



Sunday, April 21, 2019
Gold Retreat Star

Tula Rasi: 26.44 Tithi 17 – 18

274483468

Routine Work Marana Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Vishakha/Anuradha Nakshatra Siddhi/Vyati/Anuradha Karana Dvitiya/Tritiyayam Titau

Gulika 4:46PM – 6:27PM
Yama 1:25PM – 3:06PM
Rahu 6:27PM – 8:08PM
Vishakha Until 5:28PM
Siddhi Until 6:09AM
Vaniya Until 12:23AM Mon
Dvitiya Until 1:01PM

Ganesha: Blue *Sunrise:* 6:43AM
Muruqa: Yellow *Sunset:* 8:08PM
Nataraja: Purple
Moon – Orange
Chaitra•Chaitra

Dushanbe, Tajikistan
Sutra 7
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

1

Monday, April 22, 2019

Vrischika Rasi: 10.25 Tithi 18 – 19

Family Home Evening

Creative Work Siddha Yoga

274483468

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

Gulika 3:06PM – 4:47PM
Yama 11:44AM – 1:25PM
Rahu 8:22AM – 10:03AM
Anuradha Until 5:13PM
Variyan Until 2:23AM Tue
Bava Until 11:39PM
Tritiya Until 11:54AM

Ganesha: Blue *Sunrise:* 6:41AM
Muruqa: Yellow *Sunset:* 8:08PM
Nataraja: Purple
Moon – Orange
Chaitra•Chaitra

Dushanbe, Tajikistan
Sun 1 Sutra 8
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

2

Tuesday, April 23, 2019

Vrischika Rasi: 23.4 Tithi 19 – 20

Routine Work Marana Yoga

Until 5:35PM

Then Creative Work - Amrita Yoga

274483468

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

Gulika 1:25PM – 3:06PM
Yama 10:02AM – 11:44AM
Rahu 4:47PM – 6:28PM
Jyeshtha* Until 5:35PM
Parigha* Until 1:27AM Wed
Kaulava Until 11:43PM
Chaturthi* Until 11:33AM

Ganesha: Blue *Sunrise:* 6:40AM
Muruqa: Yellow *Sunset:* 8:09PM
Nataraja: Purple
Moon – Orange
Chaitra•Chaitra

Dushanbe, Tajikistan
Sun 2 Sutra 9
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

3

Wednesday, April 24, 2019

Dhanus Rasi: 6.29 Tithi 20 – 21

Routine Work Marana Yoga

Until 7:04PM

Then Creative Work - Amrita Yoga

284483468

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

Gulika 11:43AM – 1:25PM
Yama 8:20AM – 10:02AM
Rahu 1:25PM – 3:06PM
Mula* Until 7:04PM
Shiva Until 1:09AM Thu
Gara Until 12:36AM Thu
Panchami Until 12:02PM

Ganesha: Yellow *Sunrise:* 6:39AM
Muruqa: Yellow *Sunset:* 8:10PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Dushanbe, Tajikistan
Sun 3 Sutra 10
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Sivaloka Day

4

Thursday, April 25, 2019

Dhanus Rasi: 18.57 Tithi 21 – 22

Creative Work Siddha Yoga

Until 9:08PM

Then Routine Work - Marana Yoga

284483469

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

Gulika 10:01AM – 11:43AM
Yama 6:38AM – 8:19AM
Rahu 3:06PM – 4:48PM
Purvashadha* Until 9:08PM
Siddha Until 1:23AM Fri
Visti Until 2:12AM Fri
Shashthi* Until 1:18PM

Ganesha: Yellow *Sunrise:* 6:38AM
Muruqa: Yellow *Sunset:* 8:11PM
Nataraja: Clear
Moon – Light Blue
Chaitra•Chaitra

Dushanbe, Tajikistan
Sun 4 Sutra 11
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

5

Friday, April 26, 2019

Makara Rasi: 1.07 Tithi 22 – 23

Routine Work Marana Yoga

284583469

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

Gulika 8:18AM – 10:00AM
Yama 4:48PM – 6:30PM
Rahu 11:42AM – 1:24PM
Uttarashadha Until 11:35PM
Sadhya Until 2:04AM Sat
Balava Until 4:22AM Sat
Saptami Until 3:13PM

Ganesha: Red *Sunrise:* 6:36AM
Muruqa: Yellow *Sunset:* 8:12PM
Nataraja: Clear
Moon – Light Blue
Chaitra•Chaitra

Dushanbe, Tajikistan
Sun 5 Sutra 12
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

D

Saturday, April 27, 2019
Retreat Star

Makara Rasi: 13.05 Tithi 23 – 24

Creative Work Siddha Yoga

Until 2:44AM Sun

Then Routine Work - Marana Yoga

294583469

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

Gulika 6:35AM – 8:17AM
Yama 3:06PM – 4:49PM
Rahu 10:00AM – 11:42AM
Shravana Until 2:44AM Sun
Subha Until 3:01AM Sun
Taitila Until 6:51AM Sun
Ashtami* Until 5:34PM

Ganesha: Green *Sunrise:* 6:35AM
Muruqa: Yellow *Sunset:* 8:13PM
Nataraja: Clear
Moon – Purple
Chaitra•Chaitra

Dushanbe, Tajikistan
Sun 6 Sutra 13
Vikarin 5121
Moon 4 - Phase 2
Ashtami

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Sunday, April 28, 2019

Retreat Star

Makara Rasi: 24.56 Tithi 24

Routine Work Marana Yoga

Until 5:48AM Mon

Then Creative Work - Siddha Yoga

294583469

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

Gulika 4:49PM – 6:32PM
Yama 1:24PM – 3:06PM
Rahu 6:32PM – 8:14PM
Dhanishtha Until 5:48AM Mon
Sukla Until 4:01AM Mon
Taitila Until 6:51AM
Navami* Until 8:06PM

Ganesha: Green *Sunrise:* 6:34AM
Muruqa: Yellow *Sunset:* 8:14PM
Nataraja: Clear
Moon – Purple
Chaitra•Chaitra

Dushanbe, Tajikistan
Sun 7 Sutra 14
Vikarin 5121
Moon 4 - Phase 2
Navami

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Monday, April 29, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Brahma Yoga Vanija/Visti* Karana Dashamyam Titau				Dushanbe, Tajikistan Sun 8 Sutra 15 Vikarin 5121
1	Kumbha Rasi: 6.45 Tithi 25 Family Home Evening Creative Work Siddha Yoga Until 8:34AM Tue Then Routine Work - Marana Yoga	Gulika 3:07PM - 4:49PM Yama 11:41AM - 1:24PM 294583469 Rahu 8:15AM - 9:58AM	Shatabhishak Until 8:34AM Tue Brahma Until 4:57AM Tue Vanija Until 9:24AM Dashami Until 10:36PM	Ganesha: Green Muruqa: Yellow Nataraja: Clear Moon - Purple Chaitra*Chaitra	Sunrise: 6:32AM Sunset: 8:15PM	Moon 4 - Phase 3 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Tuesday, April 30, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau				Dushanbe, Tajikistan Sun 9 Sutra 16 Vikarin 5121
2	Kumbha Rasi: 18.38 Tithi 26 Routine Work Marana Yoga	Gulika 1:24PM - 3:07PM Yama 9:57AM - 11:41AM 294583469 Rahu 4:50PM - 6:33PM	Shatabhishak Until 8:34AM Indra Until 5:39AM Wed Bava Until 11:46AM Ekadashi* Until 12:49AM Wed	Ganesha: Green Muruqa: Yellow Nataraja: Clear Moon - Purple Chaitra*Chaitra	Sunrise: 6:31AM Sunset: 8:16PM	Moon 4 - Phase 3 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Wednesday, May 1, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Dushanbe, Tajikistan Sun 10 Sutra 17 Vikarin 5121
3	Meena Rasi: 0.37 Tithi 27 Creative Work Amrita Yoga Until 11:21AM Then Creative Work - Siddha Yoga	Gulika 11:40AM - 1:24PM Yama 8:13AM - 9:57AM 214583469 Rahu 1:24PM - 3:07PM	Purvaproshtapada* Until 11:21AM Vaidhriti* Until 5:59AM Thu Kaulava Until 1:47PM Dvadashi* Until 2:36AM Thu	Ganesha: Purple Muruqa: Yellow Nataraja: Clear Moon - Clear Chaitra*Chaitra	Sunrise: 6:30AM Sunset: 8:17PM	Moon 4 - Phase 3 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Thursday, May 2, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Dushanbe, Tajikistan Sun 11 Sutra 18 Vikarin 5121
4	Meena Rasi: 12.47 Tithi 28 Creative Work Siddha Yoga	Gulika 9:56AM - 11:40AM Yama 6:29AM - 8:12AM 214583469 Rahu 3:07PM - 4:51PM	Uttaraproshtapada Until 1:31PM Vishkambha* Until 6:00AM Gara Until 3:19PM Trayodashi* Until 3:52AM Fri <i>Pradosha Vrata (Fasting)</i>	Ganesha: Purple Muruqa: Yellow Nataraja: Clear Moon - Clear Chaitra*Chaitra	Sunrise: 6:29AM Sunset: 8:18PM	Moon 4 - Phase 3 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Friday, May 3, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Dushanbe, Tajikistan Sun 12 Sutra 19 Vikarin 5121
5	Meena Rasi: 25.11 Tithi 29 Creative Work Siddha Yoga Until 3:01PM Then Creative Work - Amrita Yoga	Gulika 8:12AM - 9:55AM Yama 4:51PM - 6:35PM 215583469 Rahu 11:39AM - 1:23PM	Revati Until 3:01PM Priti Until 5:28AM Sat Visti Until 4:19PM Chaturdashi* Until 4:36AM Sat	Ganesha: Light Blue Muruqa: Yellow Nataraja: Clear Moon - Clear Chaitra*Chaitra	Sunrise: 6:28AM Sunset: 8:19PM	Moon 4 - Phase 3 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Saturday, May 4, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Dushanbe, Tajikistan Sun 13 Sutra 20 Vikarin 5121
Retreat Star	Mesha Rasi: 7.49 Tithi 30 Creative Work Siddha Yoga	Gulika 6:27AM - 8:11AM Yama 3:07PM - 4:51PM 225583469 Rahu 9:55AM - 11:39AM	Ashvini Until 4:18PM Ayushman Until 4:34AM Sun Catuspada Until 4:47PM Amavasya* Until 4:47AM Sun	Ganesha: Purple Muruqa: Yellow Nataraja: Clear Moon - White Chaitra*Chaitra	Sunrise: 6:27AM Sunset: 8:20PM	Moon 4 - Phase 3 Amavasya Bhuloka Day Devaloka Time: 3:PM to 6:PM

Sunday, May 5, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Dushanbe, Tajikistan Sun 14 Sutra 21 Vikarin 5121
Retreat Star	Mesha Rasi: 20.43 Tithi 1 Routine Work Prabalarishta Yoga Until 4:55PM Then Creative Work - Siddha Yoga	Gulika 4:52PM - 6:36PM Yama 1:23PM - 3:07PM 225583469 Rahu 6:36PM - 8:21PM	Bharani Until 4:55PM Saubhagya Until 3:18AM Mon Kintughna Until 4:43PM Prathama* Until 4:30AM Mon	Ganesha: Purple Muruqa: Yellow Nataraja: Clear Moon - White Vaisaka*Chaitra	Sunrise: 6:25AM Sunset: 8:21PM	Moon 4 - Phase 3 Prathama Bhuloka Day Devaloka Time: 3:PM to 6:PM

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

1		Monday, May 6, 2019		Vikarin Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau	Dushanbe, Tajikistan Sun 15 Sutra 22 Vikarin 5121
Vrishabha Rasi: 3.5	Tithi 2	Gulika 3:08PM – 4:52PM	Krittika Until 4:58PM	Ganesha: Purple <i>Sunrise:</i> 6:24AM	Vikarin 5121
Family Home Evening	225583469	Yama 11:38AM – 1:23PM	Sobhana Until 1:43AM Tue	Muruqa: Yellow <i>Sunset:</i> 8:22PM	Moon 4 - Phase 4
Routine Work Marana Yoga		Rahu 8:09AM – 9:54AM	Balava Until 4:13PM	Nataraja: Clear	3rd Phase
Until 4:58PM			Dvitiya Until 3:49AM Tue	Moon – White	Bhuloka Day
Then Creative Work - Amrita Yoga				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM

2		Tuesday, May 7, 2019		Vikarin Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau	Dushanbe, Tajikistan Sun 16 Sutra 23 Vikarin 5121
Vrishabha Rasi: 17.11	Tithi 3	Gulika 1:23PM – 3:08PM	Rohini Until 4:56PM	Ganesha: Light Blue <i>Sunrise:</i> 6:23AM	Vikarin 5121
	235583469	Yama 9:53AM – 11:38AM	Athiganda* Until 11:50PM	Muruqa: Yellow <i>Sunset:</i> 8:23PM	Moon 4 - Phase 4
Creative Work Amrita Yoga		Rahu 4:53PM – 6:38PM	Taitila Until 3:21PM	Nataraja: Clear	3rd Phase
Until 4:56PM		Akshaya Tritiya	Tritiya Until 2:46AM Wed	Moon – Yellow	Bhuloka Day
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM

3		Wednesday, May 8, 2019		Vikarin Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Vanija/Visli* Karana Chaturthyam Titau	Dushanbe, Tajikistan Sun 17 Sutra 24 Vikarin 5121
Mithuna Rasi: 0.43	Tithi 4	Gulika 11:38AM – 1:23PM	Mrigashira Until 4:27PM	Ganesha: Light Blue <i>Sunrise:</i> 6:22AM	Vikarin 5121
	235583469	Yama 8:07AM – 9:53AM	Sukarma Until 9:44PM	Muruqa: Yellow <i>Sunset:</i> 8:24PM	Moon 4 - Phase 4
Creative Work Siddha Yoga		Rahu 1:23PM – 3:08PM	Vanija Until 2:10PM	Nataraja: Clear	3rd Phase
			Chaturthi* Until 1:27AM Thu	Moon – Yellow	Bhuloka Day
				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM

4		Thursday, May 9, 2019		Vikarin Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti Yoga Bava/Balava Karana Panchamyam Titau	Dushanbe, Tajikistan Sun 18 Sutra 25 Vikarin 5121
Mithuna Rasi: 14.24	Tithi 5	Gulika 9:52AM – 11:37AM	Ardra Until 3:35PM	Ganesha: Light Blue <i>Sunrise:</i> 6:21AM	Vikarin 5121
	235583469	Yama 6:21AM – 8:07AM	Dhriti Until 7:28PM	Muruqa: Yellow <i>Sunset:</i> 8:24PM	Moon 4 - Phase 4
Routine Work Marana Yoga		Rahu 3:08PM – 4:54PM	Bava Until 12:43PM	Nataraja: Clear	3rd Phase
Until 3:35PM			Panchami Until 11:54PM	Moon – Yellow	Bhuloka Day
Then Creative Work - Amrita Yoga				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM

5		Friday, May 10, 2019		Vikarin Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau	Dushanbe, Tajikistan Sun 19 Sutra 26 Vikarin 5121
Mithuna Rasi: 28.13	Tithi 6	Gulika 8:06AM – 9:51AM	Punarvasu Until 2:48PM	Ganesha: Orange <i>Sunrise:</i> 6:20AM	Vikarin 5121
	245583469	Yama 4:54PM – 6:40PM	Shula* Until 4:59PM	Muruqa: Yellow <i>Sunset:</i> 8:25PM	Moon 4 - Phase 4
Creative Work Siddha Yoga		Rahu 11:37AM – 1:23PM	Kaulava Until 11:04AM	Nataraja: Clear	3rd Phase
Until 2:48PM			Shashthi* Until 10:09PM	Moon – Blue	Devaloka Day
Then Routine Work - Marana Yoga				Vaisaka-Chaitra	

6		Saturday, May 11, 2019		Vikarin Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi Yoga Gara/Vanija Karana Saplamyam Titau	Dushanbe, Tajikistan Sun 20 Sutra 27 Vikarin 5121
Kataka Rasi: 12.1	Tithi 7	Gulika 6:19AM – 8:05AM	Pushya Until 1:40PM	Ganesha: Orange <i>Sunrise:</i> 6:19AM	Vikarin 5121
	245583469	Yama 3:09PM – 4:54PM	Ganda* Until 2:22PM	Muruqa: Yellow <i>Sunset:</i> 8:26PM	Moon 4 - Phase 4
Creative Work Siddha Yoga		Rahu 9:51AM – 11:37AM	Gara Until 9:13AM	Nataraja: Clear	3rd Phase
Until 1:40PM			Saptami Until 8:12PM	Moon – Blue	Devaloka Day
Then Routine Work - Marana Yoga				Vaisaka-Chaitra	

☾		Sunday, May 12, 2019		Vikarin Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Visli*/Bava Karana Ashtamyam Titau	Dushanbe, Tajikistan Sun 21 Sutra 28 Vikarin 5121
Retreat Star		Gulika 4:55PM – 6:41PM	Ashlesha* Until 12:14PM	Ganesha: Clear <i>Sunrise:</i> 6:18AM	Vikarin 5121
Kataka Rasi: 26.14	Tithi 8	Yama 1:23PM – 3:09PM	Vridhhi Until 11:38AM	Muruqa: Yellow <i>Sunset:</i> 8:27PM	Moon 4 - Phase 4
	246583469	Rahu 6:41PM – 8:27PM	Visli Until 7:11AM	Nataraja: Clear	Ashtami
Creative Work Siddha Yoga		Mother's Day	Ashtami* Until 6:05PM	Moon – Blue	Devaloka Day
Until 12:14PM				Vaisaka-Chaitra	
Then Routine Work - Marana Yoga					


☽		Monday, May 13, 2019		Vikarin Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva*/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau	Dushanbe, Tajikistan Sun 22 Sutra 29 Vikarin 5121
Retreat Star		Gulika 3:09PM – 4:55PM	Magha* Until 10:55AM	Ganesha: White <i>Sunrise:</i> 6:17AM	Vikarin 5121
Simha Rasi: 10.24	Tithi 9 – 10	Yama 11:36AM – 1:23PM	Dhruva Until 8:44AM	Muruqa: Yellow <i>Sunset:</i> 8:28PM	Moon 4 - Phase 4
Family Home Evening	256583469	Rahu 8:04AM – 9:50AM	Taitila Until 2:41AM Tue	Nataraja: Clear	Navami
Routine Work Marana Yoga			Navami* Until 3:50PM	Moon – Red	Bhuloka Day
Until 10:55AM				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

1		Tuesday, May 14, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Dushanbe, Tajikistan Sun 23 Sutra 30	
Simha Rasi: 24.39	Tithi 10 – 11	Gulika 1:23PM – 3:09PM	Purvaphalguni Until 9:22AM	Ganesha: White	<i>Sunrise:</i> 6:16AM	Vikarin 5121	
		Yama 9:49AM – 11:36AM	Harshana Until 2:45AM Wed	Muruqa: Yellow	<i>Sunset:</i> 8:29PM	Moon 4 - Phase 5	
	256583469	Rahu 4:56PM – 6:42PM	Vanija Until 12:19AM Wed	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Dashami Until 1:29PM	Moon – Red		Bhuloka Day	
Until 9:22AM				Vaisaka-Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

2		Wednesday, May 15, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Dushanbe, Tajikistan Sun 24 Sutra 31	
Kanya Rasi: 8.56	Tithi 11 – 12	Gulika 11:36AM – 1:23PM	Uttaraphalguni Until 7:37AM	Ganesha: White	<i>Sunrise:</i> 6:15AM	Vikarin 5121	
		Yama 8:02AM – 9:49AM	Vajra* Until 11:44PM	Muruqa: Yellow	<i>Sunset:</i> 8:30PM	Moon 4 - Phase 5	
	256583469	Rahu 1:23PM – 3:09PM	Bava Until 9:56PM	Nataraja: Clear		4th Phase	
Creative Work	Amrita Yoga		Ekadashi Until 11:06AM	Moon – Red		Bhuloka Day	
Until 7:37AM				Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

3		Thursday, May 16, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Dushanbe, Tajikistan Sun 25 Sutra 32	
Kanya Rasi: 23.13	Tithi 12 – 13	Gulika 9:49AM – 11:36AM	Hasta Until 6:11AM	Ganesha: Yellow	<i>Sunrise:</i> 6:15AM	Vikarin 5121	
		Yama 6:15AM – 8:02AM	Siddhi Until 8:49PM	Muruqa: Yellow	<i>Sunset:</i> 8:31PM	Moon 4 - Phase 5	
	266583469	Rahu 3:10PM – 4:57PM	Kaulava Until 7:39PM	Nataraja: Clear		4th Phase	
Routine Work	Marana Yoga		Dvadashi Until 8:45AM	Moon – Green		Devaloka Day	
Until 6:11AM				Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>				

4		Friday, May 17, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata* Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau		Dushanbe, Tajikistan Sun 26 Sutra 33	
Tula Rasi: 7.23	Tithi 13 – 14	Gulika 8:01AM – 9:48AM	Svati Until 3:26AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 6:14AM	Vikarin 5121	
		Yama 4:57PM – 6:44PM	Vyatipata* Until 6:05PM	Muruqa: Yellow	<i>Sunset:</i> 8:32PM	Moon 4 - Phase 5	
	266583469	Rahu 11:35AM – 1:23PM	Vanija Until 4:39AM Sat	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 6:34AM	Moon – Green		Devaloka Day	
				Vaisaka-Vaikasi			

		Saturday, May 18, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau		Dushanbe, Tajikistan Sun 27 Sutra 34	
Tula Rasi: 21.23	Tithi 15	Gulika 6:13AM – 8:00AM	Vishakha Until 2:48AM Sun	Ganesha: Blue	<i>Sunrise:</i> 6:13AM	Vikarin 5121	
		Yama 3:10PM – 4:58PM	Variyan Until 3:37PM	Muruqa: Yellow	<i>Sunset:</i> 8:32PM	Moon 4 - Phase 5	
	276583469	Rahu 9:48AM – 11:35AM	Visti Until 3:52PM	Nataraja: Clear		Purnima	
Creative Work	Siddha Yoga		Purnima* Until 3:09AM Sun	Moon – Orange		Bhuloka Day	
Until 2:48AM Sun				Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

Sunday, May 19, 2019		Silver Retreat Star		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau		Dushanbe, Tajikistan Sutra 35	
Vrischika Rasi: 5.08	Tithi 16	Gulika 4:58PM – 6:46PM	Anuradha Until 2:33AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 6:12AM	Vikarin 5121	
		Yama 1:23PM – 3:10PM	Parigha* Until 1:32PM	Muruqa: Yellow	<i>Sunset:</i> 8:33PM	Moon 4 - Phase 5	
	277583469	Rahu 6:46PM – 8:33PM	Balava Until 2:36PM	Nataraja: Clear		Prathama	
Routine Work	Marana Yoga		Prathama* Until 2:10AM Mon	Moon – Orange		Devaloka Day	
Until 2:33AM Mon				Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga							

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

All times are standard time

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Monday, May 20, 2019
Gold Retreat Star

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

277583469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
Jyeshtha* Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Dvitiyayam Titau
Gulika 3:11PM – 4:58PM
Yama 11:35AM – 1:23PM
Rahu 7:59AM – 9:47AM
Jyeshtha* Until 2:47AM Tue
Shiva Until 11:56AM
Taitila Until 1:56PM
Dvitiya Until 1:49AM Tue

Ganesha: Yellow *Sunrise:* 6:11AM
Muruqa: Yellow *Sunset:* 8:34PM
Nataraja: Clear
Moon – Orange
Vaisaka-Vaikasi

Devaloka Day

Dushanbe, Tajikistan
Sun 1 Sutra 36
Vikarin 5121
Moon 5 - Phase 6
1st Phase

1

Tuesday, May 21, 2019

Dhanus Rasi: 1.38 Tithi 18
Creative Work Amrita Yoga

287583469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam
Mula* Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Tritiyayam Titau
Gulika 1:23PM – 3:11PM
Yama 9:47AM – 11:35AM
Rahu 4:59PM – 6:47PM
Mula* Until 3:59AM Wed
Siddha Until 10:50AM
Vanija Until 1:55PM
Tritiya Until 2:10AM Wed

Ganesha: Blue *Sunrise:* 6:11AM
Muruqa: Yellow *Sunset:* 8:35PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Sivaloka Day

Dushanbe, Tajikistan
Sun 2 Sutra 37
Vikarin 5121
Moon 5 - Phase 6
1st Phase

2

Wednesday, May 22, 2019

Dhanus Rasi: 14.23 Tithi 19
Creative Work Amrita Yoga
Until 5:43AM 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 11:35AM – 1:23PM
Yama 7:58AM – 9:46AM
Rahu 1:23PM – 3:11PM
Purvashadha* Until 5:43AM Thu
Sadhya Until 10:18AM
Bava Until 2:37PM
Chaturthi* Until 3:12AM Thu

Ganesha: Red *Sunrise:* 6:10AM
Muruqa: Yellow *Sunset:* 8:36PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Devaloka Day

Dushanbe, Tajikistan
Sun 3 Sutra 38
Vikarin 5121
Moon 5 - Phase 6
1st Phase

3

Thursday, May 23, 2019

Dhanus Rasi: 26.48 Tithi 20
Routine Work Marana Yoga

287683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam
Uttarashadha Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Panchamyam Titau
Gulika 9:46AM – 11:35AM
Yama 6:09AM – 7:58AM
Rahu 3:11PM – 5:00PM
Uttarashadha Until 7:52AM Fri
Subha Until 10:19AM
Kaulava Until 3:59PM
Panchami Until 4:51AM Fri

Ganesha: Red *Sunrise:* 6:09AM
Muruqa: Yellow *Sunset:* 8:37PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Devaloka Day

Dushanbe, Tajikistan
Sun 4 Sutra 39
Vikarin 5121
Moon 5 - Phase 6
1st Phase

4

Friday, May 24, 2019

Makara Rasi: 8.58 Tithi 21
Routine Work Marana Yoga

287683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam
Uttarashadha/Shravana Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Shashthyam Titau
Gulika 7:57AM – 9:46AM
Yama 5:00PM – 6:49PM
Rahu 11:34AM – 1:23PM
Uttarashadha Until 7:52AM
Sukla Until 10:45AM
Gara Until 5:54PM
Shashthi* Until 6:59AM Sat

Ganesha: Red *Sunrise:* 6:09AM
Muruqa: Yellow *Sunset:* 8:37PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Devaloka Day

Dushanbe, Tajikistan
Sun 5 Sutra 40
Vikarin 5121
Moon 5 - Phase 6
1st Phase

5

Saturday, May 25, 2019

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

297683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam
Shravana/Dhanishtha Nakshatra Brahma/Indra Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau
Gulika 6:08AM – 7:57AM
Yama 3:12PM – 5:01PM
Rahu 9:46AM – 11:34AM
Shravana Until 10:47AM
Brahma Until 11:31AM
Visti Until 8:11PM
Shashthi* Until 6:59AM

Ganesha: Green *Sunrise:* 6:08AM
Muruqa: Yellow *Sunset:* 8:38PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

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

Dushanbe, Tajikistan
Sun 6 Sutra 41
Vikarin 5121
Moon 5 - Phase 6
1st Phase

D

Sunday, May 26, 2019
Retreat Star

Kumbha Rasi: 2.5 Tithi 22 – 23
Routine Work Marana Yoga
Until 1:44PM
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 5:01PM – 6:50PM
Yama 1:23PM – 3:12PM
Rahu 6:50PM – 8:39PM
Dhanishtha Until 1:44PM
Indra Until 12:29PM
Balava Until 10:37PM
Saptami Until 9:22AM

Ganesha: Blue *Sunrise:* 6:07AM
Muruqa: Yellow *Sunset:* 8:39PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Sivaloka Day

Dushanbe, Tajikistan
Sun 7 Sutra 42
Vikarin 5121
Moon 5 - Phase 6
Ashtami

Monday, May 27, 2019
Retreat Star

Kumbha Rasi: 14.41 Tithi 23 – 24
Family Home Evening
Creative Work Siddha Yoga
Until 4:32PM
Then Routine Work - Marana Yoga

398683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
Shatabhishak/Purvaprosarthapada* Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau
Gulika 3:12PM – 5:02PM
Yama 11:34AM – 1:23PM
Rahu 7:56AM – 9:45AM
Shatabhishak Until 4:32PM
Vaidhriti* Until 1:25PM
Taitila Until 12:57AM Tue
Ashtami* Until 11:47AM

Ganesha: Blue *Sunrise:* 6:07AM
Muruqa: Yellow *Sunset:* 8:40PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Sivaloka Day

Dushanbe, Tajikistan
Sun 8 Sutra 43
Vikarin 5121
Moon 5 - Phase 6
Navami

1	Tuesday, May 28, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshthapada* Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Dushanbe, Tajikistan Sun 9 Sutra 44
	Kumbha Rasi: 26.36	Tithi 24 – 25	Gulika 1:23PM – 3:13PM	Purvaproshthapada* Until 7:26PM	Ganesha: Purple	<i>Sunrise:</i> 6:06AM	Vikarin 5121
			Yama 9:45AM – 11:34AM	Vishkambha* Until 2:12PM	Muruqa: Yellow	<i>Sunset:</i> 8:41PM	Moon 5 - Phase 7
	318683469	Rahu 5:02PM – 6:51PM	Vanija Until 3:00AM Wed		Nataraja: Clear		2nd Phase
Routine Work Marana Yoga				Moon – Clear		Sivaloka Day	
Until 7:26PM				Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga							


2	Wednesday, May 29, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshthapada* Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Dushanbe, Tajikistan Sun 10 Sutra 45
	Meena Rasi: 8.39	Tithi 25 – 26	Gulika 11:34AM – 1:24PM	Uttaraproshthapada Until 9:45PM	Ganesha: Purple	<i>Sunrise:</i> 6:06AM	Vikarin 5121
			Yama 7:55AM – 9:45AM	Priti Until 2:43PM	Muruqa: Yellow	<i>Sunset:</i> 8:41PM	Moon 5 - Phase 7
	318683469	Rahu 1:24PM – 3:13PM	Bava Until 4:34AM Thu		Nataraja: Clear		2nd Phase
Creative Work Siddha Yoga				Moon – Clear		Sivaloka Day	
Until 9:45PM				Vaisaka-Vaikasi			
Then Routine Work - Marana Yoga							

3	Thursday, May 30, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Dushanbe, Tajikistan Sun 11 Sutra 46
	Meena Rasi: 20.53	Tithi 26 – 27	Gulika 9:44AM – 11:34AM	Revati Until 11:22PM	Ganesha: Purple	<i>Sunrise:</i> 6:05AM	Vikarin 5121
			Yama 6:05AM – 7:55AM	Ayushman Until 2:47PM	Muruqa: Yellow	<i>Sunset:</i> 8:42PM	Moon 5 - Phase 7
	318683469	Rahu 3:13PM – 5:03PM	Kaulava Until 5:33AM Fri		Nataraja: Clear		2nd Phase
Creative Work Siddha Yoga				Moon – Clear		Sivaloka Day	
Until 11:22PM				Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga							

4	Friday, May 31, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau				Dushanbe, Tajikistan Sun 12 Sutra 47
	Mesha Rasi: 3.23	Tithi 27 – 28	Gulika 7:55AM – 9:44AM	Ashvini Until 12:42AM Sat	Ganesha: Clear	<i>Sunrise:</i> 6:05AM	Vikarin 5121
			Yama 5:03PM – 6:53PM	Saubhagya Until 2:23PM	Muruqa: Yellow	<i>Sunset:</i> 8:43PM	Moon 5 - Phase 7
	328683469	Rahu 11:34AM – 1:24PM	Gara Until 5:54AM Sat		Nataraja: Clear		2nd Phase
Creative Work Amrita Yoga				Moon – White		Devaloka Day	
Until 12:42AM Sat				Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>			

5	Saturday, June 1, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Dushanbe, Tajikistan Sun 13 Sutra 48
	Mesha Rasi: 16.1	Tithi 28 – 29	Gulika 6:04AM – 7:54AM	Bharani Until 1:14AM Sun	Ganesha: White	<i>Sunrise:</i> 6:04AM	Vikarin 5121
			Yama 3:14PM – 5:04PM	Sobhana Until 1:30PM	Muruqa: Yellow	<i>Sunset:</i> 8:43PM	Moon 5 - Phase 7
	329683469	Rahu 9:44AM – 11:34AM	Visti Until 5:37AM Sun		Nataraja: Clear		2nd Phase
Creative Work Siddha Yoga				Moon – White		Bhuloka Day	
				Vaisaka-Vaikasi			Devaloka Time: 3:PM to 6:PM

6	Sunday, June 2, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Kritika Nakshatra Athiganda*/Sukarma* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Dushanbe, Tajikistan Sun 14 Sutra 49
	Mesha Rasi: 29.17	Tithi 29 – 30	Gulika 5:04PM – 6:54PM	Kritika Until 1:02AM Mon	Ganesha: White	<i>Sunrise:</i> 6:04AM	Vikarin 5121
			Yama 1:24PM – 3:14PM	Athiganda* Until 12:05PM	Muruqa: Yellow	<i>Sunset:</i> 8:44PM	Moon 5 - Phase 7
	329683469	Rahu 6:54PM – 8:44PM	Catuspada Until 4:44AM Mon		Nataraja: Clear		2nd Phase
Creative Work Siddha Yoga				Moon – White		Bhuloka Day	
Until 1:02AM Mon				Vaisaka-Vaikasi			Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga							

	Monday, June 3, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma/Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Dushanbe, Tajikistan Sun 15 Sutra 50
	Retreat Star		Gulika 3:14PM – 5:05PM	Rohini Until 12:37AM Tue	Ganesha: Green	<i>Sunrise:</i> 6:04AM	Vikarin 5121
	Vrishabha Rasi: 12.43	Tithi 30 – 1	Yama 11:34AM – 1:24PM	Sukarma Until 10:14AM	Muruqa: Yellow	<i>Sunset:</i> 8:45PM	Moon 5 - Phase 7
	Family Home Evening	339683469	Rahu 7:54AM – 9:44AM	Kintughna Until 3:22AM Tue	Nataraja: Clear		Amavasya
Creative Work Amrita Yoga				Moon – Yellow		Bhuloka Day	
Until 12:37AM Tue				Vaisaka-Vaikasi			Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga							

7	Tuesday, June 4, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Prathama/Dvityayam Titau				Dushanbe, Tajikistan Sun 16 Sutra 51
	Retreat Star		Gulika 1:24PM – 3:15PM	Mrigashira Until 11:39PM	Ganesha: Green	<i>Sunrise:</i> 6:03AM	Vikarin 5121
	Vrishabha Rasi: 26.25	Tithi 1 – 2	Yama 9:44AM – 11:34AM	Dhriti Until 8:01AM	Muruqa: Yellow	<i>Sunset:</i> 8:45PM	Moon 5 - Phase 7
	339683469	Rahu 5:05PM – 6:55PM	Balava Until 1:35AM Wed		Nataraja: Clear		Prathama
Creative Work Siddha Yoga				Moon – Yellow		Bhuloka Day	
Until 11:39PM				Jyeshtha-Vaikasi			Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga							

1	Wednesday, June 5, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Dushanbe, Tajikastan Sun 17 Sutra 52
	Mithuna Rasi: 10.22	Tithi 2 – 3	Gulika 11:34AM – 1:25PM	Ardra Until 10:14PM	Ganesha: Green	<i>Sunrise:</i> 6:03AM	Vikarin 5121
			Yama 7:53AM – 9:44AM	Ganda* Until 2:42AM Thu	Muruqa: Yellow	<i>Sunset:</i> 8:46PM	Moon 5 - Phase 8
	Creative Work	Siddha Yoga	339683461 Rahu 1:25PM – 3:15PM	Taitila Until 11:31PM	Nataraja: Clear		3rd Phase
			Dvitiya Until 12:34PM	Moon – Yellow		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

2	Thursday, June 6, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Dushanbe, Tajikastan Sun 18 Sutra 53
	Mithuna Rasi: 24.29	Tithi 3 – 4	Gulika 9:44AM – 11:34AM	Punarvasu Until 8:55PM	Ganesha: White	<i>Sunrise:</i> 6:03AM	Vikarin 5121
			Yama 6:03AM – 7:53AM	Vriddhi Until 11:48PM	Muruqa: Yellow	<i>Sunset:</i> 8:47PM	Moon 5 - Phase 8
	Creative Work	Amrita Yoga	349683461 Rahu 3:15PM – 5:06PM	Vanija Until 9:15PM	Nataraja: Yellow		3rd Phase
			Tritiya Until 10:23AM	Moon – Blue		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

3	Friday, June 7, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Dushanbe, Tajikastan Sun 19 Sutra 54
	Kataka Rasi: 8.43	Tithi 4 – 5	Gulika 7:53AM – 9:44AM	Pushya Until 7:21PM	Ganesha: White	<i>Sunrise:</i> 6:03AM	Vikarin 5121
			Yama 5:06PM – 6:57PM	Dhruva Until 8:49PM	Muruqa: Yellow	<i>Sunset:</i> 8:47PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	349683461 Rahu 11:34AM – 1:25PM	Bava Until 6:54PM	Nataraja: Yellow		3rd Phase
			Chaturthi* Until 8:04AM	Moon – Blue		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

4	Saturday, June 8, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau				Dushanbe, Tajikastan Sun 20 Sutra 55
	Kataka Rasi: 22.59	Tithi 6	Gulika 6:02AM – 7:53AM	Ashlesha* Until 5:38PM	Ganesha: White	<i>Sunrise:</i> 6:02AM	Vikarin 5121
			Yama 3:16PM – 5:06PM	Vyaghata* Until 5:50PM	Muruqa: Yellow	<i>Sunset:</i> 8:48PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	349683461 Rahu 9:44AM – 11:34AM	Kaulava Until 4:32PM	Nataraja: Yellow		3rd Phase
			Shashthi* Until 3:20AM Sun	Moon – Blue		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

5	Sunday, June 9, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau				Dushanbe, Tajikastan Sun 21 Sutra 56
	Simha Rasi: 7.15	Tithi 7	Gulika 5:07PM – 6:58PM	Magha* Until 4:14PM	Ganesha: Yellow	<i>Sunrise:</i> 6:02AM	Vikarin 5121
			Yama 1:25PM – 3:16PM	Harshana Until 2:53PM	Muruqa: Yellow	<i>Sunset:</i> 8:48PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	351683461 Rahu 6:58PM – 8:48PM	Gara Until 2:12PM	Nataraja: Yellow		3rd Phase
			Saptami Until 1:03AM Mon	Moon – Red		Devaloka Day	
				Jyeshtha-Vaikasi			

Monday, June 10, 2019	Retreat Star		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau				Dushanbe, Tajikastan Sun 22 Sutra 57
	Simha Rasi: 21.28	Tithi 8	Gulika 3:16PM – 5:07PM	Purvaphalguni Until 2:48PM	Ganesha: Yellow	<i>Sunrise:</i> 6:02AM	Vikarin 5121
	Family Home Evening		Yama 11:35AM – 1:25PM	Vajra* Until 12:00PM	Muruqa: Yellow	<i>Sunset:</i> 8:49PM	Moon 5 - Phase 8
	Creative Work	Siddha Yoga	351683461 Rahu 7:53AM – 9:44AM	Visti Until 11:58AM	Nataraja: Yellow		Ashtami
			Ashtami* Until 10:52PM	Moon – Red		Devaloka Day	
				Jyeshtha-Vaikasi			


Tuesday, June 11, 2019	Retreat Star		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddhi/Vyatalpata* Yoga Balava/Kaulava Karana Navamyam Titau				Dushanbe, Tajikastan Sun 23 Sutra 58
	Kanya Rasi: 6	Tithi 9	Gulika 1:26PM – 3:17PM	Uttaraphalguni Until 1:21PM	Ganesha: Yellow	<i>Sunrise:</i> 6:02AM	Vikarin 5121
			Yama 9:44AM – 11:35AM	Siddhi Until 9:14AM	Muruqa: Yellow	<i>Sunset:</i> 8:49PM	Moon 5 - Phase 8
	Creative Work	Amrita Yoga	351683461 Rahu 5:08PM – 6:58PM	Balava Until 9:51AM	Nataraja: Yellow		Navami
			Navami* Until 8:49PM	Moon – Red		Devaloka Day	
				Jyeshtha-Vaikasi			

1	Wednesday, June 12, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Vyatipata/Variyan Yoga Taitila/Gara Karana Dashamyam Titau				Dushanbe, Tajikistan Sun 24 Sutra 59
	Kanya Rasi: 19.38	Tithi 10	Gulika 11:35AM – 1:26PM	Hasta Until 12:21PM	Ganesha: White <i>Sunrise: 6:02AM</i>		Vikarin 5121
			Yama 7:53AM – 9:44AM	Vyatipata* Until 6:36AM	Muruqa: Yellow <i>Sunset: 8:50PM</i>		Moon 5 - Phase 9
		361683461	Rahu 1:26PM – 3:17PM	Taitila Until 7:53AM	Nataraja: Yellow		4th Phase
Routine Work Marana Yoga			Dashami Until 6:58PM	Moon – Green	Bhuloka Day		
Until 12:21PM				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Siddha Yoga							

2	Thursday, June 13, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Parigha* Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau				Dushanbe, Tajikistan Sun 25 Sutra 60
	Tula Rasi: 3.32	Tithi 11 – 12	Gulika 9:44AM – 11:35AM	Chitra Until 11:25AM	Ganesha: White <i>Sunrise: 6:02AM</i>		Vikarin 5121
			Yama 6:02AM – 7:53AM	Parigha* Until 1:51AM Fri	Muruqa: Yellow <i>Sunset: 8:50PM</i>		Moon 5 - Phase 9
		361683461	Rahu 3:17PM – 5:08PM	Vanija Until 6:08AM	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga			Ekadashi Until 5:20PM	Moon – Green	Bhuloka Day		
Until 11:25AM				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Amrita Yoga							

3	Friday, June 14, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Dushanbe, Tajikistan Sun 26 Sutra 61
	Tula Rasi: 17.17	Tithi 12 – 13	Gulika 7:53AM – 9:44AM	Svati Until 10:37AM	Ganesha: White <i>Sunrise: 6:02AM</i>		Vikarin 5121
			Yama 5:09PM – 7:00PM	Shiva Until 11:52PM	Muruqa: Blue <i>Sunset: 8:51PM</i>		Moon 5 - Phase 9
		361693461	Rahu 11:35AM – 1:26PM	Kaulava Until 3:29AM Sat	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga			Dvadashi Until 4:00PM	Moon – Green	Devaloka Day		
		Vaikasi Visakam		Jyeshtha-Vaikasi			
					<i>Pradosha Vrata</i>		

4	Saturday, June 15, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Dushanbe, Tajikistan Sun 27 Sutra 62
	Vrischika Rasi: 0.5	Tithi 13 – 14	Gulika 6:02AM – 7:53AM	Vishakha Until 10:27AM	Ganesha: Clear <i>Sunrise: 6:02AM</i>		Vikarin 5121
			Yama 3:18PM – 5:09PM	Siddha Until 10:09PM	Muruqa: Blue <i>Sunset: 8:51PM</i>		Moon 5 - Phase 9
		371693461	Rahu 9:44AM – 11:35AM	Gara Until 2:43AM Sun	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga			Trayodashi Until 3:01PM	Moon – Orange	Sivaloka Day		
				Jyeshtha-Ani			

	Sunday, June 16, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Dushanbe, Tajikistan Sutra 63
	Copper Retreat Star		Gulika 5:09PM – 7:00PM	Anuradha Until 10:33AM	Ganesha: White <i>Sunrise: 6:02AM</i>		Vikarin 5121
	Vrischika Rasi: 14.1	Tithi 14 – 15	Yama 1:27PM – 3:18PM	Sadhya Until 8:49PM	Muruqa: Blue <i>Sunset: 8:52PM</i>		Moon 5 - Phase 9
		371793461	Rahu 7:00PM – 8:52PM	Visti Until 2:25AM Mon	Nataraja: Yellow		Purnima
Routine Work Marana Yoga			Chaturdashi* Until 2:29PM	Moon – Orange	Subha Sivaloka Day		
		Father's Day		Jyeshtha-Ani			

Monday, June 17, 2019	Silver Retreat Star		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Dushanbe, Tajikistan Sutra 64
	Vrischika Rasi: 27.13	Tithi 15 – 16	Gulika 3:18PM – 5:09PM	Jyeshtha* Until 10:59AM	Ganesha: White <i>Sunrise: 6:02AM</i>		Vikarin 5121
	Family Home Evening		Yama 11:36AM – 1:27PM	Subha Until 7:55PM	Muruqa: Blue <i>Sunset: 8:52PM</i>		Moon 5 - Phase 9
		371793461	Rahu 7:53AM – 9:44AM	Balava Until 2:39AM Tue	Nataraja: Yellow		Prathama
Creative Work Siddha Yoga			Purnima* Until 2:27PM	Moon – Orange	Subha Sivaloka Day		
				Jyeshtha-Ani			

That which appears as cold or as hot, fresh or spoiled, good fortune and bad, love and hate, effort and laziness, the exalted and the 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

Dushanbe, Tajikistan
Sutra 65

Dhanus Rasi: 10.01 Tithi 16 – 17

381793461

Gulika
Yama
Rahu

1:27PM – 3:18PM
9:45AM – 11:36AM
5:10PM – 7:01PM

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

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

Sunrise: 6:02AM
Sunset: 8:52PM

Moon 6 - Phase 10
1st Phase

Creative Work Amrita Yoga

Until 12:16PM

Then Creative Work - Siddha Yoga

Sivaloka Day

1

Wednesday, June 19, 2019

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

Dushanbe, Tajikistan
Sun 1 Sutra 66

Dhanus Rasi: 22.33 Tithi 17 – 18

381793461

Gulika
Yama
Rahu

11:36AM – 1:27PM
7:53AM – 9:45AM
1:27PM – 3:19PM

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

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

Sunrise: 6:02AM
Sunset: 8:52PM

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

Dushanbe, Tajikistan
Sun 2 Sutra 67

Makara Rasi: 4.51 Tithi 18 – 19

382793461

Gulika
Yama
Rahu

9:45AM – 11:36AM
6:02AM – 7:54AM
3:19PM – 5:10PM

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

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

Sunrise: 6:02AM
Sunset: 8:53PM

Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga

Until 3:59PM

Then Creative Work - Siddha Yoga

Devaloka Day

3

Friday, June 21, 2019

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

Dushanbe, Tajikistan
Sun 3 Sutra 68

Makara Rasi: 16.57 Tithi 19

392793461

Gulika
Yama
Rahu

7:54AM – 9:45AM
5:10PM – 7:02PM
11:36AM – 1:28PM

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

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

Sunrise: 6:02AM
Sunset: 8:53PM

Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga

Until 6:46PM

Then Creative Work - Siddha Yoga

Sivaloka Day

4

Saturday, June 22, 2019

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

Dushanbe, Tajikistan
Sun 4 Sutra 69

Makara Rasi: 28.54 Tithi 20

392793461

Gulika
Yama
Rahu

6:03AM – 7:54AM
3:19PM – 5:11PM
9:45AM – 11:37AM

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

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

Sunrise: 6:03AM
Sunset: 8:53PM

Moon 6 - Phase 10
1st Phase

Creative Work Siddha Yoga

Until 9:39PM

Then Creative Work - Amrita Yoga

Sivaloka Day

5

Sunday, June 23, 2019

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

Dushanbe, Tajikistan
Sun 5 Sutra 70

Kumbha Rasi: 10.47 Tithi 21

392793461

Gulika
Yama
Rahu

5:11PM – 7:02PM
1:28PM – 3:19PM
7:02PM – 8:53PM

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

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

Sunrise: 6:03AM
Sunset: 8:53PM

Moon 6 - Phase 10
1st Phase

Creative Work Siddha Yoga

Until 12:27AM Mon

Then Routine Work - Marana Yoga

Sivaloka Day

6

Monday, June 24, 2019

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

Dushanbe, Tajikistan
Sun 6 Sutra 71

Kumbha Rasi: 22.39 Tithi 22

312793461

Gulika
Yama
Rahu

3:20PM – 5:11PM
11:37AM – 1:28PM
7:54AM – 9:46AM

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

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

Sunrise: 6:03AM
Sunset: 8:54PM

Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga

Until 3:29AM 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

Dushanbe, Tajikistan
Sun 7 Sutra 72

Meena Rasi: 4.35 Tithi 23

312793461

Gulika
Yama
Rahu

1:29PM – 3:20PM
9:46AM – 11:37AM
5:11PM – 7:02PM

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

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

Sunrise: 6:03AM
Sunset: 8:54PM

Moon 6 - Phase 10
Ashtami

Creative Work Amrita Yoga

Until 6:03AM Wed

Then Routine Work - Marana Yoga

Sivaloka Day

Wednesday, June 26, 2019

Retreat Star

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

Dushanbe, Tajikistan
Sun 8 Sutra 73

Meena Rasi: 16.38 Tithi 24

312793461

Gulika
Yama
Rahu

11:38AM – 1:29PM
7:55AM – 9:46AM
1:29PM – 3:20PM

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

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

Sunrise: 6:04AM
Sunset: 8:54PM

Moon 6 - Phase 10
Navami

Creative Work Siddha Yoga

Until 6:03AM

Then Routine Work - Marana Yoga

Sivaloka Day

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

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1		Thursday, June 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Athiganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Dushanbe, Tajikistan Sun 9 Sutra 74	
Meena Rasi: 28.53	Tithi 24 – 25	Gulika 9:47AM – 11:38AM	Revati Until 7:59AM	Ganesha: Yellow	<i>Sunrise:</i> 6:04AM		Vikarin 5121
		Yama 6:04AM – 7:55AM	Athiganda* Until 12:06AM Fri	Muruqa: Blue	<i>Sunset:</i> 8:54PM		Moon 6 - Phase 11
	312793461	Rahu 3:20PM – 5:11PM	Vanija Until 6:43PM	Nataraja: Yellow			2nd Phase
Creative Work	Siddha Yoga		Navami* Until 6:10AM	Moon – Clear		Sivaloka Day	
Until 7:59AM							
Then Creative Work - Amrita Yoga							

2		Friday, June 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Dushanbe, Tajikistan Sun 10 Sutra 75	
Mesha Rasi: 11.24	Tithi 25 – 26	Gulika 7:56AM – 9:47AM	Ashvini Until 9:38AM	Ganesha: Blue	<i>Sunrise:</i> 6:05AM		Vikarin 5121
		Yama 5:11PM – 7:03PM	Sukarma Until 11:27PM	Muruqa: Blue	<i>Sunset:</i> 8:54PM		Moon 6 - Phase 11
	322793461	Rahu 11:38AM – 1:29PM	Bava Until 7:16PM	Nataraja: Yellow			2nd Phase
Creative Work	Amrita Yoga		Dashami Until 7:04AM	Moon – White		Devaloka Day	
Until 9:38AM							
Then Creative Work - Siddha Yoga							

3		Saturday, June 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Dushanbe, Tajikistan Sun 11 Sutra 76	
Mesha Rasi: 24.14	Tithi 26 – 27	Gulika 6:05AM – 7:56AM	Bharani Until 10:26AM	Ganesha: Blue	<i>Sunrise:</i> 6:05AM		Vikarin 5121
		Yama 3:20PM – 5:12PM	Dhriti Until 10:14PM	Muruqa: Blue	<i>Sunset:</i> 8:54PM		Moon 6 - Phase 11
	322793461	Rahu 9:47AM – 11:38AM	Kaulava Until 7:06PM	Nataraja: Yellow			2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 7:15AM	Moon – White		Devaloka Day	
Until 10:26AM							
Then Creative Work - Amrita Yoga							

4		Sunday, June 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau		Dushanbe, Tajikistan Sun 12 Sutra 77	
Vrishabha Rasi: 7.27	Tithi 27 – 28	Gulika 5:12PM – 7:03PM	Krittika Until 10:22AM	Ganesha: Blue	<i>Sunrise:</i> 6:05AM		Vikarin 5121
		Yama 1:30PM – 3:21PM	Shula* Until 8:25PM	Muruqa: Blue	<i>Sunset:</i> 8:54PM		Moon 6 - Phase 11
	322793461	Rahu 7:03PM – 8:54PM	Gara Until 6:12PM	Nataraja: Yellow			2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 6:43AM	Moon – White		Devaloka Day	

Pradosha Vrata (Fasting)

5		Monday, July 1, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Dushanbe, Tajikistan Sun 13 Sutra 78	
Vrishabha Rasi: 21.03	Tithi 29	Gulika 3:21PM – 5:12PM	Rohini Until 9:56AM	Ganesha: Blue	<i>Sunrise:</i> 6:06AM		Vikarin 5121
Family Home Evening		Yama 11:39AM – 1:30PM	Ganda* Until 6:06PM	Muruqa: Blue	<i>Sunset:</i> 8:54PM		Moon 6 - Phase 11
	332793461	Rahu 7:57AM – 9:48AM	Visti Until 4:39PM	Nataraja: Yellow			2nd Phase
Creative Work	Amrita Yoga		Chaturdashi* Until 3:39AM Tue	Moon – Yellow		Devaloka Day	

Retreat Star		Tuesday, July 2, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Dushanbe, Tajikistan Sun 14 Sutra 79	
Mithuna Rasi: 5.02	Tithi 30	Gulika 1:30PM – 3:21PM	Mrigashira Until 8:46AM	Ganesha: Blue	<i>Sunrise:</i> 6:06AM		Vikarin 5121
		Yama 9:48AM – 11:39AM	Vriddhi Until 3:20PM	Muruqa: Blue	<i>Sunset:</i> 8:54PM		Moon 6 - Phase 11
	332793461	Rahu 5:12PM – 7:03PM	Catuspada Until 2:33PM	Nataraja: Yellow			Amavasya
Creative Work	Siddha Yoga		Amavasya* Until 1:18AM Wed	Moon – Yellow		Devaloka Day	
Until 8:46AM							
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, July 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau		Dushanbe, Tajikistan Sun 15 Sutra 80	
Mithuna Rasi: 19.19	Tithi 1	Gulika 11:39AM – 1:30PM	Ardra Until 6:59AM	Ganesha: Red	<i>Sunrise:</i> 6:07AM		Vikarin 5121
		Yama 7:58AM – 9:48AM	Dhruva Until 12:12PM	Muruqa: Blue	<i>Sunset:</i> 8:53PM		Moon 6 - Phase 11
	333793461	Rahu 1:30PM – 3:21PM	Kintughna Until 12:00PM	Nataraja: Yellow			Prathama
Creative Work	Siddha Yoga		Prathama* Until 10:36PM	Moon – Yellow		Sivaloka Day	

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

1		Thursday, July 4, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vyaghata/Harshana Yoga Balava/Kaulava Karana Dvitiyayam Titau		Dushanbe, Tajikistan Sun 16 Sutra 81	
Kataka Rasi: 3.51	Tithi 2	Gulika 9:49AM – 11:40AM	Pushya Until 2:58AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 6:07AM	Vikarin 5121	
		Yama 6:07AM – 7:58AM	Vyaghata* Until 8:49AM	Muruqa: Blue	<i>Sunset:</i> 8:53PM	Moon 6 - Phase 12	
		343793461 Rahu 3:21PM – 5:12PM	Balava Until 9:10AM	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Dvitiya Until 7:39PM	Moon – Blue		Sivaloka Day	
Until 2:58AM Fri				Ashada*Ani			
Then Routine Work - Marana Yoga							

2		Friday, July 5, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Taitila/Vanija Karana Tritiya/Chaturthyam Titau		Dushanbe, Tajikistan Sun 17 Sutra 82	
Kataka Rasi: 18.31	Tithi 3 – 4	Gulika 7:58AM – 9:49AM	Ashlesha* Until 12:37AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 6:08AM	Vikarin 5121	
		Yama 5:12PM – 7:02PM	Vajra* Until 1:45AM Sat	Muruqa: Blue	<i>Sunset:</i> 8:53PM	Moon 6 - Phase 12	
		343793461 Rahu 11:40AM – 1:30PM	Taitila Until 6:10AM	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Tritiya Until 4:37PM	Moon – Blue		Sivaloka Day	
Until 12:37AM Sat				Ashada*Ani			
Then Creative Work - Amrita Yoga							

3		Saturday, July 6, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Dushanbe, Tajikistan Sun 18 Sutra 83	
Simha Rasi: 3.11	Tithi 4 – 5	Gulika 6:08AM – 7:59AM	Magha* Until 10:37PM	Ganesha: White	<i>Sunrise:</i> 6:08AM	Vikarin 5121	
		Yama 3:21PM – 5:12PM	Siddhi Until 10:17PM	Muruqa: Blue	<i>Sunset:</i> 8:53PM	Moon 6 - Phase 12	
		353793461 Rahu 9:49AM – 11:40AM	Bava Until 12:11AM Sun	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Chaturthi* Until 1:37PM	Moon – Red		Subha Sivaloka Day	
Until 10:37PM				Ashada*Ani			
Then Creative Work - Siddha Yoga							

4		Sunday, July 7, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Dushanbe, Tajikistan Sun 19 Sutra 84	
Simha Rasi: 17.48	Tithi 5 – 6	Gulika 5:12PM – 7:02PM	Purvaphalguni Until 8:40PM	Ganesha: Yellow	<i>Sunrise:</i> 6:09AM	Vikarin 5121	
		Yama 1:31PM – 3:21PM	Vyatipata* Until 6:59PM	Muruqa: Blue	<i>Sunset:</i> 8:53PM	Moon 6 - Phase 12	
		453793461 Rahu 7:02PM – 8:53PM	Kaulava Until 9:27PM	Nataraja: Yellow		3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 10:46AM	Moon – Red		Sivaloka Day	
Until 8:40PM				Ashada*Ani			
Then Creative Work - Amrita Yoga							

5		Monday, July 8, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Dushanbe, Tajikistan Sun 20 Sutra 85	
Kanya Rasi: 2.15	Tithi 6 – 7	Gulika 3:21PM – 5:12PM	Uttaraphalguni Until 6:52PM	Ganesha: Yellow	<i>Sunrise:</i> 6:09AM	Vikarin 5121	
Family Home Evening		Yama 11:41AM – 1:31PM	Varyan Until 3:53PM	Muruqa: Blue	<i>Sunset:</i> 8:52PM	Moon 6 - Phase 12	
		453793461 Rahu 8:00AM – 9:50AM	Gara Until 7:00PM	Nataraja: Yellow		3rd Phase	
Creative Work	Siddha Yoga		Chidambaram Abhishekam	Moon – Red		Sivaloka Day	
			Shashthi* Until 8:10AM	Ashada*Ani			

Retreat Star		Tuesday, July 9, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau		Dushanbe, Tajikistan Sun 21 Sutra 86	
Kanya Rasi: 16.28	Tithi 8	Gulika 1:31PM – 3:21PM	Hasta Until 5:43PM	Ganesha: White	<i>Sunrise:</i> 6:10AM	Vikarin 5121	
		Yama 9:51AM – 11:41AM	Parigha* Until 1:06PM	Muruqa: Blue	<i>Sunset:</i> 8:52PM	Moon 6 - Phase 12	
		463793461 Rahu 5:12PM – 7:02PM	Visti Until 4:54PM	Nataraja: Yellow		Ashtami	
Creative Work	Siddha Yoga		Ashtami* Until 4:00AM Wed	Moon – Green		Subha Sivaloka Day	
				Ashada*Ani			

Retreat Star		Wednesday, July 10, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau		Dushanbe, Tajikistan Sun 22 Sutra 87	
Tula Rasi: 0.26	Tithi 9	Gulika 11:41AM – 1:31PM	Chitra Until 4:50PM	Ganesha: White	<i>Sunrise:</i> 6:11AM	Vikarin 5121	
		Yama 8:01AM – 9:51AM	Shiva Until 10:39AM	Muruqa: Blue	<i>Sunset:</i> 8:52PM	Moon 6 - Phase 12	
		463793461 Rahu 1:31PM – 3:21PM	Balava Until 3:14PM	Nataraja: Yellow		Navami	
Creative Work	Siddha Yoga		Navami* Until 2:32AM Thu	Moon – Green		Subha Sivaloka Day	
				Ashada*Ani			

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


1		Thursday, July 11, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dashamyam Titau			Dushanbe, Tajikistan Sun 23 Sutra 88
Tula Rasi: 14.08	Tithi 10	Gulika 9:51AM – 11:41AM	Svati Until 4:15PM	Ganesha: Yellow	<i>Sunrise:</i> 6:11AM	Vikarin 5121	
		Yama 6:11AM – 8:01AM	Siddha Until 8:32AM	Muruqa: Blue	<i>Sunset:</i> 8:51PM	Moon 6 - Phase 13	
		463893461 Rahu 3:21PM – 5:11PM	Taitila Until 2:00PM	Nataraja: Yellow		4th Phase	
Creative Work	Amrita Yoga		Dashami Until 1:32AM Fri	Moon – Green		Sivaloka Day	
Until 4:15PM				Ashada•Ani			
Then Creative Work - Siddha Yoga							

2		Friday, July 12, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Ekadashyam Titau			Dushanbe, Tajikistan Sun 24 Sutra 89
Tula Rasi: 27.34	Tithi 11	Gulika 8:02AM – 9:52AM	Vishakha Until 4:25PM	Ganesha: White	<i>Sunrise:</i> 6:12AM	Vikarin 5121	
		Yama 5:11PM – 7:01PM	Sadhya Until 6:48AM	Muruqa: Blue	<i>Sunset:</i> 8:51PM	Moon 6 - Phase 13	
		473893461 Rahu 11:42AM – 1:31PM	Vanija Until 1:13PM	Nataraja: Yellow		4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 1:00AM Sat	Moon – Orange		Devaloka Day	
				Ashada•Ani			

3		Saturday, July 13, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau			Dushanbe, Tajikistan Sun 25 Sutra 90
Vrischika Rasi: 10.45	Tithi 12	Gulika 6:13AM – 8:02AM	Anuradha Until 4:54PM	Ganesha: White	<i>Sunrise:</i> 6:13AM	Vikarin 5121	
		Yama 3:21PM – 5:11PM	Sukla Until 4:29AM Sun	Muruqa: Blue	<i>Sunset:</i> 8:51PM	Moon 6 - Phase 13	
		473893461 Rahu 9:52AM – 11:42AM	Bava Until 12:56PM	Nataraja: Yellow		4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 12:56AM Sun	Moon – Orange		Devaloka Day	
				Ashada•Ani			

4		Sunday, July 14, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau			Dushanbe, Tajikistan Sun 26 Sutra 91
Vrischika Rasi: 23.41	Tithi 13	Gulika 5:11PM – 7:00PM	Jyeshtha* Until 5:43PM	Ganesha: White	<i>Sunrise:</i> 6:13AM	Vikarin 5121	
		Yama 1:32PM – 3:21PM	Brahma Until 3:53AM Mon	Muruqa: Blue	<i>Sunset:</i> 8:50PM	Moon 6 - Phase 13	
		473893461 Rahu 7:00PM – 8:50PM	Kaulava Until 1:07PM	Nataraja: Yellow		4th Phase	
Routine Work	Marana Yoga		Trayodashi Until 1:22AM Mon	Moon – Orange		Devaloka Day	
Until 5:43PM				Ashada•Ani			
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata</i>				

5		Monday, July 15, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau			Dushanbe, Tajikistan Sun 27 Sutra 92
Dhanus Rasi: 6.23	Tithi 14	Gulika 3:21PM – 5:11PM	Mula* Until 7:18PM	Ganesha: Clear	<i>Sunrise:</i> 6:14AM	Vikarin 5121	
Family Home Evening		Yama 11:42AM – 1:32PM	Indra Until 3:41AM Tue	Muruqa: Blue	<i>Sunset:</i> 8:50PM	Moon 6 - Phase 13	
		483893461 Rahu 8:04AM – 9:53AM	Gara Until 1:47PM	Nataraja: Yellow		4th Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 2:16AM Tue	Moon – Light Blue		Sivaloka Day	
Until 7:18PM				Ashada•Ani			
Then Routine Work - Marana Yoga							

		Tuesday, July 16, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau			Dushanbe, Tajikistan Sun 28 Sutra 93
Copper Retreat Star		Gulika 1:32PM – 3:21PM	Purvashadha* Until 9:10PM	Ganesha: Clear	<i>Sunrise:</i> 6:15AM	Vikarin 5121	
Dhanus Rasi: 18.52	Tithi 15	Yama 9:53AM – 11:43AM	Vaidhriti* Until 3:48AM Wed	Muruqa: Blue	<i>Sunset:</i> 8:49PM	Moon 6 - Phase 13	
		483893461 Rahu 5:10PM – 7:00PM	Visti Until 2:54PM	Nataraja: Yellow		Purnima	
Creative Work	Siddha Yoga		Purnima* Until 3:37AM Wed	Moon – Light Blue		Sivaloka Day	
Until 9:10PM				Ashada•Ani			
Then Routine Work - Prabalarishta Yoga		Partial Lunar Eclipse Satguru Purnima					

Wednesday, July 17, 2019		Silver Retreat Star			Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau			Dushanbe, Tajikistan Sun 29 Sutra 94
Makara Rasi: 1.09	Tithi 16	Gulika 11:43AM – 1:32PM	Uttarashadha Until 11:18PM	Ganesha: Purple	<i>Sunrise:</i> 6:16AM	Vikarin 5121		
		Yama 8:05AM – 9:54AM	Vishkambha* Until 4:14AM Thu	Muruqa: Blue	<i>Sunset:</i> 8:48PM	Moon 6 - Phase 13		
		484893462 Rahu 1:32PM – 3:21PM	Balava Until 4:28PM	Nataraja: White		Prathama		
Creative Work	Amrita Yoga		Prathama* Until 5:23AM Thu	Moon – Light Blue		Subha Subha Sivaloka Day		
Until 11:18PM				Ashada•Ani				
Then Creative Work - Siddha Yoga								



Thursday, July 18, 2019
Gold Retreat Star

Makara Rasi: 13.17 Tithi 17
494893462 Rahu
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam
Shravana Nakshatra Priti Yoga Tailila Karana Dvitiyayam Titau
Gulika 9:54AM – 11:43AM
Yama 6:16AM – 8:05AM
Rahu 3:21PM – 5:10PM
Shravana Until 2:05AM Fri
Priti Until 4:57AM Fri
Tailila Until 6:24PM
Dvitiya Until 7:28AM Fri

Dushanbe, Tajikistan
Sutra 95
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 6:16AM
Muruqa: Blue Sunset: 8:48PM
Nataraja: White
Moon – Purple
Subha Sivaloka Day
Ashada•Adi

1

Friday, July 19, 2019

Makara Rasi: 25.16 Tithi 17 – 18
494893462 Rahu
Creative Work Siddha Yoga
Until 4:57AM Sat
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam
Dhanishtha Nakshatra Ayushman Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau
Gulika 8:06AM – 9:55AM
Yama 5:10PM – 6:58PM
Rahu 11:43AM – 1:32PM
Dhanishtha Until 4:57AM Sat
Ayushman Until 5:49AM Sat
Vanija Until 8:37PM
Dvitiya Until 7:28AM

Dushanbe, Tajikistan
Sun 1 Sutra 96
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 6:17AM
Muruqa: Blue Sunset: 8:47PM
Nataraja: White
Moon – Purple
Subha Sivaloka Day
Ashada•Adi

2

Saturday, July 20, 2019

Kumbha Rasi: 7.11 Tithi 18 – 19
494893462 Rahu
Creative Work Amrita Yoga
Until 7:45AM Sun
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam
Shatabhishak Nakshatra Saubhagya Yoga Visti*/Bava Karana Tritiya/Chaturtham Titau
Gulika 6:18AM – 8:06AM
Yama 3:21PM – 5:09PM
Rahu 9:55AM – 11:44AM
Shatabhishak Until 7:45AM Sun
Saubhagya Until 6:48AM Sun
Bava Until 11:00PM
Tritiya Until 9:47AM

Dushanbe, Tajikistan
Sun 2 Sutra 97
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 6:18AM
Muruqa: Blue Sunset: 8:47PM
Nataraja: White
Moon – Purple
Subha Sivaloka Day
Ashada•Adi

3

Sunday, July 21, 2019

Kumbha Rasi: 19.02 Tithi 19 – 20
494893462 Rahu
Creative Work Siddha Yoga

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
Gulika 5:09PM – 6:58PM
Yama 1:32PM – 3:21PM
Rahu 6:58PM – 8:46PM
Shatabhishak Until 7:45AM
Saubhagya Until 6:48AM
Kaulava Until 1:25AM Mon
Chaturthi* Until 12:12PM

Dushanbe, Tajikistan
Sun 3 Sutra 98
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 6:19AM
Muruqa: Blue Sunset: 8:46PM
Nataraja: White
Moon – Purple
Subha Sivaloka Day
Ashada•Adi

4

Monday, July 22, 2019

Meena Rasi: 0.54 Tithi 20 – 21
414893462 Rahu
Family Home Evening
Routine Work Marana Yoga
Until 10:53AM
Then Creative Work - Siddha Yoga

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
Gulika 3:21PM – 5:09PM
Yama 11:44AM – 1:32PM
Rahu 8:08AM – 9:56AM
Purvaproshtapada* Until 10:53AM
Sobhana Until 7:46AM
Gara Until 3:42AM Tue
Panchami Until 2:34PM

Dushanbe, Tajikistan
Sun 4 Sutra 99
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 6:19AM
Muruqa: Blue Sunset: 8:45PM
Nataraja: White
Moon – Clear
Subha Sivaloka Day
Ashada•Adi

5

Tuesday, July 23, 2019

Meena Rasi: 12.49 Tithi 21 – 22
414893462 Rahu
Creative Work Amrita Yoga
Until 1:40PM
Then Creative Work - Siddha Yoga

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
Gulika 1:32PM – 3:20PM
Yama 9:56AM – 11:44AM
Rahu 5:08PM – 6:56PM
Uttaraproshtapada Until 1:40PM
Athiganda* Until 8:35AM
Visti Until 5:42AM Wed
Shashthi* Until 4:44PM

Dushanbe, Tajikistan
Sun 5 Sutra 100
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 6:20AM
Muruqa: Blue Sunset: 8:44PM
Nataraja: White
Moon – Clear
Subha Sivaloka Day
Ashada•Adi

6

Wednesday, July 24, 2019

Meena Rasi: 24.52 Tithi 22
414893462 Rahu
Routine Work Marana Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam
Revati/Ashvini Nakshatra Sukarma/Dhriti Yoga Bava Karana Saptamyam Titau
Gulika 11:45AM – 1:32PM
Yama 8:09AM – 9:57AM
Rahu 1:32PM – 3:20PM
Revati Until 3:57PM
Sukarma Until 9:11AM
Bava Until 6:32PM
Saptami Until 6:32PM

Dushanbe, Tajikistan
Sun 6 Sutra 101
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 6:21AM
Muruqa: Blue Sunset: 8:44PM
Nataraja: White
Moon – Clear
Subha Sivaloka Day
Ashada•Adi

D

Thursday, July 25, 2019
Retreat Star

Mesha Rasi: 7.05 Tithi 23
424893462 Rahu
Creative Work Amrita Yoga
Until 6:04PM
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam
Ashvini Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Ashtamyam Titau
Gulika 9:57AM – 11:45AM
Yama 6:22AM – 8:09AM
Rahu 3:20PM – 5:08PM
Ashvini Until 6:04PM
Dhriti Until 9:26AM
Balava Until 7:16AM
Ashtami* Until 7:48PM

Dushanbe, Tajikistan
Sun 7 Sutra 102
Vikarin 5121
Moon 7 - Phase 14
Ashtami
Ganesha: White Sunrise: 6:22AM
Muruqa: Blue Sunset: 8:43PM
Nataraja: White
Moon – White
Subha Subha Sivaloka Day
Ashada•Adi

Friday, July 26, 2019

Retreat Star

Mesha Rasi: 19.34 Tithi 24
424893462 Rahu
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam
Bharani Nakshatra Shula*/Ganda* Yoga Tailila/Gara Karana Navamyam Titau
Gulika 8:10AM – 9:57AM
Yama 5:07PM – 6:55PM
Rahu 11:45AM – 1:32PM
Bharani Until 7:23PM
Shula* Until 9:10AM
Tailila Until 8:13AM
Navami* Until 8:25PM

Dushanbe, Tajikistan
Sun 8 Sutra 103
Vikarin 5121
Moon 7 - Phase 14
Navami
Ganesha: White Sunrise: 6:23AM
Muruqa: Blue Sunset: 8:42PM
Nataraja: White
Moon – White
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

1		Saturday, July 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ganda*Vridhi Yoga Vanija/Visti* Karana Dashamyam Titau	Dushanbe, Tajikistan Sun 9 Sutra 104
Wrishabha Rasi: 2.22	Tithi 25	Gulika 6:23AM – 8:11AM	Krittika Until 7:49PM	Ganesha: White <i>Sunrise:</i> 6:23AM	Vikarin 5121
		Yama 3:20PM – 5:07PM	Ganda* Until 8:22AM	Muruqa: Blue <i>Sunset:</i> 8:41PM	Moon 7 - Phase 15
424893462	Rahu 9:58AM – 11:45AM		Vanija Until 8:27AM	Nataraja: White	2nd Phase
Creative Work	Amrita Yoga		Dashami Until 8:16PM	Moon – White	Subha Subha Sivaloka Day
				Ashada-Adi	

2		Sunday, July 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Vriddhi/Dhruva Yoga Bava/Balava Karana Ekadashyam Titau	Dushanbe, Tajikistan Sun 10 Sutra 105
Wrishabha Rasi: 15.33	Tithi 26	Gulika 5:06PM – 6:53PM	Rohini Until 7:47PM	Ganesha: Yellow <i>Sunrise:</i> 6:24AM	Vikarin 5121
		Yama 1:32PM – 3:19PM	Vriddhi Until 6:57AM	Muruqa: Blue <i>Sunset:</i> 8:40PM	Moon 7 - Phase 15
434893462	Rahu 6:53PM – 8:40PM		Bava Until 7:55AM	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 7:20PM	Moon – Yellow	Subha Sivaloka Day
				Ashada-Adi	

3		Monday, July 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Vyaghata* Yoga Kaulava/Gara Karana Dvadashi/Trayodashyam Titau	Dushanbe, Tajikistan Sun 11 Sutra 106
Wrishabha Rasi: 29.11	Tithi 27 – 28	Gulika 3:19PM – 5:06PM	Mrigashira Until 6:51PM	Ganesha: Yellow <i>Sunrise:</i> 6:25AM	Vikarin 5121
Family Home Evening		Yama 11:46AM – 1:32PM	Vyaghata* Until 2:14AM Tue	Muruqa: Blue <i>Sunset:</i> 8:40PM	Moon 7 - Phase 15
434893462	Rahu 8:12AM – 9:59AM		Kaulava Until 6:36AM	Nataraja: White	2nd Phase
Creative Work	Amrita Yoga		Dvadashi* Until 5:39PM	Moon – Yellow	Subha Sivaloka Day
Until 6:51PM				Ashada-Adi	
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>		

4		Tuesday, July 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Dushanbe, Tajikistan Sun 12 Sutra 107
Mithuna Rasi: 13.14	Tithi 28 – 29	Gulika 1:32PM – 3:19PM	Ardra Until 5:07PM	Ganesha: White <i>Sunrise:</i> 6:26AM	Vikarin 5121
		Yama 9:59AM – 11:46AM	Harshana Until 11:07PM	Muruqa: Blue <i>Sunset:</i> 8:39PM	Moon 7 - Phase 15
435893462	Rahu 5:05PM – 6:52PM		Visti Until 1:57AM Wed	Nataraja: White	2nd Phase
Routine Work	Marana Yoga		Trayodashi* Until 3:19PM	Moon – Yellow	Sivaloka Day
Until 5:07PM				Ashada-Adi	
Then Creative Work - Siddha Yoga					

		Wednesday, July 31, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Dushanbe, Tajikistan Sun 13 Sutra 108
Retreat Star		Gulika 11:46AM – 1:32PM	Punarvasu Until 3:09PM	Ganesha: Green <i>Sunrise:</i> 6:27AM	Vikarin 5121
Mithuna Rasi: 27.43	Tithi 29 – 30	Yama 8:13AM – 10:00AM	Vajra* Until 7:33PM	Muruqa: Blue <i>Sunset:</i> 8:38PM	Moon 7 - Phase 15
445893462	Rahu 1:32PM – 3:19PM		Catuspada Until 10:52PM	Nataraja: White	Amavasya
Creative Work	Siddha Yoga		Chaturdashi* Until 12:27PM	Moon – Blue	Sivaloka Day
				Ashada-Adi	

Retreat Star		Thursday, August 1, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Dushanbe, Tajikistan Sun 14 Sutra 109
Retreat Star		Gulika 10:00AM – 11:46AM	Pushya Until 12:40PM	Ganesha: Green <i>Sunrise:</i> 6:28AM	Vikarin 5121
Kataka Rasi: 12.3	Tithi 30 – 1	Yama 6:28AM – 8:14AM	Siddhi Until 3:43PM	Muruqa: Blue <i>Sunset:</i> 8:37PM	Moon 7 - Phase 15
445893462	Rahu 3:18PM – 5:04PM		Kintughna Until 7:28PM	Nataraja: White	Prathama
Creative Work	Amrita Yoga		Amavasya* Until 9:11AM	Moon – Blue	Sivaloka Day
Until 12:40PM				Sravana-Adi	
Then Creative Work - Siddha Yoga					

1		Friday, August 2, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* /Magha* Nakshatra Vyatipata* /Variyan Yoga Balava/Kaulava Karana Dvitiyayam Titau			Dushanbe, Tajikistan Sun 15 Sutra 110 Vikarin 5121
Kataka Rasi: 27.3	Tithi 2	Gulika 8:14AM – 10:00AM	Ashlesha* Until 9:50AM	Ganesha: Green	<i>Sunrise:</i> 6:29AM		
		Yama 5:04PM – 6:50PM	Vyatipata* Until 11:45AM	Muruqa: Blue	<i>Sunset:</i> 8:36PM	Moon 7 - Phase 16	
		445893462 Rahu 11:46AM – 1:32PM	Balava Until 3:55PM	Nataraja: White		3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 2:07AM Sat	Moon – Blue			Sivaloka Day
				Sravana*Adi			

2		Saturday, August 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Magha* /Purvaphalguni Nakshatra Variyan/Parigha* Yoga Taitila/Gara Karana Trityayam Titau			Dushanbe, Tajikistan Sun 16 Sutra 111 Vikarin 5121
Simha Rasi: 12.33	Tithi 3	Gulika 6:29AM – 8:15AM	Magha* Until 7:13AM	Ganesha: White	<i>Sunrise:</i> 6:29AM		
		Yama 3:18PM – 5:03PM	Variyan Until 7:43AM	Muruqa: Blue	<i>Sunset:</i> 8:35PM	Moon 7 - Phase 16	
		455893462 Rahu 10:01AM – 11:46AM	Taitila Until 12:22PM	Nataraja: White		3rd Phase	
Creative Work	Amrita Yoga		Tritiya Until 10:37PM	Moon – Red			Sivaloka Day
Until 7:13AM				Sravana*Adi			
Then Creative Work - Siddha Yoga							

3		Sunday, August 4, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Vanija/Visti* Karana Chaturthiyam Titau			Dushanbe, Tajikistan Sun 17 Sutra 112 Vikarin 5121
Simha Rasi: 27.32	Tithi 4	Gulika 5:03PM – 6:48PM	Uttaraphalguni Until 2:06AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 6:30AM		
		Yama 1:32PM – 3:17PM	Shiva Until 12:08AM Mon	Muruqa: Blue	<i>Sunset:</i> 8:34PM	Moon 7 - Phase 16	
		455993462 Rahu 6:48PM – 8:34PM	Vanija Until 8:57AM	Nataraja: White		3rd Phase	
Creative Work	Amrita Yoga		Chaturthi* Until 7:20PM	Moon – Red			Subha Sivaloka Day
Until 2:06AM Mon				Sravana*Adi			
Then Creative Work - Siddha Yoga							

4		Monday, August 5, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Dushanbe, Tajikistan Sun 18 Sutra 113 Vikarin 5121
Kanya Rasi: 12.17	Tithi 5 – 6	Gulika 3:17PM – 5:02PM	Hasta Until 12:17AM Tue	Ganesha: White	<i>Sunrise:</i> 6:31AM		
Family Home Evening		Yama 11:47AM – 1:32PM	Siddha Until 8:45PM	Muruqa: Blue	<i>Sunset:</i> 8:33PM	Moon 7 - Phase 16	
		465993462 Rahu 8:16AM – 10:01AM	Kaulava Until 3:10AM Tue	Nataraja: White		3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 4:26PM	Moon – Green			Subha Subha Sivaloka Day
		Nag Panchami		Sravana*Adi			

5		Tuesday, August 6, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau			Dushanbe, Tajikistan Sun 19 Sutra 114 Vikarin 5121
Kanya Rasi: 26.44	Tithi 6 – 7	Gulika 1:32PM – 3:17PM	Chitra Until 10:52PM	Ganesha: White	<i>Sunrise:</i> 6:32AM		
		Yama 10:02AM – 11:47AM	Sadhya Until 5:48PM	Muruqa: Blue	<i>Sunset:</i> 8:31PM	Moon 7 - Phase 16	
		465993462 Rahu 5:02PM – 6:47PM	Gara Until 1:02AM Wed	Nataraja: White		3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 2:00PM	Moon – Green			Subha Subha Sivaloka Day
				Sravana*Adi			

Retreat Star		Wednesday, August 7, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Dushanbe, Tajikistan Sun 20 Sutra 115 Vikarin 5121
Tula Rasi: 10.48	Tithi 7 – 8	Gulika 11:47AM – 1:32PM	Svati Until 9:54PM	Ganesha: White	<i>Sunrise:</i> 6:33AM		
		Yama 8:18AM – 10:02AM	Subha Until 3:21PM	Muruqa: Blue	<i>Sunset:</i> 8:30PM	Moon 7 - Phase 16	
		465993462 Rahu 1:32PM – 3:16PM	Visti Until 11:30PM	Nataraja: White		Ashtami	
Creative Work	Siddha Yoga		Saptami Until 12:10PM	Moon – Green			Subha Subha Sivaloka Day
				Sravana*Adi			

Retreat Star		Thursday, August 8, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Dushanbe, Tajikistan Sun 21 Sutra 116 Vikarin 5121
Tula Rasi: 24.28	Tithi 8 – 9	Gulika 10:03AM – 11:47AM	Vishakha Until 9:54PM	Ganesha: Purple	<i>Sunrise:</i> 6:34AM		
		Yama 6:34AM – 8:18AM	Sukla Until 1:25PM	Muruqa: Blue	<i>Sunset:</i> 8:29PM	Moon 7 - Phase 16	
		476993462 Rahu 3:16PM – 5:00PM	Balava Until 10:39PM	Nataraja: White		Navami	
Creative Work	Siddha Yoga		Ashtami* Until 10:59AM	Moon – Orange			Sivaloka Day
				Sravana*Adi			

1	Friday, August 9, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau				Dushanbe, Tajikistan Sun 22
	Wrischika Rasi: 7.46	Tithi 9 – 10	Gulika 8:19AM – 10:03AM	Anuradha Until 10:24PM	Ganesha: Purple	Sunrise: 6:35AM	Vikarin 5121
	476993462	Rahu 11:47AM – 1:31PM	Yama 5:00PM – 6:44PM	Brahma Until 12:02PM	Muruqa: Blue	Sunset: 8:28PM	Moon 7 - Phase 17 4th Phase
Creative Work Siddha Yoga			Taitila Until 10:28PM	Nataraja: White			
Until 10:24PM			Navami* Until 10:28AM	Moon – Orange		Sivaloka Day	
Then Routine Work - Marana Yoga				Sravana*Adi			

2	Saturday, August 10, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Dushanbe, Tajikistan Sun 23
	Wrischika Rasi: 20.43	Tithi 10 – 11	Gulika 6:36AM – 8:19AM	Jyeshtha* Until 11:22PM	Ganesha: Purple	Sunrise: 6:36AM	Vikarin 5121
	476993462	Rahu 10:03AM – 11:47AM	Yama 3:15PM – 4:59PM	Indra Until 11:10AM	Muruqa: Blue	Sunset: 8:27PM	Moon 7 - Phase 17 4th Phase
Creative Work Siddha Yoga			Vanija Until 10:55PM	Nataraja: White			
			Dashami Until 10:36AM	Moon – Orange		Sivaloka Day	
				Sravana*Adi			

3	Sunday, August 11, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Dushanbe, Tajikistan Sun 24
	Dhanus Rasi: 3.22	Tithi 11 – 12	Gulika 4:58PM – 6:42PM	Mula* Until 1:12AM Mon	Ganesha: Clear	Sunrise: 6:36AM	Vikarin 5121
	486993462	Rahu 6:42PM – 8:26PM	Yama 1:31PM – 3:15PM	Vaidhriti* Until 10:45AM	Muruqa: Blue	Sunset: 8:26PM	Moon 7 - Phase 17 4th Phase
Creative Work Amrita Yoga			Bava Until 11:56PM	Nataraja: White			
Until 1:12AM Mon			Ekadashi Until 11:20AM	Moon – Light Blue		Subha Sivaloka Day	
Then Routine Work - Marana Yoga				Sravana*Adi			

4	Monday, August 12, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Dushanbe, Tajikistan Sun 25
	Dhanus Rasi: 15.47	Tithi 12 – 13	Gulika 3:14PM – 4:58PM	Purvashadha* Until 3:20AM Tue	Ganesha: Clear	Sunrise: 6:37AM	Vikarin 5121
	486993462	Rahu 8:21AM – 10:04AM	Yama 11:48AM – 1:31PM	Vishkambha* Until 10:46AM	Muruqa: Blue	Sunset: 8:24PM	Moon 7 - Phase 17 4th Phase
Family Home Evening			Kaulava Until 1:25AM Tue	Nataraja: White			
Routine Work Marana Yoga			Dvadashi Until 12:36PM	Moon – Light Blue		Subha Sivaloka Day	
Until 3:20AM Tue				Sravana*Adi			
Then Routine Work - Prabalarishta Yoga							
						Pradosha Vrata	

5	Tuesday, August 13, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Dushanbe, Tajikistan Sun 26
	Dhanus Rasi: 28.01	Tithi 13 – 14	Gulika 1:31PM – 3:14PM	Uttarashadha Until 5:38AM Wed	Ganesha: Clear	Sunrise: 6:38AM	Vikarin 5121
	486993462	Rahu 4:57PM – 6:40PM	Yama 10:04AM – 11:48AM	Priti Until 11:07AM	Muruqa: Blue	Sunset: 8:23PM	Moon 7 - Phase 17 4th Phase
Routine Work Prabalarishta Yoga			Gara Until 3:16AM Wed	Nataraja: White			
Until 5:38AM Wed			Trayodashi Until 2:17PM	Moon – Light Blue		Subha Sivaloka Day	
Then Creative Work - Siddha Yoga				Sravana*Adi			

6	Wednesday, August 14, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Dushanbe, Tajikistan Sun 27
	Makara Rasi: 10.05	Tithi 14 – 15	Gulika 11:48AM – 1:31PM	Shravana Until 8:33AM Thu	Ganesha: White	Sunrise: 6:39AM	Vikarin 5121
	496993462	Rahu 1:31PM – 3:13PM	Yama 8:22AM – 10:05AM	Ayushman Until 11:42AM	Muruqa: Blue	Sunset: 8:22PM	Moon 7 - Phase 17 4th Phase
Creative Work Siddha Yoga			Visti Until 5:25AM Thu	Nataraja: White			
			Chaturdashi* Until 4:18PM	Moon – Purple		Sivaloka Day	
				Sravana*Adi			

O	Thursday, August 15, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava Karana Purnimayam Titau				Dushanbe, Tajikistan Sun 28
	Copper Retreat Star		Gulika 10:05AM – 11:48AM	Shravana Until 8:33AM	Ganesha: Yellow	Sunrise: 6:40AM	Vikarin 5121
	Makara Rasi: 22.03	Tithi 15	Yama 6:40AM – 8:23AM	Saubhagya Until 12:29PM	Muruqa: Blue	Sunset: 8:21PM	Moon 7 - Phase 17 Purnima
Creative Work Siddha Yoga			Bava Until 6:32PM	Nataraja: White			
			Purnima* Until 6:32PM	Moon – Purple		Subha Sivaloka Day	
				Sravana*Adi			
			Raksha Bandhan				

	Friday, August 16, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sobhana/Alhiganda* Yoga Balava/Kaulava Karana Prathamayam Titau				Dushanbe, Tajikistan Sun 29
	Silver Retreat Star		Gulika 8:23AM – 10:06AM	Dhanishtha Until 11:27AM	Ganesha: Yellow	Sunrise: 6:41AM	Vikarin 5121
	Kumbha Rasi: 3.58	Tithi 16	Yama 4:55PM – 6:37PM	Sobhana Until 1:24PM	Muruqa: Blue	Sunset: 8:19PM	Moon 7 - Phase 17 Prathama
Creative Work Siddha Yoga			Balava Until 7:44AM	Nataraja: White			
			Prathama* Until 8:55PM	Moon – Purple		Subha Sivaloka Day	
				Sravana*Adi			

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



Saturday, August 17, 2019

Gold Retreat Star

Kumbha Rasi: 15.49 Tithi 17

497993462

Creative Work Amrita Yoga

Until 2:16PM

Then Routine Work - Marana Yoga

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

Gulika 6:42AM - 8:24AM
Yama 3:12PM - 4:54PM
Rahu 10:06AM - 11:48AM

Shatabhishak Until 2:16PM
Athiganda* Until 2:21PM
Taitila Until 10:10AM
Dvitiya Until 11:21PM

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

Sunrise: 6:42AM
Sunset: 8:18PM

Dushanbe, Tajikistan
Sun 1 Sutra 125
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

1

Sunday, August 18, 2019

Kumbha Rasi: 27.41 Tithi 18

517993462

Creative Work Siddha Yoga

Until 5:25PM

Then Creative Work - Amrita Yoga

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

Gulika 4:53PM - 6:35PM
Yama 1:30PM - 3:12PM
Rahu 6:35PM - 8:17PM

Purvaproshtapada* Until 5:25PM
Sukarma Until 3:18PM
Vanija Until 12:35PM
Tritiya Until 1:45AM Mon

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

Sunrise: 6:43AM
Sunset: 8:17PM

Dushanbe, Tajikistan
Sun 2 Sutra 126
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Subha Sivaloka Day

2

Monday, August 19, 2019

Meena Rasi: 9.34 Tithi 19

517993462

Creative Work Siddha Yoga

Family Home Evening

Then Creative Work - Siddha Yoga

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

Gulika 3:11PM - 4:52PM
Yama 11:48AM - 1:30PM
Rahu 8:25AM - 10:07AM

Uttaraproshtapada Until 8:16PM
Dhriti Until 4:12PM
Bava Until 2:55PM
Chaturthi* Until 4:00AM Tue

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

Sunrise: 6:44AM
Sunset: 8:15PM

Dushanbe, Tajikistan
Sun 3 Sutra 127
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Subha Sivaloka Day

3

Tuesday, August 20, 2019

Meena Rasi: 21.3 Tithi 20

517993462

Creative Work Siddha Yoga

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

Gulika 1:29PM - 3:10PM
Yama 10:07AM - 11:48AM
Rahu 4:52PM - 6:33PM

Revati Until 10:46PM
Shula* Until 4:54PM
Kaulava Until 5:03PM
Panchami Until 5:59AM Wed

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

Sunrise: 6:44AM
Sunset: 8:14PM

Dushanbe, Tajikistan
Sun 4 Sutra 128
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Subha Sivaloka Day

4

Wednesday, August 21, 2019

Mesha Rasi: 3.33 Tithi 21

527993462

Routine Work Marana Yoga

Until 1:14AM Thu

Then Creative Work - Siddha Yoga

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

Gulika 11:48AM - 1:29PM
Yama 8:26AM - 10:07AM
Rahu 1:29PM - 3:10PM

Ashvini Until 1:14AM Thu
Ganda* Until 5:22PM
Gara Until 6:52PM
Shashthi* Until 7:35AM Thu

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

Sunrise: 6:45AM
Sunset: 8:13PM

Dushanbe, Tajikistan
Sun 5 Sutra 129
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

5

Thursday, August 22, 2019

Mesha Rasi: 15.46 Tithi 21 - 22

528993462

Creative Work Siddha Yoga

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

Gulika 10:07AM - 11:48AM
Yama 6:46AM - 8:27AM
Rahu 3:09PM - 4:50PM

Bharani Until 3:04AM Fri
Vridhhi Until 5:30PM
Visiti Until 8:13PM
Shashthi* Until 7:35AM

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

Sunrise: 6:46AM
Sunset: 8:11PM

Dushanbe, Tajikistan
Sun 6 Sutra 130
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Sivaloka Day

D

Friday, August 23, 2019

Retreat Star

Mesha Rasi: 28.11 Tithi 22 - 23

528993462

Creative Work Siddha Yoga

Until 4:07AM Sat

Then Creative Work - Amrita Yoga

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

Gulika 8:27AM - 10:08AM
Yama 4:49PM - 6:30PM
Rahu 11:48AM - 1:29PM

Krittika Until 4:07AM Sat
Dhruva Until 5:09PM
Balava Until 8:58PM
Saptami Until 8:39AM

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

Sunrise: 6:47AM
Sunset: 8:10PM

Dushanbe, Tajikistan
Sun 7 Sutra 131
Vikarin 5121
Moon 8 - Phase 18
Ashtami

Sivaloka Day

Saturday, August 24, 2019

Retreat Star

Vrishabha Rasi: 10.55 Tithi 23 - 24

538993462

Creative Work Amrita Yoga

Until 4:45AM Sun

Then Creative Work - Siddha Yoga

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

Gulika 6:48AM - 8:28AM
Yama 3:08PM - 4:48PM
Rahu 10:08AM - 11:48AM

Rohini Until 4:45AM Sun
Vyaghata* Until 4:16PM
Taitila Until 9:00PM
Ashtami* Until 9:03AM

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

Sunrise: 6:48AM
Sunset: 8:09PM

Dushanbe, Tajikistan
Sun 8 Sutra 132
Vikarin 5121
Moon 8 - Phase 18
Navami

Subha Sivaloka Day

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

All times are standard time

www.gurudeva.org/panchang

1		Sunday, August 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Dushanbe, Tajikastan Sun 9 Sutra 133 Vikarin 5121 Moon 8 - Phase 19 2nd Phase
Wishabha Rasi: 24.01	Tithi 24 – 25	Gulika 4:48PM – 6:27PM	Mrigashira Until 4:27AM Mon	Ganesha: Clear <i>Sunrise: 6:49AM</i>	
		Yama 1:28PM – 3:08PM	Harshana Until 2:46PM	Muruqa: Blue <i>Sunset: 8:07PM</i>	
538993462	Rahu 6:27PM – 8:07PM		Vanija Until 8:14PM	Nataraja: White	
Creative Work	Siddha Yoga		Navami* Until 8:42AM	Moon – Yellow	Subha Sivaloka Day
				Sravana-Avani	

2		Monday, August 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau	Dushanbe, Tajikastan Sun 10 Sutra 134 Vikarin 5121 Moon 8 - Phase 19 2nd Phase
Mithuna Rasi: 7.32	Tithi 25 – 26	Gulika 3:07PM – 4:47PM	Ardra Until 3:15AM Tue	Ganesha: Clear <i>Sunrise: 6:50AM</i>	
		Yama 11:48AM – 1:28PM	Vajra* Until 12:37PM	Muruqa: Blue <i>Sunset: 8:06PM</i>	
538993462	Rahu 8:29AM – 10:09AM		Bava Until 6:42PM	Nataraja: White	
Creative Work	Siddha Yoga		Dashami Until 7:33AM	Moon – Yellow	Subha Sivaloka Day
				Sravana-Avani	

3		Tuesday, August 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Dvodashyam Titau	Dushanbe, Tajikastan Sun 11 Sutra 135 Vikarin 5121 Moon 8 - Phase 19 2nd Phase
Mithuna Rasi: 21.32	Tithi 27	Gulika 1:27PM – 3:07PM	Punarvasu Until 1:39AM Wed	Ganesha: Purple <i>Sunrise: 6:51AM</i>	
		Yama 10:09AM – 11:48AM	Siddhi Until 9:52AM	Muruqa: Blue <i>Sunset: 8:04PM</i>	
548993462	Rahu 4:46PM – 6:25PM		Kaulava Until 4:26PM	Nataraja: White	
Creative Work	Siddha Yoga		Dvodashi* Until 3:03AM Wed	Moon – Blue	Sivaloka Day
				Sravana-Avani	

4		Wednesday, August 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Trayodashyam Titau	Dushanbe, Tajikastan Sun 12 Sutra 136 Vikarin 5121 Moon 8 - Phase 19 2nd Phase
Kataka Rasi: 5.58	Tithi 28	Gulika 11:48AM – 1:27PM	Pushya Until 11:20PM	Ganesha: Light Blue <i>Sunrise: 6:51AM</i>	
		Yama 8:30AM – 10:09AM	Vyatipata* Until 6:36AM	Muruqa: Blue <i>Sunset: 8:03PM</i>	
549993463	Rahu 1:27PM – 3:06PM		Gara Until 1:34PM	Nataraja: Clear	
Creative Work	Siddha Yoga		Trayodashi* Until 11:55PM	Moon – Blue	Devaloka Day
				Sravana-Avani	

Pradosha Vrata (Fasting)

5		Thursday, August 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Dushanbe, Tajikastan Sun 13 Sutra 137 Vikarin 5121 Moon 8 - Phase 19 2nd Phase
Kataka Rasi: 20.49	Tithi 29	Gulika 10:10AM – 11:48AM	Ashlesha* Until 8:29PM	Ganesha: Orange <i>Sunrise: 6:52AM</i>	
		Yama 6:52AM – 8:31AM	Parigha* Until 10:49PM	Muruqa: Blue <i>Sunset: 8:01PM</i>	
549193463	Rahu 3:05PM – 4:44PM		Visti Until 10:12AM	Nataraja: Clear	
Creative Work	Siddha Yoga		Chaturdashi* Until 8:23PM	Moon – Blue	Sivaloka Day
Until 8:29PM				Sravana-Avani	
Then Creative Work - Amrita Yoga					

Retreat Star		Friday, August 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau	Dushanbe, Tajikastan Sun 14 Sutra 138 Vikarin 5121 Moon 8 - Phase 19 Amavasya
Simha Rasi: 5.55	Tithi 30 – 1	Gulika 8:32AM – 10:10AM	Magha* Until 5:39PM	Ganesha: Clear <i>Sunrise: 6:53AM</i>	
		Yama 4:43PM – 6:22PM	Shiva Until 6:36PM	Muruqa: Blue <i>Sunset: 8:00PM</i>	
559193463	Rahu 11:48AM – 1:27PM		Catuspada Until 6:31AM	Nataraja: Clear	
Routine Work	Marana Yoga		Amavasya* Until 4:36PM	Moon – Red	Sivaloka Day
Until 5:39PM				Sravana-Avani	
Then Creative Work - Siddha Yoga					

Retreat Star		Saturday, August 31, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Dushanbe, Tajikastan Sun 15 Sutra 139 Vikarin 5121 Moon 8 - Phase 19 Prathama
Simha Rasi: 21.1	Tithi 1 – 2	Gulika 6:54AM – 8:32AM	Purvaphalguni Until 2:37PM	Ganesha: Clear <i>Sunrise: 6:54AM</i>	
		Yama 3:04PM – 4:42PM	Siddha Until 2:18PM	Muruqa: Blue <i>Sunset: 7:58PM</i>	
559193463	Rahu 10:10AM – 11:48AM		Balava Until 10:52PM	Nataraja: Clear	
Creative Work	Siddha Yoga		Prathama* Until 12:45PM	Moon – Red	Sivaloka Day
Until 2:37PM				Bhadrapada-Avani	
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

All times are standard time

www.gurudeva.org/panchang

1	Sunday, September 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau				Dushanbe, Tajikistan Sun 16 Sutra 140
	Kanya Rasi: 6.23	Tithi 2 – 3	Gulika 4:41PM – 6:19PM	Uttaraphalguni Until 11:35AM	Ganesha: Clear	<i>Sunrise:</i> 6:55AM	Vikarin 5121
			Yama 1:26PM – 3:04PM	Sadhya Until 10:07AM	Muruqa: Blue	<i>Sunset:</i> 7:57PM	Moon 8 - Phase 20
	Creative Work Amrita Yoga	559193463	Rahu 6:19PM – 7:57PM	Taitila Until 7:14PM	Nataraja: Clear		3rd Phase
			Dvitiya Until 9:00AM	Moon – Red		Sivaloka Day	
				Bhadrapada-Avani			

2	Monday, September 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Dushanbe, Tajikistan Sun 17 Sutra 141
	Kanya Rasi: 21.25	Tithi 4	Gulika 3:03PM – 4:40PM	Hasta Until 9:06AM	Ganesha: Orange	<i>Sunrise:</i> 6:56AM	Vikarin 5121
	Family Home Evening		Yama 11:48AM – 1:26PM	Subha Until 6:11AM	Muruqa: Blue	<i>Sunset:</i> 7:57PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	569193463	Rahu 8:33AM – 10:11AM	Vanija Until 3:57PM	Nataraja: Clear		3rd Phase
Until 9:06AM			Chaturthi* Until 2:28AM Tue	Moon – Green		Sivaloka Day	
Then Routine Work - Prabararishta Yoga		Ganesha Chaturthi		Bhadrapada-Avani			

3	Tuesday, September 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Dushanbe, Tajikistan Sun 18 Sutra 142
	Tula Rasi: 6.05	Tithi 5	Gulika 1:25PM – 3:02PM	Chitra Until 6:56AM	Ganesha: Orange	<i>Sunrise:</i> 6:57AM	Vikarin 5121
			Yama 10:11AM – 11:48AM	Brahma Until 11:28PM	Muruqa: Blue	<i>Sunset:</i> 7:54PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	569193463	Rahu 4:40PM – 6:17PM	Bava Until 1:10PM	Nataraja: Clear		3rd Phase
			Panchami Until 12:00AM Wed	Moon – Green		Sivaloka Day	
				Bhadrapada-Avani			

4	Wednesday, September 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra Yoga Kaulava/Taitila Karana Shashthyam Titau				Dushanbe, Tajikistan Sun 19 Sutra 143
	Tula Rasi: 20.2	Tithi 6	Gulika 11:48AM – 1:25PM	Vishakha Until 4:35AM Thu	Ganesha: Green	<i>Sunrise:</i> 6:58AM	Vikarin 5121
			Yama 8:34AM – 10:11AM	Indra Until 8:57PM	Muruqa: Blue	<i>Sunset:</i> 7:52PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	579193463	Rahu 1:25PM – 3:02PM	Kaulava Until 11:02AM	Nataraja: Clear		3rd Phase
			Shashthi* Until 10:14PM	Moon – Orange		Subha Sivaloka Day	
				Bhadrapada-Avani			

5	Thursday, September 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Saptamyam Titau				Dushanbe, Tajikistan Sun 20 Sutra 144
	Vrischika Rasi: 4.07	Tithi 7	Gulika 10:12AM – 11:48AM	Anuradha Until 4:35AM Fri	Ganesha: Orange	<i>Sunrise:</i> 6:58AM	Vikarin 5121
			Yama 6:58AM – 8:35AM	Vaidhriti* Until 7:04PM	Muruqa: Blue	<i>Sunset:</i> 7:51PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	571193463	Rahu 3:01PM – 4:38PM	Gara Until 9:41AM	Nataraja: Clear		3rd Phase
Until 4:35AM Fri			Saptami Until 9:17PM	Moon – Orange		Sivaloka Day	
Then Routine Work - Marana Yoga				Bhadrapada-Avani			

☾	Friday, September 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Ashtamyam Titau				Dushanbe, Tajikistan Sun 21 Sutra 145
	Retreat Star		Gulika 8:36AM – 10:12AM	Jyeshtha* Until 5:13AM Sat	Ganesha: Orange	<i>Sunrise:</i> 6:59AM	Vikarin 5121
	Vrischika Rasi: 17.26	Tithi 8	Yama 4:37PM – 6:13PM	Vishkambha* Until 5:50PM	Muruqa: Blue	<i>Sunset:</i> 7:49PM	Moon 8 - Phase 20
			571193463	Rahu 11:48AM – 1:24PM	Visti Until 9:08AM	Nataraja: Clear	Ashtami
Routine Work Marana Yoga			Ashtami* Until 9:10PM	Moon – Orange		Sivaloka Day	
Until 5:13AM Sat				Bhadrapada-Avani			
Then Creative Work - Siddha Yoga							

☽	Saturday, September 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Navamyam Titau				Dushanbe, Tajikistan Sun 22 Sutra 146
	Retreat Star		Gulika 7:00AM – 8:36AM	Mula* Until 6:56AM Sun	Ganesha: Green	<i>Sunrise:</i> 7:00AM	Vikarin 5121
	Dhanus Rasi: 0.19	Tithi 9	Yama 3:00PM – 4:36PM	Priti Until 5:15PM	Muruqa: Blue	<i>Sunset:</i> 7:48PM	Moon 8 - Phase 20
			581193463	Rahu 10:12AM – 11:48AM	Balava Until 9:25AM	Nataraja: Clear	Navami
Creative Work Siddha Yoga			Navami* Until 9:49PM	Moon – Light Blue		Devaloka Day	
				Bhadrapada-Avani			


1	Sunday, September 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dashamyam Titau				Dushanbe, Tajikistan
	Dhanus Rasi: 12.5	Tithi 10	Gulika 4:35PM – 6:11PM	Mula* Until 6:56AM	Ganesha: Green	<i>Sunrise:</i> 7:01AM	Sun 23 Sutra 147
	581193463	Rahu 6:11PM – 7:46PM	Yama 1:24PM – 2:59PM	Ayushman Until 5:11PM	Muruqa: Blue	<i>Sunset:</i> 7:46PM	Vikarin 5121
	Creative Work Amrita Yoga			Taitila Until 10:27AM	Nataraja: Clear		Moon 8 - Phase 21
Until 6:56AM		Grandparent's Day	Dashami Until 11:10PM	Moon – Light Blue		4th Phase	
Then Creative Work - Siddha Yoga				Bhadrapada-Avani		Devaloka Day	

2	Monday, September 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau				Dushanbe, Tajikistan
	Dhanus Rasi: 25.06	Tithi 11	Gulika 2:59PM – 4:34PM	Purvashadha* Until 9:05AM	Ganesha: Green	<i>Sunrise:</i> 7:02AM	Sun 24 Sutra 148
	581193463	Rahu 8:37AM – 10:13AM	Yama 11:48AM – 1:23PM	Saubhagya Until 5:34PM	Muruqa: Blue	<i>Sunset:</i> 7:45PM	Vikarin 5121
	Family Home Evening			Vanija Until 12:05PM	Nataraja: Clear		Moon 8 - Phase 21
Routine Work Marana Yoga			Ekadashi Until 1:03AM Tue	Moon – Light Blue		4th Phase	
				Bhadrapada-Avani		Devaloka Day	

3	Tuesday, September 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau				Dushanbe, Tajikistan
	Makara Rasi: 7.1	Tithi 12	Gulika 1:23PM – 2:58PM	Uttarashadha Until 11:30AM	Ganesha: Green	<i>Sunrise:</i> 7:03AM	Sun 25 Sutra 149
	581193463	Rahu 4:33PM – 6:08PM	Yama 10:13AM – 11:48AM	Sobhana Until 6:16PM	Muruqa: Blue	<i>Sunset:</i> 7:43PM	Vikarin 5121
	Routine Work Prabalarishta Yoga			Bava Until 2:09PM	Nataraja: Clear		Moon 8 - Phase 21
Until 11:30AM			Dvadashi Until 3:16AM Wed	Moon – Light Blue		4th Phase	
Then Creative Work - Siddha Yoga				Bhadrapada-Avani		Devaloka Day	

4	Wednesday, September 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Dushanbe, Tajikistan
	Makara Rasi: 19.06	Tithi 13	Gulika 11:48AM – 1:23PM	Shravana Until 2:32PM	Ganesha: Red	<i>Sunrise:</i> 7:04AM	Sun 26 Sutra 150
	591193463	Rahu 1:23PM – 2:57PM	Yama 8:38AM – 10:13AM	Athiganda* Until 7:07PM	Muruqa: Blue	<i>Sunset:</i> 7:42PM	Vikarin 5121
	Creative Work Siddha Yoga			Kaulava Until 4:29PM	Nataraja: Clear		Moon 8 - Phase 21
Until 2:32PM		Avani Avittam	Trayodashi Until 5:41AM Thu	Moon – Purple		4th Phase	
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>	Bhadrapada-Avani		Sivaloka Day	

5	Thursday, September 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma Yoga Gara Karana Chaturdashyam Titau				Dushanbe, Tajikistan
	Kumbha Rasi: 0.58	Tithi 14	Gulika 10:13AM – 11:48AM	Dhanishtha Until 5:31PM	Ganesha: Red	<i>Sunrise:</i> 7:04AM	Sun 27 Sutra 151
	591193463	Rahu 2:57PM – 4:31PM	Yama 7:04AM – 8:39AM	Sukarma Until 8:04PM	Muruqa: Blue	<i>Sunset:</i> 7:40PM	Vikarin 5121
	Creative Work Siddha Yoga			Gara Until 6:57PM	Nataraja: Clear		Moon 8 - Phase 21
			Chaturdashi* Until 8:09AM Fri	Moon – Purple		4th Phase	
				Bhadrapada-Avani		Sivaloka Day	

	Friday, September 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Dushanbe, Tajikistan
	Copper Retreat Star		Gulika 8:39AM – 10:14AM	Shatabhishak Until 8:20PM	Ganesha: Red	<i>Sunrise:</i> 7:05AM	Sutra 152
	Kumbha Rasi: 12.49	Tithi 14 – 15	Yama 4:30PM – 6:04PM	Dhriti Until 9:01PM	Muruqa: Purple	<i>Sunset:</i> 7:38PM	Vikarin 5121
	591113463	Rahu 11:48AM – 1:22PM		Visti Until 9:24PM	Nataraja: Clear		Moon 8 - Phase 21
Creative Work Siddha Yoga		Chidambaram Abhishekam	Chaturdashi* Until 8:09AM	Moon – Purple		Purnima	
				Bhadrapada-Avani		Sivaloka Day	

6	Saturday, September 14, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Dushanbe, Tajikistan
	Silver Retreat Star		Gulika 7:06AM – 8:40AM	Purvaproshtapada* Until 11:25PM	Ganesha: Red	<i>Sunrise:</i> 7:06AM	Sutra 153
	Kumbha Rasi: 24.41	Tithi 15 – 16	Yama 2:55PM – 4:29PM	Shula* Until 9:53PM	Muruqa: Purple	<i>Sunset:</i> 7:37PM	Vikarin 5121
	511113463	Rahu 10:14AM – 11:48AM		Balava Until 11:48PM	Nataraja: Clear		Moon 8 - Phase 21
Routine Work Marana Yoga			Purnima* Until 10:36AM	Moon – Clear		Prathama	
Until 11:25PM				Bhadrapada-Avani		Sivaloka Day	
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/Dvitiyayam Titau

Dushanbe, Tajikistan

Sutra 154

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 6.35 Tithi 16 - 17

Gulika 4:28PM - 6:02PM
Yama 1:21PM - 2:55PM
Rahu 6:02PM - 7:35PM

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

Ganesha: Red Sunrise: 7:07AM
Muruga: Purple Sunset: 7:35PM
Nataraja: Clear
Moon - Clear

Sivaloka Day

Bhadrapada-Avani

Creative Work Amrita Yoga

Until 2:13AM 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 Dvitiya/Tritiyayam Titau

Dushanbe, Tajikistan

Sun 1 Sutra 155

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 18.33 Tithi 17 - 18

Gulika 2:54PM - 4:27PM
Yama 11:48AM - 1:21PM
Rahu 8:41AM - 10:14AM

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

Ganesha: Yellow Sunrise: 7:08AM
Muruga: Purple Sunset: 7:34PM
Nataraja: Clear
Moon - Clear

Sivaloka Day

Bhadrapada-Avani

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/Chaturthyam Titau

Dushanbe, Tajikistan

Sun 2 Sutra 156

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 0.35 Tithi 18 - 19

Gulika 1:20PM - 2:53PM
Yama 10:15AM - 11:48AM
Rahu 4:26PM - 5:59PM

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

Ganesha: White Sunrise: 7:09AM
Muruga: Purple Sunset: 7:32PM
Nataraja: Clear
Moon - White

Devaloka Day

Bhadrapada-Puratasi

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 Chaturthyam Titau

Dushanbe, Tajikistan

Sun 3 Sutra 157

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 12.43 Tithi 19

Gulika 11:47AM - 1:20PM
Yama 8:42AM - 10:15AM
Rahu 1:20PM - 2:53PM

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

Ganesha: White Sunrise: 7:10AM
Muruga: Purple Sunset: 7:30PM
Nataraja: Clear
Moon - White

Devaloka Day

Bhadrapada-Puratasi

Routine Work Marana Yoga

Until 7:11AM

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

Dushanbe, Tajikistan

Sun 4 Sutra 158

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 25 Tithi 20

Gulika 10:15AM - 11:47AM
Yama 7:11AM - 8:43AM
Rahu 2:52PM - 4:24PM

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

Ganesha: White Sunrise: 7:11AM
Muruga: Purple Sunset: 7:29PM
Nataraja: Clear
Moon - White

Devaloka Day

Bhadrapada-Puratasi

Creative Work Siddha Yoga

Until 9:13AM

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

Dushanbe, Tajikistan

Sun 5 Sutra 159

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 7.28 Tithi 21

Gulika 8:43AM - 10:15AM
Yama 4:23PM - 5:55PM
Rahu 11:47AM - 1:19PM

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

Ganesha: White Sunrise: 7:11AM
Muruga: Purple Sunset: 7:27PM
Nataraja: Clear
Moon - White

Devaloka Day

Bhadrapada-Puratasi

Creative Work Siddha Yoga

Until 10:39AM

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

Dushanbe, Tajikistan

Sun 6 Sutra 160

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 20.1 Tithi 22

Gulika 7:12AM - 8:44AM
Yama 2:51PM - 4:22PM
Rahu 10:16AM - 11:47AM

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

Ganesha: Clear Sunrise: 7:12AM
Muruga: Purple Sunset: 7:26PM
Nataraja: Clear
Moon - Yellow

Sivaloka Day

Bhadrapada-Puratasi

Creative Work Amrita Yoga

Until 11:52AM

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

Dushanbe, Tajikistan

Sun 7 Sutra 161

Vikarin 5121

Moon 9 - Phase 22

Ashtami

Mithuna Rasi: 3.11 Tithi 23

Gulika 4:21PM - 5:53PM
Yama 1:19PM - 2:50PM
Rahu 5:53PM - 7:24PM

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

Ganesha: Clear Sunrise: 7:13AM
Muruga: Purple Sunset: 7:24PM
Nataraja: Clear
Moon - Yellow

Sivaloka Day

Bhadrapada-Puratasi

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

Dushanbe, Tajikistan

Sun 8 Sutra 162

Vikarin 5121

Moon 9 - Phase 22

Navami

Mithuna Rasi: 16.35 Tithi 24

Gulika 2:49PM - 4:20PM
Yama 11:47AM - 1:18PM
Rahu 8:45AM - 10:16AM

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

Ganesha: Orange Sunrise: 7:14AM
Muruga: Purple Sunset: 7:23PM
Nataraja: Clear
Moon - Yellow

Sivaloka Day

Bhadrapada-Puratasi

Creative Work Siddha Yoga

Until 11:50AM

Then Creative Work - Amrita Yoga

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

All times are standard time


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1	Tuesday, September 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Parigha/Shiva Yoga Vanija/Bava Karana Dashami/Ekadashyam Titau				Dushanbe, Tajikistan Sun 9 Sutra 163
	Kataka Rasi: 0.24	Tithi 25 – 26	Gulika 1:18PM – 2:49PM	Punarvasu Until 10:59AM	Ganesha: Light Blue <i>Sunrise:</i> 7:15AM	Muruqa: Purple <i>Sunset:</i> 7:21PM	Vikarin 5121
			Yama 10:16AM – 11:47AM	Parigha* Until 4:08PM			Moon 9 - Phase 23
	Creative Work	Siddha Yoga	542213463 Rahu 4:19PM – 5:50PM	Vanija Until 6:16AM	Nataraja: Clear		2nd Phase
			Dashami Until 5:11PM	Moon – Blue	Devaloka Day		
				Bhadrapada•Puratasi			

2	Wednesday, September 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Dushanbe, Tajikistan Sun 10 Sutra 164
	Kataka Rasi: 14.4	Tithi 26 – 27	Gulika 11:47AM – 1:18PM	Pushya Until 9:18AM	Ganesha: Light Blue <i>Sunrise:</i> 7:16AM	Muruqa: Purple <i>Sunset:</i> 7:19PM	Vikarin 5121
			Yama 8:46AM – 10:17AM	Shiva Until 12:56PM			Moon 9 - Phase 23
	Creative Work	Siddha Yoga	542213463 Rahu 1:18PM – 2:48PM	Kaulava Until 1:07AM Thu	Nataraja: Clear		2nd Phase
			Ekadashi* Until 2:36PM	Moon – Blue	Devaloka Day		
				Bhadrapada•Puratasi			

3	Thursday, September 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha/Magha* Nakshatra Siddha/Sadha Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau				Dushanbe, Tajikistan Sun 11 Sutra 165
	Kataka Rasi: 29.19	Tithi 27 – 28	Gulika 10:17AM – 11:47AM	Ashlesha* Until 6:57AM	Ganesha: Light Blue <i>Sunrise:</i> 7:17AM	Muruqa: Purple <i>Sunset:</i> 7:18PM	Vikarin 5121
			Yama 7:17AM – 8:47AM	Siddha Until 9:17AM			Moon 9 - Phase 23
	Creative Work	Siddha Yoga	542213463 Rahu 2:47PM – 4:18PM	Gara Until 9:47PM	Nataraja: Clear		2nd Phase
			Dvadashi* Until 11:29AM	Moon – Blue	Devaloka Day		
				Bhadrapada•Puratasi			
				<i>Pradosha Vrata (Fasting)</i>			

4	Friday, September 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Dushanbe, Tajikistan Sun 12 Sutra 166
	Simha Rasi: 14.19	Tithi 28 – 29	Gulika 8:47AM – 10:17AM	Purvaphalguni Until 1:31AM Sat	Ganesha: Purple <i>Sunrise:</i> 7:18AM	Muruqa: Purple <i>Sunset:</i> 7:16PM	Vikarin 5121
			Yama 4:17PM – 5:46PM	Subha Until 1:07AM Sat			Moon 9 - Phase 23
	Creative Work	Siddha Yoga	552213463 Rahu 11:47AM – 1:17PM	Visti Until 6:09PM	Nataraja: Clear		2nd Phase
			Trayodashi* Until 7:59AM	Moon – Red	Devaloka Day		
				Bhadrapada•Puratasi			

	Saturday, September 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Dushanbe, Tajikistan Sun 13 Sutra 167
	Retreat Star		Gulika 7:19AM – 8:48AM	Uttaraphalguni Until 10:24PM	Ganesha: Light Blue <i>Sunrise:</i> 7:19AM	Muruqa: Purple <i>Sunset:</i> 7:15PM	Vikarin 5121
	Simha Rasi: 29.29	Tithi 30	Yama 2:46PM – 4:16PM	Sukla Until 8:51PM			Moon 9 - Phase 23
	Routine Work	Marana Yoga	652213463 Rahu 10:18AM – 11:47AM	Catuspada Until 2:22PM	Nataraja: Clear		Amavasya
			Amavasya* Until 12:28AM Sun	Moon – Red	Devaloka Day		
				Bhadrapada•Puratasi			

	Sunday, September 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Brahma/Indra Yoga Kintughna*/Bava Karana Prathamayam Titau				Dushanbe, Tajikistan Sun 14 Sutra 168
	Retreat Star		Gulika 4:15PM – 5:44PM	Hasta Until 7:39PM	Ganesha: Light Blue <i>Sunrise:</i> 7:19AM	Muruqa: Purple <i>Sunset:</i> 7:13PM	Vikarin 5121
	Kanya Rasi: 14.43	Tithi 1	Yama 1:16PM – 2:45PM	Brahma Until 4:39PM			Moon 9 - Phase 23
	Creative Work	Amrita Yoga	663213463 Rahu 5:44PM – 7:13PM	Kintughna Until 10:37AM	Nataraja: Clear		Prathama
			Prathama* Until 8:47PM	Moon – Green	Devaloka Day		
				Ashvina•Puratasi			

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

All times are standard time

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Monday, September 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Balava/Taitila Karana Dvitiya/Tritiyam Titau			Dushanbe, Tajikistan Sun 15 Sutra 169
1		Gulika 2:45PM – 4:14PM	Chitra Until 5:02PM	Ganesha: Light Blue <i>Sunrise:</i> 7:20AM	Vikarin 5121
Kanya Rasi: 29.48	Tithi 2 – 3	Yama 11:47AM – 1:16PM	Indra Until 12:41PM	Muruqa: Purple <i>Sunset:</i> 7:12PM	Moon 9 - Phase 24
Family Home Evening	663213463	Rahu 8:49AM – 10:18AM	Balava Until 7:04AM	Nataraja: Clear	3rd Phase
Routine Work Prabalarishta Yoga			Dvitiya Until 5:24PM	Moon – Green	Devaloka Day
Until 5:02PM				Ashvina+Puratasi	
Then Creative Work - Amrita Yoga					

Tuesday, October 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Triliya/Chaturhyam Titau			Dushanbe, Tajikistan Sun 16 Sutra 170
2		Gulika 1:16PM – 2:44PM	Svati Until 2:45PM	Ganesha: Light Blue <i>Sunrise:</i> 7:21AM	Vikarin 5121
Tula Rasi: 15	Tithi 3 – 4	Yama 10:18AM – 11:47AM	Vaidhriti* Until 9:03AM	Muruqa: Purple <i>Sunset:</i> 7:10PM	Moon 9 - Phase 24
	663213463	Rahu 4:13PM – 5:41PM	Vanija Until 1:17AM Wed	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Tritiya Until 2:30PM	Moon – Green	Devaloka Day
Until 2:45PM				Ashvina+Puratasi	
Then Routine Work - Marana Yoga					

Wednesday, October 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Dushanbe, Tajikistan Sun 17 Sutra 171
3		Gulika 11:47AM – 1:15PM	Vishakha Until 1:23PM	Ganesha: Purple <i>Sunrise:</i> 7:22AM	Vikarin 5121
Tula Rasi: 28.59	Tithi 4 – 5	Yama 8:50AM – 10:19AM	Priti Until 3:22AM Thu	Muruqa: Purple <i>Sunset:</i> 7:08PM	Moon 9 - Phase 24
	673213463	Rahu 1:15PM – 2:44PM	Bava Until 11:22PM	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Chaturthi* Until 12:13PM	Moon – Orange	Devaloka Day
				Ashvina+Puratasi	

Thursday, October 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Dushanbe, Tajikistan Sun 18 Sutra 172
4		Gulika 10:19AM – 11:47AM	Anuradha Until 12:38PM	Ganesha: Purple <i>Sunrise:</i> 7:23AM	Vikarin 5121
Vrischika Rasi: 12.54	Tithi 5 – 6	Yama 7:23AM – 8:51AM	Ayushman Until 1:29AM Fri	Muruqa: Purple <i>Sunset:</i> 7:07PM	Moon 9 - Phase 24
	673213463	Rahu 2:43PM – 4:11PM	Kaulava Until 10:17PM	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Panchami Until 10:42AM	Moon – Orange	Devaloka Day
Until 12:38PM				Ashvina+Puratasi	
Then Routine Work - Prabalarishta Yoga					

Friday, October 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau			Dushanbe, Tajikistan Sun 19 Sutra 173
5		Gulika 8:52AM – 10:19AM	Jyeshtha* Until 12:36PM	Ganesha: Purple <i>Sunrise:</i> 7:24AM	Vikarin 5121
Vrischika Rasi: 26.18	Tithi 6 – 7	Yama 4:10PM – 5:38PM	Saubhagya Until 12:19AM Sat	Muruqa: Purple <i>Sunset:</i> 7:05PM	Moon 9 - Phase 24
	673213463	Rahu 11:47AM – 1:15PM	Gara Until 10:06PM	Nataraja: Clear	3rd Phase
Routine Work Marana Yoga			Shashthi* Until 10:03AM	Moon – Orange	Devaloka Day
Until 12:36PM				Ashvina+Puratasi	
Then Creative Work - Amrita Yoga					

Saturday, October 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Dushanbe, Tajikistan Sun 20 Sutra 174
Retreat Star		Gulika 7:25AM – 8:52AM	Mula* Until 1:45PM	Ganesha: Clear <i>Sunrise:</i> 7:25AM	Vikarin 5121
Dhanus Rasi: 9.14	Tithi 7 – 8	Yama 2:42PM – 4:09PM	Sobhana Until 11:51PM	Muruqa: Purple <i>Sunset:</i> 7:04PM	Moon 9 - Phase 24
	683213463	Rahu 10:20AM – 11:47AM	Visti Until 10:47PM	Nataraja: Clear	Ashtami
Creative Work Siddha Yoga			Saptami Until 10:19AM	Moon – Light Blue	Sivaloka Day
		Durga Ashtami		Ashvina+Puratasi	

Sunday, October 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Dushanbe, Tajikistan Sun 21 Sutra 175
Retreat Star		Gulika 4:08PM – 5:35PM	Purvashadha* Until 3:32PM	Ganesha: Clear <i>Sunrise:</i> 7:26AM	Vikarin 5121
Dhanus Rasi: 21.46	Tithi 8 – 9	Yama 1:14PM – 2:41PM	Athiganda* Until 11:55PM	Muruqa: Purple <i>Sunset:</i> 7:02PM	Moon 9 - Phase 24
	683213463	Rahu 5:35PM – 7:02PM	Balava Until 12:14AM Mon	Nataraja: Clear	Navami
Creative Work Siddha Yoga			Ashtami* Until 11:24AM	Moon – Light Blue	Sivaloka Day
Until 3:32PM		Saraswathi Puja (Tamil Nadu)		Ashvina+Puratasi	
Then Creative Work - Amrita Yoga					

Monday, October 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Dushanbe, Tajikistan Sun 22 Sutra 176 Vikarin 5121	
1	Makara Rasi: 3.59 Family Home Evening Routine Work Until 5:46PM Then Creative Work - Amrita Yoga	Tithi 9 - 10 683213463 Rahu	Gulika 2:40PM - 4:07PM Yama 11:47AM - 1:14PM Rahu 8:53AM - 10:20AM	Uttarashadha Until 5:46PM Sukarma Until 12:28AM Tue Taitila Until 2:17AM Tue Navami* Until 1:11PM	Ganesha: Clear Muruga: Purple Nataraja: Clear Moon - Light Blue Sunrise: 7:27AM Sunset: 7:01PM Moon 9 - Phase 25 4th Phase Sivaloka Day Ashvina+Puratasi

Tuesday, October 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau		Dushanbe, Tajikistan Sun 23 Sutra 177 Vikarin 5121	
2	Makara Rasi: 16 Creative Work Siddha Yoga	Tithi 10 - 11 693213464 Rahu	Gulika 1:13PM - 2:40PM Yama 10:21AM - 11:47AM Rahu 4:06PM - 5:33PM	Shravana Until 8:45PM Dhriti Until 1:18AM Wed Vanija Until 4:40AM Wed Dashami Until 3:25PM	Ganesha: White Muruga: Purple Nataraja: Purple Moon - Purple Sunrise: 7:28AM Sunset: 6:59PM Moon 9 - Phase 25 4th Phase Sivaloka Day Ashvina+Puratasi

Wednesday, October 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Dushanbe, Tajikistan Sun 24 Sutra 178 Vikarin 5121	
3	Makara Rasi: 27.53 Routine Work Until 11:46PM Then Creative Work - Siddha Yoga	Tithi 11 - 12 693213464 Rahu	Gulika 11:47AM - 1:13PM Yama 8:55AM - 10:21AM Rahu 1:13PM - 2:39PM	Dhanishtha Until 11:46PM Shula* Until 2:13AM Thu Bava Until 7:13AM Thu Ekadashi Until 5:55PM	Ganesha: White Muruga: Purple Nataraja: Purple Moon - Purple Sunrise: 7:29AM Sunset: 6:58PM Moon 9 - Phase 25 4th Phase Sivaloka Day Ashvina+Puratasi

Thursday, October 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Bava/Balava Karana Dvadashyam Titau		Dushanbe, Tajikistan Sun 25 Sutra 179 Vikarin 5121	
4	Kumbha Rasi: 9.44 Creative Work Siddha Yoga	Tithi 12 693213464 Rahu	Gulika 10:21AM - 11:47AM Yama 7:30AM - 8:55AM Rahu 2:39PM - 4:05PM	Shatabhishak Until 2:36AM Fri Ganda* Until 3:09AM Fri Bava Until 7:13AM Dvadashi Until 8:27PM	Ganesha: White Muruga: Purple Nataraja: Purple Moon - Purple Sunrise: 7:30AM Sunset: 6:56PM Moon 9 - Phase 25 4th Phase Sivaloka Day Ashvina+Puratasi

Friday, October 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Trayodashyam Titau		Dushanbe, Tajikistan Sun 26 Sutra 180 Vikarin 5121	
5	Kumbha Rasi: 21.35 Creative Work Siddha Yoga	Tithi 13 613213464 Rahu	Gulika 8:56AM - 10:22AM Yama 4:04PM - 5:29PM Rahu 11:47AM - 1:13PM	Purvaproshtapada* Until 5:40AM Sat Vriddhi Until 4:00AM Sat Kaulava Until 9:43AM Trayodashi Until 10:53PM	Ganesha: Blue Muruga: Purple Nataraja: Purple Moon - Clear Sunrise: 7:30AM Sunset: 6:55PM Moon 9 - Phase 25 4th Phase Sivaloka Day Ashvina+Puratasi

Saturday, October 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau		Dushanbe, Tajikistan Sun 27 Sutra 181 Vikarin 5121	
6	Meena Rasi: 3.29 Creative Work Until 8:21AM Sun Then Creative Work - Amrita Yoga	Tithi 14 613213464 Rahu	Gulika 7:31AM - 8:57AM Yama 2:38PM - 4:03PM Rahu 10:22AM - 11:47AM	Uttaraproshtapada Until 8:21AM Sun Dhruva Until 4:40AM Sun Gara Until 12:04PM Chaturdashi* Until 1:08AM Sun	Ganesha: Blue Muruga: Purple Nataraja: Purple Moon - Clear Sunrise: 7:31AM Sunset: 6:53PM Moon 9 - Phase 25 4th Phase Sivaloka Day Ashvina+Puratasi

Sunday, October 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau		Dushanbe, Tajikistan Sun 28 Sutra 182 Vikarin 5121	
○	Copper Retreat Star Meena Rasi: 15.28 Creative Work Amrita Yoga	Tithi 15 614213464 Rahu	Gulika 4:02PM - 5:27PM Yama 1:12PM - 2:37PM Rahu 5:27PM - 6:52PM	Uttaraproshtapada Until 8:21AM Vyaghata* Until 5:08AM Mon Visti Until 2:11PM Purnima* Until 3:07AM Mon	Ganesha: Yellow Muruga: Purple Nataraja: Purple Moon - Clear Sunrise: 7:32AM Sunset: 6:52PM Moon 9 - Phase 25 Purnima Subha Sivaloka Day Ashvina+Puratasi

Monday, October 14, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau		Dushanbe, Tajikistan Sun 29 Sutra 183 Vikarin 5121	
○	Silver Retreat Star Meena Rasi: 27.34 Family Home Evening Creative Work Siddha Yoga	Tithi 16 614213464 Rahu	Gulika 2:37PM - 4:01PM Yama 11:47AM - 1:12PM Rahu 8:58AM - 10:23AM	Revati Until 10:38AM Harshana Until 5:25AM Tue Balava Until 4:02PM Prathama* Until 4:50AM Tue	Ganesha: Yellow Muruga: Purple Nataraja: Purple Moon - Clear Sunrise: 7:33AM Sunset: 6:50PM Moon 9 - Phase 25 Prathama Subha Sivaloka Day Ashvina+Puratasi

When a person comes to weakness, be it through old age or disease, he frees himself from these limbs just as a mango, a fig or a berry releases itself from its stalk. Shukla Yajur Veda



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

Dushanbe, Tajikistan
Sutra 184

Mesha Rasi: 9.46 Tithi 17

624213464

Gulika 1:12PM – 2:36PM
Yama 10:23AM – 11:47AM
Rahu 4:00PM – 5:25PM

Ashvini Until 12:57PM
Vajra* Until 5:25AM Wed
Taitila Until 5:35PM
Dvitiya Until 6:13AM Wed

Ganesha: White Sunrise: 7:34AM
Muruga: Purple Sunset: 6:49PM

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 Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Dushanbe, Tajikistan
Sun 1 Sutra 185

Mesha Rasi: 22.06 Tithi 17 – 18

624213464

Gulika 11:47AM – 1:11PM
Yama 8:59AM – 10:23AM
Rahu 1:11PM – 2:35PM

Bharani Until 2:48PM
Siddhi Until 5:11AM Thu
Vanija Until 6:49PM
Dvitiya Until 6:13AM

Ganesha: White Sunrise: 7:35AM
Muruga: Purple Sunset: 6:48PM

Nataraja: Purple
Moon – White Subha Subha Sivaloka Day
Ashvina•Puratasi

Creative Work Siddha Yoga

Until 2:48PM

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 Tritiya/Chaturtham Titau

Dushanbe, Tajikistan
Sun 2 Sutra 186

Vrishabha Rasi: 4.35 Tithi 18 – 19

624213464

Gulika 10:24AM – 11:48AM
Yama 7:36AM – 9:00AM
Rahu 2:35PM – 3:59PM

Krittika Until 4:09PM
Vyatipata* Until 4:40AM Fri
Bava Until 7:42PM
Tritiya Until 7:17AM

Ganesha: White Sunrise: 7:36AM
Muruga: Purple Sunset: 6:46PM

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 Varyan Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Dushanbe, Tajikistan
Sun 3 Sutra 187

Vrishabha Rasi: 17.13 Tithi 19 – 20

634313464

Gulika 9:01AM – 10:24AM
Yama 3:58PM – 5:21PM
Rahu 11:48AM – 1:11PM

Rohini Until 5:27PM
Varyan Until 3:49AM Sat
Kaulava Until 8:11PM
Chaturthi* Until 7:58AM

Ganesha: White Sunrise: 7:37AM
Muruga: Purple Sunset: 6:45PM

Nataraja: Purple
Moon – Yellow Sivaloka Day
Ashvina•Aipasi

Routine Work Marana Yoga

Until 5:27PM

Then Creative Work - Siddha Yoga

4

Saturday, October 19, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam
Mrigashira Nakshatra Parigha* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Dushanbe, Tajikistan
Sun 4 Sutra 188

Mithuna Rasi: 0.04 Tithi 20 – 21

634313464

Gulika 7:38AM – 9:01AM
Yama 2:34PM – 3:57PM
Rahu 10:25AM – 11:48AM

Mrigashira Until 6:09PM
Parigha* Until 2:36AM Sun
Gara Until 8:13PM
Panchami Until 8:14AM

Ganesha: White Sunrise: 7:38AM
Muruga: Purple Sunset: 6:43PM

Nataraja: Purple
Moon – Yellow Sivaloka Day
Ashvina•Aipasi

Creative Work Siddha Yoga

5

Sunday, October 20, 2019

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

Dushanbe, Tajikistan
Sun 5 Sutra 189

Mithuna Rasi: 13.09 Tithi 21 – 22

634313464

Gulika 3:56PM – 5:19PM
Yama 1:11PM – 2:34PM
Rahu 5:19PM – 6:42PM

Ardra Until 6:12PM
Shiva Until 12:59AM Mon
Visti Until 7:44PM
Shashthi* Until 8:01AM

Ganesha: White Sunrise: 7:39AM
Muruga: Purple Sunset: 6:42PM

Nataraja: Purple
Moon – Yellow Sivaloka Day
Ashvina•Aipasi

Creative Work Siddha Yoga

D

Monday, October 21, 2019

Retreat Star

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

Dushanbe, Tajikistan
Sun 6 Sutra 190

Mithuna Rasi: 26.31 Tithi 22 – 23

644313464

Gulika 2:33PM – 3:56PM
Yama 11:48AM – 1:11PM
Rahu 9:03AM – 10:25AM

Punarvasu Until 6:01PM
Siddha Until 10:54PM
Balava Until 6:41PM
Saptami Until 7:15AM

Ganesha: Clear Sunrise: 7:40AM
Muruga: Purple Sunset: 6:41PM

Nataraja: Purple
Moon – Blue Subha Sivaloka Day
Ashvina•Aipasi

Creative Work Amrita Yoga

Until 6:01PM

Then Creative Work - Siddha Yoga

Tuesday, October 22, 2019

Retreat Star

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

Dushanbe, Tajikistan
Sun 7 Sutra 191

Kataka Rasi: 10.12 Tithi 24

644313464

Gulika 1:10PM – 2:33PM
Yama 10:26AM – 11:48AM
Rahu 3:55PM – 5:17PM

Pushya Until 5:07PM
Sadhya Until 8:21PM
Taitila Until 5:04PM
Navami* Until 4:02AM Wed

Ganesha: Clear Sunrise: 7:41AM
Muruga: Purple Sunset: 6:39PM

Nataraja: Purple
Moon – Blue Subha Sivaloka Day
Ashvina•Aipasi


Creative Work Siddha Yoga

1	Wednesday, October 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Dashamyam Titau				Dushanbe, Tajikistan Sun 8 Sutra 192 Vikarin 5121
	Kataka Rasi: 24.14	Tithi 25	Gulika 11:48AM – 1:10PM	Ashlesha* Until 3:32PM	Ganesha: Clear	<i>Sunrise:</i> 7:42AM	
			Yama 9:04AM – 10:26AM	Subha Until 5:24PM	Muruqa: Purple	<i>Sunset:</i> 6:38PM	Moon 10 - Phase 27
	Creative Work	Siddha Yoga	644313464 Rahu 1:10PM – 2:32PM	Vanija Until 2:55PM	Nataraja: Purple		2nd Phase
			Dashami Until 1:38AM Thu	Moon – Blue		Subha Sivaloka Day	
				Ashvina•Aipasi			

2	Thursday, October 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau				Dushanbe, Tajikistan Sun 9 Sutra 193 Vikarin 5121
	Simha Rasi: 8.37	Tithi 26	Gulika 10:27AM – 11:48AM	Magha* Until 1:45PM	Ganesha: Purple	<i>Sunrise:</i> 7:43AM	
			Yama 7:43AM – 9:05AM	Sukla Until 2:02PM	Muruqa: Purple	<i>Sunset:</i> 6:37PM	Moon 10 - Phase 27
	Creative Work	Amrita Yoga	654313464 Rahu 2:32PM – 3:53PM	Bava Until 12:16PM	Nataraja: Purple		2nd Phase
Until 1:45PM			Ekadashi* Until 10:47PM	Moon – Red		Sivaloka Day	
Then Creative Work - Siddha Yoga				Ashvina•Aipasi			

3	Friday, October 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Kaulava/Talita Karana Dvodashyam Titau				Dushanbe, Tajikistan Sun 10 Sutra 194 Vikarin 5121
	Simha Rasi: 23.17	Tithi 27	Gulika 9:06AM – 10:27AM	Purvaphalguni Until 11:27AM	Ganesha: Purple	<i>Sunrise:</i> 7:44AM	
			Yama 3:53PM – 5:14PM	Brahma Until 10:22AM	Muruqa: Purple	<i>Sunset:</i> 6:36PM	Moon 10 - Phase 27
	Creative Work	Siddha Yoga	654313464 Rahu 11:49AM – 1:10PM	Kaulava Until 9:15AM	Nataraja: Purple		2nd Phase
			Dvodashi* Until 7:38PM	Moon – Red		Sivaloka Day	
				Ashvina•Aipasi			

4	Saturday, October 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhrili* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Dushanbe, Tajikistan Sun 11 Sutra 195 Vikarin 5121
	Kanya Rasi: 8.1	Tithi 28 – 29	Gulika 7:45AM – 9:06AM	Uttaraphalguni Until 8:48AM	Ganesha: Clear	<i>Sunrise:</i> 7:45AM	
			Yama 2:31PM – 3:52PM	Indra Until 6:31AM	Muruqa: Purple	<i>Sunset:</i> 6:34PM	Moon 10 - Phase 27
	Routine Work	Marana Yoga	655313464 Rahu 10:28AM – 11:49AM	Visti Until 2:37AM Sun	Nataraja: Purple		2nd Phase
			Trayodashi* Until 4:17PM	Moon – Red		Subha Sivaloka Day	
		Deepavali Hindu Solidarity Day		Ashvina•Aipasi			
				<i>Pradosha Vrata (Fasting)</i>			

	Sunday, October 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Dushanbe, Tajikistan Sun 12 Sutra 196 Vikarin 5121
	Retreat Star		Gulika 3:51PM – 5:12PM	Hasta Until 6:19AM	Ganesha: Orange	<i>Sunrise:</i> 7:46AM	
	Kanya Rasi: 23.07	Tithi 29 – 30	Yama 1:10PM – 2:31PM	Vishkambha* Until 10:40PM	Muruqa: Purple	<i>Sunset:</i> 6:33PM	Moon 10 - Phase 27
	Creative Work	Amrita Yoga	665313464 Rahu 5:12PM – 6:33PM	Catuspada Until 11:18PM	Nataraja: Purple		Amavasya
Until 6:19AM			Chaturdashi* Until 12:55PM	Moon – Green		Subha Sivaloka Day	
Then Creative Work - Siddha Yoga		Subramuniyaswami Mahasamadhi		Ashvina•Aipasi			

Monday, October 28, 2019	Retreat Star		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Dushanbe, Tajikistan Sun 13 Sutra 197 Vikarin 5121
	Tula Rasi: 8.01	Tithi 30 – 1	Gulika 2:30PM – 3:51PM	Svati Until 1:24AM Tue	Ganesha: Orange	<i>Sunrise:</i> 7:47AM	
	Family Home Evening		Yama 11:49AM – 1:10PM	Priti Until 6:57PM	Muruqa: Purple	<i>Sunset:</i> 6:32PM	Moon 10 - Phase 27
	Creative Work	Amrita Yoga	665313464 Rahu 9:08AM – 10:29AM	Kintughna Until 8:12PM	Nataraja: Purple		Prathama
Until 1:24AM Tue			Amavasya* Until 9:42AM	Moon – Green		Subha Sivaloka Day	
Then Routine Work - Marana Yoga		Skanda Shasthi Begins		Kartika•Aipasi			

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

1		Tuesday, October 29, 2019			Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Ayushman/Saubhagya Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau			Dushanbe, Tajikistan Sun 14 Sutra 198 Vikarin 5121	
Tula Rasi: 22.42	Tithi 1 – 2	675313464	Gulika 1:10PM – 2:30PM Yama 10:29AM – 11:49AM Rahu 3:50PM – 5:10PM	Vishakha Until 11:42PM Ayushman Until 3:32PM Kaulava Until 4:21AM Wed Prathama* Until 6:47AM	Ganesha: Clear Muruqa: Purple Nataraja: Purple Moon – Orange	Sunrise: 7:49AM Sunset: 6:31PM	Subha Sivaloka Day Kartika•Aipasi		
Routine Work Marana Yoga Until 11:42PM Then Creative Work - Siddha Yoga									
2		Wednesday, October 30, 2019			Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau			Dushanbe, Tajikistan Sun 15 Sutra 199 Vikarin 5121	
Virshika Rasi: 7.02	Tithi 3	675313464	Gulika 11:50AM – 1:10PM Yama 9:10AM – 10:30AM Rahu 1:10PM – 2:30PM	Anuradha Until 10:29PM Saubhagya Until 12:34PM Taitila Until 3:22PM Tritiya Until 2:33AM Thu	Ganesha: Clear Muruqa: Purple Nataraja: Purple Moon – Orange	Sunrise: 7:50AM Sunset: 6:29PM	Subha Sivaloka Day Kartika•Aipasi		
Creative Work Siddha Yoga									
3		Thursday, October 31, 2019			Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthayam Titau			Dushanbe, Tajikistan Sun 16 Sutra 200 Vikarin 5121	
Virshika Rasi: 20.58	Tithi 4	675313464	Gulika 10:30AM – 11:50AM Yama 7:51AM – 9:10AM Rahu 2:29PM – 3:49PM	Jyeshtha* Until 9:51PM Sobhana Until 10:11AM Vanija Until 1:57PM Chaturthi* Until 1:31AM Fri	Ganesha: Clear Muruqa: Purple Nataraja: Purple Moon – Orange	Sunrise: 7:51AM Sunset: 6:28PM	Subha Sivaloka Day Kartika•Aipasi		
Routine Work Prabalarishta Yoga Until 9:51PM Then Creative Work - Siddha Yoga									
4		Friday, November 1, 2019			Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau			Dushanbe, Tajikistan Sun 17 Sutra 201 Vikarin 5121	
Dhanus Rasi: 4.25	Tithi 5	685313464	Gulika 9:11AM – 10:31AM Yama 3:48PM – 5:08PM Rahu 11:50AM – 1:09PM	Mula* Until 10:20PM Athiganda* Until 8:24AM Bava Until 1:21PM Panchami Until 1:21AM Sat	Ganesha: Purple Muruqa: Purple Nataraja: Purple Moon – Light Blue	Sunrise: 7:52AM Sunset: 6:27PM	Subha Subha Sivaloka Day Kartika•Aipasi		
Creative Work Amrita Yoga Until 10:20PM Then Routine Work - Prabalarishta Yoga									
5		Saturday, November 2, 2019			Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthiyam Titau			Dushanbe, Tajikistan Sun 18 Sutra 202 Vikarin 5121	
Dhanus Rasi: 17.26	Tithi 6	685313464	Gulika 7:53AM – 9:12AM Yama 2:29PM – 3:48PM Rahu 10:31AM – 11:50AM	Purvashadha* Until 11:31PM Sukarma Until 7:18AM Kaulava Until 1:37PM Shashthi* Until 2:02AM Sun	Ganesha: Purple Muruqa: Purple Nataraja: Purple Moon – Light Blue	Sunrise: 7:53AM Sunset: 6:26PM	Subha Subha Sivaloka Day Kartika•Aipasi		
Creative Work Siddha Yoga Until 11:31PM Then Routine Work - Marana Yoga									
6		Sunday, November 3, 2019			Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptamyam Titau			Dushanbe, Tajikistan Sun 19 Sutra 203 Vikarin 5121	
Makara Rasi: 0.02	Tithi 7	685313464	Gulika 3:47PM – 5:06PM Yama 1:09PM – 2:28PM Rahu 5:06PM – 6:25PM	Uttarashadha Until 1:16AM Mon Dhriti Until 6:53AM Gara Until 2:42PM Saptami Until 3:30AM Mon	Ganesha: Purple Muruqa: Purple Nataraja: Purple Moon – Light Blue	Sunrise: 7:54AM Sunset: 6:25PM	Subha Subha Sivaloka Day Kartika•Aipasi		
Creative Work Amrita Yoga									
Monday, November 4, 2019		Retreat Star			Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau			Dushanbe, Tajikistan Sun 20 Sutra 204 Vikarin 5121	
Makara Rasi: 12.18	Tithi 8	696313464	Gulika 2:28PM – 3:47PM Yama 11:51AM – 1:09PM Rahu 9:14AM – 10:32AM	Shravana Until 3:57AM Tue Shula* Until 6:59AM Visti Until 4:29PM Ashtami* Until 5:33AM Tue	Ganesha: Purple Muruqa: Purple Nataraja: Purple Moon – Purple	Sunrise: 7:55AM Sunset: 6:24PM	Sivaloka Day Kartika•Aipasi		
Family Home Evening Creative Work Amrita Yoga Until 3:57AM Tue Then Creative Work - Siddha Yoga									
Tuesday, November 5, 2019		Retreat Star			Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Ganda*/Vridhhi* Yoga Balava Karana Navamyam Titau			Dushanbe, Tajikistan Sun 21 Sutra 205 Vikarin 5121	
Makara Rasi: 24.2	Tithi 9	696313464	Gulika 1:09PM – 2:28PM Yama 10:33AM – 11:51AM Rahu 3:46PM – 5:05PM	Dhanishtha Until 6:49AM Wed Ganda* Until 7:32AM Balava Until 6:45PM Navami* Until 7:58AM Wed	Ganesha: Purple Muruqa: Purple Nataraja: Purple Moon – Purple	Sunrise: 7:56AM Sunset: 6:23PM	Sivaloka Day Kartika•Aipasi		
Creative Work Siddha Yoga									

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

1	Wednesday, November 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vriddhi/Dhruva Yoga Kaulava/Tailita Karana Navami/Dashamyam Titau				Dushanbe, Tajikistan Sun 22 Sutra 206
	Kumbha Rasi: 6.15	Tithi 9 – 10	Gulika 11:51AM – 1:09PM	Dhanishtha Until 6:49AM	Ganesha: Purple	<i>Sunrise:</i> 7:57AM	Vikarin 5121
			Yama 9:15AM – 10:33AM	Vriddhi Until 8:21AM	Muruqa: Purple	<i>Sunset:</i> 6:22PM	Moon 10 - Phase 29
		696313464	Rahu 1:09PM – 2:28PM	Taitila Until 9:16PM	Nataraja: Purple		4th Phase
	Routine Work	Prabalarishta Yoga				Sivaloka Day	
		Until 6:49AM	Navami* Until 7:58AM	Kartika-Aipasi			
		Then Creative Work - Siddha Yoga					

2	Thursday, November 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Dushanbe, Tajikistan Sun 23 Sutra 207
	Kumbha Rasi: 18.06	Tithi 10 – 11	Gulika 10:34AM – 11:52AM	Shatabhishak Until 9:39AM	Ganesha: Clear	<i>Sunrise:</i> 7:58AM	Vikarin 5121
			Yama 7:58AM – 9:16AM	Dhruva Until 9:14AM	Muruqa: Purple	<i>Sunset:</i> 6:21PM	Moon 10 - Phase 29
		796313464	Rahu 2:27PM – 3:45PM	Vanija Until 11:47PM	Nataraja: Purple		4th Phase
	Creative Work	Siddha Yoga				Subha Sivaloka Day	
			Dashami Until 10:31AM	Kartika-Aipasi			

3	Friday, November 8, 2019		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				Dushanbe, Tajikistan Sun 24 Sutra 208
	Kumbha Rasi: 29.59	Tithi 11 – 12	Gulika 9:17AM – 10:34AM	Purvaproshtapada* Until 12:44PM	Ganesha: Yellow	<i>Sunrise:</i> 7:59AM	Vikarin 5121
			Yama 3:45PM – 5:02PM	Vyaghata* Until 10:04AM	Muruqa: Purple	<i>Sunset:</i> 6:20PM	Moon 10 - Phase 29
		716313464	Rahu 11:52AM – 1:10PM	Bava Until 2:08AM Sat	Nataraja: Purple		4th Phase
	Creative Work	Siddha Yoga				Subha Sivaloka Day	
			Ekadashi Until 12:58PM	Kartika-Aipasi			

4	Saturday, November 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Dushanbe, Tajikistan Sun 25 Sutra 209
	Meena Rasi: 11.56	Tithi 12 – 13	Gulika 8:00AM – 9:18AM	Uttaraproshtapada Until 3:25PM	Ganesha: Yellow	<i>Sunrise:</i> 8:00AM	Vikarin 5121
			Yama 2:27PM – 3:44PM	Harshana Until 10:44AM	Muruqa: Purple	<i>Sunset:</i> 6:19PM	Moon 10 - Phase 29
		716313464	Rahu 10:35AM – 11:52AM	Kaulava Until 4:12AM Sun	Nataraja: Purple		4th Phase
	Creative Work	Siddha Yoga				Subha Sivaloka Day	
		Until 3:25PM	Dvadashi Until 3:11PM	Kartika-Aipasi			
		Then Routine Work - Prabalarishta Yoga	<i>Pradosha Vrata</i>				

5	Sunday, November 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Dushanbe, Tajikistan Sun 26 Sutra 210
	Meena Rasi: 24	Tithi 13 – 14	Gulika 3:44PM – 5:01PM	Revati Until 5:37PM	Ganesha: Yellow	<i>Sunrise:</i> 8:01AM	Vikarin 5121
			Yama 1:10PM – 2:27PM	Vajra* Until 11:08AM	Muruqa: Purple	<i>Sunset:</i> 6:18PM	Moon 10 - Phase 29
		716313464	Rahu 5:01PM – 6:18PM	Gara Until 5:52AM Mon	Nataraja: Purple		4th Phase
	Creative Work	Amrita Yoga				Subha Sivaloka Day	
		Until 5:37PM	Trayodashi Until 5:03PM	Kartika-Aipasi			
		Then Creative Work - Siddha Yoga					

6	Monday, November 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi/Vyatipata* Yoga Vanija Karana Chaturdashyam Titau				Dushanbe, Tajikistan Sun 27 Sutra 211
	Mesha Rasi: 6.14	Tithi 14	Gulika 2:27PM – 3:44PM	Ashvini Until 7:45PM	Ganesha: Clear	<i>Sunrise:</i> 8:02AM	Vikarin 5121
			Yama 11:53AM – 1:10PM	Siddhi Until 11:15AM	Muruqa: Purple	<i>Sunset:</i> 6:17PM	Moon 10 - Phase 29
		727313464	Rahu 9:19AM – 10:36AM	Vanija Until 6:32PM	Nataraja: Purple		4th Phase
	Family Home Evening	Siddha Yoga				Subha Sivaloka Day	
			Chaturdashi* Until 6:32PM	Kartika-Aipasi			

	Tuesday, November 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Vistil/Bava Karana Purnimayam Titau				Dushanbe, Tajikistan Sun 28 Sutra 212
	Mesha Rasi: 18.38	Tithi 15	Gulika 1:10PM – 2:27PM	Bharani Until 9:19PM	Ganesha: White	<i>Sunrise:</i> 8:04AM	Vikarin 5121
			Yama 10:37AM – 11:53AM	Vyatipata* Until 11:03AM	Muruqa: Purple	<i>Sunset:</i> 6:16PM	Moon 10 - Phase 29
		727413464	Rahu 3:43PM – 5:00PM	Vistil Until 7:07AM	Nataraja: Purple		Purnima
	Creative Work	Siddha Yoga				Sivaloka Day	
			Purnima* Until 7:34PM	Kartika-Aipasi			

	Wednesday, November 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan/Parigaha* Yoga Balava/Kaulava Karana Prathamayam Titau				Dushanbe, Tajikistan Sun 29 Sutra 213
	Vrishabha Rasi: 1.14	Tithi 16	Gulika 11:54AM – 1:10PM	Krittika Until 10:19PM	Ganesha: White	<i>Sunrise:</i> 8:05AM	Vikarin 5121
			Yama 9:21AM – 10:37AM	Variyan Until 10:30AM	Muruqa: Purple	<i>Sunset:</i> 6:16PM	Moon 10 - Phase 29
		727413464	Rahu 1:10PM – 2:26PM	Balava Until 7:57AM	Nataraja: Purple		Prathama
	Creative Work	Amrita Yoga				Sivaloka Day	
		Until 10:19PM	Prathama* Until 8:11PM	Kartika-Aipasi			
		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

Dushanbe, Tajikistan

Sun 1 Sutra 214

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Vishabha Rasi: 14.01 Tithi 17

Gulika 10:38AM - 11:54AM
Yama 8:06AM - 9:22AM
Rahu 2:26PM - 3:42PM

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

Ganesha: Clear Sunrise: 8:06AM
Muruga: Purple Sunset: 6:15PM
Nataraja: Purple
Moon - Yellow
Karttika-Aipasi

Subha Sivaloka Day

Routine Work Marana Yoga

1

Friday, November 15, 2019

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

Dushanbe, Tajikistan

Sun 2 Sutra 215

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Vishabha Rasi: 27 Tithi 18

Gulika 9:23AM - 10:39AM
Yama 3:42PM - 4:58PM
Rahu 11:55AM - 1:10PM

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

Ganesha: Clear Sunrise: 8:07AM
Muruga: Purple Sunset: 6:14PM
Nataraja: Purple
Moon - Yellow
Karttika-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

2

Saturday, November 16, 2019

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

Dushanbe, Tajikistan

Sun 3 Sutra 216

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Mithuna Rasi: 10.1 Tithi 19

Gulika 8:08AM - 9:24AM
Yama 2:26PM - 3:42PM
Rahu 10:39AM - 11:55AM

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

Ganesha: Clear Sunrise: 8:08AM
Muruga: Purple Sunset: 6:13PM
Nataraja: Purple
Moon - Yellow
Karttika-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

3

Sunday, November 17, 2019

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

Dushanbe, Tajikistan

Sun 4 Sutra 217

Vikarin 5121

Moon 11 - Phase 30

1st Phase

747413465 Mithuna Rasi: 23.31 Tithi 20

Gulika 3:42PM - 4:57PM
Yama 1:11PM - 2:26PM
Rahu 4:57PM - 6:13PM

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

Ganesha: Purple Sunrise: 8:09AM
Muruga: Purple Sunset: 6:13PM
Nataraja: Clear
Moon - Blue
Karttika-Karttikai

Devaloka Day

Creative Work Siddha Yoga

4

Monday, November 18, 2019

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

Dushanbe, Tajikistan

Sun 5 Sutra 218

Vikarin 5121

Moon 11 - Phase 30

1st Phase

748413465 Kataka Rasi: 7.04 Tithi 21 - 22

Gulika 2:26PM - 3:41PM
Yama 11:56AM - 1:11PM
Rahu 9:25AM - 10:41AM

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

Ganesha: Clear Sunrise: 8:10AM
Muruga: Purple Sunset: 6:12PM
Nataraja: Clear
Moon - Blue
Karttika-Karttikai

Sivaloka Day

Family Home Evening
Creative Work Siddha Yoga

5

Tuesday, November 19, 2019

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

Dushanbe, Tajikistan

Sun 6 Sutra 219

Vikarin 5121

Moon 11 - Phase 30

1st Phase

748413465 Kataka Rasi: 20.49 Tithi 22 - 23

Gulika 1:11PM - 2:26PM
Yama 10:41AM - 11:56AM
Rahu 3:41PM - 4:56PM

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

Ganesha: Clear Sunrise: 8:11AM
Muruga: Purple Sunset: 6:11PM
Nataraja: Clear
Moon - Blue
Karttika-Karttikai

Sivaloka Day

Creative Work Siddha Yoga

D

Wednesday, November 20, 2019

Retreat Star

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

Dushanbe, Tajikistan

Sun 7 Sutra 220

Vikarin 5121

Moon 11 - Phase 30

Ashtami

758413465 Simha Rasi: 4.46 Tithi 23 - 24

Gulika 11:57AM - 1:11PM
Yama 9:27AM - 10:42AM
Rahu 1:11PM - 2:26PM

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

Ganesha: White Sunrise: 8:12AM
Muruga: Purple Sunset: 6:11PM
Nataraja: Clear
Moon - Red
Karttika-Karttikai

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 8:32PM

Then Creative Work - Amrita Yoga

Thursday, November 21, 2019

Retreat Star

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

Dushanbe, Tajikistan

Sun 8 Sutra 221

Vikarin 5121

Moon 11 - Phase 30

Navami

758413465 Simha Rasi: 18.56 Tithi 24 - 25

Gulika 10:42AM - 11:57AM
Yama 8:13AM - 9:28AM
Rahu 2:26PM - 3:41PM

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

Ganesha: White Sunrise: 8:13AM
Muruga: Purple Sunset: 6:10PM
Nataraja: Clear
Moon - Red
Karttika-Karttikai

Subha Sivaloka Day


Creative Work Siddha Yoga

1		Friday, November 22, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Dushanbe, Tajikistan Sun 9 Sutra 222	
Kanya Rasi: 3.16	Tithi 25 – 26	Gulika	9:29AM – 10:43AM	Uttaraphalguni Until 5:03PM	Ganesha: White	<i>Sunrise: 8:14AM</i>	Vikarin 5121
		Yama	3:41PM – 4:55PM	Vishkambha* Until 1:29PM	Muruqa: Purple	<i>Sunset: 6:09PM</i>	Moon 11 - Phase 31
		Rahu	11:58AM – 1:12PM	Bava Until 8:17PM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga			Dashami Until 9:33AM	Subha Sivaloka Day		
Until 5:03PM					Karttika-Karttikai		
Then Creative Work - Amrita Yoga							

2		Saturday, November 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Priti/Ayushman Yoga Balava/Taitila Karana Ekadashi/Dvadashtyam Titau		Dushanbe, Tajikistan Sun 10 Sutra 223	
Kanya Rasi: 17.43	Tithi 26 – 27	Gulika	8:15AM – 9:30AM	Hasta Until 3:16PM	Ganesha: Yellow	<i>Sunrise: 8:15AM</i>	Vikarin 5121
		Yama	2:26PM – 3:41PM	Priti Until 10:09AM	Muruqa: Purple	<i>Sunset: 6:09PM</i>	Moon 11 - Phase 31
		Rahu	10:44AM – 11:58AM	Taitila Until 4:17AM Sun	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga			Ekadashi* Until 6:57AM	Sivaloka Day		
					Karttika-Karttikai		

3		Sunday, November 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau		Dushanbe, Tajikistan Sun 11 Sutra 224	
Tula Rasi: 2.14	Tithi 28	Gulika	3:40PM – 4:54PM	Chitra Until 1:20PM	Ganesha: Blue	<i>Sunrise: 8:16AM</i>	Vikarin 5121
		Yama	1:12PM – 2:26PM	Ayushman Until 6:45AM	Muruqa: Purple	<i>Sunset: 6:08PM</i>	Moon 11 - Phase 31
		Rahu	4:54PM – 6:08PM	Gara Until 2:59PM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga			Trayodashi* Until 1:40AM Mon	Devaloka Day		
					Karttika-Karttikai		
					<i>Pradosha Vrata (Fasting)</i>		

4		Monday, November 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Dushanbe, Tajikistan Sun 12 Sutra 225	
Tula Rasi: 16.42	Tithi 29	Gulika	2:27PM – 3:40PM	Svati Until 11:21AM	Ganesha: Blue	<i>Sunrise: 8:18AM</i>	Vikarin 5121
Family Home Evening		Yama	11:59AM – 1:13PM	Sobhana Until 12:15AM Tue	Muruqa: Purple	<i>Sunset: 6:08PM</i>	Moon 11 - Phase 31
Creative Work	Amrita Yoga	Rahu	9:31AM – 10:45AM	Visti Until 12:26PM	Nataraja: Clear		2nd Phase
Until 11:21AM				Chaturdashi* Until 11:14PM	Devaloka Day		
Then Routine Work - Marana Yoga					Karttika-Karttikai		

		Tuesday, November 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Dushanbe, Tajikistan Sun 13 Sutra 226	
Retreat Star		Gulika	1:13PM – 2:27PM	Vishakha Until 9:54AM	Ganesha: Blue	<i>Sunrise: 8:19AM</i>	Vikarin 5121
Vrischika Rasi: 1.01	Tithi 30	Yama	10:46AM – 11:59AM	Athiganda* Until 9:20PM	Muruqa: Purple	<i>Sunset: 6:08PM</i>	Moon 11 - Phase 31
		Rahu	3:40PM – 4:54PM	Catuspada Until 10:09AM	Nataraja: Clear		Amavasya
Routine Work	Marana Yoga			Amavasya* Until 9:08PM	Devaloka Day		
Until 9:54AM					Karttika-Karttikai		
Then Creative Work - Siddha Yoga							

Retreat Star		Wednesday, November 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau		Dushanbe, Tajikistan Sun 14 Sutra 227	
Vrischika Rasi: 15.05	Tithi 1	Gulika	12:00PM – 1:13PM	Anuradha Until 8:42AM	Ganesha: Blue	<i>Sunrise: 8:20AM</i>	Vikarin 5121
		Yama	9:33AM – 10:47AM	Sukarma Until 6:49PM	Muruqa: Purple	<i>Sunset: 6:07PM</i>	Moon 11 - Phase 31
		Rahu	1:13PM – 2:27PM	Kintughna Until 8:16AM	Nataraja: Clear		Prathama
Creative Work	Siddha Yoga			Prathama* Until 7:30PM	Devaloka Day		
					Margasira-Karttikai		

1		Thursday, November 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau		Dushanbe, Tajikistan Sun 15 Sutra 228	
Vrischika Rasi: 28.5	Tithi 2	Gulika 10:47AM – 12:00PM	Jyeshtha* Until 7:53AM	Ganesha: Blue	<i>Sunrise:</i> 8:21AM		Vikarin 5121
		Yama 8:21AM – 9:34AM	Dhriti Until 4:47PM	Muruqa: Purple	<i>Sunset:</i> 6:07PM		Moon 11 - Phase 32
		779413465 Rahu 2:27PM – 3:40PM	Balava Until 6:55AM	Nataraja: Clear			3rd Phase
Routine Work	Prabalarishta Yoga		Dvitiya Until 6:29PM	Moon – Orange		Devaloka Day	
Until 7:53AM				Margasira-Karttikai			
Then Creative Work - Siddha Yoga							

2		Friday, November 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau		Dushanbe, Tajikistan Sun 16 Sutra 229	
Dhanus Rasi: 12.13	Tithi 3	Gulika 9:35AM – 10:48AM	Mula* Until 8:02AM	Ganesha: Blue	<i>Sunrise:</i> 8:22AM		Vikarin 5121
		Yama 3:40PM – 4:53PM	Shula* Until 3:16PM	Muruqa: Purple	<i>Sunset:</i> 6:07PM		Moon 11 - Phase 32
		789413465 Rahu 12:01PM – 1:14PM	Taitila Until 6:15AM	Nataraja: Clear			3rd Phase
Creative Work	Amrita Yoga		Tritiya Until 6:10PM	Moon – Light Blue		Devaloka Day	
Until 8:02AM				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							

3		Saturday, November 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha* Nakshatra Ganda*/Vridhi* Yoga Vanija/Visti* Karana Chaturthiyam Titau		Dushanbe, Tajikistan Sun 17 Sutra 230	
Dhanus Rasi: 25.11	Tithi 4	Gulika 8:23AM – 9:36AM	Purvashadha* Until 8:45AM	Ganesha: Blue	<i>Sunrise:</i> 8:23AM		Vikarin 5121
		Yama 2:27PM – 3:40PM	Ganda* Until 2:21PM	Muruqa: Purple	<i>Sunset:</i> 6:06PM		Moon 11 - Phase 32
		789413465 Rahu 10:49AM – 12:01PM	Vanija Until 6:19AM	Nataraja: Clear			3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 6:37PM	Moon – Light Blue		Devaloka Day	
Until 8:45AM				Margasira-Karttikai			
Then Routine Work - Marana Yoga							

4		Sunday, December 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Panchamyam Titau		Dushanbe, Tajikistan Sun 18 Sutra 231	
Makara Rasi: 7.49	Tithi 5	Gulika 3:40PM – 4:53PM	Uttarashadha Until 10:01AM	Ganesha: Blue	<i>Sunrise:</i> 8:24AM		Vikarin 5121
		Yama 1:15PM – 2:28PM	Vridhi Until 2:01PM	Muruqa: Purple	<i>Sunset:</i> 6:06PM		Moon 11 - Phase 32
		789413465 Rahu 4:53PM – 6:06PM	Bava Until 7:08AM	Nataraja: Clear			3rd Phase
Creative Work	Amrita Yoga		Panchami Until 7:47PM	Moon – Light Blue		Devaloka Day	
Until 7:47AM				Margasira-Karttikai			
Then Routine Work - Marana Yoga							

5		Monday, December 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau		Dushanbe, Tajikistan Sun 19 Sutra 232	
Makara Rasi: 20.08	Tithi 6	Gulika 2:28PM – 3:41PM	Shravana Until 12:16PM	Ganesha: Clear	<i>Sunrise:</i> 8:25AM		Vikarin 5121
Family Home Evening		Yama 12:03PM – 1:15PM	Dhruva Until 2:09PM	Muruqa: Purple	<i>Sunset:</i> 6:06PM		Moon 11 - Phase 32
		791413465 Rahu 9:37AM – 10:50AM	Kaulava Until 8:39AM	Nataraja: Clear			3rd Phase
Creative Work	Amrita Yoga		Shashthi* Until 9:35PM	Moon – Purple		Sivaloka Day	
Until 12:16PM				Margasira-Karttikai			
Then Creative Work - Siddha Yoga							

6		Tuesday, December 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana* Yoga Gara/Vanija Karana Saptamyam Titau		Dushanbe, Tajikistan Sun 20 Sutra 233	
Kumbha Rasi: 2.14	Tithi 7	Gulika 1:16PM – 2:28PM	Dhanishtha Until 2:51PM	Ganesha: Clear	<i>Sunrise:</i> 8:25AM		Vikarin 5121
		Yama 10:51AM – 12:03PM	Vyaghata* Until 2:41PM	Muruqa: Purple	<i>Sunset:</i> 6:06PM		Moon 11 - Phase 32
		791413465 Rahu 3:41PM – 4:53PM	Gara Until 10:42AM	Nataraja: Clear			3rd Phase
Creative Work	Siddha Yoga		Saptami Until 11:51PM	Moon – Purple		Sivaloka Day	
Until 2:51PM				Margasira-Karttikai			
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, December 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau		Dushanbe, Tajikistan Sun 21 Sutra 234	
Kumbha Rasi: 14.11	Tithi 8	Gulika 12:04PM – 1:16PM	Shatabhishak Until 5:33PM	Ganesha: Clear	<i>Sunrise:</i> 8:26AM		Vikarin 5121
		Yama 9:39AM – 10:51AM	Harshana Until 3:27PM	Muruqa: Purple	<i>Sunset:</i> 6:06PM		Moon 11 - Phase 32
		791413465 Rahu 1:16PM – 2:28PM	Visti Until 1:05PM	Nataraja: Clear			Ashtami
Creative Work	Siddha Yoga		Ashtami* Until 2:19AM Thu	Moon – Purple		Sivaloka Day	
Until 5:33PM				Margasira-Karttikai			
Then Creative Work - Amrita Yoga							

Retreat Star		Thursday, December 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra*/Siddhi* Yoga Balava/Kaulava Karana Navamyam Titau		Dushanbe, Tajikistan Sun 22 Sutra 235	
Kumbha Rasi: 26.04	Tithi 9	Gulika 10:52AM – 12:04PM	Purvaproshtapada* Until 8:39PM	Ganesha: Yellow	<i>Sunrise:</i> 8:27AM		Vikarin 5121
		Yama 8:27AM – 9:40AM	Vajra* Until 4:15PM	Muruqa: Purple	<i>Sunset:</i> 6:05PM		Moon 11 - Phase 32
		711413465 Rahu 2:29PM – 3:41PM	Balava Until 3:36PM	Nataraja: Clear			Navami
Creative Work	Siddha Yoga		Navami* Until 4:48AM Fri	Moon – Clear		Sivaloka Day	
Until 4:48AM				Margasira-Karttikai			
Then Routine Work - Siddha Yoga							

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


1		Friday, December 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi/Vyatiyata* Yoga Taitila Karana Dashamyam Titau				Dushanbe, Tajikistan Sun 23 Sutra 236 Vikarin 5121
Meena Rasi: 7.58	Tithi 10	Gulika	9:40AM – 10:53AM	Uttaraproshtapada Until 11:27PM	Ganesha: Yellow	<i>Sunrise:</i> 8:28AM		
		Yama	3:41PM – 4:53PM	Siddhi Until 4:59PM	Muruqa: Purple	<i>Sunset:</i> 6:05PM		Moon 11 - Phase 33
		711413465 Rahu	12:05PM – 1:17PM	Taitila Until 6:00PM	Nataraja: Clear			4th Phase
Creative Work	Siddha Yoga			Dashami Until 7:05AM Sat	Moon – Clear			Sivaloka Day
					Margasira-Karttikai			

2		Saturday, December 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Dushanbe, Tajikistan Sun 24 Sutra 237 Vikarin 5121
Meena Rasi: 19.56	Tithi 10 – 11	Gulika	8:29AM – 9:41AM	Revati Until 1:46AM Sun	Ganesha: White	<i>Sunrise:</i> 8:29AM		
		Yama	2:29PM – 3:41PM	Vyatipata* Until 5:31PM	Muruqa: Purple	<i>Sunset:</i> 6:05PM		Moon 11 - Phase 33
		711513465 Rahu	10:53AM – 12:05PM	Vanija Until 8:07PM	Nataraja: Clear			4th Phase
Routine Work	Prabalarishta Yoga			Dashami Until 7:05AM	Moon – Clear			Subha Sivaloka Day
Until 1:46AM Sun		Gita Jayanthi			Margasira-Karttikai			
Then Creative Work - Siddha Yoga								

3		Sunday, December 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Dushanbe, Tajikistan Sun 25 Sutra 238 Vikarin 5121
Mesha Rasi: 2.03	Tithi 11 – 12	Gulika	3:42PM – 4:53PM	Ashvini Until 3:59AM Mon	Ganesha: Clear	<i>Sunrise:</i> 8:30AM		
		Yama	1:18PM – 2:30PM	Variyan Until 5:43PM	Muruqa: Purple	<i>Sunset:</i> 6:05PM		Moon 11 - Phase 33
		721513465 Rahu	4:53PM – 6:05PM	Bava Until 9:47PM	Nataraja: Clear			4th Phase
Creative Work	Siddha Yoga			Ekadashi Until 8:59AM	Moon – White			Sivaloka Day
					Margasira-Karttikai			

4		Monday, December 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Dushanbe, Tajikistan Sun 26 Sutra 239 Vikarin 5121
Mesha Rasi: 14.22	Tithi 12 – 13	Gulika	2:30PM – 3:42PM	Bharani Until 5:30AM Tue	Ganesha: Clear	<i>Sunrise:</i> 8:31AM		
Family Home Evening		Yama	12:06PM – 1:18PM	Parigha* Until 5:31PM	Muruqa: Purple	<i>Sunset:</i> 6:05PM		Moon 11 - Phase 33
		721513465 Rahu	9:43AM – 10:55AM	Kaulava Until 10:55PM	Nataraja: Clear			4th Phase
Creative Work	Siddha Yoga			Dvadashi Until 10:24AM	Moon – White			Sivaloka Day
					Margasira-Karttikai			
				<i>Pradosha Vrata</i>				

5		Tuesday, December 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Dushanbe, Tajikistan Sun 27 Sutra 240 Vikarin 5121
Mesha Rasi: 26.55	Tithi 13 – 14	Gulika	1:19PM – 2:30PM	Krittika Until 6:18AM Wed	Ganesha: Clear	<i>Sunrise:</i> 8:32AM		
		Yama	10:55AM – 12:07PM	Shiva Until 4:54PM	Muruqa: Purple	<i>Sunset:</i> 6:06PM		Moon 11 - Phase 33
		721513465 Rahu	3:42PM – 4:54PM	Gara Until 11:29PM	Nataraja: Clear			4th Phase
Creative Work	Siddha Yoga			Trayodashi Until 11:15AM	Moon – White			Sivaloka Day
					Margasira-Karttikai			

		Wednesday, December 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Dushanbe, Tajikistan Sutra 241 Vikarin 5121
Copper Retreat Star		Gulika	12:07PM – 1:19PM	Krittika Until 6:18AM	Ganesha: Clear	<i>Sunrise:</i> 8:32AM		
Vrishabha Rasi: 9.44	Tithi 14 – 15	Yama	9:44AM – 10:56AM	Siddha Until 3:49PM	Muruqa: Clear	<i>Sunset:</i> 6:06PM		Moon 11 - Phase 33
		721523465 Rahu	1:19PM – 2:31PM	Visti Until 11:28PM	Nataraja: Clear			Purnima
Creative Work	Amrita Yoga			Chaturdashi* Until 11:31AM	Moon – White			Devaloka Day
Until 6:18AM		Krittika Deepam			Margasira-Karttikai			
Then Creative Work - Siddha Yoga								

Thursday, December 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Dushanbe, Tajikistan Sutra 242 Vikarin 5121		
Silver Retreat Star		Gulika	10:56AM – 12:08PM	Rohini Until 6:52AM	Ganesha: Clear	<i>Sunrise:</i> 8:33AM		
Vrishabha Rasi: 22.5	Tithi 15 – 16	Yama	8:33AM – 9:45AM	Sadhya Until 2:20PM	Muruqa: Clear	<i>Sunset:</i> 6:06PM		Moon 11 - Phase 33
		732523465 Rahu	2:31PM – 3:43PM	Balava Until 10:55PM	Nataraja: Clear			Prathama
Routine Work	Marana Yoga			Purnima* Until 11:14AM	Moon – Yellow			Devaloka Day
					Margasira-Karttikai			
		Vinayaga Viratam Begins						

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



Friday, December 13, 2019

Gold Retreat Star

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

Dushanbe, Tajikistan

Sutra 243

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Mithuna Rasi: 6.13 Tithi 16 - 17

732523465

Gulika 9:46AM - 10:57AM
Yama 3:43PM - 4:55PM
Rahu 12:09PM - 1:20PM

Mrigashira Until 6:48AM

Subha Until 12:28PM

Taitila Until 9:56PM

Prathama* Until 10:27AM

Ganesha: Clear

Sunrise: 8:34AM

Muruga: Clear

Sunset: 6:06PM

Nataraja: Clear

Moon - Yellow

Margasira-Karttikai

Devaloka Day

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

Dushanbe, Tajikistan

Sun 1 Sutra 244

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Mithuna Rasi: 19.49 Tithi 17 - 18

732523465

Gulika 8:35AM - 9:46AM
Yama 2:32PM - 3:43PM
Rahu 10:58AM - 12:09PM

Ardra Until 6:09AM

Sukla Until 10:15AM

Vanija Until 8:34PM

Dvitiya Until 9:16AM

Ganesha: Clear

Sunrise: 8:35AM

Muruga: Clear

Sunset: 6:06PM

Nataraja: Clear

Moon - Yellow

Margasira-Karttikai

Devaloka Day

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

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

Dushanbe, Tajikistan

Sun 2 Sutra 245

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Kataka Rasi: 3.37 Tithi 18 - 19

742523465

Gulika 3:44PM - 4:55PM
Yama 1:21PM - 2:32PM
Rahu 4:55PM - 6:06PM

Pushya Until 4:25AM Mon

Brahma Until 7:49AM

Bava Until 6:55PM

Tritiya Until 7:45AM

Ganesha: Purple

Sunrise: 8:35AM

Muruga: Clear

Sunset: 6:06PM

Nataraja: Clear

Moon - Blue

Margasira-Karttikai

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

3

Monday, December 16, 2019

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam
Ashlesha* Nakshatra Vaidhriti* Yoga Balava/Taitila Karana Chaturthi/Panchamyam Titau

Dushanbe, Tajikistan

Sun 3 Sutra 246

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Kataka Rasi: 17.35 Tithi 19 - 20

742523465

Gulika 2:33PM - 3:44PM
Yama 12:10PM - 1:21PM
Rahu 9:47AM - 10:59AM

Ashlesha* Until 3:02AM Tue

Vaidhriti* Until 2:24AM Tue

Taitila Until 4:04AM Tue

Chaturthi* Until 6:00AM

Ganesha: Purple

Sunrise: 8:36AM

Muruga: Clear

Sunset: 6:07PM

Nataraja: Clear

Moon - Blue

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Family Home Evening

Markali Pillaiyar

4

Tuesday, December 17, 2019

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

Dushanbe, Tajikistan

Sun 4 Sutra 247

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Simha Rasi: 1.39 Tithi 21

852523465

Gulika 1:22PM - 2:33PM
Yama 10:59AM - 12:11PM
Rahu 3:45PM - 4:56PM

Magha* Until 1:50AM Wed

Vishkambha* Until 11:33PM

Gara Until 3:06PM

Shashthi* Until 2:03AM Wed

Ganesha: Purple

Sunrise: 8:37AM

Muruga: Clear

Sunset: 6:07PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Until 1:50AM Wed

Then Creative Work - Amrita Yoga

5

Wednesday, December 18, 2019

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

Dushanbe, Tajikistan

Sun 5 Sutra 248

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Simha Rasi: 15.46 Tithi 22

852523465

Gulika 12:11PM - 1:22PM
Yama 9:49AM - 11:00AM
Rahu 1:22PM - 2:34PM

Purvaphalguni Until 12:27AM Thu

Priti Until 8:40PM

Visti Until 1:02PM

Saptami Until 11:59PM

Ganesha: Purple

Sunrise: 8:37AM

Muruga: Clear

Sunset: 6:07PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

D

Thursday, December 19, 2019

Retreat Star

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

Dushanbe, Tajikistan

Sun 6 Sutra 249

Vikarin 5121

Moon 12 - Phase 34

Ashtami

Simha Rasi: 29.56 Tithi 23

852523465

Gulika 11:01AM - 12:12PM
Yama 8:38AM - 9:49AM
Rahu 2:34PM - 3:45PM

Uttaraphalguni Until 10:55PM

Ayushman Until 5:44PM

Balava Until 10:57AM

Ashtami* Until 9:54PM

Ganesha: Purple

Sunrise: 8:38AM

Muruga: Clear

Sunset: 6:08PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Amrita Yoga

Until 10:55PM

Then Routine Work - Marana Yoga

Friday, December 20, 2019

Retreat Star

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

Dushanbe, Tajikistan

Sun 7 Sutra 250

Vikarin 5121

Moon 12 - Phase 34

Navami

Kanya Rasi: 14.05 Tithi 24

862523465

Gulika 9:50AM - 11:01AM
Yama 3:46PM - 4:57PM
Rahu 12:12PM - 1:23PM

Hasta Until 9:41PM

Saubhagya Until 2:50PM

Taitila Until 8:53AM

Navami* Until 7:50PM

Ganesha: Clear

Sunrise: 8:39AM

Muruga: Clear

Sunset: 6:08PM

Nataraja: Clear

Moon - Green

Margasira-Markali

Devaloka Day

Creative Work Amrita Yoga

Until 9:41PM

Then Creative Work - Siddha Yoga

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

All times are standard time


www.gurudeva.org/panchang

1		Saturday, December 21, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Sobhana/Athiganda* Yoga Vanija/Bava Karana Dashami/Ekadashyam Titau	Dushanbe, Tajikistan Sun 8 Sutra 251 Vikarin 5121
Kanya Rasi: 28.13	Tithi 25 – 26	Gulika 8:39AM – 9:50AM	Chitra Until 8:22PM	Ganesha: Clear <i>Sunrise: 8:39AM</i>	
		Yama 2:35PM – 3:46PM	Sobhana Until 11:59AM	Muruqa: Clear <i>Sunset: 6:09PM</i>	Moon 12 - Phase 35
	862523465	Rahu 11:02AM – 12:13PM	Vanija Until 6:51AM	Nataraja: Clear	2nd Phase
Routine Work	Marana Yoga			Moon – Green	Devaloka Day
Until 8:22PM		Day 1 of Pancha Ganapati	Dashami Until 5:51PM	Margasira-Markali	
Then Creative Work - Siddha Yoga					

2		Sunday, December 22, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Dushanbe, Tajikistan Sun 9 Sutra 252 Vikarin 5121
Tula Rasi: 12.17	Tithi 26 – 27	Gulika 3:47PM – 4:58PM	Svati Until 7:03PM	Ganesha: Clear <i>Sunrise: 8:40AM</i>	
		Yama 1:24PM – 2:36PM	Athiganda* Until 9:12AM	Muruqa: Clear <i>Sunset: 6:09PM</i>	Moon 12 - Phase 35
	862523465	Rahu 4:58PM – 6:09PM	Kaulava Until 3:07AM Mon	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga			Moon – Green	Devaloka Day
Until 7:03PM		Day 2 of Pancha Ganapati	Ekadashi* Until 3:58PM	Margasira-Markali	
Then Routine Work - Marana Yoga					

3		Monday, December 23, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha Nakshatra Sukarma/Dhriti Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau	Dushanbe, Tajikistan Sun 10 Sutra 253 Vikarin 5121
Tula Rasi: 26.16	Tithi 27 – 28	Gulika 2:36PM – 3:47PM	Vishakha Until 6:13PM	Ganesha: White <i>Sunrise: 8:40AM</i>	
Family Home Evening		Yama 12:14PM – 1:25PM	Sukarma Until 6:33AM	Muruqa: Clear <i>Sunset: 6:10PM</i>	Moon 12 - Phase 35
	872523465	Rahu 9:51AM – 11:03AM	Gara Until 1:34AM Tue	Nataraja: Clear	2nd Phase
Routine Work	Marana Yoga			Moon – Orange	Bhuloka Day
Until 6:13PM		Day 3 of Pancha Ganapati	Dvadashi* Until 2:17PM	Margasira-Markali	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>		

4		Tuesday, December 24, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Dushanbe, Tajikistan Sun 11 Sutra 254 Vikarin 5121
Vrischika Rasi: 10.05	Tithi 28 – 29	Gulika 1:25PM – 2:37PM	Anuradha Until 5:31PM	Ganesha: White <i>Sunrise: 8:41AM</i>	
		Yama 11:03AM – 12:14PM	Shula* Until 1:54AM Wed	Muruqa: Clear <i>Sunset: 6:10PM</i>	Moon 12 - Phase 35
	872523465	Rahu 3:48PM – 4:59PM	Visti Until 12:19AM Wed	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga			Moon – Orange	Bhuloka Day
Until 5:31PM		Day 4 of Pancha Ganapati	Trayodashi* Until 12:52PM	Margasira-Markali	Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga					

		Wednesday, December 25, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Dushanbe, Tajikistan Sun 12 Sutra 255 Vikarin 5121
Retreat Star		Gulika 12:15PM – 1:26PM	Jyeshtha* Until 5:02PM	Ganesha: White <i>Sunrise: 8:41AM</i>	
Vrischika Rasi: 23.43	Tithi 29 – 30	Yama 9:52AM – 11:04AM	Ganda* Until 12:02AM Thu	Muruqa: Clear <i>Sunset: 6:11PM</i>	Moon 12 - Phase 35
	872523465	Rahu 1:26PM – 2:37PM	Catuspada Until 11:29PM	Nataraja: Clear	Amavasya
Creative Work	Siddha Yoga			Moon – Orange	Bhuloka Day
Until 5:02PM		Day 5 of Pancha Ganapati	Chaturdashi* Until 11:49AM	Margasira-Markali	Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga					

Thursday, December 26, 2019		Retreat Star		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Dushanbe, Tajikistan Sun 13 Sutra 256 Vikarin 5121
Dhanus Rasi: 7.06	Tithi 30 – 1	Gulika 11:04AM – 12:15PM	Mula* Until 5:19PM	Ganesha: Orange <i>Sunrise: 8:41AM</i>	
		Yama 8:41AM – 9:53AM	Vriddhi Until 10:34PM	Muruqa: Clear <i>Sunset: 6:12PM</i>	Moon 12 - Phase 35
	883523465	Rahu 2:38PM – 3:49PM	Kintughna Until 11:09PM	Nataraja: Clear	Prathama
Creative Work	Siddha Yoga			Moon – Light Blue	Devaloka Day
		Annular Solar Eclipse	Amavasya* Until 11:14AM	Pausha-Markali	

1		Friday, December 27, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Dushanbe, Tajikistan Sun 14 Sutra 257 Vikarin 5121
Dhanus Rasi: 20.13	Tithi 1 – 2	883523466	Gulika 9:53AM – 11:04AM Yama 3:50PM – 5:01PM Rahu 12:16PM – 1:27PM	Purvashadha* Until 5:59PM Dhruva Until 9:31PM Balava Until 11:22PM Prathama* Until 11:10AM	Ganesha: Orange <i>Sunrise:</i> 8:42AM Muruqa: Clear <i>Sunset:</i> 6:12PM Nataraja: Orange Moon – Light Blue Devaloka Day Pausa-Markali
Routine Work Prabalarishta Yoga Until 5:59PM Then Routine Work - Marana Yoga					
2		Saturday, December 28, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Dushanbe, Tajikistan Sun 15 Sutra 258 Vikarin 5121
Makara Rasi: 3.02	Tithi 2 – 3	883523466	Gulika 8:42AM – 9:53AM Yama 2:39PM – 3:50PM Rahu 11:05AM – 12:16PM	Uttarashadha Until 7:04PM Vyaghata* Until 8:56PM Taitila Until 12:12AM Sun Dvitiya Until 11:42AM	Ganesha: Orange <i>Sunrise:</i> 8:42AM Muruqa: Clear <i>Sunset:</i> 6:13PM Nataraja: Orange Moon – Light Blue Devaloka Day Pausa-Markali
Routine Work Marana Yoga Until 7:04PM Then Creative Work - Siddha Yoga					
3		Sunday, December 29, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Harshana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Dushanbe, Tajikistan Sun 16 Sutra 259 Vikarin 5121
Makara Rasi: 15.35	Tithi 3 – 4	893523466	Gulika 3:51PM – 5:02PM Yama 1:28PM – 2:39PM Rahu 5:02PM – 6:14PM	Shravana Until 9:02PM Harshana Until 8:48PM Vanija Until 1:37AM Mon Tritiya Until 12:49PM	Ganesha: Clear <i>Sunrise:</i> 8:42AM Muruqa: Clear <i>Sunset:</i> 6:14PM Nataraja: Orange Moon – Purple Devaloka Day Pausa-Markali
Creative Work Amrita Yoga Until 9:02PM Then Routine Work - Marana Yoga					
4		Monday, December 30, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vajra* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Dushanbe, Tajikistan Sun 17 Sutra 260 Vikarin 5121
Makara Rasi: 27.53	Tithi 4 – 5	893523466	Gulika 2:40PM – 3:51PM Yama 12:17PM – 1:28PM Rahu 9:54AM – 11:06AM	Dhanishtha Until 11:20PM Vajra* Until 9:03PM Bava Until 3:31AM Tue Chaturthi* Until 2:29PM	Ganesha: Clear <i>Sunrise:</i> 8:43AM Muruqa: Clear <i>Sunset:</i> 6:14PM Nataraja: Orange Moon – Purple Devaloka Day Pausa-Markali
Family Home Evening Creative Work Siddha Yoga					
5		Tuesday, December 31, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Dushanbe, Tajikistan Sun 18 Sutra 261 Vikarin 5121
Kumbha Rasi: 10	Tithi 5 – 6	893523466	Gulika 1:29PM – 2:40PM Yama 11:06AM – 12:17PM Rahu 3:52PM – 5:04PM	Shatabhishak Until 1:50AM Wed Siddhi Until 9:36PM Kaulava Until 5:48AM Wed Panchami Until 4:36PM	Ganesha: Clear <i>Sunrise:</i> 8:43AM Muruqa: Clear <i>Sunset:</i> 6:15PM Nataraja: Orange Moon – Purple Devaloka Day Pausa-Markali
Routine Work Marana Yoga Until 1:50AM Wed Then Creative Work - Amrita Yoga					
6		Wednesday, January 1, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosarthpada* Nakshatra Vyatipata* Yoga Taitila Karana Shashthyam Titau	Dushanbe, Tajikistan Sun 19 Sutra 262 Vikarin 5121
Kumbha Rasi: 21.58	Tithi 6	813623466	Gulika 12:18PM – 1:30PM Yama 9:55AM – 11:07AM Rahu 1:30PM – 2:42PM	Purvaprosarthpada* Until 4:54AM Thu Vyatipata* Until 10:21PM Taitila Until 7:01PM Shashthi* Until 7:01PM	Ganesha: Blue <i>Sunrise:</i> 8:43AM Muruqa: Clear <i>Sunset:</i> 6:17PM Nataraja: Orange Moon – Clear Bhuloka Day Devaloka Time: 3:PM to 6:PM Pausa-Markali
Creative Work Amrita Yoga Until 4:54AM Thu Then Creative Work - Siddha Yoga		Vinayaga Viratam Ends			
Retreat Star		Thursday, January 2, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosarthpada Nakshatra Variyan Yoga Gara/Vanija Karana Saptamyam Titau	Dushanbe, Tajikistan Sun 20 Sutra 263 Vikarin 5121
Meena Rasi: 3.52	Tithi 7	813623466	Gulika 11:07AM – 12:19PM Yama 8:43AM – 9:55AM Rahu 2:42PM – 3:54PM	Uttaraprosarthpada Until 7:48AM Fri Variyan Until 11:08PM Gara Until 8:17AM Saptami Until 9:31PM	Ganesha: Blue <i>Sunrise:</i> 8:43AM Muruqa: Clear <i>Sunset:</i> 6:17PM Nataraja: Orange Moon – Clear Bhuloka Day Devaloka Time: 3:PM to 6:PM Pausa-Markali
Creative Work Siddha Yoga					
Retreat Star		Friday, January 3, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraprosarthpada/Revati Nakshatra Parigha* Yoga Visti*/Bava Karana Ashtamyam Titau	Dushanbe, Tajikistan Sun 21 Sutra 264 Vikarin 5121
Meena Rasi: 15.46	Tithi 8	813623466	Gulika 9:55AM – 11:07AM Yama 3:55PM – 5:06PM Rahu 12:19PM – 1:31PM	Uttaraprosarthpada Until 7:48AM Parigha* Until 11:51PM Visti Until 10:46AM Ashtami* Until 11:55PM	Ganesha: Blue <i>Sunrise:</i> 8:43AM Muruqa: Clear <i>Sunset:</i> 6:18PM Nataraja: Orange Moon – Clear Bhuloka Day Devaloka Time: 3:PM to 6:PM Pausa-Markali
Creative Work Siddha Yoga					
Retreat Star		Saturday, January 4, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau	Dushanbe, Tajikistan Sun 22 Sutra 265 Vikarin 5121
Meena Rasi: 27.43	Tithi 9	813623466	Gulika 8:44AM – 9:55AM Yama 2:43PM – 3:55PM Rahu 11:07AM – 12:19PM	Revati Until 10:23AM Shiva Until 12:21AM Sun Balava Until 1:02PM Navami* Until 2:01AM Sun	Ganesha: Blue <i>Sunrise:</i> 8:44AM Muruqa: Clear <i>Sunset:</i> 6:19PM Nataraja: Orange Moon – Clear Bhuloka Day Devaloka Time: 3:PM to 6:PM Pausa-Markali
Routine Work Prabalarishta Yoga Until 10:23AM 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

1 Sunday, January 5, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau			Dushanbe, Tajikistan Sun 23 Sutra 266 Vikarin 5121
Mesha Rasi: 9.48	Tithi 10	Gulika 3:56PM – 5:08PM	Ashvini Until 12:54PM	Ganesha: Yellow <i>Sunrise:</i> 8:44AM	
		Yama 1:32PM – 2:44PM	Siddha Until 12:27AM Mon	Muruqa: Clear <i>Sunset:</i> 6:20PM	Moon 12 - Phase 37
	823623466	Rahu 5:08PM – 6:20PM	Taitila Until 2:54PM	Nataraja: Orange	4th Phase
Creative Work	Siddha Yoga			Moon – White	Devaloka Day
Until 12:54PM		Subramuniyaswami Jayanti	Dashami Until 3:36AM Mon	Pausha-Markali	
Then Routine Work - Prabalarishta Yoga					

2 Monday, January 6, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau			Dushanbe, Tajikistan Sun 24 Sutra 267 Vikarin 5121
Mesha Rasi: 22.07	Tithi 11	Gulika 2:44PM – 3:57PM	Bharani Until 2:44PM	Ganesha: Yellow <i>Sunrise:</i> 8:44AM	
Family Home Evening		Yama 12:20PM – 1:32PM	Sadhya Until 12:06AM Tue	Muruqa: Clear <i>Sunset:</i> 6:21PM	Moon 12 - Phase 37
Creative Work	Siddha Yoga	Rahu 9:56AM – 11:08AM	Vanija Until 4:11PM	Nataraja: Orange	4th Phase
Until 2:44PM				Moon – White	Devaloka Day
Then Routine Work - Marana Yoga		Vaikuntha Ekadasi	Ekadashi Until 4:33AM Tue	Pausha-Markali	

3 Tuesday, January 7, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau			Dushanbe, Tajikistan Sun 25 Sutra 268 Vikarin 5121
Vrishabha Rasi: 4.42	Tithi 12	Gulika 1:33PM – 2:45PM	Krittika Until 3:45PM	Ganesha: Yellow <i>Sunrise:</i> 8:43AM	
		Yama 11:08AM – 12:20PM	Subha Until 11:13PM	Muruqa: Clear <i>Sunset:</i> 6:22PM	Moon 12 - Phase 37
	823623466	Rahu 3:57PM – 5:10PM	Bava Until 4:47PM	Nataraja: Orange	4th Phase
Creative Work	Siddha Yoga			Moon – White	Devaloka Day
Until 3:45PM			Dvadashi Until 4:47AM Wed	Pausha-Markali	
Then Creative Work - Amrita Yoga					

4 Wednesday, January 8, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau			Dushanbe, Tajikistan Sun 26 Sutra 269 Vikarin 5121
Vrishabha Rasi: 17.37	Tithi 13	Gulika 12:21PM – 1:33PM	Rohini Until 4:22PM	Ganesha: White <i>Sunrise:</i> 8:43AM	
		Yama 9:56AM – 11:08AM	Sukla Until 9:44PM	Muruqa: Clear <i>Sunset:</i> 6:23PM	Moon 12 - Phase 37
	833623466	Rahu 1:33PM – 2:46PM	Kaulava Until 4:38PM	Nataraja: Orange	4th Phase
Creative Work	Siddha Yoga			Moon – Yellow	Bhuloka Day
			Trayodashi Until 4:17AM Thu	Pausha-Markali	Devaloka Time: 3:PM to 6:PM
			<i>Pradosha Vrata</i>		

5 Thursday, January 9, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau			Dushanbe, Tajikistan Sun 27 Sutra 270 Vikarin 5121
Mithuna Rasi: 0.55	Tithi 14	Gulika 11:08AM – 12:21PM	Mrigashira Until 4:09PM	Ganesha: Yellow <i>Sunrise:</i> 8:43AM	
		Yama 8:43AM – 9:56AM	Brahma Until 7:44PM	Muruqa: Clear <i>Sunset:</i> 6:24PM	Moon 12 - Phase 37
	834623466	Rahu 2:46PM – 3:59PM	Gara Until 3:48PM	Nataraja: Orange	4th Phase
Routine Work	Marana Yoga			Moon – Yellow	Devaloka Day
			Chaturdashi* Until 3:07AM Fri	Pausha-Markali	

Friday, January 10, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau			Dushanbe, Tajikistan Sutra 271 Vikarin 5121
Copper Retreat Star		Gulika 9:56AM – 11:09AM	Ardra Until 3:10PM	Ganesha: Yellow <i>Sunrise:</i> 8:43AM	
Mithuna Rasi: 14.35	Tithi 15	Yama 3:59PM – 5:12PM	Indra Until 5:16PM	Muruqa: Clear <i>Sunset:</i> 6:25PM	Moon 12 - Phase 37
	834623466	Rahu 12:21PM – 1:34PM	Visti Until 2:19PM	Nataraja: Orange	Purnima
Creative Work	Siddha Yoga			Moon – Yellow	Devaloka Day
		Penumbral Lunar Eclipse	Purnima* Until 1:22AM Sat	Pausha-Markali	
		Ardra Darshanam			

Saturday, January 11, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau			Dushanbe, Tajikistan Sutra 272 Vikarin 5121
Silver Retreat Star		Gulika 8:43AM – 9:56AM	Punarvasu Until 1:59PM	Ganesha: White <i>Sunrise:</i> 8:43AM	
Mithuna Rasi: 28.36	Tithi 16	Yama 2:47PM – 4:00PM	Vaidhriti* Until 2:22PM	Muruqa: Clear <i>Sunset:</i> 6:26PM	Moon 12 - Phase 37
	844623466	Rahu 11:09AM – 12:21PM	Balava Until 12:20PM	Nataraja: Orange	Prathama
Creative Work	Siddha Yoga			Moon – Blue	Sivaloka Day
			Prathama* Until 11:10PM	Pausha-Markali	



Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 12.53 Tithi 17

Creative Work Siddha Yoga

844623466

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam
Pushya/Ashlesha* Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Dvitiyayam TitauGulika 4:01PM - 5:14PM
Yama 1:35PM - 2:48PM
Rahu 5:14PM - 6:27PMPushya Until 12:17PM
Vishkambha* Until 11:12AM
Taitila Until 9:58AM
Dvitiya Until 8:40PMGanesha: White Sunrise: 8:43AM
Muruqa: Clear Sunset: 6:27PM
Nataraja: Orange
Moon - Blue
Pausha-MarkaliDushanbe, Tajikastan
Sutra 273
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Sivaloka Day

1

Monday, January 13, 2020

Kataka Rasi: 27.21 Tithi 18 - 19

Family Home Evening

Creative Work Siddha Yoga

Until 10:13AM

Then Routine Work - Marana Yoga

844623466

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam
Ashlesha*/Magha* Nakshatra Priti/Ayushman Yoga Vanija/Bava Karana Tritiya/Chaturthyam TitauGulika 2:48PM - 4:01PM
Yama 12:22PM - 1:35PM
Rahu 9:56AM - 11:09AMAshlesha* Until 10:13AM
Priti Until 7:51AM
Vanija Until 7:21AM
Tritiya Until 5:59PMGanesha: White Sunrise: 8:42AM
Muruqa: Clear Sunset: 6:28PM
Nataraja: Orange
Moon - Blue
Pausha-MarkaliDushanbe, Tajikastan
Sun 1 Sutra 274
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Sivaloka Day

2

Tuesday, January 14, 2020

Simha Rasi: 11.54 Tithi 19 - 20

Creative Work Siddha Yoga

854623466

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam
Magha*/Purvaphalguni Nakshatra Saubhagya Yoga Balava/Kaulava Karana Chaturthi/Panchamyam TitauGulika 1:35PM - 2:49PM
Yama 11:09AM - 12:22PM
Rahu 4:02PM - 5:15PMMagha* Until 8:21AM
Saubhagya Until 12:58AM Wed
Kaulava Until 1:57AM Wed
Chaturthi* Until 3:16PMGanesha: Clear Sunrise: 8:42AM
Muruqa: Clear Sunset: 6:29PM
Nataraja: Orange
Moon - Red
Pausha-MarkaliDushanbe, Tajikastan
Sun 2 Sutra 275
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Devaloka Day

3

Wednesday, January 15, 2020

Simha Rasi: 26.25 Tithi 20 - 21

Creative Work Amrita Yoga

854623466

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam
Purvaphalguni/Uttaraphalguni Nakshatra Sobhana Yoga Taitila/Gara Karana Panchami/Shashthyam TitauGulika 12:22PM - 1:36PM
Yama 9:55AM - 11:09AM
Rahu 1:36PM - 2:49PMPurvaphalguni Until 6:23AM
Sobhana Until 9:40PM
Gara Until 11:24PM
Panchami Until 12:38PMGanesha: Clear Sunrise: 8:42AM
Muruqa: Clear Sunset: 6:30PM
Nataraja: Orange
Moon - Red
Pausha-ThaiDushanbe, Tajikastan
Sun 3 Sutra 276
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Devaloka Day

4

Thursday, January 16, 2020

Kanya Rasi: 10.5 Tithi 21 - 22

Routine Work Marana Yoga

Until 3:00AM Fri

Then Creative Work - Siddha Yoga

864623466

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam
Hasta Nakshatra Athiganda* Yoga Vanija/Visti* Karana Shashthi/Saptamyam TitauGulika 11:09AM - 12:22PM
Yama 8:41AM - 9:55AM
Rahu 2:50PM - 4:04PMHasta Until 3:00AM Fri
Athiganda* Until 6:30PM
Visti Until 9:04PM
Shashthi* Until 10:11AMGanesha: Purple Sunrise: 8:41AM
Muruqa: Clear Sunset: 6:31PM
Nataraja: Orange
Moon - Green
Pausha-ThaiDushanbe, Tajikastan
Sun 4 Sutra 277
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Sivaloka Day

D

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 25.05 Tithi 22 - 23

Creative Work Siddha Yoga

864623466

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam
Chitra Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Saptami/Ashtamyam TitauGulika 9:55AM - 11:09AM
Yama 4:04PM - 5:18PM
Rahu 12:23PM - 1:37PMChitra Until 1:43AM Sat
Sukarma Until 3:35PM
Balava Until 7:01PM
Saptami Until 7:59AMGanesha: Purple Sunrise: 8:41AM
Muruqa: Clear Sunset: 6:32PM
Nataraja: Orange
Moon - Green
Pausha-ThaiDushanbe, Tajikastan
Sun 5 Sutra 278
Vikarin 5121
Moon 1 - Phase 38
Ashtami

Sivaloka Day

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 9.08 Tithi 23 - 24

Creative Work Siddha Yoga

Until 12:39AM Sun

Then Routine Work - Marana Yoga

864623466

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam
Svati Nakshatra Dhriti/Shula* Yoga Kaulava/Gara Karana Ashtami/Navamyam TitauGulika 8:41AM - 9:55AM
Yama 2:51PM - 4:05PM
Rahu 11:09AM - 12:23PMSvati Until 12:39AM Sun
Dhriti Until 12:56PM
Gara Until 4:35AM Sun
Ashtami* Until 6:06AMGanesha: Purple Sunrise: 8:41AM
Muruqa: Clear Sunset: 6:33PM
Nataraja: Orange
Moon - Green
Pausha-ThaiDushanbe, Tajikastan
Sun 6 Sutra 279
Vikarin 5121
Moon 1 - Phase 38
Navami

Sivaloka Day

1		Sunday, January 19, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau	Dushanbe, Tajikistan Sun 7 Sutra 280 Vikarin 5121
Tula Rasi: 22.58	Tithi 25	Gulika 4:06PM – 5:20PM	Vishakha Until 12:14AM Mon	Ganesha: Clear <i>Sunrise:</i> 8:40AM	
		Yama 1:37PM – 2:51PM	Shula* Until 10:33AM	Muruqa: Clear <i>Sunset:</i> 6:34PM	Moon 1 - Phase 39
	874623466	Rahu 5:20PM – 6:34PM	Vanija Until 3:58PM	Nataraja: Orange	2nd Phase
Routine Work	Marana Yoga		Dashami Until 3:26AM Mon	Moon – Orange	Devaloka Day
Until 12:14AM Mon				Pausha*Thai	
Then Creative Work - Siddha Yoga					

2		Monday, January 20, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Ganda*/Vridhi Yoga Bava/Balava Karana Ekadashyam Titau	Dushanbe, Tajikistan Sun 8 Sutra 281 Vikarin 5121
Vrischika Rasi: 6.34	Tithi 26	Gulika 2:52PM – 4:06PM	Anuradha Until 12:02AM Tue	Ganesha: Clear <i>Sunrise:</i> 8:40AM	
Family Home Evening		Yama 12:23PM – 1:37PM	Ganda* Until 8:30AM	Muruqa: Clear <i>Sunset:</i> 6:35PM	Moon 1 - Phase 39
Creative Work	Siddha Yoga	874623466 Rahu 9:54AM – 11:09AM	Bava Until 3:01PM	Nataraja: Orange	2nd Phase
Until 12:02AM Tue			Ekadashi* Until 2:40AM Tue	Moon – Orange	Devaloka Day
Then Routine Work - Marana Yoga				Pausha*Thai	

3		Tuesday, January 21, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Dvadashyam Titau	Dushanbe, Tajikistan Sun 9 Sutra 282 Vikarin 5121
Vrischika Rasi: 19.58	Tithi 27	Gulika 1:38PM – 2:52PM	Jyeshtha* Until 12:05AM Wed	Ganesha: Clear <i>Sunrise:</i> 8:39AM	
		Yama 11:08AM – 12:23PM	Vriddhi Until 6:45AM	Muruqa: Clear <i>Sunset:</i> 6:36PM	Moon 1 - Phase 39
	874623466	Rahu 4:07PM – 5:22PM	Kaulava Until 2:27PM	Nataraja: Orange	2nd Phase
Routine Work	Marana Yoga		Dvadashi* Until 2:18AM Wed	Moon – Orange	Devaloka Day
				Pausha*Thai	

4		Wednesday, January 22, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau	Dushanbe, Tajikistan Sun 10 Sutra 283 Vikarin 5121
Dhanus Rasi: 3.08	Tithi 28	Gulika 12:23PM – 1:38PM	Mula* Until 12:51AM Thu	Ganesha: Light Blue <i>Sunrise:</i> 8:39AM	
		Yama 9:53AM – 11:08AM	Vyaghata* Until 4:10AM Thu	Muruqa: Clear <i>Sunset:</i> 6:37PM	Moon 1 - Phase 39
	885623466	Rahu 1:38PM – 2:53PM	Gara Until 2:18PM	Nataraja: Orange	2nd Phase
Routine Work	Marana Yoga		Trayodashi* Until 2:21AM Thu	Moon – Light Blue	Bhuloka Day
Until 12:51AM Thu				Pausha*Thai	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga				Pradosha Vrata (Fasting)	

5		Thursday, January 23, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Dushanbe, Tajikistan Sun 11 Sutra 284 Vikarin 5121
Dhanus Rasi: 16.05	Tithi 29	Gulika 11:08AM – 12:23PM	Purvashadha* Until 1:51AM Fri	Ganesha: Light Blue <i>Sunrise:</i> 8:38AM	
		Yama 8:38AM – 9:53AM	Harshana Until 3:23AM Fri	Muruqa: Clear <i>Sunset:</i> 6:39PM	Moon 1 - Phase 39
	885623466	Rahu 2:53PM – 4:08PM	Visti* Until 2:34PM	Nataraja: Orange	2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 2:50AM Fri	Moon – Light Blue	Bhuloka Day
Until 1:51AM Fri				Pausha*Thai	Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga					

Retreat Star		Friday, January 24, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Dushanbe, Tajikistan Sun 12 Sutra 285 Vikarin 5121
Dhanus Rasi: 28.5	Tithi 30	Gulika 9:53AM – 11:08AM	Uttarashadha Until 3:07AM Sat	Ganesha: Light Blue <i>Sunrise:</i> 8:37AM	
		Yama 4:09PM – 5:24PM	Vajra* Until 2:54AM Sat	Muruqa: Clear <i>Sunset:</i> 6:40PM	Moon 1 - Phase 39
	885623466	Rahu 12:23PM – 1:39PM	Catuspada Until 3:15PM	Nataraja: Orange	Amavasya
Routine Work	Marana Yoga		Amavasya* Until 3:44AM Sat	Moon – Light Blue	Bhuloka Day
Until 3:07AM Sat				Pausha*Thai	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

Retreat Star		Saturday, January 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau	Dushanbe, Tajikistan Sun 13 Sutra 286 Vikarin 5121
Makara Rasi: 11.24	Tithi 1	Gulika 8:37AM – 9:52AM	Shravana Until 5:08AM Sun	Ganesha: Light Blue <i>Sunrise:</i> 8:37AM	
		Yama 2:54PM – 4:10PM	Siddhi Until 2:46AM Sun	Muruqa: Clear <i>Sunset:</i> 6:41PM	Moon 1 - Phase 39
	995623466	Rahu 11:08AM – 12:23PM	Kintughna Until 4:23PM	Nataraja: Orange	Prathama
Creative Work	Siddha Yoga		Prathama* Until 5:05AM Sun	Moon – Purple	Bhuloka Day
Until 5:08AM Sun				Magha*Thai	Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga					

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

1		Sunday, January 26, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Dushanbe, Tajikistan Sun 14 Sutra 287
Makara Rasi: 23.46	Tithi 2	Gulika 4:10PM – 5:26PM	Dhanishtha Until 7:21AM Mon	Ganesha: Orange	<i>Sunrise:</i> 8:36AM		Vikarin 5121	
		Yama 1:39PM – 2:55PM	Vyatipata* Until 2:57AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:42PM		Moon 1 - Phase 40	
		995723466 Rahu 5:26PM – 6:42PM	Balava Until 5:56PM	Nataraja: Orange			3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 6:50AM Mon	Moon – Purple		Devaloka Day		
Until 7:21AM Mon				Magha-Thai				
Then Creative Work - Siddha Yoga								

2		Monday, January 27, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Variyan Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Dushanbe, Tajikistan Sun 15 Sutra 288
Kumbha Rasi: 5.58	Tithi 2 – 3	Gulika 2:55PM – 4:11PM	Dhanishtha Until 7:21AM	Ganesha: Orange	<i>Sunrise:</i> 8:35AM		Vikarin 5121	
Family Home Evening		Yama 12:23PM – 1:39PM	Variyan Until 3:23AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:43PM		Moon 1 - Phase 40	
		995723466 Rahu 9:51AM – 11:07AM	Taitila Until 7:52PM	Nataraja: Orange			3rd Phase	
Creative Work	Siddha Yoga		Dvitiya Until 6:50AM	Moon – Purple		Devaloka Day		
				Magha-Thai				

3		Tuesday, January 28, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Parigha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Dushanbe, Tajikistan Sun 16 Sutra 289
Kumbha Rasi: 18.02	Tithi 3 – 4	Gulika 1:39PM – 2:56PM	Shatabhishak Until 9:45AM	Ganesha: Orange	<i>Sunrise:</i> 8:34AM		Vikarin 5121	
		Yama 11:07AM – 12:23PM	Parigha* Until 4:02AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:44PM		Moon 1 - Phase 40	
		995723466 Rahu 4:12PM – 5:28PM	Vanija Until 10:06PM	Nataraja: Orange			3rd Phase	
Routine Work	Marana Yoga		Tritiya Until 8:56AM	Moon – Purple		Devaloka Day		
				Magha-Thai				

4		Wednesday, January 29, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Shiva Yoga Visli*/Bava Karana Chaturthi/Panchamyam Titau				Dushanbe, Tajikistan Sun 17 Sutra 290
Kumbha Rasi: 29.59	Tithi 4 – 5	Gulika 12:23PM – 1:40PM	Purvaproshtapada* Until 12:44PM	Ganesha: Green	<i>Sunrise:</i> 8:34AM		Vikarin 5121	
		Yama 9:50AM – 11:07AM	Shiva Until 4:51AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:45PM		Moon 1 - Phase 40	
		915723466 Rahu 1:40PM – 2:56PM	Bava Until 12:34AM Thu	Nataraja: Orange			3rd Phase	
Creative Work	Amrita Yoga		Chaturthi* Until 11:18AM	Moon – Clear		Sivaloka Day		
Until 12:44PM				Magha-Thai				
Then Creative Work - Siddha Yoga								

5		Thursday, January 30, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Dushanbe, Tajikistan Sun 18 Sutra 291
Meena Rasi: 11.52	Tithi 5 – 6	Gulika 11:06AM – 12:23PM	Uttaraproshtapada Until 3:41PM	Ganesha: Green	<i>Sunrise:</i> 8:33AM		Vikarin 5121	
		Yama 8:33AM – 9:50AM	Siddha Until 5:40AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:47PM		Moon 1 - Phase 40	
		915723466 Rahu 2:56PM – 4:13PM	Kaulava Until 3:06AM Fri	Nataraja: Orange			3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 1:49PM	Moon – Clear		Sivaloka Day		
				Magha-Thai				

6		Friday, January 31, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Dushanbe, Tajikistan Sun 19 Sutra 292
Meena Rasi: 23.44	Tithi 6 – 7	Gulika 9:49AM – 11:06AM	Revati Until 6:26PM	Ganesha: Orange	<i>Sunrise:</i> 8:32AM		Vikarin 5121	
		Yama 4:14PM – 5:31PM	Sadhya Until 6:25AM Sat	Muruqa: Clear	<i>Sunset:</i> 6:48PM		Moon 1 - Phase 40	
		916723466 Rahu 12:23PM – 1:40PM	Gara Until 5:32AM Sat	Nataraja: Orange			3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 4:19PM	Moon – Clear		Devaloka Day		
Until 6:26PM				Magha-Thai				
Then Creative Work - Amrita Yoga								

Retreat Star		Saturday, February 1, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Sadhya/Subha Yoga Vanija Karana Saptamyam Titau				Dushanbe, Tajikistan Sun 20 Sutra 293
Mesha Rasi: 5.39	Tithi 7	Gulika 8:32AM – 9:49AM	Ashvini Until 9:20PM	Ganesha: Green	<i>Sunrise:</i> 8:32AM		Vikarin 5121	
		Yama 2:57PM – 4:14PM	Sadhya Until 6:25AM	Muruqa: Clear	<i>Sunset:</i> 6:48PM		Moon 1 - Phase 40	
		926723466 Rahu 11:06AM – 12:23PM	Vanija Until 6:38PM	Nataraja: Orange			3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 6:38PM	Moon – White		Bhuloka Day		
				Magha-Thai		Devaloka Time: 3:PM to 6:PM		

Retreat Star		Sunday, February 2, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Dushanbe, Tajikistan Sun 21 Sutra 294
Mesha Rasi: 17.41	Tithi 8	Gulika 4:14PM – 5:32PM	Bharani Until 11:39PM	Ganesha: Green	<i>Sunrise:</i> 8:31AM		Vikarin 5121	
		Yama 1:40PM – 2:57PM	Subha Until 6:57AM	Muruqa: Clear	<i>Sunset:</i> 6:49PM		Moon 1 - Phase 40	
		926723466 Rahu 5:32PM – 6:49PM	Visti Until 7:40AM	Nataraja: Orange			Ashtami	
Routine Work	Prabalarishta Yoga		Ashtami* Until 8:32PM	Moon – White		Bhuloka Day		
Until 11:39PM				Magha-Thai		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Siddha Yoga								

Retreat Star		Monday, February 3, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Dushanbe, Tajikistan Sun 22 Sutra 295
Mesha Rasi: 29.55	Tithi 9	Gulika 2:58PM – 4:15PM	Krittika Until 1:12AM Tue	Ganesha: Green	<i>Sunrise:</i> 8:30AM		Vikarin 5121	
Family Home Evening		Yama 12:23PM – 1:40PM	Sukla Until 7:05AM	Muruqa: Clear	<i>Sunset:</i> 6:50PM		Moon 1 - Phase 40	
		926723466 Rahu 9:48AM – 11:05AM	Balava Until 9:18AM	Nataraja: Orange			Navami	
Routine Work	Marana Yoga		Navami* Until 9:50PM	Moon – White		Bhuloka Day		
Until 1:12AM Tue				Magha-Thai		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Amrita Yoga								

1		Tuesday, February 4, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau		Dushanbe, Tajikistan Sun 23 Sutra 296	
Wishabha Rasi: 12.26	Tithi 10	Gulika 1:40PM – 2:58PM	Rohini Until 2:20AM Wed	Ganesha: Red	Sunrise: 8:29AM	Vikarin 5121	
		Yama 11:05AM – 12:23PM	Brahma Until 6:42AM	Muruqa: Clear	Sunset: 6:51PM	Moon 1 - Phase 41	
		936723467 Rahu 4:16PM – 5:33PM	Taitila Until 10:13AM	Nataraja: Clear		4th Phase	
Creative Work	Amrita Yoga		Dashami Until 10:21PM	Moon – Yellow		Devaloka Day	
Until 2:20AM Wed				Magha-Thai			
Then Creative Work - Siddha Yoga							

2		Wednesday, February 5, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau		Dushanbe, Tajikistan Sun 24 Sutra 297	
Wishabha Rasi: 25.19	Tithi 11	Gulika 12:22PM – 1:40PM	Mrigashira Until 2:29AM Thu	Ganesha: Red	Sunrise: 8:28AM	Vikarin 5121	
		Yama 9:46AM – 11:04AM	Vaidhriti* Until 4:05AM Thu	Muruqa: Clear	Sunset: 6:52PM	Moon 1 - Phase 41	
		936723467 Rahu 1:40PM – 2:58PM	Vanija Until 10:19AM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 10:02PM	Moon – Yellow		Devaloka Day	
Until 2:29AM Thu				Magha-Thai			
Then Routine Work - Marana Yoga							

3		Thursday, February 6, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvadashyam Titau		Dushanbe, Tajikistan Sun 25 Sutra 298	
Mithuna Rasi: 8.38	Tithi 12	Gulika 11:04AM – 12:22PM	Ardra Until 1:41AM Fri	Ganesha: Red	Sunrise: 8:27AM	Vikarin 5121	
		Yama 8:27AM – 9:46AM	Vishkambha* Until 1:48AM Fri	Muruqa: Clear	Sunset: 6:53PM	Moon 1 - Phase 41	
		936723467 Rahu 2:59PM – 4:17PM	Bava Until 9:35AM	Nataraja: Clear		4th Phase	
Routine Work	Marana Yoga		Dvadashi Until 8:54PM	Moon – Yellow		Devaloka Day	
Until 1:41AM Fri				Magha-Thai			
Then Creative Work - Siddha Yoga							

4		Friday, February 7, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti Yoga Kaulava/Taitila Karana Trayodashyam Titau		Dushanbe, Tajikistan Sun 26 Sutra 299	
Mithuna Rasi: 22.25	Tithi 13	Gulika 9:45AM – 11:03AM	Punarvasu Until 12:28AM Sat	Ganesha: Blue	Sunrise: 8:26AM	Vikarin 5121	
		Yama 4:17PM – 5:36PM	Priti Until 10:57PM	Muruqa: Clear	Sunset: 6:54PM	Moon 1 - Phase 41	
		947723467 Rahu 12:22PM – 1:40PM	Kaulava Until 8:03AM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 7:00PM	Moon – Blue		Bhuloka Day	
				Magha-Thai		Devaloka Time: 3:PM to 6:PM	

Pradosha Vrata

5		Saturday, February 8, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Ayushman Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Dushanbe, Tajikistan Sun 27 Sutra 300	
Kataka Rasi: 6.38	Tithi 14 – 15	Gulika 8:25AM – 9:44AM	Pushya Until 10:31PM	Ganesha: Blue	Sunrise: 8:25AM	Vikarin 5121	
		Yama 2:59PM – 4:18PM	Ayushman Until 7:36PM	Muruqa: Clear	Sunset: 6:56PM	Moon 1 - Phase 41	
		947723467 Rahu 11:03AM – 12:22PM	Visti Until 3:03AM Sun	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 4:29PM	Moon – Blue		Bhuloka Day	
Until 10:31PM				Magha-Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

○		Sunday, February 9, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Dushanbe, Tajikistan Sutra 301	
Copper Retreat Star		Gulika 4:19PM – 5:38PM	Ashlesha* Until 8:01PM	Ganesha: Blue	Sunrise: 8:24AM	Vikarin 5121	
Kataka Rasi: 21.14	Tithi 15 – 16	Yama 1:41PM – 3:00PM	Saubhagya Until 3:54PM	Muruqa: Clear	Sunset: 6:57PM	Moon 1 - Phase 41	
		947723467 Rahu 5:38PM – 6:57PM	Balava Until 11:54PM	Nataraja: Clear		Purnima	
Creative Work	Siddha Yoga		Purnima* Until 1:30PM	Moon – Blue		Bhuloka Day	
Until 8:01PM				Magha-Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

○		Monday, February 10, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sobhana/Alhiganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau		Dushanbe, Tajikistan Sutra 302	
Silver Retreat Star		Gulika 3:00PM – 4:19PM	Magha* Until 5:33PM	Ganesha: Red	Sunrise: 8:23AM	Vikarin 5121	
Simha Rasi: 6.07	Tithi 16 – 17	Yama 12:21PM – 1:41PM	Sobhana Until 11:59AM	Muruqa: Clear	Sunset: 6:58PM	Moon 1 - Phase 41	
Family Home Evening		957723467 Rahu 9:43AM – 11:02AM	Taitila Until 8:31PM	Nataraja: Clear		Prathama	
Routine Work	Marana Yoga		Prathama* Until 10:13AM	Moon – Red		Devaloka Day	
Until 5:33PM				Magha-Thai			
Then Creative Work - Siddha Yoga							



Tuesday, February 11, 2020

Gold Retreat Star

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

Dushanbe, Tajikistan

Sun 1 Sutra 303

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Simha Rasi: 21.07 Tithi 17 - 18

957723467

Gulika

1:41PM - 3:00PM

Purvaphalguni Until 2:52PM

Ganesha: Red

Sunrise: 8:22AM

Yama

11:01AM - 12:21PM

Athiganda* Until 7:56AM

Muruqa: Clear

Sunset: 6:59PM

Rahu

4:20PM - 5:39PM

Visti Until 3:24AM Wed

Nataraja: Clear

Moon - Red

Devaloka Day

Creative Work Siddha Yoga

Until 2:52PM

Then Creative Work - Amrita Yoga

1 Wednesday, February 12, 2020

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

Dushanbe, Tajikistan

Sun 2 Sutra 304

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 6.05 Tithi 19

957723467

Gulika

12:21PM - 1:41PM

Uttaraphalguni Until 12:08PM

Ganesha: Red

Sunrise: 8:21AM

Yama

9:41AM - 11:01AM

Dhriti Until 12:07AM Thu

Muruqa: Clear

Sunset: 7:00PM

Rahu

1:41PM - 3:00PM

Bava Until 1:47PM

Nataraja: Clear

Moon - Red

Devaloka Day

Creative Work Amrita Yoga

Until 12:08PM

Then Routine Work - Marana Yoga

Maha Sankatahara Chaturthi

Chaturthi* Until 12:11AM Thu

Magha-Thai

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

Dushanbe, Tajikistan

Sun 3 Sutra 305

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 20.55 Tithi 20

967723467

Gulika

11:00AM - 12:20PM

Hasta Until 9:56AM

Ganesha: Green

Sunrise: 8:20AM

Yama

8:20AM - 9:40AM

Shula* Until 8:32PM

Muruqa: Clear

Sunset: 7:01PM

Rahu

3:01PM - 4:21PM

Kaulava Until 10:43AM

Nataraja: Clear

Moon - Green

Bhuloka Day

Routine Work Marana Yoga

Until 9:56AM

Then Creative Work - Siddha Yoga

Panchami Until 9:19PM

Magha-Masi

Devaloka Time: 3:PM to 6:PM

3 Friday, February 14, 2020

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

Dushanbe, Tajikistan

Sun 4 Sutra 306

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Tula Rasi: 5.28 Tithi 21

968723467

Gulika

9:39AM - 11:00AM

Chitra Until 7:58AM

Ganesha: White

Sunrise: 8:19AM

Yama

4:21PM - 5:42PM

Ganda* Until 5:20PM

Muruqa: Clear

Sunset: 7:02PM

Rahu

12:20PM - 1:41PM

Gara Until 8:03AM

Nataraja: Clear

Moon - Green

Bhuloka Day

Creative Work Siddha Yoga

Shashthi* Until 6:53PM

Magha-Masi

Devaloka Time: 3:PM to 6:PM

4 Saturday, February 15, 2020

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

Dushanbe, Tajikistan

Sun 5 Sutra 307

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Tula Rasi: 19.41 Tithi 22 - 23

968723467

Gulika

8:18AM - 9:38AM

Svati Until 6:23AM

Ganesha: White

Sunrise: 8:18AM

Yama

3:01PM - 4:22PM

Vriddhi Until 2:35PM

Muruqa: Clear

Sunset: 7:03PM

Rahu

10:59AM - 12:20PM

Balava Until 4:19AM Sun

Nataraja: Clear

Moon - Green

Bhuloka Day

Creative Work Siddha Yoga

Saptami Until 5:01PM

Magha-Masi

Devaloka Time: 3:PM to 6:PM

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

Dushanbe, Tajikistan

Sun 6 Sutra 308

Vikarin 5121

Moon 2 - Phase 42

Ashtami

Vrischika Rasi: 3.31 Tithi 23 - 24

978723467

Gulika

4:23PM - 5:44PM

Anuradha Until 5:23AM Mon

Ganesha: Clear

Sunrise: 8:17AM

Yama

1:41PM - 3:02PM

Dhruva Until 12:17PM

Muruqa: Clear

Sunset: 7:05PM

Rahu

5:44PM - 7:05PM

Taitila Until 3:22AM Mon

Nataraja: Clear

Moon - Orange

Devaloka Day

Routine Work Marana Yoga

Until 5:23AM Mon

Then Creative Work - Siddha Yoga

Ashtami* Until 3:44PM

Magha-Masi

6 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

Dushanbe, Tajikistan

Sun 7 Sutra 309

Vikarin 5121

Moon 2 - Phase 42

Navami

Vrischika Rasi: 17 Tithi 24 - 25

978723467

Gulika

3:02PM - 4:23PM

Jyeshtha* Until 5:33AM Tue

Ganesha: Clear

Sunrise: 8:15AM

Yama

12:19PM - 1:40PM

Vyaghata* Until 10:30AM

Muruqa: Clear

Sunset: 7:06PM

Family Home Evening

Creative Work Siddha Yoga

Until 5:33AM Tue

Then Creative Work - Amrita Yoga

Rahu

9:37AM - 10:58AM

Vanija Until 3:01AM Tue

Nataraja: Clear

Moon - Orange

Devaloka Day

Navami* Until 3:06PM

Magha-Masi

1	Tuesday, February 18, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Dushanbe, Tajikastan Sun 8 Sutra 310
	Dhanus Rasi: 0.08	Tithi 25 – 26	Gulika 1:40PM – 3:02PM	Mula* Until 6:36AM Wed	Ganesha: Purple	<i>Sunrise:</i> 8:14AM	Vikarin 5121
			Yama 10:57AM – 12:19PM	Harshana Until 9:12AM	Muruqa: Clear	<i>Sunset:</i> 7:07PM	Moon 2 - Phase 43
	Creative Work	Amrita Yoga	988723467 Rahu 4:24PM – 5:45PM	Bava Until 3:16AM Wed	Nataraja: Clear		2nd Phase
			Dashami Until 3:03PM	Moon – Light Blue		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Magha-Masi			

2	Wednesday, February 19, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Dushanbe, Tajikastan Sun 9 Sutra 311
	Dhanus Rasi: 13	Tithi 26 – 27	Gulika 12:18PM – 1:40PM	Mula* Until 6:36AM	Ganesha: Purple	<i>Sunrise:</i> 8:13AM	Vikarin 5121
			Yama 9:35AM – 10:57AM	Vajra* Until 8:19AM	Muruqa: Clear	<i>Sunset:</i> 7:07PM	Moon 2 - Phase 43
	Routine Work	Marana Yoga	988723467 Rahu 1:40PM – 3:02PM	Kaulava Until 4:01AM Thu	Nataraja: Clear		2nd Phase
			Ekadashi* Until 3:34PM	Moon – Light Blue		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Magha-Masi			

3	Thursday, February 20, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Siddhi/Vyaltipata* Yoga Taltila/Gara Karana Dvadashi/Trayodashyam Titau				Dushanbe, Tajikastan Sun 10 Sutra 312
	Dhanus Rasi: 25.38	Tithi 27 – 28	Gulika 10:56AM – 12:18PM	Purvashadha* Until 7:58AM	Ganesha: Purple	<i>Sunrise:</i> 8:12AM	Vikarin 5121
			Yama 8:12AM – 9:34AM	Siddhi Until 7:49AM	Muruqa: Clear	<i>Sunset:</i> 7:09PM	Moon 2 - Phase 43
	Creative Work	Siddha Yoga	989823467 Rahu 3:02PM – 4:25PM	Gara Until 5:12AM Fri	Nataraja: Clear		2nd Phase
			Dvadashi* Until 4:32PM	Moon – Light Blue		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Magha-Masi			
				<i>Pradosha Vrata (Fasting)</i>			

4	Friday, February 21, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Vyaltipata*/Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Dushanbe, Tajikastan Sun 11 Sutra 313
	Makara Rasi: 8.04	Tithi 28 – 29	Gulika 9:33AM – 10:55AM	Uttarashadha Until 9:35AM	Ganesha: Purple	<i>Sunrise:</i> 8:10AM	Vikarin 5121
			Yama 4:25PM – 5:47PM	Vyaltipata* Until 7:40AM	Muruqa: Clear	<i>Sunset:</i> 7:10PM	Moon 2 - Phase 43
	Routine Work	Marana Yoga	989823467 Rahu 12:18PM – 1:40PM	Visti Until 6:45AM Sat	Nataraja: Clear		2nd Phase
			Trayodashi* Until 5:55PM	Moon – Light Blue		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Magha-Masi			
				Mahasivaratri (Lunar)			
				Mahasivaratri (Solar)			

5	Saturday, February 22, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Dushanbe, Tajikastan Sun 12 Sutra 314
	Makara Rasi: 20.2	Tithi 29	Gulika 8:09AM – 9:32AM	Shravana Until 11:52AM	Ganesha: Light Blue	<i>Sunrise:</i> 8:09AM	Vikarin 5121
			Yama 3:03PM – 4:25PM	Variyan Until 7:45AM	Muruqa: Clear	<i>Sunset:</i> 7:11PM	Moon 2 - Phase 43
	Creative Work	Siddha Yoga	999823467 Rahu 10:54AM – 12:17PM	Visti Until 6:45AM	Nataraja: Clear		2nd Phase
			Chaturdashi* Until 7:37PM	Moon – Purple		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Magha-Masi			

●	Sunday, February 23, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Dushanbe, Tajikastan Sun 13 Sutra 315
	Retreat Star		Gulika 4:26PM – 5:49PM	Dhanishtha Until 2:16PM	Ganesha: Light Blue	<i>Sunrise:</i> 8:08AM	Vikarin 5121
	Kumbha Rasi: 2.29	Tithi 30	Yama 1:40PM – 3:03PM	Parigha* Until 8:04AM	Muruqa: Clear	<i>Sunset:</i> 7:12PM	Moon 2 - Phase 43
			999823467 Rahu 5:49PM – 7:12PM	Catuspada Until 8:36AM	Nataraja: Clear		Amavasya
			Amavasya* Until 9:36PM	Moon – Purple		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Magha-Masi			

●	Monday, February 24, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak*/Purvaproshtapada* Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau				Dushanbe, Tajikastan Sun 14 Sutra 316
	Retreat Star		Gulika 3:03PM – 4:26PM	Shatabhishak Until 4:43PM	Ganesha: Light Blue	<i>Sunrise:</i> 8:06AM	Vikarin 5121
	Kumbha Rasi: 14.33	Tithi 1	Yama 12:16PM – 1:40PM	Shiva Until 8:36AM	Muruqa: Clear	<i>Sunset:</i> 7:13PM	Moon 2 - Phase 43
	Family Home Evening		999823467 Rahu 9:30AM – 10:53AM	Kintughna Until 10:42AM	Nataraja: Clear		Prathama
			Prathama* Until 11:48PM	Moon – Purple		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Phalgun-Masi			

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

1	Tuesday, February 25, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtpada* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau				Dushanbe, Tajikistan Sun 15 Sutra 317 Vikarin 5121
	Kumbha Rasi: 26.31	Tithi 2	Gulika 1:40PM – 3:03PM	Purvaproshtpada* Until 7:41PM	Ganesha: Orange	<i>Sunrise:</i> 8:05AM	
			Yama 10:52AM – 12:16PM	Siddha Until 9:15AM	Muruqa: Clear	<i>Sunset:</i> 7:14PM	Moon 2 - Phase 44
	919823467	Rahu 4:27PM – 5:51PM	Balava Until 1:00PM		Nataraja: Clear		3rd Phase
Routine Work	Marana Yoga		Dvitiya Until 2:11AM Wed	Moon – Clear		Devaloka Day	
Until 7:41PM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

2	Wednesday, February 26, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtpada Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Trityayam Titau				Dushanbe, Tajikistan Sun 16 Sutra 318 Vikarin 5121
	Meena Rasi: 8.26	Tithi 3	Gulika 12:15PM – 1:39PM	Uttaraproshtpada Until 10:36PM	Ganesha: Orange	<i>Sunrise:</i> 8:04AM	
			Yama 9:28AM – 10:51AM	Sadhya Until 10:02AM	Muruqa: Clear	<i>Sunset:</i> 7:15PM	Moon 2 - Phase 44
	919823467	Rahu 1:39PM – 3:03PM	Taitila Until 3:27PM		Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 4:41AM Thu	Moon – Clear		Devaloka Day	
Until 10:36PM				Phalguna-Masi			
Then Routine Work - Marana Yoga							

3	Thursday, February 27, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Dushanbe, Tajikistan Sun 17 Sutra 319 Vikarin 5121
	Meena Rasi: 20.19	Tithi 4	Gulika 10:51AM – 12:15PM	Revati Until 1:25AM Fri	Ganesha: Orange	<i>Sunrise:</i> 8:02AM	
			Yama 8:02AM – 9:26AM	Subha Until 10:55AM	Muruqa: Clear	<i>Sunset:</i> 7:16PM	Moon 2 - Phase 44
	919823467	Rahu 3:04PM – 4:28PM	Vanija Until 5:58PM		Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 7:12AM Fri	Moon – Clear		Devaloka Day	
Until 1:25AM Fri				Phalguna-Masi			
Then Creative Work - Amrita Yoga	Subramuniyaswami Siva Vision Day						

4	Friday, February 28, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Dushanbe, Tajikistan Sun 18 Sutra 320 Vikarin 5121
	Mesha Rasi: 2.1	Tithi 4 – 5	Gulika 9:25AM – 10:50AM	Ashvini Until 4:29AM Sat	Ganesha: Purple	<i>Sunrise:</i> 8:01AM	
			Yama 4:28PM – 5:53PM	Sukla Until 11:45AM	Muruqa: Clear	<i>Sunset:</i> 7:17PM	Moon 2 - Phase 44
	921823467	Rahu 12:15PM – 1:39PM	Bava Until 8:27PM		Nataraja: Clear		3rd Phase
Creative Work	Amrita Yoga		Chaturthi* Until 7:12AM	Moon – White		Bhuloka Day	
Until 4:29AM Sat				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

5	Saturday, February 29, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Dushanbe, Tajikistan Sun 19 Sutra 321 Vikarin 5121
	Mesha Rasi: 14.04	Tithi 5 – 6	Gulika 7:59AM – 9:24AM	Bharani Until 7:10AM Sun	Ganesha: Purple	<i>Sunrise:</i> 7:59AM	
			Yama 3:04PM – 4:29PM	Brahma Until 12:31PM	Muruqa: Clear	<i>Sunset:</i> 7:18PM	Moon 2 - Phase 44
	921823467	Rahu 10:49AM – 12:14PM	Kaulava Until 10:45PM		Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Panchami Until 9:37AM	Moon – White		Bhuloka Day	
Until 10:45AM				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

6	Sunday, March 1, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Dushanbe, Tajikistan Sun 20 Sutra 322 Vikarin 5121
	Mesha Rasi: 26.04	Tithi 6 – 7	Gulika 4:29PM – 5:55PM	Bharani Until 7:10AM	Ganesha: Purple	<i>Sunrise:</i> 7:57AM	
			Yama 1:38PM – 3:04PM	Indra Until 1:05PM	Muruqa: Orange	<i>Sunset:</i> 7:20PM	Moon 2 - Phase 44
	921833467	Rahu 5:55PM – 7:20PM	Gara Until 12:41AM Mon		Nataraja: Clear		3rd Phase
Routine Work	Prabalarishta Yoga		Shashthi* Until 11:45AM	Moon – White		Bhuloka Day	
Until 7:10AM				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

Retreat Star	Monday, March 2, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Dushanbe, Tajikistan Sun 21 Sutra 323 Vikarin 5121
	Vrishabha Rasi: 8.14	Tithi 7 – 8	Gulika 3:04PM – 4:30PM	Krittika Until 9:16AM	Ganesha: Purple	<i>Sunrise:</i> 7:55AM	
	Family Home Evening		Yama 12:12PM – 1:38PM	Vaidhriti* Until 1:14PM	Muruqa: Orange	<i>Sunset:</i> 7:21PM	Moon 2 - Phase 44
	921833467	Rahu 9:21AM – 10:47AM	Visti Until 2:01AM Tue		Nataraja: Clear		Ashtami
Routine Work	Marana Yoga		Saptami Until 1:25PM	Moon – White		Bhuloka Day	
Until 9:16AM				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

Retreat Star	Tuesday, March 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Dushanbe, Tajikistan Sun 22 Sutra 324 Vikarin 5121
	Vrishabha Rasi: 20.4	Tithi 8 – 9	Gulika 1:38PM – 3:04PM	Rohini Until 11:04AM	Ganesha: Clear	<i>Sunrise:</i> 7:54AM	
			Yama 10:46AM – 12:12PM	Vishkambha* Until 12:54PM	Muruqa: Orange	<i>Sunset:</i> 7:22PM	Moon 2 - Phase 44
	931833467	Rahu 4:30PM – 5:56PM	Balava Until 2:36AM Wed		Nataraja: Clear		Navami
Creative Work	Amrita Yoga		Ashtami* Until 2:23PM	Moon – Yellow		Devaloka Day	
Until 11:04AM				Phalguna-Masi			
Then Creative Work - Siddha Yoga							

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

1		Wednesday, March 4, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Dushanbe, Tajikistan Sun 23 Sutra 325	
Mithuna Rasi: 3.26	Tithi 9 – 10	Gulika 12:11PM – 1:38PM	Mrigashira Until 11:55AM	Ganesha: Clear	<i>Sunrise:</i> 7:52AM		Vikarin 5121
		Yama 9:19AM – 10:45AM	Priti Until 11:57AM	Muruqa: Orange	<i>Sunset:</i> 7:23PM		Moon 2 - Phase 45
	931833467	Rahu 1:38PM – 3:04PM	Taitila Until 2:19AM Thu	Nataraja: Clear			4th Phase
Creative Work	Siddha Yoga		Navami* Until 2:33PM	Moon – Yellow		Devaloka Day	
				Phalguna-Masi			

2		Thursday, March 5, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Dushanbe, Tajikistan Sun 24 Sutra 326	
Mithuna Rasi: 16.39	Tithi 10 – 11	Gulika 10:44AM – 12:11PM	Ardra Until 11:47AM	Ganesha: Red	<i>Sunrise:</i> 7:51AM		Vikarin 5121
		Yama 7:51AM – 9:17AM	Ayushman Until 10:18AM	Muruqa: Orange	<i>Sunset:</i> 7:24PM		Moon 2 - Phase 45
	131833467	Rahu 3:04PM – 4:31PM	Vanija Until 1:09AM Fri	Nataraja: Clear			4th Phase
Routine Work	Marana Yoga		Dashami Until 1:49PM	Moon – Yellow		Devaloka Day	
Until 11:47AM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

3		Friday, March 6, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau		Dushanbe, Tajikistan Sun 25 Sutra 327	
Kataka Rasi: 0.21	Tithi 11 – 12	Gulika 9:16AM – 10:43AM	Punarvasu Until 11:05AM	Ganesha: Blue	<i>Sunrise:</i> 7:49AM		Vikarin 5121
		Yama 4:31PM – 5:58PM	Saubhagya Until 7:58AM	Muruqa: Orange	<i>Sunset:</i> 7:25PM		Moon 2 - Phase 45
	141833467	Rahu 12:10PM – 1:37PM	Bava Until 11:10PM	Nataraja: Clear			4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 12:14PM	Moon – Blue		Bhuloka Day	
Until 11:05AM				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

4		Saturday, March 7, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Dushanbe, Tajikistan Sun 26 Sutra 328	
Kataka Rasi: 14.33	Tithi 12 – 13	Gulika 7:48AM – 9:15AM	Pushya Until 9:29AM	Ganesha: Blue	<i>Sunrise:</i> 7:48AM		Vikarin 5121
		Yama 3:04PM – 4:32PM	Athiganda* Until 1:29AM Sun	Muruqa: Orange	<i>Sunset:</i> 7:26PM		Moon 2 - Phase 45
	141833467	Rahu 10:42AM – 12:10PM	Kaulava Until 8:29PM	Nataraja: Clear			4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 9:53AM	Moon – Blue		Bhuloka Day	
Until 9:29AM				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

Pradosha Vrata

5		Sunday, March 8, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sukarma Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau		Dushanbe, Tajikistan Sun 27 Sutra 329	
Kataka Rasi: 29.13	Tithi 13 – 14	Gulika 4:32PM – 6:00PM	Ashlesha* Until 7:07AM	Ganesha: Blue	<i>Sunrise:</i> 7:46AM		Vikarin 5121
		Yama 1:37PM – 3:05PM	Sukarma Until 9:34PM	Muruqa: Orange	<i>Sunset:</i> 7:27PM		Moon 2 - Phase 45
	141833467	Rahu 6:00PM – 7:27PM	Vanija Until 3:27AM Mon	Nataraja: Clear			4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 6:54AM	Moon – Blue		Bhuloka Day	
Until 7:07AM		Chidambaram Abhishekam		Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

○		Monday, March 9, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau		Dushanbe, Tajikistan Sutra 330	
Copper Retreat Star		Gulika 3:05PM – 4:33PM	Purvaphalguni Until 1:34AM Tue	Ganesha: White	<i>Sunrise:</i> 7:45AM		Vikarin 5121
Simha Rasi: 14.14	Tithi 15	Yama 12:09PM – 1:37PM	Dhriti Until 5:23PM	Muruqa: Orange	<i>Sunset:</i> 7:28PM		Moon 2 - Phase 45
Family Home Evening		Rahu 9:13AM – 10:41AM	Visti Until 1:38PM	Nataraja: Clear			Purnima
Creative Work	Siddha Yoga		Purnima* Until 11:43PM	Moon – Red		Sivaloka Day	
Until 1:34AM Tue		Holi		Phalguna-Masi			
Then Creative Work - Amrita Yoga							

○		Tuesday, March 10, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Prathamayam Titau		Dushanbe, Tajikistan Sutra 331	
Silver Retreat Star		Gulika 1:36PM – 3:05PM	Uttaraphalguni Until 10:22PM	Ganesha: White	<i>Sunrise:</i> 7:43AM		Vikarin 5121
Simha Rasi: 29.28	Tithi 16	Yama 10:40AM – 12:08PM	Shula* Until 1:01PM	Muruqa: Orange	<i>Sunset:</i> 7:29PM		Moon 2 - Phase 45
	152833467	Rahu 4:33PM – 6:01PM	Balava Until 9:49AM	Nataraja: Clear			Prathama
Creative Work	Amrita Yoga		Prathama* Until 7:53PM	Moon – Red		Sivaloka Day	
Until 10:22PM				Phalguna-Masi			
Then Creative Work - Siddha Yoga							

The birth of the world, its maintenance, its destruction, the soul's obscuration and liberation are the five acts of His dance. Mrigendra Agama Jnana Pada



Wednesday, March 11, 2020

Gold Retreat Star

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

Dushanbe, Tajikastan

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 14.46 Tithi 17 - 18

162833467

Gulika

12:07PM - 1:36PM

Yama

9:10AM - 10:39AM

Rahu

1:36PM - 3:05PM

Hasta Until 7:31PM

Ganda* Until 8:41AM

Vanija Until 2:18AM Thu

Dvitiya Until 4:06PM

Ganesha: Clear

Sunrise: 7:42AM

Muruqa: Orange

Sunset: 7:30PM

Nataraja: Clear

Moon - Green

Phalguna-Masi

Devaloka Day

Routine Work Marana Yoga

Until 7:31PM

Then Creative Work - Siddha Yoga

1

Thursday, March 12, 2020

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

Dushanbe, Tajikastan

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 29.55 Tithi 18 - 19

162833467

Gulika

10:38AM - 12:07PM

Yama

7:40AM - 9:09AM

Rahu

3:05PM - 4:34PM

Chitra Until 4:49PM

Dhruva Until 12:36AM Fri

Bava Until 10:57PM

Tritiya Until 12:33PM

Ganesha: Clear

Sunrise: 7:40AM

Muruqa: Orange

Sunset: 7:31PM

Nataraja: Clear

Moon - Green

Phalguna-Masi

Devaloka Day

Creative Work Siddha Yoga

Until 4:49PM

Then Creative Work - Amrita Yoga

2

Friday, March 13, 2020

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

Dushanbe, Tajikastan

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 14.47 Tithi 19 - 20

162833467

Gulika

9:08AM - 10:37AM

Yama

4:34PM - 6:03PM

Rahu

12:06PM - 1:36PM

Svati Until 2:24PM

Vyaghata* Until 9:06PM

Kaulava Until 8:04PM

Chaturthi* Until 9:25AM

Ganesha: Clear

Sunrise: 7:39AM

Muruqa: Orange

Sunset: 7:32PM

Nataraja: Clear

Moon - Green

Phalguna-Masi

Devaloka Day

Creative Work Siddha Yoga

3

Saturday, March 14, 2020

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

Dushanbe, Tajikastan

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 29.16 Tithi 20 - 21

172833467

Gulika

7:37AM - 9:07AM

Yama

3:05PM - 4:34PM

Rahu

10:36AM - 12:06PM

Vishakha Until 12:51PM

Harshana Until 6:08PM

Vanija Until 4:56AM Sun

Panchami Until 6:50AM

Ganesha: Purple

Sunrise: 7:37AM

Muruqa: Orange

Sunset: 7:33PM

Nataraja: Clear

Moon - Orange

Phalguna-Panguni

Sivaloka Day

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

4

Sunday, March 15, 2020

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

Dushanbe, Tajikastan

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 13.17 Tithi 22

172833468

Gulika

4:35PM - 6:04PM

Yama

1:35PM - 3:05PM

Rahu

6:04PM - 7:34PM

Anuradha Until 11:52AM

Vajra* Until 3:44PM

Visti Until 4:17PM

Saptami Until 3:48AM Mon

Ganesha: Purple

Sunrise: 7:36AM

Muruqa: Orange

Sunset: 7:34PM

Nataraja: Purple

Moon - Orange

Phalguna-Panguni

Subha Sivaloka Day

Routine Work Marana Yoga

D

Monday, March 16, 2020

Retreat Star

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

Dushanbe, Tajikastan

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Vrischika Rasi: 26.51 Tithi 23

172933468

Gulika

3:05PM - 4:35PM

Yama

12:05PM - 1:35PM

Rahu

9:04AM - 10:34AM

Jyeshtha* Until 11:31AM

Siddhi Until 1:58PM

Balava Until 3:33PM

Ashtami* Until 3:28AM Tue

Ganesha: Clear

Sunrise: 7:34AM

Muruqa: Orange

Sunset: 7:35PM

Nataraja: Purple

Moon - Orange

Phalguna-Panguni

Sivaloka Day

Creative Work Siddha Yoga

Family Home Evening

Tuesday, March 17, 2020

Retreat Star

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

Dushanbe, Tajikastan

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 9.59 Tithi 24

182933468

Gulika

1:34PM - 3:05PM

Yama

10:33AM - 12:04PM

Rahu

4:35PM - 6:06PM

Mula* Until 12:13PM

Vyatipata* Until 12:50PM

Taitila Until 3:36PM

Navami* Until 3:52AM Wed

Ganesha: Purple

Sunrise: 7:33AM

Muruqa: Orange

Sunset: 7:36PM

Nataraja: Purple

Moon - Light Blue

Phalguna-Panguni

Devaloka Day

Creative Work Amrita Yoga

Until 12:13PM

Then Creative Work - Siddha Yoga

1	Wednesday, March 18, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau				Dushanbe, Tajikistan Sun 8 Sutra 339
	Dhanus Rasi: 22.44	Tithi 25	Gulika	12:03PM – 1:34PM	Purvashadha* Until 1:29PM	Ganesha: Purple	Sunrise: 7:31AM Vikarin 5121
			Yama	9:02AM – 10:33AM	Variyan Until 12:14PM	Muruqa: Orange	Sunset: 7:37PM Moon 3 - Phase 47
	Creative Work	Amrita Yoga	182933468 Rahu	1:34PM – 3:05PM	Vanija Until 4:21PM	Nataraja: Purple Moon – Light Blue	2nd Phase Devaloka Day
			Dashami Until 4:57AM Thu				Phalguna-Panguni

2	Thursday, March 19, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Dushanbe, Tajikistan Sun 9 Sutra 340
	Makara Rasi: 5.13	Tithi 26	Gulika	10:32AM – 12:03PM	Uttarashadha Until 3:10PM	Ganesha: Purple	Sunrise: 7:29AM Vikarin 5121
			Yama	7:29AM – 9:01AM	Parigha* Until 12:07PM	Muruqa: Orange	Sunset: 7:37PM Moon 3 - Phase 47
	Routine Work	Marana Yoga	182933468 Rahu	3:05PM – 4:36PM	Bava Until 5:42PM	Nataraja: Purple Moon – Light Blue	2nd Phase Devaloka Day
			Ekadashi* Until 6:32AM Fri				Phalguna-Panguni
			Then Creative Work - Siddha Yoga				

3	Friday, March 20, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Dushanbe, Tajikistan Sun 10 Sutra 341
	Makara Rasi: 17.27	Tithi 26 – 27	Gulika	8:59AM – 10:31AM	Shravana Until 5:37PM	Ganesha: Clear	Sunrise: 7:28AM Vikarin 5121
			Yama	4:36PM – 6:08PM	Shiva Until 12:23PM	Muruqa: Orange	Sunset: 7:39PM Moon 3 - Phase 47
	Routine Work	Marana Yoga	192933468 Rahu	12:02PM – 1:33PM	Kaulava Until 7:30PM	Nataraja: Purple Moon – Purple	2nd Phase Sivaloka Day
			Ekadashi* Until 6:32AM				Phalguna-Panguni
			Then Creative Work - Siddha Yoga				

4	Saturday, March 21, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Dushanbe, Tajikistan Sun 11 Sutra 342
	Makara Rasi: 29.33	Tithi 27 – 28	Gulika	7:26AM – 8:58AM	Dhanishtha Until 8:12PM	Ganesha: Clear	Sunrise: 7:26AM Vikarin 5121
			Yama	3:05PM – 4:37PM	Siddha Until 12:53PM	Muruqa: Orange	Sunset: 7:40PM Moon 3 - Phase 47
	Creative Work	Siddha Yoga	192933468 Rahu	10:30AM – 12:01PM	Gara Until 9:36PM	Nataraja: Purple Moon – Purple	2nd Phase Sivaloka Day
			Dvadashi* Until 8:29AM				Phalguna-Panguni
			Then Creative Work - Amrita Yoga				
			<i>Pradosha Vrata (Fasting)</i>				

5	Sunday, March 22, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Dushanbe, Tajikistan Sun 12 Sutra 343
	Kumbha Rasi: 11.32	Tithi 28 – 29	Gulika	4:37PM – 6:09PM	Shatabhishak Until 10:48PM	Ganesha: Clear	Sunrise: 7:25AM Vikarin 5121
			Yama	1:33PM – 3:05PM	Sadhya Until 1:34PM	Muruqa: Orange	Sunset: 7:41PM Moon 3 - Phase 47
	Creative Work	Siddha Yoga	192933468 Rahu	6:09PM – 7:41PM	Visti Until 11:53PM	Nataraja: Purple Moon – Purple	2nd Phase Sivaloka Day
			Trayodashi* Until 10:42AM				Phalguna-Panguni
			Then Creative Work - Amrita Yoga				

●	Monday, March 23, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Dushanbe, Tajikistan Sun 13 Sutra 344
	Retreat Star		Gulika	3:05PM – 4:37PM	Purvaproshtapada* Until 1:51AM Tue	Ganesha: Yellow	Sunrise: 7:23AM Vikarin 5121
	Kumbha Rasi: 23.29	Tithi 29 – 30	Yama	12:00PM – 1:33PM	Subha Until 2:22PM	Muruqa: Orange	Sunset: 7:42PM Moon 3 - Phase 47
	Family Home Evening		113933468 Rahu	8:56AM – 10:28AM	Catuspada Until 2:17AM Tue	Nataraja: Purple Moon – Clear	Amavasya Sivaloka Day
			Chaturdashi* Until 1:03PM				Phalguna-Panguni
			Then Creative Work - Amrita Yoga				

●	Tuesday, March 24, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Dushanbe, Tajikistan Sun 14 Sutra 345
	Retreat Star		Gulika	1:32PM – 3:05PM	Uttaraproshtapada Until 4:47AM Wed	Ganesha: Yellow	Sunrise: 7:22AM Vikarin 5121
	Meena Rasi: 5.22	Tithi 30 – 1	Yama	10:27AM – 12:00PM	Sukla Until 3:12PM	Muruqa: Orange	Sunset: 7:43PM Moon 3 - Phase 47
	Creative Work	Amrita Yoga	113933468 Rahu	4:38PM – 6:10PM	Kintughna Until 4:43AM Wed	Nataraja: Purple Moon – Clear	Prathama Sivaloka Day
			Yugadhi	Amavasya* Until 3:28PM	Chaitra-Panguni		
			Then Routine Work - Marana Yoga				

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

All times are standard time

www.gurudeva.org/panchang

1		Wednesday, March 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Dushanbe, Tajikistan Sun 15 Sutra 346
Meena Rasi: 17.15	Tithi 1 – 2	113933468	Gulika 11:59AM – 1:32PM Yama 8:53AM – 10:26AM Rahu 1:32PM – 3:05PM	Revati Until 7:33AM Thu Brahma Until 4:04PM Balava Until 7:10AM Thu Prathama* Until 5:55PM	Ganesha: Yellow <i>Sunrise:</i> 7:20AM Muruqa: Orange <i>Sunset:</i> 7:44PM Nataraja: Purple Moon – Clear Chaitra•Panguni
Routine Work Marana Yoga Until 7:33AM Thu Then Creative Work - Amrita Yoga				Sivaloka Day	
2		Thursday, March 26, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Dvitiyayam Titau	Dushanbe, Tajikistan Sun 16 Sutra 347
Meena Rasi: 29.08	Tithi 2	113933468	Gulika 10:25AM – 11:58AM Yama 7:19AM – 8:52AM Rahu 3:05PM – 4:38PM	Revati Until 7:33AM Indra Until 4:55PM Balava Until 7:10AM Dvitiya Until 8:21PM	Ganesha: Yellow <i>Sunrise:</i> 7:19AM Muruqa: Orange <i>Sunset:</i> 7:45PM Nataraja: Purple Moon – Clear Chaitra•Panguni
Creative Work Siddha Yoga Until 7:33AM Then Creative Work - Amrita Yoga		Chellappaswami Mahasamadhi		Sivaloka Day	
3		Friday, March 27, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Tailila/Gara Karana Tritiyayam Titau	Dushanbe, Tajikistan Sun 17 Sutra 348
Mesha Rasi: 11.02	Tithi 3	123933468	Gulika 8:51AM – 10:24AM Yama 4:39PM – 6:12PM Rahu 11:58AM – 1:31PM	Ashvini Until 10:36AM Vaidhriti* Until 5:41PM Tailila Until 9:33AM Tritiya Until 10:40PM	Ganesha: Red <i>Sunrise:</i> 7:17AM Muruqa: Orange <i>Sunset:</i> 7:46PM Nataraja: Purple Moon – White Chaitra•Panguni
Creative Work Amrita Yoga Until 10:36AM Then Creative Work - Siddha Yoga				Sivaloka Day	
4		Saturday, March 28, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Chaturthyam Titau	Dushanbe, Tajikistan Sun 18 Sutra 349
Mesha Rasi: 22.59	Tithi 4	123933468	Gulika 7:16AM – 8:49AM Yama 3:05PM – 4:39PM Rahu 10:23AM – 11:57AM	Bharani Until 1:19PM Vishkambha* Until 6:20PM Vanija Until 11:47AM Chaturthi* Until 12:47AM Sun	Ganesha: Red <i>Sunrise:</i> 7:16AM Muruqa: Orange <i>Sunset:</i> 7:47PM Nataraja: Purple Moon – White Chaitra•Panguni
Creative Work Siddha Yoga Until 1:19PM Then Creative Work - Amrita Yoga				Sivaloka Day	
5		Sunday, March 29, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau	Dushanbe, Tajikistan Sun 19 Sutra 350
Virshabha Rasi: 5.02	Tithi 5	123933468	Gulika 4:39PM – 6:13PM Yama 1:31PM – 3:05PM Rahu 6:13PM – 7:48PM	Krittika Until 3:37PM Priti Until 6:46PM Bava Until 1:44PM Panchami Until 2:33AM Mon	Ganesha: Red <i>Sunrise:</i> 7:14AM Muruqa: Orange <i>Sunset:</i> 7:48PM Nataraja: Purple Moon – White Chaitra•Panguni
Creative Work Siddha Yoga				Sivaloka Day	
6		Monday, March 30, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman Yoga Kaulava/Tailila Karana Shashthyam Titau	Dushanbe, Tajikistan Sun 20 Sutra 351
Virshabha Rasi: 17.14	Tithi 6	133933468	Gulika 3:05PM – 4:39PM Yama 11:56AM – 1:30PM Rahu 8:47AM – 10:21AM	Rohini Until 5:50PM Ayushman Until 6:50PM Kaulava Until 3:16PM Shashthi* Until 3:49AM Tue	Ganesha: Blue <i>Sunrise:</i> 7:12AM Muruqa: Orange <i>Sunset:</i> 7:48PM Nataraja: Purple Moon – Yellow Chaitra•Panguni
Family Home Evening Creative Work Amrita Yoga				Subha Sivaloka Day	
Tuesday, March 31, 2020		Retreat Star		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau	Dushanbe, Tajikistan Sun 21 Sutra 352
Virshabha Rasi: 29.39	Tithi 7	133933468	Gulika 1:30PM – 3:05PM Yama 10:21AM – 11:55AM Rahu 4:40PM – 6:15PM	Mrigashira Until 7:17PM Saubhagya Until 6:26PM Gara Until 4:13PM Saptami Until 4:25AM Wed	Ganesha: Blue <i>Sunrise:</i> 7:11AM Muruqa: Orange <i>Sunset:</i> 7:49PM Nataraja: Purple Moon – Yellow Chaitra•Panguni
Creative Work Siddha Yoga Until 7:17PM Then Routine Work - Marana Yoga				Subha Sivaloka Day	
Wednesday, April 1, 2020		Retreat Star		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Ashtamyam Titau	Dushanbe, Tajikistan Sun 22 Sutra 353
Mithuna Rasi: 12.22	Tithi 8	133933468	Gulika 11:55AM – 1:30PM Yama 8:46AM – 10:21AM Rahu 1:30PM – 3:05PM	Ardra Until 7:53PM Sobhana Until 5:29PM Visti Until 4:26PM Ashtami* Until 4:14AM Thu	Ganesha: Blue <i>Sunrise:</i> 7:11AM Muruqa: Orange <i>Sunset:</i> 7:49PM Nataraja: Purple Moon – Yellow Chaitra•Panguni
Creative Work Siddha Yoga				Subha Sivaloka Day	
Thursday, April 2, 2020		Retreat Star		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau	Dushanbe, Tajikistan Sun 23 Sutra 354
Mithuna Rasi: 25.29	Tithi 9	143933468	Gulika 10:20AM – 11:55AM Yama 7:09AM – 8:45AM Rahu 3:05PM – 4:40PM	Punarvasu Until 7:59PM Athiganda* Until 3:52PM Balava Until 3:51PM Navami* Until 3:13AM Fri	Ganesha: Yellow <i>Sunrise:</i> 7:09AM Muruqa: Orange <i>Sunset:</i> 7:50PM Nataraja: Purple Moon – Blue Chaitra•Panguni
Creative Work Amrita Yoga		Sri Rama Navami		Sivaloka Day	

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


1		Friday, April 3, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau			Dushanbe, Tajikistan Sun 24 Sutra 355 Vikarin 5121
Kataka Rasi: 9.02	Tithi 10	Gulika 8:43AM – 10:19AM	Pushya Until 7:08PM	Ganesha: Yellow	<i>Sunrise:</i> 7:08AM		
		Yama 4:40PM – 6:16PM	Sukarma Until 1:37PM	Muruqa: Orange	<i>Sunset:</i> 7:51PM	Moon 3 - Phase 49	
		143933468 Rahu 11:54AM – 1:30PM	Taitila Until 2:26PM	Nataraja: Purple		4th Phase	
Routine Work	Marana Yoga		Dashami Until 1:25AM Sat	Moon – Blue		Sivaloka Day	
				Chaitra•Panguni			

2		Saturday, April 4, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Ekadashyam Titau			Dushanbe, Tajikistan Sun 25 Sutra 356 Vikarin 5121
Kataka Rasi: 23.04	Tithi 11	Gulika 7:06AM – 8:42AM	Ashlesha* Until 5:24PM	Ganesha: Yellow	<i>Sunrise:</i> 7:06AM		
		Yama 3:05PM – 4:41PM	Dhriti Until 10:46AM	Muruqa: Orange	<i>Sunset:</i> 7:52PM	Moon 3 - Phase 49	
		143933468 Rahu 10:18AM – 11:54AM	Vanija Until 12:15PM	Nataraja: Purple		4th Phase	
Routine Work	Marana Yoga		Ekadashi Until 10:54PM	Moon – Blue		Sivaloka Day	
Until 5:24PM		Yogaswami Mahasamadhi		Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

3		Sunday, April 5, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Dvadashyam Titau			Dushanbe, Tajikistan Sun 26 Sutra 357 Vikarin 5121
Simha Rasi: 7.34	Tithi 12	Gulika 4:41PM – 6:17PM	Magha* Until 3:19PM	Ganesha: White	<i>Sunrise:</i> 7:05AM		
		Yama 1:29PM – 3:05PM	Shula* Until 7:20AM	Muruqa: Orange	<i>Sunset:</i> 7:53PM	Moon 3 - Phase 49	
		153933468 Rahu 6:17PM – 7:53PM	Bava Until 9:25AM	Nataraja: Purple		4th Phase	
Routine Work	Marana Yoga		Dvadashi Until 7:47PM	Moon – Red		Subha Sivaloka Day	
Until 3:19PM				Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

4		Monday, April 6, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau			Dushanbe, Tajikistan Sun 27 Sutra 358 Vikarin 5121
Simha Rasi: 22.28	Tithi 13 – 14	Gulika 3:05PM – 4:41PM	Purvaphalguni Until 12:38PM	Ganesha: Clear	<i>Sunrise:</i> 7:03AM		
Family Home Evening		Yama 11:52AM – 1:29PM	Vriddhi Until 11:21PM	Muruqa: Orange	<i>Sunset:</i> 7:54PM	Moon 3 - Phase 49	
Creative Work	Siddha Yoga	154933468 Rahu 8:40AM – 10:16AM	Kaulava Until 6:05AM	Nataraja: Purple		4th Phase	
			Trayodashi Until 4:15PM	Moon – Red		Sivaloka Day	
				Chaitra•Panguni			

Pradosha Vrata

		Tuesday, April 7, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashil/Purnimayam Titau			Dushanbe, Tajikistan Sun 28 Sutra 359 Vikarin 5121
Copper Retreat Star		Gulika 1:28PM – 3:05PM	Uttaraphalguni Until 9:32AM	Ganesha: Clear	<i>Sunrise:</i> 7:02AM		
Kanya Rasi: 7.39	Tithi 14 – 15	Yama 10:15AM – 11:52AM	Dhruva Until 7:01PM	Muruqa: Orange	<i>Sunset:</i> 7:55PM	Moon 3 - Phase 49	
		154933468 Rahu 4:42PM – 6:18PM	Visti Until 10:31PM	Nataraja: Purple		Purnima	
Creative Work	Amrita Yoga		Chaturdashi* Until 12:27PM	Moon – Red		Sivaloka Day	
Until 9:32AM		Panguni Uttiram		Chaitra•Panguni			
Then Creative Work - Siddha Yoga		Hanuman Jayanti					

5		Wednesday, April 8, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Dushanbe, Tajikistan Sun 29 Sutra 360 Vikarin 5121
Silver Retreat Star		Gulika 11:51AM – 1:28PM	Hasta Until 6:34AM	Ganesha: Purple	<i>Sunrise:</i> 7:00AM		
Kanya Rasi: 22.58	Tithi 15 – 16	Yama 8:37AM – 10:14AM	Vyaghata* Until 2:40PM	Muruqa: Clear	<i>Sunset:</i> 7:56PM	Moon 3 - Phase 49	
		164934468 Rahu 1:28PM – 3:05PM	Balava Until 6:39PM	Nataraja: Purple		Prathama	
Routine Work	Marana Yoga		Purnima* Until 8:33AM	Moon – Green		Devaloka Day	
Until 6:34AM				Chaitra•Panguni			
Then Creative Work - Siddha Yoga							



Thursday, April 9, 2020
Gold Retreat Star

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

Dushanbe, Tajikistan
Sutra 361

Tula Rasi: 8.12 Tithi 17

Gulika 10:13AM – 11:51AM
Yama 6:59AM – 8:36AM
164934468 **Rahu** 3:05PM – 4:42PM

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

Ganesha: Purple *Sunrise:* 6:59AM
Muruqa: Clear *Sunset:* 7:57PM
Nataraja: Purple
Moon – Green

Moon 4 - Phase 50
1st Phase

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

Devaloka Day
Chaitra•Panguni

1

Friday, April 10, 2020

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

Dushanbe, Tajikistan
Sun 1 Sutra 362

Tula Rasi: 23.13 Tithi 18

Gulika 8:35AM – 10:12AM
Yama 4:43PM – 6:20PM
174134468 **Rahu** 11:50AM – 1:28PM

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

Ganesha: Yellow *Sunrise:* 6:57AM
Muruqa: Clear *Sunset:* 7:57PM
Nataraja: Purple
Moon – Orange

Moon 4 - Phase 50
1st Phase

Creative Work Siddha Yoga

Sivaloka Day
Chaitra•Panguni

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

Dushanbe, Tajikistan
Sun 2 Sutra 363

Virshika Rasi: 7.53 Tithi 19

Gulika 6:56AM – 8:34AM
Yama 3:05PM – 4:43PM
174134468 **Rahu** 10:12AM – 11:49AM

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

Ganesha: Yellow *Sunrise:* 6:56AM
Muruqa: Clear *Sunset:* 7:59PM
Nataraja: Purple
Moon – Orange

Moon 4 - Phase 50
1st Phase

Creative Work Siddha Yoga

Sivaloka Day
Chaitra•Panguni

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

Dushanbe, Tajikistan
Sun 3 Sutra 364

Virshika Rasi: 22.05 Tithi 20 – 21

Gulika 4:43PM – 6:22PM
Yama 1:27PM – 3:05PM
174134468 **Rahu** 6:22PM – 8:00PM

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

Ganesha: Yellow *Sunrise:* 6:54AM
Muruqa: Clear *Sunset:* 8:00PM
Nataraja: Purple
Moon – Orange

Moon 4 - Phase 50
1st Phase

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

Sivaloka Day
Chaitra•Panguni

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

Dushanbe, Tajikistan
Sun 4 Sutra 1

Dhanus Rasi: 5.49 Tithi 21 – 22

Family Home Evening

Gulika 3:05PM – 4:44PM
Yama 11:48AM – 1:27PM
184134468 **Rahu** 8:31AM – 10:10AM

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

Ganesha: Blue *Sunrise:* 6:53AM
Muruqa: Clear *Sunset:* 8:01PM
Nataraja: Purple
Moon – Light Blue

Moon 4 - Phase 50
1st Phase

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

Devaloka Day
Chaitra•Chaitra

5

Tuesday, April 14, 2020

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

Dushanbe, Tajikistan
Sun 5 Sutra 2

Dhanus Rasi: 19.03 Tithi 22 – 23

Gulika 1:27PM – 3:05PM
Yama 10:09AM – 11:48AM
284134468 **Rahu** 4:44PM – 6:23PM

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

Ganesha: Yellow *Sunrise:* 6:52AM
Muruqa: Clear *Sunset:* 8:02PM
Nataraja: Purple
Moon – Light Blue

Moon 4 - Phase 50
1st Phase

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

Sivaloka Day
Chaitra•Chaitra

D

Wednesday, April 15, 2020

Retreat Star

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

Dushanbe, Tajikistan
Sun 6 Sutra 3

Makara Rasi: 1.52 Tithi 23 – 24

Gulika 11:47AM – 1:26PM
Yama 8:29AM – 10:08AM
284134468 **Rahu** 1:26PM – 3:05PM

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

Ganesha: Yellow *Sunrise:* 6:50AM
Muruqa: Clear *Sunset:* 8:03PM
Nataraja: Purple
Moon – Light Blue

Moon 4 - Phase 50
Ashtami

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

Sivaloka Day
Chaitra•Chaitra

Thursday, April 16, 2020

Retreat Star

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

Dushanbe, Tajikistan
Sun 7 Sutra 4

Makara Rasi: 14.2 Tithi 24

Gulika 10:07AM – 11:47AM
Yama 6:49AM – 8:28AM
294134468 **Rahu** 3:05PM – 4:45PM

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

Ganesha: Blue *Sunrise:* 6:49AM
Muruqa: Clear *Sunset:* 8:03PM
Nataraja: Purple
Moon – Purple

Moon 4 - Phase 50
Navami

Creative Work Siddha Yoga

Chidambaram Abhishekam

Devaloka Day
Chaitra•Chaitra

1		Friday, April 17, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Vanija/Visti* Karana Dashamyam Titau				Dushanbe, Tajikastan Sun 8 Sutra 5	
Makara Rasi: 26.33	Tithi 25	Gulika 8:27AM – 10:07AM	Dhanishtha Until 2:07AM Sat	Ganesha: Blue	<i>Sunrise:</i> 6:47AM			Sarvari 5122	
		Yama 4:45PM – 6:25PM	Subha Until 6:30PM	Muruqa: Clear	<i>Sunset:</i> 8:04PM			Moon 4 - Phase 1	
		294134468 Rahu 11:46AM – 1:26PM	Vanija Until 7:38AM	Nataraja: Purple				2nd Phase	
Creative Work	Siddha Yoga		Dashami Until 8:37PM	Moon – Purple			Devaloka Day		
Until 2:07AM Sat				Chaitra+Chaitra					
Then Creative Work - Amrita Yoga									
2		Saturday, April 18, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mantra Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Bava/Balava Karana Ekadashyam Titau				Dushanbe, Tajikastan Sun 9 Sutra 6	
Kumbha Rasi: 8.35	Tithi 26	Gulika 6:46AM – 8:26AM	Shatabhishak Until 4:46AM Sun	Ganesha: Yellow	<i>Sunrise:</i> 6:46AM			Sarvari 5122	
		Yama 3:06PM – 4:45PM	Sukla Until 7:12PM	Muruqa: Clear	<i>Sunset:</i> 8:05PM			Moon 4 - Phase 1	
		295134468 Rahu 10:06AM – 11:46AM	Bava Until 9:43AM	Nataraja: Purple				2nd Phase	
Creative Work	Amrita Yoga		Ekadashi* Until 10:51PM	Moon – Purple			Sivaloka Day		
Until 4:46AM Sun				Chaitra+Chaitra					
Then Creative Work - Siddha Yoga									
3		Sunday, April 19, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Kaulava/Taitila Karana Dvadashyam Titau				Dushanbe, Tajikastan Sun 10 Sutra 7	
Kumbha Rasi: 20.31	Tithi 27	Gulika 4:46PM – 6:26PM	Purvaproshtapada* Until 7:53AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 6:44AM			Sarvari 5122	
		Yama 1:25PM – 3:06PM	Brahma Until 8:04PM	Muruqa: Clear	<i>Sunset:</i> 8:06PM			Moon 4 - Phase 1	
		215134468 Rahu 6:26PM – 8:06PM	Kaulava Until 12:03PM	Nataraja: Purple				2nd Phase	
Creative Work	Siddha Yoga		Dvadashi* Until 1:15AM Mon	Moon – Clear			Sivaloka Day		
Until 7:53AM				Chaitra+Chaitra					
Then Creative Work - Siddha Yoga									
4		Monday, April 20, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra Yoga Gara/Vanija Karana Trayodashyam Titau				Dushanbe, Tajikastan Sun 11 Sutra 8	
Meena Rasi: 2.23	Tithi 28	Gulika 3:06PM – 4:46PM	Purvaproshtapada* Until 7:53AM	Ganesha: Yellow	<i>Sunrise:</i> 6:43AM			Sarvari 5122	
Family Home Evening		Yama 11:45AM – 1:25PM	Indra Until 9:00PM	Muruqa: Clear	<i>Sunset:</i> 8:07PM			Moon 4 - Phase 1	
Routine Work	Marana Yoga	215134468 Rahu 8:24AM – 10:04AM	Gara Until 2:30PM	Nataraja: Purple				2nd Phase	
Until 7:53AM			Trayodashi* Until 3:42AM Tue	Moon – Clear			Sivaloka Day		
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>	Chaitra+Chaitra					
5		Tuesday, April 21, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Vaidhriti* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Dushanbe, Tajikastan Sun 12 Sutra 9	
Meena Rasi: 14.16	Tithi 29	Gulika 1:25PM – 3:06PM	Uttaraproshtapada Until 10:51AM	Ganesha: Yellow	<i>Sunrise:</i> 6:42AM			Sarvari 5122	
		Yama 10:03AM – 11:44AM	Vaidhriti* Until 9:53PM	Muruqa: Clear	<i>Sunset:</i> 8:08PM			Moon 4 - Phase 1	
		215134468 Rahu 4:47PM – 6:27PM	Visti Until 4:56PM	Nataraja: Purple				2nd Phase	
Creative Work	Amrita Yoga		Chaturdashi* Until 6:06AM Wed	Moon – Clear			Sivaloka Day		
Until 10:51AM				Chaitra+Chaitra					
Then Creative Work - Siddha Yoga									
Retreat Star		Wednesday, April 22, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Dushanbe, Tajikastan Sun 13 Sutra 10	
Meena Rasi: 26.08	Tithi 29 – 30	Gulika 11:44AM – 1:25PM	Revati Until 1:35PM	Ganesha: Yellow	<i>Sunrise:</i> 6:40AM			Sarvari 5122	
		Yama 8:22AM – 10:03AM	Vishkambha* Until 10:43PM	Muruqa: Clear	<i>Sunset:</i> 8:09PM			Moon 4 - Phase 1	
		215134468 Rahu 1:25PM – 3:06PM	Catuspada Until 7:17PM	Nataraja: Purple				Amavasya	
Routine Work	Marana Yoga		Chaturdashi* Until 6:06AM	Moon – Clear			Sivaloka Day		
				Chaitra+Chaitra					
Retreat Star		Thursday, April 23, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Dushanbe, Tajikastan Sun 14 Sutra 11	
Mesha Rasi: 8.04	Tithi 30 – 1	Gulika 10:02AM – 11:43AM	Ashvini Until 4:31PM	Ganesha: Red	<i>Sunrise:</i> 6:39AM			Sarvari 5122	
		Yama 6:39AM – 8:20AM	Priti Until 11:27PM	Muruqa: Clear	<i>Sunset:</i> 8:10PM			Moon 4 - Phase 1	
		225134468 Rahu 3:06PM – 4:47PM	Kintughna Until 9:29PM	Nataraja: Purple				Prathama	
Creative Work	Amrita Yoga		Amavasya* Until 8:23AM	Moon – White			Sivaloka Day		
Until 4:31PM				Vaisaka+Chaitra					
Then Creative Work - Siddha Yoga									

1	Friday, April 24, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Dushanbe, Tajikistan Sun 15 Sutra 12
	Mesha Rasi: 20.04	Tithi 1 – 2	Gulika 8:19AM – 10:01AM	Bharani Until 7:06PM	Ganesha: Red <i>Sunrise:</i> 6:38AM		Sarvari 5122
			Yama 4:48PM – 6:29PM	Ayushman Until 11:59PM	Muruqa: Clear <i>Sunset:</i> 8:11PM		Moon 4 - Phase 2
	Creative Work Siddha Yoga	225134469	Rahu 11:43AM – 1:24PM	Balava Until 11:28PM	Nataraja: Clear		3rd Phase
			Prathama* Until 10:29AM	Moon – White		Devaloka Day	
				Vaisaka-Chaitra			

2	Saturday, April 25, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Dushanbe, Tajikistan Sun 16 Sutra 13
	Vrishabha Rasi: 2.09	Tithi 2 – 3	Gulika 6:37AM – 8:18AM	Krittika Until 9:16PM	Ganesha: Red <i>Sunrise:</i> 6:37AM		Sarvari 5122
			Yama 3:06PM – 4:48PM	Saubhagya Until 12:19AM Sun	Muruqa: Clear <i>Sunset:</i> 8:12PM		Moon 4 - Phase 2
	Creative Work Amrita Yoga	225134469	Rahu 10:00AM – 11:42AM	Taitila Until 1:11AM Sun	Nataraja: Clear		3rd Phase
			Dvitiya Until 12:21PM	Moon – White		Devaloka Day	
				Vaisaka-Chaitra			

3	Sunday, April 26, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Dushanbe, Tajikistan Sun 17 Sutra 14
	Vrishabha Rasi: 14.22	Tithi 3 – 4	Gulika 4:48PM – 6:31PM	Rohini Until 11:26PM	Ganesha: Yellow <i>Sunrise:</i> 6:35AM		Sarvari 5122
			Yama 1:24PM – 3:06PM	Sobhana Until 12:24AM Mon	Muruqa: Clear <i>Sunset:</i> 8:13PM		Moon 4 - Phase 2
	Creative Work Siddha Yoga	235134469	Rahu 6:31PM – 8:13PM	Vanija Until 2:32AM Mon	Nataraja: Clear		3rd Phase
			Tritiya Until 1:53PM	Moon – Yellow		Devaloka Day	
			Akshaya Tritiya	Vaisaka-Chaitra			

4	Monday, April 27, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Dushanbe, Tajikistan Sun 18 Sutra 15
	Vrishabha Rasi: 26.43	Tithi 4 – 5	Gulika 3:06PM – 4:49PM	Mrigashira Until 1:00AM Tue	Ganesha: Yellow <i>Sunrise:</i> 6:34AM		Sarvari 5122
	Family Home Evening		Yama 11:41AM – 1:24PM	Athiganda* Until 12:07AM Tue	Muruqa: Clear <i>Sunset:</i> 8:14PM		Moon 4 - Phase 2
	Creative Work Amrita Yoga	235134469	Rahu 8:16AM – 9:59AM	Bava Until 3:27AM Tue	Nataraja: Clear		3rd Phase
			Chaturthi* Until 3:02PM	Moon – Yellow		Devaloka Day	
				Vaisaka-Chaitra			

5	Tuesday, April 28, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Dushanbe, Tajikistan Sun 19 Sutra 16
	Mithuna Rasi: 9.17	Tithi 5 – 6	Gulika 1:24PM – 3:07PM	Ardra Until 1:55AM Wed	Ganesha: Blue <i>Sunrise:</i> 6:33AM		Sarvari 5122
			Yama 9:58AM – 11:41AM	Sukarma Until 11:27PM	Muruqa: Clear <i>Sunset:</i> 8:15PM		Moon 4 - Phase 2
	Routine Work Marana Yoga	236134469	Rahu 4:49PM – 6:32PM	Kaulava Until 3:49AM Wed	Nataraja: Clear		3rd Phase
			Panchami Until 3:41PM	Moon – Yellow		Bhuloka Day	
			Adi Sankara Jayanthi	Vaisaka-Chaitra		Devaloka Time: 3:PM to 6:PM	

6	Wednesday, April 29, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Dushanbe, Tajikistan Sun 20 Sutra 17
	Mithuna Rasi: 22.06	Tithi 6 – 7	Gulika 11:41AM – 1:24PM	Punarvasu Until 2:33AM Thu	Ganesha: Yellow <i>Sunrise:</i> 6:31AM		Sarvari 5122
			Yama 8:15AM – 9:58AM	Dhriti Until 10:19PM	Muruqa: Clear <i>Sunset:</i> 8:16PM		Moon 4 - Phase 2
	Creative Work Siddha Yoga	246134469	Rahu 1:24PM – 3:07PM	Gara Until 3:34AM Thu	Nataraja: Clear		3rd Phase
			Shashthi* Until 3:45PM	Moon – Blue		Devaloka Day	
				Vaisaka-Chaitra			

☽	Thursday, April 30, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Dushanbe, Tajikistan Sun 21 Sutra 18
	Retreat Star		Gulika 9:57AM – 11:40AM	Pushya Until 2:23AM Fri	Ganesha: Yellow <i>Sunrise:</i> 6:30AM		Sarvari 5122
	Kataka Rasi: 5.14	Tithi 7 – 8	Yama 6:30AM – 8:14AM	Shula* Until 8:39PM	Muruqa: Clear <i>Sunset:</i> 8:17PM		Moon 4 - Phase 2
	Creative Work Amrita Yoga	246134469	Rahu 3:07PM – 4:50PM	Visti Until 2:40AM Fri	Nataraja: Clear		Ashtami
			Saptami Until 3:11PM	Moon – Blue		Devaloka Day	
				Vaisaka-Chaitra			

☽	Friday, May 1, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Dushanbe, Tajikistan Sun 22 Sutra 19
	Retreat Star		Gulika 8:12AM – 9:56AM	Ashlesha* Until 1:24AM Sat	Ganesha: Yellow <i>Sunrise:</i> 6:28AM		Sarvari 5122
	Kataka Rasi: 18.43	Tithi 8 – 9	Yama 4:51PM – 6:35PM	Ganda* Until 6:27PM	Muruqa: Clear <i>Sunset:</i> 8:19PM		Moon 4 - Phase 2
	Routine Work Marana Yoga	246134469	Rahu 11:39AM – 1:23PM	Balava Until 1:06AM Sat	Nataraja: Clear		Navami
			Ashtami* Until 1:57PM	Moon – Blue		Devaloka Day	
				Vaisaka-Chaitra			

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


1		Saturday, May 2, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Dushanbe, Tajikistan Sun 23 Sutra 20	
Simha Rasi: 2.35	Tithi 9 – 10	Gulika 6:27AM – 8:11AM	Magha* Until 12:06AM Sun	Ganesha: White	<i>Sunrise:</i> 6:27AM	Sarvari 5122	
		Yama 3:07PM – 4:51PM	Vriddhi Until 3:45PM	Muruqa: Clear	<i>Sunset:</i> 8:19PM	Moon 4 - Phase 3	
		256134469 Rahu 9:55AM – 11:39AM	Taitila Until 10:55PM	Nataraja: Clear		4th Phase	
Creative Work	Amrita Yoga		Navami* Until 12:04PM	Moon – Red		Bhuloka Day	
Until 12:06AM Sun				Vaisaka*Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

2		Sunday, May 3, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Dushanbe, Tajikistan Sun 24 Sutra 21	
Simha Rasi: 16.52	Tithi 10 – 11	Gulika 4:52PM – 6:36PM	Purvaphalguni Until 10:08PM	Ganesha: White	<i>Sunrise:</i> 6:26AM	Sarvari 5122	
		Yama 1:23PM – 3:07PM	Dhruva Until 12:34PM	Muruqa: Clear	<i>Sunset:</i> 8:20PM	Moon 4 - Phase 3	
		256134469 Rahu 6:36PM – 8:20PM	Vanija Until 8:11PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Dashami Until 9:36AM	Moon – Red		Bhuloka Day	
Until 10:08PM				Vaisaka*Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

3		Monday, May 4, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Vistil*/Balava Karana Ekadashi/Dvodashyam Titau		Dushanbe, Tajikistan Sun 25 Sutra 22	
Kanya Rasi: 1.29	Tithi 11 – 12	Gulika 3:08PM – 4:52PM	Uttaraphalguni Until 7:36PM	Ganesha: Clear	<i>Sunrise:</i> 6:25AM	Sarvari 5122	
Family Home Evening		Yama 11:38AM – 1:23PM	Vyaghata* Until 9:00AM	Muruqa: Clear	<i>Sunset:</i> 8:21PM	Moon 4 - Phase 3	
		256234469 Rahu 8:09AM – 9:54AM	Balava Until 3:20AM Tue	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 6:38AM	Moon – Red		Devaloka Day	
				Vaisaka*Chaitra			

4		Tuesday, May 5, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Dushanbe, Tajikistan Sun 26 Sutra 23	
Kanya Rasi: 16.23	Tithi 13	Gulika 1:23PM – 3:08PM	Hasta Until 5:05PM	Ganesha: Clear	<i>Sunrise:</i> 6:23AM	Sarvari 5122	
		Yama 9:53AM – 11:38AM	Vajra* Until 1:09AM Wed	Muruqa: Clear	<i>Sunset:</i> 8:22PM	Moon 4 - Phase 3	
		267234469 Rahu 4:53PM – 6:37PM	Kaulava Until 1:36PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 11:48PM	Moon – Green		Devaloka Day	
				Vaisaka*Chaitra			
						<i>Pradosha Vrata</i>	

5		Wednesday, May 6, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau		Dushanbe, Tajikistan Sun 27 Sutra 24	
Tula Rasi: 1.26	Tithi 14	Gulika 11:38AM – 1:23PM	Chitra Until 2:19PM	Ganesha: Clear	<i>Sunrise:</i> 6:22AM	Sarvari 5122	
		Yama 8:07AM – 9:53AM	Siddhi Until 9:06PM	Muruqa: Clear	<i>Sunset:</i> 8:23PM	Moon 4 - Phase 3	
		267234469 Rahu 1:23PM – 3:08PM	Gara Until 10:02AM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 8:14PM	Moon – Green		Devaloka Day	
				Vaisaka*Chaitra			

		Thursday, May 7, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Vistil*/Balava Karana Purnima/Prathamayam Titau		Dushanbe, Tajikistan Sutra 25	
Tula Rasi: 16.29	Tithi 15 – 16	Gulika 9:52AM – 11:37AM	Svati Until 11:28AM	Ganesha: Clear	<i>Sunrise:</i> 6:21AM	Sarvari 5122	
		Yama 6:21AM – 8:07AM	Vyatipata* Until 5:09PM	Muruqa: Clear	<i>Sunset:</i> 8:24PM	Moon 4 - Phase 3	
		267234469 Rahu 3:08PM – 4:53PM	Vistil Until 6:29AM	Nataraja: Clear		Purnima	
Creative Work	Amrita Yoga		Purnima* Until 4:45PM	Moon – Green		Devaloka Day	
Until 11:28AM		Budha Purnima (Tamil Nadu)		Vaisaka*Chaitra			
Then Creative Work - Siddha Yoga							

Friday, May 8, 2020		Silver Retreat Star		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau		Dushanbe, Tajikistan Sutra 26	
Vrischika Rasi: 1.24	Tithi 16 – 17	Gulika 8:06AM – 9:51AM	Vishakha Until 9:08AM	Ganesha: Purple	<i>Sunrise:</i> 6:20AM	Sarvari 5122	
		Yama 4:54PM – 6:39PM	Variyan Until 1:25PM	Muruqa: Clear	<i>Sunset:</i> 8:25PM	Moon 4 - Phase 3	
		277234469 Rahu 11:37AM – 1:23PM	Taitila Until 12:07AM Sat	Nataraja: Clear		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 1:33PM	Moon – Orange		Bhuloka Day	
				Vaisaka*Chaitra		Devaloka Time: 3:PM to 6:PM	

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