



**Sunday, April 21, 2019**  
**Gold Retreat Star**

Vrischika Rasi: 0.11 Tithi 17 – 18

274483468

Routine Work Marana Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Vyatipata\* Yoga Gara/Vanija Karana Dvitiya/Triliyayam Titau

**Gulika** 3:41PM – 5:29PM  
**Yama** 12:05PM – 1:53PM  
**Rahu** 5:29PM – 7:17PM

**Vishakha** **Until 11:28AM**  
**Vyatipata\*** **Until 9:59PM**  
**Vanija** **Until 6:23PM**  
**Dvitiya** **Until 7:01AM**

**Ganesha:** Blue *Sunrise: 4:53AM*  
**Muruqa:** Yellow *Sunset: 7:17PM*  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Chaitra**

Bradford, UK  
Sutra 7  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**1**

**Monday, April 22, 2019**

Vrischika Rasi: 13.46 Tithi 19

**Family Home Evening**

Creative Work Siddha Yoga

274483468

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

**Gulika** 1:53PM – 3:42PM  
**Yama** 10:16AM – 12:05PM  
**Rahu** 6:40AM – 8:28AM

**Anuradha** **Until 11:13AM**  
**Variyan** **Until 8:23PM**  
**Bava** **Until 5:39PM**  
**Chaturthi\*** **Until 5:33AM Tue**

**Ganesha:** Blue *Sunrise: 4:51AM*  
**Muruqa:** Yellow *Sunset: 7:19PM*  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Chaitra**

Bradford, UK  
Sun 1  
Sutra 8  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**2**

**Tuesday, April 23, 2019**

Vrischika Rasi: 26.54 Tithi 20

Routine Work Marana Yoga

Until 11:35AM

Then Creative Work - Amrita Yoga

274483468

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

**Gulika** 12:05PM – 1:54PM  
**Yama** 8:27AM – 10:16AM  
**Rahu** 3:43PM – 5:32PM

**Jyeshtha\*** **Until 11:35AM**  
**Parigha\*** **Until 7:27PM**  
**Kaulava** **Until 5:43PM**  
**Panchami** **Until 6:02AM Wed**

**Ganesha:** Blue *Sunrise: 4:49AM*  
**Muruqa:** Yellow *Sunset: 7:20PM*  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Chaitra**

Bradford, UK  
Sun 2  
Sutra 9  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**3**

**Wednesday, April 24, 2019**

Dhanus Rasi: 9.38 Tithi 20 – 21

Routine Work Marana Yoga

Until 1:04PM

Then Creative Work - Amrita Yoga

284483468

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

**Gulika** 10:15AM – 12:05PM  
**Yama** 6:36AM – 8:26AM  
**Rahu** 12:05PM – 1:54PM

**Mula\*** **Until 1:04PM**  
**Shiva** **Until 7:09PM**  
**Gara** **Until 6:36PM**  
**Panchami** **Until 6:02AM**

**Ganesha:** Yellow *Sunrise: 4:47AM*  
**Muruqa:** Yellow *Sunset: 7:22PM*  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

Bradford, UK  
Sun 3  
Sutra 10  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Sivaloka Day**

**4**

**Thursday, April 25, 2019**

Dhanus Rasi: 22.01 Tithi 21 – 22

Creative Work Siddha Yoga

Until 3:08PM

Then Routine Work - Marana Yoga

284483469

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

**Gulika** 8:24AM – 10:14AM  
**Yama** 4:45AM – 6:34AM  
**Rahu** 1:54PM – 3:44PM

**Purvashadha\*** **Until 3:08PM**  
**Siddha** **Until 7:23PM**  
**Visti** **Until 8:12PM**  
**Shashthi\*** **Until 7:18AM**

**Ganesha:** Yellow *Sunrise: 4:45AM*  
**Muruqa:** Yellow *Sunset: 7:24PM*  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra+Chaitra**

Bradford, UK  
Sun 4  
Sutra 11  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**5**

**Friday, April 26, 2019**

**Retreat Star**

Makara Rasi: 4.08 Tithi 22 – 23

Routine Work Marana Yoga

284583469

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

**Gulika** 6:33AM – 8:23AM  
**Yama** 3:45PM – 5:35PM  
**Rahu** 10:14AM – 12:04PM

**Uttarashadha** **Until 5:35PM**  
**Sadhya** **Until 8:04PM**  
**Balava** **Until 10:22PM**  
**Saptami** **Until 9:13AM**

**Ganesha:** Red *Sunrise: 4:42AM*  
**Muruqa:** Yellow *Sunset: 7:26PM*  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra+Chaitra**

Bradford, UK  
Sun 5  
Sutra 12  
Vikarin 5121  
Moon 4 - Phase 2  
Ashtami

**Devaloka Day**

**Saturday, April 27, 2019**

**Retreat Star**

Makara Rasi: 16.04 Tithi 23 – 24

Creative Work Siddha Yoga

294583469

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

**Gulika** 4:40AM – 6:31AM  
**Yama** 1:55PM – 3:46PM  
**Rahu** 8:22AM – 10:13AM

**Shravana** **Until 8:44PM**  
**Subha** **Until 9:01PM**  
**Taitila** **Until 12:51AM Sun**  
**Ashtami\*** **Until 11:34AM**

**Ganesha:** Green *Sunrise: 4:40AM*  
**Muruqa:** Yellow *Sunset: 7:28PM*  
**Nataraja:** Clear  
Moon – Purple  
**Chaitra+Chaitra**

Bradford, UK  
Sun 6  
Sutra 13  
Vikarin 5121  
Moon 4 - Phase 2  
Navami

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

<b>1 Sunday, April 28, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Dhanishtha Nakshatra Sukla Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Bradford, UK Sun 7 Sutra 14 Vikarin 5121
Makara Rasi: 27.53	Tithi 24 – 25	<b>Gulika</b> 3:47PM – 5:38PM	<b>Dhanishtha</b> <b>Until 11:48PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:38AM	
		Yama 12:04PM – 1:55PM	Sukla <b>Until 10:01PM</b>	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:30PM	Moon 4 - Phase 3
	294583469	<b>Rahu</b> 5:38PM – 7:30PM	Vanija <b>Until 3:24AM Mon</b>	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga		<b>Navami*</b> <b>Until 2:06PM</b>	Moon – Purple		
Until 11:48PM				<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>2 Monday, April 29, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yukhtayam Shatabhishak Nakshatra Brahma Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Bradford, UK Sun 8 Sutra 15 Vikarin 5121
Kumbha Rasi: 9.43	Tithi 25 – 26	<b>Gulika</b> 1:56PM – 3:48PM	<b>Shatabhishak</b> <b>Until 2:34AM Tue</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:36AM	
<b>Family Home Evening</b>		Yama 10:12AM – 12:04PM	Brahma <b>Until 10:57PM</b>	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:31PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	294583469 <b>Rahu</b> 6:28AM – 8:20AM	Bava <b>Until 5:46AM Tue</b>	<b>Nataraja:</b> Clear		2nd Phase
Until 2:34AM Tue			<b>Dashami</b> <b>Until 4:36PM</b>	Moon – Purple		
Then Routine Work - Marana Yoga				<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM

<b>3 Tuesday, April 30, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yukhtayam Purvaproshtapada* Nakshatra Indra Yoga Balava Karana Ekadashyam Titau				Bradford, UK Sun 9 Sutra 16 Vikarin 5121
Kumbha Rasi: 21.37	Tithi 26	<b>Gulika</b> 12:04PM – 1:56PM	<b>Purvaproshtapada*</b> <b>Until 5:21AM Wed</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:34AM	
		Yama 8:19AM – 10:11AM	Indra <b>Until 11:39PM</b>	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:33PM	Moon 4 - Phase 3
	214583469	<b>Rahu</b> 3:48PM – 5:41PM	Balava <b>Until 6:49PM</b>	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga		<b>Ekadashi*</b> <b>Until 6:49PM</b>	Moon – Clear		
Until 5:21AM Wed				<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>4 Wednesday, May 1, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yukhtayam Uttaraproshtapada Nakshatra Vaidhriti* Yoga Kaulava/Tailita Karana Dvadashyam Titau				Bradford, UK Sun 10 Sutra 17 Vikarin 5121
Meena Rasi: 3.39	Tithi 27	<b>Gulika</b> 10:11AM – 12:03PM	<b>Uttaraproshtapada</b> <b>Until 7:31AM Thu</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:32AM	
		Yama 6:25AM – 8:18AM	Vaidhriti* <b>Until 11:59PM</b>	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:35PM	Moon 4 - Phase 3
	214583469	<b>Rahu</b> 12:03PM – 1:56PM	Kaulava <b>Until 7:47AM</b>	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi*</b> <b>Until 8:36PM</b>	Moon – Clear		
				<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM

<b>5 Thursday, May 2, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yukhtayam Uttaraproshtapada/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Bradford, UK Sun 11 Sutra 18 Vikarin 5121
Meena Rasi: 15.52	Tithi 28	<b>Gulika</b> 8:17AM – 10:10AM	<b>Uttaraproshtapada</b> <b>Until 7:31AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:30AM	
		Yama 4:30AM – 6:23AM	Vishkambha* <b>Until 11:56PM</b>	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:37PM	Moon 4 - Phase 3
	215583469	<b>Rahu</b> 1:57PM – 3:50PM	Gara <b>Until 9:19AM</b>	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> <b>Until 9:52PM</b>	Moon – Clear		
Until 9:01AM				<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

*Pradosha Vrata (Fasting)*

<b>6 Friday, May 3, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yukhtayam Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Bradford, UK Sun 12 Sutra 19 Vikarin 5121
Meena Rasi: 28.19	Tithi 29	<b>Gulika</b> 6:22AM – 8:16AM	<b>Revati</b> <b>Until 9:01AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:28AM	
		Yama 3:51PM – 5:45PM	Priti <b>Until 11:28PM</b>	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:38PM	Moon 4 - Phase 3
	215583469	<b>Rahu</b> 10:09AM – 12:03PM	Visti <b>Until 10:19AM</b>	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> <b>Until 10:36PM</b>	Moon – Clear		
Until 9:01AM				<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Bradford, UK Sun 13 Sutra 20 Vikarin 5121
Mesha Rasi: 11.01	Tithi 30	<b>Gulika</b> 4:26AM – 6:20AM	<b>Ashvini</b> <b>Until 10:18AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:26AM	
		Yama 1:57PM – 3:52PM	Ayushman <b>Until 10:34PM</b>	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:40PM	Moon 4 - Phase 3
	225583469	<b>Rahu</b> 8:14AM – 10:09AM	Catuspada <b>Until 10:47AM</b>	<b>Nataraja:</b> Clear		Amavasya
Creative Work	Siddha Yoga		<b>Amavasya*</b> <b>Until 10:47PM</b>	Moon – White		
				<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Bradford, UK Sun 14 Sutra 21 Vikarin 5121
Mesha Rasi: 23.58	Tithi 1	<b>Gulika</b> 3:53PM – 5:47PM	<b>Bharani</b> <b>Until 10:55AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:24AM	
		Yama 12:03PM – 1:58PM	Saubhagya <b>Until 9:18PM</b>	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:42PM	Moon 4 - Phase 3
	225583469	<b>Rahu</b> 5:47PM – 7:42PM	Kintughna <b>Until 10:43AM</b>	<b>Nataraja:</b> Clear		Prathama
Routine Work	Prabalarishta Yoga		<b>Prathama*</b> <b>Until 10:30PM</b>	Moon – White		
Until 10:55AM				<b>Vaisaka+Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

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

<b>Monday, May 6, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Bradford, UK Sun 15 Sutra 22 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:58PM – 3:53PM	<b>Krittika</b> Until 10:58AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:22AM	
Vrishabha Rasi: 7.09	Tithi 2	Yama 10:08AM – 12:03PM	Sobhana Until 7:43PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:44PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	225583469	<b>Rahu</b> 6:17AM – 8:12AM	Balava Until 10:13AM	<b>Nataraja:</b> Clear		3rd Phase
Routine Work Marana Yoga			<b>Dvitiya</b> Until 9:49PM	Moon – White	<b>Bhuloka Day</b>	
Until 10:58AM				<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

<b>Tuesday, May 7, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Tritiyayam Titau				Bradford, UK Sun 16 Sutra 23 Vikarin 5121
<b>2</b>		<b>Gulika</b> 12:03PM – 1:58PM	<b>Rohini</b> Until 10:56AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:20AM	
Vrishabha Rasi: 20.32	Tithi 3	Yama 8:11AM – 10:07AM	Athiganda* Until 5:50PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:46PM	Moon 4 - Phase 4
<b>Creative Work</b> Amrita Yoga	235583469	<b>Rahu</b> 3:54PM – 5:50PM	Taitila Until 9:21AM	<b>Nataraja:</b> Clear		3rd Phase
Until 10:56AM			<b>Tritiya</b> Until 8:46PM	Moon – Yellow	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga		<b>Akshaya Tritiya</b>		<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

<b>Wednesday, May 8, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturthyam Titau				Bradford, UK Sun 17 Sutra 24 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:07AM – 12:03PM	<b>Mrigashira</b> Until 10:27AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:18AM	
Mithuna Rasi: 4.07	Tithi 4	Yama 6:14AM – 8:10AM	Sukarma Until 3:44PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:47PM	Moon 4 - Phase 4
<b>Creative Work</b> Siddha Yoga	235583469	<b>Rahu</b> 12:03PM – 1:59PM	Vanija Until 8:10AM	<b>Nataraja:</b> Clear		3rd Phase
Until 10:56AM			<b>Chaturthi*</b> Until 7:27PM	Moon – Yellow	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

<b>Thursday, May 9, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Bava/Kaulava Karana Panchami/Shashthyam Titau				Bradford, UK Sun 18 Sutra 25 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:10AM – 10:06AM	<b>Ardra</b> Until 9:35AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:16AM	
Mithuna Rasi: 17.5	Tithi 5 – 6	Yama 4:16AM – 6:13AM	Dhriti Until 1:28PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:49PM	Moon 4 - Phase 4
<b>Routine Work</b> Marana Yoga	235583469	<b>Rahu</b> 1:59PM – 3:56PM	Bava Until 6:43AM	<b>Nataraja:</b> Clear		3rd Phase
Until 9:35AM			<b>Panchami</b> Until 5:54PM	Moon – Yellow	<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga				<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

<b>Friday, May 10, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Bradford, UK Sun 19 Sutra 26 Vikarin 5121
<b>5</b>		<b>Gulika</b> 6:12AM – 8:09AM	<b>Punarvasu</b> Until 8:48AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:15AM	
Kataka Rasi: 1.42	Tithi 6 – 7	Yama 3:57PM – 5:54PM	Shula* Until 10:59AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:51PM	Moon 4 - Phase 4
<b>Creative Work</b> Siddha Yoga	245583469	<b>Rahu</b> 10:06AM – 12:03PM	Gara Until 3:13AM Sat	<b>Nataraja:</b> Clear		3rd Phase
Until 8:48AM			<b>Shashthi*</b> Until 4:09PM	Moon – Blue	<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga				<b>Vaisaka-Chaitra</b>		

<b>Saturday, May 11, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Bradford, UK Sun 20 Sutra 27 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 4:13AM – 6:10AM	<b>Pushya</b> Until 7:40AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:13AM	
Kataka Rasi: 15.41	Tithi 7 – 8	Yama 2:00PM – 3:58PM	Ganda* Until 8:22AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:52PM	Moon 4 - Phase 4
<b>Creative Work</b> Siddha Yoga	245583469	<b>Rahu</b> 8:08AM – 10:05AM	Visti Until 1:11AM Sun	<b>Nataraja:</b> Clear		Ashtami
Until 7:40AM			<b>Saptami</b> Until 2:12PM	Moon – Blue	<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga				<b>Vaisaka-Chaitra</b>		

<b>Sunday, May 12, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Bradford, UK Sun 21 Sutra 28 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 3:58PM – 5:56PM	<b>Ashlesha*</b> Until 6:14AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:11AM	
Kataka Rasi: 29.46	Tithi 8 – 9	Yama 12:03PM – 2:00PM	Dhruva Until 2:44AM Mon	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:54PM	Moon 4 - Phase 4
<b>Creative Work</b> Siddha Yoga	246583469	<b>Rahu</b> 5:56PM – 7:54PM	Balava Until 11:00PM	<b>Nataraja:</b> Clear		Navami
Until 6:14AM			<b>Ashtami*</b> Until 12:05PM	Moon – Blue	<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga		<b>Mother's Day</b>		<b>Vaisaka-Chaitra</b>		

<b>Monday, May 13, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashyam Titau				Bradford, UK Sun 22 Sutra 29
<b>1</b>		<b>Gulika</b> 2:01PM – 3:59PM	<b>Purvaphalguni</b> Until 3:22AM Tue	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:09AM	Vikarin 5121
Simha Rasi: 13.58	Tithi 9 – 10	Yama 10:04AM – 12:03PM	Vyaghata* Until 11:46PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:56PM	Moon 4 - Phase 5
<b>Family Home Evening</b>	256583469	<b>Rahu</b> 6:08AM – 8:06AM	Taitila Until 8:41PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Navami*</b> Until 9:50AM	Moon – Red	<b>Bhuloka Day</b>	
Until 3:22AM Tue				<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

<b>Tuesday, May 14, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Bradford, UK Sun 23 Sutra 30
<b>2</b>		<b>Gulika</b> 12:03PM – 2:01PM	<b>Uttaraphalguni</b> Until 1:37AM Wed	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:08AM	Vikarin 5121
Simha Rasi: 28.13	Tithi 10 – 11	Yama 8:05AM – 10:04AM	Harshana Until 8:45PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:57PM	Moon 4 - Phase 5
<b>Family Home Evening</b>	256583469	<b>Rahu</b> 4:00PM – 5:59PM	Vanija Until 6:19PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Amrita Yoga			<b>Dashami</b> Until 7:29AM	Moon – Red	<b>Bhuloka Day</b>	
Until 1:37AM Wed				<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga						

<b>Wednesday, May 15, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Dvadashyam Titau				Bradford, UK Sun 24 Sutra 31
<b>3</b>		<b>Gulika</b> 10:03AM – 12:03PM	<b>Hasta</b> Until 12:11AM Thu	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:06AM	Vikarin 5121
Kanya Rasi: 12.31	Tithi 12	Yama 6:05AM – 8:04AM	Vajra* Until 5:44PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:59PM	Moon 4 - Phase 5
<b>Family Home Evening</b>	266583469	<b>Rahu</b> 12:03PM – 2:02PM	Bava Until 3:56PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work Marana Yoga			<b>Dvadashi</b> Until 2:45AM Thu	Moon – Green	<b>Devaloka Day</b>	
Until 12:11AM Thu				<b>Vaisaka-Vaikasi</b>		
Then Creative Work - Siddha Yoga						

<b>Thursday, May 16, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Bradford, UK Sun 25 Sutra 32
<b>4</b>		<b>Gulika</b> 8:03AM – 10:03AM	<b>Chitra</b> Until 10:45PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:04AM	Vikarin 5121
Kanya Rasi: 26.46	Tithi 13	Yama 4:04AM – 6:04AM	Siddhi Until 2:49PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:01PM	Moon 4 - Phase 5
<b>Family Home Evening</b>	266583469	<b>Rahu</b> 2:02PM – 4:02PM	Kaulava Until 1:39PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Trayodashi</b> Until 12:34AM Fri	Moon – Green	<b>Devaloka Day</b>	
Until 10:45PM				<b>Vaisaka-Vaikasi</b>		
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata</i>			

<b>Friday, May 17, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Chaturdashyam Titau				Bradford, UK Sun 26 Sutra 33
<b>5</b>		<b>Gulika</b> 6:03AM – 8:03AM	<b>Svati</b> Until 9:26PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:03AM	Vikarin 5121
Tula Rasi: 10.55	Tithi 14	Yama 4:02PM – 6:02PM	Vyatipata* Until 12:05PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:02PM	Moon 4 - Phase 5
<b>Family Home Evening</b>	266583469	<b>Rahu</b> 10:03AM – 12:03PM	Gara Until 11:35AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 10:39PM	Moon – Green	<b>Devaloka Day</b>	
				<b>Vaisaka-Vaikasi</b>		

<b>Saturday, May 18, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau				Bradford, UK Sun 27 Sutra 34
<b>○</b>	<b>Copper Retreat Star</b>	<b>Gulika</b> 4:01AM – 6:02AM	<b>Vishakha</b> Until 8:48PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:01AM	Vikarin 5121
Tula Rasi: 24.51	Tithi 15	Yama 2:03PM – 4:03PM	Variyan Until 9:37AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:04PM	Moon 4 - Phase 5
<b>Family Home Evening</b>	276583469	<b>Rahu</b> 8:02AM – 10:02AM	Visti Until 9:52AM	<b>Nataraja:</b> Clear		Purnima
Creative Work Siddha Yoga			<b>Purnima*</b> Until 9:09PM	Moon – Orange	<b>Bhuloka Day</b>	
				<b>Vaisaka-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM	

<b>Sunday, May 19, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau				Bradford, UK Sun 28 Sutra 35
<b>○</b>	<b>Silver Retreat Star</b>	<b>Gulika</b> 4:04PM – 6:05PM	<b>Anuradha</b> Until 8:33PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:00AM	Vikarin 5121
Vrischika Rasi: 8.31	Tithi 16	Yama 12:03PM – 2:03PM	Parigha* Until 7:32AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:06PM	Moon 4 - Phase 5
<b>Family Home Evening</b>	277583469	<b>Rahu</b> 6:05PM – 8:06PM	Balava Until 8:36AM	<b>Nataraja:</b> Clear		Prathama
Routine Work Marana Yoga			<b>Prathama*</b> Until 8:10PM	Moon – Orange	<b>Devaloka Day</b>	
				<b>Vaisaka-Vaikasi</b>		

When the soul gradually reduces and then stops altogether its participation in darkness and inauspicious powers, the Friend of the World, God, reveals to the soul the limitless character of its knowledge and activity. Mrigendra Agama Jnana Pada

All times are standard time

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

Vrischika Rasi: 21.52 Tithi 17  
**Family Home Evening**  
Creative Work Siddha Yoga

277583469

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

**Gulika** 2:04PM – 4:05PM  
**Yama** 10:02AM – 12:03PM  
**Rahu** 5:59AM – 8:00AM

**Jyeshtha\* Until 8:47PM**  
Siddha Until 4:50AM Tue  
Taitila Until 7:56AM  
**Dvitiya Until 7:49PM**

**Ganesha:** Yellow *Sunrise:* 3:58AM  
**Muruqa:** Yellow *Sunset:* 8:07PM  
**Nataraja:** Clear  
Moon – Orange

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

Bradford, UK  
Sun 1  
Sutra 36  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**1**

**Tuesday, May 21, 2019**

Dhanus Rasi: 4.52 Tithi 18  
Creative Work Amrita Yoga  
Until 9:59PM  
Then Creative Work - Siddha Yoga

287683469

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

**Gulika** 12:03PM – 2:04PM  
**Yama** 8:00AM – 10:01AM  
**Rahu** 4:06PM – 6:07PM

**Mula\* Until 9:59PM**  
Sadhya Until 4:18AM Wed  
Vanija Until 7:55AM  
**Tritiya Until 8:10PM**

**Ganesha:** Red *Sunrise:* 3:57AM  
**Muruqa:** Yellow *Sunset:* 8:09PM  
**Nataraja:** Clear  
Moon – Light Blue

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

Bradford, UK  
Sun 2  
Sutra 37  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**2**

**Wednesday, May 22, 2019**

Dhanus Rasi: 17.31 Tithi 19  
Creative Work Amrita Yoga

287683469

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

**Gulika** 10:01AM – 12:03PM  
**Yama** 5:57AM – 7:59AM  
**Rahu** 12:03PM – 2:05PM

**Purvashadha\* Until 11:43PM**  
Subha Until 4:19AM Thu  
Bava Until 8:37AM  
**Chaturthi\* Until 9:12PM**

**Ganesha:** Red *Sunrise:* 3:55AM  
**Muruqa:** Yellow *Sunset:* 8:10PM  
**Nataraja:** Clear  
Moon – Light Blue

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

Bradford, UK  
Sun 3  
Sutra 38  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**3**

**Thursday, May 23, 2019**

Dhanus Rasi: 29.52 Tithi 20  
Routine Work Marana Yoga

287683469

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

**Gulika** 7:58AM – 10:01AM  
**Yama** 3:54AM – 5:56AM  
**Rahu** 2:05PM – 4:07PM

**Uttarashadha Until 1:52AM Fri**  
Sukla Until 4:45AM Fri  
Kaulava Until 9:59AM  
**Panchami Until 10:51PM**

**Ganesha:** Red *Sunrise:* 3:54AM  
**Muruqa:** Yellow *Sunset:* 8:12PM  
**Nataraja:** Clear  
Moon – Light Blue

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

Bradford, UK  
Sun 4  
Sutra 39  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**4**

**Friday, May 24, 2019**

Makara Rasi: 11.59 Tithi 21  
Routine Work Marana Yoga  
Until 4:47AM Sat  
Then Creative Work - Siddha Yoga

297683469

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

**Gulika** 5:55AM – 7:58AM  
**Yama** 4:08PM – 6:11PM  
**Rahu** 10:00AM – 12:03PM

**Shravana Until 4:47AM Sat**  
Brahma Until 5:31AM Sat  
Gara Until 11:54AM  
**Shashthi\* Until 12:59AM Sat**

**Ganesha:** Green *Sunrise:* 3:53AM  
**Muruqa:** Yellow *Sunset:* 8:13PM  
**Nataraja:** Clear  
Moon – Purple

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

Bradford, UK  
Sun 5  
Sutra 40  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**5**

**Saturday, May 25, 2019**

Makara Rasi: 23.56 Tithi 22  
Creative Work Siddha Yoga

297683469

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

**Gulika** 3:51AM – 5:54AM  
**Yama** 2:06PM – 4:09PM  
**Rahu** 7:57AM – 10:00AM

**Dhanishtha Until 7:44AM Sun**  
Indra Until 6:29AM Sun  
Visti Until 2:11PM  
**Saptami Until 3:22AM Sun**

**Ganesha:** Green *Sunrise:* 3:51AM  
**Muruqa:** Yellow *Sunset:* 8:15PM  
**Nataraja:** Clear  
Moon – Purple

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

Bradford, UK  
Sun 6  
Sutra 41  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**D**

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

Kumbha Rasi: 5.47 Tithi 23  
Routine Work Marana Yoga  
Until 7:44AM  
Then Creative Work - Siddha Yoga

398683469

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

**Gulika** 4:10PM – 6:13PM  
**Yama** 12:03PM – 2:06PM  
**Rahu** 6:13PM – 8:16PM

**Dhanishtha Until 7:44AM**  
Indra Until 6:29AM  
Balava Until 4:37PM  
**Ashtami\* Until 5:47AM Mon**

**Ganesha:** Blue *Sunrise:* 3:50AM  
**Muruqa:** Yellow *Sunset:* 8:16PM  
**Nataraja:** Clear  
Moon – Purple

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

Bradford, UK  
Sun 7  
Sutra 42  
Vikarin 5121  
Moon 5 - Phase 6  
Ashtami

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

Kumbha Rasi: 17.4 Tithi 24  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 10:32AM  
Then Routine Work - Marana Yoga

398683469

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

**Gulika** 2:07PM – 4:10PM  
**Yama** 10:00AM – 12:03PM  
**Rahu** 5:53AM – 7:56AM

**Shatabhishak Until 10:32AM**  
Vaidhriti\* Until 7:25AM  
Taitila Until 6:57PM  
**Navami\* Until 8:00AM Tue**

**Ganesha:** Blue *Sunrise:* 3:49AM  
**Muruqa:** Yellow *Sunset:* 8:17PM  
**Nataraja:** Clear  
Moon – Purple

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

Bradford, UK  
Sun 8  
Sutra 43  
Vikarin 5121  
Moon 5 - Phase 6  
Navami


<b>1</b>		<b>Tuesday, May 28, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vishkambha/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Bradford, UK
Kumbha Rasi: 29.36	Tithi 24 – 25	<b>Gulika</b>	<b>12:03PM – 2:07PM</b>	<b>Purvaproshtapada* Until 1:26PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 3:48AM	Sun 9	Sutra 44
		Yama	7:56AM – 9:59AM	Vishkambha* Until 8:12AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:19PM		Vikarin 5121
		318683469 <b>Rahu</b>	<b>4:11PM – 6:15PM</b>	Vanija Until 9:00PM	<b>Nataraja:</b> Clear			Moon 5 - Phase 7
Routine Work	Marana Yoga			Navami* Until 8:00AM	Moon – Clear			2nd Phase
Until 1:26PM					<b>Vaisaka-Vaikasi</b>			<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga								

<b>2</b>		<b>Wednesday, May 29, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Priti/Ayushman Yoga Visti/Bava Karana Dashami/Ekadashyam Titau		Bradford, UK
Meena Rasi: 11.41	Tithi 25 – 26	<b>Gulika</b>	<b>9:59AM – 12:03PM</b>	<b>Uttaraproshtapada Until 3:45PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 3:47AM	Sun 10	Sutra 45
		Yama	5:51AM – 7:55AM	Priti Until 8:43AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:20PM		Vikarin 5121
		318683469 <b>Rahu</b>	<b>12:03PM – 2:08PM</b>	Bava Until 10:34PM	<b>Nataraja:</b> Clear			Moon 5 - Phase 7
Creative Work	Siddha Yoga			Dashami Until 9:50AM	Moon – Clear			2nd Phase
Until 3:45PM					<b>Vaisaka-Vaikasi</b>			<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga								

<b>3</b>		<b>Thursday, May 30, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Bradford, UK
Meena Rasi: 23.59	Tithi 26 – 27	<b>Gulika</b>	<b>7:55AM – 9:59AM</b>	<b>Revati Until 5:22PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 3:46AM	Sun 11	Sutra 46
		Yama	3:46AM – 5:50AM	Ayushman Until 8:47AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:21PM		Vikarin 5121
		318683469 <b>Rahu</b>	<b>2:08PM – 4:12PM</b>	Kaulava Until 11:33PM	<b>Nataraja:</b> Clear			Moon 5 - Phase 7
Creative Work	Siddha Yoga			Ekadashi* Until 11:07AM	Moon – Clear			2nd Phase
Until 5:22PM					<b>Vaisaka-Vaikasi</b>			<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga								

<b>4</b>		<b>Friday, May 31, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau		Bradford, UK
Mesha Rasi: 6.33	Tithi 27 – 28	<b>Gulika</b>	<b>5:50AM – 7:54AM</b>	<b>Ashvini Until 6:42PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:45AM	Sun 12	Sutra 47
		Yama	4:13PM – 6:18PM	Saubhagya Until 8:23AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:23PM		Vikarin 5121
		328683469 <b>Rahu</b>	<b>9:59AM – 12:04PM</b>	Gara Until 11:54PM	<b>Nataraja:</b> Clear			Moon 5 - Phase 7
Creative Work	Amrita Yoga			Dvadashi* Until 11:47AM	Moon – White			2nd Phase
Until 6:42PM					<b>Vaisaka-Vaikasi</b>			<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>				

<b>5</b>		<b>Saturday, June 1, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Bradford, UK
Mesha Rasi: 19.25	Tithi 28 – 29	<b>Gulika</b>	<b>3:44AM – 5:49AM</b>	<b>Bharani Until 7:14PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:44AM	Sun 13	Sutra 48
		Yama	2:09PM – 4:14PM	Sobhana Until 7:30AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:24PM		Vikarin 5121
		329683469 <b>Rahu</b>	<b>7:54AM – 9:59AM</b>	Visti Until 11:37PM	<b>Nataraja:</b> Clear			Moon 5 - Phase 7
Creative Work	Siddha Yoga			Trayodashi* Until 11:49AM	Moon – White			2nd Phase
Until 7:14PM					<b>Vaisaka-Vaikasi</b>			<b>Bhuloka Day</b>
Then Creative Work - Amrita Yoga								Devaloka Time: 3:PM to 6:PM

		<b>Sunday, June 2, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda*/Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Bradford, UK
<b>Retreat Star</b>		<b>Gulika</b>	<b>4:14PM – 6:20PM</b>	<b>Krittika Until 7:02PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:43AM	Sun 14	Sutra 49
Vrishabha Rasi: 2.37	Tithi 29 – 30	Yama	12:04PM – 2:09PM	Athiganda* Until 6:05AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:25PM		Vikarin 5121
		329683469 <b>Rahu</b>	<b>6:20PM – 8:25PM</b>	Catuspada Until 10:44PM	<b>Nataraja:</b> Clear			Moon 5 - Phase 7
Creative Work	Siddha Yoga			Chaturdashi* Until 11:14AM	Moon – White			Amavasya
					<b>Vaisaka-Vaikasi</b>			<b>Bhuloka Day</b>
								Devaloka Time: 3:PM to 6:PM

<b>Monday, June 3, 2019</b>		<b>Retreat Star</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Bradford, UK
<b>Family Home Evening</b>		<b>Gulika</b>	<b>2:10PM – 4:15PM</b>	<b>Rohini Until 6:37PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 3:42AM	Sun 15	Sutra 50
Vrishabha Rasi: 16.07	Tithi 30 – 1	Yama	9:59AM – 12:04PM	Dhriti Until 2:01AM Tue	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:26PM		Vikarin 5121
		339683469 <b>Rahu</b>	<b>5:48AM – 7:53AM</b>	Kintughna Until 9:22PM	<b>Nataraja:</b> Clear			Moon 5 - Phase 7
Creative Work	Amrita Yoga			Amavasya* Until 10:05AM	Moon – Yellow			Prathama
					<b>Jyeshtha-Vaikasi</b>			<b>Bhuloka Day</b>
								Devaloka Time: 3:PM to 6:PM

<b>1</b>		<b>Tuesday, June 4, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Bradford, UK Sun 16 Sutra 51 Vikarin 5121	
Vrishabha Rasi: 29.53	Tithi 1 – 2	339683469	<b>Gulika</b> 12:04PM – 2:10PM <b>Yama</b> 7:53AM – 9:59AM <b>Rahu</b> 4:16PM – 6:21PM	<b>Mrigashira Until 5:39PM</b> Shula* Until 11:28PM Balava Until 7:35PM <b>Prathama* Until 8:30AM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 3:41AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:27PM <b>Nataraja:</b> Clear Moon – Yellow	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Creative Work Siddha Yoga Until 5:39PM Then Routine Work - Marana Yoga							

<b>2</b>		<b>Wednesday, June 5, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau		Bradford, UK Sun 17 Sutra 52 Vikarin 5121	
Mithuna Rasi: 13.53	Tithi 2 – 3	339683461	<b>Gulika</b> 9:58AM – 12:04PM <b>Yama</b> 5:47AM – 7:53AM <b>Rahu</b> 12:04PM – 2:10PM	<b>Ardra Until 4:14PM</b> Ganda* Until 8:42PM Gara Until 4:23AM Thu <b>Dvitiya Until 6:34AM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 3:41AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:28PM <b>Nataraja:</b> Yellow Moon – Yellow	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Creative Work Siddha Yoga							

<b>3</b>		<b>Thursday, June 6, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Vridhhi/Dhruva Yoga Vanija/Vistil* Karana Chaturthyam Titau		Bradford, UK Sun 18 Sutra 53 Vikarin 5121	
Mithuna Rasi: 28.02	Tithi 4	349683461	<b>Gulika</b> 7:52AM – 9:58AM <b>Yama</b> 3:40AM – 5:46AM <b>Rahu</b> 2:11PM – 4:17PM	<b>Punarvasu Until 2:55PM</b> Vridhhi Until 5:48PM Vanija Until 3:15PM <b>Chaturthi* Until 2:04AM Fri</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 3:40AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:29PM <b>Nataraja:</b> Yellow Moon – Blue	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Creative Work Amrita Yoga							

<b>4</b>		<b>Friday, June 7, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Panchamyam Titau		Bradford, UK Sun 19 Sutra 54 Vikarin 5121	
Kataka Rasi: 12.17	Tithi 5	349683461	<b>Gulika</b> 5:46AM – 7:52AM <b>Yama</b> 4:17PM – 6:24PM <b>Rahu</b> 9:58AM – 12:05PM	<b>Pushya Until 1:21PM</b> Dhruva Until 2:49PM Bava Until 12:54PM <b>Panchami Until 11:42PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 3:39AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:30PM <b>Nataraja:</b> Yellow Moon – Blue	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Routine Work Marana Yoga							

<b>5</b>		<b>Saturday, June 8, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau		Bradford, UK Sun 20 Sutra 55 Vikarin 5121	
Kataka Rasi: 26.33	Tithi 6	349683461	<b>Gulika</b> 3:39AM – 5:45AM <b>Yama</b> 2:11PM – 4:18PM <b>Rahu</b> 7:52AM – 9:58AM	<b>Ashlesha* Until 11:38AM</b> Vyaghata* Until 11:50AM Kaulava Until 10:32AM <b>Shashthi* Until 9:20PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 3:39AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:31PM <b>Nataraja:</b> Yellow Moon – Blue	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Routine Work Marana Yoga Until 11:38AM Then Creative Work - Amrita Yoga							

<b>6</b>		<b>Sunday, June 9, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau		Bradford, UK Sun 21 Sutra 56 Vikarin 5121	
Simha Rasi: 10.49	Tithi 7	351683461	<b>Gulika</b> 4:19PM – 6:25PM <b>Yama</b> 12:05PM – 2:12PM <b>Rahu</b> 6:25PM – 8:32PM	<b>Magha* Until 10:14AM</b> Harshana Until 8:53AM Gara Until 8:12AM <b>Saptami Until 7:03PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 3:38AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:32PM <b>Nataraja:</b> Yellow Moon – Red	<b>Devaloka Day</b>	
Routine Work Marana Yoga Until 10:14AM Then Creative Work - Siddha Yoga							

<b>Retreat Star</b>		<b>Monday, June 10, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Bradford, UK Sun 22 Sutra 57 Vikarin 5121	
Simha Rasi: 25	Tithi 8 – 9	351683461	<b>Gulika</b> 2:12PM – 4:19PM <b>Yama</b> 9:58AM – 12:05PM <b>Rahu</b> 5:45AM – 7:52AM	<b>Purvaphalguni Until 8:48AM</b> Vajra* Until 6:00AM Balava Until 3:51AM Tue <b>Ashtami* Until 4:52PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 3:38AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:33PM <b>Nataraja:</b> Yellow Moon – Red	<b>Devaloka Day</b>	
Family Home Evening Creative Work Siddha Yoga							


<b>Retreat Star</b>		<b>Tuesday, June 11, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Bradford, UK Sun 23 Sutra 58 Vikarin 5121	
Kanya Rasi: 9.07	Tithi 9 – 10	351683461	<b>Gulika</b> 12:05PM – 2:13PM <b>Yama</b> 7:51AM – 9:58AM <b>Rahu</b> 4:20PM – 6:27PM	<b>Uttaraphalguni Until 7:21AM</b> Vyatipata* Until 12:36AM Wed Taitila Until 1:53AM Wed <b>Navami* Until 2:49PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 3:37AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:34PM <b>Nataraja:</b> Yellow Moon – Red	<b>Devaloka Day</b>	
Creative Work Amrita Yoga Until 7:21AM Then Creative Work - Siddha Yoga							

<b>1</b>		<b>Wednesday, June 12, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Variyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Bradford, UK Sun 24 Sutra 59	
Kanya Rasi: 23.07	Tithi 10 – 11	<b>Gulika</b>	<b>9:59AM – 12:06PM</b>	<b>Hasta Until 6:21AM</b>	<b>Ganesha: White</b>	<i>Sunrise: 3:37AM</i>	Vikarin 5121
		Yama	5:44AM – 7:51AM	Variyan Until 10:07PM	<b>Muruqa: Yellow</b>	<i>Sunset: 8:34PM</i>	Moon 5 - Phase 9
	361683461	<b>Rahu</b>	<b>12:06PM – 2:13PM</b>	Vanija Until 12:08AM Thu	<b>Nataraja: Yellow</b>		4th Phase
Routine Work	Marana Yoga			<b>Dashami Until 12:58PM</b>	Moon – Green	<b>Bhuloka Day</b>	
Until 6:21AM					<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Thursday, June 13, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Bradford, UK Sun 25 Sutra 60	
Tula Rasi: 6.59	Tithi 11 – 12	<b>Gulika</b>	<b>7:51AM – 9:59AM</b>	<b>Svati Until 4:37AM Fri</b>	<b>Ganesha: White</b>	<i>Sunrise: 3:37AM</i>	Vikarin 5121
		Yama	3:37AM – 5:44AM	Parigha* Until 7:51PM	<b>Muruqa: Yellow</b>	<i>Sunset: 8:35PM</i>	Moon 5 - Phase 9
	361683461	<b>Rahu</b>	<b>2:13PM – 4:20PM</b>	Bava Until 10:39PM	<b>Nataraja: Yellow</b>		4th Phase
Creative Work	Amrita Yoga			<b>Ekadashi Until 11:20AM</b>	Moon – Green	<b>Bhuloka Day</b>	
Until 4:37AM Fri					<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Friday, June 14, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Bradford, UK Sun 26 Sutra 61	
Tula Rasi: 20.41	Tithi 12 – 13	<b>Gulika</b>	<b>5:44AM – 7:51AM</b>	<b>Vishakha Until 4:27AM Sat</b>	<b>Ganesha: Clear</b>	<i>Sunrise: 3:36AM</i>	Vikarin 5121
		Yama	4:21PM – 6:28PM	Shiva Until 5:52PM	<b>Muruqa: Blue</b>	<i>Sunset: 8:36PM</i>	Moon 5 - Phase 9
	371693461	<b>Rahu</b>	<b>9:59AM – 12:06PM</b>	Kaulava Until 9:29PM	<b>Nataraja: Yellow</b>		4th Phase
Creative Work	Siddha Yoga			<b>Dvadashi Until 10:00AM</b>	Moon – Orange	<b>Sivaloka Day</b>	
		<b>Vaikasi Visakam</b>			<b>Jyeshtha-Vaikasi</b>		
				<i>Pradosha Vrata</i>			

<b>4</b>		<b>Saturday, June 15, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Bradford, UK Sun 27 Sutra 62	
Vrischika Rasi: 4.11	Tithi 13 – 14	<b>Gulika</b>	<b>3:36AM – 5:44AM</b>	<b>Anuradha Until 4:33AM Sun</b>	<b>Ganesha: White</b>	<i>Sunrise: 3:36AM</i>	Vikarin 5121
		Yama	2:14PM – 4:21PM	Siddha Until 4:09PM	<b>Muruqa: Blue</b>	<i>Sunset: 8:36PM</i>	Moon 5 - Phase 9
	371793461	<b>Rahu</b>	<b>7:51AM – 9:59AM</b>	Gara Until 8:43PM	<b>Nataraja: Yellow</b>		4th Phase
Creative Work	Siddha Yoga			<b>Trayodashi Until 9:01AM</b>	Moon – Orange	<b>Subha Sivaloka Day</b>	
Until 4:33AM Sun					<b>Jyeshtha-Ani</b>		
Then Routine Work - Marana Yoga							

		<b>Sunday, June 16, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Bradford, UK Sun 28 Sutra 63	
<b>Copper Retreat Star</b>		<b>Gulika</b>	<b>4:22PM – 6:29PM</b>	<b>Jyeshtha* Until 4:59AM Mon</b>	<b>Ganesha: White</b>	<i>Sunrise: 3:36AM</i>	Vikarin 5121
Vrischika Rasi: 17.27	Tithi 14 – 15	Yama	12:06PM – 2:14PM	Sadhya Until 2:49PM	<b>Muruqa: Blue</b>	<i>Sunset: 8:37PM</i>	Moon 5 - Phase 9
	371793461	<b>Rahu</b>	<b>6:29PM – 8:37PM</b>	Visti Until 8:25PM	<b>Nataraja: Yellow</b>		Purnima
Routine Work	Marana Yoga			<b>Chaturdashi* Until 8:29AM</b>	Moon – Orange	<b>Subha Sivaloka Day</b>	
Until 4:59AM Mon		<b>Father's Day</b>			<b>Jyeshtha-Ani</b>		
Then Creative Work - Siddha Yoga							

<b>Monday, June 17, 2019</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Mula* Nakshatra Subha/Sukla Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Bradford, UK Sun 29 Sutra 64	
Dhanus Rasi: 0.27	Tithi 15 – 16	<b>Gulika</b>	<b>2:14PM – 4:22PM</b>	<b>Mula* Until 6:16AM Tue</b>	<b>Ganesha: Clear</b>	<i>Sunrise: 3:36AM</i>	Vikarin 5121
<b>Family Home Evening</b>		Yama	9:59AM – 12:07PM	Subha Until 1:55PM	<b>Muruqa: Blue</b>	<i>Sunset: 8:37PM</i>	Moon 5 - Phase 9
	381793461	<b>Rahu</b>	<b>5:44AM – 7:51AM</b>	Balava Until 8:39PM	<b>Nataraja: Yellow</b>		Prathama
Creative Work	Siddha Yoga			<b>Purnima* Until 8:27AM</b>	Moon – Light Blue	<b>Sivaloka Day</b>	
					<b>Jyeshtha-Ani</b>		

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

All times are standard time

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

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

Bradford, UK  
Sutra 65

Dhanus Rasi: 13.11 Tithi 16 – 17

**Gulika** 12:07PM – 2:15PM  
Yama 7:51AM – 9:59AM  
381793461 **Rahu** 4:22PM – 6:30PM

**Mula\* Until 6:16AM**  
Sukla Until 1:26PM  
Taitila Until 9:28PM  
**Prathama\* Until 8:58AM**

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

**Sunrise:** 3:36AM  
**Sunset:** 8:38PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga

Until 6:16AM

Then Creative Work - Siddha Yoga

**Sivaloka Day**

**1**

**Wednesday, June 19, 2019**

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

Bradford, UK  
Sun 1 Sutra 66

Dhanus Rasi: 25.39 Tithi 17 – 18

**Gulika** 9:59AM – 12:07PM  
Yama 5:44AM – 7:52AM  
382793461 **Rahu** 12:07PM – 2:15PM

**Purvashadha\* Until 7:57AM**  
Brahma Until 1:24PM  
Vanija Until 10:49PM  
**Dvitiya Until 10:03AM**

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

**Sunrise:** 3:36AM  
**Sunset:** 8:38PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga

**Devaloka Day**

**2**

**Thursday, June 20, 2019**

Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha\*/Shravana Nakshatra Indra/Vaidhrili\* Yoga Visti\*/Bava Karana Triliya/Chaturthyam Tilau

Bradford, UK  
Sun 2 Sutra 67

Makara Rasi: 7.53 Tithi 18 – 19

**Gulika** 7:52AM – 10:00AM  
Yama 3:36AM – 5:44AM  
382793461 **Rahu** 2:15PM – 4:23PM

**Uttarashadha Until 9:59AM**  
Indra Until 1:47PM  
Bava Until 12:40AM Fri  
**Tritiya Until 11:40AM**

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

**Sunrise:** 3:36AM  
**Sunset:** 8:38PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga

Until 9:59AM

Then Creative Work - Siddha Yoga

**Devaloka Day**

**3**

**Friday, June 21, 2019**

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

Bradford, UK  
Sun 3 Sutra 68

Makara Rasi: 19.57 Tithi 19 – 20

**Gulika** 5:44AM – 7:52AM  
Yama 4:23PM – 6:31PM  
392793461 **Rahu** 10:00AM – 12:07PM

**Shravana Until 12:46PM**  
Vaidhrili\* Until 2:27PM  
Kaulava Until 2:51AM Sat  
**Chaturthi\* Until 1:42PM**

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

**Sunrise:** 3:36AM  
**Sunset:** 8:39PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga

Until 12:46PM

Then Creative Work - Siddha Yoga

**Sivaloka Day**

**4**

**Saturday, June 22, 2019**

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

Bradford, UK  
Sun 4 Sutra 69

Kumbha Rasi: 1.53 Tithi 20 – 21

**Gulika** 3:37AM – 5:44AM  
Yama 2:15PM – 4:23PM  
392793461 **Rahu** 7:52AM – 10:00AM

**Dhanishtha Until 3:39PM**  
Vishkambha\* Until 3:21PM  
Gara Until 5:13AM Sun  
**Panchami Until 4:00PM**

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

**Sunrise:** 3:37AM  
**Sunset:** 8:39PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Siddha Yoga

Until 3:39PM

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/Ayushman Yoga Vanija Karana Shashthyam Tilau

Bradford, UK  
Sun 5 Sutra 70

Kumbha Rasi: 13.45 Tithi 21

**Gulika** 4:23PM – 6:31PM  
Yama 12:08PM – 2:16PM  
392793461 **Rahu** 6:31PM – 8:39PM

**Shatabhishak Until 6:27PM**  
Priti Until 4:20PM  
Vanija Until 6:24PM  
**Shashthi\* Until 6:24PM**

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

**Sunrise:** 3:37AM  
**Sunset:** 8:39PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Siddha Yoga

**Sivaloka Day**

**6**

**Monday, June 24, 2019**

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

Bradford, UK  
Sun 6 Sutra 71

Kumbha Rasi: 25.38 Tithi 22

**Gulika** 2:16PM – 4:23PM  
Yama 10:00AM – 12:08PM  
312793461 **Rahu** 5:45AM – 7:53AM

**Purvaproshtapada\* Until 9:29PM**  
Ayushman Until 5:12PM  
Visti Until 7:35AM  
**Saptami Until 8:41PM**

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

**Sunrise:** 3:37AM  
**Sunset:** 8:39PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga

Until 9:29PM

Then Creative Work - Siddha Yoga

**Sivaloka Day**



**Tuesday, June 25, 2019**

**Retreat Star**

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

Bradford, UK  
Sun 7 Sutra 72

Meena Rasi: 7.35 Tithi 23

**Gulika** 12:08PM – 2:16PM  
Yama 7:53AM – 10:01AM  
312793461 **Rahu** 4:24PM – 6:31PM

**Uttaraproshtapada Until 12:03AM Wed**  
Saubhagya Until 5:53PM  
Balava Until 9:45AM  
**Ashtami\* Until 10:40PM**

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

**Sunrise:** 3:38AM  
**Sunset:** 8:39PM

Vikarin 5121  
Moon 6 - Phase 10  
Ashtami

Creative Work Amrita Yoga

Until 12:03AM 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 Revati Nakshatra Sobhana Yoga Taitila/Gara Karana Navamyam Tilau

Bradford, UK  
Sun 8 Sutra 73

Meena Rasi: 19.4 Tithi 24

**Gulika** 10:01AM – 12:08PM  
Yama 5:46AM – 7:53AM  
312793461 **Rahu** 12:08PM – 2:16PM

**Revati Until 1:59AM Thu**  
Sobhana Until 6:14PM  
Taitila Until 11:31AM  
**Navami\* Until 12:10AM Thu**

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

**Sunrise:** 3:38AM  
**Sunset:** 8:39PM

Vikarin 5121  
Moon 6 - Phase 10  
Navami

Routine Work Marana Yoga

Until 1:59AM Thu

Then Creative Work - Amrita Yoga

**Sivaloka Day**

<b>1</b>		<b>Thursday, June 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau				Bradford, UK Sun 9 Sutra 74 Vikarin 5121
Mesha Rasi: 1.59	Tithi 25	322793461	<b>Gulika</b> 7:54AM – 10:01AM <b>Yama</b> 3:39AM – 5:46AM <b>Rahu</b> 2:16PM – 4:24PM	<b>Ashvini Until 3:38AM Fri</b> Athiganda* Until 6:06PM Vanija Until 12:43PM <b>Dashami Until 1:04AM Fri</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – White	<b>Sunrise:</b> 3:39AM <b>Sunset:</b> 8:39PM	Moon 6 - Phase 11 2nd Phase	<b>Devaloka Day</b>
Creative Work Amrita Yoga Until 3:38AM Fri Then Creative Work - Siddha Yoga								
<b>2</b>		<b>Friday, June 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ekadashyam Titau				Bradford, UK Sun 10 Sutra 75 Vikarin 5121
Mesha Rasi: 14.35	Tithi 26	322793461	<b>Gulika</b> 5:47AM – 7:54AM <b>Yama</b> 4:24PM – 6:31PM <b>Rahu</b> 10:01AM – 12:09PM	<b>Bharani Until 4:26AM Sat</b> Sukarma Until 5:27PM Bava Until 1:16PM <b>Ekadashi* Until 1:15AM Sat</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – White	<b>Sunrise:</b> 3:39AM <b>Sunset:</b> 8:39PM	Moon 6 - Phase 11 2nd Phase	<b>Devaloka Day</b>
Creative Work Siddha Yoga Until 4:26AM Sat Then Creative Work - Amrita Yoga								
<b>3</b>		<b>Saturday, June 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Bradford, UK Sun 11 Sutra 76 Vikarin 5121
Mesha Rasi: 27.31	Tithi 27	322793461	<b>Gulika</b> 3:40AM – 5:47AM <b>Yama</b> 2:16PM – 4:24PM <b>Rahu</b> 7:54AM – 10:02AM	<b>Krittika Until 4:22AM Sun</b> Dhriti Until 4:14PM Kaulava Until 1:06PM <b>Dvadashi* Until 12:43AM Sun</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – White	<b>Sunrise:</b> 3:40AM <b>Sunset:</b> 8:38PM	Moon 6 - Phase 11 2nd Phase	<b>Devaloka Day</b>
Creative Work Amrita Yoga Until 4:22AM Sun Then Creative Work - Siddha Yoga								
<b>4</b>		<b>Sunday, June 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau				Bradford, UK Sun 12 Sutra 77 Vikarin 5121
Vrishabha Rasi: 10.49	Tithi 28	332793461	<b>Gulika</b> 4:24PM – 6:31PM <b>Yama</b> 12:09PM – 2:16PM <b>Rahu</b> 6:31PM – 8:38PM	<b>Rohini Until 3:56AM Mon</b> Shula* Until 2:25PM Gara Until 12:12PM <b>Trayodashi* Until 11:29PM</b> <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Yellow	<b>Sunrise:</b> 3:40AM <b>Sunset:</b> 8:38PM	Moon 6 - Phase 11 2nd Phase	<b>Devaloka Day</b>
Creative Work Siddha Yoga Until 3:56AM Mon Then Creative Work - Amrita Yoga								
<b>5</b>		<b>Monday, July 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Ganda*/Vridhhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Bradford, UK Sun 13 Sutra 78 Vikarin 5121
Vrishabha Rasi: 24.31	Tithi 29	332793461	<b>Gulika</b> 2:17PM – 4:24PM <b>Yama</b> 10:02AM – 12:09PM <b>Rahu</b> 5:48AM – 7:55AM	<b>Mrigashira Until 2:46AM Tue</b> Ganda* Until 12:06PM Visti* Until 10:39AM <b>Chaturdashi* Until 9:39PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Yellow	<b>Sunrise:</b> 3:41AM <b>Sunset:</b> 8:38PM	Moon 6 - Phase 11 2nd Phase	<b>Devaloka Day</b>
Creative Work Amrita Yoga Until 2:46AM Tue Then Routine Work - Marana Yoga								
<b>Retreat Star</b>		<b>Tuesday, July 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vridhhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Bradford, UK Sun 14 Sutra 79 Vikarin 5121
Mithuna Rasi: 8.34	Tithi 30	332793461	<b>Gulika</b> 12:10PM – 2:17PM <b>Yama</b> 7:56AM – 10:03AM <b>Rahu</b> 4:24PM – 6:30PM	<b>Ardra Until 12:59AM Wed</b> Vridhhi Until 9:20AM Catuspada Until 8:33AM <b>Amavasya* Until 7:18PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Yellow	<b>Sunrise:</b> 3:42AM <b>Sunset:</b> 8:37PM	Moon 6 - Phase 11 Amavasya	<b>Devaloka Day</b>
Routine Work Marana Yoga Until 12:59AM Wed Then Creative Work - Siddha Yoga								
<b>Retreat Star</b>		<b>Wednesday, July 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Balava Karana Prathama/Dvitiyayam Titau				Bradford, UK Sun 15 Sutra 80 Vikarin 5121
Mithuna Rasi: 22.56	Tithi 1 – 2	343793461	<b>Gulika</b> 10:03AM – 12:10PM <b>Yama</b> 5:49AM – 7:56AM <b>Rahu</b> 12:10PM – 2:17PM	<b>Punarvasu Until 11:08PM</b> Dhruva Until 6:12AM Kintughna Until 6:00AM <b>Prathama* Until 4:36PM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Blue	<b>Sunrise:</b> 3:43AM <b>Sunset:</b> 8:37PM	Moon 6 - Phase 11 Prathama	<b>Sivaloka Day</b>
Creative Work Siddha Yoga								

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

<b>1</b>		<b>Thursday, July 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Bradford, UK Sun 16 Sutra 81
Kataka Rasi: 7.3	Tithi 2 – 3	343793461	<b>Gulika</b> 7:57AM – 10:03AM <b>Yama</b> 3:43AM – 5:50AM <b>Rahu</b> 2:17PM – 4:23PM	<b>Pushya Until 8:58PM</b> Harshana Until 11:19PM Taitila Until 12:10AM Fri Dvitiya Until 1:39PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Blue	<b>Sunrise:</b> 3:43AM <b>Sunset:</b> 8:36PM	Moon 6 - Phase 12 3rd Phase	Vikarin 5121
Creative Work Amrita Yoga Until 8:58PM Then Creative Work - Siddha Yoga						<b>Sivaloka Day</b>		

<b>2</b>		<b>Friday, July 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Bradford, UK Sun 17 Sutra 82
Kataka Rasi: 22.11	Tithi 3 – 4	343793461	<b>Gulika</b> 5:51AM – 7:57AM <b>Yama</b> 4:23PM – 6:29PM <b>Rahu</b> 10:04AM – 12:10PM	<b>Ashlesha* Until 6:37PM</b> Vajra* Until 7:45PM Vanija Until 9:08PM Tritiya Until 10:37AM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Blue	<b>Sunrise:</b> 3:44AM <b>Sunset:</b> 8:36PM	Moon 6 - Phase 12 3rd Phase	Vikarin 5121
Routine Work Marana Yoga						<b>Sivaloka Day</b>		

<b>3</b>		<b>Saturday, July 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Bradford, UK Sun 18 Sutra 83
Simha Rasi: 6.52	Tithi 4 – 5	353793461	<b>Gulika</b> 3:45AM – 5:51AM <b>Yama</b> 2:17PM – 4:23PM <b>Rahu</b> 7:58AM – 10:04AM	<b>Magha* Until 4:37PM</b> Siddhi Until 4:17PM Bava Until 6:11PM Chaturthi* Until 7:37AM	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Red	<b>Sunrise:</b> 3:45AM <b>Sunset:</b> 8:35PM	Moon 6 - Phase 12 3rd Phase	Vikarin 5121
Creative Work Amrita Yoga Until 4:37PM Then Creative Work - Siddha Yoga						<b>Subha Sivaloka Day</b>		

<b>4</b>		<b>Sunday, July 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyatipata*/Varyan Yoga Kaulava/Taitila Karana Shashthyam Titau				Bradford, UK Sun 19 Sutra 84
Simha Rasi: 21.26	Tithi 6	453793461	<b>Gulika</b> 4:23PM – 6:29PM <b>Yama</b> 12:10PM – 2:16PM <b>Rahu</b> 6:29PM – 8:35PM	<b>Purvaphalguni Until 2:40PM</b> Vyatipata* Until 12:59PM Kaulava Until 3:27PM Shashthi* Until 2:10AM Mon	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Red	<b>Sunrise:</b> 3:46AM <b>Sunset:</b> 8:35PM	Moon 6 - Phase 12 3rd Phase	Vikarin 5121
Creative Work Siddha Yoga Until 2:40PM Then Creative Work - Amrita Yoga						<b>Sivaloka Day</b>		

<b>5</b>		<b>Monday, July 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau				Bradford, UK Sun 20 Sutra 85
Kanya Rasi: 5.49	Tithi 7	453793461	<b>Gulika</b> 2:16PM – 4:22PM <b>Yama</b> 10:05AM – 12:11PM <b>Rahu</b> 5:53AM – 7:59AM	<b>Uttaraphalguni Until 12:52PM</b> Varyan Until 9:53AM Gara Until 1:00PM Saptami Until 11:53PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Red	<b>Sunrise:</b> 3:47AM <b>Sunset:</b> 8:34PM	Moon 6 - Phase 12 3rd Phase	Vikarin 5121
Family Home Evening Creative Work Siddha Yoga		Chidambaram Abhishekam				<b>Sivaloka Day</b>		

<b>Retreat Star</b>		<b>Tuesday, July 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau				Bradford, UK Sun 21 Sutra 86
Kanya Rasi: 19.59	Tithi 8	463793461	<b>Gulika</b> 12:11PM – 2:16PM <b>Yama</b> 7:59AM – 10:05AM <b>Rahu</b> 4:22PM – 6:28PM	<b>Hasta Until 11:43AM</b> Parigha* Until 7:06AM Visti Until 10:54AM Ashtami* Until 10:00PM	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Green	<b>Sunrise:</b> 3:48AM <b>Sunset:</b> 8:33PM	Moon 6 - Phase 12 Ashtami	Vikarin 5121
Creative Work Siddha Yoga						<b>Subha Sivaloka Day</b>		

<b>Retreat Star</b>		<b>Wednesday, July 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddha Yoga Balava/Kaulava Karana Navamyam Titau				Bradford, UK Sun 22 Sutra 87
Tula Rasi: 3.53	Tithi 9	463893461	<b>Gulika</b> 10:05AM – 12:11PM <b>Yama</b> 5:55AM – 8:00AM <b>Rahu</b> 12:11PM – 2:16PM	<b>Chitra Until 10:50AM</b> Siddha Until 2:32AM Thu Balava Until 9:14AM Navami* Until 8:32PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Green	<b>Sunrise:</b> 3:49AM <b>Sunset:</b> 8:32PM	Moon 6 - Phase 12 Navami	Vikarin 5121
Creative Work Siddha Yoga						<b>Sivaloka Day</b>		

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


<b>1</b>		<b>Thursday, July 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Taitila/Gara Karana Dashamyam Titau				Bradford, UK Sun 23 Sutra 88
Tula Rasi: 17.31	Tithi 10	<b>Gulika</b>	<b>8:01AM – 10:06AM</b>	<b>Svati Until 10:15AM</b>	<b>Ganesha: Yellow</b>	<b>Sunrise: 3:51AM</b>	Vikarin 5121	
		Yama	3:51AM – 5:56PM	Sadhya Until 12:48AM Fri	<b>Muruqa: Blue</b>	<b>Sunset: 8:31PM</b>	Moon 6 - Phase 13	
		463893461 <b>Rahu</b>	<b>2:16PM – 4:21PM</b>	Taitila Until 8:00AM	<b>Nataraja: Yellow</b>		4th Phase	
Creative Work	Amrita Yoga			<b>Dashami Until 7:32PM</b>	<b>Moon – Green</b>			<b>Sivaloka Day</b>
Until 10:15AM					<b>Ashada•Ani</b>			
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Friday, July 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Vanija/Visti* Karana Ekadashyam Titau				Bradford, UK Sun 24 Sutra 89
Vischika Rasi: 0.53	Tithi 11	<b>Gulika</b>	<b>5:57AM – 8:01AM</b>	<b>Vishakha Until 10:25AM</b>	<b>Ganesha: White</b>	<b>Sunrise: 3:52AM</b>	Vikarin 5121	
		Yama	4:21PM – 6:26PM	Subha Until 11:28PM	<b>Muruqa: Blue</b>	<b>Sunset: 8:31PM</b>	Moon 6 - Phase 13	
		473893461 <b>Rahu</b>	<b>10:06AM – 12:11PM</b>	Vanija Until 7:13AM	<b>Nataraja: Yellow</b>		4th Phase	
Creative Work	Siddha Yoga			<b>Ekadashi Until 7:00PM</b>	<b>Moon – Orange</b>			<b>Devaloka Day</b>
					<b>Ashada•Ani</b>			

<b>3</b>		<b>Saturday, July 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau				Bradford, UK Sun 25 Sutra 90
Vischika Rasi: 14	Tithi 12	<b>Gulika</b>	<b>3:53AM – 5:57AM</b>	<b>Anuradha Until 10:54AM</b>	<b>Ganesha: White</b>	<b>Sunrise: 3:53AM</b>	Vikarin 5121	
		Yama	2:16PM – 4:20PM	Sukla Until 10:29PM	<b>Muruqa: Blue</b>	<b>Sunset: 8:30PM</b>	Moon 6 - Phase 13	
		473893461 <b>Rahu</b>	<b>8:02AM – 10:07AM</b>	Bava Until 6:56AM	<b>Nataraja: Yellow</b>		4th Phase	
Creative Work	Siddha Yoga			<b>Dvadashi Until 6:56PM</b>	<b>Moon – Orange</b>			<b>Devaloka Day</b>
					<b>Ashada•Ani</b>			

<b>4</b>		<b>Sunday, July 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Bradford, UK Sun 26 Sutra 91
Vischika Rasi: 26.52	Tithi 13	<b>Gulika</b>	<b>4:20PM – 6:24PM</b>	<b>Jyeshtha* Until 11:43AM</b>	<b>Ganesha: White</b>	<b>Sunrise: 3:54AM</b>	Vikarin 5121	
		Yama	12:11PM – 2:16PM	Brahma Until 9:53PM	<b>Muruqa: Blue</b>	<b>Sunset: 8:28PM</b>	Moon 6 - Phase 13	
		473893461 <b>Rahu</b>	<b>6:24PM – 8:28PM</b>	Kaulava Until 7:07AM	<b>Nataraja: Yellow</b>		4th Phase	
Routine Work	Marana Yoga			<b>Trayodashi Until 7:22PM</b>	<b>Moon – Orange</b>			<b>Devaloka Day</b>
Until 11:43AM					<b>Ashada•Ani</b>			
Then Creative Work - Amrita Yoga								<i>Pradosha Vrata</i>

<b>5</b>		<b>Monday, July 15, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Bradford, UK Sun 27 Sutra 92
Dhanus Rasi: 9.31	Tithi 14	<b>Gulika</b>	<b>2:15PM – 4:19PM</b>	<b>Mula* Until 1:18PM</b>	<b>Ganesha: Clear</b>	<b>Sunrise: 3:55AM</b>	Vikarin 5121	
<b>Family Home Evening</b>		Yama	10:07AM – 12:11PM	Indra Until 9:41PM	<b>Muruqa: Blue</b>	<b>Sunset: 8:27PM</b>	Moon 6 - Phase 13	
		483893461 <b>Rahu</b>	<b>5:59AM – 8:03AM</b>	Gara Until 7:47AM	<b>Nataraja: Yellow</b>		4th Phase	
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 8:16PM</b>	<b>Moon – Light Blue</b>			<b>Sivaloka Day</b>
Until 1:18PM					<b>Ashada•Ani</b>			
Then Routine Work - Marana Yoga								

		<b>Tuesday, July 16, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Bradford, UK Sun 27 Sutra 93
<b>Copper Retreat Star</b>		<b>Gulika</b>	<b>12:11PM – 2:15PM</b>	<b>Purvashadha* Until 3:10PM</b>	<b>Ganesha: Clear</b>	<b>Sunrise: 3:57AM</b>	Vikarin 5121	
Dhanus Rasi: 21.57	Tithi 15	Yama	8:04AM – 10:08AM	Vaidhriti* Until 9:48PM	<b>Muruqa: Blue</b>	<b>Sunset: 8:26PM</b>	Moon 6 - Phase 13	
		483893461 <b>Rahu</b>	<b>4:19PM – 6:23PM</b>	Visti Until 8:54AM	<b>Nataraja: Yellow</b>		Purnima	
Creative Work	Siddha Yoga			<b>Purnima* Until 9:37PM</b>	<b>Moon – Light Blue</b>			<b>Sivaloka Day</b>
Until 3:10PM					<b>Ashada•Adi</b>			
Then Routine Work - Prabalarishta Yoga		<b>Partial Lunar Eclipse</b>	<b>Satguru Purnima</b>					

<b>Wednesday, July 17, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Bradford, UK Sun 27 Sutra 94		
<b>Silver Retreat Star</b>		<b>Gulika</b>	<b>10:08AM – 12:12PM</b>	<b>Uttarashadha Until 5:18PM</b>	<b>Ganesha: Purple</b>	<b>Sunrise: 3:58AM</b>	Vikarin 5121	
Makara Rasi: 4.12	Tithi 16	Yama	6:01AM – 8:05AM	Vishkambha* Until 10:14PM	<b>Muruqa: Blue</b>	<b>Sunset: 8:25PM</b>	Moon 6 - Phase 13	
		484893462 <b>Rahu</b>	<b>12:12PM – 2:15PM</b>	Balava Until 10:28AM	<b>Nataraja: White</b>		Prathama	
Creative Work	Amrita Yoga			<b>Prathama* Until 11:23PM</b>	<b>Moon – Light Blue</b>			<b>Subha Subha Sivaloka Day</b>
Until 5:18PM					<b>Ashada•Adi</b>			
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/Gara Karana Dvitiyayam Titau

Bradford, UK  
Sun 1  
Sutra 95

Makara Rasi: 16.17 Tithi 17  
494893462 Rahu  
Creative Work Siddha Yoga

**Gulika** 8:06AM – 10:09AM  
Yama 3:59AM – 6:02AM  
**Rahu** 2:15PM – 4:18PM  
**Shravana Until 8:05PM**  
Priti Until 10:57PM  
Taitila Until 12:24PM  
**Dvitiya Until 1:28AM Fri**

**Ganesha:** Clear *Sunrise: 3:59AM*  
**Muruqa:** Blue *Sunset: 8:24PM*  
**Nataraja:** White  
Moon – Purple  
**Subha Sivaloka Day**  
**Ashada-Adi**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**1**

**Friday, July 19, 2019**

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

Bradford, UK  
Sun 2  
Sutra 96

Makara Rasi: 28.15 Tithi 18  
494893462 Rahu  
Creative Work Siddha Yoga

**Gulika** 6:04AM – 8:06AM  
Yama 4:17PM – 6:20PM  
**Rahu** 10:09AM – 12:12PM  
**Dhanishtha Until 10:57PM**  
Ayushman Until 11:49PM  
Vanija Until 2:37PM  
**Tritiya Until 3:47AM Sat**

**Ganesha:** Clear *Sunrise: 4:01AM*  
**Muruqa:** Blue *Sunset: 8:23PM*  
**Nataraja:** White  
Moon – Purple  
**Subha Sivaloka Day**  
**Ashada-Adi**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**2**

**Saturday, July 20, 2019**

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

Bradford, UK  
Sun 3  
Sutra 97

Kumbha Rasi: 10.08 Tithi 19  
494893462 Rahu  
Creative Work Amrita Yoga  
Until 1:45AM Sun  
Then Creative Work - Siddha Yoga

**Gulika** 4:02AM – 6:05AM  
Yama 2:14PM – 4:17PM  
**Rahu** 8:07AM – 10:09AM  
**Shatabhishak Until 1:45AM Sun**  
Saubhagya Until 12:48AM Sun  
Bava Until 5:00PM  
**Chaturthi\* Until 6:12AM Sun**

**Ganesha:** Clear *Sunrise: 4:02AM*  
**Muruqa:** Blue *Sunset: 8:21PM*  
**Nataraja:** White  
Moon – Purple  
**Subha Sivaloka Day**  
**Ashada-Adi**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**3**

**Sunday, July 21, 2019**

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

Bradford, UK  
Sun 4  
Sutra 98

Kumbha Rasi: 22 Tithi 19 – 20  
414893462 Rahu  
Creative Work Siddha Yoga

**Gulika** 4:16PM – 6:18PM  
Yama 12:12PM – 2:14PM  
**Rahu** 6:18PM – 8:20PM  
**Purvaproshtapada\* Until 4:53AM Mon**  
Sobhana Until 1:46AM Mon  
Kaulava Until 7:25PM  
**Chaturthi\* Until 6:12AM**

**Ganesha:** Clear *Sunrise: 4:04AM*  
**Muruqa:** Blue *Sunset: 8:20PM*  
**Nataraja:** White  
Moon – Clear  
**Subha Sivaloka Day**  
**Ashada-Adi**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**4**

**Monday, July 22, 2019**

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

Bradford, UK  
Sun 5  
Sutra 99

Meena Rasi: 3.52 Tithi 20 – 21  
414893462 Rahu  
**Family Home Evening**  
Creative Work Siddha Yoga

**Gulika** 2:14PM – 4:15PM  
Yama 10:10AM – 12:12PM  
**Rahu** 6:07AM – 8:08AM  
**Uttaraproshtapada Until 7:40AM Tue**  
Athiganda\* Until 2:35AM Tue  
Gara Until 9:42PM  
**Panchami Until 8:34AM**

**Ganesha:** Clear *Sunrise: 4:05AM*  
**Muruqa:** Blue *Sunset: 8:19PM*  
**Nataraja:** White  
Moon – Clear  
**Subha Sivaloka Day**  
**Ashada-Adi**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**5**

**Tuesday, July 23, 2019**

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

Bradford, UK  
Sun 6  
Sutra 100

Meena Rasi: 15.49 Tithi 21 – 22  
414893462 Rahu  
Creative Work Amrita Yoga  
Until 7:40AM  
Then Creative Work - Siddha Yoga

**Gulika** 12:12PM – 2:13PM  
Yama 8:09AM – 10:11AM  
**Rahu** 4:15PM – 6:16PM  
**Uttaraproshtapada Until 7:40AM**  
Sukarma Until 3:11AM Wed  
Visti Until 11:42PM  
**Shashthi\* Until 10:44AM**

**Ganesha:** Clear *Sunrise: 4:07AM*  
**Muruqa:** Blue *Sunset: 8:17PM*  
**Nataraja:** White  
Moon – Clear  
**Subha Sivaloka Day**  
**Ashada-Adi**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**D**

**Wednesday, July 24, 2019**  
**Retreat Star**

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

Bradford, UK  
Sun 7  
Sutra 101

Meena Rasi: 27.54 Tithi 22 – 23  
414893462 Rahu  
Routine Work Marana Yoga

**Gulika** 10:11AM – 12:12PM  
Yama 6:09AM – 8:10AM  
**Rahu** 12:12PM – 2:13PM  
**Revati Until 9:57AM**  
Dhriti Until 3:26AM Thu  
Balava Until 1:16AM Thu  
**Saptami Until 12:32PM**

**Ganesha:** Clear *Sunrise: 4:08AM*  
**Muruqa:** Blue *Sunset: 8:16PM*  
**Nataraja:** White  
Moon – Clear  
**Subha Sivaloka Day**  
**Ashada-Adi**

Vikarin 5121  
Moon 7 - Phase 14  
Ashtami

**Thursday, July 25, 2019**

**Retreat Star**

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

Bradford, UK  
Sun 8  
Sutra 102

Mesha Rasi: 10.1 Tithi 23 – 24  
424893462 Rahu  
Creative Work Amrita Yoga  
Until 12:04PM  
Then Creative Work - Siddha Yoga

**Gulika** 8:11AM – 10:11AM  
Yama 4:10AM – 6:10AM  
**Rahu** 2:12PM – 4:13PM  
**Ashvini Until 12:04PM**  
Shula\* Until 3:10AM Fri  
Taitila Until 2:13AM Fri  
**Ashtami\* Until 1:48PM**

**Ganesha:** White *Sunrise: 4:10AM*  
**Muruqa:** Blue *Sunset: 8:14PM*  
**Nataraja:** White  
Moon – White  
**Subha Subha Sivaloka Day**  
**Ashada-Adi**

Vikarin 5121  
Moon 7 - Phase 14  
Navami

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


<b>1</b>		<b>Friday, July 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Bradford, UK Sun 9 Sutra 103 Vikarin 5121
Mesha Rasi: 22.43	Tithi 24 – 25	<b>Gulika</b> 6:11AM – 8:12AM	<b>Bharani</b> Until 1:23PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:11AM	
		Yama 4:12PM – 6:12PM	Ganda* Until 2:22AM Sat	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:13PM	Moon 7 - Phase 15
		424893462 <b>Rahu</b> 10:12AM – 12:12PM	Vanija Until 2:27AM Sat	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Navami*</b> Until 2:25PM	Moon – White		<b>Subha Subha Sivaloka Day</b>
				<b>Ashada-Adi</b>		

<b>2</b>		<b>Saturday, July 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Bradford, UK Sun 10 Sutra 104 Vikarin 5121
Wrishabha Rasi: 5.37	Tithi 25 – 26	<b>Gulika</b> 4:13AM – 6:13AM	<b>Krittika</b> Until 1:49PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:13AM	
		Yama 2:12PM – 4:11PM	Vriddhi Until 12:57AM Sun	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:11PM	Moon 7 - Phase 15
		424893462 <b>Rahu</b> 8:12AM – 10:12AM	Bava Until 1:55AM Sun	<b>Nataraja:</b> White		2nd Phase
Creative Work	Amrita Yoga		<b>Dashami</b> Until 2:16PM	Moon – White		<b>Subha Subha Sivaloka Day</b>
				<b>Ashada-Adi</b>		

<b>3</b>		<b>Sunday, July 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Bradford, UK Sun 11 Sutra 105 Vikarin 5121
Wrishabha Rasi: 18.55	Tithi 26 – 27	<b>Gulika</b> 4:11PM – 6:10PM	<b>Rohini</b> Until 1:47PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:14AM	
		Yama 12:12PM – 2:11PM	Dhruva Until 10:53PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:09PM	Moon 7 - Phase 15
		434893462 <b>Rahu</b> 6:10PM – 8:09PM	Kaulava Until 12:36AM Mon	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 1:20PM	Moon – Yellow		<b>Subha Sivaloka Day</b>
				<b>Ashada-Adi</b>		

<b>4</b>		<b>Monday, July 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Bradford, UK Sun 12 Sutra 106 Vikarin 5121
Mithuna Rasi: 2.39	Tithi 27 – 28	<b>Gulika</b> 2:11PM – 4:10PM	<b>Mrigashira</b> Until 12:51PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:16AM	
<b>Family Home Evening</b>		Yama 10:13AM – 12:12PM	Vyaghata* Until 8:14PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:08PM	Moon 7 - Phase 15
Creative Work	Amrita Yoga	435893462 <b>Rahu</b> 6:15AM – 8:14AM	Gara Until 10:35PM	<b>Nataraja:</b> White		2nd Phase
Until 12:51PM			<b>Dvadashi*</b> Until 11:39AM	Moon – Yellow		<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga				<b>Ashada-Adi</b>		
				<i>Pradosha Vrata (Fasting)</i>		

<b>5</b>		<b>Tuesday, July 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Bradford, UK Sun 13 Sutra 107 Vikarin 5121
Mithuna Rasi: 16.5	Tithi 28 – 29	<b>Gulika</b> 12:12PM – 2:10PM	<b>Ardra</b> Until 11:07AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:18AM	
		Yama 8:15AM – 10:13AM	Harshana Until 5:07PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:06PM	Moon 7 - Phase 15
		435893462 <b>Rahu</b> 4:09PM – 6:08PM	Visti Until 7:57PM	<b>Nataraja:</b> White		2nd Phase
Routine Work	Marana Yoga		<b>Trayodashi*</b> Until 9:19AM	Moon – Yellow		<b>Sivaloka Day</b>
Until 11:07AM				<b>Ashada-Adi</b>		
Then Creative Work - Siddha Yoga						

		<b>Wednesday, July 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra*/Siddhi Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau		Bradford, UK Sun 14 Sutra 108 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 10:14AM – 12:12PM	<b>Punarvasu</b> Until 9:09AM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:19AM	
Kataka Rasi: 1.23	Tithi 29 – 30	Yama 6:17AM – 8:15AM	Vajra* Until 1:33PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:04PM	Moon 7 - Phase 15
		445893462 <b>Rahu</b> 12:12PM – 2:10PM	Naga Until 3:11AM Thu	<b>Nataraja:</b> White		Amavasya
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 6:27AM	Moon – Blue		<b>Sivaloka Day</b>
				<b>Ashada-Adi</b>		

<b>Retreat Star</b>		<b>Thursday, August 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Kintughna*/Bava Karana Prathamayam Titau		Bradford, UK Sun 15 Sutra 109 Vikarin 5121
Kataka Rasi: 16.14	Tithi 1	<b>Gulika</b> 8:16AM – 10:14AM	<b>Pushya</b> Until 6:40AM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:21AM	
		Yama 4:21AM – 6:19AM	Siddhi Until 9:43AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:03PM	Moon 7 - Phase 15
		445893462 <b>Rahu</b> 2:09PM – 4:07PM	Kintughna Until 1:28PM	<b>Nataraja:</b> White		Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 11:41PM	Moon – Blue		<b>Sivaloka Day</b>
Until 6:40AM				<b>Sravana-Adi</b>		
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

<b>1</b>		<b>Friday, August 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Variyan Yoga Balava/Kaulava Karana Dvilyayam Titau		Bradford, UK Sun 16 Sutra 110 Vikarin 5121
Simha Rasi: 1.16	Tithi 2	<b>Gulika</b> 6:20AM – 8:17AM	<b>Magha* Until 1:13AM Sat</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:22AM	
		Yama 4:06PM – 6:04PM	Variyan Until 1:43AM Sat	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:01PM	Moon 7 - Phase 16
		455893462 <b>Rahu</b> 10:14AM – 12:12PM	Balava Until 9:55AM	<b>Nataraja:</b> White		3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya Until 8:07PM</b>	Moon – Red		<b>Sivaloka Day</b>
Until 1:13AM Sat				<b>Sravana*Adi</b>		
Then Creative Work - Siddha Yoga						

<b>2</b>		<b>Saturday, August 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Parigha* Yoga Tailila/Vanija Karana Tritiya/Chaturthyam Titau		Bradford, UK Sun 17 Sutra 111 Vikarin 5121
Simha Rasi: 16.19	Tithi 3 – 4	<b>Gulika</b> 4:24AM – 6:21AM	<b>Purvaphalguni Until 10:36PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:24AM	
		Yama 2:08PM – 4:05PM	Parigha* Until 9:49PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:59PM	Moon 7 - Phase 16
		455893462 <b>Rahu</b> 8:18AM – 10:15AM	Taitila Until 6:22AM	<b>Nataraja:</b> White		3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya Until 4:37PM</b>	Moon – Red		<b>Sivaloka Day</b>
Until 10:36PM				<b>Sravana*Adi</b>		
Then Routine Work - Marana Yoga						

<b>3</b>		<b>Sunday, August 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Bradford, UK Sun 18 Sutra 112 Vikarin 5121
Kanya Rasi: 1.14	Tithi 4 – 5	<b>Gulika</b> 4:04PM – 6:01PM	<b>Uttaraphalguni Until 8:06PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:26AM	
		Yama 12:11PM – 2:08PM	Shiva Until 6:08PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:57PM	Moon 7 - Phase 16
		455993462 <b>Rahu</b> 6:01PM – 7:57PM	Bava Until 11:51PM	<b>Nataraja:</b> White		3rd Phase
Creative Work	Amrita Yoga		<b>Chaturthi* Until 1:20PM</b>	Moon – Red		<b>Subha Sivaloka Day</b>
		<b>Nag Panchami</b>		<b>Sravana*Adi</b>		

<b>4</b>		<b>Monday, August 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Bradford, UK Sun 19 Sutra 113 Vikarin 5121
Kanya Rasi: 15.56	Tithi 5 – 6	<b>Gulika</b> 2:07PM – 4:03PM	<b>Hasta Until 6:17PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:27AM	
<b>Family Home Evening</b>		Yama 10:15AM – 12:11PM	Siddha Until 2:45PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:55PM	Moon 7 - Phase 16
Creative Work	Siddha Yoga	465993462 <b>Rahu</b> 6:23AM – 8:19AM	Kaulava Until 9:10PM	<b>Nataraja:</b> White		3rd Phase
Until 6:17PM			<b>Panchami Until 10:26AM</b>	Moon – Green		<b>Subha Subha Sivaloka Day</b>
Then Routine Work - Prabalarishta Yoga				<b>Sravana*Adi</b>		

<b>5</b>		<b>Tuesday, August 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau		Bradford, UK Sun 20 Sutra 114 Vikarin 5121
Tula Rasi: 0.17	Tithi 6 – 7	<b>Gulika</b> 12:11PM – 2:07PM	<b>Chitra Until 4:52PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:29AM	
		Yama 8:20AM – 10:16AM	Sadhya Until 11:48AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:53PM	Moon 7 - Phase 16
		465993462 <b>Rahu</b> 4:02PM – 5:58PM	Gara Until 7:02PM	<b>Nataraja:</b> White		3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi* Until 8:00AM</b>	Moon – Green		<b>Subha Subha Sivaloka Day</b>
				<b>Sravana*Adi</b>		

<b>Retreat Star</b>		<b>Wednesday, August 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Vanija/Bava Karana Saptami/Ashtamyam Titau		Bradford, UK Sun 21 Sutra 115 Vikarin 5121
Tula Rasi: 14.15	Tithi 7 – 8	<b>Gulika</b> 10:16AM – 12:11PM	<b>Svati Until 3:54PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:31AM	
		Yama 6:26AM – 8:21AM	Subha Until 9:21AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:51PM	Moon 7 - Phase 16
		465993462 <b>Rahu</b> 12:11PM – 2:06PM	Bava Until 4:59AM Thu	<b>Nataraja:</b> White		Ashtami
Creative Work	Siddha Yoga		<b>Saptami Until 6:10AM</b>	Moon – Green		<b>Subha Subha Sivaloka Day</b>
				<b>Sravana*Adi</b>		

<b>Retreat Star</b>		<b>Thursday, August 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau		Bradford, UK Sun 22 Sutra 116 Vikarin 5121
Tula Rasi: 27.5	Tithi 9	<b>Gulika</b> 8:22AM – 10:16AM	<b>Vishakha Until 3:54PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:33AM	
		Yama 4:33AM – 6:27AM	Sukla Until 7:25AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:49PM	Moon 7 - Phase 16
		476993462 <b>Rahu</b> 2:06PM – 4:00PM	Balava Until 4:39PM	<b>Nataraja:</b> White		Navami
Creative Work	Siddha Yoga		<b>Navami* Until 4:28AM Fri</b>	Moon – Orange		<b>Sivaloka Day</b>
				<b>Sravana*Adi</b>		

<b>1</b>		<b>Friday, August 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Tailila/Gara Karana Dashamyam Titau				Bradford, UK Sun 23 Sutra 117 Vikarin 5121
Wrischika Rasi: 11.02	Tithi 10	<b>Gulika</b> 6:28AM – 8:23AM	<b>Anuradha</b> Until 4:24PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:34AM			
		Yama 3:59PM – 5:53PM	Brahma Until 6:02AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:47PM			Moon 7 - Phase 17
		476993462 <b>Rahu</b> 10:17AM – 12:11PM	Taitila Until 4:28PM	<b>Nataraja:</b> White				4th Phase
Creative Work	Siddha Yoga			Moon – Orange			<b>Sivaloka Day</b>	
Until 4:24PM		<b>Varalakshmi Vratam</b>	<b>Dashami</b> Until 4:36AM Sat	<b>Sravana*Adi</b>				
Then Routine Work - Marana Yoga								


<b>2</b>		<b>Saturday, August 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau				Bradford, UK Sun 24 Sutra 118 Vikarin 5121
Wrischika Rasi: 23.55	Tithi 11	<b>Gulika</b> 4:36AM – 6:30AM	<b>Jyeshtha*</b> Until 5:22PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:36AM			
		Yama 2:04PM – 3:58PM	Vaidhriti* Until 4:45AM Sun	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:47PM			Moon 7 - Phase 17
		476993462 <b>Rahu</b> 8:23AM – 10:17AM	Vanija Until 4:55PM	<b>Nataraja:</b> White				4th Phase
Creative Work	Siddha Yoga			Moon – Orange			<b>Sivaloka Day</b>	
			<b>Ekadashi</b> Until 5:20AM Sun	<b>Sravana*Adi</b>				

<b>3</b>		<b>Sunday, August 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvadashyam Titau				Bradford, UK Sun 25 Sutra 119 Vikarin 5121
Dhanus Rasi: 6.3	Tithi 12	<b>Gulika</b> 3:57PM – 5:50PM	<b>Mula*</b> Until 7:12PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:38AM			
		Yama 12:11PM – 2:04PM	Vishkambha* Until 4:46AM Mon	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:43PM			Moon 7 - Phase 17
		486993462 <b>Rahu</b> 5:50PM – 7:43PM	Bava Until 5:56PM	<b>Nataraja:</b> White				4th Phase
Creative Work	Amrita Yoga			Moon – Light Blue			<b>Subha Sivaloka Day</b>	
Until 7:12PM			<b>Dvadashi</b> Until 6:36AM Mon	<b>Sravana*Adi</b>				
Then Creative Work - Siddha Yoga								

<b>4</b>		<b>Monday, August 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Bradford, UK Sun 26 Sutra 120 Vikarin 5121
Dhanus Rasi: 18.52	Tithi 12 – 13	<b>Gulika</b> 2:03PM – 3:56PM	<b>Purvashadha*</b> Until 9:20PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:39AM			
<b>Family Home Evening</b>		Yama 10:18AM – 12:10PM	Priti Until 5:07AM Tue	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:41PM			Moon 7 - Phase 17
		486993462 <b>Rahu</b> 6:32AM – 8:25AM	Kaulava Until 7:25PM	<b>Nataraja:</b> White				4th Phase
Routine Work	Marana Yoga			Moon – Light Blue			<b>Subha Sivaloka Day</b>	
			<b>Dvadashi</b> Until 6:36AM	<b>Sravana*Adi</b>				

*Pradosha Vrata*

<b>5</b>		<b>Tuesday, August 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Ayushman Yoga Tailila/Gara Karana Trayodashi/Chaturdashyam Titau				Bradford, UK Sun 27 Sutra 121 Vikarin 5121
Makara Rasi: 1.02	Tithi 13 – 14	<b>Gulika</b> 12:10PM – 2:02PM	<b>Uttarashadha</b> Until 11:38PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:41AM			
		Yama 8:26AM – 10:18AM	Ayushman Until 5:42AM Wed	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:39PM			Moon 7 - Phase 17
		486993462 <b>Rahu</b> 3:55PM – 5:47PM	Gara Until 9:16PM	<b>Nataraja:</b> White				4th Phase
Routine Work	Prabalarishta Yoga			Moon – Light Blue			<b>Subha Sivaloka Day</b>	
Until 11:38PM			<b>Trayodashi</b> Until 8:17AM	<b>Sravana*Adi</b>				
Then Creative Work - Siddha Yoga								

		<b>Wednesday, August 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Bradford, UK Sutra 122 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:18AM – 12:10PM	<b>Shravana</b> Until 2:33AM Thu	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:43AM			
Makara Rasi: 13.05	Tithi 14 – 15	Yama 6:35AM – 8:26AM	Saubhagya Until 6:29AM Thu	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:37PM			Moon 7 - Phase 17
		496993462 <b>Rahu</b> 12:10PM – 2:02PM	Visti Until 11:25PM	<b>Nataraja:</b> White				Purnima
Creative Work	Siddha Yoga			Moon – Purple			<b>Sivaloka Day</b>	
		<b>Raksha Bandhan</b>	<b>Chaturdashi*</b> Until 10:18AM	<b>Sravana*Adi</b>				

<b>Thursday, August 15, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Bradford, UK Sutra 123 Vikarin 5121		
<b>Silver Retreat Star</b>		<b>Gulika</b> 8:27AM – 10:19AM	<b>Dhanishtha</b> Until 5:27AM Fri	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:45AM			
Makara Rasi: 25.02	Tithi 15 – 16	Yama 4:45AM – 6:36AM	Saubhagya Until 6:29AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:35PM			Moon 7 - Phase 17
		497993462 <b>Rahu</b> 2:01PM – 3:52PM	Balava Until 1:44AM Fri	<b>Nataraja:</b> White				Prathama
Creative Work	Siddha Yoga			Moon – Purple			<b>Subha Sivaloka Day</b>	
			<b>Purnima*</b> Until 12:32PM	<b>Sravana*Adi</b>				

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

All times are standard time

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

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

Bradford, UK  
Sutra 124  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Kumbha Rasi: 6.55    Tilthi 16 – 17

497993462  
**Gulika** 6:37AM – 8:28AM  
Yama 3:51PM – 5:42PM  
**Rahu** 10:19AM – 12:10PM

**Shatabhishak Until 8:16AM Sat**  
Sobhana Until 7:24AM  
Taitila Until 4:10AM Sat  
**Prathama\* Until 2:55PM**

**Ganesha:** Yellow  
**Muruqa:** Blue  
**Nataraja:** White  
Moon – Purple  
**Sravana-Adi**

*Sunrise:* 4:46AM  
*Sunset:* 7:33PM

**Subha Sivaloka Day**

Creative Work Siddha Yoga

Until 8:16AM Sat

Then Routine Work - Marana Yoga

**1**

**Saturday, August 17, 2019**

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

Bradford, UK  
Sun 1  
Sutra 125  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Kumbha Rasi: 18.47    Tilthi 17 – 18

497993462  
**Gulika** 4:48AM – 6:38AM  
Yama 2:00PM – 3:50PM  
**Rahu** 8:29AM – 10:19AM

**Shatabhishak Until 8:16AM**  
Athiganda\* Until 8:21AM  
Vanija Until 6:35AM Sun  
**Dvitiya Until 5:21PM**

**Ganesha:** Yellow  
**Muruqa:** Blue  
**Nataraja:** White  
Moon – Purple  
**Sravana-Avani**

*Sunrise:* 4:48AM  
*Sunset:* 7:31PM

**Subha Sivaloka Day**

Creative Work Amrita Yoga

Until 8:16AM

Then Routine Work - Marana Yoga

**2**

**Sunday, August 18, 2019**

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Purvaprosarthpada/Uttarproarthpada Nakshatra Sukarma/Dhriti Yoga Vanija/Visti\* Karana Tritiyayam Titau

Bradford, UK  
Sun 2  
Sutra 126  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Meena Rasi: 0.38    Tilthi 18

517993462  
**Gulika** 3:49PM – 5:39PM  
Yama 12:09PM – 1:59PM  
**Rahu** 5:39PM – 7:29PM

**Purvaprosarthpada\* Until 11:25AM**  
Sukarma Until 9:18AM  
Vanija Until 6:35AM  
**Tritiya Until 7:45PM**

**Ganesha:** White  
**Muruqa:** Blue  
**Nataraja:** White  
Moon – Clear  
**Sravana-Avani**

*Sunrise:* 4:50AM  
*Sunset:* 7:29PM

**Subha Subha Sivaloka Day**

Creative Work Siddha Yoga

Until 11:25AM

Then Creative Work - Amrita Yoga

**3**

**Monday, August 19, 2019**

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

Bradford, UK  
Sun 3  
Sutra 127  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Meena Rasi: 12.32    Tilthi 19

**Family Home Evening**

517993462  
**Gulika** 1:58PM – 3:48PM  
Yama 10:20AM – 12:09PM  
**Rahu** 6:41AM – 8:30AM

**Uttarproarthpada Until 2:16PM**  
Dhriti Until 10:12AM  
Bava Until 8:55AM  
**Chaturthi\* Until 10:00PM**

**Ganesha:** White  
**Muruqa:** Blue  
**Nataraja:** White  
Moon – Clear  
**Sravana-Avani**

*Sunrise:* 4:52AM  
*Sunset:* 7:26PM

**Subha Subha Sivaloka Day**

Creative Work Siddha Yoga

**4**

**Tuesday, August 20, 2019**

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

Bradford, UK  
Sun 4  
Sutra 128  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Meena Rasi: 24.31    Tilthi 20

517993462  
**Gulika** 12:09PM – 1:58PM  
Yama 8:31AM – 10:20AM  
**Rahu** 3:46PM – 5:35PM

**Revati Until 4:46PM**  
Shula\* Until 10:54AM  
Kaulava Until 11:03AM  
**Panchami Until 11:59PM**

**Ganesha:** White  
**Muruqa:** Blue  
**Nataraja:** White  
Moon – Clear  
**Sravana-Avani**

*Sunrise:* 4:53AM  
*Sunset:* 7:24PM

**Subha Subha Sivaloka Day**

Creative Work Siddha Yoga

**5**

**Wednesday, August 21, 2019**

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

Bradford, UK  
Sun 5  
Sutra 129  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Mesha Rasi: 6.35    Tilthi 21

527993462  
**Gulika** 10:20AM – 12:08PM  
Yama 6:43AM – 8:32AM  
**Rahu** 12:08PM – 1:57PM

**Ashvini Until 7:14PM**  
Ganda\* Until 11:22AM  
Gara Until 12:52PM  
**Shashthi\* Until 1:35AM Thu**

**Ganesha:** Clear  
**Muruqa:** Blue  
**Nataraja:** White  
Moon – White  
**Sravana-Avani**

*Sunrise:* 4:55AM  
*Sunset:* 7:22PM

**Subha Sivaloka Day**

Routine Work Marana Yoga

Until 7:14PM

Then Creative Work - Siddha Yoga

**6**

**Thursday, August 22, 2019**

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

Bradford, UK  
Sun 6  
Sutra 130  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Mesha Rasi: 18.5    Tilthi 22

528993462  
**Gulika** 8:33AM – 10:20AM  
Yama 4:57AM – 6:45AM  
**Rahu** 1:56PM – 3:44PM

**Bharani Until 9:04PM**  
Vridhhi Until 11:30AM  
Visti Until 2:13PM  
**Saptami Until 2:39AM Fri**

**Ganesha:** White  
**Muruqa:** Blue  
**Nataraja:** White  
Moon – White  
**Sravana-Avani**

*Sunrise:* 4:57AM  
*Sunset:* 7:20PM

**Sivaloka Day**

Creative Work Siddha Yoga

Until 9:04PM

Then Routine Work - Marana Yoga

**D**

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

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

Bradford, UK  
Sun 7  
Sutra 131  
Vikarin 5121  
Moon 8 - Phase 18  
Ashtami

Vrishabha Rasi: 1.2    Tilthi 23

528993462  
**Gulika** 6:46AM – 8:33AM  
Yama 3:43PM – 5:30PM  
**Rahu** 10:21AM – 12:08PM

**Krittika Until 10:07PM**  
Dhruva Until 11:09AM  
Balava Until 2:58PM  
**Ashtami\* Until 3:03AM Sat**

**Ganesha:** White  
**Muruqa:** Blue  
**Nataraja:** White  
Moon – White  
**Sravana-Avani**

*Sunrise:* 4:59AM  
*Sunset:* 7:17PM

**Sivaloka Day**

Creative Work Siddha Yoga

Until 10:07PM

Then Routine Work - Marana Yoga

**Saturday, August 24, 2019**

**Retreat Star**

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

Bradford, UK  
Sun 8  
Sutra 132  
Vikarin 5121  
Moon 8 - Phase 18  
Navami

Vrishabha Rasi: 14.09    Tilthi 24

538993462  
**Gulika** 5:00AM – 6:47AM  
Yama 1:55PM – 3:41PM  
**Rahu** 8:34AM – 10:21AM

**Rohini Until 10:45PM**  
Vyaghata\* Until 10:16AM  
Taitila Until 3:00PM  
**Navami\* Until 2:42AM Sun**

**Ganesha:** Clear  
**Muruqa:** Blue  
**Nataraja:** White  
Moon – Yellow  
**Sravana-Avani**

*Sunrise:* 5:00AM  
*Sunset:* 7:15PM

**Subha Sivaloka Day**

Creative Work Amrita Yoga

Until 10:45PM

Then Creative Work - Siddha Yoga

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

All times are standard time


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<b>1</b>		<b>Sunday, August 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Vanija/Visli* Karana Dashamyam Titau		Bradford, UK Sun 9 Sutra 133 Vikarin 5121	
Wrishabha Rasi: 27.21	Tithi 25	<b>Gulika</b> 3:40PM – 5:27PM	<b>Mrigashira</b> Until 10:27PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:02AM		
		Yama 12:07PM – 1:54PM	Harshana Until 8:46AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:13PM	Moon 8 - Phase 19	
		538993462 <b>Rahu</b> 5:27PM – 7:13PM	Vanija Until 2:14PM	<b>Nataraja:</b> White		2nd Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 1:33AM Mon	Moon – Yellow		<b>Subha Sivaloka Day</b>	
				<b>Sravana-Avani</b>			

<b>2</b>		<b>Monday, August 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Ekadashyam Titau		Bradford, UK Sun 10 Sutra 134 Vikarin 5121	
Mithuna Rasi: 10.59	Tithi 26	<b>Gulika</b> 1:53PM – 3:39PM	<b>Ardra</b> Until 9:15PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:04AM		
<b>Family Home Evening</b>		Yama 10:21AM – 12:07PM	Vajra* Until 6:37AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:11PM	Moon 8 - Phase 19	
Creative Work	Siddha Yoga	538993462 <b>Rahu</b> 6:50AM – 8:35AM	Bava Until 12:42PM	<b>Nataraja:</b> White		2nd Phase	
Until 9:15PM			<b>Ekadashi*</b> Until 11:38PM	Moon – Yellow		<b>Subha Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				<b>Sravana-Avani</b>			

<b>3</b>		<b>Tuesday, August 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Bradford, UK Sun 11 Sutra 135 Vikarin 5121	
Mithuna Rasi: 25.06	Tithi 27	<b>Gulika</b> 12:07PM – 1:52PM	<b>Punarvasu</b> Until 7:39PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:05AM		
		Yama 8:36AM – 10:22AM	Vyatipata* Until 12:36AM Wed	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:08PM	Moon 8 - Phase 19	
		548993462 <b>Rahu</b> 3:38PM – 5:23PM	Kaulava Until 10:26AM	<b>Nataraja:</b> White		2nd Phase	
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 9:03PM	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Sravana-Avani</b>			

<b>4</b>		<b>Wednesday, August 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Variyan Yoga Gara/Visli* Karana Trayodashi/Chaturdashyam Titau		Bradford, UK Sun 12 Sutra 136 Vikarin 5121	
Kataka Rasi: 9.39	Tithi 28 – 29	<b>Gulika</b> 10:22AM – 12:07PM	<b>Pushya</b> Until 5:20PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:07AM		
		Yama 6:52AM – 8:37AM	Variyan Until 8:51PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:06PM	Moon 8 - Phase 19	
		549993463 <b>Rahu</b> 12:07PM – 1:51PM	Gara Until 7:34AM	<b>Nataraja:</b> Clear		2nd Phase	
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 5:55PM	Moon – Blue		<b>Devaloka Day</b>	
				<b>Sravana-Avani</b>			
				<i>Pradosha Vrata (Fasting)</i>			

		<b>Thursday, August 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Parigha*/Shiva Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Bradford, UK Sun 13 Sutra 137 Vikarin 5121	
<b>Retreat Star</b>		<b>Gulika</b> 8:38AM – 10:22AM	<b>Ashlesha*</b> Until 2:29PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:09AM		
Kataka Rasi: 24.34	Tithi 29 – 30	Yama 5:09AM – 6:53AM	Parigha* Until 4:49PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:04PM	Moon 8 - Phase 19	
		549193463 <b>Rahu</b> 1:51PM – 3:35PM	Catuspada Until 12:31AM Fri	<b>Nataraja:</b> Clear		Amavasya	
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 2:23PM	Moon – Blue		<b>Sivaloka Day</b>	
Until 2:29PM				<b>Sravana-Avani</b>			
Then Creative Work - Amrita Yoga							

<b>Friday, August 30, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva/Siddha Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Bradford, UK Sun 14 Sutra 138 Vikarin 5121	
Simha Rasi: 9.44	Tithi 30 – 1	<b>Gulika</b> 6:55AM – 8:38AM	<b>Magha*</b> Until 11:39AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:11AM		
		Yama 3:34PM – 5:17PM	Shiva Until 12:36PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:01PM	Moon 8 - Phase 19	
		559193463 <b>Rahu</b> 10:22AM – 12:06PM	Kintughna Until 8:41PM	<b>Nataraja:</b> Clear		Prathama	
Routine Work	Marana Yoga		<b>Amavasya*</b> Until 10:36AM	Moon – Red		<b>Sivaloka Day</b>	
Until 11:39AM				<b>Bhadrapada-Avani</b>			
Then Creative Work - Siddha 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

<b>1</b>		<b>Saturday, August 31, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau	Bradford, UK Sun 15 Sutra 139 Vikarin 5121
Simha Rasi: 24.59	Tithi 1 – 2	569193463	<b>Gulika</b> 5:12AM – 6:56AM Yama 1:49PM – 3:32PM <b>Rahu</b> 8:39AM – 10:22AM	<b>Purvaphalguni Until 8:37AM</b> Siddha Until 8:18AM Kaulava Until 3:00AM Sun Prathama* Until 6:45AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Blue <b>Nataraja:</b> Clear Moon – Red	<b>Sunrise:</b> 5:12AM <b>Sunset:</b> 6:59PM	Moon 8 - Phase 20 3rd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 8:37AM Then Routine Work - Marana Yoga							

<b>2</b>		<b>Sunday, September 1, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Subha Yoga Taitila/Gara Karana Tritiyayam Titau	Bradford, UK Sun 16 Sutra 140 Vikarin 5121
Kanya Rasi: 10.1	Tithi 3	569193463	<b>Gulika</b> 3:31PM – 5:14PM Yama 12:05PM – 1:48PM <b>Rahu</b> 5:14PM – 6:57PM	<b>Hasta Until 3:06AM Mon</b> Subha Until 12:11AM Mon Taitila Until 1:14PM Tritiya Until 11:31PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Blue <b>Nataraja:</b> Clear Moon – Green	<b>Sunrise:</b> 5:14AM <b>Sunset:</b> 6:57PM	Moon 8 - Phase 20 3rd Phase <b>Sivaloka Day</b>
Creative Work Amrita Yoga Until 3:06AM Mon Then Routine Work - Prabalarishta Yoga							

<b>3</b>		<b>Monday, September 2, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau	Bradford, UK Sun 17 Sutra 141 Vikarin 5121
Kanya Rasi: 25.07	Tithi 4	569193463	<b>Gulika</b> 1:47PM – 3:30PM Yama 10:23AM – 12:05PM <b>Rahu</b> 6:58AM – 8:40AM	<b>Chitra Until 12:56AM Tue</b> Sukla Until 8:35PM Vanija Until 9:57AM Chaturthi* Until 8:28PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Blue <b>Nataraja:</b> Clear Moon – Green	<b>Sunrise:</b> 5:16AM <b>Sunset:</b> 6:54PM	Moon 8 - Phase 20 3rd Phase <b>Sivaloka Day</b>
Family Home Evening Routine Work Prabalarishta Yoga Until 12:56AM Tue Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Tuesday, September 3, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Svati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Panchamyam Titau	Bradford, UK Sun 18 Sutra 142 Vikarin 5121
Tula Rasi: 9.42	Tithi 5	569193463	<b>Gulika</b> 12:05PM – 1:46PM Yama 8:41AM – 10:23AM <b>Rahu</b> 3:28PM – 5:10PM	<b>Svati Until 11:15PM</b> Brahma Until 5:28PM Bava Until 7:10AM Panchami Until 6:00PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Blue <b>Nataraja:</b> Clear Moon – Green	<b>Sunrise:</b> 5:18AM <b>Sunset:</b> 6:52PM	Moon 8 - Phase 20 3rd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 11:15PM Then Routine Work - Marana Yoga							

<b>5</b>		<b>Wednesday, September 4, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Bradford, UK Sun 19 Sutra 143 Vikarin 5121
Tula Rasi: 23.5	Tithi 6 – 7	579193463	<b>Gulika</b> 10:23AM – 12:04PM Yama 7:01AM – 8:42AM <b>Rahu</b> 12:04PM – 1:46PM	<b>Vishakha Until 10:35PM</b> Indra Until 2:57PM Gara Until 3:41AM Thu Shashthi* Until 4:14PM	<b>Ganesha:</b> Green <b>Muruqa:</b> Blue <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 5:19AM <b>Sunset:</b> 6:49PM	Moon 8 - Phase 20 3rd Phase <b>Subha Sivaloka Day</b>
Creative Work Siddha Yoga							

<b>6</b>		<b>Thursday, September 5, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Bradford, UK Sun 20 Sutra 144 Vikarin 5121
Vrischika Rasi: 7.29	Tithi 7 – 8	571193463	<b>Gulika</b> 8:43AM – 10:23AM Yama 5:21AM – 7:02AM <b>Rahu</b> 1:45PM – 3:25PM	<b>Anuradha Until 10:35PM</b> Vaidhriti* Until 1:04PM Visti Until 3:08AM Fri Saptami Until 3:17PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Blue <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 5:21AM <b>Sunset:</b> 6:47PM	Moon 8 - Phase 20 3rd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 10:35PM Then Routine Work - Prabalarishta Yoga							

<b>Retreat Star</b>		<b>Friday, September 6, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Bradford, UK Sun 21 Sutra 145 Vikarin 5121
Vrischika Rasi: 20.41	Tithi 8 – 9	571193463	<b>Gulika</b> 7:03AM – 8:43AM Yama 3:24PM – 5:04PM <b>Rahu</b> 10:24AM – 12:04PM	<b>Jyeshtha* Until 11:13PM</b> Vishkambha* Until 11:50AM Balava Until 3:25AM Sat Ashtami* Until 3:10PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Blue <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 5:23AM <b>Sunset:</b> 6:45PM	Moon 8 - Phase 20 Ashtami <b>Sivaloka Day</b>
Routine Work Marana Yoga Until 11:13PM Then Creative Work - Amrita Yoga							

<b>Retreat Star</b>		<b>Saturday, September 7, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau	Bradford, UK Sun 22 Sutra 146 Vikarin 5121
Dhanus Rasi: 3.29	Tithi 9 – 10	581193463	<b>Gulika</b> 5:25AM – 7:04AM Yama 1:43PM – 3:23PM <b>Rahu</b> 8:44AM – 10:24AM	<b>Mula* Until 12:56AM Sun</b> Priti Until 11:15AM Taitila Until 4:27AM Sun Navami* Until 3:49PM	<b>Ganesha:</b> Green <b>Muruqa:</b> Blue <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 5:25AM <b>Sunset:</b> 6:42PM	Moon 8 - Phase 20 Navami <b>Devaloka Day</b>
Creative Work Siddha Yoga							

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

<b>1 Sunday, September 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Rituau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Bradford, UK Sun 23 Sutra 147
Dhanus Rasi: 15.56	Tithi 10 – 11	<b>Gulika</b> 3:21PM – 5:01PM	<b>Purvashadha* Until 3:05AM Mon</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:26AM	Vikarin 5121
		Yama 12:03PM – 1:42PM	Ayushman Until 11:11AM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:40PM	Moon 8 - Phase 21
	581193463	<b>Rahu</b> 5:01PM – 6:40PM	Vanija Until 6:05AM Mon	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga			Moon – Light Blue	<b>Devaloka Day</b>
Until 3:05AM Mon		<b>Grandparent's Day</b>	<b>Dashami Until 5:10PM</b>	<b>Bhadrapada*Avani</b>	
Then Routine Work - Marana Yoga					

<b>2 Monday, September 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Rituau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau			Bradford, UK Sun 24 Sutra 148
Dhanus Rasi: 28.08	Tithi 11	<b>Gulika</b> 1:41PM – 3:20PM	<b>Uttarashadha Until 5:30AM Tue</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:28AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:24AM – 12:03PM	Saubhagya Until 11:34AM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:37PM	Moon 8 - Phase 21
Routine Work	Marana Yoga	<b>Rahu</b> 7:07AM – 8:45AM	Vanija Until 6:05AM	<b>Nataraja:</b> Clear	4th Phase
Until 5:30AM Tue			<b>Ekadashi Until 7:03PM</b>	Moon – Light Blue	<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				<b>Bhadrapada*Avani</b>	

<b>3 Tuesday, September 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Rituau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Dvadashyam Titau			Bradford, UK Sun 25 Sutra 149
Makara Rasi: 10.09	Tithi 12	<b>Gulika</b> 12:02PM – 1:40PM	<b>Shravana Until 8:32AM Wed</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:30AM	Vikarin 5121
		Yama 8:46AM – 10:24AM	Sobhana Until 12:16PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:35PM	Moon 8 - Phase 21
	591193463	<b>Rahu</b> 3:19PM – 4:57PM	Bava Until 8:09AM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi Until 9:16PM</b>	Moon – Purple	<b>Sivaloka Day</b>
Until 8:32AM Wed				<b>Bhadrapada*Avani</b>	
Then Routine Work - Prabalarishta Yoga					

<b>4 Wednesday, September 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Rituau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Trayodashyam Titau			Bradford, UK Sun 26 Sutra 150
Makara Rasi: 22.04	Tithi 13	<b>Gulika</b> 10:24AM – 12:02PM	<b>Shravana Until 8:32AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:32AM	Vikarin 5121
		Yama 7:09AM – 8:47AM	Athiganda* Until 1:07PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:32PM	Moon 8 - Phase 21
	591193463	<b>Rahu</b> 12:02PM – 1:40PM	Kaulava Until 10:29AM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 11:41PM</b>	Moon – Purple	<b>Sivaloka Day</b>
Until 8:32AM		<b>Avani Avittam</b>		<b>Bhadrapada*Avani</b>	
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>		

<b>5 Thursday, September 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Rituau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau			Bradford, UK Sun 27 Sutra 151
Kumbha Rasi: 3.56	Tithi 14	<b>Gulika</b> 8:47AM – 10:25AM	<b>Dhanishtha Until 11:31AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:33AM	Vikarin 5121
		Yama 5:33AM – 7:10AM	Sukarma Until 2:04PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:30PM	Moon 8 - Phase 21
	591193463	<b>Rahu</b> 1:39PM – 3:16PM	Gara Until 12:57PM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 2:09AM Fri</b>	Moon – Purple	<b>Sivaloka Day</b>
		<b>Chidambaram Abhishekam</b>		<b>Bhadrapada*Avani</b>	

<b>Friday, September 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Rituau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaprosarthapada* Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau			Bradford, UK Sun 28 Sutra 152
<b>Copper Retreat Star</b>		<b>Gulika</b> 7:12AM – 8:48AM	<b>Shatabhishak Until 2:20PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:35AM	Vikarin 5121
Kumbha Rasi: 15.47	Tithi 15	Yama 3:14PM – 4:51PM	Dhriti Until 3:01PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:28PM	Moon 8 - Phase 21
	591113463	<b>Rahu</b> 10:25AM – 12:01PM	Visti Until 3:24PM	<b>Nataraja:</b> Clear	Purnima
Creative Work	Siddha Yoga		<b>Purnima* Until 4:36AM Sat</b>	Moon – Purple	<b>Sivaloka Day</b>
				<b>Bhadrapada*Avani</b>	

<b>Saturday, September 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Rituau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaprosarthapada*/Uttaraprosarthapada Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Prathamayam Titau			Bradford, UK Sun 29 Sutra 153
<b>Silver Retreat Star</b>		<b>Gulika</b> 5:37AM – 7:13AM	<b>Purvaprosarthapada* Until 5:25PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:37AM	Vikarin 5121
Kumbha Rasi: 27.4	Tithi 16	Yama 1:37PM – 3:13PM	Shula* Until 3:53PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:25PM	Moon 8 - Phase 21
	511113463	<b>Rahu</b> 8:49AM – 10:25AM	Balava Until 5:48PM	<b>Nataraja:</b> Clear	Prathama
Routine Work	Marana Yoga		<b>Prathama* Until 6:55AM Sun</b>	Moon – Clear	<b>Sivaloka Day</b>
Until 5:25PM				<b>Bhadrapada*Avani</b>	
Then Creative Work - Siddha Yoga					

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



**Sunday, September 15, 2019**  
**Gold Retreat Star**

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Uttaraproshtapada Nakshatra Ganda \*Vridhhi Yoga Kaulava/Taitilla Karana Prathama/Dvitiyayam Titau

Bradford, UK  
Sutra 154  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Meena Rasi: 9.34 Tithi 16 – 17

512113463

**Gulika** 3:12PM – 4:47PM  
**Yama** 12:01PM – 1:36PM  
**Rahu** 4:47PM – 6:23PM

**Uttaraproshtapada** Until 8:13PM  
**Ganda\*** Until 4:40PM  
**Taitilla** Until 8:03PM  
**Prathama\*** Until 6:55AM

**Ganesha:** Yellow *Sunrise:* 5:39AM  
**Muruqa:** Purple *Sunset:* 6:23PM  
**Nataraja:** Clear  
Moon – Clear  
**Bhadrapada-Avani**

**Sivaloka Day**

Creative Work Amrita Yoga

**1**

**Monday, September 16, 2019**

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

Bradford, UK  
Sun 1 Sutra 155  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Meena Rasi: 21.33 Tithi 17 – 18

512113463

**Gulika** 1:35PM – 3:10PM  
**Yama** 10:25AM – 12:00PM  
**Rahu** 7:15AM – 8:50AM

**Revati** Until 10:39PM  
**Vridhhi** Until 5:20PM  
**Vanija** Until 10:06PM  
**Dvitiya** Until 9:05AM

**Ganesha:** Yellow *Sunrise:* 5:40AM  
**Muruqa:** Purple *Sunset:* 6:20PM  
**Nataraja:** Clear  
Moon – Clear  
**Bhadrapada-Avani**

**Sivaloka Day**

Creative Work Siddha Yoga

**2**

**Tuesday, September 17, 2019**

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

Bradford, UK  
Sun 2 Sutra 156  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Mesha Rasi: 3.37 Tithi 18 – 19

522113463

**Gulika** 12:00PM – 1:34PM  
**Yama** 8:51AM – 10:25AM  
**Rahu** 3:09PM – 4:43PM

**Ashvini** Until 1:11AM Wed  
**Dhruva** Until 5:46PM  
**Bava** Until 11:55PM  
**Tritiya** Until 11:02AM

**Ganesha:** White *Sunrise:* 5:42AM  
**Muruqa:** Purple *Sunset:* 6:18PM  
**Nataraja:** Clear  
Moon – White  
**Bhadrapada-Puratasi**

**Devaloka Day**

Creative Work Siddha Yoga

**3**

**Wednesday, September 18, 2019**

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

Bradford, UK  
Sun 3 Sutra 157  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Mesha Rasi: 15.47 Tithi 19 – 20

522113463

**Gulika** 10:26AM – 12:00PM  
**Yama** 7:18AM – 8:52AM  
**Rahu** 12:00PM – 1:33PM

**Bharani** Until 3:13AM Thu  
**Vyaghata\*** Until 5:59PM  
**Kaulava** Until 1:23AM Thu  
**Chaturthi\*** Until 12:41PM

**Ganesha:** White *Sunrise:* 5:44AM  
**Muruqa:** Purple *Sunset:* 6:15PM  
**Nataraja:** Clear  
Moon – White  
**Bhadrapada-Puratasi**

**Devaloka Day**

Creative Work Siddha Yoga

Until 3:13AM Thu  
Then Routine Work - Marana Yoga

**4**

**Thursday, September 19, 2019**

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

Bradford, UK  
Sun 4 Sutra 158  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Mesha Rasi: 28.05 Tithi 20 – 21

522113463

**Gulika** 8:52AM – 10:26AM  
**Yama** 5:46AM – 7:19AM  
**Rahu** 1:33PM – 3:06PM

**Krittika** Until 4:39AM Fri  
**Harshana** Until 5:55PM  
**Gara** Until 2:26AM Fri  
**Panchami** Until 1:57PM

**Ganesha:** White *Sunrise:* 5:46AM  
**Muruqa:** Purple *Sunset:* 6:13PM  
**Nataraja:** Clear  
Moon – White  
**Bhadrapada-Puratasi**

**Devaloka Day**

Routine Work Marana Yoga

**5**

**Friday, September 20, 2019**

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

Bradford, UK  
Sun 5 Sutra 159  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Vrishabha Rasi: 10.37 Tithi 21 – 22

532113463

**Gulika** 7:20AM – 8:53AM  
**Yama** 3:05PM – 4:37PM  
**Rahu** 10:26AM – 11:59AM

**Rohini** Until 5:52AM Sat  
**Vajra\*** Until 5:24PM  
**Visti** Until 2:55AM Sat  
**Shashthi\*** Until 2:44PM

**Ganesha:** Clear *Sunrise:* 5:47AM  
**Muruqa:** Purple *Sunset:* 6:10PM  
**Nataraja:** Clear  
Moon – Yellow  
**Bhadrapada-Puratasi**

**Sivaloka Day**

Routine Work Marana Yoga

Until 5:52AM Sat  
Then Creative Work - Siddha Yoga

**D**

**Saturday, September 21, 2019**  
**Retreat Star**

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

Bradford, UK  
Sun 6 Sutra 160  
Vikarin 5121  
Moon 9 - Phase 22  
Ashtami

Vrishabha Rasi: 23.23 Tithi 22 – 23

532113463

**Gulika** 5:49AM – 7:21AM  
**Yama** 1:31PM – 3:03PM  
**Rahu** 8:54AM – 10:26AM

**Mrigashira** Until 6:17AM Sun  
**Siddhi** Until 4:26PM  
**Balava** Until 2:45AM Sun  
**Saptami** Until 2:54PM

**Ganesha:** Clear *Sunrise:* 5:49AM  
**Muruqa:** Purple *Sunset:* 6:08PM  
**Nataraja:** Clear  
Moon – Yellow  
**Bhadrapada-Puratasi**

**Sivaloka Day**

Creative Work Siddha Yoga

**Sunday, September 22, 2019**

**Retreat Star**

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

Bradford, UK  
Sun 7 Sutra 161  
Vikarin 5121  
Moon 9 - Phase 22  
Navami

Mithuna Rasi: 6.3 Tithi 23 – 24

532213463

**Gulika** 3:02PM – 4:34PM  
**Yama** 11:58AM – 1:30PM  
**Rahu** 4:34PM – 6:05PM

**Mrigashira** Until 6:17AM  
**Vyatipata\*** Until 2:55PM  
**Taitilla** Until 1:52AM Mon  
**Ashtami\*** Until 2:23PM

**Ganesha:** Orange *Sunrise:* 5:51AM  
**Muruqa:** Purple *Sunset:* 6:05PM  
**Nataraja:** Clear  
Moon – Yellow  
**Bhadrapada-Puratasi**

**Sivaloka Day**

Creative Work Siddha Yoga

<b>Monday, September 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Punarvasu Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Navami/Dashyam Titau			Bradford, UK Sun 8 Sutra 162 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:29PM – 3:00PM	<b>Punarvasu</b> Until 4:59AM Tue	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:53AM	
Mithuna Rasi: 19.59	Tithi 24 – 25	Yama 10:26AM – 11:58AM	Variyan Until 12:48PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:03PM	Moon 9 - Phase 23
<b>Family Home Evening</b>	532213463	<b>Rahu</b> 7:24AM – 8:55AM	Vanija Until 12:16AM Tue	<b>Nataraja:</b> Clear	2nd Phase
Creative Work Amrita Yoga			<b>Navami*</b> Until 1:08PM	<b>Moon – Yellow</b>	<b>Sivaloka Day</b>
Until 4:59AM Tue				<b>Bhadrapada-Puratasi</b>	
Then Creative Work - Siddha Yoga					

<b>Tuesday, September 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Pushya Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Bradford, UK Sun 9 Sutra 163 Vikarin 5121
<b>2</b>		<b>Gulika</b> 11:57AM – 1:28PM	<b>Pushya</b> Until 3:18AM Wed	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:54AM	
Kataka Rasi: 3.55	Tithi 25 – 26	Yama 8:56AM – 10:27AM	Parigha* Until 10:08AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:01PM	Moon 9 - Phase 23
	542213463	<b>Rahu</b> 2:59PM – 4:30PM	Bava Until 9:59PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work Siddha Yoga			<b>Dashami</b> Until 11:11AM	<b>Moon – Blue</b>	<b>Devaloka Day</b>
				<b>Bhadrapada-Puratasi</b>	

<b>Wednesday, September 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Bradford, UK Sun 10 Sutra 164 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:27AM – 11:57AM	<b>Ashlesha*</b> Until 12:57AM Thu	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:56AM	
Kataka Rasi: 18.17	Tithi 26 – 27	Yama 7:26AM – 8:57AM	Shiva Until 6:56AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:58PM	Moon 9 - Phase 23
	542213463	<b>Rahu</b> 11:57AM – 1:27PM	Kaulava Until 7:07PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work Siddha Yoga			<b>Ekadashi*</b> Until 8:36AM	<b>Moon – Blue</b>	<b>Devaloka Day</b>
Until 12:57AM Thu				<b>Bhadrapada-Puratasi</b>	
Then Creative Work - Amrita Yoga					

<b>Thursday, September 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Magha* Nakshatra Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau			Bradford, UK Sun 11 Sutra 165 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:57AM – 10:27AM	<b>Magha*</b> Until 10:26PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:58AM	
Simha Rasi: 3.02	Tithi 28	Yama 5:58AM – 7:28AM	Sadhya Until 11:18PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:56PM	Moon 9 - Phase 23
	552213463	<b>Rahu</b> 1:26PM – 2:56PM	Gara Until 3:47PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work Amrita Yoga			<b>Trayodashi*</b> Until 1:59AM Fri	<b>Moon – Red</b>	<b>Devaloka Day</b>
Until 10:26PM				<b>Bhadrapada-Puratasi</b>	
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>		

<b>Friday, September 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau			Bradford, UK Sun 12 Sutra 166 Vikarin 5121
<b>5</b>		<b>Gulika</b> 7:29AM – 8:58AM	<b>Purvaphalguni</b> Until 7:31PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:00AM	
Simha Rasi: 18.05	Tithi 29	Yama 2:55PM – 4:24PM	Subha Until 7:07PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:53PM	Moon 9 - Phase 23
	552213463	<b>Rahu</b> 10:27AM – 11:56AM	Visti Until 12:09PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 10:15PM	<b>Moon – Red</b>	<b>Devaloka Day</b>
				<b>Bhadrapada-Puratasi</b>	

<b>Saturday, September 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sukla/Brahma Yoga Catuspada*/Naga* Karana Amavasyayam Titau			Bradford, UK Sun 13 Sutra 167 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 6:01AM – 7:30AM	<b>Uttaraphalguni</b> Until 4:24PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:01AM	
Kanya Rasi: 3.18	Tithi 30	Yama 1:25PM – 2:53PM	Sukla Until 2:51PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:51PM	Moon 9 - Phase 23
	652213463	<b>Rahu</b> 8:59AM – 10:27AM	Catuspada Until 8:22AM	<b>Nataraja:</b> Clear	Amavasya
Routine Work Marana Yoga			<b>Amavasya*</b> Until 6:28PM	<b>Moon – Red</b>	<b>Devaloka Day</b>
		<b>Mahalaya Amavasai (Tamil Nadu)</b>		<b>Bhadrapada-Puratasi</b>	

<b>Sunday, September 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau			Bradford, UK Sun 14 Sutra 168 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 2:52PM – 4:20PM	<b>Hasta</b> Until 1:39PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:03AM	
Kanya Rasi: 18.31	Tithi 1 – 2	Yama 11:56AM – 1:24PM	Brahma Until 10:39AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:48PM	Moon 9 - Phase 23
	663213463	<b>Rahu</b> 4:20PM – 5:48PM	Balava Until 1:04AM Mon	<b>Nataraja:</b> Clear	Prathama
Creative Work Amrita Yoga			<b>Prathama*</b> Until 2:47PM	<b>Moon – Green</b>	<b>Devaloka Day</b>
Until 1:39PM		<b>Navaratri Begins</b>		<b>Ashvina-Puratasi</b>	
Then Creative Work - Siddha Yoga					

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

<b>1</b>		<b>Monday, September 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Bradford, UK Sun 15 Sutra 169 Vikarin 5121
Tula Rasi: 3.32	Tithi 2 – 3	<b>Gulika</b>	1:23PM – 2:51PM	<b>Chitra Until 11:02AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:05AM	
<b>Family Home Evening</b>	663213463	Yama	10:28AM – 11:55AM	Indra Until 6:41AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:46PM	Moon 9 - Phase 24
Routine Work Prabalarishta Yoga		<b>Rahu</b>	7:32AM – 9:00AM	Taitila Until 9:54PM	<b>Nataraja:</b> Clear	3rd Phase
Until 11:02AM				<b>Dvitiya Until 11:24AM</b>	Moon – Green	<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga					<b>Ashvina+Puratasi</b>	

<b>2</b>		<b>Tuesday, October 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Bradford, UK Sun 16 Sutra 170 Vikarin 5121
Tula Rasi: 18.14	Tithi 3 – 4	<b>Gulika</b>	11:55AM – 1:22PM	<b>Svati Until 8:45AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:07AM	
	663213463	Yama	9:01AM – 10:28AM	Vishkambha* Until 11:54PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:43PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	2:49PM – 4:16PM	Vanija Until 7:17PM	<b>Nataraja:</b> Clear	3rd Phase
Until 8:45AM				<b>Tritiya Until 8:30AM</b>	Moon – Green	<b>Devaloka Day</b>
Then Routine Work - Marana Yoga					<b>Ashvina+Puratasi</b>	

<b>3</b>		<b>Wednesday, October 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Balava Karana Chaturthi/Panchamyam Titau		Bradford, UK Sun 17 Sutra 171 Vikarin 5121
Vrischika Rasi: 2.31	Tithi 4 – 5	<b>Gulika</b>	10:28AM – 11:55AM	<b>Vishakha Until 7:23AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:08AM	
	673213463	Yama	7:35AM – 9:02AM	Priti Until 9:22PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:41PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	11:55AM – 1:21PM	Balava Until 4:42AM Thu	<b>Nataraja:</b> Clear	3rd Phase
Until 8:45AM				<b>Chaturthi* Until 6:13AM</b>	Moon – Orange	<b>Devaloka Day</b>
Then Routine Work - Marana Yoga					<b>Ashvina+Puratasi</b>	

<b>4</b>		<b>Thursday, October 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau		Bradford, UK Sun 18 Sutra 172 Vikarin 5121
Vrischika Rasi: 16.17	Tithi 6	<b>Gulika</b>	9:02AM – 10:28AM	<b>Anuradha Until 6:38AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:10AM	
	673213463	Yama	6:10AM – 7:36AM	Ayushman Until 7:29PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:39PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	1:20PM – 2:46PM	Kaulava Until 4:17PM	<b>Nataraja:</b> Clear	3rd Phase
Until 6:38AM				<b>Shashthi* Until 4:03AM Fri</b>	Moon – Orange	<b>Devaloka Day</b>
Then Routine Work - Prabalarishta Yoga					<b>Ashvina+Puratasi</b>	

<b>5</b>		<b>Friday, October 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau		Bradford, UK Sun 19 Sutra 173 Vikarin 5121
Vrischika Rasi: 29.34	Tithi 7	<b>Gulika</b>	7:38AM – 9:03AM	<b>Jyeshtha* Until 6:36AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:12AM	
	673213463	Yama	2:45PM – 4:11PM	Saubhagya Until 6:19PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:36PM	Moon 9 - Phase 24
Routine Work Marana Yoga		<b>Rahu</b>	10:29AM – 11:54AM	Gara Until 4:06PM	<b>Nataraja:</b> Clear	3rd Phase
Until 6:36AM				<b>Saptami Until 4:19AM Sat</b>	Moon – Orange	<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga					<b>Ashvina+Puratasi</b>	

<b>6</b>		<b>Saturday, October 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Bradford, UK Sun 20 Sutra 174 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b>	6:14AM – 7:39AM	<b>Mula* Until 7:45AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:14AM	
Dhanus Rasi: 12.24	Tithi 8	Yama	1:19PM – 2:44PM	Sobhana Until 5:51PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:34PM	Moon 9 - Phase 24
	683213463	<b>Rahu</b>	9:04AM – 10:29AM	Visti Until 4:47PM	<b>Nataraja:</b> Clear	Ashtami
Creative Work Siddha Yoga				<b>Ashtami* Until 5:24AM Sun</b>	Moon – Light Blue	<b>Sivaloka Day</b>
		<b>Durga Ashtami</b>			<b>Ashvina+Puratasi</b>	

<b>7</b>		<b>Sunday, October 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Balava Karana Navamyam Titau		Bradford, UK Sun 21 Sutra 175 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b>	2:42PM – 4:07PM	<b>Purvashadha* Until 9:32AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:16AM	
Dhanus Rasi: 24.51	Tithi 9	Yama	11:53AM – 1:18PM	Athiganda* Until 5:55PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:31PM	Moon 9 - Phase 24
	683213463	<b>Rahu</b>	4:07PM – 5:31PM	Balava Until 6:14PM	<b>Nataraja:</b> Clear	Navami
Creative Work Siddha Yoga				<b>Navami* Until 7:11AM Mon</b>	Moon – Light Blue	<b>Sivaloka Day</b>
Until 9:32AM		<b>Saraswathi Puja (Tamil Nadu)</b>			<b>Ashvina+Puratasi</b>	
Then Creative Work - Amrita Yoga						

<b>Monday, October 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Bradford, UK Sun 22 Sutra 176 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:17PM – 2:41PM	<b>Uttarashadha</b> Until 11:46AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:17AM	
Makara Rasi: 7.01	Tithi 9 – 10	Yama 10:29AM – 11:53AM	Sukarma Until 6:28PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:29PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	683213463	<b>Rahu</b> 7:41AM – 9:05AM	Taitila Until 8:17PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Navami*</b> Until 7:11AM	Moon – Light Blue		<b>Sivaloka Day</b>
Until 11:46AM				<b>Ashvina+Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>Tuesday, October 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Bradford, UK Sun 23 Sutra 177 Vikarin 5121
<b>2</b>		<b>Gulika</b> 11:53AM – 1:16PM	<b>Shravana</b> Until 2:45PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:19AM	
Makara Rasi: 18.59	Tithi 10 – 11	Yama 9:06AM – 10:29AM	Dhriti Until 7:18PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:27PM	Moon 9 - Phase 25
693213464		<b>Rahu</b> 2:40PM – 4:03PM	Vanija Until 10:40PM	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga		<b>Vijaya Dasami</b>	Moon – Purple		<b>Sivaloka Day</b>
			<b>Dashami</b> Until 9:25AM	<b>Ashvina+Puratasi</b>		

<b>Wednesday, October 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Bradford, UK Sun 24 Sutra 178 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:30AM – 11:53AM	<b>Dhanishtha</b> Until 5:46PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:21AM	
Kumbha Rasi: 0.51	Tithi 11 – 12	Yama 7:44AM – 9:07AM	Shula* Until 8:13PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:24PM	Moon 9 - Phase 25
693213464		<b>Rahu</b> 11:53AM – 1:16PM	Bava Until 1:13AM Thu	<b>Nataraja:</b> Purple		4th Phase
Routine Work	Prabalarishta Yoga		<b>Ekadashi</b> Until 11:55AM	Moon – Purple		<b>Sivaloka Day</b>
Until 5:46PM				<b>Ashvina+Puratasi</b>		
Then Creative Work - Siddha Yoga						

<b>Thursday, October 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Bradford, UK Sun 25 Sutra 179 Vikarin 5121
<b>4</b>		<b>Gulika</b> 9:08AM – 10:30AM	<b>Shatabhishak</b> Until 8:36PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:23AM	
Kumbha Rasi: 12.41	Tithi 12 – 13	Yama 6:23AM – 7:45AM	Ganda* Until 9:09PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:22PM	Moon 9 - Phase 25
693213464		<b>Rahu</b> 1:15PM – 2:37PM	Kaulava Until 3:43AM Fri	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 2:27PM	Moon – Purple		<b>Sivaloka Day</b>
		<b>Kadaitswami Mahasamadhi</b>		<b>Ashvina+Puratasi</b>		

*Pradosha Vrata*

<b>Friday, October 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Bradford, UK Sun 26 Sutra 180 Vikarin 5121
<b>5</b>		<b>Gulika</b> 7:47AM – 9:08AM	<b>Purvaproshtapada*</b> Until 11:40PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:25AM	
Kumbha Rasi: 24.33	Tithi 13 – 14	Yama 2:36PM – 3:58PM	Vriddhi Until 10:00PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:20PM	Moon 9 - Phase 25
613213464		<b>Rahu</b> 10:30AM – 11:52AM	Gara Until 6:04AM Sat	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 4:53PM	Moon – Clear		<b>Sivaloka Day</b>
		<b>Chidambaram Abhishekam</b>		<b>Ashvina+Puratasi</b>		

<b>Saturday, October 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau				Bradford, UK Sun 27 Sutra 181 Vikarin 5121
<b>6</b>		<b>Gulika</b> 6:26AM – 7:48AM	<b>Uttaraproshtapada</b> Until 2:21AM Sun	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:26AM	
Meena Rasi: 6.28	Tithi 14	Yama 1:13PM – 2:35PM	Dhruva Until 10:40PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:17PM	Moon 9 - Phase 25
613213464		<b>Rahu</b> 9:09AM – 10:31AM	Gara Until 6:04AM	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 7:08PM	Moon – Clear		<b>Sivaloka Day</b>
Until 2:21AM Sun				<b>Ashvina+Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>Sunday, October 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Bradford, UK Sutra 182 Vikarin 5121
<b>○</b>		<b>Gulika</b> 2:33PM – 3:54PM	<b>Revati</b> Until 4:38AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:28AM	
Meena Rasi: 18.29	Tithi 15	Yama 11:52AM – 1:12PM	Vyaghata* Until 11:08PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:15PM	Moon 9 - Phase 25
614213464		<b>Rahu</b> 3:54PM – 5:15PM	Visti Until 8:11AM	<b>Nataraja:</b> Purple		Purnima
Creative Work	Amrita Yoga		<b>Purnima*</b> Until 9:07PM	Moon – Clear		<b>Subha Sivaloka Day</b>
Until 4:38AM Mon				<b>Ashvina+Puratasi</b>		
Then Creative Work - Siddha Yoga						

<b>Monday, October 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Bradford, UK Sutra 183 Vikarin 5121
<b>○</b>		<b>Gulika</b> 1:12PM – 2:32PM	<b>Ashvini</b> Until 6:57AM Tue	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:30AM	
Mesha Rasi: 1	Tithi 16	Yama 10:31AM – 11:51AM	Harshana Until 11:25PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:13PM	Moon 9 - Phase 25
624213464		<b>Rahu</b> 7:50AM – 9:11AM	Balava Until 10:02AM	<b>Nataraja:</b> Purple		Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 10:50PM	Moon – White		<b>Subha Subha Sivaloka Day</b>
				<b>Ashvina+Puratasi</b>		

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

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

Bradford, UK

Sun 1 Sutra 184

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mesha Rasi: 12.5 Tithi 17

624213464

**Gulika** 11:51AM – 1:11PM  
**Yama** 9:12AM – 10:31AM  
**Rahu** 2:31PM – 3:50PM

**Ashvini** Until 6:57AM  
Vajra\* Until 11:25PM  
Taitila Until 11:35AM

**Ganesha:** White *Sunrise:* 6:32AM  
**Muruqa:** Purple *Sunset:* 5:10PM

**Nataraja:** Purple  
Moon – White **Subha Subha Sivaloka Day**

**Ashvina•Puratasi**

Creative Work Siddha Yoga

**Dvitiya** Until 12:13AM Wed

1

Wednesday, October 16, 2019

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

Bradford, UK

Sun 2 Sutra 185

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mesha Rasi: 25.13 Tithi 18

624213464

**Gulika** 10:32AM – 11:51AM  
**Yama** 7:53AM – 9:12AM  
**Rahu** 11:51AM – 1:10PM

**Bharani** Until 8:48AM  
Siddhi Until 11:11PM  
Vanija Until 12:49PM

**Ganesha:** White *Sunrise:* 6:34AM  
**Muruqa:** Purple *Sunset:* 5:08PM

**Nataraja:** Purple  
Moon – White **Subha Subha Sivaloka Day**

**Ashvina•Puratasi**

Creative Work Siddha Yoga

**Tritiya** Until 1:17AM Thu

Until 8:48AM

Then Creative Work - Amrita Yoga

2

Thursday, October 17, 2019

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

Bradford, UK

Sun 3 Sutra 186

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Vrishabha Rasi: 7.43 Tithi 19

624313464

**Gulika** 9:13AM – 10:32AM  
**Yama** 6:36AM – 7:54AM  
**Rahu** 1:09PM – 2:28PM

**Krittika** Until 10:09AM  
Vyatipata\* Until 10:40PM  
Bava Until 1:42PM

**Ganesha:** Yellow *Sunrise:* 6:36AM  
**Muruqa:** Purple *Sunset:* 5:06PM

**Nataraja:** Purple  
Moon – White **Subha Sivaloka Day**

**Ashvina•Aipasi**

Routine Work Marana Yoga

**Chaturthi\*** Until 1:58AM Fri

3

Friday, October 18, 2019

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

Bradford, UK

Sun 4 Sutra 187

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Vrishabha Rasi: 20.25 Tithi 20

634313464

**Gulika** 7:56AM – 9:14AM  
**Yama** 2:27PM – 3:45PM  
**Rahu** 10:32AM – 11:51AM

**Rohini** Until 11:27AM  
Varyan Until 9:49PM  
Kaulava Until 2:11PM

**Ganesha:** White *Sunrise:* 6:38AM  
**Muruqa:** Purple *Sunset:* 5:03PM

**Nataraja:** Purple  
Moon – Yellow **Sivaloka Day**

**Ashvina•Aipasi**

Routine Work Marana Yoga

**Panchami** Until 2:14AM Sat

Until 11:27AM

Then Creative Work - Siddha Yoga

4

Saturday, October 19, 2019

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

Bradford, UK

Sun 5 Sutra 188

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mithuna Rasi: 3.19 Tithi 21

634313464

**Gulika** 6:39AM – 7:57AM  
**Yama** 1:08PM – 2:26PM  
**Rahu** 9:15AM – 10:33AM

**Mrigashira** Until 12:09PM  
Parigha\* Until 8:36PM  
Gara Until 2:13PM

**Ganesha:** White *Sunrise:* 6:39AM  
**Muruqa:** Purple *Sunset:* 5:01PM

**Nataraja:** Purple  
Moon – Yellow **Sivaloka Day**

**Ashvina•Aipasi**

Creative Work Siddha Yoga

**Shashthi\*** Until 2:01AM Sun

5

Sunday, October 20, 2019

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

Bradford, UK

Sun 6 Sutra 189

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mithuna Rasi: 16.28 Tithi 22

634313464

**Gulika** 2:25PM – 3:42PM  
**Yama** 11:50AM – 1:07PM  
**Rahu** 3:42PM – 4:59PM

**Ardra** Until 12:12PM  
Shiva Until 6:59PM  
Visti Until 1:44PM

**Ganesha:** White *Sunrise:* 6:41AM  
**Muruqa:** Purple *Sunset:* 4:59PM

**Nataraja:** Purple  
Moon – Yellow **Sivaloka Day**

**Ashvina•Aipasi**

Creative Work Siddha Yoga

**Saptami** Until 1:15AM Mon

D

Monday, October 21, 2019

Retreat Star

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

Bradford, UK

Sun 7 Sutra 190

Vikarin 5121

Moon 10 - Phase 26

Ashtami

Mithuna Rasi: 29.54 Tithi 23

644313464

**Gulika** 1:07PM – 2:23PM  
**Yama** 10:33AM – 11:50AM  
**Rahu** 8:00AM – 9:17AM

**Punarvasu** Until 12:01PM  
Siddha Until 4:54PM  
Balava Until 12:41PM

**Ganesha:** Clear *Sunrise:* 6:43AM  
**Muruqa:** Purple *Sunset:* 4:57PM

**Nataraja:** Purple  
Moon – Blue **Subha Sivaloka Day**

**Ashvina•Aipasi**

Creative Work Amrita Yoga

**Ashtami\*** Until 11:56PM

Until 12:01PM

Then Creative Work - Siddha Yoga

Tuesday, October 22, 2019

Retreat Star

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

Bradford, UK

Sun 8 Sutra 191

Vikarin 5121

Moon 10 - Phase 26

Navami

Kataka Rasi: 13.41 Tithi 24

644313464

**Gulika** 11:50AM – 1:06PM  
**Yama** 9:17AM – 10:34AM  
**Rahu** 2:22PM – 3:38PM

**Pushya** Until 11:07AM  
Sadhya Until 2:21PM  
Taitila Until 11:04AM

**Ganesha:** Clear *Sunrise:* 6:45AM  
**Muruqa:** Purple *Sunset:* 4:55PM

**Nataraja:** Purple  
Moon – Blue **Subha Sivaloka Day**

**Ashvina•Aipasi**

Creative Work Siddha Yoga


**Navami\*** Until 10:02PM

<b>1</b>	<b>Wednesday, October 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam				Bradford, UK
	Ashlesha* Magha* Nakshatra Subha/Sukla Yoga Vanija/Visli* Karana Dashamyam Titau						Sun 9 Sutra 192
	Kataka Rasi: 27.48	Tithi 25	Gulika 10:34AM – 11:50AM	Ashlesha* Until 9:32AM	Ganesha: Clear	Sunrise: 6:47AM	Vikarin 5121
			Yama 8:03AM – 9:18AM	Subha Until 11:24AM	Muruqa: Purple	Sunset: 4:52PM	Moon 10 - Phase 27
	Creative Work	Siddha Yoga	644313464 Rahu 11:50AM – 1:05PM	Vanija Until 8:55AM	Nataraja: Purple		2nd Phase
			Dashami Until 7:38PM	Moon – Blue	Subha Sivaloka Day		
				Ashvina•Aipasi			

<b>2</b>	<b>Thursday, October 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam				Bradford, UK
	Magha* Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau						Sun 10 Sutra 193
	Simha Rasi: 12.16	Tithi 26 – 27	Gulika 9:19AM – 10:34AM	Magha* Until 7:45AM	Ganesha: Purple	Sunrise: 6:49AM	Vikarin 5121
			Yama 6:49AM – 8:04AM	Sukla Until 8:02AM	Muruqa: Purple	Sunset: 4:50PM	Moon 10 - Phase 27
	Creative Work	Amrita Yoga	654313464 Rahu 1:05PM – 2:20PM	Bava Until 6:16AM	Nataraja: Purple		2nd Phase
Until 7:45AM			Ekadashi* Until 4:47PM	Moon – Red	Sivaloka Day		
Then Creative Work - Siddha Yoga				Ashvina•Aipasi			

<b>3</b>	<b>Friday, October 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam				Bradford, UK
	Uttaraphalguni Nakshatra Indra Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau						Sun 11 Sutra 194
	Simha Rasi: 26.59	Tithi 27 – 28	Gulika 8:05AM – 9:20AM	Uttaraphalguni Until 2:48AM Sat	Ganesha: Clear	Sunrise: 6:51AM	Vikarin 5121
			Yama 2:19PM – 3:33PM	Indra Until 12:31AM Sat	Muruqa: Purple	Sunset: 4:48PM	Moon 10 - Phase 27
	Creative Work	Siddha Yoga	655313464 Rahu 10:35AM – 11:49AM	Gara Until 11:59PM	Nataraja: Purple		2nd Phase
Until 2:48AM Sat			Dvadashi* Until 1:38PM	Moon – Red	Subha Sivaloka Day		
Then Routine Work - Marana Yoga				Ashvina•Aipasi			
				Pradosha Vrata (Fasting)			

<b>4</b>	<b>Saturday, October 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam				Bradford, UK
	Hasta Nakshatra Vaidhriti* Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau						Sun 12 Sutra 195
	Kanya Rasi: 11.54	Tithi 28 – 29	Gulika 6:53AM – 8:07AM	Hasta Until 12:19AM Sun	Ganesha: Orange	Sunrise: 6:53AM	Vikarin 5121
			Yama 1:03PM – 2:18PM	Vaidhriti* Until 8:34PM	Muruqa: Purple	Sunset: 4:46PM	Moon 10 - Phase 27
	Routine Work	Marana Yoga	665313464 Rahu 9:21AM – 10:35AM	Visti Until 8:37PM	Nataraja: Purple		2nd Phase
Until 12:19AM Sun			Trayodashi* Until 10:17AM	Moon – Green	Subha Sivaloka Day		
Then Creative Work - Siddha Yoga				Ashvina•Aipasi			
			Deepavali Hindu Solidarity Day				

	<b>Sunday, October 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam				Bradford, UK
	Chitra Nakshatra Vishkambha* Priti Yoga Sakuni* Naga* Karana Chaturdashi/Amavasyayam Titau						Sun 13 Sutra 196
	Kanya Rasi: 26.51	Tithi 29 – 30	Gulika 2:17PM – 3:30PM	Chitra Until 9:48PM	Ganesha: Orange	Sunrise: 6:55AM	Vikarin 5121
			Yama 11:49AM – 1:03PM	Vishkambha* Until 4:40PM	Muruqa: Purple	Sunset: 4:44PM	Moon 10 - Phase 27
	Creative Work	Siddha Yoga	665313464 Rahu 3:30PM – 4:44PM	Naga Until 3:42AM Mon	Nataraja: Purple		Amavasya
			Chaturdashi* Until 6:55AM	Moon – Green	Subha Sivaloka Day		
			Subramuniyaswami Mahasamadhi	Ashvina•Aipasi			

<b>Retreat Star</b>	<b>Monday, October 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam				Bradford, UK
	Svati Nakshatra Priti/Ayushman Yoga Kintughna* Bava Karana Prathamayam Titau						Sun 14 Sutra 197
	Tula Rasi: 11.43	Tithi 1	Gulika 1:02PM – 2:16PM	Svati Until 7:24PM	Ganesha: Orange	Sunrise: 6:56AM	Vikarin 5121
	Family Home Evening		Yama 10:36AM – 11:49AM	Priti Until 12:57PM	Muruqa: Purple	Sunset: 4:42PM	Moon 10 - Phase 27
	Creative Work	Amrita Yoga	665313464 Rahu 8:10AM – 9:23AM	Kintughna Until 2:12PM	Nataraja: Purple		Prathama
Until 7:24PM			Prathama* Until 12:47AM Tue	Moon – Green	Subha Sivaloka Day		
Then Routine Work - Marana Yoga				Kartika•Aipasi			
			Skanda Shasthi Begins				

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

All times are standard time

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<b>1</b>		<b>Tuesday, October 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvitiyayam Titau		Bradford, UK Sun 15 Sutra 198 Vikarin 5121
Tula Rasi: 26.19	Tithi 2	<b>Gulika</b> 11:49AM – 1:02PM	<b>Vishakha</b> Until 5:42PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:58AM	
		Yama 9:24AM – 10:36AM	Ayushman Until 9:32AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:40PM	Moon 10 - Phase 28
		675313464 <b>Rahu</b> 2:14PM – 3:27PM	Balava Until 11:31AM	<b>Nataraja:</b> Purple		3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya</b> Until 10:21PM	Moon – Orange		<b>Subha Sivaloka Day</b>
Until 5:42PM				<b>Kartika•Aipasi</b>		
Then Creative Work - Siddha Yoga						

<b>2</b>		<b>Wednesday, October 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau		Bradford, UK Sun 16 Sutra 199 Vikarin 5121
Virshika Rasi: 10.34	Tithi 3	<b>Gulika</b> 10:37AM – 11:49AM	<b>Anuradha</b> Until 4:29PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:00AM	
		Yama 8:12AM – 9:25AM	Saubhagya Until 6:34AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:38PM	Moon 10 - Phase 28
		675313464 <b>Rahu</b> 11:49AM – 1:01PM	Taitila Until 9:22AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya</b> Until 8:33PM	Moon – Orange		<b>Subha Sivaloka Day</b>
				<b>Kartika•Aipasi</b>		

<b>3</b>		<b>Thursday, October 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Athiganda* Yoga Vanija/Visti* Karana Chaturthiyam Titau		Bradford, UK Sun 17 Sutra 200 Vikarin 5121
Virshika Rasi: 24.22	Tithi 4	<b>Gulika</b> 9:26AM – 10:37AM	<b>Jyeshtha*</b> Until 3:51PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:02AM	
		Yama 7:02AM – 8:14AM	Athiganda* Until 2:24AM Fri	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:36PM	Moon 10 - Phase 28
		675313464 <b>Rahu</b> 1:01PM – 2:12PM	Vanija Until 7:57AM	<b>Nataraja:</b> Purple		3rd Phase
Routine Work	Prabalarishta Yoga		<b>Chaturthi*</b> Until 7:31PM	Moon – Orange		<b>Subha Sivaloka Day</b>
Until 3:51PM				<b>Kartika•Aipasi</b>		
Then Creative Work - Siddha Yoga						

<b>4</b>		<b>Friday, November 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukarma Yoga Bava/Balava Karana Panchamyam Titau		Bradford, UK Sun 18 Sutra 201 Vikarin 5121
Dhanus Rasi: 7.43	Tithi 5	<b>Gulika</b> 8:15AM – 9:26AM	<b>Mula*</b> Until 4:20PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:04AM	
		Yama 2:11PM – 3:23PM	Sukarma Until 1:18AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:34PM	Moon 10 - Phase 28
		685313464 <b>Rahu</b> 10:38AM – 11:49AM	Bava Until 7:21AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Amrita Yoga		<b>Panchami</b> Until 7:21PM	Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>
Until 4:20PM				<b>Kartika•Aipasi</b>		
Then Routine Work - Prabalarishta Yoga						

<b>5</b>		<b>Saturday, November 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhriti Yoga Kaulava/Taitila Karana Shashthiyam Titau		Bradford, UK Sun 19 Sutra 202 Vikarin 5121
Dhanus Rasi: 20.37	Tithi 6	<b>Gulika</b> 7:06AM – 8:17AM	<b>Purvashadha*</b> Until 5:31PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:06AM	
		Yama 1:00PM – 2:10PM	Dhriti Until 12:53AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:32PM	Moon 10 - Phase 28
		685313464 <b>Rahu</b> 9:27AM – 10:38AM	Kaulava Until 7:37AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 8:02PM	Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>
Until 5:31PM				<b>Kartika•Aipasi</b>		
Then Routine Work - Marana Yoga		<b>Skanda Shasthi</b>				

<b>6</b>		<b>Sunday, November 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Shula* Yoga Gara/Vanija Karana Saptamyam Titau		Bradford, UK Sun 20 Sutra 203 Vikarin 5121
Makara Rasi: 3.07	Tithi 7	<b>Gulika</b> 2:09PM – 3:20PM	<b>Uttarashadha</b> Until 7:16PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:08AM	
		Yama 11:49AM – 12:59PM	Shula* Until 12:59AM Mon	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:30PM	Moon 10 - Phase 28
		685313464 <b>Rahu</b> 3:20PM – 4:30PM	Gara Until 8:42AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Amrita Yoga		<b>Saptami</b> Until 9:30PM	Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>
				<b>Kartika•Aipasi</b>		

<b>Retreat Star</b>		<b>Monday, November 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Bradford, UK Sun 21 Sutra 204 Vikarin 5121
Makara Rasi: 15.2	Tithi 8	<b>Gulika</b> 12:59PM – 2:08PM	<b>Shravana</b> Until 9:57PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:10AM	
<b>Family Home Evening</b>		Yama 10:39AM – 11:49AM	Ganda* Until 1:32AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:28PM	Moon 10 - Phase 28
Creative Work	Amrita Yoga	696313464 <b>Rahu</b> 8:20AM – 9:29AM	Visti Until 10:29AM	<b>Nataraja:</b> Purple		Ashtami
Until 9:57PM			<b>Ashtami*</b> Until 11:33PM	Moon – Purple		<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga				<b>Kartika•Aipasi</b>		

<b>Retreat Star</b>		<b>Tuesday, November 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Balava/Kaulava Karana Navamyam Titau		Bradford, UK Sun 22 Sutra 205 Vikarin 5121
Makara Rasi: 27.2	Tithi 9	<b>Gulika</b> 11:49AM – 12:58PM	<b>Dhanishtha</b> Until 12:49AM Wed	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:12AM	
		Yama 9:30AM – 10:40AM	Vriddhi Until 2:21AM Wed	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:26PM	Moon 10 - Phase 28
		696313464 <b>Rahu</b> 2:08PM – 3:17PM	Balava Until 12:45PM	<b>Nataraja:</b> Purple		Navami
Creative Work	Siddha Yoga		<b>Navami*</b> Until 1:58AM Wed	Moon – Purple		<b>Sivaloka Day</b>
				<b>Kartika•Aipasi</b>		

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


<b>1</b>	<b>Wednesday, November 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Taitila/Gara Karana Dashamyam Titau				Bradford, UK
	Kumbha Rasi: 9.13	Tithi 10	<b>Gulika</b> 10:40AM – 11:49AM	<b>Shatabhishak</b> Until 3:39AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:14AM	Sun 23 Sutra 206
			Yama 8:22AM – 9:31AM	Dhruva Until 3:14AM Thu	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:24PM	Vikarin 5121
	696313464	<b>Rahu</b> 11:49AM – 12:58PM		Taitila Until 3:16PM	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Dashami</b> Until 4:31AM Thu	Moon – Purple		4th Phase	
				<b>Kartika-Aipasi</b>		<b>Sivaloka Day</b>	

<b>2</b>	<b>Thursday, November 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Bradford, UK
	Kumbha Rasi: 21.04	Tithi 11	<b>Gulika</b> 9:32AM – 10:41AM	<b>Purvaproshtapada*</b> Until 6:44AM Fri	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:16AM	Sun 24 Sutra 207
			Yama 7:16AM – 8:24AM	Vyaghata* Until 4:04AM Fri	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:23PM	Vikarin 5121
	716313464	<b>Rahu</b> 12:57PM – 2:06PM		Vanija Until 5:47PM	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 6:58AM Fri	Moon – Clear		4th Phase	
				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	

<b>3</b>	<b>Friday, November 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Harshana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Bradford, UK
	Meena Rasi: 2.58	Tithi 11 – 12	<b>Gulika</b> 8:25AM – 9:33AM	<b>Purvaproshtapada*</b> Until 6:44AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:17AM	Sun 25 Sutra 208
			Yama 2:05PM – 3:13PM	Harshana Until 4:44AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:21PM	Vikarin 5121
	716313464	<b>Rahu</b> 10:41AM – 11:49AM		Bava Until 8:08PM	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 6:58AM	Moon – Clear		4th Phase	
				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	

<b>4</b>	<b>Saturday, November 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Bradford, UK
	Meena Rasi: 14.56	Tithi 12 – 13	<b>Gulika</b> 7:19AM – 8:27AM	<b>Uttaraproshtapada</b> Until 9:25AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:19AM	Sun 26 Sutra 209
			Yama 12:57PM – 2:04PM	Vajra* Until 5:08AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:19PM	Vikarin 5121
	716313464	<b>Rahu</b> 9:34AM – 10:42AM		Kaulava Until 10:12PM	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 9:11AM	Moon – Clear		4th Phase	
Until 9:25AM				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	
Then Routine Work - Prabararishta Yoga			<i>Pradosha Vrata</i>				

<b>5</b>	<b>Sunday, November 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Bradford, UK
	Meena Rasi: 27.03	Tithi 13 – 14	<b>Gulika</b> 2:03PM – 3:10PM	<b>Revati</b> Until 11:37AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:21AM	Sun 27 Sutra 210
			Yama 11:49AM – 12:56PM	Siddhi Until 5:15AM Mon	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:17PM	Vikarin 5121
	716313464	<b>Rahu</b> 3:10PM – 4:17PM		Gara Until 11:52PM	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Amrita Yoga		<b>Trayodashi</b> Until 11:03AM	Moon – Clear		4th Phase	
Until 11:37AM				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							

	<b>Monday, November 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Bradford, UK
	Mesha Rasi: 9.19	Tithi 14 – 15	<b>Gulika</b> 12:56PM – 2:03PM	<b>Ashvini</b> Until 1:45PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:23AM	Sutra 211
	<b>Family Home Evening</b>		Yama 10:43AM – 11:49AM	Vyatipata* Until 5:03AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:16PM	Vikarin 5121
	727313464	<b>Rahu</b> 8:30AM – 9:36AM		Visti Until 1:07AM Tue	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 12:32PM	Moon – White		Purnima	
				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	

<b>6</b>	<b>Tuesday, November 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Bradford, UK
	Mesha Rasi: 21.46	Tithi 15 – 16	<b>Gulika</b> 11:50AM – 12:56PM	<b>Bharani</b> Until 3:19PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 7:25AM	Sutra 212
			Yama 9:37AM – 10:43AM	Variyan Until 4:30AM Wed	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:14PM	Vikarin 5121
	727413464	<b>Rahu</b> 2:02PM – 3:08PM		Balava Until 1:57AM Wed	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 1:34PM	Moon – White		Prathama	
				<b>Kartika-Aipasi</b>		<b>Sivaloka Day</b>	

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



Wednesday, November 13, 2019

Gold Retreat Star

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

Bradford, UK

Sutra 213

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Vrishabha Rasi: 4.25 Tithi 16 - 17

727413464

Gulika

10:44AM - 11:50AM

Krittika Until 4:19PM

Ganesha: White Sunrise: 7:27AM

Yama

8:33AM - 9:38AM

Parigha\* Until 3:39AM Thu

Muruqa: Purple Sunset: 4:12PM

Rahu

11:50AM - 12:55PM

Taitila Until 2:22AM Thu

Nataraja: Purple

Moon - White  
Karttika-Aipasi

Sivaloka Day

Creative Work Amrita Yoga

Until 4:19PM

Then Creative Work - Siddha Yoga

1

Thursday, November 14, 2019

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

Bradford, UK

Sun 1 Sutra 214

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Vrishabha Rasi: 17.14 Tithi 17 - 18

737413464

Gulika

9:39AM - 10:45AM

Rohini Until 5:14PM

Ganesha: Clear Sunrise: 7:29AM

Yama

7:29AM - 8:34AM

Shiva Until 2:31AM Fri

Muruqa: Purple Sunset: 4:11PM

Rahu

12:55PM - 2:00PM

Vanija Until 2:23AM Fri

Nataraja: Purple

Moon - Yellow  
Karttika-Aipasi

Subha Sivaloka Day

Routine Work Marana Yoga

Dvitiya Until 2:24PM

2

Friday, November 15, 2019

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

Bradford, UK

Sun 2 Sutra 215

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Mithuna Rasi: 0.16 Tithi 18 - 19

737413464

Gulika

8:35AM - 9:40AM

Mrigashira Until 5:38PM

Ganesha: Clear Sunrise: 7:31AM

Yama

2:00PM - 3:04PM

Siddha Until 1:03AM Sat

Muruqa: Purple Sunset: 4:09PM

Rahu

10:45AM - 11:50AM

Bava Until 2:02AM Sat

Nataraja: Purple

Moon - Yellow  
Karttika-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

Tritiya Until 2:14PM

3

Saturday, November 16, 2019

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

Bradford, UK

Sun 3 Sutra 216

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Mithuna Rasi: 13.29 Tithi 19 - 20

737413464

Gulika

7:32AM - 8:37AM

Ardra Until 5:32PM

Ganesha: Clear Sunrise: 7:32AM

Yama

12:55PM - 1:59PM

Sadya Until 11:19PM

Muruqa: Purple Sunset: 4:08PM

Rahu

9:41AM - 10:46AM

Kaulava Until 1:20AM Sun

Nataraja: Purple

Moon - Yellow  
Karttika-Karttikai

Subha Sivaloka Day

Creative Work Siddha Yoga

Chaturthi\* Until 1:42PM

4

Sunday, November 17, 2019

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

Bradford, UK

Sun 4 Sutra 217

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Mithuna Rasi: 26.53 Tithi 20 - 21

747413465

Gulika

1:58PM - 3:02PM

Punarvasu Until 5:24PM

Ganesha: Purple Sunrise: 7:34AM

Yama

11:50AM - 12:54PM

Subha Until 9:20PM

Muruqa: Purple Sunset: 4:06PM

Rahu

3:02PM - 4:06PM

Gara Until 12:17AM Mon

Nataraja: Clear

Moon - Blue  
Karttika-Karttikai

Devaloka Day

Creative Work Siddha Yoga

Panchami Until 12:50PM

5

Monday, November 18, 2019

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

Bradford, UK

Sun 5 Sutra 218

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Kataka Rasi: 10.29 Tithi 21 - 22

748413465

Gulika

12:54PM - 1:58PM

Pushya Until 4:46PM

Ganesha: Clear Sunrise: 7:36AM

Yama

10:47AM - 11:51AM

Sukla Until 7:03PM

Muruqa: Purple Sunset: 4:05PM

Rahu

8:40AM - 9:43AM

Visti Until 10:53PM

Nataraja: Clear

Moon - Blue  
Karttika-Karttikai

Sivaloka Day

Creative Work Siddha Yoga

Shashthi\* Until 11:37AM

D

Tuesday, November 19, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Mangala Vasara Yuktayam  
Ashlesha\*/Magha\* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Saplamy/Ashlamyam Titau

Bradford, UK

Sun 6 Sutra 219

Vikarin 5121

Moon 11 - Phase 30

Ashtami

Kataka Rasi: 24.17 Tithi 22 - 23

748413465

Gulika

11:51AM - 12:54PM

Ashlesha\* Until 3:40PM

Ganesha: Clear Sunrise: 7:38AM

Yama

9:44AM - 10:48AM

Brahma Until 4:31PM

Muruqa: Purple Sunset: 4:04PM

Rahu

1:57PM - 3:00PM

Balava Until 9:10PM

Nataraja: Clear

Moon - Blue  
Karttika-Karttikai

Sivaloka Day

Creative Work Siddha Yoga

Saptami Until 10:03AM

Wednesday, November 20, 2019

Retreat Star

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

Bradford, UK

Sun 7 Sutra 220

Vikarin 5121

Moon 11 - Phase 30

Navami

Simha Rasi: 8.17 Tithi 23 - 24

758413465

Gulika

10:48AM - 11:51AM

Magha\* Until 2:32PM

Ganesha: White Sunrise: 7:40AM

Yama

8:43AM - 9:45AM

Indra Until 1:44PM

Muruqa: Purple Sunset: 4:02PM

Rahu

11:51AM - 12:54PM

Taitila Until 7:08PM

Nataraja: Clear

Moon - Red  
Karttika-Karttikai

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 2:32PM

Then Creative Work - Amrita Yoga

Ashtami\* Until 8:10AM

<b>1</b>		<b>Thursday, November 21, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhrili*/Vishkambha* Yoga Vanija/Visti* Karana Dashamyam Titau		Bradford, UK
Simha Rasi: 22.29	Tithi 25	<b>Gulika</b> 9:46AM – 10:49AM	<b>Purvaphalguni</b> Until 12:59PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 7:42AM	Sun 8 Sutra 221
		Yama 7:42AM – 8:44AM	Vaidhrili* Until 10:42AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:01PM	Vikarin 5121
		758413465 <b>Rahu</b> 12:54PM – 1:56PM	Visti Until 4:49PM	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Dashami</b> Until 3:33AM Fri	Moon – Red		2nd Phase
				<b>Karttika-Karttikai</b>		<b>Subha Sivaloka Day</b>

<b>2</b>		<b>Friday, November 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Prili Yoga Bava/Balava Karana Ekadashyam Titau		Bradford, UK
Kanya Rasi: 6.52	Tithi 26	<b>Gulika</b> 8:45AM – 9:47AM	<b>Uttaraphalguni</b> Until 11:03AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 7:43AM	Sun 9 Sutra 222
		Yama 1:56PM – 2:58PM	Vishkambha* Until 7:29AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:00PM	Vikarin 5121
		758413465 <b>Rahu</b> 10:49AM – 11:52AM	Bava Until 2:17PM	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 12:57AM Sat	Moon – Red		2nd Phase
Until 11:03AM				<b>Karttika-Karttikai</b>		<b>Subha Sivaloka Day</b>
Then Creative Work - Amrita Yoga						

<b>3</b>		<b>Saturday, November 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Ayushman Yoga Kaulava/Taitila Karana Dvadashyam Titau		Bradford, UK
Kanya Rasi: 21.2	Tithi 27	<b>Gulika</b> 7:45AM – 8:47AM	<b>Hasta</b> Until 9:16AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:45AM	Sun 10 Sutra 223
		Yama 12:53PM – 1:55PM	Ayushman Until 12:45AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:59PM	Vikarin 5121
		768413465 <b>Rahu</b> 9:48AM – 10:50AM	Kaulava Until 11:39AM	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Routine Work	Marana Yoga		<b>Dvadashi*</b> Until 10:17PM	Moon – Green		2nd Phase
				<b>Karttika-Karttikai</b>		<b>Sivaloka Day</b>

<b>4</b>		<b>Sunday, November 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau		Bradford, UK
Tula Rasi: 5.51	Tithi 28	<b>Gulika</b> 1:55PM – 2:56PM	<b>Chitra</b> Until 7:20AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:47AM	Sun 11 Sutra 224
		Yama 11:52AM – 12:53PM	Saubhagya Until 9:25PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:57PM	Vikarin 5121
		769413465 <b>Rahu</b> 2:56PM – 3:57PM	Gara Until 8:59AM	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 7:40PM	Moon – Green		2nd Phase
				<b>Karttika-Karttikai</b>		<b>Devaloka Day</b>
			<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Monday, November 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha Nakshatra Sobhana Yoga Visti*/Caluspada* Karana Chaturdashi/Amavasyayam Titau		Bradford, UK
Tula Rasi: 20.17	Tithi 29 – 30	<b>Gulika</b> 12:53PM – 1:54PM	<b>Vishakha</b> Until 3:54AM Tue	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:48AM	Sun 12 Sutra 225
<b>Family Home Evening</b>		Yama 10:51AM – 11:52AM	Sobhana Until 6:15PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:56PM	Vikarin 5121
		779413465 <b>Rahu</b> 8:49AM – 9:50AM	Visti Until 6:26AM	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 5:14PM	Moon – Orange		2nd Phase
Until 3:54AM Tue				<b>Karttika-Karttikai</b>		<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga						

<b>Retreat Star</b>		<b>Tuesday, November 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Athiganda*/Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Bradford, UK
Vrischika Rasi: 4.34	Tithi 30 – 1	<b>Gulika</b> 11:53AM – 12:53PM	<b>Anuradha</b> Until 2:42AM Wed	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:50AM	Sun 13 Sutra 226
		Yama 9:51AM – 10:52AM	Athiganda* Until 3:20PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:55PM	Vikarin 5121
		779413465 <b>Rahu</b> 1:54PM – 2:55PM	Kintughna Until 2:16AM Wed	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 3:08PM	Moon – Orange		Amavasya
				<b>Karttika-Karttikai</b>		<b>Devaloka Day</b>

<b>Retreat Star</b>		<b>Wednesday, November 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Sukarma/Dhrili* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Bradford, UK
Vrischika Rasi: 18.34	Tithi 1 – 2	<b>Gulika</b> 10:53AM – 11:53AM	<b>Jyeshtha*</b> Until 1:53AM Thu	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:52AM	Sun 14 Sutra 227
		Yama 8:52AM – 9:52AM	Sukarma Until 12:49PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:54PM	Vikarin 5121
		779413465 <b>Rahu</b> 11:53AM – 12:53PM	Balava Until 12:55AM Thu	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 1:30PM	Moon – Orange		Prathama
				<b>Margasira-Karttikai</b>		<b>Devaloka Day</b>

<b>1</b>		<b>Thursday, November 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Bradford, UK Sun 15 Sutra 228 Vikarin 5121
Dhanus Rasi: 2.13	Tithi 2 – 3	<b>Gulika</b> 9:53AM – 10:53AM	<b>Mula* Until 2:02AM Fri</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:53AM	
		<b>Yama</b> 7:53AM – 8:53AM	<b>Dhriti Until 10:47AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:53PM	Moon 11 - Phase 32
		<b>Rahu</b> 12:53PM – 1:53PM	<b>Taitila Until 12:15AM Fri</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya Until 12:29PM</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>
Until 2:02AM Fri				<b>Margasira•Karttikai</b>		
Then Routine Work - Prabalarishta Yoga						

<b>2</b>		<b>Friday, November 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Bradford, UK Sun 16 Sutra 229 Vikarin 5121
Dhanus Rasi: 15.29	Tithi 3 – 4	<b>Gulika</b> 8:55AM – 9:54AM	<b>Purvashadha* Until 2:45AM Sat</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:55AM	
		<b>Yama</b> 1:53PM – 2:53PM	<b>Shula* Until 9:16AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:53PM	Moon 11 - Phase 32
		<b>Rahu</b> 10:54AM – 11:54AM	<b>Vanija Until 12:19AM Sat</b>	<b>Nataraja:</b> Clear		3rd Phase
Routine Work	Prabalarishta Yoga		<b>Tritiya Until 12:10PM</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>
Until 2:45AM Sat				<b>Margasira•Karttikai</b>		
Then Routine Work - Marana Yoga						

<b>3</b>		<b>Saturday, November 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Ganda*/Vridhi* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Bradford, UK Sun 17 Sutra 230 Vikarin 5121
Dhanus Rasi: 28.23	Tithi 4 – 5	<b>Gulika</b> 7:57AM – 8:56AM	<b>Uttarashadha Until 4:01AM Sun</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:57AM	
		<b>Yama</b> 12:54PM – 1:53PM	<b>Ganda* Until 8:21AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:52PM	Moon 11 - Phase 32
		<b>Rahu</b> 9:55AM – 10:55AM	<b>Bava Until 1:08AM Sun</b>	<b>Nataraja:</b> Clear		3rd Phase
Routine Work	Marana Yoga		<b>Chaturthi* Until 12:37PM</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>
Until 4:01AM Sun				<b>Margasira•Karttikai</b>		
Then Creative Work - Amrita Yoga						

<b>4</b>		<b>Sunday, December 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Bradford, UK Sun 18 Sutra 231 Vikarin 5121
Makara Rasi: 10.55	Tithi 5 – 6	<b>Gulika</b> 1:53PM – 2:52PM	<b>Shravana Until 6:16AM Mon</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:58AM	
		<b>Yama</b> 11:54AM – 12:54PM	<b>Vridhi Until 8:01AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:51PM	Moon 11 - Phase 32
		<b>Rahu</b> 2:52PM – 3:51PM	<b>Kaulava Until 2:39AM Mon</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Amrita Yoga		<b>Panchami Until 1:47PM</b>	<b>Moon – Purple</b>		<b>Sivaloka Day</b>
Until 6:16AM Mon				<b>Margasira•Karttikai</b>		
Then Creative Work - Siddha Yoga						

<b>5</b>		<b>Monday, December 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Bradford, UK Sun 19 Sutra 232 Vikarin 5121
Makara Rasi: 23.11	Tithi 6 – 7	<b>Gulika</b> 12:54PM – 1:53PM	<b>Shravana Until 6:16AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:00AM	
<b>Family Home Evening</b>		<b>Yama</b> 10:56AM – 11:55AM	<b>Dhruva Until 8:09AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:50PM	Moon 11 - Phase 32
		<b>Rahu</b> 8:58AM – 9:57AM	<b>Gara Until 4:42AM Tue</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Amrita Yoga		<b>Shashthi* Until 3:35PM</b>	<b>Moon – Purple</b>		<b>Sivaloka Day</b>
Until 6:16AM				<b>Margasira•Karttikai</b>		
Then Creative Work - Siddha Yoga						

<b>6</b>		<b>Tuesday, December 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Bradford, UK Sun 20 Sutra 233 Vikarin 5121
Kumbha Rasi: 5.14	Tithi 7 – 8	<b>Gulika</b> 11:55AM – 12:54PM	<b>Dhanishtha Until 8:51AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:01AM	
		<b>Yama</b> 9:58AM – 10:57AM	<b>Vyaghata* Until 8:41AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:50PM	Moon 11 - Phase 32
		<b>Rahu</b> 1:52PM – 2:51PM	<b>Visti Until 7:05AM Wed</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Saptami Until 5:51PM</b>	<b>Moon – Purple</b>		<b>Sivaloka Day</b>
Until 8:51AM				<b>Margasira•Karttikai</b>		
Then Routine Work - Marana Yoga						

<b>Retreat Star</b>		<b>Wednesday, December 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau		Bradford, UK Sun 21 Sutra 234 Vikarin 5121
Kumbha Rasi: 17.1	Tithi 8	<b>Gulika</b> 10:57AM – 11:56AM	<b>Shatabhishak Until 11:33AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:02AM	
		<b>Yama</b> 9:01AM – 9:59AM	<b>Harshana Until 9:27AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:49PM	Moon 11 - Phase 32
		<b>Rahu</b> 11:56AM – 12:54PM	<b>Visti Until 7:05AM</b>	<b>Nataraja:</b> Clear		Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 8:19PM</b>	<b>Moon – Purple</b>		<b>Sivaloka Day</b>
Until 11:33AM				<b>Margasira•Karttikai</b>		
Then Creative Work - Amrita Yoga						

<b>Retreat Star</b>		<b>Thursday, December 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Navamyam Titau		Bradford, UK Sun 22 Sutra 235 Vikarin 5121
Kumbha Rasi: 29.02	Tithi 9	<b>Gulika</b> 10:00AM – 10:58AM	<b>Purvaproshtapada* Until 2:39PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 8:04AM	
		<b>Yama</b> 8:04AM – 9:02AM	<b>Vajra* Until 10:15AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:48PM	Moon 11 - Phase 32
		<b>Rahu</b> 12:54PM – 1:52PM	<b>Balava Until 9:36AM</b>	<b>Nataraja:</b> Clear		Navami
Creative Work	Siddha Yoga		<b>Navami* Until 10:48PM</b>	<b>Moon – Clear</b>		<b>Sivaloka Day</b>
				<b>Margasira•Karttikai</b>		

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


<b>1</b>		<b>Friday, December 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Siddhi/Vyatiyata* Yoga Taitila/Gara Karana Dashamyam Titau				Bradford, UK
Meena Rasi: 10.56	Tithi 10	711413465	<b>Gulika</b> 9:03AM – 10:01AM <b>Yama</b> 1:52PM – 2:50PM <b>Rahu</b> 10:59AM – 11:57AM	<b>Uttaraproshtapada</b> Until 5:27PM Siddhi Until 10:59AM Taitila Until 12:00PM <b>Dashami</b> Until 1:05AM Sat	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 8:05AM <b>Sunset:</b> 3:48PM	Sun 23	Sutra 236 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work	Siddha Yoga							<b>Sivaloka Day</b> Margasira-Karttikai

<b>2</b>		<b>Saturday, December 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatiyata*/Varyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Bradford, UK
Meena Rasi: 22.57	Tithi 11	711513465	<b>Gulika</b> 8:06AM – 9:04AM <b>Yama</b> 12:55PM – 1:52PM <b>Rahu</b> 10:02AM – 10:59AM	<b>Revati</b> Until 7:46PM Vyatiyata* Until 11:31AM Vanija Until 2:07PM <b>Ekadashi</b> Until 2:59AM Sun	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 8:06AM <b>Sunset:</b> 3:47PM	Sun 24	Sutra 237 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Routine Work	Prabalarishta Yoga							<b>Subha Sivaloka Day</b> Margasira-Karttikai
Until 7:46PM								
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Sunday, December 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan/Parigha* Yoga Bava/Balava Karana Dvodashyam Titau				Bradford, UK
Mesha Rasi: 5.07	Tithi 12	721513465	<b>Gulika</b> 1:52PM – 2:50PM <b>Yama</b> 11:57AM – 12:55PM <b>Rahu</b> 2:50PM – 3:47PM	<b>Ashvini</b> Until 9:59PM Varyan Until 11:43AM Bava Until 3:47PM <b>Dvadashi</b> Until 4:24AM Mon	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 8:08AM <b>Sunset:</b> 3:47PM	Sun 25	Sutra 238 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work	Siddha Yoga							<b>Sivaloka Day</b> Margasira-Karttikai
Until 9:59PM								
Then Routine Work - Prabalarishta Yoga								

<b>4</b>		<b>Monday, December 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Trayodashyam Titau				Bradford, UK
Mesha Rasi: 17.29	Tithi 13	721513465	<b>Gulika</b> 12:55PM – 1:52PM <b>Yama</b> 11:01AM – 12:58AM <b>Rahu</b> 9:06AM – 10:03AM	<b>Bharani</b> Until 11:30PM Parigha* Until 11:31AM Kaulava Until 4:55PM <b>Trayodashi</b> Until 5:15AM Tue	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 8:09AM <b>Sunset:</b> 3:47PM	Sun 26	Sutra 239 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Family Home Evening	Siddha Yoga							<b>Sivaloka Day</b> Margasira-Karttikai
Until 11:30PM								
Then Routine Work - Marana Yoga								<i>Pradosha Vrata</i>

<b>5</b>		<b>Tuesday, December 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Gara/Vanija Karana Chaturdashyam Titau				Bradford, UK
Vrishabha Rasi: 0.06	Tithi 14	721513465	<b>Gulika</b> 11:58AM – 12:55PM <b>Yama</b> 10:04AM – 11:01AM <b>Rahu</b> 1:52PM – 2:50PM	<b>Krittika</b> Until 12:18AM Wed Shiva Until 10:54AM Gara Until 5:29PM <b>Chaturdashi*</b> Until 5:31AM Wed	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 8:10AM <b>Sunset:</b> 3:47PM	Sun 27	Sutra 240 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work	Siddha Yoga							<b>Sivaloka Day</b> Margasira-Karttikai

		<b>Wednesday, December 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha/Sadhya Yoga Visti*/Bava Karana Purnimayam Titau				Bradford, UK
Vrishabha Rasi: 12.59	Tithi 15	731523465	<b>Gulika</b> 11:02AM – 11:59AM <b>Yama</b> 9:08AM – 10:05AM <b>Rahu</b> 11:59AM – 12:56PM	<b>Rohini</b> Until 12:52AM Thu Siddha Until 9:49AM Visti Until 5:28PM <b>Purnima*</b> Until 5:14AM Thu	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 8:11AM <b>Sunset:</b> 3:46PM	Sun 28	Sutra 241 Vikarin 5121 Moon 11 - Phase 33 Purnima
Creative Work	Siddha Yoga							<b>Sivaloka Day</b> Margasira-Karttikai
Until 12:52AM Thu								
Then Routine Work - Marana Yoga								

<b>Thursday, December 12, 2019</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Prathamayam Titau				Bradford, UK
Vrishabha Rasi: 26.1	Tithi 16	732523465	<b>Gulika</b> 10:06AM – 11:03AM <b>Yama</b> 8:12AM – 9:09AM <b>Rahu</b> 12:56PM – 1:53PM	<b>Mrigashira</b> Until 12:48AM Fri Sadhya Until 8:20AM Balava Until 4:55PM <b>Prathama*</b> Until 4:27AM Fri	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 8:12AM <b>Sunset:</b> 3:46PM	Sun 29	Sutra 242 Vikarin 5121 Moon 11 - Phase 33 Prathama
Routine Work	Marana Yoga							<b>Devaloka Day</b> Margasira-Karttikai
Until 12:48AM Fri								
Then Creative Work - Siddha Yoga								<b>Vinayaga Viratam Begins</b>

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





Friday, December 13, 2019

Gold Retreat Star

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

Bradford, UK

Sutra 243

Vikarin 5121

Mithuna Rasi: 9.35

Tithi 17

732523465

**Gulika** 9:10AM – 10:07AM  
**Yama** 1:53PM – 2:50PM  
**Rahu** 11:03AM – 12:00PM

**Ardra Until 12:09AM Sat**  
Subha Until 6:28AM  
Taitila Until 3:56PM  
**Dvitiya Until 3:16AM Sat**

**Ganesha:** Clear *Sunrise:* 8:13AM  
**Muruqa:** Clear *Sunset:* 3:46PM  
**Nataraja:** Clear  
Moon – Yellow  
**Margasira-Karttikai**

Moon 12 - Phase 34  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

Bradford, UK

Sun 1

Sutra 244

Vikarin 5121

Mithuna Rasi: 23.15

Tithi 18

742523465

**Gulika** 8:14AM – 9:11AM  
**Yama** 12:57PM – 1:53PM  
**Rahu** 10:07AM – 11:04AM

**Punarvasu Until 11:29PM**  
Brahma Until 1:49AM Sun  
Vanija Until 2:34PM  
**Tritya Until 1:45AM Sun**

**Ganesha:** Purple *Sunrise:* 8:14AM  
**Muruqa:** Clear *Sunset:* 3:46PM  
**Nataraja:** Clear  
Moon – Blue  
**Margasira-Karttikai**

Moon 12 - Phase 34  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

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

Bradford, UK

Sun 2

Sutra 245

Vikarin 5121

Kataka Rasi: 7.06

Tithi 19

742523465

**Gulika** 1:54PM – 2:50PM  
**Yama** 12:01PM – 12:57PM  
**Rahu** 2:50PM – 3:46PM

**Pushya Until 10:25PM**  
Indra Until 11:11PM  
Bava Until 12:55PM  
**Chaturthi\* Until 12:00AM Mon**

**Ganesha:** Purple *Sunrise:* 8:15AM  
**Muruqa:** Clear *Sunset:* 3:46PM  
**Nataraja:** Clear  
Moon – Blue  
**Margasira-Karttikai**

Moon 12 - Phase 34  
1st Phase

**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 Kaulava/Taitila Karana Panchamyam Titau

Bradford, UK

Sun 3

Sutra 246

Vikarin 5121

Kataka Rasi: 21.05

Tithi 20

742523465

**Gulika** 12:58PM – 1:54PM  
**Yama** 11:05AM – 12:01PM  
**Rahu** 9:12AM – 10:09AM

**Ashlesha\* Until 9:02PM**  
Vaidhriti\* Until 8:24PM  
Kaulava Until 11:04AM  
**Panchami Until 10:04PM**

**Ganesha:** Purple *Sunrise:* 8:16AM  
**Muruqa:** Clear *Sunset:* 3:46PM  
**Nataraja:** Clear  
Moon – Blue  
**Margasira-Markali**

Moon 12 - Phase 34  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Family Home Evening  
Until 9:02PM  
Then Routine Work - Marana Yoga

4

Tuesday, December 17, 2019

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

Bradford, UK

Sun 4

Sutra 247

Vikarin 5121

Simha Rasi: 5.1

Tithi 21

852523465

**Gulika** 12:02PM – 12:58PM  
**Yama** 10:09AM – 11:06AM  
**Rahu** 1:54PM – 2:50PM

**Magha\* Until 7:50PM**  
Vishkambha\* Until 5:33PM  
Gara Until 9:06AM  
**Shashthi\* Until 8:03PM**

**Ganesha:** Purple *Sunrise:* 8:17AM  
**Muruqa:** Clear *Sunset:* 3:47PM  
**Nataraja:** Clear  
Moon – Red  
**Margasira-Markali**

Moon 12 - Phase 34  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

5

Wednesday, December 18, 2019

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam  
Purvaphalguni Nakshatra Priti/Ayushman Yoga Visti\*/Balava Karana Saptami/Ashtamyam Titau

Bradford, UK

Sun 5

Sutra 248

Vikarin 5121

Simha Rasi: 19.19

Tithi 22 – 23

852523465

**Gulika** 11:06AM – 12:02PM  
**Yama** 9:14AM – 10:10AM  
**Rahu** 12:02PM – 12:58PM

**Purvaphalguni Until 6:27PM**  
Priti Until 2:40PM  
Visti Until 7:02AM  
**Saptami Until 5:59PM**

**Ganesha:** Purple *Sunrise:* 8:18AM  
**Muruqa:** Clear *Sunset:* 3:47PM  
**Nataraja:** Clear  
Moon – Red  
**Margasira-Markali**

Moon 12 - Phase 34  
1st Phase

**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/Hasta Nakshatra Ayushmani/Saubhagya Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Bradford, UK

Sun 6

Sutra 249

Vikarin 5121

Kanya Rasi: 3.28

Tithi 23 – 24

852523465

**Gulika** 10:11AM – 11:07AM  
**Yama** 8:18AM – 9:14AM  
**Rahu** 12:59PM – 1:55PM

**Uttaraphalguni Until 4:55PM**  
Ayushman Until 11:44AM  
Taitila Until 2:53AM Fri  
**Ashtami\* Until 3:54PM**

**Ganesha:** Purple *Sunrise:* 8:18AM  
**Muruqa:** Clear *Sunset:* 3:47PM  
**Nataraja:** Clear  
Moon – Red  
**Margasira-Markali**

Moon 12 - Phase 34  
Ashtami

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Until 4:55PM

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/Chitra Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Bradford, UK

Sun 7

Sutra 250

Vikarin 5121

Kanya Rasi: 17.37

Tithi 24 – 25

862523465

**Gulika** 9:15AM – 10:11AM  
**Yama** 1:55PM – 2:51PM  
**Rahu** 11:07AM – 12:03PM

**Hasta Until 3:41PM**  
Saubhagya Until 8:50AM  
Vanija Until 12:51AM Sat  
**Navami\* Until 1:50PM**

**Ganesha:** Clear *Sunrise:* 8:19AM  
**Muruqa:** Clear *Sunset:* 3:48PM  
**Nataraja:** Clear  
Moon – Green  
**Margasira-Markali**

Moon 12 - Phase 34  
Navami

**Devaloka Day**

Creative Work Amrita Yoga

Until 3:41PM

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

<b>1</b>		<b>Saturday, December 21, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau	Bradford, UK Sun 8 Sutra 251 Vikarin 5121
Tula Rasi: 1.44	Tithi 25 – 26	862523465	<b>Gulika</b> 8:20AM – 9:16AM <b>Yama</b> 1:00PM – 1:56PM <b>Rahu</b> 10:12AM – 11:08AM	<b>Chitra</b> Until 2:22PM Athiganda* Until 6:00AM Bava Until 10:54PM Dashami Until 11:51AM	<b>Ganesha:</b> Clear <i>Sunrise: 8:20AM</i> <b>Muruqa:</b> Clear <i>Sunset: 3:48PM</i> <b>Nataraja:</b> Clear Moon – Green
Routine Work	Marana Yoga		Day 1 of Pancha Ganapati	Margasira*Markali	Devaloka Day
Until 2:22PM					
Then Creative Work - Siddha Yoga					

<b>2</b>		<b>Sunday, December 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Bradford, UK Sun 9 Sutra 252 Vikarin 5121
Tula Rasi: 15.47	Tithi 26 – 27	862523465	<b>Gulika</b> 1:56PM – 2:52PM <b>Yama</b> 12:04PM – 1:00PM <b>Rahu</b> 2:52PM – 3:48PM	<b>Svati</b> Until 1:03PM Sukarma Until 12:33AM Mon Kaulava Until 9:07PM Ekadashi* Until 9:58AM	<b>Ganesha:</b> Clear <i>Sunrise: 8:20AM</i> <b>Muruqa:</b> Clear <i>Sunset: 3:48PM</i> <b>Nataraja:</b> Clear Moon – Green
Creative Work	Siddha Yoga		Day 2 of Pancha Ganapati	Margasira*Markali	Devaloka Day
Until 1:03PM					
Then Routine Work - Marana Yoga					

<b>3</b>		<b>Monday, December 23, 2019</b>		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Tailla/Gara Karana Dvadashi/Trayodashyam Titau	Bradford, UK Sun 10 Sutra 253 Vikarin 5121
Tula Rasi: 29.44	Tithi 27 – 28	872523465	<b>Gulika</b> 1:01PM – 1:57PM <b>Yama</b> 11:09AM – 12:05PM <b>Rahu</b> 9:17AM – 10:13AM	<b>Vishakha</b> Until 12:13PM Dhriti Until 10:07PM Gara Until 7:34PM Dvadashi* Until 8:17AM	<b>Ganesha:</b> White <i>Sunrise: 8:21AM</i> <b>Muruqa:</b> Clear <i>Sunset: 3:49PM</i> <b>Nataraja:</b> Clear Moon – Orange
Family Home Evening	Marana Yoga		Day 3 of Pancha Ganapati	Margasira*Markali	Bhuloka Day Devaloka Time: 3:PM to 6:PM
Until 12:13PM					
Then Creative Work - Siddha Yoga					
<i>Pradosha Vrata (Fasting)</i>					

<b>4</b>		<b>Tuesday, December 24, 2019</b>		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Bradford, UK Sun 11 Sutra 254 Vikarin 5121
Vrischika Rasi: 13.31	Tithi 28 – 29	872523465	<b>Gulika</b> 12:05PM – 1:01PM <b>Yama</b> 10:13AM – 11:09AM <b>Rahu</b> 1:57PM – 2:54PM	<b>Anuradha</b> Until 11:31AM Shula* Until 7:54PM Visti Until 6:19PM Trayodashi* Until 6:52AM	<b>Ganesha:</b> White <i>Sunrise: 8:21AM</i> <b>Muruqa:</b> Clear <i>Sunset: 3:50PM</i> <b>Nataraja:</b> Clear Moon – Orange
Creative Work	Siddha Yoga		Day 4 of Pancha Ganapati	Margasira*Markali	Bhuloka Day Devaloka Time: 3:PM to 6:PM
Until 11:31AM					
Then Routine Work - Marana Yoga					

		<b>Wednesday, December 25, 2019</b>		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Bradford, UK Sun 12 Sutra 255 Vikarin 5121
<b>Retreat Star</b>			<b>Gulika</b> 11:10AM – 12:06PM <b>Yama</b> 9:17AM – 10:14AM <b>Rahu</b> 12:06PM – 1:02PM	<b>Jyeshtha*</b> Until 11:02AM Ganda* Until 6:02PM Catuspada Until 5:29PM Amavasya* Until 5:14AM Thu	<b>Ganesha:</b> White <i>Sunrise: 8:21AM</i> <b>Muruqa:</b> Clear <i>Sunset: 3:50PM</i> <b>Nataraja:</b> Clear Moon – Orange
Vrischika Rasi: 27.05	Tithi 30	872523465	Day 5 of Pancha Ganapati	Margasira*Markali	Bhuloka Day Devaloka Time: 3:PM to 6:PM
Creative Work	Siddha Yoga				
Until 11:02AM					
Then Routine Work - Marana Yoga					

<b>Thursday, December 26, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi/Dhruva Yoga Kintughna*/Bava Karana Prathamayam Titau	Bradford, UK Sun 13 Sutra 256 Vikarin 5121
Dhanus Rasi: 10.25	Tithi 1	883523466	<b>Gulika</b> 10:14AM – 11:10AM <b>Yama</b> 8:22AM – 9:18AM <b>Rahu</b> 1:03PM – 1:59PM	<b>Mula*</b> Until 11:19AM Vriddhi Until 4:34PM Kintughna Until 5:09PM Prathama* Until 5:10AM Fri	<b>Ganesha:</b> Orange <i>Sunrise: 8:22AM</i> <b>Muruqa:</b> Clear <i>Sunset: 3:51PM</i> <b>Nataraja:</b> Orange Moon – Light Blue
Creative Work	Siddha Yoga		Annular Solar Eclipse	Pausha*Markali	Devaloka Day

<b>1</b>		<b>Friday, December 27, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva/Vyaghata* Yoga Balava/Kaulava Karana Dvilyayam Titau				Bradford, UK
Dhanus Rasi: 23.27	Tithi 2	<b>Gulika</b>	<b>9:18AM – 10:14AM</b>	<b>Purvashadha* Until 11:59AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 8:22AM	Sun 14	Sutra 257
		Yama	1:59PM – 2:56PM	Dhruva Until 3:31PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:52PM		Vikarin 5121
		883523466 <b>Rahu</b>	<b>11:11AM – 12:07PM</b>	Balava Until 5:22PM	<b>Nataraja:</b> Orange		Moon 12 - Phase 36	3rd Phase
Routine Work	Prabalarishta Yoga			<b>Dvitiya Until 5:42AM Sat</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 11:59AM					<b>Pausha-Markali</b>			
Then Routine Work - Marana Yoga								

<b>2</b>		<b>Saturday, December 28, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata*/Harshana Yoga Taitila Karana Tritiyayam Titau				Bradford, UK
Makara Rasi: 6.12	Tithi 3	<b>Gulika</b>	<b>8:22AM – 9:18AM</b>	<b>Uttarashadha Until 1:04PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 8:22AM	Sun 15	Sutra 258
		Yama	1:04PM – 2:00PM	Vyaghata* Until 2:56PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:53PM		Vikarin 5121
		883523466 <b>Rahu</b>	<b>10:15AM – 11:11AM</b>	Taitila Until 6:12PM	<b>Nataraja:</b> Orange		Moon 12 - Phase 36	3rd Phase
Routine Work	Marana Yoga			<b>Tritiya Until 6:49AM Sun</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 1:04PM					<b>Pausha-Markali</b>			
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Sunday, December 29, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Bradford, UK
Makara Rasi: 18.41	Tithi 3 – 4	<b>Gulika</b>	<b>2:01PM – 2:57PM</b>	<b>Shravana Until 3:02PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:22AM	Sun 16	Sutra 259
		Yama	12:08PM – 1:04PM	Harshana Until 2:48PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:54PM		Vikarin 5121
		893523466 <b>Rahu</b>	<b>2:57PM – 3:54PM</b>	Vanija Until 7:37PM	<b>Nataraja:</b> Orange		Moon 12 - Phase 36	3rd Phase
Creative Work	Amrita Yoga			<b>Tritiya Until 6:49AM</b>	Moon – Purple		<b>Devaloka Day</b>	
Until 3:02PM					<b>Pausha-Markali</b>			
Then Routine Work - Marana Yoga								

<b>4</b>		<b>Monday, December 30, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vajra*/Siddhi Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau				Bradford, UK
Kumbha Rasi: 0.56	Tithi 4 – 5	<b>Gulika</b>	<b>1:05PM – 2:01PM</b>	<b>Dhanishtha Until 5:20PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:22AM	Sun 17	Sutra 260
<b>Family Home Evening</b>		Yama	11:12AM – 12:08PM	Vajra* Until 3:03PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:55PM		Vikarin 5121
		893523466 <b>Rahu</b>	<b>9:19AM – 10:15AM</b>	Bava Until 9:31PM	<b>Nataraja:</b> Orange		Moon 12 - Phase 36	3rd Phase
Creative Work	Siddha Yoga			<b>Chaturthi* Until 8:29AM</b>	Moon – Purple		<b>Devaloka Day</b>	
					<b>Pausha-Markali</b>			

<b>5</b>		<b>Tuesday, December 31, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Bradford, UK
Kumbha Rasi: 13.01	Tithi 5 – 6	<b>Gulika</b>	<b>12:09PM – 1:06PM</b>	<b>Shatabhishak Until 7:50PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:22AM	Sun 18	Sutra 261
		Yama	10:15AM – 11:12AM	Siddhi Until 3:36PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:56PM		Vikarin 5121
		893523466 <b>Rahu</b>	<b>2:02PM – 2:59PM</b>	Kaulava Until 11:48PM	<b>Nataraja:</b> Orange		Moon 12 - Phase 36	3rd Phase
Routine Work	Marana Yoga			<b>Panchami Until 10:36AM</b>	Moon – Purple		<b>Devaloka Day</b>	
					<b>Pausha-Markali</b>			

<b>6</b>		<b>Wednesday, January 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Vyatipata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Bradford, UK
Kumbha Rasi: 24.57	Tithi 6 – 7	<b>Gulika</b>	<b>11:13AM – 12:10PM</b>	<b>Purvaproshtapada* Until 10:54PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:22AM	Sun 19	Sutra 262
		Yama	9:19AM – 10:16AM	Vyatipata* Until 4:21PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:58PM		Vikarin 5121
		813623466 <b>Rahu</b>	<b>12:10PM – 1:07PM</b>	Gara Until 2:17AM Thu	<b>Nataraja:</b> Orange		Moon 12 - Phase 36	3rd Phase
Creative Work	Amrita Yoga			<b>Shashthi* Until 1:01PM</b>	Moon – Clear		<b>Bhuloka Day</b>	
Until 10:54PM					<b>Pausha-Markali</b>		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga		<b>Vinayaga Viratam Ends</b>						

<b>Retreat Star</b>		<b>Thursday, January 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Variyan/Parigha* Yoga Vanija/Vistil* Karana Saptami/Ashtamyam Titau				Bradford, UK
Meena Rasi: 6.5	Tithi 7 – 8	<b>Gulika</b>	<b>10:16AM – 11:13AM</b>	<b>Uttaraproshtapada Until 1:48AM Fri</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:22AM	Sun 20	Sutra 263
		Yama	8:22AM – 9:19AM	Variyan Until 5:08PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:59PM		Vikarin 5121
		813623466 <b>Rahu</b>	<b>1:07PM – 2:05PM</b>	Vistil Until 4:46AM Fri	<b>Nataraja:</b> Orange		Moon 12 - Phase 36	3rd Phase
Creative Work	Siddha Yoga			<b>Saptami Until 3:31PM</b>	Moon – Clear		<b>Bhuloka Day</b>	
					<b>Pausha-Markali</b>		Devaloka Time: 3:PM to 6:PM	

<b>Retreat Star</b>		<b>Friday, January 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Bradford, UK
Meena Rasi: 18.44	Tithi 8 – 9	<b>Gulika</b>	<b>9:19AM – 10:16AM</b>	<b>Revati Until 4:23AM Sat</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:21AM	Sun 21	Sutra 264
		Yama	2:05PM – 3:03PM	Parigha* Until 5:51PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:00PM		Vikarin 5121
		813623466 <b>Rahu</b>	<b>11:13AM – 12:11PM</b>	Balava Until 7:02AM Sat	<b>Nataraja:</b> Orange		Moon 12 - Phase 36	Ashtami
Creative Work	Siddha Yoga			<b>Ashtami* Until 5:55PM</b>	Moon – Clear		<b>Bhuloka Day</b>	
					<b>Pausha-Markali</b>		Devaloka Time: 3:PM to 6:PM	

<b>Retreat Star</b>		<b>Saturday, January 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau				Bradford, UK
Mesha Rasi: 0.43	Tithi 9	<b>Gulika</b>	<b>8:21AM – 9:19AM</b>	<b>Ashvini Until 6:54AM Sun</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 8:21AM	Sun 22	Sutra 265
		Yama	1:09PM – 2:06PM	Shiva Until 6:21PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:01PM		Vikarin 5121
		823623466 <b>Rahu</b>	<b>10:16AM – 11:14AM</b>	Balava Until 7:02AM	<b>Nataraja:</b> Orange		Moon 12 - Phase 36	Navami
Creative Work	Siddha Yoga			<b>Navami* Until 8:01PM</b>	Moon – White		<b>Devaloka Day</b>	
Until 6:54AM Sun					<b>Pausha-Markali</b>			
Then Routine Work - Prabalarishta Yoga								

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

<b>1 Sunday, January 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau				Bradford, UK Sun 23 Sutra 266 Vikarin 5121
Mesha Rasi: 12.52	Tithi 10	<b>Gulika</b> 2:07PM – 3:05PM	<b>Ashvini</b> Until 6:54AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:21AM	<i>Sunset:</i> 4:03PM	Moon 12 - Phase 37
		Yama 12:12PM – 1:09PM	Siddha Until 6:27PM	<b>Muruqa:</b> Clear		4th Phase
	823623466	<b>Rahu</b> 3:05PM – 4:03PM	Taitila Until 8:54AM	<b>Nataraja:</b> Orange		
Creative Work	Siddha Yoga			Moon – White		<b>Devaloka Day</b>
Until 6:54AM		<b>Subramuniyaswami Jayanti</b>	<b>Dashami</b> Until 9:36PM	<b>Pausha-Markali</b>		
Then Routine Work - Prabalarishta Yoga						

<b>2 Monday, January 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau				Bradford, UK Sun 24 Sutra 267 Vikarin 5121
Mesha Rasi: 25.14	Tithi 11	<b>Gulika</b> 1:10PM – 2:08PM	<b>Bharani</b> Until 8:44AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:20AM	<i>Sunset:</i> 4:04PM	Moon 12 - Phase 37
<b>Family Home Evening</b>		Yama 11:14AM – 12:12PM	Sadhya Until 6:06PM	<b>Muruqa:</b> Clear		4th Phase
Creative Work	Siddha Yoga	<b>Rahu</b> 9:18AM – 10:16AM	Vanija Until 10:11AM	<b>Nataraja:</b> Orange		
Until 8:44AM				Moon – White		<b>Devaloka Day</b>
Then Routine Work - Marana Yoga		<b>Vaikuntha Ekadasi</b>	<b>Ekadashi</b> Until 10:33PM	<b>Pausha-Markali</b>		

<b>3 Tuesday, January 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha/Sukla Yoga Bava/Balava Karana Dvadashyam Titau				Bradford, UK Sun 25 Sutra 268 Vikarin 5121
Vrishabha Rasi: 7.54	Tithi 12	<b>Gulika</b> 12:13PM – 1:11PM	<b>Krittika</b> Until 9:45AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:20AM	<i>Sunset:</i> 4:06PM	Moon 12 - Phase 37
		Yama 10:16AM – 11:14AM	Subha Until 5:13PM	<b>Muruqa:</b> Clear		4th Phase
	823623466	<b>Rahu</b> 2:09PM – 3:07PM	Bava Until 10:47AM	<b>Nataraja:</b> Orange		
Creative Work	Siddha Yoga			Moon – White		<b>Devaloka Day</b>
Until 9:45AM			<b>Dvadashi</b> Until 10:47PM	<b>Pausha-Markali</b>		
Then Creative Work - Amrita Yoga						

<b>4 Wednesday, January 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Bradford, UK Sun 26 Sutra 269 Vikarin 5121
Vrishabha Rasi: 20.55	Tithi 13	<b>Gulika</b> 11:15AM – 12:13PM	<b>Rohini</b> Until 10:22AM	<b>Ganesha:</b> White <i>Sunrise:</i> 8:19AM	<i>Sunset:</i> 4:07PM	Moon 12 - Phase 37
		Yama 9:18AM – 10:16AM	Sukla Until 3:44PM	<b>Muruqa:</b> Clear		4th Phase
	833623466	<b>Rahu</b> 12:13PM – 1:12PM	Kaulava Until 10:38AM	<b>Nataraja:</b> Orange		
Creative Work	Siddha Yoga			Moon – Yellow		<b>Bhuloka Day</b>
			<b>Trayodashi</b> Until 10:17PM	<b>Pausha-Markali</b>		<b>Devaloka Time: 3:PM to 6:PM</b>
			<i>Pradosha Vrata</i>			

<b>5 Thursday, January 9, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Bradford, UK Sun 27 Sutra 270 Vikarin 5121
Mithuna Rasi: 4.18	Tithi 14	<b>Gulika</b> 10:16AM – 11:15AM	<b>Mrigashira</b> Until 10:09AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:18AM	<i>Sunset:</i> 4:08PM	Moon 12 - Phase 37
		Yama 8:18AM – 9:17AM	Brahma Until 1:44PM	<b>Muruqa:</b> Clear		4th Phase
	834623466	<b>Rahu</b> 1:12PM – 2:11PM	Gara Until 9:48AM	<b>Nataraja:</b> Orange		
Routine Work	Marana Yoga			Moon – Yellow		<b>Devaloka Day</b>
			<b>Chaturdashi*</b> Until 9:07PM	<b>Pausha-Markali</b>		

<b>Friday, January 10, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Bradford, UK Sutra 271 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 9:17AM – 10:16AM	<b>Ardra</b> Until 9:10AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:18AM	<i>Sunset:</i> 4:10PM	Moon 12 - Phase 37
Mithuna Rasi: 18.04	Tithi 15	Yama 2:12PM – 3:11PM	Indra Until 11:16AM	<b>Muruqa:</b> Clear		Purnima
		<b>Rahu</b> 11:15AM – 12:14PM	Visti Until 8:19AM	<b>Nataraja:</b> Orange		
Creative Work	Siddha Yoga			Moon – Yellow		<b>Devaloka Day</b>
		<b>Penumbral Lunar Eclipse</b>	<b>Purnima*</b> Until 7:22PM	<b>Pausha-Markali</b>		
		<b>Ardra Darshanam</b>				

<b>Saturday, January 11, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Taitila Karana Prathama/Dvityayam Titau				Bradford, UK Sutra 272 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 8:17AM – 9:16AM	<b>Punarvasu</b> Until 7:59AM	<b>Ganesha:</b> White <i>Sunrise:</i> 8:17AM	<i>Sunset:</i> 4:11PM	Moon 12 - Phase 37
Kataka Rasi: 2.09	Tithi 16 – 17	Yama 1:14PM – 2:13PM	Vaidhriti* Until 8:22AM	<b>Muruqa:</b> Clear		Prathama
		<b>Rahu</b> 10:16AM – 11:15AM	Balava Until 6:20AM	<b>Nataraja:</b> Orange		
Creative Work	Siddha Yoga			Moon – Blue		<b>Sivaloka Day</b>
			<b>Prathama*</b> Until 5:10PM	<b>Pausha-Markali</b>		



**Sunday, January 12, 2020**  
**Gold Retreat Star**

Kataka Rasi: 16.29 Tithi 17 – 18  
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Priti Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau  
Gulika 2:14PM – 3:13PM Pushya Until 6:17AM  
Yama 12:15PM – 1:14PM Priti Until 1:51AM Mon  
Rahu 3:13PM – 4:13PM Vanija Until 1:21AM Mon  
Dvitiya Until 2:40PM

Bradford, UK  
Sun 1 Sutra 273  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Ganesha: White Sunrise: 8:16AM  
Muruqa: Clear Sunset: 4:13PM  
Nataraja: Orange  
Moon – Blue  
Pausha-Markali

**Sivaloka Day**

**1**

**Monday, January 13, 2020**

Simha Rasi: 0.59 Tithi 18 – 19  
Family Home Evening  
Routine Work Marana Yoga  
Until 2:21AM Tue  
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Magha\* Nakshatra Ayushman Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau  
Gulika 1:15PM – 2:15PM Magha\* Until 2:21AM Tue  
Yama 11:15AM – 12:15PM Ayushman Until 10:24PM  
Rahu 9:15AM – 10:15AM Bava Until 10:39PM  
Tritiya Until 11:59AM

Bradford, UK  
Sun 2 Sutra 274  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Ganesha: Clear Sunrise: 8:15AM  
Muruqa: Clear Sunset: 4:15PM  
Nataraja: Orange  
Moon – Red  
Pausha-Markali

**Devaloka Day**

**2**

**Tuesday, January 14, 2020**

Simha Rasi: 15.32 Tithi 19 – 20  
Creative Work Siddha Yoga  
Until 12:23AM Wed  
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvaphalguni Nakshatra Saubhagya Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau  
Gulika 12:15PM – 1:16PM Purvaphalguni Until 12:23AM Wed  
Yama 10:15AM – 11:15AM Saubhagya Until 6:58PM  
Rahu 2:16PM – 3:16PM Kaulava Until 7:57PM  
Chaturthi\* Until 9:16AM

Bradford, UK  
Sun 3 Sutra 275  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Ganesha: Clear Sunrise: 8:15AM  
Muruqa: Clear Sunset: 4:16PM  
Nataraja: Orange  
Moon – Red  
Pausha-Thai

**Devaloka Day**

**3**

**Wednesday, January 15, 2020**

Kanya Rasi: 0.02 Tithi 20 – 21  
Creative Work Amrita Yoga  
Until 10:26PM  
Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttaraphalguni Nakshatra Sobhana/Alhiganda\* Yoga Tailila/Vanija Karana Panchami/Shashthyam Titau  
Gulika 11:15AM – 12:16PM Uttaraphalguni Until 10:26PM  
Yama 9:14AM – 10:15AM Sobhana Until 3:40PM  
Rahu 12:16PM – 1:16PM Vanija Until 4:11AM Thu  
Panchami Until 6:38AM

Bradford, UK  
Sun 4 Sutra 276  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Ganesha: Clear Sunrise: 8:14AM  
Muruqa: Clear Sunset: 4:18PM  
Nataraja: Orange  
Moon – Red  
Pausha-Thai

**Devaloka Day**

**4**

**Thursday, January 16, 2020**

Kanya Rasi: 14.25 Tithi 22  
Routine Work Marana Yoga  
Until 9:00PM  
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam  
Hasta Nakshatra Athiganda\*/Sukarma Yoga Visti\*/Bava Karana Saptamyam Titau  
Gulika 10:14AM – 11:15AM Hasta Until 9:00PM  
Yama 8:13AM – 9:13AM Athiganda\* Until 12:30PM  
Rahu 1:17PM – 2:18PM Visti Until 3:04PM  
Saptami Until 1:59AM Fri

Bradford, UK  
Sun 5 Sutra 277  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Ganesha: Purple Sunrise: 8:13AM  
Muruqa: Clear Sunset: 4:20PM  
Nataraja: Orange  
Moon – Green  
Pausha-Thai

**Sivaloka Day**

**●**

**Friday, January 17, 2020**

**Retreat Star**

Kanya Rasi: 28.38 Tithi 23  
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam  
Chitra Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Ashtamyam Titau  
Gulika 9:13AM – 10:14AM Chitra Until 7:43PM  
Yama 2:19PM – 3:20PM Sukarma Until 9:35AM  
Rahu 11:15AM – 12:16PM Balava Until 1:01PM  
Ashtami\* Until 12:06AM Sat

Bradford, UK  
Sun 6 Sutra 278  
Vikarin 5121  
Moon 1 - Phase 38  
Ashtami

Ganesha: Purple Sunrise: 8:12AM  
Muruqa: Clear Sunset: 4:21PM  
Nataraja: Orange  
Moon – Green  
Pausha-Thai

**Sivaloka Day**

**Saturday, January 18, 2020**

**Retreat Star**

Tula Rasi: 12.37 Tithi 24  
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Svati Nakshatra Dhriti/Shula\* Yoga Tailila/Gara Karana Navamyam Titau  
Gulika 8:10AM – 9:12AM Svati Until 6:39PM  
Yama 1:18PM – 2:20PM Dhriti Until 6:56AM  
Rahu 10:14AM – 11:15AM Tailila Until 11:19AM  
Navami\* Until 10:35PM

Bradford, UK  
Sun 7 Sutra 279  
Vikarin 5121  
Moon 1 - Phase 38  
Navami

Ganesha: Purple Sunrise: 8:10AM  
Muruqa: Clear Sunset: 4:23PM  
Nataraja: Orange  
Moon – Green  
Pausha-Thai

**Sivaloka Day**


<b>1</b>		<b>Sunday, January 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam		Bradford, UK	
Tula Rasi: 26.23		Titih 25		Vishakha Nakshatra Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 8 Sutra 280	
874623466		<b>Gulika</b>	2:21PM – 3:23PM	<b>Vishakha</b> Until 6:14PM	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 8:09AM	Vikarin 5121
Routine Work		Yama	12:17PM – 1:19PM	Ganda* Until 2:30AM Mon	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:25PM	Moon 1 - Phase 39
Marana Yoga		<b>Rahu</b>	3:23PM – 4:25PM	Vanija Until 9:58AM	<b>Nataraja:</b> Orange		2nd Phase
				Dashami Until 9:26PM	Moon – Orange		<b>Devaloka Day</b>
					Pausha*Thai		

<b>2</b>		<b>Monday, January 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam		Bradford, UK	
Vrischika Rasi: 9.56		Titih 26		Anuradha Nakshatra Vriddhi Yoga Bava/Balava Karana Ekadashyam Titau		Sun 9 Sutra 281	
874623466		<b>Gulika</b>	1:20PM – 2:22PM	<b>Anuradha</b> Until 6:02PM	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 8:08AM	Vikarin 5121
Family Home Evening		Yama	11:15AM – 12:17PM	Vriddhi Until 12:45AM Tue	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:27PM	Moon 1 - Phase 39
Creative Work		<b>Rahu</b>	9:10AM – 10:13AM	Bava Until 9:01AM	<b>Nataraja:</b> Orange		2nd Phase
				Ekadashi* Until 8:40PM	Moon – Orange		<b>Devaloka Day</b>
					Pausha*Thai		

<b>3</b>		<b>Tuesday, January 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam		Bradford, UK	
Vrischika Rasi: 23.16		Titih 27		Jyeshtha* Nakshatra Dhruva Yoga Kaulava/Tailita Karana Dvadashyam Titau		Sun 10 Sutra 282	
875623466		<b>Gulika</b>	12:18PM – 1:20PM	<b>Jyeshtha*</b> Until 6:05PM	<b>Ganesha:</b> Purple	<b>Sunrise:</b> 8:07AM	Vikarin 5121
Routine Work		Yama	10:12AM – 11:15AM	Dhruva Until 11:17PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:29PM	Moon 1 - Phase 39
Marana Yoga		<b>Rahu</b>	2:23PM – 3:26PM	Kaulava Until 8:27AM	<b>Nataraja:</b> Orange		2nd Phase
Until 6:05PM						Moon – Orange	<b>Bhuloka Day</b>
Then Creative Work - Amrita Yoga						Pausha*Thai	Devaloka Time: 3:PM to 6:PM

<b>4</b>		<b>Wednesday, January 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam		Bradford, UK	
Dhanus Rasi: 6.23		Titih 28		Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 11 Sutra 283	
885623466		<b>Gulika</b>	11:15AM – 12:18PM	<b>Mula*</b> Until 6:51PM	<b>Ganesha:</b> Light Blue	<b>Sunrise:</b> 8:06AM	Vikarin 5121
Routine Work		Yama	9:09AM – 10:12AM	Vyaghata* Until 10:10PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:30PM	Moon 1 - Phase 39
Marana Yoga		<b>Rahu</b>	12:18PM – 1:21PM	Gara Until 8:18AM	<b>Nataraja:</b> Orange		2nd Phase
Until 6:51PM						Moon – Light Blue	<b>Bhuloka Day</b>
Then Creative Work - Amrita Yoga						Pausha*Thai	Devaloka Time: 3:PM to 6:PM
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Thursday, January 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam		Bradford, UK	
Dhanus Rasi: 19.17		Titih 29		Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Sun 12 Sutra 284	
885623466		<b>Gulika</b>	10:11AM – 11:15AM	<b>Purvashadha*</b> Until 7:51PM	<b>Ganesha:</b> Light Blue	<b>Sunrise:</b> 8:04AM	Vikarin 5121
Creative Work		Yama	8:04AM – 9:08AM	Harshana Until 9:23PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:32PM	Moon 1 - Phase 39
Siddha Yoga		<b>Rahu</b>	1:22PM – 2:25PM	Visti* Until 8:34AM	<b>Nataraja:</b> Orange		2nd Phase
Until 7:51PM						Moon – Light Blue	<b>Bhuloka Day</b>
Then Routine Work - Marana Yoga						Pausha*Thai	Devaloka Time: 3:PM to 6:PM

		<b>Friday, January 24, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam		Bradford, UK	
<b>Retreat Star</b>				Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Sun 13 Sutra 285	
Makara Rasi: 2		Titih 30		Uttarashadha Until 9:07PM		Vikarin 5121	
885623466		<b>Gulika</b>	9:07AM – 10:11AM	Vajra* Until 8:54PM	<b>Ganesha:</b> Light Blue	<b>Sunrise:</b> 8:03AM	Moon 1 - Phase 39
Routine Work		Yama	2:26PM – 3:30PM	Catuspada Until 9:15AM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:34PM	Amavasya
Marana Yoga		<b>Rahu</b>	11:15AM – 12:18PM	Amavasya* Until 9:44PM	<b>Nataraja:</b> Orange		
					Moon – Light Blue		<b>Bhuloka Day</b>
					Pausha*Thai		Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Saturday, January 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam		Bradford, UK	
				Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau		Sun 14 Sutra 286	
Makara Rasi: 14.31		Titih 1		Shravana Until 11:08PM		Vikarin 5121	
995623466		<b>Gulika</b>	8:01AM – 9:06AM	Siddhi Until 8:46PM	<b>Ganesha:</b> Light Blue	<b>Sunrise:</b> 8:01AM	Moon 1 - Phase 39
Creative Work		Yama	1:23PM – 2:27PM	Kintughna Until 10:23AM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:36PM	Prathama
Siddha Yoga		<b>Rahu</b>	10:10AM – 11:14AM	Prathama* Until 11:05PM	<b>Nataraja:</b> Orange		
					Moon – Purple		<b>Bhuloka Day</b>
					Magha*Thai		Devaloka Time: 3:PM to 6:PM

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

<b>1</b>		<b>Sunday, January 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Bradford, UK Sun 15 Sutra 287 Vikarin 5121
Makara Rasi: 26.5	Tithi 2	<b>Gulika</b> Yama	<b>2:28PM – 3:33PM</b> 12:19PM – 1:24PM	<b>Dhanishtha Until 1:21AM Mon</b> Vyatipata* Until 8:57PM	<b>Ganesha: Orange</b> <b>Muruqa: Clear</b>	<b>Sunrise: 8:00AM</b> <b>Sunset: 4:38PM</b>	Moon 1 - Phase 40 3rd Phase	
Routine Work	Marana Yoga	995723466	<b>Rahu</b> 3:33PM – 4:38PM	Balava Until 11:56AM <b>Dvitiya Until 12:50AM Mon</b>	<b>Nataraja: Orange</b> Moon – Purple <b>Magha-Thai</b>	<b>Devaloka Day</b>		
Until 1:21AM Mon Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Monday, January 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau				Bradford, UK Sun 16 Sutra 288 Vikarin 5121
Kumbha Rasi: 9	Tithi 3	<b>Gulika</b> Yama	<b>1:24PM – 2:29PM</b> 11:14AM – 12:19PM	<b>Shatabhishak Until 3:45AM Tue</b> Variyan Until 9:23PM	<b>Ganesha: Orange</b> <b>Muruqa: Clear</b>	<b>Sunrise: 7:58AM</b> <b>Sunset: 4:40PM</b>	Moon 1 - Phase 40 3rd Phase	
Family Home Evening	Siddha Yoga	995723466	<b>Rahu</b> 9:04AM – 10:09AM	Taitila Until 1:52PM <b>Tritiya Until 2:56AM Tue</b>	<b>Nataraja: Orange</b> Moon – Purple <b>Magha-Thai</b>	<b>Devaloka Day</b>		
Until 3:45AM Tue Then Routine Work - Marana Yoga								

<b>3</b>		<b>Tuesday, January 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Parigha* Yoga Vanija/Visti* Karana Chaturthyam Titau				Bradford, UK Sun 17 Sutra 289 Vikarin 5121
Kumbha Rasi: 21.02	Tithi 4	<b>Gulika</b> Yama	<b>12:19PM – 1:25PM</b> 10:08AM – 11:14AM	<b>Purvaproshtapada* Until 6:44AM Wed</b> Parigha* Until 10:02PM	<b>Ganesha: Green</b> <b>Muruqa: Clear</b>	<b>Sunrise: 7:57AM</b> <b>Sunset: 4:42PM</b>	Moon 1 - Phase 40 3rd Phase	
Routine Work	Marana Yoga	915723466	<b>Rahu</b> 2:31PM – 3:36PM	Vanija Until 4:06PM <b>Chaturthi* Until 5:18AM Wed</b>	<b>Nataraja: Orange</b> Moon – Clear <b>Magha-Thai</b>	<b>Sivaloka Day</b>		
Until 6:44AM Wed Then Creative Work - Siddha Yoga								

<b>4</b>		<b>Wednesday, January 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Shiva Yoga Bava Karana Panchamyam Titau				Bradford, UK Sun 18 Sutra 290 Vikarin 5121
Meena Rasi: 2.58	Tithi 5	<b>Gulika</b> Yama	<b>11:13AM – 12:19PM</b> 9:01AM – 10:07AM	<b>Purvaproshtapada* Until 6:44AM</b> Shiva Until 10:51PM	<b>Ganesha: Green</b> <b>Muruqa: Clear</b>	<b>Sunrise: 7:55AM</b> <b>Sunset: 4:44PM</b>	Moon 1 - Phase 40 3rd Phase	
Creative Work	Amrita Yoga	915723466	<b>Rahu</b> 12:19PM – 1:26PM	Bava Until 6:34PM <b>Panchami Until 7:49AM Thu</b>	<b>Nataraja: Orange</b> Moon – Clear <b>Magha-Thai</b>	<b>Sivaloka Day</b>		
Until 6:44AM Then Creative Work - Siddha Yoga								

<b>5</b>		<b>Thursday, January 30, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Uttaraproshtapada Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Bradford, UK Sun 19 Sutra 291 Vikarin 5121
Meena Rasi: 14.5	Tithi 5 – 6	<b>Gulika</b> Yama	<b>10:07AM – 11:13AM</b> 7:54AM – 9:00AM	<b>Uttaraproshtapada Until 9:41AM</b> Siddha Until 11:40PM	<b>Ganesha: Green</b> <b>Muruqa: Clear</b>	<b>Sunrise: 7:54AM</b> <b>Sunset: 4:46PM</b>	Moon 1 - Phase 40 3rd Phase	
Creative Work	Siddha Yoga	915723466	<b>Rahu</b> 1:26PM – 2:33PM	Kaulava Until 9:06PM <b>Panchami Until 7:49AM</b>	<b>Nataraja: Orange</b> Moon – Clear <b>Magha-Thai</b>	<b>Sivaloka Day</b>		
Until 12:26PM Then Creative Work - Amrita Yoga								

<b>6</b>		<b>Friday, January 31, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Bradford, UK Sun 20 Sutra 292 Vikarin 5121
Meena Rasi: 26.43	Tithi 6 – 7	<b>Gulika</b> Yama	<b>8:59AM – 10:06AM</b> 2:34PM – 3:41PM	<b>Revati Until 12:26PM</b> Sadhya Until 12:25AM Sat	<b>Ganesha: Orange</b> <b>Muruqa: Clear</b>	<b>Sunrise: 7:52AM</b> <b>Sunset: 4:48PM</b>	Moon 1 - Phase 40 3rd Phase	
Creative Work	Siddha Yoga	916723466	<b>Rahu</b> 11:13AM – 12:20PM	Gara Until 11:32PM <b>Shashthi* Until 10:19AM</b>	<b>Nataraja: Orange</b> Moon – Clear <b>Magha-Thai</b>	<b>Devaloka Day</b>		
Until 12:26PM Then Creative Work - Amrita Yoga								

<b>Retreat Star</b>		<b>Saturday, February 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Bradford, UK Sun 21 Sutra 293 Vikarin 5121
Mesha Rasi: 8.39	Tithi 7 – 8	<b>Gulika</b> Yama	<b>7:52AM – 8:59AM</b> 1:27PM – 2:34PM	<b>Ashvini Until 3:20PM</b> Subha Until 12:57AM Sun	<b>Ganesha: Green</b> <b>Muruqa: Clear</b>	<b>Sunrise: 7:52AM</b> <b>Sunset: 4:48PM</b>	Moon 1 - Phase 40 Ashtami	
Creative Work	Siddha Yoga	926723466	<b>Rahu</b> 10:06AM – 11:13AM	Visti Until 1:40AM Sun <b>Saptami Until 12:38PM</b>	<b>Nataraja: Orange</b> Moon – White <b>Magha-Thai</b>	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM		
Until 5:39PM Then Creative Work - Siddha Yoga								

<b>Retreat Star</b>		<b>Sunday, February 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Bradford, UK Sun 22 Sutra 294 Vikarin 5121
Mesha Rasi: 20.43	Tithi 8 – 9	<b>Gulika</b> Yama	<b>2:35PM – 3:42PM</b> 12:20PM – 1:27PM	<b>Bharani Until 5:39PM</b> Sukla Until 1:05AM Mon	<b>Ganesha: Green</b> <b>Muruqa: Clear</b>	<b>Sunrise: 7:50AM</b> <b>Sunset: 4:49PM</b>	Moon 1 - Phase 40 Navami	
Routine Work	Prabalarishta Yoga	926723466	<b>Rahu</b> 3:42PM – 4:49PM	Balava Until 3:18AM Mon <b>Ashtami* Until 2:32PM</b>	<b>Nataraja: Orange</b> Moon – White <b>Magha-Thai</b>	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM		
Until 5:39PM Then Creative Work - Siddha Yoga								

<b>Monday, February 3, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Bradford, UK Sun 23 Sutra 295 Vikarin 5121
<b>1</b>	926723466	<b>Gulika</b> 1:28PM – 2:36PM <b>Yama</b> 11:12AM – 12:20PM <b>Rahu</b> 8:57AM – 10:04AM	<b>Krittika Until 7:12PM</b> Brahma Until 12:42AM Tue Taitila Until 4:13AM Tue Navami* Until 3:50PM	<b>Ganesha:</b> Green <i>Sunrise:</i> 7:49AM <b>Muruqa:</b> Clear <i>Sunset:</i> 4:51PM <b>Nataraja:</b> Orange Moon – White <b>Magha*Thai</b>
Vrishabha Rasi: 3.01 Tithi 9 – 10 <b>Family Home Evening</b> Routine Work Marana Yoga Until 7:12PM Then Creative Work - Amrita Yoga				<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Tuesday, February 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Indra Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau		Bradford, UK Sun 24 Sutra 296 Vikarin 5121
<b>2</b>	936723467	<b>Gulika</b> 12:20PM – 1:28PM <b>Yama</b> 10:04AM – 11:12AM <b>Rahu</b> 2:37PM – 3:45PM	<b>Rohini Until 8:20PM</b> Indra Until 11:44PM Vanija Until 4:19AM Wed Dashami Until 4:21PM	<b>Ganesha:</b> Red <i>Sunrise:</i> 7:47AM <b>Muruqa:</b> Clear <i>Sunset:</i> 4:53PM <b>Nataraja:</b> Clear Moon – Yellow <b>Magha*Thai</b>
Vrishabha Rasi: 15.37 Tithi 10 – 11 936723467 Creative Work Amrita Yoga Until 8:20PM Then Creative Work - Siddha Yoga				<b>Devaloka Day</b>

<b>Wednesday, February 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Bradford, UK Sun 25 Sutra 297 Vikarin 5121
<b>3</b>	936723467	<b>Gulika</b> 11:11AM – 12:20PM <b>Yama</b> 8:54AM – 10:03AM <b>Rahu</b> 12:20PM – 1:29PM	<b>Mrigashira Until 8:29PM</b> Vaidhriti* Until 10:05PM Bava Until 3:35AM Thu Ekadashi Until 4:02PM	<b>Ganesha:</b> Red <i>Sunrise:</i> 7:45AM <b>Muruqa:</b> Clear <i>Sunset:</i> 4:55PM <b>Nataraja:</b> Clear Moon – Yellow <b>Magha*Thai</b>
Vrishabha Rasi: 28.37 Tithi 11 – 12 936723467 Creative Work Siddha Yoga				<b>Devaloka Day</b>

<b>Thursday, February 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Bradford, UK Sun 26 Sutra 298 Vikarin 5121
<b>4</b>	936723467	<b>Gulika</b> 10:02AM – 11:11AM <b>Yama</b> 7:43AM – 8:53AM <b>Rahu</b> 1:30PM – 2:39PM	<b>Ardra Until 7:41PM</b> Vishkambha* Until 7:48PM Kaulava Until 2:03AM Fri Dvadashi Until 2:54PM	<b>Ganesha:</b> Red <i>Sunrise:</i> 7:43AM <b>Muruqa:</b> Clear <i>Sunset:</i> 4:57PM <b>Nataraja:</b> Clear Moon – Yellow <b>Magha*Thai</b>
Mithuna Rasi: 12.02 Tithi 12 – 13 936723467 Routine Work Marana Yoga Until 7:41PM Then Creative Work - Amrita Yoga				<b>Devaloka Day</b>
<i>Pradosha Vrata</i>				

<b>Friday, February 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Bradford, UK Sun 27 Sutra 299 Vikarin 5121
<b>5</b>	947723467	<b>Gulika</b> 8:51AM – 10:01AM <b>Yama</b> 2:40PM – 3:50PM <b>Rahu</b> 11:11AM – 12:20PM	<b>Punarvasu Until 6:28PM</b> Priti Until 4:57PM Gara Until 11:50PM Trayodashi Until 1:00PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:41AM <b>Muruqa:</b> Clear <i>Sunset:</i> 4:59PM <b>Nataraja:</b> Clear Moon – Blue <b>Magha*Thai</b>
Mithuna Rasi: 25.56 Tithi 13 – 14 947723467 Creative Work Siddha Yoga Until 6:28PM Then Routine Work - Marana Yoga				<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Saturday, February 8, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushmani/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Bradford, UK Sutra 300 Vikarin 5121
<b>○</b>	947723467	<b>Gulika</b> 7:40AM – 8:50AM <b>Yama</b> 1:31PM – 2:41PM <b>Rahu</b> 10:00AM – 11:10AM	<b>Pushya Until 4:31PM</b> Ayushman Until 1:36PM Visti Until 9:03PM Chaturdashi* Until 10:29AM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:40AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:01PM <b>Nataraja:</b> Clear Moon – Blue <b>Magha*Thai</b>
Kataka Rasi: 10.16 Tithi 14 – 15 947723467 Creative Work Siddha Yoga Until 4:31PM Then Routine Work - Marana Yoga		<b>Thai Pusam</b>		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Sunday, February 9, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau		Bradford, UK Sutra 301 Vikarin 5121
<b>○</b>	947723467	<b>Gulika</b> 2:42PM – 3:53PM <b>Yama</b> 12:21PM – 1:31PM <b>Rahu</b> 3:53PM – 5:03PM	<b>Ashlesha* Until 2:01PM</b> Saubhagya Until 9:54AM Kaulava Until 4:13AM Mon Purnima* Until 7:30AM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:38AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:03PM <b>Nataraja:</b> Clear Moon – Blue <b>Magha*Thai</b>
Kataka Rasi: 24.56 Tithi 15 – 16 947723467 Creative Work Siddha Yoga Until 2:01PM Then Routine Work - Marana Yoga				<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM





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

Simha Rasi: 9.51 Tithi 17  
Family Home Evening 957723467  
Routine Work Marana Yoga  
Until 11:33AM  
Then Creative Work - Siddha Yoga

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

**Gulika** 1:32PM – 2:43PM  
**Yama** 11:09AM – 12:21PM  
**Rahu** 8:47AM – 9:58AM  
**Magha\* Until 11:33AM**  
Athiganda\* Until 6:00AM  
Taitila Until 2:31PM  
**Dvitiya Until 12:47AM Tue**

**Ganesha:** Red *Sunrise: 7:36AM*  
**Muruqa:** Clear *Sunset: 5:05PM*  
**Nataraja:** Clear  
Moon – Red  
**Magha\*Thai**

**Devaloka Day**

Bradford, UK  
Sutra 302  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

**1**

**Tuesday, February 11, 2020**

Simha Rasi: 24.52 Tithi 18  
Creative Work Siddha Yoga  
Until 8:52AM  
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvaphalguni/Uttaraphalguni Nakshatra Sukarma Yoga Vanija/Visi\* Karana Tritiyayam Titau

**Gulika** 12:21PM – 1:32PM  
**Yama** 9:57AM – 11:09AM  
**Rahu** 2:44PM – 3:56PM  
**Purvaphalguni Until 8:52AM**  
Sukarma Until 9:57PM  
Vanija Until 11:06AM  
**Tritiya Until 9:24PM**

**Ganesha:** Red *Sunrise: 7:34AM*  
**Muruqa:** Clear *Sunset: 5:07PM*  
**Nataraja:** Clear  
Moon – Red  
**Magha\*Thai**

**Devaloka Day**

Bradford, UK  
Sun 1  
Sutra 303  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

**2**

**Wednesday, February 12, 2020**

Kanya Rasi: 9.49 Tithi 19  
Creative Work Amrita Yoga  
Until 6:08AM  
Then Routine Work - Marana Yoga

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

**Gulika** 11:08AM – 12:21PM  
**Yama** 8:44AM – 9:56AM  
**Rahu** 12:21PM – 1:33PM  
**Uttaraphalguni Until 6:08AM**  
Dhriti Until 6:07PM  
Bava Until 7:47AM  
**Chaturthi\* Until 6:11PM**

**Ganesha:** Red *Sunrise: 7:32AM*  
**Muruqa:** Clear *Sunset: 5:09PM*  
**Nataraja:** Clear  
Moon – Red  
**Magha\*Thai**

**Devaloka Day**

**Maha Sankatahara Chaturthi**

Bradford, UK  
Sun 2  
Sutra 304  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

**3**

**Thursday, February 13, 2020**

Kanya Rasi: 24.35 Tithi 20 – 21  
Creative Work Siddha Yoga

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

**Gulika** 9:55AM – 11:08AM  
**Yama** 7:30AM – 8:43AM  
**Rahu** 1:33PM – 2:46PM  
**Chitra Until 1:58AM Fri**  
Shula\* Until 2:32PM  
Gara Until 2:03AM Fri  
**Panchami Until 3:19PM**

**Ganesha:** White *Sunrise: 7:30AM*  
**Muruqa:** Clear *Sunset: 5:11PM*  
**Nataraja:** Clear  
Moon – Green  
**Magha\*Masi**

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

Bradford, UK  
Sun 3  
Sutra 305  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

**4**

**Friday, February 14, 2020**

Tula Rasi: 9.04 Tithi 21 – 22  
Creative Work Siddha Yoga

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

**Gulika** 8:41AM – 9:54AM  
**Yama** 2:47PM – 4:00PM  
**Rahu** 11:07AM – 12:21PM  
**Svati Until 12:23AM Sat**  
Ganda\* Until 11:20AM  
Visti Until 11:54PM  
**Shashthi\* Until 12:53PM**

**Ganesha:** White *Sunrise: 7:28AM*  
**Muruqa:** Clear *Sunset: 5:13PM*  
**Nataraja:** Clear  
Moon – Green  
**Magha\*Masi**

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

Bradford, UK  
Sun 4  
Sutra 306  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

**D**

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

Tula Rasi: 23.11 Tithi 22 – 23  
Creative Work Siddha Yoga

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

**Gulika** 7:26AM – 8:39AM  
**Yama** 1:34PM – 2:48PM  
**Rahu** 9:53AM – 11:07AM  
**Vishakha Until 11:39PM**  
Vridhdi Until 8:35AM  
Balava Until 10:19PM  
**Saptami Until 11:01AM**

**Ganesha:** Clear *Sunrise: 7:26AM*  
**Muruqa:** Clear *Sunset: 5:15PM*  
**Nataraja:** Clear  
Moon – Orange  
**Magha\*Masi**

**Devaloka Day**

Bradford, UK  
Sun 5  
Sutra 307  
Vikarin 5121  
Moon 2 - Phase 42  
Ashtami

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

Vrischika Rasi: 6.56 Tithi 23 – 24  
Routine Work Marana Yoga

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

**Gulika** 2:49PM – 4:03PM  
**Yama** 12:20PM – 1:35PM  
**Rahu** 4:03PM – 5:17PM  
**Anuradha Until 11:23PM**  
Dhruva Until 6:17AM  
Taitila Until 9:22PM  
**Ashtami\* Until 9:44AM**

**Ganesha:** Clear *Sunrise: 7:24AM*  
**Muruqa:** Clear *Sunset: 5:17PM*  
**Nataraja:** Clear  
Moon – Orange  
**Magha\*Masi**

**Devaloka Day**

Bradford, UK  
Sun 6  
Sutra 308  
Vikarin 5121  
Moon 2 - Phase 42  
Navami

<b>1</b>		<b>Monday, February 17, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Bradford, UK Sun 7 Sutra 309 Vikarin 5121	
Vrischika Rasi: 20.19	Tithi 24 – 25	<b>Gulika</b>	1:35PM – 2:50PM	<b>Jyeshtha* Until 11:33PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:22AM	
<b>Family Home Evening</b>	978723467	<b>Yama</b>	11:06AM – 12:20PM	Harshana Until 3:12AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:19PM	Moon 2 - Phase 43
Creative Work	Siddha Yoga	<b>Rahu</b>	8:36AM – 9:51AM	Vanija Until 9:01PM	<b>Nataraja:</b> Clear		2nd Phase
				<b>Navami* Until 9:06AM</b>	Moon – Orange		<b>Devaloka Day</b>
					<b>Magha-Masi</b>		

<b>2</b>		<b>Tuesday, February 18, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Bradford, UK Sun 8 Sutra 310 Vikarin 5121	
Dhanus Rasi: 3.23	Tithi 25 – 26	<b>Gulika</b>	12:20PM – 1:35PM	<b>Mula* Until 12:36AM Wed</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:20AM	
	988723467	<b>Yama</b>	9:50AM – 11:05AM	Vajra* Until 2:19AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:21PM	Moon 2 - Phase 43
Creative Work	Amrita Yoga	<b>Rahu</b>	2:51PM – 4:06PM	Bava Until 9:16PM	<b>Nataraja:</b> Clear		2nd Phase
				<b>Dashami Until 9:03AM</b>	Moon – Light Blue		<b>Bhuloka Day</b>
					<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM

<b>3</b>		<b>Wednesday, February 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Bradford, UK Sun 9 Sutra 311 Vikarin 5121	
Dhanus Rasi: 16.11	Tithi 26 – 27	<b>Gulika</b>	11:05AM – 12:20PM	<b>Purvashadha* Until 1:58AM Thu</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:17AM	
	988723467	<b>Yama</b>	8:33AM – 9:49AM	Siddhi Until 1:49AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:23PM	Moon 2 - Phase 43
Creative Work	Amrita Yoga	<b>Rahu</b>	12:20PM – 1:36PM	Kaulava Until 10:01PM	<b>Nataraja:</b> Clear		2nd Phase
Until 1:58AM Thu				<b>Ekadashi* Until 9:34AM</b>	Moon – Light Blue		<b>Bhuloka Day</b>
Then Routine Work - Marana Yoga					<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM

<b>4</b>		<b>Thursday, February 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Vyatipata* Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau		Bradford, UK Sun 10 Sutra 312 Vikarin 5121	
Dhanus Rasi: 28.45	Tithi 27 – 28	<b>Gulika</b>	9:48AM – 11:04AM	<b>Uttarashadha Until 3:35AM Fri</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:15AM	
	989823467	<b>Yama</b>	7:15AM – 8:31AM	Vyatipata* Until 1:40AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:25PM	Moon 2 - Phase 43
Routine Work	Marana Yoga	<b>Rahu</b>	1:36PM – 2:53PM	Gara Until 11:12PM	<b>Nataraja:</b> Clear		2nd Phase
				<b>Dvadashi* Until 10:32AM</b>	Moon – Light Blue		<b>Bhuloka Day</b>
					<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM
					<i>Pradosha Vrata (Fasting)</i>		

<b>5</b>		<b>Friday, February 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Bradford, UK Sun 11 Sutra 313 Vikarin 5121	
Makara Rasi: 11.08	Tithi 28 – 29	<b>Gulika</b>	8:30AM – 9:47AM	<b>Shravana Until 5:52AM Sat</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:13AM	
	999823467	<b>Yama</b>	2:53PM – 4:10PM	Variyan Until 1:45AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:27PM	Moon 2 - Phase 43
Routine Work	Marana Yoga	<b>Rahu</b>	11:03AM – 12:20PM	Visti Until 12:45AM Sat	<b>Nataraja:</b> Clear		2nd Phase
Until 5:52AM Sat				<b>Trayodashi* Until 11:55AM</b>	Moon – Purple		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga		<b>Mahasivaratri (Lunar)</b>			<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM
		<b>Mahasivaratri (Solar)</b>					

<b>Retreat Star</b>		<b>Saturday, February 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Bradford, UK Sun 12 Sutra 314 Vikarin 5121	
Makara Rasi: 23.23	Tithi 29 – 30	<b>Gulika</b>	7:11AM – 8:28AM	<b>Dhanishtha Until 8:16AM Sun</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:11AM	
	999823467	<b>Yama</b>	1:37PM – 2:54PM	Parigha* Until 2:04AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:29PM	Moon 2 - Phase 43
Creative Work	Siddha Yoga	<b>Rahu</b>	9:45AM – 11:03AM	Catuspada Until 2:36AM Sun	<b>Nataraja:</b> Clear		Amavasya
				<b>Chaturdashi* Until 1:37PM</b>	Moon – Purple		<b>Bhuloka Day</b>
					<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Sunday, February 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Bradford, UK Sun 13 Sutra 315 Vikarin 5121	
Kumbha Rasi: 5.31	Tithi 30 – 1	<b>Gulika</b>	2:55PM – 4:13PM	<b>Dhanishtha Until 8:16AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:09AM	
	999823467	<b>Yama</b>	12:20PM – 1:38PM	Shiva Until 2:36AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:31PM	Moon 2 - Phase 43
Routine Work	Marana Yoga	<b>Rahu</b>	4:13PM – 5:31PM	Kintughna Until 4:42AM Mon	<b>Nataraja:</b> Clear		Prathama
Until 8:16AM				<b>Amavasya* Until 3:36PM</b>	Moon – Purple		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga					<b>Phalgun-Masi</b>		Devaloka Time: 3:PM to 6:PM

<b>Monday, February 24, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaprosarthapada* Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvilyayam Titau				Bradford, UK Sun 14 Sutra 316 Vikarin 5121
<b>1</b>	Kumbha Rasi: 17.33 Family Home Evening Creative Work Siddha Yoga Until 10:43AM Then Routine Work - Marana Yoga	Tithi 1 - 2 999823467	<b>Gulika</b> 1:38PM - 2:56PM Yama 11:01AM - 12:20PM <b>Rahu</b> 8:25AM - 9:43AM	<b>Shatabhishak</b> Until 10:43AM Siddha Until 3:15AM Tue Balava Until 7:00AM Tue Prathama* Until 5:48PM	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Purple <b>Phalguna-Masi</b>	Sunrise: 7:06AM Sunset: 5:33PM Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Tuesday, February 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaprosarthapada*Uttaraprosarthapada Nakshatra Sadhya Yoga Balava/Kaulava Karana Dvilyayam Titau				Bradford, UK Sun 15 Sutra 317 Vikarin 5121
<b>2</b>	Kumbha Rasi: 29.31 Routine Work Marana Yoga Until 1:41PM Then Creative Work - Amrita Yoga	Tithi 2 919823467	<b>Gulika</b> 12:19PM - 1:38PM Yama 9:42AM - 11:01AM <b>Rahu</b> 2:57PM - 4:16PM	<b>Purvaprosarthapada*</b> Until 1:41PM Sadhya Until 4:02AM Wed Balava Until 7:00AM Dvitiya Until 8:11PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Clear <b>Phalguna-Masi</b>	Sunrise: 7:04AM Sunset: 5:35PM Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Wednesday, February 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraprosarthapada/Revati Nakshatra Subha Yoga Tailila/Gara Karana Tritiyayam Titau				Bradford, UK Sun 16 Sutra 318 Vikarin 5121
<b>3</b>	Meena Rasi: 11.25 Creative Work Siddha Yoga Until 4:36PM Then Routine Work - Marana Yoga	Tithi 3 919823467	<b>Gulika</b> 11:00AM - 12:19PM Yama 8:21AM - 9:41AM <b>Rahu</b> 12:19PM - 1:39PM	<b>Uttaraprosarthapada</b> Until 4:36PM Subha Until 4:55AM Thu Tailila Until 9:27AM Tritiya Until 10:41PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Clear <b>Phalguna-Masi</b>	Sunrise: 7:02AM Sunset: 5:37PM Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Thursday, February 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Bradford, UK Sun 17 Sutra 319 Vikarin 5121
<b>4</b>	Meena Rasi: 23.16 Creative Work Siddha Yoga Until 7:25PM Then Creative Work - Amrita Yoga	Tithi 4 919823467	<b>Gulika</b> 9:39AM - 10:59AM Yama 7:00AM - 8:20AM <b>Rahu</b> 1:39PM - 2:59PM	<b>Revati</b> Until 7:25PM Sukla Until 5:45AM Fri Vanija Until 11:58AM Chaturthi* Until 1:12AM Fri	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Clear <b>Phalguna-Masi</b>	Sunrise: 7:00AM Sunset: 5:39PM Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Friday, February 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Bradford, UK Sun 18 Sutra 320 Vikarin 5121
<b>5</b>	Mesha Rasi: 5.08 Creative Work Amrita Yoga Until 10:29PM Then Creative Work - Siddha Yoga	Tithi 5 921823467	<b>Gulika</b> 8:18AM - 9:38AM Yama 3:00PM - 4:20PM <b>Rahu</b> 10:59AM - 12:19PM	<b>Ashvini</b> Until 10:29PM Brahma Until 6:31AM Sat Bava Until 2:27PM Panchami Until 3:37AM Sat	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - White <b>Phalguna-Masi</b>	Sunrise: 6:57AM Sunset: 5:41PM Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Saturday, February 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Tailila Karana Shashthyam Titau				Bradford, UK Sun 19 Sutra 321 Vikarin 5121
<b>6</b>	Mesha Rasi: 17.04 Creative Work Siddha Yoga	Tithi 6 921823467	<b>Gulika</b> 6:55AM - 8:16AM Yama 1:40PM - 3:01PM <b>Rahu</b> 9:37AM - 10:58AM	<b>Bharani</b> Until 1:10AM Sun Brahma Until 6:31AM Kaulava Until 4:45PM Shashthi* Until 5:45AM Sun	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - White <b>Phalguna-Masi</b>	Sunrise: 6:55AM Sunset: 5:42PM Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Sunday, March 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara Karana Saptamyam Titau				Bradford, UK Sun 20 Sutra 322 Vikarin 5121
<b>Retreat Star</b>			<b>Gulika</b> 3:02PM - 4:24PM Yama 12:18PM - 1:40PM <b>Rahu</b> 4:24PM - 5:46PM	<b>Krittika</b> Until 3:16AM Mon Indra Until 7:05AM Gara Until 6:41PM Saptami Until 7:25AM Mon	<b>Ganesha:</b> Purple <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon - White <b>Phalguna-Masi</b>	Sunrise: 6:51AM Sunset: 5:46PM Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Monday, March 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Bradford, UK Sun 21 Sutra 323 Vikarin 5121
<b>Retreat Star</b>			<b>Gulika</b> 1:41PM - 3:03PM Yama 10:56AM - 12:18PM <b>Rahu</b> 8:11AM - 9:33AM	<b>Rohini</b> Until 5:04AM Tue Vaidhriti* Until 7:14AM Visti Until 8:01PM Saptami Until 7:25AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon - Yellow <b>Phalguna-Masi</b>	Sunrise: 6:48AM Sunset: 5:48PM Moon 2 - Phase 44 Ashtami <b>Devaloka Day</b>

<b>Tuesday, March 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Bradford, UK Sun 22 Sutra 324 Vikarin 5121
<b>Retreat Star</b>			<b>Gulika</b> 12:18PM - 1:41PM Yama 9:32AM - 10:55AM <b>Rahu</b> 3:04PM - 4:27PM	<b>Mrigashira</b> Until 5:55AM Wed Vishkambha* Until 6:54AM Balava Until 8:36PM Ashtami* Until 8:23AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon - Yellow <b>Phalguna-Masi</b>	Sunrise: 6:46AM Sunset: 5:50PM Moon 2 - Phase 44 Navami <b>Devaloka Day</b>

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

<b>1</b>		<b>Wednesday, March 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ayushman Yoga Kaulava/Taitila Karana Navami/Dashanyam Titau		Bradford, UK Sun 23 Sutra 325 Vikarin 5121	
Mithuna Rasi: 6.42	Tithi 9 – 10	<b>Gulika</b> 10:54AM – 12:18PM	<b>Ardra</b> Until 5:47AM Thu	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:44AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:52PM
		Yama 8:07AM – 9:31AM	Ayushman Until 4:18AM Thu	<b>Nataraja:</b> Clear			
		931833467 <b>Rahu</b> 12:18PM – 1:41PM	Taitila Until 8:19PM	Moon – Yellow			
Creative Work	Siddha Yoga		<b>Navami* Until 8:33AM</b>	<b>Phalguna-Masi</b>		<b>Devaloka Day</b>	
Until 5:47AM Thu							
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Thursday, March 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Bradford, UK Sun 24 Sutra 326 Vikarin 5121	
Mithuna Rasi: 20.02	Tithi 10 – 11	<b>Gulika</b> 9:29AM – 10:53AM	<b>Punarvasu</b> Until 5:05AM Fri	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:41AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:54PM
		Yama 6:41AM – 8:05AM	Saubhagya Until 1:58AM Fri	<b>Nataraja:</b> Clear			
		141833467 <b>Rahu</b> 1:42PM – 3:06PM	Vanija Until 7:09PM	Moon – Blue			
Creative Work	Amrita Yoga		<b>Dashami Until 7:49AM</b>	<b>Phalguna-Masi</b>		<b>Bhuloka Day</b>	
Until 5:05AM Fri						<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Friday, March 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sobhana Yoga Visti*/Balava Karana Ekadashi/Dvodashyam Titau		Bradford, UK Sun 25 Sutra 327 Vikarin 5121	
Kataka Rasi: 3.52	Tithi 11 – 12	<b>Gulika</b> 8:03AM – 9:28AM	<b>Pushya</b> Until 3:29AM Sat	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:39AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:56PM
		Yama 3:06PM – 4:31PM	Sobhana Until 11:00PM	<b>Nataraja:</b> Clear			
		141833467 <b>Rahu</b> 10:53AM – 12:17PM	Balava Until 3:53AM Sat	Moon – Blue			
Routine Work	Marana Yoga		<b>Ekadashi Until 6:14AM</b>	<b>Phalguna-Masi</b>		<b>Bhuloka Day</b>	
						<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>4</b>		<b>Saturday, March 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Bradford, UK Sun 26 Sutra 328 Vikarin 5121	
Kataka Rasi: 18.11	Tithi 13	<b>Gulika</b> 6:36AM – 8:02AM	<b>Ashlesha*</b> Until 1:07AM Sun	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:36AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:58PM
		Yama 1:42PM – 3:07PM	Athiganda* Until 7:29PM	<b>Nataraja:</b> Clear			
		141833467 <b>Rahu</b> 9:27AM – 10:52AM	Kaulava Until 2:29PM	Moon – Blue			
Routine Work	Marana Yoga		<b>Trayodashi Until 12:54AM Sun</b>	<b>Phalguna-Masi</b>		<b>Bhuloka Day</b>	
						<b>Devaloka Time: 3:PM to 6:PM</b>	
			<i>Pradosha Vrata</i>				

<b>5</b>		<b>Sunday, March 8, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau		Bradford, UK Sun 27 Sutra 329 Vikarin 5121	
Simha Rasi: 2.56	Tithi 14	<b>Gulika</b> 3:08PM – 4:34PM	<b>Magha*</b> Until 10:33PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:34AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:59PM
		Yama 12:17PM – 1:42PM	Sukarma Until 3:34PM	<b>Nataraja:</b> Clear			
		151833467 <b>Rahu</b> 4:34PM – 5:59PM	Gara Until 11:15AM	Moon – Red			
Routine Work	Marana Yoga		<b>Chaturdashi* Until 9:27PM</b>	<b>Phalguna-Masi</b>		<b>Devaloka Day</b>	
Until 10:33PM							
Then Creative Work - Siddha Yoga		<b>Chidambaram Abhishekam</b>					

<b>○</b>		<b>Monday, March 9, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Balava Karana Purnima/Prathamayam Titau		Bradford, UK Sun 28 Sutra 330 Vikarin 5121	
<b>Copper Retreat Star</b>		<b>Gulika</b> 1:43PM – 3:09PM	<b>Purvaphalguni</b> Until 7:34PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:32AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:01PM
Simha Rasi: 18.02	Tithi 15 – 16	Yama 10:50AM – 12:16PM	Dhriti Until 11:23AM	<b>Nataraja:</b> Clear			
<b>Family Home Evening</b>		152833467 <b>Rahu</b> 7:58AM – 9:24AM	Visti Until 7:38AM	Moon – Red			
Creative Work	Siddha Yoga		<b>Purnima* Until 5:43PM</b>	<b>Phalguna-Masi</b>		<b>Sivaloka Day</b>	
		<b>Holi</b>					

<b>○</b>		<b>Tuesday, March 10, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau		Bradford, UK Sun 29 Sutra 331 Vikarin 5121	
<b>Silver Retreat Star</b>		<b>Gulika</b> 12:16PM – 1:43PM	<b>Uttaraphalguni</b> Until 4:22PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:29AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:03PM
Kanya Rasi: 3.18	Tithi 16 – 17	Yama 9:23AM – 10:49AM	Shula* Until 7:01AM	<b>Nataraja:</b> Clear			
		152833467 <b>Rahu</b> 3:10PM – 4:36PM	Taitila Until 11:59PM	Moon – Red			
Creative Work	Amrita Yoga		<b>Prathama* Until 1:53PM</b>	<b>Phalguna-Masi</b>		<b>Sivaloka Day</b>	
Until 4:22PM							
Then Creative Work - Siddha Yoga							



Wednesday, March 11, 2020

Gold Retreat Star

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam  
Hasta/Chitra Nakshatra Vriddhi Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Bradford, UK

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 18.34 Tithi 17 - 18

162833467

**Gulika** 10:49AM - 12:16PM  
Yama 7:54AM - 9:21AM  
**Rahu** 12:16PM - 1:43PM

**Hasta** Until 1:31PM  
Vriddhi Until 10:31PM  
Vanija Until 8:18PM  
**Dvitiya** Until 10:06AM

**Ganesha:** Clear *Sunrise:* 6:27AM  
**Muruqa:** Orange *Sunset:* 6:05PM

**Nataraja:** Clear  
Moon - Green

**Devaloka Day**

Routine Work Marana Yoga

Until 1:31PM

Then Creative Work - Siddha Yoga

1

Thursday, March 12, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam  
Chitra/Svati Nakshatra Dhruva Yoga Visti/Balava Karana Tritiya/Chatrthyam Titau

Bradford, UK

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 3.4 Tithi 18 - 19

162833467

**Gulika** 9:20AM - 10:48AM  
Yama 6:24AM - 7:52AM  
**Rahu** 1:44PM - 3:11PM

**Chitra** Until 10:49AM  
Dhruva Until 6:36PM  
Balava Until 3:25AM Fri  
**Tritiya** Until 6:33AM

**Ganesha:** Clear *Sunrise:* 6:24AM  
**Muruqa:** Orange *Sunset:* 6:07PM

**Nataraja:** Clear  
Moon - Green

**Devaloka Day**

Creative Work Siddha Yoga

Until 10:49AM

Then Creative Work - Amrita Yoga

2

Friday, March 13, 2020

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

Bradford, UK

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 18.27 Tithi 20

162833467

**Gulika** 7:50AM - 9:19AM  
Yama 3:12PM - 4:40PM  
**Rahu** 10:47AM - 12:15PM

**Svati** Until 8:24AM  
Vyaghata\* Until 3:06PM  
Kaulava Until 2:04PM  
**Panchami** Until 12:50AM Sat

**Ganesha:** Clear *Sunrise:* 6:22AM  
**Muruqa:** Orange *Sunset:* 6:09PM

**Nataraja:** Clear  
Moon - Green

**Devaloka Day**

Creative Work Siddha Yoga

3

Saturday, March 14, 2020

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

Bradford, UK

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 2.49 Tithi 21

172833467

**Gulika** 6:20AM - 7:49AM  
Yama 1:44PM - 3:13PM  
**Rahu** 9:17AM - 10:46AM

**Vishakha** Until 6:51AM  
Harshana Until 12:08PM  
Gara Until 11:49AM  
**Shashthi\*** Until 10:56PM

**Ganesha:** Purple *Sunrise:* 6:20AM  
**Muruqa:** Orange *Sunset:* 6:11PM

**Nataraja:** Clear  
Moon - Orange

**Sivaloka Day**

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

4

Sunday, March 15, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Jyeshtha\* Nakshatra Vajra\*/Siddhi Yoga Visti\*/Bava Karana Saplamyam Titau

Bradford, UK

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 16.44 Tithi 22

172833468

**Gulika** 3:14PM - 4:43PM  
Yama 12:15PM - 1:44PM  
**Rahu** 4:43PM - 6:12PM

**Jyeshtha\*** Until 5:31AM Mon  
Vajra\* Until 9:44AM  
Visti Until 10:17AM  
**Saptami** Until 9:48PM

**Ganesha:** Purple *Sunrise:* 6:17AM  
**Muruqa:** Orange *Sunset:* 6:12PM

**Nataraja:** Purple  
Moon - Orange

**Subha Sivaloka Day**

Routine Work Marana Yoga

Until 5:31AM Mon

Then Creative Work - Siddha Yoga

D

Monday, March 16, 2020

Retreat Star

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

Bradford, UK

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Dhanus Rasi: 0.1 Tithi 23

182933468

**Gulika** 1:44PM - 3:14PM  
Yama 10:45AM - 12:15PM  
**Rahu** 7:45AM - 9:15AM

**Mula\*** Until 6:13AM Tue  
Siddhi Until 7:58AM  
Balava Until 9:33AM  
**Ashtami\*** Until 9:28PM

**Ganesha:** Purple *Sunrise:* 6:15AM  
**Muruqa:** Orange *Sunset:* 6:14PM

**Nataraja:** Purple  
Moon - Light Blue

**Devaloka Day**

Creative Work Siddha Yoga

Tuesday, March 17, 2020

Retreat Star

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

Bradford, UK

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 13.12 Tithi 24

182933468

**Gulika** 12:14PM - 1:45PM  
Yama 9:13AM - 10:44AM  
**Rahu** 3:15PM - 4:46PM

**Mula\*** Until 6:13AM  
Vyatipata\* Until 6:50AM  
Taitila Until 9:36AM  
**Navami\*** Until 9:52PM

**Ganesha:** Purple *Sunrise:* 6:12AM  
**Muruqa:** Orange *Sunset:* 6:16PM

**Nataraja:** Purple  
Moon - Light Blue

**Devaloka Day**

Creative Work Amrita Yoga

Until 6:13AM

Then Creative Work - Siddha Yoga

<b>1</b>		<b>Wednesday, March 18, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau		Bradford, UK Sun 8 Sutra 339	
Dhanus Rasi: 25.53	Tithi 25	<b>Gulika</b> 10:43AM – 12:14PM	<b>Purvashadha* Until 7:29AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:10AM	Vikarin 5121	
		Yama 7:41AM – 9:12AM	Variyan Until 6:14AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:18PM	Moon 3 - Phase 47	
182933468	<b>Rahu</b> 12:14PM – 1:45PM		Vanija Until 10:21AM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Amrita Yoga		<b>Dashami Until 10:57PM</b>	Moon – Light Blue			<b>Devaloka Day</b>
				<b>Phalguna-Panguni</b>			

<b>2</b>		<b>Thursday, March 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau		Bradford, UK Sun 9 Sutra 340	
Makara Rasi: 8.17	Tithi 26	<b>Gulika</b> 9:11AM – 10:42AM	<b>Uttarashadha Until 9:10AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:07AM	Vikarin 5121	
		Yama 6:07AM – 7:39AM	Parigha* Until 6:07AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:20PM	Moon 3 - Phase 47	
182933468	<b>Rahu</b> 1:45PM – 3:17PM		Bava Until 11:42AM	<b>Nataraja:</b> Purple		2nd Phase	
Routine Work	Marana Yoga		<b>Ekadashi* Until 12:32AM Fri</b>	Moon – Light Blue			<b>Devaloka Day</b>
Until 9:10AM				<b>Phalguna-Panguni</b>			
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Friday, March 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau		Bradford, UK Sun 10 Sutra 341	
Makara Rasi: 20.29	Tithi 27	<b>Gulika</b> 7:37AM – 9:09AM	<b>Shravana Until 11:37AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:05AM	Vikarin 5121	
		Yama 3:18PM – 4:50PM	Shiva Until 6:23AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:22PM	Moon 3 - Phase 47	
192933468	<b>Rahu</b> 10:41AM – 12:13PM		Kaulava Until 1:30PM	<b>Nataraja:</b> Purple		2nd Phase	
Routine Work	Marana Yoga		<b>Dvadashi* Until 2:29AM Sat</b>	Moon – Purple			<b>Sivaloka Day</b>
Until 11:37AM				<b>Phalguna-Panguni</b>			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Saturday, March 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau		Bradford, UK Sun 11 Sutra 342	
Kumbha Rasi: 2.34	Tithi 28	<b>Gulika</b> 6:03AM – 7:35AM	<b>Dhanishtha Until 2:12PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:03AM	Vikarin 5121	
		Yama 1:46PM – 3:18PM	Siddha Until 6:53AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:24PM	Moon 3 - Phase 47	
192933468	<b>Rahu</b> 9:08AM – 10:40AM		Gara Until 3:36PM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Trayodashi* Until 4:42AM Sun</b>	Moon – Purple			<b>Sivaloka Day</b>
Until 2:12PM				<b>Phalguna-Panguni</b>			
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>				

<b>5</b>		<b>Sunday, March 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak/Purvaproshtpada* Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Bradford, UK Sun 12 Sutra 343	
Kumbha Rasi: 14.32	Tithi 29	<b>Gulika</b> 3:19PM – 4:52PM	<b>Shatabhishak Until 4:48PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:00AM	Vikarin 5121	
		Yama 12:13PM – 1:46PM	Sadhya Until 7:34AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:25PM	Moon 3 - Phase 47	
192933468	<b>Rahu</b> 4:52PM – 6:25PM		Visti Until 5:53PM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 7:03AM Mon</b>	Moon – Purple			<b>Sivaloka Day</b>
				<b>Phalguna-Panguni</b>			

<b>Monday, March 23, 2020</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtpada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Bradford, UK Sun 13 Sutra 344	
Kumbha Rasi: 26.27	Tithi 29 – 30	<b>Gulika</b> 1:46PM – 3:20PM	<b>Purvaproshtpada* Until 7:51PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:58AM	Vikarin 5121	
<b>Family Home Evening</b>	113933468	Yama 10:39AM – 12:12PM	Subha Until 8:22AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:27PM	Moon 3 - Phase 47	
Routine Work	Marana Yoga	<b>Rahu</b> 7:31AM – 9:05AM	Catuspada Until 8:17PM	<b>Nataraja:</b> Purple		Amavasya	
Until 7:51PM			<b>Chaturdashi* Until 7:03AM</b>	Moon – Clear			<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga				<b>Phalguna-Panguni</b>			

<b>Tuesday, March 24, 2020</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtpada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Bradford, UK Sun 14 Sutra 345	
Meena Rasi: 8.2	Tithi 30 – 1	<b>Gulika</b> 12:12PM – 1:46PM	<b>Uttaraproshtpada Until 10:47PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:55AM	Vikarin 5121	
		Yama 9:04AM – 10:38AM	Sukla Until 9:12AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:29PM	Moon 3 - Phase 47	
113933468	<b>Rahu</b> 3:21PM – 4:55PM		Kintughna Until 10:43PM	<b>Nataraja:</b> Purple		Prathama	
Creative Work	Amrita Yoga		<b>Amavasya* Until 9:28AM</b>	Moon – Clear			<b>Sivaloka Day</b>
Until 10:47PM		<b>Yugadhi</b>		<b>Chaitra-Panguni</b>			
Then Creative Work - Siddha Yoga							

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

All times are standard time

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<b>1</b>		<b>Wednesday, March 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Bradford, UK Sun 15 Sutra 346
Meena Rasi: 20.13	Tithi 1 – 2	<b>Gulika</b> 10:37AM – 12:12PM	<b>Revati Until 1:33AM Thu</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:53AM	Vikarin 5121
		Yama 7:28AM – 9:02AM	Brahma Until 10:04AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:31PM	Moon 3 - Phase 48
		113933468 <b>Rahu</b> 12:12PM – 1:47PM	Balava Until 1:10AM Thu	<b>Nataraja:</b> Purple		3rd Phase
Routine Work	Marana Yoga		<b>Prathama* Until 11:55AM</b>	Moon – Clear		<b>Sivaloka Day</b>
Until 1:33AM Thu				<b>Chaitra•Panguni</b>		
Then Creative Work - Amrita Yoga						

<b>2</b>		<b>Thursday, March 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Bradford, UK Sun 16 Sutra 347
Mesha Rasi: 2.07	Tithi 2 – 3	<b>Gulika</b> 9:01AM – 10:36AM	<b>Ashvini Until 4:36AM Fri</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:50AM	Vikarin 5121
		Yama 5:50AM – 7:26AM	Indra Until 10:55AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:33PM	Moon 3 - Phase 48
		123933468 <b>Rahu</b> 1:47PM – 3:22PM	Taitila Until 3:33AM Fri	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Amrita Yoga		<b>Dvitiya Until 2:21PM</b>	Moon – White		<b>Sivaloka Day</b>
Until 4:36AM Fri		<b>Chellappaswami Mahasamadhi</b>		<b>Chaitra•Panguni</b>		
Then Creative Work - Siddha Yoga						

<b>3</b>		<b>Friday, March 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Bradford, UK Sun 17 Sutra 348
Mesha Rasi: 14.01	Tithi 3 – 4	<b>Gulika</b> 7:24AM – 9:00AM	<b>Bharani Until 7:19AM Sat</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:48AM	Vikarin 5121
		Yama 3:23PM – 4:59PM	Vaidhriti* Until 11:41AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:34PM	Moon 3 - Phase 48
		123933468 <b>Rahu</b> 10:35AM – 12:11PM	Vanija Until 5:47AM Sat	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya Until 4:40PM</b>	Moon – White		<b>Sivaloka Day</b>
Until 7:19AM Sat				<b>Chaitra•Panguni</b>		
Then Creative Work - Amrita Yoga						

<b>4</b>		<b>Saturday, March 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha*/Priti Yoga Visti* Karana Chaturthyam Titau		Bradford, UK Sun 18 Sutra 349
Mesha Rasi: 25.59	Tithi 4	<b>Gulika</b> 5:46AM – 7:22AM	<b>Bharani Until 7:19AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:46AM	Vikarin 5121
		Yama 1:47PM – 3:24PM	Vishkambha* Until 12:20PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:36PM	Moon 3 - Phase 48
		123933468 <b>Rahu</b> 8:58AM – 10:35AM	Visti Until 6:47PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi* Until 6:47PM</b>	Moon – White		<b>Sivaloka Day</b>
Until 7:19AM				<b>Chaitra•Panguni</b>		
Then Creative Work - Amrita Yoga						

<b>5</b>		<b>Sunday, March 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Panchamyam Titau		Bradford, UK Sun 19 Sutra 350
Vrishabha Rasi: 8.04	Tithi 5	<b>Gulika</b> 3:24PM – 5:01PM	<b>Krittika Until 9:37AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:43AM	Vikarin 5121
		Yama 12:11PM – 1:48PM	Priti Until 12:46PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:38PM	Moon 3 - Phase 48
		123933468 <b>Rahu</b> 5:01PM – 6:38PM	Bava Until 7:44AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Panchami Until 8:33PM</b>	Moon – White		<b>Sivaloka Day</b>
				<b>Chaitra•Panguni</b>		

<b>6</b>		<b>Monday, March 30, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Shashthyam Titau		Bradford, UK Sun 20 Sutra 351
Vrishabha Rasi: 20.19	Tithi 6	<b>Gulika</b> 1:48PM – 3:25PM	<b>Rohini Until 11:50AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:41AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:33AM – 12:10PM	Ayushman Until 12:50PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:40PM	Moon 3 - Phase 48
		133933468 <b>Rahu</b> 7:18AM – 8:56AM	Kaulava Until 9:16AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Amrita Yoga		<b>Shashthi* Until 9:49PM</b>	Moon – Yellow		<b>Subha Sivaloka Day</b>
				<b>Chaitra•Panguni</b>		

<b>Retreat Star</b>		<b>Tuesday, March 31, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau		Bradford, UK Sun 21 Sutra 352
Mithuna Rasi: 2.48	Tithi 7	<b>Gulika</b> 12:10PM – 1:48PM	<b>Mrigashira Until 1:17PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:38AM	Vikarin 5121
		Yama 8:54AM – 10:32AM	Saubhagya Until 12:26PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:42PM	Moon 3 - Phase 48
		133933468 <b>Rahu</b> 3:26PM – 5:04PM	Gara Until 10:13AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Saptami Until 10:25PM</b>	Moon – Yellow		<b>Subha Sivaloka Day</b>
Until 1:17PM				<b>Chaitra•Panguni</b>		
Then Routine Work - Marana Yoga						

<b>Retreat Star</b>		<b>Wednesday, April 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana/Alhiganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Bradford, UK Sun 22 Sutra 353
Mithuna Rasi: 15.37	Tithi 8	<b>Gulika</b> 10:32AM – 12:10PM	<b>Ardra Until 1:53PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:38AM	Vikarin 5121
		Yama 7:16AM – 8:54AM	Sobhana Until 11:29AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:42PM	Moon 3 - Phase 48
		133933468 <b>Rahu</b> 12:10PM – 1:48PM	Visti Until 10:26AM	<b>Nataraja:</b> Purple		Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 10:14PM</b>	Moon – Yellow		<b>Subha Sivaloka Day</b>
				<b>Chaitra•Panguni</b>		

<b>Retreat Star</b>		<b>Thursday, April 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Athiganda*/Sukarna Yoga Balava/Kaulava Karana Navamyam Titau		Bradford, UK Sun 23 Sutra 354
Mithuna Rasi: 28.5	Tithi 9	<b>Gulika</b> 8:53AM – 10:31AM	<b>Punarvasu Until 1:59PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:36AM	Vikarin 5121
		Yama 5:36AM – 7:14AM	Athiganda* Until 9:52AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:44PM	Moon 3 - Phase 48
		143933468 <b>Rahu</b> 1:48PM – 3:27PM	Balava Until 9:51AM	<b>Nataraja:</b> Purple		Navami
Creative Work	Amrita Yoga		<b>Navami* Until 9:13PM</b>	Moon – Blue		<b>Sivaloka Day</b>
		<b>Sri Rama Navami</b>		<b>Chaitra•Panguni</b>		


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

<b>1</b>		<b>Friday, April 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau		Bradford, UK Sun 24 Sutra 355 Vikarin 5121
Kataka Rasi: 12.3	Tithi 10	<b>Gulika</b> 7:12AM – 8:51AM	<b>Pushya</b> Until 1:08PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:34AM	
		Yama 3:27PM – 5:06PM	Sukarma Until 7:37AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:45PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 <b>Rahu</b> 10:30AM – 12:09PM	Taitila Until 8:26AM	<b>Nataraja:</b> Purple		4th Phase
				Moon – Blue		<b>Sivaloka Day</b>
		<b>Yogaswami Mahasamadhi</b>	<b>Dashami</b> Until 7:25PM	<b>Chaitra•Panguni</b>		

<b>2</b>		<b>Saturday, April 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Shula* Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau		Bradford, UK Sun 25 Sutra 356 Vikarin 5121
Kataka Rasi: 26.4	Tithi 11 – 12	<b>Gulika</b> 5:31AM – 7:11AM	<b>Ashlesha*</b> Until 11:24AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:31AM	
		Yama 1:49PM – 3:28PM	Shula* Until 1:20AM Sun	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:47PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 <b>Rahu</b> 8:50AM – 10:30AM	Vanija Until 6:15AM	<b>Nataraja:</b> Purple		4th Phase
Until 11:24AM				Moon – Blue		<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga			<b>Ekadashi</b> Until 4:54PM	<b>Chaitra•Panguni</b>		

<b>3</b>		<b>Sunday, April 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Bradford, UK Sun 26 Sutra 357 Vikarin 5121
Simha Rasi: 11.16	Tithi 12 – 13	<b>Gulika</b> 3:29PM – 5:09PM	<b>Magha*</b> Until 9:19AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:29AM	
		Yama 12:09PM – 1:49PM	Ganda* Until 9:29PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:49PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	153933468 <b>Rahu</b> 5:09PM – 6:49PM	Kaulava Until 12:05AM Mon	<b>Nataraja:</b> Purple		4th Phase
Until 9:19AM				Moon – Red		<b>Subha Sivaloka Day</b>
Then Creative Work - Siddha Yoga			<b>Dvadashi</b> Until 1:47PM	<b>Chaitra•Panguni</b>		
			<i>Pradosha Vrata</i>			

<b>4</b>		<b>Monday, April 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vridhhi/Dhruva Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Bradford, UK Sun 27 Sutra 358 Vikarin 5121
Simha Rasi: 26.15	Tithi 13 – 14	<b>Gulika</b> 1:49PM – 3:30PM	<b>Purvaphalguni</b> Until 6:38AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:26AM	
<b>Family Home Evening</b>		Yama 10:28AM – 12:09PM	Vridhhi Until 5:21PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:51PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	154933468 <b>Rahu</b> 7:07AM – 8:47AM	Gara Until 8:23PM	<b>Nataraja:</b> Purple		4th Phase
				Moon – Red		<b>Sivaloka Day</b>
			<b>Trayodashi</b> Until 10:15AM	<b>Chaitra•Panguni</b>		

		<b>Tuesday, April 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Dhruva/Vyaghata* Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau		Bradford, UK Sun 28 Sutra 359 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 12:08PM – 1:49PM	<b>Hasta</b> Until 12:34AM Wed	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:24AM	
Kanya Rasi: 11.28	Tithi 14 – 15	Yama 8:46AM – 10:27AM	Dhruva Until 1:01PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:53PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	164933468 <b>Rahu</b> 3:30PM – 5:12PM	Bava Until 2:33AM Wed	<b>Nataraja:</b> Purple		Purnima
				Moon – Green		<b>Devaloka Day</b>
		<b>Panguni Uttiram</b>	<b>Chaturdashi*</b> Until 6:27AM	<b>Chaitra•Panguni</b>		
		<b>Hanuman Jayanti</b>				

<b>5</b>		<b>Wednesday, April 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Chitra Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau		Bradford, UK Sun 29 Sutra 360 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 10:26AM – 12:08PM	<b>Chitra</b> Until 9:33PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:22AM	
Kanya Rasi: 26.47	Tithi 16	Yama 7:03AM – 8:45AM	Vyaghata* Until 8:40AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:54PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	164934468 <b>Rahu</b> 12:08PM – 1:50PM	Balava Until 12:39PM	<b>Nataraja:</b> Purple		Prathama
				Moon – Green		<b>Devaloka Day</b>
			<b>Prathama*</b> Until 10:45PM	<b>Chaitra•Panguni</b>		





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

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

Bradford, UK  
Sun 1  
Sutra 361  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 11.59 Tithi 17  
164134468  
Creative Work Amrita Yoga  
Until 6:39PM  
Then Creative Work - Siddha Yoga

**Gulika** 8:43AM – 10:26AM  
Yama 5:19AM – 7:01AM  
Rahu 1:50PM – 3:32PM

**Svati Until 6:39PM**  
Vajra\* Until 12:28AM Fri  
Taitila Until 8:57AM  
Dvitiya Until 7:12PM

**Ganesha:** White *Sunrise:* 5:19AM  
**Muruqa:** Clear *Sunset:* 6:56PM  
**Nataraja:** Purple  
Moon – Green  
**Chaitra•Panguni**

**Devaloka Day**

**1**

**Friday, April 10, 2020**

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

Bradford, UK  
Sun 2  
Sutra 362  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 26.56 Tithi 18 – 19  
174134468  
Creative Work Siddha Yoga

**Gulika** 6:59AM – 8:42AM  
Yama 3:33PM – 5:15PM  
Rahu 10:25AM – 12:07PM

**Vishakha Until 4:27PM**  
Siddhi Until 8:54PM  
Bava Until 2:46AM Sat  
Tritiya Until 4:06PM

**Ganesha:** Yellow *Sunrise:* 5:17AM  
**Muruqa:** Clear *Sunset:* 6:58PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Panguni**

**Sivaloka Day**

**2**

**Saturday, April 11, 2020**

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

Bradford, UK  
Sun 3  
Sutra 363  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Vrischika Rasi: 11.29 Tithi 19 – 20  
174134468  
Creative Work Siddha Yoga

**Gulika** 5:14AM – 6:58AM  
Yama 1:50PM – 3:34PM  
Rahu 8:41AM – 10:24AM

**Anuradha Until 2:43PM**  
Vyatipala\* Until 5:51PM  
Kaulava Until 12:36AM Sun  
Chaturthi\* Until 1:34PM

**Ganesha:** Yellow *Sunrise:* 5:14AM  
**Muruqa:** Clear *Sunset:* 7:00PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Panguni**

**Sivaloka Day**

**3**

**Sunday, April 12, 2020**

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

Bradford, UK  
Sun 4  
Sutra 364  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Vrischika Rasi: 25.34 Tithi 20 – 21  
174134468  
Routine Work Marana Yoga  
Until 1:33PM  
Then Creative Work - Amrita Yoga

**Gulika** 3:34PM – 5:18PM  
Yama 12:07PM – 1:51PM  
Rahu 5:18PM – 7:02PM

**Jyeshtha\* Until 1:33PM**  
Variyan Until 3:23PM  
Gara Until 11:12PM  
Panchami Until 11:47AM

**Ganesha:** Yellow *Sunrise:* 5:12AM  
**Muruqa:** Clear *Sunset:* 7:02PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Panguni**

**Sivaloka Day**

**4**

**Monday, April 13, 2020**

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

Bradford, UK  
Sun 5  
Sutra 1  
Sarvari 5122  
Moon 4 - Phase 50  
1st Phase

Dhanus Rasi: 9.1 Tithi 21 – 22  
184134468  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 1:31PM  
Then Routine Work - Marana Yoga

**Gulika** 1:51PM – 3:35PM  
Yama 10:22AM – 12:07PM  
Rahu 6:54AM – 8:38AM

**Mula\* Until 1:31PM**  
Parigha\* Until 1:36PM  
Visti Until 10:39PM  
Shashthi\* Until 10:48AM

**Ganesha:** Blue *Sunrise:* 5:10AM  
**Muruqa:** Clear *Sunset:* 7:04PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

**Devaloka Day**



**Tuesday, April 14, 2020**  
**Retreat Star**

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

Bradford, UK  
Sun 6  
Sutra 2  
Sarvari 5122  
Moon 4 - Phase 50  
Ashtami

Dhanus Rasi: 22.17 Tithi 22 – 23  
284134468  
Creative Work Siddha Yoga  
Until 2:09PM  
Then Routine Work - Prabalarishta Yoga

**Gulika** 12:06PM – 1:51PM  
Yama 8:37AM – 10:22AM  
Rahu 3:36PM – 5:21PM

**Purvashadha\* Until 2:09PM**  
Shiva Until 12:30PM  
Balava Until 10:57PM  
Saptami Until 10:41AM

**Ganesha:** Yellow *Sunrise:* 5:07AM  
**Muruqa:** Clear *Sunset:* 7:05PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

**Sivaloka Day**

**Wednesday, April 15, 2020**  
**Retreat Star**

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

Bradford, UK  
Sun 7  
Sutra 3  
Sarvari 5122  
Moon 4 - Phase 50  
Navami

Makara Rasi: 5.01 Tithi 23 – 24  
284134468  
Creative Work Amrita Yoga  
Until 3:24PM  
Then Creative Work - Siddha Yoga

**Gulika** 10:21AM – 12:06PM  
Yama 6:50AM – 8:36AM  
Rahu 12:06PM – 1:51PM

**Uttarashadha Until 3:24PM**  
Siddha Until 12:00PM  
Taitila Until 11:59PM  
Ashtami\* Until 11:22AM

**Ganesha:** Yellow *Sunrise:* 5:05AM  
**Muruqa:** Clear *Sunset:* 7:07PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

**Sivaloka Day**

<b>1</b>	<b>Thursday, April 16, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Bradford, UK
	Makara Rasi: 17.25	Tithi 24 – 25	<b>Gulika</b> 8:34AM – 10:20AM	<b>Shravana Until 5:36PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:03AM	Sun 8 Sutra 4
			Yama 5:03AM – 6:49AM	Sadhya Until 12:02PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:09PM	Sarvari 5122
	Creative Work	Siddha Yoga	294134468 <b>Rahu</b> 1:52PM – 3:38PM	Vanija Until 1:38AM Fri	<b>Nataraja:</b> Purple		Moon 4 - Phase 1 2nd Phase
		Chidambaram Abhishekam	<b>Navami* Until 12:44PM</b>	Moon – Purple		<b>Devaloka Day</b>	


<b>2</b>	<b>Friday, April 17, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Bradford, UK
	Makara Rasi: 29.35	Tithi 25 – 26	<b>Gulika</b> 6:47AM – 8:33AM	<b>Dhanishtha Until 8:07PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:01AM	Sun 9 Sutra 5
			Yama 3:38PM – 5:25PM	Subha Until 12:30PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:11PM	Sarvari 5122
	Creative Work	Siddha Yoga	294134468 <b>Rahu</b> 10:19AM – 12:06PM	Bava Until 3:43AM Sat	<b>Nataraja:</b> Purple		Moon 4 - Phase 1 2nd Phase
			<b>Dashami Until 2:37PM</b>	Moon – Purple		<b>Devaloka Day</b>	
				<b>Chaitra*Chaitra</b>			

<b>3</b>	<b>Saturday, April 18, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Bradford, UK
	Kumbha Rasi: 11.35	Tithi 26 – 27	<b>Gulika</b> 4:58AM – 6:45AM	<b>Shatabhishak Until 10:46PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:58AM	Sun 10 Sutra 6
			Yama 1:52PM – 3:39PM	Sukla Until 1:12PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:13PM	Sarvari 5122
	Creative Work	Amrita Yoga	295134468 <b>Rahu</b> 8:32AM – 10:19AM	Kaulava Until 6:03AM Sun	<b>Nataraja:</b> Purple		Moon 4 - Phase 1 2nd Phase
		Until 10:46PM	<b>Ekadashi* Until 4:51PM</b>	Moon – Purple		<b>Sivaloka Day</b>	
		Then Routine Work - Marana Yoga		<b>Chaitra*Chaitra</b>			

<b>4</b>	<b>Sunday, April 19, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Dvadashyam Titau				Bradford, UK
	Kumbha Rasi: 23.29	Tithi 27	<b>Gulika</b> 3:40PM – 5:27PM	<b>Purvaproshtapada* Until 1:53AM Mon</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:56AM	Sun 11 Sutra 7
			Yama 12:05PM – 1:53PM	Brahma Until 2:04PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:14PM	Sarvari 5122
	Creative Work	Siddha Yoga	215134468 <b>Rahu</b> 5:27PM – 7:14PM	Kaulava Until 6:03AM	<b>Nataraja:</b> Purple		Moon 4 - Phase 1 2nd Phase
			<b>Dvadashi* Until 7:15PM</b>	Moon – Clear		<b>Sivaloka Day</b>	
				<b>Chaitra*Chaitra</b>			

<b>5</b>	<b>Monday, April 20, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Trayodashyam Titau				Bradford, UK
	Meena Rasi: 5.22	Tithi 28	<b>Gulika</b> 1:53PM – 3:41PM	<b>Uttaraproshtapada Until 4:51AM Tue</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:54AM	Sun 12 Sutra 8
	<b>Family Home Evening</b>		Yama 10:17AM – 12:05PM	Indra Until 3:00PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:16PM	Sarvari 5122
	Creative Work	Siddha Yoga	215134468 <b>Rahu</b> 6:42AM – 8:29AM	Gara Until 8:30AM	<b>Nataraja:</b> Purple		Moon 4 - Phase 1 2nd Phase
			<b>Trayodashi* Until 9:42PM</b>	Moon – Clear		<b>Sivaloka Day</b>	
				<b>Chaitra*Chaitra</b>			
				<i>Pradosha Vrata (Fasting)</i>			

<b>6</b>	<b>Tuesday, April 21, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Bradford, UK
	Meena Rasi: 17.14	Tithi 29	<b>Gulika</b> 12:05PM – 1:53PM	<b>Revati Until 7:35AM Wed</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:52AM	Sun 13 Sutra 9
			Yama 8:28AM – 10:17AM	Vaidhriti* Until 3:53PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:18PM	Sarvari 5122
	Creative Work	Siddha Yoga	215134468 <b>Rahu</b> 3:42PM – 5:30PM	Visti Until 10:56AM	<b>Nataraja:</b> Purple		Moon 4 - Phase 1 2nd Phase
		Until 7:35AM Wed	<b>Chaturdashi* Until 12:06AM Wed</b>	Moon – Clear		<b>Sivaloka Day</b>	
		Then Routine Work - Marana Yoga		<b>Chaitra*Chaitra</b>			

	<b>Wednesday, April 22, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Bradford, UK
	<b>Retreat Star</b>		<b>Gulika</b> 10:16AM – 12:05PM	<b>Revati Until 7:35AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:49AM	Sun 14 Sutra 10
	Meena Rasi: 29.07	Tithi 30	Yama 6:38AM – 8:27AM	Vishkambha* Until 4:43PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:20PM	Sarvari 5122
	Routine Work	Marana Yoga	215134468 <b>Rahu</b> 12:05PM – 1:53PM	Catuspada Until 1:17PM	<b>Nataraja:</b> Purple		Moon 4 - Phase 1 Amavasya
			<b>Amavasya* Until 2:23AM Thu</b>	Moon – Clear		<b>Sivaloka Day</b>	
				<b>Chaitra*Chaitra</b>			

<b>Retreat Star</b>	<b>Thursday, April 23, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Priti/Ayushman Yoga Kintughna*/Bava Karana Prathamayam Titau				Bradford, UK
	Mesha Rasi: 11.04	Tithi 1	<b>Gulika</b> 8:26AM – 10:15AM	<b>Ashvini Until 10:31AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:47AM	Sun 15 Sutra 11
			Yama 4:47AM – 6:37AM	Priti Until 5:27PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:22PM	Sarvari 5122
	Creative Work	Amrita Yoga	225134468 <b>Rahu</b> 1:54PM – 3:43PM	Kintughna Until 3:29PM	<b>Nataraja:</b> Purple		Moon 4 - Phase 1 Prathama
		Until 10:31AM	<b>Prathama* Until 4:29AM Fri</b>	Moon – White		<b>Sivaloka Day</b>	
		Then Creative Work - Siddha Yoga		<b>Vaisaka*Chaitra</b>			

<b>1</b>		<b>Friday, April 24, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ayushmani/Saubhagya Yoga Balava/Kaulava Karana Dvitiyayam Titau				Bradford, UK Sun 16 Sutra 12
Mesha Rasi: 23.05	Tithi 2	<b>Gulika</b> 6:35AM – 8:25AM	<b>Bharani</b> Until 1:06PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:45AM		Sarvari 5122	
		Yama 3:44PM – 5:34PM	Ayushman Until 5:59PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:24PM		Moon 4 - Phase 2	
225134469	<b>Rahu</b> 10:14AM – 12:04PM		Balava Until 5:28PM	<b>Nataraja:</b> Clear			3rd Phase	
Creative Work	Siddha Yoga		<b>Dvitiya</b> Until 6:21AM Sat	Moon – White			<b>Devaloka Day</b>	
							<b>Vaisaka-Chaitra</b>	

<b>2</b>		<b>Saturday, April 25, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Bradford, UK Sun 17 Sutra 13
Vrishabha Rasi: 5.11	Tithi 2 – 3	<b>Gulika</b> 4:43AM – 6:33AM	<b>Krittika</b> Until 3:16PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:43AM		Sarvari 5122	
		Yama 1:54PM – 3:45PM	Saubhagya Until 6:19PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:25PM		Moon 4 - Phase 2	
225134469	<b>Rahu</b> 8:24AM – 10:14AM		Taitila Until 7:11PM	<b>Nataraja:</b> Clear			3rd Phase	
Creative Work	Amrita Yoga		<b>Dvitiya</b> Until 6:21AM	Moon – White			<b>Devaloka Day</b>	
							<b>Vaisaka-Chaitra</b>	

<b>3</b>		<b>Sunday, April 26, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Bradford, UK Sun 18 Sutra 14
Vrishabha Rasi: 17.26	Tithi 3 – 4	<b>Gulika</b> 3:46PM – 5:36PM	<b>Rohini</b> Until 5:26PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:41AM		Sarvari 5122	
		Yama 12:04PM – 1:55PM	Sobhana Until 6:24PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:27PM		Moon 4 - Phase 2	
235134469	<b>Rahu</b> 5:36PM – 7:27PM		Vanija Until 8:32PM	<b>Nataraja:</b> Clear			3rd Phase	
Creative Work	Siddha Yoga		<b>Tritiya</b> Until 7:53AM	Moon – Yellow			<b>Devaloka Day</b>	
							<b>Vaisaka-Chaitra</b>	

<b>4</b>		<b>Monday, April 27, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Bradford, UK Sun 19 Sutra 15
Vrishabha Rasi: 29.5	Tithi 4 – 5	<b>Gulika</b> 1:55PM – 3:46PM	<b>Mrigashira</b> Until 7:00PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:39AM		Sarvari 5122	
<b>Family Home Evening</b>		Yama 10:13AM – 12:04PM	Athiganda* Until 6:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:29PM		Moon 4 - Phase 2	
235134469	<b>Rahu</b> 6:30AM – 8:21AM		Bava Until 9:27PM	<b>Nataraja:</b> Clear			3rd Phase	
Creative Work	Amrita Yoga		<b>Chaturthi*</b> Until 9:02AM	Moon – Yellow			<b>Devaloka Day</b>	
Until 7:00PM							<b>Vaisaka-Chaitra</b>	
Then Creative Work - Siddha Yoga								

<b>5</b>		<b>Tuesday, April 28, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Bradford, UK Sun 20 Sutra 16
Mithuna Rasi: 12.28	Tithi 5 – 6	<b>Gulika</b> 12:04PM – 1:55PM	<b>Ardra</b> Until 7:55PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:37AM		Sarvari 5122	
		Yama 8:20AM – 10:12AM	Sukarma Until 5:27PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:31PM		Moon 4 - Phase 2	
236134469	<b>Rahu</b> 3:47PM – 5:39PM		Kaulava Until 9:49PM	<b>Nataraja:</b> Clear			3rd Phase	
Routine Work	Marana Yoga		<b>Panchami</b> Until 9:41AM	Moon – Yellow			<b>Bhuloka Day</b>	
Until 7:55PM							<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Creative Work - Siddha Yoga								

<b>6</b>		<b>Wednesday, April 29, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Bradford, UK Sun 21 Sutra 17
Mithuna Rasi: 25.21	Tithi 6 – 7	<b>Gulika</b> 10:11AM – 12:04PM	<b>Punarvasu</b> Until 8:33PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:34AM		Sarvari 5122	
		Yama 6:27AM – 8:19AM	Dhriti Until 4:19PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:33PM		Moon 4 - Phase 2	
246134469	<b>Rahu</b> 12:04PM – 1:56PM		Gara Until 9:34PM	<b>Nataraja:</b> Clear			3rd Phase	
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 9:45AM	Moon – Blue			<b>Devaloka Day</b>	
							<b>Vaisaka-Chaitra</b>	

<b>Retreat Star</b>		<b>Thursday, April 30, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Bradford, UK Sun 22 Sutra 18
Kataka Rasi: 8.34	Tithi 7 – 8	<b>Gulika</b> 8:18AM – 10:11AM	<b>Pushya</b> Until 8:23PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:32AM		Sarvari 5122	
		Yama 4:32AM – 6:25AM	Shula* Until 2:39PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:34PM		Moon 4 - Phase 2	
246134469	<b>Rahu</b> 1:56PM – 3:49PM		Visti Until 8:40PM	<b>Nataraja:</b> Clear			Ashtami	
Creative Work	Amrita Yoga		<b>Saptami</b> Until 9:11AM	Moon – Blue			<b>Devaloka Day</b>	
Until 8:23PM							<b>Vaisaka-Chaitra</b>	
Then Creative Work - Siddha Yoga								


<b>Retreat Star</b>		<b>Friday, May 1, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda*/Vridhiti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Bradford, UK Sun 23 Sutra 19
Kataka Rasi: 22.09	Tithi 8 – 9	<b>Gulika</b> 6:22AM – 8:16AM	<b>Ashlesha*</b> Until 7:24PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:28AM		Sarvari 5122	
		Yama 3:51PM – 5:44PM	Ganda* Until 12:27PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:38PM		Moon 4 - Phase 2	
246134469	<b>Rahu</b> 10:09AM – 12:03PM		Balava Until 7:06PM	<b>Nataraja:</b> Clear			Navami	
Routine Work	Marana Yoga		<b>Ashtami*</b> Until 7:57AM	Moon – Blue			<b>Devaloka Day</b>	
							<b>Vaisaka-Chaitra</b>	

<b>1</b>		<b>Saturday, May 2, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Gara Karana Navami/Dashamyam Titau		Bradford, UK Sun 24 Sutra 20	
Simha Rasi: 6.07	Tithi 9 – 10	<b>Gulika</b> 4:26AM – 6:21AM	<b>Magha* Until 6:06PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:26AM	Sarvari 5122	
		Yama 1:57PM – 3:51PM	Vriddhi Until 9:45AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:40PM	Moon 4 - Phase 3	
		256134469 <b>Rahu</b> 8:15AM – 10:09AM	Gara Until 3:36AM Sun	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Amrita Yoga		<b>Navami* Until 6:04AM</b>	Moon – Red		<b>Bhuloka Day</b>	
Until 6:06PM				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Sunday, May 3, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visli* Karana Ekadashyam Titau		Bradford, UK Sun 25 Sutra 21	
Simha Rasi: 20.29	Tithi 11	<b>Gulika</b> 3:52PM – 5:47PM	<b>Purvaphalguni Until 4:08PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:24AM	Sarvari 5122	
		Yama 12:03PM – 1:58PM	Dhruva Until 6:34AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:41PM	Moon 4 - Phase 3	
		256134469 <b>Rahu</b> 5:47PM – 7:41PM	Vanija Until 2:11PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Ekadashi Until 12:38AM Mon</b>	Moon – Red		<b>Bhuloka Day</b>	
Until 4:08PM				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Monday, May 4, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana Yoga Bava/Balava Karana Dvadashyam Titau		Bradford, UK Sun 26 Sutra 22	
Kanya Rasi: 5.11	Tithi 12	<b>Gulika</b> 1:58PM – 3:53PM	<b>Uttaraphalguni Until 1:36PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:22AM	Sarvari 5122	
<b>Family Home Evening</b>		Yama 10:08AM – 12:03PM	Harshana Until 11:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:43PM	Moon 4 - Phase 3	
		256234469 <b>Rahu</b> 6:18AM – 8:13AM	Bava Until 11:02AM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi Until 9:20PM</b>	Moon – Red		<b>Devaloka Day</b>	
				<b>Vaisaka*Chaitra</b>			

<b>4</b>		<b>Tuesday, May 5, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau		Bradford, UK Sun 27 Sutra 23	
Kanya Rasi: 20.08	Tithi 13 – 14	<b>Gulika</b> 12:03PM – 1:58PM	<b>Hasta Until 11:05AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:21AM	Sarvari 5122	
		Yama 8:12AM – 10:07AM	Vajra* Until 7:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:43PM	Moon 4 - Phase 3	
		267234469 <b>Rahu</b> 3:54PM – 5:49PM	Kaulava Until 7:36AM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi Until 5:48PM</b>	Moon – Green		<b>Devaloka Day</b>	
				<b>Vaisaka*Chaitra</b>			
				<i>Pradosha Vrata</i>			

		<b>Wednesday, May 6, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visli* Karana Chaturdashi/Purnimayam Titau		Bradford, UK Sun 28 Sutra 24	
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:07AM – 12:03PM	<b>Chitra Until 8:19AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:19AM	Sarvari 5122	
Tula Rasi: 5.12	Tithi 14 – 15	Yama 6:15AM – 8:11AM	Siddhi Until 3:06PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:47PM	Moon 4 - Phase 3	
		267234469 <b>Rahu</b> 12:03PM – 1:59PM	Visli Until 12:29AM Thu	<b>Nataraja:</b> Clear		Purnima	
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 2:14PM</b>	Moon – Green		<b>Devaloka Day</b>	
		<b>Budha Purnima (Tamil Nadu)</b>		<b>Vaisaka*Chaitra</b>			

<b>Thursday, May 7, 2020</b>		<b>Silver Retreat Star</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Bradford, UK Sun 29 Sutra 25	
Tula Rasi: 20.14	Tithi 15 – 16	<b>Gulika</b> 8:10AM – 10:06AM	<b>Vishakha Until 3:08AM Fri</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:17AM	Sarvari 5122	
		Yama 4:17AM – 6:13AM	Vyatipata* Until 11:09AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:48PM	Moon 4 - Phase 3	
		277234469 <b>Rahu</b> 1:59PM – 3:56PM	Balava Until 9:07PM	<b>Nataraja:</b> Clear		Prathama	
Creative Work	Siddha Yoga		<b>Purnima* Until 10:45AM</b>	Moon – Orange		<b>Bhuloka Day</b>	
				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM	

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