



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

Tula Rasi: 19.44      Tithi 17  
Creative Work      Siddha Yoga

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

**Gulika** 5:27AM – 7:08AM  
Yama 1:54PM – 3:36PM  
264483468 **Rahu** 8:50AM – 10:31AM

**Svati Until 6:17AM**  
Siddhi Until 6:09PM  
Taitila Until 1:51PM  
**Dvitiya Until 1:01AM Sun**

**Ganesha:** Red      *Sunrise:* 5:27AM  
**Muruqa:** Yellow      *Sunset:* 6:59PM  
**Nataraja:** Purple  
Moon – Green  
**Sivaloka Day**  
Chaitra+Chaitra

Des Moines, IA  
Sutra 6  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**1**

**Sunday, April 21, 2019**

Vrischika Rasi: 3.37      Tithi 18  
Routine Work      Marana Yoga  
Until 5:13AM Mon  
Then Creative Work - Siddha Yoga

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

**Gulika** 3:36PM – 5:18PM  
Yama 12:13PM – 1:54PM  
274483468 **Rahu** 5:18PM – 7:00PM

**Anuradha Until 5:13AM Mon**  
Vyatipata\* Until 3:59PM  
Vanija Until 12:23PM  
**Tritiya Until 11:54PM**

**Ganesha:** Blue      *Sunrise:* 5:25AM  
**Muruqa:** Yellow      *Sunset:* 7:00PM  
**Nataraja:** Purple  
Moon – Orange  
**Devaloka Day**  
Chaitra+Chaitra

Des Moines, IA  
Sun 1      Sutra 7  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**2**

**Monday, April 22, 2019**

Vrischika Rasi: 17.05      Tithi 19  
**Family Home Evening**  
Creative Work      Siddha Yoga  
Until 5:35AM Tue  
Then Creative Work - Amrita Yoga

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

**Gulika** 1:54PM – 3:37PM  
Yama 10:30AM – 12:12PM  
274483468 **Rahu** 7:06AM – 8:48AM

**Jyeshtha\* Until 5:35AM Tue**  
Variyan Until 2:23PM  
Bava Until 11:39AM  
**Chaturthi\* Until 11:33PM**

**Ganesha:** Blue      *Sunrise:* 5:24AM  
**Muruqa:** Yellow      *Sunset:* 7:01PM  
**Nataraja:** Purple  
Moon – Orange  
**Devaloka Day**  
Chaitra+Chaitra

Des Moines, IA  
Sun 2      Sutra 8  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**3**

**Tuesday, April 23, 2019**

Dhanus Rasi: 0.07      Tithi 20  
Creative Work      Amrita Yoga

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

**Gulika** 12:12PM – 1:55PM  
Yama 8:47AM – 10:30AM  
284483468 **Rahu** 3:37PM – 5:20PM

**Mula\* Until 7:04AM Wed**  
Parigha\* Until 1:27PM  
Kaulava Until 11:43AM  
**Panchami Until 12:02AM Wed**

**Ganesha:** Yellow      *Sunrise:* 5:22AM  
**Muruqa:** Yellow      *Sunset:* 7:02PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Sivaloka Day**  
Chaitra+Chaitra

Des Moines, IA  
Sun 3      Sutra 9  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**4**

**Wednesday, April 24, 2019**

Dhanus Rasi: 12.46      Tithi 21  
Routine Work      Marana Yoga  
Until 7:04AM  
Then Creative Work - Amrita Yoga

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

**Gulika** 10:29AM – 12:12PM  
Yama 7:03AM – 8:46AM  
284483468 **Rahu** 12:12PM – 1:55PM

**Mula\* Until 7:04AM**  
Shiva Until 1:09PM  
Gara Until 12:36PM  
**Shashthi\* Until 1:18AM Thu**

**Ganesha:** Yellow      *Sunrise:* 5:21AM  
**Muruqa:** Yellow      *Sunset:* 7:03PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Sivaloka Day**  
Chaitra+Chaitra

Des Moines, IA  
Sun 4      Sutra 10  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**5**

**Thursday, April 25, 2019**

Dhanus Rasi: 25.04      Tithi 22  
Creative Work      Siddha Yoga  
Until 9:08AM  
Then Routine Work - Marana Yoga

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

**Gulika** 8:45AM – 10:29AM  
Yama 5:19AM – 7:02AM  
284483469 **Rahu** 1:55PM – 3:38PM

**Purvashadha\* Until 9:08AM**  
Siddha Until 1:23PM  
Visti\* Until 2:12PM  
**Saptami Until 3:13AM Fri**

**Ganesha:** Yellow      *Sunrise:* 5:19AM  
**Muruqa:** Yellow      *Sunset:* 7:04PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Devaloka Day**  
Chaitra+Chaitra

Des Moines, IA  
Sun 5      Sutra 11  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**D**

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

Makara Rasi: 7.08      Tithi 23  
Routine Work      Marana Yoga

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

**Gulika** 7:01AM – 8:45AM  
Yama 3:38PM – 5:22PM  
284583469 **Rahu** 10:28AM – 12:12PM

**Uttarashadha Until 11:35AM**  
Sadhya Until 2:04PM  
Balava Until 4:22PM  
**Ashtami\* Until 5:34AM Sat**

**Ganesha:** Red      *Sunrise:* 5:18AM  
**Muruqa:** Yellow      *Sunset:* 7:05PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Devaloka Day**  
Chaitra+Chaitra

Des Moines, IA  
Sun 6      Sutra 12  
Vikarin 5121  
Moon 4 - Phase 2  
Ashtami

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

Makara Rasi: 19.01      Tithi 24  
Creative Work      Siddha Yoga

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

**Gulika** 5:16AM – 7:00AM  
Yama 1:55PM – 3:39PM  
294583469 **Rahu** 8:44AM – 10:28AM

**Shravana Until 2:44PM**  
Subha Until 3:01PM  
Taitila Until 6:51PM  
**Navami\* Until 8:06AM Sun**

**Ganesha:** Green      *Sunrise:* 5:16AM  
**Muruqa:** Yellow      *Sunset:* 7:06PM  
**Nataraja:** Clear  
Moon – Purple  
**Bhuloka Day**  
Chaitra+Chaitra

Des Moines, IA  
Sun 7      Sutra 13  
Vikarin 5121  
Moon 4 - Phase 2  
Navami

Devaloka Time: 3:PM to 6:PM

<b>1 Sunday, April 28, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Des Moines, IA Sun 8 Sutra 14
Kumbha Rasi: 0.5	Tithi 24 – 25	<b>Gulika</b> 3:39PM – 5:23PM	<b>Dhanishtha</b> Until 5:48PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:15AM	Vikarin 5121
		Yama 12:11PM – 1:55PM	Sukla Until 4:01PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:07PM	Moon 4 - Phase 3
		294583469 <b>Rahu</b> 5:23PM – 7:07PM	Vanija Until 9:24PM	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga		<b>Navami*</b> Until 8:06AM	Moon – Purple		<b>Bhuloka Day</b>
Until 5:48PM				<b>Chaitra*Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>2 Monday, April 29, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Des Moines, IA Sun 9 Sutra 15
Kumbha Rasi: 12.41	Tithi 25 – 26	<b>Gulika</b> 1:55PM – 3:40PM	<b>Shatabhishak</b> Until 8:34PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:14AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:27AM – 12:11PM	Brahma Until 4:57PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:09PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	294583469 <b>Rahu</b> 6:58AM – 8:42AM	Bava Until 11:46PM	<b>Nataraja:</b> Clear		2nd Phase
Until 8:34PM			<b>Dashami</b> Until 10:36AM	Moon – Purple		<b>Bhuloka Day</b>
Then Routine Work - Marana Yoga				<b>Chaitra*Chaitra</b>		Devaloka Time: 3:PM to 6:PM

<b>3 Tuesday, April 30, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Des Moines, IA Sun 10 Sutra 16
Kumbha Rasi: 24.36	Tithi 26 – 27	<b>Gulika</b> 12:11PM – 1:56PM	<b>Purvaproshtapada*</b> Until 11:21PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:12AM	Vikarin 5121
		Yama 8:42AM – 10:26AM	Indra Until 5:39PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:10PM	Moon 4 - Phase 3
		214583469 <b>Rahu</b> 3:40PM – 5:25PM	Kaulava Until 1:47AM Wed	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga		<b>Ekadashi*</b> Until 12:49PM	Moon – Clear		<b>Bhuloka Day</b>
Until 11:21PM				<b>Chaitra*Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

<b>4 Wednesday, May 1, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Vaidhriti*/Vishkambha* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Des Moines, IA Sun 11 Sutra 17
Meena Rasi: 6.41	Tithi 27 – 28	<b>Gulika</b> 10:26AM – 12:11PM	<b>Uttaraproshtapada</b> Until 1:31AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:11AM	Vikarin 5121
		Yama 6:56AM – 8:41AM	Vaidhriti* Until 5:59PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:11PM	Moon 4 - Phase 3
		214583469 <b>Rahu</b> 12:11PM – 1:56PM	Gara Until 3:19AM Thu	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 2:36PM	Moon – Clear		<b>Bhuloka Day</b>
				<b>Chaitra*Chaitra</b>		Devaloka Time: 3:PM to 6:PM
						<i>Pradosha Vrata (Fasting)</i>

<b>5 Thursday, May 2, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Des Moines, IA Sun 12 Sutra 18
Meena Rasi: 18.58	Tithi 28 – 29	<b>Gulika</b> 8:40AM – 10:25AM	<b>Revati</b> Until 3:01AM Fri	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:10AM	Vikarin 5121
		Yama 5:10AM – 6:55AM	Vishkambha* Until 5:56PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:12PM	Moon 4 - Phase 3
		215583469 <b>Rahu</b> 1:56PM – 3:41PM	Visti* Until 4:19AM Fri	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 3:52PM	Moon – Clear		<b>Bhuloka Day</b>
Until 3:01AM Fri				<b>Chaitra*Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

<b>6 Friday, May 3, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Priti/Ayushman Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Des Moines, IA Sun 13 Sutra 19
Mesha Rasi: 1.28	Tithi 29 – 30	<b>Gulika</b> 6:54AM – 8:40AM	<b>Ashvini</b> Until 4:18AM Sat	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:08AM	Vikarin 5121
		Yama 3:42PM – 5:27PM	Priti Until 5:28PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:13PM	Moon 4 - Phase 3
		225583469 <b>Rahu</b> 10:25AM – 12:11PM	Catuspada Until 4:47AM Sat	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 4:36PM	Moon – White		<b>Bhuloka Day</b>
Until 4:18AM Sat				<b>Chaitra*Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Des Moines, IA Sun 14 Sutra 20
Mesha Rasi: 14.14	Tithi 30 – 1	<b>Gulika</b> 5:07AM – 6:53AM	<b>Bharani</b> Until 4:55AM Sun	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:07AM	Vikarin 5121
		Yama 1:56PM – 3:42PM	Ayushman Until 4:34PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:14PM	Moon 4 - Phase 3
		225583469 <b>Rahu</b> 8:39AM – 10:25AM	Kintughna Until 4:43AM Sun	<b>Nataraja:</b> Clear		Amavasya
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 4:47PM	Moon – White		<b>Bhuloka Day</b>
				<b>Chaitra*Chaitra</b>		Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Des Moines, IA Sun 15 Sutra 21
Mesha Rasi: 27.14	Tithi 1 – 2	<b>Gulika</b> 3:43PM – 5:29PM	<b>Krittika</b> Until 4:58AM Mon	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:06AM	Vikarin 5121
		Yama 12:10PM – 1:57PM	Saubhagya Until 3:18PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:15PM	Moon 4 - Phase 3
		225583469 <b>Rahu</b> 5:29PM – 7:15PM	Balava Until 4:13AM Mon	<b>Nataraja:</b> Clear		Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 4:30PM	Moon – White		<b>Bhuloka Day</b>
Until 4:58AM Mon				<b>Vaisaka*Chaitra</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

<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			Des Moines, IA Sun 16 Sutra 22 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:57PM – 3:43PM	<b>Rohini Until 4:56AM Tue</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:05AM	
Vrishabha Rasi: 10.29	Tithi 2 – 3	Yama 10:24AM – 12:10PM	Sobhana Until 1:43PM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 7:16PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	235583469	<b>Rahu</b> 6:51AM – 8:38AM	Taitila Until 3:21AM Tue	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Amrita Yoga			<b>Dvitiya Until 3:49PM</b>	<b>Moon – Yellow</b>	<b>Bhuloka Day</b>
Until 4:56AM 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			Des Moines, IA Sun 17 Sutra 23 Vikarin 5121
<b>2</b>		<b>Gulika</b> 12:10PM – 1:57PM	<b>Mrigashira Until 4:27AM Wed</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:03AM	
Vrishabha Rasi: 23.55	Tithi 3 – 4	Yama 8:37AM – 10:24AM	Athiganda* Until 11:50AM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 7:17PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	235583469	<b>Rahu</b> 3:44PM – 5:30PM	Vanija Until 2:10AM Wed	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Tritiya Until 2:46PM</b>	<b>Moon – Yellow</b>	<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			Des Moines, IA Sun 18 Sutra 24 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:23AM – 12:10PM	<b>Ardra Until 3:35AM Thu</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:02AM	
Mithuna Rasi: 7.32	Tithi 4 – 5	Yama 6:49AM – 8:36AM	Sukarma Until 9:44AM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 7:18PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	235583469	<b>Rahu</b> 12:10PM – 1:57PM	Bava Until 12:43AM Thu	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Chaturthi* Until 1:27PM</b>	<b>Moon – Yellow</b>	<b>Bhuloka Day</b>
Until 3:35AM 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			Des Moines, IA Sun 19 Sutra 25 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:36AM – 10:23AM	<b>Punarvasu Until 2:48AM Fri</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:01AM	
Mithuna Rasi: 21.17	Tithi 5 – 6	Yama 5:01AM – 6:48AM	Dhriti Until 7:28AM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 7:19PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	245583469	<b>Rahu</b> 1:57PM – 3:45PM	Kaulava Until 11:04PM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Amrita Yoga			<b>Panchami Until 11:54AM</b>	<b>Moon – Blue</b>	<b>Devaloka Day</b>
Until 2:48AM 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			Des Moines, IA Sun 20 Sutra 26 Vikarin 5121
<b>5</b>		<b>Gulika</b> 6:48AM – 8:35AM	<b>Pushya Until 1:40AM Sat</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:00AM	
Kataka Rasi: 5.11	Tithi 6 – 7	Yama 3:45PM – 5:33PM	Ganda* Until 2:22AM Sat	<b>Muruqa:</b> Yellow <i>Sunset:</i> 7:20PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	245583469	<b>Rahu</b> 10:23AM – 12:10PM	Gara Until 9:13PM	<b>Nataraja:</b> Clear	3rd Phase
Routine Work Marana Yoga			<b>Shashthi* Until 10:09AM</b>	<b>Moon – Blue</b>	<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			Des Moines, IA Sun 21 Sutra 27 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 4:59AM – 6:47AM	<b>Ashlesha* Until 12:14AM Sun</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 4:59AM	
Kataka Rasi: 19.11	Tithi 7 – 8	Yama 1:58PM – 3:46PM	Vriddhi Until 11:38PM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 7:21PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	245583469	<b>Rahu</b> 8:35AM – 10:22AM	Visti Until 7:11PM	<b>Nataraja:</b> Clear	Ashtami
Routine Work Marana Yoga			<b>Saptami Until 8:12AM</b>	<b>Moon – Blue</b>	<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/Kaulava Karana Ashtami/Navamyam Titau			Des Moines, IA Sun 22 Sutra 28 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 3:46PM – 5:34PM	<b>Magha* Until 10:55PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 4:58AM	
Simha Rasi: 3.19	Tithi 8 – 9	Yama 12:10PM – 1:58PM	Dhruva Until 8:44PM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 7:22PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	256583469	<b>Rahu</b> 5:34PM – 7:22PM	Kaulava Until 3:50AM Mon	<b>Nataraja:</b> Clear	Navami
Routine Work Marana Yoga			<b>Ashtami* Until 6:05AM</b>	<b>Moon – Red</b>	<b>Bhuloka Day</b>
Until 10:55PM		<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*/Harshana Yoga Taitila/Gara Karana Dashamyam Titau				Des Moines, IA Sun 23 Sutra 29
<b>1</b>		<b>Gulika</b> 1:58PM – 3:47PM	<b>Purvaphalguni Until 9:22PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:57AM	Vikarin 5121
Simha Rasi: 17.31	Tithi 10	Yama 10:22AM – 12:10PM	Vyaghata* Until 5:46PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:23PM	Moon 4 - Phase 5
<b>Family Home Evening</b>	256583469	<b>Rahu</b> 6:45AM – 8:33AM	Taitila Until 2:41PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dashami Until 1:29AM Tue</b>	Moon – Red		
				<b>Vaisaka-Chaitra</b>		<b>Bhuloka Day</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				Des Moines, IA Sun 24 Sutra 30
<b>2</b>		<b>Gulika</b> 12:10PM – 1:59PM	<b>Uttaraphalguni Until 7:37PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:56AM	Vikarin 5121
Kanya Rasi: 1.47	Tithi 11	Yama 8:33AM – 10:21AM	Harshana Until 2:45PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:24PM	Moon 4 - Phase 5
	256583469	<b>Rahu</b> 3:47PM – 5:36PM	Vanija Until 12:19PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Amrita Yoga		<b>Ekadashi Until 11:06PM</b>	Moon – Red		
Until 7:37PM				<b>Vaisaka-Vaikasi</b>		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga						Devaloka Time: 3:PM to 6:PM

<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				Des Moines, IA Sun 25 Sutra 31
<b>3</b>		<b>Gulika</b> 10:21AM – 12:10PM	<b>Hasta Until 6:11PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:55AM	Vikarin 5121
Kanya Rasi: 16.05	Tithi 12	Yama 6:44AM – 8:32AM	Vajra* Until 11:44AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:25PM	Moon 4 - Phase 5
	266583469	<b>Rahu</b> 12:10PM – 1:59PM	Bava Until 9:56AM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Dvodashi Until 8:45PM</b>	Moon – Green		
Until 6:11PM				<b>Vaisaka-Vaikasi</b>		<b>Devaloka Day</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				Des Moines, IA Sun 26 Sutra 32
<b>4</b>		<b>Gulika</b> 8:32AM – 10:21AM	<b>Chitra Until 4:45PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:54AM	Vikarin 5121
Tula Rasi: 0.19	Tithi 13	Yama 4:54AM – 6:43AM	Siddhi Until 8:49AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:26PM	Moon 4 - Phase 5
	266583469	<b>Rahu</b> 1:59PM – 3:48PM	Kaulava Until 7:39AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 6:34PM</b>	Moon – Green		
Until 4:45PM				<b>Vaisaka-Vaikasi</b>		<b>Devaloka Day</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*/Variyan Yoga Vanija/Visli* Karana Chaturdashi/Purnimayam Titau				Des Moines, IA Sun 27 Sutra 33
<b>5</b>		<b>Gulika</b> 6:42AM – 8:31AM	<b>Svati Until 3:26PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:53AM	Vikarin 5121
Tula Rasi: 14.25	Tithi 14 – 15	Yama 3:49PM – 5:38PM	Vyatipata* Until 6:05AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:27PM	Moon 4 - Phase 5
	266583469	<b>Rahu</b> 10:21AM – 12:10PM	Visli Until 3:52AM Sat	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 4:39PM</b>	Moon – Green		
				<b>Vaisaka-Vaikasi</b>		<b>Devaloka Day</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				Des Moines, IA Sun 28 Sutra 34
<b>○</b>	<b>Copper Retreat Star</b>	<b>Gulika</b> 4:52AM – 6:42AM	<b>Vishakha Until 2:48PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:52AM	Vikarin 5121
Tula Rasi: 28.18	Tithi 15 – 16	Yama 2:00PM – 3:49PM	Parigha* Until 1:32AM Sun	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:28PM	Moon 4 - Phase 5
	276583469	<b>Rahu</b> 8:31AM – 10:21AM	Balava Until 2:36AM Sun	<b>Nataraja:</b> Clear		Purnima
Creative Work	Siddha Yoga		<b>Purnima* Until 3:09PM</b>	Moon – Orange		
				<b>Vaisaka-Vaikasi</b>		<b>Bhuloka Day</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				Des Moines, IA Sun 29 Sutra 35
	<b>Silver Retreat Star</b>	<b>Gulika</b> 3:50PM – 5:39PM	<b>Anuradha Until 2:33PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:51AM	Vikarin 5121
Vrischika Rasi: 11.53	Tithi 16 – 17	Yama 12:10PM – 2:00PM	Shiva Until 11:56PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:29PM	Moon 4 - Phase 5
	277583469	<b>Rahu</b> 5:39PM – 7:29PM	Taitila Until 1:56AM Mon	<b>Nataraja:</b> Clear		Prathama
Routine Work	Marana Yoga		<b>Prathama* Until 2:10PM</b>	Moon – Orange		
				<b>Vaisaka-Vaikasi</b>		<b>Devaloka Day</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: 25.08 Tithi 17 – 18  
**Family Home Evening**  
Creative Work Siddha Yoga

277583469

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

**Gulika** 2:00PM – 3:50PM  
**Yama** 10:20AM – 12:10PM  
**Rahu** 6:40AM – 8:30AM

**Jyeshtha\* Until 2:47PM**  
Siddha Until 10:50PM  
Vanija Until 1:55AM Tue  
**Dvitiya Until 1:49PM**

**Ganesha:** Yellow *Sunrise:* 4:50AM  
**Muruqa:** Yellow *Sunset:* 7:30PM  
**Nataraja:** Clear  
Moon – Orange  
**Vaisaka-Vaikasi**

Des Moines, IA  
Sun 1 Sutra 36  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Devaloka Day**

**1**

**Tuesday, May 21, 2019**

Dhanus Rasi: 8.03 Tithi 18 – 19  
Creative Work Amrita Yoga  
Until 3:59PM  
Then Creative Work - Siddha Yoga

287683469

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

**Gulika** 12:10PM – 2:00PM  
**Yama** 8:30AM – 10:20AM  
**Rahu** 3:51PM – 5:41PM

**Mula\* Until 3:59PM**  
Sadhya Until 10:18PM  
Bava Until 2:37AM Wed  
**Tritiya Until 2:10PM**

**Ganesha:** Red *Sunrise:* 4:49AM  
**Muruqa:** Yellow *Sunset:* 7:31PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Vaisaka-Vaikasi**

Des Moines, IA  
Sun 2 Sutra 37  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Devaloka Day**

**2**

**Wednesday, May 22, 2019**

Dhanus Rasi: 20.37 Tithi 19 – 20  
Creative Work Amrita Yoga

287683469

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

**Gulika** 10:20AM – 12:10PM  
**Yama** 6:39AM – 8:29AM  
**Rahu** 12:10PM – 2:01PM

**Purvashadha\* Until 5:43PM**  
Subha Until 10:19PM  
Kaulava Until 3:59AM Thu  
**Chaturthi\* Until 3:12PM**

**Ganesha:** Red *Sunrise:* 4:49AM  
**Muruqa:** Yellow *Sunset:* 7:32PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Vaisaka-Vaikasi**

Des Moines, IA  
Sun 3 Sutra 38  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Devaloka Day**

**3**

**Thursday, May 23, 2019**

Makara Rasi: 2.55 Tithi 20 – 21  
Routine Work Marana Yoga  
Until 7:52PM  
Then Creative Work - Siddha Yoga

287683469

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

**Gulika** 8:29AM – 10:20AM  
**Yama** 4:48AM – 6:39AM  
**Rahu** 2:01PM – 3:52PM

**Uttarashadha Until 7:52PM**  
Sukla Until 10:45PM  
Gara Until 5:54AM Fri  
**Panchami Until 4:51PM**

**Ganesha:** Red *Sunrise:* 4:48AM  
**Muruqa:** Yellow *Sunset:* 7:33PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Vaisaka-Vaikasi**

Des Moines, IA  
Sun 4 Sutra 39  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Devaloka Day**

**4**

**Friday, May 24, 2019**

Makara Rasi: 14.59 Tithi 21  
Routine Work Marana Yoga  
Until 10:47PM  
Then Creative Work - Siddha Yoga

297683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Shravana Nakshatra Brahma Yoga Vanija Karana Shashtyayam Titau

**Gulika** 6:38AM – 8:29AM  
**Yama** 3:52PM – 5:43PM  
**Rahu** 10:20AM – 12:10PM

**Shravana Until 10:47PM**  
Brahma Until 11:31PM  
Vanija Until 6:59PM  
**Shashty\* Until 6:59PM**

**Ganesha:** Green *Sunrise:* 4:47AM  
**Muruqa:** Yellow *Sunset:* 7:34PM  
**Nataraja:** Clear  
Moon – Purple  
**Vaisaka-Vaikasi**

Des Moines, IA  
Sun 5 Sutra 40  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

**5**

**Saturday, May 25, 2019**

Makara Rasi: 26.54 Tithi 22  
Creative Work Siddha Yoga

298683469

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

**Gulika** 4:46AM – 6:37AM  
**Yama** 2:02PM – 3:53PM  
**Rahu** 8:29AM – 10:20AM

**Dhanishtha Until 1:44AM Sun**  
Indra Until 12:29AM Sun  
Visti Until 8:11AM  
**Saptami Until 9:22PM**

**Ganesha:** Red *Sunrise:* 4:46AM  
**Muruqa:** Yellow *Sunset:* 7:35PM  
**Nataraja:** Clear  
Moon – Purple  
**Vaisaka-Vaikasi**

Des Moines, IA  
Sun 6 Sutra 41  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Devaloka Day**

**D**

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

Kumbha Rasi: 8.46 Tithi 23  
Creative Work Siddha Yoga  
Until 4:32AM Mon  
Then Routine Work - Marana Yoga

398683469

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

**Gulika** 3:53PM – 5:44PM  
**Yama** 12:11PM – 2:02PM  
**Rahu** 5:44PM – 7:35PM

**Shatabhishak Until 4:32AM Mon**  
Vaidhriti\* Until 1:25AM Mon  
Balava Until 10:37AM  
**Ashtami\* Until 11:47PM**

**Ganesha:** Blue *Sunrise:* 4:46AM  
**Muruqa:** Yellow *Sunset:* 7:35PM  
**Nataraja:** Clear  
Moon – Purple  
**Vaisaka-Vaikasi**

Des Moines, IA  
Sun 7 Sutra 42  
Vikarin 5121  
Moon 5 - Phase 6  
Ashtami

**Sivaloka Day**

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

Kumbha Rasi: 20.38 Tithi 24  
**Family Home Evening**  
Routine Work Marana Yoga  
Until 7:26AM Tue  
Then Creative Work - Amrita Yoga

318683469

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

**Gulika** 2:02PM – 3:54PM  
**Yama** 10:19AM – 12:11PM  
**Rahu** 6:37AM – 8:28AM

**Purvaproshtapada\* Until 7:26AM Tue**  
Vishkambha\* Until 2:12AM Tue  
Taitila Until 12:57PM  
**Navami\* Until 2:00AM Tue**

**Ganesha:** Purple *Sunrise:* 4:45AM  
**Muruqa:** Yellow *Sunset:* 7:36PM  
**Nataraja:** Clear  
Moon – Clear  
**Vaisaka-Vaikasi**

Des Moines, IA  
Sun 8 Sutra 43  
Vikarin 5121  
Moon 5 - Phase 6  
Navami

**Sivaloka Day**

**1** Tuesday, May 28, 2019 Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Des Moines, IA  
Purvaproshtapada/Uttaraproshtapada Nakshatra Priti Yoga Vanija/Visti\* Karana Dashamyam Titau Sun 9 Sutra 44

Meena Rasi: 3	Tithi 25	<b>Gulika</b> 12:11PM – 2:02PM	<b>Purvaproshtapada* Until 7:26AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:45AM	Vikarin 5121
		Yama 8:28AM – 10:19AM	Priti Until 2:43AM Wed	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:37PM	Moon 5 - Phase 7
	318683469	<b>Rahu</b> 3:54PM – 5:46PM	Vanija Until 3:00PM	<b>Nataraja:</b> Clear		2nd Phase

Routine Work Marana Yoga  
Until 7:26AM  
Then Creative Work - Amrita Yoga

Dashami Until 3:50AM Wed  
Moon – Clear  
Vaisaka-Vaikasi  
Sivaloka Day

**2** Wednesday, May 29, 2019 Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Des Moines, IA  
Uttaraproshtapada/Revati Nakshatra Ayushman Yoga Bava/Balava Karana Ekadashyam Titau Sun 10 Sutra 45

Meena Rasi: 14.44	Tithi 26	<b>Gulika</b> 10:19AM – 12:11PM	<b>Uttaraproshtapada Until 9:45AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:44AM	Vikarin 5121
		Yama 6:36AM – 8:27AM	Ayushman Until 2:47AM Thu	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:39PM	Moon 5 - Phase 7
	318683469	<b>Rahu</b> 12:11PM – 2:03PM	Bava Until 4:34PM	<b>Nataraja:</b> Clear		2nd Phase

Creative Work Siddha Yoga  
Until 9:45AM  
Then Routine Work - Marana Yoga

Ekadashi\* Until 5:07AM Thu  
Moon – Clear  
Vaisaka-Vaikasi  
Sivaloka Day

**3** Thursday, May 30, 2019 Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Des Moines, IA  
Revati/Ashvini Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvadashyam Titau Sun 11 Sutra 46

Meena Rasi: 27.06	Tithi 27	<b>Gulika</b> 8:27AM – 10:19AM	<b>Revati Until 11:22AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:43AM	Vikarin 5121
		Yama 4:43AM – 6:35AM	Saubhagya Until 2:23AM Fri	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:39PM	Moon 5 - Phase 7
	318683469	<b>Rahu</b> 2:03PM – 3:55PM	Kaulava Until 5:33PM	<b>Nataraja:</b> Clear		2nd Phase

Creative Work Siddha Yoga  
Until 11:22AM  
Then Creative Work - Amrita Yoga

Dvadashi\* Until 5:47AM Fri  
Moon – Clear  
Vaisaka-Vaikasi  
Sivaloka Day

**4** Friday, May 31, 2019 Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Des Moines, IA  
Ashvini/Bharani Nakshatra Sobhana Yoga Gara/Vanija Karana Trayodashyam Titau Sun 12 Sutra 47

Mesha Rasi: 9.44	Tithi 28	<b>Gulika</b> 6:35AM – 8:27AM	<b>Ashvini Until 12:42PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:43AM	Vikarin 5121
		Yama 3:55PM – 5:47PM	Sobhana Until 1:30AM Sat	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:40PM	Moon 5 - Phase 7
	328683469	<b>Rahu</b> 10:19AM – 12:11PM	Gara Until 5:54PM	<b>Nataraja:</b> Clear		2nd Phase

Creative Work Amrita Yoga  
Until 12:42PM  
Then Creative Work - Siddha Yoga

Trayodashi\* Until 5:49AM Sat  
Moon – White  
Vaisaka-Vaikasi  
Devaloka Day

*Pradosha Vrata (Fasting)*

**5** Saturday, June 1, 2019 Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Des Moines, IA  
Bharani/Krittika Nakshatra Athiganda\* Yoga Visti\*/Sakuni\* Karana Chaturdashyam Titau Sun 13 Sutra 48

Mesha Rasi: 22.41	Tithi 29	<b>Gulika</b> 4:42AM – 6:35AM	<b>Bharani Until 1:14PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:42AM	Vikarin 5121
		Yama 2:04PM – 3:56PM	Athiganda* Until 12:05AM Sun	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:40PM	Moon 5 - Phase 7
	329683469	<b>Rahu</b> 8:27AM – 10:19AM	Visti Until 5:37PM	<b>Nataraja:</b> Clear		2nd Phase

Creative Work Siddha Yoga  
Until 1:14PM  
Then Creative Work - Amrita Yoga

Chaturdashi\* Until 5:14AM Sun  
Moon – White  
Vaisaka-Vaikasi  
Bhuloka Day  
Devaloka Time: 3:PM to 6:PM

**Retreat Star** Sunday, June 2, 2019 Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Des Moines, IA  
Krittika/Rohini Nakshatra Sukarma Yoga Catuspada\*/Naga\* Karana Amavasyayam Titau Sun 14 Sutra 49

Vrishabha Rasi: 5.58	Tithi 30	<b>Gulika</b> 3:56PM – 5:49PM	<b>Krittika Until 1:02PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:42AM	Vikarin 5121
		Yama 12:12PM – 2:04PM	Sukarma Until 10:14PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:41PM	Moon 5 - Phase 7
	329683469	<b>Rahu</b> 5:49PM – 7:41PM	Catuspada Until 4:44PM	<b>Nataraja:</b> Clear		Amavasya

Creative Work Siddha Yoga

Amavasya\* Until 4:05AM Mon  
Moon – White  
Vaisaka-Vaikasi  
Bhuloka Day  
Devaloka Time: 3:PM to 6:PM

**Retreat Star** Monday, June 3, 2019 Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Des Moines, IA  
Rohini/Mrigashira Nakshatra Dhriti Yoga Kintughna\*/Bava Karana Prathamayam Titau Sun 15 Sutra 50

Vrishabha Rasi: 19.32	Tithi 1	<b>Gulika</b> 2:04PM – 3:57PM	<b>Rohini Until 12:37PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:42AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:19AM – 12:12PM	Dhriti Until 8:01PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:42PM	Moon 5 - Phase 7
	339683469	<b>Rahu</b> 6:34AM – 8:27AM	Kintughna Until 3:22PM	<b>Nataraja:</b> Clear		Prathama

Creative Work Amrita Yoga

Prathama\* Until 2:30AM Tue  
Moon – Yellow  
Jyeshtha-Vaikasi  
Bhuloka Day  
Devaloka Time: 3:PM to 6:PM

<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*Ganda* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Des Moines, IA Sun 16 Sutra 51
Mithuna Rasi: 3.22	Tithi 2	<b>Gulika</b> Yama	<b>12:12PM – 2:04PM</b> 8:27AM – 10:19AM	<b>Mrigashira Until 11:39AM</b> Shula* Until 5:28PM	<b>Ganesha: Green</b> <b>Muruqa: Yellow</b> <b>Nataraja: Clear</b> Moon – Yellow	<b>Sunrise: 4:41AM</b> <b>Sunset: 7:42PM</b>	Vikarin 5121 Moon 5 - Phase 8 3rd Phase	
Creative Work	Siddha Yoga	339683461	<b>Rahu</b> 3:57PM – 5:50PM	<b>Dvitiya Until 12:34AM Wed</b>	<b>Jyeshtha-Vaikasi</b>	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM		
Until 11:39AM								
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				Des Moines, IA Sun 17 Sutra 52
Mithuna Rasi: 17.25	Tithi 3	<b>Gulika</b> Yama	<b>10:19AM – 12:12PM</b> 6:34AM – 8:26AM	<b>Ardra Until 10:14AM</b> Ganda* Until 2:42PM	<b>Ganesha: Green</b> <b>Muruqa: Yellow</b> <b>Nataraja: Yellow</b> Moon – Yellow	<b>Sunrise: 4:41AM</b> <b>Sunset: 7:43PM</b>	Vikarin 5121 Moon 5 - Phase 8 3rd Phase	
Creative Work	Siddha Yoga	339683461	<b>Rahu</b> 12:12PM – 2:05PM	<b>Taitila Until 11:31AM</b> <b>Tritiya Until 10:23PM</b>	<b>Jyeshtha-Vaikasi</b>	<b>Bhuloka Day</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				Des Moines, IA Sun 18 Sutra 53
Kataka Rasi: 1.35	Tithi 4	<b>Gulika</b> Yama	<b>8:26AM – 10:19AM</b> 4:41AM – 6:34AM	<b>Punarvasu Until 8:55AM</b> Vridhhi Until 11:48AM	<b>Ganesha: White</b> <b>Muruqa: Yellow</b> <b>Nataraja: Yellow</b> Moon – Blue	<b>Sunrise: 4:41AM</b> <b>Sunset: 7:44PM</b>	Vikarin 5121 Moon 5 - Phase 8 3rd Phase	
Creative Work	Amrita Yoga	349683461	<b>Rahu</b> 2:05PM – 3:58PM	<b>Vanija Until 9:15AM</b> <b>Chaturthi* Until 8:04PM</b>	<b>Jyeshtha-Vaikasi</b>	<b>Bhuloka Day</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/Kaulava Karana Panchami/Shashthiyam Titau				Des Moines, IA Sun 19 Sutra 54
Kataka Rasi: 15.51	Tithi 5 – 6	<b>Gulika</b> Yama	<b>6:33AM – 8:26AM</b> 3:58PM – 5:51PM	<b>Pushya Until 7:21AM</b> Dhruva Until 8:49AM	<b>Ganesha: White</b> <b>Muruqa: Yellow</b> <b>Nataraja: Yellow</b> Moon – Blue	<b>Sunrise: 4:40AM</b> <b>Sunset: 7:44PM</b>	Vikarin 5121 Moon 5 - Phase 8 3rd Phase	
Routine Work	Marana Yoga	349683461	<b>Rahu</b> 10:19AM – 12:12PM	<b>Bava Until 6:54AM</b> <b>Panchami Until 5:42PM</b>	<b>Jyeshtha-Vaikasi</b>	<b>Bhuloka Day</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 Mantla Vasara Yuktayam Magha* Nakshatra Harshana Yoga Taitila/Gara Karana Shashthi/Saplamyam Titau				Des Moines, IA Sun 20 Sutra 55
Simha Rasi: 0.07	Tithi 6 – 7	<b>Gulika</b> Yama	<b>4:40AM – 6:33AM</b> 2:06PM – 3:59PM	<b>Magha* Until 4:14AM Sun</b> Harshana Until 2:53AM Sun	<b>Ganesha: Clear</b> <b>Muruqa: Yellow</b> <b>Nataraja: Yellow</b> Moon – Red	<b>Sunrise: 4:40AM</b> <b>Sunset: 7:45PM</b>	Vikarin 5121 Moon 5 - Phase 8 3rd Phase	
Creative Work	Amrita Yoga	359683461	<b>Rahu</b> 8:26AM – 10:19AM	<b>Gara Until 2:12AM Sun</b> <b>Shashthi* Until 3:20PM</b>	<b>Jyeshtha-Vaikasi</b>	<b>Devaloka Day</b>		
Until 4:14AM Sun								
Then Creative Work - Siddha 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				Des Moines, IA Sun 21 Sutra 56
Simha Rasi: 14.22	Tithi 7 – 8	<b>Gulika</b> Yama	<b>3:59PM – 5:52PM</b> 12:13PM – 2:06PM	<b>Purvaphalguni Until 2:48AM Mon</b> Vajra* Until 12:00AM Mon	<b>Ganesha: Yellow</b> <b>Muruqa: Yellow</b> <b>Nataraja: Yellow</b> Moon – Red	<b>Sunrise: 4:40AM</b> <b>Sunset: 7:46PM</b>	Vikarin 5121 Moon 5 - Phase 8 Ashtami	
Creative Work	Siddha Yoga	351683461	<b>Rahu</b> 5:52PM – 7:46PM	<b>Visti Until 11:58PM</b> <b>Saptami Until 1:03PM</b>	<b>Jyeshtha-Vaikasi</b>	<b>Devaloka Day</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				Des Moines, IA Sun 22 Sutra 57
Simha Rasi: 28.32	Tithi 8 – 9	<b>Gulika</b> Yama	<b>2:06PM – 4:00PM</b> 10:20AM – 12:13PM	<b>Uttaraphalguni Until 1:21AM Tue</b> Siddhi Until 9:14PM	<b>Ganesha: Yellow</b> <b>Muruqa: Yellow</b> <b>Nataraja: Yellow</b> Moon – Red	<b>Sunrise: 4:40AM</b> <b>Sunset: 7:46PM</b>	Vikarin 5121 Moon 5 - Phase 8 Navami	
<b>Family Home Evening</b>		351683461	<b>Rahu</b> 6:33AM – 8:26AM	<b>Balava Until 9:51PM</b> <b>Ashtami* Until 10:52AM</b>	<b>Jyeshtha-Vaikasi</b>	<b>Devaloka Day</b>		
Creative Work Siddha Yoga								

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				Des Moines, IA Sun 23 Sutra 58
	Kanya Rasi: 12.38	Tithi 9 – 10	<b>Gulika</b> 12:13PM – 2:06PM	<b>Hasta</b> <b>Until 12:21AM Wed</b>	<b>Ganesha:</b> White <i>Sunrise: 4:40AM</i>		Vikarin 5121
			Yama 8:26AM – 10:20AM	Vyatipata* Until 6:36PM	<b>Muruqa:</b> Yellow <i>Sunset: 7:47PM</i>		Moon 5 - Phase 9
	361683461		<b>Rahu</b> 4:00PM – 5:53PM	Taitila Until 7:53PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Navami* Until 8:49AM</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				Des Moines, IA Sun 24 Sutra 59
	Kanya Rasi: 26.36	Tithi 10 – 11	<b>Gulika</b> 10:20AM – 12:13PM	<b>Chitra</b> <b>Until 11:25PM</b>	<b>Ganesha:</b> White <i>Sunrise: 4:40AM</i>		Vikarin 5121
			Yama 6:33AM – 8:26AM	Variyan Until 4:07PM	<b>Muruqa:</b> Yellow <i>Sunset: 7:47PM</i>		Moon 5 - Phase 9
	361683461		<b>Rahu</b> 12:13PM – 2:07PM	Vanija Until 6:08PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Dashami Until 6:58AM</b>	Moon – Green		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	

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 Bava/Balava Karana Dvodashyam Titau				Des Moines, IA Sun 25 Sutra 60
	Tula Rasi: 10.26	Tithi 12	<b>Gulika</b> 8:26AM – 10:20AM	<b>Svati</b> <b>Until 10:37PM</b>	<b>Ganesha:</b> White <i>Sunrise: 4:39AM</i>		Vikarin 5121
			Yama 4:39AM – 6:33AM	Parigha* Until 1:51PM	<b>Muruqa:</b> Yellow <i>Sunset: 7:48PM</i>		Moon 5 - Phase 9
	361683461		<b>Rahu</b> 2:07PM – 4:01PM	Bava Until 4:39PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Amrita Yoga		<b>Dvodashi Until 4:00AM Fri</b>	Moon – Green		<b>Bhuloka Day</b>	
Until 10:37PM				<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				Des Moines, IA Sun 26 Sutra 61
	Tula Rasi: 24.05	Tithi 13	<b>Gulika</b> 6:33AM – 8:27AM	<b>Vishakha</b> <b>Until 10:27PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 4:39AM</i>		Vikarin 5121
			Yama 4:01PM – 5:54PM	Shiva Until 11:52AM	<b>Muruqa:</b> Blue <i>Sunset: 7:48PM</i>		Moon 5 - Phase 9
	371693461		<b>Rahu</b> 10:20AM – 12:14PM	Kaulava Until 3:29PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 3:01AM 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				Des Moines, IA Sun 27 Sutra 62
	Vrischika Rasi: 7.31	Tithi 14	<b>Gulika</b> 4:39AM – 6:33AM	<b>Anuradha</b> <b>Until 10:33PM</b>	<b>Ganesha:</b> White <i>Sunrise: 4:39AM</i>		Vikarin 5121
			Yama 2:08PM – 4:01PM	Siddha Until 10:09AM	<b>Muruqa:</b> Blue <i>Sunset: 7:48PM</i>		Moon 5 - Phase 9
	371793461		<b>Rahu</b> 8:27AM – 10:20AM	Gara Until 2:43PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 2:29AM 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				Des Moines, IA Sun 27 Sutra 63
	<b>Copper Retreat Star</b>		<b>Gulika</b> 4:01PM – 5:55PM	<b>Jyeshtha* Until 10:59PM</b>	<b>Ganesha:</b> White <i>Sunrise: 4:39AM</i>		Vikarin 5121
	Vrischika Rasi: 20.43	Tithi 15	Yama 12:14PM – 2:08PM	Sadhya Until 8:49AM	<b>Muruqa:</b> Blue <i>Sunset: 7:49PM</i>		Moon 5 - Phase 9
			371793461 <b>Rahu</b> 5:55PM – 7:49PM	Visti Until 2:25PM	<b>Nataraja:</b> Yellow		Purnima
Routine Work	Marana Yoga		<b>Purnima* Until 2:27AM Mon</b>	Moon – Orange		<b>Subha Sivaloka Day</b>	
Until 10:59PM		<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				Des Moines, IA Sun 28 Sutra 64
	<b>Silver Retreat Star</b>		<b>Gulika</b> 2:08PM – 4:02PM	<b>Mula* Until 12:16AM Tue</b>	<b>Ganesha:</b> Clear <i>Sunrise: 4:40AM</i>		Vikarin 5121
	Dhanus Rasi: 3.39	Tithi 16	Yama 10:21AM – 12:14PM	Subha Until 7:55AM	<b>Muruqa:</b> Blue <i>Sunset: 7:49PM</i>		Moon 5 - Phase 9
			381793461 <b>Rahu</b> 6:33AM – 8:27AM	Balava Until 2:39PM	<b>Nataraja:</b> Yellow		Prathama
<b>Family Home Evening</b>			<b>Prathama* Until 2:58AM Tue</b>	Moon – Light Blue		<b>Sivaloka Day</b>	
Creative Work	Siddha Yoga			<b>Jyeshtha-Ani</b>			

That which appears as cold or as hot, fresh or spoiled, good fortune and bad, love and hate, effort and laziness, the exalted and the 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 Uтарыне Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvashadha\* Nakshatra Sukla/Brahma Yoga Tailila/Gara Karana Dvitiyayam Titau

Des Moines, IA  
Sun 1 Sutra 65  
Vikarin 5121

Dhanus Rasi: 16.19 Tithi 17

382793461

**Gulika** 12:15PM – 2:08PM  
Yama 8:27AM – 10:21AM  
**Rahu** 4:02PM – 5:56PM

**Purvashadha\* Until 1:57AM Wed**  
Sukla Until 7:26AM  
Tailila Until 3:28PM  
**Dvitiya Until 4:03AM Wed**

**Ganesha:** Clear *Sunrise: 4:40AM*  
**Muruqa:** Blue *Sunset: 7:49PM*  
**Nataraja:** Yellow  
Moon – Light Blue  
**Jyeshtha-Ani**

Moon 6 - Phase 10  
1st Phase

**Sivaloka Day**

Creative Work Siddha Yoga  
Until 1:57AM Wed  
Then Creative Work - Amrita Yoga

**1**

**Wednesday, June 19, 2019**

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

Des Moines, IA  
Sun 2 Sutra 66  
Vikarin 5121

Dhanus Rasi: 28.44 Tithi 18

382793461

**Gulika** 10:21AM – 12:15PM  
Yama 6:33AM – 8:27AM  
**Rahu** 12:15PM – 2:09PM

**Uttarashadha Until 3:59AM Thu**  
Brahma Until 7:24AM  
Vanija Until 4:49PM  
**Tritiya Until 5:40AM Thu**

**Ganesha:** Purple *Sunrise: 4:40AM*  
**Muruqa:** Blue *Sunset: 7:50PM*  
**Nataraja:** Yellow  
Moon – Light Blue  
**Jyeshtha-Ani**

Moon 6 - Phase 10  
1st Phase

**Devaloka Day**

Creative Work Amrita Yoga  
Until 3:59AM Thu  
Then Creative Work - Siddha Yoga

**2**

**Thursday, June 20, 2019**

Vikarin Nama Samvatsare Uтарыне Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam  
Shravana Nakshatra Indra/Vaidhriti\* Yoga Bava Karana Chaturthayam Titau

Des Moines, IA  
Sun 3 Sutra 67  
Vikarin 5121

Makara Rasi: 10.55 Tithi 19

392793461

**Gulika** 8:27AM – 10:21AM  
Yama 4:40AM – 6:34AM  
**Rahu** 2:09PM – 4:02PM

**Shravana Until 6:46AM Fri**  
Indra Until 7:47AM  
Bava Until 6:40PM  
**Chaturthi\* Until 7:42AM Fri**

**Ganesha:** Clear *Sunrise: 4:40AM*  
**Muruqa:** Blue *Sunset: 7:50PM*  
**Nataraja:** Yellow  
Moon – Purple  
**Jyeshtha-Ani**

Moon 6 - Phase 10  
1st Phase

**Sivaloka Day**

Creative Work Siddha Yoga

**3**

**Friday, June 21, 2019**

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

Des Moines, IA  
Sun 4 Sutra 68  
Vikarin 5121

Makara Rasi: 22.56 Tithi 19 – 20

392793461

**Gulika** 6:34AM – 8:28AM  
Yama 4:03PM – 5:56PM  
**Rahu** 10:21AM – 12:15PM

**Shravana Until 6:46AM**  
Vaidhriti\* Until 8:27AM  
Kaulava Until 8:51PM  
**Chaturthi\* Until 7:42AM**

**Ganesha:** Clear *Sunrise: 4:40AM*  
**Muruqa:** Blue *Sunset: 7:50PM*  
**Nataraja:** Yellow  
Moon – Purple  
**Jyeshtha-Ani**

Moon 6 - Phase 10  
1st Phase

**Sivaloka Day**

Routine Work Marana Yoga  
Until 6:46AM  
Then Creative Work - Siddha Yoga

**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

Des Moines, IA  
Sun 5 Sutra 69  
Vikarin 5121

Kumbha Rasi: 4.51 Tithi 20 – 21

392793461

**Gulika** 4:40AM – 6:34AM  
Yama 2:09PM – 4:03PM  
**Rahu** 8:28AM – 10:22AM

**Dhanishtha Until 9:39AM**  
Vishkambha\* Until 9:21AM  
Gara Until 11:13PM  
**Panchami Until 10:00AM**

**Ganesha:** Clear *Sunrise: 4:40AM*  
**Muruqa:** Blue *Sunset: 7:50PM*  
**Nataraja:** Yellow  
Moon – Purple  
**Jyeshtha-Ani**

Moon 6 - Phase 10  
1st Phase

**Sivaloka Day**

Creative Work Siddha Yoga  
Until 9:39AM  
Then Creative Work - Amrita Yoga

**5**

**Sunday, June 23, 2019**

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

Des Moines, IA  
Sun 6 Sutra 70  
Vikarin 5121

Kumbha Rasi: 16.43 Tithi 21 – 22

392793461

**Gulika** 4:03PM – 5:57PM  
Yama 12:16PM – 2:09PM  
**Rahu** 5:57PM – 7:51PM

**Shatabhishak Until 12:27PM**  
Priti Until 10:20AM  
Visli Until 1:35AM Mon  
**Shashthi\* Until 12:24PM**

**Ganesha:** Clear *Sunrise: 4:41AM*  
**Muruqa:** Blue *Sunset: 7:51PM*  
**Nataraja:** Yellow  
Moon – Purple  
**Jyeshtha-Ani**

Moon 6 - Phase 10  
1st Phase

**Sivaloka Day**

Creative Work Siddha Yoga

**D**

**Monday, June 24, 2019**

**Retreat Star**

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

Des Moines, IA  
Sun 7 Sutra 71  
Vikarin 5121

Kumbha Rasi: 28.36 Tithi 22 – 23

312793461

**Gulika** 2:10PM – 4:03PM  
Yama 10:22AM – 12:16PM  
**Rahu** 6:35AM – 8:28AM

**Purvaprosarthapada\* Until 3:29PM**  
Ayushman Until 11:12AM  
Balava Until 3:45AM Tue  
**Saptami Until 2:41PM**

**Ganesha:** Yellow *Sunrise: 4:41AM*  
**Muruqa:** Blue *Sunset: 7:51PM*  
**Nataraja:** Yellow  
Moon – Clear  
**Jyeshtha-Ani**

Moon 6 - Phase 10  
Ashtami

**Sivaloka Day**

Routine Work Marana Yoga  
Until 3:29PM  
Then Creative Work - Siddha Yoga

**Tuesday, June 25, 2019**

**Retreat Star**

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

Des Moines, IA  
Sun 8 Sutra 72  
Vikarin 5121

Meena Rasi: 10.35 Tithi 23 – 24

312793461

**Gulika** 12:16PM – 2:10PM  
Yama 8:29AM – 10:22AM  
**Rahu** 4:03PM – 5:57PM

**Uttaraprosarthapada Until 6:03PM**  
Saubhagya Until 11:53AM  
Tailila Until 5:31AM Wed  
**Ashtami\* Until 4:40PM**

**Ganesha:** Yellow *Sunrise: 4:41AM*  
**Muruqa:** Blue *Sunset: 7:51PM*  
**Nataraja:** Yellow  
Moon – Clear  
**Jyeshtha-Ani**

Moon 6 - Phase 10  
Navami

**Sivaloka Day**

Creative Work Amrita Yoga  
Until 6:03PM  
Then Creative Work - Siddha Yoga

<b>1</b>	<b>Wednesday, June 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Sobhana/Athiganda* Yoga Gara Karana Navamyam Titau				Des Moines, IA Sun 9 Sutra 73 Vikarin 5121
	Meena Rasi: 22.44	Tithi 24	<b>Gulika</b> 10:23AM – 12:16PM	<b>Revati Until 7:59PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:42AM	
	312793461		Yama 6:35AM – 8:29AM	Sobhana Until 12:14PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:51PM	Moon 6 - Phase 11
Routine Work	Marana Yoga	<b>Rahu</b> 12:16PM – 2:10PM	Gara Until 6:10PM	<b>Nataraja:</b> Yellow		2nd Phase	
			<b>Navami* Until 6:10PM</b>	Moon – Clear		<b>Sivaloka Day</b>	
				<b>Jyeshtha-Ani</b>			


<b>2</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				Des Moines, IA Sun 10 Sutra 74 Vikarin 5121
	Mesha Rasi: 5.06	Tithi 25	<b>Gulika</b> 8:29AM – 10:23AM	<b>Ashvini Until 9:38PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:42AM	
	322793461		Yama 4:42AM – 6:36AM	Athiganda* Until 12:06PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:51PM	Moon 6 - Phase 11
Creative Work	Amrita Yoga	<b>Rahu</b> 2:10PM – 4:04PM	Vanija Until 6:43AM	<b>Nataraja:</b> Yellow		2nd Phase	
Until 9:38PM			<b>Dashami Until 7:04PM</b>	Moon – White		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Jyeshtha-Ani</b>			

<b>3</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				Des Moines, IA Sun 11 Sutra 75 Vikarin 5121
	Mesha Rasi: 17.46	Tithi 26	<b>Gulika</b> 6:36AM – 8:29AM	<b>Bharani Until 10:26PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:42AM	
	322793461		Yama 4:04PM – 5:57PM	Sukarma Until 11:27AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:51PM	Moon 6 - Phase 11
Creative Work	Siddha Yoga	<b>Rahu</b> 10:23AM – 12:17PM	Bava Until 7:16AM	<b>Nataraja:</b> Yellow		2nd Phase	
			<b>Ekadashi* Until 7:15PM</b>	Moon – White		<b>Devaloka Day</b>	
				<b>Jyeshtha-Ani</b>			

<b>4</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				Des Moines, IA Sun 12 Sutra 76 Vikarin 5121
	Vrishabha Rasi: 0.48	Tithi 27	<b>Gulika</b> 4:43AM – 6:36AM	<b>Krittika Until 10:22PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:43AM	
	322793461		Yama 2:10PM – 4:04PM	Dhriti Until 10:14AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:51PM	Moon 6 - Phase 11
Creative Work	Amrita Yoga	<b>Rahu</b> 8:30AM – 10:23AM	Kaulava Until 7:06AM	<b>Nataraja:</b> Yellow		2nd Phase	
			<b>Dvadashi* Until 6:43PM</b>	Moon – White		<b>Devaloka Day</b>	
				<b>Jyeshtha-Ani</b>			

<b>5</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/Visti* Karana Trayodashi/Chaturdashyam Titau				Des Moines, IA Sun 13 Sutra 77 Vikarin 5121
	Vrishabha Rasi: 14.13	Tithi 28 – 29	<b>Gulika</b> 4:04PM – 5:57PM	<b>Rohini Until 9:56PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:43AM	
	332793461		Yama 12:17PM – 2:10PM	Shula* Until 8:25AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:51PM	Moon 6 - Phase 11
Creative Work	Siddha Yoga	<b>Rahu</b> 5:57PM – 7:51PM	Gara Until 6:12AM	<b>Nataraja:</b> Yellow		2nd Phase	
			<b>Trayodashi* Until 5:29PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
				<b>Jyeshtha-Ani</b>			
				<i>Pradosha Vrata (Fasting)</i>			

<b>6</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				Des Moines, IA Sun 14 Sutra 78 Vikarin 5121
	Vrishabha Rasi: 28	Tithi 29 – 30	<b>Gulika</b> 2:11PM – 4:04PM	<b>Mrigashira Until 8:46PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:44AM	
	332793461		Yama 10:24AM – 12:17PM	Ganda* Until 6:06AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:51PM	Moon 6 - Phase 11
<b>Family Home Evening</b>		<b>Rahu</b> 6:37AM – 8:30AM	Catuspada Until 2:33AM Tue	<b>Nataraja:</b> Yellow		2nd Phase	
Creative Work	Amrita Yoga		<b>Chaturdashi* Until 3:39PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
Until 8:46PM				<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				Des Moines, IA Sun 15 Sutra 79 Vikarin 5121
	<b>Retreat Star</b>		<b>Gulika</b> 12:17PM – 2:11PM	<b>Ardra Until 6:59PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:44AM	
	Mithuna Rasi: 12.08	Tithi 30 – 1	Yama 8:31AM – 10:24AM	Dhruva Until 12:12AM Wed	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:51PM	Moon 6 - Phase 11
333793461		<b>Rahu</b> 4:04PM – 5:57PM	Kintughna Until 12:00AM Wed	<b>Nataraja:</b> Yellow		Amavasya	
Routine Work	Marana Yoga		<b>Amavasya* Until 1:18PM</b>	Moon – Yellow		<b>Sivaloka Day</b>	
Until 6:59PM		<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/Pushya Nakshatra Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Des Moines, IA Sun 16 Sutra 80 Vikarin 5121
	Mithuna Rasi: 26.34	Tithi 1 – 2	<b>Gulika</b> 10:24AM – 12:18PM	<b>Punarvasu Until 5:08PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:45AM	
	343793461		Yama 6:38AM – 8:31AM	Vyaghata* Until 8:49PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:50PM	Moon 6 - Phase 11
Creative Work	Siddha Yoga	<b>Rahu</b> 12:18PM – 2:11PM	Balava Until 9:10PM	<b>Nataraja:</b> Yellow		Prathama	
			<b>Prathama* Until 10:36AM</b>	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/Vajra* Yoga Kaulava/Taitila Karana Dvitiya/Triliyayam Titau	Des Moines, IA Sun 17 Sutra 81
Kataka Rasi: 11.1	Tithi 2 – 3	<b>Gulika</b> 8:32AM – 10:25AM	<b>Pushya</b> Until 2:58PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:45AM	Vikarin 5121	
		Yama 4:45AM – 6:38AM	Harshana Until 5:19PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:50PM	Moon 6 - Phase 12	
		343793461 <b>Rahu</b> 2:11PM – 4:04PM	Taitila Until 6:10PM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Amrita Yoga		<b>Dvitiya</b> Until 7:39AM	Moon – Blue		<b>Sivaloka Day</b>	
Until 2:58PM				<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 Chaturthiyam Titau	Des Moines, IA Sun 18 Sutra 82
Kataka Rasi: 25.52	Tithi 4	<b>Gulika</b> 6:39AM – 8:32AM	<b>Ashlesha*</b> Until 12:37PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:46AM	Vikarin 5121	
		Yama 4:04PM – 5:57PM	Vajra* Until 1:45PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:50PM	Moon 6 - Phase 12	
		343793461 <b>Rahu</b> 10:25AM – 12:18PM	Vanija Until 3:08PM	<b>Nataraja:</b> Yellow		3rd Phase	
Routine Work	Marana Yoga		<b>Chaturthi*</b> Until 1:37AM 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	Des Moines, IA Sun 19 Sutra 83
Simha Rasi: 10.31	Tithi 5	<b>Gulika</b> 4:46AM – 6:39AM	<b>Magha*</b> Until 10:37AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:46AM	Vikarin 5121	
		Yama 2:11PM – 4:04PM	Siddhi Until 10:17AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:50PM	Moon 6 - Phase 12	
		453793461 <b>Rahu</b> 8:32AM – 10:25AM	Bava Until 12:11PM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Amrita Yoga		<b>Panchami</b> Until 10:46PM	Moon – Red		<b>Sivaloka Day</b>	
Until 10:37AM				<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 Vyatipata*/Varyan Yoga Kaulava/Taitila Karana Shashthiyam Titau	Des Moines, IA Sun 20 Sutra 84
Simha Rasi: 25.03	Tithi 6	<b>Gulika</b> 4:04PM – 5:56PM	<b>Purvaphalguni</b> Until 8:40AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:47AM	Vikarin 5121	
		Yama 12:18PM – 2:11PM	Vyatipata* Until 6:59AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:49PM	Moon 6 - Phase 12	
		453793461 <b>Rahu</b> 5:56PM – 7:49PM	Kaulava Until 9:27AM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 8:10PM	Moon – Red		<b>Sivaloka Day</b>	
Until 8:40AM		<b>Chidambaram Abhishekam</b>		<b>Ashada*Ani</b>			
Then Creative Work - Amrita Yoga							

<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/Visli* Karana Saptami/Ashtamyam Titau	Des Moines, IA Sun 21 Sutra 85
Kanya Rasi: 9.23	Tithi 7 – 8	<b>Gulika</b> 2:11PM – 4:04PM	<b>Uttaraphalguni</b> Until 6:52AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:48AM	Vikarin 5121	
<b>Family Home Evening</b>		Yama 10:26AM – 12:18PM	Parigha* Until 1:06AM Tue	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:49PM	Moon 6 - Phase 12	
		453793461 <b>Rahu</b> 6:40AM – 8:33AM	Gara Until 7:00AM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Siddha Yoga		<b>Saptami</b> Until 5:53PM	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 Chitra Nakshatra Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Des Moines, IA Sun 22 Sutra 86
Kanya Rasi: 23.29	Tithi 8 – 9	<b>Gulika</b> 12:18PM – 2:11PM	<b>Chitra</b> Until 4:50AM Wed	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:48AM	Vikarin 5121	
		Yama 8:33AM – 10:26AM	Shiva Until 10:39PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:49PM	Moon 6 - Phase 12	
		463793461 <b>Rahu</b> 4:03PM – 5:56PM	Balava Until 3:14AM Wed	<b>Nataraja:</b> Yellow		Ashtami	
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 4:00PM	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	Des Moines, IA Sun 23 Sutra 87
Tula Rasi: 7.19	Tithi 9 – 10	<b>Gulika</b> 10:26AM – 12:19PM	<b>Svati</b> Until 4:15AM Thu	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:49AM	Vikarin 5121	
		Yama 6:42AM – 8:34AM	Siddha Until 8:32PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:48PM	Moon 6 - Phase 12	
		463893461 <b>Rahu</b> 12:19PM – 2:11PM	Taitila Until 2:00AM Thu	<b>Nataraja:</b> Yellow		Navami	
Creative Work	Siddha Yoga		<b>Navami*</b> Until 2:32PM	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				Des Moines, IA
	Tula Rasi: 20.53	Tithi 10 – 11	<b>Gulika</b> 8:34AM – 10:27AM	<b>Vishakha</b> Until 4:25AM Fri	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:50AM	Sun 24 Sutra 88
			Yama 4:50AM – 6:42AM	Sadhya Until 6:48PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:48PM	Vikarin 5121
	473893461	<b>Rahu</b> 2:11PM – 4:03PM	Vanija Until 1:13AM Fri		<b>Nataraja:</b> Yellow		Moon 6 - Phase 13
Creative Work	Siddha Yoga		<b>Dashami</b> Until 1:32PM	Moon – Orange		4th Phase	
				<b>Ashada•Ani</b>		<b>Devaloka Day</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/Sukla Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Des Moines, IA
	Vischika Rasi: 4.11	Tithi 11 – 12	<b>Gulika</b> 6:43AM – 8:35AM	<b>Anuradha</b> Until 4:54AM Sat	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:51AM	Sun 25 Sutra 89
			Yama 4:03PM – 5:55PM	Subha Until 5:28PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:47PM	Vikarin 5121
	473893461	<b>Rahu</b> 10:27AM – 12:19PM	Bava Until 12:56AM Sat		<b>Nataraja:</b> Yellow		Moon 6 - Phase 13
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 1:00PM	Moon – Orange		4th Phase	
				<b>Ashada•Ani</b>		<b>Devaloka Day</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				Des Moines, IA
	Vischika Rasi: 17.14	Tithi 12 – 13	<b>Gulika</b> 4:51AM – 6:43AM	<b>Jyeshtha*</b> Until 5:43AM Sun	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:51AM	Sun 26 Sutra 90
			Yama 2:11PM – 4:03PM	Sukla Until 4:29PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:47PM	Vikarin 5121
	473893461	<b>Rahu</b> 8:35AM – 10:27AM	Kaulava Until 1:07AM Sun		<b>Nataraja:</b> Yellow		Moon 6 - Phase 13
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 12:56PM	Moon – Orange		4th Phase	
Until 5:43AM Sun				<b>Ashada•Ani</b>		<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga			<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 Mula* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Des Moines, IA
	Dhanus Rasi: 0.04	Tithi 13 – 14	<b>Gulika</b> 4:03PM – 5:54PM	<b>Mula*</b> Until 7:18AM Mon	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:52AM	Sun 27 Sutra 91
			Yama 12:19PM – 2:11PM	Brahma Until 3:53PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:46PM	Vikarin 5121
	483893461	<b>Rahu</b> 5:54PM – 7:46PM	Gara Until 1:47AM Mon		<b>Nataraja:</b> Yellow		Moon 6 - Phase 13
Creative Work	Amrita Yoga		<b>Trayodashi</b> Until 1:22PM	Moon – Light Blue		4th Phase	
Until 7:18AM Mon				<b>Ashada•Ani</b>		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga							

	<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				Des Moines, IA
	<b>Copper Retreat Star</b>		<b>Gulika</b> 2:11PM – 4:02PM	<b>Mula*</b> Until 7:18AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:53AM	Sutra 92
	Dhanus Rasi: 12.39	Tithi 14 – 15	Yama 10:28AM – 12:19PM	Indra Until 3:41PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:45PM	Vikarin 5121
	483893461	<b>Rahu</b> 6:44AM – 8:36AM	Visti Until 2:54AM Tue		<b>Nataraja:</b> Yellow		Moon 6 - Phase 13
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 2:16PM	Moon – Light Blue		Purnima	
Until 7:18AM		<b>Satguru Purnima</b>		<b>Ashada•Ani</b>		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga							

<b>5</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				Des Moines, IA
	<b>Silver Retreat Star</b>		<b>Gulika</b> 12:19PM – 2:11PM	<b>Purvashadha*</b> Until 9:10AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:54AM	Sutra 93
	Dhanus Rasi: 25.02	Tithi 15 – 16	Yama 8:37AM – 10:28AM	Vaidhriti* Until 3:48PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:45PM	Vikarin 5121
	483893461	<b>Rahu</b> 4:02PM – 5:53PM	Balava Until 4:28AM Wed		<b>Nataraja:</b> Yellow		Moon 6 - Phase 13
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 3:37PM	Moon – Light Blue		Prathama	
Until 9:10AM		<b>Partial Lunar Eclipse</b>		<b>Ashada•Adi</b>		<b>Sivaloka Day</b>	
Then Routine Work - Prabalarishta Yoga							



Wednesday, July 17, 2019

Gold Retreat Star

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttarashadha/Shravana Nakshatra Vishkambha\*Priti Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Des Moines, IA

Sutra 94

Makara Rasi: 7.14 Tithi 16 - 17

**Gulika** 10:28AM - 12:19PM  
Yama 6:46AM - 8:37AM  
494893462 **Rahu** 12:19PM - 2:11PM

**Uttarashadha** Until 11:18AM  
Vishkambha\* Until 4:14PM  
Taitila Until 6:24AM Thu  
Prathama\* Until 5:23PM

**Ganesha:** Purple  
**Muruqa:** Blue  
**Nataraja:** White  
Moon - Light Blue  
**Ashada-Adi**

**Sunrise:** 4:55AM  
**Sunset:** 7:44PM

Moon 7 - Phase 14  
1st Phase

Creative Work Amrita Yoga

Until 11:18AM

Then Creative Work - Siddha Yoga

Subha Subha Sivaloka Day

1

Thursday, July 18, 2019

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

Des Moines, IA

Sun 1 Sutra 95

Makara Rasi: 19.17 Tithi 17

**Gulika** 8:37AM - 10:28AM  
Yama 4:55AM - 6:46AM  
494893462 **Rahu** 2:10PM - 4:01PM

**Shravana** Until 2:05PM  
Priti Until 4:57PM  
Taitila Until 6:24AM  
Dvitiya Until 7:28PM

**Ganesha:** Clear  
**Muruqa:** Blue  
**Nataraja:** White  
Moon - Purple  
**Ashada-Adi**

**Sunrise:** 4:55AM  
**Sunset:** 7:43PM

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day

2

Friday, July 19, 2019

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

Des Moines, IA

Sun 2 Sutra 96

Kumbha Rasi: 1.14 Tithi 18

**Gulika** 6:47AM - 8:38AM  
Yama 4:01PM - 5:52PM  
494893462 **Rahu** 10:29AM - 12:20PM

**Dhanishtha** Until 4:57PM  
Ayushman Until 5:49PM  
Vanija Until 8:37AM  
Tritiya Until 9:47PM

**Ganesha:** Clear  
**Muruqa:** Blue  
**Nataraja:** White  
Moon - Purple  
**Ashada-Adi**

**Sunrise:** 4:56AM  
**Sunset:** 7:43PM

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day

3

Saturday, July 20, 2019

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

Des Moines, IA

Sun 3 Sutra 97

Kumbha Rasi: 13.07 Tithi 19

**Gulika** 4:57AM - 6:48AM  
Yama 2:10PM - 4:01PM  
494893462 **Rahu** 8:38AM - 10:29AM

**Shatabhishak** Until 7:45PM  
Saubhagya Until 6:48PM  
Bava Until 11:00AM  
Chaturthi\* Until 12:12AM Sun

**Ganesha:** Clear  
**Muruqa:** Blue  
**Nataraja:** White  
Moon - Purple  
**Ashada-Adi**

**Sunrise:** 4:57AM  
**Sunset:** 7:42PM

Moon 7 - Phase 14  
1st Phase

Creative Work Amrita Yoga

Until 7:45PM

Then Routine Work - Marana Yoga

Subha Sivaloka Day

4

Sunday, July 21, 2019

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

Des Moines, IA

Sun 4 Sutra 98

Kumbha Rasi: 24.58 Tithi 20

**Gulika** 4:00PM - 5:51PM  
Yama 12:20PM - 2:10PM  
414893462 **Rahu** 5:51PM - 7:41PM

**Purvaproshtapada\*** Until 10:53PM  
Sobhana Until 7:46PM  
Kaulava Until 1:25PM  
Panchami Until 2:34AM Mon

**Ganesha:** Clear  
**Muruqa:** Blue  
**Nataraja:** White  
Moon - Clear  
**Ashada-Adi**

**Sunrise:** 4:58AM  
**Sunset:** 7:41PM

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

Until 10:53PM

Then Creative Work - Amrita Yoga

Subha Sivaloka Day

5

Monday, July 22, 2019

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

Des Moines, IA

Sun 5 Sutra 99

Meena Rasi: 6.51 Tithi 21

Family Home Evening

**Gulika** 2:10PM - 4:00PM  
Yama 10:29AM - 12:20PM  
414893462 **Rahu** 6:49AM - 8:39AM

**Uttaraproshtapada** Until 1:40AM Tue  
Athiganda\* Until 8:35PM  
Gara Until 3:42PM  
Shashthi\* Until 4:44AM Tue

**Ganesha:** Clear  
**Muruqa:** Blue  
**Nataraja:** White  
Moon - Clear  
**Ashada-Adi**

**Sunrise:** 4:59AM  
**Sunset:** 7:40PM

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day

6

Tuesday, July 23, 2019

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

Des Moines, IA

Sun 6 Sutra 100

Meena Rasi: 18.49 Tithi 22

**Gulika** 12:20PM - 2:10PM  
Yama 8:40AM - 10:30AM  
414893462 **Rahu** 4:00PM - 5:50PM

**Revati** Until 3:57AM Wed  
Sukarma Until 9:11PM  
Visti Until 5:42PM  
Saptami Until 6:32AM Wed

**Ganesha:** Clear  
**Muruqa:** Blue  
**Nataraja:** White  
Moon - Clear  
**Ashada-Adi**

**Sunrise:** 5:00AM  
**Sunset:** 7:40PM

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

Until 3:57AM Wed

Then Routine Work - Marana Yoga

Subha Sivaloka Day Tour Day

D

Wednesday, July 24, 2019

Retreat Star

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

Des Moines, IA

Sun 7 Sutra 101

Mesha Rasi: 0.56 Tithi 22 - 23

**Gulika** 10:30AM - 12:20PM  
Yama 6:50AM - 8:40AM  
424893462 **Rahu** 12:20PM - 2:09PM

**Ashvini** Until 6:04AM Thu  
Dhriti Until 9:26PM  
Balava Until 7:16PM  
Saptami Until 6:32AM

**Ganesha:** White  
**Muruqa:** Blue  
**Nataraja:** White  
Moon - White  
**Ashada-Adi**

**Sunrise:** 5:01AM  
**Sunset:** 7:39PM

Moon 7 - Phase 14  
Ashtami

Routine Work Marana Yoga

Until 6:04AM Thu

Then Creative Work - Siddha Yoga

Subha Subha Sivaloka Day

Thursday, July 25, 2019

Retreat Star

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

Des Moines, IA

Sun 8 Sutra 102

Mesha Rasi: 13.17 Tithi 23 - 24

**Gulika** 8:41AM - 10:30AM  
Yama 5:02AM - 6:51AM  
424893462 **Rahu** 2:09PM - 3:59PM

**Ashvini** Until 6:04AM  
Shula\* Until 9:10PM  
Taitila Until 8:13PM  
Ashtami\* Until 7:48AM

**Ganesha:** White  
**Muruqa:** Blue  
**Nataraja:** White  
Moon - White  
**Ashada-Adi**

**Sunrise:** 5:02AM  
**Sunset:** 7:38PM

Moon 7 - Phase 14  
Navami

Creative Work Amrita Yoga

Until 6:04AM

Then Creative Work - Siddha Yoga

Subha Subha Sivaloka Day

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

All times are standard time

www.gurudeva.org/panchang


<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				Des Moines, IA
	Mesha Rasi: 25.55	Tithi 24 – 25	424893462	<b>Gulika</b> 6:52AM – 8:41AM Yama 3:58PM – 5:48PM <b>Rahu</b> 10:30AM – 12:20PM	<b>Bharani</b> <b>Until 7:23AM</b> Ganda* <b>Until 8:22PM</b> Vanija <b>Until 8:27PM</b> <b>Navami* Until 8:25AM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – White	Sun 9 Sutra 103 Vikarin 5121 Moon 7 - Phase 15 2nd Phase Subha Subha Sivaloka Day
	Creative Work	Siddha Yoga				<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				Des Moines, IA
	Vrishabha Rasi: 8.54	Tithi 25 – 26	424893462	<b>Gulika</b> 5:03AM – 6:53AM Yama 2:09PM – 3:58PM <b>Rahu</b> 8:42AM – 10:31AM	<b>Krittika</b> <b>Until 7:49AM</b> Vriddhi <b>Until 6:57PM</b> Bava <b>Until 7:55PM</b> <b>Dashami</b> <b>Until 8:16AM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – White	Sun 10 Sutra 104 Vikarin 5121 Moon 7 - Phase 15 2nd Phase Subha Subha Sivaloka Day
	Creative Work	Amrita Yoga				<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				Des Moines, IA
	Vrishabha Rasi: 22.19	Tithi 26 – 27	434893462	<b>Gulika</b> 3:57PM – 5:46PM Yama 12:20PM – 2:08PM <b>Rahu</b> 5:46PM – 7:35PM	<b>Rohini</b> <b>Until 7:47AM</b> Dhruva <b>Until 4:53PM</b> Kaulava <b>Until 6:36PM</b> <b>Ekadashi* Until 7:20AM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Yellow	Sun 11 Sutra 105 Vikarin 5121 Moon 7 - Phase 15 2nd Phase Subha Sivaloka Day
	Creative Work	Siddha Yoga				<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 Gara/Vanija Karana Trayodashyam Titau				Des Moines, IA
	Mithuna Rasi: 6.1	Tithi 28	435893462	<b>Gulika</b> 2:08PM – 3:57PM Yama 10:31AM – 12:20PM <b>Rahu</b> 6:54AM – 8:42AM	<b>Mrigashira</b> <b>Until 6:51AM</b> Vyaghata* <b>Until 2:14PM</b> Gara <b>Until 4:35PM</b> <b>Trayodashi* Until 3:19AM Tue</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Yellow	Sun 12 Sutra 106 Vikarin 5121 Moon 7 - Phase 15 2nd Phase Sivaloka Day
	Family Home Evening	Amrita Yoga				<b>Ashada*Adi</b>	
	Until 6:51AM	Then Creative Work - Siddha Yoga				<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 Punarvasu Nakshatra Harshana/Vajra* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Des Moines, IA
	Mithuna Rasi: 20.26	Tithi 29	445893462	<b>Gulika</b> 12:20PM – 2:08PM Yama 8:43AM – 10:31AM <b>Rahu</b> 3:56PM – 5:45PM	<b>Punarvasu</b> <b>Until 3:09AM Wed</b> Harshana <b>Until 11:07AM</b> Visti <b>Until 1:57PM</b> <b>Chaturdashi* Until 12:27AM Wed</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Blue	Sun 13 Sutra 107 Vikarin 5121 Moon 7 - Phase 15 2nd Phase Sivaloka Day
	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				Des Moines, IA
	<b>Retreat Star</b>		445893462	<b>Gulika</b> 10:31AM – 12:20PM Yama 6:55AM – 8:43AM <b>Rahu</b> 12:20PM – 2:08PM	<b>Pushya</b> <b>Until 12:40AM Thu</b> Vajra* <b>Until 7:33AM</b> Catuspada <b>Until 10:52AM</b> <b>Amavasya* Until 9:11PM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Blue	Sun 14 Sutra 108 Vikarin 5121 Moon 7 - Phase 15 Amavasya Sivaloka Day
	Kataka Rasi: 5.05	Tithi 30				<b>Ashada*Adi</b>	
	Creative Work	Siddha Yoga					

<b>Retreat Star</b>	<b>Thursday, August 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Vyatipata* Yoga Kintughna*/Balava Karana Prathama/Dvityayam Titau				Des Moines, IA
	Kataka Rasi: 19.59	Tithi 1 – 2	445893462	<b>Gulika</b> 8:44AM – 10:32AM Yama 5:08AM – 6:56AM <b>Rahu</b> 2:07PM – 3:55PM	<b>Ashlesha*</b> <b>Until 9:50PM</b> Vyatipata* <b>Until 11:45PM</b> Kintughna <b>Until 7:28AM</b> <b>Prathama* Until 5:41PM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Blue	Sun 15 Sutra 109 Vikarin 5121 Moon 7 - Phase 15 Prathama Sivaloka Day
	Creative Work	Siddha Yoga				<b>Sravana*Adi</b>	
	Until 9:50PM	Then Creative Work - Amrita Yoga					

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

<b>1</b>		<b>Friday, August 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Varyan Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Des Moines, IA Sun 16 Sutra 110 Vikarin 5121	
Simha Rasi: 5.02	Tithi 2 - 3	<b>Gulika</b> 6:57AM - 8:44AM	<b>Magha* Until 7:13PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:09AM		
		Yama 3:54PM - 5:42PM	Variyan Until 7:43PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:30PM		Moon 7 - Phase 16
		455893462 <b>Rahu</b> 10:32AM - 12:19PM	Taitila Until 12:22AM Sat	<b>Nataraja:</b> White			3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya Until 2:07PM</b>	<b>Moon - Red</b>		<b>Sivaloka Day</b>	
Until 7:13PM				<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		Des Moines, IA Sun 17 Sutra 111 Vikarin 5121	
Simha Rasi: 20.04	Tithi 3 - 4	<b>Gulika</b> 5:10AM - 6:57AM	<b>Purvaphalguni Until 4:36PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:10AM		
		Yama 2:07PM - 3:54PM	Parigha* Until 3:49PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:28PM		Moon 7 - Phase 16
		455893462 <b>Rahu</b> 8:45AM - 10:32AM	Vanija Until 8:57PM	<b>Nataraja:</b> White			3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya Until 10:37AM</b>	<b>Moon - Red</b>		<b>Sivaloka Day</b>	
Until 4:36PM				<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*/Balava Karana Chaturthi/Panchamyam Titau		Des Moines, IA Sun 18 Sutra 112 Vikarin 5121	
Kanya Rasi: 4.56	Tithi 4 - 5	<b>Gulika</b> 3:53PM - 5:40PM	<b>Uttaraphalguni Until 2:06PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:11AM		
		Yama 12:19PM - 2:06PM	Shiva Until 12:08PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:27PM		Moon 7 - Phase 16
		455993462 <b>Rahu</b> 5:40PM - 7:27PM	Balava Until 4:26AM Mon	<b>Nataraja:</b> White			3rd Phase
Creative Work	Amrita Yoga		<b>Chaturthi* Until 7:20AM</b>	<b>Moon - Red</b>		<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		Des Moines, IA Sun 19 Sutra 113 Vikarin 5121	
Kanya Rasi: 19.33	Tithi 6	<b>Gulika</b> 2:06PM - 3:53PM	<b>Hasta Until 12:17PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:12AM		
<b>Family Home Evening</b>		Yama 10:32AM - 12:19PM	Siddha Until 8:45AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:26PM		Moon 7 - Phase 16
Creative Work	Siddha Yoga	465993462 <b>Rahu</b> 6:59AM - 8:46AM	Kaulava Until 3:10PM	<b>Nataraja:</b> White			3rd Phase
Until 12:17PM			<b>Shashthi* Until 2:00AM Tue</b>	<b>Moon - Green</b>		<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 Subha Yoga Gara/Vanija Karana Saptamyam Titau		Des Moines, IA Sun 20 Sutra 114 Vikarin 5121	
Tula Rasi: 3.49	Tithi 7	<b>Gulika</b> 12:19PM - 2:05PM	<b>Chitra Until 10:52AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:13AM		
		Yama 8:46AM - 10:33AM	Subha Until 3:21AM Wed	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:25PM		Moon 7 - Phase 16
		465993462 <b>Rahu</b> 3:52PM - 5:38PM	Gara Until 1:02PM	<b>Nataraja:</b> White			3rd Phase
Creative Work	Siddha Yoga		<b>Saptami Until 12:10AM Wed</b>	<b>Moon - Green</b>		<b>Subha Subha Sivaloka Day</b>	<b>Tour Day</b>
				<b>Sravana-Adi</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		Des Moines, IA Sun 21 Sutra 115 Vikarin 5121	
Tula Rasi: 17.41	Tithi 8	<b>Gulika</b> 10:33AM - 12:19PM	<b>Svati Until 9:54AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:14AM		
		Yama 7:00AM - 8:47AM	Sukla Until 1:25AM Thu	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:24PM		Moon 7 - Phase 16
		466993462 <b>Rahu</b> 12:19PM - 2:05PM	Visti Until 11:30AM	<b>Nataraja:</b> White			Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 10:59PM</b>	<b>Moon - Green</b>		<b>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		Des Moines, IA Sun 22 Sutra 116 Vikarin 5121	
Vrischika Rasi: 1.1	Tithi 9	<b>Gulika</b> 8:47AM - 10:33AM	<b>Vishakha Until 9:54AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:15AM		
		Yama 5:15AM - 7:01AM	Brahma Until 12:02AM Fri	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:22PM		Moon 7 - Phase 16
		476993462 <b>Rahu</b> 2:05PM - 3:51PM	Balava Until 10:39AM	<b>Nataraja:</b> White			Navami
Creative Work	Siddha Yoga		<b>Navami* Until 10:28PM</b>	<b>Moon - Orange</b>		<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	Des Moines, IA Sun 23 Sutra 117 Vikarin 5121
Wrischika Rasi: 14.17	Tithi 10	<b>Gulika</b> 7:02AM – 8:47AM	<b>Anuradha</b> Until 10:24AM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:16AM	
		Yama 3:50PM – 5:35PM	Indra Until 11:10PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:21PM	Moon 7 - Phase 17
476993462	<b>Rahu</b> 10:33AM – 12:19PM		Taitila Until 10:28AM	<b>Nataraja:</b> White	4th Phase
Creative Work	Siddha Yoga			Moon – Orange	
Until 10:24AM		<b>Varalakshmi Vratam</b>	<b>Dashami</b> Until 10:36PM	<b>Savana*Adi</b>	<b>Sivaloka Day</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	Des Moines, IA Sun 24 Sutra 118 Vikarin 5121
Wrischika Rasi: 27.05	Tithi 11	<b>Gulika</b> 5:17AM – 7:03AM	<b>Jyeshtha*</b> Until 11:22AM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:17AM	
		Yama 2:04PM – 3:49PM	Vaidhriti* Until 10:45PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:20PM	Moon 7 - Phase 17
476993462	<b>Rahu</b> 8:48AM – 10:33AM		Vanija Until 10:55AM	<b>Nataraja:</b> White	4th Phase
Creative Work	Siddha Yoga			Moon – Orange	
Until 10:24AM			<b>Ekadashi</b> Until 11:20PM	<b>Savana*Adi</b>	<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga					

<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	Des Moines, IA Sun 25 Sutra 119 Vikarin 5121
Dhanus Rasi: 9.37	Tithi 12	<b>Gulika</b> 3:48PM – 5:33PM	<b>Mula*</b> Until 1:12PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:18AM	
		Yama 12:18PM – 2:03PM	Vishkambha* Until 10:46PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:18PM	Moon 7 - Phase 17
486993462	<b>Rahu</b> 5:33PM – 7:18PM		Bava Until 11:56AM	<b>Nataraja:</b> White	4th Phase
Creative Work	Amrita Yoga			Moon – Light Blue	
Until 1:12PM			<b>Dvodashi</b> Until 12:36AM Mon	<b>Savana*Adi</b>	<b>Subha Sivaloka Day</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	Des Moines, IA Sun 26 Sutra 120 Vikarin 5121
Dhanus Rasi: 21.55	Tithi 13	<b>Gulika</b> 2:03PM – 3:48PM	<b>Purvashadha*</b> Until 3:20PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:19AM	
		Yama 10:33AM – 12:18PM	Priti Until 11:07PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:17PM	Moon 7 - Phase 17
486993462	<b>Rahu</b> 7:04AM – 8:49AM		Kaulava Until 1:25PM	<b>Nataraja:</b> White	4th Phase
Family Home Evening				Moon – Light Blue	
Routine Work	Marana Yoga		<b>Trayodashi</b> Until 2:17AM Tue	<b>Savana*Adi</b>	<b>Subha Sivaloka Day</b>

*Pradosha Vrata*

<b>5</b>		<b>Tuesday, August 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Ayushman Yoga Gara/Vanija Karana Chaturdashyam Titau	Des Moines, IA Sun 27 Sutra 121 Vikarin 5121
Makara Rasi: 4.04	Tithi 14	<b>Gulika</b> 12:18PM – 2:02PM	<b>Uttarashadha</b> Until 5:38PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:20AM	
		Yama 8:49AM – 10:34AM	Ayushman Until 11:42PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:16PM	Moon 7 - Phase 17
486993462	<b>Rahu</b> 3:47PM – 5:31PM		Gara Until 3:16PM	<b>Nataraja:</b> White	4th Phase
Routine Work	Prabalarishta Yoga			Moon – Light Blue	
Until 5:38PM			<b>Chaturdashi*</b> Until 4:18AM Wed	<b>Savana*Adi</b>	<b>Subha Sivaloka Day</b>
Then Creative Work - Siddha Yoga					<b>Tour Day</b>

<b>○</b>		<b>Wednesday, August 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau	Des Moines, IA Sun 28 Sutra 122 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:34AM – 12:18PM	<b>Shravana</b> Until 8:33PM	<b>Ganesha:</b> White <i>Sunrise:</i> 5:21AM	
Makara Rasi: 16.05	Tithi 15	Yama 7:05AM – 8:50AM	Saubhagya Until 12:29AM Thu	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:14PM	Moon 7 - Phase 17
496993462	<b>Rahu</b> 12:18PM – 2:02PM		Visti Until 5:25PM	<b>Nataraja:</b> White	Purnima
Creative Work	Siddha Yoga			Moon – Purple	
Until 8:33PM		<b>Raksha Bandhan</b>	<b>Purnima*</b> Until 6:32AM Thu	<b>Savana*Adi</b>	<b>Sivaloka Day</b>
Then Routine Work - Prabalarishta Yoga					

<b>○</b>		<b>Thursday, August 15, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau	Des Moines, IA Sun 29 Sutra 123 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 8:50AM – 10:34AM	<b>Dhanishtha</b> Until 11:27PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:22AM	
Makara Rasi: 28.01	Tithi 15 – 16	Yama 5:22AM – 7:06AM	Sobhana Until 1:24AM Fri	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:13PM	Moon 7 - Phase 17
497993462	<b>Rahu</b> 2:01PM – 3:45PM		Balava Until 7:44PM	<b>Nataraja:</b> White	Prathama
Creative Work	Siddha Yoga			Moon – Purple	
Until 8:33PM			<b>Purnima*</b> Until 6:32AM	<b>Savana*Adi</b>	<b>Subha Sivaloka Day</b>
Then Routine Work - Prabalarishta Yoga					

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

All times are standard time

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**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

Des Moines, IA  
Sutra 124  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Kumbha Rasi: 9.53 Tithi 16 – 17

497993462

**Gulika** 7:07AM – 8:50AM  
Yama 3:44PM – 5:28PM  
**Rahu** 10:34AM – 12:17PM

**Shatabhishak Until 2:16AM Sat**  
Athiganda\* Until 2:21AM Sat  
Taitila Until 10:10PM  
**Prathama\* Until 8:55AM**

**Ganesha:** Yellow *Sunrise: 5:23AM*  
**Muruqa:** Blue *Sunset: 7:11PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Creative Work Siddha Yoga

Until 2:16AM 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/Tritiyayam Titau

Des Moines, IA  
Sun 1 Sutra 125  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Kumbha Rasi: 21.45 Tithi 17 – 18

517993462

**Gulika** 5:24AM – 7:08AM  
Yama 2:00PM – 3:44PM  
**Rahu** 8:51AM – 10:34AM

**Purvaproshtapada\* Until 5:25AM Sun**  
Sukarma Until 3:18AM Sun  
Vanija Until 12:35AM Sun  
**Dvitiya Until 11:21AM**

**Ganesha:** White *Sunrise: 5:24AM*  
**Muruqa:** Blue *Sunset: 7:10PM*  
**Nataraja:** White  
Moon – Clear

**Subha Subha Sivaloka Day**

Routine Work Marana Yoga

Until 5:25AM Sun

Then Creative Work - Amrita Yoga

**2**

**Sunday, August 18, 2019**

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

Des Moines, IA  
Sun 2 Sutra 126  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Meena Rasi: 3.37 Tithi 18 – 19

517993462

**Gulika** 3:43PM – 5:26PM  
Yama 12:17PM – 2:00PM  
**Rahu** 5:26PM – 7:09PM

**Uttaraproshtapada Until 8:16AM Mon**  
Dhriti Until 4:12AM Mon  
Bava Until 2:55AM Mon  
**Tritiya Until 1:45PM**

**Ganesha:** White *Sunrise: 5:25AM*  
**Muruqa:** Blue *Sunset: 7:09PM*  
**Nataraja:** White  
Moon – Clear

**Subha Subha Sivaloka Day**

Creative Work Amrita Yoga

Until 8:16AM Mon

Then Creative Work - Siddha 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

Des Moines, IA  
Sun 3 Sutra 127  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Meena Rasi: 15.31 Tithi 19 – 20

517993462

**Gulika** 1:59PM – 3:42PM  
Yama 10:34AM – 12:17PM  
**Rahu** 7:09AM – 8:52AM

**Uttaraproshtapada Until 8:16AM**  
Shula\* Until 4:54AM Tue  
Kaulava Until 5:03AM Tue  
**Chaturthi\* Until 4:00PM**

**Ganesha:** White *Sunrise: 5:26AM*  
**Muruqa:** Blue *Sunset: 7:07PM*  
**Nataraja:** White  
Moon – Clear

**Subha Subha Sivaloka Day**

Creative Work Siddha Yoga

Family Home Evening

Then Creative Work - Siddha Yoga

**4**

**Tuesday, August 20, 2019**

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

Des Moines, IA  
Sun 4 Sutra 128  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Meena Rasi: 27.31 Tithi 20 – 21

517993462

**Gulika** 12:16PM – 1:59PM  
Yama 8:52AM – 10:34AM  
**Rahu** 3:41PM – 5:23PM

**Revati Until 10:46AM**  
Ganda\* Until 5:22AM Wed  
Gara Until 6:52AM Wed  
**Panchami Until 5:59PM**

**Ganesha:** White *Sunrise: 5:27AM*  
**Muruqa:** Blue *Sunset: 7:06PM*  
**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 Vriddhi Yoga Gara/Vanija Karana Shashthyam Titau

Des Moines, IA  
Sun 5 Sutra 129  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Mesha Rasi: 9.38 Tithi 21

528993462

**Gulika** 10:34AM – 12:16PM  
Yama 7:10AM – 8:52AM  
**Rahu** 12:16PM – 1:58PM

**Ashvini Until 1:14PM**  
Vriddhi Until 5:30AM Thu  
Gara Until 6:52AM  
**Shashthi\* Until 7:35PM**

**Ganesha:** White *Sunrise: 5:28AM*  
**Muruqa:** Blue *Sunset: 7:04PM*  
**Nataraja:** White  
Moon – White

**Sivaloka Day**

Routine Work Marana Yoga

Until 1:14PM

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 Dhruva Yoga Visti\*/Bava Karana Saplamyam Titau

Des Moines, IA  
Sun 6 Sutra 130  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Mesha Rasi: 21.56 Tithi 22

528993462

**Gulika** 8:53AM – 10:34AM  
Yama 5:29AM – 7:11AM  
**Rahu** 1:58PM – 3:39PM

**Bharani Until 3:04PM**  
Dhruva Until 5:09AM Fri  
Visti Until 8:13AM  
**Saptami Until 8:39PM**

**Ganesha:** White *Sunrise: 5:29AM*  
**Muruqa:** Blue *Sunset: 7:03PM*  
**Nataraja:** White  
Moon – White

**Sivaloka Day**

Creative Work Siddha Yoga

Until 3:04PM

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 Vyaghata\* Yoga Balava/Kaulava Karana Ashtamyam Titau

Des Moines, IA  
Sun 7 Sutra 131  
Vikarin 5121  
Moon 8 - Phase 18  
Ashtami

Vrishabha Rasi: 4.31 Tithi 23

528993462

**Gulika** 7:12AM – 8:53AM  
Yama 3:38PM – 5:20PM  
**Rahu** 10:34AM – 12:16PM

**Krittika Until 4:07PM**  
Vyaghata\* Until 4:16AM Sat  
Balava Until 8:58AM  
**Ashtami\* Until 9:03PM**

**Ganesha:** White *Sunrise: 5:30AM*  
**Muruqa:** Blue *Sunset: 7:01PM*  
**Nataraja:** White  
Moon – White

**Sivaloka Day**

Creative Work Siddha Yoga

Until 4:07PM

Then Routine Work - Marana Yoga

**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

Des Moines, IA  
Sun 8 Sutra 132  
Vikarin 5121  
Moon 8 - Phase 18  
Navami

Vrishabha Rasi: 17.25 Tithi 24

538993462

**Gulika** 5:31AM – 7:12AM  
Yama 1:56PM – 3:37PM  
**Rahu** 8:53AM – 10:34AM

**Rohini Until 4:45PM**  
Harshana Until 2:46AM Sun  
Taitila Until 9:00AM  
**Navami\* Until 8:42PM**

**Ganesha:** Clear *Sunrise: 5:31AM*  
**Muruqa:** Blue *Sunset: 7:00PM*  
**Nataraja:** White  
Moon – Yellow

**Subha Sivaloka Day**

Creative Work Amrita Yoga

Until 4:45PM

Then Creative Work - Siddha Yoga

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

All times are standard time


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<b>1</b>	<b>Sunday, August 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam				Des Moines, IA
			Mrigashira/Ardra Nakshatra Vajra* Yoga Vanija/Visti* Karana Dashamyam Titau				Sun 9 Sutra 133
	Mithuna Rasi: 0.43	Tithi 25	<b>Gulika</b> 3:37PM – 5:17PM	<b>Mrigashira</b> Until 4:27PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:32AM	Vikarin 5121
	Creative Work	Siddha Yoga	Yama 12:15PM – 1:56PM	Vajra* Until 12:37AM Mon	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:58PM	Moon 8 - Phase 19
		538993462 <b>Rahu</b> 5:17PM – 6:58PM	Vanija Until 8:14AM	<b>Nataraja:</b> White		2nd Phase	
			<b>Dashami</b> Until 7:33PM	Moon – Yellow		<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				Des Moines, IA
			Ardra/Punarvasu Nakshatra Siddhi Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau				Sun 10 Sutra 134
	Mithuna Rasi: 14.28	Tithi 26 – 27	<b>Gulika</b> 1:55PM – 3:36PM	<b>Ardra</b> Until 3:15PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:33AM	Vikarin 5121
	<b>Family Home Evening</b>	538993462	Yama 10:35AM – 12:15PM	Siddhi Until 9:52PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:56PM	Moon 8 - Phase 19
Creative Work	Siddha Yoga	<b>Rahu</b> 7:14AM – 8:54AM	Bava Until 6:42AM	<b>Nataraja:</b> White		2nd Phase	
Until 3:15PM			<b>Ekadashi*</b> Until 5:38PM	Moon – Yellow		<b>Subha Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				<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				Des Moines, IA
			Punarvasu/Pushya Nakshatra Vyatipata* Yoga Tatila/Gara Karana Dvadashi/Trayodashyam Titau				Sun 11 Sutra 135
	Mithuna Rasi: 28.42	Tithi 27 – 28	<b>Gulika</b> 12:15PM – 1:55PM	<b>Punarvasu</b> Until 1:39PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:34AM	Vikarin 5121
	<b>Family Home Evening</b>	548993462	Yama 8:55AM – 10:35AM	Vyatipata* Until 6:36PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:55PM	Moon 8 - Phase 19
Creative Work	Siddha Yoga	<b>Rahu</b> 3:35PM – 5:15PM	Gara Until 1:34AM Wed	<b>Nataraja:</b> White		2nd Phase	
Until 3:15PM			<b>Dvadashi*</b> Until 3:03PM	Moon – Blue		<b>Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				<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				Des Moines, IA
			Pushya/Ashlesha* Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Sun 12 Sutra 136
	Kataka Rasi: 13.21	Tithi 28 – 29	<b>Gulika</b> 10:35AM – 12:14PM	<b>Pushya</b> Until 11:20AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:35AM	Vikarin 5121
	<b>Family Home Evening</b>	549193463	Yama 7:15AM – 8:55AM	Variyan Until 2:51PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:53PM	Moon 8 - Phase 19
Creative Work	Siddha Yoga	<b>Rahu</b> 12:14PM – 1:54PM	Visti Until 10:12PM	<b>Nataraja:</b> Clear		2nd Phase	
Until 3:15PM			<b>Trayodashi*</b> Until 11:55AM	Moon – Blue		<b>Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				<b>Sravana-Avani</b>			

	<b>Thursday, August 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam				Des Moines, IA
	<b>Retreat Star</b>		Ashlesha*/Magha* Nakshatra Parigha*/Shiva Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Sun 13 Sutra 137
	Kataka Rasi: 28.2	Tithi 29 – 30	<b>Gulika</b> 8:55AM – 10:35AM	<b>Ashlesha*</b> Until 8:29AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:36AM	Vikarin 5121
	<b>Family Home Evening</b>	549193463	Yama 5:36AM – 7:16AM	Parigha* Until 10:49AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:52PM	Moon 8 - Phase 19
Creative Work	Siddha Yoga	<b>Rahu</b> 1:53PM – 3:33PM	Catuspada Until 6:31PM	<b>Nataraja:</b> Clear		Amavasya	
Until 8:29AM			<b>Chaturdashi*</b> Until 8:23AM	Moon – Blue		<b>Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				<b>Sravana-Avani</b>			

<b>5</b>	<b>Friday, August 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam				Des Moines, IA
	<b>Retreat Star</b>		Purvaphalguni Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau				Sun 14 Sutra 138
	Simha Rasi: 13.32	Tithi 1	<b>Gulika</b> 7:17AM – 8:56AM	<b>Purvaphalguni</b> Until 2:37AM Sat	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:37AM	Vikarin 5121
	<b>Family Home Evening</b>	559193463	Yama 3:32PM – 5:11PM	Shiva Until 6:36AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:50PM	Moon 8 - Phase 19
Creative Work	Siddha Yoga	<b>Rahu</b> 10:35AM – 12:14PM	Kintughna Until 2:41PM	<b>Nataraja:</b> Clear		Prathama	
Until 2:37AM Sat			<b>Prathama*</b> Until 12:45AM Sat	Moon – Red		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga				<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

<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				Des Moines, IA
	Simha Rasi: 28.48	Tithi 2	<b>Gulika</b> 5:38AM – 7:17AM	<b>Uttaraphalguni</b> Until 11:35PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:38AM	Sun 15 Sutra 139
	Routine Work	Marana Yoga	Yama 1:52PM – 3:31PM	Sadhya Until 10:07PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:48PM	Vikarin 5121
		559193463	<b>Rahu</b> 8:56AM – 10:35AM	Balava Until 10:52AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
				<b>Dvitiya</b> Until 9:00PM	Moon – Red		3rd Phase
					<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>

<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/Vanija Karana Tritiya/Chaturthyam Titau				Des Moines, IA
	Kanya Rasi: 13.56	Tithi 3 – 4	<b>Gulika</b> 3:30PM – 5:08PM	<b>Hasta</b> Until 9:06PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:39AM	Sun 16 Sutra 140
	Creative Work	Amrita Yoga	Yama 12:13PM – 1:52PM	Subha Until 6:11PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:47PM	Vikarin 5121
		569193463	<b>Rahu</b> 5:08PM – 6:47PM	Taitila Until 7:14AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
				<b>Tritiya</b> Until 5:31PM	Moon – Green		3rd Phase
					<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>

<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				Des Moines, IA
	Kanya Rasi: 28.48	Tithi 4 – 5	<b>Gulika</b> 1:51PM – 3:29PM	<b>Chitra</b> Until 6:56PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:40AM	Sun 17 Sutra 141
	Family Home Evening		Yama 10:35AM – 12:13PM	Sukla Until 2:35PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:45PM	Vikarin 5121
		569193463	<b>Rahu</b> 7:19AM – 8:57AM	Bava Until 1:10AM Tue	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
				<b>Chaturthi*</b> Until 2:28PM	Moon – Green		3rd Phase
			<b>Ganesha Chaturthi</b>		<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>

<b>4</b>	<b>Tuesday, September 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Des Moines, IA
	Tula Rasi: 13.16	Tithi 5 – 6	<b>Gulika</b> 12:12PM – 1:50PM	<b>Svati</b> Until 5:15PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:41AM	Sun 18 Sutra 142
	Creative Work	Siddha Yoga	Yama 8:57AM – 10:35AM	Brahma Until 11:28AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:43PM	Vikarin 5121
		569193463	<b>Rahu</b> 3:28PM – 5:06PM	Kaulava Until 11:02PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
				<b>Panchami</b> Until 12:00PM	Moon – Green		3rd Phase
					<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>

<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				Des Moines, IA
	Tula Rasi: 27.17	Tithi 6 – 7	<b>Gulika</b> 10:35AM – 12:12PM	<b>Vishakha</b> Until 4:35PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:42AM	Sun 19 Sutra 143
	Creative Work	Siddha Yoga	Yama 7:20AM – 8:57AM	Indra Until 8:57AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:42PM	Vikarin 5121
		579193463	<b>Rahu</b> 12:12PM – 1:50PM	Gara Until 9:41PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
				<b>Shashthi*</b> Until 10:14AM	Moon – Orange		3rd Phase
					<b>Bhadrapada-Avani</b>		<b>Subha Sivaloka Day</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 Vanija/Visti* Karana Saptami/Ashtamyam Titau				Des Moines, IA
	Vrischika Rasi: 10.5	Tithi 7 – 8	<b>Gulika</b> 8:58AM – 10:35AM	<b>Anuradha</b> Until 4:35PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:43AM	Sun 20 Sutra 144
	Creative Work	Siddha Yoga	Yama 5:43AM – 7:21AM	Vaidhriti* Until 7:04AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM	Vikarin 5121
		571193463	<b>Rahu</b> 1:49PM – 3:26PM	Visti Until 9:08PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
				<b>Saptami</b> Until 9:17AM	Moon – Orange		Ashtami
					<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>

<b>Retreat Star</b>	<b>Friday, September 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Des Moines, IA
	Vrischika Rasi: 23.55	Tithi 8 – 9	<b>Gulika</b> 7:21AM – 8:58AM	<b>Jyeshtha*</b> Until 5:13PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:44AM	Sun 21 Sutra 145
	Creative Work	Marana Yoga	Yama 3:25PM – 5:02PM	Priti Until 5:15AM Sat	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:38PM	Vikarin 5121
		571193463	<b>Rahu</b> 10:35AM – 12:11PM	Balava Until 9:25PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
				<b>Ashtami*</b> Until 9:10AM	Moon – Orange		Navami
					<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>

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

1	<b>Saturday, September 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Des Moines, IA Sun 22 Sutra 146
	Dhanus Rasi: 6.37	Tithi 9 – 10	<b>Gulika</b> 5:46AM – 7:22AM	<b>Mula* Until 6:56PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:46AM	Vikarin 5121
			Yama 1:48PM – 3:24PM	Ayushman Until 5:11AM Sun	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:37PM	Moon 8 - Phase 21
	581193463	<b>Rahu</b> 8:58AM – 10:35AM		Taitila Until 10:27PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Navami* Until 9:49AM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
				<b>Bhadrapada-Avani</b>			

2	<b>Sunday, September 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Des Moines, IA Sun 23 Sutra 147
	Dhanus Rasi: 19	Tithi 10 – 11	<b>Gulika</b> 3:23PM – 4:59PM	<b>Purvashadha* Until 9:05PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:47AM	Vikarin 5121
			Yama 12:11PM – 1:47PM	Saubhagya Until 5:34AM Mon	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:35PM	Moon 8 - Phase 21
	581193463	<b>Rahu</b> 4:59PM – 6:35PM		Vanija Until 12:05AM Mon	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dashami Until 11:10AM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 9:05PM		<b>Grandparent's Day</b>		<b>Bhadrapada-Avani</b>			
Then Creative Work - Amrita Yoga							

3	<b>Monday, September 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Des Moines, IA Sun 24 Sutra 148
	Makara Rasi: 1.09	Tithi 11 – 12	<b>Gulika</b> 1:46PM – 3:22PM	<b>Uttarashadha Until 11:30PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:48AM	Vikarin 5121
			Yama 10:35AM – 12:10PM	Sobhana Until 6:16AM Tue	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:33PM	Moon 8 - Phase 21
	581193463	<b>Rahu</b> 7:23AM – 8:59AM		Bava Until 2:09AM Tue	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Ekadashi Until 1:03PM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 11:30PM				<b>Bhadrapada-Avani</b>			
Then Creative Work - Amrita Yoga							

4	<b>Tuesday, September 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Des Moines, IA Sun 25 Sutra 149
	Makara Rasi: 13.08	Tithi 12 – 13	<b>Gulika</b> 12:10PM – 1:45PM	<b>Shravana Until 2:32AM Wed</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:49AM	Vikarin 5121
			Yama 8:59AM – 10:35AM	Sobhana Until 6:16AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:32PM	Moon 8 - Phase 21
	591193463	<b>Rahu</b> 3:21PM – 4:56PM		Kaulava Until 4:29AM Wed	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi Until 3:16PM</b>	Moon – Purple		<b>Sivaloka Day</b>	
Until 2:32AM Wed				<b>Bhadrapada-Avani</b>			
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>				

5	<b>Wednesday, September 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Des Moines, IA Sun 26 Sutra 150
	Makara Rasi: 25.02	Tithi 13 – 14	<b>Gulika</b> 10:35AM – 12:10PM	<b>Dhanishtha Until 5:31AM Thu</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:50AM	Vikarin 5121
			Yama 7:25AM – 9:00AM	Athiganda* Until 7:07AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:30PM	Moon 8 - Phase 21
	591193463	<b>Rahu</b> 12:10PM – 1:45PM		Gara Until 6:57AM Thu	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Prabalarishta Yoga		<b>Trayodashi Until 5:41PM</b>	Moon – Purple		<b>Sivaloka Day</b>	
Until 5:31AM Thu		<b>Chidambaram Abhishekam</b>		<b>Bhadrapada-Avani</b>			
Then Creative Work - Siddha Yoga							

6	<b>Thursday, September 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau				Des Moines, IA Sun 27 Sutra 151
	Kumbha Rasi: 6.54	Tithi 14	<b>Gulika</b> 9:00AM – 10:35AM	<b>Shatabhishak Until 8:20AM Fri</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:51AM	Vikarin 5121
			Yama 5:51AM – 7:25AM	Sukarma Until 8:04AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:28PM	Moon 8 - Phase 21
	591193463	<b>Rahu</b> 1:44PM – 3:19PM		Gara Until 6:57AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 8:09PM</b>	Moon – Purple		<b>Sivaloka Day</b>	
				<b>Bhadrapada-Avani</b>			

○	<b>Friday, September 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau				Des Moines, IA Sun 27 Sutra 152
	<b>Copper Retreat Star</b>		<b>Gulika</b> 7:26AM – 9:00AM	<b>Shatabhishak Until 8:20AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:52AM	Vikarin 5121
	Kumbha Rasi: 18.45	Tithi 15	Yama 3:18PM – 4:52PM	Dhriti Until 9:01AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:27PM	Moon 8 - Phase 21
	591113463	<b>Rahu</b> 10:35AM – 12:09PM		Visti Until 9:24AM	<b>Nataraja:</b> Clear		Purnima
Creative Work	Siddha Yoga		<b>Purnima* Until 10:36PM</b>	Moon – Purple		<b>Sivaloka Day</b>	
				<b>Bhadrapada-Avani</b>			

○	<b>Saturday, September 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Prathamayam Titau				Des Moines, IA Sun 28 Sutra 153
	<b>Silver Retreat Star</b>		<b>Gulika</b> 5:53AM – 7:27AM	<b>Purvaproshtapada* Until 11:25AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:53AM	Vikarin 5121
	Meena Rasi: 0.38	Tithi 16	Yama 1:43PM – 3:17PM	Shula* Until 9:53AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:25PM	Moon 8 - Phase 21
	511113463	<b>Rahu</b> 9:01AM – 10:35AM		Balava Until 11:48AM	<b>Nataraja:</b> Clear		Prathama
Routine Work	Marana Yoga		<b>Prathama* Until 12:55AM Sun</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 11:25AM				<b>Bhadrapada-Avani</b>			
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

Des Moines, IA  
Sun 1 Sutra 154  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Meena Rasi: 12.34 Tithi 17

512113463

**Gulika** 3:16PM – 4:49PM  
Yama 12:08PM – 1:42PM  
**Rahu** 4:49PM – 6:23PM

**Uttaraproshtapada** Until 2:13PM  
Ganda\* Until 10:40AM  
Tailila Until 2:03PM  
**Dvitiya** Until 3:05AM Mon

**Ganesha:** Yellow *Sunrise:* 5:54AM  
**Muruqa:** Purple *Sunset:* 6:23PM  
**Nataraja:** Clear  
Moon – Clear  
**Bhadrapada-Avani**

**Sivaloka Day**

Creative Work Amrita Yoga

**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

Des Moines, IA  
Sun 2 Sutra 155  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Meena Rasi: 24.33 Tithi 18

512113463

**Gulika** 1:41PM – 3:15PM  
Yama 10:35AM – 12:08PM  
**Rahu** 7:28AM – 9:01AM

**Revati** Until 4:39PM  
Vridhhi Until 11:20AM  
Vanija Until 4:06PM  
**Tritiya** Until 5:02AM Tue

**Ganesha:** Yellow *Sunrise:* 5:55AM  
**Muruqa:** Purple *Sunset:* 6:21PM  
**Nataraja:** Clear  
Moon – Clear  
**Bhadrapada-Avani**

**Sivaloka Day**

Creative Work Siddha Yoga

**2**

**Tuesday, September 17, 2019**

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

Des Moines, IA  
Sun 3 Sutra 156  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Mesha Rasi: 6.38 Tithi 19

522113463

**Gulika** 12:08PM – 1:41PM  
Yama 9:02AM – 10:35AM  
**Rahu** 3:14PM – 4:47PM

**Ashvini** Until 7:11PM  
Dhruva Until 11:46AM  
Bava Until 5:55PM  
**Chaturthi\*** Until 6:41AM Wed

**Ganesha:** White *Sunrise:* 5:56AM  
**Muruqa:** Purple *Sunset:* 6:20PM  
**Nataraja:** Clear  
Moon – White  
**Bhadrapada-Puratasi**

**Devaloka Day**

Creative Work Siddha Yoga

**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

Des Moines, IA  
Sun 4 Sutra 157  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Mesha Rasi: 18.5 Tithi 19 – 20

522113463

**Gulika** 10:35AM – 12:07PM  
Yama 7:29AM – 9:02AM  
**Rahu** 12:07PM – 1:40PM

**Bharani** Until 9:13PM  
Vyaghata\* Until 11:59AM  
Kaulava Until 7:23PM  
**Chaturthi\*** Until 6:41AM

**Ganesha:** White *Sunrise:* 5:57AM  
**Muruqa:** Purple *Sunset:* 6:18PM  
**Nataraja:** Clear  
Moon – White  
**Bhadrapada-Puratasi**

**Devaloka Day**

Creative Work Siddha Yoga

Until 9:13PM

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

Des Moines, IA  
Sun 5 Sutra 158  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Vrishabha Rasi: 1.12 Tithi 20 – 21

522113463

**Gulika** 9:02AM – 10:35AM  
Yama 5:58AM – 7:30AM  
**Rahu** 1:39PM – 3:12PM

**Krittika** Until 10:39PM  
Harshana Until 11:55AM  
Gara Until 8:26PM  
**Panchami** Until 7:57AM

**Ganesha:** White *Sunrise:* 5:58AM  
**Muruqa:** Purple *Sunset:* 6:16PM  
**Nataraja:** Clear  
Moon – White  
**Bhadrapada-Puratasi**

**Devaloka Day**

Routine Work Marana Yoga

**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

Des Moines, IA  
Sun 6 Sutra 159  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Vrishabha Rasi: 13.47 Tithi 21 – 22

532113463

**Gulika** 7:31AM – 9:03AM  
Yama 3:10PM – 4:42PM  
**Rahu** 10:35AM – 12:07PM

**Rohini** Until 11:52PM  
Vajra\* Until 11:24AM  
Visti Until 8:55PM  
**Shashthi\*** Until 8:44AM

**Ganesha:** Clear *Sunrise:* 5:59AM  
**Muruqa:** Purple *Sunset:* 6:14PM  
**Nataraja:** Clear  
Moon – Yellow  
**Bhadrapada-Puratasi**

**Sivaloka Day**

Routine Work Marana Yoga

Until 11:52PM

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

Des Moines, IA  
Sun 7 Sutra 160  
Vikarin 5121  
Moon 9 - Phase 22  
Ashtami

Vrishabha Rasi: 26.38 Tithi 22 – 23

532113463

**Gulika** 6:00AM – 7:31AM  
Yama 1:38PM – 3:09PM  
**Rahu** 9:03AM – 10:35AM

**Mrigashira** Until 12:17AM Sun  
Siddhi Until 10:26AM  
Balava Until 8:45PM  
**Saptami** Until 8:54AM

**Ganesha:** Clear *Sunrise:* 6:00AM  
**Muruqa:** Purple *Sunset:* 6:13PM  
**Nataraja:** Clear  
Moon – Yellow  
**Bhadrapada-Puratasi**

**Sivaloka Day**

Creative Work Siddha Yoga

**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/Tailila Karana Ashtami/Navamyam Titau

Des Moines, IA  
Sun 8 Sutra 161  
Vikarin 5121  
Moon 9 - Phase 22  
Navami

Mithuna Rasi: 9.5 Tithi 23 – 24

532213463

**Gulika** 3:08PM – 4:40PM  
Yama 12:06PM – 1:37PM  
**Rahu** 4:40PM – 6:11PM

**Ardra** Until 11:50PM  
Vyatipata\* Until 8:55AM  
Tailila Until 7:52PM  
**Ashtami\*** Until 8:23AM

**Ganesha:** Orange *Sunrise:* 6:01AM  
**Muruqa:** Purple *Sunset:* 6:11PM  
**Nataraja:** Clear  
Moon – Yellow  
**Bhadrapada-Puratasi**

**Sivaloka Day**

Creative Work Siddha Yoga


<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		Des Moines, IA Sun 9 Sutra 162 Vikarin 5121	
<b>1</b>	Mithuna Rasi: 23.26 Family Home Evening Creative Work Amrita Yoga Until 10:59PM Then Creative Work - Siddha Yoga	Tithi 24 - 25 542213463	<b>Gulika</b> 1:36PM - 3:07PM Yama 10:35AM - 12:05PM <b>Rahu</b> 7:33AM - 9:04AM	<b>Punarvasu</b> Until 10:59PM Variyan Until 6:48AM Vanija Until 6:16PM <b>Navami*</b> Until 7:08AM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:02AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:09PM <b>Nataraja:</b> Clear Moon - Blue <b>Devaloka Day</b> <b>Bhadrapada-Puratasi</b>


<b>Tuesday, September 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Pushya Nakshatra Shiva Yoga Bava/Balava Karana Ekadashyam Titau		Des Moines, IA Sun 10 Sutra 163 Vikarin 5121	
<b>2</b>	Kataka Rasi: 7.28 Creative Work Siddha Yoga	Tithi 26 542213463	<b>Gulika</b> 12:05PM - 1:36PM Yama 9:04AM - 10:35AM <b>Rahu</b> 3:06PM - 4:37PM	<b>Pushya</b> Until 9:18PM Shiva Until 12:56AM Wed Bava Until 3:59PM <b>Ekadashi*</b> Until 2:36AM Wed	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:03AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:08PM <b>Nataraja:</b> Clear Moon - Blue <b>Devaloka Day</b> <b>Bhadrapada-Puratasi</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/Tailita Karana Dvadashyam Titau		Des Moines, IA Sun 11 Sutra 164 Vikarin 5121	
<b>3</b>	Kataka Rasi: 21.56 Creative Work Siddha Yoga	Tithi 27 542213463	<b>Gulika</b> 10:35AM - 12:05PM Yama 7:34AM - 9:04AM <b>Rahu</b> 12:05PM - 1:35PM	<b>Ashlesha*</b> Until 6:57PM Siddha Until 9:17PM Kaulava Until 1:07PM <b>Dvadashi*</b> Until 11:29PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:04AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:06PM <b>Nataraja:</b> Clear Moon - Blue <b>Devaloka Day</b> <b>Bhadrapada-Puratasi</b>

<b>Thursday, September 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Trayodashyam Titau		Des Moines, IA Sun 12 Sutra 165 Vikarin 5121	
<b>4</b>	Simha Rasi: 6.47 Creative Work Amrita Yoga Until 4:26PM Then Creative Work - Siddha Yoga	Tithi 28 552213463	<b>Gulika</b> 9:05AM - 10:35AM Yama 6:05AM - 7:35AM <b>Rahu</b> 1:34PM - 3:04PM	<b>Magha*</b> Until 4:26PM Sadhya Until 5:18PM Gara Until 9:47AM <b>Trayodashi*</b> Until 7:59PM <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:05AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:04PM <b>Nataraja:</b> Clear Moon - Red <b>Devaloka Day</b> <b>Bhadrapada-Puratasi</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		Des Moines, IA Sun 13 Sutra 166 Vikarin 5121	
<b>5</b>	Simha Rasi: 21.53 Creative Work Siddha Yoga	Tithi 29 - 30 552213463	<b>Gulika</b> 7:35AM - 9:05AM Yama 3:03PM - 4:33PM <b>Rahu</b> 10:35AM - 12:04PM	<b>Purvaphalguni</b> Until 1:31PM Subha Until 1:07PM Visti Until 6:09AM <b>Chaturdashi*</b> Until 4:15PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:06AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:02PM <b>Nataraja:</b> Clear 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		Des Moines, IA Sun 14 Sutra 167 Vikarin 5121	
	<b>Retreat Star</b> Kanya Rasi: 7.07 Routine Work Marana Yoga	Tithi 30 - 1 653213463	<b>Gulika</b> 6:07AM - 7:36AM Yama 1:33PM - 3:02PM <b>Rahu</b> 9:05AM - 10:35AM <b>Mahalaya Amavasai (Tamil Nadu)</b>	<b>Uttaraphalguni</b> Until 10:24AM Sukla Until 8:51AM Kintughna Until 10:37PM <b>Amavasya*</b> Until 12:28PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:07AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:01PM <b>Nataraja:</b> Clear Moon - Red <b>Devaloka Day</b> <b>Bhadrapada-Puratasi</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		Des Moines, IA Sun 15 Sutra 168 Vikarin 5121	
	<b>Retreat Star</b> Kanya Rasi: 22.17 Creative Work Amrita Yoga Until 7:39AM Then Creative Work - Siddha Yoga	Tithi 1 - 2 663213463	<b>Gulika</b> 3:01PM - 4:30PM Yama 12:03PM - 1:32PM <b>Rahu</b> 4:30PM - 5:59PM <b>Navaratri Begins</b>	<b>Hasta</b> Until 7:39AM Indra Until 12:41AM Mon Balava Until 7:04PM <b>Prathama*</b> Until 8:47AM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:08AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:59PM <b>Nataraja:</b> Clear Moon - Green <b>Devaloka Day</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

<b>Monday, September 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Trityayam Titau		Des Moines, IA Sun 16 Sutra 169 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:32PM – 3:00PM	<b>Svati</b> Until 2:45AM Tue	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:09AM
Tula Rasi: 7.15	Tithi 3	Yama 10:35AM – 12:03PM	Vaidhriti* Until 9:03PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:57PM
<b>Family Home Evening</b>	663213463	<b>Rahu</b> 7:37AM – 9:06AM	Taitila Until 3:54PM	<b>Nataraja:</b> Clear
Creative Work Amrita Yoga				Moon – Green
Until 2:45AM Tue			<b>Tritiya</b> Until 2:30AM Tue	<b>Devaloka Day</b>
Then Routine Work - Marana 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*/Priti Yoga Vanija/Visti* Karana Chaturthyam Titau		Des Moines, IA Sun 17 Sutra 170 Vikarin 5121
<b>2</b>		<b>Gulika</b> 12:03PM – 1:31PM	<b>Vishakha</b> Until 1:23AM Wed	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:10AM
Tula Rasi: 21.52	Tithi 4	Yama 9:06AM – 10:35AM	Vishkambha* Until 5:54PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:56PM
	673213463	<b>Rahu</b> 2:59PM – 4:27PM	Vanija Until 1:17PM	<b>Nataraja:</b> Clear
Routine Work Marana Yoga				Moon – Orange
Until 1:23AM Wed			<b>Chaturthi*</b> Until 12:13AM Wed	<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				<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		Des Moines, IA Sun 18 Sutra 171 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:35AM – 12:02PM	<b>Anuradha</b> Until 12:38AM Thu	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:11AM
Vrischika Rasi: 6.01	Tithi 5	Yama 7:39AM – 9:07AM	Priti Until 3:22PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:54PM
	673213463	<b>Rahu</b> 12:02PM – 1:30PM	Bava Until 11:22AM	<b>Nataraja:</b> Clear
Creative Work Siddha Yoga				Moon – Orange
Until 12:38AM Thu			<b>Panchami</b> Until 10:42PM	<b>Devaloka Day</b>
Then Routine Work - Prabalarishta Yoga				<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		Des Moines, IA Sun 19 Sutra 172 Vikarin 5121
<b>4</b>		<b>Gulika</b> 9:07AM – 10:35AM	<b>Jyeshtha*</b> Until 12:36AM Fri	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:12AM
Vrischika Rasi: 19.4	Tithi 6	Yama 6:12AM – 7:40AM	Ayushman Until 1:29PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:52PM
	673213463	<b>Rahu</b> 1:30PM – 2:57PM	Kaulava Until 10:17AM	<b>Nataraja:</b> Clear
Routine Work Prabalarishta Yoga				Moon – Orange
Until 12:36AM Fri			<b>Shashthi*</b> Until 10:03PM	<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga				<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		Des Moines, IA Sun 20 Sutra 173 Vikarin 5121
<b>5</b>		<b>Gulika</b> 7:40AM – 9:07AM	<b>Mula*</b> Until 1:45AM Sat	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:13AM
Dhanus Rasi: 2.49	Tithi 7	Yama 2:56PM – 4:23PM	Saubhagya Until 12:19PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:51PM
	683213463	<b>Rahu</b> 10:35AM – 12:02PM	Gara Until 10:06AM	<b>Nataraja:</b> Clear
Creative Work Amrita Yoga				Moon – Light Blue
Until 1:45AM Sat			<b>Saptami</b> Until 10:19PM	<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga				<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 Visti*/Bava Karana Ashtamyam Titau		Des Moines, IA Sun 21 Sutra 174 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 6:14AM – 7:41AM	<b>Purvashadha*</b> Until 3:32AM Sun	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:14AM
Dhanus Rasi: 15.32	Tithi 8	Yama 1:28PM – 2:55PM	Sobhana Until 11:51AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:49PM
	683213463	<b>Rahu</b> 9:08AM – 10:35AM	Visti Until 10:47AM	<b>Nataraja:</b> Clear
Creative Work Siddha Yoga				Moon – Light Blue
Until 3:32AM Sun			<b>Ashtami*</b> Until 11:24PM	<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga		<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		Des Moines, IA Sun 22 Sutra 175 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 2:54PM – 4:21PM	<b>Uttarashadha</b> Until 5:46AM Mon	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:15AM
Dhanus Rasi: 27.55	Tithi 9	Yama 12:01PM – 1:28PM	Athiganda* Until 11:55AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:47PM
	683213463	<b>Rahu</b> 4:21PM – 5:47PM	Balava Until 12:14PM	<b>Nataraja:</b> Clear
Creative Work Amrita Yoga				Moon – Light Blue
		<b>Saraswathi Puja (Tamil Nadu)</b>	<b>Navami*</b> Until 1:11AM Mon	<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 Shravana Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau			Des Moines, IA Sun 23 Sutra 176
<b>1</b>		<b>Gulika</b> 1:27PM – 2:53PM	<b>Shravana Until 8:45AM Tue</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:16AM	Vikarin 5121
Makara Rasi: 10.01	Tithi 10	Yama 10:35AM – 12:01PM	Sukarma Until 12:28PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:46PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 7:42AM – 9:09AM	Taitila Until 2:17PM	<b>Nataraja:</b> Clear	4th Phase
Creative Work Amrita Yoga			<b>Dashami Until 3:25AM Tue</b>	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>
Until 8:45AM Tue					
Then Creative Work - Siddha 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/Visti* Karana Ekadashyam Titau			Des Moines, IA Sun 24 Sutra 177
<b>2</b>		<b>Gulika</b> 12:01PM – 1:26PM	<b>Shravana Until 8:45AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:17AM	Vikarin 5121
Makara Rasi: 21.58	Tithi 11	Yama 9:09AM – 10:35AM	Dhriti Until 1:18PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:44PM	Moon 9 - Phase 25
<b>Creative Work</b>	693213464	<b>Rahu</b> 2:52PM – 4:18PM	Vanija Until 4:40PM	<b>Nataraja:</b> Purple	4th Phase
Siddha Yoga			<b>Vijaya Dasami</b>	<b>Ashvina+Puratasi</b>	<b>Sivaloka Day</b>
			<b>Ekadashi Until 5:55AM Wed</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 Bava Karana Dvadashyam Titau			Des Moines, IA Sun 25 Sutra 178
<b>3</b>		<b>Gulika</b> 10:35AM – 12:00PM	<b>Dhanishtha Until 11:46AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:18AM	Vikarin 5121
Kumbha Rasi: 3.49	Tithi 12	Yama 7:44AM – 9:09AM	Shula* Until 2:13PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:42PM	Moon 9 - Phase 25
<b>Routine Work</b>	693213464	<b>Rahu</b> 12:00PM – 1:26PM	Bava Until 7:13PM	<b>Nataraja:</b> Purple	4th Phase
Prabalarishta Yoga			<b>Dvadashi Until 8:27AM Thu</b>	<b>Ashvina+Puratasi</b>	<b>Sivaloka Day</b>
Until 11:46AM					
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*/Vridhi/Dhruva Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Des Moines, IA Sun 26 Sutra 179
<b>4</b>		<b>Gulika</b> 9:10AM – 10:35AM	<b>Shatabhishak Until 2:36PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:20AM	Vikarin 5121
Kumbha Rasi: 15.39	Tithi 12 – 13	Yama 6:20AM – 7:45AM	Ganda* Until 3:09PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:41PM	Moon 9 - Phase 25
<b>Creative Work</b>	693213464	<b>Rahu</b> 1:25PM – 2:50PM	Kaulava Until 9:43PM	<b>Nataraja:</b> Purple	4th Phase
Siddha Yoga			<b>Dvadashi Until 8:27AM</b>	<b>Ashvina+Puratasi</b>	<b>Sivaloka Day</b>

*Pradosha Vrata*

<b>Friday, October 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vridhi/Dhruva Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Des Moines, IA Sun 27 Sutra 180
<b>5</b>		<b>Gulika</b> 7:45AM – 9:10AM	<b>Purvaproshtapada* Until 5:40PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:21AM	Vikarin 5121
Kumbha Rasi: 27.31	Tithi 13 – 14	Yama 2:49PM – 4:14PM	Vridhi Until 4:00PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:39PM	Moon 9 - Phase 25
<b>Creative Work</b>	613213464	<b>Rahu</b> 10:35AM – 12:00PM	Gara Until 12:04AM Sat	<b>Nataraja:</b> Purple	4th Phase
Siddha Yoga			<b>Trayodashi Until 10:53AM</b>	<b>Ashvina+Puratasi</b>	<b>Sivaloka Day</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/Visti* Karana Chaturdashi/Purnimayam Titau			Des Moines, IA Sun 28 Sutra 181
<b>○</b>	<b>Copper Retreat Star</b>	<b>Gulika</b> 6:22AM – 7:46AM	<b>Uttaraproshtapada Until 8:21PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:22AM	Vikarin 5121
Meena Rasi: 9.28	Tithi 14 – 15	Yama 1:24PM – 2:49PM	Dhruva Until 4:40PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:38PM	Moon 9 - Phase 25
<b>Creative Work</b>	613213464	<b>Rahu</b> 9:11AM – 10:35AM	Visti Until 2:11AM Sun	<b>Nataraja:</b> Purple	Purnima
Siddha Yoga			<b>Chaturdashi* Until 1:08PM</b>	<b>Ashvina+Puratasi</b>	<b>Sivaloka Day</b>
Until 8:21PM					
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*/Harshana Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Des Moines, IA Sun 29 Sutra 182
<b>○</b>	<b>Silver Retreat Star</b>	<b>Gulika</b> 2:48PM – 4:12PM	<b>Revati Until 10:38PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:23AM	Vikarin 5121
Meena Rasi: 21.3	Tithi 15 – 16	Yama 11:59AM – 1:24PM	Vyaghata* Until 5:08PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:36PM	Moon 9 - Phase 25
<b>Creative Work</b>	614213464	<b>Rahu</b> 4:12PM – 5:36PM	Balava Until 4:02AM Mon	<b>Nataraja:</b> Purple	Prathama
Amrita Yoga			<b>Purnima* Until 3:07PM</b>	<b>Ashvina+Puratasi</b>	<b>Subha Sivaloka Day</b>
Until 10:38PM					
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

All times are standard time

www.gurudeva.org/panchang





Monday, October 14, 2019

Gold Retreat Star

Mesha Rasi: 3.39      Tithi 16 – 17

Family Home Evening

Creative Work    Siddha Yoga

Gulika    1:23PM – 2:47PM  
Yama      10:35AM – 11:59AM  
Rahu      7:48AM – 9:12AM

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

**Ashvini Until 12:57AM Tue**  
Harshana Until 5:25PM  
Taitila Until 5:35AM Tue  
Prathama\* Until 4:50PM

Ganesha: White      Sunrise: 6:24AM  
Muruqa: Purple      Sunset: 5:34PM  
Nataraja: Purple  
Moon – White      Subha Subha Sivaloka Day  
Ashvina•Puratasi

Des Moines, IA  
Sutra 183  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

1

Tuesday, October 15, 2019

Mesha Rasi: 15.55      Tithi 17

Creative Work    Siddha Yoga

Until 2:48AM Wed

Then Creative Work - Amrita Yoga

Gulika    11:59AM – 1:22PM  
Yama      9:12AM – 10:35AM  
Rahu      2:46PM – 4:09PM

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

**Bharani Until 2:48AM Wed**  
Vajra\* Until 5:25PM  
Gara Until 6:13PM  
Dvitiya Until 6:13PM

Ganesha: White      Sunrise: 6:25AM  
Muruqa: Purple      Sunset: 5:33PM  
Nataraja: Purple  
Moon – White      Subha Subha Sivaloka Day  
Ashvina•Puratasi

Des Moines, IA  
Sun 1      Sutra 184  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

2

Wednesday, October 16, 2019

Mesha Rasi: 28.19      Tithi 18

Creative Work    Amrita Yoga

Until 4:09AM Thu

Then Routine Work - Marana Yoga

Gulika    10:36AM – 11:59AM  
Yama      7:49AM – 9:12AM  
Rahu      11:59AM – 1:22PM

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

**Krittika Until 4:09AM Thu**  
Siddhi Until 5:11PM  
Vanija Until 6:49AM  
Tritiya Until 7:17PM

Ganesha: White      Sunrise: 6:26AM  
Muruqa: Purple      Sunset: 5:31PM  
Nataraja: Purple  
Moon – White      Subha Subha Sivaloka Day  
Ashvina•Puratasi

Des Moines, IA  
Sun 2      Sutra 185  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

3

Thursday, October 17, 2019

Vrishabha Rasi: 10.53      Tithi 19

Routine Work      Marana Yoga

Until 5:27AM Fri

Then Creative Work - Siddha Yoga

Gulika    9:13AM – 10:36AM  
Yama      6:27AM – 7:50AM  
Rahu      1:21PM – 2:44PM

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

**Rohini Until 5:27AM Fri**  
Vyatipata\* Until 4:40PM  
Bava Until 7:42AM  
Chaturthi\* Until 7:58PM

Ganesha: White      Sunrise: 6:27AM  
Muruqa: Purple      Sunset: 5:30PM  
Nataraja: Purple  
Moon – Yellow      Sivaloka Day  
Ashvina•Aipasi

Des Moines, IA  
Sun 3      Sutra 186  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

4

Friday, October 18, 2019

Vrishabha Rasi: 23.37      Tithi 20

Creative Work    Siddha Yoga

Gulika    7:51AM – 9:13AM  
Yama      2:43PM – 4:06PM  
Rahu      10:36AM – 11:58AM

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

**Mrigashira Until 6:09AM Sat**  
Variyan Until 3:49PM  
Kaulava Until 8:11AM  
Panchami Until 8:14PM

Ganesha: White      Sunrise: 6:28AM  
Muruqa: Purple      Sunset: 5:28PM  
Nataraja: Purple  
Moon – Yellow      Sivaloka Day  
Ashvina•Aipasi

Des Moines, IA  
Sun 4      Sutra 187  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

5

Saturday, October 19, 2019

Mithuna Rasi: 6.34      Tithi 21

Creative Work    Siddha Yoga

Gulika    6:30AM – 7:52AM  
Yama      1:20PM – 2:42PM  
Rahu      9:14AM – 10:36AM

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

**Mrigashira Until 6:09AM**  
Parigha\* Until 2:36PM  
Gara Until 8:13AM  
Shashthi\* Until 8:01PM

Ganesha: White      Sunrise: 6:30AM  
Muruqa: Purple      Sunset: 5:27PM  
Nataraja: Purple  
Moon – Yellow      Sivaloka Day  
Ashvina•Aipasi

Des Moines, IA  
Sun 5      Sutra 188  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

6

Sunday, October 20, 2019

Mithuna Rasi: 19.47      Tithi 22

Creative Work    Siddha Yoga

Gulika    2:42PM – 4:03PM  
Yama      11:58AM – 1:20PM  
Rahu      4:03PM – 5:25PM

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

**Ardra Until 6:12AM**  
Shiva Until 12:59PM  
Visti Until 7:44AM  
Saptami Until 7:15PM

Ganesha: White      Sunrise: 6:31AM  
Muruqa: Purple      Sunset: 5:25PM  
Nataraja: Purple  
Moon – Yellow      Sivaloka Day  
Ashvina•Aipasi

Des Moines, IA  
Sun 6      Sutra 189  
Vikarin 5121  
Moon 10 - Phase 26  
1st Phase

D

Monday, October 21, 2019

Retreat Star

Kataka Rasi: 3.19      Tithi 23 – 24

Family Home Evening

Creative Work    Amrita Yoga

Until 6:01AM

Then Creative Work - Siddha Yoga

Gulika    1:19PM – 2:41PM  
Yama      10:36AM – 11:58AM  
Rahu      7:53AM – 9:15AM

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

**Punarvasu Until 6:01AM**  
Siddha Until 10:54AM  
Balava Until 6:41AM  
Ashtami\* Until 5:56PM

Ganesha: Clear      Sunrise: 6:32AM  
Muruqa: Purple      Sunset: 5:24PM  
Nataraja: Purple  
Moon – Blue      Subha Sivaloka Day  
Ashvina•Aipasi

Des Moines, IA  
Sun 7      Sutra 190  
Vikarin 5121  
Moon 10 - Phase 26  
Ashtami

Tuesday, October 22, 2019

Retreat Star

Kataka Rasi: 17.1      Tithi 24 – 25

Creative Work    Siddha Yoga

Gulika    11:58AM – 1:19PM  
Yama      9:15AM – 10:36AM  
Rahu      2:40PM – 4:01PM

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

**Ashlesha\* Until 3:32AM Wed**  
Sadhya Until 8:21AM  
Vanija Until 2:55AM Wed  
Navami\* Until 4:02PM

Ganesha: Clear      Sunrise: 6:33AM  
Muruqa: Purple      Sunset: 5:22PM  
Nataraja: Purple  
Moon – Blue      Subha Sivaloka Day  
Ashvina•Aipasi

Des Moines, IA  
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 Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Des Moines, IA Sun 9 Sutra 192	
Simha Rasi: 1.23	Tithi 25 – 26	<b>Gulika</b> 10:37AM – 11:57AM	<b>Magha* Until 1:45AM Thu</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:34AM		Vikarin 5121
		Yama 7:55AM – 9:16AM	Sukla Until 2:02AM Thu	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:21PM		Moon 10 - Phase 27
	654313464	<b>Rahu</b> 11:57AM – 1:18PM	Bava Until 12:16AM Thu	<b>Nataraja:</b> Purple			2nd Phase
Creative Work	Siddha Yoga		<b>Dashami Until 1:38PM</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		Des Moines, IA Sun 10 Sutra 193	
Simha Rasi: 15.55	Tithi 26 – 27	<b>Gulika</b> 9:16AM – 10:37AM	<b>Purvaphalguni Until 11:27PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:35AM		Vikarin 5121
		Yama 6:35AM – 7:56AM	Brahma Until 10:22PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:19PM		Moon 10 - Phase 27
	654313464	<b>Rahu</b> 1:18PM – 2:38PM	Kaulava Until 9:15PM	<b>Nataraja:</b> Purple			2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi* Until 10:47AM</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/Vanija Karana Dvodashi/Trayodashyam Titau		Des Moines, IA Sun 11 Sutra 194	
Kanya Rasi: 0.42	Tithi 27 – 28	<b>Gulika</b> 7:57AM – 9:17AM	<b>Uttaraphalguni Until 8:48PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:36AM		Vikarin 5121
		Yama 2:38PM – 3:58PM	Indra Until 6:31PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:18PM		Moon 10 - Phase 27
	655313464	<b>Rahu</b> 10:37AM – 11:57AM	Vanija Until 4:17AM Sat	<b>Nataraja:</b> Purple			2nd Phase
Creative Work	Siddha Yoga		<b>Dvodashi* Until 7:38AM</b>	Moon – Red		<b>Subha Sivaloka Day</b>	
Until 8:48PM				<b>Ashvina-Aipasi</b>			
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata (Fasting)</i>			

<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		Des Moines, IA Sun 12 Sutra 195	
Kanya Rasi: 15.38	Tithi 29	<b>Gulika</b> 6:38AM – 7:57AM	<b>Hasta Until 6:19PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:38AM		Vikarin 5121
		Yama 1:17PM – 2:37PM	Vaidhriti* Until 2:34PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:17PM		Moon 10 - Phase 27
	665313464	<b>Rahu</b> 9:17AM – 10:37AM	Visti Until 2:37PM	<b>Nataraja:</b> Purple			2nd Phase
Routine Work	Marana Yoga		<b>Chaturdashi* Until 12:55AM Sun</b>	Moon – Green		<b>Subha Sivaloka Day</b>	
		<b>Deepavali Hindu Solidarity Day</b>		<b>Ashvina-Aipasi</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		Des Moines, IA Sun 13 Sutra 196	
<b>Retreat Star</b>		<b>Gulika</b> 2:36PM – 3:56PM	<b>Chitra Until 3:48PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:39AM		Vikarin 5121
Tula Rasi: 0.35	Tithi 30	Yama 11:57AM – 1:17PM	Vishkambha* Until 10:40AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:15PM		Moon 10 - Phase 27
	665313464	<b>Rahu</b> 3:56PM – 5:15PM	Catuspada Until 11:18AM	<b>Nataraja:</b> Purple			Amavasya
Creative Work	Siddha Yoga		<b>Amavasya* Until 9:42PM</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		Des Moines, IA Sun 14 Sutra 197	
Tula Rasi: 15.23	Tithi 1	<b>Gulika</b> 1:16PM – 2:35PM	<b>Svati Until 1:24PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:40AM		Vikarin 5121
<b>Family Home Evening</b>		Yama 10:38AM – 11:57AM	Priti Until 6:57AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:14PM		Moon 10 - Phase 27
	665313464	<b>Rahu</b> 7:59AM – 9:18AM	Kintughna Until 8:12AM	<b>Nataraja:</b> Purple			Prathama
Creative Work	Amrita Yoga		<b>Prathama* Until 6:47PM</b>	Moon – Green		<b>Subha Sivaloka Day</b>	
Until 1:24PM		<b>Skanda Shasthi Begins</b>		<b>Kartika-Aipasi</b>			
Then Routine Work - Marana Yoga							

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

<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 Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Des Moines, IA Sun 15 Sutra 198 Vikarin 5121	
Tula Rasi: 29.55	Tithi 2 – 3	<b>Gulika</b> 11:57AM – 1:16PM	<b>Vishakha</b> Until 11:42AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:41AM		
		Yama 9:19AM – 10:38AM	Saubhagya Until 12:34AM Wed	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:13PM		Moon 10 - Phase 28
		675313464 <b>Rahu</b> 2:35PM – 3:54PM	Taitila Until 3:22AM Wed	<b>Nataraja:</b> Purple			3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya</b> Until 4:21PM	Moon – Orange		<b>Subha Sivaloka Day</b>	
Until 11:42AM				<b>Kartika•Aipasi</b>			
Then Creative Work - Siddha Yoga							

<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/Chaturthiyam Titau		Des Moines, IA Sun 16 Sutra 199 Vikarin 5121	
Vischika Rasi: 14.04	Tithi 3 – 4	<b>Gulika</b> 10:38AM – 11:57AM	<b>Anuradha</b> Until 10:29AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:42AM		
		Yama 8:01AM – 9:20AM	Sobhana Until 10:11PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:11PM		Moon 10 - Phase 28
		675313464 <b>Rahu</b> 11:57AM – 1:15PM	Vanija Until 1:57AM Thu	<b>Nataraja:</b> Purple			3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya</b> Until 2:33PM	Moon – Orange		<b>Subha Sivaloka Day</b>	
				<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		Des Moines, IA Sun 17 Sutra 200 Vikarin 5121	
Vischika Rasi: 27.45	Tithi 4 – 5	<b>Gulika</b> 9:20AM – 10:38AM	<b>Jyeshtha*</b> Until 9:51AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:43AM		
		Yama 6:43AM – 8:02AM	Athiganda* Until 8:24PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:10PM		Moon 10 - Phase 28
		675313464 <b>Rahu</b> 1:15PM – 2:33PM	Bava Until 1:21AM Fri	<b>Nataraja:</b> Purple			3rd Phase
Routine Work	Prabalarishta Yoga		<b>Chaturthi*</b> Until 1:31PM	Moon – Orange		<b>Subha Sivaloka Day</b>	
Until 9:51AM				<b>Kartika•Aipasi</b>			
Then Creative Work - Siddha Yoga							

<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		Des Moines, IA Sun 18 Sutra 201 Vikarin 5121	
Dhanus Rasi: 10.59	Tithi 5 – 6	<b>Gulika</b> 8:03AM – 9:21AM	<b>Mula*</b> Until 10:20AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:45AM		
		Yama 2:33PM – 3:51PM	Sukarma Until 7:18PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:09PM		Moon 10 - Phase 28
		685313464 <b>Rahu</b> 10:39AM – 11:57AM	Kaulava Until 1:37AM Sat	<b>Nataraja:</b> Purple			3rd Phase
Creative Work	Amrita Yoga		<b>Panchami</b> Until 1:21PM	Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>	
Until 10:20AM		<b>Skanda Shasthi</b>		<b>Kartika•Aipasi</b>			
Then Routine Work - Prabalarishta Yoga							

<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 Taitila/Gara Karana Shashthi/Saptamyam Titau		Des Moines, IA Sun 19 Sutra 202 Vikarin 5121	
Dhanus Rasi: 23.46	Tithi 6 – 7	<b>Gulika</b> 6:46AM – 8:04AM	<b>Purvashadha*</b> Until 11:31AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:46AM		
		Yama 1:14PM – 2:32PM	Dhriti Until 6:53PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:08PM		Moon 10 - Phase 28
		685313464 <b>Rahu</b> 9:21AM – 10:39AM	Gara Until 2:42AM Sun	<b>Nataraja:</b> Purple			3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 2:02PM	Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>	
Until 11:31AM				<b>Kartika•Aipasi</b>			
Then Routine Work - Marana Yoga							

<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		Des Moines, IA Sun 20 Sutra 203 Vikarin 5121	
Makara Rasi: 6.12	Tithi 7 – 8	<b>Gulika</b> 2:32PM – 3:49PM	<b>Uttarashadha</b> Until 1:16PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:47AM		
		Yama 11:57AM – 1:14PM	Shula* Until 6:59PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:06PM		Moon 10 - Phase 28
		686313464 <b>Rahu</b> 3:49PM – 5:06PM	Visti Until 4:29AM Mon	<b>Nataraja:</b> Purple			3rd Phase
Creative Work	Amrita Yoga		<b>Saptami</b> Until 3:30PM	Moon – Light Blue		<b>Subha Sivaloka Day</b>	
				<b>Kartika•Aipasi</b>			

<b>Monday, November 4, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Des Moines, IA Sun 21 Sutra 204 Vikarin 5121	
Makara Rasi: 18.2	Tithi 8 – 9	<b>Gulika</b> 1:14PM – 2:31PM	<b>Shravana</b> Until 3:57PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:48AM		
<b>Family Home Evening</b>		Yama 10:40AM – 11:57AM	Ganda* Until 7:32PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:05PM		Moon 10 - Phase 28
		696313464 <b>Rahu</b> 8:05AM – 9:23AM	Balava Until 6:45AM Tue	<b>Nataraja:</b> Purple			Ashtami
Creative Work	Amrita Yoga		<b>Ashtami*</b> Until 5:33PM	Moon – Purple		<b>Sivaloka Day</b>	
Until 3:57PM				<b>Kartika•Aipasi</b>			
Then Creative Work - Siddha Yoga							

<b>Tuesday, November 5, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Balava/Kaulava Karana Navamyam Titau		Des Moines, IA Sun 22 Sutra 205 Vikarin 5121	
Kumbha Rasi: 0.19	Tithi 9	<b>Gulika</b> 11:57AM – 1:14PM	<b>Dhanishtha</b> Until 6:49PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:49AM		
		Yama 9:23AM – 10:40AM	Vriddhi Until 8:21PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:04PM		Moon 10 - Phase 28
		696313464 <b>Rahu</b> 2:30PM – 3:47PM	Balava Until 6:45AM	<b>Nataraja:</b> Purple			Navami
Creative Work	Siddha Yoga		<b>Navami*</b> Until 7:58PM	Moon – Purple		<b>Sivaloka Day</b>	
Until 6:49PM				<b>Kartika•Aipasi</b>			
Then Routine Work - Marana Yoga							

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

1	<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				Des Moines, IA Sun 23 Sutra 206
	Kumbha Rasi: 12.11	Tithi 10	<b>Gulika</b> 10:40AM – 11:57AM	<b>Shatabhishak</b> Until 9:39PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:51AM	Vikarin 5121
			Yama 8:07AM – 9:24AM	Dhruva Until 9:14PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:03PM	Moon 10 - Phase 29
		696313464	<b>Rahu</b> 11:57AM – 1:13PM	Taitila Until 9:16AM	<b>Nataraja:</b> Purple		4th Phase
Creative Work Siddha Yoga Until 9:39PM Then Creative Work - Amrita Yoga			<b>Dashami</b> Until 10:31PM	<b>Kartika-Aipasi</b>	<b>Sivaloka Day</b>		

2	<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				Des Moines, IA Sun 24 Sutra 207
	Kumbha Rasi: 24.02	Tithi 11	<b>Gulika</b> 9:24AM – 10:41AM	<b>Purvaproshtapada*</b> Until 12:44AM Fri	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:52AM	Vikarin 5121
			Yama 6:52AM – 8:08AM	Vyaghata* Until 10:04PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:02PM	Moon 10 - Phase 29
		716313464	<b>Rahu</b> 1:13PM – 2:29PM	Vanija Until 11:47AM	<b>Nataraja:</b> Purple		4th Phase
Creative Work Siddha Yoga			<b>Ekadashi</b> Until 12:58AM Fri	<b>Kartika-Aipasi</b>	<b>Subha Sivaloka Day</b>		

3	<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 Dvodashyam Titau				Des Moines, IA Sun 25 Sutra 208
	Meena Rasi: 5.56	Tithi 12	<b>Gulika</b> 8:09AM – 9:25AM	<b>Uttaraproshtapada</b> Until 3:25AM Sat	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:53AM	Vikarin 5121
			Yama 2:29PM – 3:45PM	Harshana Until 10:44PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:01PM	Moon 10 - Phase 29
		716313464	<b>Rahu</b> 10:41AM – 11:57AM	Bava Until 2:08PM	<b>Nataraja:</b> Purple		4th Phase
Creative Work Siddha Yoga Until 3:25AM Sat Then Routine Work - Prabalarishta Yoga			<b>Dvadashi</b> Until 3:11AM Sat	<b>Kartika-Aipasi</b>	<b>Subha Sivaloka Day</b>		

4	<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				Des Moines, IA Sun 26 Sutra 209
	Meena Rasi: 17.57	Tithi 13	<b>Gulika</b> 6:54AM – 8:10AM	<b>Revati</b> Until 5:37AM Sun	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:54AM	Vikarin 5121
			Yama 1:13PM – 2:28PM	Vajra* Until 11:08PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:00PM	Moon 10 - Phase 29
		716313464	<b>Rahu</b> 9:26AM – 10:41AM	Kaulava Until 4:12PM	<b>Nataraja:</b> Purple		4th Phase
Routine Work Prabalarishta Yoga Until 5:37AM Sun Then Creative Work - Siddha Yoga			<b>Trayodashi</b> Until 5:03AM Sun	<b>Kartika-Aipasi</b>	<b>Subha Sivaloka Day</b>		
<i>Pradosha Vrata</i>							

5	<b>Sunday, November 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Des Moines, IA Sun 27 Sutra 210
	Mesha Rasi: 0.06	Tithi 14	<b>Gulika</b> 2:28PM – 3:43PM	<b>Ashvini</b> Until 7:45AM Mon	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:56AM	Vikarin 5121
			Yama 11:57AM – 1:13PM	Siddhi Until 11:15PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:59PM	Moon 10 - Phase 29
		726313464	<b>Rahu</b> 3:43PM – 4:59PM	Gara Until 5:52PM	<b>Nataraja:</b> Purple		4th Phase
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 6:32AM Mon	<b>Kartika-Aipasi</b>	<b>Sivaloka Day</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				Des Moines, IA Sutra 211
	<b>Copper Retreat Star</b>		<b>Gulika</b> 1:12PM – 2:27PM	<b>Ashvini</b> Until 7:45AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:57AM	Vikarin 5121
	Mesha Rasi: 12.25	Tithi 14 – 15	Yama 10:42AM – 11:57AM	Vyatipata* Until 11:03PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:58PM	Moon 10 - Phase 29
	<b>Family Home Evening</b>	727413464	<b>Rahu</b> 8:12AM – 9:27AM	Visti Until 7:07PM	<b>Nataraja:</b> Purple		Purnima
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 6:32AM	<b>Kartika-Aipasi</b>	<b>Sivaloka Day</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				Des Moines, IA Sutra 212
	<b>Silver Retreat Star</b>		<b>Gulika</b> 11:57AM – 1:12PM	<b>Bharani</b> Until 9:19AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:58AM	Vikarin 5121
	Mesha Rasi: 24.55	Tithi 15 – 16	Yama 9:28AM – 10:42AM	Variyan Until 10:30PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:57PM	Moon 10 - Phase 29
		727413464	<b>Rahu</b> 2:27PM – 3:42PM	Balava Until 7:57PM	<b>Nataraja:</b> Purple		Prathama
Creative Work Siddha Yoga			<b>Purnima*</b> Until 7:34AM	<b>Kartika-Aipasi</b>	<b>Sivaloka Day</b>		

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



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

Des Moines, IA

Sutra 213

Vikarin 5121

Vrishabha Rasi: 8 Tithi 16 - 17

727413464

**Gulika** 10:43AM - 11:57AM  
**Yama** 8:14AM - 9:28AM  
**Rahu** 11:57AM - 1:12PM

**Krittika Until 10:19AM**

Parigha\* Until 9:39PM

Taitila Until 8:22PM

**Prathama\* Until 8:11AM**

**Ganesha:** White *Sunrise: 6:59AM*

**Muruga:** Purple *Sunset: 4:56PM*

**Nataraja:** Purple

Moon - White

**Kartika-Aipasi**

**Sivaloka Day**

Creative Work Amrita Yoga

Until 10:19AM

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

Des Moines, IA

Sun 1 Sutra 214

Vikarin 5121

Vrishabha Rasi: 20.29 Tithi 17 - 18

737413464

**Gulika** 9:29AM - 10:43AM  
**Yama** 7:00AM - 8:15AM  
**Rahu** 1:12PM - 2:26PM

**Rohini Until 11:14AM**

Shiva Until 8:31PM

Vanija Until 8:23PM

**Dvitiya Until 8:24AM**

**Ganesha:** Clear *Sunrise: 7:00AM*

**Muruga:** Purple *Sunset: 4:55PM*

**Nataraja:** Purple

Moon - Yellow

**Kartika-Aipasi**

**Subha Sivaloka Day**

Routine Work Marana 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

Des Moines, IA

Sun 2 Sutra 215

Vikarin 5121

Mithuna Rasi: 3.34 Tithi 18 - 19

737413464

**Gulika** 8:16AM - 9:30AM  
**Yama** 2:26PM - 3:40PM  
**Rahu** 10:44AM - 11:58AM

**Mrigashira Until 11:38AM**

Siddha Until 7:03PM

Bava Until 8:02PM

**Tritiya Until 8:14AM**

**Ganesha:** Clear *Sunrise: 7:02AM*

**Muruga:** Purple *Sunset: 4:54PM*

**Nataraja:** Purple

Moon - Yellow

**Kartika-Aipasi**

**Subha Sivaloka Day**

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/Subha Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Des Moines, IA

Sun 3 Sutra 216

Vikarin 5121

Mithuna Rasi: 16.49 Tithi 19 - 20

737413464

**Gulika** 7:03AM - 8:17AM  
**Yama** 1:12PM - 2:26PM  
**Rahu** 9:30AM - 10:44AM

**Ardra Until 11:32AM**

Sadhya Until 5:19PM

Kaulava Until 7:20PM

**Chaturthi\* Until 7:42AM**

**Ganesha:** Clear *Sunrise: 7:03AM*

**Muruga:** Purple *Sunset: 4:53PM*

**Nataraja:** Purple

Moon - Yellow

**Kartika-Kartikai**

**Subha Sivaloka Day**

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

Des Moines, IA

Sun 4 Sutra 217

Vikarin 5121

Kataka Rasi: 0.16 Tithi 20 - 21

748413465

**Gulika** 2:25PM - 3:39PM  
**Yama** 11:58AM - 1:12PM  
**Rahu** 3:39PM - 4:52PM

**Punarvasu Until 11:24AM**

Subha Until 3:20PM

Gara Until 6:17PM

**Panchami Until 6:50AM**

**Ganesha:** Clear *Sunrise: 7:04AM*

**Muruga:** Purple *Sunset: 4:52PM*

**Nataraja:** Clear

Moon - Blue

**Kartika-Kartikai**

**Sivaloka Day**

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 Visti\*/Bava Karana Saptamyam Titau

Des Moines, IA

Sun 5 Sutra 218

Vikarin 5121

Kataka Rasi: 13.55 Tithi 22

748413465

**Gulika** 1:12PM - 2:25PM  
**Yama** 10:45AM - 11:58AM  
**Rahu** 8:18AM - 9:32AM

**Pushya Until 10:46AM**

Sukla Until 1:03PM

Visti Until 4:53PM

**Saptami Until 4:03AM Tue**

**Ganesha:** Clear *Sunrise: 7:05AM*

**Muruga:** Purple *Sunset: 4:52PM*

**Nataraja:** Clear

Moon - Blue

**Kartika-Kartikai**

**Sivaloka Day**

**Tour Day**

Creative Work Siddha Yoga

**Family Home Evening**

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

Des Moines, IA

Sun 6 Sutra 219

Vikarin 5121

Kataka Rasi: 27.46 Tithi 23

748413465

**Gulika** 11:59AM - 1:12PM  
**Yama** 9:32AM - 10:46AM  
**Rahu** 2:25PM - 3:38PM

**Ashlesha\* Until 9:40AM**

Brahma Until 10:31AM

Balava Until 3:10PM

**Ashtami\* Until 2:10AM Wed**

**Ganesha:** Clear *Sunrise: 7:06AM*

**Muruga:** Purple *Sunset: 4:51PM*

**Nataraja:** Clear

Moon - Blue

**Kartika-Kartikai**

**Sivaloka Day**

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/Vaidhrili\* Yoga Taitila/Gara Karana Navamyam Titau

Des Moines, IA

Sun 7 Sutra 220

Vikarin 5121

Simha Rasi: 11.49 Tithi 24

758413465

**Gulika** 10:46AM - 11:59AM  
**Yama** 8:20AM - 9:33AM  
**Rahu** 11:59AM - 1:12PM

**Magha\* Until 8:32AM**

Indra Until 7:44AM

Taitila Until 1:08PM

**Navami\* Until 11:59PM**

**Ganesha:** White *Sunrise: 7:07AM*

**Muruga:** Purple *Sunset: 4:50PM*

**Nataraja:** Clear

Moon - Red

**Kartika-Kartikai**

**Subha Sivaloka Day**

Creative Work Siddha Yoga

Until 8:32AM

Then Creative Work - Amrita Yoga

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

All times are standard time

www.gurudeva.org/panchang

1	<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				Des Moines, IA
	Simha Rasi: 26.04	Tithi 25	758413465	<b>Gulika</b> 9:34AM – 10:46AM <b>Yama</b> 7:09AM – 8:21AM <b>Rahu</b> 1:12PM – 2:24PM	<b>Purvaphalguni</b> <b>Until 6:59AM</b> Vishkambha* Until 1:29AM Fri Vanija Until 10:49AM <b>Dashami</b> <b>Until 9:33PM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Red <b>Karttika-Karttikai</b>	Sun 8 Sutra 221 Vikarin 5121 Moon 11 - Phase 31 2nd Phase <b>Subha Sivaloka Day</b>
	Creative Work	Siddha Yoga					

2	<b>Friday, November 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Hasta Nakshatra Priti Yoga Bava/Balava Karana Ekadashyam Titau				Des Moines, IA
	Kanya Rasi: 10.28	Tithi 26	768413465	<b>Gulika</b> 8:22AM – 9:35AM <b>Yama</b> 2:24PM – 3:37PM <b>Rahu</b> 10:47AM – 11:59AM	<b>Hasta</b> <b>Until 3:16AM Sat</b> Priti Until 10:09PM Bava Until 8:17AM <b>Ekadashi*</b> <b>Until 6:57PM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Green <b>Karttika-Karttikai</b>	Sun 9 Sutra 222 Vikarin 5121 Moon 11 - Phase 31 2nd Phase <b>Sivaloka Day</b>
	Creative Work	Amrita Yoga					
	Until 3:16AM Sat						

3	<b>Saturday, November 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Ayushman Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau				Des Moines, IA
	Kanya Rasi: 24.58	Tithi 27 – 28	768413465	<b>Gulika</b> 7:11AM – 8:23AM <b>Yama</b> 1:12PM – 2:24PM <b>Rahu</b> 9:35AM – 10:47AM	<b>Chitra</b> <b>Until 1:20AM Sun</b> Ayushman Until 6:45PM Gara Until 2:59AM Sun <b>Dvadashi*</b> <b>Until 4:17PM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Green <b>Karttika-Karttikai</b>	Sun 10 Sutra 223 Vikarin 5121 Moon 11 - Phase 31 2nd Phase <b>Sivaloka Day</b>
	Routine Work	Marana Yoga					
	Until 1:20AM Sun						

4	<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				Des Moines, IA
	Tula Rasi: 9.28	Tithi 28 – 29	769413465	<b>Gulika</b> 2:24PM – 3:36PM <b>Yama</b> 12:00PM – 1:12PM <b>Rahu</b> 3:36PM – 4:48PM	<b>Svati</b> <b>Until 11:21PM</b> Saubhagya Until 3:25PM Visti Until 12:26AM Mon <b>Trayodashi*</b> <b>Until 1:40PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Green <b>Karttika-Karttikai</b>	Sun 11 Sutra 224 Vikarin 5121 Moon 11 - Phase 31 2nd Phase <b>Devaloka Day</b>
	Creative Work	Siddha Yoga					
	Until 11:21PM						

●	<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				Des Moines, IA
	<b>Retreat Star</b>		779413465	<b>Gulika</b> 1:12PM – 2:24PM <b>Yama</b> 10:49AM – 12:00PM <b>Rahu</b> 8:25AM – 9:37AM	<b>Vishakha</b> <b>Until 9:54PM</b> Sobhana Until 12:15PM Catuspada Until 10:09PM <b>Chaturdashi*</b> <b>Until 11:14AM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Orange <b>Karttika-Karttikai</b>	Sun 12 Sutra 225 Vikarin 5121 Moon 11 - Phase 31 Amavasya <b>Devaloka Day</b>
	Tula Rasi: 23.53	Tithi 29 – 30					
	<b>Family Home Evening</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				Des Moines, IA
	<b>Retreat Star</b>		779413465	<b>Gulika</b> 12:01PM – 1:12PM <b>Yama</b> 9:37AM – 10:49AM <b>Rahu</b> 2:24PM – 3:35PM	<b>Anuradha</b> <b>Until 8:42PM</b> Athiganda* Until 9:20AM Kintughna Until 8:16PM <b>Amavasya*</b> <b>Until 9:08AM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Orange <b>Margasira-Karttikai</b>	Sun 13 Sutra 226 Vikarin 5121 Moon 11 - Phase 31 Prathama <b>Devaloka Day</b>
	Vrischika Rasi: 8.05	Tithi 30 – 1					
	Creative Work	Siddha Yoga					

<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		Des Moines, IA Sun 14 Sutra 227 Vikarin 5121	
Wrischika Rasi: 22.01	Tithi 1 – 2	<b>Gulika</b> 10:50AM – 12:01PM	<b>Jyeshtha* Until 7:53PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:15AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:46PM
		Yama 8:27AM – 9:38AM	Sukarma Until 6:49AM	<b>Nataraja:</b> Clear			Moon 11 - Phase 32
		779413465 <b>Rahu</b> 12:01PM – 1:12PM	Balava Until 6:55PM	Moon – Orange			3rd Phase
Creative Work	Siddha Yoga		<b>Prathama* Until 7:30AM</b>	<b>Margasira-Karttikai</b>			<b>Devaloka Day</b>
Until 7:53PM							
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		Des Moines, IA Sun 15 Sutra 228 Vikarin 5121	
Dhanus Rasi: 5.34	Tithi 2 – 3	<b>Gulika</b> 9:39AM – 10:50AM	<b>Mula* Until 8:02PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:17AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:46PM
		Yama 7:17AM – 8:28AM	Shula* Until 3:16AM Fri	<b>Nataraja:</b> Clear			Moon 11 - Phase 32
		789413465 <b>Rahu</b> 1:12PM – 2:24PM	Taitila Until 6:15PM	Moon – Light Blue			3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya Until 6:29AM</b>	<b>Margasira-Karttikai</b>			<b>Devaloka Day</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		Des Moines, IA Sun 16 Sutra 229 Vikarin 5121	
Dhanus Rasi: 18.45	Tithi 3 – 4	<b>Gulika</b> 8:29AM – 9:40AM	<b>Purvashadha* Until 8:45PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:18AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:46PM
		Yama 2:24PM – 3:35PM	Ganda* Until 2:21AM Sat	<b>Nataraja:</b> Clear			Moon 11 - Phase 32
		789413465 <b>Rahu</b> 10:51AM – 12:02PM	Vanija Until 6:19PM	Moon – Light Blue			3rd Phase
Routine Work	Prabalarishta Yoga		<b>Tritiya Until 6:10AM</b>	<b>Margasira-Karttikai</b>			<b>Devaloka Day</b>
Until 8:45PM							
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		Des Moines, IA Sun 17 Sutra 230 Vikarin 5121	
Makara Rasi: 1.33	Tithi 4 – 5	<b>Gulika</b> 7:19AM – 8:30AM	<b>Uttarashadha Until 10:01PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:19AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:45PM
		Yama 1:13PM – 2:24PM	Vriddhi Until 2:01AM Sun	<b>Nataraja:</b> Clear			Moon 11 - Phase 32
		789413465 <b>Rahu</b> 9:40AM – 10:51AM	Bava Until 7:08PM	Moon – Light Blue			3rd Phase
Routine Work	Marana Yoga		<b>Chaturchi* Until 6:37AM</b>	<b>Margasira-Karttikai</b>			<b>Devaloka Day</b>
Until 10:01PM							
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		Des Moines, IA Sun 18 Sutra 231 Vikarin 5121	
Makara Rasi: 14.01	Tithi 5 – 6	<b>Gulika</b> 2:24PM – 3:34PM	<b>Shravana Until 12:16AM Mon</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:20AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:45PM
		Yama 12:02PM – 1:13PM	Dhruva Until 2:09AM Mon	<b>Nataraja:</b> Clear			Moon 11 - Phase 32
		799413465 <b>Rahu</b> 3:34PM – 4:45PM	Kaulava Until 8:39PM	Moon – Purple			3rd Phase
Creative Work	Amrita Yoga		<b>Panchami Until 7:47AM</b>	<b>Margasira-Karttikai</b>			<b>Sivaloka Day</b>
Until 12:16AM Mon							
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		Des Moines, IA Sun 19 Sutra 232 Vikarin 5121	
Makara Rasi: 26.13	Tithi 6 – 7	<b>Gulika</b> 1:13PM – 2:24PM	<b>Dhanishtha Until 2:51AM Tue</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:21AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:45PM
<b>Family Home Evening</b>		Yama 10:52AM – 12:03PM	Vyaghata* Until 2:41AM Tue	<b>Nataraja:</b> Clear			Moon 11 - Phase 32
Creative Work	Siddha Yoga	791413465 <b>Rahu</b> 8:31AM – 9:42AM	Gara Until 10:42PM	Moon – Purple			3rd Phase
Until 2:51AM Tue			<b>Shashthi* Until 9:35AM</b>	<b>Margasira-Karttikai</b>			<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga							

<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		Des Moines, IA Sun 20 Sutra 233 Vikarin 5121	
Kumbha Rasi: 8.13	Tithi 7 – 8	<b>Gulika</b> 12:03PM – 1:13PM	<b>Shatabhishak Until 5:33AM Wed</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:22AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:44PM
		Yama 9:42AM – 10:53AM	Harshana Until 3:27AM Wed	<b>Nataraja:</b> Clear			Moon 11 - Phase 32
		791413465 <b>Rahu</b> 2:24PM – 3:34PM	Visti Until 1:05AM Wed	Moon – Purple			Ashtami
Routine Work	Marana Yoga		<b>Saptami Until 11:51AM</b>	<b>Margasira-Karttikai</b>			<b>Sivaloka Day</b>
Until 5:33AM Wed							
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 Purvaproshtapada* Nakshatra Vajra* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Des Moines, IA Sun 21 Sutra 234 Vikarin 5121	
Kumbha Rasi: 20.08	Tithi 8 – 9	<b>Gulika</b> 10:53AM – 12:04PM	<b>Purvaproshtapada* Until 8:39AM Thu</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:23AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:44PM
		Yama 8:33AM – 9:43AM	Vajra* Until 4:15AM Thu	<b>Nataraja:</b> Clear			Moon 11 - Phase 32
		711413465 <b>Rahu</b> 12:04PM – 1:14PM	Balava Until 3:36AM Thu	Moon – Clear			Navami
Creative Work	Amrita Yoga		<b>Ashtami* Until 2:19PM</b>	<b>Margasira-Karttikai</b>			<b>Sivaloka Day</b>
Until 8:39AM Thu							
Then Creative Work - Siddha Yoga							

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

<b>1</b>		<b>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	Des Moines, IA Sun 22 Sutra 235
Meena Rasi: 2.01	Tithi 9 – 10	<b>Gulika</b> 9:44AM – 10:54AM	<b>Purvaproshtapada* Until 8:39AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 7:24AM	Vikarin 5121
		Yama 7:24AM – 8:34AM	Siddhi Until 4:59AM Fri	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:44PM	Moon 11 - Phase 33
	711413465	<b>Rahu</b> 1:14PM – 2:24PM	Taitila Until 6:00AM Fri	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Navami* Until 4:48PM</b>	Moon – Clear	<b>Sivaloka Day</b>
				<b>Margasira-Karttikai</b>	

<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	Des Moines, IA Sun 23 Sutra 236
Meena Rasi: 13.56	Tithi 10	<b>Gulika</b> 8:35AM – 9:45AM	<b>Uttaraproshtapada Until 11:27AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 7:25AM	Vikarin 5121
		Yama 2:24PM – 3:34PM	Vyatipata* Until 5:31AM Sat	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:44PM	Moon 11 - Phase 33
	711413465	<b>Rahu</b> 10:54AM – 12:04PM	Taitila Until 6:00AM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Dashami Until 7:05PM</b>	Moon – Clear	<b>Sivaloka Day</b>
				<b>Margasira-Karttikai</b>	

<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 Varyan Yoga Vanija/Visti* Karana Ekadashyam Titau	Des Moines, IA Sun 24 Sutra 237
Meena Rasi: 25.58	Tithi 11	<b>Gulika</b> 7:26AM – 8:35AM	<b>Revati Until 1:46PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 7:26AM	Vikarin 5121
		Yama 1:15PM – 2:24PM	Varyan Until 5:43AM Sun	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:44PM	Moon 11 - Phase 33
	711513465	<b>Rahu</b> 9:45AM – 10:55AM	Vanija Until 8:07AM	<b>Nataraja:</b> Clear	4th Phase
Routine Work	Prabalarishta Yoga		<b>Ekadashi Until 8:59PM</b>	Moon – Clear	<b>Subha Sivaloka Day</b>
Until 1:46PM		<b>Gita Jayanthi</b>		<b>Margasira-Karttikai</b>	
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 Parigha* Yoga Bava/Balava Karana Dvadashyam Titau	Des Moines, IA Sun 25 Sutra 238
Mesha Rasi: 8.11	Tithi 12	<b>Gulika</b> 2:25PM – 3:34PM	<b>Ashvini Until 3:59PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:27AM	Vikarin 5121
		Yama 12:05PM – 1:15PM	Parigha* Until 5:31AM Mon	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:44PM	Moon 11 - Phase 33
	721513465	<b>Rahu</b> 3:34PM – 4:44PM	Bava Until 9:47AM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi Until 10:24PM</b>	Moon – White	<b>Sivaloka Day</b>
Until 3:59PM				<b>Margasira-Karttikai</b>	
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/Krittika Nakshatra Shiva Yoga Kaulava/Taitila Karana Trayodashyam Titau	Des Moines, IA Sun 26 Sutra 239
Mesha Rasi: 20.37	Tithi 13	<b>Gulika</b> 1:15PM – 2:25PM	<b>Bharani Until 5:30PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:27AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:56AM – 12:06PM	Shiva Until 4:54AM Tue	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:44PM	Moon 11 - Phase 33
	721513465	<b>Rahu</b> 8:37AM – 9:47AM	Kaulava Until 10:55AM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 11:15PM</b>	Moon – White	<b>Sivaloka Day</b>
Until 5:30PM				<b>Margasira-Karttikai</b>	
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	Des Moines, IA Sun 27 Sutra 240
Vrishabha Rasi: 3.17	Tithi 14	<b>Gulika</b> 12:06PM – 1:16PM	<b>Krittika Until 6:18PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:28AM	Vikarin 5121
		Yama 9:47AM – 10:57AM	Siddha Until 3:49AM Wed	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:44PM	Moon 11 - Phase 33
	721513465	<b>Rahu</b> 2:25PM – 3:35PM	Gara Until 11:29AM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 11:31PM</b>	Moon – White	<b>Sivaloka Day</b>
Until 6:18PM		<b>Krittika Deepam</b>		<b>Margasira-Karttikai</b>	<b>Tour Day</b>
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	Des Moines, IA Sutra 241
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:57AM – 12:07PM	<b>Rohini Until 6:52PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 7:29AM	Vikarin 5121
Vrishabha Rasi: 16.15	Tithi 15	Yama 8:39AM – 9:48AM	Sadhya Until 2:20AM Thu	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:44PM	Moon 11 - Phase 33
	731523465	<b>Rahu</b> 12:07PM – 1:16PM	Visti Until 11:28AM	<b>Nataraja:</b> Clear	Purnima
Creative Work	Siddha Yoga		<b>Purnima* Until 11:14PM</b>	Moon – Yellow	<b>Sivaloka Day</b>
				<b>Margasira-Karttikai</b>	

<b>Thursday, December 12, 2019</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Subha Yoga Balava/Kaulava Karana Prathamayam Titau	Des Moines, IA Sutra 242
Vrishabha Rasi: 29.29	Tithi 16	<b>Gulika</b> 9:49AM – 10:58AM	<b>Mrigashira Until 6:48PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:30AM	Vikarin 5121
		Yama 7:30AM – 8:39AM	Subha Until 12:28AM Fri	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:44PM	Moon 11 - Phase 33
	732523465	<b>Rahu</b> 1:16PM – 2:26PM	Balava Until 10:55AM	<b>Nataraja:</b> Clear	Prathama
Routine Work	Marana Yoga		<b>Prathama* Until 10:27PM</b>	Moon – Yellow	<b>Devaloka Day</b>
				<b>Margasira-Karttikai</b>	

Vinayaga Viratam Begins

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

All times are standard time

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Friday, December 13, 2019

Gold Retreat Star

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

Des Moines, IA

Sun 1 Sutra 243

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Mithuna Rasi: 12.59 Tithi 17

732523465

**Gulika** 8:40AM – 9:49AM  
**Yama** 2:26PM – 3:35PM  
**Rahu** 10:58AM – 12:08PM

**Ardra** Until 6:09PM  
Sukla Until 10:15PM  
Taitila Until 9:56AM  
**Dvitiya** Until 9:16PM

**Ganesha:** Clear *Sunrise:* 7:31AM  
**Muruqa:** Clear *Sunset:* 4:44PM  
**Nataraja:** Clear  
Moon – Yellow  
**Margasira-Karttikai**

**Devaloka Day**

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

Des Moines, IA

Sun 2 Sutra 244

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Mithuna Rasi: 26.42 Tithi 18

742523465

**Gulika** 7:32AM – 8:41AM  
**Yama** 1:17PM – 2:26PM  
**Rahu** 9:50AM – 10:59AM

**Punarvasu** Until 5:29PM  
Brahma Until 7:49PM  
Vanija Until 8:34AM  
**Tritiya** Until 7:45PM

**Ganesha:** Purple *Sunrise:* 7:32AM  
**Muruqa:** Clear *Sunset:* 4:45PM  
**Nataraja:** Clear  
Moon – Blue  
**Margasira-Karttikai**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

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

Des Moines, IA

Sun 3 Sutra 245

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Kataka Rasi: 10.35 Tithi 19

742523465

**Gulika** 2:27PM – 3:36PM  
**Yama** 12:09PM – 1:18PM  
**Rahu** 3:36PM – 4:45PM

**Pushya** Until 4:25PM  
Indra Until 5:11PM  
Bava Until 6:55AM  
**Chaturthi\*** Until 6:00PM

**Ganesha:** Purple *Sunrise:* 7:32AM  
**Muruqa:** Clear *Sunset:* 4:45PM  
**Nataraja:** Clear  
Moon – Blue  
**Margasira-Karttikai**

**Bhuloka Day**

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 Taitila/Gara Karana Panchami/Shashthyam Titau

Des Moines, IA

Sun 4 Sutra 246

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Kataka Rasi: 24.36 Tithi 20 – 21

842523465

**Gulika** 1:18PM – 2:27PM  
**Yama** 11:00AM – 12:09PM  
**Rahu** 8:42AM – 9:51AM

**Ashlesha\*** Until 3:02PM  
Vaidhriti\* Until 2:24PM  
Gara Until 3:06AM Tue  
**Panchami** Until 4:04PM

**Ganesha:** Clear *Sunrise:* 7:33AM  
**Muruqa:** Clear *Sunset:* 4:45PM  
**Nataraja:** Clear  
Moon – Blue  
**Margasira-Markali**

**Devaloka Day**

Family Home Evening  
Creative Work Siddha Yoga  
Until 3:02PM  
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/Visli\* Karana Shashthi/Saptamyam Titau

Des Moines, IA

Sun 5 Sutra 247

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Simha Rasi: 8.42 Tithi 21 – 22

852523465

**Gulika** 12:10PM – 1:19PM  
**Yama** 9:52AM – 11:01AM  
**Rahu** 2:27PM – 3:36PM

**Magha\*** Until 1:50PM  
Vishkambha\* Until 11:33AM  
Visti Until 1:02AM Wed  
**Shashthi\*** Until 2:03PM

**Ganesha:** Purple *Sunrise:* 7:34AM  
**Muruqa:** Clear *Sunset:* 4:45PM  
**Nataraja:** Clear  
Moon – Red  
**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha 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

Des Moines, IA

Sun 6 Sutra 248

Vikarin 5121

Moon 12 - Phase 34

Ashtami

Simha Rasi: 22.51 Tithi 22 – 23

852523465

**Gulika** 11:01AM – 12:10PM  
**Yama** 8:43AM – 9:52AM  
**Rahu** 12:10PM – 1:19PM

**Purvaphalguni** Until 12:27PM  
Priti Until 8:40AM  
Balava Until 10:57PM  
**Saptami** Until 11:59AM

**Ganesha:** Purple *Sunrise:* 7:34AM  
**Muruqa:** Clear *Sunset:* 4:46PM  
**Nataraja:** Clear  
Moon – Red  
**Margasira-Markali**

**Bhuloka Day**

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 Saubhagya Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Des Moines, IA

Sun 7 Sutra 249

Vikarin 5121

Moon 12 - Phase 34

Navami

Kanya Rasi: 7.01 Tithi 23 – 24

852523465

**Gulika** 9:53AM – 11:02AM  
**Yama** 7:35AM – 8:44AM  
**Rahu** 1:19PM – 2:28PM

**Uttaraphalguni** Until 10:55AM  
Saubhagya Until 2:50AM Fri  
Taitila Until 8:53PM  
**Ashtami\*** Until 9:54AM

**Ganesha:** Purple *Sunrise:* 7:35AM  
**Muruqa:** Clear *Sunset:* 4:46PM  
**Nataraja:** Clear  
Moon – Red  
**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Until 10:55AM  
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

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<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		Des Moines, IA Sun 8 Sutra 250 Vikarin 5121	
Kanya Rasi: 21.09	Tithi 24 – 25	862523465	<b>Gulika</b> 8:44AM – 9:53AM <b>Yama</b> 2:29PM – 3:38PM <b>Rahu</b> 11:02AM – 12:11PM	<b>Hasta</b> <b>Until 9:41AM</b> Sobhana <b>Until 11:59PM</b> Vanija <b>Until 6:51PM</b> <b>Navami* Until 7:50AM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 7:35AM</i> <b>Muruqa:</b> Clear <i>Sunset: 4:47PM</i> <b>Nataraja:</b> Clear Moon – Green	<b>Devaloka Day</b> Moon 12 - Phase 35 2nd Phase	
Creative Work Amrita Yoga Until 9:41AM 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 Bava/Balava Karana Ekadashyam Titau		Des Moines, IA Sun 9 Sutra 251 Vikarin 5121	
Tula Rasi: 5.16	Tithi 26	862523465	<b>Gulika</b> 7:36AM – 8:45AM <b>Yama</b> 1:20PM – 2:29PM <b>Rahu</b> 9:54AM – 11:03AM	<b>Chitra</b> <b>Until 8:22AM</b> Athiganda* <b>Until 9:12PM</b> Bava <b>Until 4:54PM</b> <b>Ekadashi* Until 3:58AM Sun</b>	<b>Ganesha:</b> Clear <i>Sunrise: 7:36AM</i> <b>Muruqa:</b> Clear <i>Sunset: 4:47PM</i> <b>Nataraja:</b> Clear Moon – Green	<b>Devaloka Day</b> Moon 12 - Phase 35 2nd Phase	
Routine Work Marana Yoga Until 8:22AM Then Creative Work - Siddha Yoga		Day 1 of Pancha Ganapati		Margasira*Markali			

<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/Taitila Karana Dvadashyam Titau		Des Moines, IA Sun 10 Sutra 252 Vikarin 5121	
Tula Rasi: 19.17	Tithi 27	862523465	<b>Gulika</b> 2:30PM – 3:39PM <b>Yama</b> 12:12PM – 1:21PM <b>Rahu</b> 3:39PM – 4:48PM	<b>Svati</b> <b>Until 7:03AM</b> Sukarma <b>Until 6:33PM</b> Kaulava <b>Until 3:07PM</b> <b>Dvadashi* Until 2:17AM Mon</b>	<b>Ganesha:</b> Clear <i>Sunrise: 7:36AM</i> <b>Muruqa:</b> Clear <i>Sunset: 4:48PM</i> <b>Nataraja:</b> Clear Moon – Green	<b>Devaloka Day</b> Moon 12 - Phase 35 2nd Phase	
Creative Work Siddha Yoga Until 7:03AM Then Routine Work - Marana Yoga		Day 2 of Pancha Ganapati		Margasira*Markali			

<b>4</b>		<b>Monday, December 23, 2019</b>		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Des Moines, IA Sun 11 Sutra 253 Vikarin 5121	
Vrischika Rasi: 3.12	Tithi 28	872523465	<b>Gulika</b> 1:21PM – 2:30PM <b>Yama</b> 11:04AM – 12:13PM <b>Rahu</b> 8:46AM – 9:55AM	<b>Vishakha</b> <b>Until 6:13AM</b> Dhriti <b>Until 4:07PM</b> Gara <b>Until 1:34PM</b> <b>Trayodashi* Until 12:52AM Tue</b>	<b>Ganesha:</b> White <i>Sunrise: 7:37AM</i> <b>Muruqa:</b> Clear <i>Sunset: 4:48PM</i> <b>Nataraja:</b> Clear Moon – Orange	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Family Home Evening Routine Work Marana Yoga Until 6:13AM Then Creative Work - Siddha Yoga		Day 3 of Pancha Ganapati		Margasira*Markali <i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Tuesday, December 24, 2019</b>		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Shula*/Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Des Moines, IA Sun 12 Sutra 254 Vikarin 5121	
Vrischika Rasi: 16.56	Tithi 29	872523465	<b>Gulika</b> 12:13PM – 1:22PM <b>Yama</b> 9:55AM – 11:04AM <b>Rahu</b> 2:31PM – 3:40PM	<b>Jyeshtha*</b> <b>Until 5:02AM Wed</b> Shula* <b>Until 1:54PM</b> Visti <b>Until 12:19PM</b> <b>Chaturdashi* Until 11:49PM</b>	<b>Ganesha:</b> White <i>Sunrise: 7:37AM</i> <b>Muruqa:</b> Clear <i>Sunset: 4:49PM</i> <b>Nataraja:</b> Clear Moon – Orange	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Routine Work Marana Yoga		Day 4 of Pancha Ganapati		Margasira*Markali			

		<b>Wednesday, December 25, 2019</b>		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Des Moines, IA Sun 13 Sutra 255 Vikarin 5121	
<b>Retreat Star</b>		Dhanus Rasi: 0.26 Tithi 30		883523465	<b>Gulika</b> 11:05AM – 12:14PM <b>Yama</b> 8:47AM – 9:56AM <b>Rahu</b> 12:14PM – 1:23PM	<b>Mula*</b> <b>Until 5:19AM Thu</b> Ganda* <b>Until 12:02PM</b> Catuspada <b>Until 11:29AM</b> <b>Amavasya* Until 11:14PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 7:38AM</i> <b>Muruqa:</b> Clear <i>Sunset: 4:49PM</i> <b>Nataraja:</b> Clear Moon – Light Blue
Routine Work Marana Yoga Until 5:19AM Thu Then Creative Work - Siddha Yoga		Day 5 of Pancha Ganapati		Margasira*Markali		<b>Devaloka Day</b>	

<b>Thursday, December 26, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Vridhhi/Dhruva Yoga Kintughna*/Bava Karana Prathamayam Titau		Des Moines, IA Sun 14 Sutra 256 Vikarin 5121	
Dhanus Rasi: 13.41	Tithi 1	883523466	<b>Gulika</b> 9:56AM – 11:05AM <b>Yama</b> 7:38AM – 8:47AM <b>Rahu</b> 1:23PM – 2:32PM	<b>Purvashadha*</b> <b>Until 6:00AM Fri</b> Vridhhi <b>Until 10:34AM</b> Kintughna <b>Until 11:09AM</b> <b>Prathama* Until 11:10PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 7:38AM</i> <b>Muruqa:</b> Clear <i>Sunset: 4:50PM</i> <b>Nataraja:</b> Orange Moon – Light Blue	<b>Devaloka Day</b> Pausha*Markali	
Creative Work Siddha Yoga Until 6:00AM Fri Then Routine Work - Marana Yoga		Annular Solar Eclipse					

<b>1</b>		<b>Friday, December 27, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva/Vyaghata* Yoga Balava/Kaulava Karana Dviliyayam Titau				Des Moines, IA
Dhanus Rasi: 26.4	Tithi 2	<b>Gulika</b> 8:47AM – 9:57AM	<b>Purvashadha* Until 6:00AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:38AM	Sun 15	Sutra 257	Vikarin 5121
		Yama 2:33PM – 3:42PM	Dhruva Until 9:31AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:51PM			Moon 12 - Phase 36
Routine Work	Marana Yoga	883523466 <b>Rahu</b> 11:06AM – 12:15PM	Balava Until 11:22AM	<b>Nataraja:</b> Orange				3rd Phase
			<b>Dvitiya Until 11:42PM</b>	Moon – Light Blue				<b>Devaloka Day</b>
				<b>Pausha-Markali</b>				

<b>2</b>		<b>Saturday, December 28, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata*/Harshana Yoga Taitila/Gara Karana Triliyayam Titau				Des Moines, IA
Makara Rasi: 9.21	Tithi 3	<b>Gulika</b> 7:39AM – 8:48AM	<b>Uttarashadha Until 7:04AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:39AM	Sun 16	Sutra 258	Vikarin 5121
		Yama 1:24PM – 2:33PM	Vyaghata* Until 8:56AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:51PM			Moon 12 - Phase 36
Routine Work	Marana Yoga	883523466 <b>Rahu</b> 9:57AM – 11:06AM	Taitila Until 12:12PM	<b>Nataraja:</b> Orange				3rd Phase
Until 7:04AM			<b>Tritiya Until 12:49AM Sun</b>	Moon – Light Blue				<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				<b>Pausha-Markali</b>				

<b>3</b>		<b>Sunday, December 29, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Chaturthyam Titau				Des Moines, IA
Makara Rasi: 21.46	Tithi 4	<b>Gulika</b> 2:34PM – 3:43PM	<b>Shravana Until 9:02AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:39AM	Sun 17	Sutra 259	Vikarin 5121
		Yama 12:16PM – 1:25PM	Harshana Until 8:48AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:52PM			Moon 12 - Phase 36
Creative Work	Amrita Yoga	893523466 <b>Rahu</b> 3:43PM – 4:52PM	Vanija Until 1:37PM	<b>Nataraja:</b> Orange				3rd Phase
Until 9:02AM			<b>Chaturthi* Until 2:29AM Mon</b>	Moon – Purple				<b>Devaloka Day</b>
Then Routine Work - Marana Yoga				<b>Pausha-Markali</b>				

<b>4</b>		<b>Monday, December 30, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau				Des Moines, IA
Kumbha Rasi: 3.58	Tithi 5	<b>Gulika</b> 1:25PM – 2:34PM	<b>Dhanishtha Until 11:20AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:39AM	Sun 18	Sutra 260	Vikarin 5121
Family Home Evening		Yama 11:07AM – 12:16PM	Vajra* Until 9:03AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:53PM			Moon 12 - Phase 36
Creative Work	Siddha Yoga	893523466 <b>Rahu</b> 8:48AM – 9:58AM	Bava Until 3:31PM	<b>Nataraja:</b> Orange				3rd Phase
			<b>Panchami Until 4:36AM Tue</b>	Moon – Purple				<b>Devaloka Day</b>
				<b>Pausha-Markali</b>				

<b>5</b>		<b>Tuesday, December 31, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Des Moines, IA
Kumbha Rasi: 16	Tithi 6	<b>Gulika</b> 12:17PM – 1:26PM	<b>Shatabhishak Until 1:50PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:39AM	Sun 19	Sutra 261	Vikarin 5121
		Yama 9:58AM – 11:07AM	Siddhi Until 9:36AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:54PM			Moon 12 - Phase 36
Routine Work	Marana Yoga	893523466 <b>Rahu</b> 2:35PM – 3:44PM	Kaulava Until 5:48PM	<b>Nataraja:</b> Orange				3rd Phase
			<b>Shashthi* Until 7:01AM Wed</b>	Moon – Purple				<b>Devaloka Day</b>
				<b>Pausha-Markali</b>				

<b>6</b>		<b>Wednesday, January 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyatipata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Des Moines, IA
Kumbha Rasi: 27.56	Tithi 6 – 7	<b>Gulika</b> 11:08AM – 12:18PM	<b>Purvaproshtapada* Until 4:54PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:40AM	Sun 20	Sutra 262	Vikarin 5121
		Yama 8:49AM – 9:59AM	Vyatipata* Until 10:21AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:55PM			Moon 12 - Phase 36
Creative Work	Amrita Yoga	813623466 <b>Rahu</b> 12:18PM – 1:27PM	Gara Until 8:17PM	<b>Nataraja:</b> Orange				3rd Phase
Until 4:54PM			<b>Shashthi* Until 7:01AM</b>	Moon – Clear				<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga		<b>Vinayaga Viratam Ends</b>		<b>Pausha-Markali</b>				Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Thursday, January 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Des Moines, IA
Meena Rasi: 9.49	Tithi 7 – 8	<b>Gulika</b> 9:59AM – 11:08AM	<b>Uttaraproshtapada Until 7:48PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:40AM	Sun 21	Sutra 263	Vikarin 5121
		Yama 7:40AM – 8:49AM	Variyan Until 11:08AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:56PM			Moon 12 - Phase 36
Creative Work	Siddha Yoga	813623466 <b>Rahu</b> 1:28PM – 2:37PM	Visti Until 10:46PM	<b>Nataraja:</b> Orange				Ashtami
			<b>Saptami Until 9:31AM</b>	Moon – Clear				<b>Bhuloka Day</b>
				<b>Pausha-Markali</b>				Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Friday, January 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Des Moines, IA
Meena Rasi: 21.43	Tithi 8 – 9	<b>Gulika</b> 8:49AM – 9:59AM	<b>Revati Until 10:23PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:40AM	Sun 22	Sutra 264	Vikarin 5121
		Yama 2:38PM – 3:47PM	Parigha* Until 11:51AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:57PM			Moon 12 - Phase 36
Creative Work	Siddha Yoga	813623466 <b>Rahu</b> 11:09AM – 12:18PM	Balava Until 1:02AM Sat	<b>Nataraja:</b> Orange				Navami
Until 10:23PM			<b>Ashtami* Until 11:55AM</b>	Moon – Clear				<b>Bhuloka Day</b>
Then Creative Work - Amrita Yoga				<b>Pausha-Markali</b>				Devaloka Time: 3:PM to 6:PM

To such a one who has his stains wiped away, the venerable Sanatkumara shows the further shore of darkness. Him they call Skanda. Sama Veda Chandu

<b>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	Des Moines, IA Sun 23 Sutra 265 Vikarin 5121
Mesha Rasi: 3.44	Tithi 9 – 10	823623466	<b>Gulika</b> 7:40AM – 8:50AM <b>Yama</b> 1:29PM – 2:39PM <b>Rahu</b> 9:59AM – 11:09AM	<b>Ashvini Until 12:54AM Sun</b> Shiva Until 12:21PM Taitila Until 2:54AM Sun Navami* Until 2:01PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 7:40AM <b>Muruqa:</b> Clear <i>Sunset:</i> 4:58PM <b>Nataraja:</b> Orange Moon – White <b>Devaloka Day</b> Pausha-Markali
Creative Work Siddha Yoga		Until 12:54AM 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	Des Moines, IA Sun 24 Sutra 266 Vikarin 5121
Mesha Rasi: 15.56	Tithi 10 – 11	823623466	<b>Gulika</b> 2:39PM – 3:49PM <b>Yama</b> 12:19PM – 1:29PM <b>Rahu</b> 3:49PM – 4:59PM	<b>Bharani Until 2:44AM Mon</b> Siddha Until 12:27PM Vanija Until 4:11AM Mon Dashami Until 3:36PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 7:40AM <b>Muruqa:</b> Clear <i>Sunset:</i> 4:59PM <b>Nataraja:</b> Orange Moon – White <b>Devaloka Day</b> Pausha-Markali
Routine Work Prabalarishta Yoga		Until 2:44AM Mon		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	Des Moines, IA Sun 25 Sutra 267 Vikarin 5121
Mesha Rasi: 28.22	Tithi 11 – 12	823623466	<b>Gulika</b> 1:30PM – 2:40PM <b>Yama</b> 11:10AM – 12:20PM <b>Rahu</b> 8:50AM – 10:00AM	<b>Krittika Until 3:45AM Tue</b> Sadhya Until 12:06PM Bava Until 4:47AM Tue Ekadashi Until 4:33PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 7:40AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:00PM <b>Nataraja:</b> Orange Moon – White <b>Devaloka Day</b> Pausha-Markali
Family Home Evening		Until 3:45AM Tue		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	Des Moines, IA Sun 26 Sutra 268 Vikarin 5121
Vrishabha Rasi: 11.07	Tithi 12 – 13	833623466	<b>Gulika</b> 12:20PM – 1:30PM <b>Yama</b> 10:00AM – 11:10AM <b>Rahu</b> 2:41PM – 3:51PM	<b>Rohini Until 4:22AM Wed</b> Subha Until 11:13AM Kaulava Until 4:38AM Wed Dvadashi Until 4:47PM	<b>Ganesha:</b> White <i>Sunrise:</i> 7:39AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:01PM <b>Nataraja:</b> Orange Moon – Yellow <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM Pausha-Markali
Creative Work Amrita Yoga		Until 4:22AM Wed		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	Des Moines, IA Sun 27 Sutra 269 Vikarin 5121
Vrishabha Rasi: 24.13	Tithi 13 – 14	833623466	<b>Gulika</b> 11:10AM – 12:21PM <b>Yama</b> 8:50AM – 10:00AM <b>Rahu</b> 12:21PM – 1:31PM	<b>Mrigashira Until 4:09AM Thu</b> Sukla Until 9:44AM Gara Until 3:48AM Thu Trayodashi Until 4:17PM	<b>Ganesha:</b> White <i>Sunrise:</i> 7:39AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:02PM <b>Nataraja:</b> Orange Moon – Yellow <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM Pausha-Markali
Creative Work Siddha Yoga		Until 4:09AM Thu		Then Routine Work - Marana Yoga	
<b>○</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	Des Moines, IA Sutra 270 Vikarin 5121
Mithuna Rasi: 7.43	Tithi 14 – 15	834623466	<b>Gulika</b> 10:00AM – 11:11AM <b>Yama</b> 7:39AM – 8:50AM <b>Rahu</b> 1:32PM – 2:42PM	<b>Ardra Until 3:10AM Fri</b> Brahma Until 7:44AM Visti Until 2:19AM Fri Chaturdashi* Until 3:07PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 7:39AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:03PM <b>Nataraja:</b> Orange Moon – Yellow <b>Devaloka Day</b> Pausha-Markali
Routine Work Marana Yoga		Until 3:10AM Fri		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 Vaidhriti* Yoga Bava/Balava Karana Purnima/Prathamayam Titau	Des Moines, IA Sutra 271 Vikarin 5121
Mithuna Rasi: 21.34	Tithi 15 – 16	844623466	<b>Gulika</b> 8:49AM – 10:00AM <b>Yama</b> 2:43PM – 3:54PM <b>Rahu</b> 11:11AM – 12:21PM	<b>Punarvasu Until 1:59AM Sat</b> Vaidhriti* Until 2:22AM Sat Balava Until 12:20AM Sat Purnima* Until 1:22PM	<b>Ganesha:</b> White <i>Sunrise:</i> 7:39AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:04PM <b>Nataraja:</b> Orange Moon – Blue <b>Sivaloka Day</b> Pausha-Markali
Creative Work Siddha Yoga		Penumbra Lunar Eclipse			

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

All times are standard time

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Saturday, January 11, 2020

Gold Retreat Star

Kataka Rasi: 5.43      Tithi 16 – 17

844623466

Creative Work      Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam  
Pushya Nakshatra Vishkambha\* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

**Gulika** 7:39AM – 8:49AM  
Yama 1:33PM – 2:44PM  
**Rahu** 10:00AM – 11:11AM

**Pushya Until 12:17AM Sun**  
Vishkambha\* Until 11:12PM  
Taitila Until 9:58PM  
**Prathama\* Until 11:10AM**

**Ganesha:** White      *Sunrise:* 7:39AM  
**Muruḡa:** Clear      *Sunset:* 5:05PM  
**Nataraja:** Orange  
Moon – Blue  
**Pausha-Markali**

**Sivaloka Day**

Des Moines, IA  
Sun 1      Sutra 272  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

1

Sunday, January 12, 2020

Kataka Rasi: 20.06      Tithi 17 – 18

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Creative Work      Siddha Yoga

Until 10:13PM

Then Routine Work - Marana Yoga

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

**Gulika** 2:44PM – 3:55PM  
Yama 12:22PM – 1:33PM  
**Rahu** 3:55PM – 5:06PM

**Ashlesha\* Until 10:13PM**  
Priti Until 7:51PM  
Vanija Until 7:21PM  
**Dvitiya Until 8:40AM**

**Ganesha:** White      *Sunrise:* 7:38AM  
**Muruḡa:** Clear      *Sunset:* 5:06PM  
**Nataraja:** Orange  
Moon – Blue  
**Pausha-Markali**

**Sivaloka Day**

Des Moines, IA  
Sun 2      Sutra 273  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

2

Monday, January 13, 2020

Simha Rasi: 4.37      Tithi 19

Family Home Evening

854623466

Routine Work      Marana Yoga

Until 8:21PM

Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Magha\* Nakshatra Ayushman/Saubhagya Yoga Bava/Balava Karana Chaturthyam Titau

**Gulika** 1:34PM – 2:45PM  
Yama 11:11AM – 12:23PM  
**Rahu** 8:49AM – 10:00AM

**Magha\* Until 8:21PM**  
Ayushman Until 4:24PM  
Balava Until 4:39PM  
**Chaturthi\* Until 3:16AM Tue**

**Ganesha:** Clear      *Sunrise:* 7:38AM  
**Muruḡa:** Clear      *Sunset:* 5:07PM  
**Nataraja:** Orange  
Moon – Red  
**Pausha-Markali**

**Devaloka Day**

Des Moines, IA  
Sun 3      Sutra 274  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

3

Tuesday, January 14, 2020

Simha Rasi: 19.1      Tithi 20

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Creative Work      Siddha Yoga

Until 6:23PM

Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvaphalguni Nakshatra Saubhagya/Sobhana Yoga Kaulava/Taitila Karana Panchamyam Titau

**Gulika** 12:23PM – 1:34PM  
Yama 10:00AM – 11:12AM  
**Rahu** 2:46PM – 3:57PM

**Thai Pongal**

**Purvaphalguni Until 6:23PM**  
Saubhagya Until 12:58PM  
Kaulava Until 1:57PM  
**Panchami Until 12:38AM Wed**

**Ganesha:** Clear      *Sunrise:* 7:37AM  
**Muruḡa:** Clear      *Sunset:* 5:09PM  
**Nataraja:** Orange  
Moon – Red  
**Pausha-Thai**

**Devaloka Day**

Des Moines, IA  
Sun 4      Sutra 275  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

4

Wednesday, January 15, 2020

Kanya Rasi: 3.39      Tithi 21

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Creative Work      Amrita Yoga

Until 4:26PM

Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttaraphalguni/Hasta Nakshatra Sobhana/Athiganda\* Yoga Gara/Vanija Karana Shashthyam Titau

**Gulika** 11:12AM – 12:23PM  
Yama 8:49AM – 10:00AM  
**Rahu** 12:23PM – 1:35PM

**Uttaraphalguni Until 4:26PM**  
Sobhana Until 9:40AM  
Gara Until 11:24AM  
**Shashthi\* Until 10:11PM**

**Ganesha:** Clear      *Sunrise:* 7:37AM  
**Muruḡa:** Clear      *Sunset:* 5:10PM  
**Nataraja:** Orange  
Moon – Red  
**Pausha-Thai**

**Devaloka Day**

Des Moines, IA  
Sun 5      Sutra 276  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

5

Thursday, January 16, 2020

Kanya Rasi: 17.59      Tithi 22

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Routine Work      Marana Yoga

Until 3:00PM

Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam  
Hasta/Chitra Nakshatra Athiganda\*/Sukarma Yoga Visti\*/Bava Karana Saptamyam Titau

**Gulika** 10:00AM – 11:12AM  
Yama 7:37AM – 8:48AM  
**Rahu** 1:36PM – 2:47PM

**Hasta Until 3:00PM**  
Athiganda\* Until 6:30AM  
Visti Until 9:04AM  
**Saptami Until 7:59PM**

**Ganesha:** Purple      *Sunrise:* 7:37AM  
**Muruḡa:** Clear      *Sunset:* 5:11PM  
**Nataraja:** Orange  
Moon – Green  
**Pausha-Thai**

**Sivaloka Day**

Des Moines, IA  
Sun 6      Sutra 277  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

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Friday, January 17, 2020

Retreat Star

Tula Rasi: 2.08      Tithi 23

864623466

Creative Work      Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam  
Chitra/Svati Nakshatra Dhriti Yoga Balava/Kaulava Karana Ashtamyam Titau

**Gulika** 8:48AM – 10:00AM  
Yama 2:48PM – 4:00PM  
**Rahu** 11:12AM – 12:24PM

**Chitra Until 1:43PM**  
Dhriti Until 12:56AM Sat  
Balava Until 7:01AM  
**Ashtami\* Until 6:06PM**

**Ganesha:** Purple      *Sunrise:* 7:36AM  
**Muruḡa:** Clear      *Sunset:* 5:12PM  
**Nataraja:** Orange  
Moon – Green  
**Pausha-Thai**

**Sivaloka Day**

Des Moines, IA  
Sun 7      Sutra 278  
Vikarin 5121  
Moon 1 - Phase 38  
Ashtami

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 16.05      Tithi 24 – 25

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Creative Work      Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Svati/Vishakha Nakshatra Shula\* Yoga Gara/Vanija Karana Navami/Dashamyam Titau

**Gulika** 7:35AM – 8:48AM  
Yama 1:37PM – 2:49PM  
**Rahu** 10:00AM – 11:12AM

**Svati Until 12:39PM**  
Shula\* Until 10:33PM  
Vanija Until 3:58AM Sun  
**Navami\* Until 4:35PM**

**Ganesha:** Purple      *Sunrise:* 7:35AM  
**Muruḡa:** Clear      *Sunset:* 5:13PM  
**Nataraja:** Orange  
Moon – Green  
**Pausha-Thai**

**Sivaloka Day**


Des Moines, IA  
Sun 8      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	Des Moines, IA Sun 9 Sutra 280 Vikarin 5121
Tula Rasi: 29.48	Tithi 25 – 26	<b>Gulika</b> 2:50PM – 4:02PM	<b>Vishakha</b> Until 12:14PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:35AM	Moon 1 - Phase 39
		Yama 12:25PM – 1:37PM	Ganda* Until 8:30PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:14PM	2nd Phase
		874623466 <b>Rahu</b> 4:02PM – 5:14PM	Bava Until 3:01AM Mon	<b>Nataraja:</b> Orange	
Routine Work	Marana Yoga		Dashami Until 3:26PM	Moon – Orange	<b>Devaloka Day</b>
				Pausha*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	Des Moines, IA Sun 10 Sutra 281 Vikarin 5121
Vrischika Rasi: 13.17	Tithi 26 – 27	<b>Gulika</b> 1:38PM – 2:50PM	<b>Anuradha</b> Until 12:02PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:34AM	Moon 1 - Phase 39
<b>Family Home Evening</b>		Yama 11:12AM – 12:25PM	Vriddhi Until 6:45PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:16PM	2nd Phase
		874623466 <b>Rahu</b> 8:47AM – 10:00AM	Kaulava Until 2:27AM Tue	<b>Nataraja:</b> Orange	
Creative Work	Siddha Yoga		Ekadashi* Until 2:40PM	Moon – Orange	<b>Devaloka Day</b>
				Pausha*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/Vyaghata* Yoga Taitila/Gara Karana Dvadashti/Trayodashyam Titau	Des Moines, IA Sun 11 Sutra 282 Vikarin 5121
Vrischika Rasi: 26.34	Tithi 27 – 28	<b>Gulika</b> 12:25PM – 1:38PM	<b>Jyeshtha*</b> Until 12:05PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 7:34AM	Moon 1 - Phase 39
		Yama 9:59AM – 11:12AM	Dhruva Until 5:17PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:17PM	2nd Phase
		875623466 <b>Rahu</b> 2:51PM – 4:04PM	Gara Until 2:18AM Wed	<b>Nataraja:</b> Orange	
Routine Work	Marana Yoga		Dvadashti* Until 2:18PM	Moon – Orange	<b>Bhuloka Day</b>
Until 12:05PM				Pausha*Thai	Devaloka Time: 3:PM to 6:PM
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	Des Moines, IA Sun 12 Sutra 283 Vikarin 5121
Dhanus Rasi: 9.38	Tithi 28 – 29	<b>Gulika</b> 11:12AM – 12:26PM	<b>Mula*</b> Until 12:51PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 7:33AM	Moon 1 - Phase 39
		Yama 8:46AM – 9:59AM	Vyaghata* Until 4:10PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:18PM	2nd Phase
		885623466 <b>Rahu</b> 12:26PM – 1:39PM	Visti Until 2:34AM Thu	<b>Nataraja:</b> Orange	
Routine Work	Marana Yoga		Trayodashi* Until 2:21PM	Moon – Light Blue	<b>Bhuloka Day</b>
Until 12:51PM				Pausha*Thai	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

		<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	Des Moines, IA Sun 13 Sutra 284 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 9:59AM – 11:12AM	<b>Purvashadha*</b> Until 1:51PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 7:32AM	Moon 1 - Phase 39
Dhanus Rasi: 22.29	Tithi 29 – 30	Yama 7:32AM – 8:46AM	Harshana Until 3:23PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:19PM	Amavasya
		885623466 <b>Rahu</b> 1:39PM – 2:53PM	Catuspada Until 3:15AM Fri	<b>Nataraja:</b> Orange	
Creative Work	Siddha Yoga		Chaturdashi* Until 2:50PM	Moon – Light Blue	<b>Bhuloka Day</b>
Until 1:51PM				Pausha*Thai	Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga					

<b>Retreat Star</b>		<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	Des Moines, IA Sun 14 Sutra 285 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 8:45AM – 9:59AM	<b>Uttarashadha</b> Until 3:07PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 7:31AM	Moon 1 - Phase 39
Makara Rasi: 5.08	Tithi 30 – 1	Yama 2:53PM – 4:07PM	Vajra* Until 2:54PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:21PM	Prathama
		885623466 <b>Rahu</b> 11:12AM – 12:26PM	Kintughna Until 4:23AM Sat	<b>Nataraja:</b> Orange	
Routine Work	Marana Yoga		Amavasya* Until 3:44PM	Moon – Light Blue	<b>Bhuloka Day</b>
				Magha*Thai	Devaloka Time: 3:PM to 6:PM

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

1	<b>Saturday, January 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Siddhi/Vyatipata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Des Moines, IA
	Makara Rasi: 17.37	Tithi 1 – 2	995623466	Gulika 7:31AM – 8:45AM Yama 1:40PM – 2:54PM Rahu 9:58AM – 11:12AM	Shravana Until 5:08PM Siddhi Until 2:46PM Balava Until 5:56AM Sun Prathama* Until 5:05PM	Ganesha: Light Blue Muruga: Clear Nataraja: Orange Moon – Purple Magha*Thai	Sunrise: 7:31AM Sunset: 5:22PM Moon 1 - Phase 40 3rd Phase
	Creative Work	Siddha Yoga				<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM

2	<b>Sunday, January 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata*/Vriyan Yoga Kaulava Karana Dvitiyayam Titau				Des Moines, IA
	Makara Rasi: 29.53	Tithi 2	995723466	Gulika 2:55PM – 4:09PM Yama 12:26PM – 1:41PM Rahu 4:09PM – 5:23PM	Dhanishtha Until 7:21PM Vyatipata* Until 2:57PM Kaulava Until 6:50PM Dvitiya Until 6:50PM	Ganesha: Orange Muruga: Clear Nataraja: Orange Moon – Purple Magha*Thai	Sunrise: 7:30AM Sunset: 5:23PM Moon 1 - Phase 40 3rd Phase
	Routine Work	Marana Yoga				<b>Devaloka Day</b>	
	Until 7:21PM	Then Creative Work - Siddha Yoga					

3	<b>Monday, January 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Vriyan/Parigha* Yoga Tailila/Gara Karana Tritiyayam Titau				Des Moines, IA
	Kumbha Rasi: 12.01	Tithi 3	995723466	Gulika 1:41PM – 2:55PM Yama 11:12AM – 12:27PM Rahu 8:43AM – 9:58AM	Shatabhishak Until 9:45PM Vriyan Until 3:23PM Tailila Until 7:52AM Tritiya Until 8:56PM	Ganesha: Orange Muruga: Clear Nataraja: Orange Moon – Purple Magha*Thai	Sunrise: 7:29AM Sunset: 5:24PM Moon 1 - Phase 40 3rd Phase
	Family Home Evening	Siddha Yoga				<b>Devaloka Day</b>	
	Until 9:45PM	Then Routine Work - Marana Yoga					

4	<b>Tuesday, January 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturthayam Titau				Des Moines, IA
	Kumbha Rasi: 24.01	Tithi 4	915723466	Gulika 12:27PM – 1:41PM Yama 9:58AM – 11:12AM Rahu 2:56PM – 4:11PM	Purvaproshtapada* Until 12:44AM We Parigha* Until 4:02PM Vanija Until 10:06AM Chaturthi* Until 11:18PM	Ganesha: Green Muruga: Clear Nataraja: Orange Moon – Clear Magha*Thai	Sunrise: 7:28AM Sunset: 5:25PM Moon 1 - Phase 40 3rd Phase
	Routine Work	Marana Yoga				<b>Sivaloka Day</b>	
	Until 12:44AM Wed	Then Creative Work - Siddha Yoga					

5	<b>Wednesday, January 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau				Des Moines, IA
	Meena Rasi: 5.56	Tithi 5	915723466	Gulika 11:12AM – 12:27PM Yama 8:42AM – 9:57AM Rahu 12:27PM – 1:42PM	Uttaraproshtapada Until 3:41AM Thu Shiva Until 4:51PM Bava Until 12:34PM Panchami Until 1:49AM Thu	Ganesha: Green Muruga: Clear Nataraja: Orange Moon – Clear Magha*Thai	Sunrise: 7:27AM Sunset: 5:27PM Moon 1 - Phase 40 3rd Phase
	Creative Work	Siddha Yoga				<b>Sivaloka Day</b>	

6	<b>Thursday, January 30, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Siddha/Sadhya Yoga Kaulava/Tailila Karana Shashthyam Titau				Des Moines, IA
	Meena Rasi: 17.48	Tithi 6	916723466	Gulika 9:57AM – 11:12AM Yama 7:26AM – 8:42AM Rahu 1:42PM – 2:58PM	Revati Until 6:26AM Fri Siddha Until 5:40PM Kaulava Until 3:06PM Shashthi* Until 4:19AM Fri	Ganesha: Orange Muruga: Clear Nataraja: Orange Moon – Clear Magha*Thai	Sunrise: 7:26AM Sunset: 5:28PM Moon 1 - Phase 40 3rd Phase
	Creative Work	Siddha Yoga				<b>Devaloka Day</b>	
	Until 6:26AM Fri	Then Creative Work - Amrita Yoga					

<b>Friday, January 31, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Gara/Vanija Karana Saptamyam Titau				Des Moines, IA
<b>Retreat Star</b>		916723466	Gulika 8:41AM – 9:56AM Yama 2:58PM – 4:14PM Rahu 11:12AM – 12:27PM	Revati Until 6:26AM Sadhya Until 6:25PM Gara Until 5:32PM Saptami Until 6:38AM Sat	Ganesha: Orange Muruga: Clear Nataraja: Orange Moon – Clear Magha*Thai	Sunrise: 7:25AM Sunset: 5:29PM Moon 1 - Phase 40 3rd Phase
Creative Work	Siddha Yoga				<b>Devaloka Day</b>	
Until 6:26AM	Then Creative Work - Amrita Yoga					

D	<b>Saturday, February 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Des Moines, IA
	<b>Retreat Star</b>		926723466	Gulika 7:25AM – 8:41AM Yama 1:43PM – 2:58PM Rahu 9:56AM – 11:12AM	Ashvini Until 9:20AM Subha Until 6:57PM Visti Until 7:40PM Saptami Until 6:38AM	Ganesha: Green Muruga: Clear Nataraja: Orange Moon – White Magha*Thai	Sunrise: 7:25AM Sunset: 5:29PM Moon 1 - Phase 40 Ashtami
	Creative Work	Siddha Yoga				<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM

<b>Sunday, February 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Des Moines, IA
<b>Retreat Star</b>		926723466	Gulika 2:59PM – 4:15PM Yama 12:27PM – 1:43PM Rahu 4:15PM – 5:31PM	Bharani Until 11:39AM Sukla Until 7:05PM Balava Until 9:18PM Ashtami* Until 8:32AM	Ganesha: Green Muruga: Clear Nataraja: Orange Moon – White Magha*Thai	Sunrise: 7:24AM Sunset: 5:31PM Moon 1 - Phase 40 Navami
Routine Work	Prabalarishta Yoga				<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Until 11:39AM	Then Creative Work - Siddha Yoga					

<b>Monday, February 3, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Des Moines, IA Sun 24 Sutra 295
<b>1</b>		<b>Gulika</b> 1:44PM – 3:00PM	<b>Krittika</b> <b>Until 1:12PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 7:23AM	Vikarin 5121
Vrishabha Rasi: 6.08	Tithi 9 – 10	Yama 11:12AM – 12:28PM	Brahma <b>Until 6:42PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:32PM	Moon 1 - Phase 41
<b>Family Home Evening</b>	926723466	<b>Rahu</b> 8:39AM – 9:55AM	Taitila <b>Until 10:13PM</b>	<b>Nataraja:</b> Orange		4th Phase
Routine Work	Marana Yoga		<b>Navami* Until 9:50AM</b>	Moon – White		<b>Bhuloka Day</b>
Until 1:12PM				<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 Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Des Moines, IA Sun 25 Sutra 296
<b>2</b>		<b>Gulika</b> 12:28PM – 1:44PM	<b>Rohini</b> <b>Until 2:20PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:22AM	Vikarin 5121
Vrishabha Rasi: 18.49	Tithi 10 – 11	Yama 9:55AM – 11:11AM	Indra <b>Until 5:44PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:33PM	Moon 1 - Phase 41
	936723467	<b>Rahu</b> 3:00PM – 4:17PM	Vanija <b>Until 10:19PM</b>	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Amrita Yoga		<b>Dashami Until 10:21AM</b>	Moon – Yellow		<b>Devaloka Day</b>
Until 2:20PM				<b>Magha-Thai</b>		
Then Creative Work - Siddha Yoga						

<b>Wednesday, February 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Des Moines, IA Sun 26 Sutra 297
<b>3</b>		<b>Gulika</b> 11:11AM – 12:28PM	<b>Mrigashira</b> <b>Until 2:29PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:21AM	Vikarin 5121
Mithuna Rasi: 1.55	Tithi 11 – 12	Yama 8:38AM – 9:54AM	Vaidhriti* <b>Until 4:05PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:34PM	Moon 1 - Phase 41
	936723467	<b>Rahu</b> 12:28PM – 1:44PM	Bava <b>Until 9:35PM</b>	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi Until 10:02AM</b>	Moon – Yellow		<b>Devaloka Day</b>
				<b>Magha-Thai</b>		

<b>Thursday, February 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Des Moines, IA Sun 27 Sutra 298
<b>4</b>		<b>Gulika</b> 9:54AM – 11:11AM	<b>Ardra</b> <b>Until 1:41PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:20AM	Vikarin 5121
Mithuna Rasi: 15.28	Tithi 12 – 13	Yama 7:20AM – 8:37AM	Vishkambha* <b>Until 1:48PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:36PM	Moon 1 - Phase 41
	936723467	<b>Rahu</b> 1:45PM – 3:02PM	Kaulava <b>Until 8:03PM</b>	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Dvadashi Until 8:54AM</b>	Moon – Yellow		<b>Devaloka Day</b>
Until 1:41PM				<b>Magha-Thai</b>		
Then Creative Work - Amrita Yoga						
						<i>Pradosha Vrata</i>

<b>Friday, February 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau				Des Moines, IA Sun 28 Sutra 299
<b>5</b>		<b>Gulika</b> 8:36AM – 9:53AM	<b>Punarvasu</b> <b>Until 12:28PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:19AM	Vikarin 5121
Mithuna Rasi: 29.28	Tithi 13 – 14	Yama 3:02PM – 4:20PM	Priti <b>Until 10:57AM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:37PM	Moon 1 - Phase 41
	947723467	<b>Rahu</b> 11:11AM – 12:28PM	Vanija <b>Until 4:29AM Sat</b>	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 7:00AM</b>	Moon – Blue		<b>Bhuloka Day</b>
Until 12:28PM		<b>Thai Pusam</b>		<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 Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau				Des Moines, IA Sun 29 Sutra 300
<b>6</b>		<b>Gulika</b> 7:18AM – 8:35AM	<b>Pushya</b> <b>Until 10:31AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:18AM	Vikarin 5121
Kataka Rasi: 13.54	Tithi 15	Yama 1:45PM – 3:03PM	Ayushman <b>Until 7:36AM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:38PM	Moon 1 - Phase 41
	947723467	<b>Rahu</b> 9:53AM – 11:10AM	Visti <b>Until 3:03PM</b>	<b>Nataraja:</b> Clear		Purnima
Creative Work	Siddha Yoga		<b>Purnima* Until 1:30AM Sun</b>	Moon – Blue		<b>Bhuloka Day</b>
Until 10:31AM				<b>Magha-Thai</b>		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						

<b>Sunday, February 9, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Des Moines, IA Sun 30 Sutra 301
<b>7</b>		<b>Gulika</b> 3:04PM – 4:22PM	<b>Ashlesha*</b> <b>Until 8:01AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:17AM	Vikarin 5121
Kataka Rasi: 28.39	Tithi 16	Yama 12:28PM – 1:46PM	Sobhana <b>Until 11:59PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:39PM	Moon 1 - Phase 41
	947723467	<b>Rahu</b> 4:22PM – 5:39PM	Balava <b>Until 11:54AM</b>	<b>Nataraja:</b> Clear		Prathama
Creative Work	Siddha Yoga		<b>Prathama* Until 10:13PM</b>	Moon – Blue		<b>Bhuloka Day</b>
Until 8:01AM				<b>Magha-Thai</b>		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						





**Monday, February 10, 2020**  
**Gold Retreat Star**

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

Des Moines, IA  
Sutra 302  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

Simha Rasi: 14 Tithi 17  
Family Home Evening 957723467  
Creative Work Siddha Yoga  
Until 2:52AM Tue  
Then Creative Work - Amrita Yoga

**Gulika** 1:46PM – 3:04PM  
Yama 11:10AM – 12:28PM  
**Rahu** 8:34AM – 9:52AM

**Purvaphalguni Until 2:52AM Tue**  
Athiganda\* Until 7:56PM  
Taitila Until 8:31AM  
**Dvitiya Until 6:47PM**

**Ganesha:** Red *Sunrise:* 7:15AM  
**Muruqa:** Clear *Sunset:* 5:41PM  
**Nataraja:** Clear  
Moon – Red  
**Magha+Thai**

**Devaloka Day**

**1**

**Tuesday, February 11, 2020**

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

Des Moines, IA  
Sun 1 Sutra 303  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

Simha Rasi: 28.37 Tithi 18 – 19  
957723467  
Creative Work Amrita Yoga  
Until 12:08AM Wed  
Then Routine Work - Marana Yoga

**Gulika** 12:28PM – 1:46PM  
Yama 9:51AM – 11:10AM  
**Rahu** 3:05PM – 4:23PM

**Uttaraphalguni Until 12:08AM Wed**  
Sukarma Until 3:57PM  
Bava Until 1:47AM Wed  
**Tritiya Until 3:24PM**

**Ganesha:** Red *Sunrise:* 7:14AM  
**Muruqa:** Clear *Sunset:* 5:42PM  
**Nataraja:** Clear  
Moon – Red  
**Magha+Thai**

**Devaloka Day**

**2**

**Wednesday, February 12, 2020**

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

Des Moines, IA  
Sun 2 Sutra 304  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

Kanya Rasi: 13.32 Tithi 19 – 20  
967723467  
Routine Work Marana Yoga  
Until 9:56PM  
Then Creative Work - Siddha Yoga

**Gulika** 11:09AM – 12:28PM  
Yama 8:32AM – 9:50AM  
**Rahu** 12:28PM – 1:47PM

**Hasta Until 9:56PM**  
Dhriti Until 12:07PM  
Kaulava Until 10:43PM  
**Chaturthi\* Until 12:11PM**

**Ganesha:** Green *Sunrise:* 7:13AM  
**Muruqa:** Clear *Sunset:* 5:43PM  
**Nataraja:** Clear  
Moon – Green  
**Magha+Thai**

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

**3**

**Thursday, February 13, 2020**

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

Des Moines, IA  
Sun 3 Sutra 305  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

Kanya Rasi: 28.14 Tithi 20 – 21  
968723467  
Creative Work Siddha Yoga  
Until 7:58PM  
Then Creative Work - Amrita Yoga

**Gulika** 9:50AM – 11:09AM  
Yama 7:12AM – 8:31AM  
**Rahu** 1:47PM – 3:06PM

**Chitra Until 7:58PM**  
Shula\* Until 8:32AM  
Gara Until 8:03PM  
**Panchami Until 9:19AM**

**Ganesha:** White *Sunrise:* 7:12AM  
**Muruqa:** Clear *Sunset:* 5:44PM  
**Nataraja:** Clear  
Moon – Green  
**Magha+Masi**

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

**4**

**Friday, February 14, 2020**

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Svati Nakshatra Vriddhi Yoga Vanija/Bava Karana Shashthi/Saptamyam Titau

Des Moines, IA  
Sun 4 Sutra 306  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

Tula Rasi: 12.37 Tithi 21 – 22  
968723467  
Creative Work Siddha Yoga

**Gulika** 8:30AM – 9:49AM  
Yama 3:07PM – 4:26PM  
**Rahu** 11:09AM – 12:28PM

**Svati Until 6:23PM**  
Vriddhi Until 2:35AM Sat  
Bava Until 5:01AM Sat  
**Shashthi\* Until 6:53AM**

**Ganesha:** White *Sunrise:* 7:10AM  
**Muruqa:** Clear *Sunset:* 5:46PM  
**Nataraja:** Clear  
Moon – Green  
**Magha+Masi**

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

**D**

**Saturday, February 15, 2020**  
**Retreat Star**

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

Des Moines, IA  
Sun 5 Sutra 307  
Vikarin 5121  
Moon 2 - Phase 42  
Ashtami

Tula Rasi: 26.39 Tithi 23  
978723467  
Creative Work Siddha Yoga

**Gulika** 7:09AM – 8:29AM  
Yama 1:48PM – 3:07PM  
**Rahu** 9:48AM – 11:08AM

**Vishakha Until 5:39PM**  
Dhruva Until 12:17AM Sun  
Balava Until 4:19PM  
**Ashtami\* Until 3:44AM Sun**

**Ganesha:** Clear *Sunrise:* 7:09AM  
**Muruqa:** Clear *Sunset:* 5:47PM  
**Nataraja:** Clear  
Moon – Orange  
**Magha+Masi**

**Devaloka Day**

**Sunday, February 16, 2020**  
**Retreat Star**

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

Des Moines, IA  
Sun 6 Sutra 308  
Vikarin 5121  
Moon 2 - Phase 42  
Navami

Vrischika Rasi: 10.19 Tithi 24  
978723467  
Routine Work Marana Yoga

**Gulika** 3:08PM – 4:28PM  
Yama 12:28PM – 1:48PM  
**Rahu** 4:28PM – 5:48PM

**Anuradha Until 5:23PM**  
Vyaghata\* Until 10:30PM  
Taitila Until 3:22PM  
**Navami\* Until 3:06AM Mon**

**Ganesha:** Clear *Sunrise:* 7:08AM  
**Muruqa:** Clear *Sunset:* 5:48PM  
**Nataraja:** Clear  
Moon – Orange  
**Magha+Masi**

**Devaloka Day**

<b>1</b>		<b>Monday, February 17, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau		Des Moines, IA Sun 7 Sutra 309 Vikarin 5121	
Vrischika Rasi: 23.37	Tithi 25	<b>Gulika</b> 1:48PM – 3:09PM	<b>Jyeshtha* Until 5:33PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:05AM		
<b>Family Home Evening</b>	978723467	Yama 11:07AM – 12:28PM	Harshana Until 9:12PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:49PM	Moon 2 - Phase 43	
Creative Work Siddha Yoga		<b>Rahu</b> 8:27AM – 9:47AM	Vanija Until 3:01PM	<b>Nataraja:</b> Clear		2nd Phase	
			<b>Dashami Until 3:03AM 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 Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau		Des Moines, IA Sun 8 Sutra 310 Vikarin 5121	
Dhanus Rasi: 6.37	Tithi 26	<b>Gulika</b> 12:28PM – 1:48PM	<b>Mula* Until 6:36PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:05AM		
	988723467	Yama 9:46AM – 11:07AM	Vajra* Until 8:19PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:51PM	Moon 2 - Phase 43	
Creative Work Amrita Yoga		<b>Rahu</b> 3:09PM – 4:30PM	Bava Until 3:16PM	<b>Nataraja:</b> Clear		2nd Phase	
Until 6:36PM			<b>Ekadashi* Until 3:34AM 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 Purvashadha* Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau		Des Moines, IA Sun 9 Sutra 311 Vikarin 5121	
Dhanus Rasi: 19.2	Tithi 27	<b>Gulika</b> 11:07AM – 12:28PM	<b>Purvashadha* Until 7:58PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:04AM		
	988723467	Yama 8:25AM – 9:46AM	Siddhi Until 7:49PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:52PM	Moon 2 - Phase 43	
Creative Work Amrita Yoga		<b>Rahu</b> 12:28PM – 1:49PM	Kaulava Until 4:01PM	<b>Nataraja:</b> Clear		2nd Phase	
			<b>Dvadashi* Until 4:32AM 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 Uttarashadha Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodashyam Titau		Des Moines, IA Sun 10 Sutra 312 Vikarin 5121	
Makara Rasi: 1.52	Tithi 28	<b>Gulika</b> 9:45AM – 11:06AM	<b>Uttarashadha Until 9:35PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:02AM		
	989823467	Yama 7:02AM – 8:23AM	Vyatipata* Until 7:40PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:53PM	Moon 2 - Phase 43	
Routine Work Marana Yoga		<b>Rahu</b> 1:49PM – 3:10PM	Gara Until 5:12PM	<b>Nataraja:</b> Clear		2nd Phase	
Until 9:35PM			<b>Trayodashi* Until 5:55AM 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 Shravana Nakshatra Variyan Yoga Visti* Karana Chaturdashyam Titau		Des Moines, IA Sun 11 Sutra 313 Vikarin 5121	
Makara Rasi: 14.13	Tithi 29	<b>Gulika</b> 8:22AM – 9:44AM	<b>Shravana Until 11:52PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:01AM		
	999823467	Yama 3:11PM – 4:32PM	Variyan Until 7:45PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:54PM	Moon 2 - Phase 43	
Routine Work Marana Yoga		<b>Rahu</b> 11:06AM – 12:27PM	Visti Until 6:45PM	<b>Nataraja:</b> Clear		2nd Phase	
Until 11:52PM			<b>Chaturdashi* Until 7:37AM Sat</b>	Moon – Purple		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM	

<b>Retreat Star</b>		<b>Saturday, February 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Des Moines, IA Sun 12 Sutra 314 Vikarin 5121	
Makara Rasi: 26.26	Tithi 29 – 30	<b>Gulika</b> 6:59AM – 8:21AM	<b>Dhanishtha Until 2:16AM Sun</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:59AM		
	999823467	Yama 1:49PM – 3:11PM	Parigha* Until 8:04PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:55PM	Moon 2 - Phase 43	
Creative Work Siddha Yoga		<b>Rahu</b> 9:43AM – 11:05AM	Catuspada Until 8:36PM	<b>Nataraja:</b> Clear		Amavasya	
			<b>Chaturdashi* Until 7:37AM</b>	Moon – Purple		<b>Bhuloka Day</b>	
		<b>Mahasivaratri (Lunar)</b>		<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM	
		<b>Mahasivaratri (Solar)</b>					

<b>Retreat Star</b>		<b>Sunday, February 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Des Moines, IA Sun 13 Sutra 315 Vikarin 5121	
Kumbha Rasi: 8.32	Tithi 30 – 1	<b>Gulika</b> 3:12PM – 4:34PM	<b>Shatabhishak Until 4:43AM Mon</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:58AM		
	999823467	Yama 12:27PM – 1:50PM	Shiva Until 8:36PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:57PM	Moon 2 - Phase 43	
Creative Work Siddha Yoga		<b>Rahu</b> 4:34PM – 5:57PM	Kintughna Until 10:42PM	<b>Nataraja:</b> Clear		Prathama	
Until 4:43AM Mon			<b>Amavasya* Until 9:36AM</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 Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Des Moines, IA Sun 14 Sutra 316 Vikarin 5121
<b>1</b>	Kumbha Rasi: 20.33 Family Home Evening Routine Work Marana Yoga Until 7:41AM Tue Then Creative Work - Amrita Yoga	Tithi 1 – 2 919823467	<b>Gulika</b> 1:50PM – 3:12PM Yama 11:04AM – 12:27PM <b>Rahu</b> 8:19AM – 9:42AM	<b>Purvaproshtapada* Until 7:41AM Tue</b> Siddha Until 9:15PM Balava Until 1:00AM Tue <b>Prathama* Until 11:48AM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear <b>Phalguna-Masi</b>	Sunrise: 6:56AM Sunset: 5:58PM Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Tuesday, February 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Sadhya Yoga Kaulava/Tailita Karana Dvitiya/Tritiyayam Titau				Des Moines, IA Sun 15 Sutra 317 Vikarin 5121
<b>2</b>	Meena Rasi: 2.29 Routine Work Marana Yoga Until 7:41AM Then Creative Work - Amrita Yoga	Tithi 2 – 3 919823467	<b>Gulika</b> 12:27PM – 1:50PM Yama 9:41AM – 11:04AM <b>Rahu</b> 3:13PM – 4:36PM	<b>Purvaproshtapada* Until 7:41AM</b> Sadhya Until 10:02PM Tailita Until 3:27AM Wed <b>Dvitiya Until 2:11PM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear <b>Phalguna-Masi</b>	Sunrise: 6:55AM Sunset: 5:59PM Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Wednesday, February 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Des Moines, IA Sun 16 Sutra 318 Vikarin 5121
<b>3</b>	Meena Rasi: 14.23 Creative Work Siddha Yoga Until 10:36AM Then Routine Work - Marana Yoga	Tithi 3 – 4 919823467	<b>Gulika</b> 11:03AM – 12:27PM Yama 8:17AM – 9:40AM <b>Rahu</b> 12:27PM – 1:50PM	<b>Uttaraproshtapada Until 10:36AM</b> Subha Until 10:55PM Vanija Until 5:58AM Thu <b>Tritiya Until 4:41PM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear <b>Phalguna-Masi</b>	Sunrise: 6:53AM Sunset: 6:00PM Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Thursday, February 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Sukla Yoga Visti* Karana Chaturthyam Titau				Des Moines, IA Sun 17 Sutra 319 Vikarin 5121
<b>4</b>	Meena Rasi: 26.14 Creative Work Siddha Yoga Until 1:25PM Then Creative Work - Amrita Yoga	Tithi 4 919823467	<b>Gulika</b> 9:39AM – 11:03AM Yama 6:52AM – 8:15AM <b>Rahu</b> 1:50PM – 3:14PM	<b>Revati Until 1:25PM</b> Sukla Until 11:45PM Visti Until 7:12PM <b>Chaturthi* Until 7:12PM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear <b>Phalguna-Masi</b>	Sunrise: 6:52AM Sunset: 6:01PM Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Friday, February 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Des Moines, IA Sun 18 Sutra 320 Vikarin 5121
<b>5</b>	Mesha Rasi: 8.07 Creative Work Amrita Yoga Until 4:29PM Then Creative Work - Siddha Yoga	Tithi 5 921823467	<b>Gulika</b> 8:14AM – 9:38AM Yama 3:14PM – 4:38PM <b>Rahu</b> 11:02AM – 12:26PM	<b>Ashvini Until 4:29PM</b> Brahma Until 12:31AM Sat Bava Until 8:27AM <b>Panchami Until 9:37PM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – White <b>Phalguna-Masi</b>	Sunrise: 6:50AM Sunset: 6:03PM 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 Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Indra Yoga Kaulava/Tailita Karana Shashthyam Titau				Des Moines, IA Sun 19 Sutra 321 Vikarin 5121
<b>6</b>	Mesha Rasi: 20.03 Creative Work Siddha Yoga Until 7:10PM Then Creative Work - Amrita Yoga	Tithi 6 921823467	<b>Gulika</b> 6:49AM – 8:13AM Yama 1:51PM – 3:15PM <b>Rahu</b> 9:37AM – 11:02AM	<b>Bharani Until 7:10PM</b> Indra Until 1:05AM Sun Kaulava Until 10:45AM <b>Shashthi* Until 11:45PM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – White <b>Phalguna-Masi</b>	Sunrise: 6:49AM Sunset: 6:04PM 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 Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Saptamyam Titau				Des Moines, IA Sun 20 Sutra 322 Vikarin 5121
<b>Retreat Star</b>			<b>Gulika</b> 3:16PM – 4:41PM Yama 12:26PM – 1:51PM <b>Rahu</b> 4:41PM – 6:06PM	<b>Krittika Until 9:16PM</b> Vaidhriti* Until 1:14AM Mon Gara Until 12:41PM <b>Saptami Until 1:25AM Mon</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon – White <b>Phalguna-Masi</b>	Sunrise: 6:46AM Sunset: 6:06PM 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 Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Des Moines, IA Sun 21 Sutra 323 Vikarin 5121
<b>Retreat Star</b>			<b>Gulika</b> 1:51PM – 3:16PM Yama 11:00AM – 12:26PM <b>Rahu</b> 8:09AM – 9:35AM	<b>Rohini Until 11:04PM</b> Vishkambha* Until 12:54AM Tue Visti Until 2:01PM <b>Ashtami* Until 2:23AM Tue</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon – Yellow <b>Phalguna-Masi</b>	Sunrise: 6:44AM Sunset: 6:07PM Moon 2 - Phase 44 Ashtami <b>Devaloka Day</b>

<b>Tuesday, March 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Priti Yoga Balava/Kaulava Karana Navamyam Titau				Des Moines, IA Sun 22 Sutra 324 Vikarin 5121
<b>Retreat Star</b>			<b>Gulika</b> 12:25PM – 1:51PM Yama 9:34AM – 11:00AM <b>Rahu</b> 3:17PM – 4:43PM	<b>Mrigashira Until 11:55PM</b> Priti Until 11:57PM Balava Until 2:36PM <b>Navami* Until 2:33AM Wed</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon – Yellow <b>Phalguna-Masi</b>	Sunrise: 6:42AM Sunset: 6:08PM 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		Des Moines, IA Sun 23 Sutra 325 Vikarin 5121	
Mithuna Rasi: 9.59	Tithi 10	<b>Gulika</b> 10:59AM – 12:25PM	<b>Ardra</b> Until 11:47PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:41AM		
		Yama 8:07AM – 9:33AM	Ayushman Until 10:18PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:09PM		Moon 2 - Phase 45
		131833467 <b>Rahu</b> 12:25PM – 1:51PM	Taitila Until 2:19PM	<b>Nataraja:</b> Clear			4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 1:49AM Thu	Moon – Yellow		<b>Devaloka Day</b>	
				<b>Phalguna-Masi</b>			

<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/Visti* Karana Ekadashyam Titau		Des Moines, IA Sun 24 Sutra 326 Vikarin 5121	
Mithuna Rasi: 23.26	Tithi 11	<b>Gulika</b> 9:32AM – 10:58AM	<b>Punarvasu</b> Until 11:05PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:39AM		
		Yama 6:39AM – 8:06AM	Saubhagya Until 7:58PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:11PM		Moon 2 - Phase 45
		141833467 <b>Rahu</b> 1:51PM – 3:18PM	Vanija Until 1:09PM	<b>Nataraja:</b> Clear			4th Phase
Creative Work	Amrita Yoga		<b>Ekadashi</b> Until 12:14AM Fri	Moon – Blue		<b>Bhuloka Day</b>	
				<b>Phalguna-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	

<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/Athiganda* Yoga Bava/Balava Karana Dvadashtyam Titau		Des Moines, IA Sun 25 Sutra 327 Vikarin 5121	
Kataka Rasi: 7.23	Tithi 12	<b>Gulika</b> 8:04AM – 9:31AM	<b>Pushya</b> Until 9:29PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:38AM		
		Yama 3:18PM – 4:45PM	Sobhana Until 5:00PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:12PM		Moon 2 - Phase 45
		141833467 <b>Rahu</b> 10:58AM – 12:25PM	Bava Until 11:10AM	<b>Nataraja:</b> Clear			4th Phase
Routine Work	Marana Yoga		<b>Dvadashti</b> Until 9:53PM	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		Des Moines, IA Sun 26 Sutra 328 Vikarin 5121	
Kataka Rasi: 21.5	Tithi 13	<b>Gulika</b> 6:36AM – 8:03AM	<b>Ashlesha*</b> Until 7:07PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:36AM		
		Yama 1:52PM – 3:19PM	Athiganda* Until 1:29PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:13PM		Moon 2 - Phase 45
		141833467 <b>Rahu</b> 9:30AM – 10:57AM	Kaulava Until 8:29AM	<b>Nataraja:</b> Clear			4th Phase
Routine Work	Marana Yoga		<b>Trayodashi</b> Until 6:54PM	Moon – Blue		<b>Bhuloka Day</b>	
Until 7:07PM				<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 Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Des Moines, IA Sun 27 Sutra 329 Vikarin 5121	
Simha Rasi: 6.41	Tithi 14 – 15	<b>Gulika</b> 3:19PM – 4:47PM	<b>Magha*</b> Until 4:33PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:34AM		
		Yama 12:24PM – 1:52PM	Sukarma Until 9:34AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:14PM		Moon 2 - Phase 45
		151833467 <b>Rahu</b> 4:47PM – 6:14PM	Visti Until 1:38AM Mon	<b>Nataraja:</b> Clear			4th Phase
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 3:27PM	Moon – Red		<b>Devaloka Day</b>	
Until 4:33PM		<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 Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Des Moines, IA Sutra 330 Vikarin 5121	
<b>Copper Retreat Star</b>		<b>Gulika</b> 1:52PM – 3:20PM	<b>Purvaphalguni</b> Until 1:34PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:33AM		
Simha Rasi: 21.5	Tithi 15 – 16	Yama 10:56AM – 12:24PM	Shula* Until 1:01AM Tue	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:15PM		Moon 2 - Phase 45
<b>Family Home Evening</b>		152833467 <b>Rahu</b> 8:00AM – 9:28AM	Balava Until 9:49PM	<b>Nataraja:</b> Clear			Purnima
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 11:43AM	Moon – Red		<b>Sivaloka Day</b>	
		<b>Holi</b>		<b>Phalguna-Masi</b>			

<b>Tuesday, March 10, 2020</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Ganda* Yoga Kaulava/Gara Karana Prathama/Dvitiyayam Titau		Des Moines, IA Sutra 331 Vikarin 5121	
Kanya Rasi: 7.07	Tithi 16 – 17	<b>Gulika</b> 12:24PM – 1:52PM	<b>Uttaraphalguni</b> Until 10:22AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:31AM		
		Yama 9:27AM – 10:55AM	Ganda* Until 8:41PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:16PM		Moon 2 - Phase 45
		152833467 <b>Rahu</b> 3:20PM – 4:48PM	Gara Until 4:06AM Wed	<b>Nataraja:</b> Clear			Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 7:53AM	Moon – Red		<b>Sivaloka Day</b>	
Until 10:22AM				<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

Des Moines, IA

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 22.22 Tithi 18

162833467

**Gulika** 10:55AM – 12:23PM  
Yama 7:58AM – 9:26AM  
**Rahu** 12:23PM – 1:52PM

**Hasta** Until 7:31AM  
Vriddhi Until 4:31PM  
Vanija Until 2:18PM

Tritiya Until 12:33AM Thu

**Ganesha:** Clear *Sunrise:* 6:29AM  
**Muruqa:** Orange *Sunset:* 6:17PM

**Nataraja:** Clear  
Moon – Green

Phalguna-Masi

Devaloka Day

Routine Work Marana Yoga

Until 7:31AM

Then Creative Work - Siddha Yoga

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

Des Moines, IA

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 7.23 Tithi 19

162833467

**Gulika** 9:25AM – 10:54AM  
Yama 6:28AM – 7:57AM  
**Rahu** 1:52PM – 3:21PM

**Svati** Until 2:24AM Fri  
Dhruva Until 12:36PM  
Bava Until 10:57AM

Chaturthi\* Until 9:25PM

**Ganesha:** Clear *Sunrise:* 6:28AM  
**Muruqa:** Orange *Sunset:* 6:18PM

**Nataraja:** Clear  
Moon – Green

Phalguna-Masi

Devaloka Day

Creative Work Amrita Yoga

Until 2:24AM Fri

Then Creative Work - Siddha Yoga

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

Des Moines, IA

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 22.05 Tithi 20

172833467

**Gulika** 7:55AM – 9:24AM  
Yama 3:21PM – 4:50PM  
**Rahu** 10:54AM – 12:23PM

**Vishakha** Until 12:51AM Sat  
Vyaghata\* Until 9:06AM  
Kaulava Until 8:04AM

Panchami Until 6:50PM

**Ganesha:** Purple *Sunrise:* 6:26AM  
**Muruqa:** Orange *Sunset:* 6:20PM

**Nataraja:** Clear  
Moon – Orange

Phalguna-Masi

Sivaloka Day

Creative Work Siddha Yoga

3

Saturday, March 14, 2020

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

Des Moines, IA

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 6.2 Tithi 21 – 22

172833468

**Gulika** 6:24AM – 7:54AM  
Yama 1:52PM – 3:22PM  
**Rahu** 9:23AM – 10:53AM

**Anuradha** Until 11:52PM  
Harshana Until 6:08AM  
Visti Until 4:17AM Sun

Shashthi\* Until 4:56PM

**Ganesha:** Purple *Sunrise:* 6:24AM  
**Muruqa:** Orange *Sunset:* 6:21PM

**Nataraja:** Purple  
Moon – Orange

Phalguna-Panguni

Subha Sivaloka Day

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

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

Des Moines, IA

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 20.08 Tithi 22 – 23

172933468

**Gulika** 3:22PM – 4:52PM  
Yama 12:22PM – 1:52PM  
**Rahu** 4:52PM – 6:22PM

**Jyeshtha\*** Until 11:31PM  
Siddhi Until 1:58AM Mon  
Balava Until 3:33AM Mon

Saptami Until 3:48PM

**Ganesha:** Clear *Sunrise:* 6:23AM  
**Muruqa:** Orange *Sunset:* 6:22PM

**Nataraja:** Purple  
Moon – Orange

Phalguna-Panguni

Sivaloka Day

Routine Work Marana Yoga

Until 11:31PM

Then Creative Work - Amrita Yoga

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

Des Moines, IA

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Dhanus Rasi: 3.28 Tithi 23 – 24

182933468

**Gulika** 1:52PM – 3:22PM  
Yama 10:52AM – 12:22PM  
**Rahu** 7:51AM – 9:21AM

**Mula\*** Until 12:13AM Tue  
Vyatipata\* Until 12:50AM Tue  
Taitila Until 3:36AM Tue

Ashtami\* Until 3:28PM

**Ganesha:** Purple *Sunrise:* 6:21AM  
**Muruqa:** Orange *Sunset:* 6:23PM

**Nataraja:** Purple  
Moon – Light Blue

Phalguna-Panguni

Devaloka Day

Creative Work Siddha Yoga

Family Home Evening

Then Creative Work - Amrita Yoga

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

Des Moines, IA

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 16.24 Tithi 24 – 25

182933468

**Gulika** 12:22PM – 1:52PM  
Yama 9:20AM – 10:51AM  
**Rahu** 3:23PM – 4:53PM

**Purvashadha\*** Until 1:29AM Wed  
Variyan Until 12:14AM Wed  
Vanija Until 4:21AM Wed

Navami\* Until 3:52PM

**Ganesha:** Purple *Sunrise:* 6:19AM  
**Muruqa:** Orange *Sunset:* 6:24PM

**Nataraja:** Purple  
Moon – Light Blue

Phalguna-Panguni

Devaloka Day

Creative Work Siddha Yoga

Until 1:29AM Wed

Then Creative Work - Amrita Yoga

<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	Des Moines, IA Sun 8 Sutra 339 Vikarin 5121
Dhanus Rasi: 29.01	Tithi 25 – 26	<b>Gulika</b> 10:50AM – 12:21PM	<b>Uttarashadha</b> Until 3:10AM Thu	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:18AM	
		Yama 7:49AM – 9:19AM	Parigha* Until 12:07AM Thu	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:25PM	Moon 3 - Phase 47
	182933468	<b>Rahu</b> 12:21PM – 1:52PM	Bava Until 5:42AM Thu	<b>Nataraja:</b> Purple	2nd Phase
Creative Work	Amrita Yoga		<b>Dashami</b> Until 4:57PM	<b>Phalguna-Panguni</b>	<b>Devaloka Day</b>
Until 3:10AM Thu					
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 Balava Karana Ekadashyam Titau	Des Moines, IA Sun 9 Sutra 340 Vikarin 5121
Makara Rasi: 11.21	Tithi 26	<b>Gulika</b> 9:18AM – 10:50AM	<b>Shravana</b> Until 5:37AM Fri	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:16AM	
		Yama 6:16AM – 7:47AM	Shiva Until 12:23AM Fri	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:26PM	Moon 3 - Phase 47
	192933468	<b>Rahu</b> 1:52PM – 3:24PM	Balava Until 6:32PM	<b>Nataraja:</b> Purple	2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 6:32PM	<b>Phalguna-Panguni</b>	<b>Sivaloka Day</b>

<b>3</b>		<b>Friday, March 20, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau	Des Moines, IA Sun 10 Sutra 341 Vikarin 5121
Makara Rasi: 23.31	Tithi 27	<b>Gulika</b> 7:46AM – 9:17AM	<b>Dhanishtha</b> Until 8:12AM Sat	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:14AM	
		Yama 3:24PM – 4:56PM	Siddha Until 12:53AM Sat	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:27PM	Moon 3 - Phase 47
	192933468	<b>Rahu</b> 10:49AM – 12:21PM	Kaulava Until 7:30AM	<b>Nataraja:</b> Purple	2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 8:29PM	<b>Phalguna-Panguni</b>	<b>Sivaloka Day</b>
Until 8:12AM Sat					
Then Creative Work - Amrita 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	Des Moines, IA Sun 11 Sutra 342 Vikarin 5121
Kumbha Rasi: 5.34	Tithi 28	<b>Gulika</b> 6:13AM – 7:45AM	<b>Dhanishtha</b> Until 8:12AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:13AM	
		Yama 1:52PM – 3:24PM	Sadhya Until 1:34AM Sun	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:28PM	Moon 3 - Phase 47
	192933468	<b>Rahu</b> 9:16AM – 10:48AM	Gara Until 9:36AM	<b>Nataraja:</b> Purple	2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 10:42PM	<b>Phalguna-Panguni</b>	<b>Sivaloka Day</b>
Until 8:12AM					
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/Purvaprosarthapada* Nakshatra Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Des Moines, IA Sun 12 Sutra 343 Vikarin 5121
Kumbha Rasi: 17.31	Tithi 29	<b>Gulika</b> 3:25PM – 4:57PM	<b>Shatabhishak</b> Until 10:48AM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:11AM	
		Yama 12:20PM – 1:52PM	Subha Until 2:22AM Mon	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:29PM	Moon 3 - Phase 47
	193933468	<b>Rahu</b> 4:57PM – 6:29PM	Visti Until 11:53AM	<b>Nataraja:</b> Purple	2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 1:03AM Mon	<b>Phalguna-Panguni</b>	<b>Subha Sivaloka Day</b>

<b>Monday, March 23, 2020</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaprosarthapada*/Uttaraprosarthapada Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Des Moines, IA Sun 13 Sutra 344 Vikarin 5121
Kumbha Rasi: 29.26	Tithi 30	<b>Gulika</b> 1:53PM – 3:25PM	<b>Purvaprosarthapada*</b> Until 1:51PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:09AM	
<b>Family Home Evening</b>		Yama 10:47AM – 12:20PM	Sukla Until 3:12AM Tue	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:31PM	Moon 3 - Phase 47
Routine Work	Marana Yoga	<b>Rahu</b> 7:42AM – 9:14AM	Catuspada Until 2:17PM	<b>Nataraja:</b> Purple	Amavasya
Until 1:51PM			<b>Amavasya*</b> Until 3:28AM Tue	<b>Phalguna-Panguni</b>	<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga					

<b>Tuesday, March 24, 2020</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraprosarthapada/Revati Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau	Des Moines, IA Sun 14 Sutra 345 Vikarin 5121
Meena Rasi: 11.19	Tithi 1	<b>Gulika</b> 12:20PM – 1:53PM	<b>Uttaraprosarthapada</b> Until 4:47PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:07AM	
		Yama 9:13AM – 10:47AM	Brahma Until 4:04AM Wed	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:32PM	Moon 3 - Phase 47
	113933468	<b>Rahu</b> 3:26PM – 4:59PM	Kintughna Until 4:43PM	<b>Nataraja:</b> Purple	Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 5:55AM Wed	<b>Chaitra-Panguni</b>	<b>Sivaloka Day</b>
Until 4:47PM		<b>Yugadhi</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 Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Indra Yoga Balava Karana Dvitiyayam Titau	Des Moines, IA Sun 15 Sutra 346
Meena Rasi: 23.11	Tithi 2	<b>Gulika</b> 10:46AM – 12:19PM Yama 7:39AM – 9:12AM 113933468 <b>Rahu</b> 12:19PM – 1:53PM	<b>Revati Until 7:33PM</b> Indra Until 4:55AM Thu Balava Until 7:10PM Dvitiya Until 8:21AM Thu	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:06AM <b>Muruqa:</b> Orange <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Clear	Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b> Chaitra•Panguni
Routine Work	Marana Yoga				
<b>2</b>		<b>Thursday, March 26, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vaidhrili* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Des Moines, IA Sun 16 Sutra 347
Mesha Rasi: 5.05	Tithi 2 – 3	<b>Gulika</b> 9:12AM – 10:45AM Yama 6:04AM – 7:38AM 123933468 <b>Rahu</b> 1:53PM – 3:26PM	<b>Ashvini Until 10:36PM</b> Vaidhrili* Until 5:41AM Fri Taitila Until 9:33PM Dvitiya Until 8:21AM	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:04AM <b>Muruqa:</b> Orange <i>Sunset:</i> 6:34PM <b>Nataraja:</b> Purple Moon – White	Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b> Chaitra•Panguni
Creative Work	Amrita Yoga	Chellappaswami Mahasamadhi			
Until 10:36PM					
Then Creative Work - Siddha Yoga					
<b>3</b>		<b>Friday, March 27, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Des Moines, IA Sun 17 Sutra 348
Mesha Rasi: 17.01	Tithi 3 – 4	<b>Gulika</b> 7:36AM – 9:11AM Yama 3:27PM – 5:01PM 123933468 <b>Rahu</b> 10:45AM – 12:19PM	<b>Bharani Until 1:19AM Sat</b> Vishkambha* Until 6:20AM Sat Vanija Until 11:47PM Tritiya Until 10:40AM	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:02AM <b>Muruqa:</b> Orange <i>Sunset:</i> 6:35PM <b>Nataraja:</b> Purple Moon – White	Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b> Chaitra•Panguni
Creative Work	Siddha Yoga				
Until 1:19AM Sat					
Then Creative Work - Amrita Yoga					
<b>4</b>		<b>Saturday, March 28, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Des Moines, IA Sun 18 Sutra 349
Mesha Rasi: 29	Tithi 4 – 5	<b>Gulika</b> 6:01AM – 7:35AM Yama 1:53PM – 3:27PM 123933468 <b>Rahu</b> 9:10AM – 10:44AM	<b>Krittika Until 3:37AM Sun</b> Vishkambha* Until 6:20AM Bava Until 1:44AM Sun Chaturthi* Until 12:47PM	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:01AM <b>Muruqa:</b> Orange <i>Sunset:</i> 6:36PM <b>Nataraja:</b> Purple Moon – White	Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b> Chaitra•Panguni
Creative Work	Amrita Yoga				
Until 3:37AM Sun					
Then Creative Work - Siddha Yoga					
<b>5</b>		<b>Sunday, March 29, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Des Moines, IA Sun 19 Sutra 350
Shrabha Rasi: 11.07	Tithi 5 – 6	<b>Gulika</b> 3:28PM – 5:02PM Yama 12:18PM – 1:53PM 133933468 <b>Rahu</b> 5:02PM – 6:37PM	<b>Rohini Until 5:50AM Mon</b> Priti Until 6:46AM Kaulava Until 3:16AM Mon Panchami Until 2:33PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:59AM <b>Muruqa:</b> Orange <i>Sunset:</i> 6:37PM <b>Nataraja:</b> Purple Moon – Yellow	Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Subha Sivaloka Day</b> Chaitra•Panguni
Creative Work	Siddha Yoga				
Until 5:50AM Mon					
Then Creative Work - Amrita Yoga					
<b>6</b>		<b>Monday, March 30, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Des Moines, IA Sun 20 Sutra 351
Shrabha Rasi: 23.25	Tithi 6 – 7	<b>Gulika</b> 1:53PM – 3:28PM Yama 10:43AM – 12:18PM 133933468 <b>Rahu</b> 7:32AM – 9:08AM	<b>Mrigashira Until 7:17AM Tue</b> Ayushman Until 6:50AM Gara Until 4:13AM Tue Shashthi* Until 3:49PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:57AM <b>Muruqa:</b> Orange <i>Sunset:</i> 6:38PM <b>Nataraja:</b> Purple Moon – Yellow	Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Subha Sivaloka Day</b> Chaitra•Panguni
Family Home Evening					
Creative Work	Amrita Yoga				
Until 7:17AM Tue					
Then Routine Work - Marana Yoga					
<b>Retreat Star</b>		<b>Tuesday, March 31, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Des Moines, IA Sun 21 Sutra 352
Mithuna Rasi: 5.58	Tithi 7 – 8	<b>Gulika</b> 12:17PM – 1:53PM Yama 9:07AM – 10:42AM 133933468 <b>Rahu</b> 3:28PM – 5:04PM	<b>Mrigashira Until 7:17AM</b> Saubhagya Until 6:26AM Visti Until 4:26AM Wed Saptami Until 4:25PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:56AM <b>Muruqa:</b> Orange <i>Sunset:</i> 6:39PM <b>Nataraja:</b> Purple Moon – Yellow	Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Subha Sivaloka Day</b> Chaitra•Panguni
Creative Work	Siddha Yoga				
Until 7:17AM					
Then Routine Work - Marana Yoga					
<b>Retreat Star</b>		<b>Wednesday, April 1, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Des Moines, IA Sun 22 Sutra 353
Mithuna Rasi: 18.52	Tithi 8 – 9	<b>Gulika</b> 10:42AM – 12:17PM Yama 7:31AM – 9:07AM 133933468 <b>Rahu</b> 12:17PM – 1:53PM	<b>Ardra Until 7:53AM</b> Athiganda* Until 3:52AM Thu Balava Until 3:51AM Thu Ashtami* Until 4:14PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:56AM <b>Muruqa:</b> Orange <i>Sunset:</i> 6:39PM <b>Nataraja:</b> Purple Moon – Yellow	Vikarin 5121 Moon 3 - Phase 48 Ashtami <b>Subha Sivaloka Day</b> Chaitra•Panguni
Creative Work	Siddha Yoga				
<b>Retreat Star</b>		<b>Thursday, April 2, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau	Des Moines, IA Sun 23 Sutra 354
Kataka Rasi: 2.12	Tithi 9 – 10	<b>Gulika</b> 9:06AM – 10:41AM Yama 5:54AM – 7:30AM 143933468 <b>Rahu</b> 1:53PM – 3:29PM	<b>Punarvasu Until 7:59AM</b> Sukarma Until 1:37AM Fri Taitila Until 2:26AM Fri Navami* Until 3:13PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:54AM <b>Muruqa:</b> Orange <i>Sunset:</i> 6:40PM <b>Nataraja:</b> Purple Moon – Blue	Vikarin 5121 Moon 3 - Phase 48 Navami <b>Sivaloka Day</b> Chaitra•Panguni
Creative Work	Amrita Yoga	Sri Rama Navami			

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

1	<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/Ekadashyam Titau				Des Moines, IA Sun 24 Sutra 355
	Kataka Rasi: 15.59	Tithi 10 – 11	<b>Gulika</b> 7:28AM – 9:05AM	<b>Pushya Until 7:08AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:52AM	Vikarin 5121
			Yama 3:29PM – 5:05PM	Dhriti Until 10:46PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:41PM	Moon 3 - Phase 49
	Routine Work	Marana Yoga	143933468 <b>Rahu</b> 10:41AM – 12:17PM	Vanija Until 12:15AM Sat	<b>Nataraja:</b> Purple		4th Phase
		Yogaswami Mahasamadhi		<b>Dashami Until 1:25PM</b>	Moon – Blue	<b>Sivaloka Day</b>	
				Chaitra•Panguni			

2	<b>Saturday, April 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Des Moines, IA Sun 25 Sutra 356
	Simha Rasi: 0.16	Tithi 11 – 12	<b>Gulika</b> 5:51AM – 7:27AM	<b>Magha* Until 3:19AM Sun</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:51AM	Vikarin 5121
			Yama 1:53PM – 3:29PM	Shula* Until 7:20PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:42PM	Moon 3 - Phase 49
	Creative Work	Amrita Yoga	153933468 <b>Rahu</b> 9:04AM – 10:40AM	Bava Until 9:25PM	<b>Nataraja:</b> Purple		4th Phase
			<b>Ekadashi Until 10:54AM</b>	Moon – Red		<b>Subha Sivaloka Day</b>	
				Chaitra•Panguni			

3	<b>Sunday, April 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Ganda*/Vridhdi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Des Moines, IA Sun 26 Sutra 357
	Simha Rasi: 14.59	Tithi 12 – 13	<b>Gulika</b> 3:30PM – 5:07PM	<b>Purvaphalguni Until 12:38AM Mon</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:49AM	Vikarin 5121
			Yama 12:16PM – 1:53PM	Ganda* Until 3:29PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:43PM	Moon 3 - Phase 49
	Creative Work	Siddha Yoga	153933468 <b>Rahu</b> 5:07PM – 6:43PM	Kaulava Until 6:05PM	<b>Nataraja:</b> Purple		4th Phase
			<b>Dvadashi Until 7:47AM</b>	Moon – Red		<b>Subha Sivaloka Day</b>	
				Chaitra•Panguni			

*Pradosha Vrata*

4	<b>Monday, April 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Vridhdi/Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau				Des Moines, IA Sun 27 Sutra 358
	Kanya Rasi: 0.02	Tithi 14	<b>Gulika</b> 1:53PM – 3:30PM	<b>Uttaraphalguni Until 9:32PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:47AM	Vikarin 5121
	Family Home Evening		Yama 10:39AM – 12:16PM	Vridhdi Until 11:21AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:45PM	Moon 3 - Phase 49
	Creative Work	Siddha Yoga	154933468 <b>Rahu</b> 7:25AM – 9:02AM	Gara Until 2:23PM	<b>Nataraja:</b> Purple		4th Phase
			<b>Chaturdashi* Until 12:27AM Tue</b>	Moon – Red		<b>Sivaloka Day</b>	
				Chaitra•Panguni			

○	<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				Des Moines, IA Sutra 359
	<b>Copper Retreat Star</b>		<b>Gulika</b> 12:16PM – 1:53PM	<b>Hasta Until 6:34PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:46AM	Vikarin 5121
	Kanya Rasi: 15.18	Tithi 15	Yama 9:01AM – 10:38AM	Dhruva Until 7:01AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:46PM	Moon 3 - Phase 49
	Creative Work	Siddha Yoga	164933468 <b>Rahu</b> 3:31PM – 5:08PM	Visti Until 10:31AM	<b>Nataraja:</b> Purple		Purnima
		Panguni Uttiram	<b>Purnima* Until 8:33PM</b>	Moon – Green		<b>Devaloka Day</b>	
		Hanuman Jayanti		Chaitra•Panguni			

○	<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				Des Moines, IA Sutra 360
	<b>Silver Retreat Star</b>		<b>Gulika</b> 10:38AM – 12:15PM	<b>Chitra Until 3:33PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:44AM	Vikarin 5121
	Tula Rasi: 1	Tithi 16 – 17	Yama 7:22AM – 9:00AM	Harshana Until 10:27PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:47PM	Moon 3 - Phase 49
	Creative Work	Siddha Yoga	164934468 <b>Rahu</b> 12:15PM – 1:53PM	Balava Until 6:39AM	<b>Nataraja:</b> Purple		Prathama
			<b>Prathama* Until 4:45PM</b>	Moon – Green		<b>Devaloka Day</b>	
				Chaitra•Panguni			





**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/Tritiyayam Titau

Des Moines, IA  
Sun 1 Sutra 361  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 15.45 Tithi 17 - 18  
164134468  
Creative Work Amrita Yoga  
Until 12:39PM  
Then Creative Work - Siddha Yoga

**Gulika** 8:59AM - 10:37AM  
Yama 5:42AM - 7:21AM  
**Rahu** 1:53PM - 3:31PM

**Svati Until 12:39PM**  
Vajra\* Until 6:28PM  
Vanija Until 11:36PM  
**Dvitiya Until 1:12PM**

**Ganesha:** White *Sunrise:* 5:42AM  
**Muruqa:** Clear *Sunset:* 6:48PM  
**Nataraja:** Purple  
Moon - Green  
**Chaitra+Panguni**

**Devaloka Day**

**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/Chaturthyam Titau

Des Moines, IA  
Sun 2 Sutra 362  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Vischika Rasi: 0.37 Tithi 18 - 19  
174134468  
Creative Work Siddha Yoga

**Gulika** 7:19AM - 8:58AM  
Yama 3:32PM - 5:10PM  
**Rahu** 10:36AM - 12:15PM

**Vishakha Until 10:27AM**  
Siddhi Until 2:54PM  
Bava Until 8:46PM  
**Tritiya Until 10:06AM**

**Ganesha:** Yellow *Sunrise:* 5:41AM  
**Muruqa:** Clear *Sunset:* 6:49PM  
**Nataraja:** Purple  
Moon - Orange  
**Chaitra+Panguni**

**Sivaloka Day**

**2**

**Saturday, April 11, 2020**

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

Des Moines, IA  
Sun 3 Sutra 363  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Vischika Rasi: 15.03 Tithi 19 - 20  
174134468  
Creative Work Siddha Yoga

**Gulika** 5:39AM - 7:18AM  
Yama 1:53PM - 3:32PM  
**Rahu** 8:57AM - 10:36AM

**Anuradha Until 8:43AM**  
Vyatipala\* Until 11:51AM  
Kaulava Until 6:36PM  
**Chaturthi\* Until 7:34AM**

**Ganesha:** Yellow *Sunrise:* 5:39AM  
**Muruqa:** Clear *Sunset:* 6:50PM  
**Nataraja:** Purple  
Moon - Orange  
**Chaitra+Panguni**

**Sivaloka Day**

**3**

**Sunday, April 12, 2020**

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

Des Moines, IA  
Sun 4 Sutra 364  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Vischika Rasi: 29.01 Tithi 21  
174134468  
Routine Work Marana Yoga  
Until 7:33AM  
Then Creative Work - Amrita Yoga

**Gulika** 3:33PM - 5:12PM  
Yama 12:14PM - 1:54PM  
**Rahu** 5:12PM - 6:51PM

**Jyeshtha\* Until 7:33AM**  
Varyian Until 9:23AM  
Gara Until 5:12PM  
**Shashthi\* Until 4:48AM Mon**

**Ganesha:** Yellow *Sunrise:* 5:38AM  
**Muruqa:** Clear *Sunset:* 6:51PM  
**Nataraja:** Purple  
Moon - Orange  
**Chaitra+Panguni**

**Sivaloka Day**

**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

Des Moines, IA  
Sun 5 Sutra 1  
Sarvari 5122  
Moon 4 - Phase 50  
1st Phase

Dhanus Rasi: 12.29 Tithi 22  
184134468  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 7:31AM  
Then Routine Work - Marana Yoga

**Gulika** 1:54PM - 3:33PM  
Yama 10:35AM - 12:14PM  
**Rahu** 7:16AM - 8:55AM

**Mula\* Until 7:31AM**  
Parigha\* Until 7:36AM  
Visti Until 4:39PM  
**Saptami Until 4:41AM Tue**

**Ganesha:** Blue *Sunrise:* 5:36AM  
**Muruqa:** Clear *Sunset:* 6:52PM  
**Nataraja:** Purple  
Moon - Light Blue  
**Chaitra+Chaitra**

**Devaloka Day**

**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

Des Moines, IA  
Sun 6 Sutra 2  
Sarvari 5122  
Moon 4 - Phase 50  
Ashtami

Dhanus Rasi: 25.31 Tithi 23  
284134468  
Creative Work Siddha Yoga  
Until 8:09AM  
Then Routine Work - Prabalarishta Yoga

**Gulika** 12:14PM - 1:54PM  
Yama 8:54AM - 10:34AM  
**Rahu** 3:34PM - 5:13PM

**Purvashadha\* Until 8:09AM**  
Shiva Until 6:30AM  
Balava Until 4:57PM  
**Ashtami\* Until 5:22AM Wed**

**Ganesha:** Yellow *Sunrise:* 5:35AM  
**Muruqa:** Clear *Sunset:* 6:53PM  
**Nataraja:** Purple  
Moon - Light Blue  
**Chaitra+Chaitra**

**Sivaloka Day**

**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 Taitila/Gara Karana Navamyam Titau

Des Moines, IA  
Sun 7 Sutra 3  
Sarvari 5122  
Moon 4 - Phase 50  
Navami

Makara Rasi: 8.08 Tithi 24  
284134468  
Creative Work Amrita Yoga  
Until 9:24AM  
Then Creative Work - Siddha Yoga

**Gulika** 10:33AM - 12:14PM  
Yama 7:13AM - 8:53AM  
**Rahu** 12:14PM - 1:54PM

**Uttarashadha Until 9:24AM**  
Siddha Until 6:00AM  
Taitila Until 5:59PM  
**Navami\* Until 6:44AM Thu**

**Ganesha:** Yellow *Sunrise:* 5:33AM  
**Muruqa:** Clear *Sunset:* 6:54PM  
**Nataraja:** Purple  
Moon - Light Blue  
**Chaitra+Chaitra**

**Sivaloka Day**

<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				Des Moines, IA
Makara Rasi: 20.28	Tithi 24 – 25	<b>Gulika</b>	<b>8:52AM – 10:33AM</b>	<b>Shravana Until 11:36AM</b>	<b>Ganesha: Blue</b>	<b>Sunrise: 5:31AM</b>	Sun 8	Sutra 4
		Yama	5:31AM – 7:12AM	Sadhya Until 6:02AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:55PM</b>		Sarvari 5122
		294134468 <b>Rahu</b>	<b>1:54PM – 3:34PM</b>	Vanija Until 7:38PM	<b>Nataraja: Purple</b>			Moon 4 - Phase 1
Creative Work	Siddha Yoga			<b>Navami* Until 6:44AM</b>	<b>Chaitra+Chaitra</b>			2nd Phase
								<b>Devaloka Day</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				Des Moines, IA
Kumbha Rasi: 2.35	Tithi 25 – 26	<b>Gulika</b>	<b>7:11AM – 8:52AM</b>	<b>Dhanishtha Until 2:07PM</b>	<b>Ganesha: Blue</b>	<b>Sunrise: 5:30AM</b>	Sun 9	Sutra 5
		Yama	3:35PM – 5:16PM	Subha Until 6:30AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:56PM</b>		Sarvari 5122
		294134468 <b>Rahu</b>	<b>10:32AM – 12:13PM</b>	Bava Until 9:43PM	<b>Nataraja: Purple</b>			Moon 4 - Phase 1
Creative Work	Siddha Yoga			<b>Dashami Until 8:37AM</b>	<b>Chaitra+Chaitra</b>			2nd Phase
								<b>Devaloka Day</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				Des Moines, IA
Kumbha Rasi: 14.34	Tithi 26 – 27	<b>Gulika</b>	<b>5:28AM – 7:09AM</b>	<b>Shatabhishak Until 4:46PM</b>	<b>Ganesha: Yellow</b>	<b>Sunrise: 5:28AM</b>	Sun 10	Sutra 6
		Yama	1:54PM – 3:35PM	Sukla Until 7:12AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:57PM</b>		Sarvari 5122
		295134468 <b>Rahu</b>	<b>8:51AM – 10:32AM</b>	Kaulava Until 12:03AM Sun	<b>Nataraja: Purple</b>			Moon 4 - Phase 1
Creative Work	Amrita Yoga			<b>Ekadashi* Until 10:51AM</b>	<b>Chaitra+Chaitra</b>			2nd Phase
Until 4:46PM								<b>Sivaloka Day</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				Des Moines, IA
Kumbha Rasi: 26.28	Tithi 27 – 28	<b>Gulika</b>	<b>3:36PM – 5:17PM</b>	<b>Purvaproshtapada* Until 7:53PM</b>	<b>Ganesha: Yellow</b>	<b>Sunrise: 5:27AM</b>	Sun 11	Sutra 7
		Yama	12:13PM – 1:54PM	Brahma Until 8:04AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:59PM</b>		Sarvari 5122
		215134468 <b>Rahu</b>	<b>5:17PM – 6:59PM</b>	Gara Until 2:30AM Mon	<b>Nataraja: Purple</b>			Moon 4 - Phase 1
Creative Work	Siddha Yoga			<b>Dvadashi* Until 1:15PM</b>	<b>Chaitra+Chaitra</b>			2nd Phase
Until 7:53PM								<b>Sivaloka Day</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				Des Moines, IA
Meena Rasi: 8.19	Tithi 28 – 29	<b>Gulika</b>	<b>1:54PM – 3:36PM</b>	<b>Uttaraproshtapada Until 10:51PM</b>	<b>Ganesha: Yellow</b>	<b>Sunrise: 5:25AM</b>	Sun 12	Sutra 8
<b>Family Home Evening</b>		Yama	10:31AM – 12:12PM	Indra Until 9:00AM	<b>Muruqa: Clear</b>	<b>Sunset: 7:00PM</b>		Sarvari 5122
		215134468 <b>Rahu</b>	<b>7:07AM – 8:49AM</b>	Vistil Until 4:56AM Tue	<b>Nataraja: Purple</b>			Moon 4 - Phase 1
Creative Work	Siddha Yoga			<b>Trayodashi* Until 3:42PM</b>	<b>Chaitra+Chaitra</b>			2nd Phase
								<b>Sivaloka Day</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				Des Moines, IA
Meena Rasi: 20.12	Tithi 29	<b>Gulika</b>	<b>12:12PM – 1:54PM</b>	<b>Revati Until 1:35AM Wed</b>	<b>Ganesha: Yellow</b>	<b>Sunrise: 5:24AM</b>	Sun 13	Sutra 9
		Yama	8:48AM – 10:30AM	Vaidhriti* Until 9:53AM	<b>Muruqa: Clear</b>	<b>Sunset: 7:01PM</b>		Sarvari 5122
		215134468 <b>Rahu</b>	<b>3:36PM – 5:19PM</b>	Sakuni Until 6:06PM	<b>Nataraja: Purple</b>			Moon 4 - Phase 1
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 6:06PM</b>	<b>Chaitra+Chaitra</b>			2nd Phase
Until 1:35AM Wed								<b>Sivaloka Day</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				Des Moines, IA
Mesha Rasi: 2.06	Tithi 30	<b>Gulika</b>	<b>10:30AM – 12:12PM</b>	<b>Ashvini Until 4:31AM Thu</b>	<b>Ganesha: Red</b>	<b>Sunrise: 5:22AM</b>	Sun 14	Sutra 10
		Yama	7:05AM – 8:47AM	Vishkambha* Until 10:43AM	<b>Muruqa: Clear</b>	<b>Sunset: 7:02PM</b>		Sarvari 5122
		225134468 <b>Rahu</b>	<b>12:12PM – 1:55PM</b>	Catuspada Until 7:17AM	<b>Nataraja: Purple</b>			Moon 4 - Phase 1
Routine Work	Marana Yoga			<b>Amavasya* Until 8:23PM</b>	<b>Chaitra+Chaitra</b>			Amavasya
Until 4:31AM Thu								<b>Sivaloka Day</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				Des Moines, IA
Mesha Rasi: 14.04	Tithi 1	<b>Gulika</b>	<b>8:46AM – 10:29AM</b>	<b>Bharani Until 7:06AM Fri</b>	<b>Ganesha: Red</b>	<b>Sunrise: 5:21AM</b>	Sun 15	Sutra 11
		Yama	5:21AM – 7:04AM	Priti Until 11:27AM	<b>Muruqa: Clear</b>	<b>Sunset: 7:03PM</b>		Sarvari 5122
		225134468 <b>Rahu</b>	<b>1:55PM – 3:37PM</b>	Kintughna Until 9:29AM	<b>Nataraja: Purple</b>			Moon 4 - Phase 1
Creative Work	Siddha Yoga			<b>Prathama* Until 10:29PM</b>	<b>Vaisaka+Chaitra</b>			Prathama
								<b>Sivaloka Day</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				Des Moines, IA Sun 16 Sutra 12
Mesha Rasi: 26.06	Tithi 2	<b>Gulika</b> 7:03AM – 8:46AM	<b>Bharani</b> Until 7:06AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:20AM			Sarvari 5122
		Yama 3:38PM – 5:21PM	Ayushman Until 11:59AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:04PM			Moon 4 - Phase 2
Creative Work	Siddha Yoga	225134469 <b>Rahu</b> 10:29AM – 12:12PM	Balava Until 11:28AM	<b>Nataraja:</b> Clear				3rd Phase
			<b>Dvitiya</b> Until 12:21AM Sat	Moon – White			<b>Devaloka Day</b>	
				Vaisaka-Chaitra				

<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				Des Moines, IA Sun 17 Sutra 13
Wrishabha Rasi: 8.14	Tithi 3	<b>Gulika</b> 5:18AM – 7:01AM	<b>Krittika</b> Until 9:16AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:18AM			Sarvari 5122
		Yama 1:55PM – 3:38PM	Saubhagya Until 12:19PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:05PM			Moon 4 - Phase 2
Creative Work	Amrita Yoga	225134469 <b>Rahu</b> 8:45AM – 10:28AM	Taitila Until 1:11PM	<b>Nataraja:</b> Clear				3rd Phase
			<b>Tritiya</b> Until 1:53AM Sun	Moon – White			<b>Devaloka Day</b>	
				Vaisaka-Chaitra				

<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				Des Moines, IA Sun 18 Sutra 14
Wrishabha Rasi: 20.31	Tithi 4	<b>Gulika</b> 3:39PM – 5:22PM	<b>Rohini</b> Until 11:26AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:17AM			Sarvari 5122
		Yama 12:11PM – 1:55PM	Sobhana Until 12:24PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:06PM			Moon 4 - Phase 2
Creative Work	Siddha Yoga	235134469 <b>Rahu</b> 5:22PM – 7:06PM	Vanija Until 2:32PM	<b>Nataraja:</b> Clear				3rd Phase
			<b>Chaturthi*</b> Until 3:02AM Mon	Moon – Yellow			<b>Devaloka Day</b>	
				Vaisaka-Chaitra				

<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				Des Moines, IA Sun 19 Sutra 15
Mithuna Rasi: 2.59	Tithi 5	<b>Gulika</b> 1:55PM – 3:39PM	<b>Mrigashira</b> Until 1:00PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:15AM			Sarvari 5122
<b>Family Home Evening</b>		Yama 10:27AM – 12:11PM	Athiganda* Until 12:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:07PM			Moon 4 - Phase 2
Creative Work	Amrita Yoga	236134469 <b>Rahu</b> 6:59AM – 8:43AM	Bava Until 3:27PM	<b>Nataraja:</b> Clear				3rd Phase
Until 1:00PM			<b>Panchami</b> Until 3:41AM Tue	Moon – Yellow			<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra			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				Des Moines, IA Sun 20 Sutra 16
Mithuna Rasi: 15.4	Tithi 6	<b>Gulika</b> 12:11PM – 1:55PM	<b>Ardra</b> Until 1:55PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:14AM			Sarvari 5122
		Yama 8:43AM – 10:27AM	Sukarma Until 11:27AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:08PM			Moon 4 - Phase 2
Routine Work	Marana Yoga	236134469 <b>Rahu</b> 3:40PM – 5:24PM	Kaulava Until 3:49PM	<b>Nataraja:</b> Clear				3rd Phase
Until 1:55PM			<b>Shashthi*</b> Until 3:45AM Wed	Moon – Yellow			<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra			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				Des Moines, IA Sun 21 Sutra 17
Mithuna Rasi: 28.37	Tithi 7	<b>Gulika</b> 10:26AM – 12:11PM	<b>Punarvasu</b> Until 2:33PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:13AM			Sarvari 5122
		Yama 6:57AM – 8:42AM	Dhriti Until 10:19AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:09PM			Moon 4 - Phase 2
Creative Work	Siddha Yoga	246134469 <b>Rahu</b> 12:11PM – 1:56PM	Gara Until 3:34PM	<b>Nataraja:</b> Clear				3rd Phase
			<b>Saptami</b> Until 3:11AM Thu	Moon – Blue			<b>Devaloka Day</b>	
				Vaisaka-Chaitra				

<b>Retreat Star</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				Des Moines, IA Sun 22 Sutra 18
Kataka Rasi: 11.55	Tithi 8	<b>Gulika</b> 8:41AM – 10:26AM	<b>Pushya</b> Until 2:23PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:11AM			Sarvari 5122
		Yama 5:11AM – 6:56AM	Shula* Until 8:39AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:10PM			Moon 4 - Phase 2
Creative Work	Amrita Yoga	246134469 <b>Rahu</b> 1:56PM – 3:41PM	Visli Until 2:40PM	<b>Nataraja:</b> Clear				Ashtami
Until 2:23PM			<b>Ashtami*</b> Until 1:57AM Fri	Moon – Blue			<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra				

<b>Retreat Star</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				Des Moines, IA Sun 23 Sutra 19
Kataka Rasi: 25.36	Tithi 9	<b>Gulika</b> 6:54AM – 8:40AM	<b>Ashlesha*</b> Until 1:24PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:09AM			Sarvari 5122
		Yama 3:42PM – 5:27PM	Ganda* Until 6:27AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:12PM			Moon 4 - Phase 2
Routine Work	Marana Yoga	246134469 <b>Rahu</b> 10:25AM – 12:11PM	Balava Until 1:06PM	<b>Nataraja:</b> Clear				Navami
			<b>Navami*</b> Until 12:04AM Sat	Moon – Blue			<b>Devaloka Day</b>	
				Vaisaka-Chaitra				

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 Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha*Purvaphalguni Nakshatra Dhruva Yoga Taitila/Gara Karana Dashamyam Titau		Des Moines, IA Sun 24 Sutra 20	
Simha Rasi: 9.41	Tithi 10	<b>Gulika</b> 5:07AM – 6:53AM	<b>Magha* Until 12:06PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:07AM			Sarvari 5122	
		Yama 1:56PM – 3:42PM	Dhruva Until 12:34AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:14PM			Moon 4 - Phase 3	
		256134469 <b>Rahu</b> 8:39AM – 10:25AM	Taitila Until 10:55AM	<b>Nataraja:</b> Clear					4th Phase
Creative Work	Amrita Yoga	<b>Dashami Until 9:36PM</b>		<b>Moon – Red</b>			<b>Bhuloka Day</b>		
Until 12:06PM				<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 Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau		Des Moines, IA Sun 25 Sutra 21	
Simha Rasi: 24.08	Tithi 11	<b>Gulika</b> 3:42PM – 5:29PM	<b>Purvaphalguni Until 10:08AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:06AM			Sarvari 5122	
		Yama 12:10PM – 1:56PM	Vyaghata* Until 9:00PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:15PM			Moon 4 - Phase 3	
		256134469 <b>Rahu</b> 5:29PM – 7:15PM	Vanija Until 8:11AM	<b>Nataraja:</b> Clear					4th Phase
Creative Work	Siddha Yoga	<b>Ekadashi Until 6:38PM</b>		<b>Moon – Red</b>			<b>Bhuloka Day</b>		
Until 10:08AM				<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 Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Des Moines, IA Sun 26 Sutra 22	
Kanya Rasi: 8.55	Tithi 12 – 13	<b>Gulika</b> 1:57PM – 3:43PM	<b>Uttaraphalguni Until 7:36AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:05AM			Sarvari 5122	
<b>Family Home Evening</b>		Yama 10:24AM – 12:10PM	Harshana Until 5:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:16PM			Moon 4 - Phase 3	
		256234469 <b>Rahu</b> 6:51AM – 8:38AM	Kaulava Until 1:36AM Tue	<b>Nataraja:</b> Clear					4th Phase
Creative Work	Siddha Yoga	<b>Dvadashi Until 3:20PM</b>		<b>Moon – Red</b>			<b>Devaloka Day</b>		
				<b>Vaisaka*Chaitra</b>					

*Pradosha Vrata*

<b>4</b>		<b>Tuesday, May 5, 2020</b>				Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Des Moines, IA Sun 27 Sutra 23	
Kanya Rasi: 23.54	Tithi 13 – 14	<b>Gulika</b> 12:10PM – 1:57PM	<b>Chitra Until 2:19AM Wed</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:04AM			Sarvari 5122	
		Yama 8:37AM – 10:24AM	Vajra* Until 1:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:17PM			Moon 4 - Phase 3	
		267234469 <b>Rahu</b> 3:43PM – 5:30PM	Gara Until 10:02PM	<b>Nataraja:</b> Clear					4th Phase
Creative Work	Siddha Yoga	<b>Trayodashi Until 11:48AM</b>		<b>Moon – Green</b>			<b>Devaloka Day</b>		
				<b>Vaisaka*Chaitra</b>					

		<b>Wednesday, May 6, 2020</b>				Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Des Moines, IA Sun 28 Sutra 24	
Tula Rasi: 8.58	Tithi 14 – 15	<b>Gulika</b> 10:23AM – 12:10PM	<b>Svati Until 11:28PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:03AM			Sarvari 5122	
		Yama 6:49AM – 8:36AM	Siddhi Until 9:06AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:18PM			Moon 4 - Phase 3	
		267234469 <b>Rahu</b> 12:10PM – 1:57PM	Visti Until 6:29PM	<b>Nataraja:</b> Clear					Purnima
Creative Work	Siddha Yoga	<b>Budha Purnima (Tamil Nadu)</b>		<b>Moon – Green</b>			<b>Devaloka Day</b>		
		<b>Chaturdashi* Until 8:14AM</b>		<b>Vaisaka*Chaitra</b>					

<b>5</b>		<b>Thursday, May 7, 2020</b>				Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Varyan Yoga Balava/Kaulava Karana Prathamayam Titau		Des Moines, IA Sun 29 Sutra 25	
Tula Rasi: 23.58	Tithi 16	<b>Gulika</b> 8:36AM – 10:23AM	<b>Vishakha Until 9:08PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:01AM			Sarvari 5122	
		Yama 5:01AM – 6:49AM	Variyan Until 1:25AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:19PM			Moon 4 - Phase 3	
		277234469 <b>Rahu</b> 1:57PM – 3:44PM	Balava Until 3:07PM	<b>Nataraja:</b> Clear					Prathama
Creative Work	Siddha Yoga	<b>Prathama* Until 1:33AM Fri</b>		<b>Moon – Orange</b>			<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