 21 Sutra 56 Vikarin 5121
Simha Rasi: 13.46	Tithi 7 – 8	<b>Gulika</b> 3:41PM – 5:35PM	<b>Purvaphalguni</b> Until 3:48AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:17AM			
		Yama 11:53AM – 1:47PM	Vajra* Until 1:00AM Mon	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:29PM		Moon 5 - Phase 8	
		351683461 <b>Rahu</b> 5:35PM – 7:29PM	Visti Until 12:58AM Mon	<b>Nataraja:</b> Yellow			Ashtami	
Creative Work	Siddha Yoga		<b>Saptami</b> Until 2:03PM	Moon – Red		<b>Devaloka Day</b>		
				<b>Jyeshtha-Vaikasi</b>				

<b>Retreat Star</b>		<b>Monday, June 10, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Albany, NY Sun 22 Sutra 57 Vikarin 5121
Simha Rasi: 27.57	Tithi 8 – 9	<b>Gulika</b> 1:47PM – 3:42PM	<b>Uttaraphalguni</b> Until 2:21AM Tue	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:17AM			
<b>Family Home Evening</b>		Yama 9:59AM – 11:53AM	Siddhi Until 10:14PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:30PM		Moon 5 - Phase 8	
		351683461 <b>Rahu</b> 6:11AM – 8:05AM	Balava Until 10:51PM	<b>Nataraja:</b> Yellow			Navami	
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 11:52AM	Moon – Red		<b>Devaloka Day</b>		
				<b>Jyeshtha-Vaikasi</b>				

1	<b>Tuesday, June 11, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasla Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Albany, NY Sun 23 Sutra 58
	Kanya Rasi: 12.02	Tithi 9 – 10	<b>Gulika</b> 11:53AM – 1:48PM	<b>Hasta</b> <b>Until 1:21AM Wed</b>	<b>Ganesha:</b> White <i>Sunrise: 4:16AM</i>		Vikarin 5121
			Yama 8:05AM – 9:59AM	Vyatipata* Until 7:36PM	<b>Muruqa:</b> Yellow <i>Sunset: 7:31PM</i>		Moon 5 - Phase 9
	361683461		<b>Rahu</b> 3:42PM – 5:36PM	Taitila Until 8:53PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Navami* Until 9:49AM</b>	Moon – Green		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	

2	<b>Wednesday, June 12, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Albany, NY Sun 24 Sutra 59
	Kanya Rasi: 26.01	Tithi 10 – 11	<b>Gulika</b> 9:59AM – 11:54AM	<b>Chitra</b> <b>Until 12:25AM Thu</b>	<b>Ganesha:</b> White <i>Sunrise: 4:16AM</i>		Vikarin 5121
			Yama 6:11AM – 8:05AM	Variyan Until 5:07PM	<b>Muruqa:</b> Yellow <i>Sunset: 7:31PM</i>		Moon 5 - Phase 9
	361683461		<b>Rahu</b> 11:54AM – 1:48PM	Vanija Until 7:08PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> <b>Until 7:58AM</b>	Moon – Green		<b>Bhuloka Day</b>	
Until 12:25AM Thu				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

3	<b>Thursday, June 13, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Parigha/Shiva Yoga Visti*/Balava Karana Ekadashi/Dvadashyam Titau				Albany, NY Sun 25 Sutra 60
	Tula Rasi: 9.52	Tithi 11 – 12	<b>Gulika</b> 8:05AM – 9:59AM	<b>Svati</b> <b>Until 11:37PM</b>	<b>Ganesha:</b> White <i>Sunrise: 4:16AM</i>		Vikarin 5121
			Yama 4:16AM – 6:11AM	Parigha* Until 2:51PM	<b>Muruqa:</b> Yellow <i>Sunset: 7:32PM</i>		Moon 5 - Phase 9
	361683461		<b>Rahu</b> 1:48PM – 3:43PM	Balava Until 5:00AM Fri	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Amrita Yoga		<b>Ekadashi</b> <b>Until 6:20AM</b>	Moon – Green		<b>Bhuloka Day</b>	
Until 11:37PM				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

4	<b>Friday, June 14, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Albany, NY Sun 26 Sutra 61
	Tula Rasi: 23.31	Tithi 13	<b>Gulika</b> 6:11AM – 8:05AM	<b>Vishakha</b> <b>Until 11:27PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 4:16AM</i>		Vikarin 5121
			Yama 3:43PM – 5:37PM	Shiva Until 12:52PM	<b>Muruqa:</b> Blue <i>Sunset: 7:32PM</i>		Moon 5 - Phase 9
	371693461		<b>Rahu</b> 10:00AM – 11:54AM	Kaulava Until 4:29PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> <b>Until 4:01AM Sat</b>	Moon – Orange		<b>Sivaloka Day</b>	
		<b>Vaikasi Visakam</b>		<b>Jyeshtha-Vaikasi</b>			
				<i>Pradosha Vrata</i>			

5	<b>Saturday, June 15, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Chaturdashyam Titau				Albany, NY Sun 27 Sutra 62
	Vrischika Rasi: 6.58	Tithi 14	<b>Gulika</b> 4:16AM – 6:11AM	<b>Anuradha</b> <b>Until 11:33PM</b>	<b>Ganesha:</b> White <i>Sunrise: 4:16AM</i>		Vikarin 5121
			Yama 1:49PM – 3:43PM	Siddha Until 11:09AM	<b>Muruqa:</b> Blue <i>Sunset: 7:32PM</i>		Moon 5 - Phase 9
	371793461		<b>Rahu</b> 8:05AM – 10:00AM	Gara Until 3:43PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 3:29AM Sun</b>	Moon – Orange		<b>Subha Sivaloka Day</b>	
				<b>Jyeshtha-Ani</b>			

○	<b>Sunday, June 16, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Purnimayam Titau				Albany, NY Sun 28 Sutra 63
	<b>Copper Retreat Star</b>		<b>Gulika</b> 3:44PM – 5:38PM	<b>Jyeshtha* Until 11:59PM</b>	<b>Ganesha:</b> White <i>Sunrise: 4:16AM</i>		Vikarin 5121
	Vrischika Rasi: 20.11	Tithi 15	Yama 11:54AM – 1:49PM	Sadhya Until 9:49AM	<b>Muruqa:</b> Blue <i>Sunset: 7:33PM</i>		Moon 5 - Phase 9
	371793461		<b>Rahu</b> 5:38PM – 7:33PM	Visti Until 3:25PM	<b>Nataraja:</b> Yellow		Purnima
Routine Work	Marana Yoga		<b>Purnima* Until 3:27AM Mon</b>	Moon – Orange		<b>Subha Sivaloka Day</b>	
Until 11:59PM		<b>Father's Day</b>		<b>Jyeshtha-Ani</b>			
Then Creative Work - Amrita Yoga							

○	<b>Monday, June 17, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Mula* Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Prathamayam Titau				Albany, NY Sun 29 Sutra 64
	<b>Silver Retreat Star</b>		<b>Gulika</b> 1:49PM – 3:44PM	<b>Mula* Until 1:16AM Tue</b>	<b>Ganesha:</b> Clear <i>Sunrise: 4:16AM</i>		Vikarin 5121
	Dhanus Rasi: 3.07	Tithi 16	Yama 10:00AM – 11:55AM	Subha Until 8:55AM	<b>Muruqa:</b> Blue <i>Sunset: 7:33PM</i>		Moon 5 - Phase 9
	381793461		<b>Rahu</b> 6:11AM – 8:05AM	Balava Until 3:39PM	<b>Nataraja:</b> Yellow		Prathama
Family Home Evening	Siddha Yoga		<b>Prathama* Until 3:58AM Tue</b>	Moon – Light Blue		<b>Sivaloka Day</b>	
Creative Work				<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 deprived, the rich and the poor, the well-founded and the ill-founded, all this is God Himself; none other than Him can we know. Ajita Agama

All times are standard time

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**Tuesday, June 18, 2019**  
**Gold Retreat Star**

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvashadha\* Nakshatra Sukla/Brahma Yoga Tailila/Gara Karana Dvitiyayam Titau

Albany, NY  
Sutra 65  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Dhanus Rasi: 15.48 Tithi 17  
381793461  
Creative Work Siddha Yoga  
Until 2:57AM Wed  
Then Creative Work - Amrita Yoga

**Gulika** 11:55AM – 1:50PM  
Yama 8:06AM – 10:00AM  
**Rahu** 3:44PM – 5:39PM

**Purvashadha\* Until 2:57AM Wed**  
Sukla Until 8:26AM  
Tailila Until 4:28PM  
**Dvitiya Until 5:03AM Wed**

**Ganesha:** Clear *Sunrise: 4:16AM*  
**Muruqa:** Blue *Sunset: 7:33PM*  
**Nataraja:** Yellow  
Moon – Light Blue  
**Jyeshtha-Ani**

**Sivaloka Day**

**1**

**Wednesday, June 19, 2019**

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttarashadha Nakshatra Brahma/Indra Yoga Vanija/Vishti\* Karana Tritiyayam Titau

Albany, NY  
Sutra 66  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Dhanus Rasi: 28.13 Tithi 18  
382793461  
Creative Work Amrita Yoga  
Until 4:59AM Thu  
Then Creative Work - Siddha Yoga

**Gulika** 10:00AM – 11:55AM  
Yama 6:11AM – 8:06AM  
**Rahu** 11:55AM – 1:50PM

**Uttarashadha Until 4:59AM Thu**  
Brahma Until 8:24AM  
Vanija Until 5:49PM  
**Tritiya Until 6:40AM Thu**

**Ganesha:** Purple *Sunrise: 4:16AM*  
**Muruqa:** Blue *Sunset: 7:34PM*  
**Nataraja:** Yellow  
Moon – Light Blue  
**Jyeshtha-Ani**

**Devaloka Day**

**2**

**Thursday, June 20, 2019**

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam  
Shravana Nakshatra Indra/Vaidhriti\* Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Albany, NY  
Sutra 67  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Makara Rasi: 10.25 Tithi 18 – 19  
392793461  
Creative Work Siddha Yoga

**Gulika** 8:06AM – 10:01AM  
Yama 4:17AM – 6:11AM  
**Rahu** 1:50PM – 3:45PM

**Shravana Until 7:46AM Fri**  
Indra Until 8:47AM  
Bava Until 7:40PM  
**Tritiya Until 6:40AM**

**Ganesha:** Clear *Sunrise: 4:17AM*  
**Muruqa:** Blue *Sunset: 7:34PM*  
**Nataraja:** Yellow  
Moon – Purple  
**Jyeshtha-Ani**

**Sivaloka Day**

**3**

**Friday, June 21, 2019**

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Vaidhriti\*/Vishkambha\* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Albany, NY  
Sutra 68  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Makara Rasi: 22.26 Tithi 19 – 20  
392793461  
Routine Work Marana Yoga  
Until 7:46AM  
Then Creative Work - Siddha Yoga

**Gulika** 6:11AM – 8:06AM  
Yama 3:45PM – 5:40PM  
**Rahu** 10:01AM – 11:56AM

**Shravana Until 7:46AM**  
Vaidhriti\* Until 9:27AM  
Kaulava Until 9:51PM  
**Chaturthi\* Until 8:42AM**

**Ganesha:** Clear *Sunrise: 4:17AM*  
**Muruqa:** Blue *Sunset: 7:34PM*  
**Nataraja:** Yellow  
Moon – Purple  
**Jyeshtha-Ani**

**Sivaloka Day**

**4**

**Saturday, June 22, 2019**

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam  
Dhanishtha/Shatabhishak Nakshatra Vishkambha\*/Priti Yoga Tailila/Gara Karana Panchami/Shashthyam Titau

Albany, NY  
Sutra 69  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Kumbha Rasi: 4.22 Tithi 20 – 21  
392793461  
Creative Work Siddha Yoga  
Until 10:39AM  
Then Creative Work - Amrita Yoga

**Gulika** 4:17AM – 6:12AM  
Yama 1:50PM – 3:45PM  
**Rahu** 8:06AM – 10:01AM

**Dhanishtha Until 10:39AM**  
Vishkambha\* Until 10:21AM  
Gara Until 12:13AM Sun  
**Panchami Until 11:00AM**

**Ganesha:** Clear *Sunrise: 4:17AM*  
**Muruqa:** Blue *Sunset: 7:34PM*  
**Nataraja:** Yellow  
Moon – Purple  
**Jyeshtha-Ani**

**Sivaloka Day**

**5**

**Sunday, June 23, 2019**

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Shatabhishak/Purvaproshtapada\* Nakshatra Priti/Ayushman Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Albany, NY  
Sutra 70  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Kumbha Rasi: 16.13 Tithi 21 – 22  
392793461  
Creative Work Siddha Yoga

**Gulika** 3:45PM – 5:40PM  
Yama 11:56AM – 1:51PM  
**Rahu** 5:40PM – 7:35PM

**Shatabhishak Until 1:27PM**  
Priti Until 11:20AM  
Visti Until 2:35AM Mon  
**Shashthi\* Until 1:24PM**

**Ganesha:** Clear *Sunrise: 4:17AM*  
**Muruqa:** Blue *Sunset: 7:35PM*  
**Nataraja:** Yellow  
Moon – Purple  
**Jyeshtha-Ani**

**Sivaloka Day**

**6**

**Monday, June 24, 2019**

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam  
Purvaproshtapada\*/Uttaraproshtapada Nakshatra Ayushman/Saubhagya Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Albany, NY  
Sutra 71  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Kumbha Rasi: 28.07 Tithi 22 – 23  
312793461  
**Family Home Evening**  
Routine Work Marana Yoga  
Until 4:29PM  
Then Creative Work - Siddha Yoga

**Gulika** 1:51PM – 3:45PM  
Yama 10:02AM – 11:56AM  
**Rahu** 6:12AM – 8:07AM

**Purvaproshtapada\* Until 4:29PM**  
Ayushman Until 12:12PM  
Balava Until 4:45AM Tue  
**Saptami Until 3:41PM**

**Ganesha:** Yellow *Sunrise: 4:18AM*  
**Muruqa:** Blue *Sunset: 7:35PM*  
**Nataraja:** Yellow  
Moon – Clear  
**Jyeshtha-Ani**

**Sivaloka Day**

**D**

**Tuesday, June 25, 2019**

**Retreat Star**

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam  
Uttaraproshtapada Nakshatra Saubhagya/Sobhana Yoga Kaulava/Tailila Karana Ashtami/Navamyam Titau

Albany, NY  
Sutra 72  
Vikarin 5121  
Moon 6 - Phase 10  
Ashtami

Meena Rasi: 10.05 Tithi 23 – 24  
312793461  
Creative Work Amrita Yoga  
Until 7:03PM  
Then Creative Work - Siddha Yoga

**Gulika** 11:56AM – 1:51PM  
Yama 8:07AM – 10:02AM  
**Rahu** 3:46PM – 5:40PM

**Uttaraproshtapada Until 7:03PM**  
Saubhagya Until 12:53PM  
Tailila Until 6:31AM Wed  
**Ashtami\* Until 5:40PM**

**Ganesha:** Yellow *Sunrise: 4:18AM*  
**Muruqa:** Blue *Sunset: 7:35PM*  
**Nataraja:** Yellow  
Moon – Clear  
**Jyeshtha-Ani**

**Sivaloka Day**

**Wednesday, June 26, 2019**

**Retreat Star**

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam  
Revati Nakshatra Sobhana/Atthiganda\* Yoga Tailila/Gara Karana Navamyam Titau

Albany, NY  
Sutra 73  
Vikarin 5121  
Moon 6 - Phase 10  
Navami

Meena Rasi: 22.13 Tithi 24  
312793461  
Routine Work Marana Yoga

**Gulika** 10:02AM – 11:57AM  
Yama 6:13AM – 8:07AM  
**Rahu** 11:57AM – 1:51PM

**Revati Until 8:59PM**  
Sobhana Until 1:14PM  
Tailila Until 6:31AM  
**Navami\* Until 7:10PM**

**Ganesha:** Yellow *Sunrise: 4:18AM*  
**Muruqa:** Blue *Sunset: 7:35PM*  
**Nataraja:** Yellow  
Moon – Clear  
**Jyeshtha-Ani**

**Sivaloka Day**

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

All times are standard time

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<b>1</b>		<b>Thursday, June 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda/Sukarma Yoga Vanija/Visti* Karana Dashamyam Titau			Albany, NY Sun 9 Sutra 74 Vikarin 5121
Mesha Rasi: 4.35	Tithi 25	<b>Gulika</b> 8:08AM – 10:02AM	<b>Ashvini</b> Until 10:38PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:19AM		
		Yama 4:19AM – 6:13AM	Athiganda* Until 1:06PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:35PM	Moon 6 - Phase 11	
	322793461	<b>Rahu</b> 1:51PM – 3:46PM	Vanija Until 7:43AM	<b>Nataraja:</b> Yellow		2nd Phase	
Creative Work	Amrita Yoga		<b>Dashami</b> Until 8:04PM	Moon – White		<b>Devaloka Day</b>	
Until 10:38PM				<b>Jyeshtha-Ani</b>			
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Friday, June 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ekadashyam Titau			Albany, NY Sun 10 Sutra 75 Vikarin 5121
Mesha Rasi: 17.14	Tithi 26	<b>Gulika</b> 6:14AM – 8:08AM	<b>Bharani</b> Until 11:26PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:19AM		
		Yama 3:46PM – 5:40PM	Sukarma Until 12:27PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:35PM	Moon 6 - Phase 11	
	322793461	<b>Rahu</b> 10:02AM – 11:57AM	Bava Until 8:16AM	<b>Nataraja:</b> Yellow		2nd Phase	
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 8:15PM	Moon – White		<b>Devaloka Day</b>	
				<b>Jyeshtha-Ani</b>			

<b>3</b>		<b>Saturday, June 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvadashyam Titau			Albany, NY Sun 11 Sutra 76 Vikarin 5121
Vrishabha Rasi: 0.15	Tithi 27	<b>Gulika</b> 4:19AM – 6:14AM	<b>Krittika</b> Until 11:22PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:19AM		
		Yama 1:52PM – 3:46PM	Dhriti Until 11:14AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:35PM	Moon 6 - Phase 11	
	322793461	<b>Rahu</b> 8:08AM – 10:03AM	Kaulava Until 8:06AM	<b>Nataraja:</b> Yellow		2nd Phase	
Creative Work	Amrita Yoga		<b>Dvadashi*</b> Until 7:43PM	Moon – White		<b>Devaloka Day</b>	
				<b>Jyeshtha-Ani</b>			

<b>4</b>		<b>Sunday, June 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau			Albany, NY Sun 12 Sutra 77 Vikarin 5121
Vrishabha Rasi: 13.38	Tithi 28	<b>Gulika</b> 3:46PM – 5:40PM	<b>Rohini</b> Until 10:56PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:20AM		
		Yama 11:57AM – 1:52PM	Shula* Until 9:25AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:35PM	Moon 6 - Phase 11	
	322793461	<b>Rahu</b> 5:40PM – 7:35PM	Gara Until 7:12AM	<b>Nataraja:</b> Yellow		2nd Phase	
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 6:29PM	Moon – Yellow		<b>Devaloka Day</b>	
				<b>Jyeshtha-Ani</b>			
			<i>Pradosha Vrata (Fasting)</i>				

<b>5</b>		<b>Monday, July 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Ganda*/Vridhni Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau			Albany, NY Sun 13 Sutra 78 Vikarin 5121
Vrishabha Rasi: 27.25	Tithi 29 – 30	<b>Gulika</b> 1:52PM – 3:46PM	<b>Mrigashira</b> Until 9:46PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:20AM		
<b>Family Home Evening</b>		Yama 10:03AM – 11:58AM	Ganda* Until 7:06AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:35PM	Moon 6 - Phase 11	
	322793461	<b>Rahu</b> 6:15AM – 8:09AM	Catuspada Until 3:33AM Tue	<b>Nataraja:</b> Yellow		2nd Phase	
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 4:39PM	Moon – Yellow		<b>Devaloka Day</b>	
Until 9:46PM				<b>Jyeshtha-Ani</b>			
Then Creative Work - Siddha Yoga							

		<b>Tuesday, July 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Dhruva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Albany, NY Sun 14 Sutra 79 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 11:58AM – 1:52PM	<b>Ardra</b> Until 7:59PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:21AM		
Mithuna Rasi: 11.32	Tithi 30 – 1	Yama 8:09AM – 10:04AM	Dhruva Until 1:12AM Wed	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:34PM	Moon 6 - Phase 11	
	333793461	<b>Rahu</b> 3:46PM – 5:40PM	Kintughna Until 1:00AM Wed	<b>Nataraja:</b> Yellow		Amavasya	
Routine Work	Marana Yoga		<b>Amavasya*</b> Until 2:18PM	Moon – Yellow		<b>Sivaloka Day</b>	
Until 7:59PM		<b>Total Solar Eclipse</b>		<b>Jyeshtha-Ani</b>			
Then Creative Work - Siddha Yoga							

<b>Retreat Star</b>		<b>Wednesday, July 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau			Albany, NY Sun 15 Sutra 80 Vikarin 5121
Mithuna Rasi: 25.57	Tithi 1 – 2	<b>Gulika</b> 10:04AM – 11:58AM	<b>Punarvasu</b> Until 6:08PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:22AM		
		Yama 6:16AM – 8:10AM	Vyaghata* Until 9:49PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:34PM	Moon 6 - Phase 11	
	343793461	<b>Rahu</b> 11:58AM – 1:52PM	Balava Until 10:10PM	<b>Nataraja:</b> Yellow		Prathama	
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 11:36AM	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Ashada-Ani</b>			

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</b>		<b>Thursday, July 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau			Albany, NY Sun 16 Sutra 81 Vikarin 5121
Kataka Rasi: 10.34	Tithi 2 – 3	<b>Gulika</b> 8:10AM – 10:04AM	<b>Pushya</b> Until 3:58PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:22AM		
		Yama 4:22AM – 6:16AM	Harshana Until 6:19PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:34PM	Moon 6 - Phase 12	
		343793461 <b>Rahu</b> 1:52PM – 3:46PM	Taitila Until 7:10PM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Amrita Yoga		<b>Dvitiya</b> Until 8:39AM	Moon – Blue			<b>Sivaloka Day</b>
Until 3:58PM				<b>Ashada*Ani</b>			
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Friday, July 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vajra*/Siddhi Yoga Vanija/Visli* Karana Chaturthyam Titau			Albany, NY Sun 17 Sutra 82 Vikarin 5121
Kataka Rasi: 25.14	Tithi 4	<b>Gulika</b> 6:17AM – 8:10AM	<b>Ashlesha*</b> Until 1:37PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:23AM		
		Yama 3:46PM – 5:40PM	Vajra* Until 2:45PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:34PM	Moon 6 - Phase 12	
		343793461 <b>Rahu</b> 10:04AM – 11:58AM	Vanija Until 4:08PM	<b>Nataraja:</b> Yellow		3rd Phase	
Routine Work	Marana Yoga		<b>Chaturthi*</b> Until 2:37AM Sat	Moon – Blue			<b>Sivaloka Day</b>
				<b>Ashada*Ani</b>			

<b>3</b>		<b>Saturday, July 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Bava/Balava Karana Panchamyam Titau			Albany, NY Sun 18 Sutra 83 Vikarin 5121
Simha Rasi: 9.54	Tithi 5	<b>Gulika</b> 4:23AM – 6:17AM	<b>Magha*</b> Until 11:37AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:23AM		
		Yama 1:52PM – 3:46PM	Siddhi Until 11:17AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:33PM	Moon 6 - Phase 12	
		343793461 <b>Rahu</b> 8:11AM – 10:05AM	Bava Until 1:11PM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Amrita Yoga		<b>Panchami</b> Until 11:46PM	Moon – Red			<b>Subha Sivaloka Day</b>
Until 11:37AM				<b>Ashada*Ani</b>			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Sunday, July 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Kaulava/Taitila Karana Shashthyam Titau			Albany, NY Sun 19 Sutra 84 Vikarin 5121
Simha Rasi: 24.27	Tithi 6	<b>Gulika</b> 3:46PM – 5:39PM	<b>Purvaphalguni</b> Until 9:40AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:24AM		
		Yama 11:59AM – 1:52PM	Vyatipata* Until 7:59AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:33PM	Moon 6 - Phase 12	
		453793461 <b>Rahu</b> 5:39PM – 7:33PM	Kaulava Until 10:27AM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 9:10PM	Moon – Red			<b>Sivaloka Day</b>
Until 9:40AM				<b>Ashada*Ani</b>			
Then Creative Work - Amrita Yoga		<b>Chidambaram Abhishekam</b>					

<b>5</b>		<b>Monday, July 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Parigha* Yoga Gara/Vanija Karana Saptamyam Titau			Albany, NY Sun 20 Sutra 85 Vikarin 5121
Kanya Rasi: 8.47	Tithi 7	<b>Gulika</b> 1:52PM – 3:46PM	<b>Uttaraphalguni</b> Until 7:52AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:25AM		
<b>Family Home Evening</b>		Yama 10:05AM – 11:59AM	Parigha* Until 2:06AM Tue	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:32PM	Moon 6 - Phase 12	
		453793461 <b>Rahu</b> 6:18AM – 8:12AM	Gara Until 8:00AM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Siddha Yoga		<b>Saptami</b> Until 6:53PM	Moon – Red			<b>Sivaloka Day</b>
				<b>Ashada*Ani</b>			

<b>Retreat Star</b>		<b>Tuesday, July 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Albany, NY Sun 21 Sutra 86 Vikarin 5121
Kanya Rasi: 22.54	Tithi 8 – 9	<b>Gulika</b> 11:59AM – 1:52PM	<b>Hasta</b> Until 6:43AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:25AM		
		Yama 8:12AM – 10:05AM	Shiva Until 11:39PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:32PM	Moon 6 - Phase 12	
		463793461 <b>Rahu</b> 3:46PM – 5:39PM	Balava Until 4:14AM Wed	<b>Nataraja:</b> Yellow		Ashtami	
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 5:00PM	Moon – Green			<b>Subha Sivaloka Day</b>
				<b>Ashada*Ani</b>			

<b>Retreat Star</b>		<b>Wednesday, July 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Albany, NY Sun 22 Sutra 87 Vikarin 5121
Tula Rasi: 6.45	Tithi 9 – 10	<b>Gulika</b> 10:06AM – 11:59AM	<b>Svati</b> Until 5:15AM Thu	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:26AM		
		Yama 6:19AM – 8:13AM	Siddha Until 9:32PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:32PM	Moon 6 - Phase 12	
		463893461 <b>Rahu</b> 11:59AM – 1:52PM	Taitila Until 3:00AM Thu	<b>Nataraja:</b> Yellow		Navami	
Creative Work	Siddha Yoga		<b>Navami*</b> Until 3:32PM	Moon – Green			<b>Sivaloka Day</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>Thursday, July 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Albany, NY Sutra 88
Tula Rasi: 20.19	Tithi 10 – 11	<b>Gulika</b> 8:13AM – 10:06AM	<b>Vishakha</b> Until 5:25AM Fri	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:27AM	Sun 23 Vikarin 5121
		Yama 4:27AM – 6:20AM	Sadhya Until 7:48PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:31PM	Moon 6 - Phase 13
Creative Work	Siddha Yoga	473893461 <b>Rahu</b> 1:52PM – 3:45PM	Vanija Until 2:13AM Fri	<b>Nataraja:</b> Yellow		4th Phase
			<b>Dashami</b> Until 2:32PM	Moon – Orange		<b>Devaloka Day</b>
				<b>Ashada*Ani</b>		

<b>2</b>		<b>Friday, July 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Subha Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Albany, NY Sutra 89
Vrischika Rasi: 3.38	Tithi 11 – 12	<b>Gulika</b> 6:21AM – 8:13AM	<b>Anuradha</b> Until 5:54AM Sat	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:28AM	Sun 24 Vikarin 5121
		Yama 3:45PM – 5:38PM	Subha Until 6:28PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:31PM	Moon 6 - Phase 13
Creative Work	Siddha Yoga	473893461 <b>Rahu</b> 10:06AM – 11:59AM	Bava Until 1:56AM Sat	<b>Nataraja:</b> Yellow		4th Phase
			<b>Ekadashi</b> Until 2:00PM	Moon – Orange		<b>Devaloka Day</b>
				<b>Ashada*Ani</b>		

<b>3</b>		<b>Saturday, July 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Albany, NY Sutra 90
Vrischika Rasi: 16.42	Tithi 12 – 13	<b>Gulika</b> 4:28AM – 6:21AM	<b>Jyeshtha*</b> Until 6:43AM Sun	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:28AM	Sun 25 Vikarin 5121
		Yama 1:52PM – 3:45PM	Sukla Until 5:29PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:30PM	Moon 6 - Phase 13
Creative Work	Siddha Yoga	473893461 <b>Rahu</b> 8:14AM – 10:07AM	Kaulava Until 2:07AM Sun	<b>Nataraja:</b> Yellow		4th Phase
Until 6:43AM Sun			<b>Dvadashi</b> Until 1:56PM	Moon – Orange		<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga				<b>Ashada*Ani</b>		
				<i>Pradosha Vrata</i>		

<b>4</b>		<b>Sunday, July 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma/Indra Yoga Tailala/Gara Karana Trayodashi/Chaturdashyam Titau		Albany, NY Sutra 91
Vrischika Rasi: 29.32	Tithi 13 – 14	<b>Gulika</b> 3:45PM – 5:37PM	<b>Jyeshtha*</b> Until 6:43AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:29AM	Sun 26 Vikarin 5121
		Yama 11:59AM – 1:52PM	Brahma Until 4:53PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:30PM	Moon 6 - Phase 13
Routine Work	Marana Yoga	473893461 <b>Rahu</b> 5:37PM – 7:30PM	Gara Until 2:47AM Mon	<b>Nataraja:</b> Yellow		4th Phase
Until 6:43AM			<b>Trayodashi</b> Until 2:22PM	Moon – Orange		<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga				<b>Ashada*Ani</b>		

<b>5</b>		<b>Monday, July 15, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Albany, NY Sutra 92
Dhanus Rasi: 12.08	Tithi 14 – 15	<b>Gulika</b> 1:52PM – 3:44PM	<b>Mula*</b> Until 8:18AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:30AM	Sun 27 Vikarin 5121
<b>Family Home Evening</b>		Yama 10:07AM – 12:00PM	Indra Until 4:41PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:29PM	Moon 6 - Phase 13
Creative Work	Siddha Yoga	483893461 <b>Rahu</b> 6:22AM – 8:15AM	Visti Until 3:54AM Tue	<b>Nataraja:</b> Yellow		4th Phase
Until 8:18AM			<b>Chaturdashi*</b> Until 3:16PM	Moon – Light Blue		<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga				<b>Ashada*Ani</b>		

		<b>Tuesday, July 16, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Albany, NY Sutra 93
<b>Copper Retreat Star</b>		<b>Gulika</b> 12:00PM – 1:52PM	<b>Purvashadha*</b> Until 10:10AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:31AM	Sun 28 Vikarin 5121
Dhanus Rasi: 24.31	Tithi 15 – 16	Yama 8:15AM – 10:07AM	Vaidhriti* Until 4:48PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:28PM	Moon 6 - Phase 13
Creative Work	Siddha Yoga	483893461 <b>Rahu</b> 3:44PM – 5:36PM	Balava Until 5:28AM Wed	<b>Nataraja:</b> Yellow		Purnima
Until 10:10AM			<b>Purnima*</b> Until 4:37PM	Moon – Light Blue		<b>Sivaloka Day</b>
Then Routine Work - Prabalarishta Yoga		<b>Partial Lunar Eclipse</b>		<b>Ashada*Adi</b>		
		<b>Satguru Purnima</b>				

<b>Wednesday, July 17, 2019</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha*/Priti Yoga Kaulava Karana Prathamayam Titau		Albany, NY Sutra 94
Makara Rasi: 6.44	Tithi 16	<b>Gulika</b> 10:08AM – 12:00PM	<b>Uttarashadha</b> Until 12:18PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:32AM	Sun 29 Vikarin 5121
		Yama 6:24AM – 8:16AM	Vishkambha* Until 5:14PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:28PM	Moon 6 - Phase 13
Creative Work	Amrita Yoga	484893462 <b>Rahu</b> 12:00PM – 1:52PM	Kaulava Until 6:23PM	<b>Nataraja:</b> White		Prathama
Until 12:18PM			<b>Prathama*</b> Until 6:23PM	Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>
Then Creative Work - Siddha Yoga				<b>Ashada*Adi</b>		



**Thursday, July 18, 2019**  
**Gold Retreat Star**

Makara Rasi: 18.47    Tithi 17  
494893462 Rahu

Creative Work    Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dvitiyayam Titau

Albany, NY  
Sutra 95  
Sun 1  
Vikarin 5121

**Gulika**    8:16AM – 10:08AM  
Yama       4:33AM – 6:24AM  
**Rahu**       1:52PM – 3:43PM

**Shravana Until 3:05PM**  
Priti Until 5:57PM  
Taitila Until 7:24AM  
**Dvitiya Until 8:28PM**

**Ganesha:** Clear    *Sunrise: 4:33AM*  
**Muruqa:** Blue     *Sunset: 7:27PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

**1**

**Friday, July 19, 2019**

Kumbha Rasi: 0.44    Tithi 18  
494893462 Rahu

Creative Work    Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam  
Dhanishtha/Shatabhishak Nakshatra Ayushman Yoga Vanija/Visti\* Karana Tritiyayam Titau

Albany, NY  
Sutra 96  
Sun 2  
Vikarin 5121

**Gulika**    6:25AM – 8:17AM  
Yama       3:43PM – 5:35PM  
**Rahu**       10:08AM – 12:00PM

**Dhanishtha Until 5:57PM**  
Ayushman Until 6:49PM  
Vanija Until 9:37AM  
**Tritiya Until 10:47PM**

**Ganesha:** Clear    *Sunrise: 4:33AM*  
**Muruqa:** Blue     *Sunset: 7:26PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

**2**

**Saturday, July 20, 2019**

Kumbha Rasi: 12.37    Tithi 19  
494893462 Rahu

Creative Work    Amrita Yoga  
Until 8:45PM  
Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam  
Shatabhishak Nakshatra Saubhagya Yoga Bava/Balava Karana Chaturthyam Titau

Albany, NY  
Sutra 97  
Sun 3  
Vikarin 5121

**Gulika**    4:34AM – 6:26AM  
Yama       1:51PM – 3:43PM  
**Rahu**       8:17AM – 10:09AM

**Shatabhishak Until 8:45PM**  
Saubhagya Until 7:48PM  
Bava Until 12:00PM  
**Chaturthi\* Until 1:12AM Sun**

**Ganesha:** Clear    *Sunrise: 4:34AM*  
**Muruqa:** Blue     *Sunset: 7:25PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

**3**

**Sunday, July 21, 2019**

Kumbha Rasi: 24.28    Tithi 20  
414893462 Rahu

Creative Work    Siddha Yoga  
Until 11:53PM  
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Purvaproshtapada\* Nakshatra Sobhana Yoga Kaulava/Taitila Karana Panchamyam Titau

Albany, NY  
Sutra 98  
Sun 4  
Vikarin 5121

**Gulika**    3:42PM – 5:33PM  
Yama       12:00PM – 1:51PM  
**Rahu**       5:33PM – 7:25PM

**Purvaproshtapada\* Until 11:53PM**  
Sobhana Until 8:46PM  
Kaulava Until 2:25PM  
**Panchami Until 3:34AM Mon**

**Ganesha:** Clear    *Sunrise: 4:35AM*  
**Muruqa:** Blue     *Sunset: 7:25PM*  
**Nataraja:** White  
Moon – Clear

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

**4**

**Monday, July 22, 2019**

Meena Rasi: 6.22    Tithi 21  
414893462 Rahu

Family Home Evening  
Creative Work    Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam  
Uttaraproshtapada Nakshatra Athiganda\* Yoga Gara/Vanija Karana Shashthyam Titau

Albany, NY  
Sutra 99  
Sun 5  
Vikarin 5121

**Gulika**    1:51PM – 3:42PM  
Yama       10:09AM – 12:00PM  
**Rahu**       6:27AM – 8:18AM

**Uttaraproshtapada Until 2:40AM Tue**  
Athiganda\* Until 9:35PM  
Gara Until 4:42PM  
**Shashthi\* Until 5:44AM Tue**

**Ganesha:** Clear    *Sunrise: 4:36AM*  
**Muruqa:** Blue     *Sunset: 7:24PM*  
**Nataraja:** White  
Moon – Clear

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

**5**

**Tuesday, July 23, 2019**

Meena Rasi: 18.19    Tithi 22  
414893462 Rahu

Creative Work    Siddha Yoga  
Until 4:57AM Wed  
Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam  
Revati Nakshatra Sukarma Yoga Visti\* Karana Saptamyam Titau

Albany, NY  
Sutra 100  
Sun 6  
Vikarin 5121

**Gulika**    12:00PM – 1:51PM  
Yama       8:19AM – 10:09AM  
**Rahu**       3:41PM – 5:32PM

**Revati Until 4:57AM Wed**  
Sukarma Until 10:11PM  
Visti Until 6:42PM  
**Saptami Until 7:32AM Wed**

**Ganesha:** Clear    *Sunrise: 4:37AM*  
**Muruqa:** Blue     *Sunset: 7:23PM*  
**Nataraja:** White  
Moon – Clear

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

**D**

**Wednesday, July 24, 2019**

**Retreat Star**

Mesha Rasi: 0.26    Tithi 22 – 23  
424893462 Rahu

Routine Work    Marana Yoga  
Until 7:04AM Thu  
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam  
Ashvini Nakshatra Dhriti Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Albany, NY  
Sutra 101  
Sun 7  
Vikarin 5121

**Gulika**    10:10AM – 12:00PM  
Yama       6:29AM – 8:19AM  
**Rahu**       12:00PM – 1:51PM

**Ashvini Until 7:04AM Thu**  
Dhriti Until 10:26PM  
Balava Until 8:16PM  
**Saptami Until 7:32AM**

**Ganesha:** White    *Sunrise: 4:38AM*  
**Muruqa:** Blue     *Sunset: 7:22PM*  
**Nataraja:** White  
Moon – White

**Subha Subha Sivaloka Day**

Moon 7 - Phase 14  
Ashtami

**Thursday, July 25, 2019**

**Retreat Star**

Mesha Rasi: 12.46    Tithi 23 – 24  
424893462 Rahu

Creative Work    Amrita Yoga  
Until 7:04AM  
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam  
Ashvini/Bharani Nakshatra Shula\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Albany, NY  
Sutra 102  
Sun 8  
Vikarin 5121

**Gulika**    8:20AM – 10:10AM  
Yama       4:39AM – 6:29AM  
**Rahu**       1:50PM – 3:41PM

**Ashvini Until 7:04AM**  
Shula\* Until 10:10PM  
Taitila Until 9:13PM  
**Ashtami\* Until 8:48AM**

**Ganesha:** White    *Sunrise: 4:39AM*  
**Muruqa:** Blue     *Sunset: 7:21PM*  
**Nataraja:** White  
Moon – White

**Subha Subha Sivaloka Day**

Moon 7 - Phase 14  
Navami


<b>1</b>		<b>Friday, July 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Albany, NY Sutra 103 Vikarin 5121	
Mesha Rasi: 25.23	Tithi 24 – 25	<b>Gulika</b> 6:30AM – 8:20AM	<b>Bharani</b> <b>Until 8:23AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:40AM	Sun 9	
		Yama 3:40PM – 5:30PM	Ganda* <b>Until 9:22PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:20PM		Moon 7 - Phase 15
Creative Work	Siddha Yoga	424893462 <b>Rahu</b> 10:10AM – 12:00PM	Vanija <b>Until 9:27PM</b>	<b>Nataraja:</b> White			2nd Phase
			<b>Navami* Until 9:25AM</b>	Moon – White		<b>Subha Subha Sivaloka Day</b>	
				<b>Ashada*Adi</b>			

<b>2</b>		<b>Saturday, July 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Albany, NY Sutra 104 Vikarin 5121	
Vrishabha Rasi: 8.21	Tithi 25 – 26	<b>Gulika</b> 4:41AM – 6:31AM	<b>Krittika</b> <b>Until 8:49AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:41AM	Sun 10	
		Yama 1:50PM – 3:40PM	Vriddhi <b>Until 7:57PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:19PM		Moon 7 - Phase 15
Creative Work	Amrita Yoga	424893462 <b>Rahu</b> 8:20AM – 10:10AM	Bava <b>Until 8:55PM</b>	<b>Nataraja:</b> White			2nd Phase
			<b>Dashami Until 9:16AM</b>	Moon – White		<b>Subha Subha Sivaloka Day</b>	
				<b>Ashada*Adi</b>			

<b>3</b>		<b>Sunday, July 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Albany, NY Sutra 105 Vikarin 5121	
Vrishabha Rasi: 21.44	Tithi 26 – 27	<b>Gulika</b> 3:39PM – 5:29PM	<b>Rohini</b> <b>Until 8:47AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:42AM	Sun 11	
		Yama 12:00PM – 1:50PM	Dhruva <b>Until 5:53PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:18PM		Moon 7 - Phase 15
Creative Work	Siddha Yoga	424893462 <b>Rahu</b> 5:29PM – 7:18PM	Kaulava <b>Until 7:36PM</b>	<b>Nataraja:</b> White			2nd Phase
			<b>Ekadashi* Until 8:20AM</b>	Moon – Yellow		<b>Subha Sivaloka Day</b>	
				<b>Ashada*Adi</b>			

<b>4</b>		<b>Monday, July 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vyaghata*/Harshana Yoga Tautila/Vanija Karana Dvadashi/Trayodashyam Titau		Albany, NY Sutra 106 Vikarin 5121	
Mithuna Rasi: 5.34	Tithi 27 – 28	<b>Gulika</b> 1:49PM – 3:39PM	<b>Mrigashira</b> <b>Until 7:51AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:43AM	Sun 12	
<b>Family Home Evening</b>		Yama 10:11AM – 12:00PM	Vyaghata* <b>Until 3:14PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:17PM		Moon 7 - Phase 15
Creative Work	Amrita Yoga	435893462 <b>Rahu</b> 6:32AM – 8:21AM	Vanija <b>Until 4:19AM Tue</b>	<b>Nataraja:</b> White			2nd Phase
Until 7:51AM			<b>Dvadashi* Until 6:39AM</b>	Moon – Yellow		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Ashada*Adi</b>			
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Tuesday, July 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana/Vajra* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Albany, NY Sutra 107 Vikarin 5121	
Mithuna Rasi: 19.5	Tithi 29	<b>Gulika</b> 12:00PM – 1:49PM	<b>Ardra</b> <b>Until 6:07AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:44AM	Sun 13	
		Yama 8:22AM – 10:11AM	Harshana <b>Until 12:07PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:16PM		Moon 7 - Phase 15
Routine Work	Marana Yoga	435893462 <b>Rahu</b> 3:38PM – 5:27PM	Visti <b>Until 2:57PM</b>	<b>Nataraja:</b> White			2nd Phase
Until 6:07AM			<b>Chaturdashi* Until 1:27AM Wed</b>	Moon – Yellow		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Ashada*Adi</b>			

		<b>Wednesday, July 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Vajra*/Siddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Albany, NY Sutra 108 Vikarin 5121	
<b>Retreat Star</b>		<b>Gulika</b> 10:11AM – 12:00PM	<b>Pushya</b> <b>Until 1:40AM Thu</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:45AM	Sun 14	
Kataka Rasi: 4.28	Tithi 30	Yama 6:34AM – 8:22AM	Vajra* <b>Until 8:33AM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:15PM		Moon 7 - Phase 15
Creative Work	Siddha Yoga	445893462 <b>Rahu</b> 12:00PM – 1:49PM	Catuspada <b>Until 11:52AM</b>	<b>Nataraja:</b> White			Amavasya
			<b>Amavasya* Until 10:11PM</b>	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Ashada*Adi</b>			

<b>Thursday, August 1, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Vyatipata* Yoga Kintughna*/Bava Karana Prathamayam Titau		Albany, NY Sutra 109 Vikarin 5121	
Kataka Rasi: 19.22	Tithi 1	<b>Gulika</b> 8:23AM – 10:11AM	<b>Ashlesha*</b> <b>Until 10:50PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:46AM	Sun 15	
		Yama 4:46AM – 6:34AM	Vyatipata* <b>Until 12:45AM Fri</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:14PM		Moon 7 - Phase 15
Creative Work	Siddha Yoga	445893462 <b>Rahu</b> 1:48PM – 3:37PM	Kintughna <b>Until 8:28AM</b>	<b>Nataraja:</b> White			Prathama
Until 10:50PM			<b>Prathama* Until 6:41PM</b>	Moon – Blue		<b>Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				<b>Sravana*Adi</b>			

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

<b>1</b>		<b>Friday, August 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Variyan Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Albany, NY Sun 16 Sutra 110 Vikarin 5121	
Simha Rasi: 4.24	Tithi 2 – 3	<b>Gulika</b> 6:35AM – 8:23AM	<b>Magha* Until 8:13PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:47AM		
		Yama 3:36PM – 5:24PM	Variyan Until 8:43PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:13PM	Moon 7 - Phase 16	
	455893462	<b>Rahu</b> 10:12AM – 12:00PM	Taitila Until 1:22AM Sat	<b>Nataraja:</b> White		3rd Phase	
Routine Work	Marana Yoga		<b>Dvitiya Until 3:07PM</b>	Moon – Red			<b>Sivaloka Day</b>
Until 8:13PM				<b>Sravana*Adi</b>			
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Saturday, August 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha*/Shiva Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau		Albany, NY Sun 17 Sutra 111 Vikarin 5121	
Simha Rasi: 19.26	Tithi 3 – 4	<b>Gulika</b> 4:48AM – 6:36AM	<b>Purvaphalguni Until 5:36PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:48AM		
		Yama 1:48PM – 3:36PM	Parigha* Until 4:49PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:11PM	Moon 7 - Phase 16	
	455893462	<b>Rahu</b> 8:24AM – 10:12AM	Vanija Until 9:57PM	<b>Nataraja:</b> White		3rd Phase	
Creative Work	Siddha Yoga		<b>Tritiya Until 11:37AM</b>	Moon – Red			<b>Sivaloka Day</b>
Until 5:36PM				<b>Sravana*Adi</b>			
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Sunday, August 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Albany, NY Sun 18 Sutra 112 Vikarin 5121	
Kanya Rasi: 4.19	Tithi 4 – 5	<b>Gulika</b> 3:35PM – 5:23PM	<b>Uttaraphalguni Until 3:06PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:49AM		
		Yama 12:00PM – 1:47PM	Shiva Until 1:08PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:10PM	Moon 7 - Phase 16	
	455993462	<b>Rahu</b> 5:23PM – 7:10PM	Bava Until 6:51PM	<b>Nataraja:</b> White		3rd Phase	
Creative Work	Amrita Yoga		<b>Chaturthi* Until 8:20AM</b>	Moon – Red			<b>Subha Sivaloka Day</b>
		<b>Nag Panchami</b>		<b>Sravana*Adi</b>			

<b>4</b>		<b>Monday, August 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau		Albany, NY Sun 19 Sutra 113 Vikarin 5121	
Kanya Rasi: 18.57	Tithi 6	<b>Gulika</b> 1:47PM – 3:34PM	<b>Hasta Until 1:17PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:50AM		
<b>Family Home Evening</b>		Yama 10:12AM – 11:59AM	Siddha Until 9:45AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:09PM	Moon 7 - Phase 16	
Creative Work	Siddha Yoga	<b>Rahu</b> 6:37AM – 8:25AM	Kaulava Until 4:10PM	<b>Nataraja:</b> White		3rd Phase	
Until 1:17PM			<b>Shashthi* Until 3:00AM Tue</b>	Moon – Green			<b>Subha Subha Sivaloka Day</b>
Then Routine Work - Prabalarishta Yoga				<b>Sravana*Adi</b>			

<b>5</b>		<b>Tuesday, August 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saplamyam Titau		Albany, NY Sun 20 Sutra 114 Vikarin 5121	
Tula Rasi: 3.13	Tithi 7	<b>Gulika</b> 11:59AM – 1:46PM	<b>Chitra Until 11:52AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:51AM		
		Yama 8:25AM – 10:12AM	Sadhya Until 6:48AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:08PM	Moon 7 - Phase 16	
	465993462	<b>Rahu</b> 3:34PM – 5:21PM	Gara Until 2:02PM	<b>Nataraja:</b> White		3rd Phase	
Creative Work	Siddha Yoga		<b>Saptami Until 1:10AM Wed</b>	Moon – Green			<b>Subha Subha Sivaloka Day</b>
				<b>Sravana*Adi</b>			<b>Tour Day</b>

<b>Retreat Star</b>		<b>Wednesday, August 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Sukla Yoga Visti*/Bava Karana Ashtamyam Titau		Albany, NY Sun 21 Sutra 115 Vikarin 5121	
Tula Rasi: 17.07	Tithi 8	<b>Gulika</b> 10:12AM – 11:59AM	<b>Svati Until 10:54AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:52AM		
		Yama 6:39AM – 8:26AM	Sukla Until 2:25AM Thu	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:06PM	Moon 7 - Phase 16	
	465993462	<b>Rahu</b> 11:59AM – 1:46PM	Visti Until 12:30PM	<b>Nataraja:</b> White		Ashtami	
Creative Work	Siddha Yoga		<b>Ashtami* Until 11:59PM</b>	Moon – Green			<b>Subha Subha Sivaloka Day</b>
				<b>Sravana*Adi</b>			

<b>Retreat Star</b>		<b>Thursday, August 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Brahma Yoga Balava/Kaulava Karana Navamyam Titau		Albany, NY Sun 22 Sutra 116 Vikarin 5121	
Vrischika Rasi: 0.37	Tithi 9	<b>Gulika</b> 8:26AM – 10:13AM	<b>Vishakha Until 10:54AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:53AM		
		Yama 4:53AM – 6:40AM	Brahma Until 1:02AM Fri	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:05PM	Moon 7 - Phase 16	
	476993462	<b>Rahu</b> 1:46PM – 3:32PM	Balava Until 11:39AM	<b>Nataraja:</b> White		Navami	
Creative Work	Siddha Yoga		<b>Navami* Until 11:28PM</b>	Moon – Orange			<b>Sivaloka Day</b>
				<b>Sravana*Adi</b>			


<b>1</b>		<b>Friday, August 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Indra Yoga Taitila/Gara Karana Dashamyam Titau	Albany, NY Sutra 117 Vikarin 5121
Wrischika Rasi: 13.44	Tithi 10	<b>Gulika</b> 6:40AM – 8:27AM	<b>Anuradha</b> <b>Until 11:24AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 4:54AM	Sun 23
		Yama 3:31PM – 5:18PM	Indra <b>Until 12:10AM Sat</b>	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:04PM	Moon 7 - Phase 17
	476993462	<b>Rahu</b> 10:13AM – 11:59AM	Taitila <b>Until 11:28AM</b>	<b>Nataraja:</b> White	4th Phase
Creative Work	Siddha Yoga			Moon – Orange	<b>Sivaloka Day</b>
Until 11:24AM		<b>Varalakshmi Vratam</b>	<b>Dashami</b> <b>Until 11:36PM</b>	<b>Sravana*Adi</b>	
Then Routine Work - Marana Yoga					

<b>2</b>		<b>Saturday, August 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau	Albany, NY Sutra 118 Vikarin 5121
Wrischika Rasi: 26.33	Tithi 11	<b>Gulika</b> 4:55AM – 6:41AM	<b>Jyeshtha*</b> <b>Until 12:22PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 4:55AM	Sun 24
		Yama 1:45PM – 3:31PM	Vaidhriti* <b>Until 11:45PM</b>	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:02PM	Moon 7 - Phase 17
	476993462	<b>Rahu</b> 8:27AM – 10:13AM	Vanija <b>Until 11:55AM</b>	<b>Nataraja:</b> White	4th Phase
Creative Work	Siddha Yoga			Moon – Orange	<b>Sivaloka Day</b>
			<b>Ekadashi</b> <b>Until 12:20AM Sun</b>	<b>Sravana*Adi</b>	

<b>3</b>		<b>Sunday, August 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvodashyam Titau	Albany, NY Sutra 119 Vikarin 5121
Dhanus Rasi: 9.05	Tithi 12	<b>Gulika</b> 3:30PM – 5:15PM	<b>Mula*</b> <b>Until 2:12PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:56AM	Sun 25
		Yama 11:59AM – 1:44PM	Vishkambha* <b>Until 11:46PM</b>	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:01PM	Moon 7 - Phase 17
	486993462	<b>Rahu</b> 5:15PM – 7:01PM	Bava <b>Until 12:56PM</b>	<b>Nataraja:</b> White	4th Phase
Creative Work	Amrita Yoga			Moon – Light Blue	<b>Subha Sivaloka Day</b>
Until 2:12PM			<b>Dvodashi</b> <b>Until 1:36AM Mon</b>	<b>Sravana*Adi</b>	
Then Creative Work - Siddha Yoga					

<b>4</b>		<b>Monday, August 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Priti Yoga Kaulava/Taitila Karana Trayodashyam Titau	Albany, NY Sutra 120 Vikarin 5121
Dhanus Rasi: 21.25	Tithi 13	<b>Gulika</b> 1:44PM – 3:29PM	<b>Purvashadha*</b> <b>Until 4:20PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:57AM	Sun 26
<b>Family Home Evening</b>		Yama 10:13AM – 11:59AM	Priti <b>Until 12:07AM Tue</b>	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:00PM	Moon 7 - Phase 17
	486993462	<b>Rahu</b> 6:43AM – 8:28AM	Kaulava <b>Until 2:25PM</b>	<b>Nataraja:</b> White	4th Phase
Routine Work	Marana Yoga			Moon – Light Blue	<b>Subha Sivaloka Day</b>
			<b>Trayodashi</b> <b>Until 3:17AM Tue</b>	<b>Sravana*Adi</b>	
			<i>Pradosha Vrata</i>		

<b>5</b>		<b>Tuesday, August 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Ayushman Yoga Gara/Vanija Karana Chaturdashyam Titau	Albany, NY Sutra 121 Vikarin 5121
Makara Rasi: 3.34	Tithi 14	<b>Gulika</b> 11:58AM – 1:43PM	<b>Uttarashadha</b> <b>Until 6:38PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:58AM	Sun 27
		Yama 8:28AM – 10:13AM	Ayushman <b>Until 12:42AM Wed</b>	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:58PM	Moon 7 - Phase 17
	486993462	<b>Rahu</b> 3:28PM – 5:13PM	Gara <b>Until 4:16PM</b>	<b>Nataraja:</b> White	4th Phase
Routine Work	Prabalarishta Yoga			Moon – Light Blue	<b>Subha Sivaloka Day</b>
Until 6:38PM			<b>Chaturdashi*</b> <b>Until 5:18AM Wed</b>	<b>Sravana*Adi</b>	<b>Tour Day</b>
Then Creative Work - Siddha Yoga					

		<b>Wednesday, August 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Saubhagya Yoga Visti* Karana Purnimayam Titau	Albany, NY Sutra 122 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:13AM – 11:58AM	<b>Shravana</b> <b>Until 9:33PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:00AM	Sun 28
Makara Rasi: 15.35	Tithi 15	Yama 6:44AM – 8:29AM	Saubhagya <b>Until 1:29AM Thu</b>	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:57PM	Moon 7 - Phase 17
	496993462	<b>Rahu</b> 11:58AM – 1:43PM	Visti <b>Until 6:25PM</b>	<b>Nataraja:</b> White	Purnima
Creative Work	Siddha Yoga			Moon – Purple	<b>Sivaloka Day</b>
Until 9:33PM		<b>Raksha Bandhan</b>	<b>Purnima*</b> <b>Until 7:32AM Thu</b>	<b>Sravana*Adi</b>	
Then Routine Work - Prabalarishta Yoga					

<b>Thursday, August 15, 2019</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau	Albany, NY Sutra 123 Vikarin 5121
Makara Rasi: 27.31	Tithi 15 – 16	<b>Gulika</b> 8:29AM – 10:14AM	<b>Dhanishtha</b> <b>Until 12:27AM Fri</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:01AM	Sun 29
		Yama 5:01AM – 6:45AM	Sobhana <b>Until 2:24AM Fri</b>	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:55PM	Moon 7 - Phase 17
	497993462	<b>Rahu</b> 1:42PM – 3:27PM	Balava <b>Until 8:44PM</b>	<b>Nataraja:</b> White	Prathama
Creative Work	Siddha Yoga			Moon – Purple	<b>Subha Sivaloka Day</b>
			<b>Purnima*</b> <b>Until 7:32AM</b>	<b>Sravana*Adi</b>	





**Friday, August 16, 2019**  
**Gold Retreat Star**

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam  
Shatabhishak Nakshatra Athiganda\* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Albany, NY  
Sutra 124  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Kumbha Rasi: 9.24    Tithi 16 – 17

497993462

**Gulika** 6:46AM – 8:30AM  
Yama 3:26PM – 5:10PM  
**Rahu** 10:14AM – 11:58AM

**Shatabhishak** **Until 3:16AM Sat**  
Athiganda\* **Until 3:21AM Sat**  
Taitila **Until 11:10PM**  
Prathama\* **Until 9:55AM**

**Ganesha:** Yellow    *Sunrise: 5:02AM*  
**Muruqa:** Blue    *Sunset: 6:54PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Creative Work    Siddha Yoga

Until 3:16AM Sat

Then Routine Work - Marana Yoga

**1**

**Saturday, August 17, 2019**

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam  
Purvaproshtapada\* Nakshatra Sukarma Yoga Gara/Vanija Karana Dvitiya/Trityayam Titau

Albany, NY  
Sun 1  
Sutra 125  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Kumbha Rasi: 21.15    Tithi 17 – 18

517993462

**Gulika** 5:03AM – 6:46AM  
Yama 1:41PM – 3:25PM  
**Rahu** 8:30AM – 10:14AM

**Purvaproshtapada\*** **Until 6:25AM Sun**  
Sukarma **Until 4:18AM Sun**  
Vanija **Until 1:35AM Sun**  
**Dvitiya** **Until 12:21PM**

**Ganesha:** White    *Sunrise: 5:03AM*  
**Muruqa:** Blue    *Sunset: 6:52PM*  
**Nataraja:** White  
Moon – Clear

**Subha Subha Sivaloka Day**

Routine Work    Marana Yoga

Until 6:25AM Sun

Then Creative Work - Amrita Yoga

**2**

**Sunday, August 18, 2019**

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Purvaproshtapada/Uttaraproshtapada Nakshatra Dhriti Yoga Visti\*/Bava Karana Tritya/Chaturthyam Titau

Albany, NY  
Sun 2  
Sutra 126  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Meena Rasi: 3.07    Tithi 18 – 19

517993462

**Gulika** 3:24PM – 5:07PM  
Yama 11:57AM – 1:41PM  
**Rahu** 5:07PM – 6:51PM

**Purvaproshtapada\*** **Until 6:25AM**  
Dhriti **Until 5:12AM Mon**  
Bava **Until 3:55AM Mon**  
**Tritiya** **Until 2:45PM**

**Ganesha:** White    *Sunrise: 5:04AM*  
**Muruqa:** Blue    *Sunset: 6:51PM*  
**Nataraja:** White  
Moon – Clear

**Subha Subha Sivaloka Day**

Creative Work    Siddha Yoga

Until 6:25AM

Then Creative Work - Amrita Yoga

**3**

**Monday, August 19, 2019**

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam  
Uttaraproshtapada/Revati Nakshatra Shula\* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Albany, NY  
Sun 3  
Sutra 127  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Meena Rasi: 15.02    Tithi 19 – 20

517993462

**Gulika** 1:40PM – 3:23PM  
Yama 10:14AM – 11:57AM  
**Rahu** 6:48AM – 8:31AM

**Uttaraproshtapada** **Until 9:16AM**  
Shula\* **Until 5:54AM Tue**  
Kaulava **Until 6:03AM Tue**  
**Chaturthi\*** **Until 5:00PM**

**Ganesha:** White    *Sunrise: 5:05AM*  
**Muruqa:** Blue    *Sunset: 6:49PM*  
**Nataraja:** White  
Moon – Clear

**Subha Subha Sivaloka Day**

Creative Work    Siddha Yoga

Family Home Evening

Then Creative Work - Amrita Yoga

**4**

**Tuesday, August 20, 2019**

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Revati/Ashvini Nakshatra Ganda\* Yoga Kaulava/Taitila Karana Panchamyam Titau

Albany, NY  
Sun 4  
Sutra 128  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Meena Rasi: 27.01    Tithi 20

517993462

**Gulika** 11:57AM – 1:40PM  
Yama 8:31AM – 10:14AM  
**Rahu** 3:22PM – 5:05PM

**Revati** **Until 11:46AM**  
Ganda\* **Until 6:22AM Wed**  
Kaulava **Until 6:03AM**  
**Panchami** **Until 6:59PM**

**Ganesha:** White    *Sunrise: 5:06AM*  
**Muruqa:** Blue    *Sunset: 6:48PM*  
**Nataraja:** White  
Moon – Clear

**Subha Subha Sivaloka Day**

Creative Work    Siddha Yoga

**5**

**Wednesday, August 21, 2019**

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam  
Ashvini/Bharani Nakshatra Ganda\*/Vridhhi Yoga Gara/Vanija Karana Shashthyam Titau

Albany, NY  
Sun 5  
Sutra 129  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Mesha Rasi: 9.07    Tithi 21

528993462

**Gulika** 10:14AM – 11:57AM  
Yama 6:49AM – 8:32AM  
**Rahu** 11:57AM – 1:39PM

**Ashvini** **Until 2:14PM**  
Ganda\* **Until 6:22AM**  
Gara **Until 7:52AM**  
**Shashthi\*** **Until 8:35PM**

**Ganesha:** White    *Sunrise: 5:07AM*  
**Muruqa:** Blue    *Sunset: 6:46PM*  
**Nataraja:** White  
Moon – White

**Sivaloka Day**

Routine Work    Marana Yoga

Until 2:14PM

Then Creative Work - Siddha Yoga

**6**

**Thursday, August 22, 2019**

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam  
Bharani/Krittika Nakshatra Vridhhi/Dhruva Yoga Visti\*/Bava Karana Saptamyam Titau

Albany, NY  
Sun 6  
Sutra 130  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Mesha Rasi: 21.25    Tithi 22

528993462

**Gulika** 8:32AM – 10:14AM  
Yama 5:08AM – 6:50AM  
**Rahu** 1:38PM – 3:21PM

**Bharani** **Until 4:04PM**  
Vridhhi **Until 6:30AM**  
Visti **Until 9:13AM**  
**Saptami** **Until 9:39PM**

**Ganesha:** White    *Sunrise: 5:08AM*  
**Muruqa:** Blue    *Sunset: 6:45PM*  
**Nataraja:** White  
Moon – White

**Sivaloka Day**

Creative Work    Siddha Yoga

Until 4:04PM

Then Routine Work - Marana Yoga

**D**

**Friday, August 23, 2019**  
**Retreat Star**

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Krittika/Rohini Nakshatra Dhruva/Vyaghata\* Yoga Balava/Kaulava Karana Ashtamyam Titau

Albany, NY  
Sun 7  
Sutra 131  
Vikarin 5121  
Moon 8 - Phase 18  
Ashtami

Vrishabha Rasi: 3.59    Tithi 23

528993462

**Gulika** 6:51AM – 8:33AM  
Yama 3:20PM – 5:01PM  
**Rahu** 10:14AM – 11:56AM

**Krittika** **Until 5:07PM**  
Dhruva **Until 6:09AM**  
Balava **Until 9:58AM**  
**Ashtami\*** **Until 10:03PM**

**Ganesha:** White    *Sunrise: 5:09AM*  
**Muruqa:** Blue    *Sunset: 6:43PM*  
**Nataraja:** White  
Moon – White

**Sivaloka Day**

Creative Work    Siddha Yoga

Until 5:07PM

Then Routine Work - Marana Yoga

**Krishna Janmashtami**

**Saturday, August 24, 2019**

**Retreat Star**

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Harshana Yoga Taitila/Gara Karana Navamyam Titau

Albany, NY  
Sun 8  
Sutra 132  
Vikarin 5121  
Moon 8 - Phase 18  
Navami

Vrishabha Rasi: 16.52    Tithi 24

538993462

**Gulika** 5:10AM – 6:52AM  
Yama 1:37PM – 3:19PM  
**Rahu** 8:33AM – 10:14AM

**Rohini** **Until 5:45PM**  
Harshana **Until 3:46AM Sun**  
Taitila **Until 10:00AM**  
**Navami\*** **Until 9:42PM**

**Ganesha:** Clear    *Sunrise: 5:10AM*  
**Muruqa:** Blue    *Sunset: 6:42PM*  
**Nataraja:** White  
Moon – Yellow

**Subha Sivaloka Day**

Creative Work    Amrita Yoga

Until 5:45PM

Then Creative Work - Siddha Yoga

**Sravana-Avani**

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

All times are standard time


www.gurudeva.org/panchang

<b>1</b>	<b>Sunday, August 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vajra* Yoga Vanija/Visti* Karana Dashamyam Titau				Albany, NY
	Mithuna Rasi: 0.09	Tithi 25	<b>Gulika</b> 3:18PM – 4:59PM	<b>Mrigashira</b> Until 5:27PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:11AM	Sun 9
			Yama 11:56AM – 1:37PM	Vajra* Until 1:37AM Mon	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM	Vikarin 5121
	Creative Work	Siddha Yoga	538993462 <b>Rahu</b> 4:59PM – 6:40PM	Vanija Until 9:14AM	<b>Nataraja:</b> White		Moon 8 - Phase 19
			<b>Dashami</b> Until 8:33PM	Moon – Yellow		2nd Phase	
				<b>Subha Sivaloka Day</b>			
				<b>Sravana-Avani</b>			

<b>2</b>	<b>Monday, August 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra/Punarvasu Nakshatra Siddhi Yoga Bava/Balava Karana Ekadashyam Titau				Albany, NY
	Mithuna Rasi: 13.53	Tithi 26	<b>Gulika</b> 1:36PM – 3:17PM	<b>Ardra</b> Until 4:15PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:12AM	Sun 10
	<b>Family Home Evening</b>		Yama 10:15AM – 11:55AM	Siddhi Until 10:52PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:38PM	Vikarin 5121
	Creative Work	Siddha Yoga	538993462 <b>Rahu</b> 6:53AM – 8:34AM	Bava Until 7:42AM	<b>Nataraja:</b> White		Moon 8 - Phase 19
			<b>Ekadashi*</b> Until 6:38PM	Moon – Yellow		2nd Phase	
				<b>Subha Sivaloka Day</b>			
				<b>Sravana-Avani</b>			

<b>3</b>	<b>Tuesday, August 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Vyatipata* Yoga Tatilla/Gara Karana Dvadashi/Trayodashyam Titau				Albany, NY
	Mithuna Rasi: 28.06	Tithi 27 – 28	<b>Gulika</b> 11:55AM – 1:35PM	<b>Punarvasu</b> Until 2:39PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:13AM	Sun 11
			Yama 8:34AM – 10:15AM	Vyatipata* Until 7:36PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:37PM	Vikarin 5121
	Creative Work	Siddha Yoga	548993462 <b>Rahu</b> 3:16PM – 4:56PM	Gara Until 2:34AM Wed	<b>Nataraja:</b> White		Moon 8 - Phase 19
			<b>Dvadashi*</b> Until 4:03PM	Moon – Blue		2nd Phase	
				<b>Sivaloka Day</b>			
				<b>Sravana-Avani</b>			
				<i>Pradosha Vrata (Fasting)</i>			

<b>4</b>	<b>Wednesday, August 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Albany, NY
	Kataka Rasi: 12.44	Tithi 28 – 29	<b>Gulika</b> 10:15AM – 11:55AM	<b>Pushya</b> Until 12:20PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:14AM	Sun 12
			Yama 6:54AM – 8:35AM	Variyan Until 3:51PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:35PM	Vikarin 5121
	Creative Work	Siddha Yoga	549193463 <b>Rahu</b> 11:55AM – 1:35PM	Visti Until 11:12PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 19
			<b>Trayodashi*</b> Until 12:55PM	Moon – Blue		2nd Phase	
				<b>Sivaloka Day</b>			
				<b>Sravana-Avani</b>			

	<b>Thursday, August 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Parigha*/Shiva Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Albany, NY
	<b>Retreat Star</b>		<b>Gulika</b> 8:35AM – 10:15AM	<b>Ashlesha*</b> Until 9:29AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:15AM	Sun 13
	Kataka Rasi: 27.43	Tithi 29 – 30	Yama 5:15AM – 6:55AM	Parigha* Until 11:49AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:33PM	Vikarin 5121
	Creative Work	Siddha Yoga	549193463 <b>Rahu</b> 1:34PM – 3:14PM	Catuspada Until 7:31PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 19
			<b>Chaturdashi*</b> Until 9:23AM	Moon – Blue		Amavasya	
				<b>Sivaloka Day</b>			
				<b>Sravana-Avani</b>			

<b>Retreat Star</b>	<b>Friday, August 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau				Albany, NY
	<b>Retreat Star</b>		<b>Gulika</b> 6:56AM – 8:35AM	<b>Magha*</b> Until 6:39AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:16AM	Sun 14
	Simha Rasi: 12.55	Tithi 1	Yama 3:13PM – 4:52PM	Shiva Until 7:36AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:32PM	Vikarin 5121
	Creative Work	Marana Yoga	559193463 <b>Rahu</b> 10:15AM – 11:54AM	Kintughna Until 3:41PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 19
			<b>Prathama*</b> Until 1:45AM Sat	Moon – Red		Prathama	
				<b>Sivaloka Day</b>			
				<b>Bhadrapada-Avani</b>			

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

All times are standard time

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<b>1</b>		<b>Saturday, August 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau		Albany, NY Sun 15 Sutra 139
Simha Rasi: 28.1	Tithi 2	<b>Gulika</b> 5:18AM – 6:57AM	<b>Uttaraphalguni</b> Until 12:35AM Sun	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:18AM	Vikarin 5121
		Yama 1:33PM – 3:12PM	Sadhya Until 11:07PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:30PM	Moon 8 - Phase 20
		559193463 <b>Rahu</b> 8:36AM – 10:15AM	Balava Until 11:52AM	<b>Nataraja:</b> Clear		3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya</b> Until 10:00PM	Moon – Red		<b>Sivaloka Day</b>
Until 12:35AM Sun				<b>Bhadrapada-Avani</b>		
Then Creative Work - Amrita Yoga						

<b>2</b>		<b>Sunday, September 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Subha Yoga Taitila/Gara Karana Tritiyayam Titau		Albany, NY Sun 16 Sutra 140
Kanya Rasi: 13.19	Tithi 3	<b>Gulika</b> 3:11PM – 4:50PM	<b>Hasta</b> Until 10:06PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:19AM	Vikarin 5121
		Yama 11:53AM – 1:32PM	Subha Until 7:11PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:28PM	Moon 8 - Phase 20
		559193463 <b>Rahu</b> 4:50PM – 6:28PM	Taitila Until 8:14AM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Amrita Yoga		<b>Tritiya</b> Until 6:31PM	Moon – Green		<b>Sivaloka Day</b>
Until 10:06PM				<b>Bhadrapada-Avani</b>		
Then Creative Work - Siddha Yoga						

<b>3</b>		<b>Monday, September 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Chitra Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Albany, NY Sun 17 Sutra 141
Kanya Rasi: 28.11	Tithi 4 – 5	<b>Gulika</b> 1:32PM – 3:10PM	<b>Chitra</b> Until 7:56PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:20AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:15AM – 11:53AM	Sukla Until 3:35PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:27PM	Moon 8 - Phase 20
		559193463 <b>Rahu</b> 6:58AM – 8:36AM	Bava Until 2:10AM Tue	<b>Nataraja:</b> Clear		3rd Phase
Routine Work	Prabalarishta Yoga		<b>Chaturthi*</b> Until 3:28PM	Moon – Green		<b>Sivaloka Day</b>
Until 7:56PM				<b>Bhadrapada-Avani</b>		
Then Creative Work - Amrita Yoga						

<b>4</b>		<b>Tuesday, September 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Svati Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Albany, NY Sun 18 Sutra 142
Tula Rasi: 12.41	Tithi 5 – 6	<b>Gulika</b> 11:53AM – 1:31PM	<b>Svati</b> Until 6:15PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:21AM	Vikarin 5121
		Yama 8:37AM – 10:15AM	Brahma Until 12:28PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:25PM	Moon 8 - Phase 20
		559193463 <b>Rahu</b> 3:09PM – 4:47PM	Kaulava Until 12:02AM Wed	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Panchami</b> Until 1:00PM	Moon – Green		<b>Sivaloka Day</b>
Until 6:15PM				<b>Bhadrapada-Avani</b>		
Then Routine Work - Marana Yoga						

<b>5</b>		<b>Wednesday, September 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Albany, NY Sun 19 Sutra 143
Tula Rasi: 26.43	Tithi 6 – 7	<b>Gulika</b> 10:15AM – 11:52AM	<b>Vishakha</b> Until 5:35PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:22AM	Vikarin 5121
		Yama 6:59AM – 8:37AM	Indra Until 9:57AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:23PM	Moon 8 - Phase 20
		559193463 <b>Rahu</b> 11:52AM – 1:30PM	Gara Until 10:41PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 11:14AM	Moon – Orange		<b>Subha Sivaloka Day</b>
				<b>Bhadrapada-Avani</b>		

<b>Retreat Star</b>		<b>Thursday, September 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vaidhriti*/Vishkambha* Yoga Vanja/Visti* Karana Saptami/Ashtamyam Titau		Albany, NY Sun 20 Sutra 144
Vrischika Rasi: 10.17	Tithi 7 – 8	<b>Gulika</b> 8:37AM – 10:15AM	<b>Anuradha</b> Until 5:35PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:23AM	Vikarin 5121
		Yama 5:23AM – 7:00AM	Vaidhriti* Until 8:04AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:21PM	Moon 8 - Phase 20
		571193463 <b>Rahu</b> 1:29PM – 3:07PM	Visti Until 10:08PM	<b>Nataraja:</b> Clear		Ashtami
Creative Work	Siddha Yoga		<b>Saptami</b> Until 10:17AM	Moon – Orange		<b>Sivaloka Day</b>
Until 5:35PM				<b>Bhadrapada-Avani</b>		
Then Routine Work - Prabalarishta Yoga						

<b>Retreat Star</b>		<b>Friday, September 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Albany, NY Sun 21 Sutra 145
Vrischika Rasi: 23.23	Tithi 8 – 9	<b>Gulika</b> 7:01AM – 8:38AM	<b>Jyeshtha*</b> Until 6:13PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:24AM	Vikarin 5121
		Yama 3:06PM – 4:43PM	Vishkambha* Until 6:50AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:20PM	Moon 8 - Phase 20
		571193463 <b>Rahu</b> 10:15AM – 11:52AM	Balava Until 10:25PM	<b>Nataraja:</b> Clear		Navami
Routine Work	Marana Yoga		<b>Ashtami*</b> Until 10:10AM	Moon – Orange		<b>Sivaloka Day</b>
Until 6:13PM				<b>Bhadrapada-Avani</b>		
Then Creative Work - Amrita Yoga						

1 Saturday, September 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau				Albany, NY
Dhanus Rasi: 6.06	Tithi 9 – 10	581193463	<b>Gulika</b> 5:25AM – 7:02AM <b>Yama</b> 1:28PM – 3:05PM <b>Rahu</b> 8:38AM – 10:15AM	<b>Mula* Until 7:56PM</b> Priti Until 6:15AM Taitila Until 11:27PM <b>Navami* Until 10:49AM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:25AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:18PM <b>Nataraja:</b> Clear Moon – Light Blue	Sun 22 Sutra 146 Vikarin 5121 Moon 8 - Phase 21 4th Phase <b>Devaloka Day</b> <b>Bhadrapada-Avani</b>
Creative Work	Siddha Yoga					

2 Sunday, September 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Albany, NY
Dhanus Rasi: 18.29	Tithi 10 – 11	581193463	<b>Gulika</b> 3:04PM – 4:40PM <b>Yama</b> 11:51AM – 1:27PM <b>Rahu</b> 4:40PM – 6:16PM	<b>Purvashadha* Until 10:05PM</b> Ayushman Until 6:11AM Vanija Until 1:05AM Mon <b>Dashami Until 12:10PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:26AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:16PM <b>Nataraja:</b> Clear Moon – Light Blue	Sun 23 Sutra 147 Vikarin 5121 Moon 8 - Phase 21 4th Phase <b>Devaloka Day</b> <b>Bhadrapada-Avani</b>
Creative Work	Siddha Yoga					
Until 10:05PM			<b>Grandparent's Day</b>			
Then Creative Work - Amrita Yoga						

3 Monday, September 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Albany, NY
Makara Rasi: 0.39	Tithi 11 – 12	581193463	<b>Gulika</b> 1:27PM – 3:03PM <b>Yama</b> 10:15AM – 11:51AM <b>Rahu</b> 7:03AM – 8:39AM	<b>Uttarashadha Until 12:30AM Tue</b> Saubhagya Until 6:34AM Bava Until 3:09AM Tue <b>Ekadashi Until 2:03PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:27AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:15PM <b>Nataraja:</b> Clear Moon – Light Blue	Sun 24 Sutra 148 Vikarin 5121 Moon 8 - Phase 21 4th Phase <b>Devaloka Day</b> <b>Bhadrapada-Avani</b>
Family Home Evening						
Routine Work	Marana Yoga					
Until 12:30AM Tue						
Then Creative Work - Siddha Yoga						

4 Tuesday, September 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Sobhana/Alhiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Albany, NY
Makara Rasi: 12.38	Tithi 12 – 13	591193463	<b>Gulika</b> 11:50AM – 1:26PM <b>Yama</b> 8:39AM – 10:15AM <b>Rahu</b> 3:02PM – 4:37PM	<b>Shravana Until 3:32AM Wed</b> Sobhana Until 7:16AM Kaulava Until 5:29AM Wed <b>Dvadashi Until 4:16PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:28AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:13PM <b>Nataraja:</b> Clear Moon – Purple	Sun 25 Sutra 149 Vikarin 5121 Moon 8 - Phase 21 4th Phase <b>Sivaloka Day</b> <b>Bhadrapada-Avani</b>
Creative Work	Siddha Yoga					
Until 3:32AM Wed						
Then Routine Work - Prabalarishta Yoga						
				<i>Pradosha Vrata</i>		

5 Wednesday, September 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Taitila Karana Trayodashyam Titau				Albany, NY
Makara Rasi: 24.32	Tithi 13	591193463	<b>Gulika</b> 10:15AM – 11:50AM <b>Yama</b> 7:04AM – 8:40AM <b>Rahu</b> 11:50AM – 1:25PM	<b>Dhanishtha Until 6:31AM Thu</b> Athiganda* Until 8:07AM Taitila Until 6:41PM <b>Trayodashi Until 6:41PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:29AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:11PM <b>Nataraja:</b> Clear Moon – Purple	Sun 26 Sutra 150 Vikarin 5121 Moon 8 - Phase 21 4th Phase <b>Sivaloka Day</b> <b>Bhadrapada-Avani</b>
Routine Work	Prabalarishta Yoga					
Until 6:31AM Thu						
Then Creative Work - Siddha Yoga			<b>Chidambaram Abhishekam</b>			

6 Thursday, September 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau				Albany, NY
Kumbha Rasi: 6.24	Tithi 14	591193463	<b>Gulika</b> 8:40AM – 10:15AM <b>Yama</b> 5:30AM – 7:05AM <b>Rahu</b> 1:25PM – 3:00PM	<b>Dhanishtha Until 6:31AM</b> Sukarma Until 9:04AM Gara Until 7:57AM <b>Chaturdashi* Until 9:09PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:30AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:09PM <b>Nataraja:</b> Clear Moon – Purple	Sun 27 Sutra 151 Vikarin 5121 Moon 8 - Phase 21 4th Phase <b>Sivaloka Day</b> <b>Bhadrapada-Avani</b>
Creative Work	Siddha Yoga					
			<b>Avani Avittam</b>			

Friday, September 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau				Albany, NY
<b>Copper Retreat Star</b>						
Kumbha Rasi: 18.16	Tithi 15	591113463	<b>Gulika</b> 7:06AM – 8:40AM <b>Yama</b> 2:58PM – 4:33PM <b>Rahu</b> 10:15AM – 11:49AM	<b>Shatabhishak Until 9:20AM</b> Dhriti Until 10:01AM Visti Until 10:24AM <b>Purnima* Until 11:36PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:31AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:08PM <b>Nataraja:</b> Clear Moon – Purple	Sun 28 Sutra 152 Vikarin 5121 Moon 8 - Phase 21 Purnima <b>Sivaloka Day</b> <b>Bhadrapada-Avani</b>
Creative Work	Siddha Yoga					

Saturday, September 14, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Prathamayam Titau				Albany, NY
<b>Silver Retreat Star</b>						
Meena Rasi: 0.08	Tithi 16	511113463	<b>Gulika</b> 5:32AM – 7:06AM <b>Yama</b> 1:23PM – 2:57PM <b>Rahu</b> 8:41AM – 10:15AM	<b>Purvaproshtapada* Until 12:25PM</b> Shula* Until 10:53AM Balava Until 12:48PM <b>Prathama* Until 1:55AM Sun</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:32AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:06PM <b>Nataraja:</b> Clear Moon – Clear	Sun 29 Sutra 153 Vikarin 5121 Moon 8 - Phase 21 Prathama <b>Sivaloka Day</b> <b>Bhadrapada-Avani</b>
Routine Work	Marana Yoga					
Until 12:25PM						
Then Creative Work - Siddha Yoga						

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



Sunday, September 15, 2019

Gold Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Uttaraproshtapada/Revati Nakshatra Ganda\*/Vridhhi Yoga Tailila/Gara Karana Dvilyayam Titau

Albany, NY

Sun 1 Sutra 154

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 12.04 Tithi 17

512113463

Gulika

2:56PM - 4:30PM

Uttaraproshtapada Until 3:13PM

Ganesha: Yellow

Sunrise: 5:33AM

Yama

11:49AM - 1:22PM

Ganda\* Until 11:40AM

Muruqa: Purple

Sunset: 6:04PM

Rahu

4:30PM - 6:04PM

Taitila Until 3:03PM

Nataraja: Clear

Moon - Clear

Sivaloka Day

Creative Work Amrita Yoga

Dvitiya Until 4:05AM Mon

Bhadrapada-Avani

1

Monday, September 16, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam  
Revati/Ashvini Nakshatra Vridhhi/Dhruva Yoga Vanija/Visti\* Karana Tritiyayam Titau

Albany, NY

Sun 2 Sutra 155

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 24.03 Tithi 18

512113463

Gulika

1:22PM - 2:55PM

Revati Until 5:39PM

Ganesha: Yellow

Sunrise: 5:34AM

Yama

10:15AM - 11:48AM

Vridhhi Until 12:20PM

Muruqa: Purple

Sunset: 6:02PM

Rahu

7:08AM - 8:41AM

Vanija Until 5:06PM

Nataraja: Clear

Moon - Clear

Sivaloka Day

Family Home Evening

Creative Work Siddha Yoga

Tritiya Until 6:02AM Tue

Bhadrapada-Avani

2

Tuesday, September 17, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam  
Ashvini Nakshatra Dhruva/Vyaghata\* Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Albany, NY

Sun 3 Sutra 156

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 6.08 Tithi 18 - 19

522113463

Gulika

11:48AM - 1:21PM

Ashvini Until 8:11PM

Ganesha: White

Sunrise: 5:35AM

Yama

8:42AM - 10:15AM

Dhruva Until 12:46PM

Muruqa: Purple

Sunset: 6:00PM

Rahu

2:54PM - 4:27PM

Bava Until 6:55PM

Nataraja: Clear

Moon - White

Devaloka Day

Creative Work Siddha Yoga

Tritiya Until 6:02AM

Bhadrapada-Puratasi

3

Wednesday, September 18, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam  
Bharani Nakshatra Vyaghata\*/Harshana Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Albany, NY

Sun 4 Sutra 157

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 18.2 Tithi 19 - 20

522113463

Gulika

10:15AM - 11:48AM

Bharani Until 10:13PM

Ganesha: White

Sunrise: 5:37AM

Yama

7:09AM - 8:42AM

Vyaghata\* Until 12:59PM

Muruqa: Purple

Sunset: 5:59PM

Rahu

11:48AM - 1:20PM

Kaulava Until 8:23PM

Nataraja: Clear

Moon - White

Devaloka Day

Creative Work Siddha Yoga

Chaturthi\* Until 7:41AM

Bhadrapada-Puratasi

Until 10:13PM

Then Creative Work - Amrita Yoga

4

Thursday, September 19, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam  
Krittika Nakshatra Harshana/Vajra\* Yoga Tailila/Gara Karana Panchami/Shashthyam Titau

Albany, NY

Sun 5 Sutra 158

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 0.41 Tithi 20 - 21

522113463

Gulika

8:42AM - 10:15AM

Krittika Until 11:39PM

Ganesha: White

Sunrise: 5:38AM

Yama

5:38AM - 7:10AM

Harshana Until 12:55PM

Muruqa: Purple

Sunset: 5:57PM

Rahu

1:20PM - 2:52PM

Gara Until 9:26PM

Nataraja: Clear

Moon - White

Devaloka Day

Routine Work Marana Yoga

Panchami Until 8:57AM

Bhadrapada-Puratasi

5

Friday, September 20, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam  
Rohini Nakshatra Vajra\*/Siddhi Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Albany, NY

Sun 6 Sutra 159

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 13.15 Tithi 21 - 22

532113463

Gulika

7:11AM - 8:43AM

Rohini Until 12:52AM Sat

Ganesha: Clear

Sunrise: 5:39AM

Yama

2:51PM - 4:23PM

Vajra\* Until 12:24PM

Muruqa: Purple

Sunset: 5:55PM

Rahu

10:15AM - 11:47AM

Visti Until 9:55PM

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Routine Work Marana Yoga

Shashthi\* Until 9:44AM

Bhadrapada-Puratasi

Until 12:52AM Sat

Then Creative Work - Siddha Yoga

D

Saturday, September 21, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam  
Mrigashira Nakshatra Siddhi/Vyatipata\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Albany, NY

Sun 7 Sutra 160

Vikarin 5121

Moon 9 - Phase 22

Ashtami

Vrishabha Rasi: 26.05 Tithi 22 - 23

532113463

Gulika

5:40AM - 7:11AM

Mrigashira Until 1:17AM Sun

Ganesha: Clear

Sunrise: 5:40AM

Yama

1:18PM - 2:50PM

Siddhi Until 11:26AM

Muruqa: Purple

Sunset: 5:53PM

Rahu

8:43AM - 10:15AM

Balava Until 9:45PM

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Creative Work Siddha Yoga

Saptami Until 9:54AM

Bhadrapada-Puratasi

Sunday, September 22, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Ardra Nakshatra Vyatipata\*/Variyan Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Albany, NY

Sun 8 Sutra 161

Vikarin 5121

Moon 9 - Phase 22

Navami

Mithuna Rasi: 9.16 Tithi 23 - 24

532213463

Gulika

2:49PM - 4:20PM

Ardra Until 12:50AM Mon

Ganesha: Orange

Sunrise: 5:41AM

Yama

11:46AM - 1:18PM

Vyatipata\* Until 9:55AM

Muruqa: Purple

Sunset: 5:52PM

Rahu

4:20PM - 5:52PM

Taitila Until 8:52PM

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Creative Work Siddha Yoga

Ashtami\* Until 9:23AM

Bhadrapada-Puratasi

Until 12:50AM Mon

Then Creative Work - Amrita Yoga


<b>1</b>		<b>Monday, September 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Punarvasu Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Navami/Dashyam Titau		Albany, NY Sun 9 Sutra 162 Vikarin 5121	
Mithuna Rasi: 22.52	Tithi 24 – 25	<b>Gulika</b>	1:17PM – 2:48PM	<b>Punarvasu</b> <b>Until 11:59PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 5:42AM</i>		
<b>Family Home Evening</b>	542213463	Yama	10:15AM – 11:46AM	Variyan <b>Until 7:48AM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:50PM</i>		Moon 9 - Phase 23
Creative Work	Amrita Yoga	<b>Rahu</b>	7:13AM – 8:44AM	Vanija <b>Until 7:16PM</b>	<b>Nataraja:</b> Clear		2nd Phase
Until 11:59PM				<b>Navami* Until 8:08AM</b>	Moon – Blue	<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga					<b>Bhadrapada-Puratasi</b>		

<b>2</b>		<b>Tuesday, September 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Pushya Nakshatra Shiva Yoga Visti*/Balava Karana Dashami/Ekadashyam Titau		Albany, NY Sun 10 Sutra 163 Vikarin 5121	
Kataka Rasi: 6.53	Tithi 25 – 26	<b>Gulika</b>	11:45AM – 1:16PM	<b>Pushya</b> <b>Until 10:18PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 5:43AM</i>		
	542213463	Yama	8:44AM – 10:15AM	Shiva <b>Until 1:56AM Wed</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:48PM</i>		Moon 9 - Phase 23
Creative Work	Siddha Yoga	<b>Rahu</b>	2:47PM – 4:17PM	Balava <b>Until 3:36AM Wed</b>	<b>Nataraja:</b> Clear		2nd Phase
				<b>Dashami</b> <b>Until 6:11AM</b>	Moon – Blue	<b>Devaloka Day</b>	
					<b>Bhadrapada-Puratasi</b>		

<b>3</b>		<b>Wednesday, September 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau		Albany, NY Sun 11 Sutra 164 Vikarin 5121	
Kataka Rasi: 21.2	Tithi 27	<b>Gulika</b>	10:15AM – 11:45AM	<b>Ashlesha*</b> <b>Until 7:57PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 5:44AM</i>		
	542213463	Yama	7:14AM – 8:45AM	Siddha <b>Until 10:17PM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:46PM</i>		Moon 9 - Phase 23
Creative Work	Siddha Yoga	<b>Rahu</b>	11:45AM – 1:15PM	Kaulava <b>Until 2:07PM</b>	<b>Nataraja:</b> Clear		2nd Phase
				<b>Dvadashi* Until 12:29AM Thu</b>	Moon – Blue	<b>Devaloka Day</b>	
					<b>Bhadrapada-Puratasi</b>		

<b>4</b>		<b>Thursday, September 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau		Albany, NY Sun 12 Sutra 165 Vikarin 5121	
Simha Rasi: 6.1	Tithi 28	<b>Gulika</b>	8:45AM – 10:15AM	<b>Magha*</b> <b>Until 5:26PM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 5:45AM</i>		
	552213463	Yama	5:45AM – 7:15AM	Sadhya <b>Until 6:18PM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:44PM</i>		Moon 9 - Phase 23
Creative Work	Amrita Yoga	<b>Rahu</b>	1:15PM – 2:45PM	Gara <b>Until 10:47AM</b>	<b>Nataraja:</b> Clear		2nd Phase
Until 5:26PM				<b>Trayodashi* Until 8:59PM</b>	Moon – Red	<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga					<b>Bhadrapada-Puratasi</b>		
					<i>Pradosha Vrata (Fasting)</i>		

<b>5</b>		<b>Friday, September 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Subha/Sukla Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Albany, NY Sun 13 Sutra 166 Vikarin 5121	
Simha Rasi: 21.15	Tithi 29 – 30	<b>Gulika</b>	7:16AM – 8:45AM	<b>Purvaphalguni</b> <b>Until 2:31PM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 5:46AM</i>		
	552213463	Yama	2:44PM – 4:13PM	Subha <b>Until 2:07PM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:43PM</i>		Moon 9 - Phase 23
Creative Work	Siddha Yoga	<b>Rahu</b>	10:15AM – 11:44AM	Visti <b>Until 7:09AM</b>	<b>Nataraja:</b> Clear		2nd Phase
				<b>Chaturdashi* Until 5:15PM</b>	Moon – Red	<b>Devaloka Day</b>	
					<b>Bhadrapada-Puratasi</b>		

		<b>Saturday, September 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Albany, NY Sun 14 Sutra 167 Vikarin 5121	
<b>Retreat Star</b>		<b>Gulika</b>	5:47AM – 7:16AM	<b>Uttaraphalguni</b> <b>Until 11:24AM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 5:47AM</i>		
Kanya Rasi: 6.29	Tithi 30 – 1	Yama	1:13PM – 2:43PM	Sukla <b>Until 9:51AM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:41PM</i>		Moon 9 - Phase 23
	653213463	<b>Rahu</b>	8:46AM – 10:15AM	Kintughna <b>Until 11:37PM</b>	<b>Nataraja:</b> Clear		Amavasya
Routine Work	Marana Yoga			<b>Amavasya* Until 1:28PM</b>	Moon – Red	<b>Devaloka Day</b>	
		<b>Mahalaya Amavasai (Tamil Nadu)</b>			<b>Bhadrapada-Puratasi</b>		

<b>Retreat Star</b>		<b>Sunday, September 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Albany, NY Sun 15 Sutra 168 Vikarin 5121	
Kanya Rasi: 21.4	Tithi 1 – 2	<b>Gulika</b>	2:41PM – 4:10PM	<b>Hasta</b> <b>Until 8:39AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 5:48AM</i>		
	663213463	Yama	11:44AM – 1:13PM	Indra <b>Until 1:41AM Mon</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:39PM</i>		Moon 9 - Phase 23
Creative Work	Amrita Yoga	<b>Rahu</b>	4:10PM – 5:39PM	Balava <b>Until 8:04PM</b>	<b>Nataraja:</b> Clear		Prathama
Until 8:39AM				<b>Prathama* Until 9:47AM</b>	Moon – Green	<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga		<b>Navaratri Begins</b>			<b>Ashvina-Puratasi</b>		

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

All times are standard time

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<b>Monday, September 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svatil Nakshatra Vaidhrili* Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau		Albany, NY Sun 16 Sutra 169 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:12PM – 2:40PM	<b>Chitra</b> <b>Until 6:02AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:49AM
Tula Rasi: 6.38	Tithi 2 – 3	Yama 10:15AM – 11:43AM	Vaidhrili* Until 10:03PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:37PM
<b>Family Home Evening</b>	663213463	<b>Rahu</b> 7:18AM – 8:46AM	Gara Until 3:30AM Tue	<b>Nataraja:</b> Clear
Routine Work Prabalarishta Yoga			<b>Dvitiya</b> <b>Until 6:24AM</b>	Moon – Green
Until 6:02AM				<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga				<b>Ashvina+Puratasi</b>

<b>Tuesday, October 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Vistil* Karana Chaturthyam Titau		Albany, NY Sun 17 Sutra 170 Vikarin 5121
<b>2</b>		<b>Gulika</b> 11:43AM – 1:11PM	<b>Vishakha</b> <b>Until 2:23AM Wed</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:51AM
Tula Rasi: 21.16	Tithi 4	Yama 8:47AM – 10:15AM	Vishkambha* Until 6:54PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:36PM
<b>Routine Work</b> Marana Yoga	673213463	<b>Rahu</b> 2:39PM – 4:08PM	Vanija Until 2:17PM	<b>Nataraja:</b> Clear
Until 2:23AM Wed			<b>Chaturthi*</b> <b>Until 1:13AM Wed</b>	Moon – Orange
Then Creative Work - Siddha Yoga				<b>Devaloka Day</b>
				<b>Ashvina+Puratasi</b>

<b>Wednesday, October 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Panchamyam Titau		Albany, NY Sun 18 Sutra 171 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:15AM – 11:43AM	<b>Anuradha</b> <b>Until 1:38AM Thu</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:52AM
Vrischika Rasi: 5.26	Tithi 5	Yama 7:19AM – 8:47AM	Priti Until 4:22PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:34PM
<b>Creative Work</b> Siddha Yoga	673213463	<b>Rahu</b> 11:43AM – 1:11PM	Bava Until 12:22PM	<b>Nataraja:</b> Clear
Until 1:38AM Thu			<b>Panchami</b> <b>Until 11:42PM</b>	Moon – Orange
Then Routine Work - Prabalarishta Yoga				<b>Devaloka Day</b>
				<b>Ashvina+Puratasi</b>

<b>Thursday, October 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Shashthyam Titau		Albany, NY Sun 19 Sutra 172 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:48AM – 10:15AM	<b>Jyeshtha*</b> <b>Until 1:36AM Fri</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:53AM
Vrischika Rasi: 19.06	Tithi 6	Yama 5:53AM – 7:20AM	Ayushman Until 2:29PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:32PM
<b>Routine Work</b> Prabalarishta Yoga	673213463	<b>Rahu</b> 1:10PM – 2:37PM	Kaulava Until 11:17AM	<b>Nataraja:</b> Clear
Until 1:36AM Fri			<b>Shashthi*</b> <b>Until 11:03PM</b>	Moon – Orange
Then Creative Work - Amrita Yoga				<b>Devaloka Day</b>
				<b>Ashvina+Puratasi</b>

<b>Friday, October 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau		Albany, NY Sun 20 Sutra 173 Vikarin 5121
<b>5</b>		<b>Gulika</b> 7:21AM – 8:48AM	<b>Mula*</b> <b>Until 2:45AM Sat</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:54AM
Dhanus Rasi: 2.17	Tithi 7	Yama 2:36PM – 4:03PM	Saubhagya Until 1:19PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:31PM
<b>Creative Work</b> Amrita Yoga	683213463	<b>Rahu</b> 10:15AM – 11:42AM	Gara Until 11:06AM	<b>Nataraja:</b> Clear
Until 2:45AM Sat			<b>Saptami</b> <b>Until 11:19PM</b>	Moon – Light Blue
Then Creative Work - Siddha Yoga				<b>Sivaloka Day</b>
				<b>Ashvina+Puratasi</b>

<b>Saturday, October 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Vistil*/Bava Karana Ashtamyam Titau		Albany, NY Sun 21 Sutra 174 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 5:55AM – 7:22AM	<b>Purvashadha*</b> <b>Until 4:32AM Sun</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:55AM
Dhanus Rasi: 15.01	Tithi 8	Yama 1:09PM – 2:35PM	Sobhana Until 12:51PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:29PM
<b>Creative Work</b> Siddha Yoga	683213463	<b>Rahu</b> 8:48AM – 10:15AM	Vistil* Until 11:47AM	<b>Nataraja:</b> Clear
Until 4:32AM Sun			<b>Ashtami*</b> <b>Until 12:24AM Sun</b>	Moon – Light Blue
Then Creative Work - Amrita Yoga				<b>Sivaloka Day</b>
		<b>Durga Ashtami</b>		<b>Ashvina+Puratasi</b>

<b>Sunday, October 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau		Albany, NY Sun 22 Sutra 175 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 2:34PM – 4:01PM	<b>Uttarashadha</b> <b>Until 6:46AM Mon</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:56AM
Dhanus Rasi: 27.24	Tithi 9	Yama 11:42AM – 1:08PM	Athiganda* Until 12:55PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:27PM
<b>Creative Work</b> Amrita Yoga	683213463	<b>Rahu</b> 4:01PM – 5:27PM	Balava Until 1:14PM	<b>Nataraja:</b> Clear
			<b>Navami*</b> <b>Until 2:11AM Mon</b>	Moon – Light Blue
		<b>Saraswathi Puja (Tamil Nadu)</b>		<b>Sivaloka Day</b>
				<b>Ashvina+Puratasi</b>

<b>Monday, October 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau				Albany, NY Sun 23 Sutra 176 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:07PM – 2:33PM	<b>Uttarashadha</b> Until 6:46AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:57AM	
Makara Rasi: 9.31	Tithi 10	Yama 10:15AM – 11:41AM	Sukarma Until 1:28PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:25PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	683213463	<b>Rahu</b> 7:23AM – 8:49AM	Taitila Until 3:17PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work Marana Yoga			<b>Dashami</b> Until 4:25AM Tue	Moon – Light Blue		<b>Sivaloka Day</b>
Until 6:46AM				<b>Ashvina+Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>Tuesday, October 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti/Shula* Yoga Vanija/Vistil* Karana Ekadashyam Titau				Albany, NY Sun 24 Sutra 177 Vikarin 5121
<b>2</b>		<b>Gulika</b> 11:41AM – 1:07PM	<b>Shravana</b> Until 9:45AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:58AM	
Makara Rasi: 21.28	Tithi 11	Yama 8:50AM – 10:15AM	Dhriti Until 2:18PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:24PM	Moon 9 - Phase 25
	693213464	<b>Rahu</b> 2:32PM – 3:58PM	Vanija Until 5:40PM	<b>Nataraja:</b> Purple		4th Phase
Creative Work Siddha Yoga			<b>Ekadashi</b> Until 6:55AM Wed	Moon – Purple		<b>Sivaloka Day</b>
		<b>Vijaya Dasami</b>		<b>Ashvina+Puratasi</b>		

<b>Wednesday, October 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shula*/Ganda* Yoga Vistil*/Bava Karana Ekadashi/Dvadashyam Titau				Albany, NY Sun 25 Sutra 178 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:15AM – 11:41AM	<b>Dhanishtha</b> Until 12:46PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:59AM	
Kumbha Rasi: 3.19	Tithi 11 – 12	Yama 7:25AM – 8:50AM	Shula* Until 3:13PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:22PM	Moon 9 - Phase 25
	693213464	<b>Rahu</b> 11:41AM – 1:06PM	Bava Until 8:13PM	<b>Nataraja:</b> Purple		4th Phase
Routine Work Prabalarishta Yoga			<b>Ekadashi</b> Until 6:55AM	Moon – Purple		<b>Sivaloka Day</b>
Until 12:46PM		<b>Kadaitswami Mahasamadhi</b>		<b>Ashvina+Puratasi</b>		
Then Creative Work - Siddha Yoga						

<b>Thursday, October 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Albany, NY Sun 26 Sutra 179 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:51AM – 10:16AM	<b>Shatabhishak</b> Until 3:36PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:01AM	
Kumbha Rasi: 15.1	Tithi 12 – 13	Yama 6:01AM – 7:26AM	Ganda* Until 4:09PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:20PM	Moon 9 - Phase 25
	693213464	<b>Rahu</b> 1:05PM – 2:30PM	Kaulava Until 10:43PM	<b>Nataraja:</b> Purple		4th Phase
Creative Work Siddha Yoga			<b>Dvadashi</b> Until 9:27AM	Moon – Purple		<b>Sivaloka Day</b>
				<b>Ashvina+Puratasi</b>		
				<i>Pradosha Vrata</i>		

<b>Friday, October 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vridhhi/Dhruva Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Albany, NY Sun 27 Sutra 180 Vikarin 5121
<b>5</b>		<b>Gulika</b> 7:26AM – 8:51AM	<b>Purvaproshtapada*</b> Until 6:40PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:02AM	
Kumbha Rasi: 27.02	Tithi 13 – 14	Yama 2:29PM – 3:54PM	Vridhhi Until 5:00PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:19PM	Moon 9 - Phase 25
	613213464	<b>Rahu</b> 10:16AM – 11:40AM	Gara Until 1:04AM Sat	<b>Nataraja:</b> Purple		4th Phase
Creative Work Siddha Yoga			<b>Trayodashi</b> Until 11:53AM	Moon – Clear		<b>Sivaloka Day</b>
		<b>Chidambaram Abhishekam</b>		<b>Ashvina+Puratasi</b>		

<b>Saturday, October 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva/Vyaghata* Yoga Vanija/Vistil* Karana Chaturdashi/Purnimayam Titau				Albany, NY Sun 28 Sutra 181 Vikarin 5121
<b>○</b>	<b>Copper Retreat Star</b>	<b>Gulika</b> 6:03AM – 7:27AM	<b>Uttaraproshtapada</b> Until 9:21PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:03AM	
Meena Rasi: 8.58	Tithi 14 – 15	Yama 1:04PM – 2:29PM	Dhruva Until 5:40PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:17PM	Moon 9 - Phase 25
	613213464	<b>Rahu</b> 8:51AM – 10:16AM	Vistil Until 3:11AM Sun	<b>Nataraja:</b> Purple		Purnima
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 2:08PM	Moon – Clear		<b>Sivaloka Day</b>
Until 9:21PM				<b>Ashvina+Puratasi</b>		
Then Routine Work - Prabalarishta Yoga						

<b>Sunday, October 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Albany, NY Sun 29 Sutra 182 Vikarin 5121
<b>○</b>	<b>Silver Retreat Star</b>	<b>Gulika</b> 2:28PM – 3:51PM	<b>Revati</b> Until 11:38PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:04AM	
Meena Rasi: 21	Tithi 15 – 16	Yama 11:40AM – 1:04PM	Vyaghata* Until 6:08PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:15PM	Moon 9 - Phase 25
	614213464	<b>Rahu</b> 3:51PM – 5:15PM	Balava Until 5:02AM Mon	<b>Nataraja:</b> Purple		Prathama
Creative Work Amrita Yoga			<b>Purnima*</b> Until 4:07PM	Moon – Clear		<b>Subha Sivaloka Day</b>
Until 11:38PM				<b>Ashvina+Puratasi</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





Monday, October 14, 2019

Gold Retreat Star

Mesha Rasi: 3.08      Tithi 16 – 17

Family Home Evening

Creative Work      Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam  
Ashvini Nakshatra Harshana Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

**Gulika** 1:03PM – 2:27PM  
**Yama** 10:16AM – 11:39AM  
**Rahu** 7:29AM – 8:52AM

**Ashvini Until 1:57AM Tue**  
Harshana Until 6:25PM  
Taitila Until 6:35AM Tue  
Prathama\* Until 5:50PM

**Ganesha:** White      *Sunrise:* 6:05AM  
**Muruqa:** Purple      *Sunset:* 5:14PM  
**Nataraja:** Purple  
Moon – White      **Subha Subha Sivaloka Day**  
**Ashvina•Puratasi**

Albany, NY  
Sutra 183  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

Tuesday, October 15, 2019

1

Mesha Rasi: 15.24      Tithi 17

Creative Work      Siddha Yoga

Until 3:48AM Wed

Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam  
Bharani Nakshatra Vajra\* Yoga Taitila/Gara Karana Dvitiyayam Titau

**Gulika** 11:39AM – 1:02PM  
**Yama** 8:53AM – 10:16AM  
**Rahu** 2:26PM – 3:49PM

**Bharani Until 3:48AM Wed**  
Vajra\* Until 6:25PM  
Taitila Until 6:35AM  
Dvitiya Until 7:13PM

**Ganesha:** White      *Sunrise:* 6:06AM  
**Muruqa:** Purple      *Sunset:* 5:12PM  
**Nataraja:** Purple  
Moon – White      **Subha Subha Sivaloka Day**  
**Ashvina•Puratasi**

Albany, NY  
Sun 1  
Sutra 184  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

Wednesday, October 16, 2019

2

Mesha Rasi: 27.48      Tithi 18

Creative Work      Amrita Yoga

Until 5:09AM Thu

Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam  
Krittika Nakshatra Siddhi Yoga Vanija/Visti\* Karana Tritiyayam Titau

**Gulika** 10:16AM – 11:39AM  
**Yama** 7:30AM – 8:53AM  
**Rahu** 11:39AM – 1:02PM

**Krittika Until 5:09AM Thu**  
Siddhi Until 6:11PM  
Vanija Until 7:49AM  
Tritiya Until 8:17PM

**Ganesha:** White      *Sunrise:* 6:08AM  
**Muruqa:** Purple      *Sunset:* 5:11PM  
**Nataraja:** Purple  
Moon – White      **Subha Subha Sivaloka Day**  
**Ashvina•Puratasi**

Albany, NY  
Sun 2  
Sutra 185  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

Thursday, October 17, 2019

3

Vrishabha Rasi: 10.21      Tithi 19

Routine Work      Marana Yoga

Until 6:27AM Fri

Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam  
Rohini Nakshatra Vyatipata\*/Variyan Yoga Bava/Balava Karana Chaturthyam Titau

**Gulika** 8:54AM – 10:16AM  
**Yama** 6:09AM – 7:31AM  
**Rahu** 1:01PM – 2:24PM

**Rohini Until 6:27AM Fri**  
Vyatipata\* Until 5:40PM  
Bava Until 8:42AM  
Chaturthi\* Until 8:58PM

**Ganesha:** White      *Sunrise:* 6:09AM  
**Muruqa:** Purple      *Sunset:* 5:09PM  
**Nataraja:** Purple  
Moon – Yellow      **Sivaloka Day**  
**Ashvina•Aipasi**

Albany, NY  
Sun 3  
Sutra 186  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

Friday, October 18, 2019

4

Vrishabha Rasi: 23.05      Tithi 20

Routine Work      Marana Yoga

Until 6:27AM

Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Variyan/Parigha\* Yoga Kaulava/Taitila Karana Panchamyam Titau

**Gulika** 7:32AM – 8:54AM  
**Yama** 2:23PM – 3:45PM  
**Rahu** 10:16AM – 11:39AM

**Rohini Until 6:27AM**  
Variyan Until 4:49PM  
Kaulava Until 9:11AM  
Panchami Until 9:14PM

**Ganesha:** White      *Sunrise:* 6:10AM  
**Muruqa:** Purple      *Sunset:* 5:07PM  
**Nataraja:** Purple  
Moon – Yellow      **Sivaloka Day**  
**Ashvina•Aipasi**

Albany, NY  
Sun 4  
Sutra 187  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

Saturday, October 19, 2019

5

Mithuna Rasi: 6.02      Tithi 21

Creative Work      Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Parigha\*/Shiva Yoga Gara/Vanija Karana Shashthyam Titau

**Gulika** 6:11AM – 7:33AM  
**Yama** 1:00PM – 2:22PM  
**Rahu** 8:55AM – 10:17AM

**Mrigashira Until 7:09AM**  
Parigha\* Until 3:36PM  
Gara Until 9:13AM  
Shashthi\* Until 9:01PM

**Ganesha:** White      *Sunrise:* 6:11AM  
**Muruqa:** Purple      *Sunset:* 5:06PM  
**Nataraja:** Purple  
Moon – Yellow      **Sivaloka Day**  
**Ashvina•Aipasi**

Albany, NY  
Sun 5  
Sutra 188  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

Sunday, October 20, 2019

6

Mithuna Rasi: 19.14      Tithi 22

Creative Work      Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Ardra/Punarvasu Nakshatra Shiva/Siddha Yoga Visti\*/Bava Karana Saptamyam Titau

**Gulika** 2:21PM – 3:43PM  
**Yama** 11:38AM – 1:00PM  
**Rahu** 3:43PM – 5:04PM

**Ardra Until 7:12AM**  
Shiva Until 1:59PM  
Visti Until 8:44AM  
Saptami Until 8:15PM

**Ganesha:** White      *Sunrise:* 6:12AM  
**Muruqa:** Purple      *Sunset:* 5:04PM  
**Nataraja:** Purple  
Moon – Yellow      **Sivaloka Day**  
**Ashvina•Aipasi**

Albany, NY  
Sun 6  
Sutra 189  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

Monday, October 21, 2019

D

Retreat Star

Kataka Rasi: 2.44      Tithi 23

Family Home Evening

Creative Work      Amrita Yoga

Until 7:01AM

Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Ashtamyam Titau

**Gulika** 12:59PM – 2:20PM  
**Yama** 10:17AM – 11:38AM  
**Rahu** 7:35AM – 8:56AM

**Punarvasu Until 7:01AM**  
Siddha Until 11:54AM  
Balava Until 7:41AM  
Ashtami\* Until 6:56PM

**Ganesha:** Clear      *Sunrise:* 6:13AM  
**Muruqa:** Purple      *Sunset:* 5:03PM  
**Nataraja:** Purple  
Moon – Blue      **Subha Sivaloka Day**  
**Ashvina•Aipasi**

Albany, NY  
Sun 7  
Sutra 190  
Vikarin 5121  
Moon 10 - Phase 26  
Ashtami

Tuesday, October 22, 2019

Retreat Star

Kataka Rasi: 16.35      Tithi 24 – 25

Creative Work      Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Sadhya/Subha Yoga Taitila/Vanija Karana Navami/Dashamyam Titau

**Gulika** 11:38AM – 12:59PM  
**Yama** 8:56AM – 10:17AM  
**Rahu** 2:20PM – 3:40PM

**Pushya Until 6:07AM**  
Sadhya Until 9:21AM  
Taitila Until 6:04AM  
Navami\* Until 5:02PM

**Ganesha:** Clear      *Sunrise:* 6:15AM  
**Muruqa:** Purple      *Sunset:* 5:01PM  
**Nataraja:** Purple  
Moon – Blue      **Subha Sivaloka Day**  
**Ashvina•Aipasi**

Albany, NY  
Sun 8  
Sutra 191  
Vikarin 5121  
Moon 10 - Phase 26  
Navami

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

All times are standard time

www.gurudeva.org/panchang

<b>1</b>		<b>Wednesday, October 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekodashyam Titau		Albany, NY Sutra 192	
Simha Rasi: 0.47	Tithi 25 – 26	<b>Gulika</b> 10:17AM – 11:38AM	<b>Magha* Until 2:45AM Thu</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:16AM	Sun 9	Vikarin 5121
		Yama 7:36AM – 8:57AM	Subha Until 6:24AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:00PM	Moon 10 - Phase 27	2nd Phase
Creative Work	Siddha Yoga	654313464 <b>Rahu</b> 11:38AM – 12:58PM	Bava Until 1:16AM Thu	<b>Nataraja:</b> Purple			
			<b>Dashami Until 2:38PM</b>	Moon – Red		<b>Sivaloka Day</b>	
				<b>Ashvina-Aipasi</b>			

<b>2</b>		<b>Thursday, October 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni Nakshatra Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau		Albany, NY Sutra 193	
Simha Rasi: 15.19	Tithi 26 – 27	<b>Gulika</b> 8:57AM – 10:18AM	<b>Purvaphalguni Until 12:27AM Fri</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:17AM	Sun 10	Vikarin 5121
		Yama 6:17AM – 7:37AM	Brahma Until 11:22PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:58PM	Moon 10 - Phase 27	2nd Phase
Creative Work	Siddha Yoga	654313464 <b>Rahu</b> 12:58PM – 2:18PM	Kaulava Until 10:15PM	<b>Nataraja:</b> Purple			
			<b>Ekadashi* Until 11:47AM</b>	Moon – Red		<b>Sivaloka Day</b>	
				<b>Ashvina-Aipasi</b>			

<b>3</b>		<b>Friday, October 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni Nakshatra Indra Yoga Taitila/Gara Karana Dvodashi/Trayodashyam Titau		Albany, NY Sutra 194	
Kanya Rasi: 0.05	Tithi 27 – 28	<b>Gulika</b> 7:38AM – 8:58AM	<b>Uttaraphalguni Until 9:48PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:18AM	Sun 11	Vikarin 5121
		Yama 2:17PM – 3:37PM	Indra Until 7:31PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:57PM	Moon 10 - Phase 27	2nd Phase
Creative Work	Siddha Yoga	655313464 <b>Rahu</b> 10:18AM – 11:38AM	Gara Until 6:59PM	<b>Nataraja:</b> Purple			
Until 9:48PM			<b>Dvodashi* Until 8:38AM</b>	Moon – Red		<b>Subha Sivaloka Day</b>	
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>	<b>Ashvina-Aipasi</b>			

<b>4</b>		<b>Saturday, October 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Hasta Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Albany, NY Sutra 195	
Kanya Rasi: 15.01	Tithi 29	<b>Gulika</b> 6:19AM – 7:39AM	<b>Hasta Until 7:19PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:19AM	Sun 12	Vikarin 5121
		Yama 12:57PM – 2:16PM	Vaidhriti* Until 3:34PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:57PM	Moon 10 - Phase 27	2nd Phase
Routine Work	Marana Yoga	665313464 <b>Rahu</b> 8:58AM – 10:18AM	Visti Until 3:37PM	<b>Nataraja:</b> Purple			
			<b>Chaturdashi* Until 1:55AM Sun</b>	Moon – Green		<b>Subha Sivaloka Day</b>	
		<b>Deepavali Hindu Solidarity Day</b>		<b>Ashvina-Aipasi</b>			

<b>●</b>		<b>Sunday, October 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Vishkambha*/Priti Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Albany, NY Sutra 196	
<b>Retreat Star</b>		<b>Gulika</b> 2:16PM – 3:35PM	<b>Chitra Until 4:48PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:21AM	Sun 13	Vikarin 5121
Kanya Rasi: 29.58	Tithi 30	Yama 11:37AM – 12:57PM	Vishkambha* Until 11:40AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:54PM	Moon 10 - Phase 27	Amavasya
Creative Work	Siddha Yoga	665313464 <b>Rahu</b> 3:35PM – 4:54PM	Catuspada Until 12:18PM	<b>Nataraja:</b> Purple			
			<b>Amavasya* Until 10:42PM</b>	Moon – Green		<b>Subha Sivaloka Day</b>	
		<b>Subramuniyaswami Mahasamadhi</b>		<b>Ashvina-Aipasi</b>			

<b>Monday, October 28, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Priti/Ayushman Yoga Kintughna*/Bava Karana Prathamayam Titau		Albany, NY Sutra 197	
Tula Rasi: 14.47	Tithi 1	<b>Gulika</b> 12:56PM – 2:15PM	<b>Svati Until 2:24PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:22AM	Sun 14	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:18AM – 11:37AM	Priti Until 7:57AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:53PM	Moon 10 - Phase 27	Prathama
Creative Work	Amrita Yoga	665313464 <b>Rahu</b> 7:41AM – 9:00AM	Kintughna Until 9:12AM	<b>Nataraja:</b> Purple			
Until 2:24PM			<b>Prathama* Until 7:47PM</b>	Moon – Green		<b>Subha Sivaloka Day</b>	
Then Routine Work - Marana Yoga		<b>Skanda Shasthi Begins</b>		<b>Kartika-Aipasi</b>			

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

<b>1</b>		<b>Tuesday, October 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Saubhagya Yoga Balava/Tailita Karana Dvitiya/Tritiyayam Titau		Albany, NY Sun 15 Sutra 198 Vikarin 5121		
Tula Rasi: 29.19	Tithi 2 – 3	<b>Gulika</b> 11:37AM – 12:56PM	<b>Vishakha</b> Until 12:42PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:23AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:51PM	Moon 10 - Phase 28 3rd Phase
Routine Work	Marana Yoga	<b>Yama</b> 9:00AM – 10:19AM	Saubhagya Until 1:34AM Wed	<b>Nataraja:</b> Purple				
Until 12:42PM		<b>Rahu</b> 2:14PM – 3:33PM	Balava Until 6:31AM	Moon – Orange				<b>Subha Sivaloka Day</b>
Then Creative Work - Siddha Yoga			<b>Dvitiya</b> Until 5:21PM	<b>Kartika•Aipasi</b>				
<b>2</b>		<b>Wednesday, October 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Albany, NY Sun 16 Sutra 199 Vikarin 5121		
Vischika Rasi: 13.29	Tithi 3 – 4	<b>Gulika</b> 10:19AM – 11:37AM	<b>Anuradha</b> Until 11:29AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:24AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:50PM	Moon 10 - Phase 28 3rd Phase
Routine Work	Siddha Yoga	<b>Yama</b> 7:43AM – 9:01AM	Sobhana Until 11:11PM	<b>Nataraja:</b> Purple				
Until 12:42PM		<b>Rahu</b> 11:37AM – 12:55PM	Vanija Until 2:57AM Thu	Moon – Orange				<b>Subha Sivaloka Day</b>
Then Creative Work - Siddha Yoga			<b>Tritiya</b> Until 3:33PM	<b>Kartika•Aipasi</b>				
<b>3</b>		<b>Thursday, October 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Albany, NY Sun 17 Sutra 200 Vikarin 5121		
Vischika Rasi: 27.11	Tithi 4 – 5	<b>Gulika</b> 9:01AM – 10:19AM	<b>Jyeshtha*</b> Until 10:51AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:26AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:49PM	Moon 10 - Phase 28 3rd Phase
Routine Work	Prabalarishta Yoga	<b>Yama</b> 6:26AM – 7:43AM	Athiganda* Until 9:24PM	<b>Nataraja:</b> Purple				
Until 10:51AM		<b>Rahu</b> 12:55PM – 2:13PM	Bava Until 2:21AM Fri	Moon – Orange				<b>Subha Sivaloka Day</b>
Then Creative Work - Siddha Yoga			<b>Chaturthi*</b> Until 2:31PM	<b>Kartika•Aipasi</b>				
<b>4</b>		<b>Friday, November 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Albany, NY Sun 18 Sutra 201 Vikarin 5121		
Dhanus Rasi: 10.26	Tithi 5 – 6	<b>Gulika</b> 7:44AM – 9:02AM	<b>Mula*</b> Until 11:20AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:27AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:47PM	Moon 10 - Phase 28 3rd Phase
Routine Work	Amrita Yoga	<b>Yama</b> 2:12PM – 3:30PM	Sukarma Until 8:18PM	<b>Nataraja:</b> Purple				
Until 11:20AM		<b>Rahu</b> 10:20AM – 11:37AM	Kaulava Until 2:37AM Sat	Moon – Light Blue				<b>Subha Subha Sivaloka Day</b>
Then Routine Work - Prabalarishta Yoga		<b>Skanda Shasthi</b>	<b>Panchami</b> Until 2:21PM	<b>Kartika•Aipasi</b>				
<b>5</b>		<b>Saturday, November 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhriti Yoga Tailita/Gara Karana Shashthi/Saptamyam Titau		Albany, NY Sun 19 Sutra 202 Vikarin 5121		
Dhanus Rasi: 23.15	Tithi 6 – 7	<b>Gulika</b> 6:28AM – 7:45AM	<b>Purvashadha*</b> Until 12:31PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:28AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:46PM	Moon 10 - Phase 28 3rd Phase
Routine Work	Siddha Yoga	<b>Yama</b> 12:54PM – 2:12PM	Dhriti Until 7:53PM	<b>Nataraja:</b> Purple				
Until 12:31PM		<b>Rahu</b> 9:03AM – 10:20AM	Gara Until 3:42AM Sun	Moon – Light Blue				<b>Subha Subha Sivaloka Day</b>
Then Routine Work - Marana Yoga			<b>Shashthi*</b> Until 3:02PM	<b>Kartika•Aipasi</b>				
<b>6</b>		<b>Sunday, November 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Albany, NY Sun 20 Sutra 203 Vikarin 5121		
Makara Rasi: 5.41	Tithi 7 – 8	<b>Gulika</b> 2:11PM – 3:28PM	<b>Uttarashadha</b> Until 2:16PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:29AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:45PM	Moon 10 - Phase 28 3rd Phase
Routine Work	Amrita Yoga	<b>Yama</b> 11:37AM – 12:54PM	Shula* Until 7:59PM	<b>Nataraja:</b> Purple				
Until 12:31PM		<b>Rahu</b> 3:28PM – 4:45PM	Visti* Until 5:29AM Mon	Moon – Light Blue				<b>Subha Subha Sivaloka Day</b>
Then Routine Work - Marana Yoga			<b>Saptami</b> Until 4:30PM	<b>Kartika•Aipasi</b>				
<b>☾</b>		<b>Monday, November 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Ganda* Yoga Bava Karana Ashtamyam Titau		Albany, NY Sun 21 Sutra 204 Vikarin 5121		
Makara Rasi: 17.5	Tithi 8	<b>Gulika</b> 12:54PM – 2:10PM	<b>Shravana</b> Until 4:57PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:31AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:44PM	Moon 10 - Phase 28 Ashtami
<b>Family Home Evening</b>		<b>Yama</b> 10:20AM – 11:37AM	Ganda* Until 8:32PM	<b>Nataraja:</b> Purple				
Creative Work	Amrita Yoga	<b>Rahu</b> 7:47AM – 9:04AM	Bava Until 6:33PM	Moon – Purple				<b>Sivaloka Day</b>
Until 4:57PM			<b>Ashtami*</b> Until 6:33PM	<b>Kartika•Aipasi</b>				
Then Creative Work - Siddha Yoga								
<b>☽</b>		<b>Tuesday, November 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Balava/Kaulava Karana Navamyam Titau		Albany, NY Sun 22 Sutra 205 Vikarin 5121		
Makara Rasi: 29.49	Tithi 9	<b>Gulika</b> 11:37AM – 12:53PM	<b>Dhanishtha</b> Until 7:49PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:32AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:42PM	Moon 10 - Phase 28 Navami
Routine Work	Siddha Yoga	<b>Yama</b> 9:04AM – 10:21AM	Vriddhi Until 9:21PM	<b>Nataraja:</b> Purple				
Until 7:49PM		<b>Rahu</b> 2:10PM – 3:26PM	Balava Until 7:45AM	Moon – Purple				<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga			<b>Navami*</b> Until 8:58PM	<b>Kartika•Aipasi</b>				

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

<b>1</b>		<b>Wednesday, November 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Taitila/Gara Karana Dashamyam Titau		Albany, NY Sun 23 Sutra 206 Vikarin 5121		
Kumbha Rasi: 11.41	Tithi 10	<b>Gulika</b> 10:21AM – 11:37AM	<b>Shatabhishak</b> Until 10:39PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:33AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:41PM	Moon 10 - Phase 29 4th Phase
696313464		<b>Yama</b> 7:49AM – 9:05AM	Dhruva Until 10:14PM	<b>Nataraja:</b> Purple		Moon – Purple		<b>Sivaloka Day</b>
Creative Work	Siddha Yoga	<b>Rahu</b> 11:37AM – 12:53PM	Taitila Until 10:16AM					<b>Kartika•Aipasi</b>
Until 10:39PM			<b>Dashami</b> Until 11:31PM					
Then Creative Work - Amrita Yoga								
<b>2</b>		<b>Thursday, November 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau		Albany, NY Sun 24 Sutra 207 Vikarin 5121		
Kumbha Rasi: 23.32	Tithi 11	<b>Gulika</b> 9:06AM – 10:21AM	<b>Purvaproshtapada*</b> Until 1:44AM Fri	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:34AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:40PM	Moon 10 - Phase 29 4th Phase
716313464		<b>Yama</b> 6:34AM – 7:50AM	Vyaghata* Until 11:04PM	<b>Nataraja:</b> Purple		Moon – Clear		<b>Subha Sivaloka Day</b>
Creative Work	Siddha Yoga	<b>Rahu</b> 12:53PM – 2:09PM	Vanija Until 12:47PM					<b>Kartika•Aipasi</b>
Until 10:39PM			<b>Ekadashi</b> Until 1:58AM Fri					
Then Creative Work - Amrita Yoga								
<b>3</b>		<b>Friday, November 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Bava/Balava Karana Dvadashyam Titau		Albany, NY Sun 25 Sutra 208 Vikarin 5121		
Meena Rasi: 5.26	Tithi 12	<b>Gulika</b> 7:51AM – 9:06AM	<b>Uttaraproshtapada</b> Until 4:25AM Sat	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:36AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:39PM	Moon 10 - Phase 29 4th Phase
716313464		<b>Yama</b> 2:08PM – 3:24PM	Harshana Until 11:44PM	<b>Nataraja:</b> Purple		Moon – Clear		<b>Subha Sivaloka Day</b>
Creative Work	Siddha Yoga	<b>Rahu</b> 10:22AM – 11:37AM	Bava Until 3:08PM					<b>Kartika•Aipasi</b>
Until 4:25AM Sat			<b>Dvadashi</b> Until 4:11AM Sat					
Then Routine Work - Prabalarishta Yoga								
<b>4</b>		<b>Saturday, November 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Albany, NY Sun 26 Sutra 209 Vikarin 5121		
Meena Rasi: 17.27	Tithi 13	<b>Gulika</b> 6:37AM – 7:52AM	<b>Revati</b> Until 6:37AM Sun	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:37AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:38PM	Moon 10 - Phase 29 4th Phase
716313464		<b>Yama</b> 12:52PM – 2:08PM	Vajra* Until 12:08AM Sun	<b>Nataraja:</b> Purple		Moon – Clear		<b>Subha Sivaloka Day</b>
Routine Work	Prabalarishta Yoga	<b>Rahu</b> 9:07AM – 10:22AM	Kaulava Until 5:12PM					<b>Kartika•Aipasi</b>
Until 6:37AM Sun			<b>Trayodashi</b> Until 6:03AM Sun					
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>					
<b>5</b>		<b>Sunday, November 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Albany, NY Sun 27 Sutra 210 Vikarin 5121		
Meena Rasi: 29.35	Tithi 13 – 14	<b>Gulika</b> 2:07PM – 3:22PM	<b>Revati</b> Until 6:37AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:38AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:37PM	Moon 10 - Phase 29 4th Phase
716313464		<b>Yama</b> 11:37AM – 12:52PM	Siddhi Until 12:15AM Mon	<b>Nataraja:</b> Purple		Moon – Clear		<b>Subha Sivaloka Day</b>
Creative Work	Amrita Yoga	<b>Rahu</b> 3:22PM – 4:37PM	Gara Until 6:52PM					<b>Kartika•Aipasi</b>
Until 6:37AM			<b>Trayodashi</b> Until 6:03AM					
Then Creative Work - Siddha Yoga								
<b>○</b>		<b>Monday, November 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Albany, NY Sun 28 Sutra 211 Vikarin 5121		
Mesha Rasi: 11.54	Tithi 14 – 15	<b>Gulika</b> 12:52PM – 2:07PM	<b>Ashvini</b> Until 8:45AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:39AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:36PM	Moon 10 - Phase 29 Purnima
727413464		<b>Yama</b> 10:23AM – 11:38AM	Vyatipata* Until 12:03AM Tue	<b>Nataraja:</b> Purple		Moon – White		<b>Sivaloka Day</b>
Family Home Evening		<b>Rahu</b> 7:54AM – 9:08AM	Visti Until 8:07PM					<b>Kartika•Aipasi</b>
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 7:32AM					
Until 6:37AM								
Then Creative Work - Siddha Yoga								
<b>○</b>		<b>Tuesday, November 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Albany, NY Sun 29 Sutra 212 Vikarin 5121		
Mesha Rasi: 24.23	Tithi 15 – 16	<b>Gulika</b> 11:38AM – 12:52PM	<b>Bharani</b> Until 10:19AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:41AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:35PM	Moon 10 - Phase 29 Prathama
727413464		<b>Yama</b> 9:09AM – 10:23AM	Variyan Until 11:30PM	<b>Nataraja:</b> Purple		Moon – White		<b>Sivaloka Day</b>
Creative Work	Siddha Yoga	<b>Rahu</b> 2:06PM – 3:20PM	Balava Until 8:57PM					<b>Kartika•Aipasi</b>
Until 6:37AM			<b>Purnima*</b> Until 8:34AM					
Then Creative Work - Siddha Yoga								

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



Wednesday, November 13, 2019

Gold Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam  
Krittika/Rohini Nakshatra Parigha\* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Albany, NY

Sutra 213

Vikarin 5121

Vrishabha Rasi: 7.04 Tithi 16 - 17

Gulika 10:24AM - 11:38AM

Krittika Until 11:19AM

Ganesha: White Sunrise: 6:42AM

Yama 7:56AM - 9:10AM

Parigha\* Until 10:39PM

Muruqa: Purple Sunset: 4:34PM

Moon 11 - Phase 30

727413464 Rahu 11:38AM - 12:52PM

Taitila Until 9:22PM

Nataraja: Purple

1st Phase

Creative Work Amrita Yoga

Prathama\* Until 9:11AM

Moon - White

Sivaloka Day

Until 11:19AM

Then Creative Work - Siddha Yoga

1

Thursday, November 14, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Shiva Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Albany, NY

Sutra 214

Vikarin 5121

Vrishabha Rasi: 19.56 Tithi 17 - 18

Gulika 9:11AM - 10:24AM

Rohini Until 12:14PM

Ganesha: Clear Sunrise: 6:43AM

Yama 6:43AM - 7:57AM

Shiva Until 9:31PM

Muruqa: Purple Sunset: 4:32PM

Moon 11 - Phase 30

737413464 Rahu 12:52PM - 2:05PM

Vanija Until 9:23PM

Nataraja: Purple

1st Phase

Routine Work Marana Yoga

Dvitiya Until 9:24AM

Moon - Yellow

Subha Sivaloka Day

Until 11:19AM

Then Creative Work - Siddha Yoga

2

Friday, November 15, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Siddha Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Albany, NY

Sutra 215

Vikarin 5121

Mithuna Rasi: 3.01 Tithi 18 - 19

Gulika 7:58AM - 9:11AM

Mrigashira Until 12:38PM

Ganesha: Clear Sunrise: 6:44AM

Yama 2:05PM - 3:18PM

Siddha Until 8:03PM

Muruqa: Purple Sunset: 4:32PM

Moon 11 - Phase 30

737413464 Rahu 10:25AM - 11:38AM

Bava Until 9:02PM

Nataraja: Purple

1st Phase

Creative Work Siddha Yoga

Tritiya Until 9:14AM

Moon - Yellow

Subha Sivaloka Day

Until 11:19AM

Then Creative Work - Siddha Yoga

3

Saturday, November 16, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam  
Ardra/Punarvasu Nakshatra Sadhya Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Albany, NY

Sutra 216

Vikarin 5121

Mithuna Rasi: 16.16 Tithi 19 - 20

Gulika 6:46AM - 7:59AM

Ardra Until 12:32PM

Ganesha: Clear Sunrise: 6:46AM

Yama 12:52PM - 2:05PM

Sadhya Until 6:19PM

Muruqa: Purple Sunset: 4:31PM

Moon 11 - Phase 30

737413464 Rahu 9:12AM - 10:25AM

Kaulava Until 8:20PM

Nataraja: Purple

1st Phase

Creative Work Siddha Yoga

Chaturthi\* Until 8:42AM

Moon - Yellow

Subha Sivaloka Day

Until 11:19AM

Then Creative Work - Siddha Yoga

4

Sunday, November 17, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Subha/Sukla Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Albany, NY

Sutra 217

Vikarin 5121

Mithuna Rasi: 29.42 Tithi 20 - 21

Gulika 2:04PM - 3:17PM

Punarvasu Until 12:24PM

Ganesha: Clear Sunrise: 6:47AM

Yama 11:39AM - 12:51PM

Subha Until 4:20PM

Muruqa: Purple Sunset: 4:30PM

Moon 11 - Phase 30

748413465 Rahu 3:17PM - 4:30PM

Gara Until 7:17PM

Nataraja: Clear

1st Phase

Creative Work Siddha Yoga

Panchami Until 7:50AM

Moon - Blue

Sivaloka Day

Until 11:19AM

Then Creative Work - Siddha Yoga

5

Monday, November 18, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Sukla/Brahma Yoga Vanija/Bava Karana Shashthi/Saptamyam Titau

Albany, NY

Sutra 218

Vikarin 5121

Kataka Rasi: 13.21 Tithi 21 - 22

Gulika 12:51PM - 2:04PM

Pushya Until 11:46AM

Ganesha: Clear Sunrise: 6:48AM

Yama 10:26AM - 11:39AM

Sukla Until 2:03PM

Muruqa: Purple Sunset: 4:29PM

Moon 11 - Phase 30

Family Home Evening

748413465 Rahu 8:01AM - 9:13AM

Bava Until 5:03AM Tue

Nataraja: Clear

1st Phase

Creative Work Siddha Yoga

Shashthi\* Until 6:37AM

Moon - Blue

Sivaloka Day

Until 11:19AM

Then Creative Work - Siddha Yoga

D

Tuesday, November 19, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam  
Ashlesha\*/Magha\* Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Ashtamyam Titau

Albany, NY

Sutra 219

Vikarin 5121

Kataka Rasi: 27.11 Tithi 23

Gulika 11:39AM - 12:51PM

Ashlesha\* Until 10:40AM

Ganesha: Clear Sunrise: 6:49AM

Yama 9:14AM - 10:27AM

Brahma Until 11:31AM

Muruqa: Purple Sunset: 4:29PM

Moon 11 - Phase 30

748413465 Rahu 2:04PM - 3:16PM

Balava Until 4:10PM

Nataraja: Clear

Ashtami

Creative Work Siddha Yoga

Ashtami\* Until 3:10AM Wed

Moon - Blue

Sivaloka Day

Until 11:19AM

Then Creative Work - Siddha Yoga

Wednesday, November 20, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Indra/Vaidhriti\* Yoga Taitila/Gara Karana Navamyam Titau

Albany, NY

Sutra 220

Vikarin 5121

Simha Rasi: 11.14 Tithi 24

Gulika 10:27AM - 11:39AM

Magha\* Until 9:32AM

Ganesha: White Sunrise: 6:50AM

Yama 8:03AM - 9:15AM

Indra Until 8:44AM

Muruqa: Purple Sunset: 4:28PM

Moon 11 - Phase 30

758413465 Rahu 11:39AM - 12:51PM

Taitila Until 2:08PM

Nataraja: Clear

Navami

Creative Work Siddha Yoga

Navami\* Until 12:59AM Thu

Moon - Red

Subha Sivaloka Day

Until 9:32AM

Then Creative Work - Amrita Yoga

<b>1</b>		<b>Thursday, November 21, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Dashamyam Titau	Albany, NY Sutra 221 Vikarin 5121
Simha Rasi: 25.28	Tithi 25	<b>Gulika</b> 9:16AM – 10:28AM	<b>Purvaphalguni Until 7:59AM</b>	<b>Ganesha:</b> White	Sunrise: 6:52AM
		Yama 6:52AM – 8:04AM	Vishkambha* Until 2:29AM Fri	<b>Muruqa:</b> Purple	Sunset: 4:27PM
		758413465 <b>Rahu</b> 12:51PM – 2:03PM	Vanija Until 11:49AM	<b>Nataraja:</b> Clear	Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Dashami Until 10:33PM</b>	Moon – Red	2nd Phase
				<b>Subha Sivaloka Day</b>	
				<b>Karttika-Karttikai</b>	

<b>2</b>		<b>Friday, November 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Priti Yoga Bava/Balava Karana Ekadashyam Titau	Albany, NY Sutra 222 Vikarin 5121
Kanya Rasi: 9.52	Tithi 26	<b>Gulika</b> 8:05AM – 9:16AM	<b>Uttaraphalguni Until 6:03AM</b>	<b>Ganesha:</b> White	Sunrise: 6:53AM
		Yama 2:03PM – 3:15PM	Priti Until 11:09PM	<b>Muruqa:</b> Purple	Sunset: 4:27PM
		758413465 <b>Rahu</b> 10:28AM – 11:40AM	Bava Until 9:17AM	<b>Nataraja:</b> Clear	Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Ekadashi* Until 7:57PM</b>	Moon – Red	2nd Phase
Until 6:03AM				<b>Subha Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				<b>Karttika-Karttikai</b>	

<b>3</b>		<b>Saturday, November 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Ayushman Yoga Kaulava/Gara Karana Dvadashi/Trayodashyam Titau	Albany, NY Sutra 223 Vikarin 5121
Kanya Rasi: 24.22	Tithi 27 – 28	<b>Gulika</b> 6:54AM – 8:06AM	<b>Chitra Until 2:20AM Sun</b>	<b>Ganesha:</b> Yellow	Sunrise: 6:54AM
		Yama 12:51PM – 2:03PM	Ayushman Until 7:45PM	<b>Muruqa:</b> Purple	Sunset: 4:26PM
		768413465 <b>Rahu</b> 9:17AM – 10:29AM	Kaulava Until 6:39AM	<b>Nataraja:</b> Clear	Moon 11 - Phase 31
Routine Work	Marana Yoga		<b>Dvadashi* Until 5:17PM</b>	Moon – Green	2nd Phase
Until 2:20AM Sun				<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Karttika-Karttikai</b>	
				<i>Pradosha Vrata (Fasting)</i>	

<b>4</b>		<b>Sunday, November 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Albany, NY Sutra 224 Vikarin 5121
Tula Rasi: 8.52	Tithi 28 – 29	<b>Gulika</b> 2:03PM – 3:14PM	<b>Svati Until 12:21AM Mon</b>	<b>Ganesha:</b> Blue	Sunrise: 6:55AM
		Yama 11:40AM – 12:52PM	Saubhagya Until 4:25PM	<b>Muruqa:</b> Purple	Sunset: 4:25PM
		769413465 <b>Rahu</b> 3:14PM – 4:25PM	Visti Until 1:26AM Mon	<b>Nataraja:</b> Clear	Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Trayodashi* Until 2:40PM</b>	Moon – Green	2nd Phase
Until 12:21AM Mon				<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga				<b>Karttika-Karttikai</b>	

<b>Retreat Star</b>		<b>Monday, November 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha Nakshatra Sobhana/Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Albany, NY Sutra 225 Vikarin 5121
Tula Rasi: 23.17	Tithi 29 – 30	<b>Gulika</b> 12:52PM – 2:03PM	<b>Vishakha Until 10:54PM</b>	<b>Ganesha:</b> Blue	Sunrise: 6:56AM
<b>Family Home Evening</b>		Yama 10:30AM – 11:41AM	Sobhana Until 1:15PM	<b>Muruqa:</b> Purple	Sunset: 4:25PM
779413465 <b>Rahu</b> 8:07AM – 9:19AM			Catuspada Until 11:09PM	<b>Nataraja:</b> Clear	Moon 11 - Phase 31
Routine Work	Marana Yoga		<b>Chaturdashi* Until 12:14PM</b>	Moon – Orange	Amavasya
Until 10:54PM				<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Karttika-Karttikai</b>	

<b>Retreat Star</b>		<b>Tuesday, November 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Athiganda*/Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Albany, NY Sutra 226 Vikarin 5121
Vrischika Rasi: 7.3	Tithi 30 – 1	<b>Gulika</b> 11:41AM – 12:52PM	<b>Anuradha Until 9:42PM</b>	<b>Ganesha:</b> Blue	Sunrise: 6:58AM
		Yama 9:19AM – 10:30AM	Athiganda* Until 10:20AM	<b>Muruqa:</b> Purple	Sunset: 4:24PM
		779413465 <b>Rahu</b> 2:03PM – 3:13PM	Kintughna Until 9:16PM	<b>Nataraja:</b> Clear	Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Amavasya* Until 10:08AM</b>	Moon – Orange	Prathama
Until 9:42PM				<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga				<b>Margasira-Karttikai</b>	

<b>1</b>		<b>Wednesday, November 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Prathama/Dvityayam Titau		Albany, NY Sun 14 Sutra 227 Vikarin 5121
Wrischika Rasi: 21.26	Tithi 1 – 2	<b>Gulika</b> 10:31AM – 11:41AM	<b>Jyeshtha* Until 8:53PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:59AM	
		Yama 8:09AM – 9:20AM	Sukarma Until 7:49AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:24PM	Moon 11 - Phase 32
		779413465 <b>Rahu</b> 11:41AM – 12:52PM	Balava Until 7:55PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Prathama* Until 8:30AM</b>	Moon – Orange		<b>Devaloka Day</b>
Until 8:53PM				<b>Margasira-Karttikai</b>		
Then Routine Work - Marana Yoga						

<b>2</b>		<b>Thursday, November 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Shula* Yoga Kaulava/Tailila Karana Dvitiya/Tritiyayam Titau		Albany, NY Sun 15 Sutra 228 Vikarin 5121
Dhanus Rasi: 5.01	Tithi 2 – 3	<b>Gulika</b> 9:21AM – 10:31AM	<b>Mula* Until 9:02PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:00AM	
		Yama 7:00AM – 8:10AM	Shula* Until 4:16AM Fri	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:23PM	Moon 11 - Phase 32
		789413465 <b>Rahu</b> 12:52PM – 2:02PM	Taitila Until 7:15PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya Until 7:29AM</b>	Moon – Light Blue		<b>Devaloka Day</b>
				<b>Margasira-Karttikai</b>		

<b>3</b>		<b>Friday, November 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturchyam Titau		Albany, NY Sun 16 Sutra 229 Vikarin 5121
Dhanus Rasi: 18.13	Tithi 3 – 4	<b>Gulika</b> 8:11AM – 9:21AM	<b>Purvashadha* Until 9:45PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:01AM	
		Yama 2:02PM – 3:13PM	Ganda* Until 3:21AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:23PM	Moon 11 - Phase 32
		789413465 <b>Rahu</b> 10:32AM – 11:42AM	Vanija Until 7:19PM	<b>Nataraja:</b> Clear		3rd Phase
Routine Work	Prabalarishta Yoga		<b>Tritiya Until 7:10AM</b>	Moon – Light Blue		<b>Devaloka Day</b>
Until 9:45PM				<b>Margasira-Karttikai</b>		
Then Routine Work - Marana Yoga						

<b>4</b>		<b>Saturday, November 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Vriddhi Yoga Visti*/Bava Karana Chaturchi/Panchamyam Titau		Albany, NY Sun 17 Sutra 230 Vikarin 5121
Makara Rasi: 1.01	Tithi 4 – 5	<b>Gulika</b> 7:02AM – 8:12AM	<b>Uttarashadha Until 11:01PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:02AM	
		Yama 12:52PM – 2:02PM	Vriddhi Until 3:01AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:23PM	Moon 11 - Phase 32
		789413465 <b>Rahu</b> 9:22AM – 10:32AM	Bava Until 8:08PM	<b>Nataraja:</b> Clear		3rd Phase
Routine Work	Marana Yoga		<b>Chaturchi* Until 7:37AM</b>	Moon – Light Blue		<b>Devaloka Day</b>
Until 11:01PM				<b>Margasira-Karttikai</b>		
Then Creative Work - Siddha Yoga						

<b>5</b>		<b>Sunday, December 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Albany, NY Sun 18 Sutra 231 Vikarin 5121
Makara Rasi: 13.3	Tithi 5 – 6	<b>Gulika</b> 2:02PM – 3:12PM	<b>Shravana Until 1:16AM Mon</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:03AM	
		Yama 11:43AM – 12:53PM	Dhruva Until 3:09AM Mon	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:22PM	Moon 11 - Phase 32
		799413465 <b>Rahu</b> 3:12PM – 4:22PM	Kaulava Until 9:39PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Amrita Yoga		<b>Panchami Until 8:47AM</b>	Moon – Purple		<b>Sivaloka Day</b>
Until 1:16AM Mon				<b>Margasira-Karttikai</b>		
Then Creative Work - Siddha Yoga						

<b>6</b>		<b>Monday, December 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyaghata* Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau		Albany, NY Sun 19 Sutra 232 Vikarin 5121
Makara Rasi: 25.43	Tithi 6 – 7	<b>Gulika</b> 12:53PM – 2:02PM	<b>Dhanishtha Until 3:51AM Tue</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:04AM	
<b>Family Home Evening</b>		Yama 10:33AM – 11:43AM	Vyaghata* Until 3:41AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:22PM	Moon 11 - Phase 32
Creative Work	Siddha Yoga	791413465 <b>Rahu</b> 8:14AM – 9:24AM	Gara Until 11:42PM	<b>Nataraja:</b> Clear		3rd Phase
Until 3:51AM Tue			<b>Shashthi* Until 10:35AM</b>	Moon – Purple		<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga				<b>Margasira-Karttikai</b>		

<b>Retreat Star</b>		<b>Tuesday, December 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Harshana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Albany, NY Sun 20 Sutra 233 Vikarin 5121
Kumbha Rasi: 7.44	Tithi 7 – 8	<b>Gulika</b> 11:43AM – 12:53PM	<b>Shatabhishak Until 6:33AM Wed</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:05AM	
		Yama 9:24AM – 10:34AM	Harshana Until 4:27AM Wed	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:22PM	Moon 11 - Phase 32
		791413465 <b>Rahu</b> 2:03PM – 3:12PM	Visti Until 2:05AM Wed	<b>Nataraja:</b> Clear		Ashtami
Routine Work	Marana Yoga		<b>Saptami Until 12:51PM</b>	Moon – Purple		<b>Sivaloka Day</b>
Until 6:33AM Wed				<b>Margasira-Karttikai</b>		
Then Creative Work - Amrita Yoga						

<b>Retreat Star</b>		<b>Wednesday, December 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Vajra* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Albany, NY Sun 21 Sutra 234 Vikarin 5121
Kumbha Rasi: 19.38	Tithi 8 – 9	<b>Gulika</b> 10:34AM – 11:44AM	<b>Shatabhishak Until 6:33AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:06AM	
		Yama 8:16AM – 9:25AM	Vajra* Until 5:15AM Thu	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:21PM	Moon 11 - Phase 32
		791413465 <b>Rahu</b> 11:44AM – 12:53PM	Balava Until 4:36AM Thu	<b>Nataraja:</b> Clear		Navami
Creative Work	Siddha Yoga		<b>Ashtami* Until 3:19PM</b>	Moon – Purple		<b>Sivaloka Day</b>
Until 6:33AM				<b>Margasira-Karttikai</b>		
Then Creative Work - Amrita Yoga						

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

<b>1</b>		<b>Thursday, December 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Siddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Albany, NY
Meena Rasi: 1.31	Tithi 9 – 10	711413465	<b>Gulika</b> 9:26AM – 10:35AM <b>Yama</b> 7:07AM – 8:17AM <b>Rahu</b> 12:54PM – 2:03PM	<b>Purvaproshtapada* Until 9:39AM</b> Siddhi Until 5:59AM Fri Taitila Until 7:00AM Fri Navami* Until 5:48PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 7:07AM <b>Sunset:</b> 4:21PM	Sun 22	Sutra 235 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work	Siddha Yoga							Sivaloka Day

<b>2</b>		<b>Friday, December 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dashamyam Titau				Albany, NY
Meena Rasi: 13.26	Tithi 10	711413465	<b>Gulika</b> 8:17AM – 9:26AM <b>Yama</b> 2:03PM – 3:12PM <b>Rahu</b> 10:36AM – 11:45AM	<b>Uttaraproshtapada Until 12:27PM</b> Vyatipata* Until 6:31AM Sat Taitila Until 7:00AM Dashami Until 8:05PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 7:08AM <b>Sunset:</b> 4:21PM	Sun 23	Sutra 236 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work	Siddha Yoga							Sivaloka Day

<b>3</b>		<b>Saturday, December 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Albany, NY
Meena Rasi: 25.28	Tithi 11	711513465	<b>Gulika</b> 7:09AM – 8:18AM <b>Yama</b> 12:54PM – 2:03PM <b>Rahu</b> 9:27AM – 10:36AM	<b>Revati Until 2:46PM</b> Vyatipata* Until 6:31AM Vanija Until 9:07AM Ekadashi Until 9:59PM	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 7:09AM <b>Sunset:</b> 4:21PM	Sun 24	Sutra 237 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Routine Work	Prabalarishta Yoga		<b>Gita Jayanthi</b>					Subha Sivaloka Day
Until 2:46PM								
Then Creative Work - Siddha Yoga								

<b>4</b>		<b>Sunday, December 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Dvadashyam Titau				Albany, NY
Mesha Rasi: 7.4	Tithi 12	721513465	<b>Gulika</b> 2:03PM – 3:12PM <b>Yama</b> 11:46AM – 12:54PM <b>Rahu</b> 3:12PM – 4:21PM	<b>Ashvini Until 4:59PM</b> Variyan Until 6:43AM Bava Until 10:47AM Dvadashi Until 11:24PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 7:10AM <b>Sunset:</b> 4:21PM	Sun 25	Sutra 238 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work	Siddha Yoga							Sivaloka Day
Until 4:59PM								
Then Routine Work - Prabalarishta Yoga								

<b>5</b>		<b>Monday, December 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Trayodashyam Titau				Albany, NY
Mesha Rasi: 20.05	Tithi 13	721513465	<b>Gulika</b> 12:55PM – 2:04PM <b>Yama</b> 10:37AM – 11:46AM <b>Rahu</b> 8:20AM – 9:29AM	<b>Bharani Until 6:30PM</b> Parigha* Until 6:31AM Kaulava Until 11:55AM Trayodashi Until 12:15AM Tue <i>Pradosha Vrata</i>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 7:11AM <b>Sunset:</b> 4:21PM	Sun 26	Sutra 239 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Family Home Evening								Sivaloka Day
Creative Work	Siddha Yoga							
Until 6:30PM								
Then Routine Work - Marana Yoga								

<b>6</b>		<b>Tuesday, December 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Siddha Yoga Gara/Vanija Karana Chaturdashyam Titau				Albany, NY
Vrishabha Rasi: 2.46	Tithi 14	721513465	<b>Gulika</b> 11:46AM – 12:55PM <b>Yama</b> 9:29AM – 10:38AM <b>Rahu</b> 2:04PM – 3:12PM	<b>Krittika Until 7:18PM</b> Siddha Until 4:49AM Wed Gara Until 12:29PM Chaturdashi* Until 12:31AM Wed	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 7:12AM <b>Sunset:</b> 4:21PM	Sun 27	Sutra 240 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work	Siddha Yoga		<b>Krittika Deepam</b>					Sivaloka Day
Until 7:18PM								Tour Day
Then Creative Work - Amrita Yoga								

<b>○</b>		<b>Wednesday, December 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Sadhya Yoga Visti*/Bava Karana Purnimayam Titau				Albany, NY
<b>Copper Retreat Star</b>			<b>Gulika</b> 10:38AM – 11:47AM <b>Yama</b> 8:21AM – 9:30AM <b>Rahu</b> 11:47AM – 12:55PM	<b>Rohini Until 7:52PM</b> Sadhya Until 3:20AM Thu Visti Until 12:28PM Purnima* Until 12:14AM Thu	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 7:13AM <b>Sunset:</b> 4:21PM		Sutra 241 Vikarin 5121 Moon 11 - Phase 33 Purnima
Vrishabha Rasi: 15.43	Tithi 15	731523465						Sivaloka Day
Creative Work	Siddha Yoga							

<b>Thursday, December 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Subha Yoga Balava/Kaulava Karana Prathamayam Titau				Albany, NY		
<b>Silver Retreat Star</b>			<b>Gulika</b> 9:31AM – 10:39AM <b>Yama</b> 7:14AM – 8:22AM <b>Rahu</b> 12:56PM – 2:04PM	<b>Mrigashira Until 7:48PM</b> Subha Until 1:28AM Fri Balava Until 11:55AM Prathama* Until 11:27PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 7:14AM <b>Sunset:</b> 4:21PM		Sutra 242 Vikarin 5121 Moon 11 - Phase 33 Prathama
Vrishabha Rasi: 28.56	Tithi 16	732523465						Devaloka Day
Routine Work	Marana Yoga							
			<b>Vinayaga Viratam Begins</b>					

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





Friday, December 13, 2019

Gold Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam  
Ardra Nakshatra Sukla Yoga Taitila/Gara Karana Dvitiyayam Titau

Albany, NY

Sutra 243

Vikarin 5121

Mithuna Rasi: 12.25 Tithi 17

732523465

**Gulika** 8:23AM – 9:31AM  
**Yama** 2:05PM – 3:13PM  
**Rahu** 10:40AM – 11:48AM

**Ardra Until 7:09PM**  
Sukla Until 11:15PM  
Taitila Until 10:56AM  
**Dvitiya Until 10:16PM**

**Ganesha:** Clear *Sunrise:* 7:14AM

**Muruqa:** Clear *Sunset:* 4:21PM

**Nataraja:** Clear

Moon – Yellow

Moon 12 - Phase 34

1st Phase

**Devaloka Day**

**Margasira-Karttikai**

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam  
Punarvasu Nakshatra Brahma Yoga Vanija/Visti\* Karana Tritiyayam Titau

Albany, NY

Sutra 244

Vikarin 5121

Mithuna Rasi: 26.07 Tithi 18

742523465

**Gulika** 7:15AM – 8:23AM  
**Yama** 12:57PM – 2:05PM  
**Rahu** 9:32AM – 10:40AM

**Punarvasu Until 6:29PM**  
Brahma Until 8:49PM  
Vanija Until 9:34AM  
**Tritiya Until 8:45PM**

**Ganesha:** Purple *Sunrise:* 7:15AM

**Muruqa:** Clear *Sunset:* 4:22PM

**Nataraja:** Clear

Moon – Blue

Moon 12 - Phase 34

1st Phase

**Bhuloka Day**

**Margasira-Karttikai**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Indra Yoga Bava/Balava Karana Chaturthyam Titau

Albany, NY

Sutra 245

Vikarin 5121

Kataka Rasi: 10.01 Tithi 19

742523465

**Gulika** 2:05PM – 3:14PM  
**Yama** 11:49AM – 12:57PM  
**Rahu** 3:14PM – 4:22PM

**Pushya Until 5:25PM**  
Indra Until 6:11PM  
Bava Until 7:55AM  
**Chaturthi\* Until 7:00PM**

**Ganesha:** Purple *Sunrise:* 7:16AM

**Muruqa:** Clear *Sunset:* 4:22PM

**Nataraja:** Clear

Moon – Blue

Moon 12 - Phase 34

1st Phase

**Bhuloka Day**

**Margasira-Karttikai**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

3

Monday, December 16, 2019

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Ashlesha\*/Magha\* Nakshatra Vaidhriti\*/Vishkambha\* Yoga Kaulava/Gara Karana Panchami/Shashthyam Titau

Albany, NY

Sutra 246

Vikarin 5121

Kataka Rasi: 24.01 Tithi 20 – 21

842523465

**Gulika** 12:58PM – 2:06PM  
**Yama** 10:41AM – 11:49AM  
**Rahu** 8:25AM – 9:33AM

**Ashlesha\* Until 4:02PM**  
Vaidhriti\* Until 3:24PM  
Kaulava Until 6:04AM  
**Panchami Until 5:04PM**

**Ganesha:** Clear *Sunrise:* 7:17AM

**Muruqa:** Clear *Sunset:* 4:22PM

**Nataraja:** Clear

Moon – Blue

Moon 12 - Phase 34

1st Phase

**Devaloka Day**

**Margasira-Markali**

Creative Work Siddha Yoga

Until 4:02PM

Then Routine Work - Marana Yoga

4

Tuesday, December 17, 2019

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Vishkambha\*/Priti Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Albany, NY

Sutra 247

Vikarin 5121

Simha Rasi: 8.07 Tithi 21 – 22

852523465

**Gulika** 11:50AM – 12:58PM  
**Yama** 9:34AM – 10:42AM  
**Rahu** 2:06PM – 3:14PM

**Magha\* Until 2:50PM**  
Vishkambha\* Until 12:33PM  
Visti Until 2:02AM Wed  
**Shashthi\* Until 3:03PM**

**Ganesha:** Purple *Sunrise:* 7:17AM

**Muruqa:** Clear *Sunset:* 4:22PM

**Nataraja:** Clear

Moon – Red

Moon 12 - Phase 34

1st Phase

**Bhuloka Day**

**Margasira-Markali**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Until 4:02PM

Then Routine Work - Marana Yoga

D

Wednesday, December 18, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam  
Purvaphalguni/Uttaraphalguni Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Saptami/Ashlamiyam Titau

Albany, NY

Sutra 248

Vikarin 5121

Simha Rasi: 22.16 Tithi 22 – 23

852523465

**Gulika** 10:42AM – 11:50AM  
**Yama** 8:26AM – 9:34AM  
**Rahu** 11:50AM – 12:58PM

**Purvaphalguni Until 1:27PM**  
Priti Until 9:40AM  
Balava Until 11:57PM  
**Saptami Until 12:59PM**

**Ganesha:** Purple *Sunrise:* 7:18AM

**Muruqa:** Clear *Sunset:* 4:23PM

**Nataraja:** Clear

Moon – Red

Moon 12 - Phase 34

Ashtami

**Bhuloka Day**

**Margasira-Markali**

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

Thursday, December 19, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam  
Uttaraphalguni/Hasta Nakshatra Ayushmani/Saubhagya Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Albany, NY

Sutra 249

Vikarin 5121

Kanya Rasi: 6.25 Tithi 23 – 24

852523465

**Gulika** 9:35AM – 10:43AM  
**Yama** 7:19AM – 8:27AM  
**Rahu** 12:59PM – 2:07PM

**Uttaraphalguni Until 11:55AM**  
Ayushman Until 6:44AM  
Taitila Until 9:53PM  
**Ashtami\* Until 10:54AM**

**Ganesha:** Purple *Sunrise:* 7:19AM

**Muruqa:** Clear *Sunset:* 4:23PM

**Nataraja:** Clear

Moon – Red

Moon 12 - Phase 34

Navami

**Bhuloka Day**

**Margasira-Markali**

Devaloka Time: 3:PM to 6:PM

Amrita Yoga


Until 11:55AM

Then Routine Work - Marana Yoga

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

<b>1</b>		<b>Friday, December 20, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam Hasla/Chitra Nakshatra Sobhana Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Albany, NY Sun 7 Sutra 250 Vikarin 5121	
Kanya Rasi: 20.34	Tithi 24 – 25	862523465	<b>Gulika</b> 8:27AM – 9:35AM <b>Yama</b> 2:07PM – 3:16PM <b>Rahu</b> 10:43AM – 11:51AM	<b>Hasta</b> <b>Until 10:41AM</b> Sobhana <b>Until 12:59AM Sat</b> Vanija <b>Until 7:51PM</b> <b>Navami* Until 8:50AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Green	<b>Sunrise:</b> 7:19AM <b>Sunset:</b> 4:24PM	Moon 12 - Phase 35 2nd Phase <b>Devaloka Day</b> <b>Margasira*Markali</b>
Creative Work Amrita Yoga Until 10:41AM Then Creative Work - Siddha Yoga							
<b>2</b>		<b>Saturday, December 21, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Visti*/Balava Karana Dashami/Ekadashyam Titau		Albany, NY Sun 8 Sutra 251 Vikarin 5121	
Tula Rasi: 4.41	Tithi 25 – 26	862523465	<b>Gulika</b> 7:20AM – 8:28AM <b>Yama</b> 1:00PM – 2:08PM <b>Rahu</b> 9:36AM – 10:44AM	<b>Chitra</b> <b>Until 9:22AM</b> Athiganda* <b>Until 10:12PM</b> Balava <b>Until 4:58AM Sun</b> <b>Dashami</b> <b>Until 6:51AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Green	<b>Sunrise:</b> 7:20AM <b>Sunset:</b> 4:24PM	Moon 12 - Phase 35 2nd Phase <b>Devaloka Day</b> <b>Margasira*Markali</b>
Routine Work Marana Yoga Until 9:22AM Then Creative Work - Siddha Yoga							
<b>3</b>		<b>Sunday, December 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau		Albany, NY Sun 9 Sutra 252 Vikarin 5121	
Tula Rasi: 18.43	Tithi 27	862523465	<b>Gulika</b> 2:08PM – 3:17PM <b>Yama</b> 11:52AM – 1:00PM <b>Rahu</b> 3:17PM – 4:25PM	<b>Svati</b> <b>Until 8:03AM</b> Sukarma <b>Until 7:33PM</b> Kaulava <b>Until 4:07PM</b> <b>Dvadashi* Until 3:17AM Mon</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Green	<b>Sunrise:</b> 7:20AM <b>Sunset:</b> 4:25PM	Moon 12 - Phase 35 2nd Phase <b>Devaloka Day</b> <b>Margasira*Markali</b>
Creative Work Siddha Yoga Until 8:03AM Then Routine Work - Marana Yoga							
<b>4</b>		<b>Monday, December 23, 2019</b>		Vikarin Nama Samvatsare Utrarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Albany, NY Sun 10 Sutra 253 Vikarin 5121	
Vrischika Rasi: 2.37	Tithi 28	872523465	<b>Gulika</b> 1:01PM – 2:09PM <b>Yama</b> 10:45AM – 11:53AM <b>Rahu</b> 8:29AM – 9:37AM	<b>Vishakha</b> <b>Until 7:13AM</b> Dhriti <b>Until 5:07PM</b> Gara <b>Until 2:34PM</b> <b>Trayodashi* Until 1:52AM Tue</b> <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 7:21AM <b>Sunset:</b> 4:25PM	Moon 12 - Phase 35 2nd Phase <b>Bhuloka Day</b> <b>Devaloka Time: 3:PM to 6:PM</b> <b>Margasira*Markali</b>
Family Home Evening Routine Work Marana Yoga Until 7:13AM Then Creative Work - Siddha Yoga							
<b>5</b>		<b>Tuesday, December 24, 2019</b>		Vikarin Nama Samvatsare Utrarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula*/Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Albany, NY Sun 11 Sutra 254 Vikarin 5121	
Vrischika Rasi: 16.22	Tithi 29	872523465	<b>Gulika</b> 11:53AM – 1:01PM <b>Yama</b> 9:37AM – 10:45AM <b>Rahu</b> 2:10PM – 3:18PM	<b>Anuradha</b> <b>Until 6:31AM</b> Shula* <b>Until 2:54PM</b> Visti <b>Until 1:19PM</b> <b>Chaturdashi* Until 12:49AM Wed</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 7:21AM <b>Sunset:</b> 4:26PM	Moon 12 - Phase 35 2nd Phase <b>Bhuloka Day</b> <b>Devaloka Time: 3:PM to 6:PM</b> <b>Margasira*Markali</b>
Creative Work Siddha Yoga Until 6:31AM Then Routine Work - Marana Yoga							
		<b>Wednesday, December 25, 2019</b>		Vikarin Nama Samvatsare Utrarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda*/Vridhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Albany, NY Sun 12 Sutra 255 Vikarin 5121	
Vrischika Rasi: 29.53	Tithi 30	873523465	<b>Gulika</b> 10:46AM – 11:54AM <b>Yama</b> 8:30AM – 9:38AM <b>Rahu</b> 11:54AM – 1:02PM	<b>Jyeshtha* Until 6:02AM</b> Ganda* <b>Until 1:02PM</b> Catuspada <b>Until 12:29PM</b> <b>Amavasya* Until 12:14AM Thu</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 7:21AM <b>Sunset:</b> 4:26PM	Moon 12 - Phase 35 Amavasya <b>Devaloka Day</b> <b>Margasira*Markali</b>
Retreat Star Creative Work Siddha Yoga Until 6:02AM Then Routine Work - Marana Yoga							
<b>Thursday, December 26, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Utrarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi/Dhruva Yoga Kintughna*/Bava Karana Prathamayam Titau		Albany, NY Sun 13 Sutra 256 Vikarin 5121	
Dhanus Rasi: 13.09	Tithi 1	883523466	<b>Gulika</b> 9:38AM – 10:46AM <b>Yama</b> 7:22AM – 8:30AM <b>Rahu</b> 1:03PM – 2:11PM	<b>Mula* Until 6:19AM</b> Vriddhi <b>Until 11:34AM</b> Kintughna <b>Until 12:09PM</b> <b>Prathama* Until 12:10AM Fri</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Light Blue	<b>Sunrise:</b> 7:22AM <b>Sunset:</b> 4:27PM	Moon 12 - Phase 35 Prathama <b>Devaloka Day</b> <b>Pausha*Markali</b>
Creative Work Siddha Yoga		Annular Solar Eclipse					

<b>1</b>		<b>Friday, December 27, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva/Vyaghata* Yoga Balava/Kaulava Karana Dviliyayam Titau				Albany, NY
Dhanus Rasi: 26.08	Tithi 2	Gulika 8:30AM – 9:39AM	Purvashadha* Until 6:59AM	Ganesha: Orange	Sunrise: 7:22AM	Sun 14	Sutra 257	Vikarin 5121
		Yama 2:11PM – 3:19PM	Dhruva Until 10:31AM	Muruqa: Clear	Sunset: 4:28PM			Moon 12 - Phase 36
		883523466 Rahu 10:47AM – 11:55AM	Balava Until 12:22PM	Nataraja: Orange				3rd Phase
Routine Work	Prabalarishta Yoga		Dvitiya Until 12:42AM Sat	Moon – Light Blue				Devaloka Day
Until 6:59AM				Pausha-Markali				
Then Routine Work - Marana Yoga								

<b>2</b>		<b>Saturday, December 28, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata*/Harshana Yoga Taitila/Gara Karana Triliyayam Titau				Albany, NY
Makara Rasi: 8.49	Tithi 3	Gulika 7:22AM – 8:31AM	Uttarashadha Until 8:04AM	Ganesha: Orange	Sunrise: 7:22AM	Sun 15	Sutra 258	Vikarin 5121
		Yama 1:04PM – 2:12PM	Vyaghata* Until 9:56AM	Muruqa: Clear	Sunset: 4:28PM			Moon 12 - Phase 36
		883523466 Rahu 9:39AM – 10:47AM	Taitila Until 1:12PM	Nataraja: Orange				3rd Phase
Routine Work	Marana Yoga		Tritiya Until 1:49AM Sun	Moon – Light Blue				Devaloka Day
Until 8:04AM				Pausha-Markali				
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Sunday, December 29, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Chaturthiyam Titau				Albany, NY
Makara Rasi: 21.16	Tithi 4	Gulika 2:13PM – 3:21PM	Shravana Until 10:02AM	Ganesha: Clear	Sunrise: 7:23AM	Sun 16	Sutra 259	Vikarin 5121
		Yama 11:56AM – 1:04PM	Harshana Until 9:48AM	Muruqa: Clear	Sunset: 4:29PM			Moon 12 - Phase 36
		893523466 Rahu 3:21PM – 4:29PM	Vanija Until 2:37PM	Nataraja: Orange				3rd Phase
Creative Work	Amrita Yoga		Chaturthi* Until 3:29AM Mon	Moon – Purple				Devaloka Day
Until 10:02AM				Pausha-Markali				
Then Routine Work - Marana Yoga								

<b>4</b>		<b>Monday, December 30, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau				Albany, NY
Kumbha Rasi: 3.28	Tithi 5	Gulika 1:05PM – 2:13PM	Dhanishtha Until 12:20PM	Ganesha: Clear	Sunrise: 7:23AM	Sun 17	Sutra 260	Vikarin 5121
Family Home Evening		Yama 10:48AM – 11:56AM	Vajra* Until 10:03AM	Muruqa: Clear	Sunset: 4:30PM			Moon 12 - Phase 36
		893523466 Rahu 8:31AM – 9:40AM	Bava Until 4:31PM	Nataraja: Orange				3rd Phase
Creative Work	Siddha Yoga		Panchami Until 5:36AM Tue	Moon – Purple				Devaloka Day
				Pausha-Markali				

<b>5</b>		<b>Tuesday, December 31, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shalabhishak/Purvaprosarthapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava Karana Shashthiyam Titau				Albany, NY
Kumbha Rasi: 15.3	Tithi 6	Gulika 11:57AM – 1:05PM	Shatabhishak Until 2:50PM	Ganesha: Clear	Sunrise: 7:23AM	Sun 18	Sutra 261	Vikarin 5121
		Yama 9:40AM – 10:48AM	Siddhi Until 10:36AM	Muruqa: Clear	Sunset: 4:31PM			Moon 12 - Phase 36
		893523466 Rahu 2:14PM – 3:22PM	Kaulava Until 6:48PM	Nataraja: Orange				3rd Phase
Routine Work	Marana Yoga		Shashthi* Until 8:01AM Wed	Moon – Purple				Devaloka Day
				Pausha-Markali				

<b>6</b>		<b>Wednesday, January 1, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosarthapada*/Uttarproshthapada* Nakshatra Vyatipata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Albany, NY
Kumbha Rasi: 27.26	Tithi 6 – 7	Gulika 10:49AM – 11:58AM	Purvaprosarthapada* Until 5:54PM	Ganesha: Blue	Sunrise: 7:23AM	Sun 19	Sutra 262	Vikarin 5121
		Yama 8:32AM – 9:41AM	Vyatipata* Until 11:21AM	Muruqa: Clear	Sunset: 4:32PM			Moon 12 - Phase 36
		813623466 Rahu 11:58AM – 1:06PM	Gara Until 9:17PM	Nataraja: Orange				3rd Phase
Creative Work	Amrita Yoga		Shashthi* Until 8:01AM	Moon – Clear				Bhuloka Day
Until 5:54PM				Pausha-Markali				Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga		Vinayaga Viratam Ends						

<b>Retreat Star</b>		<b>Thursday, January 2, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttarproshthapada Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Albany, NY
Meena Rasi: 9.19	Tithi 7 – 8	Gulika 9:41AM – 10:50AM	Uttarproshthapada Until 8:48PM	Ganesha: Blue	Sunrise: 7:23AM	Sun 20	Sutra 263	Vikarin 5121
		Yama 7:23AM – 8:32AM	Variyan Until 12:08PM	Muruqa: Clear	Sunset: 4:33PM			Moon 12 - Phase 36
		813623466 Rahu 1:07PM – 2:16PM	Visti Until 11:46PM	Nataraja: Orange				Ashtami
Creative Work	Siddha Yoga		Saptami Until 10:31AM	Moon – Clear				Bhuloka Day
				Pausha-Markali				Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Friday, January 3, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Albany, NY
Meena Rasi: 21.13	Tithi 8 – 9	Gulika 8:32AM – 9:41AM	Revati Until 11:23PM	Ganesha: Blue	Sunrise: 7:23AM	Sun 21	Sutra 264	Vikarin 5121
		Yama 2:17PM – 3:25PM	Parigha* Until 12:51PM	Muruqa: Clear	Sunset: 4:34PM			Moon 12 - Phase 36
		813623466 Rahu 10:50AM – 11:59AM	Balava Until 2:02AM Sat	Nataraja: Orange				Navami
Creative Work	Siddha Yoga		Ashtami* Until 12:55PM	Moon – Clear				Bhuloka Day
Until 11:23PM				Pausha-Markali				Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga								

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>1</b>		<b>Saturday, January 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Albany, NY Sutra 265 Vikarin 5121
Mesha Rasi: 3.14	Tithi 9 – 10	<b>Gulika</b> 7:23AM – 8:32AM Yama 1:08PM – 2:17PM <b>Rahu</b> 9:41AM – 10:50AM	<b>Ashvini Until 1:54AM Sun</b> Shiva Until 1:21PM Taitila Until 3:54AM Sun Navami* Until 3:01PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – White	<b>Sunrise:</b> 7:23AM <b>Sunset:</b> 4:35PM	Sun 22 Moon 12 - Phase 37 4th Phase
Creative Work	Siddha Yoga					<b>Devaloka Day</b>
Until 1:54AM Sun						
Then Routine Work - Prabalarishta Yoga						

<b>2</b>		<b>Sunday, January 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Albany, NY Sutra 266 Vikarin 5121
Mesha Rasi: 15.25	Tithi 10 – 11	<b>Gulika</b> 2:18PM – 3:27PM Yama 12:00PM – 1:09PM <b>Rahu</b> 3:27PM – 4:36PM	<b>Bharani Until 3:44AM Mon</b> Siddha Until 1:27PM Vanija Until 5:11AM Mon Dashami Until 4:36PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – White	<b>Sunrise:</b> 7:23AM <b>Sunset:</b> 4:36PM	Sun 23 Moon 12 - Phase 37 4th Phase
Routine Work	Prabalarishta Yoga					<b>Devaloka Day</b>
Until 3:44AM Mon		Subramuniyaswami Jayanti				
Then Routine Work - Marana Yoga						

<b>3</b>		<b>Monday, January 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sadhya/Subha Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau		Albany, NY Sutra 267 Vikarin 5121
Mesha Rasi: 27.5	Tithi 11 – 12	<b>Gulika</b> 1:09PM – 2:19PM Yama 10:51AM – 12:00PM <b>Rahu</b> 8:32AM – 9:42AM	<b>Krittika Until 4:45AM Tue</b> Sadhya Until 1:06PM Bava Until 5:47AM Tue Ekadashi Until 5:33PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – White	<b>Sunrise:</b> 7:23AM <b>Sunset:</b> 4:37PM	Sun 24 Moon 12 - Phase 37 4th Phase
Family Home Evening	Marana Yoga					<b>Devaloka Day</b>
Until 4:45AM Tue		Vaikuntha Ekadasi				
Then Creative Work - Amrita Yoga						

<b>4</b>		<b>Tuesday, January 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Albany, NY Sutra 268 Vikarin 5121
Vrisabha Rasi: 10.35	Tithi 12 – 13	<b>Gulika</b> 12:01PM – 1:10PM Yama 9:42AM – 10:51AM <b>Rahu</b> 2:19PM – 3:29PM	<b>Rohini Until 5:22AM Wed</b> Subha Until 12:13PM Kaulava Until 5:38AM Wed Dvadashi Until 5:47PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Yellow	<b>Sunrise:</b> 7:23AM <b>Sunset:</b> 4:38PM	Sun 25 Moon 12 - Phase 37 4th Phase
Creative Work	Amrita Yoga					<b>Bhuloka Day</b>
Until 5:22AM Wed						<b>Devaloka Time: 3:PM to 6:PM</b>
Then Creative Work - Siddha Yoga						
						<i>Pradosha Vrata</i>

<b>5</b>		<b>Wednesday, January 8, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Sukla/Brahma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Albany, NY Sutra 269 Vikarin 5121
Vrisabha Rasi: 23.4	Tithi 13 – 14	<b>Gulika</b> 10:51AM – 12:01PM Yama 8:32AM – 9:42AM <b>Rahu</b> 12:01PM – 1:11PM	<b>Mrigashira Until 5:09AM Thu</b> Sukla Until 10:44AM Gara Until 4:48AM Thu Trayodashi Until 5:17PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Yellow	<b>Sunrise:</b> 7:23AM <b>Sunset:</b> 4:39PM	Sun 26 Moon 12 - Phase 37 4th Phase
Creative Work	Siddha Yoga					<b>Bhuloka Day</b>
Until 5:09AM Thu						<b>Devaloka Time: 3:PM to 6:PM</b>
Then Routine Work - Marana Yoga						

<b>6</b>		<b>Thursday, January 9, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Brahma/Indra Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Albany, NY Sutra 270 Vikarin 5121
Mithuna Rasi: 7.08	Tithi 14 – 15	<b>Gulika</b> 9:42AM – 10:52AM Yama 7:23AM – 8:32AM <b>Rahu</b> 1:11PM – 2:21PM	<b>Ardra Until 4:10AM Fri</b> Brahma Until 8:44AM Visti Until 3:19AM Fri Chaturdashi* Until 4:07PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Yellow	<b>Sunrise:</b> 7:23AM <b>Sunset:</b> 4:40PM	Sun 27 Moon 12 - Phase 37 4th Phase
Routine Work	Marana Yoga					<b>Devaloka Day</b>
Until 4:10AM Fri		Ardra Darshanam				
Then Creative Work - Siddha Yoga						

<b>○</b>		<b>Friday, January 10, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Indra/Vaidhriti* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Albany, NY Sutra 271 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 8:32AM – 9:42AM Yama 2:22PM – 3:32PM <b>Rahu</b> 10:52AM – 12:02PM	<b>Punarvasu Until 2:59AM Sat</b> Indra Until 6:16AM Balava Until 1:20AM Sat Purnima* Until 2:22PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Blue	<b>Sunrise:</b> 7:22AM <b>Sunset:</b> 4:41PM	Sun 28 Moon 12 - Phase 37 Purnima
Mithuna Rasi: 20.58	Tithi 15 – 16					
Creative Work	Siddha Yoga					<b>Sivaloka Day</b>
		Penumbra Lunar Eclipse				

<b>○</b>		<b>Saturday, January 11, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Pushya Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau		Albany, NY Sutra 272 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 7:22AM – 8:32AM Yama 1:12PM – 2:22PM <b>Rahu</b> 9:42AM – 10:52AM	<b>Pushya Until 1:17AM Sun</b> Vishkambha* Until 12:12AM Sun Taitila Until 10:58PM Prathama* Until 12:10PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Blue	<b>Sunrise:</b> 7:22AM <b>Sunset:</b> 4:43PM	Sun 29 Moon 12 - Phase 37 Prathama
Kataka Rasi: 5.07	Tithi 16 – 17					
Creative Work	Siddha Yoga					<b>Sivaloka Day</b>



Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 19.3 Tithi 17 – 18

844623466

Creative Work Siddha Yoga

Until 11:13PM

Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Ashlesha\* Nakshatra Priti Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Sun 1

Albany, NY

Sutra 273

Vikarin 5121

Moon 1 - Phase 38

1st Phase

Gulika 2:23PM – 3:33PM

Yama 12:03PM – 1:13PM

Rahu 3:33PM – 4:44PM

Ashlesha\* Until 11:13PM

Priti Until 8:51PM

Vanija Until 8:21PM

Dvitiya Until 9:40AM

Ganesha: White Sunrise: 7:22AM

Muruqa: Clear Sunset: 4:44PM

Nataraja: Orange

Moon – Blue

Pausha-Markali

Sivaloka Day

1

Monday, January 13, 2020

Simha Rasi: 4.01 Tithi 18 – 19

Family Home Evening

Routine Work Marana Yoga

Until 9:21PM

Then Creative Work - Siddha Yoga

844623466

Gulika 1:13PM – 2:24PM

Yama 10:53AM – 12:03PM

Rahu 8:32AM – 9:42AM

Magha\* Until 9:21PM

Ayushman Until 5:24PM

Balava Until 4:16AM Tue

Tritiya Until 6:59AM

Ganesha: Clear Sunrise: 7:21AM

Muruqa: Clear Sunset: 4:45PM

Nataraja: Orange

Moon – Red

Pausha-Markali

Devaloka Day

Sun 2

Albany, NY

Sutra 274

Vikarin 5121

Moon 1 - Phase 38

1st Phase

2

Tuesday, January 14, 2020

Simha Rasi: 18.34 Tithi 20

Creative Work Siddha Yoga

Until 7:23PM

Then Creative Work - Amrita Yoga

844623466

Gulika 12:03PM – 1:14PM

Yama 9:42AM – 10:53AM

Rahu 2:25PM – 3:35PM

Thai Pongal

Purvaphalguni Until 7:23PM

Saubhagya Until 1:58PM

Kaulava Until 2:57PM

Panchami Until 1:38AM Wed

Ganesha: Clear Sunrise: 7:21AM

Muruqa: Clear Sunset: 4:46PM

Nataraja: Orange

Moon – Red

Pausha-Thai

Devaloka Day

Sun 3

Albany, NY

Sutra 275

Vikarin 5121

Moon 1 - Phase 38

1st Phase

3

Wednesday, January 15, 2020

Kanya Rasi: 3.03 Tithi 21

Creative Work Amrita Yoga

Until 5:26PM

Then Routine Work - Marana Yoga

844623466

Gulika 10:53AM – 12:04PM

Yama 8:31AM – 9:42AM

Rahu 12:04PM – 1:15PM

Uttaraphalguni Until 5:26PM

Sobhana Until 10:40AM

Gara Until 12:24PM

Shashthi\* Until 11:11PM

Ganesha: Clear Sunrise: 7:20AM

Muruqa: Clear Sunset: 4:47PM

Nataraja: Orange

Moon – Red

Pausha-Thai

Devaloka Day

Sun 4

Albany, NY

Sutra 276

Vikarin 5121

Moon 1 - Phase 38

1st Phase

4

Thursday, January 16, 2020

Kanya Rasi: 17.24 Tithi 22

Routine Work Marana Yoga

Until 4:00PM

Then Creative Work - Siddha Yoga

844623466

Gulika 9:42AM – 10:53AM

Yama 7:20AM – 8:31AM

Rahu 1:15PM – 2:26PM

Hasta Until 4:00PM

Athiganda\* Until 7:30AM

Visti Until 10:04AM

Saptami Until 8:59PM

Ganesha: Purple Sunrise: 7:20AM

Muruqa: Clear Sunset: 4:48PM

Nataraja: Orange

Moon – Green

Pausha-Thai

Sivaloka Day

Sun 5

Albany, NY

Sutra 277

Vikarin 5121

Moon 1 - Phase 38

1st Phase

5

Friday, January 17, 2020

Retreat Star

Tula Rasi: 1.34 Tithi 23

Creative Work Siddha Yoga

844623466

Gulika 8:31AM – 9:42AM

Yama 2:27PM – 3:38PM

Rahu 10:53AM – 12:04PM

Chitra Until 2:43PM

Dhriti Until 1:56AM Sat

Balava Until 8:01AM

Ashtami\* Until 7:06PM

Ganesha: Purple Sunrise: 7:19AM

Muruqa: Clear Sunset: 4:50PM

Nataraja: Orange

Moon – Green

Pausha-Thai

Sivaloka Day

Sun 6

Albany, NY

Sutra 278

Vikarin 5121

Moon 1 - Phase 38

Ashtami

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 15.31 Tithi 24 – 25

Creative Work Siddha Yoga

844623466

Gulika 7:19AM – 8:30AM

Yama 1:16PM – 2:28PM

Rahu 9:42AM – 10:53AM

Svati Until 1:39PM

Shula\* Until 11:33PM

Taitila Until 6:19AM

Navami\* Until 5:35PM

Ganesha: Purple Sunrise: 7:19AM

Muruqa: Clear Sunset: 4:51PM

Nataraja: Orange

Moon – Green

Pausha-Thai

Sivaloka Day

Sun 7

Albany, NY

Sutra 279

Vikarin 5121

Moon 1 - Phase 38

Navami


<b>1</b>		<b>Sunday, January 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Ganda* Yoga Visti/Bava Karana Dashami/Ekadashyam Titau	Sun 8	Albany, NY Sutra 280 Vikarin 5121
Tula Rasi: 29.14	Tithi 25 – 26	<b>Gulika</b> 2:28PM – 3:40PM	<b>Vishakha</b> Until 1:14PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:18AM		
		Yama 12:05PM – 1:17PM	Ganda* Until 9:30PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:52PM	Moon 1 - Phase 39	
		874623466 <b>Rahu</b> 3:40PM – 4:52PM	Bava Until 4:01AM Mon	<b>Nataraja:</b> Orange		2nd Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 4:26PM	Moon – Orange		<b>Devaloka Day</b>
				<b>Pausha</b> -Thai		

<b>2</b>		<b>Monday, January 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau	Sun 9	Albany, NY Sutra 281 Vikarin 5121
Vrischika Rasi: 12.44	Tithi 26 – 27	<b>Gulika</b> 1:17PM – 2:29PM	<b>Anuradha</b> Until 1:02PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:17AM		
<b>Family Home Evening</b>		Yama 10:53AM – 12:05PM	Vriddhi Until 7:45PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:53PM	Moon 1 - Phase 39	
		874623466 <b>Rahu</b> 8:29AM – 9:41AM	Kaulava Until 3:27AM Tue	<b>Nataraja:</b> Orange		2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 3:40PM	Moon – Orange		<b>Devaloka Day</b>
				<b>Pausha</b> -Thai		

<b>3</b>		<b>Tuesday, January 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhruva Yoga Talila/Gara Karana Dvadashti/Trayodashyam Titau	Sun 10	Albany, NY Sutra 282 Vikarin 5121
Vrischika Rasi: 26.01	Tithi 27 – 28	<b>Gulika</b> 12:06PM – 1:18PM	<b>Jyeshtha*</b> Until 1:05PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 7:17AM		
		Yama 9:41AM – 10:53AM	Dhruva Until 6:17PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:54PM	Moon 1 - Phase 39	
		875623466 <b>Rahu</b> 2:30PM – 3:42PM	Gara Until 3:18AM Wed	<b>Nataraja:</b> Orange		2nd Phase
Routine Work	Marana Yoga		<b>Dvadashti*</b> Until 3:18PM	Moon – Orange		<b>Bhuloka Day</b>
Until 1:05PM				<b>Pausha</b> -Thai		<b>Devaloka Time: 3:PM to 6:PM</b>
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>			

<b>4</b>		<b>Wednesday, January 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vyaghata/Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Sun 11	Albany, NY Sutra 283 Vikarin 5121
Dhanus Rasi: 9.05	Tithi 28 – 29	<b>Gulika</b> 10:53AM – 12:06PM	<b>Mula*</b> Until 1:51PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 7:16AM		
		Yama 8:28AM – 9:41AM	Vyaghata* Until 5:10PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:56PM	Moon 1 - Phase 39	
		885623466 <b>Rahu</b> 12:06PM – 1:18PM	Visti Until 3:34AM Thu	<b>Nataraja:</b> Orange		2nd Phase
Routine Work	Marana Yoga		<b>Trayodashi*</b> Until 3:21PM	Moon – Light Blue		<b>Bhuloka Day</b>
Until 1:51PM				<b>Pausha</b> -Thai		<b>Devaloka Time: 3:PM to 6:PM</b>
Then Creative Work - Amrita Yoga						

<b>5</b>		<b>Thursday, January 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Sun 12	Albany, NY Sutra 284 Vikarin 5121
Dhanus Rasi: 21.58	Tithi 29 – 30	<b>Gulika</b> 9:41AM – 10:53AM	<b>Purvashadha*</b> Until 2:51PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 7:15AM		
		Yama 7:15AM – 8:28AM	Harshana Until 4:23PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:57PM	Moon 1 - Phase 39	
		885623466 <b>Rahu</b> 1:19PM – 2:32PM	Catuspada Until 4:15AM Fri	<b>Nataraja:</b> Orange		2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 3:50PM	Moon – Light Blue		<b>Bhuloka Day</b>
Until 2:51PM				<b>Pausha</b> -Thai		<b>Devaloka Time: 3:PM to 6:PM</b>
Then Routine Work - Marana Yoga						

		<b>Friday, January 24, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vajra*/Siddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Sun 13	Albany, NY Sutra 285 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 8:27AM – 9:40AM	<b>Uttarashadha</b> Until 4:07PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 7:14AM		
Makara Rasi: 4.37	Tithi 30 – 1	Yama 2:32PM – 3:45PM	Vajra* Until 3:54PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:58PM	Moon 1 - Phase 39	
		885623466 <b>Rahu</b> 10:53AM – 12:06PM	Kintughna Until 5:23AM Sat	<b>Nataraja:</b> Orange		Amavasya
Routine Work	Marana Yoga		<b>Amavasya*</b> Until 4:44PM	Moon – Light Blue		<b>Bhuloka Day</b>
				<b>Pausha</b> -Thai		<b>Devaloka Time: 3:PM to 6:PM</b>

<b>Saturday, January 25, 2020</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi/Vyatipata* Yoga Bava Karana Prathamayam Titau	Sun 14	Albany, NY Sutra 286 Vikarin 5121
Makara Rasi: 17.05	Tithi 1	<b>Gulika</b> 7:14AM – 8:27AM	<b>Shravana</b> Until 6:08PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 7:14AM		
		Yama 1:20PM – 2:33PM	Siddhi Until 3:46PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:00PM	Moon 1 - Phase 39	
		995623466 <b>Rahu</b> 9:40AM – 10:53AM	Bava Until 6:05PM	<b>Nataraja:</b> Orange		Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 6:05PM	Moon – Purple		<b>Bhuloka Day</b>
				<b>Magha</b> -Thai		<b>Devaloka Time: 3:PM to 6:PM</b>

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

<b>1</b>		<b>Sunday, January 26, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Vriyan Yoga Balava/Kaulava Karana Dvilyayam Titau			Albany, NY Sun 15 Sutra 287 Vikarin 5121
Makara Rasi: 29.23	Tithi 2	<b>Gulika</b>	<b>2:34PM – 3:47PM</b>	<b>Dhanishtha Until 8:21PM</b>	<b>Ganesha:</b> Orange	<b>Sunrise:</b> 7:13AM	
		Yama	12:07PM – 1:20PM	Vyatipata* Until 3:57PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 5:01PM	Moon 1 - Phase 40
		995723466 <b>Rahu</b>	<b>3:47PM – 5:01PM</b>	Balava Until 6:56AM	<b>Nataraja:</b> Orange		3rd Phase
Routine Work	Marana Yoga			<b>Dvitiya Until 7:50PM</b>	Moon – Purple		<b>Devaloka Day</b>
Until 8:21PM					<b>Magha-Thai</b>		
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Monday, January 27, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Vriyan/Parigha* Yoga Taitila/Gara Karana Tritiyayam Titau			Albany, NY Sun 16 Sutra 288 Vikarin 5121
Kumbha Rasi: 11.31	Tithi 3	<b>Gulika</b>	<b>1:21PM – 2:35PM</b>	<b>Shatabhishak Until 10:45PM</b>	<b>Ganesha:</b> Orange	<b>Sunrise:</b> 7:12AM	
<b>Family Home Evening</b>		Yama	10:53AM – 12:07PM	Variyan Until 4:23PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 5:02PM	Moon 1 - Phase 40
Creative Work	Siddha Yoga	995723466 <b>Rahu</b>	<b>8:26AM – 9:39AM</b>	Taitila Until 8:52AM	<b>Nataraja:</b> Orange		3rd Phase
Until 10:45PM				<b>Tritiya Until 9:56PM</b>	Moon – Purple		<b>Devaloka Day</b>
Then Routine Work - Marana Yoga					<b>Magha-Thai</b>		

<b>3</b>		<b>Tuesday, January 28, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaprossthapada* Nakshatra Parigha* Shiva Yoga Vanija/Visti* Karana Chaturtham Titau			Albany, NY Sun 17 Sutra 289 Vikarin 5121
Kumbha Rasi: 23.31	Tithi 4	<b>Gulika</b>	<b>12:07PM – 1:21PM</b>	<b>Purvaprossthapada* Until 1:44AM Wed</b>	<b>Ganesha:</b> Green	<b>Sunrise:</b> 7:11AM	
		Yama	9:39AM – 10:53AM	Parigha* Until 5:02PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 5:03PM	Moon 1 - Phase 40
		915723466 <b>Rahu</b>	<b>2:35PM – 3:49PM</b>	Vanija Until 11:06AM	<b>Nataraja:</b> Orange		3rd Phase
Routine Work	Marana Yoga			<b>Chaturthi* Until 12:18AM Wed</b>	Moon – Clear		<b>Sivaloka Day</b>
Until 1:44AM Wed					<b>Magha-Thai</b>		
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Wednesday, January 29, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraprossthapada Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau			Albany, NY Sun 18 Sutra 290 Vikarin 5121
Meena Rasi: 5.26	Tithi 5	<b>Gulika</b>	<b>10:53AM – 12:07PM</b>	<b>Uttaraprossthapada Until 4:41AM Thu</b>	<b>Ganesha:</b> Green	<b>Sunrise:</b> 7:10AM	
		Yama	8:24AM – 9:39AM	Shiva Until 5:51PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 5:05PM	Moon 1 - Phase 40
		915723466 <b>Rahu</b>	<b>12:07PM – 1:22PM</b>	Bava Until 1:34PM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work	Siddha Yoga			<b>Panchami Until 2:49AM Thu</b>	Moon – Clear		<b>Sivaloka Day</b>
					<b>Magha-Thai</b>		

<b>5</b>		<b>Thursday, January 30, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Siddha Yoga Kaulava/Taitila Karana Shashtham Titau			Albany, NY Sun 19 Sutra 291 Vikarin 5121
Meena Rasi: 17.19	Tithi 6	<b>Gulika</b>	<b>9:38AM – 10:53AM</b>	<b>Revati Until 7:26AM Fri</b>	<b>Ganesha:</b> Orange	<b>Sunrise:</b> 7:09AM	
		Yama	7:09AM – 8:24AM	Siddha Until 6:40PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 5:06PM	Moon 1 - Phase 40
		916723466 <b>Rahu</b>	<b>1:22PM – 2:37PM</b>	Kaulava Until 4:06PM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work	Siddha Yoga			<b>Shashthi* Until 5:19AM Fri</b>	Moon – Clear		<b>Devaloka Day</b>
Until 7:26AM Fri					<b>Magha-Thai</b>		
Then Creative Work - Amrita Yoga							

<b>6</b>		<b>Friday, January 31, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Gara Karana Saptamyam Titau			Albany, NY Sun 20 Sutra 292 Vikarin 5121
Meena Rasi: 29.11	Tithi 7	<b>Gulika</b>	<b>8:23AM – 9:38AM</b>	<b>Revati Until 7:26AM</b>	<b>Ganesha:</b> Orange	<b>Sunrise:</b> 7:08AM	
		Yama	2:37PM – 3:52PM	Sadhya Until 7:25PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 5:07PM	Moon 1 - Phase 40
		916723466 <b>Rahu</b>	<b>10:53AM – 12:08PM</b>	Gara Until 6:32PM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work	Siddha Yoga			<b>Saptami Until 7:38AM Sat</b>	Moon – Clear		<b>Devaloka Day</b>
Until 7:26AM					<b>Magha-Thai</b>		
Then Creative Work - Amrita Yoga							

<b>Retreat Star</b>		<b>Saturday, February 1, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Albany, NY Sun 21 Sutra 293 Vikarin 5121
Mesha Rasi: 11.09	Tithi 7 – 8	<b>Gulika</b>	<b>7:08AM – 8:23AM</b>	<b>Ashvini Until 10:20AM</b>	<b>Ganesha:</b> Green	<b>Sunrise:</b> 7:08AM	
		Yama	1:23PM – 2:37PM	Subha Until 7:57PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 5:07PM	Moon 1 - Phase 40
		926723466 <b>Rahu</b>	<b>9:38AM – 10:53AM</b>	Visti Until 8:40PM	<b>Nataraja:</b> Orange		Ashtami
Creative Work	Siddha Yoga			<b>Saptami Until 7:38AM</b>	Moon – White		<b>Bhuloka Day</b>
					<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>

<b>Retreat Star</b>		<b>Sunday, February 2, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Albany, NY Sun 22 Sutra 294 Vikarin 5121
Mesha Rasi: 23.16	Tithi 8 – 9	<b>Gulika</b>	<b>2:38PM – 3:53PM</b>	<b>Bharani Until 12:39PM</b>	<b>Ganesha:</b> Green	<b>Sunrise:</b> 7:07AM	
		Yama	12:08PM – 1:23PM	Sukla Until 8:05PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 5:09PM	Moon 1 - Phase 40
		926723466 <b>Rahu</b>	<b>3:53PM – 5:09PM</b>	Balava Until 10:18PM	<b>Nataraja:</b> Orange		Navami
Routine Work	Prabalarishta Yoga			<b>Ashtami* Until 9:32AM</b>	Moon – White		<b>Bhuloka Day</b>
Until 12:39PM					<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>
Then Creative Work - Siddha Yoga							

<b>Monday, February 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Albany, NY Sutra 295 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:23PM – 2:39PM	<b>Krittika</b> Until 2:12PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 7:06AM	Sun 23
Vrishabha Rasi: 5.37	Tithi 9 – 10	Yama 10:52AM – 12:08PM	Brahma Until 7:42PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 5:10PM	Moon 1 - Phase 41
<b>Family Home Evening</b>	926723466	<b>Rahu</b> 8:21AM – 9:37AM	Taitila Until 11:13PM	<b>Nataraja:</b> Orange		4th Phase
Routine Work Marana Yoga			<b>Navami* Until 10:50AM</b>	Moon – White	<b>Bhuloka Day</b>	
Until 2:12PM				<b>Magha-Thai</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

<b>Tuesday, February 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Albany, NY Sutra 296 Vikarin 5121
<b>2</b>		<b>Gulika</b> 12:08PM – 1:24PM	<b>Rohini</b> Until 3:20PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:05AM	Sun 24
Vrishabha Rasi: 18.17	Tithi 10 – 11	Yama 9:36AM – 10:52AM	Indra Until 6:44PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 5:11PM	Moon 1 - Phase 41
936723467		<b>Rahu</b> 2:40PM – 3:55PM	Vanija Until 11:19PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Amrita Yoga			<b>Dashami Until 11:21AM</b>	Moon – Yellow	<b>Devaloka Day</b>	
Until 3:20PM				<b>Magha-Thai</b>		
Then Creative Work - Siddha Yoga						

<b>Wednesday, February 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Vaidhriti/Vishkambha* Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Albany, NY Sutra 297 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:52AM – 12:08PM	<b>Mrigashira</b> Until 3:29PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:04AM	Sun 25
Mithuna Rasi: 1.22	Tithi 11 – 12	Yama 8:20AM – 9:36AM	Vaidhriti* Until 5:05PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 5:13PM	Moon 1 - Phase 41
936723467		<b>Rahu</b> 12:08PM – 1:24PM	Bava Until 10:35PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Ekadashi Until 11:02AM</b>	Moon – Yellow	<b>Devaloka Day</b>	
				<b>Magha-Thai</b>		

<b>Thursday, February 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Albany, NY Sutra 298 Vikarin 5121
<b>4</b>		<b>Gulika</b> 9:35AM – 10:52AM	<b>Ardra</b> Until 2:41PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:03AM	Sun 26
Mithuna Rasi: 14.54	Tithi 12 – 13	Yama 7:03AM – 8:19AM	Vishkambha* Until 2:48PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 5:14PM	Moon 1 - Phase 41
936723467		<b>Rahu</b> 1:25PM – 2:41PM	Kaulava Until 9:03PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work Marana Yoga			<b>Dvadashi Until 9:54AM</b>	Moon – Yellow	<b>Devaloka Day</b>	
Until 2:41PM				<b>Magha-Thai</b>		
Then Creative Work - Amrita Yoga						
						<i>Pradosha Vrata</i>

<b>Friday, February 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Albany, NY Sutra 299 Vikarin 5121
<b>5</b>		<b>Gulika</b> 8:18AM – 9:35AM	<b>Punarvasu</b> Until 1:28PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:01AM	Sun 27
Mithuna Rasi: 28.53	Tithi 13 – 14	Yama 2:42PM – 3:58PM	Priti Until 11:57AM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 5:15PM	Moon 1 - Phase 41
947723467		<b>Rahu</b> 10:52AM – 12:08PM	Gara Until 6:50PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Trayodashi Until 8:00AM</b>	Moon – Blue	<b>Bhuloka Day</b>	
Until 1:28PM				<b>Magha-Thai</b>	Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga						

<b>Saturday, February 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti/Bava Karana Purnimayam Titau				Albany, NY Sutra 300 Vikarin 5121
<b>○</b>		<b>Gulika</b> 7:00AM – 8:17AM	<b>Pushya</b> Until 11:31AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:00AM	Sun 28
<b>Copper Retreat Star</b>		Yama 1:25PM – 2:42PM	Ayushman Until 8:36AM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 5:16PM	Moon 1 - Phase 41
Kataka Rasi: 13.17	Tithi 15	<b>Rahu</b> 9:34AM – 10:51AM	Visti Until 4:03PM	<b>Nataraja:</b> Clear		Purnima
947723467			<b>Purnima* Until 2:30AM Sun</b>	Moon – Blue	<b>Bhuloka Day</b>	
Creative Work Siddha Yoga				<b>Magha-Thai</b>	Devaloka Time: 3:PM to 6:PM	
Until 11:31AM						
Then Routine Work - Marana Yoga						

<b>Sunday, February 9, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Albany, NY Sutra 301 Vikarin 5121
<b>○</b>		<b>Gulika</b> 2:43PM – 4:00PM	<b>Ashlesha*</b> Until 9:01AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:59AM	Sun 29
<b>Silver Retreat Star</b>		Yama 12:08PM – 1:26PM	Sobhana Until 12:59AM Mon	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 5:18PM	Moon 1 - Phase 41
Kataka Rasi: 28.02	Tithi 16	<b>Rahu</b> 4:00PM – 5:18PM	Balava Until 12:54PM	<b>Nataraja:</b> Clear		Prathama
947723467			<b>Prathama* Until 11:13PM</b>	Moon – Blue	<b>Bhuloka Day</b>	
Creative Work Siddha Yoga				<b>Magha-Thai</b>	Devaloka Time: 3:PM to 6:PM	
Until 9:01AM						
Then Routine Work - Marana Yoga						





Monday, February 10, 2020

Gold Retreat Star

Simha Rasi: 12.59 Tithi 17

Family Home Evening

957723467

Routine Work Marana Yoga

Until 6:33AM

Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Athiganda\* Yoga Taitila/Gara Karana Dvitiyayam Titau

Gulika 1:26PM - 2:44PM

Yama 10:51AM - 12:08PM

Rahu 8:15AM - 9:33AM

Magha\* Until 6:33AM

Athiganda\* Until 8:56PM

Taitila Until 9:31AM

Dvitiya Until 7:47PM

Ganesha: Red Sunrise: 6:58AM

Muruqa: Clear Sunset: 5:19PM

Nataraja: Clear

Moon - Red

Magha\*Thai

Devaloka Day

Albany, NY

Sutra 302

Vikarin 5121

Moon 2 - Phase 42

1st Phase

1

Tuesday, February 11, 2020

Simha Rasi: 27.59 Tithi 18 - 19

Creative Work Amrita Yoga

Until 1:08AM Wed

Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam  
Uttaraphalguni Nakshatra Sukarma/Dhriti Yoga Vanija/Bava Karana Tritiya/Chaturthyam Titau

Gulika 12:08PM - 1:26PM

Yama 9:32AM - 10:50AM

Rahu 2:44PM - 4:02PM

Uttaraphalguni Until 1:08AM Wed

Sukarma Until 4:57PM

Vanija Until 6:06AM

Tritiya Until 4:24PM

Ganesha: Red Sunrise: 6:56AM

Muruqa: Clear Sunset: 5:20PM

Nataraja: Clear

Moon - Red

Magha\*Thai

Devaloka Day

Sun 1

Albany, NY

Sutra 303

Vikarin 5121

Moon 2 - Phase 42

1st Phase

2

Wednesday, February 12, 2020

Kanya Rasi: 12.55 Tithi 19 - 20

Routine Work Marana Yoga

Until 10:56PM

Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam  
Hasta Nakshatra Dhriti/Shula\* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Gulika 10:50AM - 12:08PM

Yama 8:13AM - 9:32AM

Rahu 12:08PM - 1:27PM

Hasta Until 10:56PM

Dhriti Until 1:07PM

Kaulava Until 11:43PM

Chaturthi\* Until 1:11PM

Ganesha: Green Sunrise: 6:55AM

Muruqa: Clear Sunset: 5:22PM

Nataraja: Clear

Moon - Green

Magha\*Thai

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Sun 2

Albany, NY

Sutra 304

Vikarin 5121

Moon 2 - Phase 42

1st Phase

3

Thursday, February 13, 2020

Kanya Rasi: 27.38 Tithi 20 - 21

Creative Work Siddha Yoga

Until 8:58PM

Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam  
Chitra Nakshatra Dhula\*/Ganda\* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Gulika 9:31AM - 10:50AM

Yama 6:54AM - 8:12AM

Rahu 1:27PM - 2:46PM

Chitra Until 8:58PM

Shula\* Until 9:32AM

Gara Until 9:03PM

Panchami Until 10:19AM

Ganesha: White Sunrise: 6:54AM

Muruqa: Clear Sunset: 5:23PM

Nataraja: Clear

Moon - Green

Magha\*Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Sun 3

Albany, NY

Sutra 305

Vikarin 5121

Moon 2 - Phase 42

1st Phase

4

Friday, February 14, 2020

Tula Rasi: 12.02 Tithi 21 - 22

Creative Work Siddha Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Svati Nakshatra Ganda\*/Vridhi Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Gulika 8:11AM - 9:30AM

Yama 2:46PM - 4:05PM

Rahu 10:49AM - 12:08PM

Svati Until 7:23PM

Ganda\* Until 6:20AM

Visti Until 6:54PM

Shashthi\* Until 7:53AM

Ganesha: White Sunrise: 6:52AM

Muruqa: Clear Sunset: 5:24PM

Nataraja: Clear

Moon - Green

Magha\*Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Sun 4

Albany, NY

Sutra 306

Vikarin 5121

Moon 2 - Phase 42

1st Phase

D

Saturday, February 15, 2020

Retreat Star

Tula Rasi: 26.04 Tithi 22 - 23

Creative Work Siddha Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam  
Vishakha Nakshatra Dhruva Yoga Bava/Kaulava Karana Saptami/Ashtamyam Titau

Gulika 6:51AM - 8:10AM

Yama 1:28PM - 2:47PM

Rahu 9:30AM - 10:49AM

Vishakha Until 6:39PM

Dhruva Until 1:17AM Sun

Kaulava Until 4:44AM Sun

Saptami Until 6:01AM

Ganesha: Clear Sunrise: 6:51AM

Muruqa: Clear Sunset: 5:26PM

Nataraja: Clear

Moon - Orange

Magha\*Masi

Devaloka Day

Sun 5

Albany, NY

Sutra 307

Vikarin 5121

Moon 2 - Phase 42

Ashtami

Sunday, February 16, 2020

Retreat Star

Vrischika Rasi: 9.44 Tithi 24

Routine Work Marana Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Anuradha Nakshatra Vyaghata\* Yoga Taitila/Gara Karana Navamyam Titau

Gulika 2:48PM - 4:07PM

Yama 12:08PM - 1:28PM

Rahu 4:07PM - 5:27PM

Anuradha Until 6:23PM

Vyaghata\* Until 11:30PM

Taitila Until 4:22PM

Navami\* Until 4:06AM Mon

Ganesha: Clear Sunrise: 6:50AM

Muruqa: Clear Sunset: 5:27PM

Nataraja: Clear

Moon - Orange

Magha\*Masi

Devaloka Day

Sun 6

Albany, NY

Sutra 308

Vikarin 5121

Moon 2 - Phase 42

Navami

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

All times are standard time

www.gurudeva.org/panchang

<b>1</b>		<b>Monday, February 17, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam		Albany, NY	
				Jyeshtha* Nakshatra Harshana Yoga Vanija/Visli* Karana Dashamyam Titau		Sun 7 Sutra 309	
Vrischika Rasi: 23.04	Tithi 25	<b>Gulika</b>	1:28PM – 2:48PM	<b>Jyeshtha* Until 6:33PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:48AM	Vikarin 5121
<b>Family Home Evening</b>	978723467	<b>Yama</b>	10:48AM – 12:08PM	Harshana Until 10:12PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:28PM	Moon 2 - Phase 43
Creative Work	Siddha Yoga	<b>Rahu</b>	8:08AM – 9:28AM	Vanija Until 4:01PM	<b>Nataraja:</b> Clear		2nd Phase
				<b>Dashami Until 4:03AM Tue</b>	Moon – Orange		<b>Devaloka Day</b>
					<b>Magha-Masi</b>		

<b>2</b>		<b>Tuesday, February 18, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam		Albany, NY	
				Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau		Sun 8 Sutra 310	
Dhanus Rasi: 6.04	Tithi 26	<b>Gulika</b>	12:08PM – 1:28PM	<b>Mula* Until 7:36PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:47AM	Vikarin 5121
	988723467	<b>Yama</b>	9:27AM – 10:48AM	Vajra* Until 9:19PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:29PM	Moon 2 - Phase 43
Creative Work	Amrita Yoga	<b>Rahu</b>	2:49PM – 4:09PM	Bava Until 4:16PM	<b>Nataraja:</b> Clear		2nd Phase
Until 7:36PM				<b>Ekadashi* Until 4:34AM Wed</b>	Moon – Light Blue		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga					<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM

<b>3</b>		<b>Wednesday, February 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam		Albany, NY	
				Purvashadha* Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau		Sun 9 Sutra 311	
Dhanus Rasi: 18.49	Tithi 27	<b>Gulika</b>	10:47AM – 12:08PM	<b>Purvashadha* Until 8:58PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:45AM	Vikarin 5121
	988723467	<b>Yama</b>	8:06AM – 9:27AM	Siddhi Until 8:49PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:31PM	Moon 2 - Phase 43
Creative Work	Amrita Yoga	<b>Rahu</b>	12:08PM – 1:29PM	Kaulava Until 5:01PM	<b>Nataraja:</b> Clear		2nd Phase
				<b>Dvadashi* Until 5:32AM Thu</b>	Moon – Light Blue		<b>Bhuloka Day</b>
					<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM

<b>4</b>		<b>Thursday, February 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam		Albany, NY	
				Uttarashadha Nakshatra Vyatipata* Yoga Gara Karana Trayodashyam Titau		Sun 10 Sutra 312	
Makara Rasi: 1.2	Tithi 28	<b>Gulika</b>	9:26AM – 10:47AM	<b>Uttarashadha Until 10:35PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:44AM	Vikarin 5121
	989823467	<b>Yama</b>	6:44AM – 8:05AM	Vyatipata* Until 8:40PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:32PM	Moon 2 - Phase 43
Routine Work	Marana Yoga	<b>Rahu</b>	1:29PM – 2:50PM	Gara Until 6:12PM	<b>Nataraja:</b> Clear		2nd Phase
Until 10:35PM				<b>Trayodashi* Until 6:55AM Fri</b>	Moon – Light Blue		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga					<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Friday, February 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam		Albany, NY	
				Shravana Nakshatra Variyan Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau		Sun 11 Sutra 313	
Makara Rasi: 13.42	Tithi 28 – 29	<b>Gulika</b>	8:04AM – 9:25AM	<b>Shravana Until 12:52AM Sat</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:42AM	Vikarin 5121
	999823467	<b>Yama</b>	2:50PM – 4:12PM	Variyan Until 8:45PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:33PM	Moon 2 - Phase 43
Routine Work	Marana Yoga	<b>Rahu</b>	10:46AM – 12:08PM	Visti Until 7:45PM	<b>Nataraja:</b> Clear		2nd Phase
Until 12:52AM Sat				<b>Trayodashi* Until 6:55AM</b>	Moon – Purple		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga		<b>Mahasivaratri (Lunar)</b>			<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM
		<b>Mahasivaratri (Solar)</b>					

<b>Retreat Star</b>		<b>Saturday, February 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam		Albany, NY	
				Dhanishtha Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashil/Amavasyayam Titau		Sun 12 Sutra 314	
Makara Rasi: 25.55	Tithi 29 – 30	<b>Gulika</b>	6:41AM – 8:03AM	<b>Dhanishtha Until 3:16AM Sun</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:41AM	Vikarin 5121
	999823467	<b>Yama</b>	1:29PM – 2:51PM	Parigha* Until 9:04PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:34PM	Moon 2 - Phase 43
Creative Work	Siddha Yoga	<b>Rahu</b>	9:24AM – 10:46AM	Catuspada Until 9:36PM	<b>Nataraja:</b> Clear		Amavasya
				<b>Chaturdashy* Until 8:37AM</b>	Moon – Purple		<b>Bhuloka Day</b>
					<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Sunday, February 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam		Albany, NY	
				Shatabhishak Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Sun 13 Sutra 315	
Kumbha Rasi: 8.02	Tithi 30 – 1	<b>Gulika</b>	2:52PM – 4:14PM	<b>Shatabhishak Until 5:43AM Mon</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:39AM	Vikarin 5121
	999823467	<b>Yama</b>	12:08PM – 1:30PM	Shiva Until 9:36PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:36PM	Moon 2 - Phase 43
Creative Work	Siddha Yoga	<b>Rahu</b>	4:14PM – 5:36PM	Kintughna Until 11:42PM	<b>Nataraja:</b> Clear		Prathama
Until 5:43AM Mon				<b>Amavasya* Until 10:36AM</b>	Moon – Purple		<b>Bhuloka Day</b>
Then Routine Work - Marana Yoga					<b>Phalgun-Masi</b>		Devaloka Time: 3:PM to 6:PM

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

<b>Monday, February 24, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Albany, NY Sun 14 Sutra 316 Vikarin 5121		
<b>1</b>	Kumbha Rasi: 20.03 Family Home Evening Routine Work Marana Yoga Until 8:41AM Tue Then Creative Work - Amrita Yoga	Tithi 1 - 2 919823467	<b>Gulika</b> 1:30PM - 2:52PM Yama 10:45AM - 12:07PM <b>Rahu</b> 8:00AM - 9:23AM	<b>Purvaproshtapada* Until 8:41AM Tue</b> Siddha Until 10:15PM Balava Until 2:00AM Tue <b>Prathama* Until 12:48PM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Clear <b>Phalguna-Masi</b>	Sunrise: 6:38AM Sunset: 5:37PM Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>		
<b>Tuesday, February 25, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Albany, NY Sun 15 Sutra 317 Vikarin 5121		
<b>2</b>	Meena Rasi: 1.59 Routine Work Marana Yoga Until 8:41AM Then Creative Work - Amrita Yoga	Tithi 2 - 3 919823467	<b>Gulika</b> 12:07PM - 1:30PM Yama 9:22AM - 10:45AM <b>Rahu</b> 2:53PM - 4:15PM	<b>Purvaproshtapada* Until 8:41AM</b> Sadhya Until 11:02PM Taitila Until 4:27AM Wed <b>Dvitiya Until 3:11PM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Clear <b>Phalguna-Masi</b>	Sunrise: 6:36AM Sunset: 5:38PM Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>		
<b>Wednesday, February 26, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Albany, NY Sun 16 Sutra 318 Vikarin 5121		
<b>3</b>	Meena Rasi: 13.53 Creative Work Siddha Yoga Until 11:36AM Then Routine Work - Marana Yoga	Tithi 3 - 4 919823467	<b>Gulika</b> 10:44AM - 12:07PM Yama 7:58AM - 9:21AM <b>Rahu</b> 12:07PM - 1:30PM	<b>Uttaraproshtapada Until 11:36AM</b> Subha Until 11:55PM Vanija Until 6:58AM Thu <b>Tritiya Until 11:02PM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Clear <b>Phalguna-Masi</b>	Sunrise: 6:35AM Sunset: 5:39PM Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>		
<b>Thursday, February 27, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Albany, NY Sun 17 Sutra 319 Vikarin 5121		
<b>4</b>	Meena Rasi: 25.45 Creative Work Siddha Yoga Until 2:25PM Then Creative Work - Amrita Yoga	Tithi 4 919823467	<b>Gulika</b> 9:20AM - 10:44AM Yama 6:33AM - 7:57AM <b>Rahu</b> 1:30PM - 2:54PM	<b>Revati Until 2:25PM</b> Sukla Until 12:45AM Fri Vanija Until 6:58AM <b>Chaturthi* Until 8:12PM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Clear <b>Phalguna-Masi</b>	Sunrise: 6:33AM Sunset: 5:41PM Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>		
<b>Friday, February 28, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Albany, NY Sun 18 Sutra 320 Vikarin 5121		
<b>5</b>	Mesha Rasi: 7.37 Creative Work Amrita Yoga Until 5:29PM Then Creative Work - Siddha Yoga	Tithi 5 921823467	<b>Gulika</b> 7:55AM - 9:19AM Yama 2:54PM - 4:18PM <b>Rahu</b> 10:43AM - 12:07PM	<b>Ashvini Until 5:29PM</b> Brahma Until 1:31AM Sat Bava Until 9:27AM <b>Panchami Until 10:37PM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - White <b>Phalguna-Masi</b>	Sunrise: 6:32AM Sunset: 5:42PM Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM		
<b>Saturday, February 29, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Indra Yoga Kaulava/Taitila Karana Shashthyam Titau				Albany, NY Sun 19 Sutra 321 Vikarin 5121		
<b>6</b>	Mesha Rasi: 19.33 Creative Work Siddha Yoga Until 8:10PM Then Creative Work - Amrita Yoga	Tithi 6 921823467	<b>Gulika</b> 6:30AM - 7:54AM Yama 1:31PM - 2:55PM <b>Rahu</b> 9:18AM - 10:42AM	<b>Bharani Until 8:10PM</b> Indra Until 2:05AM Sun Kaulava Until 11:45AM <b>Shashthi* Until 12:45AM Sun</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - White <b>Phalguna-Masi</b>	Sunrise: 6:30AM Sunset: 5:43PM Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM		
<b>Sunday, March 1, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Saptamyam Titau				Albany, NY Sun 20 Sutra 322 Vikarin 5121		
<b>Retreat Star</b>		Vrishabha Rasi: 1.37 Creative Work Siddha Yoga		Tithi 7 921833467	<b>Gulika</b> 2:56PM - 4:21PM Yama 12:06PM - 1:31PM <b>Rahu</b> 4:21PM - 5:45PM	<b>Krittika Until 10:16PM</b> Vaidhriti* Until 2:14AM Mon Gara Until 1:41PM <b>Saptami Until 2:25AM Mon</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon - White <b>Phalguna-Masi</b>	Sunrise: 6:27AM Sunset: 5:45PM Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
<b>Monday, March 2, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Albany, NY Sun 21 Sutra 323 Vikarin 5121		
<b>Retreat Star</b>		Vrishabha Rasi: 13.53 Family Home Evening Creative Work Amrita Yoga Until 12:04AM Tue Then Creative Work - Siddha Yoga		Tithi 8 931833467	<b>Gulika</b> 1:31PM - 2:56PM Yama 10:41AM - 12:06PM <b>Rahu</b> 7:50AM - 9:16AM	<b>Rohini Until 12:04AM Tue</b> Vishkambha* Until 1:54AM Tue Visti Until 3:01PM <b>Ashtami* Until 3:23AM Tue</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon - Yellow <b>Phalguna-Masi</b>	Sunrise: 6:25AM Sunset: 5:47PM Moon 2 - Phase 44 Ashtami <b>Devaloka Day</b>
<b>Tuesday, March 3, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Priti Yoga Balava/Kaulava Karana Navamyam Titau				Albany, NY Sun 22 Sutra 324 Vikarin 5121		
<b>Retreat Star</b>		Vrishabha Rasi: 26.28 Creative Work Siddha Yoga		Tithi 9 931833467	<b>Gulika</b> 12:06PM - 1:31PM Yama 9:15AM - 10:40AM <b>Rahu</b> 2:57PM - 4:22PM	<b>Mrigashira Until 12:55AM Wed</b> Priti Until 12:57AM Wed Balava Until 3:36PM <b>Navami* Until 3:33AM Wed</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon - Yellow <b>Phalguna-Masi</b>	Sunrise: 6:24AM Sunset: 5:48PM Moon 2 - Phase 44 Navami <b>Devaloka Day</b>

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


<b>1</b>		<b>Wednesday, March 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Albany, NY Sun 23 Sutra 325 Vikarin 5121	
Mithuna Rasi: 9.26	Tithi 10	<b>Gulika</b> 10:40AM – 12:06PM	<b>Ardra</b> <b>Until 12:47AM Thu</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:22AM		
		Yama 7:48AM – 9:14AM	Ayushman Until 11:18PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:49PM	Moon 2 - Phase 45	
		131833467 <b>Rahu</b> 12:06PM – 1:31PM	Taitila Until 3:19PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> <b>Until 2:49AM Thu</b>	Moon – Yellow		<b>Devaloka Day</b>	
Until 12:47AM Thu				<b>Phalguna-Masi</b>			
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Thursday, March 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Saubhagya Yoga Vanija/Visli* Karana Ekadashyam Titau		Albany, NY Sun 24 Sutra 326 Vikarin 5121	
Mithuna Rasi: 22.52	Tithi 11	<b>Gulika</b> 9:13AM – 10:39AM	<b>Punarvasu</b> <b>Until 12:05AM Fri</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:20AM		
		Yama 6:20AM – 7:47AM	Saubhagya Until 8:58PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:50PM	Moon 2 - Phase 45	
		141833467 <b>Rahu</b> 1:32PM – 2:58PM	Vanija Until 2:09PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Amrita Yoga		<b>Ekadashi</b> <b>Until 1:14AM Fri</b>	Moon – Blue		<b>Bhuloka Day</b>	
Until 12:05AM Fri				<b>Phalguna-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Friday, March 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau		Albany, NY Sun 25 Sutra 327 Vikarin 5121	
Kataka Rasi: 6.48	Tithi 12	<b>Gulika</b> 7:45AM – 9:12AM	<b>Pushya</b> <b>Until 10:29PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:19AM		
		Yama 2:58PM – 4:25PM	Sobhana Until 6:00PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:51PM	Moon 2 - Phase 45	
		141833467 <b>Rahu</b> 10:38AM – 12:05PM	Bava Until 12:10PM	<b>Nataraja:</b> Clear		4th Phase	
Routine Work	Marana Yoga		<b>Dvadashi</b> <b>Until 10:53PM</b>	Moon – Blue		<b>Bhuloka Day</b>	
				<b>Phalguna-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>4</b>		<b>Saturday, March 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Trayodashyam Titau		Albany, NY Sun 26 Sutra 328 Vikarin 5121	
Kataka Rasi: 21.13	Tithi 13	<b>Gulika</b> 6:17AM – 7:44AM	<b>Ashlesha*</b> <b>Until 8:07PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:17AM		
		Yama 1:32PM – 2:59PM	Athiganda* Until 2:29PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:53PM	Moon 2 - Phase 45	
		141833467 <b>Rahu</b> 9:11AM – 10:38AM	Kaulava Until 9:29AM	<b>Nataraja:</b> Clear		4th Phase	
Routine Work	Marana Yoga		<b>Trayodashi</b> <b>Until 7:54PM</b>	Moon – Blue		<b>Bhuloka Day</b>	
Until 8:07PM				<b>Phalguna-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Creative Work - Amrita Yoga							
				<i>Pradosha Vrata</i>			

<b>5</b>		<b>Sunday, March 8, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukarma/Dhriti Yoga Gara/Visli* Karana Chaturdashi/Purnimayam Titau		Albany, NY Sun 27 Sutra 329 Vikarin 5121	
Simha Rasi: 6.04	Tithi 14 – 15	<b>Gulika</b> 2:59PM – 4:27PM	<b>Magha*</b> <b>Until 5:33PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:15AM		
		Yama 12:05PM – 1:32PM	Sukarma Until 10:34AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:54PM	Moon 2 - Phase 45	
		151833467 <b>Rahu</b> 4:27PM – 5:54PM	Gara Until 6:15AM	<b>Nataraja:</b> Clear		4th Phase	
Routine Work	Marana Yoga		<b>Chaturdashi*</b> <b>Until 4:27PM</b>	Moon – Red		<b>Devaloka Day</b>	
Until 5:33PM		<b>Chidambaram Abhishekam</b>		<b>Phalguna-Masi</b>			
Then Creative Work - Siddha Yoga							

		<b>Monday, March 9, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Albany, NY Sun 28 Sutra 330 Vikarin 5121	
<b>Copper Retreat Star</b>		<b>Gulika</b> 1:32PM – 3:00PM	<b>Purvaphalguni</b> <b>Until 2:34PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:14AM		
Simha Rasi: 21.12	Tithi 15 – 16	Yama 10:37AM – 12:04PM	Dhriti Until 6:23AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:55PM	Moon 2 - Phase 45	
<b>Family Home Evening</b>		152833467 <b>Rahu</b> 7:41AM – 9:09AM	Balava Until 10:49PM	<b>Nataraja:</b> Clear		Purnima	
Creative Work	Siddha Yoga		<b>Purnima*</b> <b>Until 12:43PM</b>	Moon – Red		<b>Sivaloka Day</b>	
		<b>Holi</b>		<b>Phalguna-Masi</b>			

<b>6</b>		<b>Tuesday, March 10, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau		Albany, NY Sun 29 Sutra 331 Vikarin 5121	
<b>Silver Retreat Star</b>		<b>Gulika</b> 12:04PM – 1:32PM	<b>Uttaraphalguni</b> <b>Until 11:22AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:12AM		
Kanya Rasi: 6.29	Tithi 16 – 17	Yama 9:08AM – 10:36AM	Ganda* Until 9:41PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:56PM	Moon 2 - Phase 45	
		152833467 <b>Rahu</b> 3:00PM – 4:28PM	Taitila Until 6:59PM	<b>Nataraja:</b> Clear		Prathama	
Creative Work	Amrita Yoga		<b>Prathama*</b> <b>Until 8:53AM</b>	Moon – Red		<b>Sivaloka Day</b>	
Until 11:22AM				<b>Phalguna-Masi</b>			
Then Creative Work - Siddha Yoga							



Wednesday, March 11, 2020

Gold Retreat Star

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam  
Hasta/Chitra Nakshatra Vriddhi/Dhruva Yoga Vanija/Visti\* Karana Tritiyayam Titau

Albany, NY

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 21.44 Tithi 18

162833467

**Gulika** 10:35AM – 12:04PM  
Yama 7:39AM – 9:07AM  
**Rahu** 12:04PM – 1:32PM

**Hasta** Until 8:31AM  
Vriddhi Until 5:31PM  
Vanija Until 3:18PM

**Ganesha:** Clear *Sunrise: 6:10AM*  
**Muruqa:** Orange *Sunset: 5:57PM*  
**Nataraja:** Clear

Routine Work Marana Yoga

Until 8:31AM

Then Creative Work - Siddha Yoga

Tritiya Until 1:33AM Thu

Phalguna-Masi

Devaloka Day

1

Thursday, March 12, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam  
Svati Nakshatra Dhruva/Vyaghata\* Yoga Bava/Balava Karana Chaturthyam Titau

Albany, NY

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 6.46 Tithi 19

162833467

**Gulika** 9:06AM – 10:35AM  
Yama 6:08AM – 7:37AM  
**Rahu** 1:32PM – 3:01PM

**Svati** Until 3:24AM Fri  
Dhruva Until 1:36PM  
Bava Until 11:57AM

**Ganesha:** Clear *Sunrise: 6:08AM*  
**Muruqa:** Orange *Sunset: 5:59PM*  
**Nataraja:** Clear

Creative Work Amrita Yoga

Until 3:24AM Fri

Then Creative Work - Siddha Yoga

Chaturthi\* Until 10:25PM

Phalguna-Masi

Devaloka Day

2

Friday, March 13, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Vishakha Nakshatra Vyaghata\*/Harshana Yoga Kaulava/Taitila Karana Panchamyam Titau

Albany, NY

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 21.29 Tithi 20

172833467

**Gulika** 7:36AM – 9:05AM  
Yama 3:01PM – 4:31PM  
**Rahu** 10:34AM – 12:03PM

**Vishakha** Until 1:51AM Sat  
Vyaghata\* Until 10:06AM  
Kaulava Until 9:04AM

**Ganesha:** Purple *Sunrise: 6:07AM*  
**Muruqa:** Orange *Sunset: 6:00PM*  
**Nataraja:** Clear

Creative Work Siddha Yoga

Panchami Until 7:50PM

Phalguna-Masi

Sivaloka Day

3

Saturday, March 14, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam  
Anuradha Nakshatra Harshana/Vajra\* Yoga Gara/Visti\* Karana Shashthi/Saptamyam Titau

Albany, NY

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 5.45 Tithi 21 – 22

172833468

**Gulika** 6:05AM – 7:34AM  
Yama 1:32PM – 3:02PM  
**Rahu** 9:04AM – 10:33AM

**Anuradha** Until 12:52AM Sun  
Harshana Until 7:08AM  
Gara Until 6:49AM

**Ganesha:** Purple *Sunrise: 6:05AM*  
**Muruqa:** Orange *Sunset: 6:01PM*  
**Nataraja:** Purple

Creative Work Siddha Yoga

Until 12:52AM Sun

Then Routine Work - Marana Yoga

Karadaiyan Nombu (Tamil Nadu)

Shashthi\* Until 5:56PM

Phalguna-Panguni

Subha Sivaloka Day

4

Sunday, March 15, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Jyeshtha\* Nakshatra Siddhi Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Albany, NY

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 19.34 Tithi 22 – 23

172933468

**Gulika** 3:02PM – 4:32PM  
Yama 12:03PM – 1:32PM  
**Rahu** 4:32PM – 6:02PM

**Jyeshtha\*** Until 12:31AM Mon  
Siddhi Until 2:58AM Mon  
Balava Until 4:33AM Mon

**Ganesha:** Clear *Sunrise: 6:03AM*  
**Muruqa:** Orange *Sunset: 6:02PM*  
**Nataraja:** Purple

Routine Work Marana Yoga

Until 12:31AM Mon

Then Creative Work - Siddha Yoga

Saptami Until 4:48PM

Phalguna-Panguni

Sivaloka Day

5

Monday, March 16, 2020

Retreat Star

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam  
Mula\* Nakshatra Vyatipata\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Albany, NY

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Dhanus Rasi: 2.55 Tithi 23 – 24

182933468

**Gulika** 1:33PM – 3:03PM  
Yama 10:32AM – 12:02PM  
**Rahu** 7:32AM – 9:02AM

**Mula\*** Until 1:13AM Tue  
Vyatipata\* Until 1:50AM Tue  
Taitila Until 4:36AM Tue

**Ganesha:** Purple *Sunrise: 6:01AM*  
**Muruqa:** Orange *Sunset: 6:03PM*  
**Nataraja:** Purple

Creative Work Siddha Yoga

Ashtami\* Until 4:28PM

Phalguna-Panguni

Devaloka Day

Tuesday, March 17, 2020

Retreat Star

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvashadha\* Nakshatra Variyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Albany, NY

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 15.52 Tithi 24 – 25

182933468

**Gulika** 12:02PM – 1:33PM  
Yama 9:01AM – 10:31AM  
**Rahu** 3:03PM – 4:34PM

**Purvashadha\*** Until 2:29AM Wed  
Variyan Until 1:14AM Wed  
Vanija Until 5:21AM Wed

**Ganesha:** Purple *Sunrise: 6:00AM*  
**Muruqa:** Orange *Sunset: 6:04PM*  
**Nataraja:** Purple

Creative Work Siddha Yoga

Until 2:29AM Wed

Then Creative Work - Amrita Yoga

Navami\* Until 4:52PM

Phalguna-Panguni

Devaloka Day

<b>1</b>		<b>Wednesday, March 18, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Sun 8		Albany, NY Sutra 339 Vikarin 5121
Dhanus Rasi: 28.29	Tithi 25 – 26	<b>Gulika</b>	10:31AM – 12:02PM	<b>Uttarashadha</b> Until 4:10AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:58AM		
		Yama	7:29AM – 9:00AM	Parigha* Until 1:07AM Thu	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:05PM	Moon 3 - Phase 47	
		182933468 <b>Rahu</b>	12:02PM – 1:33PM	Bava Until 6:42AM Thu	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Amrita Yoga			<b>Dashami</b> Until 5:57PM	Moon – Light Blue		<b>Devaloka Day</b>	
Until 4:10AM Thu					<b>Phalguna-Panguni</b>			
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Thursday, March 19, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Shravana Nakshatra Shiva Yoga Bava/Balava Karana Ekadashyam Titau		Sun 9		Albany, NY Sutra 340 Vikarin 5121
Makara Rasi: 10.5	Tithi 26	<b>Gulika</b>	8:59AM – 10:30AM	<b>Shravana</b> Until 6:37AM Fri	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:56AM		
		Yama	5:56AM – 7:28AM	Shiva Until 1:23AM Fri	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:07PM	Moon 3 - Phase 47	
		192933468 <b>Rahu</b>	1:33PM – 3:04PM	Bava Until 6:42AM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga			<b>Ekadashi*</b> Until 7:32PM	Moon – Purple		<b>Sivaloka Day</b>	
					<b>Phalguna-Panguni</b>			

<b>3</b>		<b>Friday, March 20, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Siddha Yoga Kaulava/Tailita Karana Dvadashyam Titau		Sun 10		Albany, NY Sutra 341 Vikarin 5121
Makara Rasi: 23.01	Tithi 27	<b>Gulika</b>	7:26AM – 8:58AM	<b>Shravana</b> Until 6:37AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:55AM		
		Yama	3:04PM – 4:36PM	Siddha Until 1:53AM Sat	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:08PM	Moon 3 - Phase 47	
		192933468 <b>Rahu</b>	10:29AM – 12:01PM	Kaulava Until 8:30AM	<b>Nataraja:</b> Purple		2nd Phase	
Routine Work	Marana Yoga			<b>Dvadashi*</b> Until 9:29PM	Moon – Purple		<b>Sivaloka Day</b>	
Until 6:37AM					<b>Phalguna-Panguni</b>			
Then Creative Work - Siddha Yoga								

<b>4</b>		<b>Saturday, March 21, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 11		Albany, NY Sutra 342 Vikarin 5121
Kumbha Rasi: 5.04	Tithi 28	<b>Gulika</b>	5:53AM – 7:25AM	<b>Dhanishtha</b> Until 9:12AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:53AM		
		Yama	1:33PM – 3:05PM	Sadhya Until 2:34AM Sun	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:09PM	Moon 3 - Phase 47	
		192933468 <b>Rahu</b>	8:57AM – 10:29AM	Gara Until 10:36AM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga			<b>Trayodashi*</b> Until 11:42PM	Moon – Purple		<b>Sivaloka Day</b>	
Until 9:12AM					<b>Phalguna-Panguni</b>			
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata (Fasting)</i>				

<b>5</b>		<b>Sunday, March 22, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak/Purvaprosarthpada* Nakshatra Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Sun 12		Albany, NY Sutra 343 Vikarin 5121
Kumbha Rasi: 17.01	Tithi 29	<b>Gulika</b>	3:05PM – 4:38PM	<b>Shatabhishak</b> Until 11:48AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:51AM		
		Yama	12:01PM – 1:33PM	Subha Until 3:22AM Mon	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:10PM	Moon 3 - Phase 47	
		193933468 <b>Rahu</b>	4:38PM – 6:10PM	Visti* Until 12:53PM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga			<b>Chaturdashi*</b> Until 2:03AM Mon	Moon – Purple		<b>Subha Sivaloka Day</b>	
					<b>Phalguna-Panguni</b>			

<b>Monday, March 23, 2020</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaprosarthpada*/Uttaraprosarthpada Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Sun 13		Albany, NY Sutra 344 Vikarin 5121
Kumbha Rasi: 28.56	Tithi 30	<b>Gulika</b>	1:33PM – 3:06PM	<b>Purvaprosarthpada*</b> Until 2:51PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:49AM		
<b>Family Home Evening</b>		Yama	10:28AM – 12:00PM	Sukla Until 4:12AM Tue	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:11PM	Moon 3 - Phase 47	
Routine Work	Marana Yoga	113933468 <b>Rahu</b>	7:22AM – 8:55AM	Catuspada Until 3:17PM	<b>Nataraja:</b> Purple		Amavasya	
Until 2:51PM				<b>Amavasya*</b> Until 4:28AM Tue	Moon – Clear		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga					<b>Phalguna-Panguni</b>			

<b>Tuesday, March 24, 2020</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraprosarthpada/Revati Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau		Sun 14		Albany, NY Sutra 345 Vikarin 5121
Meena Rasi: 10.49	Tithi 1	<b>Gulika</b>	12:00PM – 1:33PM	<b>Uttaraprosarthpada</b> Until 5:47PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:48AM		
		Yama	8:54AM – 10:27AM	Brahma Until 5:04AM Wed	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:12PM	Moon 3 - Phase 47	
		113933468 <b>Rahu</b>	3:06PM – 4:39PM	Kintughna Until 5:43PM	<b>Nataraja:</b> Purple		Prathama	
Creative Work	Amrita Yoga			<b>Prathama*</b> Until 6:55AM Wed	Moon – Clear		<b>Sivaloka Day</b>	
Until 5:47PM		<b>Yugadhi</b>			<b>Chaitra-Panguni</b>			
Then Creative Work - Siddha Yoga								

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

All times are standard time

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<b>1</b>		<b>Wednesday, March 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Sun 15	Albany, NY Sutra 346 Vikarin 5121
Meena Rasi: 22.42	Tithi 1 – 2	<b>Gulika</b> 10:26AM – 12:00PM	<b>Revati Until 8:33PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:46AM		
		Yama 7:19AM – 8:53AM	Indra Until 5:55AM Thu	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:13PM		Moon 3 - Phase 48
		113933468 <b>Rahu</b> 12:00PM – 1:33PM	Balava Until 8:10PM	<b>Nataraja:</b> Purple		3rd Phase
Routine Work	Marana Yoga		<b>Prathama* Until 6:55AM</b>	Moon – Clear	<b>Sivaloka Day</b>	
				<b>Chaitra•Panguni</b>		

<b>2</b>		<b>Thursday, March 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Sun 16	Albany, NY Sutra 347 Vikarin 5121
Mesha Rasi: 4.35	Tithi 2 – 3	<b>Gulika</b> 8:52AM – 10:26AM	<b>Ashvini Until 11:36PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:44AM		
		Yama 5:44AM – 7:18AM	Vaidhriti* Until 6:41AM Fri	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:15PM		Moon 3 - Phase 48
		123933468 <b>Rahu</b> 1:33PM – 3:07PM	Taitila Until 10:33PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Amrita Yoga		<b>Dvitiya Until 9:21AM</b>	Moon – White	<b>Sivaloka Day</b>	
Until 11:36PM		<b>Chellappaswami Mahasamadhi</b>		<b>Chaitra•Panguni</b>		
Then Creative Work - Siddha Yoga						

<b>3</b>		<b>Friday, March 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Sun 17	Albany, NY Sutra 348 Vikarin 5121
Mesha Rasi: 16.31	Tithi 3 – 4	<b>Gulika</b> 7:17AM – 8:51AM	<b>Bharani Until 2:19AM Sat</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:42AM		
		Yama 3:07PM – 4:42PM	Vaidhriti* Until 6:41AM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:16PM		Moon 3 - Phase 48
		123933468 <b>Rahu</b> 10:25AM – 11:59AM	Vanija Until 12:47AM Sat	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya Until 11:40AM</b>	Moon – White	<b>Sivaloka Day</b>	
Until 2:19AM Sat				<b>Chaitra•Panguni</b>		
Then Creative Work - Amrita Yoga						

<b>4</b>		<b>Saturday, March 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Sun 18	Albany, NY Sutra 349 Vikarin 5121
Mesha Rasi: 28.3	Tithi 4 – 5	<b>Gulika</b> 5:41AM – 7:15AM	<b>Krittika Until 4:37AM Sun</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:41AM		
		Yama 1:33PM – 3:08PM	Vishkambha* Until 7:20AM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:17PM		Moon 3 - Phase 48
		123933468 <b>Rahu</b> 8:50AM – 10:24AM	Bava Until 2:44AM Sun	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Amrita Yoga		<b>Chaturthi* Until 1:47PM</b>	Moon – White	<b>Sivaloka Day</b>	
Until 4:37AM Sun				<b>Chaitra•Panguni</b>		
Then Creative Work - Siddha Yoga						

<b>5</b>		<b>Sunday, March 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Sun 19	Albany, NY Sutra 350 Vikarin 5121
Shrabha Rasi: 10.37	Tithi 5 – 6	<b>Gulika</b> 3:08PM – 4:43PM	<b>Rohini Until 6:50AM Mon</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:39AM		
		Yama 11:58AM – 1:33PM	Priti Until 7:46AM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:18PM		Moon 3 - Phase 48
		133933468 <b>Rahu</b> 4:43PM – 6:18PM	Kaulava Until 4:16AM Mon	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Panchami Until 3:33PM</b>	Moon – Yellow	<b>Subha Sivaloka Day</b>	
Until 6:50AM Mon				<b>Chaitra•Panguni</b>		
Then Creative Work - Amrita Yoga						

<b>6</b>		<b>Monday, March 30, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Sun 20	Albany, NY Sutra 351 Vikarin 5121
Shrabha Rasi: 22.53	Tithi 6 – 7	<b>Gulika</b> 1:33PM – 3:09PM	<b>Rohini Until 6:50AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:37AM		
<b>Family Home Evening</b>		Yama 10:23AM – 11:58AM	Ayushman Until 7:50AM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:19PM		Moon 3 - Phase 48
		133933468 <b>Rahu</b> 7:12AM – 8:48AM	Gara Until 5:13AM Tue	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Amrita Yoga		<b>Shashthi* Until 4:49PM</b>	Moon – Yellow	<b>Subha Sivaloka Day</b>	
				<b>Chaitra•Panguni</b>		

<b>Retreat Star</b>		<b>Tuesday, March 31, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Sun 21	Albany, NY Sutra 352 Vikarin 5121
Mithuna Rasi: 5.26	Tithi 7 – 8	<b>Gulika</b> 11:58AM – 1:33PM	<b>Mrigashira Until 8:17AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:35AM		
		Yama 8:47AM – 10:22AM	Saubhagya Until 7:26AM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:20PM		Moon 3 - Phase 48
		133933468 <b>Rahu</b> 3:09PM – 4:45PM	Visti Until 5:26AM Wed	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Saptami Until 5:25PM</b>	Moon – Yellow	<b>Subha Sivaloka Day</b>	
Until 8:17AM				<b>Chaitra•Panguni</b>		
Then Routine Work - Marana Yoga						

<b>Retreat Star</b>		<b>Wednesday, April 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana/Alhiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Sun 22	Albany, NY Sutra 353 Vikarin 5121
Mithuna Rasi: 18.2	Tithi 8 – 9	<b>Gulika</b> 10:22AM – 11:58AM	<b>Ardra Until 8:53AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:35AM		
		Yama 7:11AM – 8:47AM	Sobhana Until 6:29AM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:20PM		Moon 3 - Phase 48
		133933468 <b>Rahu</b> 11:58AM – 1:33PM	Balava Until 4:51AM Thu	<b>Nataraja:</b> Purple		Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 5:14PM</b>	Moon – Yellow	<b>Subha Sivaloka Day</b>	
				<b>Chaitra•Panguni</b>		

<b>Retreat Star</b>		<b>Thursday, April 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau	Sun 23	Albany, NY Sutra 354 Vikarin 5121
Kataka Rasi: 1.38	Tithi 9 – 10	<b>Gulika</b> 8:46AM – 10:22AM	<b>Punarvasu Until 8:59AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:34AM		
		Yama 5:34AM – 7:10AM	Sukarma Until 2:37AM Fri	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:21PM		Moon 3 - Phase 48
		143933468 <b>Rahu</b> 1:33PM – 3:09PM	Taitila Until 3:26AM Fri	<b>Nataraja:</b> Purple		Navami
Creative Work	Amrita Yoga		<b>Navami* Until 4:13PM</b>	Moon – Blue	<b>Sivaloka Day</b>	
		<b>Sri Rama Navami</b>		<b>Chaitra•Panguni</b>		


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

<b>1</b>		<b>Friday, April 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau		Albany, NY Sutra 355 Vikarin 5121
Kataka Rasi: 15.25	Tithi 10 – 11	<b>Gulika</b> 7:08AM – 8:45AM	<b>Pushya Until 8:08AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:32AM	Sun 24
		Yama 3:10PM – 4:46PM	Dhriti Until 11:46PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:22PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 <b>Rahu</b> 10:21AM – 11:57AM	Vanija Until 1:15AM Sat	<b>Nataraja:</b> Purple		4th Phase
			<b>Yogaswami Mahasamadhi</b>	Moon – Blue		<b>Sivaloka Day</b>
				<b>Chaitra•Panguni</b>		

<b>2</b>		<b>Saturday, April 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Albany, NY Sutra 356 Vikarin 5121
Kataka Rasi: 29.4	Tithi 11 – 12	<b>Gulika</b> 5:30AM – 7:07AM	<b>Ashlesha* Until 6:24AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:30AM	Sun 25
		Yama 1:34PM – 3:10PM	Shula* Until 8:20PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:24PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 <b>Rahu</b> 8:44AM – 10:20AM	Bava Until 10:25PM	<b>Nataraja:</b> Purple		4th Phase
Until 6:24AM			<b>Ekadashi Until 11:54AM</b>	Moon – Blue		<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga				<b>Chaitra•Panguni</b>		

<b>3</b>		<b>Sunday, April 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Albany, NY Sutra 357 Vikarin 5121
Simha Rasi: 14.22	Tithi 12 – 13	<b>Gulika</b> 3:11PM – 4:48PM	<b>Purvaphalguni Until 1:38AM Mon</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:29AM	Sun 26
		Yama 11:57AM – 1:34PM	Ganda* Until 4:29PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:25PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	153933468 <b>Rahu</b> 4:48PM – 6:25PM	Kaulava Until 7:05PM	<b>Nataraja:</b> Purple		4th Phase
			<b>Dvadashi Until 8:47AM</b>	Moon – Red		<b>Subha Sivaloka Day</b>
				<b>Chaitra•Panguni</b>		
				<i>Pradosha Vrata</i>		

<b>4</b>		<b>Monday, April 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Vridhhi/Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau		Albany, NY Sutra 358 Vikarin 5121
Simha Rasi: 29.25	Tithi 14	<b>Gulika</b> 1:34PM – 3:11PM	<b>Uttaraphalguni Until 10:32PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:27AM	Sun 27
Family Home Evening		Yama 10:19AM – 11:56AM	Vridhhi Until 12:21PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:26PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	154933468 <b>Rahu</b> 7:04AM – 8:42AM	Gara Until 3:23PM	<b>Nataraja:</b> Purple		4th Phase
			<b>Chaturdashi* Until 1:27AM Tue</b>	Moon – Red		<b>Sivaloka Day</b>
				<b>Chaitra•Panguni</b>		

		<b>Tuesday, April 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau		Albany, NY Sutra 359 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 11:56AM – 1:34PM	<b>Hasta Until 7:34PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:25AM	Sun 28
Kanya Rasi: 14.4	Tithi 15	Yama 8:41AM – 10:18AM	Dhruva Until 8:01AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:27PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	164933468 <b>Rahu</b> 3:12PM – 4:49PM	Visti Until 11:31AM	<b>Nataraja:</b> Purple		Purnima
			<b>Purnima* Until 9:33PM</b>	Moon – Green		<b>Devaloka Day</b>
		<b>Panguni Uttiram</b>		<b>Chaitra•Panguni</b>		
		<b>Hanuman Jayanti</b>				

<b>5</b>		<b>Wednesday, April 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Harshana Yoga Balava/Taitila Karana Prathama/Dvitiyayam Titau		Albany, NY Sutra 360 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 10:18AM – 11:56AM	<b>Chitra Until 4:33PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:24AM	Sun 29
Kanya Rasi: 29.58	Tithi 16 – 17	Yama 7:02AM – 8:40AM	Harshana Until 11:27PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:28PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	164934468 <b>Rahu</b> 11:56AM – 1:34PM	Balava Until 7:39AM	<b>Nataraja:</b> Purple		Prathama
			<b>Prathama* Until 5:45PM</b>	Moon – Green		<b>Devaloka Day</b>
				<b>Chaitra•Panguni</b>		





**Thursday, April 9, 2020**  
**Gold Retreat Star**

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam  
Svati/Vishakha Nakshatra Vajra\* Yoga Gara/Vanija Karana Dvitiya/Tritiyam Titau

Albany, NY  
Sun 1  
Sutra 361  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 15.07 Tithi 17 - 18

**Gulika** 8:39AM - 10:17AM  
Yama 5:22AM - 7:00AM  
164134468 **Rahu** 1:34PM - 3:12PM

**Svati** Until 1:39PM  
Vajra\* Until 7:28PM  
Vanija Until 12:36AM Fri  
Dvitiya Until 2:12PM

**Ganesha:** White *Sunrise:* 5:22AM  
**Muruqa:** Clear *Sunset:* 6:29PM  
**Nataraja:** Purple  
Moon - Green  
**Chaitra+Panguni**

**Devaloka Day**

Creative Work Amrita Yoga

Until 1:39PM

Then Creative Work - Siddha Yoga

**1**

**Friday, April 10, 2020**

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Siddhi/Vyatlipala\* Yoga Visti/Bava Karana Tritiya/Chaturtham Titau

Albany, NY  
Sun 2  
Sutra 362  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 30 Tithi 18 - 19

**Gulika** 6:59AM - 8:38AM  
Yama 3:13PM - 4:52PM  
174134468 **Rahu** 10:16AM - 11:55AM

**Vishakha** Until 11:27AM  
Siddhi Until 3:54PM  
Bava Until 9:46PM  
Tritiya Until 11:06AM

**Ganesha:** Yellow *Sunrise:* 5:20AM  
**Muruqa:** Clear *Sunset:* 6:30PM  
**Nataraja:** Purple  
Moon - Orange  
**Chaitra+Panguni**

**Sivaloka Day**

Creative Work Siddha Yoga

**2**

**Saturday, April 11, 2020**

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam  
Anuradha/Jyeshtha\* Nakshatra Vyatipala\* Varyan Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Albany, NY  
Sun 3  
Sutra 363  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Virchika Rasi: 14.28 Tithi 19 - 20

**Gulika** 5:19AM - 6:58AM  
Yama 1:34PM - 3:13PM  
174134468 **Rahu** 8:37AM - 10:16AM

**Anuradha** Until 9:43AM  
Vyatipala\* Until 12:51PM  
Kaulava Until 7:36PM  
Chaturthi\* Until 8:34AM

**Ganesha:** Yellow *Sunrise:* 5:19AM  
**Muruqa:** Clear *Sunset:* 6:31PM  
**Nataraja:** Purple  
Moon - Orange  
**Chaitra+Panguni**

**Sivaloka Day**

Creative Work Siddha Yoga

**3**

**Sunday, April 12, 2020**

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Jyeshtha/Mula\* Nakshatra Varyan/Parigha\* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Albany, NY  
Sun 4  
Sutra 364  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Virchika Rasi: 28.26 Tithi 20 - 21

**Gulika** 3:14PM - 4:53PM  
Yama 11:55AM - 1:34PM  
174134468 **Rahu** 4:53PM - 6:33PM

**Jyeshtha\*** Until 8:33AM  
Varyan Until 10:23AM  
Gara Until 6:12PM  
Panchami Until 6:47AM

**Ganesha:** Yellow *Sunrise:* 5:17AM  
**Muruqa:** Clear *Sunset:* 6:33PM  
**Nataraja:** Purple  
Moon - Orange  
**Chaitra+Panguni**

**Sivaloka Day**

Routine Work Marana Yoga

Until 8:33AM

Then Creative Work - Amrita Yoga

**4**

**Monday, April 13, 2020**

Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam  
Mula\*/Purvashadha\* Nakshatra Parigha\*/Shiva Yoga Visti\*/Bava Karana Saptamyam Titau

Albany, NY  
Sun 5  
Sutra 1  
Sarvari 5122  
Moon 4 - Phase 50  
1st Phase

Dhanus Rasi: 11.56 Tithi 22

**Family Home Evening**

**Gulika** 1:34PM - 3:14PM  
Yama 10:15AM - 11:54AM  
184134468 **Rahu** 6:55AM - 8:35AM

**Mula\*** Until 8:31AM  
Parigha\* Until 8:36AM  
Visti Until 5:39PM  
Saptami Until 5:41AM Tue

**Ganesha:** Blue *Sunrise:* 5:15AM  
**Muruqa:** Clear *Sunset:* 6:34PM  
**Nataraja:** Purple  
Moon - Light Blue  
**Chaitra+Chaitra**

**Devaloka Day**

Creative Work Siddha Yoga

Until 8:31AM

Then Routine Work - Marana Yoga

Tamil New Year

**D**

**Tuesday, April 14, 2020**

**Retreat Star**

Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ashtamyam Titau

Albany, NY  
Sun 6  
Sutra 2  
Sarvari 5122  
Moon 4 - Phase 50  
Ashtami

Dhanus Rasi: 24.59 Tithi 23

**Gulika** 11:54AM - 1:34PM  
Yama 8:34AM - 10:14AM  
284134468 **Rahu** 3:15PM - 4:55PM

**Purvashadha\*** Until 9:09AM  
Shiva Until 7:30AM  
Balava Until 5:57PM  
Ashtami\* Until 6:22AM Wed

**Ganesha:** Yellow *Sunrise:* 5:14AM  
**Muruqa:** Clear *Sunset:* 6:35PM  
**Nataraja:** Purple  
Moon - Light Blue  
**Chaitra+Chaitra**

**Sivaloka Day**

Creative Work Siddha Yoga

Until 9:09AM

Then Routine Work - Prabalarishta Yoga

**Wednesday, April 15, 2020**

**Retreat Star**

Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttarashadha/Shravana Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Albany, NY  
Sun 7  
Sutra 3  
Sarvari 5122  
Moon 4 - Phase 50  
Navami

Makara Rasi: 7.37 Tithi 23 - 24

**Gulika** 10:13AM - 11:54AM  
Yama 6:52AM - 8:33AM  
284134468 **Rahu** 11:54AM - 1:34PM

**Uttarashadha** Until 10:24AM  
Siddha Until 7:00AM  
Taitila Until 6:59PM  
Ashtami\* Until 6:22AM

**Ganesha:** Yellow *Sunrise:* 5:12AM  
**Muruqa:** Clear *Sunset:* 6:36PM  
**Nataraja:** Purple  
Moon - Light Blue  
**Chaitra+Chaitra**

**Sivaloka Day**

Creative Work Amrita Yoga

Until 10:24AM

Then Creative Work - Siddha Yoga

Chidambaram Abhishekam

<b>1</b>		<b>Thursday, April 16, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Albany, NY Sun 8 Sutra 4	
Makara Rasi: 19.58	Tithi 24 – 25	<b>Gulika</b> 8:32AM – 10:13AM	<b>Shravana Until 12:36PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:10AM	Sarvari 5122	
		Yama 5:10AM – 6:51AM	Sadhya Until 7:02AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 1	
294134468		<b>Rahu</b> 1:35PM – 3:15PM	Vanija Until 8:38PM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Navami* Until 7:44AM</b>	Moon – Purple		<b>Devaloka Day</b>	
				<b>Chaitra*Chaitra</b>			

<b>2</b>		<b>Friday, April 17, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Subha/Sukla Yoga Vistil/Bava Karana Dashami/Ekadashyam Titau		Albany, NY Sun 9 Sutra 5	
Kumbha Rasi: 2.05	Tithi 25 – 26	<b>Gulika</b> 6:50AM – 8:31AM	<b>Dhanishtha Until 3:07PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:09AM	Sarvari 5122	
		Yama 3:16PM – 4:57PM	Subha Until 7:30AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:38PM	Moon 4 - Phase 1	
294134468		<b>Rahu</b> 10:12AM – 11:54AM	Bava Until 10:43PM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Dashami Until 9:37AM</b>	Moon – Purple		<b>Devaloka Day</b>	
				<b>Chaitra*Chaitra</b>			

<b>3</b>		<b>Saturday, April 18, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Albany, NY Sun 10 Sutra 6	
Kumbha Rasi: 14.04	Tithi 26 – 27	<b>Gulika</b> 5:07AM – 6:49AM	<b>Shatabhishak Until 5:46PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:07AM	Sarvari 5122	
		Yama 1:35PM – 3:16PM	Sukla Until 8:12AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:39PM	Moon 4 - Phase 1	
295134468		<b>Rahu</b> 8:30AM – 10:12AM	Kaulava Until 1:03AM Sun	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Amrita Yoga		<b>Ekadashi* Until 11:51AM</b>	Moon – Purple		<b>Sivaloka Day</b>	
Until 5:46PM				<b>Chaitra*Chaitra</b>			
Then Routine Work - Marana Yoga							

<b>4</b>		<b>Sunday, April 19, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Albany, NY Sun 11 Sutra 7	
Kumbha Rasi: 25.58	Tithi 27 – 28	<b>Gulika</b> 3:17PM – 4:59PM	<b>Purvaproshtapada* Until 8:53PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:06AM	Sarvari 5122	
		Yama 11:53AM – 1:35PM	Brahma Until 9:04AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:40PM	Moon 4 - Phase 1	
215134468		<b>Rahu</b> 4:59PM – 6:40PM	Gara Until 3:30AM Mon	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Dvadashi* Until 2:15PM</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 8:53PM				<b>Chaitra*Chaitra</b>			
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Monday, April 20, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Vistil* Karana Trayodashi/Chaturdashyam Titau		Albany, NY Sun 12 Sutra 8	
Meena Rasi: 7.5	Tithi 28 – 29	<b>Gulika</b> 1:35PM – 3:17PM	<b>Uttaraproshtapada Until 11:51PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:04AM	Sarvari 5122	
<b>Family Home Evening</b>		Yama 10:11AM – 11:53AM	Indra Until 10:00AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 4 - Phase 1	
215134468		<b>Rahu</b> 6:46AM – 8:28AM	Vistil Until 5:56AM Tue	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Trayodashi* Until 4:42PM</b>	Moon – Clear		<b>Sivaloka Day</b>	
				<b>Chaitra*Chaitra</b>			

<b>6</b>		<b>Tuesday, April 21, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni* Karana Chaturdashyam Titau		Albany, NY Sun 13 Sutra 9	
Meena Rasi: 19.42	Tithi 29	<b>Gulika</b> 11:53AM – 1:35PM	<b>Revati Until 2:35AM Wed</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:03AM	Sarvari 5122	
		Yama 8:28AM – 10:10AM	Vaidhriti* Until 10:53AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:43PM	Moon 4 - Phase 1	
215134468		<b>Rahu</b> 3:18PM – 5:00PM	Sakuni Until 7:06PM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 7:06PM</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 2:35AM Wed				<b>Chaitra*Chaitra</b>			
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Wednesday, April 22, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Albany, NY Sun 14 Sutra 10	
Mesha Rasi: 2	Tithi 30	<b>Gulika</b> 10:10AM – 11:52AM	<b>Ashvini Until 5:31AM Thu</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:01AM	Sarvari 5122	
		Yama 6:44AM – 8:27AM	Vishkambha* Until 11:43AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:44PM	Moon 4 - Phase 1	
225134468		<b>Rahu</b> 11:52AM – 1:35PM	Catuspada Until 8:17AM	<b>Nataraja:</b> Purple		Amavasya	
Routine Work	Marana Yoga		<b>Amavasya* Until 9:23PM</b>	Moon – White		<b>Sivaloka Day</b>	
Until 5:31AM Thu				<b>Chaitra*Chaitra</b>			
Then Creative Work - Siddha Yoga							

<b>Retreat Star</b>		<b>Thursday, April 23, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Kintughna*/Bava Karana Prathamayam Titau		Albany, NY Sun 15 Sutra 11	
Mesha Rasi: 13.34	Tithi 1	<b>Gulika</b> 8:26AM – 10:09AM	<b>Bharani Until 8:06AM Fri</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:00AM	Sarvari 5122	
		Yama 5:00AM – 6:43AM	Priti Until 12:27PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:45PM	Moon 4 - Phase 1	
225134468		<b>Rahu</b> 1:35PM – 3:19PM	Kintughna Until 10:29AM	<b>Nataraja:</b> Purple		Prathama	
Creative Work	Siddha Yoga		<b>Prathama* Until 11:29PM</b>	Moon – White		<b>Sivaloka Day</b>	
				<b>Vaisaka*Chaitra</b>			

<b>1</b>	<b>Friday, April 24, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ayushmani/Saubhagya Yoga Balava/Kaulava Karana Dvitiyayam Titau				Albany, NY Sun 16 Sutra 12 Sarvari 5122
	Mesha Rasi: 25.35	Tithi 2	<b>Gulika</b> 6:42AM – 8:25AM	<b>Bharani Until 8:06AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:58AM	
			Yama 3:19PM – 5:03PM	Ayushman Until 12:59PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:46PM	Moon 4 - Phase 2
	Creative Work	Siddha Yoga	225134469 <b>Rahu</b> 10:09AM – 11:52AM	Balava Until 12:28PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Dvitiya Until 1:21AM Sat</b>	Moon – White		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>2</b>	<b>Saturday, April 25, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau				Albany, NY Sun 17 Sutra 13 Sarvari 5122
	Virshabha Rasi: 7.44	Tithi 3	<b>Gulika</b> 4:57AM – 6:40AM	<b>Krittika Until 10:16AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:57AM	
			Yama 1:36PM – 3:20PM	Saubhagya Until 1:19PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:47PM	Moon 4 - Phase 2
	Creative Work	Amrita Yoga	225134469 <b>Rahu</b> 8:24AM – 10:08AM	Taitila Until 2:11PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Tritiya Until 2:53AM Sun</b>	Moon – White		<b>Devaloka Day</b>	
			<b>Akshaya Tritiya</b>	<b>Vaisaka-Chaitra</b>			

<b>3</b>	<b>Sunday, April 26, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Sobhana/Athiganda* Yoga Vanija/Visli* Karana Chaturthyam Titau				Albany, NY Sun 18 Sutra 14 Sarvari 5122
	Virshabha Rasi: 20	Tithi 4	<b>Gulika</b> 3:20PM – 5:04PM	<b>Rohini Until 12:26PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:55AM	
			Yama 11:52AM – 1:36PM	Sobhana Until 1:24PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:48PM	Moon 4 - Phase 2
	Creative Work	Siddha Yoga	235134469 <b>Rahu</b> 5:04PM – 6:48PM	Vanija Until 3:32PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Chaturthi* Until 4:02AM Mon</b>	Moon – Yellow		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>4</b>	<b>Monday, April 27, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau				Albany, NY Sun 19 Sutra 15 Sarvari 5122
	Mithuna Rasi: 2.27	Tithi 5	<b>Gulika</b> 1:36PM – 3:21PM	<b>Mrigashira Until 2:00PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:54AM	
	<b>Family Home Evening</b>		Yama 10:07AM – 11:52AM	Athiganda* Until 1:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:49PM	Moon 4 - Phase 2
	Creative Work	Amrita Yoga	236134469 <b>Rahu</b> 6:38AM – 8:23AM	Bava Until 4:27PM	<b>Nataraja:</b> Clear		3rd Phase
Until 2:00PM			<b>Panchami Until 4:41AM Tue</b>	Moon – Yellow		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga			<b>Adi Sankara Jayanthi</b>	<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM	

<b>5</b>	<b>Tuesday, April 28, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau				Albany, NY Sun 20 Sutra 16 Sarvari 5122
	Mithuna Rasi: 15.08	Tithi 6	<b>Gulika</b> 11:51AM – 1:36PM	<b>Ardra Until 2:55PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:52AM	
			Yama 8:22AM – 10:07AM	Sukarma Until 12:27PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:51PM	Moon 4 - Phase 2
	Routine Work	Marana Yoga	236134469 <b>Rahu</b> 3:21PM – 5:06PM	Kaulava Until 4:49PM	<b>Nataraja:</b> Clear		3rd Phase
Until 2:55PM			<b>Shashthi* Until 4:45AM Wed</b>	Moon – Yellow		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM	

<b>6</b>	<b>Wednesday, April 29, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saplamyam Titau				Albany, NY Sun 21 Sutra 17 Sarvari 5122
	Mithuna Rasi: 28.05	Tithi 7	<b>Gulika</b> 10:06AM – 11:51AM	<b>Punarvasu Until 3:33PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:51AM	
			Yama 6:36AM – 8:21AM	Dhriti Until 11:19AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:52PM	Moon 4 - Phase 2
	Creative Work	Siddha Yoga	246134469 <b>Rahu</b> 11:51AM – 1:36PM	Gara Until 4:34PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Saptami Until 4:11AM Thu</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>D</b>	<b>Thursday, April 30, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shula*/Ganda* Yoga Visli*/Bava Karana Ashtamyam Titau				Albany, NY Sun 22 Sutra 18 Sarvari 5122
	<b>Retreat Star</b>		<b>Gulika</b> 8:20AM – 10:06AM	<b>Pushya Until 3:23PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:50AM	
	Kataka Rasi: 11.22	Tithi 8	Yama 4:50AM – 6:35AM	Shula* Until 9:39AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Moon 4 - Phase 2
	Creative Work	Amrita Yoga	246134469 <b>Rahu</b> 1:37PM – 3:22PM	Visli Until 3:40PM	<b>Nataraja:</b> Clear		Ashtami
Until 3:23PM			<b>Ashtami* Until 2:57AM Fri</b>	Moon – Blue		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Vaisaka-Chaitra</b>			

<b>D</b>	<b>Friday, May 1, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Ganda*/Vridhi Yoga Balava/Kaulava Karana Navamyam Titau				Albany, NY Sun 23 Sutra 19 Sarvari 5122
	<b>Retreat Star</b>		<b>Gulika</b> 6:33AM – 8:19AM	<b>Ashlesha* Until 2:24PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:47AM	
	Kataka Rasi: 25.01	Tithi 9	Yama 3:23PM – 5:09PM	Ganda* Until 7:27AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:55PM	Moon 4 - Phase 2
	Routine Work	Marana Yoga	246134469 <b>Rahu</b> 10:05AM – 11:51AM	Balava Until 2:06PM	<b>Nataraja:</b> Clear		Navami
			<b>Navami* Until 1:04AM Sat</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

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


<b>1</b>		<b>Saturday, May 2, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha*Purvaphalguni Nakshatra Dhruva Yoga Taitila/Gara Karana Dashamyam Titau				Albany, NY Sutra 20
Simha Rasi: 9.05	Tithi 10	<b>Gulika</b> 4:46AM – 6:32AM	<b>Magha* Until 1:06PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:46AM	Sun 24	Sarvari 5122	
		Yama 1:37PM – 3:23PM	Dhruva Until 1:34AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:56PM		Moon 4 - Phase 3	
		256134469 <b>Rahu</b> 8:18AM – 10:05AM	Taitila Until 11:55AM	<b>Nataraja:</b> Clear			4th Phase	
Creative Work	Amrita Yoga		<b>Dashami Until 10:36PM</b>	Moon – Red		<b>Bhuloka Day</b>		
Until 1:06PM				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Sunday, May 3, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Albany, NY Sutra 21
Simha Rasi: 23.31	Tithi 11	<b>Gulika</b> 3:24PM – 5:11PM	<b>Purvaphalguni Until 11:08AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:44AM	Sun 25	Sarvari 5122	
		Yama 11:51AM – 1:37PM	Vyaghata* Until 10:00PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:57PM		Moon 4 - Phase 3	
		256134469 <b>Rahu</b> 5:11PM – 6:57PM	Vanija Until 9:11AM	<b>Nataraja:</b> Clear			4th Phase	
Creative Work	Siddha Yoga		<b>Ekadashi Until 7:38PM</b>	Moon – Red		<b>Bhuloka Day</b>		
Until 11:08AM				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Amrita Yoga								

<b>3</b>		<b>Monday, May 4, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau				Albany, NY Sutra 22
Kanya Rasi: 8.17	Tithi 12 – 13	<b>Gulika</b> 1:38PM – 3:25PM	<b>Uttaraphalguni Until 8:36AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:43AM	Sun 26	Sarvari 5122	
<b>Family Home Evening</b>		Yama 10:04AM – 11:51AM	Harshana Until 6:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:58PM		Moon 4 - Phase 3	
		256234469 <b>Rahu</b> 6:30AM – 8:17AM	Bava Until 6:02AM	<b>Nataraja:</b> Clear			4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi Until 4:20PM</b>	Moon – Red		<b>Devaloka Day</b>		
				<b>Vaisaka*Chaitra</b>				

*Pradosha Vrata*

<b>4</b>		<b>Tuesday, May 5, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Albany, NY Sutra 23
Kanya Rasi: 23.16	Tithi 13 – 14	<b>Gulika</b> 11:51AM – 1:38PM	<b>Hasta Until 6:05AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:42AM	Sun 27	Sarvari 5122	
		Yama 8:16AM – 10:03AM	Vajra* Until 2:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:59PM		Moon 4 - Phase 3	
		267234469 <b>Rahu</b> 3:25PM – 5:12PM	Gara Until 11:02PM	<b>Nataraja:</b> Clear			4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi Until 12:48PM</b>	Moon – Green		<b>Devaloka Day</b>		
				<b>Vaisaka*Chaitra</b>				

		<b>Wednesday, May 6, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Albany, NY Sutra 24
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:03AM – 11:51AM	<b>Svati Until 12:28AM Thu</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:41AM		Sarvari 5122	
Tula Rasi: 8.2	Tithi 14 – 15	Yama 6:28AM – 8:16AM	Siddhi Until 10:06AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:01PM		Moon 4 - Phase 3	
		267234469 <b>Rahu</b> 11:51AM – 1:38PM	Visti Until 7:29PM	<b>Nataraja:</b> Clear			Purnima	
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 9:14AM</b>	Moon – Green		<b>Devaloka Day</b>		
		<b>Budha Purnima (Tamil Nadu)</b>		<b>Vaisaka*Chaitra</b>				

<b>Thursday, May 7, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vyatipata*/Variyan Yoga Balava/Kaulava Karana Prathamayam Titau				Albany, NY Sutra 25	
<b>Silver Retreat Star</b>		<b>Gulika</b> 8:15AM – 10:03AM	<b>Vishakha Until 10:08PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:39AM		Sarvari 5122
Tula Rasi: 23.21	Tithi 16	Yama 4:39AM – 6:27AM	Vyatipata* Until 6:09AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:02PM		Moon 4 - Phase 3
		277234469 <b>Rahu</b> 1:38PM – 3:26PM	Balava Until 4:07PM	<b>Nataraja:</b> Clear			Prathama
Creative Work	Siddha Yoga		<b>Prathama* Until 2:33AM Fri</b>	Moon – Orange		<b>Bhuloka Day</b>	
				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6: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

All times are standard time

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