



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

Tula Rasi: 27.01 Tithi 17 – 18

274483468

Routine Work Marana Yoga

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

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

**Vishakha** Until 4:58PM  
Vyatipata\* Until 3:29AM Mon  
Vanija Until 11:53PM  
Dvitiya Until 12:31PM

**Ganesha:** Blue *Sunrise:* 5:54AM  
**Muruqa:** Yellow *Sunset:* 6:23PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Chaitra**

Chennai, India  
Sutra 7  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**1**

**Monday, April 22, 2019**

Vrischika Rasi: 10.41 Tithi 18 – 19

**Family Home Evening**

Creative Work Siddha Yoga

274483468

Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yukhtayam  
Anuradha/Jyeshtha\* Nakshatra Variyan Yoga Visti\*/Bava Karana Tritiya/Chatrthyam Titau

**Gulika** 1:42PM – 3:15PM  
**Yama** 10:34AM – 12:08PM  
**Rahu** 7:27AM – 9:01AM

**Anuradha** Until 4:43PM  
Variyan Until 1:53AM Tue  
Bava Until 11:09PM  
Tritiya Until 11:24AM

**Ganesha:** Blue *Sunrise:* 5:53AM  
**Muruqa:** Yellow *Sunset:* 6:23PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Chaitra**

Chennai, India  
Sun 1  
Sutra 8  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**2**

**Tuesday, April 23, 2019**

Vrischika Rasi: 23.56 Tithi 19 – 20

Routine Work Marana Yoga

Until 5:05PM

Then Creative Work - Amrita Yoga

274483468

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

**Gulika** 12:08PM – 1:42PM  
**Yama** 9:00AM – 10:34AM  
**Rahu** 3:15PM – 4:49PM

**Jyeshtha\*** Until 5:05PM  
Parigha\* Until 12:57AM Wed  
Kaulava Until 11:13PM  
Chatrthi\* Until 11:03AM

**Ganesha:** Blue *Sunrise:* 5:53AM  
**Muruqa:** Yellow *Sunset:* 6:23PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Chaitra**

Chennai, India  
Sun 2  
Sutra 9  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**3**

**Wednesday, April 24, 2019**

Dhanus Rasi: 6.45 Tithi 20 – 21

Routine Work Marana Yoga

Until 6:34PM

Then Creative Work - Amrita Yoga

284483468

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

**Gulika** 10:34AM – 12:08PM  
**Yama** 7:26AM – 9:00AM  
**Rahu** 12:08PM – 1:42PM

**Mula\*** Until 6:34PM  
Shiva Until 12:39AM Thu  
Gara Until 12:06AM Thu  
Panchami Until 11:32AM

**Ganesha:** Yellow *Sunrise:* 5:52AM  
**Muruqa:** Yellow *Sunset:* 6:23PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

Chennai, India  
Sun 3  
Sutra 10  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Sivaloka Day**

**4**

**Thursday, April 25, 2019**

Dhanus Rasi: 19.13 Tithi 21 – 22

Creative Work Siddha Yoga

Until 8:38PM

Then Routine Work - Marana Yoga

284483469

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

**Gulika** 9:00AM – 10:34AM  
**Yama** 5:52AM – 7:26AM  
**Rahu** 1:41PM – 3:15PM

**Purvashadha\*** Until 8:38PM  
Siddha Until 12:53AM Fri  
Visti Until 1:42AM Fri  
Shashthi\* Until 12:48PM

**Ganesha:** Yellow *Sunrise:* 5:52AM  
**Muruqa:** Yellow *Sunset:* 6:23PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra•Chaitra**

Chennai, India  
Sun 4  
Sutra 11  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**5**

**Friday, April 26, 2019**

**Retreat Star**

Makara Rasi: 1.22 Tithi 22 – 23

Routine Work Marana Yoga

284583469

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

**Gulika** 7:25AM – 8:59AM  
**Yama** 3:15PM – 4:49PM  
**Rahu** 10:33AM – 12:07PM

**Uttarashadha** Until 11:05PM  
Sadhya Until 1:34AM Sat  
Balava Until 3:52AM Sat  
Saptami Until 2:43PM

**Ganesha:** Red *Sunrise:* 5:51AM  
**Muruqa:** Yellow *Sunset:* 6:23PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra•Chaitra**

Chennai, India  
Sun 5  
Sutra 12  
Vikarin 5121  
Moon 4 - Phase 2  
Ashtami

**Devaloka Day**

**Saturday, April 27, 2019**

**Retreat Star**

Makara Rasi: 13.2 Tithi 23 – 24

Creative Work Siddha Yoga

Until 2:14AM Sun

Then Routine Work - Marana Yoga

294583469

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

**Gulika** 5:51AM – 7:25AM  
**Yama** 1:41PM – 3:15PM  
**Rahu** 8:59AM – 10:33AM

**Shravana** Until 2:14AM Sun  
Subha Until 2:31AM Sun  
Taitila Until 6:21AM Sun  
Ashtami\* Until 5:04PM

**Ganesha:** Green *Sunrise:* 5:51AM  
**Muruqa:** Yellow *Sunset:* 6:24PM  
**Nataraja:** Clear  
Moon – Purple  
**Chaitra•Chaitra**

Chennai, India  
Sun 6  
Sutra 13  
Vikarin 5121  
Moon 4 - Phase 2  
Navami

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

<b>1</b>		<b>Sunday, April 28, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Dhanishtha Nakshatra Sukla Yoga Taitila/Gara Karana Navamyam Titau	Chennai, India Sun 7 Sutra 14 Vikarin 5121
Makara Rasi: 25.11	Tithi 24	<b>Gulika</b> 3:15PM – 4:50PM	<b>Dhanishtha</b> Until 5:18AM Mon	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:50AM	
		Yama 12:07PM – 1:41PM	Sukla Until 3:31AM Mon	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:24PM	Moon 4 - Phase 3
	294583469	<b>Rahu</b> 4:50PM – 6:24PM	Taitila Until 6:21AM	<b>Nataraja:</b> Clear	2nd Phase
Routine Work	Marana Yoga		<b>Navami*</b> Until 7:36PM	Moon – Purple	<b>Bhuloka Day</b>
Until 5:18AM Mon				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

<b>2</b>		<b>Monday, April 29, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yukhtayam Shatabhishak Nakshatra Brahma Yoga Vanija/Visti* Karana Dashamyam Titau	Chennai, India Sun 8 Sutra 15 Vikarin 5121
Kumbha Rasi: 7	Tithi 25	<b>Gulika</b> 1:41PM – 3:15PM	<b>Shatabhishak</b> Until 8:04AM Tue	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:50AM	
<b>Family Home Evening</b>		Yama 10:33AM – 12:07PM	Brahma Until 4:27AM Tue	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:24PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	<b>Rahu</b> 7:24AM – 8:58AM	Vanija Until 8:54AM	<b>Nataraja:</b> Clear	2nd Phase
Until 8:04AM Tue			<b>Dashami</b> Until 10:06PM	Moon – Purple	<b>Bhuloka Day</b>
Then Routine Work - Marana Yoga				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM

<b>3</b>		<b>Tuesday, April 30, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yukhtayam Shatabhishak/Purvaprosnthapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau	Chennai, India Sun 9 Sutra 16 Vikarin 5121
Kumbha Rasi: 18.52	Tithi 26	<b>Gulika</b> 12:07PM – 1:41PM	<b>Shatabhishak</b> Until 8:04AM	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:49AM	
		Yama 8:58AM – 10:32AM	Indra Until 5:09AM Wed	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:24PM	Moon 4 - Phase 3
	294583469	<b>Rahu</b> 3:15PM – 4:50PM	Bava Until 11:16AM	<b>Nataraja:</b> Clear	2nd Phase
Routine Work	Marana Yoga		<b>Ekadashi*</b> Until 12:19AM Wed	Moon – Purple	<b>Bhuloka Day</b>
				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM

<b>4</b>		<b>Wednesday, May 1, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yukhtayam Purvaprosnthapada*/Uttaraprosnthapada Nakshatra Vaidhrili* Yoga Kaulava/Taitila Karana Dvadashyam Titau	Chennai, India Sun 10 Sutra 17 Vikarin 5121
Meena Rasi: 0.52	Tithi 27	<b>Gulika</b> 10:32AM – 12:07PM	<b>Purvaprosnthapada*</b> Until 10:51AM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:49AM	
		Yama 7:23AM – 8:58AM	Vaidhrili* Until 5:29AM Thu	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:24PM	Moon 4 - Phase 3
	214583469	<b>Rahu</b> 12:07PM – 1:41PM	Kaulava Until 1:17PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Amrita Yoga		<b>Dvadashi*</b> Until 2:06AM Thu	Moon – Clear	<b>Bhuloka Day</b>
Until 10:51AM				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

<b>5</b>		<b>Thursday, May 2, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yukhtayam Uttaraprosnthapada/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau	Chennai, India Sun 11 Sutra 18 Vikarin 5121
Meena Rasi: 13.03	Tithi 28	<b>Gulika</b> 8:57AM – 10:32AM	<b>Uttaraprosnthapada</b> Until 1:01PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:48AM	
		Yama 5:48AM – 7:23AM	Vishkambha* Until 5:26AM Fri	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
	214583469	<b>Rahu</b> 1:41PM – 3:15PM	Gara Until 2:49PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 3:22AM Fri	Moon – Clear	<b>Bhuloka Day</b>
				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM
					<i>Pradosha Vrata (Fasting)</i>

<b>6</b>		<b>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	Chennai, India Sun 12 Sutra 19 Vikarin 5121
Meena Rasi: 25.27	Tithi 29	<b>Gulika</b> 7:23AM – 8:57AM	<b>Revati</b> Until 2:31PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:48AM	
		Yama 3:16PM – 4:50PM	Priti Until 4:58AM Sat	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
	215583469	<b>Rahu</b> 10:32AM – 12:06PM	Visti Until 3:49PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 4:06AM Sat	Moon – Clear	<b>Bhuloka Day</b>
Until 2:31PM				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

<b>Retreat Star</b>		<b>Saturday, May 4, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Chennai, India Sun 13 Sutra 20 Vikarin 5121
Mesha Rasi: 8.05	Tithi 30	<b>Gulika</b> 5:48AM – 7:22AM	<b>Ashvini</b> Until 3:48PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:48AM	
		Yama 1:41PM – 3:16PM	Ayushman Until 4:04AM Sun	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
	225583469	<b>Rahu</b> 8:57AM – 10:32AM	Catuspada Until 4:17PM	<b>Nataraja:</b> Clear	Amavasya
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 4:17AM Sun	Moon – White	<b>Bhuloka Day</b>
				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Sunday, May 5, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau	Chennai, India Sun 14 Sutra 21 Vikarin 5121
Mesha Rasi: 20.59	Tithi 1	<b>Gulika</b> 3:16PM – 4:50PM	<b>Bharani</b> Until 4:25PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:47AM	
		Yama 12:06PM – 1:41PM	Saubhagya Until 2:48AM Mon	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
	225583469	<b>Rahu</b> 4:50PM – 6:25PM	Kintughna Until 4:13PM	<b>Nataraja:</b> Clear	Prathama
Routine Work	Prabalarishta Yoga		<b>Prathama*</b> Until 4:00AM Mon	Moon – White	<b>Bhuloka Day</b>
Until 4:25PM				<b>Vaisaka*Chaitra</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				Chennai, India Sun 15 Sutra 22 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:41PM – 3:16PM	<b>Krittika</b> Until 4:28PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:47AM	
Vrishabha Rasi: 4.07	Tithi 2	Yama 10:31AM – 12:06PM	Sobhana Until 1:13AM Tue	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	225583469	<b>Rahu</b> 7:22AM – 8:56AM	Balava Until 3:43PM	<b>Nataraja:</b> Clear		3rd Phase
Routine Work Marana Yoga			<b>Dvitiya</b> Until 3:19AM Tue	Moon – White		<b>Bhuloka Day</b>
Until 4:28PM				<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* Yoga Taitila/Gara Karana Tritiyayam Titau				Chennai, India Sun 16 Sutra 23 Vikarin 5121
<b>2</b>		<b>Gulika</b> 12:06PM – 1:41PM	<b>Rohini</b> Until 4:26PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:46AM	
Vrishabha Rasi: 17.28	Tithi 3	Yama 8:56AM – 10:31AM	Athiganda* Until 11:20PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 4
235583469		<b>Rahu</b> 3:16PM – 4:51PM	Taitila Until 2:51PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Amrita Yoga			<b>Tritiya</b> Until 2:16AM Wed	Moon – Yellow		<b>Bhuloka Day</b>
Until 4:26PM		<b>Akshaya Tritiya</b>		<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>Wednesday, May 8, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau				Chennai, India Sun 17 Sutra 24 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:31AM – 12:06PM	<b>Mrigashira</b> Until 3:57PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:46AM	
Mithuna Rasi: 0.59	Tithi 4	Yama 7:21AM – 8:56AM	Sukarma Until 9:14PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 4
235583469		<b>Rahu</b> 12:06PM – 1:41PM	Vanija Until 1:40PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Chaturthi*</b> Until 12:57AM Thu	Moon – Yellow		<b>Bhuloka Day</b>
				<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 Yoga Bava/Balava Karana Panchamyam Titau				Chennai, India Sun 18 Sutra 25 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:56AM – 10:31AM	<b>Ardra</b> Until 3:05PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:46AM	
Mithuna Rasi: 14.41	Tithi 5	Yama 5:46AM – 7:21AM	Dhriti Until 6:58PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 4
235583469		<b>Rahu</b> 1:41PM – 3:16PM	Bava Until 12:13PM	<b>Nataraja:</b> Clear		3rd Phase
Routine Work Marana Yoga			<b>Panchami</b> Until 11:24PM	Moon – Yellow		<b>Bhuloka Day</b>
Until 3:05PM				<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

<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 Kaulava/Taitila Karana Shashthyam Titau				Chennai, India Sun 19 Sutra 26 Vikarin 5121
<b>5</b>		<b>Gulika</b> 7:20AM – 8:56AM	<b>Punarvasu</b> Until 2:18PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:45AM	
Mithuna Rasi: 28.31	Tithi 6	Yama 3:16PM – 4:51PM	Shula* Until 4:29PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 4
245583469		<b>Rahu</b> 10:31AM – 12:06PM	Kaulava Until 10:34AM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Shashthi*</b> Until 9:39PM	Moon – Blue		<b>Devaloka Day</b>
Until 2:18PM				<b>Vaisaka-Chaitra</b>		
Then Routine Work - Marana Yoga						

<b>Saturday, May 11, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhi Yoga Gara/Vanija Karana Saplamyam Titau				Chennai, India Sun 20 Sutra 27 Vikarin 5121
<b>6</b>		<b>Gulika</b> 5:45AM – 7:20AM	<b>Pushya</b> Until 1:10PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:45AM	
Kataka Rasi: 12.28	Tithi 7	Yama 1:41PM – 3:16PM	Ganda* Until 1:52PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 4
245583469		<b>Rahu</b> 8:55AM – 10:31AM	Gara Until 8:43AM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Saptami</b> Until 7:42PM	Moon – Blue		<b>Devaloka Day</b>
Until 1:10PM				<b>Vaisaka-Chaitra</b>		
Then Routine Work - Marana Yoga						

<b>Sunday, May 12, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhi/Dhruva Yoga Visti*/Balava Karana Ashtami/Navamyam Titau				Chennai, India Sun 21 Sutra 28 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 3:16PM – 4:51PM	<b>Ashlesha*</b> Until 11:44AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:45AM	
Kataka Rasi: 26.32	Tithi 8 – 9	Yama 12:06PM – 1:41PM	Vridhi Until 11:08AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:27PM	Moon 4 - Phase 4
246583469		<b>Rahu</b> 4:51PM – 6:27PM	Visti Until 6:41AM	<b>Nataraja:</b> Clear		Ashtami
Creative Work Siddha Yoga			<b>Ashtami*</b> Until 5:35PM	Moon – Blue		<b>Devaloka Day</b>
Until 11:44AM		<b>Mother's Day</b>		<b>Vaisaka-Chaitra</b>		
Then Routine Work - Marana Yoga						


<b>Monday, May 13, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva*/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Chennai, India Sun 22 Sutra 29 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 1:41PM – 3:16PM	<b>Magha*</b> Until 10:25AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:45AM	
Simha Rasi: 10.42	Tithi 9 – 10	Yama 10:30AM – 12:06PM	Dhruva Until 8:14AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:27PM	Moon 4 - Phase 4
256583469		<b>Rahu</b> 7:20AM – 8:55AM	Taitila Until 2:11AM Tue	<b>Nataraja:</b> Clear		Navami
<b>Family Home Evening</b>			<b>Navami*</b> Until 3:20PM	Moon – Red		<b>Bhuloka Day</b>
Routine Work Marana Yoga				<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Until 10:25AM						
Then Creative Work - Siddha Yoga						

<b>1</b>		<b>Tuesday, May 14, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau	Chennai, India Sun 23 Sutra 30
Simha Rasi: 24.57	Tithi 10 – 11	<b>Gulika</b> 12:06PM – 1:41PM	<b>Purvaphalguni Until 8:52AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:44AM	Vikarin 5121	
		Yama 8:55AM – 10:30AM	Harshana Until 2:15AM Wed	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:27PM	Moon 4 - Phase 5	
		256583469 <b>Rahu</b> 3:16PM – 4:52PM	Vanija Until 11:49PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Dashami Until 12:59PM</b>	Moon – Red	<b>Bhuloka Day</b>		
Until 8:52AM				<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Wednesday, May 15, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau	Chennai, India Sun 24 Sutra 31
Kanya Rasi: 19.14	Tithi 11 – 12	<b>Gulika</b> 10:30AM – 12:06PM	<b>Uttaraphalguni Until 7:07AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:44AM	Vikarin 5121	
		Yama 7:19AM – 8:55AM	Vajra* Until 11:14PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:27PM	Moon 4 - Phase 5	
		256583469 <b>Rahu</b> 12:06PM – 1:41PM	Bava Until 9:26PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Amrita Yoga		<b>Ekadashi Until 10:36AM</b>	Moon – Red	<b>Bhuloka Day</b>		
Until 7:07AM				<b>Vaisaka-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM		
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Thursday, May 16, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Chennai, India Sun 25 Sutra 32
Kanya Rasi: 23.31	Tithi 12 – 13	<b>Gulika</b> 8:55AM – 10:30AM	<b>Chitra Until 4:15AM Fri</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:44AM	Vikarin 5121	
		Yama 5:44AM – 7:19AM	Siddhi Until 8:19PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:28PM	Moon 4 - Phase 5	
		266583469 <b>Rahu</b> 1:41PM – 3:17PM	Kaulava Until 7:09PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi Until 8:15AM</b>	Moon – Green	<b>Devaloka Day</b>		
				<b>Vaisaka-Vaikasi</b>			
				<i>Pradosha Vrata</i>			

<b>4</b>		<b>Friday, May 17, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata*/Varyan Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau	Chennai, India Sun 26 Sutra 33
Tula Rasi: 7.41	Tithi 13 – 14	<b>Gulika</b> 7:19AM – 8:55AM	<b>Svati Until 2:56AM Sat</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:44AM	Vikarin 5121	
		Yama 3:17PM – 4:52PM	Vyatipata* Until 5:35PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:28PM	Moon 4 - Phase 5	
		266583469 <b>Rahu</b> 10:30AM – 12:06PM	Vanija Until 4:09AM Sat	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi Until 6:04AM</b>	Moon – Green	<b>Devaloka Day</b>		
				<b>Vaisaka-Vaikasi</b>			

		<b>Saturday, May 18, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha Nakshatra Varyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau	Chennai, India Sun 27 Sutra 34
<b>Copper Retreat Star</b>		<b>Gulika</b> 5:43AM – 7:19AM	<b>Vishakha Until 2:18AM Sun</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:43AM	Vikarin 5121	
Tula Rasi: 21.41	Tithi 15	Yama 1:41PM – 3:17PM	Varyan Until 3:07PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:28PM	Moon 4 - Phase 5	
		276583469 <b>Rahu</b> 8:55AM – 10:30AM	Visti Until 3:22PM	<b>Nataraja:</b> Clear		Purnima	
Creative Work	Siddha Yoga		<b>Purnima* Until 2:39AM Sun</b>	Moon – Orange	<b>Bhuloka Day</b>		
Until 2:18AM Sun				<b>Vaisaka-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM		
Then Routine Work - Marana Yoga							

<b>5</b>		<b>Sunday, May 19, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau	Chennai, India Sun 28 Sutra 35
<b>Silver Retreat Star</b>		<b>Gulika</b> 3:17PM – 4:53PM	<b>Anuradha Until 2:03AM Mon</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:43AM	Vikarin 5121	
Vrischika Rasi: 5.25	Tithi 16	Yama 12:06PM – 1:41PM	Parigha* Until 1:02PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:29PM	Moon 4 - Phase 5	
		277583469 <b>Rahu</b> 4:53PM – 6:29PM	Balava Until 2:06PM	<b>Nataraja:</b> Clear		Prathama	
Routine Work	Marana Yoga		<b>Prathama* Until 1:40AM Mon</b>	Moon – Orange	<b>Devaloka Day</b>		
Until 2:03AM Mon				<b>Vaisaka-Vaikasi</b>			
Then Creative Work - Siddha Yoga							

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

All times are standard time

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

Vrischika Rasi: 18.5 Tithi 17  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 2:17AM Tue  
Then Creative Work - Amrita Yoga

277583469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Jyeshtha\* Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Dvitiyayam Titau  
**Gulika** 1:42PM – 3:17PM  
**Yama** 10:30AM – 12:06PM  
**Rahu** 7:19AM – 8:54AM  
**Jyeshtha\* Until 2:17AM Tue**  
Shiva Until 11:26AM  
Taitila Until 1:26PM  
**Dvitiya Until 1:19AM Tue**

Chennai, India  
Sun 1 Sutra 36  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase  
**Ganesha:** Yellow *Sunrise:* 5:43AM  
**Muruqa:** Yellow *Sunset:* 6:29PM  
**Nataraja:** Clear  
Moon – Orange  
**Devaloka Day**  
**Vaisaka-Vaikasi**

**1**

**Tuesday, May 21, 2019**

Dhanus Rasi: 1.55 Tithi 18  
Creative Work Amrita Yoga

287583469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Mula\* Nakshatra Siddha/Sadhya Yoga Vanija/Visti\* Karana Tritiyayam Titau  
**Gulika** 12:06PM – 1:42PM  
**Yama** 8:54AM – 10:30AM  
**Rahu** 3:17PM – 4:53PM  
**Mula\* Until 3:29AM Wed**  
Siddha Until 10:20AM  
Vanija Until 1:25PM  
**Tritiya Until 1:40AM Wed**

Chennai, India  
Sun 2 Sutra 37  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase  
**Ganesha:** Blue *Sunrise:* 5:43AM  
**Muruqa:** Yellow *Sunset:* 6:29PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Sivaloka Day**  
**Vaisaka-Vaikasi**

**2**

**Wednesday, May 22, 2019**

Dhanus Rasi: 14.38 Tithi 19  
Creative Work Amrita Yoga  
Until 5:13AM Thu  
Then Routine Work - Marana Yoga

287683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam  
Purvashadha\* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Chaturthayam Titau  
**Gulika** 10:30AM – 12:06PM  
**Yama** 7:18AM – 8:54AM  
**Rahu** 12:06PM – 1:42PM  
**Purvashadha\* Until 5:13AM Thu**  
Sadhya Until 9:48AM  
Bava Until 2:07PM  
**Chaturthi\* Until 2:42AM Thu**

Chennai, India  
Sun 3 Sutra 38  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase  
**Ganesha:** Red *Sunrise:* 5:43AM  
**Muruqa:** Yellow *Sunset:* 6:29PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Devaloka Day**  
**Vaisaka-Vaikasi**

**3**

**Thursday, May 23, 2019**

Dhanus Rasi: 27.04 Tithi 20  
Routine Work Marana Yoga

287683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam  
Uttarashadha Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Panchamyam Titau  
**Gulika** 8:54AM – 10:30AM  
**Yama** 5:42AM – 7:18AM  
**Rahu** 1:42PM – 3:18PM  
**Uttarashadha Until 7:22AM Fri**  
Subha Until 9:49AM  
Kaulava Until 3:29PM  
**Panchami Until 4:21AM Fri**

Chennai, India  
Sun 4 Sutra 39  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase  
**Ganesha:** Red *Sunrise:* 5:42AM  
**Muruqa:** Yellow *Sunset:* 6:30PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Devaloka Day**  
**Vaisaka-Vaikasi**

**4**

**Friday, May 24, 2019**

Makara Rasi: 9.13 Tithi 21  
Routine Work Marana Yoga

287683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttarashadha/Shravana Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Shashthyam Titau  
**Gulika** 7:18AM – 8:54AM  
**Yama** 3:18PM – 4:54PM  
**Rahu** 10:30AM – 12:06PM  
**Uttarashadha Until 7:22AM**  
Sukla Until 10:15AM  
Gara Until 5:24PM  
**Shashthi\* Until 6:29AM Sat**

Chennai, India  
Sun 5 Sutra 40  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase  
**Ganesha:** Red *Sunrise:* 5:42AM  
**Muruqa:** Yellow *Sunset:* 6:30PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Devaloka Day**  
**Vaisaka-Vaikasi**

**5**

**Saturday, May 25, 2019**

Makara Rasi: 21.12 Tithi 21 – 22  
Creative Work Siddha Yoga

297683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Brahma/Indra Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau  
**Gulika** 5:42AM – 7:18AM  
**Yama** 1:42PM – 3:18PM  
**Rahu** 8:54AM – 10:30AM  
**Shravana Until 10:17AM**  
Brahma Until 11:01AM  
Visti Until 7:41PM  
**Shashthi\* Until 6:29AM**

Chennai, India  
Sun 6 Sutra 41  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase  
**Ganesha:** Green *Sunrise:* 5:42AM  
**Muruqa:** Yellow *Sunset:* 6:30PM  
**Nataraja:** Clear  
Moon – Purple  
**Bhuloka Day**  
**Vaisaka-Vaikasi**  
Devaloka Time: 3:PM to 6:PM

**D**

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

Kumbha Rasi: 3.05 Tithi 22 – 23  
Routine Work Marana Yoga  
Until 1:14PM  
Then Creative Work - Siddha Yoga

398683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Dhanishtha/Shatabhishak Nakshatra Indra/Vaidhriti\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau  
**Gulika** 3:18PM – 4:54PM  
**Yama** 12:06PM – 1:42PM  
**Rahu** 4:54PM – 6:31PM  
**Dhanishtha Until 1:14PM**  
Indra Until 11:59AM  
Balava Until 10:07PM  
**Saptami Until 8:52AM**

Chennai, India  
Sun 7 Sutra 42  
Vikarin 5121  
Moon 5 - Phase 6  
Ashtami  
**Ganesha:** Blue *Sunrise:* 5:42AM  
**Muruqa:** Yellow *Sunset:* 6:31PM  
**Nataraja:** Clear  
Moon – Purple  
**Sivaloka Day**  
**Vaisaka-Vaikasi**

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

Kumbha Rasi: 14.56 Tithi 23 – 24  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 4:02PM  
Then Routine Work - Marana Yoga

398683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Shatabhishak/Purvaprosanthapada\* Nakshatra Vaidhriti\*/Vishkambha\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau  
**Gulika** 1:43PM – 3:19PM  
**Yama** 10:30AM – 12:06PM  
**Rahu** 7:18AM – 8:54AM  
**Shatabhishak Until 4:02PM**  
Vaidhriti\* Until 12:55PM  
Taitila Until 12:27AM Tue  
**Ashtami\* Until 11:17AM**

Chennai, India  
Sun 8 Sutra 43  
Vikarin 5121  
Moon 5 - Phase 6  
Navami  
**Ganesha:** Blue *Sunrise:* 5:42AM  
**Muruqa:** Yellow *Sunset:* 6:31PM  
**Nataraja:** Clear  
Moon – Purple  
**Sivaloka Day**  
**Vaisaka-Vaikasi**

<b>1</b>		<b>Tuesday, May 28, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Chennai, India Sun 9 Sutra 44 Vikarin 5121
Kumbha Rasi: 26.51	Tithi 24 – 25	<b>Gulika</b> 12:07PM – 1:43PM	<b>Purvaproshtapada* Until 6:56PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:42AM	Moon 5 - Phase 7
		Yama 8:54AM – 10:30AM	Vishkambha* Until 1:42PM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:31PM	2nd Phase
		318683469 <b>Rahu</b> 3:19PM – 4:55PM	Vanija Until 2:30AM Wed	<b>Nataraja:</b> Clear	
Routine Work	Marana Yoga		<b>Navami* Until 1:30PM</b>	<b>Vaisaka-Vaikasi</b>	<b>Sivaloka Day</b>
Until 6:56PM					
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 Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau	Chennai, India Sun 10 Sutra 45 Vikarin 5121
Meena Rasi: 8.54	Tithi 25 – 26	<b>Gulika</b> 10:30AM – 12:07PM	<b>Uttaraproshtapada Until 9:15PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:42AM	Moon 5 - Phase 7
		Yama 7:18AM – 8:54AM	Priti Until 2:13PM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:31PM	2nd Phase
		318683469 <b>Rahu</b> 12:07PM – 1:43PM	Bava Until 4:04AM Thu	<b>Nataraja:</b> Clear	
Creative Work	Siddha Yoga		<b>Dashami Until 3:20PM</b>	<b>Vaisaka-Vaikasi</b>	<b>Sivaloka Day</b>
Until 9:15PM					
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 Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Chennai, India Sun 11 Sutra 46 Vikarin 5121
Meena Rasi: 21.09	Tithi 26 – 27	<b>Gulika</b> 8:54AM – 10:31AM	<b>Revati Until 10:52PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:42AM	Moon 5 - Phase 7
		Yama 5:42AM – 7:18AM	Ayushman Until 2:17PM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:32PM	2nd Phase
		318683469 <b>Rahu</b> 1:43PM – 3:19PM	Kaulava Until 5:03AM Fri	<b>Nataraja:</b> Clear	
Creative Work	Siddha Yoga		<b>Ekadashi* Until 4:37PM</b>	<b>Vaisaka-Vaikasi</b>	<b>Sivaloka Day</b>
Until 10:52PM					
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 Tailila/Gara Karana Dvadashi/Trayodashyam Titau	Chennai, India Sun 12 Sutra 47 Vikarin 5121
Mesha Rasi: 3.39	Tithi 27 – 28	<b>Gulika</b> 7:18AM – 8:54AM	<b>Ashvini Until 12:12AM Sat</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:42AM	Moon 5 - Phase 7
		Yama 3:19PM – 4:56PM	Saubhagya Until 1:53PM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:32PM	2nd Phase
		328683469 <b>Rahu</b> 10:31AM – 12:07PM	Gara Until 5:24AM Sat	<b>Nataraja:</b> Clear	
Creative Work	Amrita Yoga		<b>Dvadashi* Until 5:17PM</b>	<b>Vaisaka-Vaikasi</b>	<b>Devaloka Day</b>
Until 12:12AM Sat					
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	Chennai, India Sun 13 Sutra 48 Vikarin 5121
Mesha Rasi: 16.26	Tithi 28 – 29	<b>Gulika</b> 5:42AM – 7:18AM	<b>Bharani Until 12:44AM Sun</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:42AM	Moon 5 - Phase 7
		Yama 1:43PM – 3:20PM	Sobhana Until 1:00PM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:32PM	2nd Phase
		329683469 <b>Rahu</b> 8:54AM – 10:31AM	Visti Until 5:07AM Sun	<b>Nataraja:</b> Clear	
Creative Work	Siddha Yoga		<b>Trayodashi* Until 5:19PM</b>	<b>Vaisaka-Vaikasi</b>	<b>Bhuloka Day</b>
Until 12:32AM Mon					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

<b>6</b>		<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	Chennai, India Sun 14 Sutra 49 Vikarin 5121
Mesha Rasi: 29.34	Tithi 29 – 30	<b>Gulika</b> 3:20PM – 4:56PM	<b>Krittika Until 12:32AM Mon</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:42AM	Moon 5 - Phase 7
		Yama 12:07PM – 1:44PM	Athiganda* Until 11:35AM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:33PM	2nd Phase
		329683469 <b>Rahu</b> 4:56PM – 6:33PM	Catuspada Until 4:14AM Mon	<b>Nataraja:</b> Clear	
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 4:44PM</b>	<b>Vaisaka-Vaikasi</b>	<b>Bhuloka Day</b>
Until 12:32AM Mon					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

<b>●</b>		<b>Monday, June 3, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma/Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Chennai, India Sun 15 Sutra 50 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 1:44PM – 3:20PM	<b>Rohini Until 12:07AM Tue</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:42AM	Moon 5 - Phase 7
Vrishabha Rasi: 12.59	Tithi 30 – 1	Yama 10:31AM – 12:07PM	Sukarma Until 9:44AM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:33PM	Amavasya
<b>Family Home Evening</b>		339683469 <b>Rahu</b> 7:18AM – 8:55AM	Kintughna Until 2:52AM Tue	<b>Nataraja:</b> Clear	
Creative Work	Amrita Yoga		<b>Amavasya* Until 3:35PM</b>	<b>Vaisaka-Vaikasi</b>	<b>Bhuloka Day</b>
Until 12:07AM Tue					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

<b>●</b>		<b>Tuesday, June 4, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Prathama/Dvityayam Titau	Chennai, India Sun 16 Sutra 51 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 12:08PM – 1:44PM	<b>Mrigashira Until 11:09PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:42AM	Moon 5 - Phase 7
Vrishabha Rasi: 26.42	Tithi 1 – 2	Yama 8:55AM – 10:31AM	Dhriti Until 7:31AM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:33PM	Prathama
		339683469 <b>Rahu</b> 3:20PM – 4:57PM	Balava Until 1:05AM Wed	<b>Nataraja:</b> Clear	
Creative Work	Siddha Yoga		<b>Prathama* Until 2:00PM</b>	<b>Vaisaka-Vaikasi</b>	<b>Bhuloka Day</b>
Until 11:09PM					Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga					

Sunless and demonic, verily, are those worlds, and enveloped in blinding darkness, to which all those people who are enemies of their own souls go after death. Shukla Yajur Veda

<b>1</b>	<b>Wednesday, June 5, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Chennai, India
	Mithuna Rasi: 10.4	Tithi 2 – 3	339683461	<b>Gulika</b> 10:31AM – 12:08PM	<b>Ardra</b> Until 9:44PM	<b>Ganesha:</b> Green <b>Muruqa:</b> Yellow <b>Nataraja:</b> Clear Moon – Yellow	Sun 17 Sutra 52 Vikarin 5121 Moon 5 - Phase 8 3rd Phase
	Creative Work	Siddha Yoga		Yama 7:18AM – 8:55AM	Ganda* Until 2:12AM Thu	Sunrise: 5:42AM Sunset: 6:34PM	
				<b>Rahu</b> 12:08PM – 1:44PM	Taitila Until 11:01PM	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
				<b>Dvitiya</b> Until 12:04PM	<b>Jyeshtha-Vaikasi</b>		

<b>2</b>	<b>Thursday, June 6, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Chennai, India
	Mithuna Rasi: 24.47	Tithi 3 – 4	349683461	<b>Gulika</b> 8:55AM – 10:31AM	<b>Punarvasu</b> Until 8:25PM	<b>Ganesha:</b> White <b>Muruqa:</b> Yellow <b>Nataraja:</b> Yellow Moon – Blue	Sun 18 Sutra 53 Vikarin 5121 Moon 5 - Phase 8 3rd Phase
	Creative Work	Amrita Yoga		Yama 5:42AM – 7:18AM	Vriddhi Until 11:18PM	Sunrise: 5:42AM Sunset: 6:34PM	
				<b>Rahu</b> 1:44PM – 3:21PM	Vanija Until 8:45PM	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
				<b>Tritiya</b> Until 9:53AM	<b>Jyeshtha-Vaikasi</b>		

<b>3</b>	<b>Friday, June 7, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Chennai, India
	Kataka Rasi: 9.01	Tithi 4 – 5	349683461	<b>Gulika</b> 7:19AM – 8:55AM	<b>Pushya</b> Until 6:51PM	<b>Ganesha:</b> White <b>Muruqa:</b> Yellow <b>Nataraja:</b> Yellow Moon – Blue	Sun 19 Sutra 54 Vikarin 5121 Moon 5 - Phase 8 3rd Phase
	Routine Work	Marana Yoga		Yama 3:21PM – 4:58PM	Dhruva Until 8:19PM	Sunrise: 5:42AM Sunset: 6:34PM	
				<b>Rahu</b> 10:32AM – 12:08PM	Bava Until 6:24PM	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
				<b>Chaturthi*</b> Until 7:34AM	<b>Jyeshtha-Vaikasi</b>		

<b>4</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				Chennai, India
	Kataka Rasi: 23.17	Tithi 6	349683461	<b>Gulika</b> 5:42AM – 7:19AM	<b>Ashlesha*</b> Until 5:08PM	<b>Ganesha:</b> White <b>Muruqa:</b> Yellow <b>Nataraja:</b> Yellow Moon – Blue	Sun 20 Sutra 55 Vikarin 5121 Moon 5 - Phase 8 3rd Phase
	Routine Work	Marana Yoga		Yama 1:45PM – 3:21PM	Vyaghata* Until 5:20PM	Sunrise: 5:42AM Sunset: 6:34PM	
	Until 5:08PM	Then Creative Work - Amrita Yoga		<b>Rahu</b> 8:55AM – 10:32AM	Kaulava Until 4:02PM	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
				<b>Shashthi*</b> Until 2:50AM Sun	<b>Jyeshtha-Vaikasi</b>		

<b>5</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				Chennai, India
	Simha Rasi: 7.33	Tithi 7	351683461	<b>Gulika</b> 3:22PM – 4:58PM	<b>Magha*</b> Until 3:44PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Yellow <b>Nataraja:</b> Yellow Moon – Red	Sun 21 Sutra 56 Vikarin 5121 Moon 5 - Phase 8 3rd Phase
	Routine Work	Marana Yoga		Yama 12:08PM – 1:45PM	Harshana Until 2:23PM	Sunrise: 5:42AM Sunset: 6:35PM	
	Until 3:44PM	Then Creative Work - Siddha Yoga		<b>Rahu</b> 4:58PM – 6:35PM	Gara Until 1:42PM	<b>Devaloka Day</b>	
				<b>Saptami</b> Until 12:33AM Mon	<b>Jyeshtha-Vaikasi</b>		

<b>Monday, June 10, 2019</b>	<b>Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau				Chennai, India
	Simha Rasi: 21.46	Tithi 8	351683461	<b>Gulika</b> 1:45PM – 3:22PM	<b>Purvaphalguni</b> Until 2:18PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Yellow <b>Nataraja:</b> Yellow Moon – Red	Sun 22 Sutra 57 Vikarin 5121 Moon 5 - Phase 8 Ashtami
	Family Home Evening			Yama 10:32AM – 12:09PM	Vajra* Until 11:30AM	Sunrise: 5:42AM Sunset: 6:35PM	
	Creative Work	Siddha Yoga		<b>Rahu</b> 7:19AM – 8:55AM	Visti Until 11:28AM	<b>Devaloka Day</b>	
				<b>Ashtami*</b> Until 10:22PM	<b>Jyeshtha-Vaikasi</b>		


<b>Tuesday, June 11, 2019</b>	<b>Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddhi/Vyatalpata* Yoga Balava/Kaulava Karana Navamyam Titau				Chennai, India
	Kanya Rasi: 5.53	Tithi 9	351683461	<b>Gulika</b> 12:09PM – 1:45PM	<b>Uttaraphalguni</b> Until 12:51PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Yellow <b>Nataraja:</b> Yellow Moon – Red	Sun 23 Sutra 58 Vikarin 5121 Moon 5 - Phase 8 Navami
	Creative Work	Amrita Yoga		Yama 8:56AM – 10:32AM	Siddhi Until 8:44AM	Sunrise: 5:42AM Sunset: 6:35PM	
	Until 12:51PM	Then Creative Work - Siddha Yoga		<b>Rahu</b> 3:22PM – 4:59PM	Balava Until 9:21AM	<b>Devaloka Day</b>	
				<b>Navami*</b> Until 8:19PM	<b>Jyeshtha-Vaikasi</b>		

<b>1</b>	<b>Wednesday, June 12, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasla/Chitra Nakshatra Vyatipata/Variyan Yoga Taitila/Gara Karana Dashamyam Titau				Chennai, India
	Kanya Rasi: 19.55	Tithi 10	<b>Gulika</b> 10:32AM – 12:09PM	<b>Hasta</b> Until 11:51AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:43AM	Sun 24 Sutra 59
			Yama 7:19AM – 8:56AM	Vyatipata* Until 6:06AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:36PM	Vikarin 5121
		361683461	<b>Rahu</b> 12:09PM – 1:46PM	Taitila Until 7:23AM	<b>Nataraja:</b> Yellow		Moon 5 - Phase 9
Routine Work	Marana Yoga		<b>Dashami</b> Until 6:28PM	Moon – Green		4th Phase	
Until 11:51AM				<b>Jyeshtha-Vaikasi</b>		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga						Devaloka Time: 3:PM to 6:PM	

<b>2</b>	<b>Thursday, June 13, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Chennai, India
	Tula Rasi: 3.49	Tithi 11 – 12	<b>Gulika</b> 8:56AM – 10:33AM	<b>Chitra</b> Until 10:55AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:43AM	Sun 25 Sutra 60
			Yama 5:43AM – 7:19AM	Parigha* Until 1:21AM Fri	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:36PM	Vikarin 5121
		361683461	<b>Rahu</b> 1:46PM – 3:23PM	Bava Until 4:09AM Fri	<b>Nataraja:</b> Yellow		Moon 5 - Phase 9
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 4:50PM	Moon – Green		4th Phase	
Until 10:55AM				<b>Jyeshtha-Vaikasi</b>		<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga						Devaloka Time: 3:PM to 6:PM	

<b>3</b>	<b>Friday, June 14, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Chennai, India
	Tula Rasi: 17.34	Tithi 12 – 13	<b>Gulika</b> 7:19AM – 8:56AM	<b>Svati</b> Until 10:07AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:43AM	Sun 26 Sutra 61
			Yama 3:23PM – 4:59PM	Shiva Until 11:22PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:36PM	Vikarin 5121
		361693461	<b>Rahu</b> 10:33AM – 12:09PM	Kaulava Until 2:59AM Sat	<b>Nataraja:</b> Yellow		Moon 5 - Phase 9
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 3:30PM	Moon – Green		4th Phase	
		<b>Vaikasi Visakam</b>		<b>Jyeshtha-Vaikasi</b>		<b>Devaloka Day</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 Vishakha/Anuradha Nakshatra Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Chennai, India
	Vrischika Rasi: 1.07	Tithi 13 – 14	<b>Gulika</b> 5:43AM – 7:20AM	<b>Vishakha</b> Until 9:57AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:43AM	Sun 27 Sutra 62
			Yama 1:46PM – 3:23PM	Siddha Until 9:39PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:36PM	Vikarin 5121
		371693461	<b>Rahu</b> 8:56AM – 10:33AM	Gara Until 2:13AM Sun	<b>Nataraja:</b> Yellow		Moon 5 - Phase 9
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 2:31PM	Moon – Orange		4th Phase	
				<b>Jyeshtha-Ani</b>		<b>Sivaloka Day</b>	

	<b>Sunday, June 16, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Chennai, India
	<b>Copper Retreat Star</b>		<b>Gulika</b> 3:23PM – 5:00PM	<b>Anuradha</b> Until 10:03AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:43AM	Sutra 63
	Vrischika Rasi: 14.26	Tithi 14 – 15	Yama 12:10PM – 1:47PM	Sadhya Until 8:19PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:37PM	Vikarin 5121
			371793461	<b>Rahu</b> 5:00PM – 6:37PM	Visti Until 1:55AM Mon	<b>Nataraja:</b> Yellow	Moon 5 - Phase 9
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 1:59PM	Moon – Orange		Purnima	
		<b>Father's Day</b>		<b>Jyeshtha-Ani</b>		<b>Subha Sivaloka Day</b>	

<b>Monday, June 17, 2019</b>	<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Chennai, India
	Vrischika Rasi: 27.29	Tithi 15 – 16	<b>Gulika</b> 1:47PM – 3:23PM	<b>Jyeshtha*</b> Until 10:29AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:43AM	Sutra 64
	<b>Family Home Evening</b>		Yama 10:33AM – 12:10PM	Subha Until 7:25PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:37PM	Vikarin 5121
		371793461	<b>Rahu</b> 7:20AM – 8:57AM	Balava Until 2:09AM Tue	<b>Nataraja:</b> Yellow		Moon 5 - Phase 9
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 1:57PM	Moon – Orange		Prathama	
				<b>Jyeshtha-Ani</b>		<b>Subha Sivaloka Day</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 Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mula\*/Purvashadha\*/Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Chennai, India  
Sutra 65

Dhanus Rasi: 10.17 Tithi 16 – 17

381793461

**Gulika** 12:10PM – 1:47PM  
Yama 8:57AM – 10:34AM  
**Rahu** 3:24PM – 5:00PM

**Mula\* Until 11:46AM**  
Sukla Until 6:56PM  
Taitila Until 2:58AM Wed  
**Prathama\* Until 2:28PM**

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

**Sunrise:** 5:43AM  
**Sunset:** 6:37PM

Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga

Until 11:46AM

Then Creative Work - Siddha Yoga

**Sivaloka Day**

**1**

**Wednesday, June 19, 2019**

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

Chennai, India  
Sun 1 Sutra 66

Dhanus Rasi: 22.49 Tithi 17 – 18

381793461

**Gulika** 10:34AM – 12:11PM  
Yama 7:20AM – 8:57AM  
**Rahu** 12:11PM – 1:47PM

**Purvashadha\* Until 1:27PM**  
Brahma Until 6:54PM  
Vanija Until 4:19AM Thu  
**Dvitiya Until 3:33PM**

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

**Sunrise:** 5:44AM  
**Sunset:** 6:37PM

Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga

**Sivaloka Day**

**2**

**Thursday, June 20, 2019**

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

Chennai, India  
Sun 2 Sutra 67

Makara Rasi: 5.06 Tithi 18 – 19

382793461

**Gulika** 8:57AM – 10:34AM  
Yama 5:44AM – 7:21AM  
**Rahu** 1:47PM – 3:24PM

**Uttarashadha Until 3:29PM**  
Indra Until 7:17PM  
Bava Until 6:10AM Fri  
**Tritiya Until 5:10PM**

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

**Sunrise:** 5:44AM  
**Sunset:** 6:38PM

Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga

Until 3:29PM

Then Creative Work - Siddha Yoga

**Devaloka Day**

**3**

**Friday, June 21, 2019**

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

Chennai, India  
Sun 3 Sutra 68

Makara Rasi: 17.12 Tithi 19

392793461

**Gulika** 7:21AM – 8:58AM  
Yama 3:24PM – 5:01PM  
**Rahu** 10:34AM – 12:11PM

**Shravana Until 6:16PM**  
Vaidhriti\* Until 7:57PM  
Bava Until 6:10AM  
**Chaturthi\* Until 7:12PM**

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

**Sunrise:** 5:44AM  
**Sunset:** 6:38PM

Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga

Until 6:16PM

Then Creative Work - Siddha Yoga

**Sivaloka Day**

**4**

**Saturday, June 22, 2019**

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

Chennai, India  
Sun 4 Sutra 69

Makara Rasi: 29.09 Tithi 20

392793461

**Gulika** 5:44AM – 7:21AM  
Yama 1:48PM – 3:25PM  
**Rahu** 8:58AM – 10:34AM

**Dhanishtha Until 9:09PM**  
Vishkambha\* Until 8:51PM  
Kaulava Until 8:21AM  
**Panchami Until 9:30PM**

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

**Sunrise:** 5:44AM  
**Sunset:** 6:38PM

Moon 6 - Phase 10  
1st Phase

Creative Work Siddha Yoga

Until 9:09PM

Then Creative Work - Amrita Yoga

**Sivaloka Day**

**5**

**Sunday, June 23, 2019**

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

Chennai, India  
Sun 5 Sutra 70

Kumbha Rasi: 11.02 Tithi 21

392793461

**Gulika** 3:25PM – 5:02PM  
Yama 12:11PM – 1:48PM  
**Rahu** 5:02PM – 6:38PM

**Shatabhishak Until 11:57PM**  
Priti Until 9:50PM  
Gara Until 10:43AM  
**Shashthi\* Until 11:54PM**

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

**Sunrise:** 5:45AM  
**Sunset:** 6:38PM

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 Yoga Visti\*/Bava Karana Saptamyam Titau

Chennai, India  
Sun 6 Sutra 71

Kumbha Rasi: 22.54 Tithi 22

312793461

**Gulika** 1:48PM – 3:25PM  
Yama 10:35AM – 12:12PM  
**Rahu** 7:21AM – 8:58AM

**Purvaproshtapada\* Until 2:59AM Tue**  
Ayushman Until 10:42PM  
Visti Until 1:05PM  
**Saptami Until 2:11AM Tue**

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

**Sunrise:** 5:45AM  
**Sunset:** 6:38PM

Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga

Until 2:59AM Tue

Then Creative Work - Amrita Yoga

**Sivaloka Day**

**D**

**Tuesday, June 25, 2019**

**Retreat Star**

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

Chennai, India  
Sun 7 Sutra 72

Meena Rasi: 4.5 Tithi 23

312793461

**Gulika** 12:12PM – 1:49PM  
Yama 8:58AM – 10:35AM  
**Rahu** 3:25PM – 5:02PM

**Uttaraproshtapada Until 5:33AM Wed**  
Saubhagya Until 11:23PM  
Balava Until 3:15PM  
**Ashtami\* Until 4:10AM Wed**

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

**Sunrise:** 5:45AM  
**Sunset:** 6:39PM

Moon 6 - Phase 10  
Ashtami

Creative Work Amrita Yoga

Until 5:33AM 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 Titau

Chennai, India  
Sun 8 Sutra 73

Meena Rasi: 16.53 Tithi 24

312793461

**Gulika** 10:35AM – 12:12PM  
Yama 7:22AM – 8:59AM  
**Rahu** 12:12PM – 1:49PM

**Revati Until 7:29AM Thu**  
Sobhana Until 11:44PM  
Taitila Until 5:01PM  
**Navami\* Until 5:40AM Thu**

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

**Sunrise:** 5:45AM  
**Sunset:** 6:39PM

Moon 6 - Phase 10  
Navami

Routine Work Marana Yoga

Until 7:29AM Thu

Then Creative Work - Amrita Yoga

**Sivaloka Day**

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

All times are standard time

www.gurudeva.org/panchang

<b>1</b>		<b>Thursday, June 27, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Athiganda* Yoga Vanija Karana Dashamyam Titau	Chennai, India Sun 9 Sutra 74
Meena Rasi: 29.08	Tithi 25	312793461	<b>Gulika</b> 8:59AM – 10:36AM Yama 5:45AM – 7:22AM <b>Rahu</b> 1:49PM – 3:26PM	<b>Revati Until 7:29AM</b> Athiganda* Until 11:36PM Vanija Until 6:13PM <b>Dashami Until 6:34AM Fri</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Clear	<i>Sunrise:</i> 5:45AM <i>Sunset:</i> 6:39PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 7:29AM Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Friday, June 28, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau	Chennai, India Sun 10 Sutra 75
Mesha Rasi: 11.4	Tithi 25 – 26	322793461	<b>Gulika</b> 7:22AM – 8:59AM Yama 3:26PM – 5:02PM <b>Rahu</b> 10:36AM – 12:12PM	<b>Ashvini Until 9:08AM</b> Sukarma Until 10:57PM Bava Until 6:46PM <b>Dashami Until 6:34AM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – White	<i>Sunrise:</i> 5:46AM <i>Sunset:</i> 6:39PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase <b>Devaloka Day</b>
Creative Work Amrita Yoga Until 9:08AM Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Saturday, June 29, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Chennai, India Sun 11 Sutra 76
Mesha Rasi: 24.31	Tithi 26 – 27	322793461	<b>Gulika</b> 5:46AM – 7:23AM Yama 1:49PM – 3:26PM <b>Rahu</b> 8:59AM – 10:36AM	<b>Bharani Until 9:56AM</b> Dhriti Until 9:44PM Kaulava Until 6:36PM <b>Ekadashi* Until 6:45AM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – White	<i>Sunrise:</i> 5:46AM <i>Sunset:</i> 6:39PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga Until 9:56AM Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Sunday, June 30, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Tailila/Vanija Karana Dvadashi/Trayodashyam Titau	Chennai, India Sun 12 Sutra 77
Vrishabha Rasi: 7.44	Tithi 27 – 28	322793461	<b>Gulika</b> 3:26PM – 5:03PM Yama 12:13PM – 1:49PM <b>Rahu</b> 5:03PM – 6:39PM	<b>Krittika Until 9:52AM</b> Shula* Until 7:55PM Vanija Until 4:59AM Mon <b>Dvadashi* Until 6:13AM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – White	<i>Sunrise:</i> 5:46AM <i>Sunset:</i> 6:39PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga		<i>Pradosha Vrata (Fasting)</i>					

<b>5</b>		<b>Monday, July 1, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda*/Vridhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Chennai, India Sun 13 Sutra 78
Vrishabha Rasi: 21.2	Tithi 29	332793461	<b>Gulika</b> 1:50PM – 3:26PM Yama 10:36AM – 12:13PM <b>Rahu</b> 7:23AM – 9:00AM	<b>Rohini Until 9:26AM</b> Ganda* Until 5:36PM Visti Until 4:09PM <b>Chaturdashi* Until 3:09AM Tue</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Yellow	<i>Sunrise:</i> 5:47AM <i>Sunset:</i> 6:40PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase <b>Devaloka Day</b>
Family Home Evening Creative Work Amrita Yoga							

<b>Retreat Star</b>		<b>Tuesday, July 2, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vridhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Chennai, India Sun 14 Sutra 79
Mithuna Rasi: 5.19	Tithi 30	332793461	<b>Gulika</b> 12:13PM – 1:50PM Yama 9:00AM – 10:37AM <b>Rahu</b> 3:26PM – 5:03PM	<b>Mrigashira Until 8:16AM</b> Vridhi Until 2:50PM Catuspada Until 2:03PM <b>Amavasya* Until 12:48AM Wed</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Yellow	<i>Sunrise:</i> 5:47AM <i>Sunset:</i> 6:40PM	Vikarin 5121 Moon 6 - Phase 11 Amavasya <b>Devaloka Day</b>
Creative Work Siddha Yoga Until 8:16AM Then Routine Work - Marana Yoga		<b>Total Solar Eclipse</b>					

<b>Retreat Star</b>		<b>Wednesday, July 3, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau	Chennai, India Sun 15 Sutra 80
Mithuna Rasi: 19.37	Tithi 1	333793461	<b>Gulika</b> 10:37AM – 12:13PM Yama 7:24AM – 9:00AM <b>Rahu</b> 12:13PM – 1:50PM	<b>Ardra Until 6:29AM</b> Dhruva Until 11:42AM Kintughna Until 11:30AM <b>Prathama* Until 10:06PM</b>	<b>Ganesha:</b> Red <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Yellow	<i>Sunrise:</i> 5:47AM <i>Sunset:</i> 6:40PM	Vikarin 5121 Moon 6 - Phase 11 Prathama <b>Sivaloka Day</b>
Creative Work Siddha Yoga		<b>Ashada-Ani</b>					

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

<b>1</b>		<b>Thursday, July 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vyaghata/Harshana Yoga Balava/Kaulava Karana Dvitiyayam Titau			Chennai, India Sun 16 Sutra 81 Vikarin 5121
Kataka Rasi: 4.09	Tithi 2	<b>Gulika</b> 9:00AM – 10:37AM	<b>Pushya</b> Until 2:28AM Fri	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:47AM		
		Yama 5:47AM – 7:24AM	Vyaghata* Until 8:19AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM		Moon 6 - Phase 12
		343793461 <b>Rahu</b> 1:50PM – 3:27PM	Balava Until 8:40AM	<b>Nataraja:</b> Yellow			3rd Phase
Creative Work	Amrita Yoga		<b>Dvitiya</b> Until 7:09PM	Moon – Blue		<b>Sivaloka Day</b>	
Until 2:28AM Fri				<b>Ashada*Ani</b>			
Then Routine Work - Marana Yoga							

<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			Chennai, India Sun 17 Sutra 82 Vikarin 5121
Kataka Rasi: 18.49	Tithi 3 – 4	<b>Gulika</b> 7:24AM – 9:01AM	<b>Ashlesha*</b> Until 12:07AM Sat	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:48AM		
		Yama 3:27PM – 5:03PM	Vajra* Until 1:15AM Sat	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM		Moon 6 - Phase 12
		343793461 <b>Rahu</b> 10:37AM – 12:14PM	Vanija Until 2:38AM Sat	<b>Nataraja:</b> Yellow			3rd Phase
Routine Work	Marana Yoga		<b>Tritiya</b> Until 4:07PM	Moon – Blue		<b>Sivaloka Day</b>	
Until 12:07AM Sat				<b>Ashada*Ani</b>			
Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Saturday, July 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Chennai, India Sun 18 Sutra 83 Vikarin 5121
Simha Rasi: 3.3	Tithi 4 – 5	<b>Gulika</b> 5:48AM – 7:24AM	<b>Magha*</b> Until 10:07PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:48AM		
		Yama 1:50PM – 3:27PM	Siddhi Until 9:47PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM		Moon 6 - Phase 12
		353793461 <b>Rahu</b> 9:01AM – 10:37AM	Bava Until 11:41PM	<b>Nataraja:</b> Yellow			3rd Phase
Creative Work	Amrita Yoga		<b>Chaturthi*</b> Until 1:07PM	Moon – Red		<b>Subha Sivaloka Day</b>	
Until 10:07PM				<b>Ashada*Ani</b>			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Sunday, July 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Chennai, India Sun 19 Sutra 84 Vikarin 5121
Simha Rasi: 18.06	Tithi 5 – 6	<b>Gulika</b> 3:27PM – 5:04PM	<b>Purvaphalguni</b> Until 8:10PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:48AM		
		Yama 12:14PM – 1:51PM	Vyatipata* Until 6:29PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM		Moon 6 - Phase 12
		453793461 <b>Rahu</b> 5:04PM – 6:40PM	Kaulava Until 8:57PM	<b>Nataraja:</b> Yellow			3rd Phase
Creative Work	Siddha Yoga		<b>Panchami</b> Until 10:16AM	Moon – Red		<b>Sivaloka Day</b>	
Until 8:10PM				<b>Ashada*Ani</b>			
Then Creative Work - Amrita Yoga							

<b>5</b>		<b>Monday, July 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Varyian/Parigha* Yoga Tailita/Gara Karana Shashthi/Saptamyam Titau			Chennai, India Sun 20 Sutra 85 Vikarin 5121
Kanya Rasi: 2.32	Tithi 6 – 7	<b>Gulika</b> 1:51PM – 3:27PM	<b>Uttaraphalguni</b> Until 6:22PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:48AM		
<b>Family Home Evening</b>		Yama 10:38AM – 12:14PM	Variyan Until 3:23PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM		Moon 6 - Phase 12
		453793461 <b>Rahu</b> 7:25AM – 9:01AM	Gara Until 6:30PM	<b>Nataraja:</b> Yellow			3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 7:40AM	Moon – Red		<b>Sivaloka Day</b>	
		<b>Chidambaram Abhishekam</b>		<b>Ashada*Ani</b>			

<b>Retreat Star</b>		<b>Tuesday, July 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau			Chennai, India Sun 21 Sutra 86 Vikarin 5121
Kanya Rasi: 16.46	Tithi 8	<b>Gulika</b> 12:14PM – 1:51PM	<b>Hasta</b> Until 5:13PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:49AM		
		Yama 9:02AM – 10:38AM	Parigha* Until 12:36PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM		Moon 6 - Phase 12
		463793461 <b>Rahu</b> 3:27PM – 5:04PM	Visti Until 4:24PM	<b>Nataraja:</b> Yellow			Ashtami
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 3:30AM Wed	Moon – Green		<b>Subha Sivaloka Day</b>	
				<b>Ashada*Ani</b>			

<b>Retreat Star</b>		<b>Wednesday, July 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau			Chennai, India Sun 22 Sutra 87 Vikarin 5121
Tula Rasi: 0.43	Tithi 9	<b>Gulika</b> 10:38AM – 12:15PM	<b>Chitra</b> Until 4:20PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:49AM		
		Yama 7:25AM – 9:02AM	Shiva Until 10:09AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM		Moon 6 - Phase 12
		463793461 <b>Rahu</b> 12:15PM – 1:51PM	Balava Until 2:44PM	<b>Nataraja:</b> Yellow			Navami
Creative Work	Siddha Yoga		<b>Navami*</b> Until 2:02AM Thu	Moon – Green		<b>Subha Sivaloka Day</b>	
				<b>Ashada*Ani</b>			

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


<b>1</b>		<b>Thursday, July 11, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dashamyam Titau	Chennai, India Sun 23 Sutra 88 Vikarin 5121
Tula Rasi: 14.25	Tithi 10	<b>Gulika</b> 9:02AM – 10:38AM	<b>Svati</b> Until 3:45PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:49AM		
		Yama 5:49AM – 7:26AM	Siddha Until 8:02AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 13	
		463893461 <b>Rahu</b> 1:51PM – 3:27PM	Taitila Until 1:30PM	<b>Nataraja:</b> Yellow		4th Phase	
Creative Work	Amrita Yoga		<b>Dashami</b> Until 1:02AM Fri	Moon – Green		<b>Sivaloka Day</b>	
Until 3:45PM				<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 Sadhya/Subha Yoga Vanija/Visti* Karana Ekadashyam Titau	Chennai, India Sun 24 Sutra 89 Vikarin 5121
Tula Rasi: 27.51	Tithi 11	<b>Gulika</b> 7:26AM – 9:02AM	<b>Vishakha</b> Until 3:55PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:50AM		
		Yama 3:27PM – 5:04PM	Sadhya Until 6:18AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 13	
		473893461 <b>Rahu</b> 10:38AM – 12:15PM	Vanija Until 12:43PM	<b>Nataraja:</b> Yellow		4th Phase	
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 12:30AM Sat	Moon – Orange		<b>Devaloka Day</b>	
				<b>Ashada•Ani</b>			

<b>3</b>		<b>Saturday, July 13, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau	Chennai, India Sun 25 Sutra 90 Vikarin 5121
Vrischika Rasi: 11.01	Tithi 12	<b>Gulika</b> 5:50AM – 7:26AM	<b>Anuradha</b> Until 4:24PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:50AM		
		Yama 1:51PM – 3:27PM	Sukla Until 3:59AM Sun	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 13	
		473893461 <b>Rahu</b> 9:02AM – 10:39AM	Bava Until 12:26PM	<b>Nataraja:</b> Yellow		4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 12:26AM Sun	Moon – Orange		<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	Chennai, India Sun 26 Sutra 91 Vikarin 5121
Vrischika Rasi: 23.57	Tithi 13	<b>Gulika</b> 3:28PM – 5:04PM	<b>Jyeshtha*</b> Until 5:13PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:50AM		
		Yama 12:15PM – 1:51PM	Brahma Until 3:23AM Mon	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 13	
		473893461 <b>Rahu</b> 5:04PM – 6:40PM	Kaulava Until 12:37PM	<b>Nataraja:</b> Yellow		4th Phase	
Routine Work	Marana Yoga		<b>Trayodashi</b> Until 12:52AM Mon	Moon – Orange		<b>Devaloka Day</b>	
Until 5:13PM				<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* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau	Chennai, India Sun 27 Sutra 92 Vikarin 5121
Dhanus Rasi: 6.38	Tithi 14	<b>Gulika</b> 1:51PM – 3:28PM	<b>Mula*</b> Until 6:48PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:50AM		
<b>Family Home Evening</b>		Yama 10:39AM – 12:15PM	Indra Until 3:11AM Tue	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 13	
		483893461 <b>Rahu</b> 7:27AM – 9:03AM	Gara Until 1:17PM	<b>Nataraja:</b> Yellow		4th Phase	
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 1:46AM Tue	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 6:48PM				<b>Ashada•Ani</b>			
Then Routine Work - Marana Yoga							

		<b>Tuesday, July 16, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau	Chennai, India Sun 28 Sutra 93 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 12:15PM – 1:51PM	<b>Purvashadha*</b> Until 8:40PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:51AM		
Dhanus Rasi: 19.07	Tithi 15	Yama 9:03AM – 10:39AM	Vaidhriti* Until 3:18AM Wed	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 13	
		483893461 <b>Rahu</b> 3:28PM – 5:04PM	Visti Until 2:24PM	<b>Nataraja:</b> Yellow		Purnima	
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 3:07AM Wed	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 8:40PM				<b>Ashada•Ani</b>			
Then Routine Work - Prabalarishta Yoga		<b>Partial Lunar Eclipse</b>					
		<b>Satguru Purnima</b>					

<b>6</b>		<b>Wednesday, July 17, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau	Chennai, India Sun 29 Sutra 94 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 10:39AM – 12:15PM	<b>Uttarashadha</b> Until 10:48PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:51AM		
Makara Rasi: 1.25	Tithi 16	Yama 7:27AM – 9:03AM	Vishkambha* Until 3:44AM Thu	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 13	
		484893462 <b>Rahu</b> 12:15PM – 1:51PM	Balava Until 3:58PM	<b>Nataraja:</b> White		Prathama	
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 4:53AM Thu	Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>	
Until 10:48PM				<b>Ashada•Ani</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

Chennai, India  
Sutra 95

Makara Rasi: 13.32 Tithi 17

**Gulika** 9:03AM – 10:39AM  
Yama 5:51AM – 7:27AM  
494893462 **Rahu** 1:51PM – 3:28PM

**Shravana Until 1:35AM Fri**  
Priti Until 4:27AM Fri  
Tailila Until 5:54PM  
**Dvitiya Until 6:58AM Fri**

**Ganesha:** Clear *Sunrise: 5:51AM*  
**Muruqa:** Blue *Sunset: 6:40PM*  
**Nataraja:** White  
Moon – Purple

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

**Subha Sivaloka Day**

**1**

**Friday, July 19, 2019**

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

Chennai, India  
Sun 1 Sutra 96

Makara Rasi: 25.31 Tithi 17 – 18

**Gulika** 7:27AM – 9:03AM  
Yama 3:28PM – 5:04PM  
494893462 **Rahu** 10:39AM – 12:16PM

**Dhanishtha Until 4:27AM Sat**  
Ayushman Until 5:19AM Sat  
Vanija Until 8:07PM  
**Dvitiya Until 6:58AM**

**Ganesha:** Clear *Sunrise: 5:51AM*  
**Muruqa:** Blue *Sunset: 6:40PM*  
**Nataraja:** White  
Moon – Purple

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

**Subha Sivaloka Day**

Until 4:27AM Sat  
Then Creative Work - Amrita Yoga

**2**

**Saturday, July 20, 2019**

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

Chennai, India  
Sun 2 Sutra 97

Kumbha Rasi: 7.25 Tithi 18 – 19

**Gulika** 5:52AM – 7:28AM  
Yama 1:52PM – 3:27PM  
494893462 **Rahu** 9:04AM – 10:40AM

**Shatabhishak Until 7:15AM Sun**  
Saubhagya Until 6:18AM Sun  
Bava Until 10:30PM  
**Tritiya Until 9:17AM**

**Ganesha:** Clear *Sunrise: 5:52AM*  
**Muruqa:** Blue *Sunset: 6:39PM*  
**Nataraja:** White  
Moon – Purple

Moon 7 - Phase 14  
1st Phase

Creative Work Amrita Yoga

**Subha Sivaloka Day**

Until 7:15AM Sun  
Then Creative Work - Siddha Yoga

**3**

**Sunday, July 21, 2019**

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

Chennai, India  
Sun 3 Sutra 98

Kumbha Rasi: 19.17 Tithi 19 – 20

**Gulika** 3:27PM – 5:03PM  
Yama 12:16PM – 1:52PM  
494893462 **Rahu** 5:03PM – 6:39PM

**Shatabhishak Until 7:15AM**  
Saubhagya Until 6:18AM  
Kaulava Until 12:55AM Mon  
**Chaturthi\* Until 11:42AM**

**Ganesha:** Clear *Sunrise: 5:52AM*  
**Muruqa:** Blue *Sunset: 6:39PM*  
**Nataraja:** White  
Moon – Purple

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

**Subha Sivaloka Day**

**4**

**Monday, July 22, 2019**

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

Chennai, India  
Sun 4 Sutra 99

Meena Rasi: 1.09 Tithi 20 – 21

**Family Home Evening**

**Gulika** 1:52PM – 3:27PM  
Yama 10:40AM – 12:16PM  
414893462 **Rahu** 7:28AM – 9:04AM

**Purvaproshtapada\* Until 10:23AM**  
Sobhana Until 7:16AM  
Gara Until 3:12AM Tue  
**Panchami Until 2:04PM**

**Ganesha:** Clear *Sunrise: 5:52AM*  
**Muruqa:** Blue *Sunset: 6:39PM*  
**Nataraja:** White  
Moon – Clear

Moon 7 - Phase 14  
1st Phase

Routine Work Marana Yoga  
Until 10:23AM

**Subha Sivaloka Day**

Then Creative Work - Siddha Yoga

**5**

**Tuesday, July 23, 2019**

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

Chennai, India  
Sun 5 Sutra 100

Meena Rasi: 13.04 Tithi 21 – 22

**Gulika** 12:16PM – 1:51PM  
Yama 9:04AM – 10:40AM  
414893462 **Rahu** 3:27PM – 5:03PM

**Uttaraproshtapada Until 1:10PM**  
Athiganda\* Until 8:05AM  
Visti Until 5:12AM Wed  
**Shashthi\* Until 4:14PM**

**Ganesha:** Clear *Sunrise: 5:53AM*  
**Muruqa:** Blue *Sunset: 6:39PM*  
**Nataraja:** White  
Moon – Clear

Moon 7 - Phase 14  
1st Phase

Creative Work Amrita Yoga  
Until 1:10PM

**Subha Sivaloka Day**

Then Creative Work - Siddha Yoga

**6**

**Wednesday, July 24, 2019**

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

Chennai, India  
Sun 6 Sutra 101

Meena Rasi: 25.07 Tithi 22

**Gulika** 10:40AM – 12:16PM  
Yama 7:29AM – 9:04AM  
414893462 **Rahu** 12:16PM – 1:51PM

**Revati Until 3:27PM**  
Sukarma Until 8:41AM  
Bava Until 6:02PM  
**Saptami Until 6:02PM**

**Ganesha:** Clear *Sunrise: 5:53AM*  
**Muruqa:** Blue *Sunset: 6:39PM*  
**Nataraja:** White  
Moon – Clear

Moon 7 - Phase 14  
1st Phase

Routine Work Marana Yoga

**Subha Sivaloka Day**

**D**

**Thursday, July 25, 2019**  
**Retreat Star**

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

Chennai, India  
Sun 7 Sutra 102

Mesha Rasi: 7.2 Tithi 23

**Gulika** 9:04AM – 10:40AM  
Yama 5:53AM – 7:29AM  
424893462 **Rahu** 1:51PM – 3:27PM

**Ashvini Until 5:34PM**  
Dhriti Until 8:56AM  
Balava Until 6:46AM  
**Ashtami\* Until 7:18PM**

**Ganesha:** White *Sunrise: 5:53AM*  
**Muruqa:** Blue *Sunset: 6:38PM*  
**Nataraja:** White  
Moon – White

Moon 7 - Phase 14  
Ashtami

Creative Work Amrita Yoga  
Until 5:34PM

**Subha Subha Sivaloka Day**

Then Creative Work - Siddha Yoga

**Friday, July 26, 2019**

**Retreat Star**

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

Chennai, India  
Sun 8 Sutra 103

Mesha Rasi: 19.49 Tithi 24

**Gulika** 7:29AM – 9:05AM  
Yama 3:27PM – 5:03PM  
424893462 **Rahu** 10:40AM – 12:16PM

**Bharani Until 6:53PM**  
Shula\* Until 8:40AM  
Tailila Until 7:43AM  
**Navami\* Until 7:55PM**

**Ganesha:** White *Sunrise: 5:53AM*  
**Muruqa:** Blue *Sunset: 6:38PM*  
**Nataraja:** White  
Moon – White

Moon 7 - Phase 14  
Navami

Creative Work Siddha Yoga

**Subha Subha Sivaloka Day**

**Ashada\*Adi**


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

<b>1</b>	<b>Saturday, July 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ganda*Vridhi Yoga Vanija/Visti* Karana Dashamyam Titau				Chennai, India	
	Wrishabha Rasi: 2.38	Tithi 25				Sun 9	Sutra 104	
			Gulika	5:54AM – 7:29AM	Krittika Until 7:19PM	Ganesha: White	Sunrise: 5:54AM	Vikarin 5121
			Yama	1:51PM – 3:27PM	Ganda* Until 7:52AM	Muruga: Blue	Sunset: 6:38PM	Moon 7 - Phase 15
		424893462 Rahu	9:05AM – 10:40AM	Vanija Until 7:57AM	Nataraja: White		2nd Phase	
Creative Work Amrita Yoga				Dashami Until 7:46PM	Moon – White	Subha Subha Sivaloka Day		
					Ashada-Adi			

<b>2</b>	<b>Sunday, July 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Vriddhi/Dhruva Yoga Bava/Balava Karana Ekadashyam Titau				Chennai, India	
	Wrishabha Rasi: 15.5	Tithi 26				Sun 10	Sutra 105	
			Gulika	3:27PM – 5:02PM	Rohini Until 7:17PM	Ganesha: Yellow	Sunrise: 5:54AM	Vikarin 5121
			Yama	12:16PM – 1:51PM	Vriddhi Until 6:27AM	Muruga: Blue	Sunset: 6:38PM	Moon 7 - Phase 15
		434893462 Rahu	5:02PM – 6:38PM	Bava Until 7:25AM	Nataraja: White		2nd Phase	
Creative Work Siddha Yoga				Ekadashi* Until 6:50PM	Moon – Yellow	Subha Sivaloka Day		
					Ashada-Adi			

<b>3</b>	<b>Monday, July 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Vyaghata* Yoga Kaulava/Gara Karana Dvadashi/Trayodashyam Titau				Chennai, India	
	Wrishabha Rasi: 29.28	Tithi 27 – 28				Sun 11	Sutra 106	
	<b>Family Home Evening</b>		Gulika	1:51PM – 3:27PM	Mrigashira Until 6:21PM	Ganesha: Yellow	Sunrise: 5:54AM	Vikarin 5121
			Yama	10:40AM – 12:16PM	Vyaghata* Until 1:44AM Tue	Muruga: Blue	Sunset: 6:37PM	Moon 7 - Phase 15
		434893462 Rahu	7:29AM – 9:05AM	Kaulava Until 6:06AM	Nataraja: White		2nd Phase	
Creative Work Amrita Yoga				Dvadashi* Until 5:09PM	Moon – Yellow	Subha Sivaloka Day		
Until 6:21PM					Ashada-Adi			
Then Creative Work - Siddha Yoga					<i>Pradosha Vrata (Fasting)</i>			

<b>4</b>	<b>Tuesday, July 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Chennai, India	
	Mithuna Rasi: 13.32	Tithi 28 – 29				Sun 12	Sutra 107	
			Gulika	12:16PM – 1:51PM	Ardra Until 4:37PM	Ganesha: White	Sunrise: 5:54AM	Vikarin 5121
			Yama	9:05AM – 10:40AM	Harshana Until 10:37PM	Muruga: Blue	Sunset: 6:37PM	Moon 7 - Phase 15
		435893462 Rahu	3:26PM – 5:02PM	Visti Until 1:27AM Wed	Nataraja: White		2nd Phase	
Routine Work Marana Yoga				Trayodashi* Until 2:49PM	Moon – Yellow	Sivaloka Day		
Until 4:37PM					Ashada-Adi			
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* Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Chennai, India	
	<b>Retreat Star</b>					Sun 13	Sutra 108	
	Mithuna Rasi: 28.01	Tithi 29 – 30	Gulika	10:40AM – 12:16PM	Punarvasu Until 2:39PM	Ganesha: Green	Sunrise: 5:54AM	Vikarin 5121
			Yama	7:30AM – 9:05AM	Vajra* Until 7:03PM	Muruga: Blue	Sunset: 6:37PM	Moon 7 - Phase 15
		445893462 Rahu	12:16PM – 1:51PM	Catuspada Until 10:22PM	Nataraja: White		Amavasya	
Creative Work Siddha Yoga				Chaturdashi* Until 11:57AM	Moon – Blue	Sivaloka Day		
					Ashada-Adi			

<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/Vyatlipata* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Chennai, India	
	<b>Retreat Star</b>					Sun 14	Sutra 109	
	Kataka Rasi: 12.49	Tithi 30 – 1	Gulika	9:05AM – 10:40AM	Pushya Until 12:10PM	Ganesha: Green	Sunrise: 5:55AM	Vikarin 5121
			Yama	5:55AM – 7:30AM	Siddhi Until 3:13PM	Muruga: Blue	Sunset: 6:37PM	Moon 7 - Phase 15
		445893462 Rahu	1:51PM – 3:26PM	Kintughna Until 6:58PM	Nataraja: White		Prathama	
Creative Work Amrita Yoga				Amavasya* Until 8:41AM	Moon – Blue	Sivaloka Day		
Until 12:10PM					Sravana-Adi			
Then Creative Work - Siddha Yoga								

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

<b>1</b>		<b>Friday, August 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvitiyayam Titau	Chennai, India Sun 15 Sutra 110 Vikarin 5121
Kataka Rasi: 27.49	Tithi 2	<b>Gulika</b> 7:30AM – 9:05AM	<b>Ashlesha* Until 9:20AM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:55AM	
		Yama 3:26PM – 5:01PM	Vyatipata* Until 11:15AM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:36PM	Moon 7 - Phase 16
445893462	<b>Rahu</b> 10:40AM – 12:16PM		Balava Until 3:25PM	<b>Nataraja:</b> White	3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya Until 1:37AM Sat</b>	Moon – Blue	<b>Sivaloka Day</b>
				<b>Sravana*Adi</b>	

<b>2</b>		<b>Saturday, August 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Trityayam Titau	Chennai, India Sun 16 Sutra 111 Vikarin 5121
Simha Rasi: 12.52	Tithi 3	<b>Gulika</b> 5:55AM – 7:30AM	<b>Magha* Until 6:43AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:55AM	
		Yama 1:51PM – 3:26PM	Varyan Until 7:13AM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:36PM	Moon 7 - Phase 16
455893462	<b>Rahu</b> 9:05AM – 10:40AM		Taitila Until 11:52AM	<b>Nataraja:</b> White	3rd Phase
Creative Work	Amrita Yoga		<b>Tritiya Until 10:07PM</b>	Moon – Red	<b>Sivaloka Day</b>
Until 6:43AM				<b>Sravana*Adi</b>	
Then Creative Work - Siddha 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 Vanija/Visti* Karana Chaturthiyam Titau	Chennai, India Sun 17 Sutra 112 Vikarin 5121
Simha Rasi: 27.5	Tithi 4	<b>Gulika</b> 3:25PM – 5:00PM	<b>Uttaraphalguni Until 1:36AM Mon</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:55AM	
		Yama 12:15PM – 1:50PM	Shiva Until 11:38PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:36PM	Moon 7 - Phase 16
455993462	<b>Rahu</b> 5:00PM – 6:36PM		Vanija Until 8:27AM	<b>Nataraja:</b> White	3rd Phase
Creative Work	Amrita Yoga		<b>Chaturthi* Until 6:50PM</b>	Moon – Red	<b>Subha Sivaloka Day</b>
Until 1:36AM Mon				<b>Sravana*Adi</b>	
Then Creative Work - Siddha Yoga					

<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 Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau	Chennai, India Sun 18 Sutra 113 Vikarin 5121
Kanya Rasi: 12.35	Tithi 5 – 6	<b>Gulika</b> 1:50PM – 3:25PM	<b>Hasta Until 11:47PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:55AM	
<b>Family Home Evening</b>		Yama 10:40AM – 12:15PM	Siddha Until 8:15PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:35PM	Moon 7 - Phase 16
465993462	<b>Rahu</b> 7:30AM – 9:05AM		Kaulava Until 2:40AM Tue	<b>Nataraja:</b> White	3rd Phase
Creative Work	Siddha Yoga		<b>Panchami Until 3:56PM</b>	Moon – Green	<b>Subha Subha Sivaloka Day</b>
Until 11:47PM		<b>Nag Panchami</b>		<b>Sravana*Adi</b>	
Then Routine Work - Prabalarishta Yoga					

<b>5</b>		<b>Tuesday, August 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Chennai, India Sun 19 Sutra 114 Vikarin 5121
Kanya Rasi: 27.01	Tithi 6 – 7	<b>Gulika</b> 12:15PM – 1:50PM	<b>Chitra Until 10:22PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:56AM	
		Yama 9:05AM – 10:40AM	Sadhya Until 5:18PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:35PM	Moon 7 - Phase 16
465993462	<b>Rahu</b> 3:25PM – 5:00PM		Gara Until 12:32AM Wed	<b>Nataraja:</b> White	3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi* Until 1:30PM</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 Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Chennai, India Sun 20 Sutra 115 Vikarin 5121
Tula Rasi: 11.05	Tithi 7 – 8	<b>Gulika</b> 10:40AM – 12:15PM	<b>Svati Until 9:24PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:56AM	
		Yama 7:31AM – 9:05AM	Subha Until 2:51PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:34PM	Moon 7 - Phase 16
465993462	<b>Rahu</b> 12:15PM – 1:50PM		Visti Until 11:00PM	<b>Nataraja:</b> White	Ashtami
Creative Work	Siddha Yoga		<b>Saptami Until 11:40AM</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 Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Chennai, India Sun 21 Sutra 116 Vikarin 5121
Tula Rasi: 24.45	Tithi 8 – 9	<b>Gulika</b> 9:05AM – 10:40AM	<b>Vishakha Until 9:24PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:56AM	
		Yama 5:56AM – 7:31AM	Sukla Until 12:55PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:34PM	Moon 7 - Phase 16
476993462	<b>Rahu</b> 1:50PM – 3:24PM		Balava Until 10:09PM	<b>Nataraja:</b> White	Navami
Creative Work	Siddha Yoga		<b>Ashtami* Until 10:29AM</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 Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau	Chennai, India Sun 22 Sutra 117 Vikarin 5121
Wrischika Rasi: 8.02	Tithi 9 – 10	<b>Gulika</b> 7:31AM – 9:05AM	<b>Anuradha</b> Until 9:54PM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Orange	Sunrise: 5:56AM Sunset: 6:34PM Moon 7 - Phase 17 4th Phase
Creative Work	Siddha Yoga	486993462 <b>Rahu</b> 10:40AM – 12:15PM	<b>Navami*</b> Until 9:58AM	<b>Sravana*Adi</b>	<b>Sivaloka Day</b>
Until 9:54PM		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* Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Dashami/Ekadasmyam Titau	Chennai, India Sun 23 Sutra 118 Vikarin 5121
Wrischika Rasi: 20.59	Tithi 10 – 11	<b>Gulika</b> 5:56AM – 7:31AM	<b>Jyeshtha*</b> Until 10:52PM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Orange	Sunrise: 5:56AM Sunset: 6:33PM Moon 7 - Phase 17 4th Phase
Creative Work	Siddha Yoga	486993462 <b>Rahu</b> 9:05AM – 10:40AM	<b>Dashami</b> Until 10:06AM	<b>Sravana*Adi</b>	<b>Sivaloka Day</b>
Until 9:54PM		Then Routine Work - Marana Yoga			

<b>3</b>		<b>Sunday, August 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vaidhriti*/Vishkambha* Yoga Vistii*/Bava Karana Ekadashi/Dvadashmyam Titau	Chennai, India Sun 24 Sutra 119 Vikarin 5121
Dhanus Rasi: 3.38	Tithi 11 – 12	<b>Gulika</b> 3:24PM – 4:58PM	<b>Mula*</b> Until 12:42AM Mon	<b>Ganesha:</b> Clear <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Light Blue	Sunrise: 5:56AM Sunset: 6:33PM Moon 7 - Phase 17 4th Phase
Creative Work	Amrita Yoga	486993462 <b>Rahu</b> 4:58PM – 6:33PM	<b>Vaidhriti*</b> Until 10:15AM <b>Bava</b> Until 11:26PM <b>Ekadashi</b> Until 10:50AM	<b>Sravana*Adi</b>	<b>Subha Sivaloka Day</b>
Until 12:42AM Mon		Then Routine Work - Marana 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 Vishkambha*/Pritii Yoga Balava/Kaulava Karana Dvadashi/Trayodashmyam Titau	Chennai, India Sun 25 Sutra 120 Vikarin 5121
Dhanus Rasi: 16.02	Tithi 12 – 13	<b>Gulika</b> 1:49PM – 3:23PM	<b>Purvashadha*</b> Until 2:50AM Tue	<b>Ganesha:</b> Clear <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Light Blue	Sunrise: 5:57AM Sunset: 6:32PM Moon 7 - Phase 17 4th Phase
<b>Family Home Evening</b>	486993462 <b>Rahu</b> 7:31AM – 9:05AM	Yama 10:40AM – 12:14PM	<b>Vishkambha*</b> Until 10:16AM <b>Kaulava</b> Until 12:55AM Tue <b>Dvadashi</b> Until 12:06PM	<b>Sravana*Adi</b>	<b>Subha Sivaloka Day</b>
Routine Work	Marana Yoga	<i>Pradosha Vrata</i>			
Until 2:50AM Tue		Then Routine Work - Prabalarishta Yoga			

<b>5</b>		<b>Tuesday, August 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Pritii/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashmyam Titau	Chennai, India Sun 26 Sutra 121 Vikarin 5121
Dhanus Rasi: 28.16	Tithi 13 – 14	<b>Gulika</b> 12:14PM – 1:49PM	<b>Uttarashadha</b> Until 5:08AM Wed	<b>Ganesha:</b> Clear <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Light Blue	Sunrise: 5:57AM Sunset: 6:32PM Moon 7 - Phase 17 4th Phase
Routine Work	Prabalarishta Yoga	486993462 <b>Rahu</b> 3:23PM – 4:57PM	<b>Pritii</b> Until 10:37AM <b>Gara</b> Until 2:46AM Wed <b>Trayodashi</b> Until 1:47PM	<b>Sravana*Adi</b>	<b>Subha Sivaloka Day</b>
Until 5:08AM Wed		Then Creative Work - Siddha Yoga			

<b>6</b>		<b>Wednesday, August 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Vistii* Karana Chaturdashi/Purnimayam Titau	Chennai, India Sun 27 Sutra 122 Vikarin 5121
Makara Rasi: 10.2	Tithi 14 – 15	<b>Gulika</b> 10:40AM – 12:14PM	<b>Shravana</b> Until 8:03AM Thu	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Purple	Sunrise: 5:57AM Sunset: 6:31PM Moon 7 - Phase 17 4th Phase
Creative Work	Siddha Yoga	496993462 <b>Rahu</b> 12:14PM – 1:48PM	<b>Ayushman</b> Until 11:12AM <b>Vistii</b> Until 4:55AM Thu <b>Chaturdashi*</b> Until 3:48PM	<b>Sravana*Adi</b>	<b>Sivaloka Day</b>
Until 12:14PM		Then Creative Work - Siddha Yoga			

<b>○</b>		<b>Thursday, August 15, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava Karana Purnimayam Titau	Chennai, India Sutra 123 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 9:05AM – 10:40AM	<b>Shravana</b> Until 8:03AM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Purple	Sunrise: 5:57AM Sunset: 6:31PM Moon 7 - Phase 17 Purnima
Makara Rasi: 22.18	Tithi 15	497993462 <b>Rahu</b> 1:48PM – 3:22PM	<b>Saubhagya</b> Until 11:59AM <b>Bava</b> Until 6:02PM <b>Purnima*</b> Until 6:02PM	<b>Sravana*Adi</b>	<b>Subha Sivaloka Day</b>
Creative Work	Siddha Yoga	<b>Raksha Bandhan</b>			
Until 3:22PM		Then Creative Work - Siddha Yoga			

<b>○</b>		<b>Friday, August 16, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sobhana/Alhiganda* Yoga Balava/Kaulava Karana Prathamayam Titau	Chennai, India Sutra 124 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 7:31AM – 9:05AM	<b>Dhanishtha</b> Until 10:57AM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Purple	Sunrise: 5:57AM Sunset: 6:30PM Moon 7 - Phase 17 Prathama
Kumbha Rasi: 4.12	Tithi 16	497993462 <b>Rahu</b> 10:39AM – 12:14PM	<b>Sobhana</b> Until 12:54PM <b>Balava</b> Until 7:14AM <b>Prathama*</b> Until 8:25PM	<b>Sravana*Adi</b>	<b>Subha Sivaloka Day</b>
Creative Work	Siddha Yoga	Then Creative Work - Siddha Yoga			

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





Saturday, August 17, 2019

Gold Retreat Star

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

Chennai, India

Sun 1 Sutra 125

Kumbha Rasi: 16.04 Tithi 17

Gulika 5:57AM – 7:31AM  
Yama 1:47PM – 3:22PM  
Rahu 9:05AM – 10:39AM

Shatabhishak Until 1:46PM  
Athiganda\* Until 1:51PM  
Taitila Until 9:40AM  
Dvitiya Until 10:51PM

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

Sunrise: 5:57AM  
Sunset: 6:30PM

Moon 8 - Phase 18  
1st Phase

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 1:46PM

Then Routine Work - Marana Yoga

1

Sunday, August 18, 2019

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

Chennai, India

Sun 2 Sutra 126

Kumbha Rasi: 27.55 Tithi 18

517993462 Rahu 4:55PM – 6:29PM

Gulika 3:21PM – 4:55PM  
Yama 12:13PM – 1:47PM  
Rahu 4:55PM – 6:29PM

Purvaproshtapada\* Until 4:55PM  
Sukarma Until 2:48PM  
Vanija Until 12:05PM  
Tritiya Until 1:15AM Mon

Ganesha: White  
Muruga: Blue  
Nataraja: White  
Moon – Clear  
Sravana-Avani

Sunrise: 5:57AM  
Sunset: 6:29PM

Moon 8 - Phase 18  
1st Phase

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Until 4:55PM

Then Creative Work - Amrita Yoga

2

Monday, August 19, 2019

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

Chennai, India

Sun 3 Sutra 127

Meena Rasi: 9.49 Tithi 19

517993462 Rahu 7:31AM – 9:05AM

Gulika 1:47PM – 3:21PM  
Yama 10:39AM – 12:13PM  
Rahu 7:31AM – 9:05AM

Uttaraproshtapada Until 7:46PM  
Dhriti Until 3:42PM  
Bava Until 2:25PM  
Chaturthi\* Until 3:30AM Tue

Ganesha: White  
Muruga: Blue  
Nataraja: White  
Moon – Clear  
Sravana-Avani

Sunrise: 5:57AM  
Sunset: 6:29PM

Moon 8 - Phase 18  
1st Phase

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Family Home Evening

3

Tuesday, August 20, 2019

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

Chennai, India

Sun 4 Sutra 128

Meena Rasi: 21.45 Tithi 20

517993462 Rahu 3:20PM – 4:54PM

Gulika 12:13PM – 1:47PM  
Yama 9:05AM – 10:39AM  
Rahu 3:20PM – 4:54PM

Revati Until 10:16PM  
Shula\* Until 4:24PM  
Kaulava Until 4:33PM  
Panchami Until 5:29AM Wed

Ganesha: White  
Muruga: Blue  
Nataraja: White  
Moon – Clear  
Sravana-Avani

Sunrise: 5:57AM  
Sunset: 6:28PM

Moon 8 - Phase 18  
1st Phase

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

4

Wednesday, August 21, 2019

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

Chennai, India

Sun 5 Sutra 129

Mesha Rasi: 3.49 Tithi 21

527993462 Rahu 12:12PM – 1:46PM

Gulika 10:39AM – 12:12PM  
Yama 7:31AM – 9:05AM  
Rahu 12:12PM – 1:46PM

Ashvini Until 12:44AM Thu  
Ganda\* Until 4:52PM  
Gara Until 6:22PM  
Shashthi\* Until 7:05AM Thu

Ganesha: Clear  
Muruga: Blue  
Nataraja: White  
Moon – White  
Sravana-Avani

Sunrise: 5:58AM  
Sunset: 6:27PM

Moon 8 - Phase 18  
1st Phase

Subha Sivaloka Day

Routine Work Marana Yoga

Until 12:44AM Thu

Then Creative Work - Siddha Yoga

5

Thursday, August 22, 2019

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

Chennai, India

Sun 6 Sutra 130

Mesha Rasi: 16.01 Tithi 21 – 22

528993462 Rahu 1:46PM – 3:20PM

Gulika 9:05AM – 10:39AM  
Yama 5:58AM – 7:31AM  
Rahu 1:46PM – 3:20PM

Bharani Until 2:34AM Fri  
Vridhhi Until 5:00PM  
Visiti Until 7:43PM  
Shashthi\* Until 7:05AM

Ganesha: White  
Muruga: Blue  
Nataraja: White  
Moon – White  
Sravana-Avani

Sunrise: 5:58AM  
Sunset: 6:27PM

Moon 8 - Phase 18  
1st Phase

Sivaloka Day

Creative Work Siddha 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 Bava/Balava Karana Saptami/Ashtamyam Titau

Chennai, India

Sun 7 Sutra 131

Mesha Rasi: 28.27 Tithi 22 – 23

528993462 Rahu 10:38AM – 12:12PM

Gulika 7:31AM – 9:05AM  
Yama 3:19PM – 4:53PM  
Rahu 10:38AM – 12:12PM

Krittika Until 3:37AM Sat  
Dhruva Until 4:39PM  
Balava Until 8:28PM  
Saptami Until 8:09AM

Ganesha: White  
Muruga: Blue  
Nataraja: White  
Moon – White  
Sravana-Avani

Sunrise: 5:58AM  
Sunset: 6:26PM

Moon 8 - Phase 18  
Ashtami

Sivaloka Day

Creative Work Siddha Yoga

Until 3:37AM Sat

Then Creative Work - Amrita Yoga

Krishna Janmashtami

Saturday, August 24, 2019

Retreat Star

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

Chennai, India

Sun 8 Sutra 132

Vrishabha Rasi: 11.11 Tithi 23 – 24

538993462 Rahu 9:05AM – 10:38AM

Gulika 5:58AM – 7:31AM  
Yama 1:45PM – 3:19PM  
Rahu 9:05AM – 10:38AM

Rohini Until 4:15AM Sun  
Vyaghata\* Until 3:46PM  
Taitila Until 8:30PM  
Ashtami\* Until 8:33AM

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

Sunrise: 5:58AM  
Sunset: 6:26PM

Moon 8 - Phase 18  
Navami

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 4:15AM Sun

Then Creative Work - Siddha Yoga


<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 Gara/Vanija Karana Navami/Dashamyam Titau	Chennai, India Sun 9 Sutra 133 Vikarin 5121 Moon 8 - Phase 19 2nd Phase
Wishabha Rasi: 24.17	Tithi 24 - 25	<b>Gulika</b> 3:18PM - 4:52PM	<b>Mrigashira</b> Until 3:57AM Mon	<b>Ganesha:</b> Clear <i>Sunrise: 5:58AM</i>	
		Yama 12:11PM - 1:45PM	Harshana Until 2:16PM	<b>Muruqa:</b> Blue <i>Sunset: 6:25PM</i>	
538993462	<b>Rahu</b> 4:52PM - 6:25PM		Vanija Until 7:44PM	<b>Nataraja:</b> White	
Creative Work	Siddha Yoga		<b>Navami*</b> Until 8:12AM	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 Visti*/Bava Karana Dashami/Ekadashyam Titau	Chennai, India Sun 10 Sutra 134 Vikarin 5121 Moon 8 - Phase 19 2nd Phase
Mithuna Rasi: 7.49	Tithi 25 - 26	<b>Gulika</b> 1:44PM - 3:18PM	<b>Ardra</b> Until 2:45AM Tue	<b>Ganesha:</b> Clear <i>Sunrise: 5:58AM</i>	
		Yama 10:38AM - 12:11PM	Vajra* Until 12:07PM	<b>Muruqa:</b> Blue <i>Sunset: 6:24PM</i>	
538993462	<b>Rahu</b> 7:31AM - 9:05AM		Bava Until 6:12PM	<b>Nataraja:</b> White	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 7:03AM	Moon - Yellow	<b>Subha Sivaloka Day</b>
					<b>Sravana-Avani</b>

<b>3</b>		<b>Tuesday, August 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau	Chennai, India Sun 11 Sutra 135 Vikarin 5121 Moon 8 - Phase 19 2nd Phase
Mithuna Rasi: 21.5	Tithi 27	<b>Gulika</b> 12:11PM - 1:44PM	<b>Punarvasu</b> Until 1:09AM Wed	<b>Ganesha:</b> Purple <i>Sunrise: 5:58AM</i>	
		Yama 9:04AM - 10:38AM	Siddhi Until 9:22AM	<b>Muruqa:</b> Blue <i>Sunset: 6:24PM</i>	
548993462	<b>Rahu</b> 3:17PM - 4:51PM		Kaulava Until 3:56PM	<b>Nataraja:</b> White	
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 2:33AM Wed	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 Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Trayodashyam Titau	Chennai, India Sun 12 Sutra 136 Vikarin 5121 Moon 8 - Phase 19 2nd Phase
Kataka Rasi: 6.17	Tithi 28	<b>Gulika</b> 10:37AM - 12:11PM	<b>Pushya</b> Until 10:50PM	<b>Ganesha:</b> Light Blue <i>Sunrise: 5:58AM</i>	
		Yama 7:31AM - 9:04AM	Vyatipata* Until 6:06AM	<b>Muruqa:</b> Blue <i>Sunset: 6:23PM</i>	
549993463	<b>Rahu</b> 12:11PM - 1:44PM		Gara Until 1:04PM	<b>Nataraja:</b> Clear	
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 11:25PM	Moon - Blue	<b>Devaloka Day</b>
					<b>Sravana-Avani</b>
					<i>Pradosha Vrata (Fasting)</i>

<b>5</b>		<b>Thursday, August 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Chennai, India Sun 13 Sutra 137 Vikarin 5121 Moon 8 - Phase 19 2nd Phase
Kataka Rasi: 21.07	Tithi 29	<b>Gulika</b> 9:04AM - 10:37AM	<b>Ashlesha*</b> Until 7:59PM	<b>Ganesha:</b> Orange <i>Sunrise: 5:58AM</i>	
		Yama 5:58AM - 7:31AM	Parigha* Until 10:19PM	<b>Muruqa:</b> Blue <i>Sunset: 6:23PM</i>	
549193463	<b>Rahu</b> 1:43PM - 3:16PM		Visti Until 9:42AM	<b>Nataraja:</b> Clear	
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 7:53PM	Moon - Blue	<b>Sivaloka Day</b>
Until 7:59PM					<b>Sravana-Avani</b>
Then Creative Work - Amrita Yoga					

		<b>Friday, August 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau	Chennai, India Sun 14 Sutra 138 Vikarin 5121 Moon 8 - Phase 19 Amavasya
<b>Retreat Star</b>		<b>Gulika</b> 7:31AM - 9:04AM	<b>Magha*</b> Until 5:09PM	<b>Ganesha:</b> Clear <i>Sunrise: 5:58AM</i>	
Simha Rasi: 6.14	Tithi 30 - 1	Yama 3:16PM - 4:49PM	Shiva Until 6:06PM	<b>Muruqa:</b> Blue <i>Sunset: 6:22PM</i>	
559193463	<b>Rahu</b> 10:37AM - 12:10PM		Catuspada Until 6:01AM	<b>Nataraja:</b> Clear	
Routine Work	Marana Yoga		<b>Amavasya*</b> Until 4:06PM	Moon - Red	<b>Sivaloka Day</b>
Until 5:09PM					<b>Sravana-Avani</b>
Then Creative Work - Siddha Yoga					

<b>Retreat Star</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/Balava Karana Prathama/Dvitiyayam Titau	Chennai, India Sun 15 Sutra 139 Vikarin 5121 Moon 8 - Phase 19 Prathama
Simha Rasi: 21.29	Tithi 1 - 2	<b>Gulika</b> 5:58AM - 7:31AM	<b>Purvaphalguni</b> Until 2:07PM	<b>Ganesha:</b> Clear <i>Sunrise: 5:58AM</i>	
		Yama 1:43PM - 3:15PM	Siddha Until 1:48PM	<b>Muruqa:</b> Blue <i>Sunset: 6:21PM</i>	
559193463	<b>Rahu</b> 9:04AM - 10:37AM		Balava Until 10:22PM	<b>Nataraja:</b> Clear	
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 12:15PM	Moon - Red	<b>Sivaloka Day</b>
Until 2:07PM					<b>Bhadrapada-Avani</b>
Then Routine Work - Marana Yoga					

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

<b>1</b>	<b>Sunday, September 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau				Chennai, India
	Kanya Rasi: 6.42	Tithi 2 - 3	<b>Gulika</b> 3:15PM - 4:48PM	<b>Uttaraphalguni</b> Until 11:05AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:58AM	Sun 16 Sutra 140
			Yama 12:09PM - 1:42PM	Sadhya Until 9:37AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:21PM	Vikarin 5121
	559193463		<b>Rahu</b> 4:48PM - 6:21PM	Taitila Until 6:44PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Amrita Yoga		<b>Dvitiya</b> Until 8:30AM	Moon - Red		3rd Phase	
				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	

<b>2</b>	<b>Monday, September 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturtham Titau				Chennai, India
	Kanya Rasi: 21.43	Tithi 4	<b>Gulika</b> 1:42PM - 3:14PM	<b>Hasta</b> Until 8:36AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:58AM	Sun 17 Sutra 141
	<b>Family Home Evening</b>		Yama 10:36AM - 12:09PM	Sukla Until 2:05AM Tue	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:20PM	Vikarin 5121
	559193463		<b>Rahu</b> 7:31AM - 9:04AM	Vanija Until 3:27PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Chaturthi*</b> Until 1:58AM Tue	Moon - Green		3rd Phase	
Until 8:36AM		<b>Ganesha Chaturthi</b>		<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	
Then Routine Work - Prabararishta Yoga							

<b>3</b>	<b>Tuesday, September 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Chennai, India
	Tula Rasi: 6.23	Tithi 5	<b>Gulika</b> 12:09PM - 1:41PM	<b>Chitra</b> Until 6:26AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:58AM	Sun 18 Sutra 142
			Yama 9:03AM - 10:36AM	Brahma Until 10:58PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:19PM	Vikarin 5121
	559193463		<b>Rahu</b> 3:14PM - 4:47PM	Bava Until 12:40PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Panchami</b> Until 11:30PM	Moon - Green		3rd Phase	
				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	

<b>4</b>	<b>Wednesday, September 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra Yoga Kaulava/Taitila Karana Shashthiyam Titau				Chennai, India
	Tula Rasi: 20.38	Tithi 6	<b>Gulika</b> 10:36AM - 12:08PM	<b>Vishakha</b> Until 4:05AM Thu	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:58AM	Sun 19 Sutra 143
			Yama 7:31AM - 9:03AM	Indra Until 8:27PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:19PM	Vikarin 5121
	559193463		<b>Rahu</b> 12:08PM - 1:41PM	Kaulava Until 10:32AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 9:44PM	Moon - Orange		3rd Phase	
				<b>Bhadrapada-Avani</b>		<b>Subha Sivaloka Day</b>	

<b>5</b>	<b>Thursday, September 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Saptamyam Titau				Chennai, India
	Vrischika Rasi: 4.24	Tithi 7	<b>Gulika</b> 9:03AM - 10:36AM	<b>Anuradha</b> Until 4:05AM Fri	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:58AM	Sun 20 Sutra 144
			Yama 5:58AM - 7:31AM	Vaidhriti* Until 6:34PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:18PM	Vikarin 5121
	559193463		<b>Rahu</b> 1:41PM - 3:13PM	Gara Until 9:11AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Saptami</b> Until 8:47PM	Moon - Orange		3rd Phase	
Until 4:05AM Fri				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	
Then Routine Work - Marana 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 Visti*/Bava Karana Ashtamyam Titau				Chennai, India
	Vrischika Rasi: 17.42	Tithi 8	<b>Gulika</b> 7:31AM - 9:03AM	<b>Jyeshtha*</b> Until 4:43AM Sat	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:58AM	Sun 21 Sutra 145
			Yama 3:12PM - 4:45PM	Vishkambha* Until 5:20PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:17PM	Vikarin 5121
	559193463		<b>Rahu</b> 10:35AM - 12:08PM	Visti Until 8:38AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Routine Work	Marana Yoga		<b>Ashtami*</b> Until 8:40PM	Moon - Orange		Ashtami	
Until 4:43AM Sat				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	
Then Creative Work - Siddha 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 Balava/Kaulava Karana Navamyam Titau				Chennai, India
	Dhanus Rasi: 0.35	Tithi 9	<b>Gulika</b> 5:58AM - 7:31AM	<b>Mula*</b> Until 6:26AM Sun	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:58AM	Sun 22 Sutra 146
			Yama 1:40PM - 3:12PM	Priti Until 4:45PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:17PM	Vikarin 5121
	581193463		<b>Rahu</b> 9:03AM - 10:35AM	Balava Until 8:55AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Navami*</b> Until 9:19PM	Moon - Light Blue		Navami	
				<b>Bhadrapada-Avani</b>		<b>Devaloka Day</b>	


<b>1</b>	<b>Sunday, September 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dashamyam Titau				Chennai, India
	Dhanus Rasi: 13.06	Tithi 10	581193463	<b>Gulika</b> 3:11PM – 4:44PM <b>Yama</b> 12:07PM – 1:39PM <b>Rahu</b> 4:44PM – 6:16PM	<b>Mula* Until 6:26AM</b> Ayushman Until 4:41PM Taitila Until 9:57AM <b>Grandparent's Day</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:58AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:16PM <b>Nataraja:</b> Clear Moon – Light Blue	Sun 23 Sutra 147 Vikarin 5121 Moon 8 - Phase 21 4th Phase
	Creative Work	Amrita Yoga					<b>Devaloka Day</b>
	Until 6:26AM						<b>Bhadrapada-Avani</b>
Then Creative Work - Siddha Yoga							


<b>2</b>	<b>Monday, September 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau				Chennai, India
	Dhanus Rasi: 25.21	Tithi 11	581193463	<b>Gulika</b> 1:39PM – 3:11PM <b>Yama</b> 10:35AM – 12:07PM <b>Rahu</b> 7:30AM – 9:03AM	<b>Purvashadha* Until 8:35AM</b> Saubhagya Until 5:04PM Vanija Until 11:35AM <b>Ekadashi Until 12:33AM Tue</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:58AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:15PM <b>Nataraja:</b> Clear Moon – Light Blue	Sun 24 Sutra 148 Vikarin 5121 Moon 8 - Phase 21 4th Phase
	Family Home Evening						<b>Devaloka Day</b>
	Routine Work	Marana Yoga					<b>Bhadrapada-Avani</b>

<b>3</b>	<b>Tuesday, September 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Dvadashyam Titau				Chennai, India
	Makara Rasi: 7.25	Tithi 12	581193463	<b>Gulika</b> 12:06PM – 1:38PM <b>Yama</b> 9:02AM – 10:34AM <b>Rahu</b> 3:10PM – 4:42PM	<b>Uttarashadha Until 11:00AM</b> Sobhana Until 5:46PM Bava Until 1:39PM <b>Dvadashi Until 2:46AM Wed</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:58AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:14PM <b>Nataraja:</b> Clear Moon – Light Blue	Sun 25 Sutra 149 Vikarin 5121 Moon 8 - Phase 21 4th Phase
	Routine Work	Prabalarishta Yoga					<b>Devaloka Day</b>
	Until 11:00AM						<b>Bhadrapada-Avani</b>
Then Creative Work - Siddha Yoga							

<b>4</b>	<b>Wednesday, September 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Chennai, India
	Makara Rasi: 19.21	Tithi 13	591193463	<b>Gulika</b> 10:34AM – 12:06PM <b>Yama</b> 7:30AM – 9:02AM <b>Rahu</b> 12:06PM – 1:38PM	<b>Shravana Until 2:02PM</b> Athiganda* Until 6:37PM Kaulava Until 3:59PM <b>Trayodashi Until 5:11AM Thu</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:58AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:14PM <b>Nataraja:</b> Clear Moon – Purple	Sun 26 Sutra 150 Vikarin 5121 Moon 8 - Phase 21 4th Phase
	Creative Work	Siddha Yoga					<b>Sivaloka Day</b>
	Until 2:02PM			<b>Avani Avittam</b>			<b>Bhadrapada-Avani</b>
Then Routine Work - Prabalarishta Yoga <span style="float: right;"><i>Pradosha Vrata</i></span>							

<b>5</b>	<b>Thursday, September 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sukarma Yoga Gara Karana Chaturdashyam Titau				Chennai, India
	Kumbha Rasi: 1.13	Tithi 14	591193463	<b>Gulika</b> 9:02AM – 10:34AM <b>Yama</b> 5:58AM – 7:30AM <b>Rahu</b> 1:38PM – 3:09PM	<b>Dhanishtha Until 5:01PM</b> Sukarma Until 7:34PM Gara Until 6:27PM <b>Chaturdashi* Until 7:39AM Fri</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:58AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:13PM <b>Nataraja:</b> Clear Moon – Purple	Sun 27 Sutra 151 Vikarin 5121 Moon 8 - Phase 21 4th Phase
	Creative Work	Siddha Yoga					<b>Sivaloka Day</b>
							<b>Bhadrapada-Avani</b>

	<b>Friday, September 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Chennai, India
	<b>Copper Retreat Star</b>			<b>Gulika</b> 7:30AM – 9:02AM <b>Yama</b> 3:09PM – 4:41PM <b>Rahu</b> 10:34AM – 12:05PM	<b>Shatabhishak Until 7:50PM</b> Dhriti Until 8:31PM Visti Until 8:54PM <b>Chaturdashi* Until 7:39AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:58AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:12PM <b>Nataraja:</b> Clear Moon – Purple	Sutra 152 Vikarin 5121 Moon 8 - Phase 21 Purnima
	Kumbha Rasi: 13.04	Tithi 14 – 15	591113463				<b>Sivaloka Day</b>
	Creative Work	Siddha Yoga		<b>Chidambaram Abhishekam</b>			<b>Bhadrapada-Avani</b>

	<b>Saturday, September 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Chennai, India
	<b>Silver Retreat Star</b>			<b>Gulika</b> 5:58AM – 7:30AM <b>Yama</b> 1:37PM – 3:08PM <b>Rahu</b> 9:02AM – 10:33AM	<b>Purvaproshtapada* Until 10:55PM</b> Shula* Until 9:23PM Balava Until 11:18PM <b>Purnima* Until 10:06AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:58AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:12PM <b>Nataraja:</b> Clear Moon – Clear	Sutra 153 Vikarin 5121 Moon 8 - Phase 21 Prathama
	Kumbha Rasi: 24.56	Tithi 15 – 16	511113463				<b>Sivaloka Day</b>
	Routine Work	Marana Yoga					<b>Bhadrapada-Avani</b>
Until 10:55PM 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\* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau

Chennai, India

Sutra 154

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 6.5      Tithi 16 – 17

**Gulika** 3:08PM – 4:39PM  
Yama 12:05PM – 1:36PM  
**Rahu** 4:39PM – 6:11PM

**Uttaraproshtapada** Until 1:43AM Mon  
Ganda\* Until 10:10PM  
Taitila Until 1:33AM Mon  
Prathama\* Until 12:25PM

**Ganesha:** Red      *Sunrise:* 5:58AM  
**Muruqa:** Purple      *Sunset:* 6:11PM  
**Nataraja:** Clear  
Moon – Clear

**Sivaloka Day**

Creative Work      Amrita Yoga

Until 1:43AM Mon

Then Creative Work - Siddha Yoga

1

Monday, September 16, 2019

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

Chennai, India

Sun 1      Sutra 155

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 18.48      Tithi 17 – 18

**Gulika** 1:36PM – 3:07PM  
Yama 10:33AM – 12:04PM  
**Rahu** 7:30AM – 9:01AM

**Revati** Until 4:09AM Tue  
Vriddhi Until 10:50PM  
Vanija Until 3:36AM Tue  
Dvitya Until 2:35PM

**Ganesha:** Yellow      *Sunrise:* 5:58AM  
**Muruqa:** Purple      *Sunset:* 6:10PM  
**Nataraja:** Clear  
Moon – Clear

**Sivaloka Day**

**Family Home Evening**

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 Yoga Visti/Bava Karana Tritiya/Chaturtham Titau

Chennai, India

Sun 2      Sutra 156

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 0.5      Tithi 18 – 19

**Gulika** 12:04PM – 1:35PM  
Yama 9:01AM – 10:33AM  
**Rahu** 3:07PM – 4:38PM

**Ashvini** Until 6:41AM Wed  
Dhruva Until 11:16PM  
Bava Until 5:25AM Wed  
Tritiya Until 4:32PM

**Ganesha:** White      *Sunrise:* 5:58AM  
**Muruqa:** Purple      *Sunset:* 6:09PM  
**Nataraja:** Clear  
Moon – White

**Devaloka Day**

Creative Work      Siddha Yoga

3

Wednesday, September 18, 2019

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

Chennai, India

Sun 3      Sutra 157

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 12.59      Tithi 19

**Gulika** 10:32AM – 12:04PM  
Yama 7:30AM – 9:01AM  
**Rahu** 12:04PM – 1:35PM

**Ashvini** Until 6:41AM  
Vyaghata\* Until 11:29PM  
Balava Until 6:11PM  
Chaturthi\* Until 6:11PM

**Ganesha:** White      *Sunrise:* 5:58AM  
**Muruqa:** Purple      *Sunset:* 6:09PM  
**Nataraja:** Clear  
Moon – White

**Devaloka Day**

Routine Work      Marana Yoga

Until 6:41AM

Then Creative Work - Siddha Yoga

4

Thursday, September 19, 2019

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

Chennai, India

Sun 4      Sutra 158

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 25.16      Tithi 20

**Gulika** 9:01AM – 10:32AM  
Yama 5:58AM – 7:30AM  
**Rahu** 1:34PM – 3:06PM

**Bharani** Until 8:43AM  
Harshana Until 11:25PM  
Kaulava Until 6:53AM  
Panchami Until 7:27PM

**Ganesha:** White      *Sunrise:* 5:58AM  
**Muruqa:** Purple      *Sunset:* 6:08PM  
**Nataraja:** Clear  
Moon – White

**Devaloka Day**

Creative Work      Siddha Yoga

Until 8:43AM

Then Routine Work - Marana Yoga

5

Friday, September 20, 2019

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

Chennai, India

Sun 5      Sutra 159

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 7.43      Tithi 21

**Gulika** 7:29AM – 9:01AM  
Yama 3:05PM – 4:36PM  
**Rahu** 10:32AM – 12:03PM

**Krittika** Until 10:09AM  
Vajra\* Until 10:54PM  
Gara Until 7:56AM  
Shashti\* Until 8:14PM

**Ganesha:** White      *Sunrise:* 5:58AM  
**Muruqa:** Purple      *Sunset:* 6:07PM  
**Nataraja:** Clear  
Moon – White

**Devaloka Day**

Creative Work      Siddha Yoga

Until 10:09AM

Then Routine Work - Marana Yoga

6

Saturday, September 21, 2019

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

Chennai, India

Sun 6      Sutra 160

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 20.26      Tithi 22

**Gulika** 5:58AM – 7:29AM  
Yama 1:33PM – 3:05PM  
**Rahu** 9:00AM – 10:31AM

**Rohini** Until 11:22AM  
Siddhi Until 9:56PM  
Visti Until 8:25AM  
Saptami Until 8:24PM

**Ganesha:** Clear      *Sunrise:* 5:58AM  
**Muruqa:** Purple      *Sunset:* 6:07PM  
**Nataraja:** Clear  
Moon – Yellow

**Sivaloka Day**

Creative Work      Amrita Yoga

Until 11:22AM

Then Creative Work - Siddha Yoga

D

Sunday, September 22, 2019

Retreat Star

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

Chennai, India

Sun 7      Sutra 161

Vikarin 5121

Moon 9 - Phase 22

Ashtami

Mithuna Rasi: 3.28      Tithi 23

**Gulika** 3:04PM – 4:35PM  
Yama 12:02PM – 1:33PM  
**Rahu** 4:35PM – 6:06PM

**Mrigashira** Until 11:47AM  
Vyatipata\* Until 8:25PM  
Balava Until 8:15AM  
Ashtami\* Until 7:53PM

**Ganesha:** Clear      *Sunrise:* 5:58AM  
**Muruqa:** Purple      *Sunset:* 6:06PM  
**Nataraja:** Clear  
Moon – Yellow

**Sivaloka Day**

Creative Work      Siddha Yoga

Monday, September 23, 2019

Retreat Star

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

Chennai, India

Sun 8      Sutra 162

Vikarin 5121

Moon 9 - Phase 22

Navami

Mithuna Rasi: 16.52      Tithi 24

**Gulika** 1:33PM – 3:03PM  
Yama 10:31AM – 12:02PM  
**Rahu** 7:29AM – 9:00AM

**Ardra** Until 11:20AM  
Variyan Until 6:18PM  
Taitila Until 7:22AM  
Navami\* Until 6:38PM

**Ganesha:** Orange      *Sunrise:* 5:58AM  
**Muruqa:** Purple      *Sunset:* 6:05PM  
**Nataraja:** Clear  
Moon – Yellow

**Sivaloka Day**

Creative Work      Siddha Yoga

Until 11:20AM

Then Creative Work - Amrita Yoga

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

All times are standard time

www.gurudeva.org/panchang

<b>1</b>		<b>Tuesday, September 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Parigha/Shiva Yoga Visiti/Bava Karana Dashami/Ekadashyam Titau	Chennai, India Sun 9 Sutra 163 Vikarin 5121
Kataka Rasi: 0.41	Tithi 25 – 26	<b>Gulika</b> 12:01PM – 1:32PM	<b>Punarvasu</b> Until 10:29AM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:58AM	
		Yama 9:00AM – 10:31AM	Parigha* Until 3:38PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:04PM	Moon 9 - Phase 23
	542213463	<b>Rahu</b> 3:03PM – 4:34PM	Bava Until 3:29AM Wed	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 4:41PM	Moon – Blue	<b>Devaloka Day</b>
				<b>Bhadrapada•Puratasi</b>	

<b>2</b>		<b>Wednesday, September 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau	Chennai, India Sun 10 Sutra 164 Vikarin 5121
Kataka Rasi: 14.58	Tithi 26 – 27	<b>Gulika</b> 10:30AM – 12:01PM	<b>Pushya</b> Until 8:48AM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:58AM	
		Yama 7:29AM – 9:00AM	Shiva Until 12:26PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:04PM	Moon 9 - Phase 23
	542213463	<b>Rahu</b> 12:01PM – 1:32PM	Kaulava Until 12:37AM Thu	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 2:06PM	Moon – Blue	<b>Devaloka Day</b>
				<b>Bhadrapada•Puratasi</b>	

<b>3</b>		<b>Thursday, September 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha/Magha* Nakshatra Siddha/Sadhya Yoga Tailita/Gara Karana Dvodashi/Trayodashyam Titau	Chennai, India Sun 11 Sutra 165 Vikarin 5121
Kataka Rasi: 29.38	Tithi 27 – 28	<b>Gulika</b> 9:00AM – 10:30AM	<b>Ashlesha*</b> Until 6:27AM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:58AM	
		Yama 5:58AM – 7:29AM	Siddha Until 8:47AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:03PM	Moon 9 - Phase 23
	542213463	<b>Rahu</b> 1:31PM – 3:02PM	Gara Until 9:17PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Dvodashi*</b> Until 10:59AM	Moon – Blue	<b>Devaloka Day</b>
Until 6:27AM				<b>Bhadrapada•Puratasi</b>	
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>		

<b>4</b>		<b>Friday, September 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Vanija/Sakuni* Karana Trayodashi/Chaturdashyam Titau	Chennai, India Sun 12 Sutra 166 Vikarin 5121
Simha Rasi: 14.37	Tithi 28 – 29	<b>Gulika</b> 7:29AM – 8:59AM	<b>Purvaphalguni</b> Until 1:01AM Sat	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:58AM	
		Yama 3:01PM – 4:32PM	Subha Until 12:37AM Sat	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:02PM	Moon 9 - Phase 23
	552213463	<b>Rahu</b> 10:30AM – 12:00PM	Sakuni Until 3:45AM Sat	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 7:29AM	Moon – Red	<b>Devaloka Day</b>
Until 1:01AM Sat				<b>Bhadrapada•Puratasi</b>	
Then Routine Work - Marana Yoga					

<b>Retreat Star</b>		<b>Saturday, September 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Chennai, India Sun 13 Sutra 167 Vikarin 5121
Simha Rasi: 29.49	Tithi 30	<b>Gulika</b> 5:58AM – 7:29AM	<b>Uttaraphalguni</b> Until 9:54PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:58AM	
		Yama 1:30PM – 3:01PM	Sukla Until 8:21PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:02PM	Moon 9 - Phase 23
	652213463	<b>Rahu</b> 8:59AM – 10:30AM	Catuspada Until 1:52PM	<b>Nataraja:</b> Clear	Amavasya
Routine Work	Marana Yoga		<b>Amavasya*</b> Until 11:58PM	Moon – Red	<b>Devaloka Day</b>
		<b>Mahalaya Amavasai (Tamil Nadu)</b>		<b>Bhadrapada•Puratasi</b>	

<b>Retreat Star</b>		<b>Sunday, September 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Brahma/Indra Yoga Kintughna*/Bava Karana Prathamayam Titau	Chennai, India Sun 14 Sutra 168 Vikarin 5121
Kanya Rasi: 15.02	Tithi 1	<b>Gulika</b> 3:00PM – 4:31PM	<b>Hasta</b> Until 7:09PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:59AM	
		Yama 12:00PM – 1:30PM	Brahma Until 4:09PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:01PM	Moon 9 - Phase 23
	663213463	<b>Rahu</b> 4:31PM – 6:01PM	Kintughna Until 10:07AM	<b>Nataraja:</b> Clear	Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 8:17PM	Moon – Green	<b>Devaloka Day</b>
Until 7:09PM		<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>Monday, September 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Balava/Taitila Karana Dvitiya/Tritiyam Titau			Chennai, India Sun 15 Sutra 169 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:30PM – 3:00PM	<b>Chitra</b> Until 4:32PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:59AM	
Tula Rasi: 0.07	Tithi 2 – 3	Yama 10:29AM – 11:59AM	Indra Until 12:11PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:00PM	Moon 9 - Phase 24
<b>Family Home Evening</b>	663213463	<b>Rahu</b> 7:29AM – 8:59AM	Balava Until 6:34AM	<b>Nataraja:</b> Clear	3rd Phase
Routine Work Prabalarishta Yoga			<b>Dvitiya</b> Until 4:54PM	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>
Until 4:32PM					
Then Creative Work - Amrita Yoga					

<b>Tuesday, October 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau			Chennai, India Sun 16 Sutra 170 Vikarin 5121
<b>2</b>		<b>Gulika</b> 11:59AM – 1:29PM	<b>Svati</b> Until 2:15PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:59AM	
Tula Rasi: 14.55	Tithi 3 – 4	Yama 8:59AM – 10:29AM	Vaidhriti* Until 8:33AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:00PM	Moon 9 - Phase 24
663213463		<b>Rahu</b> 2:59PM – 4:29PM	Vanija Until 12:47AM Wed	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Tritiya</b> Until 2:00PM	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>
Until 2:15PM					
Then Routine Work - Marana Yoga					

<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*/Bava Karana Chaturthi/Panchamyam Titau			Chennai, India Sun 17 Sutra 171 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:29AM – 11:59AM	<b>Vishakha</b> Until 12:53PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:59AM	
Tula Rasi: 29.17	Tithi 4 – 5	Yama 7:29AM – 8:59AM	Priti Until 2:52AM Thu	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:59PM	Moon 9 - Phase 24
673213463		<b>Rahu</b> 11:59AM – 1:29PM	Bava Until 10:52PM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Chaturthi*</b> Until 11:43AM	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</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 Balava/Kaulava Karana Panchami/Shashthiyam Titau			Chennai, India Sun 18 Sutra 172 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:59AM – 10:28AM	<b>Anuradha</b> Until 12:08PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:59AM	
Vrischika Rasi: 13.11	Tithi 5 – 6	Yama 5:59AM – 7:29AM	Ayushman Until 12:59AM Fri	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:58PM	Moon 9 - Phase 24
673213463		<b>Rahu</b> 1:28PM – 2:58PM	Kaulava Until 9:47PM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Panchami</b> Until 10:12AM	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>
Until 12:08PM					
Then Routine Work - Prabalarishta Yoga					

<b>Friday, October 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau			Chennai, India Sun 19 Sutra 173 Vikarin 5121
<b>5</b>		<b>Gulika</b> 7:29AM – 8:58AM	<b>Jyeshtha*</b> Until 12:06PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:59AM	
Vrischika Rasi: 26.34	Tithi 6 – 7	Yama 2:58PM – 4:28PM	Saubhagya Until 11:49PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:58PM	Moon 9 - Phase 24
673213463		<b>Rahu</b> 10:28AM – 11:58AM	Gara Until 9:36PM	<b>Nataraja:</b> Clear	3rd Phase
Routine Work Marana Yoga			<b>Shashthi*</b> Until 9:33AM	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>
Until 12:06PM					
Then Creative Work - Amrita Yoga					

<b>Saturday, October 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Chennai, India Sun 20 Sutra 174 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 5:59AM – 7:29AM	<b>Mula*</b> Until 1:15PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:59AM	
Dhanus Rasi: 9.3	Tithi 7 – 8	Yama 1:28PM – 2:57PM	Sobhana Until 11:21PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:57PM	Moon 9 - Phase 24
683213463		<b>Rahu</b> 8:58AM – 10:28AM	Visti Until 10:17PM	<b>Nataraja:</b> Clear	Ashtami
Creative Work Siddha Yoga			<b>Saptami</b> Until 9:49AM	<b>Ashvina+Puratasi</b>	<b>Sivaloka Day</b>
		<b>Durga Ashtami</b>			

<b>Sunday, October 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Chennai, India Sun 21 Sutra 175 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 2:57PM – 4:27PM	<b>Purvashadha*</b> Until 3:02PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:59AM	
Dhanus Rasi: 22.01	Tithi 8 – 9	Yama 11:58AM – 1:27PM	Athiganda* Until 11:25PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:56PM	Moon 9 - Phase 24
683213463		<b>Rahu</b> 4:27PM – 5:56PM	Balava Until 11:44PM	<b>Nataraja:</b> Clear	Navami
Creative Work Siddha Yoga			<b>Ashtami*</b> Until 10:54AM	<b>Ashvina+Puratasi</b>	<b>Sivaloka Day</b>
Until 3:02PM		<b>Saraswathi Puja (Tamil Nadu)</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			Chennai, India Sun 22 Sutra 176 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:27PM – 2:56PM	<b>Uttarashadha</b> Until 5:16PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:59AM	
Makara Rasi: 4.14	Tithi 9 – 10	Yama 10:28AM – 11:57AM	Sukarma Until 11:58PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:56PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	683213463	<b>Rahu</b> 7:28AM – 8:58AM	Taitila Until 1:47AM Tue	<b>Nataraja:</b> Clear	4th Phase
Routine Work	Marana Yoga		<b>Navami*</b> Until 12:41PM	Moon – Light Blue	<b>Sivaloka Day</b>
Until 5:16PM				<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 Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau			Chennai, India Sun 23 Sutra 177 Vikarin 5121
<b>2</b>		<b>Gulika</b> 11:57AM – 1:26PM	<b>Shravana</b> Until 8:15PM	<b>Ganesha:</b> White <i>Sunrise:</i> 5:59AM	
Makara Rasi: 16.15	Tithi 10 – 11	Yama 8:58AM – 10:27AM	Dhriti Until 12:48AM Wed	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:56PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 2:56PM – 4:25PM	Vanija Until 4:10AM Wed	<b>Nataraja:</b> Purple	4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 2:55PM	Moon – Purple	<b>Sivaloka Day</b>
		<b>Vijaya Dasami</b>		<b>Ashvina+Puratasi</b>	

<b>Wednesday, October 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Chennai, India Sun 24 Sutra 178 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:27AM – 11:57AM	<b>Dhanishtha</b> Until 11:16PM	<b>Ganesha:</b> White <i>Sunrise:</i> 5:59AM	
Makara Rasi: 28.08	Tithi 11 – 12	Yama 7:28AM – 8:58AM	Shula* Until 1:43AM Thu	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:54PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 11:57AM – 1:26PM	Bava Until 6:43AM Thu	<b>Nataraja:</b> Purple	4th Phase
Routine Work	Prabalarishta Yoga		<b>Ekadashi</b> Until 5:25PM	Moon – Purple	<b>Sivaloka Day</b>
Until 11:16PM				<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 Bava/Balava Karana Dvadashyam Titau			Chennai, India Sun 25 Sutra 179 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:58AM – 10:27AM	<b>Shatabhishak</b> Until 2:06AM Fri	<b>Ganesha:</b> White <i>Sunrise:</i> 5:59AM	
Kumbha Rasi: 9.59	Tithi 12	Yama 5:59AM – 7:28AM	Ganda* Until 2:39AM Fri	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:54PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 1:26PM – 2:55PM	Bava Until 6:43AM	<b>Nataraja:</b> Purple	4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 7:57PM	Moon – Purple	<b>Sivaloka Day</b>
		<b>Kadaitswami Mahasamadhi</b>		<b>Ashvina+Puratasi</b>	

<b>Friday, October 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Trayodashyam Titau			Chennai, India Sun 26 Sutra 180 Vikarin 5121
<b>5</b>		<b>Gulika</b> 7:28AM – 8:58AM	<b>Purvaproshtapada*</b> Until 5:10AM Sat	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:59AM	
Kumbha Rasi: 21.5	Tithi 13	Yama 2:55PM – 4:24PM	Vriddhi Until 3:30AM Sat	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:53PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	613213464	<b>Rahu</b> 10:27AM – 11:56AM	Kaulava Until 9:13AM	<b>Nataraja:</b> Purple	4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 10:23PM	Moon – Clear	<b>Sivaloka Day</b>
		<b>Chidambaram Abhishekam</b>		<b>Ashvina+Puratasi</b>	
			<i>Pradosha Vrata</i>		

<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			Chennai, India Sun 27 Sutra 181 Vikarin 5121
<b>6</b>		<b>Gulika</b> 5:59AM – 7:28AM	<b>Uttaraproshtapada</b> Until 7:51AM Sun	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:59AM	
Meena Rasi: 3.44	Tithi 14	Yama 1:25PM – 2:54PM	Dhruva Until 4:10AM Sun	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:52PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	613213464	<b>Rahu</b> 8:58AM – 10:27AM	Gara Until 11:34AM	<b>Nataraja:</b> Purple	4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 12:38AM Sun	Moon – Clear	<b>Sivaloka Day</b>
Until 7:51AM 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 Uttaraproshtapada/Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau			Chennai, India Sutra 182 Vikarin 5121
<b>○</b>		<b>Gulika</b> 2:54PM – 4:23PM	<b>Uttaraproshtapada</b> Until 7:51AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:59AM	
Meena Rasi: 15.43	Tithi 15	Yama 11:56AM – 1:25PM	Vyaghata* Until 4:38AM Mon	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:52PM	Moon 9 - Phase 25
<b>Copper Retreat Star</b>	614213464	<b>Rahu</b> 4:23PM – 5:52PM	Visti Until 1:41PM	<b>Nataraja:</b> Purple	Purnima
Creative Work	Amrita Yoga		<b>Purnima*</b> Until 2:37AM Mon	Moon – Clear	<b>Subha Sivaloka Day</b>
				<b>Ashvina+Puratasi</b>	

<b>Monday, October 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau			Chennai, India Sutra 183 Vikarin 5121
<b>○</b>		<b>Gulika</b> 1:24PM – 2:53PM	<b>Revati</b> Until 10:08AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:59AM	
Meena Rasi: 27.49	Tithi 16	Yama 10:26AM – 11:55AM	Harshana Until 4:55AM Tue	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:51PM	Moon 9 - Phase 25
<b>Silver Retreat Star</b>	614213464	<b>Rahu</b> 7:28AM – 8:57AM	Balava Until 3:32PM	<b>Nataraja:</b> Purple	Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 4:20AM Tue	Moon – Clear	<b>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





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

Chennai, India

Sutra 184

Vikarin 5121

Mesha Rasi: 10.01 Tithi 17

624213464

Gulika 11:55AM - 1:24PM  
Yama 8:57AM - 10:26AM  
Rahu 2:53PM - 4:22PM

Ashvini Until 12:27PM  
Vajra\* Until 4:55AM Wed  
Taitila Until 5:05PM  
Dvitiya Until 5:43AM Wed

Ganesha: White Sunrise: 6:00AM  
Muruga: Purple Sunset: 5:51PM

Nataraja: Purple  
Moon - White  
Subha Subha Sivaloka Day  
Ashvina+Puratasi

Creative Work Siddha Yoga

1 Wednesday, October 16, 2019

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

Chennai, India

Sun 1 Sutra 185

Vikarin 5121

Mesha Rasi: 22.22 Tithi 18

624213464

Gulika 10:26AM - 11:55AM  
Yama 7:29AM - 8:57AM  
Rahu 11:55AM - 1:24PM

Bharani Until 2:18PM  
Siddhi Until 4:41AM Thu  
Vanija Until 6:19PM  
Tritya Until 6:47AM Thu

Ganesha: White Sunrise: 6:00AM  
Muruga: Purple Sunset: 5:50PM

Nataraja: Purple  
Moon - White  
Subha Subha Sivaloka Day  
Ashvina+Puratasi

Creative Work Siddha Yoga

Until 2:18PM

Then Creative Work - Amrita Yoga

2 Thursday, October 17, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Krittika/Rohini Nakshatra Vyatipata\* Yoga Visti/Bava Karana Tritya/Chaturtham Titau

Chennai, India

Sun 2 Sutra 186

Vikarin 5121

Vrishabha Rasi: 4.5 Tithi 18 - 19

624213464

Gulika 8:57AM - 10:26AM  
Yama 6:00AM - 7:29AM  
Rahu 1:23PM - 2:52PM

Krittika Until 3:39PM  
Vyatipata\* Until 4:10AM Fri  
Bava Until 7:12PM  
Tritya Until 6:47AM

Ganesha: White Sunrise: 6:00AM  
Muruga: Purple Sunset: 5:50PM

Nataraja: Purple  
Moon - White  
Subha Subha Sivaloka Day  
Ashvina+Puratasi

Routine Work Marana Yoga

3 Friday, October 18, 2019

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

Chennai, India

Sun 3 Sutra 187

Vikarin 5121

Vrishabha Rasi: 17.29 Tithi 19 - 20

634313464

Gulika 7:29AM - 8:57AM  
Yama 2:52PM - 4:20PM  
Rahu 10:26AM - 11:55AM

Rohini Until 4:57PM  
Variyan Until 3:19AM Sat  
Kaulava Until 7:41PM  
Chaturthi\* Until 7:28AM

Ganesha: White Sunrise: 6:00AM  
Muruga: Purple Sunset: 5:49PM

Nataraja: Purple  
Moon - Yellow  
Sivaloka Day  
Ashvina+Pipasi

Routine Work Marana Yoga

Until 4:57PM

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 Taitila/Gara Karana Panchami/Shashthyam Titau

Chennai, India

Sun 4 Sutra 188

Vikarin 5121

Mithuna Rasi: 0.2 Tithi 20 - 21

634313464

Gulika 6:00AM - 7:29AM  
Yama 1:23PM - 2:51PM  
Rahu 8:57AM - 10:26AM

Mrigashira Until 5:39PM  
Parigha\* Until 2:06AM Sun  
Gara Until 7:43PM  
Panchami Until 7:44AM

Ganesha: White Sunrise: 6:00AM  
Muruga: Purple Sunset: 5:48PM

Nataraja: Purple  
Moon - Yellow  
Sivaloka Day  
Ashvina+Pipasi

Creative Work Siddha Yoga

5 Sunday, October 20, 2019

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

Chennai, India

Sun 5 Sutra 189

Vikarin 5121

Mithuna Rasi: 13.25 Tithi 21 - 22

634313464

Gulika 2:51PM - 4:20PM  
Yama 11:54AM - 1:23PM  
Rahu 4:20PM - 5:48PM

Ardra Until 5:42PM  
Shiva Until 12:29AM Mon  
Visti Until 7:14PM  
Shashthi\* Until 7:31AM

Ganesha: White Sunrise: 6:00AM  
Muruga: Purple Sunset: 5:48PM

Nataraja: Purple  
Moon - Yellow  
Sivaloka Day  
Ashvina+Pipasi

Creative Work Siddha Yoga

Monday, October 21, 2019

Retreat Star

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

Chennai, India

Sun 6 Sutra 190

Vikarin 5121

Mithuna Rasi: 26.47 Tithi 22 - 23

644313464

Gulika 1:22PM - 2:51PM  
Yama 10:26AM - 11:54AM  
Rahu 7:29AM - 8:57AM

Punarvasu Until 5:31PM  
Siddha Until 10:24PM  
Balava Until 6:11PM  
Saptami Until 6:45AM

Ganesha: Clear Sunrise: 6:00AM  
Muruga: Purple Sunset: 5:47PM

Nataraja: Purple  
Moon - Blue  
Subha Sivaloka Day  
Ashvina+Pipasi

Creative Work Amrita Yoga

Until 5:31PM

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 Yoga Taitila/Gara Karana Navamyam Titau

Chennai, India

Sun 7 Sutra 191

Vikarin 5121

Kataka Rasi: 10.29 Tithi 24

644313464

Gulika 11:54AM - 1:22PM  
Yama 8:57AM - 10:26AM  
Rahu 2:50PM - 4:19PM

Pushya Until 4:37PM  
Sadhya Until 7:51PM  
Taitila Until 4:34PM  
Navami\* Until 3:32AM Wed

Ganesha: Clear Sunrise: 6:01AM  
Muruga: Purple Sunset: 5:47PM

Nataraja: Purple  
Moon - Blue  
Subha Sivaloka Day  
Ashvina+Pipasi

Creative Work Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

<b>1</b>		<b>Wednesday, October 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Dashamyam Titau		Chennai, India Sun 8 Sutra 192 Vikarin 5121	
Kataka Rasi: 24.32	Tithi 25	<b>Gulika</b> 10:25AM – 11:54AM	<b>Ashlesha* Until 3:02PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:01AM	Moon 10 - Phase 27	
		Yama 7:29AM – 8:57AM	Subha Until 4:54PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:46PM	2nd Phase	
Creative Work	Siddha Yoga	644313464 <b>Rahu</b> 11:54AM – 1:22PM	Vanija Until 2:25PM	<b>Nataraja:</b> Purple		<b>Subha Sivaloka Day</b>	
			<b>Dashami Until 1:08AM Thu</b>	Moon – Blue		<b>Ashvina•Aipasi</b>	

<b>2</b>		<b>Thursday, October 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau		Chennai, India Sun 9 Sutra 193 Vikarin 5121	
Simha Rasi: 8.55	Tithi 26	<b>Gulika</b> 8:57AM – 10:25AM	<b>Magha* Until 1:15PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:01AM	Moon 10 - Phase 27	
		Yama 6:01AM – 7:29AM	Sukla Until 1:32PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:46PM	2nd Phase	
Creative Work	Amrita Yoga	654313464 <b>Rahu</b> 1:22PM – 2:50PM	Bava Until 11:46AM	<b>Nataraja:</b> Purple		<b>Sivaloka Day</b>	
Until 1:15PM			<b>Ekadashi* Until 10:17PM</b>	Moon – Red		<b>Ashvina•Aipasi</b>	
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Friday, October 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Kaulava/Talita Karana Dvadashyam Titau		Chennai, India Sun 10 Sutra 194 Vikarin 5121	
Simha Rasi: 23.35	Tithi 27	<b>Gulika</b> 7:29AM – 8:57AM	<b>Purvaphalguni Until 10:57AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:01AM	Moon 10 - Phase 27	
		Yama 2:49PM – 4:18PM	Brahma Until 9:52AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:46PM	2nd Phase	
Creative Work	Siddha Yoga	654313464 <b>Rahu</b> 10:25AM – 11:53AM	Kaulava Until 8:45AM	<b>Nataraja:</b> Purple		<b>Sivaloka Day</b>	
			<b>Dvadashi* Until 7:08PM</b>	Moon – Red		<b>Ashvina•Aipasi</b>	

<b>4</b>		<b>Saturday, October 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhrili* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Chennai, India Sun 11 Sutra 195 Vikarin 5121	
Kanya Rasi: 8.28	Tithi 28 – 29	<b>Gulika</b> 6:01AM – 7:29AM	<b>Uttaraphalguni Until 8:18AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:01AM	Moon 10 - Phase 27	
		Yama 1:21PM – 2:49PM	Indra Until 6:01AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:45PM	2nd Phase	
Routine Work	Marana Yoga	655313464 <b>Rahu</b> 8:57AM – 10:25AM	Visti Until 2:07AM Sun	<b>Nataraja:</b> Purple		<b>Subha Sivaloka Day</b>	
		<b>Deepavali Hindu Solidarity Day</b>	<b>Trayodashi* Until 3:47PM</b>	Moon – Red		<b>Ashvina•Aipasi</b>	
			<i>Pradosha Vrata (Fasting)</i>				

<b>●</b>		<b>Sunday, October 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Chennai, India Sun 12 Sutra 196 Vikarin 5121	
<b>Retreat Star</b>		<b>Gulika</b> 2:49PM – 4:17PM	<b>Chitra Until 3:18AM Mon</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:02AM	Moon 10 - Phase 27	
Kanya Rasi: 23.26	Tithi 29 – 30	Yama 11:53AM – 1:21PM	Vishkambha* Until 10:10PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:45PM	Amavasya	
Creative Work	Siddha Yoga	665313464 <b>Rahu</b> 4:17PM – 5:45PM	Catuspada Until 10:48PM	<b>Nataraja:</b> Purple		<b>Subha Sivaloka Day</b>	
Until 3:18AM Mon		<b>Subramuniyaswami Mahasamadhi</b>	<b>Chaturdashi* Until 12:25PM</b>	Moon – Green		<b>Ashvina•Aipasi</b>	
Then Creative Work - Amrita Yoga							

<b>Monday, October 28, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Chennai, India Sun 13 Sutra 197 Vikarin 5121	
Tula Rasi: 8.19	Tithi 30 – 1	<b>Gulika</b> 1:21PM – 2:49PM	<b>Svati Until 12:54AM Tue</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:02AM	Moon 10 - Phase 27	
<b>Family Home Evening</b>		Yama 10:25AM – 11:53AM	Priti Until 6:27PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:44PM	Prathama	
Creative Work	Amrita Yoga	665313464 <b>Rahu</b> 7:30AM – 8:57AM	Kintughna Until 7:42PM	<b>Nataraja:</b> Purple		<b>Subha Sivaloka Day</b>	
Until 12:54AM Tue		<b>Skanda Shasthi Begins</b>	<b>Amavasya* Until 9:12AM</b>	Moon – Green		<b>Kartika•Aipasi</b>	
Then Routine Work - Marana Yoga							

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

<b>1</b>		<b>Tuesday, October 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Ayushman/Saubhagya Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau		Chennai, India Sun 14 Sutra 198 Vikarin 5121
Tula Rasi: 23	Tithi 1 - 2	<b>Gulika</b> 11:53AM - 1:21PM	<b>Vishakha</b> Until 11:12PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:02AM	
		Yama 8:58AM - 10:25AM	Ayushman Until 3:02PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:44PM	Moon 10 - Phase 28
		<b>Rahu</b> 2:48PM - 4:16PM	Kaulava Until 3:51AM Wed	<b>Nataraja:</b> Purple		3rd Phase
Routine Work	Marana Yoga		<b>Prathama* Until 6:17AM</b>	Moon - Orange		<b>Subha Sivaloka Day</b>
Until 11:12PM						<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 Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau		Chennai, India Sun 15 Sutra 199 Vikarin 5121
Vischika Rasi: 7.2	Tithi 3	<b>Gulika</b> 10:25AM - 11:53AM	<b>Anuradha</b> Until 9:59PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:02AM	
		Yama 7:30AM - 8:58AM	Saubhagya Until 12:04PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:44PM	Moon 10 - Phase 28
		<b>Rahu</b> 11:53AM - 1:21PM	Taitila Until 2:52PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya Until 2:03AM Thu</b>	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* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthyam Titau		Chennai, India Sun 16 Sutra 200 Vikarin 5121
Vischika Rasi: 21.15	Tithi 4	<b>Gulika</b> 8:58AM - 10:25AM	<b>Jyeshtha*</b> Until 9:21PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:03AM	
		Yama 6:03AM - 7:30AM	Sobhana Until 9:41AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:43PM	Moon 10 - Phase 28
		<b>Rahu</b> 1:20PM - 2:48PM	Vanija Until 1:27PM	<b>Nataraja:</b> Purple		3rd Phase
Routine Work	Prabalarishta Yoga		<b>Chaturthi* Until 1:01AM Fri</b>	Moon - Orange		<b>Subha Sivaloka Day</b>
Until 9:21PM						<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* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau		Chennai, India Sun 17 Sutra 201 Vikarin 5121
Dhanus Rasi: 4.42	Tithi 5	<b>Gulika</b> 7:30AM - 8:58AM	<b>Mula*</b> Until 9:50PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:03AM	
		Yama 2:48PM - 4:15PM	Athiganda* Until 7:54AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:43PM	Moon 10 - Phase 28
		<b>Rahu</b> 10:25AM - 11:53AM	Bava Until 12:51PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Amrita Yoga		<b>Panchami Until 12:51AM Sat</b>	Moon - Light Blue		<b>Subha Subha Sivaloka Day</b>
Until 9:50PM						<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* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau		Chennai, India Sun 18 Sutra 202 Vikarin 5121
Dhanus Rasi: 17.41	Tithi 6	<b>Gulika</b> 6:03AM - 7:31AM	<b>Purvashadha*</b> Until 11:01PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:03AM	
		Yama 1:20PM - 2:48PM	Sukarma Until 6:48AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:42PM	Moon 10 - Phase 28
		<b>Rahu</b> 8:58AM - 10:25AM	Kaulava Until 1:07PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi* Until 1:32AM Sun</b>	Moon - Light Blue		<b>Subha Subha Sivaloka Day</b>
Until 11:01PM		<b>Skanda Shasthi</b>				<b>Kartika•Aipasi</b>
Then Routine Work - Marana Yoga						

<b>6</b>		<b>Sunday, November 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptamyam Titau		Chennai, India Sun 19 Sutra 203 Vikarin 5121
Makara Rasi: 0.17	Tithi 7	<b>Gulika</b> 2:47PM - 4:15PM	<b>Uttarashadha</b> Until 12:46AM Mon	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:04AM	
		Yama 11:53AM - 1:20PM	Dhriti Until 6:23AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:42PM	Moon 10 - Phase 28
		<b>Rahu</b> 4:15PM - 5:42PM	Gara Until 2:12PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Amrita Yoga		<b>Saptami Until 3:00AM Mon</b>	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 Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Chennai, India Sun 20 Sutra 204 Vikarin 5121
Makara Rasi: 12.33	Tithi 8	<b>Gulika</b> 1:20PM - 2:47PM	<b>Shravana</b> Until 3:27AM Tue	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:04AM	
<b>Family Home Evening</b>		Yama 10:26AM - 11:53AM	Shula* Until 6:29AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:42PM	Moon 10 - Phase 28
Creative Work	Amrita Yoga	<b>Rahu</b> 7:31AM - 8:58AM	Visti Until 3:59PM	<b>Nataraja:</b> Purple		Ashtami
Until 3:27AM Tue			<b>Ashtami* Until 5:03AM Tue</b>	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 Ganda*/Vridhhi* Yoga Balava Karana Navamyam Titau		Chennai, India Sun 21 Sutra 205 Vikarin 5121
Makara Rasi: 24.35	Tithi 9	<b>Gulika</b> 11:53AM - 1:20PM	<b>Dhanishtha</b> Until 6:19AM Wed	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:04AM	
		Yama 8:58AM - 10:26AM	Ganda* Until 7:02AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:42PM	Moon 10 - Phase 28
		<b>Rahu</b> 2:47PM - 4:14PM	Balava Until 6:15PM	<b>Nataraja:</b> Purple		Navami
Creative Work	Siddha Yoga		<b>Navami* Until 7:28AM Wed</b>	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 Dhanishtha/Shatabhishak Nakshatra Vriddhi/Dhruva Yoga Kaulava/Tailita Karana Navami/Dashamyam Titau	Chennai, India Sun 22 Sutra 206 Vikarin 5121
Kumbha Rasi: 6.3	Tithi 9 – 10	<b>Gulika</b> 10:26AM – 11:53AM	<b>Dhanishtha</b> <b>Until 6:19AM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:04AM</i>	Moon 10 - Phase 29
		Yama 7:32AM – 8:59AM	Vriddhi <b>Until 7:51AM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:41PM</i>	4th Phase
	696313464	<b>Rahu</b> 11:53AM – 1:20PM	Taitila <b>Until 8:46PM</b>	<b>Nataraja:</b> Purple	
Routine Work	Prabalarishta Yoga		<b>Navami* Until 7:28AM</b>	Moon – Purple	<b>Sivaloka Day</b>
Until 6:19AM				<b>Kartika-Aipasi</b>	
Then Creative Work - Siddha Yoga					


<b>2</b>		<b>Thursday, November 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau	Chennai, India Sun 23 Sutra 207 Vikarin 5121
Kumbha Rasi: 18.21	Tithi 10 – 11	<b>Gulika</b> 8:59AM – 10:26AM	<b>Shatabhishak</b> <b>Until 9:09AM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:05AM</i>	Moon 10 - Phase 29
		Yama 6:05AM – 7:32AM	Dhruva <b>Until 8:44AM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:41PM</i>	4th Phase
	796313464	<b>Rahu</b> 1:20PM – 2:47PM	Vanija <b>Until 11:17PM</b>	<b>Nataraja:</b> Purple	
Creative Work	Siddha Yoga		<b>Dashami Until 10:01AM</b>	Moon – Purple	<b>Subha Sivaloka Day</b>
				<b>Kartika-Aipasi</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 Vyaghata/Harshana Yoga Vistil/Bava Karana Ekadashi/Dvadashyam Titau	Chennai, India Sun 24 Sutra 208 Vikarin 5121
Meena Rasi: 0.14	Tithi 11 – 12	<b>Gulika</b> 7:32AM – 8:59AM	<b>Purvaproshtapada* Until 12:14PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise: 6:05AM</i>	Moon 10 - Phase 29
		Yama 2:47PM – 4:14PM	Vyaghata* <b>Until 9:34AM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:41PM</i>	4th Phase
	716313464	<b>Rahu</b> 10:26AM – 11:53AM	Bava <b>Until 1:38AM Sat</b>	<b>Nataraja:</b> Purple	
Creative Work	Siddha Yoga		<b>Ekadashi Until 12:28PM</b>	Moon – Clear	<b>Subha Sivaloka Day</b>
				<b>Kartika-Aipasi</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 Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Chennai, India Sun 25 Sutra 209 Vikarin 5121
Meena Rasi: 12.11	Tithi 12 – 13	<b>Gulika</b> 6:05AM – 7:32AM	<b>Uttaraproshtapada Until 2:55PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise: 6:05AM</i>	Moon 10 - Phase 29
		Yama 1:20PM – 2:47PM	Harshana <b>Until 10:14AM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:41PM</i>	4th Phase
	716313464	<b>Rahu</b> 8:59AM – 10:26AM	Kaulava <b>Until 3:42AM Sun</b>	<b>Nataraja:</b> Purple	
Creative Work	Siddha Yoga		<b>Dvadashi Until 2:41PM</b>	Moon – Clear	<b>Subha Sivaloka Day</b>
Until 2:55PM				<b>Kartika-Aipasi</b>	
Then Routine Work - Prabalarishta 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 Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau	Chennai, India Sun 26 Sutra 210 Vikarin 5121
Meena Rasi: 24.16	Tithi 13 – 14	<b>Gulika</b> 2:47PM – 4:14PM	<b>Revati Until 5:07PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise: 6:06AM</i>	Moon 10 - Phase 29
		Yama 11:53AM – 1:20PM	Vajra* <b>Until 10:38AM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:40PM</i>	4th Phase
	716313464	<b>Rahu</b> 4:14PM – 5:40PM	Gara <b>Until 5:22AM Mon</b>	<b>Nataraja:</b> Purple	
Creative Work	Amrita Yoga		<b>Trayodashi Until 4:33PM</b>	Moon – Clear	<b>Subha Sivaloka Day</b>
Until 5:07PM				<b>Kartika-Aipasi</b>	
Then Creative Work - Siddha Yoga					

<b>6</b>		<b>Monday, November 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi/Vyatipata* Yoga Vanija Karana Chaturdashyam Titau	Chennai, India Sun 27 Sutra 211 Vikarin 5121
Mesha Rasi: 6.29	Tithi 14	<b>Gulika</b> 1:20PM – 2:47PM	<b>Ashvini Until 7:15PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:06AM</i>	Moon 10 - Phase 29
<b>Family Home Evening</b>		Yama 10:26AM – 11:53AM	Siddhi <b>Until 10:45AM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:40PM</i>	4th Phase
	727313464	<b>Rahu</b> 7:33AM – 9:00AM	Vanija <b>Until 6:02PM</b>	<b>Nataraja:</b> Purple	
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 6:02PM</b>	Moon – White	<b>Subha Sivaloka Day</b>
				<b>Kartika-Aipasi</b>	

		<b>Tuesday, November 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Vistil/Bava Karana Purnimayam Titau	Chennai, India Sun 28 Sutra 212 Vikarin 5121
Mesha Rasi: 18.54	Tithi 15	<b>Gulika</b> 11:53AM – 1:20PM	<b>Bharani Until 8:49PM</b>	<b>Ganesha:</b> White <i>Sunrise: 6:07AM</i>	Moon 10 - Phase 29
		Yama 9:00AM – 10:27AM	Vyatipata* <b>Until 10:33AM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:40PM</i>	Purnima
	727413464	<b>Rahu</b> 2:47PM – 4:13PM	Vistil <b>Until 6:37AM</b>	<b>Nataraja:</b> Purple	
Creative Work	Siddha Yoga		<b>Purnima* Until 7:04PM</b>	Moon – White	<b>Sivaloka Day</b>
				<b>Kartika-Aipasi</b>	

<b>○</b>		<b>Wednesday, November 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Prathamayam Titau	Chennai, India Sun 29 Sutra 213 Vikarin 5121
Vrishabha Rasi: 1.3	Tithi 16	<b>Gulika</b> 10:27AM – 11:53AM	<b>Krittika Until 9:49PM</b>	<b>Ganesha:</b> White <i>Sunrise: 6:07AM</i>	Moon 10 - Phase 29
		Yama 7:34AM – 9:00AM	Variyan <b>Until 10:00AM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:40PM</i>	Prathama
	727413464	<b>Rahu</b> 11:53AM – 1:20PM	Balava <b>Until 7:27AM</b>	<b>Nataraja:</b> Purple	
Creative Work	Amrita Yoga		<b>Prathama* Until 7:41PM</b>	Moon – White	<b>Sivaloka Day</b>
Until 9:49PM				<b>Kartika-Aipasi</b>	
Then Creative Work - Siddha Yoga					

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



Thursday, November 14, 2019

Gold Retreat Star

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

Chennai, India

Sun 1 Sutra 214

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Vishabha Rasi: 14.17 Tithi 17

Gulika 9:01AM - 10:27AM

Yama 6:07AM - 7:34AM

Rahu 1:20PM - 2:47PM

Rohini Until 10:44PM

Parigha\* Until 9:09AM

Taitila Until 7:52AM

Dvitiya Until 7:54PM

Ganesha: Clear

Sunrise: 6:07AM

Muruqa: Purple

Sunset: 5:40PM

Nataraja: Purple

Moon - Yellow

Kartika-Aipasi

Subha Sivaloka Day

Routine Work Marana Yoga

Friday, November 15, 2019

1

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

Chennai, India

Sun 2 Sutra 215

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Vishabha Rasi: 27.16 Tithi 18

Gulika 7:34AM - 9:01AM

Yama 2:47PM - 4:13PM

Rahu 10:27AM - 11:54AM

Mrigashira Until 11:08PM

Shiva Until 8:01AM

Vanija Until 7:53AM

Tritiya Until 7:44PM

Ganesha: Clear

Sunrise: 6:08AM

Muruqa: Purple

Sunset: 5:40PM

Nataraja: Purple

Moon - Yellow

Kartika-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

Saturday, November 16, 2019

2

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

Chennai, India

Sun 3 Sutra 216

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Mithuna Rasi: 10.26 Tithi 19

Gulika 6:08AM - 7:35AM

Yama 1:20PM - 2:47PM

Rahu 9:01AM - 10:28AM

Ardra Until 11:02PM

Siddha Until 6:33AM

Bava Until 7:32AM

Chaturthi\* Until 7:12PM

Ganesha: Clear

Sunrise: 6:08AM

Muruqa: Purple

Sunset: 5:40PM

Nataraja: Purple

Moon - Yellow

Kartika-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

Sunday, November 17, 2019

3

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

Chennai, India

Sun 4 Sutra 217

Vikarin 5121

Moon 11 - Phase 30

1st Phase

747413465 Mithuna Rasi: 23.48 Tithi 20

Gulika 2:47PM - 4:13PM

Yama 11:54AM - 1:21PM

Rahu 4:13PM - 5:40PM

Punarvasu Until 10:54PM

Subha Until 2:50AM Mon

Kaulava Until 6:50AM

Panchami Until 6:20PM

Ganesha: Purple

Sunrise: 6:09AM

Muruqa: Purple

Sunset: 5:40PM

Nataraja: Clear

Moon - Blue

Kartika-Kartikai

Devaloka Day

Creative Work Siddha Yoga

Monday, November 18, 2019

4

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

Chennai, India

Sun 5 Sutra 218

Vikarin 5121

Moon 11 - Phase 30

1st Phase

748413465 Kataka Rasi: 7.21 Tithi 21 - 22

Gulika 1:21PM - 2:47PM

Yama 10:28AM - 11:54AM

Rahu 7:35AM - 9:02AM

Pushya Until 10:16PM

Sukla Until 12:33AM Tue

Visti Until 4:23AM Tue

Shashthi\* Until 5:07PM

Ganesha: Clear

Sunrise: 6:09AM

Muruqa: Purple

Sunset: 5:40PM

Nataraja: Clear

Moon - Blue

Kartika-Kartikai

Sivaloka Day

Creative Work Siddha Yoga

Family Home Evening

Tuesday, November 19, 2019

5

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

Chennai, India

Sun 6 Sutra 219

Vikarin 5121

Moon 11 - Phase 30

1st Phase

748413465 Kataka Rasi: 21.07 Tithi 22 - 23

Gulika 11:55AM - 1:21PM

Yama 9:02AM - 10:28AM

Rahu 2:47PM - 4:13PM

Ashlesha\* Until 9:10PM

Brahma Until 10:01PM

Balava Until 2:40AM Wed

Saptami Until 3:33PM

Ganesha: Clear

Sunrise: 6:10AM

Muruqa: Purple

Sunset: 5:40PM

Nataraja: Clear

Moon - Blue

Kartika-Kartikai

Sivaloka Day

Creative Work Siddha Yoga

Wednesday, November 20, 2019

D

Retreat Star

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

Chennai, India

Sun 7 Sutra 220

Vikarin 5121

Moon 11 - Phase 30

Ashtami

758413465 Simha Rasi: 5.04 Tithi 23 - 24

Gulika 10:29AM - 11:55AM

Yama 7:36AM - 9:02AM

Rahu 11:55AM - 1:21PM

Magha\* Until 8:02PM

Indra Until 7:14PM

Taitila Until 12:38AM Thu

Ashtami\* Until 1:40PM

Ganesha: White

Sunrise: 6:10AM

Muruqa: Purple

Sunset: 5:40PM

Nataraja: Clear

Moon - Red

Kartika-Kartikai

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 8:02PM

Then Creative Work - Amrita Yoga

Thursday, November 21, 2019

Retreat Star

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

Chennai, India

Sun 8 Sutra 221

Vikarin 5121

Moon 11 - Phase 30

Navami

758413465 Simha Rasi: 19.13 Tithi 24 - 25

Gulika 9:03AM - 10:29AM

Yama 6:11AM - 7:37AM

Rahu 1:21PM - 2:47PM

Purvaphalguni Until 6:29PM

Vaidhriti\* Until 4:12PM

Vanija Until 10:19PM

Navami\* Until 11:29AM

Ganesha: White

Sunrise: 6:11AM

Muruqa: Purple

Sunset: 5:40PM

Nataraja: Clear

Moon - Red

Kartika-Kartikai

Subha Sivaloka Day


Creative Work Siddha Yoga

<b>1</b>		<b>Friday, November 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Chennai, India
Kanya Rasi: 3.34	Tithi 25 – 26	758413465	<b>Gulika</b> 7:37AM – 9:03AM <b>Yama</b> 2:47PM – 4:14PM <b>Rahu</b> 10:29AM – 11:55AM	<b>Uttaraphalguni</b> Until 4:33PM Vishkambha* Until 12:59PM Bava Until 7:47PM Dashami Until 9:03AM	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Red	<i>Sunrise:</i> 6:11AM <i>Sunset:</i> 5:40PM	Sun 9 Sutra 222 Vikarin 5121 Moon 11 - Phase 31 2nd Phase
Creative Work	Siddha Yoga						Subha Sivaloka Day
Until 4:33PM							Karttika-Karttikai
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Saturday, November 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Priti/Ayushman Yoga Balava/Taitila Karana Ekadashi/Dvadashtyam Titau			Chennai, India
Kanya Rasi: 18.01	Tithi 26 – 27	768413465	<b>Gulika</b> 6:11AM – 7:38AM <b>Yama</b> 1:22PM – 2:48PM <b>Rahu</b> 9:04AM – 10:30AM	<b>Hasta</b> Until 2:46PM Priti Until 9:39AM Taitila Until 3:47AM Sun Ekadashi* Until 6:27AM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Green	<i>Sunrise:</i> 6:11AM <i>Sunset:</i> 5:40PM	Sun 10 Sutra 223 Vikarin 5121 Moon 11 - Phase 31 2nd Phase
Routine Work	Marana Yoga						Sivaloka Day
							Karttika-Karttikai

<b>3</b>		<b>Sunday, November 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau			Chennai, India
Tula Rasi: 2.32	Tithi 28	769413465	<b>Gulika</b> 2:48PM – 4:14PM <b>Yama</b> 11:56AM – 1:22PM <b>Rahu</b> 4:14PM – 5:40PM	<b>Chitra</b> Until 12:50PM Ayushman Until 6:15AM Gara Until 2:29PM Trayodashi* Until 1:10AM Mon	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Green	<i>Sunrise:</i> 6:12AM <i>Sunset:</i> 5:40PM	Sun 11 Sutra 224 Vikarin 5121 Moon 11 - Phase 31 2nd Phase
Creative Work	Siddha Yoga						Devaloka Day
							Karttika-Karttikai
							<i>Pradosha Vrata (Fasting)</i>

<b>4</b>		<b>Monday, November 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau			Chennai, India
Tula Rasi: 17	Tithi 29	769413465	<b>Gulika</b> 1:22PM – 2:48PM <b>Yama</b> 10:30AM – 11:56AM <b>Rahu</b> 7:38AM – 9:04AM	<b>Svati</b> Until 10:51AM Sobhana Until 11:45PM Visti Until 11:56AM Chaturdashi* Until 10:44PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Green	<i>Sunrise:</i> 6:12AM <i>Sunset:</i> 5:40PM	Sun 12 Sutra 225 Vikarin 5121 Moon 11 - Phase 31 2nd Phase
Family Home Evening	Amrita Yoga						Devaloka Day
Creative Work	Amrita Yoga						Karttika-Karttikai
Until 10:51AM							
Then Routine Work - Marana Yoga							

		<b>Tuesday, November 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau			Chennai, India
<b>Retreat Star</b>			<b>Gulika</b> 11:56AM – 1:22PM <b>Yama</b> 9:05AM – 10:31AM <b>Rahu</b> 2:48PM – 4:14PM	<b>Vishakha</b> Until 9:24AM Athiganda* Until 8:50PM Catuspada Until 9:39AM Amavasya* Until 8:38PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Orange	<i>Sunrise:</i> 6:13AM <i>Sunset:</i> 5:40PM	Sun 13 Sutra 226 Vikarin 5121 Moon 11 - Phase 31 Amavasya
Vrischika Rasi: 1.19	Tithi 30	779413465					Devaloka Day
Routine Work	Marana Yoga						Karttika-Karttikai
Until 9:24AM							
Then Creative Work - Siddha Yoga							

<b>Retreat Star</b>		<b>Wednesday, November 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau			Chennai, India
Vrischika Rasi: 15.23	Tithi 1	779413465	<b>Gulika</b> 10:31AM – 11:57AM <b>Yama</b> 7:39AM – 9:05AM <b>Rahu</b> 11:57AM – 1:23PM	<b>Anuradha</b> Until 8:12AM Sukarma Until 6:19PM Kintughna Until 7:46AM Prathama* Until 7:00PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Orange	<i>Sunrise:</i> 6:14AM <i>Sunset:</i> 5:40PM	Sun 14 Sutra 227 Vikarin 5121 Moon 11 - Phase 31 Prathama
Creative Work	Siddha Yoga						Devaloka Day
							Margasira-Karttikai

<b>1</b>		<b>Thursday, November 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti/Shula* Yoga Balava/Tailila Karana Dvitiya/Tritiyayam Titau	Chennai, India
Vrischika Rasi: 29.07	Tithi 2 – 3	<b>Gulika</b> 9:06AM – 10:31AM	<b>Jyeshtha* Until 7:23AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:14AM	Sun 15 Sutra 228
		Yama 6:14AM – 7:40AM	Dhriti Until 4:17PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:40PM	Vikarin 5121
		779413465 <b>Rahu</b> 1:23PM – 2:49PM	Balava Until 6:25AM	<b>Nataraja:</b> Clear	Moon 11 - Phase 32
Routine Work	Prabalarishta Yoga		<b>Dvitiya Until 5:59PM</b>	Moon – Orange	3rd Phase
Until 7:23AM				<b>Margasira-Karttikai</b>	<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga					

<b>2</b>		<b>Friday, November 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Chennai, India
Dhanus Rasi: 12.29	Tithi 3 – 4	<b>Gulika</b> 7:40AM – 9:06AM	<b>Mula* Until 7:32AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:15AM	Sun 16 Sutra 229
		Yama 2:49PM – 4:15PM	Shula* Until 2:46PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:40PM	Vikarin 5121
		789413465 <b>Rahu</b> 10:32AM – 11:57AM	Vanija Until 5:49AM Sat	<b>Nataraja:</b> Clear	Moon 11 - Phase 32
Creative Work	Amrita Yoga		<b>Tritiya Until 5:40PM</b>	Moon – Light Blue	3rd Phase
Until 7:32AM				<b>Margasira-Karttikai</b>	<b>Devaloka Day</b>
Then Routine Work - Prabalarishta Yoga					

<b>3</b>		<b>Saturday, November 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda*/Vridhhi Yoga Visti* Karana Chaturthyam Titau	Chennai, India
Dhanus Rasi: 25.28	Tithi 4	<b>Gulika</b> 6:15AM – 7:41AM	<b>Purvashadha* Until 8:15AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:15AM	Sun 17 Sutra 230
		Yama 1:23PM – 2:49PM	Ganda* Until 1:51PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:41PM	Vikarin 5121
		789413465 <b>Rahu</b> 9:06AM – 10:32AM	Visti Until 6:07PM	<b>Nataraja:</b> Clear	Moon 11 - Phase 32
Creative Work	Siddha Yoga		<b>Chaturthi* Until 6:07PM</b>	Moon – Light Blue	3rd Phase
Until 8:15AM				<b>Margasira-Karttikai</b>	<b>Devaloka Day</b>
Then Routine Work - Marana Yoga					

<b>4</b>		<b>Sunday, December 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Panchamyam Titau	Chennai, India
Makara Rasi: 8.05	Tithi 5	<b>Gulika</b> 2:49PM – 4:15PM	<b>Uttarashadha Until 9:31AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:16AM	Sun 18 Sutra 231
		Yama 11:58AM – 1:24PM	Vridhhi Until 1:31PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:41PM	Vikarin 5121
		789413465 <b>Rahu</b> 4:15PM – 5:41PM	Bava Until 6:38AM	<b>Nataraja:</b> Clear	Moon 11 - Phase 32
Creative Work	Amrita Yoga		<b>Panchami Until 7:17PM</b>	Moon – Light Blue	3rd Phase
Until 7:32AM				<b>Margasira-Karttikai</b>	<b>Devaloka Day</b>
Then Routine Work - Prabalarishta 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 Kaulava/Tailila Karana Shashthyam Titau	Chennai, India
Makara Rasi: 20.24	Tithi 6	<b>Gulika</b> 1:24PM – 2:50PM	<b>Shravana Until 11:46AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:16AM	Sun 19 Sutra 232
<b>Family Home Evening</b>		Yama 10:33AM – 11:59AM	Dhruva Until 1:39PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:41PM	Vikarin 5121
		791413465 <b>Rahu</b> 7:42AM – 9:07AM	Kaulava Until 8:09AM	<b>Nataraja:</b> Clear	Moon 11 - Phase 32
Creative Work	Amrita Yoga		<b>Shashthi* Until 9:05PM</b>	Moon – Purple	3rd Phase
Until 11:46AM				<b>Margasira-Karttikai</b>	<b>Sivaloka Day</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 Gara/Vanija Karana Saptamyam Titau	Chennai, India
Kumbha Rasi: 2.29	Tithi 7	<b>Gulika</b> 11:59AM – 1:24PM	<b>Dhanishtha Until 2:21PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:17AM	Sun 20 Sutra 233
		Yama 9:08AM – 10:33AM	Vyaghata* Until 2:11PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:41PM	Vikarin 5121
		791413465 <b>Rahu</b> 2:50PM – 4:16PM	Gara Until 10:12AM	<b>Nataraja:</b> Clear	Moon 11 - Phase 32
Creative Work	Siddha Yoga		<b>Saptami Until 11:21PM</b>	Moon – Purple	3rd Phase
Until 2:21PM				<b>Margasira-Karttikai</b>	<b>Sivaloka Day</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 Ashlamyam Titau	Chennai, India
Kumbha Rasi: 14.26	Tithi 8	<b>Gulika</b> 10:34AM – 11:59AM	<b>Shatabhishak Until 5:03PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:17AM	Sun 21 Sutra 234
		Yama 7:43AM – 9:08AM	Harshana Until 2:57PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:41PM	Vikarin 5121
		791413465 <b>Rahu</b> 11:59AM – 1:25PM	Visti Until 12:35PM	<b>Nataraja:</b> Clear	Moon 11 - Phase 32
Creative Work	Siddha Yoga		<b>Ashtami* Until 1:49AM Thu</b>	Moon – Purple	Ashtami
Until 5:03PM				<b>Margasira-Karttikai</b>	<b>Sivaloka Day</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* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Navamyam Titau	Chennai, India
Kumbha Rasi: 26.19	Tithi 9	<b>Gulika</b> 9:09AM – 10:34AM	<b>Purvaproshtapada* Until 8:09PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:18AM	Sun 22 Sutra 235
		Yama 6:18AM – 7:43AM	Vajra* Until 3:45PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:42PM	Vikarin 5121
		711413465 <b>Rahu</b> 1:25PM – 2:51PM	Balava Until 3:06PM	<b>Nataraja:</b> Clear	Moon 11 - Phase 32
Creative Work	Siddha Yoga		<b>Navami* Until 4:18AM Fri</b>	Moon – Clear	Navami
Until 7:32AM				<b>Margasira-Karttikai</b>	<b>Sivaloka Day</b>
Then Routine Work - Prabalarishta Yoga					

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

<b>1</b>		<b>Friday, December 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi/Vyatiyata* Yoga Taitila/Gara Karana Dashamyam Titau				Chennai, India
Meena Rasi: 8.13	Tithi 10	<b>Gulika</b> 7:44AM – 9:09AM	<b>Uttaraproshtapada</b> Until 10:57PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:18AM	Sun 23	Sutra 236	Vikarin 5121
		Yama 2:51PM – 4:17PM	Siddhi Until 4:29PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:42PM			Moon 11 - Phase 33
		711413465 <b>Rahu</b> 10:35AM – 12:00PM	Taitila Until 5:30PM	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 6:35AM Sat	Moon – Clear				<b>Sivaloka Day</b>
				<b>Margasira-Karttikai</b>				

<b>2</b>		<b>Saturday, December 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata*/Vriyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Chennai, India
Meena Rasi: 20.11	Tithi 10 – 11	<b>Gulika</b> 6:19AM – 7:44AM	<b>Revati</b> Until 1:16AM Sun	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:19AM	Sun 24	Sutra 237	Vikarin 5121
		Yama 1:26PM – 2:51PM	Vyatipata* Until 5:01PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:42PM			Moon 11 - Phase 33
		711513465 <b>Rahu</b> 9:10AM – 10:35AM	Vanija Until 7:37PM	<b>Nataraja:</b> Clear				4th Phase
Routine Work	Prabalarishta Yoga		<b>Dashami</b> Until 6:35AM	Moon – Clear				<b>Subha Sivaloka Day</b>
Until 1:16AM Sun		<b>Gita Jayanthi</b>		<b>Margasira-Karttikai</b>				
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Sunday, December 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Vriyan/Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Chennai, India
Mesha Rasi: 2.19	Tithi 11 – 12	<b>Gulika</b> 2:52PM – 4:17PM	<b>Ashvini</b> Until 3:29AM Mon	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:19AM	Sun 25	Sutra 238	Vikarin 5121
		Yama 12:01PM – 1:26PM	Vriyan Until 5:13PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:43PM			Moon 11 - Phase 33
		721513465 <b>Rahu</b> 4:17PM – 5:43PM	Bava Until 9:17PM	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 8:29AM	Moon – White				<b>Sivaloka Day</b>
				<b>Margasira-Karttikai</b>				

<b>4</b>		<b>Monday, December 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Chennai, India
Mesha Rasi: 14.37	Tithi 12 – 13	<b>Gulika</b> 1:27PM – 2:52PM	<b>Bharani</b> Until 5:00AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:20AM	Sun 26	Sutra 239	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:36AM – 12:01PM	Parigha* Until 5:01PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:43PM			Moon 11 - Phase 33
		721513465 <b>Rahu</b> 7:45AM – 9:11AM	Kaulava Until 10:25PM	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 9:54AM	Moon – White				<b>Sivaloka Day</b>
				<b>Margasira-Karttikai</b>				
				<i>Pradosha Vrata</i>				

<b>5</b>		<b>Tuesday, December 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Chennai, India
Mesha Rasi: 27.11	Tithi 13 – 14	<b>Gulika</b> 12:02PM – 1:27PM	<b>Krittika</b> Until 5:48AM Wed	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:21AM	Sun 27	Sutra 240	Vikarin 5121
		Yama 9:11AM – 10:37AM	Shiva Until 4:24PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:43PM			Moon 11 - Phase 33
		721513465 <b>Rahu</b> 2:53PM – 4:18PM	Gara Until 10:59PM	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 10:45AM	Moon – White				<b>Sivaloka Day</b>
		<b>Krittika Deepam</b>		<b>Margasira-Karttikai</b>				

<b>○</b>		<b>Wednesday, December 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Chennai, India
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:37AM – 12:02PM	<b>Rohini</b> Until 6:22AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:21AM	Sun 28	Sutra 241	Vikarin 5121
Vrishabha Rasi: 10.01	Tithi 14 – 15	Yama 7:46AM – 9:12AM	Siddha Until 3:19PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:44PM			Moon 11 - Phase 33
		731523465 <b>Rahu</b> 12:02PM – 1:28PM	Visti Until 10:58PM	<b>Nataraja:</b> Clear				Purnima
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 11:01AM	Moon – Yellow				<b>Sivaloka Day</b>
Until 6:22AM Thu				<b>Margasira-Karttikai</b>				
Then Routine Work - Marana Yoga								

<b>○</b>		<b>Thursday, December 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Chennai, India
<b>Silver Retreat Star</b>		<b>Gulika</b> 9:12AM – 10:38AM	<b>Rohini</b> Until 6:22AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:22AM	Sun 29	Sutra 242	Vikarin 5121
Vrishabha Rasi: 23.07	Tithi 15 – 16	Yama 6:22AM – 7:47AM	Sadhya Until 1:50PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:44PM			Moon 11 - Phase 33
		732523465 <b>Rahu</b> 1:28PM – 2:53PM	Balava Until 10:25PM	<b>Nataraja:</b> Clear				Prathama
Routine Work	Marana Yoga		<b>Purnima*</b> Until 10:44AM	Moon – Yellow				<b>Devaloka Day</b>
		<b>Vinayaga Viratam Begins</b>		<b>Margasira-Karttikai</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  
Mrigashira/Ardra Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Chennai, India

Sutra 243

Vikarin 5121

Mithuna Rasi: 6.29    Tithi 16 – 17

732523465

**Gulika** 7:47AM – 9:13AM  
**Yama** 2:54PM – 4:19PM  
**Rahu** 10:38AM – 12:03PM

**Mrigashira** Until 6:18AM  
Subha Until 11:58AM  
Taitila Until 9:26PM  
**Prathama\*** Until 9:57AM

**Ganesha:** Clear    *Sunrise:* 6:22AM

**Muruqa:** Clear    *Sunset:* 5:44PM

**Nataraja:** Clear

Moon – Yellow

**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 Sukla/Brahma Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Chennai, India

Sun 1    Sutra 244

Vikarin 5121

Mithuna Rasi: 20.06    Tithi 17 – 18

742523465

**Gulika** 6:23AM – 7:48AM  
**Yama** 1:29PM – 2:54PM  
**Rahu** 9:13AM – 10:38AM

**Punarvasu** Until 4:59AM Sun  
Sukla Until 9:45AM  
Vanija Until 8:04PM  
**Dvitiya** Until 8:46AM

**Ganesha:** Purple    *Sunrise:* 6:23AM

**Muruqa:** Clear    *Sunset:* 5:45PM

**Nataraja:** Clear

Moon – Blue

**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 Brahma/Indra Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Chennai, India

Sun 2    Sutra 245

Vikarin 5121

Kataka Rasi: 3.55    Tithi 18 – 19

742523465

**Gulika** 2:55PM – 4:20PM  
**Yama** 12:04PM – 1:29PM  
**Rahu** 4:20PM – 5:45PM

**Pushya** Until 3:55AM Mon  
Brahma Until 7:19AM  
Bava Until 6:25PM  
**Tritiya** Until 7:15AM

**Ganesha:** Purple    *Sunrise:* 6:23AM

**Muruqa:** Clear    *Sunset:* 5:45PM

**Nataraja:** Clear

Moon – Blue

**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

Chennai, India

Sun 3    Sutra 246

Vikarin 5121

Kataka Rasi: 17.52    Tithi 20

742523465

**Gulika** 1:30PM – 2:55PM  
**Yama** 10:39AM – 12:05PM  
**Rahu** 7:49AM – 9:14AM

**Ashlesha\*** Until 2:32AM Tue  
Vaidhriti\* Until 1:54AM Tue  
Kaulava Until 4:34PM  
**Panchami** Until 3:34AM Tue

**Ganesha:** Purple    *Sunrise:* 6:24AM

**Muruqa:** Clear    *Sunset:* 5:46PM

**Nataraja:** Clear

Moon – Blue

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work    Siddha Yoga

Markali Pillaiyar

4

Tuesday, December 17, 2019

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

Chennai, India

Sun 4    Sutra 247

Vikarin 5121

Simha Rasi: 1.56    Tithi 21

852523465

**Gulika** 12:05PM – 1:30PM  
**Yama** 9:15AM – 10:40AM  
**Rahu** 2:56PM – 4:21PM

**Magha\*** Until 1:20AM Wed  
Vishkambha\* Until 11:03PM  
Gara Until 2:36PM  
**Shashthi\*** Until 1:33AM Wed

**Ganesha:** Purple    *Sunrise:* 6:24AM

**Muruqa:** Clear    *Sunset:* 5:46PM

**Nataraja:** Clear

Moon – Red

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work    Siddha Yoga

Until 1:20AM Wed

Then Creative Work - Amrita Yoga

5

Wednesday, December 18, 2019

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

Chennai, India

Sun 5    Sutra 248

Vikarin 5121

Simha Rasi: 16.04    Tithi 22

852523465

**Gulika** 10:40AM – 12:06PM  
**Yama** 7:50AM – 9:15AM  
**Rahu** 12:06PM – 1:31PM

**Purvaphalguni** Until 11:57PM  
Priti Until 8:10PM  
Visti Until 12:32PM  
**Saptami** Until 11:29PM

**Ganesha:** Purple    *Sunrise:* 6:25AM

**Muruqa:** Clear    *Sunset:* 5:47PM

**Nataraja:** Clear

Moon – Red

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work    Amrita Yoga

D

Thursday, December 19, 2019

Retreat Star

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

Chennai, India

Sun 6    Sutra 249

Vikarin 5121

Kanya Rasi: 0.13    Tithi 23

852523465

**Gulika** 9:16AM – 10:41AM  
**Yama** 6:25AM – 7:51AM  
**Rahu** 1:31PM – 2:57PM

**Uttaraphalguni** Until 10:25PM  
Ayushman Until 5:14PM  
Balava Until 10:27AM  
**Ashtami\*** Until 9:24PM

**Ganesha:** Purple    *Sunrise:* 6:25AM

**Muruqa:** Clear    *Sunset:* 5:47PM

**Nataraja:** Clear

Moon – Red

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Until 10:25PM

Then Routine Work - Marana Yoga

Amrita Yoga

Friday, December 20, 2019

Retreat Star

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

Chennai, India

Sun 7    Sutra 250

Vikarin 5121

Kanya Rasi: 14.23    Tithi 24

862523465

**Gulika** 7:51AM – 9:16AM  
**Yama** 2:57PM – 4:22PM  
**Rahu** 10:41AM – 12:07PM

**Hasta** Until 9:11PM  
Saubhagya Until 2:20PM  
Taitila Until 8:23AM  
**Navami\*** Until 7:20PM

**Ganesha:** Clear    *Sunrise:* 6:26AM

**Muruqa:** Clear    *Sunset:* 5:48PM

**Nataraja:** Clear

Moon – Green

**Devaloka Day**

Margasira\*Markali

Creative Work    Amrita Yoga

Until 9:11PM

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 Nakshatra Sobhana/Athiganda* Yoga Vanija/Bava Karana Dashami/Ekadashyam Titau				Chennai, India
	Kanya Rasi: 28.31	Tithi 25 – 26	862523465	<b>Gulika</b> 6:26AM – 7:52AM <b>Yama</b> 1:32PM – 2:58PM <b>Rahu</b> 9:17AM – 10:42AM	<b>Chitra</b> Until 7:52PM Sobhana Until 11:29AM Vanija Until 6:21AM Dashami Until 5:21PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Green	Sun 8 Sutra 251 Vikarin 5121 Moon 12 - Phase 35 2nd Phase <b>Devaloka Day</b>
Routine Work Marana Yoga		Day 1 of Pancha Ganapati		Margasira-Markali			
Until 7:52PM							
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 Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Chennai, India
	Tula Rasi: 12.35	Tithi 26 – 27	862523465	<b>Gulika</b> 2:58PM – 4:23PM <b>Yama</b> 12:08PM – 1:33PM <b>Rahu</b> 4:23PM – 5:48PM	<b>Svati</b> Until 6:33PM Athiganda* Until 8:42AM Kaulava Until 2:37AM Mon Ekadashi* Until 3:28PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Green	Sun 9 Sutra 252 Vikarin 5121 Moon 12 - Phase 35 2nd Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga		Day 2 of Pancha Ganapati		Margasira-Markali			
Until 6:33PM							
Then Routine Work - Marana Yoga							

<b>3</b>	<b>Monday, December 23, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Chennai, India
	Tula Rasi: 26.33	Tithi 27 – 28	872523465	<b>Gulika</b> 1:33PM – 2:59PM <b>Yama</b> 10:43AM – 12:08PM <b>Rahu</b> 7:53AM – 9:18AM	<b>Vishakha</b> Until 5:43PM Sukarma Until 6:03AM Gara Until 1:04AM Tue Dvadashi* Until 1:47PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	Sun 10 Sutra 253 Vikarin 5121 Moon 12 - Phase 35 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Family Home Evening		Day 3 of Pancha Ganapati		Pradosha Vrata (Fasting)			
Routine Work Marana Yoga							
Until 5:43PM							
Then Creative Work - Siddha Yoga							

<b>4</b>	<b>Tuesday, December 24, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Chennai, India
	Vrischika Rasi: 10.23	Tithi 28 – 29	872523465	<b>Gulika</b> 12:09PM – 1:34PM <b>Yama</b> 9:18AM – 10:43AM <b>Rahu</b> 2:59PM – 4:24PM	<b>Anuradha</b> Until 5:01PM Shula* Until 1:24AM Wed Visti Until 11:49PM Trayodashi* Until 12:22PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	Sun 11 Sutra 254 Vikarin 5121 Moon 12 - Phase 35 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga		Day 4 of Pancha Ganapati		Margasira-Markali			
Until 5:01PM							
Then Routine Work - Marana Yoga							

	<b>Wednesday, December 25, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Chennai, India
	Vrischika Rasi: 24	Tithi 29 – 30	872523465	<b>Gulika</b> 10:44AM – 12:09PM <b>Yama</b> 7:54AM – 9:19AM <b>Rahu</b> 12:09PM – 1:34PM	<b>Jyeshtha*</b> Until 4:32PM Ganda* Until 11:32PM Catuspada Until 10:59PM Chaturdashi* Until 11:19AM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	Sun 12 Sutra 255 Vikarin 5121 Moon 12 - Phase 35 Amavasya <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Retreat Star		Day 5 of Pancha Ganapati		Margasira-Markali			
Creative Work Siddha Yoga							
Until 4:32PM							
Then Routine Work - Marana Yoga							

	<b>Thursday, December 26, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Chennai, India
	Dhanus Rasi: 7.23	Tithi 30 – 1	883523465	<b>Gulika</b> 9:19AM – 10:44AM <b>Yama</b> 6:29AM – 7:54AM <b>Rahu</b> 1:35PM – 3:00PM	<b>Mula*</b> Until 4:49PM Vriddhi Until 10:04PM Kintughna Until 10:39PM Amavasya* Until 10:44AM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	Sun 13 Sutra 256 Vikarin 5121 Moon 12 - Phase 35 Prathama <b>Devaloka Day</b> Pausha-Markali
Retreat Star		Annular Solar Eclipse		Pausha-Markali			
Creative Work Siddha Yoga							

<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 Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Chennai, India Sun 14 Sutra 257 Vikarin 5121
Dhanus Rasi: 20.29	Tithi 1 – 2	<b>Gulika</b> 7:55AM – 9:20AM <b>Yama</b> 3:01PM – 4:26PM <b>Rahu</b> 10:45AM – 12:10PM	<b>Purvashadha* Until 5:29PM</b> Dhruva Until 9:01PM Balava Until 10:52PM <b>Prathama* Until 10:40AM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Light Blue <b>Pausha-Markali</b>	6:29AM 5:51PM Moon 12 - Phase 36 3rd Phase <b>Devaloka Day</b>
Routine Work Prabalarishta Yoga Until 5:29PM 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 Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Chennai, India Sun 15 Sutra 258 Vikarin 5121
Makara Rasi: 3.18	Tithi 2 – 3	<b>Gulika</b> 6:30AM – 7:55AM <b>Yama</b> 1:36PM – 3:01PM <b>Rahu</b> 9:20AM – 10:45AM	<b>Uttarashadha Until 6:34PM</b> Vyaghata* Until 8:26PM Taitila Until 11:42PM <b>Dvitiya Until 11:12AM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Light Blue <b>Pausha-Markali</b>	6:30AM 5:52PM Moon 12 - Phase 36 3rd Phase <b>Devaloka Day</b>
Routine Work Marana Yoga Until 6:34PM 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 Nakshatra Harshana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Chennai, India Sun 16 Sutra 259 Vikarin 5121
Makara Rasi: 15.51	Tithi 3 – 4	<b>Gulika</b> 3:02PM – 4:27PM <b>Yama</b> 12:11PM – 1:36PM <b>Rahu</b> 4:27PM – 5:52PM	<b>Shravana Until 8:32PM</b> Harshana Until 8:18PM Vanija Until 1:07AM Mon <b>Tritiya Until 12:19PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Purple <b>Pausha-Markali</b>	6:30AM 5:52PM Moon 12 - Phase 36 3rd Phase <b>Devaloka Day</b>
Creative Work Amrita Yoga Until 8:32PM 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 Nakshatra Vajra* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Chennai, India Sun 17 Sutra 260 Vikarin 5121
Makara Rasi: 28.09	Tithi 4 – 5	<b>Gulika</b> 1:37PM – 3:02PM <b>Yama</b> 10:46AM – 12:12PM <b>Rahu</b> 7:56AM – 9:21AM	<b>Dhanishtha Until 10:50PM</b> Vajra* Until 8:33PM Bava Until 3:01AM Tue <b>Chaturthi* Until 1:59PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Purple <b>Pausha-Markali</b>	6:31AM 5:53PM Moon 12 - Phase 36 3rd Phase <b>Devaloka Day</b>
Family Home Evening Creative Work Siddha Yoga					
<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 Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Chennai, India Sun 18 Sutra 261 Vikarin 5121
Kumbha Rasi: 10.15	Tithi 5 – 6	<b>Gulika</b> 12:12PM – 1:37PM <b>Yama</b> 9:22AM – 10:47AM <b>Rahu</b> 3:03PM – 4:28PM	<b>Shatabhishak Until 1:20AM Wed</b> Siddhi Until 9:06PM Kaulava Until 5:18AM Wed <b>Panchami Until 4:06PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Purple <b>Pausha-Markali</b>	6:31AM 5:53PM Moon 12 - Phase 36 3rd Phase <b>Devaloka Day</b>
Routine Work Marana Yoga Until 1:20AM Wed Then Creative Work - Amrita Yoga					
<b>6</b>		<b>Wednesday, January 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosarthpada* Nakshatra Vyatipata* Yoga Taitila Karana Shashthyam Titau	Chennai, India Sun 19 Sutra 262 Vikarin 5121
Kumbha Rasi: 22.13	Tithi 6	<b>Gulika</b> 10:48AM – 12:13PM <b>Yama</b> 7:57AM – 9:22AM <b>Rahu</b> 12:13PM – 1:38PM	<b>Purvaprosarthpada* Until 4:24AM Thu</b> Vyatipata* Until 9:51PM Taitila Until 6:31PM <b>Shashthi* Until 6:31PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Clear <b>Pausha-Markali</b>	6:32AM 5:54PM Moon 12 - Phase 36 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Amrita Yoga Until 4:24AM Thu 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 Uttaraprosarthpada Nakshatra Variyan Yoga Gara/Vanija Karana Saptamyam Titau	Chennai, India Sun 20 Sutra 263 Vikarin 5121
Meena Rasi: 4.07	Tithi 7	<b>Gulika</b> 9:23AM – 10:48AM <b>Yama</b> 6:32AM – 7:58AM <b>Rahu</b> 1:39PM – 3:04PM	<b>Uttaraprosarthpada Until 7:18AM Fri</b> Variyan Until 10:38PM Gara Until 7:47AM <b>Saptami Until 9:01PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Clear <b>Pausha-Markali</b>	6:32AM 5:55PM Moon 12 - Phase 36 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga					
<b>Retreat Star</b>		<b>Friday, January 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraprosarthpada/Revati Nakshatra Parigha* Yoga Visti*/Bava Karana Ashtamyam Titau	Chennai, India Sun 21 Sutra 264 Vikarin 5121
Meena Rasi: 16.01	Tithi 8	<b>Gulika</b> 7:58AM – 9:23AM <b>Yama</b> 3:05PM – 4:30PM <b>Rahu</b> 10:49AM – 12:14PM	<b>Uttaraprosarthpada Until 7:18AM</b> Parigha* Until 11:21PM Visti Until 10:16AM <b>Ashtami* Until 11:25PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Clear <b>Pausha-Markali</b>	6:33AM 5:56PM Moon 12 - Phase 36 Ashtami <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga					
<b>Retreat Star</b>		<b>Saturday, January 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau	Chennai, India Sun 22 Sutra 265 Vikarin 5121
Meena Rasi: 27.58	Tithi 9	<b>Gulika</b> 6:33AM – 7:58AM <b>Yama</b> 1:40PM – 3:05PM <b>Rahu</b> 9:24AM – 10:49AM	<b>Revati Until 9:53AM</b> Shiva Until 11:51PM Balava Until 12:32PM <b>Navami* Until 1:31AM Sun</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Orange Moon – Clear <b>Pausha-Markali</b>	6:33AM 5:56PM Moon 12 - Phase 36 Navami <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Routine Work Prabalarishta Yoga Until 9:53AM Then Creative Work - Siddha Yoga					

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

<b>1</b>		<b>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	Chennai, India Sun 23 Sutra 266 Vikarin 5121
Mesha Rasi: 10.04	Tithi 10	823623466	<b>Gulika</b> 3:06PM – 4:31PM <b>Yama</b> 12:15PM – 1:40PM <b>Rahu</b> 4:31PM – 5:57PM	<b>Ashvini Until 12:24PM</b> Siddha Until 11:57PM Taitila Until 2:24PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:33AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:57PM <b>Nataraja:</b> Orange Moon – White	Devaloka Day	
Creative Work	Siddha Yoga		Subramuniyaswami Jayanti	Dashami Until 3:06AM Mon	Pausha-Markali		
Until 12:24PM							
Then Routine Work - Prabalarishta Yoga							

<b>2</b>		<b>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	Chennai, India Sun 24 Sutra 267 Vikarin 5121
Mesha Rasi: 22.22	Tithi 11	823623466	<b>Gulika</b> 1:41PM – 3:06PM <b>Yama</b> 10:50AM – 12:15PM <b>Rahu</b> 7:59AM – 9:24AM	<b>Bharani Until 2:14PM</b> Sadhya Until 11:36PM Vanija Until 3:41PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:34AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:57PM <b>Nataraja:</b> Orange Moon – White	Devaloka Day	
Family Home Evening	Siddha Yoga		Vaikuntha Ekadasi	Ekadashi Until 4:03AM Tue	Pausha-Markali		
Creative Work	Siddha Yoga						
Until 2:14PM							
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Tuesday, January 7, 2020</b>				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau	Chennai, India Sun 25 Sutra 268 Vikarin 5121
Vrishabha Rasi: 4.58	Tithi 12	823623466	<b>Gulika</b> 12:16PM – 1:41PM <b>Yama</b> 9:25AM – 10:50AM <b>Rahu</b> 3:07PM – 4:32PM	<b>Krittika Until 3:15PM</b> Subha Until 10:43PM Bava Until 4:17PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:34AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:58PM <b>Nataraja:</b> Orange Moon – White	Devaloka Day	
Creative Work	Siddha Yoga			Dvadashi Until 4:17AM Wed	Pausha-Markali		
Until 3:15PM							
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Wednesday, January 8, 2020</b>				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau	Chennai, India Sun 26 Sutra 269 Vikarin 5121
Vrishabha Rasi: 17.54	Tithi 13	833623466	<b>Gulika</b> 10:51AM – 12:16PM <b>Yama</b> 8:00AM – 9:25AM <b>Rahu</b> 12:16PM – 1:42PM	<b>Rohini Until 3:52PM</b> Sukla Until 9:14PM Kaulava Until 4:08PM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:34AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:58PM <b>Nataraja:</b> Orange Moon – Yellow	Bhuloka Day Devaloka Time: 3:PM to 6:PM	
Creative Work	Siddha Yoga			Trayodashi Until 3:47AM Thu	Pausha-Markali		
<i>Pradosha Vrata</i>							

<b>5</b>		<b>Thursday, January 9, 2020</b>				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau	Chennai, India Sun 27 Sutra 270 Vikarin 5121
Mithuna Rasi: 1.12	Tithi 14	834623466	<b>Gulika</b> 9:26AM – 10:51AM <b>Yama</b> 6:34AM – 8:00AM <b>Rahu</b> 1:42PM – 3:08PM	<b>Mrigashira Until 3:39PM</b> Brahma Until 7:14PM Gara Until 3:18PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:34AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:59PM <b>Nataraja:</b> Orange Moon – Yellow	Devaloka Day	
Routine Work	Marana Yoga			Chaturdashi* Until 2:37AM Fri	Pausha-Markali		

<b>○</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	Chennai, India Sutra 271 Vikarin 5121
<b>Copper Retreat Star</b>			<b>Gulika</b> 8:00AM – 9:26AM <b>Yama</b> 3:08PM – 4:34PM <b>Rahu</b> 10:51AM – 12:17PM	<b>Ardra Until 2:40PM</b> Indra Until 4:46PM Visti Until 1:49PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:35AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:59PM <b>Nataraja:</b> Orange Moon – Yellow	Devaloka Day	
Mithuna Rasi: 14.53	Tithi 15	834623466		Purnima* Until 12:52AM Sat	Pausha-Markali		
Creative Work	Siddha Yoga		Penumbral Lunar Eclipse Ardra Darshanam				

<b>○</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/Kaulava Karana Prathamayam Titau	Chennai, India Sutra 272 Vikarin 5121
<b>Silver Retreat Star</b>			<b>Gulika</b> 6:35AM – 8:01AM <b>Yama</b> 1:43PM – 3:09PM <b>Rahu</b> 9:26AM – 10:52AM	<b>Punarvasu Until 1:29PM</b> Vaidhriti* Until 1:52PM Balava Until 11:50AM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:35AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:00PM <b>Nataraja:</b> Orange Moon – Blue	Sivaloka Day	
Mithuna Rasi: 28.53	Tithi 16	844623466		Prathama* Until 10:40PM	Pausha-Markali		
Creative Work	Siddha Yoga						

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

All times are standard time

www.gurudeva.org/panchang



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

Kataka Rasi: 13.11 Tithi 17  
Creative Work Siddha Yoga

844623466  
Gulika 3:09PM – 4:35PM  
Yama 12:18PM – 1:44PM  
Rahu 4:35PM – 6:01PM

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Vishkambha\*/Priti Yoga Taitila/Gara Karana Dvitiyayam Titau  
Pushya Until 11:47AM  
Vishkambha\* Until 10:42AM  
Taitila Until 9:28AM  
Dvitiya Until 8:10PM

Ganesha: White Sunrise: 6:35AM  
Muruqa: Clear Sunset: 6:01PM  
Nataraja: Orange  
Moon – Blue  
Pausha-Markali

Sivaloka Day

Chennai, India  
Sutra 273  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**1**

**Monday, January 13, 2020**

Kataka Rasi: 27.39 Tithi 18 – 19  
Family Home Evening  
Creative Work Siddha Yoga  
Until 9:43AM  
Then Routine Work - Marana Yoga

844623466  
Gulika 1:44PM – 3:10PM  
Yama 10:52AM – 12:18PM  
Rahu 8:01AM – 9:27AM

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Ashlesha\*/Magha\* Nakshatra Priti/Ayushman Yoga Vanija/Bava Karana Tritiya/Chaturthyam Titau  
Ashlesha\* Until 9:43AM  
Priti Until 7:21AM  
Vanija Until 6:51AM  
Tritiya Until 5:29PM

Ganesha: White Sunrise: 6:35AM  
Muruqa: Clear Sunset: 6:01PM  
Nataraja: Orange  
Moon – Blue  
Pausha-Markali

Sivaloka Day

Chennai, India  
Sun 1 Sutra 274  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**2**

**Tuesday, January 14, 2020**

Simha Rasi: 12.12 Tithi 19 – 20  
Creative Work Siddha Yoga

854623466  
Gulika 12:19PM – 1:44PM  
Yama 9:27AM – 10:53AM  
Rahu 3:10PM – 4:36PM

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Saubhagya Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau  
Magha\* Until 7:51AM  
Saubhagya Until 12:28AM Wed  
Kaulava Until 1:27AM Wed  
Chaturthi\* Until 2:46PM

Ganesha: Clear Sunrise: 6:35AM  
Muruqa: Clear Sunset: 6:02PM  
Nataraja: Orange  
Moon – Red  
Pausha-Markali

Devaloka Day

Chennai, India  
Sun 2 Sutra 275  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**3**

**Wednesday, January 15, 2020**

Simha Rasi: 26.43 Tithi 20 – 21  
Creative Work Amrita Yoga  
Until 3:56AM Thu  
Then Routine Work - Marana Yoga

854623466  
Gulika 10:53AM – 12:19PM  
Yama 8:01AM – 9:27AM  
Rahu 12:19PM – 1:45PM

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttaraphalguni Nakshatra Sobhana Yoga Taitila/Gara Karana Panchami/Shashthyam Titau  
Uttaraphalguni Until 3:56AM Thu  
Sobhana Until 9:10PM  
Gara Until 10:54PM  
Panchami Until 12:08PM

Ganesha: Clear Sunrise: 6:36AM  
Muruqa: Clear Sunset: 6:02PM  
Nataraja: Orange  
Moon – Red  
Pausha-Thai

Devaloka Day

Chennai, India  
Sun 3 Sutra 276  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**4**

**Thursday, January 16, 2020**

Kanya Rasi: 11.08 Tithi 21 – 22  
Routine Work Marana Yoga  
Until 2:30AM Fri  
Then Creative Work - Siddha Yoga

864623466  
Gulika 9:28AM – 10:53AM  
Yama 6:36AM – 8:02AM  
Rahu 1:45PM – 3:11PM

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam  
Hasta Nakshatra Athiganda\* Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau  
Hasta Until 2:30AM Fri  
Athiganda\* Until 6:00PM  
Visti Until 8:34PM  
Shashthi\* Until 9:41AM

Ganesha: Purple Sunrise: 6:36AM  
Muruqa: Clear Sunset: 6:03PM  
Nataraja: Orange  
Moon – Green  
Pausha-Thai

Sivaloka Day

Chennai, India  
Sun 4 Sutra 277  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**5**

**Friday, January 17, 2020**

Retreat Star

Kanya Rasi: 25.23 Tithi 22 – 23  
Creative Work Siddha Yoga

864623466  
Gulika 8:02AM – 9:28AM  
Yama 3:11PM – 4:37PM  
Rahu 10:54AM – 12:20PM

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam  
Chitra Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Saptami/Ashtamyam Titau  
Chitra Until 1:13AM Sat  
Sukarma Until 3:05PM  
Balava Until 6:31PM  
Saptami Until 7:29AM

Ganesha: Purple Sunrise: 6:36AM  
Muruqa: Clear Sunset: 6:03PM  
Nataraja: Orange  
Moon – Green  
Pausha-Thai

Sivaloka Day

Chennai, India  
Sun 5 Sutra 278  
Vikarin 5121  
Moon 1 - Phase 38  
Ashtami

**Saturday, January 18, 2020**

Retreat Star

Tula Rasi: 9.26 Tithi 24  
Creative Work Siddha Yoga  
Until 12:09AM Sun  
Then Routine Work - Marana Yoga

864623466  
Gulika 6:36AM – 8:02AM  
Yama 1:46PM – 3:12PM  
Rahu 9:28AM – 10:54AM

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Svati Nakshatra Dhriti/Shula\* Yoga Taitila/Gara Karana Navamyam Titau  
Svati Until 12:09AM Sun  
Dhriti Until 12:26PM  
Taitila Until 4:49PM  
Navami\* Until 4:05AM Sun

Ganesha: Purple Sunrise: 6:36AM  
Muruqa: Clear Sunset: 6:04PM  
Nataraja: Orange  
Moon – Green  
Pausha-Thai

Sivaloka Day

Chennai, India  
Sun 6 Sutra 279  
Vikarin 5121  
Moon 1 - Phase 38  
Navami

1	<b>Sunday, January 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau				Chennai, India
	Tula Rasi: 23.15	Tithi 25	Gulika 3:12PM – 4:38PM	<b>Vishakha Until 11:44PM</b>	Ganesha: Clear	Sunrise: 6:36AM	Sun 7 Sutra 280
			Yama 12:20PM – 1:46PM	Shula* Until 10:03AM	Muruqa: Clear	Sunset: 6:04PM	Vikarin 5121
	Routine Work	Marana Yoga	874623466 Rahu 4:38PM – 6:04PM	Vanija Until 3:28PM	Nataraja: Orange		Moon 1 - Phase 39
			<b>Dashami Until 2:56AM Mon</b>	Moon – Orange		2nd Phase	
				<b>Pausha*Thai</b>		<b>Devaloka Day</b>	

2	<b>Monday, January 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Ganda*/Vridhi Yoga Bava/Balava Karana Ekadashyam Titau				Chennai, India
	Vrischika Rasi: 6.51	Tithi 26	Gulika 1:47PM – 3:13PM	<b>Anuradha Until 11:32PM</b>	Ganesha: Clear	Sunrise: 6:36AM	Sun 8 Sutra 281
	<b>Family Home Evening</b>		Yama 10:54AM – 12:21PM	Ganda* Until 8:00AM	Muruqa: Clear	Sunset: 6:05PM	Vikarin 5121
	Creative Work	Siddha Yoga	874623466 Rahu 8:02AM – 9:28AM	Bava Until 2:31PM	Nataraja: Orange		Moon 1 - Phase 39
			<b>Ekadashi* Until 2:10AM Tue</b>	Moon – Orange		2nd Phase	
				<b>Pausha*Thai</b>		<b>Devaloka Day</b>	

3	<b>Tuesday, January 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Vridhi/Dhruva Yoga Kaulava/Taitila Karana Dvadashyam Titau				Chennai, India
	Vrischika Rasi: 20.14	Tithi 27	Gulika 12:21PM – 1:47PM	<b>Jyeshtha* Until 11:35PM</b>	Ganesha: Purple	Sunrise: 6:36AM	Sun 9 Sutra 282
			Yama 9:29AM – 10:55AM	Vridhi Until 6:15AM	Muruqa: Clear	Sunset: 6:05PM	Vikarin 5121
	Routine Work	Marana Yoga	875623466 Rahu 3:13PM – 4:39PM	Kaulava Until 1:57PM	Nataraja: Orange		Moon 1 - Phase 39
Until 11:35PM			<b>Dvadashi* Until 1:48AM Wed</b>	Moon – Orange		2nd Phase	
Then Creative Work - Amrita Yoga				<b>Pausha*Thai</b>		<b>Bhuloka Day</b>	
						<b>Devaloka Time: 3:PM to 6:PM</b>	

4	<b>Wednesday, January 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau				Chennai, India
	Dhanus Rasi: 3.24	Tithi 28	Gulika 10:55AM – 12:21PM	<b>Mula* Until 12:21AM Thu</b>	Ganesha: Light Blue	Sunrise: 6:36AM	Sun 10 Sutra 283
			Yama 8:02AM – 9:29AM	Vyaghata* Until 3:40AM Thu	Muruqa: Clear	Sunset: 6:06PM	Vikarin 5121
	Routine Work	Marana Yoga	885623466 Rahu 12:21PM – 1:47PM	Gara Until 1:48PM	Nataraja: Orange		Moon 1 - Phase 39
Until 12:21AM Thu			<b>Trayodashi* Until 1:51AM Thu</b>	Moon – Light Blue		2nd Phase	
Then Creative Work - Siddha Yoga				<b>Pausha*Thai</b>		<b>Bhuloka Day</b>	
						<b>Devaloka Time: 3:PM to 6:PM</b>	
				<i>Pradosha Vrata (Fasting)</i>			

5	<b>Thursday, January 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Chennai, India
	Dhanus Rasi: 16.21	Tithi 29	Gulika 9:29AM – 10:55AM	<b>Purvashadha* Until 1:21AM Fri</b>	Ganesha: Light Blue	Sunrise: 6:36AM	Sun 11 Sutra 284
			Yama 6:36AM – 8:03AM	Harshana Until 2:53AM Fri	Muruqa: Clear	Sunset: 6:06PM	Vikarin 5121
	Creative Work	Siddha Yoga	885623466 Rahu 1:48PM – 3:14PM	Visti Until 2:04PM	Nataraja: Orange		Moon 1 - Phase 39
Until 1:21AM Fri			<b>Chaturdashi* Until 2:20AM Fri</b>	Moon – Light Blue		2nd Phase	
Then Routine Work - Marana Yoga				<b>Pausha*Thai</b>		<b>Bhuloka Day</b>	
						<b>Devaloka Time: 3:PM to 6:PM</b>	

●	<b>Friday, January 24, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Chennai, India
	<b>Retreat Star</b>		Gulika 8:03AM – 9:29AM	<b>Uttarashadha Until 2:37AM Sat</b>	Ganesha: Light Blue	Sunrise: 6:36AM	Sun 12 Sutra 285
	Dhanus Rasi: 29.07	Tithi 30	Yama 3:14PM – 4:41PM	Vajra* Until 2:24AM Sat	Muruqa: Clear	Sunset: 6:07PM	Vikarin 5121
			885623466 Rahu 10:55AM – 12:22PM	Catuspada Until 2:45PM	Nataraja: Orange		Moon 1 - Phase 39
Routine Work	Marana Yoga		<b>Amavasya* Until 3:14AM Sat</b>	Moon – Light Blue		Amavasya	
Until 2:37AM Sat				<b>Pausha*Thai</b>		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga						<b>Devaloka Time: 3:PM to 6:PM</b>	

●	<b>Saturday, January 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Chennai, India
	<b>Retreat Star</b>		Gulika 6:36AM – 8:03AM	<b>Shravana Until 4:38AM Sun</b>	Ganesha: Light Blue	Sunrise: 6:36AM	Sun 13 Sutra 286
	Makara Rasi: 11.4	Tithi 1	Yama 1:48PM – 3:15PM	Siddhi Until 2:16AM Sun	Muruqa: Clear	Sunset: 6:07PM	Vikarin 5121
			995623466 Rahu 9:29AM – 10:55AM	Kintughna Until 3:53PM	Nataraja: Orange		Moon 1 - Phase 39
Creative Work	Siddha Yoga		<b>Prathama* Until 4:35AM Sun</b>	Moon – Purple		Prathama	
Until 4:38AM Sun				<b>Magha*Thai</b>		<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga						<b>Devaloka Time: 3:PM to 6:PM</b>	

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

<b>1</b>		<b>Sunday, January 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Chennai, India Sun 14 Sutra 287 Vikarin 5121
Makara Rasi: 24.01	Tithi 2	<b>Gulika</b> 3:15PM – 4:41PM	<b>Dhanishtha</b> Until 6:51AM Mon	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:36AM			
		Yama 12:22PM – 1:48PM	Vyatipata* Until 2:27AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:08PM		Moon 1 - Phase 40	
		995723466 <b>Rahu</b> 4:41PM – 6:08PM	Balava Until 5:26PM	<b>Nataraja:</b> Orange			3rd Phase	
Routine Work	Marana Yoga		<b>Dvitiya</b> Until 6:20AM Mon	Moon – Purple		<b>Devaloka Day</b>		
Until 6:51AM Mon				<b>Magha-Thai</b>				
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 Dhanishtha/Shatabhishak Nakshatra Variyan Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Chennai, India Sun 15 Sutra 288 Vikarin 5121
Kumbha Rasi: 6.13	Tithi 2 – 3	<b>Gulika</b> 1:49PM – 3:15PM	<b>Dhanishtha</b> Until 6:51AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:36AM			
		Yama 10:56AM – 12:22PM	Variyan Until 2:53AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:08PM		Moon 1 - Phase 40	
<b>Family Home Evening</b>		995723466 <b>Rahu</b> 8:03AM – 9:29AM	Taitila Until 7:22PM	<b>Nataraja:</b> Orange			3rd Phase	
Creative Work	Siddha Yoga		<b>Dvitiya</b> Until 6:20AM	Moon – Purple		<b>Devaloka Day</b>		
				<b>Magha-Thai</b>				

<b>3</b>		<b>Tuesday, January 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Parigha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Chennai, India Sun 16 Sutra 289 Vikarin 5121
Kumbha Rasi: 18.17	Tithi 3 – 4	<b>Gulika</b> 12:22PM – 1:49PM	<b>Shatabhishak</b> Until 9:15AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:36AM			
		Yama 9:29AM – 10:56AM	Parigha* Until 3:32AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:09PM		Moon 1 - Phase 40	
		995723466 <b>Rahu</b> 3:16PM – 4:42PM	Vanija Until 9:36PM	<b>Nataraja:</b> Orange			3rd Phase	
Routine Work	Marana Yoga		<b>Tritiya</b> Until 8:26AM	Moon – Purple		<b>Devaloka Day</b>		
				<b>Magha-Thai</b>				

<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 Vistil*/Bava Karana Chaturthi/Panchamyam Titau				Chennai, India Sun 17 Sutra 290 Vikarin 5121
Meena Rasi: 0.14	Tithi 4 – 5	<b>Gulika</b> 10:56AM – 12:23PM	<b>Purvaproshtapada*</b> Until 12:14PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:36AM			
		Yama 8:03AM – 9:29AM	Shiva Until 4:21AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:09PM		Moon 1 - Phase 40	
		915723466 <b>Rahu</b> 12:23PM – 1:49PM	Bava Until 12:04AM Thu	<b>Nataraja:</b> Orange			3rd Phase	
Creative Work	Amrita Yoga		<b>Chaturthi*</b> Until 10:48AM	Moon – Clear		<b>Sivaloka Day</b>		
Until 12:14PM				<b>Magha-Thai</b>				
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*/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau				Chennai, India Sun 18 Sutra 291 Vikarin 5121
Meena Rasi: 12.07	Tithi 5 – 6	<b>Gulika</b> 9:29AM – 10:56AM	<b>Uttaraproshtapada</b> Until 3:11PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:36AM			
		Yama 6:36AM – 8:03AM	Siddha Until 5:10AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:10PM		Moon 1 - Phase 40	
		915723466 <b>Rahu</b> 1:49PM – 3:16PM	Kaulava Until 2:36AM Fri	<b>Nataraja:</b> Orange			3rd Phase	
Creative Work	Siddha Yoga		<b>Panchami</b> Until 1:19PM	Moon – Clear		<b>Sivaloka Day</b>		
				<b>Magha-Thai</b>				

<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				Chennai, India Sun 19 Sutra 292 Vikarin 5121
Meena Rasi: 23.59	Tithi 6 – 7	<b>Gulika</b> 8:03AM – 9:29AM	<b>Revati</b> Until 5:56PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:36AM			
		Yama 3:16PM – 4:43PM	Sadhya Until 5:55AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:10PM		Moon 1 - Phase 40	
		916723466 <b>Rahu</b> 10:56AM – 12:23PM	Gara Until 5:02AM Sat	<b>Nataraja:</b> Orange			3rd Phase	
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 3:49PM	Moon – Clear		<b>Devaloka Day</b>		
Until 5:56PM				<b>Magha-Thai</b>				
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 Nakshatra Subha Yoga Vanija Karana Saptamyam Titau				Chennai, India Sun 20 Sutra 293 Vikarin 5121
Mesha Rasi: 5.54	Tithi 7	<b>Gulika</b> 6:36AM – 8:03AM	<b>Ashvini</b> Until 8:50PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:36AM			
		Yama 1:50PM – 3:16PM	Subha Until 6:27AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:10PM		Moon 1 - Phase 40	
		926723466 <b>Rahu</b> 9:29AM – 10:56AM	Vanija Until 6:08PM	<b>Nataraja:</b> Orange			3rd Phase	
Creative Work	Siddha Yoga		<b>Saptami</b> Until 6:08PM	Moon – White		<b>Bhuloka Day</b>		
				<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>		

<b>Retreat Star</b>		<b>Sunday, February 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Chennai, India Sun 21 Sutra 294 Vikarin 5121
Mesha Rasi: 17.56	Tithi 8	<b>Gulika</b> 3:17PM – 4:44PM	<b>Bharani</b> Until 11:09PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:36AM			
		Yama 12:23PM – 1:50PM	Subha Until 6:27AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:10PM		Moon 1 - Phase 40	
		926723466 <b>Rahu</b> 4:44PM – 6:10PM	Visti Until 7:10AM	<b>Nataraja:</b> Orange			Ashtami	
Routine Work	Prabalarishta Yoga		<b>Ashtami*</b> Until 8:02PM	Moon – White		<b>Bhuloka Day</b>		
Until 11:09PM				<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>		
Then Creative Work - Siddha Yoga								

<b>Retreat Star</b>		<b>Monday, February 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Chennai, India Sun 22 Sutra 295 Vikarin 5121
Vrishabha Rasi: 0.1	Tithi 9	<b>Gulika</b> 1:50PM – 3:17PM	<b>Krittika</b> Until 12:42AM Tue	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:35AM			
		Yama 10:56AM – 12:23PM	Sukla Until 6:35AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:11PM		Moon 1 - Phase 40	
<b>Family Home Evening</b>		926723466 <b>Rahu</b> 8:02AM – 9:29AM	Balava Until 8:48AM	<b>Nataraja:</b> Orange			Navami	
Routine Work	Marana Yoga		<b>Navami*</b> Until 9:20PM	Moon – White		<b>Bhuloka Day</b>		
Until 12:42AM Tue				<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>		
Then Creative Work - Amrita Yoga								


<b>1</b>		<b>Tuesday, February 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau		Chennai, India Sun 23 Sutra 296	
936723467	936723467	<b>Gulika</b> Yama Rahu	<b>12:23PM – 1:50PM</b> 9:29AM – 10:56AM 3:17PM – 4:44PM	<b>Rohini Until 1:50AM Wed</b> Brahma Until 6:12AM Taitila Until 9:43AM Dashami Until 9:51PM	<b>Ganesha: Red</b> <b>Muruqa: Clear</b> <b>Nataraja: Clear</b> Moon – Yellow	<b>Sunrise: 6:35AM</b> <b>Sunset: 6:11PM</b>	Vikarin 5121 Moon 1 - Phase 41 4th Phase <b>Devaloka Day</b>
Creative Work Amrita Yoga Until 1:50AM Wed Then Creative Work - Siddha Yoga							


<b>2</b>		<b>Wednesday, February 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau		Chennai, India Sun 24 Sutra 297	
936723467	936723467	<b>Gulika</b> Yama Rahu	<b>10:56AM – 12:23PM</b> 8:02AM – 9:29AM 12:23PM – 1:50PM	<b>Mrigashira Until 1:59AM Thu</b> Vaidhriti* Until 3:35AM Thu Vanija Until 9:49AM Ekadashi Until 9:32PM	<b>Ganesha: Red</b> <b>Muruqa: Clear</b> <b>Nataraja: Clear</b> Moon – Yellow	<b>Sunrise: 6:35AM</b> <b>Sunset: 6:12PM</b>	Vikarin 5121 Moon 1 - Phase 41 4th Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga Until 1:59AM Thu Then Routine Work - Marana Yoga							

<b>3</b>		<b>Thursday, February 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvadashyam Titau		Chennai, India Sun 25 Sutra 298	
936723467	936723467	<b>Gulika</b> Yama Rahu	<b>9:29AM – 10:56AM</b> 6:35AM – 8:02AM 1:51PM – 3:18PM	<b>Ardra Until 1:11AM Fri</b> Vishkambha* Until 1:18AM Fri Bava Until 9:05AM Dvadashi Until 8:24PM	<b>Ganesha: Red</b> <b>Muruqa: Clear</b> <b>Nataraja: Clear</b> Moon – Yellow	<b>Sunrise: 6:35AM</b> <b>Sunset: 6:12PM</b>	Vikarin 5121 Moon 1 - Phase 41 4th Phase <b>Devaloka Day</b>
Routine Work Marana Yoga Until 1:11AM Fri Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Friday, February 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti Yoga Kaulava/Taitila Karana Trayodashyam Titau		Chennai, India Sun 26 Sutra 299	
947723467	947723467	<b>Gulika</b> Yama Rahu	<b>8:02AM – 9:29AM</b> 3:18PM – 4:45PM 10:56AM – 12:24PM	<b>Punarvasu Until 11:58PM</b> Priti Until 10:27PM Kaulava Until 7:33AM Trayodashi Until 6:30PM	<b>Ganesha: Blue</b> <b>Muruqa: Clear</b> <b>Nataraja: Clear</b> Moon – Blue	<b>Sunrise: 6:35AM</b> <b>Sunset: 6:12PM</b>	Vikarin 5121 Moon 1 - Phase 41 4th Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga Until 11:58PM Then Routine Work - Marana Yoga		<i>Pradosha Vrata</i>					

<b>5</b>		<b>Saturday, February 8, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Ayushman Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Chennai, India Sun 27 Sutra 300	
947723467	947723467	<b>Gulika</b> Yama Rahu	<b>6:34AM – 8:02AM</b> 1:51PM – 3:18PM 9:29AM – 10:56AM	<b>Pushya Until 10:01PM</b> Ayushman Until 7:06PM Visti Until 2:33AM Sun Chaturdashi* Until 3:59PM	<b>Ganesha: Blue</b> <b>Muruqa: Clear</b> <b>Nataraja: Clear</b> Moon – Blue	<b>Sunrise: 6:34AM</b> <b>Sunset: 6:13PM</b>	Vikarin 5121 Moon 1 - Phase 41 4th Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga Until 10:01PM Then Routine Work - Marana Yoga		<b>Thai Pusam</b>					

		<b>Sunday, February 9, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Chennai, India Sutra 301	
947723467	947723467	<b>Gulika</b> Yama Rahu	<b>3:18PM – 4:46PM</b> 12:24PM – 1:51PM 4:46PM – 6:13PM	<b>Ashlesha* Until 7:31PM</b> Saubhagya Until 3:24PM Balava Until 11:24PM Purnima* Until 1:00PM	<b>Ganesha: Blue</b> <b>Muruqa: Clear</b> <b>Nataraja: Clear</b> Moon – Blue	<b>Sunrise: 6:34AM</b> <b>Sunset: 6:13PM</b>	Vikarin 5121 Moon 1 - Phase 41 Purnima <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga Until 7:31PM Then Routine Work - Marana Yoga							

		<b>Monday, February 10, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sobhana/Alhiganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau		Chennai, India Sutra 302	
957723467	957723467	<b>Gulika</b> Yama Rahu	<b>1:51PM – 3:19PM</b> 10:56AM – 12:24PM 8:01AM – 9:29AM	<b>Magha* Until 5:03PM</b> Sobhana Until 11:29AM Taitila Until 8:01PM Prathama* Until 9:43AM	<b>Ganesha: Red</b> <b>Muruqa: Clear</b> <b>Nataraja: Clear</b> Moon – Red	<b>Sunrise: 6:34AM</b> <b>Sunset: 6:13PM</b>	Vikarin 5121 Moon 1 - Phase 41 Prathama <b>Devaloka Day</b>
Simha Rasi: 6.25 Tithi 16 – 17 <b>Family Home Evening</b> Routine Work Marana Yoga Until 5:03PM Then Creative Work - Siddha Yoga							





Tuesday, February 11, 2020

Gold Retreat Star

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

Chennai, India

Sun 1 Sutra 303

Simha Rasi: 21.25 Tithi 17 - 18

957723467

**Gulika** 12:24PM - 1:51PM  
Yama 9:29AM - 10:56AM  
**Rahu** 3:19PM - 4:46PM

**Purvaphalguni Until 2:22PM**  
Athiganda\* Until 7:26AM  
Visti Until 2:54AM Wed  
**Dvitiya Until 6:17AM**

**Ganesha:** Red  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon - Red  
**Magha-Thai**

**Sunrise:** 6:34AM  
**Sunset:** 6:14PM

Moon 2 - Phase 42  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

Until 2:22PM

Then Creative Work - Amrita Yoga

1

Wednesday, February 12, 2020

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

Chennai, India

Sun 2 Sutra 304

Kanya Rasi: 6.24 Tithi 19

957723467

**Gulika** 10:56AM - 12:24PM  
Yama 8:01AM - 9:28AM  
**Rahu** 12:24PM - 1:51PM

**Uttaraphalguni Until 11:38AM**  
Dhriti Until 11:37PM  
Bava Until 1:17PM  
**Chaturthi\* Until 11:41PM**

**Ganesha:** Red  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon - Red  
**Magha-Thai**

**Sunrise:** 6:33AM  
**Sunset:** 6:14PM

Moon 2 - Phase 42  
1st Phase

**Devaloka Day**

Creative Work Amrita Yoga

Until 11:38AM

Then Routine Work - Marana Yoga

2

Thursday, February 13, 2020

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

Chennai, India

Sun 3 Sutra 305

Kanya Rasi: 21.13 Tithi 20

967723467

**Gulika** 9:28AM - 10:56AM  
Yama 6:33AM - 8:01AM  
**Rahu** 1:51PM - 3:19PM

**Hasta Until 9:26AM**  
Shula\* Until 8:02PM  
Kaulava Until 10:13AM  
**Panchami Until 8:49PM**

**Ganesha:** Green  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon - Green  
**Magha-Masi**

**Sunrise:** 6:33AM  
**Sunset:** 6:14PM

Moon 2 - Phase 42  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Routine Work Marana Yoga

Until 9:26AM

Then Creative Work - Siddha Yoga

3

Friday, February 14, 2020

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

Chennai, India

Sun 4 Sutra 306

Tula Rasi: 5.46 Tithi 21

968723467

**Gulika** 8:00AM - 9:28AM  
Yama 3:19PM - 4:47PM  
**Rahu** 10:56AM - 12:24PM

**Chitra Until 7:28AM**  
Ganda\* Until 4:50PM  
Gara Until 7:33AM  
**Shashthi\* Until 6:23PM**

**Ganesha:** White  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon - Green  
**Magha-Masi**

**Sunrise:** 6:33AM  
**Sunset:** 6:15PM

Moon 2 - Phase 42  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

4

Saturday, February 15, 2020

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

Chennai, India

Sun 5 Sutra 307

Tula Rasi: 19.58 Tithi 22 - 23

968723467

**Gulika** 6:32AM - 8:00AM  
Yama 1:51PM - 3:19PM  
**Rahu** 9:28AM - 10:56AM

**Vishakha Until 5:09AM Sun**  
Vriddhi Until 2:05PM  
Balava Until 3:49AM Sun  
**Saptami Until 4:31PM**

**Ganesha:** White  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon - Green  
**Magha-Masi**

**Sunrise:** 6:32AM  
**Sunset:** 6:15PM

Moon 2 - Phase 42  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Until 5:09AM Sun

Then Routine Work - Marana Yoga

5

Sunday, February 16, 2020

Retreat Star

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

Chennai, India

Sun 6 Sutra 308

Vrischika Rasi: 3.49 Tithi 23 - 24

978723467

**Gulika** 3:19PM - 4:47PM  
Yama 12:24PM - 1:51PM  
**Rahu** 4:47PM - 6:15PM

**Anuradha Until 4:53AM Mon**  
Dhruva Until 11:47AM  
Taitila Until 2:52AM Mon  
**Ashtami\* Until 3:14PM**

**Ganesha:** Clear  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon - Orange  
**Magha-Masi**

**Sunrise:** 6:32AM  
**Sunset:** 6:15PM

Moon 2 - Phase 42  
Ashtami

**Devaloka Day**

Routine Work Marana Yoga

Until 4:53AM Mon

Then Creative Work - Siddha Yoga

Monday, February 17, 2020

Retreat Star

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

Chennai, India

Sun 7 Sutra 309

Vrischika Rasi: 17.17 Tithi 24 - 25

978723467

**Gulika** 1:51PM - 3:19PM  
Yama 10:55AM - 12:23PM  
**Rahu** 7:59AM - 9:27AM

**Jyeshtha\* Until 5:03AM Tue**  
Vyaghata\* Until 10:00AM  
Vanija Until 2:31AM Tue  
**Navami\* Until 2:36PM**

**Ganesha:** Clear  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon - Orange  
**Magha-Masi**

**Sunrise:** 6:31AM  
**Sunset:** 6:16PM

Moon 2 - Phase 42  
Navami

**Devaloka Day**

Creative Work Siddha Yoga

Until 5:03AM Tue

Then Creative Work - Amrita Yoga

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

All times are standard time

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<b>1</b>	<b>Tuesday, February 18, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Chennai, India
	Dhanus Rasi: 0.25	Tithi 26 – 26	988723467	<b>Gulika</b> 12:23PM – 1:52PM <b>Yama</b> 9:27AM – 10:55AM <b>Rahu</b> 3:20PM – 4:48PM	<b>Mula* Until 6:06AM Wed</b> Harshana Until 8:42AM Bava Until 2:46AM Wed <b>Dashami Until 2:33PM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue <b>Magha-Masi</b>	Sun 8 Sutra 310 Vikarin 5121 Moon 2 - Phase 43 2nd Phase
	Creative Work	Amrita Yoga				<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	

<b>2</b>	<b>Wednesday, February 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau				Chennai, India
	Dhanus Rasi: 13.16	Tithi 26 – 27	988723467	<b>Gulika</b> 10:55AM – 12:23PM <b>Yama</b> 7:59AM – 9:27AM <b>Rahu</b> 12:23PM – 1:52PM	<b>Mula* Until 6:06AM</b> Vajra* Until 7:49AM Kaulava Until 3:31AM Thu <b>Ekadashi* Until 3:04PM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue <b>Magha-Masi</b>	Sun 9 Sutra 311 Vikarin 5121 Moon 2 - Phase 43 2nd Phase
	Routine Work	Marana Yoga				<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
	Until 6:06AM	Then Creative Work - Amrita Yoga					

<b>3</b>	<b>Thursday, February 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Siddhi/Vyatiyata* Yoga Taitila/Gara Karana Dvodashi/Trayodashyam Titau				Chennai, India
	Dhanus Rasi: 25.53	Tithi 27 – 28	989823467	<b>Gulika</b> 9:27AM – 10:55AM <b>Yama</b> 6:30AM – 7:58AM <b>Rahu</b> 1:51PM – 3:20PM	<b>Purvashadha* Until 7:28AM</b> Siddhi Until 7:19AM Gara Until 4:42AM Fri <b>Dvodashi* Until 4:02PM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue <b>Magha-Masi</b>	Sun 10 Sutra 312 Vikarin 5121 Moon 2 - Phase 43 2nd Phase
	Creative Work	Siddha Yoga				<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
	Until 7:28AM	Then Routine Work - Marana Yoga			<i>Pradosha Vrata (Fasting)</i>		

<b>4</b>	<b>Friday, February 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Chennai, India
	Makara Rasi: 8.19	Tithi 28 – 29	989823467	<b>Gulika</b> 7:58AM – 9:26AM <b>Yama</b> 3:20PM – 4:48PM <b>Rahu</b> 10:55AM – 12:23PM	<b>Uttarashadha Until 9:05AM</b> Vyatipata* Until 7:10AM Visti Until 6:15AM Sat <b>Trayodashi* Until 5:25PM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue <b>Magha-Masi</b>	Sun 11 Sutra 313 Vikarin 5121 Moon 2 - Phase 43 2nd Phase
	Routine Work	Marana Yoga				<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
					<b>Mahasivaratri (Lunar)</b> <b>Mahasivaratri (Solar)</b>		

<b>5</b>	<b>Saturday, February 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Chennai, India
	Makara Rasi: 20.35	Tithi 29	999823467	<b>Gulika</b> 6:29AM – 7:58AM <b>Yama</b> 1:51PM – 3:20PM <b>Rahu</b> 9:26AM – 10:55AM	<b>Shravana Until 11:22AM</b> Variyan Until 7:15AM Visti Until 6:15AM <b>Chaturdashi* Until 7:07PM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple <b>Magha-Masi</b>	Sun 12 Sutra 314 Vikarin 5121 Moon 2 - Phase 43 2nd Phase
	Creative Work	Siddha Yoga				<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	

	<b>Sunday, February 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Chennai, India
	<b>Retreat Star</b>			<b>Gulika</b> 3:20PM – 4:48PM <b>Yama</b> 12:23PM – 1:51PM <b>Rahu</b> 4:48PM – 6:17PM	<b>Dhanishtha Until 1:46PM</b> Parigha* Until 7:34AM Catuspada Until 8:06AM <b>Amavasya* Until 9:06PM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple <b>Magha-Masi</b>	Sun 13 Sutra 315 Vikarin 5121 Moon 2 - Phase 43 Amavasya
	Kumbha Rasi: 2.45	Tithi 30	999823467			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
	Routine Work	Marana Yoga					

<b>6</b>	<b>Monday, February 24, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaprosithapada* Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau				Chennai, India
	<b>Retreat Star</b>			<b>Gulika</b> 1:51PM – 3:20PM <b>Yama</b> 10:54AM – 12:23PM <b>Rahu</b> 7:57AM – 9:26AM	<b>Shatabhishak Until 4:13PM</b> Shiva Until 8:06AM Kintughna Until 10:12AM <b>Prathama* Until 11:18PM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple <b>Phalgun-Masi</b>	Sun 14 Sutra 316 Vikarin 5121 Moon 2 - Phase 43 Prathama
	Kumbha Rasi: 14.48	Tithi 1	999823467			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
	<b>Family Home Evening</b>	Siddha Yoga					

<b>1</b>		<b>Tuesday, February 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau		Chennai, India
Kumbha Rasi: 26.46	Tithi 2	919823467	<b>Gulika</b> 12:23PM – 1:51PM <b>Yama</b> 9:25AM – 10:54AM <b>Rahu</b> 3:20PM – 4:49PM	<b>Purvaproshtapada* Until 7:11PM</b> Siddha Until 8:45AM Balava Until 12:30PM <b>Dvitiya Until 1:41AM Wed</b>	<b>Ganesha:</b> Orange <b>Muruḡa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear	Sun 15 Sutra 317 Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>
Routine Work Marana Yoga Until 7:11PM Then Creative Work - Amrita Yoga				<b>Phalguna-Masi</b>		

<b>2</b>		<b>Wednesday, February 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Trityayam Titau		Chennai, India
Meena Rasi: 8.41	Tithi 3	919823467	<b>Gulika</b> 10:54AM – 12:22PM <b>Yama</b> 7:56AM – 9:25AM <b>Rahu</b> 12:22PM – 1:51PM	<b>Uttaraproshtapada Until 10:06PM</b> Sadhya Until 9:32AM Taitila Until 2:57PM <b>Tritiya Until 4:11AM Thu</b>	<b>Ganesha:</b> Orange <b>Muruḡa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear	Sun 16 Sutra 318 Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga Until 10:06PM Then Routine Work - Marana Yoga				<b>Phalguna-Masi</b>		

<b>3</b>		<b>Thursday, February 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau		Chennai, India
Meena Rasi: 20.34	Tithi 4	919823467	<b>Gulika</b> 9:25AM – 10:53AM <b>Yama</b> 6:27AM – 7:56AM <b>Rahu</b> 1:51PM – 3:20PM	<b>Revati Until 12:55AM Fri</b> Subha Until 10:25AM Vanija Until 5:28PM <b>Chaturthi* Until 6:42AM Fri</b>	<b>Ganesha:</b> Orange <b>Muruḡa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear	Sun 17 Sutra 319 Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga Until 12:55AM Fri Then Creative Work - Amrita Yoga		<b>Subramuniyaswami Siva Vision Day</b>		<b>Phalguna-Masi</b>		

<b>4</b>		<b>Friday, February 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Chennai, India
Mesha Rasi: 2.25	Tithi 4 – 5	921823467	<b>Gulika</b> 7:55AM – 9:24AM <b>Yama</b> 3:20PM – 4:49PM <b>Rahu</b> 10:53AM – 12:22PM	<b>Ashvini Until 3:59AM Sat</b> Sukla Until 11:15AM Bava Until 7:57PM <b>Chaturthi* Until 6:42AM</b>	<b>Ganesha:</b> Purple <b>Muruḡa:</b> Clear <b>Nataraja:</b> Clear Moon – White	Sun 18 Sutra 320 Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Amrita Yoga Until 3:59AM Sat Then Creative Work - Siddha Yoga				<b>Phalguna-Masi</b>		

<b>5</b>		<b>Saturday, February 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Chennai, India
Mesha Rasi: 14.19	Tithi 5 – 6	921823467	<b>Gulika</b> 6:26AM – 7:55AM <b>Yama</b> 1:51PM – 3:20PM <b>Rahu</b> 9:24AM – 10:53AM	<b>Bharani Until 6:40AM Sun</b> Brahma Until 12:01PM Kaulava Until 10:15PM <b>Panchami Until 9:07AM</b>	<b>Ganesha:</b> Purple <b>Muruḡa:</b> Clear <b>Nataraja:</b> Clear Moon – White	Sun 19 Sutra 321 Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga				<b>Phalguna-Masi</b>		

<b>6</b>		<b>Sunday, March 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Chennai, India
Mesha Rasi: 26.19	Tithi 6 – 7	921833467	<b>Gulika</b> 3:20PM – 4:49PM <b>Yama</b> 12:22PM – 1:51PM <b>Rahu</b> 4:49PM – 6:18PM	<b>Bharani Until 6:40AM</b> Indra Until 12:35PM Gara Until 12:11AM Mon <b>Shashthi* Until 11:15AM</b>	<b>Ganesha:</b> Purple <b>Muruḡa:</b> Orange <b>Nataraja:</b> Clear Moon – White	Sun 20 Sutra 322 Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Routine Work Prabalarishta Yoga Until 6:40AM Then Creative Work - Siddha Yoga				<b>Phalguna-Masi</b>		

<b>Retreat Star</b>		<b>Monday, March 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Chennai, India
Vrishabha Rasi: 8.29	Tithi 7 – 8	921833467	<b>Gulika</b> 1:51PM – 3:20PM <b>Yama</b> 10:52AM – 12:21PM <b>Rahu</b> 7:53AM – 9:23AM	<b>Krittika Until 8:46AM</b> Vaidhriti* Until 12:44PM Visti Until 1:31AM Tue <b>Saptami Until 12:55PM</b>	<b>Ganesha:</b> Purple <b>Muruḡa:</b> Orange <b>Nataraja:</b> Clear Moon – White	Sun 21 Sutra 323 Vikarin 5121 Moon 2 - Phase 44 Ashtami <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Family Home Evening Routine Work Marana Yoga Until 8:46AM Then Creative Work - Amrita Yoga				<b>Phalguna-Masi</b>		

<b>Retreat Star</b>		<b>Tuesday, March 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Chennai, India
Vrishabha Rasi: 20.55	Tithi 8 – 9	931833467	<b>Gulika</b> 12:21PM – 1:50PM <b>Yama</b> 9:22AM – 10:52AM <b>Rahu</b> 3:20PM – 4:49PM	<b>Rohini Until 10:34AM</b> Vishkambha* Until 12:24PM Balava Until 2:06AM Wed <b>Ashtami* Until 1:53PM</b>	<b>Ganesha:</b> Clear <b>Muruḡa:</b> Orange <b>Nataraja:</b> Clear Moon – Yellow	Sun 22 Sutra 324 Vikarin 5121 Moon 2 - Phase 44 Navami <b>Devaloka Day</b>
Creative Work Amrita Yoga Until 10:34AM Then Creative Work - Siddha Yoga				<b>Phalguna-Masi</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 Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau	Chennai, India Sun 23 Sutra 325
Mithuna Rasi: 3.43	Tithi 9 – 10	<b>Gulika</b> 10:51AM – 12:21PM	<b>Mrigashira</b> Until 11:25AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:23AM	Vikarin 5121
		Yama 7:52AM – 9:22AM	Priti Until 11:27AM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:19PM	Moon 2 - Phase 45
	931833467	<b>Rahu</b> 12:21PM – 1:50PM	Taitila Until 1:49AM Thu	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Navami*</b> Until 2:03PM	Moon – Yellow	<b>Devaloka Day</b>
				<b>Phalguna-Masi</b>	

<b>2</b>		<b>Thursday, March 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau	Chennai, India Sun 24 Sutra 326
Mithuna Rasi: 16.56	Tithi 10 – 11	<b>Gulika</b> 9:21AM – 10:51AM	<b>Ardra</b> Until 11:17AM	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:22AM	Vikarin 5121
		Yama 6:22AM – 7:52AM	Ayushman Until 9:48AM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:19PM	Moon 2 - Phase 45
	131833467	<b>Rahu</b> 1:50PM – 3:20PM	Vanija Until 12:39AM Fri	<b>Nataraja:</b> Clear	4th Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 1:19PM	Moon – Yellow	<b>Devaloka Day</b>
Until 11:17AM				<b>Phalguna-Masi</b>	
Then Creative Work - Amrita Yoga					

<b>3</b>		<b>Friday, March 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau	Chennai, India Sun 25 Sutra 327
Kataka Rasi: 0.38	Tithi 11 – 12	<b>Gulika</b> 7:51AM – 9:21AM	<b>Punarvasu</b> Until 10:35AM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:22AM	Vikarin 5121
		Yama 3:20PM – 4:49PM	Saubhagya Until 7:28AM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:19PM	Moon 2 - Phase 45
	141833467	<b>Rahu</b> 10:51AM – 12:20PM	Bava Until 10:40PM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 11:44AM	Moon – Blue	<b>Bhuloka Day</b>
Until 10:35AM				<b>Phalguna-Masi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>
Then Routine Work - Marana Yoga					

<b>4</b>		<b>Saturday, March 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Chennai, India Sun 26 Sutra 328
Kataka Rasi: 14.52	Tithi 12 – 13	<b>Gulika</b> 6:21AM – 7:51AM	<b>Pushya</b> Until 8:59AM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:21AM	Vikarin 5121
		Yama 1:50PM – 3:20PM	Athiganda* Until 12:59AM Sun	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:19PM	Moon 2 - Phase 45
	141833467	<b>Rahu</b> 9:21AM – 10:50AM	Kaulava Until 7:59PM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 9:23AM	Moon – Blue	<b>Bhuloka Day</b>
Until 8:59AM				<b>Phalguna-Masi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>
Then Routine Work - Marana Yoga					
			<i>Pradosha Vrata</i>		

<b>5</b>		<b>Sunday, March 8, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sukarma Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau	Chennai, India Sun 27 Sutra 329
Kataka Rasi: 29.31	Tithi 13 – 14	<b>Gulika</b> 3:20PM – 4:49PM	<b>Ashlesha*</b> Until 6:37AM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:21AM	Vikarin 5121
		Yama 12:20PM – 1:50PM	Sukarma Until 9:04PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:19PM	Moon 2 - Phase 45
	141833467	<b>Rahu</b> 4:49PM – 6:19PM	Vanija Until 2:57AM Mon	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 6:24AM	Moon – Blue	<b>Bhuloka Day</b>
Until 6:37AM		<b>Chidambaram Abhishekam</b>		<b>Phalguna-Masi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>
Then Routine Work - Marana Yoga					

<b>○</b>		<b>Monday, March 9, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau	Chennai, India Sutra 330
<b>Copper Retreat Star</b>		<b>Gulika</b> 1:50PM – 3:20PM	<b>Purvaphalguni</b> Until 1:04AM Tue	<b>Ganesha:</b> White <i>Sunrise:</i> 6:20AM	Vikarin 5121
Simha Rasi: 14.33	Tithi 15	Yama 10:50AM – 12:20PM	Dhriti Until 4:53PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:19PM	Moon 2 - Phase 45
<b>Family Home Evening</b>	152833467	<b>Rahu</b> 7:50AM – 9:20AM	Visti Until 1:08PM	<b>Nataraja:</b> Clear	Purnima
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 11:13PM	Moon – Red	<b>Sivaloka Day</b>
Until 1:04AM Tue		<b>Holi</b>		<b>Phalguna-Masi</b>	
Then Creative Work - Amrita Yoga					

<b>○</b>		<b>Tuesday, March 10, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Prathamayam Titau	Chennai, India Sutra 331
<b>Silver Retreat Star</b>		<b>Gulika</b> 12:19PM – 1:49PM	<b>Uttaraphalguni</b> Until 9:52PM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:19AM	Vikarin 5121
Simha Rasi: 29.47	Tithi 16	Yama 9:19AM – 10:49AM	Shula* Until 12:31PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:19PM	Moon 2 - Phase 45
	152833467	<b>Rahu</b> 3:19PM – 4:49PM	Balava Until 9:19AM	<b>Nataraja:</b> Clear	Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 7:23PM	Moon – Red	<b>Sivaloka Day</b>
Until 9:52PM				<b>Phalguna-Masi</b>	
Then Creative Work - Siddha Yoga					



Wednesday, March 11, 2020

Gold Retreat Star

Kanya Rasi: 15.04 Tithi 17 - 18

162833467

Gulika 10:49AM - 12:19PM  
Yama 7:49AM - 9:19AM  
Rahu 12:19PM - 1:49PM

Routine Work Marana Yoga  
Until 7:01PM  
Then Creative Work - Siddha Yoga

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

Chennai, India  
Sun 1 Sutra 332  
Vikarin 5121  
Moon 3 - Phase 46  
1st Phase

Hasta Until 7:01PM  
Ganda\* Until 8:11AM  
Vanija Until 1:48AM Thu  
Dvitiya Until 3:36PM

Ganesha: Clear Sunrise: 6:19AM  
Muruga: Orange Sunset: 6:20PM  
Nataraja: Clear  
Moon - Green  
Devaloka Day  
Phalguna-Masi

1

Thursday, March 12, 2020

Tula Rasi: 0.13 Tithi 18 - 19

162833467

Gulika 9:18AM - 10:49AM  
Yama 6:18AM - 7:48AM  
Rahu 1:49PM - 3:19PM

Creative Work Siddha Yoga  
Until 4:19PM  
Then Creative Work - Amrita Yoga

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

Chennai, India  
Sun 2 Sutra 333  
Vikarin 5121  
Moon 3 - Phase 46  
1st Phase

Chitra Until 4:19PM  
Dhruva Until 12:06AM Fri  
Bava Until 10:27PM  
Tritiya Until 12:03PM

Ganesha: Clear Sunrise: 6:18AM  
Muruga: Orange Sunset: 6:20PM  
Nataraja: Clear  
Moon - Green  
Devaloka Day  
Phalguna-Masi

2

Friday, March 13, 2020

Tula Rasi: 15.05 Tithi 19 - 20

162833467

Gulika 7:48AM - 9:18AM  
Yama 3:19PM - 4:49PM  
Rahu 10:48AM - 12:19PM

Creative Work Siddha Yoga

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

Chennai, India  
Sun 3 Sutra 334  
Vikarin 5121  
Moon 3 - Phase 46  
1st Phase

Svati Until 1:54PM  
Vyaghata\* Until 8:36PM  
Kaulava Until 7:34PM  
Chaturthi\* Until 8:55AM

Ganesha: Clear Sunrise: 6:17AM  
Muruga: Orange Sunset: 6:20PM  
Nataraja: Clear  
Moon - Green  
Devaloka Day  
Phalguna-Masi

3

Saturday, March 14, 2020

Tula Rasi: 29.34 Tithi 20 - 21

172833467

Gulika 6:17AM - 7:47AM  
Yama 1:49PM - 3:19PM  
Rahu 9:18AM - 10:48AM

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

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

Chennai, India  
Sun 4 Sutra 335  
Vikarin 5121  
Moon 3 - Phase 46  
1st Phase

Vishakha Until 12:21PM  
Harshana Until 5:38PM  
Vanija Until 4:26AM Sun  
Panchami Until 6:20AM

Ganesha: Purple Sunrise: 6:17AM  
Muruga: Orange Sunset: 6:20PM  
Nataraja: Clear  
Moon - Orange  
Sivaloka Day  
Phalguna-Panguni

4

Sunday, March 15, 2020

Vrischika Rasi: 13.35 Tithi 22

172833468

Gulika 3:19PM - 4:49PM  
Yama 12:18PM - 1:48PM  
Rahu 4:49PM - 6:20PM

Routine Work Marana Yoga

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

Chennai, India  
Sun 5 Sutra 336  
Vikarin 5121  
Moon 3 - Phase 46  
1st Phase

Anuradha Until 11:22AM  
Vajra\* Until 3:14PM  
Visti Until 3:47PM  
Saptami Until 3:18AM Mon

Ganesha: Purple Sunrise: 6:16AM  
Muruga: Orange Sunset: 6:20PM  
Nataraja: Purple  
Moon - Orange  
Subha Sivaloka Day  
Phalguna-Panguni

Monday, March 16, 2020

Retreat Star

Vrischika Rasi: 27.08 Tithi 23

172933468

Gulika 1:48PM - 3:19PM  
Yama 10:47AM - 12:18PM  
Rahu 7:46AM - 9:17AM

Family Home Evening  
Creative Work Siddha Yoga

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

Chennai, India  
Sun 6 Sutra 337  
Vikarin 5121  
Moon 3 - Phase 46  
Ashtami

Jyeshtha\* Until 11:01AM  
Siddhi Until 1:28PM  
Balava Until 3:03PM  
Ashtami\* Until 2:58AM Tue

Ganesha: Clear Sunrise: 6:15AM  
Muruga: Orange Sunset: 6:20PM  
Nataraja: Purple  
Moon - Orange  
Sivaloka Day  
Phalguna-Panguni

Tuesday, March 17, 2020

Retreat Star

Dhanus Rasi: 10.15 Tithi 24

182933468

Gulika 12:17PM - 1:48PM  
Yama 9:16AM - 10:47AM  
Rahu 3:19PM - 4:49PM

Creative Work Amrita Yoga  
Until 11:43AM  
Then Creative Work - Siddha Yoga

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

Chennai, India  
Sun 7 Sutra 338  
Vikarin 5121  
Moon 3 - Phase 46  
Navami

Mula\* Until 11:43AM  
Vyatipata\* Until 12:20PM  
Taitila Until 3:06PM  
Navami\* Until 3:22AM Wed

Ganesha: Purple Sunrise: 6:15AM  
Muruga: Orange Sunset: 6:20PM  
Nataraja: Purple  
Moon - Light Blue  
Devaloka Day  
Phalguna-Panguni

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

All times are standard time

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1	<b>Wednesday, March 18, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau				Chennai, India
	Dhanus Rasi: 23	Tithi 25	Sun 8	Sutra 339			
	182933468	Rahu	12:17PM – 1:48PM	Purvashadha* Variyan Until 11:44AM Vanija Until 3:51PM Dashami Until 4:27AM Thu	Ganesh: Purple Muruqa: Orange Nataraja: Purple Moon – Light Blue Phalguna-Panguni	Sunrise: 6:14AM Sunset: 6:20PM	Moon 3 - Phase 47 2nd Phase
	Creative Work	Amrita Yoga	<b>Devaloka Day</b>				

2	<b>Thursday, March 19, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Chennai, India
	Makara Rasi: 5.28	Tithi 26	Sun 9	Sutra 340			
	182933468	Rahu	1:48PM – 3:19PM	Uttarashadha Until 2:40PM Parigha* Until 11:37AM Bava Until 5:12PM Ekadashi* Until 6:02AM Fri	Ganesh: Purple Muruqa: Orange Nataraja: Purple Moon – Light Blue Phalguna-Panguni	Sunrise: 6:13AM Sunset: 6:20PM	Moon 3 - Phase 47 2nd Phase
	Routine Work	Marana Yoga	<b>Devaloka Day</b>				

3	<b>Friday, March 20, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Chennai, India
	Makara Rasi: 17.43	Tithi 26 – 27	Sun 10	Sutra 341			
	192933468	Rahu	10:46AM – 12:17PM	Shravana Until 5:07PM Shiva Until 11:53AM Kaulava Until 7:00PM Ekadashi* Until 6:02AM	Ganesh: Clear Muruqa: Orange Nataraja: Purple Moon – Purple Phalguna-Panguni	Sunrise: 6:13AM Sunset: 6:20PM	Moon 3 - Phase 47 2nd Phase
	Routine Work	Marana Yoga	<b>Sivaloka Day</b>				

4	<b>Saturday, March 21, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Chennai, India
	Makara Rasi: 29.48	Tithi 27 – 28	Sun 11	Sutra 342			
	192933468	Rahu	9:14AM – 10:45AM	Dhanishtha Until 7:42PM Siddha Until 12:23PM Gara Until 9:06PM Dvadashi* Until 7:59AM <i>Pradosha Vrata (Fasting)</i>	Ganesh: Clear Muruqa: Orange Nataraja: Purple Moon – Purple Phalguna-Panguni	Sunrise: 6:12AM Sunset: 6:20PM	Moon 3 - Phase 47 2nd Phase
	Creative Work	Siddha Yoga	<b>Sivaloka Day</b>				

5	<b>Sunday, March 22, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Chennai, India
	Kumbha Rasi: 11.47	Tithi 28 – 29	Sun 12	Sutra 343			
	192933468	Rahu	4:49PM – 6:20PM	Shatabhishak Until 10:18PM Sadhya Until 1:04PM Visti Until 11:23PM Trayodashi* Until 10:12AM	Ganesh: Clear Muruqa: Orange Nataraja: Purple Moon – Purple Phalguna-Panguni	Sunrise: 6:11AM Sunset: 6:20PM	Moon 3 - Phase 47 2nd Phase
	Creative Work	Siddha Yoga	<b>Sivaloka Day</b>				

●	<b>Monday, March 23, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtpada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Chennai, India		
	<b>Retreat Star</b>		Sun 13	Sutra 344					
	Kumbha Rasi: 23.43	Tithi 29 – 30	113933468	Rahu	7:42AM – 9:13AM	Purvaproshtpada* Until 1:21AM Tue Subha Until 1:52PM Catuspada Until 1:47AM Tue Chaturdashi* Until 12:33PM	Ganesh: Yellow Muruqa: Orange Nataraja: Purple Moon – Clear Phalguna-Panguni	Sunrise: 6:11AM Sunset: 6:20PM	Moon 3 - Phase 47 Amavasya
	Family Home Evening	Marana Yoga	<b>Sivaloka Day</b>						

●	<b>Tuesday, March 24, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtpada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Chennai, India		
	<b>Retreat Star</b>		Sun 14	Sutra 345					
	Meena Rasi: 5.37	Tithi 30 – 1	113933468	Rahu	3:18PM – 4:49PM	Uttaraproshtpada Until 4:17AM Wed Sukla Until 2:42PM Kintughna Until 4:13AM Wed Amavasya* Until 2:58PM	Ganesh: Yellow Muruqa: Orange Nataraja: Purple Moon – Clear Chaitra-Panguni	Sunrise: 6:10AM Sunset: 6:21PM	Moon 3 - Phase 47 Prathama
	Creative Work	Amrita Yoga	<b>Sivaloka Day</b>						

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

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<b>1</b>		<b>Wednesday, March 25, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Chennai, India Sun 15 Sutra 346 Vikarin 5121
Meena Rasi: 17.3	Tithi 1 – 2	<b>Gulika</b> 10:44AM – 12:15PM	<b>Revati Until 7:03AM Thu</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:09AM	Moon 3 - Phase 48
		Yama 7:41AM – 9:12AM	Brahma Until 3:34PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:21PM	3rd Phase
		113933468 <b>Rahu</b> 12:15PM – 1:46PM	Balava Until 6:40AM Thu	<b>Nataraja:</b> Purple	
Routine Work Marana Yoga			Prathama* Until 5:25PM	Moon – Clear	<b>Sivaloka Day</b>
Until 7:03AM Thu				<b>Chaitra•Panguni</b>	
Then Creative Work - Amrita Yoga					

<b>2</b>		<b>Thursday, March 26, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Dvitiyayam Titau	Chennai, India Sun 16 Sutra 347 Vikarin 5121
Meena Rasi: 29.23	Tithi 2	<b>Gulika</b> 9:12AM – 10:43AM	<b>Revati Until 7:03AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:09AM	Moon 3 - Phase 48
		Yama 6:09AM – 7:40AM	Indra Until 4:25PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:21PM	3rd Phase
		113933468 <b>Rahu</b> 1:46PM – 3:18PM	Balava Until 6:40AM	<b>Nataraja:</b> Purple	
Creative Work Siddha Yoga			Dvitiya Until 7:51PM	Moon – Clear	<b>Sivaloka Day</b>
Until 7:03AM		<b>Chellappaswami Mahasamadhi</b>		<b>Chaitra•Panguni</b>	
Then Creative Work - Amrita Yoga					

<b>3</b>		<b>Friday, March 27, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Tailila/Gara Karana Tritiyayam Titau	Chennai, India Sun 17 Sutra 348 Vikarin 5121
Mesha Rasi: 11.17	Tithi 3	<b>Gulika</b> 7:40AM – 9:11AM	<b>Ashvini Until 10:06AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:08AM	Moon 3 - Phase 48
		Yama 3:18PM – 4:49PM	Vaidhriti* Until 5:11PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:21PM	3rd Phase
		123933468 <b>Rahu</b> 10:43AM – 12:14PM	Taitila Until 9:03AM	<b>Nataraja:</b> Purple	
Creative Work Amrita Yoga			Tritiya Until 10:10PM	Moon – White	<b>Sivaloka Day</b>
Until 10:06AM				<b>Chaitra•Panguni</b>	
Then Creative Work - Siddha Yoga					

<b>4</b>		<b>Saturday, March 28, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Chaturtham Titau	Chennai, India Sun 18 Sutra 349 Vikarin 5121
Mesha Rasi: 23.14	Tithi 4	<b>Gulika</b> 6:07AM – 7:39AM	<b>Bharani Until 12:49PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:07AM	Moon 3 - Phase 48
		Yama 1:46PM – 3:17PM	Vishkambha* Until 5:50PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:21PM	3rd Phase
		123933468 <b>Rahu</b> 9:11AM – 10:42AM	Vanija Until 11:17AM	<b>Nataraja:</b> Purple	
Creative Work Siddha Yoga			Chaturthi* Until 12:17AM Sun	Moon – White	<b>Sivaloka Day</b>
Until 12:49PM				<b>Chaitra•Panguni</b>	
Then Creative Work - Amrita Yoga					

<b>5</b>		<b>Sunday, March 29, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau	Chennai, India Sun 19 Sutra 350 Vikarin 5121
Vrishabha Rasi: 5.17	Tithi 5	<b>Gulika</b> 3:17PM – 4:49PM	<b>Krittika Until 3:07PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:07AM	Moon 3 - Phase 48
		Yama 12:14PM – 1:46PM	Priti Until 6:16PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:21PM	3rd Phase
		123933468 <b>Rahu</b> 4:49PM – 6:21PM	Bava Until 1:14PM	<b>Nataraja:</b> Purple	
Creative Work Siddha Yoga			Panchami Until 2:03AM Mon	Moon – White	<b>Sivaloka Day</b>
				<b>Chaitra•Panguni</b>	

<b>6</b>		<b>Monday, March 30, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau	Chennai, India Sun 20 Sutra 351 Vikarin 5121
Vrishabha Rasi: 17.29	Tithi 6	<b>Gulika</b> 1:45PM – 3:17PM	<b>Rohini Until 5:20PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:06AM	Moon 3 - Phase 48
<b>Family Home Evening</b>		Yama 10:42AM – 12:13PM	Ayushman Until 6:20PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:21PM	3rd Phase
		133933468 <b>Rahu</b> 7:38AM – 9:10AM	Kaulava Until 2:46PM	<b>Nataraja:</b> Purple	
Creative Work Amrita Yoga			Shashthi* Until 3:19AM Tue	Moon – Yellow	<b>Subha Sivaloka Day</b>
				<b>Chaitra•Panguni</b>	

<b>Retreat Star</b>		<b>Tuesday, March 31, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau	Chennai, India Sun 21 Sutra 352 Vikarin 5121
Vrishabha Rasi: 29.55	Tithi 7	<b>Gulika</b> 12:13PM – 1:45PM	<b>Mrigashira Until 6:47PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:05AM	Moon 3 - Phase 48
		Yama 9:09AM – 10:41AM	Saubhagya Until 5:56PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:21PM	3rd Phase
		133933468 <b>Rahu</b> 3:17PM – 4:49PM	Gara Until 3:43PM	<b>Nataraja:</b> Purple	
Creative Work Siddha Yoga			Saptami Until 3:55AM Wed	Moon – Yellow	<b>Subha Sivaloka Day</b>
Until 6:47PM				<b>Chaitra•Panguni</b>	
Then Routine Work - Marana Yoga					

<b>Retreat Star</b>		<b>Wednesday, April 1, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Ashtamyam Titau	Chennai, India Sun 22 Sutra 353 Vikarin 5121
Mithuna Rasi: 12.38	Tithi 8	<b>Gulika</b> 10:41AM – 12:13PM	<b>Ardra Until 7:23PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:05AM	Moon 3 - Phase 48
		Yama 7:37AM – 9:09AM	Sobhana Until 4:59PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:21PM	Ashtami
		133933468 <b>Rahu</b> 12:13PM – 1:45PM	Visti Until 3:56PM	<b>Nataraja:</b> Purple	
Creative Work Siddha Yoga			Ashtami* Until 3:44AM Thu	Moon – Yellow	<b>Subha Sivaloka Day</b>
				<b>Chaitra•Panguni</b>	

<b>Retreat Star</b>		<b>Thursday, April 2, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau	Chennai, India Sun 23 Sutra 354 Vikarin 5121
Mithuna Rasi: 25.46	Tithi 9	<b>Gulika</b> 9:09AM – 10:41AM	<b>Punarvasu Until 7:29PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:05AM	Moon 3 - Phase 48
		Yama 6:05AM – 7:37AM	Athiganda* Until 3:22PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 6:21PM	Navami
		143933468 <b>Rahu</b> 1:45PM – 3:17PM	Balava Until 3:21PM	<b>Nataraja:</b> Purple	
Creative Work Amrita Yoga			Navami* Until 2:43AM Fri	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 Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau				Chennai, India
	Kataka Rasi: 9.19	Tithi 10	Gulika 7:36AM – 9:08AM	Pushya Until 6:38PM	Ganesha: Yellow	Sunrise: 6:04AM	Sun 24 Sutra 355
			Yama 3:17PM – 4:49PM	Sukarma Until 1:07PM	Muruqa: Orange	Sunset: 6:21PM	Vikarin 5121
	143933468	Rahu 10:40AM – 12:13PM	Taitila Until 1:56PM	Dashami Until 12:55AM Sat	Nataraja: Purple		Moon 3 - Phase 49
Routine Work	Marana Yoga			Moon – Blue		4th Phase	
				Chaitra•Panguni		Sivaloka Day	

<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 Dhriti/Shula* Yoga Vanija/Visti* Karana Ekadashyam Titau				Chennai, India
	Kataka Rasi: 23.22	Tithi 11	Gulika 6:03AM – 7:36AM	Ashlesha* Until 4:54PM	Ganesha: Yellow	Sunrise: 6:03AM	Sun 25 Sutra 356
			Yama 1:45PM – 3:17PM	Dhriti Until 10:16AM	Muruqa: Orange	Sunset: 6:21PM	Vikarin 5121
	143933468	Rahu 9:08AM – 10:40AM	Vanija Until 11:45AM	Ekadashi Until 10:24PM	Nataraja: Purple		Moon 3 - Phase 49
Routine Work	Marana Yoga			Moon – Blue		4th Phase	
Until 4:54PM		Yogaswami Mahasamadhi		Chaitra•Panguni		Sivaloka Day	
Then Creative Work - Amrita Yoga							

<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 Shula*/Ganda* Yoga Bava/Balava Karana Dvadashyam Titau				Chennai, India
	Simha Rasi: 7.53	Tithi 12	Gulika 3:17PM – 4:49PM	Magha* Until 2:49PM	Ganesha: White	Sunrise: 6:03AM	Sun 26 Sutra 357
			Yama 12:12PM – 1:44PM	Shula* Until 6:50AM	Muruqa: Orange	Sunset: 6:21PM	Vikarin 5121
	153933468	Rahu 4:49PM – 6:21PM	Bava Until 8:55AM	Dvadashi Until 7:17PM	Nataraja: Purple		Moon 3 - Phase 49
Routine Work	Marana Yoga			Moon – Red		4th Phase	
Until 2:49PM				Chaitra•Panguni		Subha Sivaloka Day	
Then Creative Work - Siddha Yoga							

<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 Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Chennai, India
	Simha Rasi: 22.47	Tithi 13 – 14	Gulika 1:44PM – 3:17PM	Purvaphalguni Until 12:08PM	Ganesha: Clear	Sunrise: 6:02AM	Sun 27 Sutra 358
			Yama 10:39AM – 12:12PM	Vriddhi Until 10:51PM	Muruqa: Orange	Sunset: 6:21PM	Vikarin 5121
	154933468	Rahu 7:35AM – 9:07AM	Gara Until 1:53AM Tue	Trayodashi Until 3:45PM	Nataraja: Purple		Moon 3 - Phase 49
Family Home Evening				Moon – Red		4th Phase	
Creative Work	Siddha Yoga			Chaitra•Panguni		Sivaloka Day	

Pradosha Vrata

	<b>Tuesday, April 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Chennai, India
	<b>Copper Retreat Star</b>		Gulika 12:11PM – 1:44PM	Uttaraphalguni Until 9:02AM	Ganesha: Clear	Sunrise: 6:02AM	Sutra 359
	Kanya Rasi: 7.58	Tithi 14 – 15	Yama 9:06AM – 10:39AM	Dhruva Until 6:31PM	Muruqa: Orange	Sunset: 6:21PM	Vikarin 5121
			154933468 Rahu 3:16PM – 4:49PM	Visti Until 10:01PM	Nataraja: Purple		Moon 3 - Phase 49
Creative Work	Amrita Yoga			Moon – Red		Purnima	
Until 9:02AM		Panguni Uttiram	Chaturdashi* Until 11:57AM	Chaitra•Panguni		Sivaloka Day	
Then Creative Work - Siddha Yoga		Hanuman Jayanti					

<b>○</b>	<b>Wednesday, April 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Chennai, India
	<b>Silver Retreat Star</b>		Gulika 10:39AM – 12:11PM	Hasta Until 6:04AM	Ganesha: Purple	Sunrise: 6:01AM	Sutra 360
	Kanya Rasi: 23.16	Tithi 15 – 16	Yama 7:33AM – 9:06AM	Vyaghata* Until 2:10PM	Muruqa: Clear	Sunset: 6:21PM	Vikarin 5121
			164934468 Rahu 12:11PM – 1:44PM	Balava Until 6:09PM	Nataraja: Purple		Moon 3 - Phase 49
Routine Work	Marana Yoga			Moon – Green		Prathama	
Until 6:04AM			Purnima* Until 8:03AM	Chaitra•Panguni		Devaloka Day	
Then Creative Work - Siddha Yoga							





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

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

Chennai, India  
Sutra 361  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 8.31 Tithi 17  
164934468  
Creative Work Amrita Yoga  
Until 12:09AM Fri  
Then Creative Work - Siddha Yoga

**Gulika** 9:06AM – 10:38AM  
Yama 6:00AM – 7:33AM  
**Rahu** 1:44PM – 3:16PM

**Svati Until 12:09AM Fri**  
Harshana Until 9:57AM  
Taitila Until 2:27PM  
**Dvitiya Until 12:42AM Fri**

**Ganesha:** Purple *Sunrise:* 6:00AM  
**Muruqa:** Clear *Sunset:* 6:22PM  
**Nataraja:** Purple  
Moon – Green  
**Chaitra+Panguni**

**Devaloka Day**

**1**

**Friday, April 10, 2020**

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

Chennai, India  
Sun 1 Sutra 362  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 23.32 Tithi 18  
174134468  
Creative Work Siddha Yoga

**Gulika** 7:32AM – 9:05AM  
Yama 3:16PM – 4:49PM  
**Rahu** 10:38AM – 12:11PM

**Vishakha Until 9:57PM**  
Siddhi Until 2:24AM Sat  
Vanija Until 11:06AM  
**Tritiya Until 9:36PM**

**Ganesha:** Yellow *Sunrise:* 6:00AM  
**Muruqa:** Clear *Sunset:* 6:22PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Panguni**

**Sivaloka Day**

**2**

**Saturday, April 11, 2020**

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

Chennai, India  
Sun 2 Sutra 363  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Virchika Rasi: 8.11 Tithi 19  
174134468  
Creative Work Siddha Yoga

**Gulika** 5:59AM – 7:32AM  
Yama 1:43PM – 3:16PM  
**Rahu** 9:05AM – 10:38AM

**Anuradha Until 8:13PM**  
Vyatipata\* Until 11:21PM  
Bava Until 8:16AM  
**Chaturthi\* Until 7:04PM**

**Ganesha:** Yellow *Sunrise:* 5:59AM  
**Muruqa:** Clear *Sunset:* 6:22PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Panguni**

**Sivaloka Day**

**3**

**Sunday, April 12, 2020**

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

Chennai, India  
Sun 3 Sutra 364  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Virchika Rasi: 22.23 Tithi 20 – 21  
174134468  
Routine Work Marana Yoga  
Until 7:03PM  
Then Creative Work - Amrita Yoga

**Gulika** 3:16PM – 4:49PM  
Yama 12:10PM – 1:43PM  
**Rahu** 4:49PM – 6:22PM

**Jyeshtha\* Until 7:03PM**  
Varyan Until 8:53PM  
Kaulava Until 6:06AM  
**Panchami Until 5:17PM**

**Ganesha:** Yellow *Sunrise:* 5:58AM  
**Muruqa:** Clear *Sunset:* 6:22PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Panguni**

**Sivaloka Day**

**4**

**Monday, April 13, 2020**

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

Chennai, India  
Sun 4 Sutra 1  
Sarvari 5122  
Moon 4 - Phase 50  
1st Phase

Dhanus Rasi: 6.05 Tithi 21 – 22  
184134468  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 7:01PM  
Then Routine Work - Marana Yoga

**Gulika** 1:43PM – 3:16PM  
Yama 10:37AM – 12:10PM  
**Rahu** 7:31AM – 9:04AM

**Mula\* Until 7:01PM**  
Parigha\* Until 7:06PM  
Visti Until 4:09AM Tue  
**Shashthi\* Until 4:18PM**

**Ganesha:** Blue *Sunrise:* 5:58AM  
**Muruqa:** Clear *Sunset:* 6:22PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

**Devaloka Day**

Tamil New Year

**5**

**Tuesday, April 14, 2020**

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

Chennai, India  
Sun 5 Sutra 2  
Sarvari 5122  
Moon 4 - Phase 50  
1st Phase

Dhanus Rasi: 19.19 Tithi 22 – 23  
284134468  
Creative Work Siddha Yoga  
Until 7:39PM  
Then Routine Work - Prabalarishta Yoga

**Gulika** 12:10PM – 1:43PM  
Yama 9:03AM – 10:37AM  
**Rahu** 3:16PM – 4:49PM

**Purvashadha\* Until 7:39PM**  
Shiva Until 6:00PM  
Balava Until 4:27AM Wed  
**Saptami Until 4:11PM**

**Ganesha:** Yellow *Sunrise:* 5:57AM  
**Muruqa:** Clear *Sunset:* 6:22PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

**Sivaloka Day**

**D**

**Wednesday, April 15, 2020**

**Retreat Star**

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

Chennai, India  
Sun 6 Sutra 3  
Sarvari 5122  
Moon 4 - Phase 50  
Ashtami

Makara Rasi: 2.08 Tithi 23 – 24  
284134468  
Creative Work Amrita Yoga  
Until 8:54PM  
Then Creative Work - Siddha Yoga

**Gulika** 10:36AM – 12:09PM  
Yama 7:30AM – 9:03AM  
**Rahu** 12:09PM – 1:43PM

**Uttarashadha Until 8:54PM**  
Siddha Until 5:30PM  
Taitila Until 5:29AM Thu  
**Ashtami\* Until 4:52PM**

**Ganesha:** Yellow *Sunrise:* 5:57AM  
**Muruqa:** Clear *Sunset:* 6:22PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

**Sivaloka Day**

**Thursday, April 16, 2020**

**Retreat Star**

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

Chennai, India  
Sun 7 Sutra 4  
Sarvari 5122  
Moon 4 - Phase 50  
Navami

Makara Rasi: 15 Tithi 24  
294134468  
Creative Work Siddha Yoga

**Gulika** 9:03AM – 10:36AM  
Yama 5:56AM – 7:29AM  
**Rahu** 1:42PM – 3:16PM

**Shravana Until 11:06PM**  
Sadhya Until 5:32PM  
Gara Until 6:14PM  
**Navami\* Until 6:14PM**

**Ganesha:** Blue *Sunrise:* 5:56AM  
**Muruqa:** Clear *Sunset:* 6:22PM  
**Nataraja:** Purple  
Moon – Purple  
**Chaitra+Chaitra**

**Devaloka Day**

Chidambaram Abhishekam

<b>1</b>		<b>Friday, April 17, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Subha/Siddhi Yoga Vanija/Visiti* Karana Dashamyam Titau				Chennai, India Sun 8 Sutra 5
Makara Rasi: 26.49	Tithi 25	<b>Gulika</b> Yama	<b>7:29AM – 9:02AM</b> 3:16PM – 4:49PM	<b>Dhanishtha Until 1:37AM Sat</b> Subha Until 6:00PM Vanija Until 7:08AM Dashami Until 8:07PM	<b>Ganesha: Blue</b> <b>Muruqa: Clear</b> <b>Nataraja: Purple</b> Moon – Purple	<b>Sunrise: 5:55AM</b> <b>Sunset: 6:22PM</b>	Sarvari 5122 Moon 4 - Phase 1 2nd Phase	
294134468	<b>Rahu</b>	<b>10:36AM – 12:09PM</b>					<b>Devaloka Day</b>	
Creative Work Siddha Yoga								
Until 1:37AM Sat								
Then Creative Work - Amrita Yoga								
<b>2</b>		<b>Saturday, April 18, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mantra Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Bava/Balava Karana Ekadashyam Titau				Chennai, India Sun 9 Sutra 6
Kumbha Rasi: 8.5	Tithi 26	<b>Gulika</b> Yama	<b>5:55AM – 7:28AM</b> 1:42PM – 3:16PM	<b>Shatabhishak Until 4:16AM Sun</b> Sukla Until 6:42PM Bava Until 9:13AM Ekadashi* Until 10:21PM	<b>Ganesha: Yellow</b> <b>Muruqa: Clear</b> <b>Nataraja: Purple</b> Moon – Purple	<b>Sunrise: 5:55AM</b> <b>Sunset: 6:22PM</b>	Sarvari 5122 Moon 4 - Phase 1 2nd Phase	
295134468	<b>Rahu</b>	<b>9:02AM – 10:35AM</b>					<b>Sivaloka Day</b>	
Creative Work Amrita Yoga								
Until 4:16AM Sun								
Then Creative Work - Siddha Yoga								
<b>3</b>		<b>Sunday, April 19, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Kaulava/Taitila Karana Dvadashyam Titau				Chennai, India Sun 10 Sutra 7
Kumbha Rasi: 20.46	Tithi 27	<b>Gulika</b> Yama	<b>3:15PM – 4:49PM</b> 12:08PM – 1:42PM	<b>Purvaproshtapada* Until 7:23AM Mon</b> Brahma Until 7:34PM Kaulava Until 11:33AM Dvadashi* Until 12:45AM Mon	<b>Ganesha: Yellow</b> <b>Muruqa: Clear</b> <b>Nataraja: Purple</b> Moon – Clear	<b>Sunrise: 5:54AM</b> <b>Sunset: 6:23PM</b>	Sarvari 5122 Moon 4 - Phase 1 2nd Phase	
215134468	<b>Rahu</b>	<b>4:49PM – 6:23PM</b>					<b>Sivaloka Day</b>	
Creative Work Siddha Yoga								
<b>4</b>		<b>Monday, April 20, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada*Uttaraproshtapada Nakshatra Indra Yoga Gara/Vanija Karana Trayodashyam Titau				Chennai, India Sun 11 Sutra 8
Meena Rasi: 2.38	Tithi 28	<b>Gulika</b> Yama	<b>1:42PM – 3:15PM</b> 10:35AM – 12:08PM	<b>Purvaproshtapada* Until 7:23AM</b> Indra Until 8:30PM Gara Until 2:00PM Trayodashi* Until 3:12AM Tue	<b>Ganesha: Yellow</b> <b>Muruqa: Clear</b> <b>Nataraja: Purple</b> Moon – Clear	<b>Sunrise: 5:54AM</b> <b>Sunset: 6:23PM</b>	Sarvari 5122 Moon 4 - Phase 1 2nd Phase	
215134468	<b>Rahu</b>	<b>7:27AM – 9:01AM</b>					<b>Sivaloka Day</b>	
Family Home Evening								
Routine Work Marana Yoga								
Until 7:23AM								
Then Creative Work - Siddha Yoga								
<b>5</b>		<b>Tuesday, April 21, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada*Revati Nakshatra Vaidhriti* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Chennai, India Sun 12 Sutra 9
Meena Rasi: 14.3	Tithi 29	<b>Gulika</b> Yama	<b>12:08PM – 1:42PM</b> 9:01AM – 10:34AM	<b>Uttaraproshtapada Until 10:21AM</b> Vaidhriti* Until 9:23PM Visti Until 4:26PM Chaturdashi* Until 5:36AM Wed	<b>Ganesha: Yellow</b> <b>Muruqa: Clear</b> <b>Nataraja: Purple</b> Moon – Clear	<b>Sunrise: 5:53AM</b> <b>Sunset: 6:23PM</b>	Sarvari 5122 Moon 4 - Phase 1 2nd Phase	
215134468	<b>Rahu</b>	<b>3:15PM – 4:49PM</b>					<b>Sivaloka Day</b>	
Creative Work Amrita Yoga								
Until 10:21AM								
Then Creative Work - Siddha Yoga								
<b>Retreat Star</b>		<b>Wednesday, April 22, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha* Yoga Catuspada* Karana Amavasyayam Titau				Chennai, India Sun 13 Sutra 10
Meena Rasi: 26.23	Tithi 30	<b>Gulika</b> Yama	<b>10:34AM – 12:08PM</b> 7:26AM – 9:00AM	<b>Revati Until 1:05PM</b> Vishkambha* Until 10:13PM Catuspada Until 6:47PM Amavasya* Until 7:53AM Thu	<b>Ganesha: Yellow</b> <b>Muruqa: Clear</b> <b>Nataraja: Purple</b> Moon – Clear	<b>Sunrise: 5:53AM</b> <b>Sunset: 6:23PM</b>	Sarvari 5122 Moon 4 - Phase 1 Amavasya	
215134468	<b>Rahu</b>	<b>12:08PM – 1:42PM</b>					<b>Sivaloka Day</b>	
Routine Work Marana Yoga								
<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 Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Chennai, India Sun 14 Sutra 11
Mesha Rasi: 8.19	Tithi 30 – 1	<b>Gulika</b> Yama	<b>9:00AM – 10:34AM</b> 5:52AM – 7:26AM	<b>Ashvini Until 4:01PM</b> Priti Until 10:57PM Kintughna Until 8:59PM Amavasya* Until 7:53AM	<b>Ganesha: Red</b> <b>Muruqa: Clear</b> <b>Nataraja: Purple</b> Moon – White	<b>Sunrise: 5:52AM</b> <b>Sunset: 6:23PM</b>	Sarvari 5122 Moon 4 - Phase 1 Prathama	
225134468	<b>Rahu</b>	<b>1:41PM – 3:15PM</b>					<b>Sivaloka Day</b>	
Creative Work Amrita Yoga								
Until 4:01PM								
Then Creative Work - Siddha Yoga								

<b>1</b>	<b>Friday, April 24, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Chennai, India
	Mesha Rasi: 20.19	Tithi 1 – 2	<b>Gulika</b> 7:26AM – 9:00AM	<b>Bharani Until 6:36PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:52AM	Sun 15 Sutra 12
			Yama 3:15PM – 4:49PM	Ayushman Until 11:29PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:23PM	Sarvari 5122
	225134469	<b>Rahu</b> 10:34AM – 12:07PM	Balava Until 10:58PM	<b>Nataraja:</b> Clear			Moon 4 - Phase 2
Creative Work	Siddha Yoga		<b>Prathama* Until 9:59AM</b>	Moon – White		3rd Phase	
				<b>Vaisaka-Chaitra</b>		<b>Devaloka Day</b>	

<b>2</b>	<b>Saturday, April 25, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Chennai, India
	Vrishabha Rasi: 2.25	Tithi 2 – 3	<b>Gulika</b> 5:51AM – 7:25AM	<b>Krittika Until 8:46PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:51AM	Sun 16 Sutra 13
			Yama 1:41PM – 3:15PM	Saubhagya Until 11:49PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:23PM	Sarvari 5122
	225134469	<b>Rahu</b> 8:59AM – 10:33AM	Taitila Until 12:41AM Sun	<b>Nataraja:</b> Clear			Moon 4 - Phase 2
Creative Work	Amrita Yoga		<b>Dvitiya Until 11:51AM</b>	Moon – White		3rd Phase	
				<b>Vaisaka-Chaitra</b>		<b>Devaloka Day</b>	

<b>3</b>	<b>Sunday, April 26, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Chennai, India
	Vrishabha Rasi: 14.37	Tithi 3 – 4	<b>Gulika</b> 3:15PM – 4:49PM	<b>Rohini Until 10:56PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:51AM	Sun 17 Sutra 14
			Yama 12:07PM – 1:41PM	Sobhana Until 11:54PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM	Sarvari 5122
	235134469	<b>Rahu</b> 4:49PM – 6:24PM	Vanija Until 2:02AM Mon	<b>Nataraja:</b> Clear			Moon 4 - Phase 2
Creative Work	Siddha Yoga		<b>Tritiya Until 1:23PM</b>	Moon – Yellow		3rd Phase	
		<b>Akshaya Tritiya</b>		<b>Vaisaka-Chaitra</b>		<b>Devaloka Day</b>	

<b>4</b>	<b>Monday, April 27, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Chennai, India
	Vrishabha Rasi: 26.59	Tithi 4 – 5	<b>Gulika</b> 1:41PM – 3:15PM	<b>Mrigashira Until 12:30AM Tue</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:50AM	Sun 18 Sutra 15
	<b>Family Home Evening</b>		Yama 10:33AM – 12:07PM	Athiganda* Until 11:37PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM	Sarvari 5122
	235134469	<b>Rahu</b> 7:24AM – 8:59AM	Bava Until 2:57AM Tue	<b>Nataraja:</b> Clear			Moon 4 - Phase 2
Creative Work	Amrita Yoga		<b>Chaturthi* Until 2:32PM</b>	Moon – Yellow		3rd Phase	
Until 12:30AM Tue		<b>Adi Sankara Jayanthi</b>		<b>Vaisaka-Chaitra</b>		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga							

<b>5</b>	<b>Tuesday, April 28, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Chennai, India
	Mithuna Rasi: 9.33	Tithi 5 – 6	<b>Gulika</b> 12:07PM – 1:41PM	<b>Ardra Until 1:25AM Wed</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:50AM	Sun 19 Sutra 16
			Yama 8:58AM – 10:33AM	Sukarma Until 10:57PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM	Sarvari 5122
	236134469	<b>Rahu</b> 3:15PM – 4:50PM	Kaulava Until 3:19AM Wed	<b>Nataraja:</b> Clear			Moon 4 - Phase 2
Routine Work	Marana Yoga		<b>Panchami Until 3:11PM</b>	Moon – Yellow		3rd Phase	
Until 1:25AM Wed				<b>Vaisaka-Chaitra</b>		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga						Devaloka Time: 3:PM to 6:PM	

<b>6</b>	<b>Wednesday, April 29, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Chennai, India
	Mithuna Rasi: 22.22	Tithi 6 – 7	<b>Gulika</b> 10:32AM – 12:07PM	<b>Punarvasu Until 2:03AM Thu</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:49AM	Sun 20 Sutra 17
			Yama 7:24AM – 8:58AM	Dhriti Until 9:49PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM	Sarvari 5122
	246134469	<b>Rahu</b> 12:07PM – 1:41PM	Gara Until 3:04AM Thu	<b>Nataraja:</b> Clear			Moon 4 - Phase 2
Creative Work	Siddha Yoga		<b>Shashthi* Until 3:15PM</b>	Moon – Blue		3rd Phase	
Until 2:03AM Thu				<b>Vaisaka-Chaitra</b>		<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga							

<b>☾</b>	<b>Thursday, April 30, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Chennai, India
	<b>Retreat Star</b>		<b>Gulika</b> 8:58AM – 10:32AM	<b>Pushya Until 1:53AM Fri</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:49AM	Sun 21 Sutra 18
	Kataka Rasi: 5.31	Tithi 7 – 8	Yama 5:49AM – 7:23AM	Shula* Until 8:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM	Sarvari 5122
	246134469	<b>Rahu</b> 1:41PM – 3:15PM	Visti Until 2:10AM Fri	<b>Nataraja:</b> Clear			Moon 4 - Phase 2
Creative Work	Amrita Yoga		<b>Saptami Until 2:41PM</b>	Moon – Blue		Ashtami	
Until 1:53AM Fri				<b>Vaisaka-Chaitra</b>		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga							

<b>☽</b>	<b>Friday, May 1, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda*/Vridhithi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Chennai, India
	<b>Retreat Star</b>		<b>Gulika</b> 7:23AM – 8:57AM	<b>Ashlesha* Until 12:54AM Sat</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:48AM	Sun 22 Sutra 19
	Kataka Rasi: 19	Tithi 8 – 9	Yama 3:15PM – 4:50PM	Ganda* Until 5:57PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:25PM	Sarvari 5122
	246134469	<b>Rahu</b> 10:32AM – 12:06PM	Balava Until 12:36AM Sat	<b>Nataraja:</b> Clear			Moon 4 - Phase 2
Routine Work	Marana Yoga		<b>Ashtami* Until 1:27PM</b>	Moon – Blue		Navami	
Until 12:54AM Sat				<b>Vaisaka-Chaitra</b>		<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga							

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

<b>1 Saturday, May 2, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Chennai, India Sun 23 Sutra 20 Sarvari 5122
Simha Rasi: 2.53	Tithi 9 – 10	<b>Gulika</b> 5:48AM – 7:22AM	<b>Magha* Until 11:36PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:48AM	
		Yama 1:41PM – 3:15PM	Vriddhi Until 3:15PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
	256134469	<b>Rahu</b> 8:57AM – 10:32AM	Taitila Until 10:25PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Amrita Yoga		<b>Navami* Until 11:34AM</b>	Moon – Red		<b>Bhuloka Day</b>
Until 11:36PM				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>2 Sunday, May 3, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Chennai, India Sun 24 Sutra 21 Sarvari 5122
Simha Rasi: 17.1	Tithi 10 – 11	<b>Gulika</b> 3:16PM – 4:50PM	<b>Purvaphalguni Until 9:38PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:47AM	
		Yama 12:06PM – 1:41PM	Dhruva Until 12:04PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
	256134469	<b>Rahu</b> 4:50PM – 6:25PM	Vanija Until 7:41PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dashami Until 9:06AM</b>	Moon – Red		<b>Bhuloka Day</b>
Until 9:38PM				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

<b>3 Monday, May 4, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Visli*/Balava Karana Ekadashi/Dvodashyam Titau				Chennai, India Sun 25 Sutra 22 Sarvari 5122
Kanya Rasi: 1.47	Tithi 11 – 12	<b>Gulika</b> 1:41PM – 3:16PM	<b>Uttaraphalguni Until 7:06PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:47AM	
<b>Family Home Evening</b>		Yama 10:31AM – 12:06PM	Vyaghata* Until 8:30AM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
	256234469	<b>Rahu</b> 7:22AM – 8:56AM	Balava Until 2:50AM Tue	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi Until 6:08AM</b>	Moon – Red		<b>Devaloka Day</b>
				<b>Vaisaka*Chaitra</b>		

<b>4 Tuesday, May 5, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Chennai, India Sun 26 Sutra 23 Sarvari 5122
Kanya Rasi: 16.41	Tithi 13	<b>Gulika</b> 12:06PM – 1:41PM	<b>Hasta Until 4:35PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:46AM	
		Yama 8:56AM – 10:31AM	Vajra* Until 12:39AM Wed	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
	267234469	<b>Rahu</b> 3:16PM – 4:51PM	Kaulava Until 1:06PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 11:18PM</b>	Moon – Green		<b>Devaloka Day</b>
				<b>Vaisaka*Chaitra</b>		
						<i>Pradosha Vrata</i>

<b>5 Wednesday, May 6, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Chennai, India Sun 27 Sutra 24 Sarvari 5122
Tula Rasi: 1.45	Tithi 14	<b>Gulika</b> 10:31AM – 12:06PM	<b>Chitra Until 1:49PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:46AM	
		Yama 7:21AM – 8:56AM	Siddhi Until 8:36PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 3
	267234469	<b>Rahu</b> 12:06PM – 1:41PM	Gara Until 9:32AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 7:44PM</b>	Moon – Green		<b>Devaloka Day</b>
				<b>Vaisaka*Chaitra</b>		

<b>Thursday, May 7, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Chennai, India Sun 27 Sutra 24 Sarvari 5122
<b>Copper Retreat Star</b>		<b>Gulika</b> 8:56AM – 10:31AM	<b>Svati Until 10:58AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:46AM	
Tula Rasi: 16.48	Tithi 15 – 16	Yama 5:46AM – 7:21AM	Vyatipata* Until 4:39PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 3
		<b>Rahu</b> 1:41PM – 3:16PM	Balava Until 2:37AM Fri	<b>Nataraja:</b> Clear		Purnima
Creative Work	Amrita Yoga		<b>Purnima* Until 4:15PM</b>	Moon – Green		<b>Devaloka Day</b>
Until 10:58AM		<b>Budha Purnima (Tamil Nadu)</b>		<b>Vaisaka*Chaitra</b>		
Then Creative Work - Siddha Yoga						

<b>Friday, May 8, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Chennai, India Sun 28 Sutra 26 Sarvari 5122
<b>Silver Retreat Star</b>		<b>Gulika</b> 7:20AM – 8:56AM	<b>Vishakha Until 8:38AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:45AM	
Vrischika Rasi: 1.42	Tithi 16 – 17	Yama 3:16PM – 4:51PM	Variyan Until 12:55PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 3
		<b>Rahu</b> 10:31AM – 12:06PM	Taitila Until 11:37PM	<b>Nataraja:</b> Clear		Prathama
Creative Work	Siddha Yoga		<b>Prathama* Until 1:03PM</b>	Moon – Orange		<b>Bhuloka Day</b>
				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM