



Sunday, April 21, 2019
Gold Retreat Star

Vikarin Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Vishakha/Anuradha Nakshatra Siddhi/Vyatalpa* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Almaty, Kazakhstan
Sutra 7

Tula Rasi: 26.44 Tithi 17 – 18

Gulika 4:18PM – 6:00PM
Yama 12:53PM – 2:35PM
274483468 **Rahu** 6:00PM – 7:43PM

Vishakha Until 5:28PM
Siddhi Until 6:09AM
Vanija Until 12:23AM Mon
Dvitiya Until 1:01PM

Ganesha: Blue *Sunrise:* 6:03AM
Muruqa: Yellow *Sunset:* 7:43PM
Nataraja: Purple
Moon – Orange
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Routine Work Marana Yoga

Devaloka Day

1

Monday, April 22, 2019

Vikarin Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Variyan Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Almaty, Kazakhstan
Sun 1 Sutra 8

Vrischika Rasi: 10.25 Tithi 18 – 19

Gulika 2:35PM – 4:18PM
Yama 11:10AM – 12:53PM
274483468 **Rahu** 7:44AM – 9:27AM

Anuradha Until 5:13PM
Variyan Until 2:23AM Tue
Bava Until 11:39PM
Tritiya Until 11:54AM

Ganesha: Blue *Sunrise:* 6:02AM
Muruqa: Yellow *Sunset:* 7:44PM
Nataraja: Purple
Moon – Orange
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Family Home Evening
Creative Work Siddha Yoga

Devaloka Day

2

Tuesday, April 23, 2019

Vikarin Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam
Jyeshtha*/Mula* Nakshatra Parigha* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Almaty, Kazakhstan
Sun 2 Sutra 9

Vrischika Rasi: 23.4 Tithi 19 – 20

Gulika 12:52PM – 2:36PM
Yama 9:26AM – 11:09AM
274483468 **Rahu** 4:19PM – 6:02PM

Jyeshtha* Until 5:35PM
Parigha* Until 1:27AM Wed
Kaulava Until 11:43PM
Chaturthi* Until 11:33AM

Ganesha: Blue *Sunrise:* 6:00AM
Muruqa: Yellow *Sunset:* 7:45PM
Nataraja: Purple
Moon – Orange
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Routine Work Marana Yoga
Until 5:35PM
Then Creative Work - Amrita Yoga

Devaloka Day

3

Wednesday, April 24, 2019

Vikarin Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam
Mula* Nakshatra Shiva Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Almaty, Kazakhstan
Sun 3 Sutra 10

Dhanus Rasi: 6.29 Tithi 20 – 21

Gulika 11:09AM – 12:52PM
Yama 7:42AM – 9:25AM
284483468 **Rahu** 12:52PM – 2:36PM

Mula* Until 7:04PM
Shiva Until 1:09AM Thu
Gara Until 12:36AM Thu
Panchami Until 12:02PM

Ganesha: Yellow *Sunrise:* 5:58AM
Muruqa: Yellow *Sunset:* 7:46PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Routine Work Marana Yoga
Until 7:04PM
Then Creative Work - Amrita Yoga

Sivaloka Day

4

Thursday, April 25, 2019

Vikarin Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam
Purvashadha* Nakshatra Siddha Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Almaty, Kazakhstan
Sun 4 Sutra 11

Dhanus Rasi: 18.57 Tithi 21 – 22

Gulika 9:25AM – 11:08AM
Yama 5:57AM – 7:41AM
284483469 **Rahu** 2:36PM – 4:20PM

Purvashadha* Until 9:08PM
Siddha Until 1:23AM Fri
Visti Until 2:12AM Fri
Shashthi* Until 1:18PM

Ganesha: Yellow *Sunrise:* 5:57AM
Muruqa: Yellow *Sunset:* 7:47PM
Nataraja: Clear
Moon – Light Blue
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Creative Work Siddha Yoga
Until 9:08PM
Then Routine Work - Marana Yoga

Devaloka Day

5

Friday, April 26, 2019

Vikarin Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam
Uttarashadha Nakshatra Sadhya Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Almaty, Kazakhstan
Sun 5 Sutra 12

Makara Rasi: 1.07 Tithi 22 – 23

Gulika 7:40AM – 9:24AM
Yama 4:20PM – 6:04PM
284583469 **Rahu** 11:08AM – 12:52PM

Uttarashadha Until 11:35PM
Sadhya Until 2:04AM Sat
Balava Until 4:22AM Sat
Saptami Until 3:13PM

Ganesha: Red *Sunrise:* 5:55AM
Muruqa: Yellow *Sunset:* 7:48PM
Nataraja: Clear
Moon – Light Blue
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Routine Work Marana Yoga

Devaloka Day

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Saturday, April 27, 2019
Retreat Star

Vikarin Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam
Shravana Nakshatra Subha Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Almaty, Kazakhstan
Sun 6 Sutra 13

Makara Rasi: 13.05 Tithi 23 – 24

Gulika 5:54AM – 7:38AM
Yama 2:36PM – 4:21PM
294583469 **Rahu** 9:23AM – 11:07AM

Shravana Until 2:44AM Sun
Subha Until 3:01AM Sun
Taitila Until 6:51AM Sun
Ashtami* Until 5:34PM

Ganesha: Green *Sunrise:* 5:54AM
Muruqa: Yellow *Sunset:* 7:50PM
Nataraja: Clear
Moon – Purple
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
Ashtami

Creative Work Siddha Yoga
Until 2:44AM Sun
Then Routine Work - Marana Yoga

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

Sunday, April 28, 2019
Retreat Star

Vikarin Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Dhanishtha Nakshatra Sukla Yoga Taitila/Gara Karana Navamyam Titau

Almaty, Kazakhstan
Sun 7 Sutra 14

Makara Rasi: 24.56 Tithi 24

Gulika 4:21PM – 6:06PM
Yama 12:52PM – 2:36PM
294583469 **Rahu** 6:06PM – 7:51PM

Dhanishtha Until 5:48AM Mon
Sukla Until 4:01AM Mon
Taitila Until 6:51AM
Navami* Until 8:06PM

Ganesha: Green *Sunrise:* 5:52AM
Muruqa: Yellow *Sunset:* 7:51PM
Nataraja: Clear
Moon – Purple
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
Navami

Routine Work Marana Yoga
Until 5:48AM Mon
Then Creative Work - Siddha Yoga

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

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| Monday, April 29, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Brahma Yoga Vanija/Visti* Karana Dashamyam Titau | | | | Almaty, Kazakhstan Sun 8 Sutra 15 Vikarin 5121 |
| 1 | Kumbha Rasi: 6.45 Family Home Evening Creative Work Siddha Yoga Until 8:34AM Tue Then Routine Work - Marana Yoga | Gulika 2:37PM - 4:22PM Yama 11:06AM - 12:51PM 294583469 Rahu 7:36AM - 9:21AM | Shatabhishak Until 8:34AM Tue Brahma Until 4:57AM Tue Vanija Until 9:24AM Dashami Until 10:36PM | Ganesha: Green Muruqa: Yellow Nataraja: Clear Moon - Purple | Sunrise: 5:51AM Sunset: 7:52PM | Moon 4 - Phase 3 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| Tuesday, April 30, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau | | | | Almaty, Kazakhstan Sun 9 Sutra 16 Vikarin 5121 |
| 2 | Kumbha Rasi: 18.38 Routine Work Marana Yoga | Gulika 12:51PM - 2:37PM Yama 9:20AM - 11:06AM 294583469 Rahu 4:22PM - 6:08PM | Shatabhishak Until 8:34AM Indra Until 5:39AM Wed Bava Until 11:46AM Ekadashi* Until 12:49AM Wed | Ganesha: Green Muruqa: Yellow Nataraja: Clear Moon - Purple | Sunrise: 5:50AM Sunset: 7:52PM | Moon 4 - Phase 3 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| Wednesday, May 1, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vaidhrili* Yoga Kaulava/Taitilla Karana Dvadashyam Titau | | | | Almaty, Kazakhstan Sun 10 Sutra 17 Vikarin 5121 |
| 3 | Meena Rasi: 0.37 Creative Work Amrita Yoga Until 11:21AM Then Creative Work - Siddha Yoga | Gulika 11:05AM - 12:51PM Yama 7:34AM - 9:20AM 214583469 Rahu 12:51PM - 2:37PM | Purvaproshtapada* Until 11:21AM Vaidhrili* Until 5:59AM Thu Kaulava Until 1:47PM Dvadashi* Until 2:36AM Thu | Ganesha: Purple Muruqa: Yellow Nataraja: Clear Moon - Clear | Sunrise: 5:48AM Sunset: 7:54PM | Moon 4 - Phase 3 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| Thursday, May 2, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau | | | | Almaty, Kazakhstan Sun 11 Sutra 18 Vikarin 5121 |
| 4 | Meena Rasi: 12.47 Creative Work Siddha Yoga | Gulika 9:19AM - 11:05AM Yama 5:47AM - 7:33AM 214583469 Rahu 2:37PM - 4:23PM | Uttaraproshtapada Until 1:31PM Vishkambha* Until 6:00AM Gara Until 3:19PM Trayodashi* Until 3:52AM Fri | Ganesha: Purple Muruqa: Yellow Nataraja: Clear Moon - Clear | Sunrise: 5:47AM Sunset: 7:55PM | Moon 4 - Phase 3 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |

Pradosha Vrata (Fasting)

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| Friday, May 3, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | | | Almaty, Kazakhstan Sun 12 Sutra 19 Vikarin 5121 |
| 5 | Meena Rasi: 25.11 Creative Work Siddha Yoga Until 3:01PM Then Creative Work - Amrita Yoga | Gulika 7:32AM - 9:18AM Yama 4:24PM - 6:10PM 215583469 Rahu 11:05AM - 12:51PM | Revati Until 3:01PM Priti Until 5:28AM Sat Visti Until 4:19PM Chaturdashi* Until 4:36AM Sat | Ganesha: Light Blue Muruqa: Yellow Nataraja: Clear Moon - Clear | Sunrise: 5:45AM Sunset: 7:57PM | Moon 4 - Phase 3 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| Saturday, May 4, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | | | Almaty, Kazakhstan Sun 13 Sutra 20 Vikarin 5121 |
| Retreat Star | Mesha Rasi: 7.49 Creative Work Siddha Yoga | Gulika 5:44AM - 7:31AM Yama 2:38PM - 4:24PM 225583469 Rahu 9:17AM - 11:04AM | Ashvini Until 4:18PM Ayushman Until 4:34AM Sun Catuspada Until 4:47PM Amavasya* Until 4:47AM Sun | Ganesha: Purple Muruqa: Yellow Nataraja: Clear Moon - White | Sunrise: 5:44AM Sunset: 7:58PM | Moon 4 - Phase 3 Amavasya Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| Sunday, May 5, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Almaty, Kazakhstan Sun 14 Sutra 21 Vikarin 5121 |
| Retreat Star | Mesha Rasi: 20.43 Routine Work Prabalarishta Yoga Until 4:55PM Then Creative Work - Siddha Yoga | Gulika 4:25PM - 6:12PM Yama 12:51PM - 2:38PM 225583469 Rahu 6:12PM - 7:59PM | Bharani Until 4:55PM Saubhagya Until 3:18AM Mon Kintughna Until 4:43PM Prathama* Until 4:30AM Mon | Ganesha: Purple Muruqa: Yellow Nataraja: Clear Moon - White | Sunrise: 5:43AM Sunset: 7:59PM | Moon 4 - Phase 3 Prathama Bhuloka Day 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

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| Monday, May 6, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau | | Almaty, Kazakhstan Sun 15 Sutra 22 Vikarin 5121 |
| 1 | | Gulika 2:38PM – 4:25PM | Krittika Until 4:58PM | Ganesha: Purple <i>Sunrise:</i> 5:41AM |
| Vrishabha Rasi: 3.5 | Tithi 2 | Yama 11:03AM – 12:51PM | Sobhana Until 1:43AM Tue | Muruqa: Yellow <i>Sunset:</i> 8:00PM |
| Family Home Evening | 225583469 | Rahu 7:29AM – 9:16AM | Balava Until 4:13PM | Nataraja: Clear |
| Routine Work Marana Yoga | | | Dvitiya Until 3:49AM Tue | Moon – White |
| Until 4:58PM | | | | Bhuloka Day |
| Then Creative Work - Amrita Yoga | | | | Devaloka Time: 3:PM to 6:PM |

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| Tuesday, May 7, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau | | Almaty, Kazakhstan Sun 16 Sutra 23 Vikarin 5121 |
| 2 | | Gulika 12:51PM – 2:38PM | Rohini Until 4:56PM | Ganesha: Light Blue <i>Sunrise:</i> 5:40AM |
| Vrishabha Rasi: 17.11 | Tithi 3 | Yama 9:15AM – 11:03AM | Athiganda* Until 11:50PM | Muruqa: Yellow <i>Sunset:</i> 8:01PM |
| | 235583469 | Rahu 4:26PM – 6:13PM | Taitila Until 3:21PM | Nataraja: Clear |
| Creative Work Amrita Yoga | | | Tritiya Until 2:46AM Wed | Moon – Yellow |
| Until 4:56PM | | Akshaya Tritiya | | Bhuloka Day |
| Then Creative Work - Siddha Yoga | | | | Devaloka Time: 3:PM to 6:PM |

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| Wednesday, May 8, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau | | Almaty, Kazakhstan Sun 17 Sutra 24 Vikarin 5121 |
| 3 | | Gulika 11:03AM – 12:51PM | Mrigashira Until 4:27PM | Ganesha: Light Blue <i>Sunrise:</i> 5:39AM |
| Mithuna Rasi: 0.43 | Tithi 4 | Yama 7:27AM – 9:15AM | Sukarma Until 9:44PM | Muruqa: Yellow <i>Sunset:</i> 8:02PM |
| | 235583469 | Rahu 12:51PM – 2:38PM | Vanija Until 2:10PM | Nataraja: Clear |
| Creative Work Siddha Yoga | | | Chaturthi* Until 1:27AM Thu | Moon – Yellow |
| | | | | Bhuloka Day |
| | | | | Devaloka Time: 3:PM to 6:PM |

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| Thursday, May 9, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti Yoga Bava/Balava Karana Panchamyam Titau | | Almaty, Kazakhstan Sun 18 Sutra 25 Vikarin 5121 |
| 4 | | Gulika 9:14AM – 11:02AM | Ardra Until 3:35PM | Ganesha: Light Blue <i>Sunrise:</i> 5:38AM |
| Mithuna Rasi: 14.24 | Tithi 5 | Yama 5:38AM – 7:26AM | Dhriti Until 7:28PM | Muruqa: Yellow <i>Sunset:</i> 8:03PM |
| | 235583469 | Rahu 2:39PM – 4:27PM | Bava Until 12:43PM | Nataraja: Clear |
| Routine Work Marana Yoga | | | Panchami Until 11:54PM | Moon – Yellow |
| Until 3:35PM | | | | Bhuloka Day |
| Then Creative Work - Amrita Yoga | | | | Devaloka Time: 3:PM to 6:PM |

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| Friday, May 10, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau | | Almaty, Kazakhstan Sun 19 Sutra 26 Vikarin 5121 |
| 5 | | Gulika 7:25AM – 9:13AM | Punarvasu Until 2:48PM | Ganesha: Orange <i>Sunrise:</i> 5:36AM |
| Mithuna Rasi: 28.13 | Tithi 6 | Yama 4:27PM – 6:16PM | Shula* Until 4:59PM | Muruqa: Yellow <i>Sunset:</i> 8:04PM |
| | 245583469 | Rahu 11:02AM – 12:50PM | Kaulava Until 11:04AM | Nataraja: Clear |
| Creative Work Siddha Yoga | | | Shashthi* Until 10:09PM | Moon – Blue |
| Until 2:48PM | | | | Devaloka Day |
| Then Routine Work - Marana Yoga | | | | |

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| Saturday, May 11, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhi* Yoga Gara/Vanija Karana Saplamyam Titau | | Almaty, Kazakhstan Sun 20 Sutra 27 Vikarin 5121 |
| 6 | | Gulika 5:35AM – 7:24AM | Pushya Until 1:40PM | Ganesha: Orange <i>Sunrise:</i> 5:35AM |
| Kataka Rasi: 12.1 | Tithi 7 | Yama 2:39PM – 4:28PM | Ganda* Until 2:22PM | Muruqa: Yellow <i>Sunset:</i> 8:06PM |
| | 245583469 | Rahu 9:13AM – 11:02AM | Gara Until 9:13AM | Nataraja: Clear |
| Creative Work Siddha Yoga | | | Saptami Until 8:12PM | Moon – Blue |
| Until 1:40PM | | | | Devaloka Day |
| Then Routine Work - Marana Yoga | | | | |

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| Sunday, May 12, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhi/Dhruva Yoga Visti*/Bava Karana Ashtamyam Titau | | Almaty, Kazakhstan Sun 21 Sutra 28 Vikarin 5121 |
| Retreat Star | | Gulika 4:29PM – 6:18PM | Ashlesha* Until 12:14PM | Ganesha: Clear <i>Sunrise:</i> 5:34AM |
| Kataka Rasi: 26.14 | Tithi 8 | Yama 12:50PM – 2:39PM | Vridhi Until 11:38AM | Muruqa: Yellow <i>Sunset:</i> 8:07PM |
| | 246583469 | Rahu 6:18PM – 8:07PM | Visti Until 7:11AM | Nataraja: Clear |
| Creative Work Siddha Yoga | | | Ashtami* Until 6:05PM | Moon – Blue |
| Until 12:14PM | | Mother's Day | | Devaloka Day |
| Then Routine Work - Marana Yoga | | | | |


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| Monday, May 13, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva*/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | Almaty, Kazakhstan Sun 22 Sutra 29 Vikarin 5121 |
| Retreat Star | | Gulika 2:40PM – 4:29PM | Magha* Until 10:55AM | Ganesha: White <i>Sunrise:</i> 5:33AM |
| Simha Rasi: 10.24 | Tithi 9 – 10 | Yama 11:01AM – 12:50PM | Dhruva Until 8:44AM | Muruqa: Yellow <i>Sunset:</i> 8:08PM |
| Family Home Evening | 256583469 | Rahu 7:22AM – 9:12AM | Taitila Until 2:41AM Tue | Nataraja: Clear |
| Routine Work Marana Yoga | | | Navami* Until 3:50PM | Moon – Red |
| Until 10:55AM | | | | Bhuloka Day |
| Then Creative Work - Siddha Yoga | | | | Devaloka Time: 3:PM to 6:PM |

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| 1 | | Tuesday, May 14, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Almaty, Kazakhstan Sun 23 Sutra 30 | |
| Simha Rasi: 24.39 | Tithi 10 – 11 | Gulika | 12:50PM – 2:40PM | Purvaphalguni Until 9:22AM | Ganesha: White | <i>Sunrise:</i> 5:32AM | Vikarin 5121 | | |
| | | Yama | 9:11AM – 11:01AM | Harshana Until 2:45AM Wed | Muruqa: Yellow | <i>Sunset:</i> 8:09PM | Moon 4 - Phase 5 | | |
| | | 256583469 Rahu | 4:30PM – 6:19PM | Vanija Until 12:19AM Wed | Nataraja: Clear | | 4th Phase | | |
| Creative Work | Siddha Yoga | | | Dashami Until 1:29PM | Moon – Red | | Bhuloka Day | | |
| Until 9:22AM | | | | | Vaisaka-Chaitra | | Devaloka Time: 3:PM to 6:PM | | |
| Then Creative Work - Amrita Yoga | | | | | | | | | |

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| 2 | | Wednesday, May 15, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | | | Almaty, Kazakhstan Sun 24 Sutra 31 | |
| Kanya Rasi: 8.56 | Tithi 11 – 12 | Gulika | 11:00AM – 12:50PM | Uttaraphalguni Until 7:37AM | Ganesha: White | <i>Sunrise:</i> 5:31AM | Vikarin 5121 | | |
| | | Yama | 7:21AM – 9:11AM | Vajra* Until 11:44PM | Muruqa: Yellow | <i>Sunset:</i> 8:10PM | Moon 4 - Phase 5 | | |
| | | 256583469 Rahu | 12:50PM – 2:40PM | Bava Until 9:56PM | Nataraja: Clear | | 4th Phase | | |
| Creative Work | Amrita Yoga | | | Ekadashi Until 11:06AM | Moon – Red | | Bhuloka Day | | |
| Until 7:37AM | | | | | Vaisaka-Vaikasi | | Devaloka Time: 3:PM to 6:PM | | |
| Then Routine Work - Marana Yoga | | | | | | | | | |

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| 3 | | Thursday, May 16, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Almaty, Kazakhstan Sun 25 Sutra 32 | |
| Kanya Rasi: 23.13 | Tithi 12 – 13 | Gulika | 9:10AM – 11:00AM | Hasta Until 6:11AM | Ganesha: Yellow | <i>Sunrise:</i> 5:30AM | Vikarin 5121 | | |
| | | Yama | 5:30AM – 7:20AM | Siddhi Until 8:49PM | Muruqa: Yellow | <i>Sunset:</i> 8:11PM | Moon 4 - Phase 5 | | |
| | | 266583469 Rahu | 2:40PM – 4:31PM | Kaulava Until 7:39PM | Nataraja: Clear | | 4th Phase | | |
| Routine Work | Marana Yoga | | | Dvadashi Until 8:45AM | Moon – Green | | Devaloka Day | | |
| Until 6:11AM | | | | | Vaisaka-Vaikasi | | | | |
| Then Creative Work - Siddha Yoga | | | | | <i>Pradosha Vrata</i> | | | | |

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| 4 | | Friday, May 17, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata* Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau | | | | Almaty, Kazakhstan Sun 26 Sutra 33 | |
| Tula Rasi: 7.23 | Tithi 13 – 14 | Gulika | 7:19AM – 9:09AM | Svati Until 3:26AM Sat | Ganesha: Yellow | <i>Sunrise:</i> 5:29AM | Vikarin 5121 | | |
| | | Yama | 4:31PM – 6:22PM | Vyatipata* Until 6:05PM | Muruqa: Yellow | <i>Sunset:</i> 8:12PM | Moon 4 - Phase 5 | | |
| | | 266583469 Rahu | 11:00AM – 12:50PM | Vanija Until 4:39AM Sat | Nataraja: Clear | | 4th Phase | | |
| Creative Work | Siddha Yoga | | | Trayodashi Until 6:34AM | Moon – Green | | Devaloka Day | | |
| | | | | | Vaisaka-Vaikasi | | | | |

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|  | | Saturday, May 18, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau | | | | Almaty, Kazakhstan Sun 27 Sutra 34 | |
| Tula Rasi: 21.23 | Tithi 15 | Gulika | 5:28AM – 7:18AM | Vishakha Until 2:48AM Sun | Ganesha: Blue | <i>Sunrise:</i> 5:28AM | Vikarin 5121 | | |
| | | Yama | 2:41PM – 4:32PM | Variyan Until 3:37PM | Muruqa: Yellow | <i>Sunset:</i> 8:13PM | Moon 4 - Phase 5 | | |
| | | 276583469 Rahu | 9:09AM – 11:00AM | Visti Until 3:52PM | Nataraja: Clear | | Purnima | | |
| Creative Work | Siddha Yoga | | | Purnima* Until 3:09AM Sun | Moon – Orange | | Bhuloka Day | | |
| Until 2:48AM Sun | | | | | Vaisaka-Vaikasi | | Devaloka Time: 3:PM to 6:PM | | |
| Then Routine Work - Marana Yoga | | | | | | | | | |

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| Sunday, May 19, 2019 | | Silver Retreat Star | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Almaty, Kazakhstan Sutra 35 | |
| Vrischika Rasi: 5.08 | Tithi 16 | Gulika | 4:32PM – 6:23PM | Anuradha Until 2:33AM Mon | Ganesha: Yellow | <i>Sunrise:</i> 5:27AM | Vikarin 5121 | | |
| | | Yama | 12:50PM – 2:41PM | Parigha* Until 1:32PM | Muruqa: Yellow | <i>Sunset:</i> 8:14PM | Moon 4 - Phase 5 | | |
| | | 277583469 Rahu | 6:23PM – 8:14PM | Balava Until 2:36PM | Nataraja: Clear | | Prathama | | |
| Routine Work | Marana Yoga | | | Prathama* Until 2:10AM Mon | Moon – Orange | | Devaloka Day | | |
| Until 2:33AM Mon | | | | | Vaisaka-Vaikasi | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | | |

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

www.gurudeva.org/panchang



Monday, May 20, 2019
Gold Retreat Star

Vrischika Rasi: 18.34 Tithi 17
Family Home Evening
Creative Work Siddha Yoga
Until 2:47AM Tue
Then Creative Work - Amrita Yoga

277583469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
Jyeshtha* Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Dvitiyayam Titau

Gulika 2:42PM – 4:33PM
Yama 10:59AM – 12:50PM
Rahu 7:17AM – 9:08AM

Jyeshtha* Until 2:47AM Tue
Shiva Until 11:56AM
Taitila Until 1:56PM
Dvitiya Until 1:49AM Tue

Ganesha: Yellow *Sunrise:* 5:26AM
Muruqa: Yellow *Sunset:* 8:15PM
Nataraja: Clear
Moon – Orange

Vaisaka-Vaikasi

Almaty, Kazakhstan
Sun 1 Sutra 36
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Devaloka Day

1

Tuesday, May 21, 2019

Dhanus Rasi: 1.38 Tithi 18
Creative Work Amrita Yoga

287583469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam
Mula* Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Tritiyayam Titau

Gulika 12:50PM – 2:42PM
Yama 9:08AM – 10:59AM
Rahu 4:33PM – 6:25PM

Mula* Until 3:59AM Wed
Siddha Until 10:50AM
Vanija Until 1:55PM
Tritiya Until 2:10AM Wed

Ganesha: Blue *Sunrise:* 5:25AM
Muruqa: Yellow *Sunset:* 8:16PM
Nataraja: Clear
Moon – Light Blue

Vaisaka-Vaikasi

Almaty, Kazakhstan
Sun 2 Sutra 37
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Sivaloka Day

2

Wednesday, May 22, 2019

Dhanus Rasi: 14.23 Tithi 19
Creative Work Amrita Yoga

287683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam
Purvashadha* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Chaturthayam Titau

Gulika 10:59AM – 12:51PM
Yama 7:16AM – 9:07AM
Rahu 12:51PM – 2:42PM

Purvashadha* Until 5:43AM Thu
Sadhya Until 10:18AM
Bava Until 2:37PM
Chaturthi* Until 3:12AM Thu

Ganesha: Red *Sunrise:* 5:24AM
Muruqa: Yellow *Sunset:* 8:17PM
Nataraja: Clear
Moon – Light Blue

Vaisaka-Vaikasi

Almaty, Kazakhstan
Sun 3 Sutra 38
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Devaloka Day

Until 5:43AM Thu
Then Routine Work - Marana Yoga

3

Thursday, May 23, 2019

Dhanus Rasi: 26.48 Tithi 20
Routine Work Marana Yoga

287683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam
Uttarashadha Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Panchamyam Titau

Gulika 9:07AM – 10:59AM
Yama 5:23AM – 7:15AM
Rahu 2:42PM – 4:34PM

Uttarashadha Until 7:52AM Fri
Subha Until 10:19AM
Kaulava Until 3:59PM
Panchami Until 4:51AM Fri

Ganesha: Red *Sunrise:* 5:23AM
Muruqa: Yellow *Sunset:* 8:18PM
Nataraja: Clear
Moon – Light Blue

Vaisaka-Vaikasi

Almaty, Kazakhstan
Sun 4 Sutra 39
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Devaloka Day

Until 4:51AM Fri
Then Routine Work - Marana Yoga

4

Friday, May 24, 2019

Makara Rasi: 8.58 Tithi 21
Routine Work Marana Yoga

287683469

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

Gulika 7:14AM – 9:07AM
Yama 4:35PM – 6:27PM
Rahu 10:59AM – 12:51PM

Uttarashadha Until 7:52AM
Sukla Until 10:45AM
Gara Until 5:54PM
Shashthi* Until 6:59AM Sat

Ganesha: Red *Sunrise:* 5:22AM
Muruqa: Yellow *Sunset:* 8:19PM
Nataraja: Clear
Moon – Light Blue

Vaisaka-Vaikasi

Almaty, Kazakhstan
Sun 5 Sutra 40
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Devaloka Day

Until 6:59AM Sat
Then Routine Work - Marana Yoga

5

Saturday, May 25, 2019

Makara Rasi: 20.57 Tithi 21 – 22
Creative Work Siddha Yoga

297683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam
Shravana/Dhanishtha Nakshatra Brahma/Indra Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Gulika 5:22AM – 7:14AM
Yama 2:43PM – 4:35PM
Rahu 9:06AM – 10:58AM

Shravana Until 10:47AM
Brahma Until 11:31AM
Visti Until 8:11PM
Shashthi* Until 6:59AM

Ganesha: Green *Sunrise:* 5:22AM
Muruqa: Yellow *Sunset:* 8:20PM
Nataraja: Clear
Moon – Purple

Vaisaka-Vaikasi

Almaty, Kazakhstan
Sun 6 Sutra 41
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Until 6:59AM Sat
Then Creative Work - Siddha Yoga

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Sunday, May 26, 2019
Retreat Star

Kumbha Rasi: 2.5 Tithi 22 – 23
Routine Work Marana Yoga

398683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Dhanishtha/Shatabhishak Nakshatra Indra/Vaidhriti* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Gulika 4:36PM – 6:28PM
Yama 12:51PM – 2:43PM
Rahu 6:28PM – 8:21PM

Dhanishtha Until 1:44PM
Indra Until 12:29PM
Balava Until 10:37PM
Saptami Until 9:22AM

Ganesha: Blue *Sunrise:* 5:21AM
Muruqa: Yellow *Sunset:* 8:21PM
Nataraja: Clear
Moon – Purple

Vaisaka-Vaikasi

Almaty, Kazakhstan
Sun 7 Sutra 42
Vikarin 5121
Moon 5 - Phase 6
Ashtami

Sivaloka Day

Until 1:44PM
Then Creative Work - Siddha Yoga

Monday, May 27, 2019
Retreat Star

Kumbha Rasi: 14.41 Tithi 23 – 24
Family Home Evening
Creative Work Siddha Yoga

398683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
Shatabhishak/Purvaprossthapada* Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Gulika 2:44PM – 4:36PM
Yama 10:58AM – 12:51PM
Rahu 7:13AM – 9:06AM

Shatabhishak Until 4:32PM
Vaidhriti* Until 1:25PM
Taitila Until 12:57AM Tue
Ashtami* Until 11:47AM

Ganesha: Blue *Sunrise:* 5:20AM
Muruqa: Yellow *Sunset:* 8:22PM
Nataraja: Clear
Moon – Purple

Vaisaka-Vaikasi

Almaty, Kazakhstan
Sun 8 Sutra 43
Vikarin 5121
Moon 5 - Phase 6
Navami

Sivaloka Day

Until 4:32PM
Then Routine Work - Marana Yoga

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| 1 | | Tuesday, May 28, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | | | Almaty, Kazakhstan Sun 9 Sutra 44 | |
| Kumbha Rasi: 26.36 | Tithi 24 – 25 | Gulika | 12:51PM – 2:44PM | Purvaproshtapada* Until 7:26PM | Ganesha: Purple | <i>Sunrise:</i> 5:19AM | | Vikarin 5121 | |
| | | Yama | 9:05AM – 10:58AM | Vishkambha* Until 2:12PM | Muruqa: Yellow | <i>Sunset:</i> 8:23PM | | Moon 5 - Phase 7 | |
| | | 318683469 Rahu | 4:37PM – 6:30PM | Vanija Until 3:00AM Wed | Nataraja: Clear | | | 2nd Phase | |
| Routine Work | Marana Yoga | | | Navami* Until 2:00PM | Moon – Clear | | Sivaloka Day | | |
| Until 7:26PM | | | | | Vaisaka-Vaikasi | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | | | |

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| 2 | | Wednesday, May 29, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | | | Almaty, Kazakhstan Sun 10 Sutra 45 | |
| Meena Rasi: 8.39 | Tithi 25 – 26 | Gulika | 10:58AM – 12:51PM | Uttaraproshtapada Until 9:45PM | Ganesha: Purple | <i>Sunrise:</i> 5:19AM | | Vikarin 5121 | |
| | | Yama | 7:12AM – 9:05AM | Priti Until 2:43PM | Muruqa: Yellow | <i>Sunset:</i> 8:24PM | | Moon 5 - Phase 7 | |
| | | 318683469 Rahu | 12:51PM – 2:44PM | Bava Until 4:34AM Thu | Nataraja: Clear | | | 2nd Phase | |
| Creative Work | Siddha Yoga | | | Dashami Until 3:50PM | Moon – Clear | | Sivaloka Day | | |
| Until 9:45PM | | | | | Vaisaka-Vaikasi | | | | |
| Then Routine Work - Marana Yoga | | | | | | | | | |

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| 3 | | Thursday, May 30, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | | | Almaty, Kazakhstan Sun 11 Sutra 46 | |
| Meena Rasi: 20.53 | Tithi 26 – 27 | Gulika | 9:05AM – 10:58AM | Revati Until 11:22PM | Ganesha: Purple | <i>Sunrise:</i> 5:18AM | | Vikarin 5121 | |
| | | Yama | 5:18AM – 7:11AM | Ayushman Until 2:47PM | Muruqa: Yellow | <i>Sunset:</i> 8:24PM | | Moon 5 - Phase 7 | |
| | | 318683469 Rahu | 2:45PM – 4:38PM | Kaulava Until 5:33AM Fri | Nataraja: Clear | | | 2nd Phase | |
| Creative Work | Siddha Yoga | | | Ekadashi* Until 5:07PM | Moon – Clear | | Sivaloka Day | | |
| Until 11:22PM | | | | | Vaisaka-Vaikasi | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | | | |

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| 4 | | Friday, May 31, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau | | | | Almaty, Kazakhstan Sun 12 Sutra 47 | |
| Mesha Rasi: 3.23 | Tithi 27 – 28 | Gulika | 7:11AM – 9:05AM | Ashvini Until 12:42AM Sat | Ganesha: Clear | <i>Sunrise:</i> 5:18AM | | Vikarin 5121 | |
| | | Yama | 4:38PM – 6:32PM | Saubhagya Until 2:23PM | Muruqa: Yellow | <i>Sunset:</i> 8:25PM | | Moon 5 - Phase 7 | |
| | | 328683469 Rahu | 10:58AM – 12:51PM | Gara Until 5:54AM Sat | Nataraja: Clear | | | 2nd Phase | |
| Creative Work | Amrita Yoga | | | Dvadashi* Until 5:47PM | Moon – White | | Devaloka Day | | |
| Until 12:42AM Sat | | | | | Vaisaka-Vaikasi | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | | |
| | | | | | <i>Pradosha Vrata (Fasting)</i> | | | | |

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| 5 | | Saturday, June 1, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | | | Almaty, Kazakhstan Sun 13 Sutra 48 | |
| Mesha Rasi: 16.1 | Tithi 28 – 29 | Gulika | 5:17AM – 7:11AM | Bharani Until 1:14AM Sun | Ganesha: White | <i>Sunrise:</i> 5:17AM | | Vikarin 5121 | |
| | | Yama | 2:45PM – 4:39PM | Sobhana Until 1:30PM | Muruqa: Yellow | <i>Sunset:</i> 8:26PM | | Moon 5 - Phase 7 | |
| | | 329683469 Rahu | 9:04AM – 10:58AM | Visti Until 5:37AM Sun | Nataraja: Clear | | | 2nd Phase | |
| Creative Work | Siddha Yoga | | | Trayodashi* Until 5:49PM | Moon – White | | Bhuloka Day | | |
| | | | | | Vaisaka-Vaikasi | | Devaloka Time: 3:PM to 6:PM | | |

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| 6 | | Sunday, June 2, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda*/Sukarma* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | | | Almaty, Kazakhstan Sun 14 Sutra 49 | |
| Mesha Rasi: 29.17 | Tithi 29 – 30 | Gulika | 4:39PM – 6:33PM | Krittika Until 1:02AM Mon | Ganesha: White | <i>Sunrise:</i> 5:17AM | | Vikarin 5121 | |
| | | Yama | 12:52PM – 2:46PM | Athiganda* Until 12:05PM | Muruqa: Yellow | <i>Sunset:</i> 8:27PM | | Moon 5 - Phase 7 | |
| | | 329683469 Rahu | 6:33PM – 8:27PM | Catuspada Until 4:44AM Mon | Nataraja: Clear | | | 2nd Phase | |
| Creative Work | Siddha Yoga | | | Chaturdashi* Until 5:14PM | Moon – White | | Bhuloka Day | | |
| Until 1:02AM Mon | | | | | Vaisaka-Vaikasi | | Devaloka Time: 3:PM to 6:PM | | |
| Then Creative Work - Amrita Yoga | | | | | | | | | |

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| Monday, June 3, 2019 | | Retreat Star | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma/Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | | | Almaty, Kazakhstan Sun 15 Sutra 50 | |
| Vrishabha Rasi: 12.43 | Tithi 30 – 1 | Gulika | 2:46PM – 4:40PM | Rohini Until 12:37AM Tue | Ganesha: Green | <i>Sunrise:</i> 5:16AM | | Vikarin 5121 | |
| Family Home Evening | | Yama | 10:58AM – 12:52PM | Sukarma Until 10:14AM | Muruqa: Yellow | <i>Sunset:</i> 8:28PM | | Moon 5 - Phase 7 | |
| Creative Work | Amrita Yoga | 339683469 Rahu | 7:10AM – 9:04AM | Kintughna Until 3:22AM Tue | Nataraja: Clear | | | Amavasya | |
| Until 12:37AM Tue | | | | Amavasya* Until 4:05PM | Moon – Yellow | | Bhuloka Day | | |
| Then Creative Work - Siddha Yoga | | | | | Vaisaka-Vaikasi | | Devaloka Time: 3:PM to 6:PM | | |

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| Tuesday, June 4, 2019 | | Retreat Star | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Prathama/Dvityayam Titau | | | | Almaty, Kazakhstan Sun 16 Sutra 51 | |
| Vrishabha Rasi: 26.25 | Tithi 1 – 2 | Gulika | 12:52PM – 2:46PM | Mrigashira Until 11:39PM | Ganesha: Green | <i>Sunrise:</i> 5:16AM | | Vikarin 5121 | |
| | | Yama | 9:04AM – 10:58AM | Dhriti Until 8:01AM | Muruqa: Yellow | <i>Sunset:</i> 8:28PM | | Moon 5 - Phase 7 | |
| | | 339683469 Rahu | 4:40PM – 6:34PM | Balava Until 1:35AM Wed | Nataraja: Clear | | | Prathama | |
| Creative Work | Siddha Yoga | | | Prathama* Until 2:30PM | Moon – Yellow | | Bhuloka Day | | |
| Until 11:39PM | | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | | |
| Then Routine Work - Marana Yoga | | | | | | | | | |

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| 1 | Wednesday, June 5, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | | | Almaty, Kazakhstan Sun 17 Sutra 52 |
| | Mithuna Rasi: 10.22 | Tithi 2 – 3 | Gulika 10:58AM – 12:52PM | Ardra Until 10:14PM | Ganesha: Green <i>Sunrise:</i> 5:15AM | | Vikarin 5121 |
| | | | Yama 7:10AM – 9:04AM | Ganda* Until 2:42AM Thu | Muruqa: Yellow <i>Sunset:</i> 8:29PM | | Moon 5 - Phase 8 |
| | Creative Work Siddha Yoga | 339683461 | Rahu 12:52PM – 2:46PM | Taitila Until 11:31PM | Nataraja: Clear | | 3rd Phase |
| | | | Dvitiya Until 12:34PM | Moon – Yellow | | Bhuloka Day | |
| | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | |

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| 2 | Thursday, June 6, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | | | Almaty, Kazakhstan Sun 18 Sutra 53 |
| | Mithuna Rasi: 24.29 | Tithi 3 – 4 | Gulika 9:04AM – 10:58AM | Punarvasu Until 8:55PM | Ganesha: White <i>Sunrise:</i> 5:15AM | | Vikarin 5121 |
| | | | Yama 5:15AM – 7:09AM | Vriddhi Until 11:48PM | Muruqa: Yellow <i>Sunset:</i> 8:30PM | | Moon 5 - Phase 8 |
| | Creative Work Amrita Yoga | 349683461 | Rahu 2:47PM – 4:41PM | Vanija Until 9:15PM | Nataraja: Yellow | | 3rd Phase |
| | | | Tritiya Until 10:23AM | Moon – Blue | | Bhuloka Day | |
| | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | |

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|----------|-----------------------------|-------------|---|----------------------------|--|-----------------------------|--|
| 3 | Friday, June 7, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | | | Almaty, Kazakhstan Sun 19 Sutra 54 |
| | Kataka Rasi: 8.43 | Tithi 4 – 5 | Gulika 7:09AM – 9:04AM | Pushya Until 7:21PM | Ganesha: White <i>Sunrise:</i> 5:15AM | | Vikarin 5121 |
| | | | Yama 4:42PM – 6:36PM | Dhruva Until 8:49PM | Muruqa: Yellow <i>Sunset:</i> 8:31PM | | Moon 5 - Phase 8 |
| | Routine Work Marana Yoga | 349683461 | Rahu 10:58AM – 12:53PM | Bava Until 6:54PM | Nataraja: Yellow | | 3rd Phase |
| | | | Chaturthi* Until 8:04AM | Moon – Blue | | Bhuloka Day | |
| | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | |

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|----------------------------------|-------------------------------|-----------|---|-------------------------------|--|-----------------------------|--|
| 4 | Saturday, June 8, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau | | | | Almaty, Kazakhstan Sun 20 Sutra 55 |
| | Kataka Rasi: 22.59 | Tithi 6 | Gulika 5:14AM – 7:09AM | Ashlesha* Until 5:38PM | Ganesha: White <i>Sunrise:</i> 5:14AM | | Vikarin 5121 |
| | | | Yama 2:47PM – 4:42PM | Vyaghata* Until 5:50PM | Muruqa: Yellow <i>Sunset:</i> 8:31PM | | Moon 5 - Phase 8 |
| | Routine Work Marana Yoga | 349683461 | Rahu 9:04AM – 10:58AM | Kaulava Until 4:32PM | Nataraja: Yellow | | 3rd Phase |
| Until 5:38PM | | | Shashthi* Until 3:20AM Sun | Moon – Blue | | Bhuloka Day | |
| Then Creative Work - Amrita Yoga | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | |

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|----------------------------------|-----------------------------|-----------|---|----------------------------|---|---------------------|--|
| 5 | Sunday, June 9, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau | | | | Almaty, Kazakhstan Sun 21 Sutra 56 |
| | Simha Rasi: 7.15 | Tithi 7 | Gulika 4:42PM – 6:37PM | Magha* Until 4:14PM | Ganesha: Yellow <i>Sunrise:</i> 5:14AM | | Vikarin 5121 |
| | | | Yama 12:53PM – 2:48PM | Harshana Until 2:53PM | Muruqa: Yellow <i>Sunset:</i> 8:32PM | | Moon 5 - Phase 8 |
| | Routine Work Marana Yoga | 351683461 | Rahu 6:37PM – 8:32PM | Gara Until 2:12PM | Nataraja: Yellow | | 3rd Phase |
| Until 4:14PM | | | Saptami Until 1:03AM Mon | Moon – Red | | Devaloka Day | |
| Then Creative Work - Siddha Yoga | | | | Jyeshtha-Vaikasi | | | |

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|------------------------------|------------------------------|-----------|--|-----------------------------------|---|---------------------|--|
| Monday, June 10, 2019 | Retreat Star | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau | | | | Almaty, Kazakhstan Sun 22 Sutra 57 |
| | Simha Rasi: 21.28 | Tithi 8 | Gulika 2:48PM – 4:43PM | Purvaphalguni Until 2:48PM | Ganesha: Yellow <i>Sunrise:</i> 5:14AM | | Vikarin 5121 |
| | Family Home Evening | | Yama 10:58AM – 12:53PM | Vajra* Until 12:00PM | Muruqa: Yellow <i>Sunset:</i> 8:32PM | | Moon 5 - Phase 8 |
| | Creative Work Siddha Yoga | 351683461 | Rahu 7:09AM – 9:03AM | Visti Until 11:58AM | Nataraja: Yellow | | Ashtami |
| | | | Ashtami* Until 10:52PM | Moon – Red | | Devaloka Day | |
| | | | | Jyeshtha-Vaikasi | | | |


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|----------------------------------|------------------------------|-----------|--|------------------------------------|---|---------------------|--|
| Tuesday, June 11, 2019 | Retreat Star | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddhi/Vyatalpata* Yoga Balava/Kaulava Karana Navamyam Titau | | | | Almaty, Kazakhstan Sun 23 Sutra 58 |
| | Kanya Rasi: 6 | Tithi 9 | Gulika 12:53PM – 2:48PM | Uttaraphalguni Until 1:21PM | Ganesha: Yellow <i>Sunrise:</i> 5:14AM | | Vikarin 5121 |
| | | | Yama 9:04AM – 10:58AM | Siddhi Until 9:14AM | Muruqa: Yellow <i>Sunset:</i> 8:33PM | | Moon 5 - Phase 8 |
| | Creative Work Amrita Yoga | 351683461 | Rahu 4:43PM – 6:38PM | Balava Until 9:51AM | Nataraja: Yellow | | Navami |
| Until 1:21PM | | | Navami* Until 8:49PM | Moon – Red | | Devaloka Day | |
| Then Creative Work - Siddha Yoga | | | | Jyeshtha-Vaikasi | | | |

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|----------------------------------|-------------|--|------------------------------------|--|------------------------|---------------------------------------|--|
| 1 | | Wednesday, June 12, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Vyatipata/Variyan Yoga Taitila/Gara Karana Dashamyam Titau | | Almaty, Kazakhstan Sun 24 Sutra 59 | |
| Kanya Rasi: 19.38 | Tithi 10 | Gulika 10:59AM – 12:54PM | Hasta Until 12:21PM | Ganesha: White | <i>Sunrise:</i> 5:14AM | Vikarin 5121 | |
| | | Yama 7:09AM – 9:04AM | Vyatipata* Until 6:36AM | Muruqa: Yellow | <i>Sunset:</i> 8:33PM | Moon 5 - Phase 9 | |
| | | 361683461 Rahu 12:54PM – 2:48PM | Taitila Until 7:53AM | Nataraja: Yellow | | 4th Phase | |
| Routine Work | Marana Yoga | | Dashami Until 6:58PM | Moon – Green | | Bhuloka Day | |
| Until 12:21PM | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 2 | | Thursday, June 13, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Parigha* Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau | | Almaty, Kazakhstan Sun 25 Sutra 60 | |
| Tula Rasi: 3.32 | Tithi 11 – 12 | Gulika 9:04AM – 10:59AM | Chitra Until 11:25AM | Ganesha: White | <i>Sunrise:</i> 5:13AM | Vikarin 5121 | |
| | | Yama 5:13AM – 7:09AM | Parigha* Until 1:51AM Fri | Muruqa: Yellow | <i>Sunset:</i> 8:34PM | Moon 5 - Phase 9 | |
| | | 361683461 Rahu 2:49PM – 4:44PM | Vanija Until 6:08AM | Nataraja: Yellow | | 4th Phase | |
| Creative Work | Siddha Yoga | | Ekadashi Until 5:20PM | Moon – Green | | Bhuloka Day | |
| Until 11:25AM | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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|------------------|---------------|---|-------------------------------------|--|------------------------|---------------------------------------|--|
| 3 | | Friday, June 14, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | Almaty, Kazakhstan Sun 26 Sutra 61 | |
| Tula Rasi: 17.17 | Tithi 12 – 13 | Gulika 7:09AM – 9:04AM | Svati Until 10:37AM | Ganesha: White | <i>Sunrise:</i> 5:13AM | Vikarin 5121 | |
| | | Yama 4:44PM – 6:39PM | Shiva Until 11:52PM | Muruqa: Blue | <i>Sunset:</i> 8:34PM | Moon 5 - Phase 9 | |
| | | 361693461 Rahu 10:59AM – 12:54PM | Kaulava Until 3:29AM Sat | Nataraja: Yellow | | 4th Phase | |
| Creative Work | Siddha Yoga | | Dvadashi Until 4:00PM | Moon – Green | | Devaloka Day | |
| | | Vaikasi Visakam | | Jyeshtha-Vaikasi | | | |
| | | | | | | <i>Pradosha Vrata</i> | |

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|---------------------|---------------|--|---------------------------------------|---|------------------------|---------------------------------------|--|
| 4 | | Saturday, June 15, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | Almaty, Kazakhstan Sun 27 Sutra 62 | |
| Vrischika Rasi: 0.5 | Tithi 13 – 14 | Gulika 5:13AM – 7:09AM | Vishakha Until 10:27AM | Ganesha: Clear | <i>Sunrise:</i> 5:13AM | Vikarin 5121 | |
| | | Yama 2:49PM – 4:44PM | Siddha Until 10:09PM | Muruqa: Blue | <i>Sunset:</i> 8:35PM | Moon 5 - Phase 9 | |
| | | 371693461 Rahu 9:04AM – 10:59AM | Gara Until 2:43AM Sun | Nataraja: Yellow | | 4th Phase | |
| Creative Work | Siddha Yoga | | Trayodashi Until 3:01PM | Moon – Orange | | Sivaloka Day | |
| | | | | Jyeshtha-Ani | | | |

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|  | | Sunday, June 16, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | Almaty, Kazakhstan Sutra 63 | |
| Copper Retreat Star | | Gulika 4:45PM – 6:40PM | Anuradha Until 10:33AM | Ganesha: White | <i>Sunrise:</i> 5:13AM | Vikarin 5121 | |
| Vrischika Rasi: 14.1 | Tithi 14 – 15 | Yama 12:54PM – 2:50PM | Sadhya Until 8:49PM | Muruqa: Blue | <i>Sunset:</i> 8:35PM | Moon 5 - Phase 9 | |
| | | 371793461 Rahu 6:40PM – 8:35PM | Visti Until 2:25AM Mon | Nataraja: Yellow | | Purnima | |
| Routine Work | Marana Yoga | | Chaturdashi* Until 2:29PM | Moon – Orange | | Subha Sivaloka Day | |
| | | Father's Day | | Jyeshtha-Ani | | | |

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|------------------------------|---------------|---------------------------------------|---------------------------------------|---|------------------------|--------------------------------|--|
| Monday, June 17, 2019 | | Silver Retreat Star | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | Almaty, Kazakhstan Sutra 64 | |
| Vrischika Rasi: 27.13 | Tithi 15 – 16 | Gulika 2:50PM – 4:45PM | Jyeshtha* Until 10:59AM | Ganesha: White | <i>Sunrise:</i> 5:13AM | Vikarin 5121 | |
| Family Home Evening | | Yama 10:59AM – 12:55PM | Subha Until 7:55PM | Muruqa: Blue | <i>Sunset:</i> 8:36PM | Moon 5 - Phase 9 | |
| | | 371793461 Rahu 7:09AM – 9:04AM | Balava Until 2:39AM Tue | Nataraja: Yellow | | Prathama | |
| Creative Work | Siddha Yoga | | Purnima* Until 2:27PM | Moon – Orange | | Subha Sivaloka Day | |
| | | | | Jyeshtha-Ani | | | |

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

All times are standard time

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Tuesday, June 18, 2019
Gold Retreat Star

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha*/Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Almaty, Kazakhstan
Sutra 65

Dhanus Rasi: 10.01 Titthi 16 – 17

381793461

Gulika 12:55PM – 2:50PM
Yama 9:04AM – 10:59AM
Rahu 4:45PM – 6:41PM

Mula* Until 12:16PM
Sukla Until 7:26PM
Taitila Until 3:28AM Wed
Prathama* Until 2:58PM

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

Sunrise: 5:13AM
Sunset: 8:36PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Creative Work Amrita Yoga

Until 12:16PM

Then Creative Work - Siddha Yoga

Sivaloka Day

1

Wednesday, June 19, 2019

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Brahma Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Almaty, Kazakhstan
Sun 1 Sutra 66

Dhanus Rasi: 22.33 Titthi 17 – 18

381793461

Gulika 11:00AM – 12:55PM
Yama 7:09AM – 9:04AM
Rahu 12:55PM – 2:50PM

Purvashadha* Until 1:57PM
Brahma Until 7:24PM
Vanija Until 4:49AM Thu
Dvitiya Until 4:03PM

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

Sunrise: 5:14AM
Sunset: 8:36PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Creative Work Amrita Yoga

Sivaloka Day

2

Thursday, June 20, 2019

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

Almaty, Kazakhstan
Sun 2 Sutra 67

Makara Rasi: 4.51 Titthi 18 – 19

382793461

Gulika 9:04AM – 11:00AM
Yama 5:14AM – 7:09AM
Rahu 2:51PM – 4:46PM

Uttarashadha Until 3:59PM
Indra Until 7:47PM
Bava Until 6:40AM Fri
Tritiya Until 5:40PM

Ganesha: Purple
Muruqa: Blue
Nataraja: Yellow
Moon – Light Blue
Jyeshtha-Ani

Sunrise: 5:14AM
Sunset: 8:37PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga

Until 3:59PM

Then Creative Work - Siddha Yoga

Devaloka Day

3

Friday, June 21, 2019

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana Nakshatra Vaidhriti* Yoga Bava/Balava Karana Chaturthyam Titau

Almaty, Kazakhstan
Sun 3 Sutra 68

Makara Rasi: 16.57 Titthi 19

392793461

Gulika 7:09AM – 9:05AM
Yama 4:46PM – 6:41PM
Rahu 11:00AM – 12:55PM

Shravana Until 6:46PM
Vaidhriti* Until 8:27PM
Bava Until 6:40AM
Chaturthi* Until 7:42PM

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

Sunrise: 5:14AM
Sunset: 8:37PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga

Until 6:46PM

Then Creative Work - Siddha Yoga

Sivaloka Day

4

Saturday, June 22, 2019

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Mantla Vasara Yuktayam Dhanishtha Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Panchamyam Titau

Almaty, Kazakhstan
Sun 4 Sutra 69

Makara Rasi: 28.54 Titthi 20

392793461

Gulika 5:14AM – 7:09AM
Yama 2:51PM – 4:46PM
Rahu 9:05AM – 11:00AM

Dhanishtha Until 9:39PM
Vishkambha* Until 9:21PM
Kaulava Until 8:51AM
Panchami Until 10:00PM

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

Sunrise: 5:14AM
Sunset: 8:37PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Creative Work Siddha Yoga

Until 9:39PM

Then Creative Work - Amrita Yoga

Sivaloka Day

5

Sunday, June 23, 2019

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Priti Yoga Gara/Vanija Karana Shashthyam Titau

Almaty, Kazakhstan
Sun 5 Sutra 70

Kumbha Rasi: 10.47 Titthi 21

392793461

Gulika 4:46PM – 6:42PM
Yama 12:56PM – 2:51PM
Rahu 6:42PM – 8:37PM

Shatabhishak Until 12:27AM Mon
Priti Until 10:20PM
Gara Until 11:13AM
Shashthi* Until 12:24AM Mon

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

Sunrise: 5:14AM
Sunset: 8:37PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Creative Work Siddha Yoga

Until 12:27AM Mon

Then Routine Work - Marana Yoga

Sivaloka Day

6

Monday, June 24, 2019

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Ayushman Yoga Visti*/Bava Karana Saptamyam Titau

Almaty, Kazakhstan
Sun 6 Sutra 71

Kumbha Rasi: 22.39 Titthi 22

312793461

Gulika 2:51PM – 4:47PM
Yama 11:01AM – 12:56PM
Rahu 7:10AM – 9:05AM

Purvaproshtapada* Until 3:29AM Tue
Ayushman Until 11:12PM
Visti Until 1:35PM
Saptami Until 2:41AM Tue

Ganesha: Yellow
Muruqa: Blue
Nataraja: Yellow
Moon – Clear
Jyeshtha-Ani

Sunrise: 5:15AM
Sunset: 8:37PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga

Until 3:29AM Tue

Then Creative Work - Amrita Yoga

Sivaloka Day

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Tuesday, June 25, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Saubhagya Yoga Balava/Kaulava Karana Ashtamyam Titau

Almaty, Kazakhstan
Sun 7 Sutra 72

Meena Rasi: 4.35 Titthi 23

312793461

Gulika 12:56PM – 2:51PM
Yama 9:06AM – 11:01AM
Rahu 4:47PM – 6:42PM

Uttaraproshtapada Until 6:03AM Wed
Saubhagya Until 11:53PM
Balava Until 3:45PM
Ashtami* Until 4:40AM Wed

Ganesha: Yellow
Muruqa: Blue
Nataraja: Yellow
Moon – Clear
Jyeshtha-Ani

Sunrise: 5:15AM
Sunset: 8:37PM

Vikarin 5121
Moon 6 - Phase 10
Ashtami

Creative Work Amrita Yoga

Until 6:03AM Wed

Then Routine Work - Marana Yoga

Sivaloka Day

Wednesday, June 26, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Sobhana Yoga Taitila/Gara Karana Navamyam Titau

Almaty, Kazakhstan
Sun 8 Sutra 73

Meena Rasi: 16.38 Titthi 24

312793461

Gulika 11:01AM – 12:56PM
Yama 7:11AM – 9:06AM
Rahu 12:56PM – 2:52PM

Uttaraproshtapada Until 6:03AM
Sobhana Until 12:14AM Thu
Taitila Until 5:31PM
Navami* Until 6:10AM Thu

Ganesha: Yellow
Muruqa: Blue
Nataraja: Yellow
Moon – Clear
Jyeshtha-Ani

Sunrise: 5:15AM
Sunset: 8:37PM

Vikarin 5121
Moon 6 - Phase 10
Navami

Creative Work Siddha Yoga

Until 6:03AM

Then Routine Work - Marana Yoga

Sivaloka Day

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

All times are standard time

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| 1 | | Thursday, June 27, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Athiganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | Almaty, Kazakhstan Sun 9 Sutra 74 | |
| Meena Rasi: 28.53 | Tithi 24 – 25 | Gulika 9:06AM – 11:01AM | Revati Until 7:59AM | Ganesha: Yellow | <i>Sunrise:</i> 5:16AM | | Vikarin 5121 |
| | | Yama 5:16AM – 7:11AM | Athiganda* Until 12:06AM Fri | Muruqa: Blue | <i>Sunset:</i> 8:38PM | | Moon 6 - Phase 11 |
| | 312793461 | Rahu 2:52PM – 4:47PM | Vanija Until 6:43PM | Nataraja: Yellow | | | 2nd Phase |
| Creative Work | Siddha Yoga | | Navami* Until 6:10AM | Moon – Clear | | Sivaloka Day | |
| Until 7:59AM | | | | Jyeshtha-Ani | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 2 | | Friday, June 28, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | Almaty, Kazakhstan Sun 10 Sutra 75 | |
| Mesha Rasi: 11.24 | Tithi 25 – 26 | Gulika 7:11AM – 9:06AM | Ashvini Until 9:38AM | Ganesha: Blue | <i>Sunrise:</i> 5:16AM | | Vikarin 5121 |
| | | Yama 4:47PM – 6:42PM | Sukarma Until 11:27PM | Muruqa: Blue | <i>Sunset:</i> 8:38PM | | Moon 6 - Phase 11 |
| | 322793461 | Rahu 11:02AM – 12:57PM | Bava Until 7:16PM | Nataraja: Yellow | | | 2nd Phase |
| Creative Work | Amrita Yoga | | Dashami Until 7:04AM | Moon – White | | Devaloka Day | |
| Until 9:38AM | | | | Jyeshtha-Ani | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 3 | | Saturday, June 29, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | Almaty, Kazakhstan Sun 11 Sutra 76 | |
| Mesha Rasi: 24.14 | Tithi 26 – 27 | Gulika 5:16AM – 7:12AM | Bharani Until 10:26AM | Ganesha: Blue | <i>Sunrise:</i> 5:16AM | | Vikarin 5121 |
| | | Yama 2:52PM – 4:47PM | Dhriti Until 10:14PM | Muruqa: Blue | <i>Sunset:</i> 8:37PM | | Moon 6 - Phase 11 |
| | 322793461 | Rahu 9:07AM – 11:02AM | Kaulava Until 7:06PM | Nataraja: Yellow | | | 2nd Phase |
| Creative Work | Siddha Yoga | | Ekadashi* Until 7:15AM | Moon – White | | Devaloka Day | |
| Until 10:26AM | | | | Jyeshtha-Ani | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 4 | | Sunday, June 30, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau | | Almaty, Kazakhstan Sun 12 Sutra 77 | |
| Vrishabha Rasi: 7.27 | Tithi 27 – 28 | Gulika 4:47PM – 6:42PM | Krittika Until 10:22AM | Ganesha: Blue | <i>Sunrise:</i> 5:17AM | | Vikarin 5121 |
| | | Yama 12:57PM – 2:52PM | Shula* Until 8:25PM | Muruqa: Blue | <i>Sunset:</i> 8:37PM | | Moon 6 - Phase 11 |
| | 322793461 | Rahu 6:42PM – 8:37PM | Gara Until 6:12PM | Nataraja: Yellow | | | 2nd Phase |
| Creative Work | Siddha Yoga | | Dvadashi* Until 6:43AM | Moon – White | | Devaloka Day | |
| | | | | Jyeshtha-Ani | | | |
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Pradosha Vrata (Fasting)

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|----------------------------|-------------|-------------------------------|--------------------------------------|--|------------------------|---------------------------------------|-------------------|
| 5 | | Monday, July 1, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | Almaty, Kazakhstan Sun 13 Sutra 78 | |
| Vrishabha Rasi: 21.03 | Tithi 29 | Gulika 2:52PM – 4:47PM | Rohini Until 9:56AM | Ganesha: Blue | <i>Sunrise:</i> 5:17AM | | Vikarin 5121 |
| Family Home Evening | | Yama 11:02AM – 12:57PM | Ganda* Until 6:06PM | Muruqa: Blue | <i>Sunset:</i> 8:37PM | | Moon 6 - Phase 11 |
| | 332793461 | Rahu 7:12AM – 9:07AM | Visti Until 4:39PM | Nataraja: Yellow | | | 2nd Phase |
| Creative Work | Amrita Yoga | | Chaturdashi* Until 3:39AM Tue | Moon – Yellow | | Devaloka Day | |
| | | | | Jyeshtha-Ani | | | |

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|---------------------------------|-------------|--------------------------------|-----------------------------------|--|------------------------|---------------------------------------|-------------------|
| Retreat Star | | Tuesday, July 2, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | Almaty, Kazakhstan Sun 14 Sutra 79 | |
| Mithuna Rasi: 5.02 | Tithi 30 | Gulika 12:58PM – 2:52PM | Mrigashira Until 8:46AM | Ganesha: Blue | <i>Sunrise:</i> 5:18AM | | Vikarin 5121 |
| | | Yama 9:08AM – 11:03AM | Vriddhi Until 3:20PM | Muruqa: Blue | <i>Sunset:</i> 8:37PM | | Moon 6 - Phase 11 |
| | 332793461 | Rahu 4:47PM – 6:42PM | Catuspada Until 2:33PM | Nataraja: Yellow | | | Amavasya |
| Creative Work | Siddha Yoga | | Amavasya* Until 1:18AM Wed | Moon – Yellow | | Devaloka Day | |
| Until 8:46AM | | | | Jyeshtha-Ani | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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|---------------------|-------------|---------------------------------|--------------------------------|--|------------------------|---------------------------------------|-------------------|
| Retreat Star | | Wednesday, July 3, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau | | Almaty, Kazakhstan Sun 15 Sutra 80 | |
| Mithuna Rasi: 19.19 | Tithi 1 | Gulika 11:03AM – 12:58PM | Ardra Until 6:59AM | Ganesha: Red | <i>Sunrise:</i> 5:19AM | | Vikarin 5121 |
| | | Yama 7:13AM – 9:08AM | Dhruva Until 12:12PM | Muruqa: Blue | <i>Sunset:</i> 8:37PM | | Moon 6 - Phase 11 |
| | 333793461 | Rahu 12:58PM – 2:53PM | Kintughna Until 12:00PM | Nataraja: Yellow | | | Prathama |
| Creative Work | Siddha Yoga | | Prathama* Until 10:36PM | Moon – Yellow | | Sivaloka Day | |
| | | | | Ashada-Ani | | | |

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

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| 1 | | Thursday, July 4, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Dvitiyayam Titau | Almaty, Kazakhstan Sun 16 Sutra 81 |
| Kataka Rasi: 3.51 | Tithi 2 | Gulika 9:09AM – 11:03AM | Pushya Until 2:58AM Fri | Ganesha: Yellow <i>Sunrise: 5:19AM</i> | Vikarin 5121 |
| | | Yama 5:19AM – 7:14AM | Vyaghata* Until 8:49AM | Muruqa: Blue <i>Sunset: 8:37PM</i> | Moon 6 - Phase 12 |
| | | 343793461 Rahu 2:53PM – 4:47PM | Balava Until 9:10AM | Nataraja: Yellow | 3rd Phase |
| Creative Work Amrita Yoga | | | Dvitiya Until 7:39PM | Moon – Blue | Sivaloka Day |
| Until 2:58AM Fri | | | | Ashada*Ani | |
| Then Routine Work - Marana Yoga | | | | | |

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| 2 | | Friday, July 5, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Taitila/Vanija Karana Tritiya/Chaturthyam Titau | Almaty, Kazakhstan Sun 17 Sutra 82 |
| Kataka Rasi: 18.31 | Tithi 3 – 4 | Gulika 7:14AM – 9:09AM | Ashlesha* Until 12:37AM Sat | Ganesha: Yellow <i>Sunrise: 5:20AM</i> | Vikarin 5121 |
| | | Yama 4:47PM – 6:42PM | Vajra* Until 1:45AM Sat | Muruqa: Blue <i>Sunset: 8:36PM</i> | Moon 6 - Phase 12 |
| | | 343793461 Rahu 11:03AM – 12:58PM | Taitila Until 6:10AM | Nataraja: Yellow | 3rd Phase |
| Routine Work Marana Yoga | | | Tritiya Until 4:37PM | Moon – Blue | Sivaloka Day |
| Until 12:37AM Sat | | | | Ashada*Ani | |
| Then Creative Work - Amrita Yoga | | | | | |

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| 3 | | Saturday, July 6, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | Almaty, Kazakhstan Sun 18 Sutra 83 |
| Simha Rasi: 3.11 | Tithi 4 – 5 | Gulika 5:20AM – 7:15AM | Magha* Until 10:37PM | Ganesha: White <i>Sunrise: 5:20AM</i> | Vikarin 5121 |
| | | Yama 2:53PM – 4:47PM | Siddhi Until 10:17PM | Muruqa: Blue <i>Sunset: 8:36PM</i> | Moon 6 - Phase 12 |
| | | 353793461 Rahu 9:09AM – 11:04AM | Bava Until 12:11AM Sun | Nataraja: Yellow | 3rd Phase |
| Creative Work Amrita Yoga | | | Chaturthi* Until 1:37PM | Moon – Red | Subha Sivaloka Day |
| Until 10:37PM | | | | Ashada*Ani | |
| Then Creative Work - Siddha Yoga | | | | | |

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|----------------------------------|-------------|---------------------------------------|--|---|---------------------------------------|
| 4 | | Sunday, July 7, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | Almaty, Kazakhstan Sun 19 Sutra 84 |
| Simha Rasi: 17.48 | Tithi 5 – 6 | Gulika 4:47PM – 6:41PM | Purvaphalguni Until 8:40PM | Ganesha: Yellow <i>Sunrise: 5:21AM</i> | Vikarin 5121 |
| | | Yama 12:58PM – 2:53PM | Vyatipata* Until 6:59PM | Muruqa: Blue <i>Sunset: 8:36PM</i> | Moon 6 - Phase 12 |
| | | 453793461 Rahu 6:41PM – 8:36PM | Kaulava Until 9:27PM | Nataraja: Yellow | 3rd Phase |
| Creative Work Siddha Yoga | | | Panchami Until 10:46AM | Moon – Red | Sivaloka Day |
| Until 8:40PM | | | | Ashada*Ani | |
| Then Creative Work - Amrita Yoga | | | | | |

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| 5 | | Monday, July 8, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Varyian/Parigha* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | Almaty, Kazakhstan Sun 20 Sutra 85 |
| Kanya Rasi: 2.15 | Tithi 6 – 7 | Gulika 2:53PM – 4:47PM | Uttaraphalguni Until 6:52PM | Ganesha: Yellow <i>Sunrise: 5:22AM</i> | Vikarin 5121 |
| Family Home Evening | | Yama 11:04AM – 12:59PM | Varyian Until 3:53PM | Muruqa: Blue <i>Sunset: 8:35PM</i> | Moon 6 - Phase 12 |
| | | 453793461 Rahu 7:16AM – 9:10AM | Gara Until 7:00PM | Nataraja: Yellow | 3rd Phase |
| Creative Work Siddha Yoga | | | Chidambaram Abhishekam | Moon – Red | Sivaloka Day |
| | | | Shashthi* Until 8:10AM | Ashada*Ani | |

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| Retreat Star | | Tuesday, July 9, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau | Almaty, Kazakhstan Sun 21 Sutra 86 |
| Kanya Rasi: 16.28 | Tithi 8 | Gulika 12:59PM – 2:53PM | Hasta Until 5:43PM | Ganesha: White <i>Sunrise: 5:22AM</i> | Vikarin 5121 |
| | | Yama 9:11AM – 11:05AM | Parigha* Until 1:06PM | Muruqa: Blue <i>Sunset: 8:35PM</i> | Moon 6 - Phase 12 |
| | | 463793461 Rahu 4:47PM – 6:41PM | Visti Until 4:54PM | Nataraja: Yellow | Ashtami |
| Creative Work Siddha Yoga | | | Ashtami* Until 4:00AM Wed | Moon – Green | Subha Sivaloka Day |
| | | | | Ashada*Ani | |

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|---------------------------|---------|--|--|---|---------------------------------------|
| Retreat Star | | Wednesday, July 10, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau | Almaty, Kazakhstan Sun 22 Sutra 87 |
| Tula Rasi: 0.26 | Tithi 9 | Gulika 11:05AM – 12:59PM | Chitra Until 4:50PM | Ganesha: White <i>Sunrise: 5:23AM</i> | Vikarin 5121 |
| | | Yama 7:17AM – 9:11AM | Shiva Until 10:39AM | Muruqa: Blue <i>Sunset: 8:35PM</i> | Moon 6 - Phase 12 |
| | | 463793461 Rahu 12:59PM – 2:53PM | Balava Until 3:14PM | Nataraja: Yellow | Navami |
| Creative Work Siddha Yoga | | | Navami* Until 2:32AM Thu | Moon – Green | Subha Sivaloka Day |
| | | | | Ashada*Ani | |


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|----------------------------------|-------------|---------------------------------------|---------------------------------|--|------------------------|---------------------|--|
| 1 | | Thursday, July 11, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dashamyam Titau | | | Almaty, Kazakhstan Sun 23 Sutra 88 |
| Tula Rasi: 14.08 | Tithi 10 | Gulika 9:11AM – 11:05AM | Svati Until 4:15PM | Ganesha: Yellow | <i>Sunrise:</i> 5:24AM | Vikarin 5121 | |
| | | Yama 5:24AM – 7:18AM | Siddha Until 8:32AM | Muruqa: Blue | <i>Sunset:</i> 8:34PM | Moon 6 - Phase 13 | |
| | | 463893461 Rahu 2:53PM – 4:47PM | Taitila Until 2:00PM | Nataraja: Yellow | | 4th Phase | |
| Creative Work | Amrita Yoga | | Dashami Until 1:32AM Fri | Moon – Green | | Sivaloka Day | |
| Until 4:15PM | | | | Ashada•Ani | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 2 | | Friday, July 12, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Ekadashyam Titau | | | Almaty, Kazakhstan Sun 24 Sutra 89 |
| Tula Rasi: 27.34 | Tithi 11 | Gulika 7:18AM – 9:12AM | Vishakha Until 4:25PM | Ganesha: White | <i>Sunrise:</i> 5:25AM | Vikarin 5121 | |
| | | Yama 4:46PM – 6:40PM | Sadhya Until 6:48AM | Muruqa: Blue | <i>Sunset:</i> 8:34PM | Moon 6 - Phase 13 | |
| | | 473893461 Rahu 11:05AM – 12:59PM | Vanija Until 1:13PM | Nataraja: Yellow | | 4th Phase | |
| Creative Work | Siddha Yoga | | Ekadashi Until 1:00AM Sat | Moon – Orange | | Devaloka Day | |
| | | | | Ashada•Ani | | | |

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| 3 | | Saturday, July 13, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau | | | Almaty, Kazakhstan Sun 25 Sutra 90 |
| Vrischika Rasi: 10.45 | Tithi 12 | Gulika 5:25AM – 7:19AM | Anuradha Until 4:54PM | Ganesha: White | <i>Sunrise:</i> 5:25AM | Vikarin 5121 | |
| | | Yama 2:53PM – 4:46PM | Sukla Until 4:29AM Sun | Muruqa: Blue | <i>Sunset:</i> 8:33PM | Moon 6 - Phase 13 | |
| | | 473893461 Rahu 9:12AM – 11:06AM | Bava Until 12:56PM | Nataraja: Yellow | | 4th Phase | |
| Creative Work | Siddha Yoga | | Dvadashi Until 12:56AM Sun | Moon – Orange | | Devaloka Day | |
| | | | | Ashada•Ani | | | |

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|----------------------------------|-------------|---------------------------------------|------------------------------------|---|------------------------|---------------------|--|
| 4 | | Sunday, July 14, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | Almaty, Kazakhstan Sun 26 Sutra 91 |
| Vrischika Rasi: 23.41 | Tithi 13 | Gulika 4:46PM – 6:39PM | Jyeshtha* Until 5:43PM | Ganesha: White | <i>Sunrise:</i> 5:26AM | Vikarin 5121 | |
| | | Yama 12:59PM – 2:53PM | Brahma Until 3:53AM Mon | Muruqa: Blue | <i>Sunset:</i> 8:32PM | Moon 6 - Phase 13 | |
| | | 473893461 Rahu 6:39PM – 8:32PM | Kaulava Until 1:07PM | Nataraja: Yellow | | 4th Phase | |
| Routine Work | Marana Yoga | | Trayodashi Until 1:22AM Mon | Moon – Orange | | Devaloka Day | |
| Until 5:43PM | | | | Ashada•Ani | | | |
| Then Creative Work - Amrita Yoga | | | <i>Pradosha Vrata</i> | | | | |

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|---------------------------------|-------------|---------------------------------------|--------------------------------------|--|------------------------|---------------------|--|
| 5 | | Monday, July 15, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau | | | Almaty, Kazakhstan Sun 27 Sutra 92 |
| Dhanus Rasi: 6.23 | Tithi 14 | Gulika 2:53PM – 4:46PM | Mula* Until 7:18PM | Ganesha: Clear | <i>Sunrise:</i> 5:27AM | Vikarin 5121 | |
| Family Home Evening | | Yama 11:06AM – 12:59PM | Indra Until 3:41AM Tue | Muruqa: Blue | <i>Sunset:</i> 8:32PM | Moon 6 - Phase 13 | |
| | | 483893461 Rahu 7:20AM – 9:13AM | Gara Until 1:47PM | Nataraja: Yellow | | 4th Phase | |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 2:16AM Tue | Moon – Light Blue | | Sivaloka Day | |
| Until 7:18PM | | | | Ashada•Ani | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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|---|-------------|--|----------------------------------|--|------------------------|---------------------|--|
|  | | Tuesday, July 16, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau | | | Almaty, Kazakhstan Sun 28 Sutra 93 |
| Copper Retreat Star | | Gulika 1:00PM – 2:52PM | Purvashadha* Until 9:10PM | Ganesha: Clear | <i>Sunrise:</i> 5:28AM | Vikarin 5121 | |
| Dhanus Rasi: 18.52 | Tithi 15 | Yama 9:14AM – 11:07AM | Vaidhriti* Until 3:48AM Wed | Muruqa: Blue | <i>Sunset:</i> 8:31PM | Moon 6 - Phase 13 | |
| | | 483893461 Rahu 4:45PM – 6:38PM | Visti Until 2:54PM | Nataraja: Yellow | | Purnima | |
| Creative Work | Siddha Yoga | | Purnima* Until 3:37AM Wed | Moon – Light Blue | | Sivaloka Day | |
| Until 9:10PM | | | | Ashada•Ani | | | |
| Then Routine Work - Prabalarishta Yoga | | Partial Lunar Eclipse Satguru Purnima | | | | | |

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|----------------------------------|-------------|--|-----------------------------------|------------------------|--|---------------------|
| Wednesday, July 17, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau | | | Almaty, Kazakhstan Sun 29 Sutra 94 | |
| Silver Retreat Star | | Gulika 11:07AM – 1:00PM | Uttarashadha Until 11:18PM | Ganesha: Purple | <i>Sunrise:</i> 5:29AM | Vikarin 5121 |
| Makara Rasi: 1.09 | Tithi 16 | Yama 7:21AM – 9:14AM | Vishkambha* Until 4:14AM Thu | Muruqa: Blue | <i>Sunset:</i> 8:30PM | Moon 6 - Phase 13 |
| | | 484893462 Rahu 1:00PM – 2:52PM | Balava Until 4:28PM | Nataraja: White | | Prathama |
| Creative Work | Amrita Yoga | | Prathama* Until 5:23AM Thu | Moon – Light Blue | | Sivaloka Day |
| Until 11:18PM | | | | Ashada•Ani | | |
| Then Creative Work - Siddha Yoga | | | | | | |



Thursday, July 18, 2019
Gold Retreat Star

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam
Shravana Nakshatra Priti Yoga Tailila Karana Dvitiyayam Titau

Almaty, Kazakhstan
Sutra 95

Makara Rasi: 13.17 Tithi 17

Gulika 9:15AM – 11:07AM
Yama 5:30AM – 7:22AM
494893462 **Rahu** 2:52PM – 4:45PM

Shravana Until 2:05AM Fri
Priti Until 4:57AM Fri
Tailila Until 6:24PM
Dvitiya Until 7:28AM Fri

Ganesha: Clear *Sunrise: 5:30AM*
Muruqa: Blue *Sunset: 8:30PM*
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day

1

Friday, July 19, 2019

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam
Dhanishtha Nakshatra Ayushman Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Almaty, Kazakhstan
Sun 1 Sutra 96

Makara Rasi: 25.16 Tithi 17 – 18

Gulika 7:23AM – 9:15AM
Yama 4:44PM – 6:37PM
494893462 **Rahu** 11:07AM – 1:00PM

Dhanishtha Until 4:57AM Sat
Ayushman Until 5:49AM Sat
Vanija Until 8:37PM
Dvitiya Until 7:28AM

Ganesha: Clear *Sunrise: 5:31AM*
Muruqa: Blue *Sunset: 8:29PM*
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day

Until 4:57AM Sat
Then Creative Work - Amrita Yoga

Ashada•Adi

2

Saturday, July 20, 2019

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam
Shatabhishak Nakshatra Saubhagya Yoga Visti*/Bava Karana Tritiya/Chaturtham Titau

Almaty, Kazakhstan
Sun 2 Sutra 97

Kumbha Rasi: 7.11 Tithi 18 – 19

Gulika 5:31AM – 7:24AM
Yama 2:52PM – 4:44PM
494893462 **Rahu** 9:16AM – 11:08AM

Shatabhishak Until 7:45AM Sun
Saubhagya Until 6:48AM Sun
Bava Until 11:00PM
Tritiya Until 9:47AM

Ganesha: Clear *Sunrise: 5:31AM*
Muruqa: Blue *Sunset: 8:28PM*
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Creative Work Amrita Yoga

Subha Sivaloka Day

Until 7:45AM Sun
Then Creative Work - Siddha Yoga

Ashada•Adi

3

Sunday, July 21, 2019

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam
Shatabhishak/Purvaprossthapada* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Almaty, Kazakhstan
Sun 3 Sutra 98

Kumbha Rasi: 19.02 Tithi 19 – 20

Gulika 4:44PM – 6:35PM
Yama 1:00PM – 2:52PM
494893462 **Rahu** 6:35PM – 8:27PM

Shatabhishak Until 7:45AM
Saubhagya Until 6:48AM
Kaulava Until 1:25AM Mon
Chaturthi* Until 12:12PM

Ganesha: Clear *Sunrise: 5:32AM*
Muruqa: Blue *Sunset: 8:27PM*
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day

Ashada•Adi

4

Monday, July 22, 2019

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam
Purvaprossthapada*/Uttaraprossthapada Nakshatra Sobhana/Athiganda* Yoga Tailila/Gara Karana Panchami/Shashthyam Titau

Almaty, Kazakhstan
Sun 4 Sutra 99

Meena Rasi: 0.54 Tithi 20 – 21

Family Home Evening

Gulika 2:52PM – 4:43PM
Yama 11:08AM – 1:00PM
414893462 **Rahu** 7:25AM – 9:17AM

Purvaprossthapada* Until 10:53AM
Sobhana Until 7:46AM
Gara Until 3:42AM Tue
Panchami Until 2:34PM

Ganesha: Clear *Sunrise: 5:33AM*
Muruqa: Blue *Sunset: 8:26PM*
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Routine Work Marana Yoga

Subha Sivaloka Day

Until 10:53AM
Then Creative Work - Siddha Yoga

Ashada•Adi

5

Tuesday, July 23, 2019

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam
Uttaraprossthapada*/Revati Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Almaty, Kazakhstan
Sun 5 Sutra 100

Meena Rasi: 12.49 Tithi 21 – 22

Gulika 1:00PM – 2:51PM
Yama 9:17AM – 11:09AM
414893462 **Rahu** 4:43PM – 6:34PM

Uttaraprossthapada Until 1:40PM
Athiganda* Until 8:35AM
Visti Until 5:42AM Wed
Shashthi* Until 4:44PM

Ganesha: Clear *Sunrise: 5:34AM*
Muruqa: Blue *Sunset: 8:26PM*
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Creative Work Amrita Yoga

Subha Sivaloka Day

Until 1:40PM
Then Creative Work - Siddha Yoga

Ashada•Adi

6

Wednesday, July 24, 2019

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam
Revati/Ashvini Nakshatra Sukarma/Dhriti Yoga Bava Karana Saptamyam Titau

Almaty, Kazakhstan
Sun 6 Sutra 101

Meena Rasi: 24.52 Tithi 22

Gulika 11:09AM – 1:00PM
Yama 7:26AM – 9:18AM
414893462 **Rahu** 1:00PM – 2:51PM

Revati Until 3:57PM
Sukarma Until 9:11AM
Bava Until 6:32PM
Saptami Until 6:32PM

Ganesha: Clear *Sunrise: 5:35AM*
Muruqa: Blue *Sunset: 8:25PM*
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Routine Work Marana Yoga

Subha Sivaloka Day

Ashada•Adi

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Thursday, July 25, 2019
Retreat Star

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam
Ashvini Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Ashtamyam Titau

Almaty, Kazakhstan
Sun 7 Sutra 102

Mesha Rasi: 7.05 Tithi 23

Gulika 9:18AM – 11:09AM
Yama 5:36AM – 7:27AM
424893462 **Rahu** 2:51PM – 4:42PM

Ashvini Until 6:04PM
Dhriti Until 9:26AM
Balava Until 7:16AM
Ashtami* Until 7:48PM

Ganesha: White *Sunrise: 5:36AM*
Muruqa: Blue *Sunset: 8:24PM*
Nataraja: White
Moon – White

Moon 7 - Phase 14
Ashtami

Creative Work Amrita Yoga

Subha Subha Sivaloka Day

Until 6:04PM
Then Creative Work - Siddha Yoga

Ashada•Adi

Friday, July 26, 2019
Retreat Star

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam
Bharani Nakshatra Shula*/Ganda* Yoga Tailila/Gara Karana Navamyam Titau

Almaty, Kazakhstan
Sun 8 Sutra 103

Mesha Rasi: 19.34 Tithi 24

Gulika 7:28AM – 9:19AM
Yama 4:41PM – 6:32PM
424893462 **Rahu** 11:09AM – 1:00PM

Bharani Until 7:23PM
Shula* Until 9:10AM
Tailila Until 8:13AM
Navami* Until 8:25PM

Ganesha: White *Sunrise: 5:37AM*
Muruqa: Blue *Sunset: 8:23PM*
Nataraja: White
Moon – White

Moon 7 - Phase 14
Navami

Creative Work Siddha Yoga

Subha Subha Sivaloka Day

Ashada•Adi


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


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| 1 | Saturday, July 27, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ganda*Vridhi Yoga Vanija/Visti* Karana Dashamyam Titau | | | | Almaty, Kazakhstan Sun 9 Sutra 104 |
| | Vrishabha Rasi: 2.22 | Tithi 25 | Gulika 5:38AM – 7:29AM | Krittika Until 7:49PM | Ganesha: White | <i>Sunrise:</i> 5:38AM | Vikarin 5121 |
| | | | Yama 2:50PM – 4:41PM | Ganda* Until 8:22AM | Muruqa: Blue | <i>Sunset:</i> 8:22PM | Moon 7 - Phase 15 |
| | 424893462 | Rahu 9:19AM – 11:10AM | | Vanija Until 8:27AM | Nataraja: White | | 2nd Phase |
| Creative Work | Amrita Yoga | | Dashami Until 8:16PM | Moon – White | | Subha Subha Sivaloka Day | |
| | | | | | | Ashada-Adi | |

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| 2 | Sunday, July 28, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Ekadashyam Titau | | | | Almaty, Kazakhstan Sun 10 Sutra 105 |
| | Vrishabha Rasi: 15.33 | Tithi 26 | Gulika 4:40PM – 6:30PM | Rohini Until 7:47PM | Ganesha: Yellow | <i>Sunrise:</i> 5:39AM | Vikarin 5121 |
| | | | Yama 1:00PM – 2:50PM | Vridhi Until 6:57AM | Muruqa: Blue | <i>Sunset:</i> 8:21PM | Moon 7 - Phase 15 |
| | 434893462 | Rahu 6:30PM – 8:21PM | | Bava Until 7:55AM | Nataraja: White | | 2nd Phase |
| Creative Work | Siddha Yoga | | Ekadashi* Until 7:20PM | Moon – Yellow | | Subha Sivaloka Day | |
| | | | | | | Ashada-Adi | |

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| 3 | Monday, July 29, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Vyaghata* Yoga Kaulava/Gara Karana Dvodashi/Trayodashyam Titau | | | | Almaty, Kazakhstan Sun 11 Sutra 106 |
| | Vrishabha Rasi: 29.11 | Tithi 27 – 28 | Gulika 2:50PM – 4:40PM | Mrigashira Until 6:51PM | Ganesha: Yellow | <i>Sunrise:</i> 5:40AM | Vikarin 5121 |
| | Family Home Evening | | Yama 11:10AM – 1:00PM | Vyaghata* Until 2:14AM Tue | Muruqa: Blue | <i>Sunset:</i> 8:20PM | Moon 7 - Phase 15 |
| | 434893462 | Rahu 7:30AM – 9:20AM | | Kaulava Until 6:36AM | Nataraja: White | | 2nd Phase |
| Creative Work | Amrita Yoga | | Dvodashi* Until 5:39PM | Moon – Yellow | | Subha Sivaloka Day | |
| Until 6:51PM | | | | | | Ashada-Adi | |
| Then Creative Work - Siddha Yoga | | | | | | <i>Pradosha Vrata (Fasting)</i> | |

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| 4 | Tuesday, July 30, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | | | Almaty, Kazakhstan Sun 12 Sutra 107 |
| | Mithuna Rasi: 13.14 | Tithi 28 – 29 | Gulika 1:00PM – 2:50PM | Ardra Until 5:07PM | Ganesha: White | <i>Sunrise:</i> 5:41AM | Vikarin 5121 |
| | | | Yama 9:21AM – 11:10AM | Harshana Until 11:07PM | Muruqa: Blue | <i>Sunset:</i> 8:18PM | Moon 7 - Phase 15 |
| | 435893462 | Rahu 4:39PM – 6:29PM | | Visti Until 1:57AM Wed | Nataraja: White | | 2nd Phase |
| Routine Work | Marana Yoga | | Trayodashi* Until 3:19PM | Moon – Yellow | | Sivaloka Day | |
| Until 5:07PM | | | | | | Ashada-Adi | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|  | Wednesday, July 31, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra* Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | | | Almaty, Kazakhstan Sun 13 Sutra 108 |
| | Retreat Star | | Gulika 11:10AM – 1:00PM | Punarvasu Until 3:09PM | Ganesha: Green | <i>Sunrise:</i> 5:42AM | Vikarin 5121 |
| | Mithuna Rasi: 27.43 | Tithi 29 – 30 | Yama 7:32AM – 9:21AM | Vajra* Until 7:33PM | Muruqa: Blue | <i>Sunset:</i> 8:17PM | Moon 7 - Phase 15 |
| | 445893462 | Rahu 1:00PM – 2:49PM | | Catuspada Until 10:52PM | Nataraja: White | | Amavasya |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 12:27PM | Moon – Blue | | Sivaloka Day | |
| | | | | | | Ashada-Adi | |

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|  | Thursday, August 1, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | | | Almaty, Kazakhstan Sun 14 Sutra 109 |
| | Retreat Star | | Gulika 9:22AM – 11:11AM | Pushya Until 12:40PM | Ganesha: Green | <i>Sunrise:</i> 5:43AM | Vikarin 5121 |
| | Kataka Rasi: 12.3 | Tithi 30 – 1 | Yama 5:43AM – 7:33AM | Siddhi Until 3:43PM | Muruqa: Blue | <i>Sunset:</i> 8:16PM | Moon 7 - Phase 15 |
| | 445893462 | Rahu 2:49PM – 4:38PM | | Kintughna Until 7:28PM | Nataraja: White | | Prathama |
| Creative Work | Amrita Yoga | | Amavasya* Until 9:11AM | Moon – Blue | | Sivaloka Day | |
| Until 12:40PM | | | | | | Sravana-Adi | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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

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| 1 | | Friday, August 2, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | Almaty, Kazakhstan Sun 15 Sutra 110 Vikarin 5121 |
| Kataka Rasi: 27.3 | Tithi 2 | Gulika 7:33AM – 9:22AM | Ashlesha* Until 9:50AM | Ganesha: Green | <i>Sunrise:</i> 5:44AM | | |
| | | Yama 4:37PM – 6:26PM | Vyatipata* Until 11:45AM | Muruqa: Blue | <i>Sunset:</i> 8:15PM | Moon 7 - Phase 16 | |
| | | 445893462 Rahu 11:11AM – 1:00PM | Balava Until 3:55PM | Nataraja: White | | 3rd Phase | |
| Routine Work | Marana Yoga | | Dvitiya Until 2:07AM Sat | Moon – Blue | | | Sivaloka Day |
| | | | | Sravana*Adi | | | |

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| 2 | | Saturday, August 3, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Tritiyayam Titau | | | Almaty, Kazakhstan Sun 16 Sutra 111 Vikarin 5121 |
| Simha Rasi: 12.33 | Tithi 3 | Gulika 5:46AM – 7:34AM | Magha* Until 7:13AM | Ganesha: White | <i>Sunrise:</i> 5:46AM | | |
| | | Yama 2:48PM – 4:37PM | Varyan Until 7:43AM | Muruqa: Blue | <i>Sunset:</i> 8:14PM | Moon 7 - Phase 16 | |
| | | 455893462 Rahu 9:23AM – 11:11AM | Taitila Until 12:22PM | Nataraja: White | | 3rd Phase | |
| Creative Work | Amrita Yoga | | Tritiya Until 10:37PM | Moon – Red | | | Sivaloka Day |
| Until 7:13AM | | | | Sravana*Adi | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 3 | | Sunday, August 4, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Vanija/Visti* Karana Chaturthyam Titau | | | Almaty, Kazakhstan Sun 17 Sutra 112 Vikarin 5121 |
| Simha Rasi: 27.32 | Tithi 4 | Gulika 4:36PM – 6:24PM | Uttaraphalguni Until 2:06AM Mon | Ganesha: Yellow | <i>Sunrise:</i> 5:47AM | | |
| | | Yama 1:00PM – 2:48PM | Shiva Until 12:08AM Mon | Muruqa: Blue | <i>Sunset:</i> 8:12PM | Moon 7 - Phase 16 | |
| | | 455993462 Rahu 6:24PM – 8:12PM | Vanija Until 8:57AM | Nataraja: White | | 3rd Phase | |
| Creative Work | Amrita Yoga | | Chaturthi* Until 7:20PM | Moon – Red | | | Subha Sivaloka Day |
| Until 2:06AM Mon | | | | Sravana*Adi | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 4 | | Monday, August 5, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | | Almaty, Kazakhstan Sun 18 Sutra 113 Vikarin 5121 |
| Kanya Rasi: 12.17 | Tithi 5 – 6 | Gulika 2:47PM – 4:35PM | Hasta Until 12:17AM Tue | Ganesha: White | <i>Sunrise:</i> 5:48AM | | |
| Family Home Evening | | Yama 11:11AM – 12:59PM | Siddha Until 8:45PM | Muruqa: Blue | <i>Sunset:</i> 8:11PM | Moon 7 - Phase 16 | |
| | | 465993462 Rahu 7:36AM – 9:24AM | Kaulava Until 3:10AM Tue | Nataraja: White | | 3rd Phase | |
| Creative Work | Siddha Yoga | | Panchami Until 4:26PM | Moon – Green | | | Subha Subha Sivaloka Day |
| | | Nag Panchami | | Sravana*Adi | | | |

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| 5 | | Tuesday, August 6, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | Almaty, Kazakhstan Sun 19 Sutra 114 Vikarin 5121 |
| Kanya Rasi: 26.44 | Tithi 6 – 7 | Gulika 12:59PM – 2:47PM | Chitra Until 10:52PM | Ganesha: White | <i>Sunrise:</i> 5:49AM | | |
| | | Yama 9:24AM – 11:12AM | Sadhya Until 5:48PM | Muruqa: Blue | <i>Sunset:</i> 8:10PM | Moon 7 - Phase 16 | |
| | | 465993462 Rahu 4:35PM – 6:22PM | Gara Until 1:02AM Wed | Nataraja: White | | 3rd Phase | |
| Creative Work | Siddha Yoga | | Shashthi* Until 2:00PM | Moon – Green | | | Subha Subha Sivaloka Day |
| | | | | Sravana*Adi | | | |

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| Retreat Star | | Wednesday, August 7, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau | | | Almaty, Kazakhstan Sun 20 Sutra 115 Vikarin 5121 |
| Tula Rasi: 10.48 | Tithi 7 – 8 | Gulika 11:12AM – 12:59PM | Svati Until 9:54PM | Ganesha: White | <i>Sunrise:</i> 5:50AM | | |
| | | Yama 7:37AM – 9:25AM | Subha Until 3:21PM | Muruqa: Blue | <i>Sunset:</i> 8:09PM | Moon 7 - Phase 16 | |
| | | 465993462 Rahu 12:59PM – 2:47PM | Visti Until 11:30PM | Nataraja: White | | Ashtami | |
| Creative Work | Siddha Yoga | | Saptami Until 12:10PM | Moon – Green | | | Subha Subha Sivaloka Day |
| | | | | Sravana*Adi | | | |

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| Retreat Star | | Thursday, August 8, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | Almaty, Kazakhstan Sun 21 Sutra 116 Vikarin 5121 |
| Tula Rasi: 24.28 | Tithi 8 – 9 | Gulika 9:25AM – 11:12AM | Vishakha Until 9:54PM | Ganesha: Purple | <i>Sunrise:</i> 5:51AM | | |
| | | Yama 5:51AM – 7:38AM | Sukla Until 1:25PM | Muruqa: Blue | <i>Sunset:</i> 8:07PM | Moon 7 - Phase 16 | |
| | | 476993462 Rahu 2:46PM – 4:33PM | Balava Until 10:39PM | Nataraja: White | | Navami | |
| Creative Work | Siddha Yoga | | Ashtami* Until 10:59AM | Moon – Orange | | | Sivaloka Day |
| | | | | Sravana*Adi | | | |

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

All times are standard time

www.gurudeva.org/panchang

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| 1 | | Friday, August 9, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | Almaty, Kazakhstan Sun 22 Sutra 117 Vikarin 5121 |
| Wrischika Rasi: 7.46 | Tithi 9 – 10 | Gulika 7:39AM – 9:25AM | Anuradha Until 10:24PM | Ganesha: Purple <i>Sunrise:</i> 5:52AM | |
| | | Yama 4:32PM – 6:19PM | Brahma Until 12:02PM | Muruqa: Blue <i>Sunset:</i> 8:06PM | Moon 7 - Phase 17 |
| | | 486993462 Rahu 11:12AM – 12:59PM | Taitila Until 10:28PM | Nataraja: White | 4th Phase |
| Creative Work | Siddha Yoga | | Navami* Until 10:28AM | Moon – Orange | Sivaloka Day |
| Until 10:24PM | | | | | |
| Then Routine Work - Marana Yoga | | | | | |

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| 2 | | Saturday, August 10, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Dashami/Ekadashtyam Titau | Almaty, Kazakhstan Sun 23 Sutra 118 Vikarin 5121 |
| Wrischika Rasi: 20.43 | Tithi 10 – 11 | Gulika 5:53AM – 7:39AM | Jyeshtha* Until 11:22PM | Ganesha: Purple <i>Sunrise:</i> 5:53AM | |
| | | Yama 2:45PM – 4:32PM | Indra Until 11:10AM | Muruqa: Blue <i>Sunset:</i> 8:05PM | Moon 7 - Phase 17 |
| | | 486993462 Rahu 9:26AM – 11:12AM | Vanija Until 10:55PM | Nataraja: White | 4th Phase |
| Creative Work | Siddha Yoga | | Dashami Until 10:36AM | Moon – Orange | Sivaloka Day |
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| 3 | | Sunday, August 11, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vaidhriti*/Vishkambha* Yoga Vistii*/Bava Karana Ekadashi/Dvadashyam Titau | Almaty, Kazakhstan Sun 24 Sutra 119 Vikarin 5121 |
| Dhanus Rasi: 3.22 | Tithi 11 – 12 | Gulika 4:31PM – 6:17PM | Mula* Until 1:12AM Mon | Ganesha: Clear <i>Sunrise:</i> 5:54AM | |
| | | Yama 12:59PM – 2:45PM | Vaidhriti* Until 10:45AM | Muruqa: Blue <i>Sunset:</i> 8:03PM | Moon 7 - Phase 17 |
| | | 486993462 Rahu 6:17PM – 8:03PM | Bava Until 11:56PM | Nataraja: White | 4th Phase |
| Creative Work | Amrita Yoga | | Ekadashi Until 11:20AM | Moon – Light Blue | Subha Sivaloka Day |
| Until 1:12AM Mon | | | | | |
| Then Routine Work - Marana Yoga | | | | | |

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| 4 | | Monday, August 12, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Vishkambha*/Pritii Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | Almaty, Kazakhstan Sun 25 Sutra 120 Vikarin 5121 |
| Dhanus Rasi: 15.47 | Tithi 12 – 13 | Gulika 2:44PM – 4:30PM | Purvashadha* Until 3:20AM Tue | Ganesha: Clear <i>Sunrise:</i> 5:55AM | |
| Family Home Evening | | Yama 11:13AM – 12:58PM | Vishkambha* Until 10:46AM | Muruqa: Blue <i>Sunset:</i> 8:02PM | Moon 7 - Phase 17 |
| Routine Work | Marana Yoga | 486993462 Rahu 7:41AM – 9:27AM | Kaulava Until 1:25AM Tue | Nataraja: White | 4th Phase |
| Until 3:20AM Tue | | | Dvadashi Until 12:36PM | Moon – Light Blue | Subha Sivaloka Day |
| Then Routine Work - Prabalarishta Yoga | | | | Sravana*Adi | |
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| 5 | | Tuesday, August 13, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Pritii/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | Almaty, Kazakhstan Sun 26 Sutra 121 Vikarin 5121 |
| Dhanus Rasi: 28.01 | Tithi 13 – 14 | Gulika 12:58PM – 2:44PM | Uttarashadha Until 5:38AM Wed | Ganesha: Clear <i>Sunrise:</i> 5:56AM | |
| | | Yama 9:27AM – 11:13AM | Pritii Until 11:07AM | Muruqa: Blue <i>Sunset:</i> 8:00PM | Moon 7 - Phase 17 |
| | | 486993462 Rahu 4:29PM – 6:15PM | Gara Until 3:16AM Wed | Nataraja: White | 4th Phase |
| Routine Work | Prabalarishta Yoga | | Trayodashi Until 2:17PM | Moon – Light Blue | Subha Sivaloka Day |
| Until 5:38AM Wed | | | | Sravana*Adi | |
| Then Creative Work - Siddha Yoga | | | | | |

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| 6 | | Wednesday, August 14, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Vistii* Karana Chaturdashi/Purnimayam Titau | Almaty, Kazakhstan Sun 27 Sutra 122 Vikarin 5121 |
| Makara Rasi: 10.05 | Tithi 14 – 15 | Gulika 11:13AM – 12:58PM | Shravana Until 8:33AM Thu | Ganesha: White <i>Sunrise:</i> 5:57AM | |
| | | Yama 7:43AM – 9:28AM | Ayushman Until 11:42AM | Muruqa: Blue <i>Sunset:</i> 7:59PM | Moon 7 - Phase 17 |
| | | 496993462 Rahu 12:58PM – 2:43PM | Vistii Until 5:25AM Thu | Nataraja: White | 4th Phase |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 4:18PM | Moon – Purple | Sivaloka Day |
| | | | | Sravana*Adi | |
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| ○ | | Thursday, August 15, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava Karana Purnimayam Titau | Almaty, Kazakhstan Sutra 123 Vikarin 5121 |
| Copper Retreat Star | | Gulika 9:28AM – 11:13AM | Shravana Until 8:33AM | Ganesha: Yellow <i>Sunrise:</i> 5:59AM | |
| Makara Rasi: 22.03 | Tithi 15 | Yama 5:59AM – 7:43AM | Saubhagya Until 12:29PM | Muruqa: Blue <i>Sunset:</i> 7:57PM | Moon 7 - Phase 17 |
| | | 497993462 Rahu 2:43PM – 4:28PM | Bava Until 6:32PM | Nataraja: White | Purnima |
| Creative Work | Siddha Yoga | | Purnima* Until 6:32PM | Moon – Purple | Subha Sivaloka Day |
| | | | | Sravana*Adi | |
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| ○ | | Friday, August 16, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sobhana/Alhiganda* Yoga Balava/Kaulava Karana Prathamayam Titau | Almaty, Kazakhstan Sutra 124 Vikarin 5121 |
| Silver Retreat Star | | Gulika 7:44AM – 9:29AM | Dhanishtha Until 11:27AM | Ganesha: Yellow <i>Sunrise:</i> 6:00AM | |
| Kumbha Rasi: 3.58 | Tithi 16 | Yama 4:27PM – 6:11PM | Sobhana Until 1:24PM | Muruqa: Blue <i>Sunset:</i> 7:56PM | Moon 7 - Phase 17 |
| | | 497993462 Rahu 11:13AM – 12:58PM | Balava Until 7:44AM | Nataraja: White | Prathama |
| Creative Work | Siddha Yoga | | Prathama* Until 8:55PM | Moon – Purple | Subha Sivaloka Day |
| | | | | Sravana*Adi | |
| | | | | | |

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



Saturday, August 17, 2019

Gold Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak/Purvaprosarthapada* Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Dvitiyayam Titau

Almaty, Kazakhstan

Sun 1 Sutra 125

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Kumbha Rasi: 15.49 Tithi 17

497993462 Rahu 9:29AM - 11:13AM

Gulika 6:01AM - 7:45AM
Yama 2:42PM - 4:26PM

Shatabhishak Until 2:16PM
Athiganda* Until 2:21PM
Taitila Until 10:10AM

Ganesha: Yellow
Muruga: Blue
Nataraja: White
Moon - Purple

Sunrise: 6:01AM
Sunset: 7:54PM

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 2:16PM

Then Routine Work - Marana Yoga

1

Sunday, August 18, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaprosarthapada*/Uttaraprosarthapada Nakshatra Sukarma/Dhriti Yoga Vanija/Visiti* Karana Triliyayam Titau

Almaty, Kazakhstan

Sun 2 Sutra 126

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Kumbha Rasi: 27.41 Tithi 18

517993462 Rahu 6:09PM - 7:53PM

Gulika 4:25PM - 6:09PM
Yama 12:57PM - 2:41PM

Purvaprosarthapada* Until 5:25PM
Sukarma Until 3:18PM
Vanija Until 12:35PM

Ganesha: White
Muruga: Blue
Nataraja: White
Moon - Clear

Sunrise: 6:02AM
Sunset: 7:53PM

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Until 5:25PM

Then Creative Work - Amrita Yoga

2

Monday, August 19, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraprosarthapada Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Chaturthyam Titau

Almaty, Kazakhstan

Sun 3 Sutra 127

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Meena Rasi: 9.34 Tithi 19

517993462 Rahu 7:46AM - 9:30AM

Gulika 2:41PM - 4:24PM
Yama 11:14AM - 12:57PM

Uttaraprosarthapada Until 8:16PM
Dhriti Until 4:12PM
Bava Until 2:55PM

Ganesha: White
Muruga: Blue
Nataraja: White
Moon - Clear

Sunrise: 6:03AM
Sunset: 7:51PM

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Family Home Evening

Chaturthi* Until 4:00AM Tue

3

Tuesday, August 20, 2019

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

Almaty, Kazakhstan

Sun 4 Sutra 128

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Meena Rasi: 21.3 Tithi 20

517993462 Rahu 4:23PM - 6:07PM

Gulika 12:57PM - 2:40PM
Yama 9:30AM - 11:14AM

Revati Until 10:46PM
Shula* Until 4:54PM
Kaulava Until 5:03PM

Ganesha: White
Muruga: Blue
Nataraja: White
Moon - Clear

Sunrise: 6:04AM
Sunset: 7:50PM

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Panchami Until 5:59AM Wed

4

Wednesday, August 21, 2019

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

Almaty, Kazakhstan

Sun 5 Sutra 129

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Mesha Rasi: 3.33 Tithi 21

527993462 Rahu 12:57PM - 2:39PM

Gulika 11:14AM - 12:57PM
Yama 7:48AM - 9:31AM

Ashvini Until 1:14AM Thu
Ganda* Until 5:22PM
Gara Until 6:52PM

Ganesha: Clear
Muruga: Blue
Nataraja: White
Moon - White

Sunrise: 6:05AM
Sunset: 7:48PM

Subha Sivaloka Day

Routine Work Marana Yoga

Until 1:14AM Thu

Then Creative Work - Siddha Yoga

Shashthi* Until 7:35AM Thu

5

Thursday, August 22, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Bharani Nakshatra Vridhhi/Dhruva Yoga Vanija/Visiti* Karana Shashthi/Saptamyam Titau

Almaty, Kazakhstan

Sun 6 Sutra 130

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Mesha Rasi: 15.46 Tithi 21 - 22

528993462 Rahu 2:39PM - 4:21PM

Gulika 9:31AM - 11:14AM
Yama 6:06AM - 7:49AM

Bharani Until 3:04AM Fri
Vridhhi Until 5:30PM
Visiti Until 8:13PM

Ganesha: White
Muruga: Blue
Nataraja: White
Moon - White

Sunrise: 6:06AM
Sunset: 7:47PM

Sivaloka Day

Creative Work Siddha Yoga

Shashthi* Until 7:35AM

D

Friday, August 23, 2019

Retreat Star

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

Almaty, Kazakhstan

Sun 7 Sutra 131

Vikarin 5121

Moon 8 - Phase 18

Ashtami

Mesha Rasi: 28.11 Tithi 22 - 23

528993462 Rahu 11:14AM - 12:56PM

Gulika 7:50AM - 9:32AM
Yama 4:21PM - 6:03PM

Krittika Until 4:07AM Sat
Dhruva Until 5:09PM
Balava Until 8:58PM

Ganesha: White
Muruga: Blue
Nataraja: White
Moon - White

Sunrise: 6:07AM
Sunset: 7:45PM

Sivaloka Day

Creative Work Siddha Yoga

Until 4:07AM Sat

Then Creative Work - Amrita Yoga

Krishna Janmashtami

Saptami Until 8:39AM

Saturday, August 24, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Rohini Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Almaty, Kazakhstan

Sun 8 Sutra 132

Vikarin 5121

Moon 8 - Phase 18

Navami

Vrishabha Rasi: 10.55 Tithi 23 - 24

538993462 Rahu 9:32AM - 11:14AM

Gulika 6:08AM - 7:50AM
Yama 2:38PM - 4:20PM

Rohini Until 4:45AM Sun
Vyaghata* Until 4:16PM
Taitila Until 9:00PM

Ganesha: Clear
Muruga: Blue
Nataraja: White
Moon - Yellow

Sunrise: 6:08AM
Sunset: 7:43PM

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 4:45AM Sun

Then Creative Work - Siddha Yoga

Ashtami* Until 9:03AM

Sravana-Avani

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|----------|------------------------------------|---|--|--|-----------------------------------|--------------------|---|
| 1 | Sunday, August 25, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | | | Almaty, Kazakhstan Sun 9 Sutra 133 Vikarin 5121 |
| | 538993462 | Gulika 4:19PM – 6:00PM Yama 12:56PM – 2:37PM Rahu 6:00PM – 7:42PM | Mrigashira Until 4:27AM Mon Harshana Until 2:46PM Vanija Until 8:14PM Navami* Until 8:42AM | Ganesha: Clear Muruqa: Blue Nataraja: White Moon – Yellow | Sunrise: 6:10AM Sunset: 7:42PM | Subha Sivaloka Day | |
| | Vishabha Rasi: 24.01 Tithi 24 – 25 | | | | | | Moon 8 - Phase 19 2nd Phase |
| | Creative Work Siddha Yoga | | | | | | |


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|----------|--|--|--|--|-----------------------------------|--------------------|--|
| 2 | Monday, August 26, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | | | Almaty, Kazakhstan Sun 10 Sutra 134 Vikarin 5121 |
| | 538993462 | Gulika 2:36PM – 4:18PM Yama 11:14AM – 12:55PM Rahu 7:52AM – 9:33AM | Ardra Until 3:15AM Tue Vajra* Until 12:37PM Bava Until 6:42PM Dashami Until 7:33AM | Ganesha: Clear Muruqa: Blue Nataraja: White Moon – Yellow | Sunrise: 6:11AM Sunset: 7:40PM | Subha Sivaloka Day | |
| | Mithuna Rasi: 7.32 Tithi 25 – 26 | | | | | | Moon 8 - Phase 19 2nd Phase |
| | Family Home Evening Creative Work Siddha Yoga | | | | | | |

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|----------|---------------------------------|--|---|---|-----------------------------------|--------------|--|
| 3 | Tuesday, August 27, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau | | | | Almaty, Kazakhstan Sun 11 Sutra 135 Vikarin 5121 |
| | 548993462 | Gulika 12:55PM – 2:36PM Yama 9:33AM – 11:14AM Rahu 4:17PM – 5:58PM | Punarvasu Until 1:39AM Wed Siddhi Until 9:52AM Kaulava Until 4:26PM Dvadashi* Until 3:03AM Wed | Ganesha: Purple Muruqa: Blue Nataraja: White Moon – Blue | Sunrise: 6:12AM Sunset: 7:38PM | Sivaloka Day | |
| | Mithuna Rasi: 21.32 Tithi 27 | | | | | | Moon 8 - Phase 19 2nd Phase |
| | Creative Work Siddha Yoga | | | | | | |

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|----------|-----------------------------------|---|---|---|-----------------------------------|--------------|--|
| 4 | Wednesday, August 28, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Trayodashyam Titau | | | | Almaty, Kazakhstan Sun 12 Sutra 136 Vikarin 5121 |
| | 549993463 | Gulika 11:14AM – 12:55PM Yama 7:53AM – 9:34AM Rahu 12:55PM – 2:35PM | Pushya Until 11:20PM Vyatipata* Until 6:36AM Gara Until 1:34PM Trayodashi* Until 11:55PM | Ganesha: Light Blue Muruqa: Blue Nataraja: Clear Moon – Blue | Sunrise: 6:13AM Sunset: 7:37PM | Devaloka Day | |
| | Kataka Rasi: 5.58 Tithi 28 | | | | | | Moon 8 - Phase 19 2nd Phase |
| | Creative Work Siddha Yoga | | | | | | |

Pradosha Vrata (Fasting)

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|----------|---|---|---|---|-----------------------------------|--------------|--|
| 5 | Thursday, August 29, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | | | Almaty, Kazakhstan Sun 13 Sutra 137 Vikarin 5121 |
| | 549193463 | Gulika 9:34AM – 11:14AM Yama 6:14AM – 7:54AM Rahu 2:35PM – 4:15PM | Ashlesha* Until 8:29PM Parigha* Until 10:49PM Visti Until 10:12AM Chaturdashi* Until 8:23PM | Ganesha: Orange Muruqa: Blue Nataraja: Clear Moon – Blue | Sunrise: 6:14AM Sunset: 7:35PM | Sivaloka Day | |
| | Kataka Rasi: 20.49 Tithi 29 | | | | | | Moon 8 - Phase 19 2nd Phase |
| | Creative Work Siddha Yoga Until 8:29PM Then Creative Work - Amrita Yoga | | | | | | |

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|---|--|--|--|---|-----------------------------------|--------------|--|
|  | Friday, August 30, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau | | | | Almaty, Kazakhstan Sun 14 Sutra 138 Vikarin 5121 |
| | 559193463 | Gulika 7:55AM – 9:35AM Yama 4:14PM – 5:53PM Rahu 11:14AM – 12:54PM | Magha* Until 5:39PM Shiva Until 6:36PM Catuspada Until 6:31AM Amavasya* Until 4:36PM | Ganesha: Clear Muruqa: Blue Nataraja: Clear Moon – Red | Sunrise: 6:15AM Sunset: 7:33PM | Sivaloka Day | |
| | Simha Rasi: 5.55 Tithi 30 – 1 | | | | | | Moon 8 - Phase 19 Amavasya |
| | Routine Work Marana Yoga Until 5:39PM Then Creative Work - Siddha Yoga | | Varalakshmi Vratam | | | | |

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|----------|--|---|---|---|-----------------------------------|--------------|--|
| 6 | Saturday, August 31, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | | | Almaty, Kazakhstan Sun 15 Sutra 139 Vikarin 5121 |
| | 559193463 | Gulika 6:16AM – 7:56AM Yama 2:33PM – 4:13PM Rahu 9:35AM – 11:14AM | Purvaphalguni Until 2:37PM Siddha Until 2:18PM Balava Until 10:52PM Prathama* Until 12:45PM | Ganesha: Clear Muruqa: Blue Nataraja: Clear Moon – Red | Sunrise: 6:16AM Sunset: 7:32PM | Sivaloka Day | |
| | Simha Rasi: 21.1 Tithi 1 – 2 | | | | | | Moon 8 - Phase 19 Prathama |
| | Creative Work Siddha Yoga Until 2:37PM Then Routine Work - Marana Yoga | | | | | | |

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

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|----------|----------------------------------|-------------|---|-------------------------------------|------------------------|------------------------|--|
| 1 | Sunday, September 1, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau | | | | Almaty, Kazakhstan Sun 16 Sutra 140 |
| | Kanya Rasi: 6.23 | Tithi 2 – 3 | Gulika 4:12PM – 5:51PM | Uttaraphalguni Until 11:35AM | Ganesha: Clear | <i>Sunrise:</i> 6:17AM | Vikarin 5121 |
| | | | Yama 12:54PM – 2:33PM | Sadhya Until 10:07AM | Muruqa: Blue | <i>Sunset:</i> 7:30PM | Moon 8 - Phase 20 |
| | Creative Work Amrita Yoga | 559193463 | Rahu 5:51PM – 7:30PM | Taitila Until 7:14PM | Nataraja: Clear | | 3rd Phase |
| | | | Dvitiya Until 9:00AM | Moon – Red | | Sivaloka Day | |
| | | | | Bhadrapada-Avani | | | |

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|--|----------------------------------|--------------------------|---|---------------------------|------------------------|------------------------|--|
| 2 | Monday, September 2, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturtham Titau | | | | Almaty, Kazakhstan Sun 17 Sutra 141 |
| | Kanya Rasi: 21.25 | Tithi 4 | Gulika 2:32PM – 4:11PM | Hasta Until 9:06AM | Ganesha: Orange | <i>Sunrise:</i> 6:18AM | Vikarin 5121 |
| | Family Home Evening | | Yama 11:14AM – 12:53PM | Subha Until 6:11AM | Muruqa: Blue | <i>Sunset:</i> 7:28PM | Moon 8 - Phase 20 |
| | Creative Work Siddha Yoga | 569193463 | Rahu 7:57AM – 9:36AM | Vanija Until 3:57PM | Nataraja: Clear | | 3rd Phase |
| Until 9:06AM | | | Chaturthi* Until 2:28AM Tue | Moon – Green | | Sivaloka Day | |
| Then Routine Work - Prabararishta Yoga | | Ganesha Chaturthi | | Bhadrapada-Avani | | | |

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|----------|-----------------------------------|-----------|---|----------------------------|------------------------|------------------------|--|
| 3 | Tuesday, September 3, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau | | | | Almaty, Kazakhstan Sun 18 Sutra 142 |
| | Tula Rasi: 6.05 | Tithi 5 | Gulika 12:53PM – 2:31PM | Chitra Until 6:56AM | Ganesha: Orange | <i>Sunrise:</i> 6:19AM | Vikarin 5121 |
| | | | Yama 9:36AM – 11:14AM | Brahma Until 11:28PM | Muruqa: Blue | <i>Sunset:</i> 7:26PM | Moon 8 - Phase 20 |
| | Creative Work Siddha Yoga | 569193463 | Rahu 4:10PM – 5:48PM | Bava Until 1:10PM | Nataraja: Clear | | 3rd Phase |
| | | | Panchami Until 12:00AM Wed | Moon – Green | | Sivaloka Day | |
| | | | | Bhadrapada-Avani | | | |

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|----------|-------------------------------------|-----------|---|----------------------------------|------------------------|---------------------------|--|
| 4 | Wednesday, September 4, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra Yoga Kaulava/Taitila Karana Shashthiyam Titau | | | | Almaty, Kazakhstan Sun 19 Sutra 143 |
| | Tula Rasi: 20.2 | Tithi 6 | Gulika 11:15AM – 12:53PM | Vishakha Until 4:35AM Thu | Ganesha: Green | <i>Sunrise:</i> 6:20AM | Vikarin 5121 |
| | | | Yama 7:58AM – 9:36AM | Indra Until 8:57PM | Muruqa: Blue | <i>Sunset:</i> 7:25PM | Moon 8 - Phase 20 |
| | Creative Work Siddha Yoga | 579193463 | Rahu 12:53PM – 2:31PM | Kaulava Until 11:02AM | Nataraja: Clear | | 3rd Phase |
| | | | Shashthi* Until 10:14PM | Moon – Orange | | Subha Sivaloka Day | |
| | | | | Bhadrapada-Avani | | | |

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|---------------------------------|------------------------------------|-----------|---|----------------------------------|------------------------|------------------------|--|
| 5 | Thursday, September 5, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Saptamyam Titau | | | | Almaty, Kazakhstan Sun 20 Sutra 144 |
| | Vrischika Rasi: 4.07 | Tithi 7 | Gulika 9:37AM – 11:15AM | Anuradha Until 4:35AM Fri | Ganesha: Orange | <i>Sunrise:</i> 6:22AM | Vikarin 5121 |
| | | | Yama 6:22AM – 7:59AM | Vaidhriti* Until 7:04PM | Muruqa: Blue | <i>Sunset:</i> 7:23PM | Moon 8 - Phase 20 |
| | Creative Work Siddha Yoga | 571193463 | Rahu 2:30PM – 4:08PM | Gara Until 9:41AM | Nataraja: Clear | | 3rd Phase |
| Until 4:35AM Fri | | | Saptami Until 9:17PM | Moon – Orange | | Sivaloka Day | |
| Then Routine Work - Marana Yoga | | | | Bhadrapada-Avani | | | |

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| 6 | Friday, September 6, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Ashtamyam Titau | | | | Almaty, Kazakhstan Sun 21 Sutra 145 |
| | Retreat Star | | Gulika 8:00AM – 9:37AM | Jyeshtha* Until 5:13AM Sat | Ganesha: Orange | <i>Sunrise:</i> 6:23AM | Vikarin 5121 |
| | Vrischika Rasi: 17.26 | Tithi 8 | Yama 4:06PM – 5:44PM | Vishkambha* Until 5:50PM | Muruqa: Blue | <i>Sunset:</i> 7:21PM | Moon 8 - Phase 20 |
| | | | 571193463 Rahu 11:15AM – 12:52PM | Visti Until 9:08AM | Nataraja: Clear | | Ashtami |
| Routine Work Marana Yoga | | | Ashtami* Until 9:10PM | Moon – Orange | | Sivaloka Day | |
| Until 5:13AM Sat | | | | Bhadrapada-Avani | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|---------------------------|------------------------------------|---------|---|-------------------------------|------------------------|------------------------|--|
| 7 | Saturday, September 7, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Navamyam Titau | | | | Almaty, Kazakhstan Sun 22 Sutra 146 |
| | Retreat Star | | Gulika 6:24AM – 8:01AM | Mula* Until 6:56AM Sun | Ganesha: Green | <i>Sunrise:</i> 6:24AM | Vikarin 5121 |
| | Dhanus Rasi: 0.19 | Tithi 9 | Yama 2:28PM – 4:05PM | Priti Until 5:15PM | Muruqa: Blue | <i>Sunset:</i> 7:19PM | Moon 8 - Phase 20 |
| | | | 581193463 Rahu 9:38AM – 11:15AM | Balava Until 9:25AM | Nataraja: Clear | | Navami |
| Creative Work Siddha Yoga | | | Navami* Until 9:49PM | Moon – Light Blue | | Devaloka Day | |
| | | | | Bhadrapada-Avani | | | |

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

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| 1 | Sunday, September 8, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dashamyam Titau | | | | Almaty, Kazakhstan Sun 23 Sutra 147 |
| | Dhanus Rasi: 12.5 | Tithi 10 | Gulika 4:04PM – 5:41PM | Mula* Until 6:56AM | Ganesha: Green | <i>Sunrise:</i> 6:25AM | Vikarin 5121 |
| | | | Yama 12:51PM – 2:28PM | Ayushman Until 5:11PM | Muruqa: Blue | <i>Sunset:</i> 7:18PM | Moon 8 - Phase 21 |
| | 581193463 | Rahu 5:41PM – 7:18PM | Taitila Until 10:27AM | | Nataraja: Clear | | 4th Phase |
| Creative Work Amrita Yoga Until 6:56AM Then Creative Work - Siddha Yoga | | Grandparent's Day | | Dashami Until 11:10PM | | Devaloka Day Bhadrapada-Avani | |

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| 2 | Monday, September 9, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Almaty, Kazakhstan Sun 24 Sutra 148 |
| | Dhanus Rasi: 25.06 | Tithi 11 | Gulika 2:27PM – 4:03PM | Purvashadha* Until 9:05AM | Ganesha: Green | <i>Sunrise:</i> 6:26AM | Vikarin 5121 |
| | | | Yama 11:15AM – 12:51PM | Saubhagya Until 5:34PM | Muruqa: Blue | <i>Sunset:</i> 7:16PM | Moon 8 - Phase 21 |
| | 581193463 | Rahu 8:02AM – 9:38AM | Vanija Until 12:05PM | | Nataraja: Clear | | 4th Phase |
| Family Home Evening Routine Work Marana Yoga | | | | Ekadashi Until 1:03AM Tue | | Devaloka Day Bhadrapada-Avani | |

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|--|------------------------------------|-----------------------------|---|-----------------------------------|------------------------|----------------------------------|--|
| 3 | Tuesday, September 10, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau | | | | Almaty, Kazakhstan Sun 25 Sutra 149 |
| | Makara Rasi: 7.1 | Tithi 12 | Gulika 12:50PM – 2:26PM | Uttarashadha Until 11:30AM | Ganesha: Green | <i>Sunrise:</i> 6:27AM | Vikarin 5121 |
| | | | Yama 9:39AM – 11:15AM | Sobhana Until 6:16PM | Muruqa: Blue | <i>Sunset:</i> 7:14PM | Moon 8 - Phase 21 |
| | 581193463 | Rahu 4:02PM – 5:38PM | Bava Until 2:09PM | | Nataraja: Clear | | 4th Phase |
| Routine Work Prabalarishta Yoga Until 11:30AM Then Creative Work - Siddha Yoga | | | | Dvadashi Until 3:16AM Wed | | Devaloka Day Bhadrapada-Avani | |

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|---|--------------------------------------|------------------------------|--|------------------------------|------------------------|----------------------------------|--|
| 4 | Wednesday, September 11, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | | Almaty, Kazakhstan Sun 26 Sutra 150 |
| | Makara Rasi: 19.06 | Tithi 13 | Gulika 11:15AM – 12:50PM | Shravana Until 2:32PM | Ganesha: Red | <i>Sunrise:</i> 6:28AM | Vikarin 5121 |
| | | | Yama 8:04AM – 9:39AM | Athiganda* Until 7:07PM | Muruqa: Blue | <i>Sunset:</i> 7:12PM | Moon 8 - Phase 21 |
| | 591193463 | Rahu 12:50PM – 2:26PM | Kaulava Until 4:29PM | | Nataraja: Clear | | 4th Phase |
| Creative Work Siddha Yoga Until 2:32PM Then Routine Work - Prabalarishta Yoga | | Avani Avittam | | Trayodashi Until 5:41AM Thu | | Sivaloka Day Bhadrapada-Avani | |
| <i>Pradosha Vrata</i> | | | | | | | |

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|---------------------------|-------------------------------------|-----------------------------|--|--------------------------------|------------------------|----------------------------------|--|
| 5 | Thursday, September 12, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma Yoga Gara Karana Chaturdashyam Titau | | | | Almaty, Kazakhstan Sun 27 Sutra 151 |
| | Kumbha Rasi: 0.58 | Tithi 14 | Gulika 9:39AM – 11:15AM | Dhanishtha Until 5:31PM | Ganesha: Red | <i>Sunrise:</i> 6:29AM | Vikarin 5121 |
| | | | Yama 6:29AM – 8:04AM | Sukarma Until 8:04PM | Muruqa: Blue | <i>Sunset:</i> 7:10PM | Moon 8 - Phase 21 |
| | 591193463 | Rahu 2:25PM – 4:00PM | Gara Until 6:57PM | | Nataraja: Clear | | 4th Phase |
| Creative Work Siddha Yoga | | | | Chaturdashi* Until 8:09AM Fri | | Sivaloka Day Bhadrapada-Avani | |

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|---------------------------|-----------------------------------|-------------------------------|---|----------------------------------|------------------------|----------------------------------|---------------------------------|
| O | Friday, September 13, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Almaty, Kazakhstan Sutra 152 |
| | Copper Retreat Star | | Gulika 8:05AM – 9:40AM | Shatabhishak Until 8:20PM | Ganesha: Red | <i>Sunrise:</i> 6:30AM | Vikarin 5121 |
| | Kumbha Rasi: 12.49 | Tithi 14 – 15 | Yama 3:59PM – 5:34PM | Dhriti Until 9:01PM | Muruqa: Purple | <i>Sunset:</i> 7:09PM | Moon 8 - Phase 21 |
| | 591113463 | Rahu 11:15AM – 12:49PM | Visti Until 9:24PM | | Nataraja: Clear | | Purnima |
| Creative Work Siddha Yoga | | Chidambaram Abhishekam | | Chaturdashi* Until 8:09AM | | Sivaloka Day Bhadrapada-Avani | |

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|---|-------------------------------------|------------------------------|---|--|------------------------|----------------------------------|---------------------------------|
| O | Saturday, September 14, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Almaty, Kazakhstan Sutra 153 |
| | Silver Retreat Star | | Gulika 6:31AM – 8:06AM | Purvaproshtapada* Until 11:25PM | Ganesha: Red | <i>Sunrise:</i> 6:31AM | Vikarin 5121 |
| | Kumbha Rasi: 24.41 | Tithi 15 – 16 | Yama 2:24PM – 3:58PM | Shula* Until 9:53PM | Muruqa: Purple | <i>Sunset:</i> 7:07PM | Moon 8 - Phase 21 |
| | 511113463 | Rahu 9:40AM – 11:15AM | Balava Until 11:48PM | | Nataraja: Clear | | Prathama |
| Routine Work Marana Yoga Until 11:25PM Then Creative Work - Siddha Yoga | | | | Purnima* Until 10:36AM | | Sivaloka Day Bhadrapada-Avani | |

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 Nakshatra Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Almaty, Kazakhstan

Sutra 154

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 6.35 Tithi 16 - 17

Gulika 3:57PM - 5:31PM
Yama 12:49PM - 2:23PM
Rahu 5:31PM - 7:05PM

Uttaraproshtapada Until 2:13AM Mon
Ganda* Until 10:40PM
Taitila Until 2:03AM Mon
Prathama* Until 12:55PM

Ganesha: Red Sunrise: 6:32AM
Muruqa: Purple Sunset: 7:05PM
Nataraja: Clear
Moon - Clear

Sivaloka Day

Creative Work Amrita Yoga

Until 2:13AM Mon

Then Creative Work - Siddha Yoga

Monday, September 16, 2019

1

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam
Revati Nakshatra Vriddhi Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Almaty, Kazakhstan

Sun 1 Sutra 155

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 18.33 Tithi 17 - 18

Gulika 2:22PM - 3:56PM
Yama 11:15AM - 12:48PM
Rahu 8:07AM - 9:41AM

Revati Until 4:39AM Tue
Vriddhi Until 11:20PM
Vanija Until 4:06AM Tue
Dvitiya Until 3:05PM

Ganesha: Yellow Sunrise: 6:34AM
Muruqa: Purple Sunset: 7:03PM
Nataraja: Clear
Moon - Clear

Sivaloka Day

Family Home Evening

Creative Work Siddha Yoga

Until 2:13AM Mon

Tuesday, September 17, 2019

2

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

Almaty, Kazakhstan

Sun 2 Sutra 156

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 0.35 Tithi 18 - 19

Gulika 12:48PM - 2:21PM
Yama 9:41AM - 11:15AM
Rahu 3:55PM - 5:28PM

Ashvini Until 7:11AM Wed
Dhruva Until 11:46PM
Bava Until 5:55AM Wed
Tritiya Until 5:02PM

Ganesha: White Sunrise: 6:35AM
Muruqa: Purple Sunset: 7:01PM
Nataraja: Clear
Moon - White

Devaloka Day

Creative Work Siddha Yoga

Until 7:11AM

Then Creative Work - Siddha Yoga

Wednesday, September 18, 2019

3

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam
Ashvini/Bharani Nakshatra Vyaghata* Yoga Balava Karana Chaturthyam Titau

Almaty, Kazakhstan

Sun 3 Sutra 157

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 12.43 Tithi 19

Gulika 11:15AM - 12:48PM
Yama 8:09AM - 9:42AM
Rahu 12:48PM - 2:21PM

Ashvini Until 7:11AM
Vyaghata* Until 11:59PM
Balava Until 6:41PM
Chaturthi* Until 6:41PM

Ganesha: White Sunrise: 6:36AM
Muruqa: Purple Sunset: 7:00PM
Nataraja: Clear
Moon - White

Devaloka Day

Routine Work Marana Yoga

Until 7:11AM

Then Creative Work - Siddha Yoga

Thursday, September 19, 2019

4

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam
Bharani/Krittika Nakshatra Harshana Yoga Kaulava/Taitila Karana Panchamyam Titau

Almaty, Kazakhstan

Sun 4 Sutra 158

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 25 Tithi 20

Gulika 9:42AM - 11:15AM
Yama 6:37AM - 8:09AM
Rahu 2:20PM - 3:53PM

Bharani Until 9:13AM
Harshana Until 11:55PM
Kaulava Until 7:23AM
Panchami Until 7:57PM

Ganesha: White Sunrise: 6:37AM
Muruqa: Purple Sunset: 6:58PM
Nataraja: Clear
Moon - White

Devaloka Day

Creative Work Siddha Yoga

Until 9:13AM

Then Routine Work - Marana Yoga

Friday, September 20, 2019

5

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam
Krittika/Rohini Nakshatra Vajra* Yoga Gara/Vanija Karana Shashtyam Titau

Almaty, Kazakhstan

Sun 5 Sutra 159

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 7.28 Tithi 21

Gulika 8:10AM - 9:42AM
Yama 3:51PM - 5:24PM
Rahu 11:15AM - 12:47PM

Krittika Until 10:39AM
Vajra* Until 11:24PM
Gara Until 8:26AM
Shashti* Until 8:44PM

Ganesha: White Sunrise: 6:38AM
Muruqa: Purple Sunset: 6:56PM
Nataraja: Clear
Moon - White

Devaloka Day

Creative Work Siddha Yoga

Until 10:39AM

Then Routine Work - Marana Yoga

Saturday, September 21, 2019

6

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam
Rohini/Mrigashira Nakshatra Siddhi Yoga Visti/Bava Karana Saptamyam Titau

Almaty, Kazakhstan

Sun 6 Sutra 160

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 20.1 Tithi 22

Gulika 6:39AM - 8:11AM
Yama 2:18PM - 3:50PM
Rahu 9:43AM - 11:15AM

Rohini Until 11:52AM
Siddhi Until 10:26PM
Visti Until 8:55AM
Saptami Until 8:54PM

Ganesha: Clear Sunrise: 6:39AM
Muruqa: Purple Sunset: 6:54PM
Nataraja: Clear
Moon - Yellow

Sivaloka Day

Creative Work Amrita Yoga

Until 11:52AM

Then Creative Work - Siddha Yoga

Sunday, September 22, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam
Mrigashira/Ardra Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Ashtamyam Titau

Almaty, Kazakhstan

Sun 7 Sutra 161

Vikarin 5121

Moon 9 - Phase 22

Ashtami

Mithuna Rasi: 3.11 Tithi 23

Gulika 3:49PM - 5:21PM
Yama 12:46PM - 2:18PM
Rahu 5:21PM - 6:52PM

Mrigashira Until 12:17PM
Vyatipata* Until 8:55PM
Balava Until 8:45AM
Ashtami* Until 8:23PM

Ganesha: Clear Sunrise: 6:40AM
Muruqa: Purple Sunset: 6:52PM
Nataraja: Clear
Moon - Yellow

Sivaloka Day

Creative Work Siddha Yoga

Until 11:52AM

Then Creative Work - Siddha Yoga

Monday, September 23, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam
Ardra/Punarvasu Nakshatra Variyan Yoga Taitila/Gara Karana Navamyam Titau

Almaty, Kazakhstan

Sun 8 Sutra 162

Vikarin 5121

Moon 9 - Phase 22

Navami

Mithuna Rasi: 16.35 Tithi 24

Gulika 2:17PM - 3:48PM
Yama 11:15AM - 12:46PM
Rahu 8:12AM - 9:44AM

Ardra Until 11:50AM
Variyan Until 6:48PM
Taitila Until 7:52AM
Navami* Until 7:08PM

Ganesha: Orange Sunrise: 6:41AM
Muruqa: Purple Sunset: 6:50PM
Nataraja: Clear
Moon - Yellow

Sivaloka Day

Creative Work Siddha Yoga

Until 11:50AM

Then Creative Work - Amrita Yoga

Puja, reading the scriptures, singing hymns, performing japa and unsullied austerity, truthfulness, restraint of envy, and offering of food—these and other self-purifying acts constitute the flawless satputra marga. Tirumantiram 1496

All times are standard time

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|----------|------------------------------------|---------------|--|----------------------------|---------------------|---------------------|---------------------------------------|
| 1 | Tuesday, September 24, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Parigha/Shiva Yoga Vanija/Bava Karana Dashami/Ekadashyam Titau | | | | Almaty, Kazakhstan Sun 9 Sutra 163 |
| | Kataka Rasi: 0.24 | Tithi 25 – 26 | Gulika 12:46PM – 2:16PM | Punarvasu Until 10:59AM | Ganesha: Light Blue | Sunrise: 6:42AM | Vikarin 5121 |
| | | | Yama 9:44AM – 11:15AM | Parigha* Until 4:08PM | Muruga: Purple | Sunset: 6:49PM | Moon 9 - Phase 23 |
| | Creative Work | Siddha Yoga | 542213463 Rahu 3:47PM – 5:18PM | Vanija Until 6:16AM | Nataraja: Clear | | 2nd Phase |
| | | | Dashami Until 5:11PM | Moon – Blue | | Devaloka Day | |
| | | | | Bhadrapada•Puratasi | | | |

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|----------|--------------------------------------|---------------|---|----------------------------|---------------------|---------------------|--|
| 2 | Wednesday, September 25, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | | | Almaty, Kazakhstan Sun 10 Sutra 164 |
| | Kataka Rasi: 14.4 | Tithi 26 – 27 | Gulika 11:15AM – 12:45PM | Pushya Until 9:18AM | Ganesha: Light Blue | Sunrise: 6:44AM | Vikarin 5121 |
| | | | Yama 8:14AM – 9:44AM | Shiva Until 12:56PM | Muruga: Purple | Sunset: 6:47PM | Moon 9 - Phase 23 |
| | Creative Work | Siddha Yoga | 542213463 Rahu 12:45PM – 2:16PM | Kaulava Until 1:07AM Thu | Nataraja: Clear | | 2nd Phase |
| | | | Ekadashi* Until 2:36PM | Moon – Blue | | Devaloka Day | |
| | | | | Bhadrapada•Puratasi | | | |

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|----------|-------------------------------------|---------------|--|---------------------------------|---------------------|---------------------|--|
| 3 | Thursday, September 26, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha/Magha* Nakshatra Siddha/Sadhya Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau | | | | Almaty, Kazakhstan Sun 11 Sutra 165 |
| | Kataka Rasi: 29.19 | Tithi 27 – 28 | Gulika 9:45AM – 11:15AM | Ashlesha* Until 6:57AM | Ganesha: Light Blue | Sunrise: 6:45AM | Vikarin 5121 |
| | | | Yama 6:45AM – 8:15AM | Siddha Until 9:17AM | Muruga: Purple | Sunset: 6:45PM | Moon 9 - Phase 23 |
| | Creative Work | Siddha Yoga | 542213463 Rahu 2:15PM – 3:45PM | Gara Until 9:47PM | Nataraja: Clear | | 2nd Phase |
| | | | Dvadashi* Until 11:29AM | Moon – Blue | | Devaloka Day | |
| | | | | Bhadrapada•Puratasi | | | |
| | | | | <i>Pradosha Vrata (Fasting)</i> | | | |

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|----------|-----------------------------------|---------------|---|--------------------------------|-----------------|---------------------|--|
| 4 | Friday, September 27, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | | | Almaty, Kazakhstan Sun 12 Sutra 166 |
| | Simha Rasi: 14.19 | Tithi 28 – 29 | Gulika 8:15AM – 9:45AM | Purvaphalguni Until 1:31AM Sat | Ganesha: Purple | Sunrise: 6:46AM | Vikarin 5121 |
| | | | Yama 3:44PM – 5:14PM | Subha Until 1:07AM Sat | Muruga: Purple | Sunset: 6:43PM | Moon 9 - Phase 23 |
| | Creative Work | Siddha Yoga | 552213463 Rahu 11:15AM – 12:45PM | Visti Until 6:09PM | Nataraja: Clear | | 2nd Phase |
| | | | Trayodashi* Until 7:59AM | Moon – Red | | Devaloka Day | |
| | | | | Bhadrapada•Puratasi | | | |

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|--|-------------------------------------|---------------------------------------|--|------------------------------|---------------------|---------------------|--|
| | Saturday, September 28, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | | | Almaty, Kazakhstan Sun 13 Sutra 167 |
| | Retreat Star | | Gulika 6:47AM – 8:16AM | Uttaraphalguni Until 10:24PM | Ganesha: Light Blue | Sunrise: 6:47AM | Vikarin 5121 |
| | Simha Rasi: 29.29 | Tithi 30 | Yama 2:13PM – 3:43PM | Sukla Until 8:51PM | Muruga: Purple | Sunset: 6:41PM | Moon 9 - Phase 23 |
| | Routine Work | Marana Yoga | 652213463 Rahu 9:46AM – 11:15AM | Catuspada Until 2:22PM | Nataraja: Clear | | Amavasya |
| | | Mahalaya Amavasai (Tamil Nadu) | Amavasya* Until 12:28AM Sun | Moon – Red | | Devaloka Day | |
| | | | | Bhadrapada•Puratasi | | | |

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|---------------------|-----------------------------------|-------------------------|---|-------------------------|---------------------|---------------------|--|
| Retreat Star | Sunday, September 29, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Brahma/Indra Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Almaty, Kazakhstan Sun 14 Sutra 168 |
| | Kanya Rasi: 14.43 | Tithi 1 | Gulika 3:42PM – 5:11PM | Hasta Until 7:39PM | Ganesha: Light Blue | Sunrise: 6:48AM | Vikarin 5121 |
| | | | Yama 12:44PM – 2:13PM | Brahma Until 4:39PM | Muruga: Purple | Sunset: 6:40PM | Moon 9 - Phase 23 |
| | Creative Work | Amrita Yoga | 663213463 Rahu 5:11PM – 6:40PM | Kintughna Until 10:37AM | Nataraja: Clear | | Prathama |
| | | | Prathama* Until 8:47PM | Moon – Green | | Devaloka Day | |
| | | Navaratri Begins | | Ashvina•Puratasi | | | |
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The simple temple duties, lighting the lamps, picking flowers, lovingly polishing the floors, sweeping, singing the Lord's praise, ringing the bell and fetching ceremonial water—these constitute the dasa marga. Tirumantiram 1502

All times are standard time

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|-----------------------------------|-------------|---|------------------------------------|---|--|
| Monday, September 30, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Balava/Taitila Karana Dvitiya/Tritiyayam Titau | | | Almaty, Kazakhstan Sun 15 Sutra 169 Vikarin 5121 |
| 1 | | Gulika 2:12PM – 3:41PM | Chitra Until 5:02PM | Ganesha: Light Blue <i>Sunrise: 6:49AM</i> | |
| Kanya Rasi: 29.48 | Tithi 2 – 3 | Yama 11:15AM – 12:44PM | Indra Until 12:41PM | Muruqa: Purple <i>Sunset: 6:38PM</i> | Moon 9 - Phase 24 |
| Family Home Evening | 663213463 | Rahu 8:18AM – 9:46AM | Balava Until 7:04AM | Nataraja: Clear | 3rd Phase |
| Routine Work Prabalarishta Yoga | | | Dvitiya Until 5:24PM | Moon – Green | Devaloka Day |
| Until 5:02PM | | | | Ashvina+Puratasi | |
| Then Creative Work - Amrita Yoga | | | | | |

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|---------------------------------|-------------|--|------------------------------------|---|--|
| Tuesday, October 1, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | | Almaty, Kazakhstan Sun 16 Sutra 170 Vikarin 5121 |
| 2 | | Gulika 12:43PM – 2:11PM | Svati Until 2:45PM | Ganesha: Light Blue <i>Sunrise: 6:50AM</i> | |
| Tula Rasi: 15 | Tithi 3 – 4 | Yama 9:47AM – 11:15AM | Vaidhriti* Until 9:03AM | Muruqa: Purple <i>Sunset: 6:36PM</i> | Moon 9 - Phase 24 |
| | 663213463 | Rahu 3:40PM – 5:08PM | Vanija Until 1:17AM Wed | Nataraja: Clear | 3rd Phase |
| Creative Work Siddha Yoga | | | Tritiya Until 2:30PM | Moon – Green | Devaloka Day |
| Until 2:45PM | | | | Ashvina+Puratasi | |
| Then Routine Work - Marana Yoga | | | | | |

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|-----------------------------------|-------------|---|--|---|--|
| Wednesday, October 2, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | | Almaty, Kazakhstan Sun 17 Sutra 171 Vikarin 5121 |
| 3 | | Gulika 11:15AM – 12:43PM | Vishakha Until 1:23PM | Ganesha: Purple <i>Sunrise: 6:51AM</i> | |
| Tula Rasi: 28.59 | Tithi 4 – 5 | Yama 8:19AM – 9:47AM | Priti Until 3:22AM Thu | Muruqa: Purple <i>Sunset: 6:34PM</i> | Moon 9 - Phase 24 |
| | 673213463 | Rahu 12:43PM – 2:11PM | Bava Until 11:22PM | Nataraja: Clear | 3rd Phase |
| Creative Work Siddha Yoga | | | Chaturthi* Until 12:13PM | Moon – Orange | Devaloka Day |
| | | | | Ashvina+Puratasi | |

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|--|-------------|--|--------------------------------------|---|--|
| Thursday, October 3, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | | Almaty, Kazakhstan Sun 18 Sutra 172 Vikarin 5121 |
| 4 | | Gulika 9:48AM – 11:15AM | Anuradha Until 12:38PM | Ganesha: Purple <i>Sunrise: 6:53AM</i> | |
| Vrischika Rasi: 12.54 | Tithi 5 – 6 | Yama 6:53AM – 8:20AM | Ayushman Until 1:29AM Fri | Muruqa: Purple <i>Sunset: 6:33PM</i> | Moon 9 - Phase 24 |
| | 673213463 | Rahu 2:10PM – 3:38PM | Kaulava Until 10:17PM | Nataraja: Clear | 3rd Phase |
| Creative Work Siddha Yoga | | | Panchami Until 10:42AM | Moon – Orange | Devaloka Day |
| Until 12:38PM | | | | Ashvina+Puratasi | |
| Then Routine Work - Prabalarishta Yoga | | | | | |

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| Friday, October 4, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | Almaty, Kazakhstan Sun 19 Sutra 173 Vikarin 5121 |
| 5 | | Gulika 8:21AM – 9:48AM | Jyeshtha* Until 12:36PM | Ganesha: Purple <i>Sunrise: 6:54AM</i> | |
| Vrischika Rasi: 26.18 | Tithi 6 – 7 | Yama 3:37PM – 5:04PM | Saubhagya Until 12:19AM Sat | Muruqa: Purple <i>Sunset: 6:31PM</i> | Moon 9 - Phase 24 |
| | 673213463 | Rahu 11:15AM – 12:42PM | Gara Until 10:06PM | Nataraja: Clear | 3rd Phase |
| Routine Work Marana Yoga | | | Shashthi* Until 10:03AM | Moon – Orange | Devaloka Day |
| Until 12:36PM | | | | Ashvina+Puratasi | |
| Then Creative Work - Amrita Yoga | | | | | |

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|----------------------------------|-------------|---|-------------------------------------|--|--|
| Saturday, October 5, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | | Almaty, Kazakhstan Sun 20 Sutra 174 Vikarin 5121 |
| Retreat Star | | Gulika 6:55AM – 8:22AM | Mula* Until 1:45PM | Ganesha: Clear <i>Sunrise: 6:55AM</i> | |
| Dhanus Rasi: 9.14 | Tithi 7 – 8 | Yama 2:09PM – 3:35PM | Sobhana Until 11:51PM | Muruqa: Purple <i>Sunset: 6:29PM</i> | Moon 9 - Phase 24 |
| | 683213463 | Rahu 9:48AM – 11:15AM | Visti Until 10:47PM | Nataraja: Clear | Ashtami |
| Creative Work Siddha Yoga | | | Saptami Until 10:19AM | Moon – Light Blue | Sivaloka Day |
| | | Durga Ashtami | | Ashvina+Puratasi | |

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|----------------------------------|-------------|--|---|--|--|
| Sunday, October 6, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | Almaty, Kazakhstan Sun 21 Sutra 175 Vikarin 5121 |
| Retreat Star | | Gulika 3:34PM – 5:01PM | Purvashadha* Until 3:32PM | Ganesha: Clear <i>Sunrise: 6:56AM</i> | |
| Dhanus Rasi: 21.46 | Tithi 8 – 9 | Yama 12:42PM – 2:08PM | Athiganda* Until 11:55PM | Muruqa: Purple <i>Sunset: 6:27PM</i> | Moon 9 - Phase 24 |
| | 683213463 | Rahu 5:01PM – 6:27PM | Balava Until 12:14AM Mon | Nataraja: Clear | Navami |
| Creative Work Siddha Yoga | | | Ashtami* Until 11:24AM | Moon – Light Blue | Sivaloka Day |
| Until 3:32PM | | Saraswathi Puja (Tamil Nadu) | | Ashvina+Puratasi | |
| Then Creative Work - Amrita Yoga | | | | | |

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| Monday, October 7, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | Almaty, Kazakhstan Sun 22 Sutra 176 Vikarin 5121 |
| 1 | Makara Rasi: 3.59 Tithi 9 – 10 Family Home Evening 683213463 Routine Work Marana Yoga Until 5:46PM Then Creative Work - Amrita Yoga | Gulika 2:07PM – 3:33PM Yama 11:15AM – 12:41PM Rahu 8:23AM – 9:49AM | Uttarashadha Until 5:46PM Sukarma Until 12:28AM Tue Taitila Until 2:17AM Tue Navami* Until 1:11PM | Ganesha: Clear <i>Sunrise:</i> 6:57AM Muruqa: Purple <i>Sunset:</i> 6:26PM Nataraja: Clear Moon – Light Blue Sivaloka Day Ashvina+Puratasi |

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|---------------------------------|---|---|--|--|
| Tuesday, October 8, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau | | Almaty, Kazakhstan Sun 23 Sutra 177 Vikarin 5121 |
| 2 | Makara Rasi: 16 Tithi 10 – 11 693213464 Creative Work Siddha Yoga | Gulika 12:41PM – 2:07PM Yama 9:50AM – 11:15AM Rahu 3:32PM – 4:58PM Vijaya Dasami | Shravana Until 8:45PM Dhriti Until 1:18AM Wed Vanija Until 4:40AM Wed Dashami Until 3:25PM | Ganesha: White <i>Sunrise:</i> 6:58AM Muruqa: Purple <i>Sunset:</i> 6:24PM Nataraja: Purple Moon – Purple Sivaloka Day Ashvina+Puratasi |

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| Wednesday, October 9, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | Almaty, Kazakhstan Sun 24 Sutra 178 Vikarin 5121 |
| 3 | Makara Rasi: 27.53 Tithi 11 – 12 693213464 Routine Work Prabalarishta Yoga Until 11:46PM Then Creative Work - Siddha Yoga | Gulika 11:15AM – 12:41PM Yama 8:25AM – 9:50AM Rahu 12:41PM – 2:06PM | Dhanishtha Until 11:46PM Shula* Until 2:13AM Thu Bava Until 7:13AM Thu Ekadashi Until 5:55PM | Ganesha: White <i>Sunrise:</i> 6:59AM Muruqa: Purple <i>Sunset:</i> 6:22PM Nataraja: Purple Moon – Purple Sivaloka Day Ashvina+Puratasi |

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|-----------------------------------|--|--|---|--|
| Thursday, October 10, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Bava/Balava Karana Dvadashyam Titau | | Almaty, Kazakhstan Sun 25 Sutra 179 Vikarin 5121 |
| 4 | Kumbha Rasi: 9.44 Tithi 12 693213464 Creative Work Siddha Yoga | Gulika 9:51AM – 11:16AM Yama 7:01AM – 8:26AM Rahu 2:05PM – 3:30PM Kadaitswami Mahasamadhi | Shatabhishak Until 2:36AM Fri Ganda* Until 3:09AM Fri Bava Until 7:13AM Dvadashi Until 8:27PM | Ganesha: White <i>Sunrise:</i> 7:01AM Muruqa: Purple <i>Sunset:</i> 6:20PM Nataraja: Purple Moon – Purple Sivaloka Day Ashvina+Puratasi |

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| Friday, October 11, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Trayodashyam Titau | | Almaty, Kazakhstan Sun 26 Sutra 180 Vikarin 5121 |
| 5 | Kumbha Rasi: 21.35 Tithi 13 613213464 Creative Work Siddha Yoga | Gulika 8:26AM – 9:51AM Yama 3:29PM – 4:54PM Rahu 11:16AM – 12:40PM Chidambaram Abhishekam | Purvaproshtapada* Until 5:40AM Sat Vriddhi Until 4:00AM Sat Kaulava Until 9:43AM Trayodashi Until 10:53PM <i>Pradosha Vrata</i> | Ganesha: Blue <i>Sunrise:</i> 7:02AM Muruqa: Purple <i>Sunset:</i> 6:19PM Nataraja: Purple Moon – Clear Sivaloka Day Ashvina+Puratasi |

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|-----------------------------------|---|---|---|--|
| Saturday, October 12, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau | | Almaty, Kazakhstan Sun 27 Sutra 181 Vikarin 5121 |
| 6 | Meena Rasi: 3.29 Tithi 14 613213464 Creative Work Siddha Yoga Until 8:21AM Sun Then Creative Work - Amrita Yoga | Gulika 7:03AM – 8:27AM Yama 2:04PM – 3:28PM Rahu 9:51AM – 11:16AM | Uttaraproshtapada Until 8:21AM Sun Dhruva Until 4:40AM Sun Gara Until 12:04PM Chaturdashi* Until 1:08AM Sun | Ganesha: Blue <i>Sunrise:</i> 7:03AM Muruqa: Purple <i>Sunset:</i> 6:17PM Nataraja: Purple Moon – Clear Sivaloka Day Ashvina+Puratasi |

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| Sunday, October 13, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau | | Almaty, Kazakhstan Sutra 182 Vikarin 5121 |
| ○ | Copper Retreat Star Meena Rasi: 15.28 Tithi 15 614213464 Creative Work Amrita Yoga | Gulika 3:28PM – 4:51PM Yama 12:40PM – 2:04PM Rahu 4:51PM – 6:15PM | Uttaraproshtapada Until 8:21AM Vyaghata* Until 5:08AM Mon Visti Until 2:11PM Purnima* Until 3:07AM Mon | Ganesha: Yellow <i>Sunrise:</i> 7:04AM Muruqa: Purple <i>Sunset:</i> 6:15PM Nataraja: Purple Moon – Clear Subha Sivaloka Day Ashvina+Puratasi |

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|---------------------------------|---|--|---|--|
| Monday, October 14, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau | | Almaty, Kazakhstan Sutra 183 Vikarin 5121 |
| ○ | Silver Retreat Star Meena Rasi: 27.34 Tithi 16 614213464 Family Home Evening Creative Work Siddha Yoga | Gulika 2:03PM – 3:27PM Yama 11:16AM – 12:39PM Rahu 8:29AM – 9:52AM | Revati Until 10:38AM Harshana Until 5:25AM Tue Balava Until 4:02PM Prathama* Until 4:50AM Tue | Ganesha: Yellow <i>Sunrise:</i> 7:05AM Muruqa: Purple <i>Sunset:</i> 6:14PM Nataraja: Purple Moon – Clear Subha Sivaloka Day Ashvina+Puratasi |

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

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Tuesday, October 15, 2019
Gold Retreat Star

Mesha Rasi: 9.46 Tithi 17
624213464
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam
Ashvini/Bharani Nakshatra Vajra* Yoga Taitila/Gara Karana Dvitiyayam Titau
Gulika 12:39PM - 2:02PM
Yama 9:53AM - 11:16AM
Rahu 3:26PM - 4:49PM
Ashvini Until 12:57PM
Vajra* Until 5:25AM Wed
Taitila Until 5:35PM
Dvitiya Until 6:13AM Wed

Almaty, Kazakhstan
Sutra 184
Vikarin 5121
Moon 10 - Phase 26
1st Phase
Ganesha: White Sunrise: 7:07AM
Muruga: Purple Sunset: 6:12PM
Nataraja: Purple
Moon - White
Subha Subha Sivaloka Day
Ashvina-Puratasi

1

Wednesday, October 16, 2019

Mesha Rasi: 22.06 Tithi 17 - 18
624213464
Creative Work Siddha Yoga
Until 2:48PM
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam
Bharani/Krittika Nakshatra Siddhi Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau
Gulika 11:16AM - 12:39PM
Yama 8:31AM - 9:53AM
Rahu 12:39PM - 2:02PM
Bharani Until 2:48PM
Siddhi Until 5:11AM Thu
Vanija Until 6:49PM
Dvitiya Until 6:13AM

Almaty, Kazakhstan
Sun 1 Sutra 185
Vikarin 5121
Moon 10 - Phase 26
1st Phase
Ganesha: White Sunrise: 7:08AM
Muruga: Purple Sunset: 6:10PM
Nataraja: Purple
Moon - White
Subha Subha Sivaloka Day
Ashvina-Puratasi

2

Thursday, October 17, 2019

Vrishabha Rasi: 4.35 Tithi 18 - 19
624213464
Routine Work Marana Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam
Krittika/Rohini Nakshatra Vyatipata* Yoga Visti/Bava Karana Tritiya/Chaturtham Titau
Gulika 9:54AM - 11:16AM
Yama 7:09AM - 8:31AM
Rahu 2:01PM - 3:24PM
Krittika Until 4:09PM
Vyatipata* Until 4:40AM Fri
Bava Until 7:42PM
Tritiya Until 7:17AM

Almaty, Kazakhstan
Sun 2 Sutra 186
Vikarin 5121
Moon 10 - Phase 26
1st Phase
Ganesha: White Sunrise: 7:09AM
Muruga: Purple Sunset: 6:09PM
Nataraja: Purple
Moon - White
Subha Subha Sivaloka Day
Ashvina-Puratasi

3

Friday, October 18, 2019

Vrishabha Rasi: 17.13 Tithi 19 - 20
634313464
Routine Work Marana Yoga
Until 5:27PM
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam
Rohini/Mrigashira Nakshatra Variyan Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau
Gulika 8:32AM - 9:54AM
Yama 3:23PM - 4:45PM
Rahu 11:17AM - 12:39PM
Rohini Until 5:27PM
Variyan Until 3:49AM Sat
Kaulava Until 8:11PM
Chaturthi* Until 7:58AM

Almaty, Kazakhstan
Sun 3 Sutra 187
Vikarin 5121
Moon 10 - Phase 26
1st Phase
Ganesha: White Sunrise: 7:10AM
Muruga: Purple Sunset: 6:07PM
Nataraja: Purple
Moon - Yellow
Sivaloka Day
Ashvina-Aipasi

4

Saturday, October 19, 2019

Mithuna Rasi: 0.04 Tithi 20 - 21
634313464
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam
Mrigashira Nakshatra Parigha* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau
Gulika 7:11AM - 8:33AM
Yama 2:00PM - 3:22PM
Rahu 9:55AM - 11:17AM
Mrigashira Until 6:09PM
Parigha* Until 2:36AM Sun
Gara Until 8:13PM
Panchami Until 8:14AM

Almaty, Kazakhstan
Sun 4 Sutra 188
Vikarin 5121
Moon 10 - Phase 26
1st Phase
Ganesha: White Sunrise: 7:11AM
Muruga: Purple Sunset: 6:05PM
Nataraja: Purple
Moon - Yellow
Sivaloka Day
Ashvina-Aipasi

5

Sunday, October 20, 2019

Mithuna Rasi: 13.09 Tithi 21 - 22
634313464
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam
Ardra Nakshatra Shiva Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau
Gulika 3:21PM - 4:42PM
Yama 12:38PM - 2:00PM
Rahu 4:42PM - 6:04PM
Ardra Until 6:12PM
Shiva Until 12:59AM Mon
Visti Until 7:44PM
Shashthi* Until 8:01AM

Almaty, Kazakhstan
Sun 5 Sutra 189
Vikarin 5121
Moon 10 - Phase 26
1st Phase
Ganesha: White Sunrise: 7:13AM
Muruga: Purple Sunset: 6:04PM
Nataraja: Purple
Moon - Yellow
Sivaloka Day
Ashvina-Aipasi

D

Monday, October 21, 2019
Retreat Star

Mithuna Rasi: 26.31 Tithi 22 - 23
Family Home Evening 644313464
Creative Work Amrita Yoga
Until 6:01PM
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam
Punarvasu Nakshatra Siddha Yoga Bava/Balava Karana Saptami/Ashtamyam Titau
Gulika 1:59PM - 3:20PM
Yama 11:17AM - 12:38PM
Rahu 8:35AM - 9:56AM
Punarvasu Until 6:01PM
Siddha Until 10:54PM
Balava Until 6:41PM
Saptami Until 7:15AM

Almaty, Kazakhstan
Sun 6 Sutra 190
Vikarin 5121
Moon 10 - Phase 26
Ashtami
Ganesha: Clear Sunrise: 7:14AM
Muruga: Purple Sunset: 6:02PM
Nataraja: Purple
Moon - Blue
Subha Sivaloka Day
Ashvina-Aipasi

Tuesday, October 22, 2019

Retreat Star

Kataka Rasi: 10.12 Tithi 24
644313464
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam
Pushya/Ashlesha* Nakshatra Sadya Yoga Taitila/Gara Karana Navamyam Titau
Gulika 12:38PM - 1:59PM
Yama 9:57AM - 11:17AM
Rahu 3:19PM - 4:40PM
Pushya Until 5:07PM
Sadya Until 8:21PM
Taitila Until 5:04PM
Navami* Until 4:02AM Wed

Almaty, Kazakhstan
Sun 7 Sutra 191
Vikarin 5121
Moon 10 - Phase 26
Navami
Ganesha: Clear Sunrise: 7:15AM
Muruga: Purple Sunset: 6:01PM
Nataraja: Purple
Moon - Blue
Subha Sivaloka Day
Ashvina-Aipasi

As a caterpillar coming to the end of a blade of grass draws itself together in taking the next step, so does the soul in the process of transition strike down this body and dispel its ignorance. Shukla Yajur Veda

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|--------------------|-------------|--|---------------------------------|--|------------------------|---------------------------|---|
| 1 | | Wednesday, October 23, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Dashamyam Titau | | | Almaty, Kazakhstan Sun 8 Sutra 192 Vikarin 5121 |
| Kataka Rasi: 24.14 | Tithi 25 | Gulika 11:17AM – 12:38PM | Ashlesha* Until 3:32PM | Ganesha: Clear | <i>Sunrise:</i> 7:16AM | | |
| | | Yama 8:37AM – 9:57AM | Subha Until 5:24PM | Muruqa: Purple | <i>Sunset:</i> 5:59PM | | Moon 10 - Phase 27 |
| Creative Work | Siddha Yoga | 644313464 Rahu 12:38PM – 1:58PM | Vanija Until 2:55PM | Nataraja: Purple | | | 2nd Phase |
| | | | Dashami Until 1:38AM Thu | Moon – Blue | | Subha Sivaloka Day | |
| | | | | Ashvina•Aipasi | | | |

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|----------------------------------|-------------|---------------------------------------|--------------------------------|---|------------------------|---------------------|---|
| 2 | | Thursday, October 24, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau | | | Almaty, Kazakhstan Sun 9 Sutra 193 Vikarin 5121 |
| Simha Rasi: 8.37 | Tithi 26 | Gulika 9:58AM – 11:18AM | Magha* Until 1:45PM | Ganesha: Purple | <i>Sunrise:</i> 7:18AM | | |
| | | Yama 7:18AM – 8:38AM | Sukla Until 2:02PM | Muruqa: Purple | <i>Sunset:</i> 5:58PM | | Moon 10 - Phase 27 |
| Creative Work | Amrita Yoga | 654313464 Rahu 1:58PM – 3:18PM | Bava Until 12:16PM | Nataraja: Purple | | | 2nd Phase |
| Until 1:45PM | | | Ekadashi* Until 10:47PM | Moon – Red | | Sivaloka Day | |
| Then Creative Work - Siddha Yoga | | | | Ashvina•Aipasi | | | |

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| 3 | | Friday, October 25, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Kaulava/Talita Karana Dvadashyam Titau | | | Almaty, Kazakhstan Sun 10 Sutra 194 Vikarin 5121 |
| Simha Rasi: 23.17 | Tithi 27 | Gulika 8:38AM – 9:58AM | Purvaphalguni Until 11:27AM | Ganesha: Purple | <i>Sunrise:</i> 7:19AM | | |
| | | Yama 3:17PM – 4:37PM | Brahma Until 10:22AM | Muruqa: Purple | <i>Sunset:</i> 5:56PM | | Moon 10 - Phase 27 |
| Creative Work | Siddha Yoga | 654313464 Rahu 11:18AM – 12:38PM | Kaulava Until 9:15AM | Nataraja: Purple | | | 2nd Phase |
| | | | Dvadashi* Until 7:38PM | Moon – Red | | Sivaloka Day | |
| | | | | Ashvina•Aipasi | | | |

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| 4 | | Saturday, October 26, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhrili* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | | Almaty, Kazakhstan Sun 11 Sutra 195 Vikarin 5121 |
| Kanya Rasi: 8.1 | Tithi 28 – 29 | Gulika 7:20AM – 8:39AM | Uttaraphalguni Until 8:48AM | Ganesha: Clear | <i>Sunrise:</i> 7:20AM | | |
| | | Yama 1:57PM – 3:16PM | Indra Until 6:31AM | Muruqa: Purple | <i>Sunset:</i> 5:55PM | | Moon 10 - Phase 27 |
| Routine Work | Marana Yoga | 655313464 Rahu 9:59AM – 11:18AM | Visti Until 2:37AM Sun | Nataraja: Purple | | | 2nd Phase |
| | | | Trayodashi* Until 4:17PM | Moon – Red | | Subha Sivaloka Day | |
| | | Deepavali Hindu Solidarity Day | | Ashvina•Aipasi | | | |
| | | | <i>Pradosha Vrata (Fasting)</i> | | | | |

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| ● | | Sunday, October 27, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | | Almaty, Kazakhstan Sun 12 Sutra 196 Vikarin 5121 |
| Retreat Star | | Gulika 3:15PM – 4:34PM | Hasta Until 6:19AM | Ganesha: Orange | <i>Sunrise:</i> 7:21AM | | |
| Kanya Rasi: 23.07 | Tithi 29 – 30 | Yama 12:37PM – 1:56PM | Vishkambha* Until 10:40PM | Muruqa: Purple | <i>Sunset:</i> 5:53PM | | Moon 10 - Phase 27 |
| Creative Work | Amrita Yoga | 665313464 Rahu 4:34PM – 5:53PM | Catuspada Until 11:18PM | Nataraja: Purple | | | Amavasya |
| Until 6:19AM | | | Chaturdashi* Until 12:55PM | Moon – Green | | Subha Sivaloka Day | |
| Then Creative Work - Siddha Yoga | | Subramuniyaswami Mahasamadhi | | Ashvina•Aipasi | | | |

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| Monday, October 28, 2019 | | Retreat Star | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | | Almaty, Kazakhstan Sun 13 Sutra 197 Vikarin 5121 |
| Tula Rasi: 8.01 | Tithi 30 – 1 | Gulika 1:56PM – 3:15PM | Svati Until 1:24AM Tue | Ganesha: Orange | <i>Sunrise:</i> 7:23AM | | |
| Family Home Evening | | Yama 11:19AM – 12:37PM | Priti Until 6:57PM | Muruqa: Purple | <i>Sunset:</i> 5:52PM | | Moon 10 - Phase 27 |
| Creative Work | Amrita Yoga | 665313464 Rahu 8:41AM – 10:00AM | Kintughna Until 8:12PM | Nataraja: Purple | | | Prathama |
| Until 1:24AM Tue | | | Amavasya* Until 9:42AM | Moon – Green | | Subha Sivaloka Day | |
| Then Routine Work - Marana Yoga | | Skanda Shasthi Begins | | Kartika•Aipasi | | | |

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

All times are standard time

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| 1 | | Tuesday, October 29, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Ayushman/Saubhagya Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau | | Almaty, Kazakhstan Sun 14 Sutra 198 Vikarin 5121 | |
| Tula Rasi: 22.42 | Tithi 1 – 2 | Gulika 12:37PM – 1:55PM | Vishakha Until 11:42PM | Ganesha: Clear | <i>Sunrise:</i> 7:24AM | | |
| | | Yama 10:01AM – 11:19AM | Ayushman Until 3:32PM | Muruqa: Purple | <i>Sunset:</i> 5:50PM | | Moon 10 - Phase 28 |
| | | 675313464 Rahu 3:14PM – 4:32PM | Kaulava Until 4:21AM Wed | Nataraja: Purple | | | 3rd Phase |
| Routine Work | Marana Yoga | | Prathama* Until 6:47AM | Moon – Orange | | Subha Sivaloka Day | |
| Until 11:42PM | | | | | | Kartika•Aipasi | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|---------------------|-------------|--|---------------------------------|--|------------------------|--|--------------------|
| 2 | | Wednesday, October 30, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau | | Almaty, Kazakhstan Sun 15 Sutra 199 Vikarin 5121 | |
| Virshika Rasi: 7.02 | Tithi 3 | Gulika 11:19AM – 12:37PM | Anuradha Until 10:29PM | Ganesha: Clear | <i>Sunrise:</i> 7:25AM | | |
| | | Yama 8:43AM – 10:01AM | Saubhagya Until 12:34PM | Muruqa: Purple | <i>Sunset:</i> 5:49PM | | Moon 10 - Phase 28 |
| | | 675313464 Rahu 12:37PM – 1:55PM | Taitila Until 3:22PM | Nataraja: Purple | | | 3rd Phase |
| Creative Work | Siddha Yoga | | Tritiya Until 2:33AM Thu | Moon – Orange | | Subha Sivaloka Day | |
| | | | | | | Kartika•Aipasi | |

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|----------------------------------|--------------------|---------------------------------------|------------------------------------|--|------------------------|--|--------------------|
| 3 | | Thursday, October 31, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthayam Titau | | Almaty, Kazakhstan Sun 16 Sutra 200 Vikarin 5121 | |
| Virshika Rasi: 20.58 | Tithi 4 | Gulika 10:02AM – 11:19AM | Jyeshtha* Until 9:51PM | Ganesha: Clear | <i>Sunrise:</i> 7:26AM | | |
| | | Yama 7:26AM – 8:44AM | Sobhana Until 10:11AM | Muruqa: Purple | <i>Sunset:</i> 5:48PM | | Moon 10 - Phase 28 |
| | | 675313464 Rahu 1:55PM – 3:12PM | Vanija Until 1:57PM | Nataraja: Purple | | | 3rd Phase |
| Routine Work | Prabalarishta Yoga | | Chaturthi* Until 1:31AM Fri | Moon – Orange | | Subha Sivaloka Day | |
| Until 9:51PM | | | | | | Kartika•Aipasi | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|--|-------------|---|----------------------------------|---|------------------------|--|--------------------|
| 4 | | Friday, November 1, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau | | Almaty, Kazakhstan Sun 17 Sutra 201 Vikarin 5121 | |
| Dhanus Rasi: 4.25 | Tithi 5 | Gulika 8:45AM – 10:02AM | Mula* Until 10:20PM | Ganesha: Purple | <i>Sunrise:</i> 7:28AM | | |
| | | Yama 3:12PM – 4:29PM | Athiganda* Until 8:24AM | Muruqa: Purple | <i>Sunset:</i> 5:46PM | | Moon 10 - Phase 28 |
| | | 685313464 Rahu 11:20AM – 12:37PM | Bava Until 1:21PM | Nataraja: Purple | | | 3rd Phase |
| Creative Work | Amrita Yoga | | Panchami Until 1:21AM Sat | Moon – Light Blue | | Subha Subha Sivaloka Day | |
| Until 10:20PM | | | | | | Kartika•Aipasi | |
| Then Routine Work - Prabalarishta Yoga | | | | | | | |

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|---------------------------------|-------------|---|-----------------------------------|--|------------------------|--|--------------------|
| 5 | | Saturday, November 2, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau | | Almaty, Kazakhstan Sun 18 Sutra 202 Vikarin 5121 | |
| Dhanus Rasi: 17.26 | Tithi 6 | Gulika 7:29AM – 8:46AM | Purvashadha* Until 11:31PM | Ganesha: Purple | <i>Sunrise:</i> 7:29AM | | |
| | | Yama 1:54PM – 3:11PM | Sukarma Until 7:18AM | Muruqa: Purple | <i>Sunset:</i> 5:45PM | | Moon 10 - Phase 28 |
| | | 685313464 Rahu 10:03AM – 11:20AM | Kaulava Until 1:37PM | Nataraja: Purple | | | 3rd Phase |
| Creative Work | Siddha Yoga | | Shashthi* Until 2:02AM Sun | Moon – Light Blue | | Subha Subha Sivaloka Day | |
| Until 11:31PM | | | | | | Kartika•Aipasi | |
| Then Routine Work - Marana Yoga | | Skanda Shasthi | | | | | |

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|-------------------|-------------|---------------------------------------|--------------------------------------|--|------------------------|--|--------------------|
| 6 | | Sunday, November 3, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptamyam Titau | | Almaty, Kazakhstan Sun 19 Sutra 203 Vikarin 5121 | |
| Makara Rasi: 0.02 | Tithi 7 | Gulika 3:10PM – 4:27PM | Uttarashadha Until 1:16AM Mon | Ganesha: Purple | <i>Sunrise:</i> 7:30AM | | |
| | | Yama 12:37PM – 1:54PM | Dhriti Until 6:53AM | Muruqa: Purple | <i>Sunset:</i> 5:44PM | | Moon 10 - Phase 28 |
| | | 685313464 Rahu 4:27PM – 5:44PM | Gara Until 2:42PM | Nataraja: Purple | | | 3rd Phase |
| Creative Work | Amrita Yoga | | Saptami Until 3:30AM Mon | Moon – Light Blue | | Subha Subha Sivaloka Day | |
| | | | | | | Kartika•Aipasi | |

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|----------------------------------|-------------|--|----------------------------------|---|------------------------|--|--------------------|
| Retreat Star | | Monday, November 4, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau | | Almaty, Kazakhstan Sun 20 Sutra 204 Vikarin 5121 | |
| Makara Rasi: 12.18 | Tithi 8 | Gulika 1:53PM – 3:10PM | Shravana Until 3:57AM Tue | Ganesha: Purple | <i>Sunrise:</i> 7:32AM | | |
| Family Home Evening | | Yama 11:21AM – 12:37PM | Shula* Until 6:59AM | Muruqa: Purple | <i>Sunset:</i> 5:42PM | | Moon 10 - Phase 28 |
| | | 696313464 Rahu 8:48AM – 10:04AM | Visti Until 4:29PM | Nataraja: Purple | | | Ashtami |
| Creative Work | Amrita Yoga | | Ashtami* Until 5:33AM Tue | Moon – Purple | | Sivaloka Day | |
| Until 3:57AM Tue | | | | | | Kartika•Aipasi | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|---------------------|-------------|---------------------------------------|------------------------------------|--|------------------------|--|--------------------|
| Retreat Star | | Tuesday, November 5, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Ganda*/Vridhhi* Yoga Balava Karana Navamyam Titau | | Almaty, Kazakhstan Sun 21 Sutra 205 Vikarin 5121 | |
| Makara Rasi: 24.2 | Tithi 9 | Gulika 12:37PM – 1:53PM | Dhanishtha Until 6:49AM Wed | Ganesha: Purple | <i>Sunrise:</i> 7:33AM | | |
| | | Yama 10:05AM – 11:21AM | Ganda* Until 7:32AM | Muruqa: Purple | <i>Sunset:</i> 5:41PM | | Moon 10 - Phase 28 |
| | | 696313464 Rahu 3:09PM – 4:25PM | Balava Until 6:45PM | Nataraja: Purple | | | Navami |
| Creative Work | Siddha Yoga | | Navami* Until 7:58AM Wed | Moon – Purple | | Sivaloka Day | |
| | | | | | | Kartika•Aipasi | |

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

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| 1 | Wednesday, November 6, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vriddhi/Dhruva Yoga Kaulava/Tailita Karana Navami/Dashamyam Titau | | | | Almaty, Kazakhstan |
| | Kumbha Rasi: 6.15 | Tithi 9 – 10 | Gulika 11:21AM – 12:37PM | Dhanishtha Until 6:49AM | Ganesha: Purple | <i>Sunrise:</i> 7:34AM | Sun 22 Sutra 206 |
| | | | Yama 8:50AM – 10:06AM | Vriddhi Until 8:21AM | Muruqa: Purple | <i>Sunset:</i> 5:40PM | Vikarin 5121 |
| | | 696313464 | Rahu 12:37PM – 1:53PM | Taitila Until 9:16PM | Nataraja: Purple | | Moon 10 - Phase 29 |
| Routine Work Prabalarishta Yoga | | | Navami* Until 7:58AM | Moon – Purple | | 4th Phase | |
| Until 6:49AM | | | | Kartika-Aipasi | | Sivaloka Day | |
| Then Creative Work - Siddha Yoga | | | | | | | |


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|---------------------------|-----------------------------------|---------------|---|----------------------------------|-------------------------|---------------------------|--------------------|
| 2 | Thursday, November 7, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Almaty, Kazakhstan |
| | Kumbha Rasi: 18.06 | Tithi 10 – 11 | Gulika 10:06AM – 11:22AM | Shatabhishak Until 9:39AM | Ganesha: Clear | <i>Sunrise:</i> 7:35AM | Sun 23 Sutra 207 |
| | | | Yama 7:35AM – 8:51AM | Dhruva Until 9:14AM | Muruqa: Purple | <i>Sunset:</i> 5:39PM | Vikarin 5121 |
| | | 796313464 | Rahu 1:53PM – 3:08PM | Vanija Until 11:47PM | Nataraja: Purple | | Moon 10 - Phase 29 |
| Creative Work Siddha Yoga | | | Dashami Until 10:31AM | Moon – Purple | | 4th Phase | |
| | | | | Kartika-Aipasi | | Subha Sivaloka Day | |


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| 3 | Friday, November 8, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vyaghata/Harshana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau | | | | Almaty, Kazakhstan |
| | Kumbha Rasi: 29.59 | Tithi 11 – 12 | Gulika 8:52AM – 10:07AM | Purvaproshtapada* Until 12:44PM | Ganesha: Yellow | <i>Sunrise:</i> 7:37AM | Sun 24 Sutra 208 |
| | | | Yama 3:07PM – 4:23PM | Vyaghata* Until 10:04AM | Muruqa: Purple | <i>Sunset:</i> 5:38PM | Vikarin 5121 |
| | | 716313464 | Rahu 11:22AM – 12:37PM | Bava Until 2:08AM Sat | Nataraja: Purple | | Moon 10 - Phase 29 |
| Creative Work Siddha Yoga | | | Ekadashi Until 12:58PM | Moon – Clear | | 4th Phase | |
| | | | | Kartika-Aipasi | | Subha Sivaloka Day | |

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|--|-----------------------------------|---------------|---|---------------------------------------|-------------------------|---------------------------|--------------------|
| 4 | Saturday, November 9, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Almaty, Kazakhstan |
| | Meena Rasi: 11.56 | Tithi 12 – 13 | Gulika 7:38AM – 8:53AM | Uttaraproshtapada Until 3:25PM | Ganesha: Yellow | <i>Sunrise:</i> 7:38AM | Sun 25 Sutra 209 |
| | | | Yama 1:52PM – 3:07PM | Harshana Until 10:44AM | Muruqa: Purple | <i>Sunset:</i> 5:37PM | Vikarin 5121 |
| | | 716313464 | Rahu 10:08AM – 11:22AM | Kaulava Until 4:12AM Sun | Nataraja: Purple | | Moon 10 - Phase 29 |
| Creative Work Siddha Yoga | | | Dvadashi Until 3:11PM | Moon – Clear | | 4th Phase | |
| Until 3:25PM | | | | Kartika-Aipasi | | Subha Sivaloka Day | |
| Then Routine Work - Prabalarishta Yoga | | | | | | | |

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| 5 | Sunday, November 10, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Almaty, Kazakhstan |
| | Meena Rasi: 24 | Tithi 13 – 14 | Gulika 3:06PM – 4:21PM | Revati Until 5:37PM | Ganesha: Yellow | <i>Sunrise:</i> 7:39AM | Sun 26 Sutra 210 |
| | | | Yama 12:37PM – 1:52PM | Vajra* Until 11:08AM | Muruqa: Purple | <i>Sunset:</i> 5:35PM | Vikarin 5121 |
| | | 716313464 | Rahu 4:21PM – 5:35PM | Gara Until 5:52AM Mon | Nataraja: Purple | | Moon 10 - Phase 29 |
| Creative Work Amrita Yoga | | | Trayodashi Until 5:03PM | Moon – Clear | | 4th Phase | |
| Until 5:37PM | | | | Kartika-Aipasi | | Subha Sivaloka Day | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|---------------------------|----------------------------------|-----------|---|-----------------------------|-------------------------|---------------------------|--------------------|
| 6 | Monday, November 11, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi/Vyatipata* Yoga Vanija Karana Chaturdashyam Titau | | | | Almaty, Kazakhstan |
| | Mesha Rasi: 6.14 | Tithi 14 | Gulika 1:52PM – 3:06PM | Ashvini Until 7:45PM | Ganesha: Clear | <i>Sunrise:</i> 7:41AM | Sun 27 Sutra 211 |
| | | | Yama 11:23AM – 12:37PM | Siddhi Until 11:15AM | Muruqa: Purple | <i>Sunset:</i> 5:34PM | Vikarin 5121 |
| | | 727313464 | Rahu 8:55AM – 10:09AM | Vanija Until 6:32PM | Nataraja: Purple | | Moon 10 - Phase 29 |
| Family Home Evening | | | Chaturdashi* Until 6:32PM | Moon – White | | 4th Phase | |
| Creative Work Siddha Yoga | | | | Kartika-Aipasi | | Subha Sivaloka Day | |

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|---|-----------------------------------|----------|---|-----------------------------|-------------------------|------------------------|--------------------|
|  | Tuesday, November 12, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Visti*/Bava Karana Purnimayam Titau | | | | Almaty, Kazakhstan |
| | Copper Retreat Star | | Gulika 12:38PM – 1:51PM | Bharani Until 9:19PM | Ganesha: White | <i>Sunrise:</i> 7:42AM | Sun 28 Sutra 212 |
| | Mesha Rasi: 18.38 | Tithi 15 | Yama 10:10AM – 11:24AM | Vyatipata* Until 11:03AM | Muruqa: Purple | <i>Sunset:</i> 5:33PM | Vikarin 5121 |
| | | | 727413464 | Visti Until 7:07AM | Nataraja: Purple | | Moon 10 - Phase 29 |
| Creative Work Siddha Yoga | | | Purnima* Until 7:34PM | Moon – White | | Purnima | |
| | | | | Kartika-Aipasi | | Sivaloka Day | |

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|---|-------------------------------------|----------|--|-------------------------------|-------------------------|------------------------|--------------------|
|  | Wednesday, November 13, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Almaty, Kazakhstan |
| | Silver Retreat Star | | Gulika 11:24AM – 12:38PM | Krittika Until 10:19PM | Ganesha: White | <i>Sunrise:</i> 7:43AM | Sun 29 Sutra 213 |
| | Vrishabha Rasi: 1.14 | Tithi 16 | Yama 8:57AM – 10:10AM | Variyan Until 10:30AM | Muruqa: Purple | <i>Sunset:</i> 5:32PM | Vikarin 5121 |
| | | | 727413464 | Balava Until 7:57AM | Nataraja: Purple | | Moon 10 - Phase 29 |
| Creative Work Amrita Yoga | | | Prathama* Until 8:11PM | Moon – White | | Prathama | |
| Until 10:19PM | | | | Kartika-Aipasi | | Sivaloka Day | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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



Thursday, November 14, 2019

Gold Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam
Rohini Nakshatra Parigha/Shiva Yoga Taitila/Gara Karana Dvitiyayam Titau

Almaty, Kazakhstan

Sun 1 Sutra 214

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Virshabha Rasi: 14.01 Tithi 17

737413464

Gulika 10:11AM – 11:24AM
Yama 7:44AM – 8:58AM
Rahu 1:51PM – 3:05PM

Rohini Until 11:14PM
Parigha* Until 9:39AM
Taitila Until 8:22AM
Dvitiya Until 8:24PM

Ganesha: Clear *Sunrise: 7:44AM*
Muruga: Purple *Sunset: 5:31PM*
Nataraja: Purple
Moon – Yellow
Kartika-Aipasi

Subha Sivaloka Day

Routine Work Marana Yoga

1

Friday, November 15, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam
Mrigashira Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Tritiyayam Titau

Almaty, Kazakhstan

Sun 2 Sutra 215

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Virshabha Rasi: 27 Tithi 18

737413464

Gulika 8:59AM – 10:12AM
Yama 3:04PM – 4:17PM
Rahu 11:25AM – 12:38PM

Mrigashira Until 11:38PM
Shiva Until 8:31AM
Vanija Until 8:23AM
Tritiya Until 8:14PM

Ganesha: Clear *Sunrise: 7:46AM*
Muruga: Purple *Sunset: 5:30PM*
Nataraja: Purple
Moon – Yellow
Kartika-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

2

Saturday, November 16, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam
Ardra Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Chaturthyam Titau

Almaty, Kazakhstan

Sun 3 Sutra 216

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Mithuna Rasi: 10.1 Tithi 19

737413464

Gulika 7:47AM – 9:00AM
Yama 1:51PM – 3:04PM
Rahu 10:13AM – 11:25AM

Ardra Until 11:32PM
Siddha Until 7:03AM
Bava Until 8:02AM
Chaturthi* Until 7:42PM

Ganesha: Clear *Sunrise: 7:47AM*
Muruga: Purple *Sunset: 5:29PM*
Nataraja: Purple
Moon – Yellow
Kartika-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

3

Sunday, November 17, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam
Punarvasu Nakshatra Subha Yoga Kaulava/Taitila Karana Panchamyam Titau

Almaty, Kazakhstan

Sun 4 Sutra 217

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Mithuna Rasi: 23.31 Tithi 20

747413465

Gulika 3:03PM – 4:16PM
Yama 12:38PM – 1:51PM
Rahu 4:16PM – 5:29PM

Punarvasu Until 11:24PM
Subha Until 3:20AM Mon
Kaulava Until 7:20AM
Panchami Until 6:50PM

Ganesha: Purple *Sunrise: 7:48AM*
Muruga: Purple *Sunset: 5:29PM*
Nataraja: Clear
Moon – Blue
Kartika-Kartikai

Devaloka Day

Creative Work Siddha Yoga

4

Monday, November 18, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam
Pushya Nakshatra Sukla Yoga Gara/Visti* Karana Shashthi/Saptamyam Titau

Almaty, Kazakhstan

Sun 5 Sutra 218

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Kataka Rasi: 7.04 Tithi 21 – 22

748413465

Family Home Evening

Gulika 1:51PM – 3:03PM
Yama 11:26AM – 12:39PM
Rahu 9:02AM – 10:14AM

Pushya Until 10:46PM
Sukla Until 1:03AM Tue
Gara Until 6:17AM
Shashthi* Until 5:37PM

Ganesha: Clear *Sunrise: 7:49AM*
Muruga: Purple *Sunset: 5:28PM*
Nataraja: Clear
Moon – Blue
Kartika-Kartikai

Sivaloka Day

Creative Work Siddha Yoga

5

Tuesday, November 19, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam
Ashlesha* Nakshatra Brahma Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Almaty, Kazakhstan

Sun 6 Sutra 219

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Kataka Rasi: 20.49 Tithi 22 – 23

748413465

Gulika 12:39PM – 1:51PM
Yama 10:15AM – 11:27AM
Rahu 3:03PM – 4:15PM

Ashlesha* Until 9:40PM
Brahma Until 10:31PM
Balava Until 3:10AM Wed
Saptami Until 4:03PM

Ganesha: Clear *Sunrise: 7:51AM*
Muruga: Purple *Sunset: 5:27PM*
Nataraja: Clear
Moon – Blue
Kartika-Kartikai

Sivaloka Day

Creative Work Siddha Yoga

D

Wednesday, November 20, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam
Magha* Nakshatra Indra Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Almaty, Kazakhstan

Sun 7 Sutra 220

Vikarin 5121

Moon 11 - Phase 30

Ashtami

Simha Rasi: 4.46 Tithi 23 – 24

758413465

Gulika 11:27AM – 12:39PM
Yama 9:04AM – 10:15AM
Rahu 12:39PM – 1:51PM

Magha* Until 8:32PM
Indra Until 7:44PM
Taitila Until 1:08AM Thu
Ashtami* Until 2:10PM

Ganesha: White *Sunrise: 7:52AM*
Muruga: Purple *Sunset: 5:26PM*
Nataraja: Clear
Moon – Red
Kartika-Kartikai

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 8:32PM

Then Creative Work - Amrita Yoga

Thursday, November 21, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam
Purvaphalguni Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Almaty, Kazakhstan

Sun 8 Sutra 221

Vikarin 5121

Moon 11 - Phase 30

Navami

Simha Rasi: 18.56 Tithi 24 – 25

758413465

Gulika 10:16AM – 11:28AM
Yama 7:53AM – 9:05AM
Rahu 1:51PM – 3:02PM

Purvaphalguni Until 6:59PM
Vaidhriti* Until 4:42PM
Vanija Until 10:49PM
Navami* Until 11:59AM

Ganesha: White *Sunrise: 7:53AM*
Muruga: Purple *Sunset: 5:25PM*
Nataraja: Clear
Moon – Red
Kartika-Kartikai

Subha Sivaloka Day


Creative Work Siddha Yoga

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|----------------------------------|---------------|----------------------------------|-------------------|--|---------------------------|---------------------------------------|---------------------------|
| 1 | | Friday, November 22, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | Almaty, Kazakhstan Sun 9 Sutra 222 | |
| Kanya Rasi: 3.16 | Tithi 25 – 26 | Gulika | 9:06AM – 10:17AM | Uttaraphalguni Until 5:03PM | Ganesha: White | <i>Sunrise:</i> 7:54AM | Vikarin 5121 |
| | | Yama | 3:02PM – 4:13PM | Vishkambha* Until 1:29PM | Muruqa: Purple | <i>Sunset:</i> 5:25PM | Moon 11 - Phase 31 |
| | | 758413465 Rahu | 11:28AM – 12:40PM | Bava Until 8:17PM | Nataraja: Clear | | 2nd Phase |
| Creative Work | Siddha Yoga | | | Dashami Until 9:33AM | Moon – Red | | Subha Sivaloka Day |
| Until 5:03PM | | | | | Karttika-Karttikai | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 2 | | Saturday, November 23, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Priti/Ayushman Yoga Balava/Taitila Karana Ekadashi/Dvadashtyam Titau | | Almaty, Kazakhstan Sun 10 Sutra 223 | |
| Kanya Rasi: 17.43 | Tithi 26 – 27 | Gulika | 7:56AM – 9:07AM | Hasta Until 3:16PM | Ganesha: Yellow | <i>Sunrise:</i> 7:56AM | Vikarin 5121 |
| | | Yama | 1:51PM – 3:02PM | Priti Until 10:09AM | Muruqa: Purple | <i>Sunset:</i> 5:24PM | Moon 11 - Phase 31 |
| | | 768413465 Rahu | 10:18AM – 11:29AM | Taitila Until 4:17AM Sun | Nataraja: Clear | | 2nd Phase |
| Routine Work | Marana Yoga | | | Ekadashi* Until 6:57AM | Moon – Green | | Sivaloka Day |
| | | | | | Karttika-Karttikai | | |

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| 3 | | Sunday, November 24, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau | | Almaty, Kazakhstan Sun 11 Sutra 224 | |
| Tula Rasi: 2.14 | Tithi 28 | Gulika | 3:02PM – 4:12PM | Chitra Until 1:20PM | Ganesha: Blue | <i>Sunrise:</i> 7:57AM | Vikarin 5121 |
| | | Yama | 12:40PM – 1:51PM | Ayushman Until 6:45AM | Muruqa: Purple | <i>Sunset:</i> 5:23PM | Moon 11 - Phase 31 |
| | | 769413465 Rahu | 4:12PM – 5:23PM | Gara Until 2:59PM | Nataraja: Clear | | 2nd Phase |
| Creative Work | Siddha Yoga | | | Trayodashi* Until 1:40AM Mon | Moon – Green | | Devaloka Day |
| | | | | | Karttika-Karttikai | | |
| | | | | | <i>Pradosha Vrata (Fasting)</i> | | |

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| 4 | | Monday, November 25, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | Almaty, Kazakhstan Sun 12 Sutra 225 | |
| Tula Rasi: 16.42 | Tithi 29 | Gulika | 1:51PM – 3:02PM | Svati Until 11:21AM | Ganesha: Blue | <i>Sunrise:</i> 7:58AM | Vikarin 5121 |
| Family Home Evening | | Yama | 11:30AM – 12:40PM | Sobhana Until 12:15AM Tue | Muruqa: Purple | <i>Sunset:</i> 5:23PM | Moon 11 - Phase 31 |
| Creative Work | Amrita Yoga | 769413465 Rahu | 9:09AM – 10:19AM | Visti Until 12:26PM | Nataraja: Clear | | 2nd Phase |
| Until 11:21AM | | | | Chaturdashi* Until 11:14PM | Moon – Green | | Devaloka Day |
| Then Routine Work - Marana Yoga | | | | | Karttika-Karttikai | | |

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|  | | Tuesday, November 26, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | Almaty, Kazakhstan Sun 13 Sutra 226 | |
| Retreat Star | | Gulika | 12:41PM – 1:51PM | Vishakha Until 9:54AM | Ganesha: Blue | <i>Sunrise:</i> 7:59AM | Vikarin 5121 |
| Vrischika Rasi: 1.01 | Tithi 30 | Yama | 10:20AM – 11:30AM | Athiganda* Until 9:20PM | Muruqa: Purple | <i>Sunset:</i> 5:22PM | Moon 11 - Phase 31 |
| | | 779413465 Rahu | 3:01PM – 4:12PM | Catuspada Until 10:09AM | Nataraja: Clear | | Amavasya |
| Routine Work | Marana Yoga | | | Amavasya* Until 9:08PM | Moon – Orange | | Devaloka Day |
| Until 9:54AM | | | | | Karttika-Karttikai | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| Retreat Star | | Wednesday, November 27, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau | | Almaty, Kazakhstan Sun 14 Sutra 227 | |
| Vrischika Rasi: 15.05 | Tithi 1 | Gulika | 11:31AM – 12:41PM | Anuradha Until 8:42AM | Ganesha: Blue | <i>Sunrise:</i> 8:00AM | Vikarin 5121 |
| | | Yama | 9:11AM – 10:21AM | Sukarma Until 6:49PM | Muruqa: Purple | <i>Sunset:</i> 5:22PM | Moon 11 - Phase 31 |
| | | 779413465 Rahu | 12:41PM – 1:51PM | Kintughna Until 8:16AM | Nataraja: Clear | | Prathama |
| Creative Work | Siddha Yoga | | | Prathama* Until 7:30PM | Moon – Orange | | Devaloka Day |
| | | | | | Margasira-Karttikai | | |

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| 1 | | Thursday, November 28, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau | | Almaty, Kazakhstan Sun 15 Sutra 228 | |
| Vrischika Rasi: 28.5 | Tithi 2 | Gulika 10:21AM – 11:31AM | Jyeshtha* Until 7:53AM | Ganesha: Blue | <i>Sunrise:</i> 8:02AM | | Vikarin 5121 |
| | | Yama 8:02AM – 9:12AM | Dhriti Until 4:47PM | Muruqa: Purple | <i>Sunset:</i> 5:21PM | | Moon 11 - Phase 32 |
| | | 779413465 Rahu 1:51PM – 3:01PM | Balava Until 6:55AM | Nataraja: Clear | | | 3rd Phase |
| Routine Work | Prabalarishta Yoga | | Dvitiya Until 6:29PM | Moon – Orange | | Devaloka Day | |
| Until 7:53AM | | | | Margasira-Karttikai | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 2 | | Friday, November 29, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau | | Almaty, Kazakhstan Sun 16 Sutra 229 | |
| Dhanus Rasi: 12.13 | Tithi 3 | Gulika 9:12AM – 10:22AM | Mula* Until 8:02AM | Ganesha: Blue | <i>Sunrise:</i> 8:03AM | | Vikarin 5121 |
| | | Yama 3:01PM – 4:11PM | Shula* Until 3:16PM | Muruqa: Purple | <i>Sunset:</i> 5:21PM | | Moon 11 - Phase 32 |
| | | 789413465 Rahu 11:32AM – 12:42PM | Taitila Until 6:15AM | Nataraja: Clear | | | 3rd Phase |
| Creative Work | Amrita Yoga | | Tritiya Until 6:10PM | Moon – Light Blue | | Devaloka Day | |
| Until 8:02AM | | | | Margasira-Karttikai | | | |
| Then Routine Work - Prabalarishta Yoga | | | | | | | |

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| 3 | | Saturday, November 30, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha* Nakshatra Ganda*/Vridhi* Yoga Vanija/Visti* Karana Chaturthiyam Titau | | Almaty, Kazakhstan Sun 17 Sutra 230 | |
| Dhanus Rasi: 25.11 | Tithi 4 | Gulika 8:04AM – 9:13AM | Purvashadha* Until 8:45AM | Ganesha: Blue | <i>Sunrise:</i> 8:04AM | | Vikarin 5121 |
| | | Yama 1:52PM – 3:01PM | Ganda* Until 2:21PM | Muruqa: Purple | <i>Sunset:</i> 5:20PM | | Moon 11 - Phase 32 |
| | | 789413465 Rahu 10:23AM – 11:32AM | Vanija Until 6:19AM | Nataraja: Clear | | | 3rd Phase |
| Creative Work | Siddha Yoga | | Chaturthi* Until 6:37PM | Moon – Light Blue | | Devaloka Day | |
| Until 8:45AM | | | | Margasira-Karttikai | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| 4 | | Sunday, December 1, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Panchamyam Titau | | Almaty, Kazakhstan Sun 18 Sutra 231 | |
| Makara Rasi: 7.49 | Tithi 5 | Gulika 3:01PM – 4:11PM | Uttarashadha Until 10:01AM | Ganesha: Blue | <i>Sunrise:</i> 8:05AM | | Vikarin 5121 |
| | | Yama 12:42PM – 1:52PM | Vridhi Until 2:01PM | Muruqa: Purple | <i>Sunset:</i> 5:20PM | | Moon 11 - Phase 32 |
| | | 789413465 Rahu 4:11PM – 5:20PM | Bava Until 7:08AM | Nataraja: Clear | | | 3rd Phase |
| Creative Work | Amrita Yoga | | Panchami Until 7:47PM | Moon – Light Blue | | Devaloka Day | |
| Until 8:45AM | | | | Margasira-Karttikai | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| 5 | | Monday, December 2, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau | | Almaty, Kazakhstan Sun 19 Sutra 232 | |
| Makara Rasi: 20.08 | Tithi 6 | Gulika 1:52PM – 3:01PM | Shravana Until 12:16PM | Ganesha: Clear | <i>Sunrise:</i> 8:06AM | | Vikarin 5121 |
| Family Home Evening | | Yama 11:34AM – 12:43PM | Dhruva Until 2:09PM | Muruqa: Purple | <i>Sunset:</i> 5:20PM | | Moon 11 - Phase 32 |
| | | 791413465 Rahu 9:15AM – 10:24AM | Kaulava Until 8:39AM | Nataraja: Clear | | | 3rd Phase |
| Creative Work | Amrita Yoga | | Shashthi* Until 9:35PM | Moon – Purple | | Sivaloka Day | |
| Until 12:16PM | | | | Margasira-Karttikai | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 6 | | Tuesday, December 3, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Saptamyam Titau | | Almaty, Kazakhstan Sun 20 Sutra 233 | |
| Kumbha Rasi: 2.14 | Tithi 7 | Gulika 12:43PM – 1:52PM | Dhanishtha Until 2:51PM | Ganesha: Clear | <i>Sunrise:</i> 8:07AM | | Vikarin 5121 |
| | | Yama 10:25AM – 11:34AM | Vyaghata* Until 2:41PM | Muruqa: Purple | <i>Sunset:</i> 5:19PM | | Moon 11 - Phase 32 |
| | | 791413465 Rahu 3:01PM – 4:10PM | Gara Until 10:42AM | Nataraja: Clear | | | 3rd Phase |
| Creative Work | Siddha Yoga | | Saptami Until 11:51PM | Moon – Purple | | Sivaloka Day | |
| Until 2:51PM | | | | Margasira-Karttikai | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| Retreat Star | | Wednesday, December 4, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau | | Almaty, Kazakhstan Sun 21 Sutra 234 | |
| Kumbha Rasi: 14.11 | Tithi 8 | Gulika 11:35AM – 12:44PM | Shatabhishak Until 5:33PM | Ganesha: Clear | <i>Sunrise:</i> 8:08AM | | Vikarin 5121 |
| | | Yama 9:17AM – 10:26AM | Harshana Until 3:27PM | Muruqa: Purple | <i>Sunset:</i> 5:19PM | | Moon 11 - Phase 32 |
| | | 791413465 Rahu 12:44PM – 1:52PM | Visti Until 1:05PM | Nataraja: Clear | | | Ashtami |
| Creative Work | Siddha Yoga | | Ashtami* Until 2:19AM Thu | Moon – Purple | | Sivaloka Day | |
| Until 5:33PM | | | | Margasira-Karttikai | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| Retreat Star | | Thursday, December 5, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra*/Siddhi* Yoga Balava/Kaulava Karana Navamyam Titau | | Almaty, Kazakhstan Sun 22 Sutra 235 | |
| Kumbha Rasi: 26.04 | Tithi 9 | Gulika 10:27AM – 11:35AM | Purvaproshtapada* Until 8:39PM | Ganesha: Yellow | <i>Sunrise:</i> 8:09AM | | Vikarin 5121 |
| | | Yama 8:09AM – 9:18AM | Vajra* Until 4:15PM | Muruqa: Purple | <i>Sunset:</i> 5:19PM | | Moon 11 - Phase 32 |
| | | 711413465 Rahu 1:53PM – 3:01PM | Balava Until 3:36PM | Nataraja: Clear | | | Navami |
| Creative Work | Siddha Yoga | | Navami* Until 4:48AM Fri | Moon – Clear | | Sivaloka Day | |
| Until 5:33PM | | | | Margasira-Karttikai | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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

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| 1 | | Friday, December 6, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi/Vyalipata* Yoga Taitila Karana Dashamyam Titau | | | | Almaty, Kazakhstan Sun 23 Sutra 236 Vikarin 5121 |
| Meena Rasi: 7.58 | Tithi 10 | Gulika 9:19AM – 10:27AM | Uttaraproshtapada Until 11:27PM | Ganesha: Yellow | <i>Sunrise:</i> 8:10AM | | | |
| | | Yama 3:02PM – 4:10PM | Siddhi Until 4:59PM | Muruqa: Purple | <i>Sunset:</i> 5:19PM | | | Moon 11 - Phase 33 |
| | | 711413465 Rahu 11:36AM – 12:44PM | Taitila Until 6:00PM | Nataraja: Clear | | | | 4th Phase |
| Creative Work | Siddha Yoga | | Dashami Until 7:05AM Sat | Moon – Clear | | | Sivaloka Day | |
| | | | | Margasira-Karttikai | | | | |

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| 2 | | Saturday, December 7, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Almaty, Kazakhstan Sun 24 Sutra 237 Vikarin 5121 |
| Meena Rasi: 19.56 | Tithi 10 – 11 | Gulika 8:11AM – 9:20AM | Revati Until 1:46AM Sun | Ganesha: White | <i>Sunrise:</i> 8:11AM | | | |
| | | Yama 1:53PM – 3:02PM | Vyatipata* Until 5:31PM | Muruqa: Purple | <i>Sunset:</i> 5:19PM | | | Moon 11 - Phase 33 |
| | | 711513465 Rahu 10:28AM – 11:36AM | Vanija Until 8:07PM | Nataraja: Clear | | | | 4th Phase |
| Routine Work | Prabalarishta Yoga | | Dashami Until 7:05AM | Moon – Clear | | | Subha Sivaloka Day | |
| Until 1:46AM Sun | | Gita Jayanthi | | Margasira-Karttikai | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| 3 | | Sunday, December 8, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | | | Almaty, Kazakhstan Sun 25 Sutra 238 Vikarin 5121 |
| Mesha Rasi: 2.03 | Tithi 11 – 12 | Gulika 3:02PM – 4:10PM | Ashvini Until 3:59AM Mon | Ganesha: Clear | <i>Sunrise:</i> 8:12AM | | | |
| | | Yama 12:45PM – 1:54PM | Variyan Until 5:43PM | Muruqa: Purple | <i>Sunset:</i> 5:18PM | | | Moon 11 - Phase 33 |
| | | 721513465 Rahu 4:10PM – 5:18PM | Bava Until 9:47PM | Nataraja: Clear | | | | 4th Phase |
| Creative Work | Siddha Yoga | | Ekadashi Until 8:59AM | Moon – White | | | Sivaloka Day | |
| | | | | Margasira-Karttikai | | | | |

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| 4 | | Monday, December 9, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Almaty, Kazakhstan Sun 26 Sutra 239 Vikarin 5121 |
| Mesha Rasi: 14.22 | Tithi 12 – 13 | Gulika 1:54PM – 3:02PM | Bharani Until 5:30AM Tue | Ganesha: Clear | <i>Sunrise:</i> 8:13AM | | | |
| Family Home Evening | | Yama 11:38AM – 12:46PM | Parigha* Until 5:31PM | Muruqa: Purple | <i>Sunset:</i> 5:18PM | | | Moon 11 - Phase 33 |
| | | 721513465 Rahu 9:21AM – 10:29AM | Kaulava Until 10:55PM | Nataraja: Clear | | | | 4th Phase |
| Creative Work | Siddha Yoga | | Dvadashi Until 10:24AM | Moon – White | | | Sivaloka Day | |
| | | | | Margasira-Karttikai | | | | |
| | | | | <i>Pradosha Vrata</i> | | | | |

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| 5 | | Tuesday, December 10, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Almaty, Kazakhstan Sun 27 Sutra 240 Vikarin 5121 |
| Mesha Rasi: 26.55 | Tithi 13 – 14 | Gulika 12:46PM – 1:54PM | Krittika Until 6:18AM Wed | Ganesha: Clear | <i>Sunrise:</i> 8:14AM | | | |
| | | Yama 10:30AM – 11:38AM | Shiva Until 4:54PM | Muruqa: Purple | <i>Sunset:</i> 5:18PM | | | Moon 11 - Phase 33 |
| | | 721513465 Rahu 3:02PM – 4:10PM | Gara Until 11:29PM | Nataraja: Clear | | | | 4th Phase |
| Creative Work | Siddha Yoga | | Trayodashi Until 11:15AM | Moon – White | | | Sivaloka Day | |
| | | | | Margasira-Karttikai | | | | |

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| ○ | | Wednesday, December 11, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Almaty, Kazakhstan Sutra 241 Vikarin 5121 |
| Copper Retreat Star | | Gulika 11:39AM – 12:47PM | Krittika Until 6:18AM | Ganesha: Clear | <i>Sunrise:</i> 8:15AM | | | |
| Vrishabha Rasi: 9.44 | Tithi 14 – 15 | Yama 9:23AM – 10:31AM | Siddha Until 3:49PM | Muruqa: Clear | <i>Sunset:</i> 5:18PM | | | Moon 11 - Phase 33 |
| | | 721523465 Rahu 12:47PM – 1:55PM | Visti Until 11:28PM | Nataraja: Clear | | | | Purnima |
| Creative Work | Amrita Yoga | | Chaturdashi* Until 11:31AM | Moon – White | | | Devaloka Day | |
| Until 6:18AM | | Krittika Deepam | | Margasira-Karttikai | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| ○ | | Thursday, December 12, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Almaty, Kazakhstan Sutra 242 Vikarin 5121 |
| Silver Retreat Star | | Gulika 10:31AM – 11:39AM | Rohini Until 6:52AM | Ganesha: Clear | <i>Sunrise:</i> 8:16AM | | | |
| Vrishabha Rasi: 22.5 | Tithi 15 – 16 | Yama 8:16AM – 9:24AM | Sadhya Until 2:20PM | Muruqa: Clear | <i>Sunset:</i> 5:19PM | | | Moon 11 - Phase 33 |
| | | 732523465 Rahu 1:55PM – 3:03PM | Balava Until 10:55PM | Nataraja: Clear | | | | Prathama |
| Routine Work | Marana Yoga | | Purnima* Until 11:14AM | Moon – Yellow | | | Devaloka Day | |
| | | | | Margasira-Karttikai | | | | |
| | | 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



Friday, December 13, 2019

Gold Retreat Star

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

Almaty, Kazakhstan

Sutra 243

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Mithuna Rasi: 6.13 Tithi 16 - 17

732523465

Gulika 9:24AM - 10:32AM
Yama 3:03PM - 4:11PM
Rahu 11:40AM - 12:48PM

Mrigashira Until 6:48AM

Subha Until 12:28PM

Taitila Until 9:56PM

Prathama* Until 10:27AM

Ganesha: Clear

Sunrise: 8:17AM

Muruga: Clear

Sunset: 5:19PM

Nataraja: Clear

Moon - Yellow

Margasira-Karttikai

Devaloka Day

Creative Work Siddha Yoga

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Saturday, December 14, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Manta Vasara Yuktayam
Ardra/Punarvasu Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Almaty, Kazakhstan

Sun 1 Sutra 244

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Mithuna Rasi: 19.49 Tithi 17 - 18

732523465

Gulika 8:17AM - 9:25AM
Yama 1:56PM - 3:03PM
Rahu 10:33AM - 11:40AM

Ardra Until 6:09AM

Sukla Until 10:15AM

Vanija Until 8:34PM

Dvitiya Until 9:16AM

Ganesha: Clear

Sunrise: 8:17AM

Muruga: Clear

Sunset: 5:19PM

Nataraja: Clear

Moon - Yellow

Margasira-Karttikai

Devaloka Day

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Bhanu Vasara Yuktayam
Pushya Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Almaty, Kazakhstan

Sun 2 Sutra 245

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Kataka Rasi: 3.37 Tithi 18 - 19

742523465

Gulika 3:04PM - 4:11PM
Yama 12:49PM - 1:56PM
Rahu 4:11PM - 5:19PM

Pushya Until 4:25AM Mon

Brahma Until 7:49AM

Bava Until 6:55PM

Tritiya Until 7:45AM

Ganesha: Purple

Sunrise: 8:18AM

Muruga: Clear

Sunset: 5:19PM

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* Nakshatra Vaidhriti* Yoga Balava/Taitila Karana Chaturthi/Panchamyam Titau

Almaty, Kazakhstan

Sun 3 Sutra 246

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Kataka Rasi: 17.35 Tithi 19 - 20

742523465

Gulika 1:57PM - 3:04PM
Yama 11:42AM - 12:49PM
Rahu 9:26AM - 10:34AM

Ashlesha* Until 3:02AM Tue

Vaidhriti* Until 2:24AM Tue

Taitila Until 4:04AM Tue

Chaturthi* Until 6:00AM

Ganesha: Purple

Sunrise: 8:19AM

Muruga: Clear

Sunset: 5:19PM

Nataraja: Clear

Moon - Blue

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Family Home Evening

Markali Pillaiyar

4

Tuesday, December 17, 2019

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam
Magha* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Shashthyam Titau

Almaty, Kazakhstan

Sun 4 Sutra 247

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Simha Rasi: 1.39 Tithi 21

852523465

Gulika 12:50PM - 1:57PM
Yama 10:35AM - 11:42AM
Rahu 3:05PM - 4:12PM

Magha* Until 1:50AM Wed

Vishkambha* Until 11:33PM

Gara Until 3:06PM

Shashthi* Until 2:03AM Wed

Ganesha: Purple

Sunrise: 8:20AM

Muruga: Clear

Sunset: 5:20PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Until 1:50AM Wed

Then Creative Work - Amrita Yoga

5

Wednesday, December 18, 2019

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam
Purvaphalguni Nakshatra Priti* Yoga Visti*/Bava Karana Saptamyam Titau

Almaty, Kazakhstan

Sun 5 Sutra 248

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Simha Rasi: 15.46 Tithi 22

852523465

Gulika 11:43AM - 12:50PM
Yama 9:28AM - 10:35AM
Rahu 12:50PM - 1:58PM

Purvaphalguni Until 12:27AM Thu

Priti Until 8:40PM

Visti Until 1:02PM

Saptami Until 11:59PM

Ganesha: Purple

Sunrise: 8:20AM

Muruga: Clear

Sunset: 5:20PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

D

Thursday, December 19, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam
Uttaraphalguni Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ashtamyam Titau

Almaty, Kazakhstan

Sun 6 Sutra 249

Vikarin 5121

Moon 12 - Phase 34

Ashtami

Simha Rasi: 29.56 Tithi 23

852523465

Gulika 10:36AM - 11:43AM
Yama 8:21AM - 9:28AM
Rahu 1:58PM - 3:05PM

Uttaraphalguni Until 10:55PM

Ayushman Until 5:44PM

Balava Until 10:57AM

Ashtami* Until 9:54PM

Ganesha: Purple

Sunrise: 8:21AM

Muruga: Clear

Sunset: 5:20PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Amrita Yoga

Until 10:55PM

Then Routine Work - Marana Yoga

Friday, December 20, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam
Hasta Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Navamyam Titau

Almaty, Kazakhstan

Sun 7 Sutra 250

Vikarin 5121

Moon 12 - Phase 34

Navami

Kanya Rasi: 14.05 Tithi 24

862523465

Gulika 9:29AM - 10:36AM
Yama 3:06PM - 4:13PM
Rahu 11:44AM - 12:51PM

Hasta Until 9:41PM

Saubhagya Until 2:50PM

Taitila Until 8:53AM

Navami* Until 7:50PM

Ganesha: Clear

Sunrise: 8:21AM

Muruga: Clear

Sunset: 5:21PM

Nataraja: Clear

Moon - Green

Margasira-Markali

Devaloka Day

Creative Work Amrita Yoga

Until 9:41PM

Then Creative Work - Siddha Yoga

The soul is born and unfolds in a body, with dreams and desires and the food of life. And then it is reborn in new bodies, in accordance with its former works. The quality of the soul determines its future body; earthly or airy, heavy or light. Krishna Yajur Veda

All times are standard time


www.gurudeva.org/panchang

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|----------------------------------|---------------|------------------------------------|------------------------------------|--|---|
| 1 | | Saturday, December 21, 2019 | | Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Sobhana/Athiganda* Yoga Vanija/Bava Karana Dashami/Ekadashyam Titau | Almaty, Kazakhstan Sun 8 Sutra 251 Vikarin 5121 |
| Kanya Rasi: 28.13 | Tithi 25 – 26 | Gulika 8:22AM – 9:29AM | Chitra Until 8:22PM | Ganesha: Clear <i>Sunrise: 8:22AM</i> | |
| | | Yama 1:59PM – 3:06PM | Sobhana Until 11:59AM | Muruqa: Clear <i>Sunset: 5:21PM</i> | Moon 12 - Phase 35 |
| | 862523465 | Rahu 10:37AM – 11:44AM | Vanija Until 6:51AM | Nataraja: Clear | 2nd Phase |
| Routine Work | Marana Yoga | | | Moon – Green | Devaloka Day |
| Until 8:22PM | | Day 1 of Pancha Ganapati | Dashami Until 5:51PM | Margasira-Markali | |
| Then Creative Work - Siddha Yoga | | | | | |

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|---------------------------------|---------------|----------------------------------|--------------------------------------|--|---|
| 2 | | Sunday, December 22, 2019 | | Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Athiganda/Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | Almaty, Kazakhstan Sun 9 Sutra 252 Vikarin 5121 |
| Tula Rasi: 12.17 | Tithi 26 – 27 | Gulika 3:07PM – 4:14PM | Svati Until 7:03PM | Ganesha: Clear <i>Sunrise: 8:22AM</i> | |
| | | Yama 12:52PM – 2:00PM | Athiganda* Until 9:12AM | Muruqa: Clear <i>Sunset: 5:22PM</i> | Moon 12 - Phase 35 |
| | 862523465 | Rahu 4:14PM – 5:22PM | Kaulava Until 3:07AM Mon | Nataraja: Clear | 2nd Phase |
| Creative Work | Siddha Yoga | | | Moon – Green | Devaloka Day |
| Until 7:03PM | | Day 2 of Pancha Ganapati | Ekadashi* Until 3:58PM | Margasira-Markali | |
| Then Routine Work - Marana Yoga | | | | | |

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| 3 | | Monday, December 23, 2019 | | Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha Nakshatra Sukarma/Dhriti Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau | Almaty, Kazakhstan Sun 10 Sutra 253 Vikarin 5121 |
| Tula Rasi: 26.16 | Tithi 27 – 28 | Gulika 2:00PM – 3:07PM | Vishakha Until 6:13PM | Ganesha: White <i>Sunrise: 8:23AM</i> | |
| Family Home Evening | | Yama 11:45AM – 12:53PM | Sukarma Until 6:33AM | Muruqa: Clear <i>Sunset: 5:22PM</i> | Moon 12 - Phase 35 |
| | 872523465 | Rahu 9:30AM – 10:38AM | Gara Until 1:34AM Tue | Nataraja: Clear | 2nd Phase |
| Routine Work | Marana Yoga | | | Moon – Orange | Bhuloka Day |
| Until 6:13PM | | Day 3 of Pancha Ganapati | Dvadashi* Until 2:17PM | Margasira-Markali | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga | | | <i>Pradosha Vrata (Fasting)</i> | | |

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| 4 | | Tuesday, December 24, 2019 | | Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | Almaty, Kazakhstan Sun 11 Sutra 254 Vikarin 5121 |
| Vrischika Rasi: 10.05 | Tithi 28 – 29 | Gulika 12:53PM – 2:01PM | Anuradha Until 5:31PM | Ganesha: White <i>Sunrise: 8:23AM</i> | |
| | | Yama 10:38AM – 11:46AM | Shula* Until 1:54AM Wed | Muruqa: Clear <i>Sunset: 5:23PM</i> | Moon 12 - Phase 35 |
| | 872523465 | Rahu 3:08PM – 4:15PM | Visti Until 12:19AM Wed | Nataraja: Clear | 2nd Phase |
| Creative Work | Siddha Yoga | | | Moon – Orange | Bhuloka Day |
| Until 5:31PM | | Day 4 of Pancha Ganapati | Trayodashi* Until 12:52PM | Margasira-Markali | Devaloka Time: 3:PM to 6:PM |
| Then Routine Work - Marana Yoga | | | | | |

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|  | | Wednesday, December 25, 2019 | | Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | Almaty, Kazakhstan Sun 12 Sutra 255 Vikarin 5121 |
| Retreat Star | | Gulika 11:46AM – 12:54PM | Jyeshtha* Until 5:02PM | Ganesha: White <i>Sunrise: 8:24AM</i> | |
| Vrischika Rasi: 23.43 | Tithi 29 – 30 | Yama 9:31AM – 10:39AM | Ganda* Until 12:02AM Thu | Muruqa: Clear <i>Sunset: 5:23PM</i> | Moon 12 - Phase 35 |
| | 872523465 | Rahu 12:54PM – 2:01PM | Catuspada Until 11:29PM | Nataraja: Clear | Amavasya |
| Creative Work | Siddha Yoga | | | Moon – Orange | Bhuloka Day |
| Until 5:02PM | | Day 5 of Pancha Ganapati | Chaturdashi* Until 11:49AM | Margasira-Markali | Devaloka Time: 3:PM to 6:PM |
| Then Routine Work - Marana Yoga | | | | | |

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| Thursday, December 26, 2019 | | Retreat Star | | Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | Almaty, Kazakhstan Sun 13 Sutra 256 Vikarin 5121 |
| Dhanus Rasi: 7.06 | Tithi 30 – 1 | Gulika 10:39AM – 11:47AM | Mula* Until 5:19PM | Ganesha: Orange <i>Sunrise: 8:24AM</i> | |
| | | Yama 8:24AM – 9:32AM | Vriddhi Until 10:34PM | Muruqa: Clear <i>Sunset: 5:24PM</i> | Moon 12 - Phase 35 |
| | 883523465 | Rahu 2:02PM – 3:09PM | Kintughna Until 11:09PM | Nataraja: Clear | Prathama |
| Creative Work | Siddha Yoga | | | Moon – Light Blue | Devaloka Day |
| | | Annular Solar Eclipse | Amavasya* Until 11:14AM | Pausha-Markali | |

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| 1 | | Friday, December 27, 2019 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*Uttarashadha Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | Almaty, Kazakhstan Sun 14 Sutra 257 Vikarin 5121 | |
| Dhanus Rasi: 20.13 | Tithi 1 – 2 | Gulika 9:32AM – 10:40AM | Purvashadha* Until 5:59PM | Ganesha: Orange | Sunrise: 8:25AM | Muruqa: Clear | Sunset: 5:25PM |
| | | Yama 3:10PM – 4:17PM | Dhruva Until 9:31PM | Nataraja: Orange | | | |
| | | 883523466 Rahu 11:47AM – 12:55PM | Balava Until 11:22PM | Moon – Light Blue | | | |
| Routine Work | Prabalarishta Yoga | | Prathama* Until 11:10AM | Pausha-Markali | | | Devaloka Day |
| Until 5:59PM | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | |
| 2 | | Saturday, December 28, 2019 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | Almaty, Kazakhstan Sun 15 Sutra 258 Vikarin 5121 | |
| Makara Rasi: 3.02 | Tithi 2 – 3 | Gulika 8:25AM – 9:32AM | Uttarashadha Until 7:04PM | Ganesha: Orange | Sunrise: 8:25AM | Muruqa: Clear | Sunset: 5:25PM |
| | | Yama 2:03PM – 3:10PM | Vyaghata* Until 8:56PM | Nataraja: Orange | | | |
| | | 883523466 Rahu 10:40AM – 11:48AM | Taitila Until 12:12AM Sun | Moon – Light Blue | | | |
| Routine Work | Marana Yoga | | Dvitiya Until 11:42AM | Pausha-Markali | | | Devaloka Day |
| Until 7:04PM | | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |
| 3 | | Sunday, December 29, 2019 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Harshana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | Almaty, Kazakhstan Sun 16 Sutra 259 Vikarin 5121 | |
| Makara Rasi: 15.35 | Tithi 3 – 4 | Gulika 3:11PM – 4:19PM | Shravana Until 9:02PM | Ganesha: Clear | Sunrise: 8:25AM | Muruqa: Clear | Sunset: 5:26PM |
| | | Yama 12:56PM – 2:03PM | Harshana Until 8:48PM | Nataraja: Orange | | | |
| | | 893523466 Rahu 4:19PM – 5:26PM | Vanija Until 1:37AM Mon | Moon – Purple | | | |
| Creative Work | Amrita Yoga | | Tritiya Until 12:49PM | Pausha-Markali | | | Devaloka Day |
| Until 9:02PM | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | |
| 4 | | Monday, December 30, 2019 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vajra* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | Almaty, Kazakhstan Sun 17 Sutra 260 Vikarin 5121 | |
| Makara Rasi: 27.53 | Tithi 4 – 5 | Gulika 2:04PM – 3:12PM | Dhanishtha Until 11:20PM | Ganesha: Clear | Sunrise: 8:25AM | Muruqa: Clear | Sunset: 5:27PM |
| | | Yama 11:48AM – 12:56PM | Vajra* Until 9:03PM | Nataraja: Orange | | | |
| Family Home Evening | | 893523466 Rahu 9:33AM – 10:41AM | Bava Until 3:31AM Tue | Moon – Purple | | | |
| Creative Work | Siddha Yoga | | Chaturthi* Until 2:29PM | Pausha-Markali | | | Devaloka Day |
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| 5 | | Tuesday, December 31, 2019 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | Almaty, Kazakhstan Sun 18 Sutra 261 Vikarin 5121 | |
| Kumbha Rasi: 10 | Tithi 5 – 6 | Gulika 12:57PM – 2:04PM | Shatabhishak Until 1:50AM Wed | Ganesha: Clear | Sunrise: 8:25AM | Muruqa: Clear | Sunset: 5:28PM |
| | | Yama 10:41AM – 11:49AM | Siddhi Until 9:36PM | Nataraja: Orange | | | |
| | | 893523466 Rahu 3:12PM – 4:20PM | Kaulava Until 5:48AM Wed | Moon – Purple | | | |
| Routine Work | Marana Yoga | | Panchami Until 4:36PM | Pausha-Markali | | | Devaloka Day |
| Until 1:50AM Wed | | | | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |
| 6 | | Wednesday, January 1, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosarthpada* Nakshatra Vyatipata* Yoga Taitila Karana Shashthyam Titau | | Almaty, Kazakhstan Sun 19 Sutra 262 Vikarin 5121 | |
| Kumbha Rasi: 21.58 | Tithi 6 | Gulika 11:50AM – 12:58PM | Purvaprosarthpada* Until 4:54AM Thu | Ganesha: Blue | Sunrise: 8:26AM | Muruqa: Clear | Sunset: 5:29PM |
| | | Yama 9:34AM – 10:42AM | Vyatipata* Until 10:21PM | Nataraja: Orange | | | |
| | | 813623466 Rahu 12:58PM – 2:06PM | Taitila Until 7:01PM | Moon – Clear | | | |
| Creative Work | Amrita Yoga | | Shashthi* Until 7:01PM | Pausha-Markali | | | Bhuloka Day |
| Until 4:54AM Thu | | | | | | | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga | | Vinayaga Viratam Ends | | | | | |
| Retreat Star | | Thursday, January 2, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosarthpada Nakshatra Varyan Yoga Gara/Vanija Karana Saptamyam Titau | | Almaty, Kazakhstan Sun 20 Sutra 263 Vikarin 5121 | |
| Meena Rasi: 3.52 | Tithi 7 | Gulika 10:42AM – 11:50AM | Uttaraprosarthpada Until 7:48AM Fri | Ganesha: Blue | Sunrise: 8:26AM | Muruqa: Clear | Sunset: 5:30PM |
| | | Yama 8:26AM – 9:34AM | Varyan Until 11:08PM | Nataraja: Orange | | | |
| | | 813623466 Rahu 2:06PM – 3:14PM | Gara Until 8:17AM | Moon – Clear | | | |
| Creative Work | Siddha Yoga | | Saptami Until 9:31PM | Pausha-Markali | | | Bhuloka Day |
| | | | | | | | Devaloka Time: 3:PM to 6:PM |
| Retreat Star | | Friday, January 3, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraprosarthpada/Revati Nakshatra Parigha* Yoga Visti*/Bava Karana Ashtamyam Titau | | Almaty, Kazakhstan Sun 21 Sutra 264 Vikarin 5121 | |
| Meena Rasi: 15.46 | Tithi 8 | Gulika 9:34AM – 10:42AM | Uttaraprosarthpada Until 7:48AM | Ganesha: Blue | Sunrise: 8:26AM | Muruqa: Clear | Sunset: 5:31PM |
| | | Yama 3:15PM – 4:23PM | Parigha* Until 11:51PM | Nataraja: Orange | | | |
| | | 813623466 Rahu 11:50AM – 12:59PM | Visti Until 10:46AM | Moon – Clear | | | |
| Creative Work | Siddha Yoga | | Ashtami* Until 11:55PM | Pausha-Markali | | | Bhuloka Day |
| | | | | | | | Devaloka Time: 3:PM to 6:PM |
| Retreat Star | | Saturday, January 4, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau | | Almaty, Kazakhstan Sun 22 Sutra 265 Vikarin 5121 | |
| Meena Rasi: 27.43 | Tithi 9 | Gulika 8:26AM – 9:34AM | Revati Until 10:23AM | Ganesha: Blue | Sunrise: 8:26AM | Muruqa: Clear | Sunset: 5:32PM |
| | | Yama 2:07PM – 3:16PM | Shiva Until 12:21AM Sun | Nataraja: Orange | | | |
| | | 813623466 Rahu 10:42AM – 11:51AM | Balava Until 1:02PM | Moon – Clear | | | |
| Routine Work | Prabalarishta Yoga | | Navami* Until 2:01AM Sun | Pausha-Markali | | | Bhuloka Day |
| Until 10:23AM | | | | | | | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga | | | | | | | |

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

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| 1 Sunday, January 5, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau | | | | Almaty, Kazakhstan Sun 23 Sutra 266 Vikarin 5121 |
| Mesha Rasi: 9.48 | Tithi 10 | Gulika 3:16PM – 4:25PM | Ashvini Until 12:54PM | Ganesha: Yellow <i>Sunrise:</i> 8:26AM | <i>Sunset:</i> 5:33PM | Moon 12 - Phase 37 |
| | 823623466 | Yama 12:59PM – 2:08PM | Siddha Until 12:27AM Mon | Muruqa: Clear | | 4th Phase |
| Creative Work Siddha Yoga | | Rahu 4:25PM – 5:33PM | Taitila Until 2:54PM | Nataraja: Orange | | |
| Until 12:54PM | | | | Moon – White | | Devaloka Day |
| Then Routine Work - Prabalarishta Yoga | | Subramuniyaswami Jayanti | Dashami Until 3:36AM Mon | Pausha-Markali | | |

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| 2 Monday, January 6, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Almaty, Kazakhstan Sun 24 Sutra 267 Vikarin 5121 |
| Mesha Rasi: 22.07 | Tithi 11 | Gulika 2:08PM – 3:17PM | Bharani Until 2:44PM | Ganesha: Yellow <i>Sunrise:</i> 8:26AM | <i>Sunset:</i> 5:34PM | Moon 12 - Phase 37 |
| Family Home Evening | 823623466 | Yama 11:51AM – 1:00PM | Sadhya Until 12:06AM Tue | Muruqa: Clear | | 4th Phase |
| Creative Work Siddha Yoga | | Rahu 9:34AM – 10:43AM | Vanija Until 4:11PM | Nataraja: Orange | | |
| Until 2:44PM | | | | Moon – White | | Devaloka Day |
| Then Routine Work - Marana Yoga | | Vaikuntha Ekadasi | Ekadashi Until 4:33AM Tue | Pausha-Markali | | |

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|-----------------------------------|-----------|--|----------------------------------|---|-----------------------|--|
| 3 Tuesday, January 7, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau | | | | Almaty, Kazakhstan Sun 25 Sutra 268 Vikarin 5121 |
| Vrishabha Rasi: 4.42 | Tithi 12 | Gulika 1:00PM – 2:09PM | Krittika Until 3:45PM | Ganesha: Yellow <i>Sunrise:</i> 8:25AM | <i>Sunset:</i> 5:35PM | Moon 12 - Phase 37 |
| | 823623466 | Yama 10:43AM – 11:52AM | Subha Until 11:13PM | Muruqa: Clear | | 4th Phase |
| Creative Work Siddha Yoga | | Rahu 3:18PM – 4:27PM | Bava Until 4:47PM | Nataraja: Orange | | |
| Until 3:45PM | | | | Moon – White | | Devaloka Day |
| Then Creative Work - Amrita Yoga | | | Dvadashi Until 4:47AM Wed | Pausha-Markali | | |

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|-------------------------------------|-----------|--|------------------------------------|--|-----------------------|--|
| 4 Wednesday, January 8, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | | Almaty, Kazakhstan Sun 26 Sutra 269 Vikarin 5121 |
| Vrishabha Rasi: 17.37 | Tithi 13 | Gulika 11:52AM – 1:01PM | Rohini Until 4:22PM | Ganesha: White <i>Sunrise:</i> 8:25AM | <i>Sunset:</i> 5:36PM | Moon 12 - Phase 37 |
| | 833623466 | Yama 9:34AM – 10:43AM | Sukla Until 9:44PM | Muruqa: Clear | | 4th Phase |
| Creative Work Siddha Yoga | | Rahu 1:01PM – 2:10PM | Kaulava Until 4:38PM | Nataraja: Orange | | |
| | | | | Moon – Yellow | | Bhuloka Day |
| | | | Trayodashi Until 4:17AM Thu | Pausha-Markali | | Devaloka Time: 3:PM to 6:PM |
| | | | <i>Pradosha Vrata</i> | | | |

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| 5 Thursday, January 9, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau | | | | Almaty, Kazakhstan Sun 27 Sutra 270 Vikarin 5121 |
| Mithuna Rasi: 0.55 | Tithi 14 | Gulika 10:43AM – 11:52AM | Mrigashira Until 4:09PM | Ganesha: Yellow <i>Sunrise:</i> 8:25AM | <i>Sunset:</i> 5:37PM | Moon 12 - Phase 37 |
| | 834623466 | Yama 8:25AM – 9:34AM | Brahma Until 7:44PM | Muruqa: Clear | | 4th Phase |
| Routine Work Marana Yoga | | Rahu 2:10PM – 3:19PM | Gara Until 3:48PM | Nataraja: Orange | | |
| | | | | Moon – Yellow | | Devaloka Day |
| | | | Chaturdashi* Until 3:07AM Fri | Pausha-Markali | | |

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| Friday, January 10, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau | | | | Almaty, Kazakhstan Sutra 271 Vikarin 5121 |
| Copper Retreat Star | | Gulika 9:34AM – 10:43AM | Ardra Until 3:10PM | Ganesha: Yellow <i>Sunrise:</i> 8:25AM | <i>Sunset:</i> 5:39PM | Moon 12 - Phase 37 |
| Mithuna Rasi: 14.35 | Tithi 15 | Yama 3:20PM – 4:29PM | Indra Until 5:16PM | Muruqa: Clear | | Purnima |
| | 834623466 | Rahu 11:52AM – 1:02PM | Visti Until 2:19PM | Nataraja: Orange | | |
| Creative Work Siddha Yoga | | | | Moon – Yellow | | Devaloka Day |
| | | Penumbral Lunar Eclipse | Purnima* Until 1:22AM Sat | Pausha-Markali | | |
| | | Ardra Darshanam | | | | |

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| Saturday, January 11, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Almaty, Kazakhstan Sutra 272 Vikarin 5121 |
| Silver Retreat Star | | Gulika 8:24AM – 9:34AM | Punarvasu Until 1:59PM | Ganesha: White <i>Sunrise:</i> 8:24AM | <i>Sunset:</i> 5:40PM | Moon 12 - Phase 37 |
| Mithuna Rasi: 28.36 | Tithi 16 | Yama 2:11PM – 3:21PM | Vaidhriti* Until 2:22PM | Muruqa: Clear | | Prathama |
| | 844623466 | Rahu 10:43AM – 11:53AM | Balava Until 12:20PM | Nataraja: Orange | | |
| Creative Work Siddha Yoga | | | | Moon – Blue | | Sivaloka Day |
| | | | Prathama* Until 11:10PM | Pausha-Markali | | |



Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 12.53 Tithi 17

Creative Work Siddha Yoga

844623466

Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Dvitiyayam Titau

Gulika 3:22PM - 4:31PM
Yama 1:02PM - 2:12PM
Rahu 4:31PM - 5:41PM

Pushya Until 12:17PM
Vishkambha* Until 11:12AM
Taitila Until 9:58AM
Dvitiya Until 8:40PM

Ganesha: White Sunrise: 8:24AM
Muruga: Clear Sunset: 5:41PM
Nataraja: Orange
Moon - Blue
Pausha-Markali

Almaty, Kazakhstan Sutra 273
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Sivaloka Day

1

Monday, January 13, 2020

Kataka Rasi: 27.21 Tithi 18 - 19

Family Home Evening
Creative Work Siddha Yoga

Until 10:13AM

Then Routine Work - Marana Yoga

844623466

Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Priti/Ayushman Yoga Vanija/Bava Karana Tritiya/Chaturthyam Titau

Gulika 2:13PM - 3:22PM
Yama 11:53AM - 1:03PM
Rahu 9:33AM - 10:43AM

Ashlesha* Until 10:13AM
Priti Until 7:51AM
Vanija Until 7:21AM
Tritiya Until 5:59PM

Ganesha: White Sunrise: 8:24AM
Muruga: Clear Sunset: 5:42PM
Nataraja: Orange
Moon - Blue
Pausha-Markali

Almaty, Kazakhstan Sutra 274
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Sivaloka Day

2

Tuesday, January 14, 2020

Simha Rasi: 11.54 Tithi 19 - 20

Creative Work Siddha Yoga

854623466

Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Saubhagya Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Gulika 1:03PM - 2:13PM
Yama 10:43AM - 11:53AM
Rahu 3:23PM - 4:33PM

Magha* Until 8:21AM
Saubhagya Until 12:58AM Wed
Kaulava Until 1:57AM Wed
Chaturthi* Until 3:16PM

Ganesha: Clear Sunrise: 8:23AM
Muruga: Clear Sunset: 5:43PM
Nataraja: Orange
Moon - Red
Pausha-Markali

Almaty, Kazakhstan Sutra 275
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Devaloka Day

3

Wednesday, January 15, 2020

Simha Rasi: 26.25 Tithi 20 - 21

Creative Work Amrita Yoga

854623466

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Sobhana Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Gulika 11:53AM - 1:04PM
Yama 9:33AM - 10:43AM
Rahu 1:04PM - 2:14PM

Purvaphalguni Until 6:23AM
Sobhana Until 9:40PM
Gara Until 11:24PM
Panchami Until 12:38PM

Ganesha: Clear Sunrise: 8:23AM
Muruga: Clear Sunset: 5:44PM
Nataraja: Orange
Moon - Red
Pausha-Thai

Almaty, Kazakhstan Sutra 276
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Devaloka Day

4

Thursday, January 16, 2020

Kanya Rasi: 10.5 Tithi 21 - 22

Routine Work Marana Yoga

Until 3:00AM Fri

Then Creative Work - Siddha Yoga

864623466

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Hasta Nakshatra Athiganda* Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Gulika 10:43AM - 11:53AM
Yama 8:22AM - 9:33AM
Rahu 2:14PM - 3:25PM

Hasta Until 3:00AM Fri
Athiganda* Until 6:30PM
Visti Until 9:04PM
Shashthi* Until 10:11AM

Ganesha: Purple Sunrise: 8:22AM
Muruga: Clear Sunset: 5:46PM
Nataraja: Orange
Moon - Green
Pausha-Thai

Almaty, Kazakhstan Sutra 277
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Sivaloka Day

5

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 25.05 Tithi 22 - 23

Creative Work Siddha Yoga

864623466

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Gulika 9:32AM - 10:43AM
Yama 3:25PM - 4:36PM
Rahu 11:54AM - 1:04PM

Chitra Until 1:43AM Sat
Sukarma Until 3:35PM
Balava Until 7:01PM
Saptami Until 7:59AM

Ganesha: Purple Sunrise: 8:22AM
Muruga: Clear Sunset: 5:47PM
Nataraja: Orange
Moon - Green
Pausha-Thai

Almaty, Kazakhstan Sutra 278
Vikarin 5121
Moon 1 - Phase 38
Ashtami

Sivaloka Day

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 9.08 Tithi 23 - 24

Creative Work Siddha Yoga

Until 12:39AM Sun

Then Routine Work - Marana Yoga

864623466

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Svati Nakshatra Dhriti/Shula* Yoga Kaulava/Gara Karana Ashtami/Navamyam Titau

Gulika 8:21AM - 9:32AM
Yama 2:15PM - 3:26PM
Rahu 10:43AM - 11:54AM

Svati Until 12:39AM Sun
Dhriti Until 12:56PM
Gara Until 4:35AM Sun
Ashtami* Until 6:06AM

Ganesha: Purple Sunrise: 8:21AM
Muruga: Clear Sunset: 5:48PM
Nataraja: Orange
Moon - Green
Pausha-Thai

Almaty, Kazakhstan Sutra 279
Vikarin 5121
Moon 1 - Phase 38
Navami

Sivaloka Day

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|----------------------------------|-------------|---------------------------------------|-----------------------------------|--|---|
| 1 | | Sunday, January 19, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visli* Karana Dashamyam Titau | Almaty, Kazakhstan Sun 7 Sutra 280 Vikarin 5121 |
| Tula Rasi: 22.58 | Tithi 25 | Gulika 3:27PM – 4:38PM | Vishakha Until 12:14AM Mon | Ganesha: Clear <i>Sunrise:</i> 8:20AM | |
| | | Yama 1:05PM – 2:16PM | Shula* Until 10:33AM | Muruqa: Clear <i>Sunset:</i> 5:49PM | Moon 1 - Phase 39 |
| | | 874623466 Rahu 4:38PM – 5:49PM | Vanija Until 3:58PM | Nataraja: Orange | 2nd Phase |
| Routine Work | Marana Yoga | | Dashami Until 3:26AM Mon | Moon – Orange | Devaloka Day |
| Until 12:14AM Mon | | | | Pausha*Thai | |
| Then Creative Work - Siddha Yoga | | | | | |

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|---------------------------------|-------------|--|-----------------------------------|--|---|
| 2 | | Monday, January 20, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Ganda*/Vridhi Yoga Bava/Balava Karana Ekadashyam Titau | Almaty, Kazakhstan Sun 8 Sutra 281 Vikarin 5121 |
| Vrischika Rasi: 6.34 | Tithi 26 | Gulika 2:16PM – 3:28PM | Anuradha Until 12:02AM Tue | Ganesha: Clear <i>Sunrise:</i> 8:20AM | |
| Family Home Evening | | Yama 11:54AM – 1:05PM | Ganda* Until 8:30AM | Muruqa: Clear <i>Sunset:</i> 5:50PM | Moon 1 - Phase 39 |
| Creative Work | Siddha Yoga | 874623466 Rahu 9:31AM – 10:42AM | Bava Until 3:01PM | Nataraja: Orange | 2nd Phase |
| Until 12:02AM Tue | | | Ekadashi* Until 2:40AM Tue | Moon – Orange | Devaloka Day |
| Then Routine Work - Marana Yoga | | | | Pausha*Thai | |

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|-----------------------|-------------|---------------------------------------|------------------------------------|---|---|
| 3 | | Tuesday, January 21, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Dvadashyam Titau | Almaty, Kazakhstan Sun 9 Sutra 282 Vikarin 5121 |
| Vrischika Rasi: 19.58 | Tithi 27 | Gulika 1:05PM – 2:17PM | Jyeshtha* Until 12:05AM Wed | Ganesha: Clear <i>Sunrise:</i> 8:19AM | |
| | | Yama 10:42AM – 11:54AM | Vriddhi Until 6:45AM | Muruqa: Clear <i>Sunset:</i> 5:52PM | Moon 1 - Phase 39 |
| | | 874623466 Rahu 3:29PM – 4:40PM | Kaulava Until 2:27PM | Nataraja: Orange | 2nd Phase |
| Routine Work | Marana Yoga | | Dvadashi* Until 2:18AM Wed | Moon – Orange | Devaloka Day |
| | | | | Pausha*Thai | |

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| 4 | | Wednesday, January 22, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau | Almaty, Kazakhstan Sun 10 Sutra 283 Vikarin 5121 |
| Dhanus Rasi: 3.08 | Tithi 28 | Gulika 11:54AM – 1:06PM | Mula* Until 12:51AM Thu | Ganesha: Light Blue <i>Sunrise:</i> 8:18AM | |
| | | Yama 9:30AM – 10:42AM | Vyaghata* Until 4:10AM Thu | Muruqa: Clear <i>Sunset:</i> 5:53PM | Moon 1 - Phase 39 |
| | | 885623466 Rahu 1:06PM – 2:18PM | Gara Until 2:18PM | Nataraja: Orange | 2nd Phase |
| Routine Work | Marana Yoga | | Trayodashi* Until 2:21AM Thu | Moon – Light Blue | Bhuloka Day |
| Until 12:51AM Thu | | | | Pausha*Thai | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga | | | | Pradosha Vrata (Fasting) | |

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| 5 | | Thursday, January 23, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | Almaty, Kazakhstan Sun 11 Sutra 284 Vikarin 5121 |
| Dhanus Rasi: 16.05 | Tithi 29 | Gulika 10:42AM – 11:54AM | Purvashadha* Until 1:51AM Fri | Ganesha: Light Blue <i>Sunrise:</i> 8:18AM | |
| | | Yama 8:18AM – 9:30AM | Harshana Until 3:23AM Fri | Muruqa: Clear <i>Sunset:</i> 5:54PM | Moon 1 - Phase 39 |
| | | 885623466 Rahu 2:18PM – 3:30PM | Visti* Until 2:34PM | Nataraja: Orange | 2nd Phase |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 2:50AM Fri | Moon – Light Blue | Bhuloka Day |
| Until 1:51AM Fri | | | | Pausha*Thai | Devaloka Time: 3:PM to 6:PM |
| Then Routine Work - Marana Yoga | | | | | |

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| Retreat Star | | Friday, January 24, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau | Almaty, Kazakhstan Sun 12 Sutra 285 Vikarin 5121 |
| Dhanus Rasi: 28.5 | Tithi 30 | Gulika 9:29AM – 10:41AM | Uttarashadha Until 3:07AM Sat | Ganesha: Light Blue <i>Sunrise:</i> 8:17AM | |
| | | Yama 3:31PM – 4:43PM | Vajra* Until 2:54AM Sat | Muruqa: Clear <i>Sunset:</i> 5:56PM | Moon 1 - Phase 39 |
| | | 885623466 Rahu 11:54AM – 1:06PM | Catuspada Until 3:15PM | Nataraja: Orange | Amavasya |
| Routine Work | Marana Yoga | | Amavasya* Until 3:44AM Sat | Moon – Light Blue | Bhuloka Day |
| Until 3:07AM Sat | | | | Pausha*Thai | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga | | | | | |

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|---------------------------------|-------------|---|-----------------------------------|---|--|
| Retreat Star | | Saturday, January 25, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau | Almaty, Kazakhstan Sun 13 Sutra 286 Vikarin 5121 |
| Makara Rasi: 11.24 | Tithi 1 | Gulika 8:16AM – 9:29AM | Shravana Until 5:08AM Sun | Ganesha: Light Blue <i>Sunrise:</i> 8:16AM | |
| | | Yama 2:19PM – 3:32PM | Siddhi Until 2:46AM Sun | Muruqa: Clear <i>Sunset:</i> 5:57PM | Moon 1 - Phase 39 |
| | | 995623466 Rahu 10:41AM – 11:54AM | Kintughna Until 4:23PM | Nataraja: Orange | Prathama |
| Creative Work | Siddha Yoga | | Prathama* Until 5:05AM Sun | Moon – Purple | Bhuloka Day |
| Until 5:08AM Sun | | | | Magha*Thai | Devaloka Time: 3:PM to 6:PM |
| Then Routine Work - Marana Yoga | | | | | |

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

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| 1 | | Sunday, January 26, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | | Almaty, Kazakhstan Sun 14 Sutra 287 Vikarin 5121 |
| Makara Rasi: 23.46 | Tithi 2 | Gulika 3:32PM – 4:45PM | Dhanishtha Until 7:21AM Mon | Ganesha: Orange | <i>Sunrise:</i> 8:15AM | | | |
| | | Yama 1:07PM – 2:20PM | Vyatipata* Until 2:57AM Mon | Muruqa: Clear | <i>Sunset:</i> 5:58PM | | Moon 1 - Phase 40 | |
| | | 995723466 Rahu 4:45PM – 5:58PM | Balava Until 5:56PM | Nataraja: Orange | | | 3rd Phase | |
| Routine Work | Marana Yoga | | Dvitiya Until 6:50AM Mon | Moon – Purple | | Devaloka Day | | |
| Until 7:21AM Mon | | | | Magha-Thai | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| 2 | | Monday, January 27, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Variyan Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | | | Almaty, Kazakhstan Sun 15 Sutra 288 Vikarin 5121 |
| Kumbha Rasi: 5.58 | Tithi 2 – 3 | Gulika 2:20PM – 3:33PM | Dhanishtha Until 7:21AM | Ganesha: Orange | <i>Sunrise:</i> 8:14AM | | | |
| Family Home Evening | | Yama 11:54AM – 1:07PM | Variyan Until 3:23AM Tue | Muruqa: Clear | <i>Sunset:</i> 6:00PM | | Moon 1 - Phase 40 | |
| | | 995723466 Rahu 9:27AM – 10:40AM | Taitila Until 7:52PM | Nataraja: Orange | | | 3rd Phase | |
| Creative Work | Siddha Yoga | | Dvitiya Until 6:50AM | Moon – Purple | | Devaloka Day | | |
| | | | | Magha-Thai | | | | |

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| 3 | | Tuesday, January 28, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Parigha* Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau | | | | Almaty, Kazakhstan Sun 16 Sutra 289 Vikarin 5121 |
| Kumbha Rasi: 18.02 | Tithi 3 – 4 | Gulika 1:07PM – 2:21PM | Shatabhishak Until 9:45AM | Ganesha: Orange | <i>Sunrise:</i> 8:13AM | | | |
| | | Yama 10:40AM – 11:54AM | Parigha* Until 4:02AM Wed | Muruqa: Clear | <i>Sunset:</i> 6:01PM | | Moon 1 - Phase 40 | |
| | | 995723466 Rahu 3:34PM – 4:47PM | Vanija Until 10:06PM | Nataraja: Orange | | | 3rd Phase | |
| Routine Work | Marana Yoga | | Tritiya Until 8:56AM | Moon – Purple | | Devaloka Day | | |
| | | | | Magha-Thai | | | | |

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| 4 | | Wednesday, January 29, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Shiva Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau | | | | Almaty, Kazakhstan Sun 17 Sutra 290 Vikarin 5121 |
| Kumbha Rasi: 29.59 | Tithi 4 – 5 | Gulika 11:53AM – 1:07PM | Purvaproshtapada* Until 12:44PM | Ganesha: Green | <i>Sunrise:</i> 8:12AM | | | |
| | | Yama 9:26AM – 10:40AM | Shiva Until 4:51AM Thu | Muruqa: Clear | <i>Sunset:</i> 6:02PM | | Moon 1 - Phase 40 | |
| | | 915723466 Rahu 1:07PM – 2:21PM | Bava Until 12:34AM Thu | Nataraja: Orange | | | 3rd Phase | |
| Creative Work | Amrita Yoga | | Chaturthi* Until 11:18AM | Moon – Clear | | Sivaloka Day | | |
| Until 12:44PM | | | | Magha-Thai | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| 5 | | Thursday, January 30, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | | | Almaty, Kazakhstan Sun 18 Sutra 291 Vikarin 5121 |
| Meena Rasi: 11.52 | Tithi 5 – 6 | Gulika 10:39AM – 11:53AM | Uttaraproshtapada Until 3:41PM | Ganesha: Green | <i>Sunrise:</i> 8:11AM | | | |
| | | Yama 8:11AM – 9:25AM | Siddha Until 5:40AM Fri | Muruqa: Clear | <i>Sunset:</i> 6:04PM | | Moon 1 - Phase 40 | |
| | | 915723466 Rahu 2:21PM – 3:35PM | Kaulava Until 3:06AM Fri | Nataraja: Orange | | | 3rd Phase | |
| Creative Work | Siddha Yoga | | Panchami Until 1:49PM | Moon – Clear | | Sivaloka Day | | |
| | | | | Magha-Thai | | | | |

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| 6 | | Friday, January 31, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | | Almaty, Kazakhstan Sun 19 Sutra 292 Vikarin 5121 |
| Meena Rasi: 23.44 | Tithi 6 – 7 | Gulika 9:25AM – 10:39AM | Revati Until 6:26PM | Ganesha: Orange | <i>Sunrise:</i> 8:10AM | | | |
| | | Yama 3:36PM – 4:51PM | Sadhya Until 6:25AM Sat | Muruqa: Clear | <i>Sunset:</i> 6:05PM | | Moon 1 - Phase 40 | |
| | | 916723466 Rahu 11:53AM – 1:08PM | Gara Until 5:32AM Sat | Nataraja: Orange | | | 3rd Phase | |
| Creative Work | Siddha Yoga | | Shashthi* Until 4:19PM | Moon – Clear | | Devaloka Day | | |
| Until 6:26PM | | | | Magha-Thai | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | | |

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|---------------------|-------------|---|-----------------------------|---|------------------------|------------------------------------|-------------------|--|
| Retreat Star | | Saturday, February 1, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Sadhya/Subha Yoga Vanija Karana Saptamyam Titau | | | | Almaty, Kazakhstan Sun 20 Sutra 293 Vikarin 5121 |
| Mesha Rasi: 5.39 | Tithi 7 | Gulika 8:10AM – 9:25AM | Ashvini Until 9:20PM | Ganesha: Green | <i>Sunrise:</i> 8:10AM | | | |
| | | Yama 2:22PM – 3:36PM | Sadhya Until 6:25AM | Muruqa: Clear | <i>Sunset:</i> 6:05PM | | Moon 1 - Phase 40 | |
| | | 926723466 Rahu 10:39AM – 11:53AM | Vanija Until 6:38PM | Nataraja: Orange | | | 3rd Phase | |
| Creative Work | Siddha Yoga | | Saptami Until 6:38PM | Moon – White | | Bhuloka Day | | |
| | | | | Magha-Thai | | Devaloka Time: 3:PM to 6:PM | | |

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|----------------------------------|--------------------|---------------------------------------|------------------------------|---|------------------------|------------------------------------|-------------------|--|
| Retreat Star | | Sunday, February 2, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau | | | | Almaty, Kazakhstan Sun 21 Sutra 294 Vikarin 5121 |
| Mesha Rasi: 17.41 | Tithi 8 | Gulika 3:37PM – 4:52PM | Bharani Until 11:39PM | Ganesha: Green | <i>Sunrise:</i> 8:09AM | | | |
| | | Yama 1:08PM – 2:22PM | Subha Until 6:57AM | Muruqa: Clear | <i>Sunset:</i> 6:06PM | | Moon 1 - Phase 40 | |
| | | 926723466 Rahu 4:52PM – 6:06PM | Visti Until 7:40AM | Nataraja: Orange | | | Ashtami | |
| Routine Work | Prabalarishta Yoga | | Ashtami* Until 8:32PM | Moon – White | | Bhuloka Day | | |
| Until 11:39PM | | | | Magha-Thai | | Devaloka Time: 3:PM to 6:PM | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| Retreat Star | | Monday, February 3, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau | | | | Almaty, Kazakhstan Sun 22 Sutra 295 Vikarin 5121 |
| Mesha Rasi: 29.55 | Tithi 9 | Gulika 2:23PM – 3:38PM | Krittika Until 1:12AM Tue | Ganesha: Green | <i>Sunrise:</i> 8:08AM | | | |
| Family Home Evening | | Yama 11:53AM – 1:08PM | Sukla Until 7:05AM | Muruqa: Clear | <i>Sunset:</i> 6:08PM | | Moon 1 - Phase 40 | |
| | | 926723466 Rahu 9:23AM – 10:38AM | Balava Until 9:18AM | Nataraja: Orange | | | Navami | |
| Routine Work | Marana Yoga | | Navami* Until 9:50PM | Moon – White | | Bhuloka Day | | |
| Until 1:12AM Tue | | | | Magha-Thai | | Devaloka Time: 3:PM to 6:PM | | |
| Then Creative Work - Amrita Yoga | | | | | | | | |

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| 1 | | Tuesday, February 4, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau | Almaty, Kazakhstan Sun 23 Sutra 296 Vikarin 5121 |
| Wishabha Rasi: 12.26 | Tithi 10 | Gulika 1:08PM – 2:23PM | Rohini Until 2:20AM Wed | Ganesha: Red <i>Sunrise:</i> 8:07AM | |
| | | Yama 10:37AM – 11:53AM | Brahma Until 6:42AM | Muruqa: Clear <i>Sunset:</i> 6:09PM | Moon 1 - Phase 41 |
| | 936723467 | Rahu 3:38PM – 4:54PM | Taitila Until 10:13AM | Nataraja: Clear | 4th Phase |
| Creative Work Amrita Yoga | | | Dashami Until 10:21PM | Moon – Yellow | Devaloka Day |
| Until 2:20AM Wed | | | | Magha-Thai | |
| Then Creative Work - Siddha Yoga | | | | | |

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| 2 | | Wednesday, February 5, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau | Almaty, Kazakhstan Sun 24 Sutra 297 Vikarin 5121 |
| Wishabha Rasi: 25.19 | Tithi 11 | Gulika 11:52AM – 1:08PM | Mrigashira Until 2:29AM Thu | Ganesha: Red <i>Sunrise:</i> 8:06AM | |
| | | Yama 9:21AM – 10:37AM | Vaidhriti* Until 4:05AM Thu | Muruqa: Clear <i>Sunset:</i> 6:10PM | Moon 1 - Phase 41 |
| | 936723467 | Rahu 1:08PM – 2:24PM | Vanija Until 10:19AM | Nataraja: Clear | 4th Phase |
| Creative Work Siddha Yoga | | | Ekadashi Until 10:02PM | Moon – Yellow | Devaloka Day |
| Until 2:29AM Thu | | | | Magha-Thai | |
| Then Routine Work - Marana Yoga | | | | | |

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| 3 | | Thursday, February 6, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvadashtyam Titau | Almaty, Kazakhstan Sun 25 Sutra 298 Vikarin 5121 |
| Mithuna Rasi: 8.38 | Tithi 12 | Gulika 10:36AM – 11:52AM | Ardra Until 1:41AM Fri | Ganesha: Red <i>Sunrise:</i> 8:05AM | |
| | | Yama 8:05AM – 9:20AM | Vishkambha* Until 1:48AM Fri | Muruqa: Clear <i>Sunset:</i> 6:12PM | Moon 1 - Phase 41 |
| | 936723467 | Rahu 2:24PM – 3:40PM | Bava Until 9:35AM | Nataraja: Clear | 4th Phase |
| Routine Work Marana Yoga | | | Dvadashti Until 8:54PM | Moon – Yellow | Devaloka Day |
| Until 1:41AM Fri | | | | Magha-Thai | |
| Then Creative Work - Siddha Yoga | | | | | |

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|---------------------------|-----------|---------------------------------|------------------------------------|--|--|
| 4 | | Friday, February 7, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti Yoga Kaulava/Taitila Karana Trayodashyam Titau | Almaty, Kazakhstan Sun 26 Sutra 299 Vikarin 5121 |
| Mithuna Rasi: 22.25 | Tithi 13 | Gulika 9:20AM – 10:36AM | Punarvasu Until 12:28AM Sat | Ganesha: Blue <i>Sunrise:</i> 8:03AM | |
| | | Yama 3:41PM – 4:57PM | Priti Until 10:57PM | Muruqa: Clear <i>Sunset:</i> 6:13PM | Moon 1 - Phase 41 |
| | 947723467 | Rahu 11:52AM – 1:08PM | Kaulava Until 8:03AM | Nataraja: Clear | 4th Phase |
| Creative Work Siddha Yoga | | | Trayodashi Until 7:00PM | Moon – Blue | Bhuloka Day |
| | | | | Magha-Thai | Devaloka Time: 3:PM to 6:PM |
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Pradosha Vrata

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| 5 | | Saturday, February 8, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Ayushman Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | Almaty, Kazakhstan Sun 27 Sutra 300 Vikarin 5121 |
| Kataka Rasi: 6.38 | Tithi 14 – 15 | Gulika 8:02AM – 9:19AM | Pushya Until 10:31PM | Ganesha: Blue <i>Sunrise:</i> 8:02AM | |
| | | Yama 2:25PM – 3:41PM | Ayushman Until 7:36PM | Muruqa: Clear <i>Sunset:</i> 6:14PM | Moon 1 - Phase 41 |
| | 947723467 | Rahu 10:35AM – 11:52AM | Visti Until 3:03AM Sun | Nataraja: Clear | 4th Phase |
| Creative Work Siddha Yoga | | | Chaturdashi* Until 4:29PM | Moon – Blue | Bhuloka Day |
| Until 10:31PM | | Thai Pusam | | Magha-Thai | Devaloka Time: 3:PM to 6:PM |
| Then Routine Work - Marana Yoga | | | | | |

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| ○ | | Sunday, February 9, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau | Almaty, Kazakhstan Sutra 301 Vikarin 5121 |
| Copper Retreat Star | | Gulika 3:42PM – 4:59PM | Ashlesha* Until 8:01PM | Ganesha: Blue <i>Sunrise:</i> 8:01AM | |
| Kataka Rasi: 21.14 | Tithi 15 – 16 | Yama 1:08PM – 2:25PM | Saubhagya Until 3:54PM | Muruqa: Clear <i>Sunset:</i> 6:16PM | Moon 1 - Phase 41 |
| | 947723467 | Rahu 4:59PM – 6:16PM | Balava Until 11:54PM | Nataraja: Clear | Purnima |
| Creative Work Siddha Yoga | | | Purnima* Until 1:30PM | Moon – Blue | Bhuloka Day |
| Until 8:01PM | | | | Magha-Thai | Devaloka Time: 3:PM to 6:PM |
| Then Routine Work - Marana Yoga | | | | | |

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|----------------------------------|---------------|-------------------------------|--------------------------------|---|---|
| Monday, February 10, 2020 | | Silver Retreat Star | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sobhana/Alhiganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau | Almaty, Kazakhstan Sutra 302 Vikarin 5121 |
| Simha Rasi: 6.07 | Tithi 16 – 17 | Gulika 2:25PM – 3:43PM | Magha* Until 5:33PM | Ganesha: Red <i>Sunrise:</i> 8:00AM | |
| Family Home Evening | | Yama 11:51AM – 1:08PM | Sobhana Until 11:59AM | Muruqa: Clear <i>Sunset:</i> 6:17PM | Moon 1 - Phase 41 |
| | 957723467 | Rahu 9:17AM – 10:34AM | Taitila Until 8:31PM | Nataraja: Clear | Prathama |
| Routine Work Marana Yoga | | | Prathama* Until 10:13AM | Moon – Red | Devaloka Day |
| Until 5:33PM | | | | Magha-Thai | |
| Then Creative Work - Siddha Yoga | | | | | |



Tuesday, February 11, 2020

Gold Retreat Star

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam
Purvaphalguni/Uttaraphalguni Nakshatra Alhiganda*/Sukarma Yoga Gara/Vishti* Karana Dvitiya/Trilyayam Titau

Almaty, Kazakhstan
Sun 1 Sutra 303

Simha Rasi: 21.07 Tithi 17 – 18

957723467

Gulika 1:08PM – 2:26PM
Yama 10:33AM – 11:51AM
Rahu 3:43PM – 5:01PM

Purvaphalguni Until 2:52PM

Athiganda* Until 7:56AM

Visti Until 3:24AM Wed

Dvitiya Until 6:47AM

Ganesha: Red

Muruqa: Clear

Nataraja: Clear

Moon – Red
Magha-Thai

Sunrise: 7:58AM

Sunset: 6:18PM

Moon 2 - Phase 42

1st Phase

Devaloka Day

Creative Work Siddha Yoga

Until 2:52PM

Then Creative Work - Amrita Yoga

1

Wednesday, February 12, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam
Uttaraphalguni/Hasta Nakshatra Dhriti Yoga Bava/Balava Karana Chaturthyam Titau

Almaty, Kazakhstan
Sun 2 Sutra 304

Kanya Rasi: 6.05 Tithi 19

957723467

Gulika 11:50AM – 1:08PM
Yama 9:15AM – 10:33AM
Rahu 1:08PM – 2:26PM

Uttaraphalguni Until 12:08PM

Dhriti Until 12:07AM Thu

Bava Until 1:47PM

Chaturthi* Until 12:11AM Thu

Ganesha: Red

Muruqa: Clear

Nataraja: Clear

Moon – Red
Magha-Thai

Sunrise: 7:57AM

Sunset: 6:20PM

Moon 2 - Phase 42

1st Phase

Devaloka Day

Creative Work Amrita Yoga

Until 12:08PM

Then Routine Work - Marana Yoga

2

Thursday, February 13, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam
Hasta/Chitra Nakshatra Shula* Yoga Kaulava/Taitila Karana Panchamyam Titau

Almaty, Kazakhstan
Sun 3 Sutra 305

Kanya Rasi: 20.55 Tithi 20

967723467

Gulika 10:32AM – 11:50AM
Yama 7:56AM – 9:14AM
Rahu 2:26PM – 3:45PM

Hasta Until 9:56AM

Shula* Until 8:32PM

Kaulava Until 10:43AM

Panchami Until 9:19PM

Ganesha: Green

Muruqa: Clear

Nataraja: Clear

Moon – Green
Magha-Masi

Sunrise: 7:56AM

Sunset: 6:21PM

Moon 2 - Phase 42

1st Phase

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Routine Work Marana Yoga

Until 9:56AM

Then Creative Work - Siddha Yoga

3

Friday, February 14, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam
Chitra/Svati Nakshatra Ganda*Yridhhi Yoga Gara/Vanija Karana Shashthyam Titau

Almaty, Kazakhstan
Sun 4 Sutra 306

Tula Rasi: 5.28 Tithi 21

968723467

Gulika 9:13AM – 10:31AM
Yama 3:45PM – 5:04PM
Rahu 11:50AM – 1:08PM

Chitra Until 7:58AM

Ganda* Until 5:20PM

Gara Until 8:03AM

Shashthi* Until 6:53PM

Ganesha: White

Muruqa: Clear

Nataraja: Clear

Moon – Green
Magha-Masi

Sunrise: 7:54AM

Sunset: 6:22PM

Moon 2 - Phase 42

1st Phase

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

4

Saturday, February 15, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam
Svati/Vishakha Nakshatra Vriddhi/Dhruva Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Almaty, Kazakhstan
Sun 5 Sutra 307

Tula Rasi: 19.41 Tithi 22 – 23

968723467

Gulika 7:53AM – 9:12AM
Yama 2:27PM – 3:46PM
Rahu 10:31AM – 11:49AM

Svati Until 6:23AM

Vriddhi Until 2:35PM

Balava Until 4:19AM Sun

Saptami Until 5:01PM

Ganesha: White

Muruqa: Clear

Nataraja: Clear

Moon – Green
Magha-Masi

Sunrise: 7:53AM

Sunset: 6:24PM

Moon 2 - Phase 42

1st Phase

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

5

Sunday, February 16, 2020

Retreat Star

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Anuradha Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Almaty, Kazakhstan
Sun 6 Sutra 308

Vrischika Rasi: 3.31 Tithi 23 – 24

978723467

Gulika 3:47PM – 5:06PM
Yama 1:08PM – 2:27PM
Rahu 5:06PM – 6:25PM

Anuradha Until 5:23AM Mon

Dhruva Until 12:17PM

Taitila Until 3:22AM Mon

Ashtami* Until 3:44PM

Ganesha: Clear

Muruqa: Clear

Nataraja: Clear

Moon – Orange
Magha-Masi

Sunrise: 7:51AM

Sunset: 6:25PM

Moon 2 - Phase 42

Ashtami

Devaloka Day

Routine Work Marana Yoga

Until 5:23AM Mon

Then Creative Work - Siddha Yoga

Monday, February 17, 2020

Retreat Star

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam
Jyeshtha* Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Almaty, Kazakhstan
Sun 7 Sutra 309

Vrischika Rasi: 17 Tithi 24 – 25

978723467

Gulika 2:28PM – 3:47PM
Yama 11:49AM – 1:08PM
Rahu 9:10AM – 10:29AM

Jyeshtha* Until 5:33AM Tue

Vyaghata* Until 10:30AM

Vanija Until 3:01AM Tue

Navami* Until 3:06PM

Ganesha: Clear

Muruqa: Clear

Nataraja: Clear

Moon – Orange
Magha-Masi

Sunrise: 7:50AM

Sunset: 6:26PM

Moon 2 - Phase 42

Navami

Devaloka Day

Creative Work Siddha Yoga

Until 5:33AM Tue

Then Creative Work - Amrita Yoga

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| 1 | Tuesday, February 18, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | | | Almaty, Kazakhstan Sun 8 Sutra 310 | |
| | Dhanus Rasi: 0.08 | Tithi 25 – 26 | Gulika 1:08PM – 2:28PM | Mula* Until 6:36AM Wed | Ganesha: Purple | <i>Sunrise:</i> 7:49AM | | |
| | | | Yama 10:28AM – 11:48AM | Harshana Until 9:12AM | Muruqa: Clear | <i>Sunset:</i> 6:28PM | Moon 2 - Phase 43 | |
| | Creative Work | Amrita Yoga | 988723467 Rahu 3:48PM – 5:08PM | Bava Until 3:16AM Wed | Nataraja: Clear | | 2nd Phase | |
| | | | Dashami Until 3:03PM | Moon – Light Blue | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | | |

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| 2 | Wednesday, February 19, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau | | | | Almaty, Kazakhstan Sun 9 Sutra 311 | |
| | Dhanus Rasi: 13 | Tithi 26 – 27 | Gulika 11:48AM – 1:08PM | Mula* Until 6:36AM | Ganesha: Purple | <i>Sunrise:</i> 7:47AM | | |
| | | | Yama 9:07AM – 10:28AM | Vajra* Until 8:19AM | Muruqa: Clear | <i>Sunset:</i> 6:29PM | Moon 2 - Phase 43 | |
| | Routine Work | Marana Yoga | 988723467 Rahu 1:08PM – 2:28PM | Kaulava Until 4:01AM Thu | Nataraja: Clear | | 2nd Phase | |
| | | | Ekadashi* Until 3:34PM | Moon – Light Blue | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | | |
| | | | | Magha* Masi | | | | |

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| 3 | Thursday, February 20, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Siddhi/Vyaltipata* Yoga Taltila/Gara Karana Dvodashi/Trayodashyam Titau | | | | Almaty, Kazakhstan Sun 10 Sutra 312 | |
| | Dhanus Rasi: 25.38 | Tithi 27 – 28 | Gulika 10:27AM – 11:47AM | Purvashadha* Until 7:58AM | Ganesha: Purple | <i>Sunrise:</i> 7:46AM | | |
| | | | Yama 7:46AM – 9:06AM | Siddhi Until 7:49AM | Muruqa: Clear | <i>Sunset:</i> 6:30PM | Moon 2 - Phase 43 | |
| | Creative Work | Siddha Yoga | 989823467 Rahu 2:28PM – 3:49PM | Gara Until 5:12AM Fri | Nataraja: Clear | | 2nd Phase | |
| | | | Dvodashi* Until 4:32PM | Moon – Light Blue | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | | |
| | | | | Magha* Masi | | | | |
| | | | | <i>Pradosha Vrata (Fasting)</i> | | | | |

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| 4 | Friday, February 21, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Vyaltipata*/Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | | | Almaty, Kazakhstan Sun 11 Sutra 313 | |
| | Makara Rasi: 8.04 | Tithi 28 – 29 | Gulika 9:05AM – 10:26AM | Uttarashadha Until 9:35AM | Ganesha: Purple | <i>Sunrise:</i> 7:44AM | | |
| | | | Yama 3:50PM – 5:11PM | Vyaltipata* Until 7:40AM | Muruqa: Clear | <i>Sunset:</i> 6:32PM | Moon 2 - Phase 43 | |
| | Routine Work | Marana Yoga | 989823467 Rahu 11:47AM – 1:08PM | Visti Until 6:45AM Sat | Nataraja: Clear | | 2nd Phase | |
| | | | Trayodashi* Until 5:55PM | Moon – Light Blue | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | | |
| | | | | Magha* Masi | | | | |
| | | | | Mahasivaratri (Lunar) | | | | |
| | | | | Mahasivaratri (Solar) | | | | |

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| 5 | Saturday, February 22, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | | | Almaty, Kazakhstan Sun 12 Sutra 314 | |
| | Makara Rasi: 20.2 | Tithi 29 | Gulika 7:43AM – 9:04AM | Shravana Until 11:52AM | Ganesha: Light Blue | <i>Sunrise:</i> 7:43AM | | |
| | | | Yama 2:29PM – 3:50PM | Variyan Until 7:45AM | Muruqa: Clear | <i>Sunset:</i> 6:33PM | Moon 2 - Phase 43 | |
| | Creative Work | Siddha Yoga | 999823467 Rahu 10:25AM – 11:46AM | Visti Until 6:45AM | Nataraja: Clear | | 2nd Phase | |
| | | | Chaturdashi* Until 7:37PM | Moon – Purple | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | | |
| | | | | Magha* Masi | | | | |

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| ● | Sunday, February 23, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | | | Almaty, Kazakhstan Sun 13 Sutra 315 | |
| | Retreat Star | | Gulika 3:51PM – 5:12PM | Dhanishtha Until 2:16PM | Ganesha: Light Blue | <i>Sunrise:</i> 7:41AM | | |
| | Kumbha Rasi: 2.29 | Tithi 30 | Yama 1:08PM – 2:29PM | Parigha* Until 8:04AM | Muruqa: Clear | <i>Sunset:</i> 6:34PM | Moon 2 - Phase 43 | |
| | Routine Work | Marana Yoga | 999823467 Rahu 5:12PM – 6:34PM | Catuspada Until 8:36AM | Nataraja: Clear | | Amavasya | |
| | | | Amavasya* Until 9:36PM | Moon – Purple | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | | |
| | | | | Magha* Masi | | | | |

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|----------|----------------------------------|-------------|---|----------------------------------|----------------------------|---|--|--|
| ● | Monday, February 24, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak*/Purvaproshtapada* Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Almaty, Kazakhstan Sun 14 Sutra 316 | |
| | Retreat Star | | Gulika 2:29PM – 3:51PM | Shatabhishak Until 4:43PM | Ganesha: Light Blue | <i>Sunrise:</i> 7:39AM | | |
| | Kumbha Rasi: 14.33 | Tithi 1 | Yama 11:45AM – 1:07PM | Shiva Until 8:36AM | Muruqa: Clear | <i>Sunset:</i> 6:35PM | Moon 2 - Phase 43 | |
| | Family Home Evening | Siddha Yoga | 999823467 Rahu 9:01AM – 10:23AM | Kintughna Until 10:42AM | Nataraja: Clear | | Prathama | |
| | | | Prathama* Until 11:48PM | Moon – Purple | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | | |
| | | | | Phalgun* Masi | | | | |
| | | | | Prathama* Until 11:48PM | | | | |

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

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|---|-----------------------------------|-------------|--|--|---|---------------------|--|
| 1 | Tuesday, February 25, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam | | | | Almaty, Kazakhstan |
| | Kumbha Rasi: 26.31 Tithi 2 | | Purvaproshtapada* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | | Sun 15 Sutra 317 |
| | 919823467 | Rahu | Gulika 1:07PM – 2:30PM Yama 10:23AM – 11:45AM Rahu 3:52PM – 5:14PM | Purvaproshtapada* Until 7:41PM Siddha Until 9:15AM Balava Until 1:00PM Dvitiya Until 2:11AM Wed | Ganesha: Orange <i>Sunrise:</i> 7:38AM Muruḡa: Clear <i>Sunset:</i> 6:37PM Nataraja: Clear Moon – Clear | Devaloka Day | Vikarin 5121 Moon 2 - Phase 44 3rd Phase |
| Routine Work Marana Yoga Until 7:41PM Then Creative Work - Amrita Yoga | | | | | | | |

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|--|-------------------------------------|-------------|--|---|---|---------------------|--|
| 2 | Wednesday, February 26, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam | | | | Almaty, Kazakhstan |
| | Meena Rasi: 8.26 Tithi 3 | | Uttaraproshtapada* Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Trityayam Titau | | | | Sun 16 Sutra 318 |
| | 919823467 | Rahu | Gulika 11:44AM – 1:07PM Yama 8:59AM – 10:22AM Rahu 1:07PM – 2:30PM | Uttaraproshtapada Until 10:36PM Sadhya Until 10:02AM Taitila Until 3:27PM Tritiya Until 4:41AM Thu | Ganesha: Orange <i>Sunrise:</i> 7:36AM Muruḡa: Clear <i>Sunset:</i> 6:38PM Nataraja: Clear Moon – Clear | Devaloka Day | Vikarin 5121 Moon 2 - Phase 44 3rd Phase |
| Creative Work Siddha Yoga Until 10:36PM Then Routine Work - Marana Yoga | | | | | | | |

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| 3 | Thursday, February 27, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam | | | | Almaty, Kazakhstan |
| | Meena Rasi: 20.19 Tithi 4 | | Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau | | | | Sun 17 Sutra 319 |
| | 919823467 | Rahu | Gulika 10:21AM – 11:44AM Yama 7:35AM – 8:58AM Rahu 2:30PM – 3:53PM | Revati Until 1:25AM Fri Subha Until 10:55AM Vanija Until 5:58PM Chaturthi* Until 7:12AM Fri | Ganesha: Orange <i>Sunrise:</i> 7:35AM Muruḡa: Clear <i>Sunset:</i> 6:39PM Nataraja: Clear Moon – Clear | Devaloka Day | Vikarin 5121 Moon 2 - Phase 44 3rd Phase |
| Creative Work Siddha Yoga Until 1:25AM Fri Then Creative Work - Amrita Yoga | | Subramuniyaswami Siva Vision Day | | | | | |

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| 4 | Friday, February 28, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam | | | | Almaty, Kazakhstan |
| | Mesha Rasi: 2.1 Tithi 4 – 5 | | Ashvini Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | | | Sun 18 Sutra 320 |
| | 921823467 | Rahu | Gulika 8:56AM – 10:20AM Yama 3:54PM – 5:17PM Rahu 11:43AM – 1:07PM | Ashvini Until 4:29AM Sat Sukla Until 11:45AM Bava Until 8:27PM Chaturthi* Until 7:12AM | Ganesha: Purple <i>Sunrise:</i> 7:33AM Muruḡa: Clear <i>Sunset:</i> 6:40PM Nataraja: Clear Moon – White | Bhuloka Day | Vikarin 5121 Moon 2 - Phase 44 3rd Phase |
| Creative Work Amrita Yoga Until 4:29AM Sat Then Creative Work - Siddha Yoga | | | | | | | Devaloka Time: 3:PM to 6:PM |

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| 5 | Saturday, February 29, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam | | | | Almaty, Kazakhstan |
| | Mesha Rasi: 14.04 Tithi 5 – 6 | | Bharani Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | | | Sun 19 Sutra 321 |
| | 921823467 | Rahu | Gulika 7:31AM – 8:55AM Yama 2:30PM – 3:54PM Rahu 10:19AM – 11:43AM | Bharani Until 7:10AM Sun Brahma Until 12:31PM Kaulava Until 10:45PM Panchami Until 9:37AM | Ganesha: Purple <i>Sunrise:</i> 7:31AM Muruḡa: Clear <i>Sunset:</i> 6:42PM Nataraja: Clear Moon – White | Bhuloka Day | Vikarin 5121 Moon 2 - Phase 44 3rd Phase |
| Creative Work Siddha Yoga | | | | | | | Devaloka Time: 3:PM to 6:PM |

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| 6 | Sunday, March 1, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam | | | | Almaty, Kazakhstan |
| | Mesha Rasi: 26.04 Tithi 6 – 7 | | Bharani/Krittika Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | | Sun 20 Sutra 322 |
| | 921833467 | Rahu | Gulika 3:55PM – 5:20PM Yama 1:06PM – 2:31PM Rahu 5:20PM – 6:44PM | Bharani Until 7:10AM Indra Until 1:05PM Gara Until 12:41AM Mon Shashthi* Until 11:45AM | Ganesha: Purple <i>Sunrise:</i> 7:28AM Muruḡa: Orange <i>Sunset:</i> 6:44PM Nataraja: Clear Moon – White | Bhuloka Day | Vikarin 5121 Moon 2 - Phase 44 3rd Phase |
| Routine Work Prabalarishta Yoga Until 7:10AM Then Creative Work - Siddha Yoga | | | | | | | Devaloka Time: 3:PM to 6:PM |

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| ☾ | Monday, March 2, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam | | | | Almaty, Kazakhstan |
| | Retreat Star | | Krittika/Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | | | Sun 21 Sutra 323 |
| | 921833467 | Rahu | Gulika 2:31PM – 3:56PM Yama 11:41AM – 1:06PM Rahu 8:51AM – 10:16AM | Krittika Until 9:16AM Vaidhriti* Until 1:14PM Visti Until 2:01AM Tue Saptami Until 1:25PM | Ganesha: Purple <i>Sunrise:</i> 7:26AM Muruḡa: Orange <i>Sunset:</i> 6:46PM Nataraja: Clear Moon – White | Bhuloka Day | Vikarin 5121 Moon 2 - Phase 44 Ashtami |
| Vrishabha Rasi: 8.14 Tithi 7 – 8 Family Home Evening Routine Work Marana Yoga Until 9:16AM Then Creative Work - Amrita Yoga | | | | | | | Devaloka Time: 3:PM to 6:PM |

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| ☽ | Tuesday, March 3, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam | | | | Almaty, Kazakhstan |
| | Retreat Star | | Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | | Sun 22 Sutra 324 |
| | 931833467 | Rahu | Gulika 1:06PM – 2:31PM Yama 10:15AM – 11:41AM Rahu 3:56PM – 5:22PM | Rohini Until 11:04AM Vishkambha* Until 12:54PM Balava Until 2:36AM Wed Ashtami* Until 2:23PM | Ganesha: Clear <i>Sunrise:</i> 7:25AM Muruḡa: Orange <i>Sunset:</i> 6:47PM Nataraja: Clear Moon – Yellow | Devaloka Day | Vikarin 5121 Moon 2 - Phase 44 Navami |
| Vrishabha Rasi: 20.4 Tithi 8 – 9 Creative Work Amrita Yoga Until 11:04AM Then Creative Work - Siddha Yoga | | | | | | | |

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


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| 1 | Wednesday, March 4, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | | Almaty, Kazakhstan Sun 23 Sutra 325 |
| | Mithuna Rasi: 3.26 | Tithi 9 – 10 | Gulika 11:40AM – 1:06PM | Mrigashira Until 11:55AM | Ganesha: Clear | <i>Sunrise:</i> 7:23AM | Vikarin 5121 |
| | | | Yama 8:49AM – 10:14AM | Priti Until 11:57AM | Muruqa: Orange | <i>Sunset:</i> 6:48PM | Moon 2 - Phase 45 |
| | 931833467 | Rahu 1:06PM – 2:31PM | Taitila Until 2:19AM Thu | Navami* Until 2:33PM | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | | Moon – Yellow | | Devaloka Day | |
| | | | | Phalguna-Masi | | | |

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| 2 | Thursday, March 5, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Almaty, Kazakhstan Sun 24 Sutra 326 |
| | Mithuna Rasi: 16.39 | Tithi 10 – 11 | Gulika 10:13AM – 11:39AM | Ardra Until 11:47AM | Ganesha: Red | <i>Sunrise:</i> 7:21AM | Vikarin 5121 |
| | | | Yama 7:21AM – 8:47AM | Ayushman Until 10:18AM | Muruqa: Orange | <i>Sunset:</i> 6:49PM | Moon 2 - Phase 45 |
| | 131833467 | Rahu 2:31PM – 3:57PM | Vanija Until 1:09AM Fri | Dashami Until 1:49PM | Nataraja: Clear | | 4th Phase |
| Routine Work | Marana Yoga | | | Moon – Yellow | | Devaloka Day | |
| Until 11:47AM | | | | Phalguna-Masi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 3 | Friday, March 6, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau | | | | Almaty, Kazakhstan Sun 25 Sutra 327 |
| | Kataka Rasi: 0.21 | Tithi 11 – 12 | Gulika 8:46AM – 10:12AM | Punarvasu Until 11:05AM | Ganesha: Blue | <i>Sunrise:</i> 7:20AM | Vikarin 5121 |
| | | | Yama 3:58PM – 5:24PM | Saubhagya Until 7:58AM | Muruqa: Orange | <i>Sunset:</i> 6:50PM | Moon 2 - Phase 45 |
| | 141833467 | Rahu 11:39AM – 1:05PM | Bava Until 11:10PM | Ekadashi Until 12:14PM | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | | Moon – Blue | | Bhuloka Day | |
| Until 11:05AM | | | | Phalguna-Masi | | Devaloka Time: 3:PM to 6:PM | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| 4 | Saturday, March 7, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Almaty, Kazakhstan Sun 26 Sutra 328 |
| | Kataka Rasi: 14.33 | Tithi 12 – 13 | Gulika 7:18AM – 8:45AM | Pushya Until 9:29AM | Ganesha: Blue | <i>Sunrise:</i> 7:18AM | Vikarin 5121 |
| | | | Yama 2:32PM – 3:58PM | Athiganda* Until 1:29AM Sun | Muruqa: Orange | <i>Sunset:</i> 6:52PM | Moon 2 - Phase 45 |
| | 141833467 | Rahu 10:11AM – 11:38AM | Kaulava Until 8:29PM | Dvadashi Until 9:53AM | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | | Moon – Blue | | Bhuloka Day | |
| Until 9:29AM | | | | Phalguna-Masi | | Devaloka Time: 3:PM to 6:PM | |
| Then Routine Work - Marana Yoga | | | | | | | |
| | | | | Pradosha Vrata | | | |

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| 5 | Sunday, March 8, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sukarma Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau | | | | Almaty, Kazakhstan Sun 27 Sutra 329 |
| | Kataka Rasi: 29.13 | Tithi 13 – 14 | Gulika 3:59PM – 5:26PM | Ashlesha* Until 7:07AM | Ganesha: Blue | <i>Sunrise:</i> 7:16AM | Vikarin 5121 |
| | | | Yama 1:05PM – 2:32PM | Sukarma Until 9:34PM | Muruqa: Orange | <i>Sunset:</i> 6:53PM | Moon 2 - Phase 45 |
| | 141833467 | Rahu 5:26PM – 6:53PM | Vanija Until 3:27AM Mon | Trayodashi Until 6:54AM | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | | Moon – Blue | | Bhuloka Day | |
| Until 7:07AM | | Chidambaram Abhishekam | | Phalguna-Masi | | Devaloka Time: 3:PM to 6:PM | |
| Then Routine Work - Marana Yoga | | | | | | | |

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|  | Monday, March 9, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau | | | | Almaty, Kazakhstan Sutra 330 |
| | Simha Rasi: 14.14 | Tithi 15 | Gulika 2:32PM – 3:59PM | Purvaphalguni Until 1:34AM Tue | Ganesha: White | <i>Sunrise:</i> 7:14AM | Vikarin 5121 |
| | Family Home Evening | | Yama 11:37AM – 1:04PM | Dhriti Until 5:23PM | Muruqa: Orange | <i>Sunset:</i> 6:54PM | Moon 2 - Phase 45 |
| | 152833467 | Rahu 8:42AM – 10:09AM | Visti Until 1:38PM | Purnima* Until 11:43PM | Nataraja: Clear | | Purnima |
| Creative Work | Siddha Yoga | | | Moon – Red | | Sivaloka Day | |
| Until 1:34AM Tue | | Holi | | Phalguna-Masi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 0 | Tuesday, March 10, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Almaty, Kazakhstan Sutra 331 |
| | Simha Rasi: 29.28 | Tithi 16 | Gulika 1:04PM – 2:32PM | Uttaraphalguni Until 10:22PM | Ganesha: White | <i>Sunrise:</i> 7:13AM | Vikarin 5121 |
| | | | Yama 10:08AM – 11:36AM | Shula* Until 1:01PM | Muruqa: Orange | <i>Sunset:</i> 6:55PM | Moon 2 - Phase 45 |
| | 152833467 | Rahu 4:00PM – 5:28PM | Balava Until 9:49AM | Prathama* Until 7:53PM | Nataraja: Clear | | Prathama |
| Creative Work | Amrita Yoga | | | Moon – Red | | Sivaloka Day | |
| Until 10:22PM | | | | Phalguna-Masi | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |



Wednesday, March 11, 2020

Gold Retreat Star

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam
Hasla Nakshatra Ganda/Vridhdhi Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Almaty, Kazakhstan
Sun 1 Sutra 332

Kanya Rasi: 14.46 Tithi 17 - 18

162833467

Gulika 11:36AM - 1:04PM
Yama 8:39AM - 10:07AM
Rahu 1:04PM - 2:32PM

Hasta **Until 7:31PM**
Ganda* **Until 8:41AM**
Vanija **Until 2:18AM Thu**
Dvitiya **Until 4:06PM**

Ganesha: Clear *Sunrise:* 7:11AM

Muruqa: Orange *Sunset:* 6:57PM

Nataraja: Clear

Moon - Green

Devaloka Day

Routine Work Marana Yoga

Until 7:31PM

Then Creative Work - Siddha Yoga

1

Thursday, March 12, 2020

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam
Chitra/Svati Nakshatra Dhruva Yoga Visti/Bava Karana Tritiya/Chaturthiyam Titau

Almaty, Kazakhstan
Sun 2 Sutra 333

Kanya Rasi: 29.55 Tithi 18 - 19

162833467

Gulika 10:06AM - 11:35AM
Yama 7:09AM - 8:38AM
Rahu 2:32PM - 4:01PM

Chitra **Until 4:49PM**
Dhruva **Until 12:36AM Fri**
Bava **Until 10:57PM**
Tritiya **Until 12:33PM**

Ganesha: Clear *Sunrise:* 7:09AM

Muruqa: Orange *Sunset:* 6:58PM

Nataraja: Clear

Moon - Green

Devaloka Day

Creative Work Siddha Yoga

Until 4:49PM

Then Creative Work - Amrita Yoga

2

Friday, March 13, 2020

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam
Svati/Vishakha Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Almaty, Kazakhstan
Sun 3 Sutra 334

Tula Rasi: 14.47 Tithi 19 - 20

162833467

Gulika 8:36AM - 10:05AM
Yama 4:01PM - 5:30PM
Rahu 11:34AM - 1:03PM

Svati **Until 2:24PM**
Vyaghata* **Until 9:06PM**
Kaulava **Until 8:04PM**
Chaturthi* **Until 9:25AM**

Ganesha: Clear *Sunrise:* 7:07AM

Muruqa: Orange *Sunset:* 6:59PM

Nataraja: Clear

Moon - Green

Devaloka Day

Creative Work Siddha Yoga

3

Saturday, March 14, 2020

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam
Vishakha/Anuradha Nakshatra Harshana Yoga Taitila/Vanija Karana Panchami/Shashthyam Titau

Almaty, Kazakhstan
Sun 4 Sutra 335

Tula Rasi: 29.16 Tithi 20 - 21

172833467

Gulika 7:06AM - 8:35AM
Yama 2:32PM - 4:02PM
Rahu 10:04AM - 11:34AM

Vishakha **Until 12:51PM**
Harshana **Until 6:08PM**
Vanija **Until 4:56AM Sun**
Panchami **Until 6:50AM**

Ganesha: Purple *Sunrise:* 7:06AM

Muruqa: Orange *Sunset:* 7:00PM

Nataraja: Clear

Moon - Orange

Sivaloka Day

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

4

Sunday, March 15, 2020

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Vajra*/Siddhi Yoga Visti/Bava Karana Saptamyam Titau

Almaty, Kazakhstan
Sun 5 Sutra 336

Vrischika Rasi: 13.17 Tithi 22

172833468

Gulika 4:02PM - 5:32PM
Yama 1:03PM - 2:32PM
Rahu 5:32PM - 7:01PM

Anuradha **Until 11:52AM**
Vajra* **Until 3:44PM**
Visti **Until 4:17PM**
Saptami **Until 3:48AM Mon**

Ganesha: Purple *Sunrise:* 7:04AM

Muruqa: Orange *Sunset:* 7:01PM

Nataraja: Purple

Moon - Orange

Subha Sivaloka Day

Routine Work Marana Yoga

Phalguna-Panguni

D

Monday, March 16, 2020

Retreat Star

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam
Jyeshtha*/Mula* Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Ashtamyam Titau

Almaty, Kazakhstan
Sun 6 Sutra 337

Vrischika Rasi: 26.51 Tithi 23

172933468

Gulika 2:32PM - 4:02PM
Yama 11:32AM - 1:02PM
Rahu 8:32AM - 10:02AM

Jyeshtha* **Until 11:31AM**
Siddhi **Until 1:58PM**
Balava **Until 3:33PM**
Ashtami* **Until 3:28AM Tue**

Ganesha: Clear *Sunrise:* 7:02AM

Muruqa: Orange *Sunset:* 7:03PM

Nataraja: Purple

Moon - Orange

Sivaloka Day

Creative Work Siddha Yoga

Phalguna-Panguni

Tuesday, March 17, 2020

Retreat Star

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam
Mula*/Purvashadha* Nakshatra Vyatipata*/Variyan Yoga Taitila/Gara Karana Navamyam Titau

Almaty, Kazakhstan
Sun 7 Sutra 338

Dhanus Rasi: 9.59 Tithi 24

182933468

Gulika 1:02PM - 2:33PM
Yama 10:01AM - 11:32AM
Rahu 4:03PM - 5:33PM

Mula* **Until 12:13PM**
Vyatipata* **Until 12:50PM**
Taitila **Until 3:36PM**
Navami* **Until 3:52AM Wed**

Ganesha: Purple *Sunrise:* 7:00AM

Muruqa: Orange *Sunset:* 7:04PM

Nataraja: Purple

Moon - Light Blue

Devaloka Day

Creative Work Amrita Yoga

Phalguna-Panguni

Until 12:13PM

Then Creative Work - Siddha Yoga

| | | | | | |
|--------------------|-----------------------------|----------------------------------|----------------------------------|---|---|
| 1 | | Wednesday, March 18, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau | Almaty, Kazakhstan Sun 8 Sutra 349 Vikarin 5121 Moon 3 - Phase 47 2nd Phase |
| Dhanus Rasi: 22.44 | Tithi 25 | Gulika 11:31AM – 1:02PM | Purvashadha* Until 1:29PM | Ganesha: Purple Muruqa: Orange Nataraja: Purple Moon – Light Blue | Devaloka Day |
| 182933468 | Rahu 1:02PM – 2:33PM | Yama 8:29AM – 10:00AM | Variyan Until 12:14PM | Sunrise: 6:59AM Sunset: 7:05PM | |
| Creative Work | Amrita Yoga | | Dashami Until 4:57AM Thu | Phalguna-Panguni | |

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| 2 | | Thursday, March 19, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau | Almaty, Kazakhstan Sun 9 Sutra 340 Vikarin 5121 Moon 3 - Phase 47 2nd Phase |
| Makara Rasi: 5.13 | Tithi 26 | Gulika 9:59AM – 11:30AM | Uttarashadha Until 3:10PM | Ganesha: Purple Muruqa: Orange Nataraja: Purple Moon – Light Blue | Devaloka Day |
| 182933468 | Rahu 2:33PM – 4:04PM | Yama 6:57AM – 8:28AM | Parigha* Until 12:07PM | Sunrise: 6:57AM Sunset: 7:06PM | |
| Routine Work | Marana Yoga | | Bava Until 5:42PM | Phalguna-Panguni | |
| Until 3:10PM | | | Ekadashi* Until 6:32AM Fri | | |
| Then Creative Work - Siddha Yoga | | | | | |

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| 3 | | Friday, March 20, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | Almaty, Kazakhstan Sun 10 Sutra 341 Vikarin 5121 Moon 3 - Phase 47 2nd Phase |
| Makara Rasi: 17.27 | Tithi 26 – 27 | Gulika 8:27AM – 9:58AM | Shravana Until 5:37PM | Ganesha: Clear Muruqa: Orange Nataraja: Purple Moon – Purple | Sivaloka Day |
| 192933468 | Rahu 11:30AM – 1:01PM | Yama 4:04PM – 5:36PM | Shiva Until 12:23PM | Sunrise: 6:55AM Sunset: 7:07PM | |
| Routine Work | Marana Yoga | | Kaulava Until 7:30PM | Phalguna-Panguni | |
| Until 5:37PM | | | Ekadashi* Until 6:32AM | | |
| Then Creative Work - Siddha Yoga | | | | | |

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| 4 | | Saturday, March 21, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau | Almaty, Kazakhstan Sun 11 Sutra 342 Vikarin 5121 Moon 3 - Phase 47 2nd Phase |
| Makara Rasi: 29.33 | Tithi 27 – 28 | Gulika 6:53AM – 8:25AM | Dhanishtha Until 8:12PM | Ganesha: Clear Muruqa: Orange Nataraja: Purple Moon – Purple | Sivaloka Day |
| 192933468 | Rahu 9:57AM – 11:29AM | Yama 2:33PM – 4:05PM | Siddha Until 12:53PM | Sunrise: 6:53AM Sunset: 7:08PM | |
| Creative Work | Siddha Yoga | | Gara Until 9:36PM | Phalguna-Panguni | |
| Until 8:12PM | | | Dvadashi* Until 8:29AM | | |
| Then Creative Work - Amrita Yoga | | | <i>Pradosha Vrata (Fasting)</i> | | |

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| 5 | | Sunday, March 22, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | Almaty, Kazakhstan Sun 12 Sutra 343 Vikarin 5121 Moon 3 - Phase 47 2nd Phase |
| Kumbha Rasi: 11.32 | Tithi 28 – 29 | Gulika 4:05PM – 5:37PM | Shatabhishak Until 10:48PM | Ganesha: Clear Muruqa: Orange Nataraja: Purple Moon – Purple | Sivaloka Day |
| 192933468 | Rahu 5:37PM – 7:10PM | Yama 1:01PM – 2:33PM | Sadhya Until 1:34PM | Sunrise: 6:52AM Sunset: 7:10PM | |
| Creative Work | Siddha Yoga | | Visti Until 11:53PM | Phalguna-Panguni | |
| | | | Trayodashi* Until 10:42AM | | |

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| Monday, March 23, 2020 | | Retreat Star | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | Almaty, Kazakhstan Sun 13 Sutra 344 Vikarin 5121 Moon 3 - Phase 47 Amavasya |
| Kumbha Rasi: 23.29 | Tithi 29 – 30 | Gulika 2:33PM – 4:06PM | Purvaproshtapada* Until 1:51AM Tue | Ganesha: Yellow Muruqa: Orange Nataraja: Purple Moon – Clear | Sivaloka Day |
| 113933468 | Rahu 8:22AM – 9:55AM | Yama 11:28AM – 1:00PM | Subha Until 2:22PM | Sunrise: 6:50AM Sunset: 7:11PM | |
| Family Home Evening | | | Catuspada Until 2:17AM Tue | Phalguna-Panguni | |
| Routine Work | Marana Yoga | | Chaturdashi* Until 1:03PM | | |
| Until 1:51AM Tue | | | | | |
| Then Creative Work - Amrita Yoga | | | | | |

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|---------------------------------|-----------------------------|-------------------------------|---|--|---|
| Tuesday, March 24, 2020 | | Retreat Star | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | Almaty, Kazakhstan Sun 14 Sutra 345 Vikarin 5121 Moon 3 - Phase 47 Prathama |
| Meena Rasi: 5.22 | Tithi 30 – 1 | Gulika 1:00PM – 2:33PM | Uttaraproshtapada Until 4:47AM Wed | Ganesha: Yellow Muruqa: Orange Nataraja: Purple Moon – Clear | Sivaloka Day |
| 113933468 | Rahu 4:06PM – 5:39PM | Yama 9:54AM – 11:27AM | Sukla Until 3:12PM | Sunrise: 6:48AM Sunset: 7:12PM | |
| Creative Work | Amrita Yoga | | Kintughna Until 4:43AM Wed | Chaitra-Panguni | |
| Until 4:47AM Wed | | Yugadhi | Amavasya* Until 3:28PM | | |
| Then Routine Work - Marana Yoga | | | | | |

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

All times are standard time

www.gurudeva.org/panchang

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| 1 | | Wednesday, March 25, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | Almaty, Kazakhstan Sun 15 Sutra 346 Vikarin 5121 |
| Meena Rasi: 17.15 | Tithi 1 – 2 | Gulika 11:26AM – 1:00PM Yama 8:20AM – 9:53AM 113933468 Rahu 1:00PM – 2:33PM | Revati Until 7:33AM Thu Brahma Until 4:04PM Balava Until 7:10AM Thu Prathama* Until 5:55PM | Ganesha: Yellow <i>Sunrise:</i> 6:46AM Muruqa: Orange <i>Sunset:</i> 7:13PM Nataraja: Purple Moon – Clear Chaitra•Panguni | Moon 3 - Phase 48 3rd Phase Sivaloka Day |
| Routine Work Marana Yoga Until 7:33AM Thu Then Creative Work - Amrita Yoga | | | | | |
| 2 | | Thursday, March 26, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Dvitiyayam Titau | Almaty, Kazakhstan Sun 16 Sutra 347 Vikarin 5121 |
| Meena Rasi: 29.08 | Tithi 2 | Gulika 9:52AM – 11:26AM Yama 6:44AM – 8:18AM 113933468 Rahu 2:33PM – 4:07PM | Revati Until 7:33AM Indra Until 4:55PM Balava Until 7:10AM Dvitiya Until 8:21PM | Ganesha: Yellow <i>Sunrise:</i> 6:44AM Muruqa: Orange <i>Sunset:</i> 7:14PM Nataraja: Purple Moon – Clear Chaitra•Panguni | Moon 3 - Phase 48 3rd Phase Sivaloka Day |
| Creative Work Siddha Yoga Until 7:33AM Then Creative Work - Amrita Yoga | | Chellappaswami Mahasamadhi | | | |
| 3 | | Friday, March 27, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Tailila/Gara Karana Tritiyayam Titau | Almaty, Kazakhstan Sun 17 Sutra 348 Vikarin 5121 |
| Mesha Rasi: 11.02 | Tithi 3 | Gulika 8:17AM – 9:51AM Yama 4:07PM – 5:41PM 123933468 Rahu 11:25AM – 12:59PM | Ashvini Until 10:36AM Vaidhriti* Until 5:41PM Tailila Until 9:33AM Tritiya Until 10:40PM | Ganesha: Red <i>Sunrise:</i> 6:43AM Muruqa: Orange <i>Sunset:</i> 7:16PM Nataraja: Purple Moon – White Chaitra•Panguni | Moon 3 - Phase 48 3rd Phase Sivaloka Day |
| Creative Work Amrita Yoga Until 10:36AM Then Creative Work - Siddha Yoga | | | | | |
| 4 | | Saturday, March 28, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Chaturthyam Titau | Almaty, Kazakhstan Sun 18 Sutra 349 Vikarin 5121 |
| Mesha Rasi: 22.59 | Tithi 4 | Gulika 6:41AM – 8:15AM Yama 2:33PM – 4:08PM 123933468 Rahu 9:50AM – 11:24AM | Bharani Until 1:19PM Vishkambha* Until 6:20PM Vanija Until 11:47AM Chaturthi* Until 12:47AM Sun | Ganesha: Red <i>Sunrise:</i> 6:41AM Muruqa: Orange <i>Sunset:</i> 7:17PM Nataraja: Purple Moon – White Chaitra•Panguni | Moon 3 - Phase 48 3rd Phase Sivaloka Day |
| Creative Work Siddha Yoga Until 1:19PM Then Creative Work - Amrita Yoga | | | | | |
| 5 | | Sunday, March 29, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau | Almaty, Kazakhstan Sun 19 Sutra 350 Vikarin 5121 |
| Vrishabha Rasi: 5.02 | Tithi 5 | Gulika 4:08PM – 5:43PM Yama 12:58PM – 2:33PM 123933468 Rahu 5:43PM – 7:18PM | Krittika Until 3:37PM Priti Until 6:46PM Bava Until 1:44PM Panchami Until 2:33AM Mon | Ganesha: Red <i>Sunrise:</i> 6:39AM Muruqa: Orange <i>Sunset:</i> 7:18PM Nataraja: Purple Moon – White Chaitra•Panguni | Moon 3 - Phase 48 3rd Phase Sivaloka Day |
| Creative Work Siddha Yoga | | | | | |
| 6 | | Monday, March 30, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman Yoga Kaulava/Tailila Karana Shashthyam Titau | Almaty, Kazakhstan Sun 20 Sutra 351 Vikarin 5121 |
| Vrishabha Rasi: 17.14 | Tithi 6 | Gulika 2:33PM – 4:09PM Yama 11:23AM – 12:58PM 133933468 Rahu 8:13AM – 9:48AM | Rohini Until 5:50PM Ayushman Until 6:50PM Kaulava Until 3:16PM Shashthi* Until 3:49AM Tue | Ganesha: Blue <i>Sunrise:</i> 6:37AM Muruqa: Orange <i>Sunset:</i> 7:19PM Nataraja: Purple Moon – Yellow Chaitra•Panguni | Moon 3 - Phase 48 3rd Phase Subha Sivaloka Day |
| Family Home Evening Creative Work Amrita Yoga | | | | | |
| Tuesday, March 31, 2020 | | Retreat Star | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau | Almaty, Kazakhstan Sun 21 Sutra 352 Vikarin 5121 |
| Vrishabha Rasi: 29.39 | Tithi 7 | Gulika 12:58PM – 2:33PM Yama 9:47AM – 11:22AM 133933468 Rahu 4:09PM – 5:45PM | Mrigashira Until 7:17PM Saubhagya Until 6:26PM Gara Until 4:13PM Saptami Until 4:25AM Wed | Ganesha: Blue <i>Sunrise:</i> 6:36AM Muruqa: Orange <i>Sunset:</i> 7:20PM Nataraja: Purple Moon – Yellow Chaitra•Panguni | Moon 3 - Phase 48 3rd Phase Subha Sivaloka Day |
| Creative Work Siddha Yoga Until 7:17PM Then Routine Work - Marana Yoga | | | | | |
| Wednesday, April 1, 2020 | | Retreat Star | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Ashtamyam Titau | Almaty, Kazakhstan Sun 22 Sutra 353 Vikarin 5121 |
| Mithuna Rasi: 12.22 | Tithi 8 | Gulika 11:22AM – 12:58PM Yama 8:11AM – 9:47AM 133933468 Rahu 12:58PM – 2:33PM | Ardra Until 7:53PM Sobhana Until 5:29PM Visti Until 4:26PM Ashtami* Until 4:14AM Thu | Ganesha: Blue <i>Sunrise:</i> 6:36AM Muruqa: Orange <i>Sunset:</i> 7:20PM Nataraja: Purple Moon – Yellow Chaitra•Panguni | Moon 3 - Phase 48 Ashtami Subha Sivaloka Day |
| Creative Work Siddha Yoga | | | | | |
| Thursday, April 2, 2020 | | Retreat Star | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau | Almaty, Kazakhstan Sun 23 Sutra 354 Vikarin 5121 |
| Mithuna Rasi: 25.29 | Tithi 9 | Gulika 9:46AM – 11:22AM Yama 6:34AM – 8:10AM 143933468 Rahu 2:34PM – 4:09PM | Punarvasu Until 7:59PM Athiganda* Until 3:52PM Balava Until 3:51PM Navami* Until 3:13AM Fri | Ganesha: Yellow <i>Sunrise:</i> 6:34AM Muruqa: Orange <i>Sunset:</i> 7:21PM Nataraja: Purple Moon – Blue Chaitra•Panguni | Moon 3 - Phase 48 Navami Sivaloka Day |
| 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


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| 1 | | Friday, April 3, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau | | | Almaty, Kazakhstan Sun 24 Sutra 355 Vikarin 5121 |
| Kataka Rasi: 9.02 | Tithi 10 | Gulika 8:08AM – 9:45AM | Pushya Until 7:08PM | Ganesha: Yellow | <i>Sunrise:</i> 6:32AM | | |
| | | Yama 4:10PM – 5:46PM | Sukarma Until 1:37PM | Muruqa: Orange | <i>Sunset:</i> 7:23PM | | Moon 3 - Phase 49 |
| | | 143933468 Rahu 11:21AM – 12:57PM | Taitila Until 2:26PM | Nataraja: Purple | | | 4th Phase |
| Routine Work | Marana Yoga | | Dashami Until 1:25AM Sat | Moon – Blue | | Sivaloka Day | |
| | | | | | | Chaitra•Panguni | |

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| 2 | | Saturday, April 4, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Ekadashyam Titau | | | Almaty, Kazakhstan Sun 25 Sutra 356 Vikarin 5121 |
| Kataka Rasi: 23.04 | Tithi 11 | Gulika 6:30AM – 8:07AM | Ashlesha* Until 5:24PM | Ganesha: Yellow | <i>Sunrise:</i> 6:30AM | | |
| | | Yama 2:34PM – 4:10PM | Dhriti Until 10:46AM | Muruqa: Orange | <i>Sunset:</i> 7:24PM | | Moon 3 - Phase 49 |
| | | 143933468 Rahu 9:44AM – 11:20AM | Vanija Until 12:15PM | Nataraja: Purple | | | 4th Phase |
| Routine Work | Marana Yoga | | Ekadashi Until 10:54PM | Moon – Blue | | Sivaloka Day | |
| Until 5:24PM | | Yogaswami Mahasamadhi | | | | Chaitra•Panguni | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 3 | | Sunday, April 5, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Dvadashyam Titau | | | Almaty, Kazakhstan Sun 26 Sutra 357 Vikarin 5121 |
| Simha Rasi: 7.34 | Tithi 12 | Gulika 4:11PM – 5:48PM | Magha* Until 3:19PM | Ganesha: White | <i>Sunrise:</i> 6:29AM | | |
| | | Yama 12:57PM – 2:34PM | Shula* Until 7:20AM | Muruqa: Orange | <i>Sunset:</i> 7:25PM | | Moon 3 - Phase 49 |
| | | 153933468 Rahu 5:48PM – 7:25PM | Bava Until 9:25AM | Nataraja: Purple | | | 4th Phase |
| Routine Work | Marana Yoga | | Dvadashi Until 7:47PM | Moon – Red | | Subha Sivaloka Day | |
| Until 3:19PM | | | | | | Chaitra•Panguni | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 4 | | Monday, April 6, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau | | | Almaty, Kazakhstan Sun 27 Sutra 358 Vikarin 5121 |
| Simha Rasi: 22.28 | Tithi 13 – 14 | Gulika 2:34PM – 4:11PM | Purvaphalguni Until 12:38PM | Ganesha: Clear | <i>Sunrise:</i> 6:27AM | | |
| Family Home Evening | | Yama 11:19AM – 12:56PM | Vriddhi Until 11:21PM | Muruqa: Orange | <i>Sunset:</i> 7:26PM | | Moon 3 - Phase 49 |
| Creative Work | Siddha Yoga | 154933468 Rahu 8:04AM – 9:42AM | Kaulava Until 6:05AM | Nataraja: Purple | | | 4th Phase |
| | | | Trayodashi Until 4:15PM | Moon – Red | | Sivaloka Day | |
| | | | | | | Chaitra•Panguni | |
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Pradosha Vrata

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|  | | Tuesday, April 7, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashil/Purnimayam Titau | | | Almaty, Kazakhstan Sutra 359 Vikarin 5121 |
| Kanya Rasi: 7.39 | Tithi 14 – 15 | Gulika 12:56PM – 2:34PM | Uttaraphalguni Until 9:32AM | Ganesha: Clear | <i>Sunrise:</i> 6:25AM | | |
| | | Yama 9:41AM – 11:18AM | Dhruva Until 7:01PM | Muruqa: Orange | <i>Sunset:</i> 7:27PM | | Moon 3 - Phase 49 |
| | | 154933468 Rahu 4:12PM – 5:49PM | Visti Until 10:31PM | Nataraja: Purple | | | Purnima |
| Creative Work | Amrita Yoga | | Chaturdashi* Until 12:27PM | Moon – Red | | Sivaloka Day | |
| Until 9:32AM | | Panguni Uttiram | | | | Chaitra•Panguni | |
| Then Creative Work - Siddha Yoga | | Hanuman Jayanti | | | | | |

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| Wednesday, April 8, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | Almaty, Kazakhstan Sutra 360 Vikarin 5121 | | |
| Silver Retreat Star | | Gulika 11:18AM – 12:56PM | Hasta Until 6:34AM | Ganesha: Purple | <i>Sunrise:</i> 6:23AM | | |
| Kanya Rasi: 22.58 | Tithi 15 – 16 | Yama 8:01AM – 9:40AM | Vyaghata* Until 2:40PM | Muruqa: Clear | <i>Sunset:</i> 7:28PM | | Moon 3 - Phase 49 |
| | | 164934468 Rahu 12:56PM – 2:34PM | Balava Until 6:39PM | Nataraja: Purple | | | Prathama |
| Routine Work | Marana Yoga | | Purnima* Until 8:33AM | Moon – Green | | Devaloka Day | |
| Until 6:34AM | | | | | | Chaitra•Panguni | |
| Then Creative Work - Siddha Yoga | | | | | | | |



Thursday, April 9, 2020
Gold Retreat Star

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam
Svati Nakshatra Harshana/Vajra* Yoga Taitila/Gara Karana Dvitiyayam Titau

Almaty, Kazakhstan
Sutra 361
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Tula Rasi: 8.12 Tithi 17

164934468

Gulika 9:39AM – 11:17AM
Yama 6:22AM – 8:00AM
Rahu 2:34PM – 4:13PM

Svati Until 12:39AM Fri
Harshana Until 10:27AM
Taitila Until 2:57PM
Dvitiya Until 1:12AM Fri

Ganesha: Purple *Sunrise:* 6:22AM
Muruqa: Clear *Sunset:* 7:30PM
Nataraja: Purple
Moon – Green
Chaitra•Panguni

Devaloka Day

Creative Work Amrita Yoga
Until 12:39AM Fri
Then Creative Work - Siddha Yoga

1

Friday, April 10, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam
Vishakha Nakshatra Vajra*/Siddhi Yoga Vanija/Visti* Karana Tritiyayam Titau

Almaty, Kazakhstan
Sun 1 Sutra 362
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Tula Rasi: 23.13 Tithi 18

174134468

Gulika 7:59AM – 9:38AM
Yama 4:13PM – 5:52PM
Rahu 11:16AM – 12:55PM

Vishakha Until 10:27PM
Vajra* Until 6:28AM
Vanija Until 11:36AM
Tritiya Until 10:06PM

Ganesha: Yellow *Sunrise:* 6:20AM
Muruqa: Clear *Sunset:* 7:31PM
Nataraja: Purple
Moon – Orange
Chaitra•Panguni

Sivaloka Day

Creative Work Siddha Yoga

2

Saturday, April 11, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam
Anuradha Nakshatra Vyatipata* Yoga Bava/Balava Karana Chaturthayam Titau

Almaty, Kazakhstan
Sun 2 Sutra 363
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Virschika Rasi: 7.53 Tithi 19

174134468

Gulika 6:18AM – 7:57AM
Yama 2:34PM – 4:13PM
Rahu 9:37AM – 11:16AM

Anuradha Until 8:43PM
Vyatipata* Until 11:51PM
Bava Until 8:46AM
Chaturthi* Until 7:34PM

Ganesha: Yellow *Sunrise:* 6:18AM
Muruqa: Clear *Sunset:* 7:32PM
Nataraja: Purple
Moon – Orange
Chaitra•Panguni

Sivaloka Day

Creative Work Siddha Yoga

3

Sunday, April 12, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam
Jyeshtha* Nakshatra Variyan Yoga Kaulava/Gara Karana Panchami/Shashthyam Titau

Almaty, Kazakhstan
Sun 3 Sutra 364
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Virschika Rasi: 22.05 Tithi 20 – 21

174134468

Gulika 4:14PM – 5:53PM
Yama 12:55PM – 2:34PM
Rahu 5:53PM – 7:33PM

Jyeshtha* Until 7:33PM
Variyan Until 9:23PM
Kaulava Until 6:36AM
Panchami Until 5:47PM

Ganesha: Yellow *Sunrise:* 6:17AM
Muruqa: Clear *Sunset:* 7:33PM
Nataraja: Purple
Moon – Orange
Chaitra•Panguni

Sivaloka Day

Routine Work Marana Yoga
Until 7:33PM
Then Creative Work - Amrita Yoga

4

Monday, April 13, 2020

Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam
Mula* Nakshatra Parigha* Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Almaty, Kazakhstan
Sun 4 Sutra 1
Sarvari 5122
Moon 4 - Phase 50
1st Phase

Dhanus Rasi: 5.49 Tithi 21 – 22

184134468

Gulika 2:34PM – 4:14PM
Yama 11:15AM – 12:55PM
Rahu 7:55AM – 9:35AM

Mula* Until 7:31PM
Parigha* Until 7:36PM
Visti Until 4:39AM Tue
Shashthi* Until 4:48PM

Ganesha: Blue *Sunrise:* 6:15AM
Muruqa: Clear *Sunset:* 7:34PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Devaloka Day

Family Home Evening
Creative Work Siddha Yoga
Until 7:31PM
Then Routine Work - Marana Yoga

5

Tuesday, April 14, 2020

Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam
Purvashadha* Nakshatra Shiva Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Almaty, Kazakhstan
Sun 5 Sutra 2
Sarvari 5122
Moon 4 - Phase 50
1st Phase

Dhanus Rasi: 19.03 Tithi 22 – 23

284134468

Gulika 12:54PM – 2:35PM
Yama 9:34AM – 11:14AM
Rahu 4:15PM – 5:55PM

Purvashadha* Until 8:09PM
Shiva Until 6:30PM
Balava Until 4:57AM Wed
Saptami Until 4:41PM

Ganesha: Yellow *Sunrise:* 6:13AM
Muruqa: Clear *Sunset:* 7:35PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Sivaloka Day

Creative Work Siddha Yoga
Until 8:09PM
Then Routine Work - Prabalarishta Yoga

D

Wednesday, April 15, 2020

Retreat Star

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

Almaty, Kazakhstan
Sun 6 Sutra 3
Sarvari 5122
Moon 4 - Phase 50
Ashtami

Makara Rasi: 1.52 Tithi 23 – 24

284134468

Gulika 11:13AM – 12:54PM
Yama 7:52AM – 9:33AM
Rahu 12:54PM – 2:35PM

Uttarashadha Until 9:24PM
Siddha Until 6:00PM
Taitila Until 5:59AM Thu
Ashtami* Until 5:22PM

Ganesha: Yellow *Sunrise:* 6:12AM
Muruqa: Clear *Sunset:* 7:36PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Sivaloka Day

Creative Work Amrita Yoga
Until 9:24PM
Then Creative Work - Siddha Yoga

Thursday, April 16, 2020

Retreat Star

Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam
Shravana Nakshatra Sadhya Yoga Gara Karana Navamyam Titau

Almaty, Kazakhstan
Sun 7 Sutra 4
Sarvari 5122
Moon 4 - Phase 50
Navami

Makara Rasi: 14.2 Tithi 24

294134468

Gulika 9:32AM – 11:13AM
Yama 6:10AM – 7:51AM
Rahu 2:35PM – 4:16PM

Shravana Until 11:36PM
Sadhya Until 6:02PM
Gara Until 6:44PM
Navami* Until 6:44PM

Ganesha: Blue *Sunrise:* 6:10AM
Muruqa: Clear *Sunset:* 7:38PM
Nataraja: Purple
Moon – Purple
Chaitra•Chaitra

Devaloka Day

Creative Work Siddha Yoga
Chidambaram Abhishekam

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|----------------------------------|---------------|---|---|--|------------------------|---------------------------------------|------------------|
| 1 | | Friday, April 17, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Vanija/Visti* Karana Dashamyam Titau | | Almaty, Kazakhstan Sun 8 Sutra 5 | |
| Makara Rasi: 26.33 | Tithi 25 | Gulika 7:50AM – 9:31AM | Dhanishtha Until 2:07AM Sat | Ganesha: Blue | <i>Sunrise:</i> 6:08AM | | Sarvari 5122 |
| | | Yama 4:16PM – 5:57PM | Subha Until 6:30PM | Muruqa: Clear | <i>Sunset:</i> 7:39PM | | Moon 4 - Phase 1 |
| | | 294134468 Rahu 11:12AM – 12:54PM | Vanija Until 7:38AM | Nataraja: Purple | | | 2nd Phase |
| Creative Work | Siddha Yoga | | Dashami Until 8:37PM | Moon – Purple | | Devaloka Day | |
| Until 2:07AM Sat | | | | Chaitra+Chaitra | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |
| 2 | | Saturday, April 18, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mantra Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Bava/Balava Karana Ekadashyam Titau | | Almaty, Kazakhstan Sun 9 Sutra 6 | |
| Kumbha Rasi: 8.35 | Tithi 26 | Gulika 6:07AM – 7:48AM | Shatabhishak Until 4:46AM Sun | Ganesha: Yellow | <i>Sunrise:</i> 6:07AM | | Sarvari 5122 |
| | | Yama 2:35PM – 4:17PM | Sukla Until 7:12PM | Muruqa: Clear | <i>Sunset:</i> 7:40PM | | Moon 4 - Phase 1 |
| | | 295134468 Rahu 9:30AM – 11:12AM | Bava Until 9:43AM | Nataraja: Purple | | | 2nd Phase |
| Creative Work | Amrita Yoga | | Ekadashi* Until 10:51PM | Moon – Purple | | Sivaloka Day | |
| Until 4:46AM Sun | | | | Chaitra+Chaitra | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |
| 3 | | Sunday, April 19, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Kaulava/Taitila Karana Dvadashyam Titau | | Almaty, Kazakhstan Sun 10 Sutra 7 | |
| Kumbha Rasi: 20.31 | Tithi 27 | Gulika 4:17PM – 5:59PM | Purvaproshtapada* Until 7:53AM Mon | Ganesha: Yellow | <i>Sunrise:</i> 6:05AM | | Sarvari 5122 |
| | | Yama 12:53PM – 2:35PM | Brahma Until 8:04PM | Muruqa: Clear | <i>Sunset:</i> 7:41PM | | Moon 4 - Phase 1 |
| | | 215134468 Rahu 5:59PM – 7:41PM | Kaulava Until 12:03PM | Nataraja: Purple | | | 2nd Phase |
| Creative Work | Siddha Yoga | | Dvadashi* Until 1:15AM Mon | Moon – Clear | | Sivaloka Day | |
| Until 7:53AM | | | | Chaitra+Chaitra | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |
| 4 | | Monday, April 20, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada*Uttaraproshtapada Nakshatra Indra Yoga Gara/Vanija Karana Trayodashyam Titau | | Almaty, Kazakhstan Sun 11 Sutra 8 | |
| Meena Rasi: 2.23 | Tithi 28 | Gulika 2:35PM – 4:18PM | Purvaproshtapada* Until 7:53AM | Ganesha: Yellow | <i>Sunrise:</i> 6:03AM | | Sarvari 5122 |
| Family Home Evening | | Yama 11:11AM – 12:53PM | Indra Until 9:00PM | Muruqa: Clear | <i>Sunset:</i> 7:42PM | | Moon 4 - Phase 1 |
| Routine Work | Marana Yoga | 215134468 Rahu 7:46AM – 9:28AM | Gara Until 2:30PM | Nataraja: Purple | | | 2nd Phase |
| Until 7:53AM | | | Trayodashi* Until 3:42AM Tue | Moon – Clear | | Sivaloka Day | |
| Then Creative Work - Siddha Yoga | | | | Chaitra+Chaitra | | | |
| | | | <i>Pradosha Vrata (Fasting)</i> | | | | |
| 5 | | Tuesday, April 21, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada*Revati Nakshatra Vaidhriti* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | Almaty, Kazakhstan Sun 12 Sutra 9 | |
| Meena Rasi: 14.16 | Tithi 29 | Gulika 12:53PM – 2:35PM | Uttaraproshtapada Until 10:51AM | Ganesha: Yellow | <i>Sunrise:</i> 6:02AM | | Sarvari 5122 |
| | | Yama 9:27AM – 11:10AM | Vaidhriti* Until 9:53PM | Muruqa: Clear | <i>Sunset:</i> 7:43PM | | Moon 4 - Phase 1 |
| | | 215134468 Rahu 4:18PM – 6:01PM | Visti Until 4:56PM | Nataraja: Purple | | | 2nd Phase |
| Creative Work | Amrita Yoga | | Chaturdashi* Until 6:06AM Wed | Moon – Clear | | Sivaloka Day | |
| Until 10:51AM | | | | Chaitra+Chaitra | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |
| Retreat Star | | Wednesday, April 22, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | Almaty, Kazakhstan Sun 13 Sutra 10 | |
| Meena Rasi: 26.08 | Tithi 29 – 30 | Gulika 11:09AM – 12:52PM | Revati Until 1:35PM | Ganesha: Yellow | <i>Sunrise:</i> 6:00AM | | Sarvari 5122 |
| | | Yama 7:43AM – 9:26AM | Vishkambha* Until 10:43PM | Muruqa: Clear | <i>Sunset:</i> 7:45PM | | Moon 4 - Phase 1 |
| | | 215134468 Rahu 12:52PM – 2:36PM | Catuspada Until 7:17PM | Nataraja: Purple | | | Amavasya |
| Routine Work | Marana Yoga | | Chaturdashi* Until 6:06AM | Moon – Clear | | Sivaloka Day | |
| | | | | Chaitra+Chaitra | | | |
| Retreat Star | | Thursday, April 23, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | Almaty, Kazakhstan Sun 14 Sutra 11 | |
| Mesha Rasi: 8.04 | Tithi 30 – 1 | Gulika 9:26AM – 11:09AM | Ashvini Until 4:31PM | Ganesha: Red | <i>Sunrise:</i> 5:59AM | | Sarvari 5122 |
| | | Yama 5:59AM – 7:42AM | Priti Until 11:27PM | Muruqa: Clear | <i>Sunset:</i> 7:46PM | | Moon 4 - Phase 1 |
| | | 225134468 Rahu 2:36PM – 4:19PM | Kintughna Until 9:29PM | Nataraja: Purple | | | Prathama |
| Creative Work | Amrita Yoga | | Amavasya* Until 8:23AM | Moon – White | | Sivaloka Day | |
| Until 4:31PM | | | | Vaisaka+Chaitra | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 1 | Friday, April 24, 2020 | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | | | Almaty, Kazakhstan Sun 15 Sutra 12 |
| | Mesha Rasi: 20.04 Tithi 1 – 2 | Gulika 7:41AM – 9:25AM | Bharani Until 7:06PM | Ganesha: Red <i>Sunrise:</i> 5:57AM | <i>Sunset:</i> 7:47PM | Sarvari 5122 |
| | 225134469 | Yama 4:20PM – 6:03PM | Ayushman Until 11:59PM | Muruḡa: Clear | | Moon 4 - Phase 2 |
| | Creative Work Siddha Yoga | Rahu 11:08AM – 12:52PM | Balava Until 11:28PM | Nataraja: Clear | | 3rd Phase |
| | | Prathama* Until 10:29AM | Vaisaka-Chaitra | Devaloka Day | | |

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| 2 | Saturday, April 25, 2020 | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | | | Almaty, Kazakhstan Sun 16 Sutra 13 |
| | Vrishabha Rasi: 2.09 Tithi 2 – 3 | Gulika 5:56AM – 7:40AM | Krittika Until 9:16PM | Ganesha: Red <i>Sunrise:</i> 5:56AM | <i>Sunset:</i> 7:48PM | Sarvari 5122 |
| | 225134469 | Yama 2:36PM – 4:20PM | Saubhagya Until 12:19AM Sun | Muruḡa: Clear | | Moon 4 - Phase 2 |
| | Creative Work Amrita Yoga | Rahu 9:24AM – 11:08AM | Taitila Until 1:11AM Sun | Nataraja: Clear | | 3rd Phase |
| | | Dvitiya Until 12:21PM | Vaisaka-Chaitra | Devaloka Day | | |

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| 3 | Sunday, April 26, 2020 | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | | | Almaty, Kazakhstan Sun 17 Sutra 14 |
| | Vrishabha Rasi: 14.22 Tithi 3 – 4 | Gulika 4:21PM – 6:05PM | Rohini Until 11:26PM | Ganesha: Yellow <i>Sunrise:</i> 5:54AM | <i>Sunset:</i> 7:49PM | Sarvari 5122 |
| | 235134469 | Yama 12:52PM – 4:36PM | Sobhana Until 12:24AM Mon | Muruḡa: Clear | | Moon 4 - Phase 2 |
| | Creative Work Siddha Yoga | Rahu 6:05PM – 7:49PM | Vanija Until 2:32AM Mon | Nataraja: Clear | | 3rd Phase |
| | Akshaya Tritiya | Tritiya Until 1:53PM | Vaisaka-Chaitra | Devaloka Day | | |

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| 4 | Monday, April 27, 2020 | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | | | Almaty, Kazakhstan Sun 18 Sutra 15 |
| | Vrishabha Rasi: 26.43 Tithi 4 – 5 | Gulika 2:36PM – 4:21PM | Mrigashira Until 1:00AM Tue | Ganesha: Yellow <i>Sunrise:</i> 5:53AM | <i>Sunset:</i> 7:50PM | Sarvari 5122 |
| | 235134469 | Yama 11:07AM – 12:52PM | Athiganda* Until 12:07AM Tue | Muruḡa: Clear | | Moon 4 - Phase 2 |
| | Creative Work Amrita Yoga | Rahu 7:37AM – 9:22AM | Bava Until 3:27AM Tue | Nataraja: Clear | | 3rd Phase |
| Until 1:00AM Tue Then Routine Work - Marana Yoga | | Chaturthi* Until 3:02PM | Vaisaka-Chaitra | Devaloka Day | | |

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| 5 | Tuesday, April 28, 2020 | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | | | Almaty, Kazakhstan Sun 19 Sutra 16 |
| | Mithuna Rasi: 9.17 Tithi 5 – 6 | Gulika 12:51PM – 2:36PM | Ardra Until 1:55AM Wed | Ganesha: Blue <i>Sunrise:</i> 5:51AM | <i>Sunset:</i> 7:52PM | Sarvari 5122 |
| | 236134469 | Yama 9:21AM – 11:06AM | Sukarma Until 11:27PM | Muruḡa: Clear | | Moon 4 - Phase 2 |
| | Routine Work Marana Yoga | Rahu 4:22PM – 6:07PM | Kaulava Until 3:49AM Wed | Nataraja: Clear | | 3rd Phase |
| Until 1:55AM Wed Then Creative Work - Siddha Yoga | Adi Sankara Jayanthi | Panchami Until 3:41PM | Vaisaka-Chaitra | Bhuloka Day Devaloka Time: 3:PM to 6:PM | | |

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| 6 | Wednesday, April 29, 2020 | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | | Almaty, Kazakhstan Sun 20 Sutra 17 |
| | Mithuna Rasi: 22.06 Tithi 6 – 7 | Gulika 11:06AM – 12:51PM | Punarvasu Until 2:33AM Thu | Ganesha: Yellow <i>Sunrise:</i> 5:50AM | <i>Sunset:</i> 7:53PM | Sarvari 5122 |
| | 246134469 | Yama 7:35AM – 9:21AM | Dhriti Until 10:19PM | Muruḡa: Clear | | Moon 4 - Phase 2 |
| | Creative Work Siddha Yoga | Rahu 12:51PM – 2:37PM | Gara Until 3:34AM Thu | Nataraja: Clear | | 3rd Phase |
| Until 2:33AM Thu Then Creative Work - Amrita Yoga | | Shashthi* Until 3:45PM | Vaisaka-Chaitra | Devaloka Day | | |

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| D | Thursday, April 30, 2020 | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | | | Almaty, Kazakhstan Sun 21 Sutra 18 |
| | Retreat Star | Gulika 9:20AM – 11:05AM | Pushya Until 2:23AM Fri | Ganesha: Yellow <i>Sunrise:</i> 5:48AM | <i>Sunset:</i> 7:54PM | Sarvari 5122 |
| | Kataka Rasi: 5.14 Tithi 7 – 8 | Yama 5:48AM – 7:34AM | Shula* Until 8:39PM | Muruḡa: Clear | | Moon 4 - Phase 2 |
| | 246134469 | Rahu 2:37PM – 4:23PM | Visti Until 2:40AM Fri | Nataraja: Clear | | Ashtami |
| Creative Work Amrita Yoga | | Saptami Until 3:11PM | Vaisaka-Chaitra | Devaloka Day | | |
| Until 2:23AM Fri Then Routine Work - Marana Yoga | | | | | | |

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| D | Friday, May 1, 2020 | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | | Almaty, Kazakhstan Sun 22 Sutra 19 |
| | Retreat Star | Gulika 7:32AM – 9:18AM | Ashlesha* Until 1:24AM Sat | Ganesha: Yellow <i>Sunrise:</i> 5:46AM | <i>Sunset:</i> 7:56PM | Sarvari 5122 |
| | Kataka Rasi: 18.43 Tithi 8 – 9 | Yama 4:24PM – 6:10PM | Ganda* Until 6:27PM | Muruḡa: Clear | | Moon 4 - Phase 2 |
| | 246134469 | Rahu 11:05AM – 12:51PM | Balava Until 1:06AM Sat | Nataraja: Clear | | Navami |
| Routine Work Marana Yoga | | Ashtami* Until 1:57PM | Vaisaka-Chaitra | Devaloka Day | | |
| Until 1:24AM Sat Then Creative Work - Amrita Yoga | | | | | | |

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


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| 1 | | Saturday, May 2, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | Almaty, Kazakhstan Sun 23 Sutra 20 | |
| Simha Rasi: 2.35 | Tithi 9 – 10 | Gulika 5:44AM – 7:31AM | Magha* Until 12:06AM Sun | Ganesha: White | <i>Sunrise:</i> 5:44AM | Sarvari 5122 | |
| | | Yama 2:37PM – 4:24PM | Vriddhi Until 3:45PM | Muruqa: Clear | <i>Sunset:</i> 7:57PM | Moon 4 - Phase 3 | |
| | 256134469 | Rahu 9:18AM – 11:04AM | Taitila Until 10:55PM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Amrita Yoga | | Navami* Until 12:04PM | Moon – Red | | Bhuloka Day | |
| Until 12:06AM Sun | | | | Vaisaka*Chaitra | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 2 | | Sunday, May 3, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | Almaty, Kazakhstan Sun 24 Sutra 21 | |
| Simha Rasi: 16.52 | Tithi 10 – 11 | Gulika 4:25PM – 6:12PM | Purvaphalguni Until 10:08PM | Ganesha: White | <i>Sunrise:</i> 5:43AM | Sarvari 5122 | |
| | | Yama 12:51PM – 2:38PM | Dhruva Until 12:34PM | Muruqa: Clear | <i>Sunset:</i> 7:58PM | Moon 4 - Phase 3 | |
| | 256134469 | Rahu 6:12PM – 7:58PM | Vanija Until 8:11PM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | Dashami Until 9:36AM | Moon – Red | | Bhuloka Day | |
| Until 10:08PM | | | | Vaisaka*Chaitra | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 3 | | Monday, May 4, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Visti*/Balava Karana Ekadashi/Dvodashyam Titau | | Almaty, Kazakhstan Sun 25 Sutra 22 | |
| Kanya Rasi: 1.29 | Tithi 11 – 12 | Gulika 2:38PM – 4:25PM | Uttaraphalguni Until 7:36PM | Ganesha: Clear | <i>Sunrise:</i> 5:42AM | Sarvari 5122 | |
| Family Home Evening | | Yama 11:03AM – 12:51PM | Vyaghata* Until 9:00AM | Muruqa: Clear | <i>Sunset:</i> 8:00PM | Moon 4 - Phase 3 | |
| | 256234469 | Rahu 7:29AM – 9:16AM | Balava Until 3:20AM Tue | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | Ekadashi Until 6:38AM | Moon – Red | | Devaloka Day | |
| | | | | Vaisaka*Chaitra | | | |

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| 4 | | Tuesday, May 5, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau | | Almaty, Kazakhstan Sun 26 Sutra 23 | |
| Kanya Rasi: 16.23 | Tithi 13 | Gulika 12:51PM – 2:38PM | Hasta Until 5:05PM | Ganesha: Clear | <i>Sunrise:</i> 5:40AM | Sarvari 5122 | |
| | | Yama 9:15AM – 11:03AM | Vajra* Until 1:09AM Wed | Muruqa: Clear | <i>Sunset:</i> 8:01PM | Moon 4 - Phase 3 | |
| | 267234469 | Rahu 4:26PM – 6:13PM | Kaulava Until 1:36PM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | Trayodashi Until 11:48PM | Moon – Green | | Devaloka Day | |
| | | | | Vaisaka*Chaitra | | | |
| | | | | <i>Pradosha Vrata</i> | | | |

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| 5 | | Wednesday, May 6, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau | | Almaty, Kazakhstan Sun 27 Sutra 24 | |
| Tula Rasi: 1.26 | Tithi 14 | Gulika 11:03AM – 12:50PM | Chitra Until 2:19PM | Ganesha: Clear | <i>Sunrise:</i> 5:39AM | Sarvari 5122 | |
| | | Yama 7:27AM – 9:15AM | Siddhi Until 9:06PM | Muruqa: Clear | <i>Sunset:</i> 8:02PM | Moon 4 - Phase 3 | |
| | 267234469 | Rahu 12:50PM – 2:38PM | Gara Until 10:02AM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 8:14PM | Moon – Green | | Devaloka Day | |
| | | | | Vaisaka*Chaitra | | | |

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|  | | Thursday, May 7, 2020 | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Visti*/Balava Karana Purnima/Prathamayam Titau | | Almaty, Kazakhstan Sutra 25 | |
| Tula Rasi: 16.29 | Tithi 15 – 16 | Gulika 9:14AM – 11:02AM | Svati Until 11:28AM | Ganesha: Clear | <i>Sunrise:</i> 5:38AM | Sarvari 5122 | |
| | | Yama 5:38AM – 7:26AM | Vyatipata* Until 5:09PM | Muruqa: Clear | <i>Sunset:</i> 8:03PM | Moon 4 - Phase 3 | |
| | 267234469 | Rahu 2:39PM – 4:27PM | Visti Until 6:29AM | Nataraja: Clear | | Purnima | |
| Creative Work | Amrita Yoga | | Purnima* Until 4:45PM | Moon – Green | | Devaloka Day | |
| Until 11:28AM | | Budha Purnima (Tamil Nadu) | | Vaisaka*Chaitra | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| Friday, May 8, 2020 | | Silver Retreat Star | | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau | | Almaty, Kazakhstan Sutra 26 | |
| Vrischika Rasi: 1.24 | Tithi 16 – 17 | Gulika 7:25AM – 9:13AM | Vishakha Until 9:08AM | Ganesha: Purple | <i>Sunrise:</i> 5:37AM | Sarvari 5122 | |
| | | Yama 4:27PM – 6:16PM | Variyan Until 1:25PM | Muruqa: Clear | <i>Sunset:</i> 8:04PM | Moon 4 - Phase 3 | |
| | 277234469 | Rahu 11:02AM – 12:50PM | Taitila Until 12:07AM Sat | Nataraja: Clear | | Prathama | |
| Creative Work | Siddha Yoga | | Prathama* Until 1:33PM | Moon – Orange | | Bhuloka Day | |
| | | | | Vaisaka*Chaitra | | 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