



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

Tula Rasi: 29.37 Tithi 17 – 18

274483468

Routine Work Marana Yoga

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

**Gulika** 4:13PM – 6:00PM  
**Yama** 12:38PM – 2:25PM  
**Rahu** 6:00PM – 7:47PM

**Vishakha** **Until 12:28PM**  
**Vyatipata\*** **Until 10:59PM**  
**Vanija** **Until 7:23PM**  
**Dvitiya** **Until 8:01AM**

**Ganesha:** Blue *Sunrise:* 5:29AM  
**Muruqa:** Yellow *Sunset:* 7:47PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Chaitra**

Lelystad, Netherlands  
Sutra 7  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**1**

**Monday, April 22, 2019**

Vrischika Rasi: 13.12 Tithi 18 – 19

**Family Home Evening**

Creative Work Siddha Yoga

274483468

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

**Gulika** 2:26PM – 4:13PM  
**Yama** 10:50AM – 12:38PM  
**Rahu** 7:15AM – 9:03AM

**Anuradha** **Until 12:13PM**  
**Variyan** **Until 9:23PM**  
**Bava** **Until 6:39PM**  
**Tritiya** **Until 6:54AM**

**Ganesha:** Blue *Sunrise:* 5:27AM  
**Muruqa:** Yellow *Sunset:* 7:47PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Chaitra**

Lelystad, Netherlands  
Sun 1 Sutra 8  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**2**

**Tuesday, April 23, 2019**

Vrischika Rasi: 26.22 Tithi 19 – 20

Routine Work Marana Yoga

Until 12:35PM

Then Creative Work - Amrita Yoga

274483468

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

**Gulika** 12:38PM – 2:26PM  
**Yama** 9:02AM – 10:50AM  
**Rahu** 4:14PM – 6:02PM

**Jyeshtha\*** **Until 12:35PM**  
**Parigha\*** **Until 8:27PM**  
**Kaulava** **Until 6:43PM**  
**Chaturthi\*** **Until 6:33AM**

**Ganesha:** Blue *Sunrise:* 5:25AM  
**Muruqa:** Yellow *Sunset:* 7:50PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Chaitra**

Lelystad, Netherlands  
Sun 2 Sutra 9  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**3**

**Wednesday, April 24, 2019**

Dhanus Rasi: 9.07 Tithi 20 – 21

Routine Work Marana Yoga

Until 2:04PM

Then Creative Work - Amrita Yoga

284483468

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

**Gulika** 10:49AM – 12:38PM  
**Yama** 7:12AM – 9:00AM  
**Rahu** 12:38PM – 2:26PM

**Mula\*** **Until 2:04PM**  
**Shiva** **Until 8:09PM**  
**Gara** **Until 7:36PM**  
**Panchami** **Until 7:02AM**

**Ganesha:** Yellow *Sunrise:* 5:23AM  
**Muruqa:** Yellow *Sunset:* 7:52PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

Lelystad, Netherlands  
Sun 3 Sutra 10  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Sivaloka Day**

**4**

**Thursday, April 25, 2019**

Dhanus Rasi: 21.31 Tithi 21 – 22

Creative Work Siddha Yoga

Until 4:08PM

Then Routine Work - Marana Yoga

284483469

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

**Gulika** 8:59AM – 10:48AM  
**Yama** 5:21AM – 7:10AM  
**Rahu** 2:27PM – 4:16PM

**Purvashadha\*** **Until 4:08PM**  
**Siddha** **Until 8:23PM**  
**Visti** **Until 9:12PM**  
**Shashthi\*** **Until 8:18AM**

**Ganesha:** Yellow *Sunrise:* 5:21AM  
**Muruqa:** Yellow *Sunset:* 7:54PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra+Chaitra**

Lelystad, Netherlands  
Sun 4 Sutra 11  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**D**

**Friday, April 26, 2019**

**Retreat Star**

Makara Rasi: 3.38 Tithi 22 – 23

Routine Work Marana Yoga

284583469

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

**Gulika** 7:09AM – 8:58AM  
**Yama** 4:16PM – 6:06PM  
**Rahu** 10:48AM – 12:37PM

**Uttarashadha** **Until 6:35PM**  
**Sadhya** **Until 9:04PM**  
**Balava** **Until 11:22PM**  
**Saptami** **Until 10:13AM**

**Ganesha:** Red *Sunrise:* 5:19AM  
**Muruqa:** Yellow *Sunset:* 7:56PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra+Chaitra**

Lelystad, Netherlands  
Sun 5 Sutra 12  
Vikarin 5121  
Moon 4 - Phase 2  
Ashtami

**Devaloka Day**

**Saturday, April 27, 2019**

**Retreat Star**

Makara Rasi: 15.34 Tithi 23 – 24

Creative Work Siddha Yoga

294583469

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

**Gulika** 5:17AM – 7:07AM  
**Yama** 2:27PM – 4:17PM  
**Rahu** 8:57AM – 10:47AM

**Shravana** **Until 9:44PM**  
**Subha** **Until 10:01PM**  
**Taitila** **Until 1:51AM Sun**  
**Ashtami\*** **Until 12:34PM**

**Ganesha:** Green *Sunrise:* 5:17AM  
**Muruqa:** Yellow *Sunset:* 7:57PM  
**Nataraja:** Clear  
Moon – Purple  
**Chaitra+Chaitra**

Lelystad, Netherlands  
Sun 6 Sutra 13  
Vikarin 5121  
Moon 4 - Phase 2  
Navami

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

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|----------------------------------|---------------|--|--|------------------------|---|-----------------------------|
| <b>1 Sunday, April 28, 2019</b>  |               | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Dhanishtha Nakshatra Sukla Yoga Gara/Vanija Karana Navami/Dashamyam Titau |  |                        | Lelystad, Netherlands<br>Sun 7 Sutra 14 |                             |
| Makara Rasi: 27.23               | Tithi 24 – 25 | <b>Gulika</b> 4:18PM – 6:08PM  | <b>Dhanishtha</b> <b>Until 12:48AM Mon</b> | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 5:15AM                  | Vikarin 5121                |
|                                  |               | Yama 12:37PM – 2:27PM  | Sukla <b>Until 11:01PM</b>                 | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 7:59PM                   | Moon 4 - Phase 3            |
|                                  |               | 294583469 <b>Rahu</b> 6:08PM – 7:59PM  | Vanija <b>Until 4:24AM Mon</b>             | <b>Nataraja:</b> Clear |   | 2nd Phase                   |
| Routine Work                     | Marana Yoga   |  | <b>Navami* Until 3:06PM</b>                | Moon – Purple          |   | <b>Bhuloka Day</b>          |
| Until 12:48AM Mon                |               |  |  | <b>Chaitra*Chaitra</b> |   | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |               |  |  |                        |   |                             |

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| <b>2 Monday, April 29, 2019</b> |               | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Shatabhishak Nakshatra Brahma Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau |   |                        | Lelystad, Netherlands<br>Sun 8 Sutra 15 |                             |
| Kumbha Rasi: 9.13               | Tithi 25 – 26 | <b>Gulika</b> 2:28PM – 4:19PM  | <b>Shatabhishak</b> <b>Until 3:34AM Tue</b> | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 5:13AM                  | Vikarin 5121                |
| <b>Family Home Evening</b>      |               | Yama 10:46AM – 12:37PM   | Brahma <b>Until 11:57PM</b>                 | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:01PM                   | Moon 4 - Phase 3            |
| Creative Work                   | Siddha Yoga   | 294583469 <b>Rahu</b> 7:04AM – 8:55AM  | Bava <b>Until 6:46AM Tue</b>                | <b>Nataraja:</b> Clear |   | 2nd Phase                   |
| Until 3:34AM Tue                |               |  | <b>Dashami</b> <b>Until 5:36PM</b>          | Moon – Purple          |   | <b>Bhuloka Day</b>          |
| Then Routine Work - Marana Yoga |               |  |   | <b>Chaitra*Chaitra</b> |   | Devaloka Time: 3:PM to 6:PM |

|                                  |             |  |   |                        |   |                             |
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| <b>3 Tuesday, April 30, 2019</b> |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Purvaprossthapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau |   |                        | Lelystad, Netherlands<br>Sun 9 Sutra 16 |                             |
| Kumbha Rasi: 21.07               | Tithi 26    | <b>Gulika</b> 12:37PM – 2:28PM   | <b>Purvaprossthapada*</b> <b>Until 6:21AM Wed</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:11AM                  | Vikarin 5121                |
|                                  |             | Yama 8:54AM – 10:45AM  | Indra <b>Until 12:39AM Wed</b>                    | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:02PM                   | Moon 4 - Phase 3            |
|                                  |             | 214583469 <b>Rahu</b> 4:20PM – 6:11PM  | Bava <b>Until 6:46AM</b>                          | <b>Nataraja:</b> Clear |   | 2nd Phase                   |
| Routine Work                     | Marana Yoga |  | <b>Ekadashi* Until 7:49PM</b>                     | Moon – Clear           |   | <b>Bhuloka Day</b>          |
| Until 6:21AM Wed                 |             |  |   | <b>Chaitra*Chaitra</b> |   | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |             |  |   |                        |   |                             |

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| <b>4 Wednesday, May 1, 2019</b>  |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Purvaprossthapada*/Uttaraprossthapada Nakshatra Vaidhriti* Yoga Kaulava/Taitilla Karana Dvadashyam Titau |   |                        | Lelystad, Netherlands<br>Sun 10 Sutra 17 |                             |
| Meena Rasi: 3.08                 | Tithi 27    | <b>Gulika</b> 10:45AM – 12:37PM   | <b>Purvaprossthapada*</b> <b>Until 6:21AM</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:09AM                   | Vikarin 5121                |
|                                  |             | Yama 7:01AM – 8:53AM  | Vaidhriti* <b>Until 12:59AM Thu</b>           | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:04PM                    | Moon 4 - Phase 3            |
|                                  |             | 214583469 <b>Rahu</b> 12:37PM – 2:28PM  | Kaulava <b>Until 8:47AM</b>                   | <b>Nataraja:</b> Clear |  | 2nd Phase                   |
| Creative Work                    | Amrita Yoga |   | <b>Dvadashi* Until 9:36PM</b>                 | Moon – Clear           |  | <b>Bhuloka Day</b>          |
| Until 6:21AM                     |             |   |   | <b>Chaitra*Chaitra</b> |  | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |             |   |   |                        |  |                             |

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| <b>5 Thursday, May 2, 2019</b>   |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Uttaraprossthapada/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau |   |                            | Lelystad, Netherlands<br>Sun 11 Sutra 18 |                             |
| Meena Rasi: 15.22                | Tithi 28    | <b>Gulika</b> 8:52AM – 10:44AM   | <b>Uttaraprossthapada</b> <b>Until 8:31AM</b> | <b>Ganesha:</b> Light Blue | <i>Sunrise:</i> 5:07AM                   | Vikarin 5121                |
|                                  |             | Yama 5:07AM – 6:59AM   | Vishkambha* <b>Until 12:56AM Fri</b>          | <b>Muruqa:</b> Yellow      | <i>Sunset:</i> 8:06PM                    | Moon 4 - Phase 3            |
|                                  |             | 215583469 <b>Rahu</b> 2:29PM – 4:21PM  | Gara <b>Until 10:19AM</b>                     | <b>Nataraja:</b> Clear     |  | 2nd Phase                   |
| Creative Work                    | Siddha Yoga |  | <b>Trayodashi* Until 10:52PM</b>              | Moon – Clear               |  | <b>Bhuloka Day</b>          |
| Until 10:01AM                    |             |  |   | <b>Chaitra*Chaitra</b>     |  | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |             |  |   |                            |  |                             |

*Pradosha Vrata (Fasting)*

|                                  |             |  |                                    |                            |  |                             |
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| <b>6 Friday, May 3, 2019</b>     |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                                    |                            | Lelystad, Netherlands<br>Sun 12 Sutra 19 |                             |
| Meena Rasi: 27.48                | Tithi 29    | <b>Gulika</b> 6:58AM – 8:51AM  | <b>Revati</b> <b>Until 10:01AM</b> | <b>Ganesha:</b> Light Blue | <i>Sunrise:</i> 5:05AM                   | Vikarin 5121                |
|                                  |             | Yama 4:22PM – 6:15PM   | Priti <b>Until 12:28AM Sat</b>     | <b>Muruqa:</b> Yellow      | <i>Sunset:</i> 8:07PM                    | Moon 4 - Phase 3            |
|                                  |             | 215583469 <b>Rahu</b> 10:43AM – 12:36PM  | Visti <b>Until 11:19AM</b>         | <b>Nataraja:</b> Clear     |  | 2nd Phase                   |
| Creative Work                    | Siddha Yoga |  | <b>Chaturdashi* Until 11:36PM</b>  | Moon – Clear               |  | <b>Bhuloka Day</b>          |
| Until 10:01AM                    |             |  |                                    | <b>Chaitra*Chaitra</b>     |  | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Amrita Yoga |             |  |                                    |                            |  |                             |

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| <b>Retreat Star</b>              |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                                     |                        | Lelystad, Netherlands<br>Sun 13 Sutra 20 |                             |
| Mesha Rasi: 10.29                | Tithi 30    | <b>Gulika</b> 5:03AM – 6:56AM  | <b>Ashvini</b> <b>Until 11:18AM</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:03AM                   | Vikarin 5121                |
|                                  |             | Yama 2:29PM – 4:23PM   | Ayushman <b>Until 11:34PM</b>       | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:09PM                    | Moon 4 - Phase 3            |
|                                  |             | 225583469 <b>Rahu</b> 8:50AM – 10:43AM   | Catuspada <b>Until 11:47AM</b>      | <b>Nataraja:</b> Clear |  | Amavasya                    |
| Creative Work                    | Siddha Yoga |  | <b>Amavasya* Until 11:47PM</b>      | Moon – White           |  | <b>Bhuloka Day</b>          |
| Until 11:55AM                    |             |  |                                     | <b>Chaitra*Chaitra</b> |  | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |             |  |                                     |                        |  |                             |

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| <b>Retreat Star</b>              |                    | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau |                                     |                        | Lelystad, Netherlands<br>Sun 14 Sutra 21 |                             |
| Mesha Rasi: 23.26                | Tithi 1            | <b>Gulika</b> 4:23PM – 6:17PM   | <b>Bharani</b> <b>Until 11:55AM</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:01AM                   | Vikarin 5121                |
|                                  |                    | Yama 12:36PM – 2:30PM   | Saubhagya <b>Until 10:18PM</b>      | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:11PM                    | Moon 4 - Phase 3            |
|                                  |                    | 225583469 <b>Rahu</b> 6:17PM – 8:11PM   | Kintughna <b>Until 11:43AM</b>      | <b>Nataraja:</b> Clear |  | Prathama                    |
| Routine Work                     | Prabalarishta Yoga |   | <b>Prathama* Until 11:30PM</b>      | Moon – White           |  | <b>Bhuloka Day</b>          |
| Until 11:55AM                    |                    |   |                                     | <b>Vaisaka*Chaitra</b> |  | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |                    |   |                                     |                        |  |                             |

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

|                                  |           |  |                                      |  |                             |
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| <b>Monday, May 6, 2019</b>       |           | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau |                                      | Lelystad, Netherlands<br>Sun 15 Sutra 22<br>Vikarin 5121 |                             |
| <b>1</b>                         |           | <b>Gulika</b> 2:30PM – 4:24PM  | <b>Krittika</b> <b>Until 11:58AM</b> | <b>Ganesha:</b> Purple <i>Sunrise: 5:00AM</i>            |                             |
| Vrishabha Rasi: 7                | Tithi 2   | Yama 10:42AM – 12:36PM   | Sobhana Until 8:43PM                 | <b>Muruqa:</b> Yellow <i>Sunset: 8:12PM</i>              | Moon 4 - Phase 4            |
| <b>Family Home Evening</b>       | 225583469 | <b>Rahu</b> 6:54AM – 8:48AM  | Balava Until 11:13AM                 | <b>Nataraja:</b> Clear                                   | 3rd Phase                   |
| Routine Work Marana Yoga         |           |  | <b>Dvitiya</b> <b>Until 10:49PM</b>  | <b>Vaisaka-Chaitra</b>                                   | <b>Bhuloka Day</b>          |
| Until 11:58AM                    |           |  |                                      |  | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Amrita Yoga |           |  |                                      |  |                             |

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| <b>Tuesday, May 7, 2019</b>      |           | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau |                                    | Lelystad, Netherlands<br>Sun 16 Sutra 23<br>Vikarin 5121 |                             |
| <b>2</b>                         |           | <b>Gulika</b> 12:36PM – 2:30PM   | <b>Rohini</b> <b>Until 11:56AM</b> | <b>Ganesha:</b> Light Blue <i>Sunrise: 4:58AM</i>        |                             |
| Vrishabha Rasi: 19.59            | Tithi 3   | Yama 8:47AM – 10:41AM  | Athiganda* Until 6:50PM            | <b>Muruqa:</b> Yellow <i>Sunset: 8:14PM</i>              | Moon 4 - Phase 4            |
|                                  | 235583469 | <b>Rahu</b> 4:25PM – 6:20PM  | Taitila Until 10:21AM              | <b>Nataraja:</b> Clear                                   | 3rd Phase                   |
| Creative Work Amrita Yoga        |           | <b>Akshaya</b> <b>Tritiya</b>  | <b>Tritiya</b> <b>Until 9:46PM</b> | <b>Vaisaka-Chaitra</b>                                   | <b>Bhuloka Day</b>          |
| Until 11:56AM                    |           |  |                                    |  | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |           |  |                                    |  |                             |

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| <b>Wednesday, May 8, 2019</b> |           | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Sukarma/Dhriti* Yoga Vanija/Vishti* Karana Chaturthyam Titau |  | Lelystad, Netherlands<br>Sun 17 Sutra 24<br>Vikarin 5121 |                             |
| <b>3</b>                      |           | <b>Gulika</b> 10:41AM – 12:36PM   | <b>Mrigashira</b> <b>Until 11:27AM</b> | <b>Ganesha:</b> Light Blue <i>Sunrise: 4:56AM</i>        |                             |
| Mithuna Rasi: 3.33            | Tithi 4   | Yama 6:51AM – 8:46AM  | Sukarma Until 4:44PM                   | <b>Muruqa:</b> Yellow <i>Sunset: 8:16PM</i>              | Moon 4 - Phase 4            |
|                               | 235583469 | <b>Rahu</b> 12:36PM – 2:31PM  | Vanija Until 9:10AM                    | <b>Nataraja:</b> Clear                                   | 3rd Phase                   |
| Creative Work Siddha Yoga     |           |   | <b>Chaturthi*</b> <b>Until 8:27PM</b>  | <b>Vaisaka-Chaitra</b>                                   | <b>Bhuloka Day</b>          |
|                               |           |   |  |  | Devaloka Time: 3:PM to 6:PM |

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|----------------------------------|-----------|---|-------------------------------------|--|-----------------------------|
| <b>Thursday, May 9, 2019</b>     |           | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Panchamyam Titau |                                     | Lelystad, Netherlands<br>Sun 18 Sutra 25<br>Vikarin 5121 |                             |
| <b>4</b>                         |           | <b>Gulika</b> 8:45AM – 10:40AM  | <b>Ardra</b> <b>Until 10:35AM</b>   | <b>Ganesha:</b> Light Blue <i>Sunrise: 4:54AM</i>        |                             |
| Mithuna Rasi: 17.16              | Tithi 5   | Yama 4:54AM – 6:50AM  | Dhriti Until 2:28PM                 | <b>Muruqa:</b> Yellow <i>Sunset: 8:17PM</i>              | Moon 4 - Phase 4            |
|                                  | 235583469 | <b>Rahu</b> 2:31PM – 4:27PM   | Bava Until 7:43AM                   | <b>Nataraja:</b> Clear                                   | 3rd Phase                   |
| Routine Work Marana Yoga         |           |   | <b>Panchami</b> <b>Until 6:54PM</b> | <b>Vaisaka-Chaitra</b>                                   | <b>Bhuloka Day</b>          |
| Until 10:35AM                    |           |   |                                     |  | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Amrita Yoga |           |   |                                     |  |                             |

|                                 |             |  |                                      |  |                     |
|---------------------------------|-------------|--|--------------------------------------|--|---------------------|
| <b>Friday, May 10, 2019</b>     |             | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Gara Karana Shashthi/Saplamyam Titau |                                      | Lelystad, Netherlands<br>Sun 19 Sutra 26<br>Vikarin 5121 |                     |
| <b>5</b>                        |             | <b>Gulika</b> 6:48AM – 8:44AM  | <b>Punarvasu</b> <b>Until 9:48AM</b> | <b>Ganesha:</b> Orange <i>Sunrise: 4:52AM</i>            |                     |
| Kataka Rasi: 1.07               | Tithi 6 – 7 | Yama 4:27PM – 6:23PM   | Shula* Until 11:59AM                 | <b>Muruqa:</b> Yellow <i>Sunset: 8:19PM</i>              | Moon 4 - Phase 4    |
|                                 | 245583469   | <b>Rahu</b> 10:40AM – 12:36PM  | Kaulava Until 6:04AM                 | <b>Nataraja:</b> Clear                                   | 3rd Phase           |
| Creative Work Siddha Yoga       |             |  | <b>Shashthi*</b> <b>Until 5:09PM</b> | <b>Vaisaka-Chaitra</b>                                   | <b>Devaloka Day</b> |
| Until 9:48AM                    |             |  |                                      |  |                     |
| Then Routine Work - Marana Yoga |             |  |                                      |  |                     |

|                                 |             |   |                                    |  |                     |
|---------------------------------|-------------|---|------------------------------------|--|---------------------|
| <b>Saturday, May 11, 2019</b>   |             | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi* Yoga Vanija/Vishti* Karana Saptami/Ashtamyam Titau |                                    | Lelystad, Netherlands<br>Sun 20 Sutra 27<br>Vikarin 5121 |                     |
| <b>6</b>                        |             | <b>Gulika</b> 4:51AM – 6:47AM   | <b>Pushya</b> <b>Until 8:40AM</b>  | <b>Ganesha:</b> Orange <i>Sunrise: 4:51AM</i>            |                     |
| Kataka Rasi: 15.05              | Tithi 7 – 8 | Yama 2:32PM – 4:28PM  | Ganda* Until 9:22AM                | <b>Muruqa:</b> Yellow <i>Sunset: 8:21PM</i>              | Moon 4 - Phase 4    |
|                                 | 245583469   | <b>Rahu</b> 8:43AM – 10:39AM  | Vishti Until 2:11AM Sun            | <b>Nataraja:</b> Clear                                   | 3rd Phase           |
| Creative Work Siddha Yoga       |             |   | <b>Saptami</b> <b>Until 3:12PM</b> | <b>Vaisaka-Chaitra</b>                                   | <b>Devaloka Day</b> |
| Until 8:40AM                    |             |   |                                    |  |                     |
| Then Routine Work - Marana Yoga |             |   |                                    |  |                     |

|                                 |             |  |                                      |  |                     |
|---------------------------------|-------------|--|--------------------------------------|--|---------------------|
| <b>Sunday, May 12, 2019</b>     |             | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau |                                      | Lelystad, Netherlands<br>Sun 21 Sutra 28<br>Vikarin 5121 |                     |
| <b>Retreat Star</b>             |             | <b>Gulika</b> 4:29PM – 6:26PM  | <b>Ashlesha*</b> <b>Until 7:14AM</b> | <b>Ganesha:</b> Clear <i>Sunrise: 4:49AM</i>             |                     |
| Kataka Rasi: 29.11              | Tithi 8 – 9 | Yama 12:36PM – 2:32PM  | Vridhhi Until 6:38AM                 | <b>Muruqa:</b> Yellow <i>Sunset: 8:22PM</i>              | Moon 4 - Phase 4    |
|                                 | 246583469   | <b>Rahu</b> 6:26PM – 8:22PM  | Balava Until 12:00AM Mon             | <b>Nataraja:</b> Clear                                   | Ashtami             |
| Creative Work Siddha Yoga       |             | <b>Mother's Day</b>  | <b>Ashtami*</b> <b>Until 1:05PM</b>  | <b>Vaisaka-Chaitra</b>                                   | <b>Devaloka Day</b> |
| Until 7:14AM                    |             |  |                                      |  |                     |
| Then Routine Work - Marana Yoga |             |  |                                      |  |                     |


|                                  |              |   |  |  |                             |
|----------------------------------|--------------|---|--|--|-----------------------------|
| <b>Monday, May 13, 2019</b>      |              | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvaphalguni Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |  | Lelystad, Netherlands<br>Sun 22 Sutra 29<br>Vikarin 5121 |                             |
| <b>Retreat Star</b>              |              | <b>Gulika</b> 2:33PM – 4:30PM   | <b>Purvaphalguni</b> <b>Until 4:22AM Tue</b> | <b>Ganesha:</b> White <i>Sunrise: 4:47AM</i>             |                             |
| Simha Rasi: 13.22                | Tithi 9 – 10 | Yama 10:39AM – 12:36PM  | Vyaghata* Until 12:46AM Tue                  | <b>Muruqa:</b> Yellow <i>Sunset: 8:24PM</i>              | Moon 4 - Phase 4            |
|                                  | 256583469    | <b>Rahu</b> 6:44AM – 8:42AM   | Taitila Until 9:41PM                         | <b>Nataraja:</b> Clear                                   | Navami                      |
| Creative Work Siddha Yoga        |              |   | <b>Navami*</b> <b>Until 10:50AM</b>          | <b>Vaisaka-Chaitra</b>                                   | <b>Bhuloka Day</b>          |
| Until 4:22AM Tue                 |              |   |  |  | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Amrita Yoga |              |   |  |  |                             |

|                                 |               |                                |  |                        |                             |  |  |
|---------------------------------|---------------|--------------------------------|--|------------------------|-----------------------------|--|--|
| <b>1</b>                        |               | <b>Tuesday, May 14, 2019</b>   |  |                        |                             | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | Lelystad, Netherlands<br>Sun 23 Sutra 30 |
| Simha Rasi: 27.38               | Tithi 10 – 11 | <b>Gulika</b> 12:36PM – 2:33PM | <b>Uttaraphalguni</b> Until 2:37AM Wed | <b>Ganesha:</b> White  | <i>Sunrise:</i> 4:46AM      | Vikarin 5121   |  |
|                                 |               | Yama 8:41AM – 10:38AM          | Harshana Until 9:45PM                  | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:25PM       | Moon 4 - Phase 5   |  |
|                                 | 256583469     | <b>Rahu</b> 4:31PM – 6:28PM    | Vanija Until 7:19PM                    | <b>Nataraja:</b> Clear |                             | 4th Phase  |  |
| Creative Work                   | Amrita Yoga   |                                | <b>Dashami</b> Until 8:29AM            | Moon – Red             | <b>Bhuloka Day</b>          |  |  |
| Until 2:37AM Wed                |               |                                |  | <b>Vaisaka-Chaitra</b> | Devaloka Time: 3:PM to 6:PM |  |  |
| Then Routine Work - Marana Yoga |               |                                |  |                        |                             |  |  |

|                                  |               |                                 |                               |                        |                        |  |  |
|----------------------------------|---------------|---------------------------------|-------------------------------|------------------------|------------------------|--|--|
| <b>2</b>                         |               | <b>Wednesday, May 15, 2019</b>  |                               |                        |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Hasta Nakshatra Vajra* Yoga Visti*/Balava Karana Ekadashi/Dvodashyam Titau | Lelystad, Netherlands<br>Sun 24 Sutra 31 |
| Kanya Rasi: 11.55                | Tithi 11 – 12 | <b>Gulika</b> 10:38AM – 12:36PM | <b>Hasta</b> Until 1:11AM Thu | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 4:44AM | Vikarin 5121   |  |
|                                  |               | Yama 6:42AM – 8:40AM            | Vajra* Until 6:44PM           | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:27PM  | Moon 4 - Phase 5   |  |
|                                  | 266583469     | <b>Rahu</b> 12:36PM – 2:33PM    | Balava Until 3:45AM Thu       | <b>Nataraja:</b> Clear |                        | 4th Phase  |  |
| Routine Work                     | Marana Yoga   |                                 | <b>Ekadashi</b> Until 6:06AM  | Moon – Green           | <b>Devaloka Day</b>    |  |  |
| Until 1:11AM Thu                 |               |                                 |                               | <b>Vaisaka-Vaikasi</b> |                        |  |  |
| Then Creative Work - Siddha Yoga |               |                                 |                               |                        |                        |  |  |

|                                  |             |                                |                                    |                        |                        |  |  |
|----------------------------------|-------------|--------------------------------|------------------------------------|------------------------|------------------------|--|--|
| <b>3</b>                         |             | <b>Thursday, May 16, 2019</b>  |                                    |                        |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Chitra Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Trayodashyam Titau | Lelystad, Netherlands<br>Sun 25 Sutra 32 |
| Kanya Rasi: 26.11                | Tithi 13    | <b>Gulika</b> 8:39AM – 10:37AM | <b>Chitra</b> Until 11:45PM        | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 4:43AM | Vikarin 5121   |  |
|                                  |             | Yama 4:43AM – 6:41AM           | Siddhi Until 3:49PM                | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:29PM  | Moon 4 - Phase 5   |  |
|                                  | 266583469   | <b>Rahu</b> 2:34PM – 4:32PM    | Kaulava Until 2:39PM               | <b>Nataraja:</b> Clear |                        | 4th Phase  |  |
| Creative Work                    | Siddha Yoga |                                | <b>Trayodashi</b> Until 1:34AM Fri | Moon – Green           | <b>Devaloka Day</b>    |  |  |
| Until 11:45PM                    |             |                                |                                    | <b>Vaisaka-Vaikasi</b> |                        |  |  |
| Then Creative Work - Amrita Yoga |             |                                | <i>Pradosha Vrata</i>              |                        |                        |  |  |

|                  |             |                               |                                   |                        |                        |  |  |
|------------------|-------------|-------------------------------|-----------------------------------|------------------------|------------------------|--|--|
| <b>4</b>         |             | <b>Friday, May 17, 2019</b>   |                                   |                        |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Svati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Chaturdashyam Titau | Lelystad, Netherlands<br>Sun 26 Sutra 33 |
| Tula Rasi: 10.19 | Tithi 14    | <b>Gulika</b> 6:40AM – 8:38AM | <b>Svati</b> Until 10:26PM        | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 4:41AM | Vikarin 5121   |  |
|                  |             | Yama 4:33PM – 6:32PM          | Vyatipata* Until 1:05PM           | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:30PM  | Moon 4 - Phase 5   |  |
|                  | 266583469   | <b>Rahu</b> 10:37AM – 12:36PM | Gara Until 12:35PM                | <b>Nataraja:</b> Clear |                        | 4th Phase  |  |
| Creative Work    | Siddha Yoga |                               | <b>Chaturdashi*</b> Until 11:39PM | Moon – Green           | <b>Devaloka Day</b>    |  |  |
|                  |             |                               |                                   | <b>Vaisaka-Vaikasi</b> |                        |  |  |

|   |             |                               |                               |                        |                             |   |  |
|---|-------------|-------------------------------|-------------------------------|------------------------|-----------------------------|---|--|
|  |             | <b>Saturday, May 18, 2019</b> |                               |                        |                             | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam<br>Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau | Lelystad, Netherlands<br>Sun 27 Sutra 34 |
| <b>Copper Retreat Star</b>  |             | <b>Gulika</b> 4:40AM – 6:39AM | <b>Vishakha</b> Until 9:48PM  | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 4:40AM      | Vikarin 5121  |  |
| Tula Rasi: 24.17  | Tithi 15    | Yama 2:35PM – 4:34PM          | Variyan Until 10:37AM         | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:32PM       | Moon 4 - Phase 5  |  |
|   | 276583469   | <b>Rahu</b> 8:38AM – 10:37AM  | Visti Until 10:52AM           | <b>Nataraja:</b> Clear |                             | Purnima   |  |
| Creative Work   | Siddha Yoga |                               | <b>Purnima*</b> Until 10:09PM | Moon – Orange          | <b>Bhuloka Day</b>          |   |  |
|   |             |                               |                               | <b>Vaisaka-Vaikasi</b> | Devaloka Time: 3:PM to 6:PM |   |  |

|                            |             |                               |                               |                        |                        |  |                                   |
|----------------------------|-------------|-------------------------------|-------------------------------|------------------------|------------------------|--|-----------------------------------|
| <b>0</b>                   |             | <b>Sunday, May 19, 2019</b>   |                               |                        |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau | Lelystad, Netherlands<br>Sutra 35 |
| <b>Silver Retreat Star</b> |             | <b>Gulika</b> 4:34PM – 6:34PM | <b>Anuradha</b> Until 9:33PM  | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 4:38AM | Vikarin 5121   |                                   |
| Vrischika Rasi: 7.58       | Tithi 16    | Yama 12:36PM – 2:35PM         | Parigha* Until 8:32AM         | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:33PM  | Moon 4 - Phase 5   |                                   |
|                            | 277583469   | <b>Rahu</b> 6:34PM – 8:33PM   | Balava Until 9:36AM           | <b>Nataraja:</b> Clear |                        | Prathama   |                                   |
| Routine Work               | Marana Yoga |                               | <b>Prathama*</b> Until 9:10PM | Moon – Orange          | <b>Devaloka Day</b>    |  |                                   |
|                            |             |                               |                               | <b>Vaisaka-Vaikasi</b> |                        |  |                                   |

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

All times are standard time

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

Vrischika Rasi: 21.19 Tithi 17  
**Family Home Evening**  
Creative Work Siddha Yoga

277583469

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

**Gulika** 2:35PM – 4:35PM  
**Yama** 10:36AM – 12:36PM  
**Rahu** 6:37AM – 8:36AM

**Jyeshtha\* Until 9:47PM**  
Shiva Until 6:56AM  
Taitila Until 8:56AM  
**Dvitiya Until 8:49PM**

**Ganesha:** Yellow *Sunrise:* 4:37AM  
**Muruqa:** Yellow *Sunset:* 8:35PM  
**Nataraja:** Clear  
Moon – Orange

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

Lelystad, Netherlands  
Sun 1 Sutra 36  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**1**

**Tuesday, May 21, 2019**

Dhanus Rasi: 4.19 Tithi 18  
Creative Work Amrita Yoga  
Until 10:59PM  
Then Creative Work - Siddha Yoga

287683469

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

**Gulika** 12:36PM – 2:36PM  
**Yama** 8:36AM – 10:36AM  
**Rahu** 4:36PM – 6:36PM

**Mula\* Until 10:59PM**  
Sadhya Until 5:18AM Wed  
Vanija Until 8:55AM  
**Tritiya Until 9:10PM**

**Ganesha:** Red *Sunrise:* 4:36AM  
**Muruqa:** Yellow *Sunset:* 8:36PM  
**Nataraja:** Clear  
Moon – Light Blue

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

Lelystad, Netherlands  
Sun 2 Sutra 37  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**2**

**Wednesday, May 22, 2019**

Dhanus Rasi: 16.59 Tithi 19  
Creative Work Amrita Yoga  
Until 12:43AM Thu  
Then Routine Work - Marana Yoga

287683469

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

**Gulika** 10:35AM – 12:36PM  
**Yama** 6:35AM – 8:35AM  
**Rahu** 12:36PM – 2:36PM

**Purvashadha\* Until 12:43AM Thu**  
Subha Until 5:19AM Thu  
Bava Until 9:37AM  
**Chaturthi\* Until 10:12PM**

**Ganesha:** Red *Sunrise:* 4:34AM  
**Muruqa:** Yellow *Sunset:* 8:38PM  
**Nataraja:** Clear  
Moon – Light Blue

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

Lelystad, Netherlands  
Sun 3 Sutra 38  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**3**

**Thursday, May 23, 2019**

Dhanus Rasi: 29.21 Tithi 20  
Routine Work Marana Yoga

287683469

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

**Gulika** 8:34AM – 10:35AM  
**Yama** 4:33AM – 6:34AM  
**Rahu** 2:37PM – 4:37PM

**Uttarashadha Until 2:52AM Fri**  
Sukla Until 5:45AM Fri  
Kaulava Until 10:59AM  
**Panchami Until 11:51PM**

**Ganesha:** Red *Sunrise:* 4:33AM  
**Muruqa:** Yellow *Sunset:* 8:39PM  
**Nataraja:** Clear  
Moon – Light Blue

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

Lelystad, Netherlands  
Sun 4 Sutra 39  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**4**

**Friday, May 24, 2019**

Makara Rasi: 11.29 Tithi 21  
Routine Work Marana Yoga  
Until 5:47AM Sat  
Then Creative Work - Siddha Yoga

297683469

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

**Gulika** 6:33AM – 8:34AM  
**Yama** 4:38PM – 6:39PM  
**Rahu** 10:35AM – 12:36PM

**Shravana Until 5:47AM Sat**  
Brahma Until 6:31AM Sat  
Gara Until 12:54PM  
**Shashthi\* Until 1:59AM Sat**

**Ganesha:** Green *Sunrise:* 4:32AM  
**Muruqa:** Yellow *Sunset:* 8:40PM  
**Nataraja:** Clear  
Moon – Purple

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

Lelystad, Netherlands  
Sun 5 Sutra 40  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**5**

**Saturday, May 25, 2019**

Makara Rasi: 23.26 Tithi 22  
Creative Work Siddha Yoga

297683469

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

**Gulika** 4:31AM – 6:32AM  
**Yama** 2:37PM – 4:39PM  
**Rahu** 8:33AM – 10:35AM

**Dhanishtha Until 8:44AM Sun**  
Brahma Until 6:31AM  
Visti Until 3:11PM  
**Saptami Until 4:22AM Sun**

**Ganesha:** Green *Sunrise:* 4:31AM  
**Muruqa:** Yellow *Sunset:* 8:42PM  
**Nataraja:** Clear  
Moon – Purple

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

Lelystad, Netherlands  
Sun 6 Sutra 41  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**D**

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

Kumbha Rasi: 5.18 Tithi 23  
Routine Work Marana Yoga  
Until 8:44AM  
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 Balava/Kaulava Karana Ashtamyam Titau

**Gulika** 4:40PM – 6:41PM  
**Yama** 12:36PM – 2:38PM  
**Rahu** 6:41PM – 8:43PM

**Dhanishtha Until 8:44AM**  
Indra Until 7:29AM  
Balava Until 5:37PM  
**Ashtami\* Until 6:47AM Mon**

**Ganesha:** Blue *Sunrise:* 4:29AM  
**Muruqa:** Yellow *Sunset:* 8:43PM  
**Nataraja:** Clear  
Moon – Purple

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

Lelystad, Netherlands  
Sun 7 Sutra 42  
Vikarin 5121  
Moon 5 - Phase 6  
Ashtami

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

Kumbha Rasi: 17.1 Tithi 23 – 24  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 11:32AM  
Then Routine Work - Marana Yoga

398683469

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

**Gulika** 2:38PM – 4:40PM  
**Yama** 10:34AM – 12:36PM  
**Rahu** 6:30AM – 8:32AM

**Shatabhishak Until 11:32AM**  
Vaidhriti\* Until 8:25AM  
Taitila Until 7:57PM  
**Ashtami\* Until 6:47AM**

**Ganesha:** Blue *Sunrise:* 4:28AM  
**Muruqa:** Yellow *Sunset:* 8:44PM  
**Nataraja:** Clear  
Moon – Purple

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

Lelystad, Netherlands  
Sun 8 Sutra 43  
Vikarin 5121  
Moon 5 - Phase 6  
Navami

|                                  |               |                                       |                                       |                        |                        |  |   |
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| <b>1</b>                         |               | <b>Tuesday, May 28, 2019</b>          |                                       |                        |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Purvaproshtapada/Uttaraproshtapada Nakshatra Vishkambha/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau | Lelystad, Netherlands<br>Sun 9 Sutra 44 |
| Kumbha Rasi: 29.06               | Tithi 24 – 25 | <b>Gulika</b> 12:36PM – 2:39PM        | <b>Purvaproshtapada* Until 2:26PM</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 4:27AM | Vikarin 5121   |   |
|                                  |               | Yama 8:32AM – 10:34AM                 | Vishkambha* Until 9:12AM              | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:46PM  | Moon 5 - Phase 7   |   |
|                                  |               | 318683469 <b>Rahu</b> 4:41PM – 6:43PM | Vanija Until 10:00PM                  | <b>Nataraja:</b> Clear |                        | 2nd Phase  |   |
| Routine Work                     | Marana Yoga   |                                       | <b>Navami* Until 9:00AM</b>           | Moon – Clear           |                        | <b>Sivaloka Day</b>  |   |
| Until 2:26PM                     |               |                                       |                                       | <b>Vaisaka-Vaikasi</b> |                        |  |   |
| Then Creative Work - Amrita Yoga |               |                                       |                                       |                        |                        |  |   |

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| <b>2</b>                        |               | <b>Wednesday, May 29, 2019</b>         |                                       |                        |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Uttaraproshtapada/Revati Nakshatra Priti/Ayushman Yoga Visti/Bava Karana Dashami/Ekadashyam Titau | Lelystad, Netherlands<br>Sun 10 Sutra 45 |
| Meena Rasi: 11.11               | Tithi 25 – 26 | <b>Gulika</b> 10:34AM – 12:37PM        | <b>Uttaraproshtapada Until 4:45PM</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 4:26AM | Vikarin 5121  |  |
|                                 |               | Yama 6:29AM – 8:31AM                   | Priti Until 9:43AM                    | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:47PM  | Moon 5 - Phase 7  |  |
|                                 |               | 318683469 <b>Rahu</b> 12:37PM – 2:39PM | Bava Until 11:34PM                    | <b>Nataraja:</b> Clear |                        | 2nd Phase   |  |
| Creative Work                   | Siddha Yoga   |  | <b>Dashami Until 10:50AM</b>          | Moon – Clear           |                        | <b>Sivaloka Day</b>   |  |
| Until 4:45PM                    |               |  |                                       | <b>Vaisaka-Vaikasi</b> |                        |   |  |
| Then Routine Work - Marana Yoga |               |  |                                       |                        |                        |   |  |

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| <b>3</b>                         |               | <b>Thursday, May 30, 2019</b>         |                                |                        |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | Lelystad, Netherlands<br>Sun 11 Sutra 46 |
| Meena Rasi: 23.28                | Tithi 26 – 27 | <b>Gulika</b> 8:31AM – 10:34AM        | <b>Revati Until 6:22PM</b>     | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 4:25AM | Vikarin 5121  |  |
|                                  |               | Yama 4:25AM – 6:28AM                  | Ayushman Until 9:47AM          | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:48PM  | Moon 5 - Phase 7  |  |
|                                  |               | 318683469 <b>Rahu</b> 2:40PM – 4:42PM | Kaulava Until 12:33AM Fri      | <b>Nataraja:</b> Clear |                        | 2nd Phase   |  |
| Creative Work                    | Siddha Yoga   |                                       | <b>Ekadashi* Until 12:07PM</b> | Moon – Clear           |                        | <b>Sivaloka Day</b>   |  |
| Until 6:22PM                     |               |                                       |                                | <b>Vaisaka-Vaikasi</b> |                        |   |  |
| Then Creative Work - Amrita Yoga |               |                                       |                                |                        |                        |   |  |

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| <b>4</b>                         |               | <b>Friday, May 31, 2019</b>             |                                 |                        |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau | Lelystad, Netherlands<br>Sun 12 Sutra 47 |
| Mesha Rasi: 6.01                 | Tithi 27 – 28 | <b>Gulika</b> 6:27AM – 8:31AM           | <b>Ashvini Until 7:42PM</b>     | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 4:24AM | Vikarin 5121   |  |
|                                  |               | Yama 4:43PM – 6:46PM                    | Saubhagya Until 9:23AM          | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:49PM  | Moon 5 - Phase 7   |  |
|                                  |               | 328683469 <b>Rahu</b> 10:34AM – 12:37PM | Gara Until 12:54AM Sat          | <b>Nataraja:</b> Clear |                        | 2nd Phase  |  |
| Creative Work                    | Amrita Yoga   |   | <b>Dvadashi* Until 12:47PM</b>  | Moon – White           |                        | <b>Devaloka Day</b>  |  |
| Until 7:42PM                     |               |   |                                 | <b>Vaisaka-Vaikasi</b> |                        |  |  |
| Then Creative Work - Siddha Yoga |               |   | <i>Pradosha Vrata (Fasting)</i> |                        |                        |  |  |

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| <b>5</b>                         |               | <b>Saturday, June 1, 2019</b>          |                                  |                        |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | Lelystad, Netherlands<br>Sun 13 Sutra 48 |
| Mesha Rasi: 18.53                | Tithi 28 – 29 | <b>Gulika</b> 4:23AM – 6:27AM          | <b>Bharani Until 8:14PM</b>      | <b>Ganesha:</b> White  | <i>Sunrise:</i> 4:23AM | Vikarin 5121  |  |
|                                  |               | Yama 2:40PM – 4:44PM                   | Sobhana Until 8:30AM             | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:50PM  | Moon 5 - Phase 7  |  |
|                                  |               | 329683469 <b>Rahu</b> 8:30AM – 10:34AM | Visti Until 12:37AM Sun          | <b>Nataraja:</b> Clear |                        | 2nd Phase   |  |
| Creative Work                    | Siddha Yoga   |  | <b>Trayodashi* Until 12:49PM</b> | Moon – White           |                        | <b>Bhuloka Day</b>  |  |
| Until 8:14PM                     |               |  |                                  | <b>Vaisaka-Vaikasi</b> |                        | Devaloka Time: 3:PM to 6:PM   |  |
| Then Creative Work - Amrita Yoga |               |  |                                  |                        |                        |   |  |

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| <b>Retreat Star</b>  |               | <b>Sunday, June 2, 2019</b>           |                                   |                        |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Krittika Nakshatra Athiganda*/Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | Lelystad, Netherlands<br>Sun 14 Sutra 49 |
| Vrishabha Rasi: 2.03 | Tithi 29 – 30 | <b>Gulika</b> 4:44PM – 6:48PM         | <b>Krittika Until 8:02PM</b>      | <b>Ganesha:</b> White  | <i>Sunrise:</i> 4:23AM | Vikarin 5121   |  |
|                      |               | Yama 12:37PM – 2:41PM                 | Athiganda* Until 7:05AM           | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 8:51PM  | Moon 5 - Phase 7   |  |
|                      |               | 329683469 <b>Rahu</b> 6:48PM – 8:51PM | Catuspada Until 11:44PM           | <b>Nataraja:</b> Clear |                        | Amavasya   |  |
| Creative Work        | Siddha Yoga   |                                       | <b>Chaturdashi* Until 12:14PM</b> | Moon – White           |                        | <b>Bhuloka Day</b>   |  |
|                      |               |                                       |                                   | <b>Vaisaka-Vaikasi</b> |                        | Devaloka Time: 3:PM to 6:PM  |  |

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| <b>Retreat Star</b>        |              | <b>Monday, June 3, 2019</b>           |                                |                         |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Rohini Nakshatra Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | Lelystad, Netherlands<br>Sun 15 Sutra 50 |
| Vrishabha Rasi: 15.32      | Tithi 30 – 1 | <b>Gulika</b> 2:41PM – 4:45PM         | <b>Rohini Until 7:37PM</b>     | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 4:22AM | Vikarin 5121   |  |
| <b>Family Home Evening</b> |              | Yama 10:33AM – 12:37PM                | Dhriti Until 3:01AM Tue        | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 8:53PM  | Moon 5 - Phase 7   |  |
|                            |              | 339683469 <b>Rahu</b> 6:26AM – 8:30AM | Kintughna Until 10:22PM        | <b>Nataraja:</b> Clear  |                        | Prathama   |  |
| Creative Work              | Amrita Yoga  |                                       | <b>Amavasya* Until 11:05AM</b> | Moon – Yellow           |                        | <b>Bhuloka Day</b>   |  |
|                            |              |                                       |                                | <b>Jyeshtha-Vaikasi</b> |                        | Devaloka Time: 3:PM to 6:PM  |  |

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| <b>1</b>                        |             | <b>Tuesday, June 4, 2019</b>   |                                | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Mrigashira Nakshatra Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | Lelystad, Netherlands<br>Sun 16 Sutra 51<br>Vikarin 5121 |
| Vrishabha Rasi: 29.18           | Tithi 1 – 2 | <b>Gulika</b> 12:37PM – 2:41PM | <b>Mrigashira Until 6:39PM</b> | <b>Ganesha:</b> Green <i>Sunrise:</i> 4:21AM  | Moon 5 - Phase 8   |
|                                 |             | Yama 8:29AM – 10:33AM          | Shula* Until 12:28AM Wed       | <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:54PM   | 3rd Phase  |
| 339683461                       |             | <b>Rahu</b> 4:45PM – 6:50PM    | Balava Until 8:35PM            | <b>Nataraja:</b> Clear  |  |
| Creative Work                   | Siddha Yoga |                                | <b>Prathama* Until 9:30AM</b>  | Moon – Yellow   | <b>Bhuloka Day</b>                                       |
| Until 6:39PM                    |             |                                |                                | <b>Jyeshtha-Vaikasi</b>   | Devaloka Time: 3:PM to 6:PM                              |
| Then Routine Work - Marana Yoga |             |                                |                                |   |  |

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| <b>2</b>            |             | <b>Wednesday, June 5, 2019</b>  |                             | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | Lelystad, Netherlands<br>Sun 17 Sutra 52<br>Vikarin 5121 |
| Mithuna Rasi: 13.17 | Tithi 2 – 3 | <b>Gulika</b> 10:33AM – 12:38PM | <b>Ardra Until 5:14PM</b>   | <b>Ganesha:</b> Green <i>Sunrise:</i> 4:20AM  | Moon 5 - Phase 8   |
|                     |             | Yama 6:25AM – 8:29AM            | Ganda* Until 9:42PM         | <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:55PM   | 3rd Phase  |
| 339683461           |             | <b>Rahu</b> 12:38PM – 2:42PM    | Taitila Until 6:31PM        | <b>Nataraja:</b> Yellow   |  |
| Creative Work       | Siddha Yoga |                                 | <b>Dvitiya Until 7:34AM</b> | Moon – Yellow   | <b>Bhuloka Day</b>                                       |
|                     |             |                                 |                             | <b>Jyeshtha-Vaikasi</b>   | Devaloka Time: 3:PM to 6:PM                              |

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| <b>3</b>            |             | <b>Thursday, June 6, 2019</b>  |                                    | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Vridhi Yoga Vanija/Visti* Karana Chalurthyam Titau | Lelystad, Netherlands<br>Sun 18 Sutra 53<br>Vikarin 5121 |
| Mithuna Rasi: 27.26 | Tithi 4     | <b>Gulika</b> 8:29AM – 10:33AM | <b>Punarvasu Until 3:55PM</b>      | <b>Ganesha:</b> White <i>Sunrise:</i> 4:20AM   | Moon 5 - Phase 8   |
|                     |             | Yama 4:20AM – 6:24AM           | Vridhi Until 6:48PM                | <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:56PM  | 3rd Phase  |
| 349683461           |             | <b>Rahu</b> 2:42PM – 4:47PM    | Vanija Until 4:15PM                | <b>Nataraja:</b> Yellow  |  |
| Creative Work       | Amrita Yoga |                                | <b>Chaturthi* Until 3:04AM Fri</b> | Moon – Blue  | <b>Bhuloka Day</b>                                       |
|                     |             |                                |                                    | <b>Jyeshtha-Vaikasi</b>  | Devaloka Time: 3:PM to 6:PM                              |

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| <b>4</b>           |             | <b>Friday, June 7, 2019</b>   |                                   | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Panchamyam Titau | Lelystad, Netherlands<br>Sun 19 Sutra 54<br>Vikarin 5121 |
| Kataka Rasi: 11.41 | Tithi 5     | <b>Gulika</b> 6:24AM – 8:29AM | <b>Pushya Until 2:21PM</b>        | <b>Ganesha:</b> White <i>Sunrise:</i> 4:19AM   | Moon 5 - Phase 8   |
|                    |             | Yama 4:47PM – 6:52PM          | Dhruva Until 3:49PM               | <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:56PM  | 3rd Phase  |
| 349683461          |             | <b>Rahu</b> 10:33AM – 12:38PM | Bava Until 1:54PM                 | <b>Nataraja:</b> Yellow  |  |
| Routine Work       | Marana Yoga |                               | <b>Panchami Until 12:42AM Sat</b> | Moon – Blue  | <b>Bhuloka Day</b>                                       |
|                    |             |                               |                                   | <b>Jyeshtha-Vaikasi</b>  | Devaloka Time: 3:PM to 6:PM                              |

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| <b>5</b>                         |             | <b>Saturday, June 8, 2019</b> |                                | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau | Lelystad, Netherlands<br>Sun 20 Sutra 55<br>Vikarin 5121 |
| Kataka Rasi: 25.58               | Tithi 6     | <b>Gulika</b> 4:19AM – 6:24AM | <b>Ashlesha* Until 12:38PM</b> | <b>Ganesha:</b> White <i>Sunrise:</i> 4:19AM   | Moon 5 - Phase 8   |
|                                  |             | Yama 2:43PM – 4:48PM          | Vyaghata* Until 12:50PM        | <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:57PM  | 3rd Phase  |
| 349683461                        |             | <b>Rahu</b> 8:28AM – 10:33AM  | Kaulava Until 11:32AM          | <b>Nataraja:</b> Yellow  |  |
| Routine Work                     | Marana Yoga |                               | <b>Shashthi* Until 10:20PM</b> | Moon – Blue  | <b>Bhuloka Day</b>                                       |
| Until 12:38PM                    |             |                               |                                | <b>Jyeshtha-Vaikasi</b>  | Devaloka Time: 3:PM to 6:PM                              |
| Then Creative Work - Amrita Yoga |             |                               |                                |  |  |

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| <b>6</b>                         |             | <b>Sunday, June 9, 2019</b>   |                             | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau | Lelystad, Netherlands<br>Sun 21 Sutra 56<br>Vikarin 5121 |
| Simha Rasi: 10.13                | Tithi 7     | <b>Gulika</b> 4:48PM – 6:53PM | <b>Magha* Until 11:14AM</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 4:18AM  | Moon 5 - Phase 8   |
|                                  |             | Yama 12:38PM – 2:43PM         | Harshana Until 9:53AM       | <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:58PM  | 3rd Phase  |
| 351683461                        |             | <b>Rahu</b> 6:53PM – 8:58PM   | Gara Until 9:12AM           | <b>Nataraja:</b> Yellow  |  |
| Routine Work                     | Marana Yoga |                               | <b>Saptami Until 8:03PM</b> | Moon – Red   | <b>Devaloka Day</b>                                      |
| Until 11:14AM                    |             |                               |                             | <b>Jyeshtha-Vaikasi</b>  |  |
| Then Creative Work - Siddha Yoga |             |                               |                             |  |  |

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| <b>Retreat Star</b>        |             | <b>Monday, June 10, 2019</b>  |                                   | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Balava Karana Ashtami/Navamyam Titau | Lelystad, Netherlands<br>Sun 22 Sutra 57<br>Vikarin 5121 |
| Simha Rasi: 24.25          | Tithi 8 – 9 | <b>Gulika</b> 2:44PM – 4:49PM | <b>Purvaphalguni Until 9:48AM</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 4:18AM  | Moon 5 - Phase 8   |
| <b>Family Home Evening</b> |             | Yama 10:33AM – 12:38PM        | Vajra* Until 7:00AM               | <b>Muruqa:</b> Yellow <i>Sunset:</i> 8:59PM  | Ashtami  |
| 351683461                  |             | <b>Rahu</b> 6:23AM – 8:28AM   | Visti Until 6:58AM                | <b>Nataraja:</b> Yellow  |  |
| Creative Work              | Siddha Yoga |                               | <b>Ashtami* Until 5:52PM</b>      | Moon – Red   | <b>Devaloka Day</b>                                      |
|                            |             |                               |                                   | <b>Jyeshtha-Vaikasi</b>  |  |

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| <b>Retreat Star</b>              |              | <b>Tuesday, June 11, 2019</b>  |                                    | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | Lelystad, Netherlands<br>Sun 23 Sutra 58<br>Vikarin 5121 |
| Kanya Rasi: 8.32                 | Tithi 9 – 10 | <b>Gulika</b> 12:39PM – 2:44PM | <b>Uttaraphalguni Until 8:21AM</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 4:17AM  | Moon 5 - Phase 8   |
|                                  |              | Yama 8:28AM – 10:33AM          | Vyatipata* Until 1:36AM Wed        | <b>Muruqa:</b> Yellow <i>Sunset:</i> 9:00PM  | Navami   |
| 351683461                        |              | <b>Rahu</b> 4:49PM – 6:54PM    | Taitila Until 2:53AM Wed           | <b>Nataraja:</b> Yellow  |  |
| Creative Work                    | Amrita Yoga  |                                | <b>Navami* Until 3:49PM</b>        | Moon – Red   | <b>Devaloka Day</b>                                      |
| Until 8:21AM                     |              |                                |                                    | <b>Jyeshtha-Vaikasi</b>  |  |
| Then Creative Work - Siddha Yoga |              |                                |                                    |  |  |


Loose me from my sin as from a bond that binds me. May my life swell the stream of your river of Right. Rig Veda Samhita

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| <b>1</b>                         |               | <b>Wednesday, June 12, 2019</b>        |                                    | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Hasta/Chitra Nakshatra Varyian Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |                        | Lelystad, Netherlands<br>Sun 24 Sutra 59 |  |
| Kanya Rasi: 22.32                | Tithi 10 – 11 | <b>Gulika</b> 10:33AM – 12:39PM        | <b>Hasta</b> <b>Until 7:21AM</b>   | <b>Ganesha:</b> White  | <i>Sunrise:</i> 4:17AM | Vikarin 5121                             |  |
|                                  |               | Yama 6:23AM – 8:28AM                   | Variyan <b>Until 11:07PM</b>       | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 9:00PM  | Moon 5 - Phase 9                         |  |
|                                  |               | 361683461 <b>Rahu</b> 12:39PM – 2:44PM | Vanija <b>Until 1:08AM Thu</b>     | <b>Nataraja:</b> Yellow  |                        | 4th Phase                                |  |
| Routine Work                     | Marana Yoga   |  | <b>Dashami</b> <b>Until 1:58PM</b> | Moon – Green   |                        | <b>Bhuloka Day</b>                       |  |
| Until 7:21AM                     |               |  |                                    | <b>Jyeshtha-Vaikasi</b>  |                        | Devaloka Time: 3:PM to 6:PM              |  |
| Then Creative Work - Siddha Yoga |               |  |                                    |  |                        |  |  |

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| <b>2</b>                         |               | <b>Thursday, June 13, 2019</b>        |                                      | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Chitra/Svatil Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |                        | Lelystad, Netherlands<br>Sun 25 Sutra 60 |  |
| Tula Rasi: 6.25                  | Tithi 11 – 12 | <b>Gulika</b> 8:28AM – 10:33AM        | <b>Chitra</b> <b>Until 6:25AM</b>    | <b>Ganesha:</b> White  | <i>Sunrise:</i> 4:17AM | Vikarin 5121                             |  |
|                                  |               | Yama 4:17AM – 6:22AM                  | Parigha* <b>Until 8:51PM</b>         | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 9:01PM  | Moon 5 - Phase 9                         |  |
|                                  |               | 361683461 <b>Rahu</b> 2:45PM – 4:50PM | Bava <b>Until 11:39PM</b>            | <b>Nataraja:</b> Yellow  |                        | 4th Phase                                |  |
| Creative Work                    | Siddha Yoga   |                                       | <b>Ekadashi</b> <b>Until 12:20PM</b> | Moon – Green   |                        | <b>Bhuloka Day</b>                       |  |
| Until 6:25AM                     |               |                                       |                                      | <b>Jyeshtha-Vaikasi</b>  |                        | Devaloka Time: 3:PM to 6:PM              |  |
| Then Creative Work - Amrita Yoga |               |                                       |                                      |  |                        |  |  |

|                  |               |   |   |  |                        |  |  |
|------------------|---------------|---|---|--|------------------------|--|--|
| <b>3</b>         |               | <b>Friday, June 14, 2019</b>            |   | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |                        | Lelystad, Netherlands<br>Sun 26 Sutra 61 |  |
| Tula Rasi: 20.07 | Tithi 12 – 13 | <b>Gulika</b> 6:22AM – 8:28AM           | <b>Vishakha</b> <b>Until 5:27AM Sat</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 4:17AM | Vikarin 5121                             |  |
|                  |               | Yama 4:50PM – 6:56PM                    | Shiva <b>Until 6:52PM</b>               | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 9:02PM  | Moon 5 - Phase 9                         |  |
|                  |               | 371693461 <b>Rahu</b> 10:34AM – 12:39PM | Kaulava <b>Until 10:29PM</b>            | <b>Nataraja:</b> Yellow  |                        | 4th Phase                                |  |
| Creative Work    | Siddha Yoga   |   | <b>Dvadashi</b> <b>Until 11:00AM</b>    | Moon – Orange  |                        | <b>Sivaloka Day</b>                      |  |
|                  |               | <b>Vaikasi Visakam</b>                  |   | <b>Jyeshtha-Vaikasi</b>  |                        |  |  |
|                  |               |   | <i>Pradosha Vrata</i>                   |  |                        |  |  |

|                                 |               |  |   |   |                        |  |  |
|---------------------------------|---------------|--|---|---|------------------------|--|--|
| <b>4</b>                        |               | <b>Saturday, June 15, 2019</b>         |   | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam<br>Anuradha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                        | Lelystad, Netherlands<br>Sun 27 Sutra 62 |  |
| Vrischika Rasi: 3.38            | Tithi 13 – 14 | <b>Gulika</b> 4:17AM – 6:22AM          | <b>Anuradha</b> <b>Until 5:33AM Sun</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 4:17AM | Vikarin 5121                             |  |
|                                 |               | Yama 2:45PM – 4:51PM                   | Siddha <b>Until 5:09PM</b>              | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 9:02PM  | Moon 5 - Phase 9                         |  |
|                                 |               | 371793461 <b>Rahu</b> 8:28AM – 10:34AM | Gara <b>Until 9:43PM</b>                | <b>Nataraja:</b> Yellow   |                        | 4th Phase                                |  |
| Creative Work                   | Siddha Yoga   |  | <b>Trayodashi</b> <b>Until 10:01AM</b>  | Moon – Orange   |                        | <b>Subha Sivaloka Day</b>                |  |
| Until 5:33AM Sun                |               |  |   | <b>Jyeshtha-Ani</b>   |                        |  |  |
| Then Routine Work - Marana Yoga |               |  |   |   |                        |  |  |

|   |               |                                       |  |  |                        |                                   |  |
|---|---------------|---------------------------------------|--|--|------------------------|-----------------------------------|--|
|  |               | <b>Sunday, June 16, 2019</b>          |  | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Jyeshtha* Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                        | Lelystad, Netherlands<br>Sutra 63 |  |
| <b>Copper Retreat Star</b>  |               |                                       |  |  |                        |                                   |  |
| Vrischika Rasi: 16.54   | Tithi 14 – 15 | <b>Gulika</b> 4:51PM – 6:57PM         | <b>Jyeshtha*</b> <b>Until 6:00AM Mon</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 4:16AM | Vikarin 5121                      |  |
|   |               | Yama 12:40PM – 2:45PM                 | Sadhya <b>Until 3:49PM</b>               | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 9:03PM  | Moon 5 - Phase 9                  |  |
|   |               | 371793461 <b>Rahu</b> 6:57PM – 9:03PM | Visti <b>Until 9:25PM</b>                | <b>Nataraja:</b> Yellow  |                        | Purnima                           |  |
| Routine Work  | Marana Yoga   |                                       | <b>Chaturdashi*</b> <b>Until 9:29AM</b>  | Moon – Orange  |                        | <b>Subha Sivaloka Day</b>         |  |
| Until 6:00AM Mon  |               | <b>Father's Day</b>                   |  | <b>Jyeshtha-Ani</b>  |                        |                                   |  |
| Then Creative Work - Siddha Yoga  |               |                                       |  |  |                        |                                   |  |

|                                 |               |                                       |                                      |   |                        |                                   |  |
|---------------------------------|---------------|---------------------------------------|--------------------------------------|---|------------------------|-----------------------------------|--|
| <b>Monday, June 17, 2019</b>    |               | <b>Silver Retreat Star</b>            |                                      | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Subha/Sukla Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                        | Lelystad, Netherlands<br>Sutra 64 |  |
| Vrischika Rasi: 29.55           | Tithi 15 – 16 | <b>Gulika</b> 2:46PM – 4:51PM         | <b>Jyeshtha*</b> <b>Until 6:00AM</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 4:16AM | Vikarin 5121                      |  |
| <b>Family Home Evening</b>      |               | Yama 10:34AM – 12:40PM                | Subha <b>Until 2:55PM</b>            | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 9:03PM  | Moon 5 - Phase 9                  |  |
|                                 |               | 371793461 <b>Rahu</b> 6:22AM – 8:28AM | Balava <b>Until 9:39PM</b>           | <b>Nataraja:</b> Yellow   |                        | Prathama                          |  |
| Creative Work                   | Siddha Yoga   |                                       | <b>Purnima*</b> <b>Until 9:27AM</b>  | Moon – Orange   |                        | <b>Subha Sivaloka Day</b>         |  |
| Until 6:00AM                    |               |                                       |                                      | <b>Jyeshtha-Ani</b>   |                        |                                   |  |
| Then Routine Work - Marana Yoga |               |                                       |                                      |   |                        |                                   |  |

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

All times are standard time

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

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

Lelystad, Netherlands  
Sutra 65

Dhanus Rasi: 12.39 Tithi 16 – 17

**Gulika** 12:40PM – 2:46PM  
Yama 8:28AM – 10:34AM  
381793461 **Rahu** 4:52PM – 6:58PM

**Mula\* Until 7:16AM**  
Sukla Until 2:26PM  
Taitila Until 10:28PM  
**Prathama\* Until 9:58AM**

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

**Sunrise:** 4:16AM  
**Sunset:** 9:04PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga

Until 7:16AM

Then Creative Work - Siddha Yoga

**Sivaloka Day**

**1**

**Wednesday, June 19, 2019**

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

Lelystad, Netherlands  
Sun 1 Sutra 66

Dhanus Rasi: 25.08 Tithi 17 – 18

**Gulika** 10:34AM – 12:40PM  
Yama 6:22AM – 8:28AM  
382793461 **Rahu** 12:40PM – 2:46PM

**Purvashadha\* Until 8:57AM**  
Brahma Until 2:24PM  
Vanija Until 11:49PM  
**Dvitiya Until 11:03AM**

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

**Sunrise:** 4:16AM  
**Sunset:** 9:04PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga

**Devaloka Day**

**2**

**Thursday, June 20, 2019**

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

Lelystad, Netherlands  
Sun 2 Sutra 67

Makara Rasi: 7.23 Tithi 18 – 19

**Gulika** 8:28AM – 10:34AM  
Yama 4:17AM – 6:23AM  
382793461 **Rahu** 2:46PM – 4:52PM

**Uttarashadha Until 10:59AM**  
Indra Until 2:47PM  
Bava Until 1:40AM Fri  
**Tritya Until 12:40PM**

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

**Sunrise:** 4:17AM  
**Sunset:** 9:04PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga

Until 10:59AM

Then Creative Work - Siddha Yoga

**Devaloka Day**

**3**

**Friday, June 21, 2019**

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

Lelystad, Netherlands  
Sun 3 Sutra 68

Makara Rasi: 19.27 Tithi 19 – 20

**Gulika** 6:23AM – 8:29AM  
Yama 4:53PM – 6:58PM  
392793461 **Rahu** 10:35AM – 12:41PM

**Shravana Until 1:46PM**  
Vaidhrili\* Until 3:27PM  
Kaulava Until 3:51AM Sat  
**Chaturthi\* Until 2:42PM**

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

**Sunrise:** 4:17AM  
**Sunset:** 9:04PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga

Until 1:46PM

Then Creative Work - Siddha Yoga

**Sivaloka Day**

**4**

**Saturday, June 22, 2019**

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

Lelystad, Netherlands  
Sun 4 Sutra 69

Kumbha Rasi: 1.23 Tithi 20 – 21

**Gulika** 4:17AM – 6:23AM  
Yama 2:47PM – 4:53PM  
392793461 **Rahu** 8:29AM – 10:35AM

**Dhanishtha Until 4:39PM**  
Vishkambha\* Until 4:21PM  
Gara Until 6:13AM Sun  
**Panchami Until 5:00PM**

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

**Sunrise:** 4:17AM  
**Sunset:** 9:05PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Siddha Yoga

Until 4:39PM

Then Creative Work - Amrita Yoga

**Sivaloka Day**

**5**

**Sunday, June 23, 2019**

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

Lelystad, Netherlands  
Sun 5 Sutra 70

Kumbha Rasi: 13.16 Tithi 21

**Gulika** 4:53PM – 6:59PM  
Yama 12:41PM – 2:47PM  
392793461 **Rahu** 6:59PM – 9:05PM

**Shatabhishak Until 7:27PM**  
Priti Until 5:20PM  
Gara Until 6:13AM  
**Shashthi\* Until 7:24PM**

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

**Sunrise:** 4:17AM  
**Sunset:** 9:05PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Siddha Yoga

**Sivaloka Day**

**6**

**Monday, June 24, 2019**

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

Lelystad, Netherlands  
Sun 6 Sutra 71

Kumbha Rasi: 25.08 Tithi 22

**Family Home Evening**

312793461

**Gulika** 2:47PM – 4:53PM  
Yama 10:35AM – 12:41PM  
**Rahu** 6:23AM – 8:29AM

**Purvaproshtapada\* Until 10:29PM**  
Ayushman Until 6:12PM  
Visti Until 8:35AM  
**Saptami Until 9:41PM**

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

**Sunrise:** 4:18AM  
**Sunset:** 9:05PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga

Until 10:29PM

Then Creative Work - Siddha 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

Lelystad, Netherlands  
Sun 7 Sutra 72

Meena Rasi: 7.05 Tithi 23

312793461

**Gulika** 12:41PM – 2:47PM  
Yama 8:30AM – 10:36AM  
**Rahu** 4:53PM – 6:59PM

**Uttaraproshtapada Until 1:03AM Wed**  
Saubhagya Until 6:53PM  
Balava Until 10:45AM  
**Ashtami\* Until 11:40PM**

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

**Sunrise:** 4:18AM  
**Sunset:** 9:05PM

Vikarin 5121  
Moon 6 - Phase 10  
Ashtami

Creative Work Amrita Yoga

Until 1:03AM Wed

Then Routine Work - Marana Yoga

**Sivaloka Day**

**Wednesday, June 26, 2019**

**Retreat Star**

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

Lelystad, Netherlands  
Sun 8 Sutra 73

Meena Rasi: 19.1 Tithi 24

312793461

**Gulika** 10:36AM – 12:42PM  
Yama 6:24AM – 8:30AM  
**Rahu** 12:42PM – 2:47PM

**Revati Until 2:59AM Thu**  
Sobhana Until 7:14PM  
Taitila Until 12:31PM  
**Navami\* Until 1:10AM Thu**

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

**Sunrise:** 4:18AM  
**Sunset:** 9:05PM

Vikarin 5121  
Moon 6 - Phase 10  
Navami

Routine Work Marana Yoga

Until 2:59AM Thu


Then Creative Work - Amrita Yoga

**Sivaloka Day**

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

All times are standard time

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|   |             |                                |   |  |   |   |  |
|---|-------------|--------------------------------|---|--|---|---|--|
| <b>1</b>  |             | <b>Thursday, June 27, 2019</b> |   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam<br>Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau                      |   | Lelystad, Netherlands<br>Sun 9 Sutra 74         |  |
| Mesha Rasi: 1.28  | Tithi 25    | 322793461                      | <b>Gulika</b> 8:30AM – 10:36AM<br>Yama 4:19AM – 6:25AM<br><b>Rahu</b> 2:48PM – 4:53PM   | <b>Ashvini Until 4:38AM Fri</b><br>Athiganda* Until 7:06PM<br>Vanija Until 1:43PM<br><b>Dashami Until 2:04AM Fri</b>   | <b>Ganesha:</b> Blue<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon – White  | <b>Sunrise:</b> 4:19AM<br><b>Sunset:</b> 9:05PM | Vikarin 5121<br>Moon 6 - Phase 11<br>2nd Phase |
| Creative Work Amrita Yoga<br>Until 4:38AM Fri<br>Then Creative Work - Siddha Yoga                       |             |                                |   |  |   | <b>Devaloka Day</b>                             |  |
| <b>2</b>  |             | <b>Friday, June 28, 2019</b>   |   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau                         |   | Lelystad, Netherlands<br>Sun 10 Sutra 75        |  |
| Mesha Rasi: 14.02   | Tithi 26    | 322793461                      | <b>Gulika</b> 6:25AM – 8:31AM<br>Yama 4:53PM – 6:59PM<br><b>Rahu</b> 10:36AM – 12:42PM  | <b>Bharani Until 5:26AM Sat</b><br>Sukarma Until 6:27PM<br>Bava Until 2:16PM<br><b>Ekadashi* Until 2:15AM Sat</b>  | <b>Ganesha:</b> Blue<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon – White  | <b>Sunrise:</b> 4:19AM<br><b>Sunset:</b> 9:05PM | Vikarin 5121<br>Moon 6 - Phase 11<br>2nd Phase |
| Creative Work Siddha Yoga<br>Until 5:26AM Sat<br>Then Creative Work - Amrita Yoga                       |             |                                |   |  |   | <b>Devaloka Day</b>                             |  |
| <b>3</b>  |             | <b>Saturday, June 29, 2019</b> |   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam<br>Krittika Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvadashyam Titau              |   | Lelystad, Netherlands<br>Sun 11 Sutra 76        |  |
| Mesha Rasi: 26.58   | Tithi 27    | 322793461                      | <b>Gulika</b> 4:20AM – 6:25AM<br>Yama 2:48PM – 4:53PM<br><b>Rahu</b> 8:31AM – 10:37AM   | <b>Krittika Until 5:22AM Sun</b><br>Dhriti Until 5:14PM<br>Kaulava Until 2:06PM<br><b>Dvadashi* Until 1:43AM Sun</b>   | <b>Ganesha:</b> Blue<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon – White  | <b>Sunrise:</b> 4:20AM<br><b>Sunset:</b> 9:04PM | Vikarin 5121<br>Moon 6 - Phase 11<br>2nd Phase |
| Creative Work Amrita Yoga<br>Until 5:22AM Sun<br>Then Creative Work - Siddha Yoga                       |             |                                |   |  |   | <b>Devaloka Day</b>                             |  |
| <b>4</b>  |             | <b>Sunday, June 30, 2019</b>   |   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Rohini Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau                  |   | Lelystad, Netherlands<br>Sun 12 Sutra 77        |  |
| Vrishabha Rasi: 10.15   | Tithi 28    | 322793461                      | <b>Gulika</b> 4:53PM – 6:59PM<br>Yama 12:42PM – 2:48PM<br><b>Rahu</b> 6:59PM – 9:04PM   | <b>Rohini Until 4:56AM Mon</b><br>Shula* Until 3:25PM<br>Gara Until 1:12PM<br><b>Trayodashi* Until 12:29AM Mon</b><br><i>Pradosha Vrata (Fasting)</i>  | <b>Ganesha:</b> Blue<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon – Yellow | <b>Sunrise:</b> 4:21AM<br><b>Sunset:</b> 9:04PM | Vikarin 5121<br>Moon 6 - Phase 11<br>2nd Phase |
| Creative Work Siddha Yoga<br>Until 4:56AM Mon<br>Then Creative Work - Amrita Yoga                       |             |                                |   |  |   | <b>Devaloka Day</b>                             |  |
| <b>5</b>  |             | <b>Monday, July 1, 2019</b>    |   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam<br>Mrigashira Nakshatra Ganda*/Vridhhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau          |   | Lelystad, Netherlands<br>Sun 13 Sutra 78        |  |
| Vrishabha Rasi: 23.56   | Tithi 29    | 322793461                      | <b>Gulika</b> 2:48PM – 4:53PM<br>Yama 10:37AM – 12:43PM<br><b>Rahu</b> 6:27AM – 8:32AM  | <b>Mrigashira Until 3:46AM Tue</b><br>Ganda* Until 1:06PM<br>Visti* Until 11:39AM<br><b>Chaturdashi* Until 10:39PM</b>   | <b>Ganesha:</b> Blue<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon – Yellow | <b>Sunrise:</b> 4:21AM<br><b>Sunset:</b> 9:04PM | Vikarin 5121<br>Moon 6 - Phase 11<br>2nd Phase |
| Family Home Evening<br>Creative Work Amrita Yoga<br>Until 3:46AM Tue<br>Then Routine Work - Marana Yoga |             |                                |   |  |   | <b>Devaloka Day</b>                             |  |
|                      |             | <b>Tuesday, July 2, 2019</b>   |   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Ardra Nakshatra Vridhhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau            |   | Lelystad, Netherlands<br>Sun 14 Sutra 79        |  |
| Mithuna Rasi: 7.59  | Tithi 30    | 322793461                      | <b>Gulika</b> 12:43PM – 2:48PM<br>Yama 8:32AM – 10:38AM<br><b>Rahu</b> 4:53PM – 6:58PM  | <b>Ardra Until 1:59AM Wed</b><br>Vridhhi Until 10:20AM<br>Catuspada Until 9:33AM<br><b>Amavasya* Until 8:18PM</b>  | <b>Ganesha:</b> Blue<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon – Yellow | <b>Sunrise:</b> 4:22AM<br><b>Sunset:</b> 9:04PM | Vikarin 5121<br>Moon 6 - Phase 11<br>Amavasya  |
| Retreat Star<br>Routine Work Marana Yoga<br>Until 1:59AM Wed<br>Then Creative Work - Siddha Yoga        |             |                                |   |  |   | <b>Devaloka Day</b>                             |  |
| <b>Retreat Star</b>   |             | <b>Wednesday, July 3, 2019</b> |   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam<br>Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Balava Karana Prathama/Dvitiyayam Titau |   | Lelystad, Netherlands<br>Sun 15 Sutra 80        |  |
| Mithuna Rasi: 22.2  | Tithi 1 – 2 | 343793461                      | <b>Gulika</b> 10:38AM – 12:43PM<br>Yama 6:28AM – 8:33AM<br><b>Rahu</b> 12:43PM – 2:48PM | <b>Punarvasu Until 12:08AM Thu</b><br>Dhruva Until 7:12AM<br>Kintughna Until 7:00AM<br><b>Prathama* Until 5:36PM</b>   | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon – Blue | <b>Sunrise:</b> 4:23AM<br><b>Sunset:</b> 9:03PM | Vikarin 5121<br>Moon 6 - Phase 11<br>Prathama  |
| Creative Work Siddha Yoga<br>Until 12:08AM Thu<br>Then Creative Work - Amrita Yoga                      |             |                                |   |  |   | <b>Sivaloka Day</b>                             |  |

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

|   |             |                               |   |   |  |   |  |                     |
|---|-------------|-------------------------------|---|---|--|---|--|---------------------|
| <b>1</b>  |             | <b>Thursday, July 4, 2019</b> |   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam<br>Pushya Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |  |   | Lelystad, Netherlands<br>Sun 16 Sutra 81 |                     |
| Kataka Rasi: 6.53   | Tithi 2 - 3 | 343793461                     | <b>Gulika</b> 8:33AM - 10:38AM<br>Yama 4:23AM - 6:28AM<br><b>Rahu</b> 2:48PM - 4:53PM | <b>Pushya Until 9:58PM</b><br>Harshana Until 12:19AM Fri<br>Taitila Until 1:10AM Fri<br><b>Dvitiya Until 2:39PM</b>   | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon - Blue<br><b>Ashada-Ani</b> | <b>Sunrise:</b> 4:23AM<br><b>Sunset:</b> 9:03PM | Moon 6 - Phase 12<br>3rd Phase           | <b>Sivaloka Day</b> |
| Creative Work Amrita Yoga<br>Until 9:58PM<br>Then Creative Work - Siddha Yoga |             |                               |   |   |  |   |  |                     |

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| <b>2</b>                 |             | <b>Friday, July 5, 2019</b> |  | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ashlesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |  |   | Lelystad, Netherlands<br>Sun 17 Sutra 82 |                     |
| Kataka Rasi: 21.34       | Tithi 3 - 4 | 343793461                   | <b>Gulika</b> 6:29AM - 8:34AM<br>Yama 4:53PM - 6:57PM<br><b>Rahu</b> 10:38AM - 12:43PM | <b>Ashlesha* Until 7:37PM</b><br>Vajra* Until 8:45PM<br>Vanija Until 10:08PM<br><b>Tritiya Until 11:37AM</b>   | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon - Blue<br><b>Ashada-Ani</b> | <b>Sunrise:</b> 4:24AM<br><b>Sunset:</b> 9:02PM | Moon 6 - Phase 12<br>3rd Phase           | <b>Sivaloka Day</b> |
| Routine Work Marana Yoga |             |                             |  |  |  |   |  |                     |

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| <b>3</b>  |             | <b>Saturday, July 6, 2019</b> |   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |  |   | Lelystad, Netherlands<br>Sun 18 Sutra 83 |                           |
| Simha Rasi: 6.15  | Tithi 4 - 5 | 353793461                     | <b>Gulika</b> 4:25AM - 6:30AM<br>Yama 2:48PM - 4:53PM<br><b>Rahu</b> 8:34AM - 10:39AM | <b>Magha* Until 5:37PM</b><br>Siddhi Until 5:17PM<br>Bava Until 7:11PM<br><b>Chaturthi* Until 8:37AM</b>  | <b>Ganesha:</b> White<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon - Red<br><b>Ashada-Ani</b> | <b>Sunrise:</b> 4:25AM<br><b>Sunset:</b> 9:02PM | Moon 6 - Phase 12<br>3rd Phase           | <b>Subha Sivaloka Day</b> |
| Creative Work Amrita Yoga<br>Until 5:37PM<br>Then Creative Work - Siddha Yoga |             |                               |   |   |  |   |  |                           |

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| <b>4</b>  |         | <b>Sunday, July 7, 2019</b> |   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Vyatipata*/Varyan Yoga Kaulava/Taitila Karana Shashthyam Titau |   |   | Lelystad, Netherlands<br>Sun 19 Sutra 84 |                     |
| Simha Rasi: 20.5  | Tithi 6 | 453793461                   | <b>Gulika</b> 4:52PM - 6:57PM<br>Yama 12:44PM - 2:48PM<br><b>Rahu</b> 6:57PM - 9:01PM | <b>Purvaphalguni Until 3:40PM</b><br>Vyatipata* Until 1:59PM<br>Kaulava Until 4:27PM<br><b>Shashthi* Until 3:10AM Mon</b>   | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon - Red<br><b>Ashada-Ani</b> | <b>Sunrise:</b> 4:26AM<br><b>Sunset:</b> 9:01PM | Moon 6 - Phase 12<br>3rd Phase           | <b>Sivaloka Day</b> |
| Creative Work Siddha Yoga<br>Until 3:40PM<br>Then Creative Work - Amrita Yoga |         |                             |   |   |   |   |  |                     |

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| <b>5</b>   |         | <b>Monday, July 8, 2019</b> |  | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau |   |   | Lelystad, Netherlands<br>Sun 20 Sutra 85 |                     |
| Kanya Rasi: 5.14                                 | Tithi 7 | 453793461                   | <b>Gulika</b> 2:48PM - 4:52PM<br>Yama 10:40AM - 12:44PM<br><b>Rahu</b> 6:31AM - 8:35AM | <b>Uttaraphalguni Until 1:52PM</b><br>Varyan Until 10:53AM<br>Gara Until 2:00PM<br><b>Saptami Until 12:53AM Tue</b>   | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon - Red<br><b>Ashada-Ani</b> | <b>Sunrise:</b> 4:27AM<br><b>Sunset:</b> 9:00PM | Moon 6 - Phase 12<br>3rd Phase           | <b>Sivaloka Day</b> |
| Family Home Evening<br>Creative Work Siddha Yoga |         | Chidambaram Abhishekam      |  |   |   |   |  |                     |

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| <b>Retreat Star</b>       |         | <b>Tuesday, July 9, 2019</b> |  | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau |  |   | Lelystad, Netherlands<br>Sun 21 Sutra 86 |                           |
| Kanya Rasi: 19.24         | Tithi 8 | 463793461                    | <b>Gulika</b> 12:44PM - 2:48PM<br>Yama 8:36AM - 10:40AM<br><b>Rahu</b> 4:52PM - 6:56PM | <b>Hasta Until 12:43PM</b><br>Parigha* Until 8:06AM<br>Visti Until 11:54AM<br><b>Ashtami* Until 11:00PM</b>   | <b>Ganesha:</b> White<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon - Green<br><b>Ashada-Ani</b> | <b>Sunrise:</b> 4:28AM<br><b>Sunset:</b> 9:00PM | Moon 6 - Phase 12<br>Ashtami             | <b>Subha Sivaloka Day</b> |
| Creative Work Siddha Yoga |         |                              |  |   |  |   |  |                           |

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| <b>Retreat Star</b>       |         | <b>Wednesday, July 10, 2019</b> |   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam<br>Chitra/Svati Nakshatra Siddha Yoga Balava/Kaulava Karana Navamyam Titau |   |   | Lelystad, Netherlands<br>Sun 22 Sutra 87 |                     |
| Tula Rasi: 3.19           | Tithi 9 | 463893461                       | <b>Gulika</b> 10:40AM - 12:44PM<br>Yama 6:33AM - 8:37AM<br><b>Rahu</b> 12:44PM - 2:48PM | <b>Chitra Until 11:50AM</b><br>Siddha Until 3:32AM Thu<br>Balava Until 10:14AM<br><b>Navami* Until 9:32PM</b>   | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon - Green<br><b>Ashada-Ani</b> | <b>Sunrise:</b> 4:29AM<br><b>Sunset:</b> 8:59PM | Moon 6 - Phase 12<br>Navami              | <b>Sivaloka Day</b> |
| Creative Work Siddha Yoga |         |                                 |   |   |   |   |  |                     |

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| <b>1</b>                         | <b>Thursday, July 11, 2019</b> |          | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam<br>Svati/Vishakha Nakshatra Sadhya Yoga Taitila/Gara Karana Dashamyam Titau |                            |                         |                        | Lelystad, Netherlands<br>Sun 23 Sutra 88 |  |
|                                  | Tula Rasi: 16.58               | Tithi 10 | <b>Gulika</b> 8:37AM – 10:41AM  | <b>Svati</b> Until 11:15AM | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 4:30AM | Vikarin 5121                             |  |
|                                  |                                |          | Yama 4:30AM – 6:34AM  | Sadhya Until 1:48AM Fri    | <b>Muruqa:</b> Blue     | <i>Sunset:</i> 8:58PM  | Moon 6 - Phase 13                        |  |
|                                  |                                |          | 463893461 <b>Rahu</b> 2:48PM – 4:51PM   | Taitila Until 9:00AM       | <b>Nataraja:</b> Yellow |                        | 4th Phase                                |  |
| Creative Work Amrita Yoga        |                                |          | <b>Dashami</b> Until 8:32PM   |                            |                         | <b>Sivaloka Day</b>    |  |  |
| Until 11:15AM                    |                                |          |   |                            |                         | <b>Ashada•Ani</b>      |  |  |
| Then Creative Work - Siddha Yoga |                                |          |   |                            |                         |                        |  |  |

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| <b>2</b>                  | <b>Friday, July 12, 2019</b> |          | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Subha Yoga Vanija/Visti* Karana Ekadashyam Titau |                               |                         |                        | Lelystad, Netherlands<br>Sun 24 Sutra 89 |  |
|                           | Vischika Rasi: 0.2           | Tithi 11 | <b>Gulika</b> 6:34AM – 8:38AM  | <b>Vishakha</b> Until 11:25AM | <b>Ganesha:</b> White   | <i>Sunrise:</i> 4:31AM | Vikarin 5121                             |  |
|                           |                              |          | Yama 4:51PM – 6:54PM   | Subha Until 12:28AM Sat       | <b>Muruqa:</b> Blue     | <i>Sunset:</i> 8:57PM  | Moon 6 - Phase 13                        |  |
|                           |                              |          | 473893461 <b>Rahu</b> 10:41AM – 12:44PM  | Vanija Until 8:13AM           | <b>Nataraja:</b> Yellow |                        | 4th Phase                                |  |
| Creative Work Siddha Yoga |                              |          | <b>Ekadashi</b> Until 8:00PM   |                               |                         | <b>Devaloka Day</b>    |  |  |
|                           |                              |          |  |                               |                         | <b>Ashada•Ani</b>      |  |  |

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| <b>3</b>                  | <b>Saturday, July 13, 2019</b> |          | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau |                               |                         |                        | Lelystad, Netherlands<br>Sun 25 Sutra 90 |  |
|                           | Vischika Rasi: 13.28           | Tithi 12 | <b>Gulika</b> 4:32AM – 6:35AM   | <b>Anuradha</b> Until 11:54AM | <b>Ganesha:</b> White   | <i>Sunrise:</i> 4:32AM | Vikarin 5121                             |  |
|                           |                                |          | Yama 2:47PM – 4:50PM  | Sukla Until 11:29PM           | <b>Muruqa:</b> Blue     | <i>Sunset:</i> 8:56PM  | Moon 6 - Phase 13                        |  |
|                           |                                |          | 473893461 <b>Rahu</b> 8:38AM – 10:41AM  | Bava Until 7:56AM             | <b>Nataraja:</b> Yellow |                        | 4th Phase                                |  |
| Creative Work Siddha Yoga |                                |          | <b>Dvadashi</b> Until 7:56PM  |                               |                         | <b>Devaloka Day</b>    |  |  |
|                           |                                |          |   |                               |                         | <b>Ashada•Ani</b>      |  |  |

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| <b>4</b>                         | <b>Sunday, July 14, 2019</b> |          | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau |                                |                         |                        | Lelystad, Netherlands<br>Sun 26 Sutra 91 |  |
|                                  | Vischika Rasi: 26.2          | Tithi 13 | <b>Gulika</b> 4:50PM – 6:53PM   | <b>Jyeshtha*</b> Until 12:43PM | <b>Ganesha:</b> White   | <i>Sunrise:</i> 4:34AM | Vikarin 5121                             |  |
|                                  |                              |          | Yama 12:44PM – 2:47PM   | Brahma Until 10:53PM           | <b>Muruqa:</b> Blue     | <i>Sunset:</i> 8:55PM  | Moon 6 - Phase 13                        |  |
|                                  |                              |          | 473893461 <b>Rahu</b> 6:53PM – 8:55PM   | Kaulava Until 8:07AM           | <b>Nataraja:</b> Yellow |                        | 4th Phase                                |  |
| Routine Work Marana Yoga         |                              |          | <b>Trayodashi</b> Until 8:22PM  |                                |                         | <b>Devaloka Day</b>    |  |  |
| Until 12:43PM                    |                              |          |   |                                |                         | <b>Ashada•Ani</b>      |  |  |
| Then Creative Work - Amrita Yoga |                              |          | <i>Pradosha Vrata</i>   |                                |                         |                        |  |  |

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| <b>5</b>                        | <b>Monday, July 15, 2019</b> |          | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau |                           |                         |                        | Lelystad, Netherlands<br>Sun 27 Sutra 92 |  |
|                                 | Dhanus Rasi: 9               | Tithi 14 | <b>Gulika</b> 2:47PM – 4:49PM   | <b>Mula*</b> Until 2:18PM | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 4:35AM | Vikarin 5121                             |  |
|                                 | <b>Family Home Evening</b>   |          | Yama 10:42AM – 12:45PM  | Indra Until 10:41PM       | <b>Muruqa:</b> Blue     | <i>Sunset:</i> 8:54PM  | Moon 6 - Phase 13                        |  |
|                                 |                              |          | 483893461 <b>Rahu</b> 6:37AM – 8:40AM   | Gara Until 8:47AM         | <b>Nataraja:</b> Yellow |                        | 4th Phase                                |  |
| Creative Work Siddha Yoga       |                              |          | <b>Chaturdashi*</b> Until 9:16PM  |                           |                         | <b>Sivaloka Day</b>    |  |  |
| Until 2:18PM                    |                              |          |   |                           |                         | <b>Ashada•Ani</b>      |  |  |
| Then Routine Work - Marana Yoga |                              |          |   |                           |                         |                        |  |  |

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|  | <b>Tuesday, July 16, 2019</b> |          | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau |                                  |                         |                        | Lelystad, Netherlands<br>Sun 28 Sutra 93 |  |
|  | <b>Copper Retreat Star</b>    |          | <b>Gulika</b> 12:45PM – 2:47PM   | <b>Purvashadha*</b> Until 4:10PM | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 4:36AM | Vikarin 5121                             |  |
|  | Dhanus Rasi: 21.26            | Tithi 15 | Yama 8:40AM – 10:42AM  | Vaidhriti* Until 10:48PM         | <b>Muruqa:</b> Blue     | <i>Sunset:</i> 8:53PM  | Moon 6 - Phase 13                        |  |
|  |                               |          | 483893461 <b>Rahu</b> 4:49PM – 6:51PM  | Visti Until 9:54AM               | <b>Nataraja:</b> Yellow |                        | Purnima                                  |  |
| Creative Work Siddha Yoga              |                               |          | <b>Purnima*</b> Until 10:37PM  |                                  |                         | <b>Sivaloka Day</b>    |  |  |
| Until 4:10PM                           |                               |          |  |                                  |                         | <b>Ashada•Adi</b>      |  |  |
| Then Routine Work - Prabalarishta Yoga |                               |          | <b>Partial Lunar Eclipse</b><br><b>Satguru Purnima</b>   |                                  |                         |                        |  |  |

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| <b>6</b>                         | <b>Wednesday, July 17, 2019</b> |          | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam<br>Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau |                                  |                        |                                 | Lelystad, Netherlands<br>Sun 29 Sutra 94 |  |
|                                  | <b>Silver Retreat Star</b>      |          | <b>Gulika</b> 10:43AM – 12:45PM  | <b>Uttarashadha</b> Until 6:18PM | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 4:37AM          | Vikarin 5121                             |  |
|                                  | Makara Rasi: 3.41               | Tithi 16 | Yama 6:39AM – 8:41AM   | Vishkambha* Until 11:14PM        | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 8:52PM           | Moon 6 - Phase 13                        |  |
|                                  |                                 |          | 484893462 <b>Rahu</b> 12:45PM – 2:47PM   | Balava Until 11:28AM             | <b>Nataraja:</b> White |                                 | Prathama                                 |  |
| Creative Work Amrita Yoga        |                                 |          | <b>Prathama*</b> Until 12:23AM Thu   |                                  |                        | <b>Subha Subha Sivaloka Day</b> |  |  |
| Until 6:18PM                     |                                 |          |  |                                  |                        | <b>Ashada•Adi</b>               |  |  |
| Then Creative Work - Siddha Yoga |                                 |          |  |                                  |                        |                                 |  |  |



**Thursday, July 18, 2019**  
**Gold Retreat Star**

Makara Rasi: 15.47 Tithi 17  
Creative Work Siddha Yoga

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

**Gulika** 8:42AM – 10:43AM  
Yama 4:39AM – 6:40AM  
494893462 **Rahu** 2:46PM – 4:48PM

**Shravana Until 9:05PM**  
Priti Until 11:57PM  
Taitila Until 1:24PM  
Dvitiya Until 2:28AM Fri

Lelystad, Netherlands  
Sun 1 Sutra 95  
Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**Ganesha:** Clear *Sunrise: 4:39AM*  
**Muruqa:** Blue *Sunset: 8:51PM*  
**Nataraja:** White  
Moon – Purple

**Ashada-Adi**  
**Subha Sivaloka Day**

**1**

**Friday, July 19, 2019**

Makara Rasi: 27.46 Tithi 18  
Creative Work Siddha Yoga

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

**Gulika** 6:41AM – 8:42AM  
Yama 4:47PM – 6:49PM  
494893462 **Rahu** 10:44AM – 12:45PM

**Dhanishtha Until 11:57PM**  
Ayushman Until 12:49AM Sat  
Vanija Until 3:37PM  
Tritiya Until 4:47AM Sat

Lelystad, Netherlands  
Sun 2 Sutra 96  
Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**Ganesha:** Clear *Sunrise: 4:40AM*  
**Muruqa:** Blue *Sunset: 8:50PM*  
**Nataraja:** White  
Moon – Purple

**Ashada-Adi**  
**Subha Sivaloka Day**

**2**

**Saturday, July 20, 2019**

Kumbha Rasi: 9.39 Tithi 19  
Creative Work Amrita Yoga  
Until 2:45AM Sun  
Then Creative Work - Siddha Yoga

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

**Gulika** 4:41AM – 6:42AM  
Yama 2:46PM – 4:47PM  
494893462 **Rahu** 8:43AM – 10:44AM

**Shatabhishak Until 2:45AM Sun**  
Saubhagya Until 1:48AM Sun  
Bava Until 6:00PM  
Chaturthi\* Until 7:12AM Sun

Lelystad, Netherlands  
Sun 3 Sutra 97  
Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**Ganesha:** Clear *Sunrise: 4:41AM*  
**Muruqa:** Blue *Sunset: 8:49PM*  
**Nataraja:** White  
Moon – Purple

**Ashada-Adi**  
**Subha Sivaloka Day**

**3**

**Sunday, July 21, 2019**

Kumbha Rasi: 21.31 Tithi 19 – 20  
Creative Work Siddha Yoga

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

**Gulika** 4:46PM – 6:47PM  
Yama 12:45PM – 2:46PM  
414893462 **Rahu** 6:47PM – 8:47PM

**Purvaproshtapada\* Until 5:53AM Mon**  
Sobhana Until 2:46AM Mon  
Kaulava Until 8:25PM  
Chaturthi\* Until 7:12AM

Lelystad, Netherlands  
Sun 4 Sutra 98  
Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**Ganesha:** Clear *Sunrise: 4:43AM*  
**Muruqa:** Blue *Sunset: 8:47PM*  
**Nataraja:** White  
Moon – Clear

**Ashada-Adi**  
**Subha Sivaloka Day**

**4**

**Monday, July 22, 2019**

Meena Rasi: 3.23 Tithi 20 – 21  
**Family Home Evening**  
Creative Work Siddha Yoga

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

**Gulika** 2:45PM – 4:46PM  
Yama 10:45AM – 12:45PM  
414893462 **Rahu** 6:44AM – 8:44AM

**Uttaraproshtapada Until 8:40AM Tue**  
Athiganda\* Until 3:35AM Tue  
Gara Until 10:42PM  
Panchami Until 9:34AM

Lelystad, Netherlands  
Sun 5 Sutra 99  
Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**Ganesha:** Clear *Sunrise: 4:44AM*  
**Muruqa:** Blue *Sunset: 8:46PM*  
**Nataraja:** White  
Moon – Clear

**Ashada-Adi**  
**Subha Sivaloka Day**

**5**

**Tuesday, July 23, 2019**

Meena Rasi: 15.19 Tithi 21 – 22  
Creative Work Amrita Yoga  
Until 8:40AM  
Then Creative Work - Siddha Yoga

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

**Gulika** 12:45PM – 2:45PM  
Yama 8:45AM – 10:45AM  
414893462 **Rahu** 4:45PM – 6:45PM

**Uttaraproshtapada Until 8:40AM**  
Sukarma Until 4:11AM Wed  
Visti Until 12:42AM Wed  
Shashthi\* Until 11:44AM

Lelystad, Netherlands  
Sun 6 Sutra 100  
Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**Ganesha:** Clear *Sunrise: 4:45AM*  
**Muruqa:** Blue *Sunset: 8:45PM*  
**Nataraja:** White  
Moon – Clear

**Ashada-Adi**  
**Subha Sivaloka Day**

**Retreat Star**

**Wednesday, July 24, 2019**

Meena Rasi: 27.23 Tithi 22 – 23  
Routine Work Marana Yoga

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

**Gulika** 10:45AM – 12:45PM  
Yama 6:46AM – 8:46AM  
414893462 **Rahu** 12:45PM – 2:45PM

**Revati Until 10:57AM**  
Dhriti Until 4:26AM Thu  
Balava Until 2:16AM Thu  
Saptami Until 1:32PM

Lelystad, Netherlands  
Sun 7 Sutra 101  
Vikarin 5121  
Moon 7 - Phase 14  
Ashtami

**Ganesha:** Clear *Sunrise: 4:47AM*  
**Muruqa:** Blue *Sunset: 8:43PM*  
**Nataraja:** White  
Moon – Clear

**Ashada-Adi**  
**Subha Sivaloka Day**

**Thursday, July 25, 2019**

**Retreat Star**

Mesha Rasi: 9.4 Tithi 23 – 24  
Creative Work Amrita Yoga  
Until 1:04PM  
Then Creative Work - Siddha Yoga

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

**Gulika** 8:47AM – 10:46AM  
Yama 4:48AM – 6:47AM  
424893462 **Rahu** 2:44PM – 4:43PM

**Ashvini Until 1:04PM**  
Shula\* Until 4:10AM Fri  
Taitila Until 3:13AM Fri  
Ashtami\* Until 2:48PM

Lelystad, Netherlands  
Sun 8 Sutra 102  
Vikarin 5121  
Moon 7 - Phase 14  
Navami

**Ganesha:** White *Sunrise: 4:48AM*  
**Muruqa:** Blue *Sunset: 8:42PM*  
**Nataraja:** White  
Moon – White

**Ashada-Adi**  
**Subha Subha Sivaloka Day**

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


|                   |                               |                               |                                    |   |                        |  |  |
|-------------------|-------------------------------|-------------------------------|------------------------------------|---|------------------------|--|--|
| <b>1</b>          |                               | <b>Friday, July 26, 2019</b>  |                                    | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Bharani/Krittika Nakshatra Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau |                        | Lelystad, Netherlands<br>Sun 9 Sutra 103<br>Vikarin 5121 |  |
| Mesha Rasi: 22.11 | Tithi 24 – 25                 | <b>Gulika</b> 6:49AM – 8:47AM | <b>Bharani</b> <b>Until 2:23PM</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 4:50AM | Moon 7 - Phase 15  |  |
|                   |                               | Yama 4:43PM – 6:42PM          | Ganda* <b>Until 3:22AM Sat</b>     | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 8:40PM  | 2nd Phase  |  |
| 424893462         | <b>Rahu</b> 10:46AM – 12:45PM |                               | Vanija <b>Until 3:27AM Sat</b>     | <b>Nataraja:</b> White  |                        | Subha Subha Sivaloka Day                                 |  |
| Creative Work     | Siddha Yoga                   |                               | <b>Navami* Until 3:25PM</b>        | Moon – White  |                        | <b>Ashada-Adi</b>  |  |

|                      |                              |                                |                                     |   |                        |   |  |
|----------------------|------------------------------|--------------------------------|-------------------------------------|---|------------------------|---|--|
| <b>2</b>             |                              | <b>Saturday, July 27, 2019</b> |                                     | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam<br>Krittika/Rohini Nakshatra Vriddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau |                        | Lelystad, Netherlands<br>Sun 10 Sutra 104<br>Vikarin 5121 |  |
| Wrishabha Rasi: 5.04 | Tithi 25 – 26                | <b>Gulika</b> 4:51AM – 6:50AM  | <b>Krittika</b> <b>Until 2:49PM</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 4:51AM | Moon 7 - Phase 15   |  |
|                      |                              | Yama 2:43PM – 4:42PM           | Vriddhi <b>Until 1:57AM Sun</b>     | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 8:39PM  | 2nd Phase   |  |
| 424893462            | <b>Rahu</b> 8:48AM – 10:47AM |                                | Bava <b>Until 2:55AM Sun</b>        | <b>Nataraja:</b> White  |                        | Subha Subha Sivaloka Day                                  |  |
| Creative Work        | Amrita Yoga                  |                                | <b>Dashami Until 3:16PM</b>         | Moon – White  |                        | <b>Ashada-Adi</b>   |  |

|                       |                             |                               |                                   |  |                        |   |  |
|-----------------------|-----------------------------|-------------------------------|-----------------------------------|--|------------------------|---|--|
| <b>3</b>              |                             | <b>Sunday, July 28, 2019</b>  |                                   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |                        | Lelystad, Netherlands<br>Sun 11 Sutra 105<br>Vikarin 5121 |  |
| Wrishabha Rasi: 18.21 | Tithi 26 – 27               | <b>Gulika</b> 4:41PM – 6:39PM | <b>Rohini</b> <b>Until 2:47PM</b> | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 4:53AM | Moon 7 - Phase 15   |  |
|                       |                             | Yama 12:45PM – 2:43PM         | Dhruva <b>Until 11:53PM</b>       | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 8:37PM  | 2nd Phase   |  |
| 424893462             | <b>Rahu</b> 6:39PM – 8:37PM |                               | Kaulava <b>Until 1:36AM Mon</b>   | <b>Nataraja:</b> White   |                        | Subha Sivaloka Day  |  |
| Creative Work         | Siddha Yoga                 |                               | <b>Ekadashi* Until 2:20PM</b>     | Moon – Yellow  |                        | <b>Ashada-Adi</b>   |  |

|                                  |                             |                               |                                       |  |                        |   |  |
|----------------------------------|-----------------------------|-------------------------------|---------------------------------------|--|------------------------|---|--|
| <b>4</b>                         |                             | <b>Monday, July 29, 2019</b>  |                                       | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Vyaghata* Yoga Taitilla/Gara Karana Dvadashi/Trayodashyam Titau |                        | Lelystad, Netherlands<br>Sun 12 Sutra 106<br>Vikarin 5121 |  |
| Mithuna Rasi: 2.04               | Tithi 27 – 28               | <b>Gulika</b> 2:43PM – 4:40PM | <b>Mrigashira</b> <b>Until 1:51PM</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 4:54AM | Moon 7 - Phase 15   |  |
| <b>Family Home Evening</b>       |                             | Yama 10:47AM – 12:45PM        | Vyaghata* <b>Until 9:14PM</b>         | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 8:36PM  | 2nd Phase   |  |
| 424893462                        | <b>Rahu</b> 6:52AM – 8:50AM |                               | Gara <b>Until 11:35PM</b>             | <b>Nataraja:</b> White   |                        | Sivaloka Day  |  |
| Creative Work                    | Amrita Yoga                 |                               | <b>Dvadashi* Until 12:39PM</b>        | Moon – Yellow  |                        | <b>Ashada-Adi</b>   |  |
| Until 1:51PM                     |                             |                               | <i>Pradosha Vrata (Fasting)</i>       |  |                        |   |  |
| Then Creative Work - Siddha Yoga |                             |                               |                                       |  |                        |   |  |

|                                  |                             |                                |                                   |  |                        |   |  |
|----------------------------------|-----------------------------|--------------------------------|-----------------------------------|--|------------------------|---|--|
| <b>5</b>                         |                             | <b>Tuesday, July 30, 2019</b>  |                                   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |                        | Lelystad, Netherlands<br>Sun 13 Sutra 107<br>Vikarin 5121 |  |
| Mithuna Rasi: 16.14              | Tithi 28 – 29               | <b>Gulika</b> 12:45PM – 2:42PM | <b>Ardra</b> <b>Until 12:07PM</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 4:56AM | Moon 7 - Phase 15   |  |
|                                  |                             | Yama 8:50AM – 10:48AM          | Harshana <b>Until 6:07PM</b>      | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 8:34PM  | 2nd Phase   |  |
| 424893462                        | <b>Rahu</b> 4:40PM – 6:37PM |                                | Visti <b>Until 8:57PM</b>         | <b>Nataraja:</b> White   |                        | Sivaloka Day  |  |
| Routine Work                     | Marana Yoga                 |                                | <b>Trayodashi* Until 10:19AM</b>  | Moon – Yellow  |                        | <b>Ashada-Adi</b>   |  |
| Until 12:07PM                    |                             |                                |                                   |  |                        |   |  |
| Then Creative Work - Siddha Yoga |                             |                                |                                   |  |                        |   |  |

|   |                              |                                 |                                       |   |                        |   |  |
|---|------------------------------|---------------------------------|---------------------------------------|---|------------------------|---|--|
|  |                              | <b>Wednesday, July 31, 2019</b> |                                       | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Vajra*/Siddhi Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau |                        | Lelystad, Netherlands<br>Sun 14 Sutra 108<br>Vikarin 5121 |  |
| <b>Retreat Star</b>   |                              | <b>Gulika</b> 10:48AM – 12:45PM | <b>Punarvasu</b> <b>Until 10:09AM</b> | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 4:57AM | Moon 7 - Phase 15   |  |
| Kataka Rasi: 0.46   | Tithi 29 – 30                | Yama 6:54AM – 8:51AM            | Vajra* <b>Until 2:33PM</b>            | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 8:33PM  | Amavasya  |  |
| 424893462   | <b>Rahu</b> 12:45PM – 2:42PM |                                 | Naga <b>Until 4:11AM Thu</b>          | <b>Nataraja:</b> White  |                        | Sivaloka Day  |  |
| Creative Work   | Siddha Yoga                  |                                 | <b>Chaturdashi* Until 7:27AM</b>      | Moon – Blue   |                        | <b>Ashada-Adi</b>   |  |

|                                  |                             |                                 |                                    |  |                        |   |  |
|----------------------------------|-----------------------------|---------------------------------|------------------------------------|--|------------------------|---|--|
| <b>Retreat Star</b>              |                             | <b>Thursday, August 1, 2019</b> |                                    | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Kintughna*/Bava Karana Prathamayam Titau |                        | Lelystad, Netherlands<br>Sun 15 Sutra 109<br>Vikarin 5121 |  |
| Kataka Rasi: 15.37               | Tithi 1                     | <b>Gulika</b> 8:52AM – 10:48AM  | <b>Pushya</b> <b>Until 7:40AM</b>  | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 4:59AM | Moon 7 - Phase 15   |  |
|                                  |                             | Yama 4:59AM – 6:55AM            | Siddhi <b>Until 10:43AM</b>        | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 8:31PM  | Prathama  |  |
| 424893462                        | <b>Rahu</b> 2:41PM – 4:38PM |                                 | Kintughna <b>Until 2:28PM</b>      | <b>Nataraja:</b> White   |                        | Sivaloka Day  |  |
| Creative Work                    | Amrita Yoga                 |                                 | <b>Prathama* Until 12:41AM Fri</b> | Moon – Blue  |                        | <b>Sravana-Adi</b>  |  |
| Until 7:40AM                     |                             |                                 |                                    |  |                        |   |  |
| Then Creative Work - Siddha Yoga |                             |                                 |                                    |  |                        |   |  |

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

|                                  |             |   |                                |   |                        |   |                   |
|----------------------------------|-------------|---|--------------------------------|---|------------------------|---|-------------------|
| <b>1</b>                         |             | <b>Friday, August 2, 2019</b>           |                                | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvitiyayam Titau |                        | Lelystad, Netherlands<br>Sun 16 Sutra 110<br>Vikarin 5121 |                   |
| Simha Rasi: 0.38                 | Tithi 2     | <b>Gulika</b> 6:56AM – 8:53AM           | <b>Magha* Until 2:13AM Sat</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:00AM |   |                   |
|                                  |             | Yama 4:37PM – 6:33PM                    | Vyatipata* Until 6:45AM        | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 8:29PM  |   | Moon 7 - Phase 16 |
|                                  |             | 455893462 <b>Rahu</b> 10:49AM – 12:45PM | Balava Until 10:55AM           | <b>Nataraja:</b> White  |                        |   | 3rd Phase         |
| Routine Work                     | Marana Yoga |   | <b>Dvitiya Until 9:07PM</b>    | <b>Moon – Red</b>   |                        | <b>Sivaloka Day</b>                                       |                   |
| Until 2:13AM Sat                 |             |   |                                | <b>Sravana*Adi</b>  |                        |   |                   |
| Then Creative Work - Siddha Yoga |             |   |                                |   |                        |   |                   |

|                                 |             |  |                                    |  |                        |   |                   |
|---------------------------------|-------------|--|------------------------------------|--|------------------------|---|-------------------|
| <b>2</b>                        |             | <b>Saturday, August 3, 2019</b>        |                                    | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam<br>Purvaphalguni Nakshatra Parigha* Yoga Tailila/Vanija Karana Tritiya/Chaturthyam Titau |                        | Lelystad, Netherlands<br>Sun 17 Sutra 111<br>Vikarin 5121 |                   |
| Simha Rasi: 15.41               | Tithi 3 – 4 | <b>Gulika</b> 5:02AM – 6:58AM          | <b>Purvaphalguni Until 11:36PM</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:02AM |   |                   |
|                                 |             | Yama 2:40PM – 4:36PM                   | Parigha* Until 10:49PM             | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 8:27PM  |   | Moon 7 - Phase 16 |
|                                 |             | 455893462 <b>Rahu</b> 8:53AM – 10:49AM | Taitila Until 7:22AM               | <b>Nataraja:</b> White   |                        |   | 3rd Phase         |
| Creative Work                   | Siddha Yoga |  | <b>Tritiya Until 5:37PM</b>        | <b>Moon – Red</b>  |                        | <b>Sivaloka Day</b>                                       |                   |
| Until 11:36PM                   |             |  |                                    | <b>Sravana*Adi</b>   |                        |   |                   |
| Then Routine Work - Marana Yoga |             |  |                                    |  |                        |   |                   |

|                  |             |                                       |                                    |  |                        |   |                   |
|------------------|-------------|---------------------------------------|------------------------------------|--|------------------------|---|-------------------|
| <b>3</b>         |             | <b>Sunday, August 4, 2019</b>         |                                    | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttaraphalguni Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                        | Lelystad, Netherlands<br>Sun 18 Sutra 112<br>Vikarin 5121 |                   |
| Kanya Rasi: 0.37 | Tithi 4 – 5 | <b>Gulika</b> 4:35PM – 6:30PM         | <b>Uttaraphalguni Until 9:06PM</b> | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 5:03AM |   |                   |
|                  |             | Yama 12:45PM – 2:40PM                 | Shiva Until 7:08PM                 | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 8:26PM  |   | Moon 7 - Phase 16 |
|                  |             | 455993462 <b>Rahu</b> 6:30PM – 8:26PM | Bava Until 12:51AM Mon             | <b>Nataraja:</b> White   |                        |   | 3rd Phase         |
| Creative Work    | Amrita Yoga |                                       | <b>Chaturthi* Until 2:20PM</b>     | <b>Moon – Red</b>  |                        | <b>Subha Sivaloka Day</b>                                 |                   |
|                  |             | <b>Nag Panchami</b>                   |                                    | <b>Sravana*Adi</b>   |                        |   |                   |

|  |             |                                       |                               |  |                        |   |                   |
|--|-------------|---------------------------------------|-------------------------------|--|------------------------|---|-------------------|
| <b>4</b>                               |             | <b>Monday, August 5, 2019</b>         |                               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam<br>Hasta Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |                        | Lelystad, Netherlands<br>Sun 19 Sutra 113<br>Vikarin 5121 |                   |
| Kanya Rasi: 15.19                      | Tithi 5 – 6 | <b>Gulika</b> 2:39PM – 4:34PM         | <b>Hasta Until 7:17PM</b>     | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:05AM |   |                   |
| <b>Family Home Evening</b>             |             | Yama 10:50AM – 12:44PM                | Siddha Until 3:45PM           | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 8:24PM  |   | Moon 7 - Phase 16 |
|  |             | 465993462 <b>Rahu</b> 7:00AM – 8:55AM | Kaulava Until 10:10PM         | <b>Nataraja:</b> White   |                        |   | 3rd Phase         |
| Creative Work                          | Siddha Yoga |                                       | <b>Panchami Until 11:26AM</b> | <b>Moon – Green</b>  |                        | <b>Subha Subha Sivaloka Day</b>                           |                   |
| Until 7:17PM                           |             |                                       |                               | <b>Sravana*Adi</b>   |                        |   |                   |
| Then Routine Work - Prabalarishta Yoga |             |                                       |                               |  |                        |   |                   |

|                   |             |                                       |                               |  |                        |   |                   |
|-------------------|-------------|---------------------------------------|-------------------------------|--|------------------------|---|-------------------|
| <b>5</b>          |             | <b>Tuesday, August 6, 2019</b>        |                               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Chitra/Svati Nakshatra Sadhya/Subha Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau |                        | Lelystad, Netherlands<br>Sun 20 Sutra 114<br>Vikarin 5121 |                   |
| Kanya Rasi: 29.41 | Tithi 6 – 7 | <b>Gulika</b> 12:44PM – 2:39PM        | <b>Chitra Until 5:52PM</b>    | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:07AM |   |                   |
|                   |             | Yama 8:56AM – 10:50AM                 | Sadhya Until 12:48PM          | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 8:22PM  |   | Moon 7 - Phase 16 |
|                   |             | 465993462 <b>Rahu</b> 4:33PM – 6:28PM | Gara Until 8:02PM             | <b>Nataraja:</b> White   |                        |   | 3rd Phase         |
| Creative Work     | Siddha Yoga |                                       | <b>Shashthi* Until 9:00AM</b> | <b>Moon – Green</b>  |                        | <b>Subha Subha Sivaloka Day</b>                           |                   |
|                   |             |                                       |                               | <b>Sravana*Adi</b>   |                        |   |                   |

|                     |             |  |                             |   |                        |   |                   |
|---------------------|-------------|--|-----------------------------|---|------------------------|---|-------------------|
| <b>Retreat Star</b> |             | <b>Wednesday, August 7, 2019</b>       |                             | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam<br>Svati/Vishakha Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |                        | Lelystad, Netherlands<br>Sun 21 Sutra 115<br>Vikarin 5121 |                   |
| Tula Rasi: 13.41    | Tithi 7 – 8 | <b>Gulika</b> 10:50AM – 12:44PM        | <b>Svati Until 4:54PM</b>   | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:08AM |   |                   |
|                     |             | Yama 7:02AM – 8:56AM                   | Subha Until 10:21AM         | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 8:20PM  |   | Moon 7 - Phase 16 |
|                     |             | 465993462 <b>Rahu</b> 12:44PM – 2:38PM | Visti Until 6:30PM          | <b>Nataraja:</b> White  |                        |   | Ashtami           |
| Creative Work       | Siddha Yoga |  | <b>Saptami Until 7:10AM</b> | <b>Moon – Green</b>   |                        | <b>Subha Subha Sivaloka Day</b>                           |                   |
|                     |             |  |                             | <b>Sravana*Adi</b>  |                        |   |                   |

|                     |             |                                       |                                 |  |                        |   |                   |
|---------------------|-------------|---------------------------------------|---------------------------------|--|------------------------|---|-------------------|
| <b>Retreat Star</b> |             | <b>Thursday, August 8, 2019</b>       |                                 | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau |                        | Lelystad, Netherlands<br>Sun 22 Sutra 116<br>Vikarin 5121 |                   |
| Tula Rasi: 27.16    | Tithi 9     | <b>Gulika</b> 8:57AM – 10:51AM        | <b>Vishakha Until 4:54PM</b>    | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 5:10AM |   |                   |
|                     |             | Yama 5:10AM – 7:03AM                  | Sukla Until 8:25AM              | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 8:18PM  |   | Moon 7 - Phase 16 |
|                     |             | 476993462 <b>Rahu</b> 2:38PM – 4:31PM | Balava Until 5:39PM             | <b>Nataraja:</b> White   |                        |   | Navami            |
| Creative Work       | Siddha Yoga |                                       | <b>Navami* Until 5:28AM Fri</b> | <b>Moon – Orange</b>   |                        | <b>Sivaloka Day</b>                                       |                   |
|                     |             |                                       |                                 | <b>Sravana*Adi</b>   |                        |   |                   |


|  |                               |          |   |   |  |   |   |
|--|-------------------------------|----------|---|---|--|---|---|
| <b>1</b>   | <b>Friday, August 9, 2019</b> |          | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau |   |  |   | Lelystad, Netherlands<br>Sun 23 Sutra 117                             |
|  | Wrischika Rasi: 10.29         | Tithi 10 | <b>Gulika</b> 7:05AM – 8:58AM<br>Yama 4:30PM – 6:23PM<br>476993462 <b>Rahu</b> 10:51AM – 12:44PM  | <b>Anuradha</b> Until 5:24PM<br>Brahma Until 7:02AM<br>Taitila Until 5:28PM<br>Dashami Until 5:36AM Sat | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Orange | <b>Sunrise:</b> 5:12AM<br><b>Sunset:</b> 8:16PM | Vikarin 5121<br>Moon 7 - Phase 17<br>4th Phase<br><b>Sivaloka Day</b> |
| Creative Work Siddha Yoga<br>Until 5:24PM<br>Then Routine Work - Marana Yoga |                               |          |   |   |  |   |   |


|                           |                                  |          |   |   |  |   |   |
|---------------------------|----------------------------------|----------|---|---|--|---|---|
| <b>2</b>                  | <b>Saturday, August 10, 2019</b> |          | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam<br>Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Vanija/Vistii* Karana Ekadashyam Titau |   |  |   | Lelystad, Netherlands<br>Sun 24 Sutra 118                             |
|                           | Wrischika Rasi: 23.23            | Tithi 11 | <b>Gulika</b> 5:13AM – 7:06AM<br>Yama 2:37PM – 4:29PM<br>476993462 <b>Rahu</b> 8:58AM – 10:51AM   | <b>Jyeshtha*</b> Until 6:22PM<br>Indra Until 6:10AM<br>Vanija Until 5:55PM<br>Ekadashi Until 6:20AM Sun | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Orange | <b>Sunrise:</b> 5:13AM<br><b>Sunset:</b> 8:15PM | Vikarin 5121<br>Moon 7 - Phase 17<br>4th Phase<br><b>Sivaloka Day</b> |
| Creative Work Siddha Yoga |                                  |          |   |   |  |   |   |

|   |                                |               |   |   |   |   |   |
|---|--------------------------------|---------------|---|---|---|---|---|
| <b>3</b>  | <b>Sunday, August 11, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Mula* Nakshatra Vishkambha* Yoga Vistii*/Bava Karana Ekadashi/Dvadashyam Titau |   |   |   | Lelystad, Netherlands<br>Sun 25 Sutra 119                                   |
|   | Dhanus Rasi: 5.59              | Tithi 11 – 12 | <b>Gulika</b> 4:28PM – 6:20PM<br>Yama 12:44PM – 2:36PM<br>486993462 <b>Rahu</b> 6:20PM – 8:13PM   | <b>Mula*</b> Until 8:12PM<br>Vishkambha* Until 5:46AM Mon<br>Bava Until 6:56PM<br>Ekadashi Until 6:20AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Light Blue | <b>Sunrise:</b> 5:15AM<br><b>Sunset:</b> 8:13PM | Vikarin 5121<br>Moon 7 - Phase 17<br>4th Phase<br><b>Subha Sivaloka Day</b> |
| Creative Work Amrita Yoga<br>Until 8:12PM<br>Then Creative Work - Siddha Yoga |                                |               |   |   |   |   |   |

|   |                                |               |   |  |   |   |   |
|---|--------------------------------|---------------|---|--|---|---|---|
| <b>4</b>  | <b>Monday, August 12, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvashadha* Nakshatra Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |  |   |   | Lelystad, Netherlands<br>Sun 26 Sutra 120                                   |
|   | Dhanus Rasi: 18.21             | Tithi 12 – 13 | <b>Gulika</b> 2:35PM – 4:27PM<br>Yama 10:52AM – 12:44PM<br>486993462 <b>Rahu</b> 7:08AM – 9:00AM  | <b>Purvashadha*</b> Until 10:20PM<br>Priti Until 6:07AM Tue<br>Kaulava Until 8:25PM<br>Dvadashi Until 7:36AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Light Blue | <b>Sunrise:</b> 5:16AM<br><b>Sunset:</b> 8:11PM | Vikarin 5121<br>Moon 7 - Phase 17<br>4th Phase<br><b>Subha Sivaloka Day</b> |
| Family Home Evening<br>Routine Work Marana Yoga |                                |               | <i>Pradosha Vrata</i>   |  |   |   |   |

|  |                                 |               |  |  |   |   |   |
|--|---------------------------------|---------------|--|--|---|---|---|
| <b>5</b>   | <b>Tuesday, August 13, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |  |   |   | Lelystad, Netherlands<br>Sun 27 Sutra 121                                   |
|  | Makara Rasi: 0.32               | Tithi 13 – 14 | <b>Gulika</b> 12:43PM – 2:35PM<br>Yama 9:01AM – 10:52AM<br>486993462 <b>Rahu</b> 4:26PM – 6:17PM   | <b>Uttarashadha</b> Until 12:38AM Wed<br>Priti Until 6:07AM<br>Gara Until 10:16PM<br>Trayodashi Until 9:17AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Light Blue | <b>Sunrise:</b> 5:18AM<br><b>Sunset:</b> 8:09PM | Vikarin 5121<br>Moon 7 - Phase 17<br>4th Phase<br><b>Subha Sivaloka Day</b> |
| Routine Work Prabalarishta Yoga<br>Until 12:38AM Wed<br>Then Creative Work - Siddha Yoga |                                 |               |  |  |   |   |   |

|   |                                   |               |  |   |   |   |   |
|---|-----------------------------------|---------------|--|---|---|---|---|
|  | <b>Wednesday, August 14, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam<br>Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Vistii* Karana Chaturdashi/Purnimayam Titau |   |   |   | Lelystad, Netherlands<br>Sutra 122                                  |
|   | Makara Rasi: 12.35                | Tithi 14 – 15 | <b>Gulika</b> 10:52AM – 12:43PM<br>Yama 7:11AM – 9:01AM<br>496993462 <b>Rahu</b> 12:43PM – 2:34PM  | <b>Shravana</b> Until 3:33AM Thu<br>Ayushman Until 6:42AM<br>Vistii Until 12:25AM Thu<br>Chaturdashi* Until 11:18AM | <b>Ganesha:</b> White<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Purple | <b>Sunrise:</b> 5:20AM<br><b>Sunset:</b> 8:07PM | Vikarin 5121<br>Moon 7 - Phase 17<br>Purnima<br><b>Sivaloka Day</b> |
| Creative Work Siddha Yoga<br>Raksha Bandhan   |                                   |               |  |   |   |   |   |

|   |                                  |               |  |  |  |   |  |
|---|----------------------------------|---------------|--|--|--|---|--|
|  | <b>Thursday, August 15, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam<br>Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau |  |  |   | Lelystad, Netherlands<br>Sutra 123   |
|   | Makara Rasi: 24.32               | Tithi 15 – 16 | <b>Gulika</b> 9:02AM – 10:53AM<br>Yama 5:21AM – 7:12AM<br>497993462 <b>Rahu</b> 2:33PM – 4:24PM  | <b>Dhanishtha</b> Until 6:27AM Fri<br>Saubhagya Until 7:29AM<br>Balava Until 2:44AM Fri<br>Purnima* Until 1:32PM | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Purple | <b>Sunrise:</b> 5:21AM<br><b>Sunset:</b> 8:05PM | Vikarin 5121<br>Moon 7 - Phase 17<br>Prathama<br><b>Subha Sivaloka Day</b> |
| Creative Work Siddha Yoga   |                                  |               |  |  |  |   |  |





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

Kumbha Rasi: 6.26    Tilthi 16 – 17

497993462

Creative Work    Siddha Yoga

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

**Gulika**    7:13AM – 9:03AM  
Yama        4:23PM – 6:13PM  
**Rahu**        10:53AM – 12:43PM

**Dhanishtha Until 6:27AM**  
Sobhana Until 8:24AM  
Taitila Until 5:10AM Sat  
**Prathama\* Until 3:55PM**

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

*Sunrise:* 5:23AM  
*Sunset:* 8:03PM

Lelystad, Netherlands  
Sutra 124  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Subha Sivaloka Day**

**1**

**Saturday, August 17, 2019**

Kumbha Rasi: 18.17    Tilthi 17

497993462

Creative Work    Amrita Yoga

Until 9:16AM

Then Routine Work - Marana Yoga

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

**Gulika**    5:25AM – 7:14AM  
Yama        2:32PM – 4:22PM  
**Rahu**        9:04AM – 10:53AM

**Shatabhishak Until 9:16AM**  
Athiganda\* Until 9:21AM  
Gara Until 6:21PM  
**Dvitiya Until 6:21PM**

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

*Sunrise:* 5:25AM  
*Sunset:* 8:01PM

Lelystad, Netherlands  
Sun 1    Sutra 125  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Subha Sivaloka Day**

**2**

**Sunday, August 18, 2019**

Meena Rasi: 0.09    Tilthi 18

517993462

Creative Work    Siddha Yoga

Until 12:25PM

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/Visti\* Karana Trilyayam Titau

**Gulika**    4:20PM – 6:09PM  
Yama        12:42PM – 2:31PM  
**Rahu**        6:09PM – 7:58PM

**Purvaproshtapada\* Until 12:25PM**  
Sukarma Until 10:18AM  
Vanija Until 7:35AM  
**Tritiya Until 8:45PM**

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

*Sunrise:* 5:26AM  
*Sunset:* 7:58PM

Lelystad, Netherlands  
Sun 2    Sutra 126  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Subha Subha Sivaloka Day**

**3**

**Monday, August 19, 2019**

Meena Rasi: 12.02    Tilthi 19

517993462

**Family Home Evening**

Creative Work    Siddha Yoga

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

**Gulika**    2:31PM – 4:19PM  
Yama        10:54AM – 12:42PM  
**Rahu**        7:16AM – 9:05AM

**Uttaraproshtapada Until 3:16PM**  
Dhriti Until 11:12AM  
Bava Until 9:55AM  
**Chaturthi\* Until 11:00PM**

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

*Sunrise:* 5:28AM  
*Sunset:* 7:56PM

Lelystad, Netherlands  
Sun 3    Sutra 127  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Subha Subha Sivaloka Day**

**4**

**Tuesday, August 20, 2019**

Meena Rasi: 24    Tilthi 20

517993462

Creative Work    Siddha Yoga

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

**Gulika**    12:42PM – 2:30PM  
Yama        9:06AM – 10:54AM  
**Rahu**        4:18PM – 6:06PM

**Revati Until 5:46PM**  
Shula\* Until 11:54AM  
Kaulava Until 12:03PM  
**Panchami Until 12:59AM Wed**

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

*Sunrise:* 5:30AM  
*Sunset:* 7:54PM

Lelystad, Netherlands  
Sun 4    Sutra 128  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Subha Subha Sivaloka Day**

**5**

**Wednesday, August 21, 2019**

Mesha Rasi: 6.05    Tilthi 21

527993462

Routine Work    Marana Yoga

Until 8:14PM

Then Creative Work - Siddha Yoga

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

**Gulika**    10:54AM – 12:42PM  
Yama        7:19AM – 9:06AM  
**Rahu**        12:42PM – 2:29PM

**Ashvini Until 8:14PM**  
Ganda\* Until 12:22PM  
Gara Until 1:52PM  
**Shashthi\* Until 2:35AM Thu**

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

*Sunrise:* 5:31AM  
*Sunset:* 7:52PM

Lelystad, Netherlands  
Sun 5    Sutra 129  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Subha Sivaloka Day**

**6**

**Thursday, August 22, 2019**

Mesha Rasi: 18.2    Tilthi 22

528993462

Creative Work    Siddha Yoga

Until 10:04PM

Then Routine Work - Marana Yoga

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

**Gulika**    9:07AM – 10:54AM  
Yama        5:33AM – 7:20AM  
**Rahu**        2:29PM – 4:16PM

**Bharani Until 10:04PM**  
Vridhhi Until 12:30PM  
Visti Until 3:13PM  
**Saptami Until 3:39AM Fri**

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

*Sunrise:* 5:33AM  
*Sunset:* 7:50PM

Lelystad, Netherlands  
Sun 6    Sutra 130  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Sivaloka Day**

**Friday, August 23, 2019**

**Retreat Star**

Vrishabha Rasi: 0.49    Tilthi 23

528993462

Creative Work    Siddha Yoga

Until 11:07PM

Then Routine Work - Marana Yoga

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

**Gulika**    7:21AM – 9:08AM  
Yama        4:14PM – 6:01PM  
**Rahu**        10:54AM – 12:41PM

**Krittika Until 11:07PM**  
Dhruva Until 12:09PM  
Balava Until 3:58PM  
**Ashtami\* Until 4:03AM Sat**

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

*Sunrise:* 5:35AM  
*Sunset:* 7:48PM

Lelystad, Netherlands  
Sun 7    Sutra 131  
Vikarin 5121  
Moon 8 - Phase 18  
Ashtami

**Sivaloka Day**

**Saturday, August 24, 2019**

**Retreat Star**

Vrishabha Rasi: 13.37    Tilthi 24

538993462

Creative Work    Amrita Yoga

Until 11:45PM

Then Creative Work - Siddha Yoga

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

**Gulika**    5:36AM – 7:22AM  
Yama        2:27PM – 4:13PM  
**Rahu**        9:09AM – 10:55AM

**Rohini Until 11:45PM**  
Vyaghata\* Until 11:16AM  
Taitila Until 4:00PM  
**Navami\* Until 3:42AM Sun**

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

*Sunrise:* 5:36AM  
*Sunset:* 7:46PM

Lelystad, Netherlands  
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

|                           |  |  |   |   |  |
|---------------------------|--|--|---|---|--|
| <b>1</b>                  |  | <b>Sunday, August 25, 2019</b>   |   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Mrigashira Nakshatra Harshana/Vajra* Yoga Vanija/Visli* Karana Dashamyam Titau | Lelystad, Netherlands<br>Sun 9 Sutra 133   |
| 538993462                 | <b>Gulika</b> 4:12PM – 5:58PM<br><b>Yama</b> 12:41PM – 2:26PM<br><b>Rahu</b> 5:58PM – 7:43PM | <b>Mrigashira</b> Until 11:27PM<br>Harshana Until 9:46AM<br>Vanija Until 3:14PM<br><b>Dashami</b> Until 2:33AM Mon | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Yellow | <b>Sunrise:</b> 5:38AM<br><b>Sunset:</b> 7:43PM   | Vikarin 5121<br>Moon 8 - Phase 19<br>2nd Phase<br><b>Subha Sivaloka Day</b><br>Srivana-Avani |
| Creative Work Siddha Yoga |  |  |   |   |  |

|   |   |  |   |  |  |
|---|---|--|---|--|--|
| <b>2</b>  |   | <b>Monday, August 26, 2019</b>   |   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Ardra Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Ekadashyam Titau | Lelystad, Netherlands<br>Sun 10 Sutra 134  |
| 538993462   | <b>Gulika</b> 2:26PM – 4:11PM<br><b>Yama</b> 10:55AM – 12:40PM<br><b>Rahu</b> 7:25AM – 9:10AM | <b>Ardra</b> Until 10:15PM<br>Vajra* Until 7:37AM<br>Bava Until 1:42PM<br><b>Ekadashi*</b> Until 12:38AM Tue | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Yellow | <b>Sunrise:</b> 5:39AM<br><b>Sunset:</b> 7:41PM  | Vikarin 5121<br>Moon 8 - Phase 19<br>2nd Phase<br><b>Subha Sivaloka Day</b><br>Srivana-Avani |
| Mithuna Rasi: 10.25 Tithi 26<br>Family Home Evening<br>Creative Work Siddha Yoga<br>Until 10:15PM<br>Then Creative Work - Amrita Yoga |   |  |   |  |  |

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| <b>3</b>   |   | <b>Tuesday, August 27, 2019</b>   |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Punarvasu Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau | Lelystad, Netherlands<br>Sun 11 Sutra 135  |
| 548993462  | <b>Gulika</b> 12:40PM – 2:25PM<br><b>Yama</b> 9:11AM – 10:55AM<br><b>Rahu</b> 4:09PM – 5:54PM | <b>Punarvasu</b> Until 8:39PM<br>Vyatipata* Until 1:36AM Wed<br>Kaulava Until 11:26AM<br><b>Dvadashi*</b> Until 10:03PM | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Blue | <b>Sunrise:</b> 5:41AM<br><b>Sunset:</b> 7:39PM  | Vikarin 5121<br>Moon 8 - Phase 19<br>2nd Phase<br><b>Sivaloka Day</b><br>Srivana-Avani |
| Mithuna Rasi: 24.3 Tithi 27<br>Creative Work Siddha Yoga |   |   |  |  |  |

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| <b>4</b>  |  | <b>Wednesday, August 28, 2019</b>   |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Pushya Nakshatra Varyan Yoga Gara/Vanija Karana Trayodashyam Titau | Lelystad, Netherlands<br>Sun 12 Sutra 136  |
| 549993463   | <b>Gulika</b> 10:55AM – 12:40PM<br><b>Yama</b> 7:27AM – 9:11AM<br><b>Rahu</b> 12:40PM – 2:24PM | <b>Pushya</b> Until 6:20PM<br>Varyan Until 9:51PM<br>Gara Until 8:34AM<br><b>Trayodashi*</b> Until 6:55PM | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Clear<br>Moon – Blue | <b>Sunrise:</b> 5:43AM<br><b>Sunset:</b> 7:37PM   | Vikarin 5121<br>Moon 8 - Phase 19<br>2nd Phase<br><b>Devaloka Day</b><br>Srivana-Avani |
| Kataka Rasi: 9.02 Tithi 28<br>Creative Work Siddha Yoga |  | <i>Pradosha Vrata (Fasting)</i>   |  |   |  |

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| <b>5</b>  |  | <b>Thursday, August 29, 2019</b>   |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Parigha*/Shiva Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | Lelystad, Netherlands<br>Sun 13 Sutra 137  |
| 549193463   | <b>Gulika</b> 9:12AM – 10:56AM<br><b>Yama</b> 5:44AM – 7:28AM<br><b>Rahu</b> 2:23PM – 4:07PM | <b>Ashlesha*</b> Until 3:29PM<br>Parigha* Until 5:49PM<br>Catuspada Until 1:31AM Fri<br><b>Chaturdashi*</b> Until 3:23PM | <b>Ganesha:</b> Orange<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Clear<br>Moon – Blue | <b>Sunrise:</b> 5:44AM<br><b>Sunset:</b> 7:34PM  | Vikarin 5121<br>Moon 8 - Phase 19<br>2nd Phase<br><b>Sivaloka Day</b><br>Srivana-Avani |
| Kataka Rasi: 23.56 Tithi 29 – 30<br>Creative Work Siddha Yoga<br>Until 3:29PM<br>Then Creative Work - Amrita Yoga |  |  |  |  |  |

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| <b>Retreat Star</b>  |   | <b>Friday, August 30, 2019</b>  |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Shiva/Siddha Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | Lelystad, Netherlands<br>Sun 14 Sutra 138   |
| 559193463  | <b>Gulika</b> 7:29AM – 9:13AM<br><b>Yama</b> 4:06PM – 5:49PM<br><b>Rahu</b> 10:56AM – 12:39PM | <b>Magha*</b> Until 12:39PM<br>Shiva Until 1:36PM<br>Kintughna Until 9:41PM<br><b>Amavasya*</b> Until 11:36AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Clear<br>Moon – Red | <b>Sunrise:</b> 5:46AM<br><b>Sunset:</b> 7:32PM  | Vikarin 5121<br>Moon 8 - Phase 19<br>Amavasya<br><b>Sivaloka Day</b><br>Srivana-Avani |
| Simha Rasi: 9.06 Tithi 30 – 1<br>Routine Work Marana Yoga<br>Until 12:39PM<br>Then Creative Work - Siddha Yoga |   | <b>Varalakshmi Vratam</b>   |  |  |   |

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| <b>Retreat Star</b>   |  | <b>Saturday, August 31, 2019</b>  |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau | Lelystad, Netherlands<br>Sun 15 Sutra 139  |
| 559193463   | <b>Gulika</b> 5:48AM – 7:31AM<br><b>Yama</b> 2:22PM – 4:04PM<br><b>Rahu</b> 9:13AM – 10:56AM | <b>Purvaphalguni</b> Until 9:37AM<br>Siddha Until 9:18AM<br>Kaulava Until 4:00AM Sun<br><b>Prathama*</b> Until 7:45AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Blue<br><b>Nataraja:</b> Clear<br>Moon – Red | <b>Sunrise:</b> 5:48AM<br><b>Sunset:</b> 7:30PM  | Vikarin 5121<br>Moon 8 - Phase 19<br>Prathama<br><b>Sivaloka Day</b><br>Bhadrapada-Avani |
| Simha Rasi: 24.21 Tithi 1 – 2<br>Creative Work Siddha Yoga<br>Until 9:37AM<br>Then Routine Work - Marana Yoga |  |   |  |  |  |

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

|               |                                  |                             |   |                                    |                        |                        |   |
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| <b>1</b>      | <b>Sunday, September 1, 2019</b> |                             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Subha Yoga Taitila/Gara Karana Trilayam Titau |                                    |                        |                        | Lelystad, Netherlands<br>Sun 16 Sutra 140<br>Vikarin 5121 |
|               | Kanya Rasi: 9.32                 | Tithi 3                     | <b>Gulika</b> 4:03PM – 5:45PM   | <b>Uttaraphalguni</b> Until 6:35AM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:49AM |   |
|               |                                  |                             | Yama 12:39PM – 2:21PM   | Subha Until 1:11AM Mon             | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 7:28PM  | Moon 8 - Phase 20   |
|               | 559193463                        | <b>Rahu</b> 5:45PM – 7:28PM | Taitila Until 2:14PM  |                                    | <b>Nataraja:</b> Clear |                        | 3rd Phase   |
| Creative Work | Amrita Yoga                      |                             | <b>Tritiya</b> Until 12:31AM Mon  | Moon – Red                         |                        | <b>Sivaloka Day</b>    |   |
|               |                                  |                             |   | <b>Bhadrapada-Avani</b>            |                        |                        |   |

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| <b>2</b>                         | <b>Monday, September 2, 2019</b> |                             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthayam Titau |                                |                        |                        | Lelystad, Netherlands<br>Sun 17 Sutra 141<br>Vikarin 5121 |
|                                  | Kanya Rasi: 24.3                 | Tithi 4                     | <b>Gulika</b> 2:20PM – 4:02PM   | <b>Chitra</b> Until 1:56AM Tue | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 5:51AM |   |
|                                  | <b>Family Home Evening</b>       |                             | Yama 10:56AM – 12:38PM  | Sukla Until 9:35PM             | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 7:25PM  | Moon 8 - Phase 20   |
|                                  | 569193463                        | <b>Rahu</b> 7:33AM – 9:15AM | Vanija Until 10:57AM  |                                | <b>Nataraja:</b> Clear |                        | 3rd Phase   |
| Routine Work                     | Prabalarishta Yoga               |                             | <b>Chaturthi*</b> Until 9:28PM  | Moon – Green                   |                        | <b>Sivaloka Day</b>    |   |
| Until 1:56AM Tue                 |                                  | <b>Ganesha Chaturthi</b>    |   | <b>Bhadrapada-Avani</b>        |                        |                        |   |
| Then Creative Work - Siddha Yoga |                                  |                             |   |                                |                        |                        |   |

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| <b>3</b>      | <b>Tuesday, September 3, 2019</b> |                             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau |                                |                        |                        | Lelystad, Netherlands<br>Sun 18 Sutra 142<br>Vikarin 5121 |
|               | Tula Rasi: 9.06                   | Tithi 5                     | <b>Gulika</b> 12:38PM – 2:19PM   | <b>Svati</b> Until 12:15AM Wed | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 5:53AM |   |
|               |                                   |                             | Yama 9:15AM – 10:57AM  | Brahma Until 6:28PM            | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 7:23PM  | Moon 8 - Phase 20   |
|               | 569193463                         | <b>Rahu</b> 4:00PM – 5:42PM | Bava Until 8:10AM  |                                | <b>Nataraja:</b> Clear |                        | 3rd Phase   |
| Creative Work | Siddha Yoga                       |                             | <b>Panchami</b> Until 7:00PM   | Moon – Green                   |                        | <b>Sivaloka Day</b>    |   |
|               |                                   |                             |  | <b>Bhadrapada-Avani</b>        |                        |                        |   |

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| <b>4</b>      | <b>Wednesday, September 4, 2019</b> |                              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Vishakha Nakshatra Indra/Vaidhriti* Yoga Kaulava/Gara Karana Shashthi/Saptamyam Titau |                               |                        |                           | Lelystad, Netherlands<br>Sun 19 Sutra 143<br>Vikarin 5121 |
|               | Tula Rasi: 23.15                    | Tithi 6 – 7                  | <b>Gulika</b> 10:57AM – 12:38PM  | <b>Vishakha</b> Until 11:35PM | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 5:54AM    |   |
|               |                                     |                              | Yama 7:35AM – 9:16AM   | Indra Until 3:57PM            | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 7:21PM     | Moon 8 - Phase 20   |
|               | 579193463                           | <b>Rahu</b> 12:38PM – 2:18PM | Kaulava Until 6:02AM   |                               | <b>Nataraja:</b> Clear |                           | 3rd Phase   |
| Creative Work | Siddha Yoga                         |                              | <b>Shashthi*</b> Until 5:14PM  | Moon – Orange                 |                        | <b>Subha Sivaloka Day</b> |   |
|               |                                     |                              |  | <b>Bhadrapada-Avani</b>       |                        |                           |   |

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| <b>5</b>                               | <b>Thursday, September 5, 2019</b> |                             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |                               |                        |                        | Lelystad, Netherlands<br>Sun 20 Sutra 144<br>Vikarin 5121 |
|  | Vrischika Rasi: 6.56               | Tithi 7 – 8                 | <b>Gulika</b> 9:17AM – 10:57AM  | <b>Anuradha</b> Until 11:35PM | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 5:56AM |   |
|  |                                    |                             | Yama 5:56AM – 7:36AM  | Vaidhriti* Until 2:04PM       | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 7:18PM  | Moon 8 - Phase 20   |
|  | 571193463                          | <b>Rahu</b> 2:18PM – 3:58PM | Visti Until 4:08AM Fri  |                               | <b>Nataraja:</b> Clear |                        | 3rd Phase   |
| Creative Work                          | Siddha Yoga                        |                             | <b>Saptami</b> Until 4:17PM   | Moon – Orange                 |                        | <b>Sivaloka Day</b>    |   |
| Until 11:35PM                          |                                    |                             |   | <b>Bhadrapada-Avani</b>       |                        |                        |   |
| Then Routine Work - Prabalarishta Yoga |                                    |                             |   |                               |                        |                        |   |

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| <b>Friday, September 6, 2019</b> | <b>Retreat Star</b>   |                               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau |                                    |                        |                        | Lelystad, Netherlands<br>Sun 21 Sutra 145<br>Vikarin 5121 |
|                                  | Vrischika Rasi: 20.09 | Tithi 8 – 9                   | <b>Gulika</b> 7:37AM – 9:17AM   | <b>Jyeshtha*</b> Until 12:13AM Sat | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 5:58AM |   |
|                                  |                       |                               | Yama 3:56PM – 5:36PM  | Vishkambha* Until 12:50PM          | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 7:16PM  | Moon 8 - Phase 20   |
|                                  | 571193463             | <b>Rahu</b> 10:57AM – 12:37PM | Balava Until 4:25AM Sat   |                                    | <b>Nataraja:</b> Clear |                        | Ashtami   |
| Routine Work                     | Marana Yoga           |                               | <b>Ashtami*</b> Until 4:10PM  | Moon – Orange                      |                        | <b>Sivaloka Day</b>    |   |
| Until 12:13AM Sat                |                       |                               |   | <b>Bhadrapada-Avani</b>            |                        |                        |   |
| Then Creative Work - Siddha Yoga |                       |                               |   |                                    |                        |                        |   |

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| <b>Saturday, September 7, 2019</b> | <b>Retreat Star</b> |                              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |                               |                        |                        | Lelystad, Netherlands<br>Sun 22 Sutra 146<br>Vikarin 5121 |
|                                    | Dhanus Rasi: 2.57   | Tithi 9 – 10                 | <b>Gulika</b> 5:59AM – 7:39AM  | <b>Mula*</b> Until 1:56AM Sun | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 5:59AM |   |
|                                    |                     |                              | Yama 2:16PM – 3:55PM   | Priti Until 12:15PM           | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 7:14PM  | Moon 8 - Phase 20   |
|                                    | 581193463           | <b>Rahu</b> 9:18AM – 10:57AM | Taitila Until 5:27AM Sun   |                               | <b>Nataraja:</b> Clear |                        | Navami  |
| Creative Work                      | Siddha Yoga         |                              | <b>Navami*</b> Until 4:49PM  | Moon – Light Blue             |                        | <b>Devaloka Day</b>    |   |
|                                    |                     |                              |  | <b>Bhadrapada-Avani</b>       |                        |                        |   |

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| 1                               | <b>Sunday, September 8, 2019</b> |                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Gara Karana Dashamyam Titau |                                      |                        |                        | Lelystad, Netherlands<br>Sun 23 Sutra 147 |              |
|                                 | Dhanus Rasi: 15.25               | Tithi 10          | <b>Gulika</b> 3:54PM – 5:33PM   | <b>Purvashadha* Until 4:05AM Mon</b> | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 6:01AM | Vikarin 5121                              |              |
|                                 |                                  |                   | Yama 12:36PM – 2:15PM   | Ayushman Until 12:11PM               | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 7:11PM  | Moon 8 - Phase 21                         |              |
|                                 |                                  | 581193463         | <b>Rahu</b> 5:33PM – 7:11PM   | Gara Until 6:10PM                    | <b>Nataraja:</b> Clear |                        | 4th Phase                                 |              |
| Creative Work Siddha Yoga       |                                  | Grandparent's Day |   | Dashami Until 6:10PM                 |                        | Bhadrapada-Avani       |   | Devaloka Day |
| Until 4:05AM Mon                |                                  |                   |   |                                      |                        |                        |   |              |
| Then Routine Work - Marana Yoga |                                  |                   |   |                                      |                        |                        |   |              |

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| 2                                | <b>Monday, September 9, 2019</b> |                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau |                                      |                        |                        | Lelystad, Netherlands<br>Sun 24 Sutra 148 |              |
|                                  | Dhanus Rasi: 27.38               | Tithi 11          | <b>Gulika</b> 2:14PM – 3:52PM   | <b>Uttarashadha Until 6:30AM Tue</b> | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 6:03AM | Vikarin 5121                              |              |
|                                  | <b>Family Home Evening</b>       |                   | Yama 10:58AM – 12:36PM  | Saubhagya Until 12:34PM              | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 7:09PM  | Moon 8 - Phase 21                         |              |
|                                  |                                  | 581193463         | <b>Rahu</b> 7:41AM – 9:19AM   | Vanija Until 7:05AM                  | <b>Nataraja:</b> Clear |                        | 4th Phase                                 |              |
| Routine Work Marana Yoga         |                                  | Grandparent's Day |   | Ekadashi Until 8:03PM                |                        | Bhadrapada-Avani       |   | Devaloka Day |
| Until 6:30AM Tue                 |                                  |                   |   |                                      |                        |                        |   |              |
| Then Creative Work - Siddha Yoga |                                  |                   |   |                                      |                        |                        |   |              |

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| 3                                | <b>Tuesday, September 10, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Dvadashyam Titau |                                  |                        |                        | Lelystad, Netherlands<br>Sun 25 Sutra 149 |              |
|                                  | Makara Rasi: 9.4                   | Tithi 12      | <b>Gulika</b> 12:35PM – 2:13PM   | <b>Uttarashadha Until 6:30AM</b> | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 6:04AM | Vikarin 5121                              |              |
|                                  |                                    |               | Yama 9:20AM – 10:58AM  | Sobhana Until 1:16PM             | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 7:07PM  | Moon 8 - Phase 21                         |              |
|                                  |                                    | 581193463     | <b>Rahu</b> 3:51PM – 5:29PM  | Bava Until 9:09AM                | <b>Nataraja:</b> Clear |                        | 4th Phase                                 |              |
| Routine Work Prabalarishta Yoga  |                                    | Avani Avittam |  | Dvadashi Until 10:16PM           |                        | Bhadrapada-Avani       |   | Devaloka Day |
| Until 6:30AM                     |                                    |               |  |                                  |                        |                        |   |              |
| Then Creative Work - Siddha Yoga |                                    |               |  |                                  |                        |                        |   |              |

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| 4                                      | <b>Wednesday, September 11, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Trayodashyam Titau |                              |                        |                        | Lelystad, Netherlands<br>Sun 26 Sutra 150 |              |
|  | Makara Rasi: 21.34                   | Tithi 13      | <b>Gulika</b> 10:58AM – 12:35PM  | <b>Shravana Until 9:32AM</b> | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 6:06AM | Vikarin 5121                              |              |
|  |                                      |               | Yama 7:43AM – 9:21AM   | Athiganda* Until 2:07PM      | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 7:07PM  | Moon 8 - Phase 21                         |              |
|  |                                      | 591193463     | <b>Rahu</b> 12:35PM – 2:12PM   | Kaulava Until 11:29AM        | <b>Nataraja:</b> Clear |                        | 4th Phase                                 |              |
| Creative Work Siddha Yoga              |                                      | Avani Avittam |  | Trayodashi Until 12:41AM Thu |                        | Bhadrapada-Avani       |   | Sivaloka Day |
| Until 9:32AM                           |                                      |               |  |                              |                        |                        |   |              |
| Then Routine Work - Prabalarishta Yoga |                                      |               |  | <i>Pradosha Vrata</i>        |                        |                        |   |              |

|                                  |                                     |                        |  |                                 |                        |                        |   |              |
|----------------------------------|-------------------------------------|------------------------|--|---------------------------------|------------------------|------------------------|---|--------------|
| 5                                | <b>Thursday, September 12, 2019</b> |                        | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Dhanishtha/Shalabhishak Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau |                                 |                        |                        | Lelystad, Netherlands<br>Sun 27 Sutra 151 |              |
|                                  | Kumbha Rasi: 3.26                   | Tithi 14               | <b>Gulika</b> 9:21AM – 10:58AM   | <b>Dhanishtha Until 12:31PM</b> | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 6:08AM | Vikarin 5121                              |              |
|                                  |                                     |                        | Yama 6:08AM – 7:44AM   | Sukarma Until 3:04PM            | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 7:02PM  | Moon 8 - Phase 21                         |              |
|                                  |                                     | 591193463              | <b>Rahu</b> 2:12PM – 3:48PM  | Gara Until 1:57PM               | <b>Nataraja:</b> Clear |                        | 4th Phase                                 |              |
| Creative Work Siddha Yoga        |                                     | Chidambaram Abhishekam |  | Chaturdashi* Until 3:09AM Fri   |                        | Bhadrapada-Avani       |   | Sivaloka Day |
| Until 6:25PM                     |                                     |                        |  |                                 |                        |                        |   |              |
| Then Creative Work - Siddha Yoga |                                     |                        |  |                                 |                        |                        |   |              |

|                                  |                                   |                        |  |                                  |                        |                        |                                    |              |
|----------------------------------|-----------------------------------|------------------------|--|----------------------------------|------------------------|------------------------|------------------------------------|--------------|
| O                                | <b>Friday, September 13, 2019</b> |                        | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Shalabhishak/Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau |                                  |                        |                        | Lelystad, Netherlands<br>Sutra 152 |              |
|                                  | <b>Copper Retreat Star</b>        |                        | <b>Gulika</b> 7:46AM – 9:22AM  | <b>Shatabhishak Until 3:20PM</b> | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 6:09AM | Vikarin 5121                       |              |
|                                  | Kumbha Rasi: 15.17                | Tithi 15               | Yama 3:47PM – 5:23PM   | Dhriti Until 4:01PM              | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 7:00PM  | Moon 8 - Phase 21                  |              |
|                                  |                                   | 591113463              | <b>Rahu</b> 10:58AM – 12:34PM  | Visti Until 4:24PM               | <b>Nataraja:</b> Clear |                        | Purnima                            |              |
| Creative Work Siddha Yoga        |                                   | Chidambaram Abhishekam |  | Purnima* Until 5:36AM Sat        |                        | Bhadrapada-Avani       |                                    | Sivaloka Day |
| Until 6:25PM                     |                                   |                        |  |                                  |                        |                        |                                    |              |
| Then Creative Work - Siddha Yoga |                                   |                        |  |                                  |                        |                        |                                    |              |

|                                  |                                     |                        |   |                                       |                        |                        |                                    |              |
|----------------------------------|-------------------------------------|------------------------|---|---------------------------------------|------------------------|------------------------|------------------------------------|--------------|
| O                                | <b>Saturday, September 14, 2019</b> |                        | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Shula*/Ganda* Yoga Balava Karana Prathamayam Titau |                                       |                        |                        | Lelystad, Netherlands<br>Sutra 153 |              |
|                                  | <b>Silver Retreat Star</b>          |                        | <b>Gulika</b> 6:11AM – 7:47AM   | <b>Purvaproshtapada* Until 6:25PM</b> | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 6:11AM | Vikarin 5121                       |              |
|                                  | Kumbha Rasi: 27.1                   | Tithi 16               | Yama 2:10PM – 3:46PM  | Shula* Until 4:53PM                   | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 6:57PM  | Moon 8 - Phase 21                  |              |
|                                  |                                     | 511113463              | <b>Rahu</b> 9:22AM – 10:58AM  | Balava Until 6:48PM                   | <b>Nataraja:</b> Clear |                        | Prathama                           |              |
| Routine Work Marana Yoga         |                                     | Chidambaram Abhishekam |   | Prathama* Until 7:55AM Sun            |                        | Bhadrapada-Avani       |                                    | Sivaloka Day |
| Until 6:25PM                     |                                     |                        |   |                                       |                        |                        |                                    |              |
| 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\*Vridhi Yoga Kaulava/Tailila Karana Prathama/Dvitiyayam Titau

Lelystad, Netherlands

Meena Rasi: 9.04 Tithi 16 – 17

**Gulika** 3:44PM – 5:20PM **Uttaraproshtapada** Until 9:13PM  
Yama 12:34PM – 2:09PM Ganda\* Until 5:40PM  
Rahu 5:20PM – 6:55PM Taitila Until 9:03PM

Ganesha: Yellow *Sunrise:* 6:12AM  
Muruqa: Purple *Sunset:* 6:55PM  
Nataraja: Clear  
Moon – Clear

Sutra 154  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Creative Work Amrita Yoga

Prathama\* Until 7:55AM

Bhadrapada\*Avani

Sivaloka Day

1

Monday, September 16, 2019

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

Lelystad, Netherlands

Meena Rasi: 21.03 Tithi 17 – 18

**Gulika** 2:08PM – 3:43PM **Revati** Until 11:39PM  
Yama 10:59AM – 12:33PM Vridhi Until 6:20PM  
Rahu 7:49AM – 9:24AM Vanija Until 11:06PM

Ganesha: Yellow *Sunrise:* 6:14AM  
Muruqa: Purple *Sunset:* 6:53PM  
Nataraja: Clear  
Moon – Clear

Sutra 155  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Family Home Evening  
Creative Work Siddha Yoga

Dvitiya Until 10:05AM

Bhadrapada\*Avani

Sivaloka Day

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/Chaturthayam Titau

Lelystad, Netherlands

Mesha Rasi: 3.06 Tithi 18 – 19

**Gulika** 12:33PM – 2:07PM **Ashvini** Until 2:11AM Wed  
Yama 9:24AM – 10:59AM Dhruva Until 6:46PM  
Rahu 3:42PM – 5:16PM Bava Until 12:55AM Wed  
Tritiya Until 12:02PM

Ganesha: White *Sunrise:* 6:16AM  
Muruqa: Purple *Sunset:* 6:50PM  
Nataraja: Clear  
Moon – White

Sutra 156  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Creative Work Siddha Yoga

Bhadrapada\*Puratasi

Devaloka Day

3

Wednesday, September 18, 2019

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

Lelystad, Netherlands

Mesha Rasi: 15.16 Tithi 19 – 20

**Gulika** 10:59AM – 12:33PM **Bharani** Until 4:13AM Thu  
Yama 7:51AM – 9:25AM Vyaghata\* Until 6:59PM  
Rahu 12:33PM – 2:06PM Kaulava Until 2:23AM Thu  
Chaturthi\* Until 1:41PM

Ganesha: White *Sunrise:* 6:17AM  
Muruqa: Purple *Sunset:* 6:48PM  
Nataraja: Clear  
Moon – White

Sutra 157  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Creative Work Siddha Yoga  
Until 4:13AM Thu  
Then Routine Work - Marana Yoga

Bhadrapada\*Puratasi

Devaloka Day

4

Thursday, September 19, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam  
Krittika Nakshatra Harshana Yoga Tailila/Gara Karana Panchami/Shashtyam Titau

Lelystad, Netherlands

Mesha Rasi: 27.35 Tithi 20 – 21

**Gulika** 9:26AM – 10:59AM **Krittika** Until 5:39AM Fri  
Yama 6:19AM – 7:52AM Harshana Until 6:55PM  
Rahu 2:06PM – 3:39PM Gara Until 3:26AM Fri  
Panchami Until 2:57PM

Ganesha: White *Sunrise:* 6:19AM  
Muruqa: Purple *Sunset:* 6:45PM  
Nataraja: Clear  
Moon – White

Sutra 158  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Routine Work Marana Yoga

Bhadrapada\*Puratasi

Devaloka Day

5

Friday, September 20, 2019

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

Lelystad, Netherlands

Vrishabha Rasi: 10.05 Tithi 21 – 22

**Gulika** 7:54AM – 9:26AM **Rohini** Until 6:52AM Sat  
Yama 3:38PM – 5:10PM Vajra\* Until 6:24PM  
Rahu 10:59AM – 12:32PM Visti Until 3:55AM Sat  
Shashthi\* Until 3:44PM

Ganesha: Clear *Sunrise:* 6:21AM  
Muruqa: Purple *Sunset:* 6:43PM  
Nataraja: Clear  
Moon – Yellow

Sutra 159  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Routine Work Marana Yoga  
Until 6:52AM Sat  
Then Creative Work - Siddha Yoga

Bhadrapada\*Puratasi

Sivaloka Day

6

Saturday, September 21, 2019

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

Lelystad, Netherlands

Vrishabha Rasi: 22.51 Tithi 22 – 23

**Gulika** 6:22AM – 7:55AM **Rohini** Until 6:52AM  
Yama 2:04PM – 3:36PM Siddhi Until 5:26PM  
Rahu 9:27AM – 10:59AM Balava Until 3:45AM Sun  
Saptami Until 3:54PM

Ganesha: Clear *Sunrise:* 6:22AM  
Muruqa: Purple *Sunset:* 6:41PM  
Nataraja: Clear  
Moon – Yellow

Sutra 160  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Creative Work Amrita Yoga  
Until 6:52AM  
Then Creative Work - Siddha Yoga

Bhadrapada\*Puratasi

Sivaloka Day



Sunday, September 22, 2019

Retreat Star

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

Lelystad, Netherlands

Mithuna Rasi: 5.56 Tithi 23 – 24

**Gulika** 3:35PM – 5:07PM **Mrigashira** Until 7:17AM  
Yama 12:31PM – 2:03PM Vyalipata\* Until 3:55PM  
Rahu 5:07PM – 6:38PM Taitila Until 2:52AM Mon  
Ashtami\* Until 3:23PM

Ganesha: Orange *Sunrise:* 6:24AM  
Muruqa: Purple *Sunset:* 6:38PM  
Nataraja: Clear  
Moon – Yellow

Sutra 161  
Vikarin 5121  
Moon 9 - Phase 22  
Ashtami

Creative Work Siddha Yoga

Bhadrapada\*Puratasi

Sivaloka Day

Monday, September 23, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam  
Ardra/Punarvasu Nakshatra Variyan/Parigha\* Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Lelystad, Netherlands

Mithuna Rasi: 19.25 Tithi 24 – 25

**Gulika** 2:02PM – 3:33PM **Ardra** Until 6:50AM  
Yama 11:00AM – 12:31PM Variyan Until 1:48PM  
Rahu 7:57AM – 9:28AM Vanija Until 1:16AM Tue  
Navami\* Until 2:08PM

Ganesha: Orange *Sunrise:* 6:26AM  
Muruqa: Purple *Sunset:* 6:36PM  
Nataraja: Clear  
Moon – Yellow

Sutra 162  
Vikarin 5121  
Moon 9 - Phase 22  
Navami

Family Home Evening  
Creative Work Siddha Yoga  
Until 6:50AM  
Then Creative Work - Amrita Yoga

Bhadrapada\*Puratasi


Sivaloka Day

|                  |               |                                    |                  |   |   |   |                   |
|------------------|---------------|------------------------------------|------------------|---|---|---|-------------------|
| <b>1</b>         |               | <b>Tuesday, September 24, 2019</b> |                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Pushya Nakshatra Parigha/Shiva Yoga Visti/Bava Karana Dashami/Ekadashyam Titau |   | Lelystad, Netherlands<br>Sun 9 Sutra 163    |                   |
| Kataka Rasi: 3.2 | Tithi 25 – 26 | <b>Gulika</b>                      | 12:31PM – 2:01PM | <b>Pushya Until 4:18AM Wed</b>  | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:27AM | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:34PM | Vikarin 5121      |
|                  |               | Yama                               | 9:29AM – 11:00AM | Parigha* Until 11:08AM  |   |   | Moon 9 - Phase 23 |
|                  |               | 542213463 <b>Rahu</b>              | 3:32PM – 5:03PM  | Bava Until 10:59PM  | <b>Nataraja:</b> Clear                            |   | 2nd Phase         |
| Creative Work    | Siddha Yoga   |                                    |                  | <b>Dashami Until 12:11PM</b>  | Moon – Blue                                       | <b>Devaloka Day</b>                         |                   |
|                  |               |                                    |                  |   | <b>Bhadrapada•Puratasi</b>                        |   |                   |

|                                  |               |                                      |                   |  |   |   |                   |
|----------------------------------|---------------|--------------------------------------|-------------------|--|---|---|-------------------|
| <b>2</b>                         |               | <b>Wednesday, September 25, 2019</b> |                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam<br>Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |   | Lelystad, Netherlands<br>Sun 10 Sutra 164   |                   |
| Kataka Rasi: 17.41               | Tithi 26 – 27 | <b>Gulika</b>                        | 11:00AM – 12:30PM | <b>Ashlesha* Until 1:57AM Thu</b>  | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:29AM | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:31PM | Vikarin 5121      |
|                                  |               | Yama                                 | 7:59AM – 9:30AM   | Shiva Until 7:56AM   |   |   | Moon 9 - Phase 23 |
|                                  |               | 542213463 <b>Rahu</b>                | 12:30PM – 2:00PM  | Kaulava Until 8:07PM   | <b>Nataraja:</b> Clear                            |   | 2nd Phase         |
| Creative Work                    | Siddha Yoga   |                                      |                   | <b>Ekadashi* Until 9:36AM</b>  | Moon – Blue                                       | <b>Devaloka Day</b>                         |                   |
| Until 1:57AM Thu                 |               |                                      |                   |  | <b>Bhadrapada•Puratasi</b>                        |   |                   |
| Then Creative Work - Amrita Yoga |               |                                      |                   |  |   |   |                   |

|                                  |               |                                     |                  |  |   |   |                   |
|----------------------------------|---------------|-------------------------------------|------------------|--|---|---|-------------------|
| <b>3</b>                         |               | <b>Thursday, September 26, 2019</b> |                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam<br>Magha* Nakshatra Sadhya Yoga Taitila/Vanija Karana Dvadashi/Trayodashyam Titau |   | Lelystad, Netherlands<br>Sun 11 Sutra 165   |                   |
| Simha Rasi: 2.25                 | Tithi 27 – 28 | <b>Gulika</b>                       | 9:30AM – 11:00AM | <b>Magha* Until 11:26PM</b>  | <b>Ganesha:</b> Purple <i>Sunrise:</i> 6:31AM | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:29PM | Vikarin 5121      |
|                                  |               | Yama                                | 6:31AM – 8:01AM  | Sadhya Until 12:18AM Fri   |   |   | Moon 9 - Phase 23 |
|                                  |               | 552213463 <b>Rahu</b>               | 2:00PM – 3:29PM  | Vanija Until 2:59AM Fri  | <b>Nataraja:</b> Clear                        |   | 2nd Phase         |
| Creative Work                    | Amrita Yoga   |                                     |                  | <b>Dvadashi* Until 6:29AM</b>  | Moon – Red                                    | <b>Devaloka Day</b>                         |                   |
| Until 11:26PM                    |               |                                     |                  |  | <b>Bhadrapada•Puratasi</b>                    |   |                   |
| Then Creative Work - Siddha Yoga |               |                                     |                  |  | <i>Pradosha Vrata (Fasting)</i>               |   |                   |

|                   |             |                                   |                   |  |   |   |                   |
|-------------------|-------------|-----------------------------------|-------------------|--|---|---|-------------------|
| <b>4</b>          |             | <b>Friday, September 27, 2019</b> |                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Purvaphalguni Nakshatra Subha Yoga Visti/Sakuni* Karana Chaturdashyam Titau |   | Lelystad, Netherlands<br>Sun 12 Sutra 166   |                   |
| Simha Rasi: 17.28 | Tithi 29    | <b>Gulika</b>                     | 8:02AM – 9:31AM   | <b>Purvaphalguni Until 8:31PM</b>  | <b>Ganesha:</b> Purple <i>Sunrise:</i> 6:32AM | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:27PM | Vikarin 5121      |
|                   |             | Yama                              | 3:28PM – 4:57PM   | Subha Until 8:07PM   |   |   | Moon 9 - Phase 23 |
|                   |             | 552213463 <b>Rahu</b>             | 11:00AM – 12:29PM | Visti Until 1:09PM   | <b>Nataraja:</b> Clear                        |   | 2nd Phase         |
| Creative Work     | Siddha Yoga |                                   |                   | <b>Chaturdashi* Until 11:15PM</b>  | Moon – Red                                    | <b>Devaloka Day</b>                         |                   |
|                   |             |                                   |                   |  | <b>Bhadrapada•Puratasi</b>                    |   |                   |

|   |             |                                       |                  |   |   |   |                   |
|---|-------------|---------------------------------------|------------------|---|---|---|-------------------|
|  |             | <b>Saturday, September 28, 2019</b>   |                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Sukla/Brahma Yoga Catuspada*/Naga* Karana Amavasyayam Titau |   | Lelystad, Netherlands<br>Sun 13 Sutra 167   |                   |
| <b>Retreat Star</b>   |             | <b>Gulika</b>                         | 6:34AM – 8:03AM  | <b>Uttaraphalguni Until 5:24PM</b>  | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:34AM | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:24PM | Vikarin 5121      |
| Kanya Rasi: 2.4   | Tithi 30    | Yama                                  | 1:58PM – 3:27PM  | Sukla Until 3:51PM  |   |   | Moon 9 - Phase 23 |
|   |             | 652213463 <b>Rahu</b>                 | 9:32AM – 11:00AM | Catuspada Until 9:22AM  | <b>Nataraja:</b> Clear                            |   | Amavasya          |
| Routine Work  | Marana Yoga |                                       |                  | <b>Amavasya* Until 7:28PM</b>   | Moon – Red  | <b>Devaloka Day</b>                         |                   |
|   |             | <b>Mahalaya Amavasai (Tamil Nadu)</b> |                  |   | <b>Bhadrapada•Puratasi</b>                        |   |                   |

|                                  |             |                                   |                  |  |   |   |                   |
|----------------------------------|-------------|-----------------------------------|------------------|--|---|---|-------------------|
| <b>Retreat Star</b>              |             | <b>Sunday, September 29, 2019</b> |                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Hasta/Chitra Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau |   | Lelystad, Netherlands<br>Sun 14 Sutra 168   |                   |
| <b>Retreat Star</b>              |             | <b>Gulika</b>                     | 3:25PM – 4:54PM  | <b>Hasta Until 2:39PM</b>  | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:36AM | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:22PM | Vikarin 5121      |
| Kanya Rasi: 17.53                | Tithi 1 – 2 | Yama                              | 12:29PM – 1:57PM | Brahma Until 11:39AM   |   |   | Moon 9 - Phase 23 |
|                                  |             | 663213463 <b>Rahu</b>             | 4:54PM – 6:22PM  | Balava Until 2:04AM Mon  | <b>Nataraja:</b> Clear                            |   | Prathama          |
| Creative Work                    | Amrita Yoga |                                   |                  | <b>Prathama* Until 3:47PM</b>  | Moon – Green                                      | <b>Devaloka Day</b>                         |                   |
| Until 2:39PM                     |             | <b>Navaratri Begins</b>           |                  |  | <b>Ashvina•Puratasi</b>                           |   |                   |
| Then Creative Work - Siddha Yoga |             |                                   |                  |  |   |   |                   |

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

All times are standard time

www.gurudeva.org/panchang

|                                  |             |                                   |                              |  |   |
|----------------------------------|-------------|-----------------------------------|------------------------------|--|---|
| <b>1</b>                         |             | <b>Monday, September 30, 2019</b> |                              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam<br>Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | Lelystad, Netherlands<br>Sun 15 Sutra 169<br>Vikarin 5121 |
| Tula Rasi: 2.55                  | Tithi 2 – 3 | <b>Gulika</b> 1:56PM – 3:24PM     | <b>Chitra Until 12:02PM</b>  | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:37AM  |   |
| <b>Family Home Evening</b>       | 663213463   | Yama 11:01AM – 12:28PM            | Indra Until 7:41AM           | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:20PM  | Moon 9 - Phase 24   |
| Routine Work Prabalarishta Yoga  |             | <b>Rahu</b> 8:05AM – 9:33AM       | Taitila Until 10:54PM        | <b>Nataraja:</b> Clear   | 3rd Phase   |
| Until 12:02PM                    |             |                                   | <b>Dvitiya Until 12:24PM</b> | Moon – Green   | <b>Devaloka Day</b>                                       |
| Then Creative Work - Amrita Yoga |             |                                   |                              | <b>Ashvina+Puratasi</b>  |   |

|                                 |             |                                 |                               |   |   |
|---------------------------------|-------------|---------------------------------|-------------------------------|---|---|
| <b>2</b>                        |             | <b>Tuesday, October 1, 2019</b> |                               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Svati/Vishakha Nakshatra Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | Lelystad, Netherlands<br>Sun 16 Sutra 170<br>Vikarin 5121 |
| Tula Rasi: 17.38                | Tithi 3 – 4 | <b>Gulika</b> 12:28PM – 1:55PM  | <b>Svati Until 9:45AM</b>     | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:39AM   |   |
|                                 | 663213463   | Yama 9:34AM – 11:01AM           | Vishkambha* Until 12:54AM Wed | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:17PM   | Moon 9 - Phase 24   |
| Creative Work Siddha Yoga       |             | <b>Rahu</b> 3:23PM – 4:50PM     | Vanija Until 8:17PM           | <b>Nataraja:</b> Clear  | 3rd Phase   |
| Until 9:45AM                    |             |                                 | <b>Tritiya Until 9:30AM</b>   | Moon – Green  | <b>Devaloka Day</b>                                       |
| Then Routine Work - Marana Yoga |             |                                 |                               | <b>Ashvina+Puratasi</b>   |   |

|                           |             |                                   |                                |   |   |
|---------------------------|-------------|-----------------------------------|--------------------------------|---|---|
| <b>3</b>                  |             | <b>Wednesday, October 2, 2019</b> |                                | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | Lelystad, Netherlands<br>Sun 17 Sutra 171<br>Vikarin 5121 |
| Vrischika Rasi: 1.56      | Tithi 4 – 5 | <b>Gulika</b> 11:01AM – 12:28PM   | <b>Vishakha Until 8:23AM</b>   | <b>Ganesha:</b> Purple <i>Sunrise:</i> 6:41AM   |   |
|                           | 673213463   | Yama 8:08AM – 9:34AM              | Priti Until 10:22PM            | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:15PM   | Moon 9 - Phase 24   |
| Creative Work Siddha Yoga |             | <b>Rahu</b> 12:28PM – 1:55PM      | Bava Until 6:22PM              | <b>Nataraja:</b> Clear  | 3rd Phase   |
|                           |             |                                   | <b>Chaturthi* Until 7:13AM</b> | Moon – Orange   | <b>Devaloka Day</b>                                       |
|                           |             |                                   |                                | <b>Ashvina+Puratasi</b>   |   |

|  |           |                                  |                                   |  |   |
|--|-----------|----------------------------------|-----------------------------------|--|---|
| <b>4</b>                               |           | <b>Thursday, October 3, 2019</b> |                                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau | Lelystad, Netherlands<br>Sun 18 Sutra 172<br>Vikarin 5121 |
| Vrischika Rasi: 15.44                  | Tithi 6   | <b>Gulika</b> 9:35AM – 11:01AM   | <b>Anuradha Until 7:38AM</b>      | <b>Ganesha:</b> Purple <i>Sunrise:</i> 6:43AM  |   |
|  | 673213463 | Yama 6:43AM – 8:09AM             | Ayushman Until 8:29PM             | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:13PM  | Moon 9 - Phase 24   |
| Creative Work Siddha Yoga              |           | <b>Rahu</b> 1:54PM – 3:20PM      | Kaulava Until 5:17PM              | <b>Nataraja:</b> Clear   | 3rd Phase   |
| Until 7:38AM                           |           |                                  | <b>Shashthi* Until 5:03AM Fri</b> | Moon – Orange  | <b>Devaloka Day</b>                                       |
| Then Routine Work - Prabalarishta Yoga |           |                                  |                                   | <b>Ashvina+Puratasi</b>  |   |

|                                  |           |                                |                                 |  |   |
|----------------------------------|-----------|--------------------------------|---------------------------------|--|---|
| <b>5</b>                         |           | <b>Friday, October 4, 2019</b> |                                 | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau | Lelystad, Netherlands<br>Sun 19 Sutra 173<br>Vikarin 5121 |
| Vrischika Rasi: 29.02            | Tithi 7   | <b>Gulika</b> 8:10AM – 9:36AM  | <b>Jyeshtha* Until 7:36AM</b>   | <b>Ganesha:</b> Purple <i>Sunrise:</i> 6:44AM  |   |
|                                  | 673213463 | Yama 3:19PM – 4:44PM           | Saubhagya Until 7:19PM          | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:10PM  | Moon 9 - Phase 24   |
| Routine Work Marana Yoga         |           | <b>Rahu</b> 11:01AM – 12:27PM  | Gara Until 5:06PM               | <b>Nataraja:</b> Clear   | 3rd Phase   |
| Until 7:36AM                     |           |                                | <b>Saptami Until 5:19AM Sat</b> | Moon – Orange  | <b>Devaloka Day</b>                                       |
| Then Creative Work - Amrita Yoga |           |                                |                                 | <b>Ashvina+Puratasi</b>  |   |

|                           |           |                                  |                                  |   |   |
|---------------------------|-----------|----------------------------------|----------------------------------|---|---|
| <b>Retreat Star</b>       |           | <b>Saturday, October 5, 2019</b> |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Sobhana Yoga Visti*/Bava Karana Ashtamyam Titau | Lelystad, Netherlands<br>Sun 20 Sutra 174<br>Vikarin 5121 |
| Dhanus Rasi: 11.52        | Tithi 8   | <b>Gulika</b> 6:46AM – 8:11AM    | <b>Mula* Until 8:45AM</b>        | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:46AM  |   |
|                           | 683213463 | Yama 1:52PM – 3:17PM             | Sobhana Until 6:51PM             | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:08PM   | Moon 9 - Phase 24   |
| Creative Work Siddha Yoga |           | <b>Rahu</b> 9:36AM – 11:02AM     | Visti Until 5:47PM               | <b>Nataraja:</b> Clear  | Ashtami   |
|                           |           |                                  | <b>Ashtami* Until 6:24AM Sun</b> | Moon – Light Blue   | <b>Sivaloka Day</b>                                       |
|                           |           | <b>Durga Ashtami</b>             |                                  | <b>Ashvina+Puratasi</b>   |   |

|                                  |             |                                     |                                   |  |   |
|----------------------------------|-------------|-------------------------------------|-----------------------------------|--|---|
| <b>Retreat Star</b>              |             | <b>Sunday, October 6, 2019</b>      |                                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau | Lelystad, Netherlands<br>Sun 21 Sutra 175<br>Vikarin 5121 |
| Dhanus Rasi: 24.2                | Tithi 8 – 9 | <b>Gulika</b> 3:16PM – 4:41PM       | <b>Purvashadha* Until 10:32AM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:48AM   |   |
|                                  | 683213463   | Yama 12:27PM – 1:51PM               | Athiganda* Until 6:55PM           | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:06PM  | Moon 9 - Phase 24   |
| Creative Work Siddha Yoga        |             | <b>Rahu</b> 4:41PM – 6:06PM         | Balava Until 7:14PM               | <b>Nataraja:</b> Clear   | Navami  |
| Until 10:32AM                    |             |                                     | <b>Ashtami* Until 6:24AM</b>      | Moon – Light Blue  | <b>Sivaloka Day</b>                                       |
| Then Creative Work - Amrita Yoga |             | <b>Saraswathi Puja (Tamil Nadu)</b> |                                   | <b>Ashvina+Puratasi</b>  |   |

|                                  |                                |              |  |                                   |                        |                        |   |
|----------------------------------|--------------------------------|--------------|--|-----------------------------------|------------------------|------------------------|---|
| <b>1</b>                         | <b>Monday, October 7, 2019</b> |              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |                                   |                        |                        | Lelystad, Netherlands<br>Sun 22 Sutra 176<br>Vikarin 5121 |
|                                  | Makara Rasi: 6.31              | Tithi 9 – 10 | <b>Gulika</b> 1:51PM – 3:15PM  | <b>Uttarashadha</b> Until 12:46PM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 6:49AM |   |
|                                  | <b>Family Home Evening</b>     | 683213463    | Yama 11:02AM – 12:26PM   | Sukarma Until 7:28PM              | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 6:03PM  | Moon 9 - Phase 25   |
|                                  | Routine Work Marana Yoga       |              | <b>Rahu</b> 8:14AM – 9:38AM  | Taitila Until 9:17PM              | <b>Nataraja:</b> Clear |                        | 4th Phase   |
| Until 12:46PM                    |                                |              | <b>Navami*</b> Until 8:11AM  | Moon – Light Blue                 |                        | <b>Sivaloka Day</b>    |   |
| Then Creative Work - Amrita Yoga |                                |              |  | <b>Ashvina+Puratasi</b>           |                        |                        |   |

|          |                                 |                      |  |                              |                         |                        |   |
|----------|---------------------------------|----------------------|--|------------------------------|-------------------------|------------------------|---|
| <b>2</b> | <b>Tuesday, October 8, 2019</b> |                      | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |                              |                         |                        | Lelystad, Netherlands<br>Sun 23 Sutra 177<br>Vikarin 5121 |
|          | Makara Rasi: 18.29              | Tithi 10 – 11        | <b>Gulika</b> 12:26PM – 1:50PM   | <b>Shravana</b> Until 3:45PM | <b>Ganesha:</b> White   | <i>Sunrise:</i> 6:51AM |   |
|          | 693213464                       |                      | Yama 9:39AM – 11:02AM  | Dhriti Until 8:18PM          | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:01PM  | Moon 9 - Phase 25   |
|          | Creative Work Siddha Yoga       |                      | <b>Rahu</b> 3:14PM – 4:37PM  | Vanija Until 11:40PM         | <b>Nataraja:</b> Purple |                        | 4th Phase   |
|          |                                 | <b>Vijaya Dasami</b> | <b>Dashami</b> Until 10:25AM   | Moon – Purple                |                         | <b>Sivaloka Day</b>    |   |
|          |                                 |                      |  | <b>Ashvina+Puratasi</b>      |                         |                        |   |

|                                  |                                   |               |  |                                |                         |                        |   |
|----------------------------------|-----------------------------------|---------------|--|--------------------------------|-------------------------|------------------------|---|
| <b>3</b>                         | <b>Wednesday, October 9, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam<br>Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |                                |                         |                        | Lelystad, Netherlands<br>Sun 24 Sutra 178<br>Vikarin 5121 |
|                                  | Kumbha Rasi: 0.22                 | Tithi 11 – 12 | <b>Gulika</b> 11:03AM – 12:26PM  | <b>Dhanishtha</b> Until 6:46PM | <b>Ganesha:</b> White   | <i>Sunrise:</i> 6:53AM |   |
|                                  | 693213464                         |               | Yama 8:16AM – 9:39AM   | Shula* Until 9:13PM            | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:59PM  | Moon 9 - Phase 25   |
|                                  | Routine Work Prabalarishta Yoga   |               | <b>Rahu</b> 12:26PM – 1:49PM   | Bava Until 2:13AM Thu          | <b>Nataraja:</b> Purple |                        | 4th Phase   |
| Until 6:46PM                     |                                   |               | <b>Ekadashi</b> Until 12:55PM  | Moon – Purple                  |                         | <b>Sivaloka Day</b>    |   |
| Then Creative Work - Siddha Yoga |                                   |               |  | <b>Ashvina+Puratasi</b>        |                         |                        |   |

|          |                                   |                                |  |                                  |                         |                        |   |
|----------|-----------------------------------|--------------------------------|--|----------------------------------|-------------------------|------------------------|---|
| <b>4</b> | <b>Thursday, October 10, 2019</b> |                                | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam<br>Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |                                  |                         |                        | Lelystad, Netherlands<br>Sun 25 Sutra 179<br>Vikarin 5121 |
|          | Kumbha Rasi: 12.12                | Tithi 12 – 13                  | <b>Gulika</b> 9:40AM – 11:03AM   | <b>Shatabhishak</b> Until 9:36PM | <b>Ganesha:</b> White   | <i>Sunrise:</i> 6:55AM |   |
|          | 693213464                         |                                | Yama 6:55AM – 8:17AM   | Ganda* Until 10:09PM             | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:56PM  | Moon 9 - Phase 25   |
|          | Creative Work Siddha Yoga         |                                | <b>Rahu</b> 1:48PM – 3:11PM  | Kaulava Until 4:43AM Fri         | <b>Nataraja:</b> Purple |                        | 4th Phase   |
|          |                                   | <b>Kadaitswami Mahasamadhi</b> | <b>Dvadashi</b> Until 3:27PM   | Moon – Purple                    |                         | <b>Sivaloka Day</b>    |   |
|          |                                   |                                |  | <b>Ashvina+Puratasi</b>          |                         |                        |   |
|          |                                   |                                |  | <i>Pradosha Vrata</i>            |                         |                        |   |

|          |                                 |                               |  |  |                         |                        |   |
|----------|---------------------------------|-------------------------------|--|--|-------------------------|------------------------|---|
| <b>5</b> | <b>Friday, October 11, 2019</b> |                               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |  |                         |                        | Lelystad, Netherlands<br>Sun 26 Sutra 180<br>Vikarin 5121 |
|          | Kumbha Rasi: 24.04              | Tithi 13 – 14                 | <b>Gulika</b> 8:19AM – 9:41AM  | <b>Purvaproshtapada*</b> Until 12:40AM Sat | <b>Ganesha:</b> Blue    | <i>Sunrise:</i> 6:56AM |   |
|          | 613213464                       |                               | Yama 3:10PM – 4:32PM   | Vriddhi Until 11:00PM                      | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:54PM  | Moon 9 - Phase 25   |
|          | Creative Work Siddha Yoga       |                               | <b>Rahu</b> 11:03AM – 12:25PM  | Gara Until 7:04AM Sat                      | <b>Nataraja:</b> Purple |                        | 4th Phase   |
|          |                                 | <b>Chidambaram Abhishekam</b> | <b>Trayodashi</b> Until 5:53PM   | Moon – Clear                               |                         | <b>Sivaloka Day</b>    |   |
|          |                                 |                               |  | <b>Ashvina+Puratasi</b>                    |                         |                        |   |

|                                  |                                   |          |   |   |                         |                        |   |
|----------------------------------|-----------------------------------|----------|---|---|-------------------------|------------------------|---|
| <b>6</b>                         | <b>Saturday, October 12, 2019</b> |          | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau |   |                         |                        | Lelystad, Netherlands<br>Sun 27 Sutra 181<br>Vikarin 5121 |
|                                  | Meena Rasi: 5.58                  | Tithi 14 | <b>Gulika</b> 6:58AM – 8:20AM   | <b>Uttaraproshtapada</b> Until 3:21AM Sun | <b>Ganesha:</b> Blue    | <i>Sunrise:</i> 6:58AM |   |
|                                  | 613213464                         |          | Yama 1:47PM – 3:08PM  | Dhruva Until 11:40PM                      | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:52PM  | Moon 9 - Phase 25   |
|                                  | Creative Work Siddha Yoga         |          | <b>Rahu</b> 9:42AM – 11:03AM  | Gara Until 7:04AM                         | <b>Nataraja:</b> Purple |                        | 4th Phase   |
| Until 3:21AM Sun                 |                                   |          | <b>Chaturdashi*</b> Until 8:08PM  | Moon – Clear                              |                         | <b>Sivaloka Day</b>    |   |
| Then Creative Work - Amrita Yoga |                                   |          |   | <b>Ashvina+Puratasi</b>                   |                         |                        |   |

|                                  |                                 |          |  |                                |                         |                           |  |
|----------------------------------|---------------------------------|----------|--|--------------------------------|-------------------------|---------------------------|--|
|                                  | <b>Sunday, October 13, 2019</b> |          | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau |                                |                         |                           | Lelystad, Netherlands<br>Sutra 182<br>Vikarin 5121 |
|                                  | <b>Copper Retreat Star</b>      |          | <b>Gulika</b> 3:07PM – 4:28PM  | <b>Revati</b> Until 5:38AM Mon | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 7:00AM    |  |
|                                  | Meena Rasi: 17.59               | Tithi 15 | Yama 12:25PM – 1:46PM  | Vyaghata* Until 12:08AM Mon    | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:50PM     | Moon 9 - Phase 25                                  |
|                                  | 614213464                       |          | <b>Rahu</b> 4:28PM – 5:50PM  | Visti Until 9:11AM             | <b>Nataraja:</b> Purple |                           | Purnima  |
| Creative Work Amrita Yoga        |                                 |          | <b>Purnima*</b> Until 10:07PM  | Moon – Clear                   |                         | <b>Subha Sivaloka Day</b> |  |
| Until 5:38AM Mon                 |                                 |          |  | <b>Ashvina+Puratasi</b>        |                         |                           |  |
| Then Creative Work - Siddha Yoga |                                 |          |  |                                |                         |                           |  |

|                                 |                            |          |   |                                 |                         |                                 |  |
|---------------------------------|----------------------------|----------|---|---------------------------------|-------------------------|---------------------------------|--|
| <b>Monday, October 14, 2019</b> | <b>Silver Retreat Star</b> |          | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam<br>Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau |                                 |                         |                                 | Lelystad, Netherlands<br>Sutra 183<br>Vikarin 5121 |
|                                 | Mesha Rasi: 0.05           | Tithi 16 | <b>Gulika</b> 1:45PM – 3:06PM   | <b>Ashvini</b> Until 7:57AM Tue | <b>Ganesha:</b> White   | <i>Sunrise:</i> 7:02AM          |  |
|                                 | 624213464                  |          | Yama 11:04AM – 12:25PM  | Harshana Until 12:25AM Tue      | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:47PM           | Moon 9 - Phase 25                                  |
|                                 | <b>Family Home Evening</b> |          | <b>Rahu</b> 8:22AM – 9:43AM   | Balava Until 11:02AM            | <b>Nataraja:</b> Purple |                                 | Prathama   |
| Creative Work Siddha Yoga       |                            |          | <b>Prathama*</b> Until 11:50PM  | Moon – White                    |                         | <b>Subha Subha Sivaloka Day</b> |  |
|                                 |                            |          |   | <b>Ashvina+Puratasi</b>         |                         |                                 |  |

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





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

Lelystad, Netherlands

Sun 1 Sutra 184

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mesha Rasi: 12.19 Tithi 17

624213464

**Gulika** 12:24PM - 1:45PM  
**Yama** 9:44AM - 11:04AM  
**Rahu** 3:05PM - 4:25PM

**Ashvini Until 7:57AM**  
Vajra\* Until 12:25AM Wed  
Taitila Until 12:35PM  
**Dvitiya Until 1:13AM Wed**

**Ganesha:** White *Sunrise:* 7:03AM  
**Muruqa:** Purple *Sunset:* 5:45PM

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

Creative Work Siddha Yoga

1

Wednesday, October 16, 2019

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

Lelystad, Netherlands

Sun 2 Sutra 185

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mesha Rasi: 24.41 Tithi 18

624213464

**Gulika** 11:04AM - 12:24PM  
**Yama** 8:25AM - 9:45AM  
**Rahu** 12:24PM - 1:44PM

**Bharani Until 9:48AM**  
Siddhi Until 12:11AM Thu  
Vanija Until 1:49PM  
**Tritiya Until 2:17AM Thu**

**Ganesha:** White *Sunrise:* 7:05AM  
**Muruqa:** Purple *Sunset:* 5:43PM

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

Creative Work Siddha Yoga

Until 9:48AM

Then Creative Work - Amrita Yoga

2

Thursday, October 17, 2019

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

Lelystad, Netherlands

Sun 3 Sutra 186

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Vrishabha Rasi: 7.12 Tithi 19

624313464

**Gulika** 9:45AM - 11:05AM  
**Yama** 7:07AM - 8:26AM  
**Rahu** 1:43PM - 3:02PM

**Krittika Until 11:09AM**  
Vyatipata\* Until 11:40PM  
Bava Until 2:42PM  
**Chaturthi\* Until 2:58AM Fri**

**Ganesha:** Yellow *Sunrise:* 7:07AM  
**Muruqa:** Purple *Sunset:* 5:41PM

**Nataraja:** Purple  
Moon - White **Subha Sivaloka Day**  
**Ashvina+Aipasi**

Routine Work Marana Yoga

3

Friday, October 18, 2019

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

Lelystad, Netherlands

Sun 4 Sutra 187

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Vrishabha Rasi: 19.53 Tithi 20

634313464

**Gulika** 8:27AM - 9:46AM  
**Yama** 3:01PM - 4:20PM  
**Rahu** 11:05AM - 12:24PM

**Rohini Until 12:27PM**  
Variyan Until 10:49PM  
Kaulava Until 3:11PM  
**Panchami Until 3:14AM Sat**

**Ganesha:** White *Sunrise:* 7:09AM  
**Muruqa:** Purple *Sunset:* 5:39PM

**Nataraja:** Purple  
Moon - Yellow **Sivaloka Day**  
**Ashvina+Aipasi**

Routine Work Marana Yoga

Until 12:27PM

Then Creative Work - Siddha Yoga

4

Saturday, October 19, 2019

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

Lelystad, Netherlands

Sun 5 Sutra 188

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mithuna Rasi: 2.46 Tithi 21

634313464

**Gulika** 7:10AM - 8:29AM  
**Yama** 1:42PM - 3:00PM  
**Rahu** 9:47AM - 11:05AM

**Mrigashira Until 1:09PM**  
Parigha\* Until 9:36PM  
Gara Until 3:13PM  
**Shashthi\* Until 3:01AM Sun**

**Ganesha:** White *Sunrise:* 7:10AM  
**Muruqa:** Purple *Sunset:* 5:37PM

**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/Punarvasu Nakshatra Shiva Yoga Visti\*/Bava Karana Saplamyam Titau

Lelystad, Netherlands

Sun 6 Sutra 189

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mithuna Rasi: 15.55 Tithi 22

634313464

**Gulika** 2:59PM - 4:17PM  
**Yama** 12:23PM - 1:41PM  
**Rahu** 4:17PM - 5:34PM

**Ardra Until 1:12PM**  
Shiva Until 7:59PM  
Visti Until 2:44PM  
**Saptami Until 2:15AM Mon**

**Ganesha:** White *Sunrise:* 7:12AM  
**Muruqa:** Purple *Sunset:* 5:34PM

**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/Pushya Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Ashtamyam Titau

Lelystad, Netherlands

Sun 7 Sutra 190

Vikarin 5121

Moon 10 - Phase 26

Ashtami

Mithuna Rasi: 29.2 Tithi 23

644313464

**Gulika** 1:40PM - 2:58PM  
**Yama** 11:06AM - 12:23PM  
**Rahu** 8:31AM - 9:49AM

**Punarvasu Until 1:01PM**  
Siddha Until 5:54PM  
Balava Until 1:41PM  
**Ashtami\* Until 12:56AM Tue**

**Ganesha:** Clear *Sunrise:* 7:14AM  
**Muruqa:** Purple *Sunset:* 5:32PM

**Nataraja:** Purple  
Moon - Blue **Subha Sivaloka Day**  
**Ashvina+Aipasi**

Creative Work Amrita Yoga

Until 1:01PM

Then Creative Work - Siddha Yoga

Tuesday, October 22, 2019

Retreat Star

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

Lelystad, Netherlands

Sun 8 Sutra 191

Vikarin 5121

Moon 10 - Phase 26

Navami

Kataka Rasi: 13.05 Tithi 24

644313464

**Gulika** 12:23PM - 1:40PM  
**Yama** 9:49AM - 11:06AM  
**Rahu** 2:57PM - 4:13PM

**Pushya Until 12:07PM**  
Sadhya Until 3:21PM  
Taitila Until 12:04PM  
**Navami\* Until 11:02PM**

**Ganesha:** Clear *Sunrise:* 7:16AM  
**Muruqa:** Purple *Sunset:* 5:30PM

**Nataraja:** Purple  
Moon - Blue **Subha Sivaloka Day**  
**Ashvina+Aipasi**

Creative Work Siddha Yoga

|                    |             |  |                                |  |                        |  |                    |
|--------------------|-------------|--|--------------------------------|--|------------------------|--|--------------------|
| <b>1</b>           |             | <b>Wednesday, October 23, 2019</b>     |                                | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam<br>Ashlesha* Magha* Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Dashamyam Titau |                        | Lelystad, Netherlands<br>Sun 9 Sutra 192 |                    |
| Kataka Rasi: 27.12 | Tithi 25    | <b>Gulika</b> 11:06AM – 12:23PM        | <b>Ashlesha* Until 10:32AM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 7:18AM |  | Vikarin 5121       |
|                    |             | Yama 8:34AM – 9:50AM                   | Subha Until 12:24PM            | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:28PM  |  | Moon 10 - Phase 27 |
| Creative Work      | Siddha Yoga | 644313464 <b>Rahu</b> 12:23PM – 1:39PM | Vanija Until 9:55AM            | <b>Nataraja:</b> Purple  |                        |  | 2nd Phase          |
|                    |             |  | <b>Dashami Until 8:38PM</b>    | Moon – Blue  |                        | <b>Subha Sivaloka Day</b>                |                    |
|                    |             |  |                                | <b>Ashvina•Aipasi</b>  |                        |  |                    |

|                                  |               |                                       |                               |   |                        |   |                    |
|----------------------------------|---------------|---------------------------------------|-------------------------------|---|------------------------|---|--------------------|
| <b>2</b>                         |               | <b>Thursday, October 24, 2019</b>     |                               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau |                        | Lelystad, Netherlands<br>Sun 10 Sutra 193 |                    |
| Simha Rasi: 11.39                | Tithi 26 – 27 | <b>Gulika</b> 9:51AM – 11:07AM        | <b>Magha* Until 8:45AM</b>    | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 7:19AM |   | Vikarin 5121       |
|                                  |               | Yama 7:19AM – 8:35AM                  | Sukla Until 9:02AM            | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:26PM  |   | Moon 10 - Phase 27 |
| Creative Work                    | Amrita Yoga   | 654313464 <b>Rahu</b> 1:39PM – 2:54PM | Bava Until 7:16AM             | <b>Nataraja:</b> Purple   |                        |   | 2nd Phase          |
| Until 8:45AM                     |               |                                       | <b>Ekadashi* Until 5:47PM</b> | Moon – Red  |                        | <b>Sivaloka Day</b>                       |                    |
| Then Creative Work - Siddha Yoga |               |                                       |                               | <b>Ashvina•Aipasi</b>   |                        |   |                    |

|                   |               |   |                                   |   |                        |   |                    |
|-------------------|---------------|---|-----------------------------------|---|------------------------|---|--------------------|
| <b>3</b>          |               | <b>Friday, October 25, 2019</b>         |                                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Indra Yoga Taillal/Gara Karana Dvadashi/Trayodashyam Titau |                        | Lelystad, Netherlands<br>Sun 11 Sutra 194 |                    |
| Simha Rasi: 26.22 | Tithi 27 – 28 | <b>Gulika</b> 8:36AM – 9:52AM           | <b>Purvaphalguni Until 6:27AM</b> | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 7:21AM |   | Vikarin 5121       |
|                   |               | Yama 2:53PM – 4:09PM                    | Indra Until 1:31AM Sat            | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:24PM  |   | Moon 10 - Phase 27 |
| Creative Work     | Siddha Yoga   | 655313464 <b>Rahu</b> 11:07AM – 12:23PM | Gara Until 12:59AM Sat            | <b>Nataraja:</b> Purple   |                        |   | 2nd Phase          |
|                   |               |   | <b>Dvadashi* Until 2:38PM</b>     | Moon – Red  |                        | <b>Subha Sivaloka Day</b>                 |                    |
|                   |               |   |                                   | <b>Ashvina•Aipasi</b>   |                        |   |                    |
|                   |               |   |                                   | <i>Pradosha Vrata (Fasting)</i>   |                        |   |                    |

|                                  |               |  |                                  |   |                        |   |                    |
|----------------------------------|---------------|--|----------------------------------|---|------------------------|---|--------------------|
| <b>4</b>                         |               | <b>Saturday, October 26, 2019</b>      |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam<br>Hasta Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |                        | Lelystad, Netherlands<br>Sun 12 Sutra 195 |                    |
| Kanya Rasi: 11.16                | Tithi 28 – 29 | <b>Gulika</b> 7:23AM – 8:38AM          | <b>Hasta Until 1:19AM Sun</b>    | <b>Ganesha:</b> Orange  | <i>Sunrise:</i> 7:23AM |   | Vikarin 5121       |
|                                  |               | Yama 1:37PM – 2:52PM                   | Vaidhriti* Until 9:34PM          | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:22PM  |   | Moon 10 - Phase 27 |
| Routine Work                     | Marana Yoga   | 665313464 <b>Rahu</b> 9:53AM – 11:08AM | Visti Until 9:37PM               | <b>Nataraja:</b> Purple   |                        |   | 2nd Phase          |
| Until 1:19AM Sun                 |               |  | <b>Trayodashi* Until 11:17AM</b> | Moon – Green  |                        | <b>Subha Sivaloka Day</b>                 |                    |
| Then Creative Work - Siddha Yoga |               | <b>Deepavali Hindu Solidarity Day</b>  |                                  | <b>Ashvina•Aipasi</b>   |                        |   |                    |

|                     |               |                                       |                                  |   |                        |   |                    |
|---------------------|---------------|---------------------------------------|----------------------------------|---|------------------------|---|--------------------|
| <b>●</b>            |               | <b>Sunday, October 27, 2019</b>       |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Chitra Nakshatra Vishkambha*/Priti Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |                        | Lelystad, Netherlands<br>Sun 13 Sutra 196 |                    |
| <b>Retreat Star</b> |               | <b>Gulika</b> 2:51PM – 4:06PM         | <b>Chitra Until 10:48PM</b>      | <b>Ganesha:</b> Orange  | <i>Sunrise:</i> 7:25AM |   | Vikarin 5121       |
| Kanya Rasi: 26.14   | Tithi 29 – 30 | Yama 12:22PM – 1:37PM                 | Vishkambha* Until 5:40PM         | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:20PM  |   | Moon 10 - Phase 27 |
| Creative Work       | Siddha Yoga   | 665313464 <b>Rahu</b> 4:06PM – 5:20PM | Catuspada Until 6:18PM           | <b>Nataraja:</b> Purple   |                        |   | Amavasya           |
|                     |               |                                       | <b>Chaturdashi* Until 7:55AM</b> | Moon – Green  |                        | <b>Subha Sivaloka Day</b>                 |                    |
|                     |               | <b>Subramuniyaswami Mahasamadhi</b>   |                                  | <b>Ashvina•Aipasi</b>   |                        |   |                    |

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| <b>Retreat Star</b>             |             | <b>Monday, October 28, 2019</b>       |                                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam<br>Svati Nakshatra Priti/Ayushman Yoga Kintughna*/Bava Karana Prathamayam Titau |                        | Lelystad, Netherlands<br>Sun 14 Sutra 197 |                    |
| Tula Rasi: 11.05                | Tithi 1     | <b>Gulika</b> 1:36PM – 2:50PM         | <b>Svati Until 8:24PM</b>         | <b>Ganesha:</b> Orange  | <i>Sunrise:</i> 7:27AM |   | Vikarin 5121       |
| <b>Family Home Evening</b>      |             | Yama 11:08AM – 12:22PM                | Priti Until 1:57PM                | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:18PM  |   | Moon 10 - Phase 27 |
| Creative Work                   | Amrita Yoga | 665313464 <b>Rahu</b> 8:40AM – 9:54AM | Kintughna Until 3:12PM            | <b>Nataraja:</b> Purple   |                        |   | Prathama           |
| Until 8:24PM                    |             |                                       | <b>Prathama* Until 1:47AM Tue</b> | Moon – Green  |                        | <b>Subha Sivaloka Day</b>                 |                    |
| Then Routine Work - Marana Yoga |             | <b>Skanda Shasthi Begins</b>          |                                   | <b>Kartika•Aipasi</b>   |                        |   |                    |

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

|                                  |             |                                       |                              |   |                        |   |                    |
|----------------------------------|-------------|---------------------------------------|------------------------------|---|------------------------|---|--------------------|
| <b>1</b>                         |             | <b>Tuesday, October 29, 2019</b>      |                              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Vishakha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvitiyayam Titau |                        | Lelystad, Netherlands<br>Sun 15 Sutra 198<br>Vikarin 5121 |                    |
| Tula Rasi: 25.43                 | Tithi 2     | <b>Gulika</b> 12:22PM – 1:36PM        | <b>Vishakha</b> Until 6:42PM | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 7:28AM |   |                    |
|                                  |             | Yama 9:55AM – 11:09AM                 | Ayushman Until 10:32AM       | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:16PM  |   | Moon 10 - Phase 28 |
|                                  |             | 675313464 <b>Rahu</b> 2:49PM – 4:03PM | Balava Until 12:31PM         | <b>Nataraja:</b> Purple   |                        |   | 3rd Phase          |
| Routine Work                     | Marana Yoga |                                       | <b>Dvitiya</b> Until 11:21PM | Moon – Orange   |                        | <b>Subha Sivaloka Day</b>                                 |                    |
| Until 6:42PM                     |             |                                       |                              |   |                        | <b>Kartika•Aipasi</b>                                     |                    |
| Then Creative Work - Siddha Yoga |             |                                       |                              |   |                        |   |                    |

|                     |             |  |                              |  |                        |   |                    |
|---------------------|-------------|--|------------------------------|--|------------------------|---|--------------------|
| <b>2</b>            |             | <b>Wednesday, October 30, 2019</b>     |                              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau |                        | Lelystad, Netherlands<br>Sun 16 Sutra 199<br>Vikarin 5121 |                    |
| Virshika Rasi: 9.59 | Tithi 3     | <b>Gulika</b> 11:09AM – 12:22PM        | <b>Anuradha</b> Until 5:29PM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 7:30AM |   |                    |
|                     |             | Yama 8:43AM – 9:56AM                   | Saubhagya Until 7:34AM       | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:14PM  |   | Moon 10 - Phase 28 |
|                     |             | 675313464 <b>Rahu</b> 12:22PM – 1:35PM | Taitila Until 10:22AM        | <b>Nataraja:</b> Purple  |                        |   | 3rd Phase          |
| Creative Work       | Siddha Yoga |  | <b>Tritiya</b> Until 9:33PM  | Moon – Orange  |                        | <b>Subha Sivaloka Day</b>                                 |                    |
|                     |             |  |                              |  |                        | <b>Kartika•Aipasi</b>                                     |                    |

|                                  |                    |                                       |                                |  |                        |   |                    |
|----------------------------------|--------------------|---------------------------------------|--------------------------------|--|------------------------|---|--------------------|
| <b>3</b>                         |                    | <b>Thursday, October 31, 2019</b>     |                                | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Athiganda* Yoga Vanija/Visti* Karana Chaturthayam Titau |                        | Lelystad, Netherlands<br>Sun 17 Sutra 200<br>Vikarin 5121 |                    |
| Virshika Rasi: 23.49             | Tithi 4            | <b>Gulika</b> 9:57AM – 11:10AM        | <b>Jyeshtha*</b> Until 4:51PM  | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 7:32AM |   |                    |
|                                  |                    | Yama 7:32AM – 8:45AM                  | Athiganda* Until 3:24AM Fri    | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:12PM  |   | Moon 10 - Phase 28 |
|                                  |                    | 675313464 <b>Rahu</b> 1:35PM – 2:47PM | Vanija Until 8:57AM            | <b>Nataraja:</b> Purple  |                        |   | 3rd Phase          |
| Routine Work                     | Prabalarishta Yoga |                                       | <b>Chaturthi*</b> Until 8:31PM | Moon – Orange  |                        | <b>Subha Sivaloka Day</b>                                 |                    |
| Until 4:51PM                     |                    |                                       |                                |  |                        | <b>Kartika•Aipasi</b>                                     |                    |
| Then Creative Work - Siddha Yoga |                    |                                       |                                |  |                        |   |                    |

|  |             |   |                              |   |                        |   |                    |
|--|-------------|---|------------------------------|---|------------------------|---|--------------------|
| <b>4</b>                               |             | <b>Friday, November 1, 2019</b>         |                              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Sukarma Yoga Bava/Balava Karana Panchamyam Titau |                        | Lelystad, Netherlands<br>Sun 18 Sutra 201<br>Vikarin 5121 |                    |
| Dhanus Rasi: 7.1                       | Tithi 5     | <b>Gulika</b> 8:46AM – 9:58AM           | <b>Mula*</b> Until 5:20PM    | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 7:34AM |   |                    |
|  |             | Yama 2:46PM – 3:58PM                    | Sukarma Until 2:18AM Sat     | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:10PM  |   | Moon 10 - Phase 28 |
|  |             | 685313464 <b>Rahu</b> 11:10AM – 12:22PM | Bava Until 8:21AM            | <b>Nataraja:</b> Purple   |                        |   | 3rd Phase          |
| Creative Work                          | Amrita Yoga |   | <b>Panchami</b> Until 8:21PM | Moon – Light Blue   |                        | <b>Subha Subha Sivaloka Day</b>                           |                    |
| Until 5:20PM                           |             |   |                              |   |                        | <b>Kartika•Aipasi</b>                                     |                    |
| Then Routine Work - Prabalarishta Yoga |             |   |                              |   |                        |   |                    |

|                                 |             |  |                                  |   |                        |   |                    |
|---------------------------------|-------------|--|----------------------------------|---|------------------------|---|--------------------|
| <b>5</b>                        |             | <b>Saturday, November 2, 2019</b>      |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam<br>Purvashadha* Nakshatra Dhriti Yoga Kaulava/Taitila Karana Shashthiyam Titau |                        | Lelystad, Netherlands<br>Sun 19 Sutra 202<br>Vikarin 5121 |                    |
| Dhanus Rasi: 20.05              | Tithi 6     | <b>Gulika</b> 7:36AM – 8:47AM          | <b>Purvashadha*</b> Until 6:31PM | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 7:36AM |   |                    |
|                                 |             | Yama 1:34PM – 2:45PM                   | Dhriti Until 1:53AM Sun          | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:08PM  |   | Moon 10 - Phase 28 |
|                                 |             | 685313464 <b>Rahu</b> 9:59AM – 11:10AM | Kaulava Until 8:37AM             | <b>Nataraja:</b> Purple   |                        |   | 3rd Phase          |
| Creative Work                   | Siddha Yoga |  | <b>Shashthi*</b> Until 9:02PM    | Moon – Light Blue   |                        | <b>Subha Subha Sivaloka Day</b>                           |                    |
| Until 6:31PM                    |             |  |                                  |   |                        | <b>Kartika•Aipasi</b>                                     |                    |
| Then Routine Work - Marana Yoga |             | <b>Skanda Shasthi</b>                  |                                  |   |                        |   |                    |

|                   |             |                                       |                                  |   |                        |   |                    |
|-------------------|-------------|---------------------------------------|----------------------------------|---|------------------------|---|--------------------|
| <b>6</b>          |             | <b>Sunday, November 3, 2019</b>       |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttarashadha Nakshatra Shula* Yoga Gara/Vanija Karana Saptamyam Titau |                        | Lelystad, Netherlands<br>Sun 20 Sutra 203<br>Vikarin 5121 |                    |
| Makara Rasi: 2.37 | Tithi 7     | <b>Gulika</b> 2:44PM – 3:55PM         | <b>Uttarashadha</b> Until 8:16PM | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 7:37AM |   |                    |
|                   |             | Yama 12:22PM – 1:33PM                 | Shula* Until 1:59AM Mon          | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:07PM  |   | Moon 10 - Phase 28 |
|                   |             | 685313464 <b>Rahu</b> 3:55PM – 5:07PM | Gara Until 9:42AM                | <b>Nataraja:</b> Purple   |                        |   | 3rd Phase          |
| Creative Work     | Amrita Yoga |                                       | <b>Saptami</b> Until 10:30PM     | Moon – Light Blue   |                        | <b>Subha Subha Sivaloka Day</b>                           |                    |
|                   |             |                                       |                                  |   |                        | <b>Kartika•Aipasi</b>                                     |                    |

|                                  |             |  |                                   |  |                        |   |                    |
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| <b>Monday, November 4, 2019</b>  |             | <b>Retreat Star</b>                    |                                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam<br>Shravana Nakshatra Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau |                        | Lelystad, Netherlands<br>Sun 21 Sutra 204<br>Vikarin 5121 |                    |
| Makara Rasi: 14.49               | Tithi 8     | <b>Gulika</b> 1:33PM – 2:43PM          | <b>Shravana</b> Until 10:57PM     | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 7:39AM |   |                    |
| <b>Family Home Evening</b>       |             | Yama 11:11AM – 12:22PM                 | Ganda* Until 2:32AM Tue           | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:05PM  |   | Moon 10 - Phase 28 |
| Creative Work                    | Amrita Yoga | 696313464 <b>Rahu</b> 8:50AM – 10:01AM | Visti Until 11:29AM               | <b>Nataraja:</b> Purple  |                        |   | Ashtami            |
| Until 10:57PM                    |             |  | <b>Ashtami*</b> Until 12:33AM Tue | Moon – Purple  |                        | <b>Sivaloka Day</b>                                       |                    |
| Then Creative Work - Siddha Yoga |             |  |                                   |  |                        | <b>Kartika•Aipasi</b>                                     |                    |

|                                  |             |                                       |                                    |  |                        |   |                    |
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| <b>Tuesday, November 5, 2019</b> |             | <b>Retreat Star</b>                   |                                    | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Dhanishtha Nakshatra Vriddhi Yoga Balava/Kaulava Karana Navamyam Titau |                        | Lelystad, Netherlands<br>Sun 22 Sutra 205<br>Vikarin 5121 |                    |
| Makara Rasi: 26.5                | Tithi 9     | <b>Gulika</b> 12:22PM – 1:32PM        | <b>Dhanishtha</b> Until 1:49AM Wed | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 7:41AM |   |                    |
|                                  |             | Yama 10:02AM – 11:12AM                | Vriddhi Until 3:21AM Wed           | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:03PM  |   | Moon 10 - Phase 28 |
|                                  |             | 696313464 <b>Rahu</b> 2:43PM – 3:53PM | Balava Until 1:45PM                | <b>Nataraja:</b> Purple  |                        |   | Navami             |
| Creative Work                    | Siddha Yoga |                                       | <b>Navami*</b> Until 2:58AM Wed    | Moon – Purple  |                        | <b>Sivaloka Day</b>                                       |                    |
|                                  |             |                                       |                                    |  |                        | <b>Kartika•Aipasi</b>                                     |                    |


|               |                                    |                              |  |   |   |   |
|---------------|------------------------------------|------------------------------|--|---|---|---|
| <b>1</b>      | <b>Wednesday, November 6, 2019</b> |                              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam<br>Shatabhishak Nakshatra Dhruva Yoga Taitila/Gara Karana Dashamyam Titau |   |   | Lelystad, Netherlands<br>Sun 23 Sutra 206<br>Vikarin 5121 |
|               | Kumbha Rasi: 8.43                  | Tithi 10                     | <b>Gulika</b> 11:12AM – 12:22PM  | <b>Shatabhishak</b> <b>Until 4:39AM Thu</b> | <b>Ganesha:</b> Purple <i>Sunrise: 7:43AM</i> |   |
|               |                                    |                              | Yama 8:53AM – 10:03AM  | Dhruva Until 4:14AM Thu                     | <b>Muruqa:</b> Purple <i>Sunset: 5:01PM</i>   | Moon 10 - Phase 29  |
|               | 696313464                          | <b>Rahu</b> 12:22PM – 1:32PM |  | Taitila Until 4:16PM                        | <b>Nataraja:</b> Purple                       | 4th Phase   |
| Creative Work | Siddha Yoga                        |                              | <b>Dashami</b> <b>Until 5:31AM Thu</b>   | Moon – Purple                               | <b>Sivaloka Day</b>                           |   |
|               |                                    |                              |  | <b>Kartika-Aipasi</b>                       |   |   |

|               |                                   |                             |  |  |   |   |
|---------------|-----------------------------------|-----------------------------|--|--|---|---|
| <b>2</b>      | <b>Thursday, November 7, 2019</b> |                             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Vyaghata* Yoga Vanija Karana Ekadashyam Titau |  |   | Lelystad, Netherlands<br>Sun 24 Sutra 207<br>Vikarin 5121 |
|               | Kumbha Rasi: 20.34                | Tithi 11                    | <b>Gulika</b> 10:03AM – 11:13AM  | <b>Purvaproshtapada*</b> <b>Until 7:44AM Fri</b> | <b>Ganesha:</b> Yellow <i>Sunrise: 7:45AM</i> |   |
|               |                                   |                             | Yama 7:45AM – 8:54AM   | Vyaghata* Until 5:04AM Fri                       | <b>Muruqa:</b> Purple <i>Sunset: 5:00PM</i>   | Moon 10 - Phase 29  |
|               | 716313464                         | <b>Rahu</b> 1:32PM – 2:41PM |  | Vanija Until 6:47PM                              | <b>Nataraja:</b> Purple                       | 4th Phase   |
| Creative Work | Siddha Yoga                       |                             | <b>Ekadashi</b> <b>Until 7:58AM Fri</b>  | Moon – Clear                                     | <b>Subha Sivaloka Day</b>                     |   |
|               |                                   |                             |  | <b>Kartika-Aipasi</b>                            |   |   |

|               |                                 |                               |  |  |   |   |
|---------------|---------------------------------|-------------------------------|--|--|---|---|
| <b>3</b>      | <b>Friday, November 8, 2019</b> |                               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Purvaproshtapada/Uttaraproshtapada Nakshatra Harshana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau |  |   | Lelystad, Netherlands<br>Sun 25 Sutra 208<br>Vikarin 5121 |
|               | Meena Rasi: 2.28                | Tithi 11 – 12                 | <b>Gulika</b> 8:56AM – 10:04AM   | <b>Purvaproshtapada*</b> <b>Until 7:44AM</b> | <b>Ganesha:</b> Yellow <i>Sunrise: 7:47AM</i> |   |
|               |                                 |                               | Yama 2:40PM – 3:49PM   | Harshana Until 5:44AM Sat                    | <b>Muruqa:</b> Purple <i>Sunset: 4:58PM</i>   | Moon 10 - Phase 29  |
|               | 716313464                       | <b>Rahu</b> 11:13AM – 12:22PM |  | Bava Until 9:08PM                            | <b>Nataraja:</b> Purple                       | 4th Phase   |
| Creative Work | Siddha Yoga                     |                               | <b>Ekadashi</b> <b>Until 7:58AM</b>  | Moon – Clear                                 | <b>Subha Sivaloka Day</b>                     |   |
|               |                                 |                               |  | <b>Kartika-Aipasi</b>                        |   |   |

|  |                                   |                               |  |   |   |   |
|--|-----------------------------------|-------------------------------|--|---|---|---|
| <b>4</b>                               | <b>Saturday, November 9, 2019</b> |                               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam<br>Uttaraproshtapada/Revati Nakshatra Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |   |   | Lelystad, Netherlands<br>Sun 26 Sutra 209<br>Vikarin 5121 |
|  | Meena Rasi: 14.26                 | Tithi 12 – 13                 | <b>Gulika</b> 7:48AM – 8:57AM  | <b>Uttaraproshtapada</b> <b>Until 10:25AM</b> | <b>Ganesha:</b> Yellow <i>Sunrise: 7:48AM</i> |   |
|  |                                   |                               | Yama 1:31PM – 2:39PM   | Vajra* Until 6:08AM Sun                       | <b>Muruqa:</b> Purple <i>Sunset: 4:56PM</i>   | Moon 10 - Phase 29  |
|  | 716313464                         | <b>Rahu</b> 10:05AM – 11:14AM |  | Kaulava Until 11:12PM                         | <b>Nataraja:</b> Purple                       | 4th Phase   |
| Creative Work                          | Siddha Yoga                       |                               | <b>Dvadashi</b> <b>Until 10:11AM</b>   | Moon – Clear                                  | <b>Subha Sivaloka Day</b>                     |   |
| Until 10:25AM                          |                                   |                               |  | <b>Kartika-Aipasi</b>                         |   |   |
| Then Routine Work - Prabalarishta Yoga |                                   |                               | <i>Pradosha Vrata</i>  |   |   |   |

|                                  |                                  |                             |  |                                    |   |   |
|----------------------------------|----------------------------------|-----------------------------|--|------------------------------------|---|---|
| <b>5</b>                         | <b>Sunday, November 10, 2019</b> |                             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                                    |   | Lelystad, Netherlands<br>Sun 27 Sutra 210<br>Vikarin 5121 |
|                                  | Meena Rasi: 26.32                | Tithi 13 – 14               | <b>Gulika</b> 2:39PM – 3:47PM  | <b>Revati</b> <b>Until 12:37PM</b> | <b>Ganesha:</b> Yellow <i>Sunrise: 7:50AM</i> |   |
|                                  |                                  |                             | Yama 12:22PM – 1:30PM  | Vajra* Until 6:08AM                | <b>Muruqa:</b> Purple <i>Sunset: 4:55PM</i>   | Moon 10 - Phase 29  |
|                                  | 716313464                        | <b>Rahu</b> 3:47PM – 4:55PM |  | Gara Until 12:52AM Mon             | <b>Nataraja:</b> Purple                       | 4th Phase   |
| Creative Work                    | Amrita Yoga                      |                             | <b>Trayodashi</b> <b>Until 12:03PM</b>   | Moon – Clear                       | <b>Subha Sivaloka Day</b>                     |   |
| Until 12:37PM                    |                                  |                             |  | <b>Kartika-Aipasi</b>              |   |   |
| Then Creative Work - Siddha Yoga |                                  |                             |  |                                    |   |   |

|   |                                  |               |   |                                    |  |  |
|---|----------------------------------|---------------|---|------------------------------------|--|--|
|  | <b>Monday, November 11, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                                    |  | Lelystad, Netherlands<br>Sutra 211<br>Vikarin 5121 |
|   | <b>Copper Retreat Star</b>       |               | <b>Gulika</b> 1:30PM – 2:38PM   | <b>Ashvini</b> <b>Until 2:45PM</b> | <b>Ganesha:</b> Clear <i>Sunrise: 7:52AM</i> |  |
|   | Mesha Rasi: 8.48                 | Tithi 14 – 15 | Yama 11:15AM – 12:23PM  | Siddhi Until 6:15AM                | <b>Muruqa:</b> Purple <i>Sunset: 4:53PM</i>  | Moon 10 - Phase 29                                 |
|   | <b>Family Home Evening</b>       | 727313464     | <b>Rahu</b> 9:00AM – 10:07AM  | Visti Until 2:07AM Tue             | <b>Nataraja:</b> Purple                      | Purnima  |
| Creative Work   | Siddha Yoga                      |               | <b>Chaturdashi*</b> <b>Until 1:32PM</b>   | Moon – White                       | <b>Subha Sivaloka Day</b>                    |  |
|   |                                  |               |   | <b>Kartika-Aipasi</b>              |  |  |

|               |                                   |                             |   |                                    |  |  |
|---------------|-----------------------------------|-----------------------------|---|------------------------------------|--|--|
| <b>6</b>      | <b>Tuesday, November 12, 2019</b> |                             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Bharani/Krittika Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                                    |  | Lelystad, Netherlands<br>Sutra 212<br>Vikarin 5121 |
|               | <b>Silver Retreat Star</b>        |                             | <b>Gulika</b> 12:23PM – 1:30PM  | <b>Bharani</b> <b>Until 4:19PM</b> | <b>Ganesha:</b> White <i>Sunrise: 7:54AM</i> |  |
|               | Mesha Rasi: 21.15                 | Tithi 15 – 16               | Yama 10:08AM – 11:15AM  | Vyatipata* Until 6:03AM            | <b>Muruqa:</b> Purple <i>Sunset: 4:51PM</i>  | Moon 10 - Phase 29                                 |
|               | 727413464                         | <b>Rahu</b> 2:37PM – 3:44PM |   | Balava Until 2:57AM Wed            | <b>Nataraja:</b> Purple                      | Prathama   |
| Creative Work | Siddha Yoga                       |                             | <b>Purnima*</b> <b>Until 2:34PM</b>   | Moon – White                       | <b>Sivaloka Day</b>                          |  |
|               |                                   |                             |   | <b>Kartika-Aipasi</b>              |  |  |

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



Wednesday, November 13, 2019

Gold Retreat Star

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

Lelystad, Netherlands

Sutra 213

Vikarin 5121

Vrishabha Rasi: 3.53 Tithi 16 – 17

727413464

**Gulika** 11:16AM – 12:23PM  
**Yama** 9:02AM – 10:09AM  
**Rahu** 12:23PM – 1:30PM

**Krittika Until 5:19PM**  
Parigha\* Until 4:39AM Thu  
Taitila Until 3:22AM Thu  
Prathama\* Until 3:11PM

**Ganesha:** White *Sunrise: 7:56AM*  
**Muruqa:** Purple *Sunset: 4:50PM*  
**Nataraja:** Purple  
Moon – White

Moon 11 - Phase 30  
1st Phase

Sivaloka Day

Creative Work Amrita Yoga

Until 5:19PM

Then Creative Work - Siddha Yoga

1

Thursday, November 14, 2019

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

Lelystad, Netherlands

Sun 1 Sutra 214

Vikarin 5121

Vrishabha Rasi: 16.43 Tithi 17 – 18

737413464

**Gulika** 10:10AM – 11:17AM  
**Yama** 7:57AM – 9:04AM  
**Rahu** 1:29PM – 2:36PM

**Rohini Until 6:14PM**  
Shiva Until 3:31AM Fri  
Vanija Until 3:23AM Fri  
Dvitiya Until 3:24PM

**Ganesha:** Clear *Sunrise: 7:57AM*  
**Muruqa:** Purple *Sunset: 4:48PM*  
**Nataraja:** Purple  
Moon – Yellow

Moon 11 - Phase 30  
1st Phase

Subha Sivaloka Day

Routine Work Marana Yoga

Kartika-Aipasi

2

Friday, November 15, 2019

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

Lelystad, Netherlands

Sun 2 Sutra 215

Vikarin 5121

Vrishabha Rasi: 29.43 Tithi 18 – 19

737413464

**Gulika** 9:05AM – 10:11AM  
**Yama** 2:35PM – 3:41PM  
**Rahu** 11:17AM – 12:23PM

**Mrigashira Until 6:38PM**  
Siddha Until 2:03AM Sat  
Bava Until 3:02AM Sat  
Tritiya Until 3:14PM

**Ganesha:** Clear *Sunrise: 7:59AM*  
**Muruqa:** Purple *Sunset: 4:47PM*  
**Nataraja:** Purple  
Moon – Yellow

Moon 11 - Phase 30  
1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Kartika-Aipasi

3

Saturday, November 16, 2019

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

Lelystad, Netherlands

Sun 3 Sutra 216

Vikarin 5121

Mithuna Rasi: 12.56 Tithi 19 – 20

737413464

**Gulika** 8:01AM – 9:07AM  
**Yama** 1:29PM – 2:34PM  
**Rahu** 10:12AM – 11:18AM

**Ardra Until 6:32PM**  
Sadhya Until 12:19AM Sun  
Kaulava Until 2:20AM Sun  
Chaturthi\* Until 2:42PM

**Ganesha:** Clear *Sunrise: 8:01AM*  
**Muruqa:** Purple *Sunset: 4:46PM*  
**Nataraja:** Purple  
Moon – Yellow

Moon 11 - Phase 30  
1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Kartika-Kartikai

4

Sunday, November 17, 2019

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

Lelystad, Netherlands

Sun 4 Sutra 217

Vikarin 5121

Mithuna Rasi: 26.2 Tithi 20 – 21

747413465

**Gulika** 2:34PM – 3:39PM  
**Yama** 12:23PM – 1:29PM  
**Rahu** 3:39PM – 4:44PM

**Punarvasu Until 6:24PM**  
Subha Until 10:20PM  
Gara Until 1:17AM Mon  
Panchami Until 1:50PM

**Ganesha:** Purple *Sunrise: 8:03AM*  
**Muruqa:** Purple *Sunset: 4:44PM*  
**Nataraja:** Clear  
Moon – Blue

Moon 11 - Phase 30  
1st Phase

Devaloka Day

Creative Work Siddha Yoga

Kartika-Kartikai

5

Monday, November 18, 2019

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

Lelystad, Netherlands

Sun 5 Sutra 218

Vikarin 5121

Kataka Rasi: 9.55 Tithi 21 – 22

748413465

**Gulika** 1:28PM – 2:33PM  
**Yama** 11:19AM – 12:24PM  
**Rahu** 9:09AM – 10:14AM

**Pushya Until 5:46PM**  
Sukla Until 8:03PM  
Visti Until 11:53PM  
Shashthi\* Until 12:37PM

**Ganesha:** Clear *Sunrise: 8:04AM*  
**Muruqa:** Purple *Sunset: 4:43PM*  
**Nataraja:** Clear  
Moon – Blue

Moon 11 - Phase 30  
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

Kartika-Kartikai

D

Tuesday, November 19, 2019

Retreat Star

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

Lelystad, Netherlands

Sun 6 Sutra 219

Vikarin 5121

Kataka Rasi: 23.43 Tithi 22 – 23

748413465

**Gulika** 12:24PM – 1:28PM  
**Yama** 10:15AM – 11:19AM  
**Rahu** 2:33PM – 3:37PM

**Ashlesha\* Until 4:40PM**  
Brahma Until 5:31PM  
Balava Until 10:10PM  
Saptami Until 11:03AM

**Ganesha:** Clear *Sunrise: 8:06AM*  
**Muruqa:** Purple *Sunset: 4:42PM*  
**Nataraja:** Clear  
Moon – Blue

Moon 11 - Phase 30  
Ashtami

Sivaloka Day

Creative Work Siddha Yoga

Kartika-Kartikai

Wednesday, November 20, 2019

Retreat Star

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

Lelystad, Netherlands

Sun 7 Sutra 220

Vikarin 5121

Simha Rasi: 7.42 Tithi 23 – 24

758413465

**Gulika** 11:20AM – 12:24PM  
**Yama** 9:12AM – 10:16AM  
**Rahu** 12:24PM – 1:28PM

**Magha\* Until 3:32PM**  
Indra Until 2:44PM  
Taitila Until 8:08PM  
Ashtami\* Until 9:10AM

**Ganesha:** White *Sunrise: 8:08AM*  
**Muruqa:** Purple *Sunset: 4:40PM*  
**Nataraja:** Clear  
Moon – Red

Moon 11 - Phase 30  
Navami

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 3:32PM

Then Creative Work - Amrita Yoga

Kartika-Kartikai

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

All times are standard time

www.gurudeva.org/panchang


|                   |               |                                    |                                   |  |  |
|-------------------|---------------|------------------------------------|-----------------------------------|--|--|
| <b>1</b>          |               | <b>Thursday, November 21, 2019</b> |                                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Visti* Karana Navami/Dashamyam Titau | Lelystad, Netherlands<br>Sun 8 Sutra 221<br>Vikarin 5121 |
| Simha Rasi: 21.54 | Tithi 24 – 25 | <b>Gulika</b> 10:17AM – 11:21AM    | <b>Purvaphalguni</b> Until 1:59PM | <b>Ganesha:</b> White <i>Sunrise:</i> 8:10AM   |  |
|                   |               | <b>Yama</b> 8:10AM – 9:13AM        | Vaidhriti* Until 11:42AM          | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:39PM  | Moon 11 - Phase 31                                       |
|                   | 758413465     | <b>Rahu</b> 1:28PM – 2:32PM        | Visti Until 4:33AM Fri            | <b>Nataraja:</b> Clear   | 2nd Phase  |
| Creative Work     | Siddha Yoga   |                                    | <b>Navami*</b> Until 6:59AM       | Moon – Red   | <b>Subha Sivaloka Day</b>                                |
|                   |               |                                    |                                   | <b>Karttika-Karttikai</b>  |  |

|                                  |             |                                  |                                     |   |  |
|----------------------------------|-------------|----------------------------------|-------------------------------------|---|--|
| <b>2</b>                         |             | <b>Friday, November 22, 2019</b> |                                     | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Vishkambha*/Prithi Yoga Bava/Balava Karana Ekadashyam Titau | Lelystad, Netherlands<br>Sun 9 Sutra 222<br>Vikarin 5121 |
| Kanya Rasi: 6.16                 | Tithi 26    | <b>Gulika</b> 9:15AM – 10:18AM   | <b>Uttaraphalguni</b> Until 12:03PM | <b>Ganesha:</b> White <i>Sunrise:</i> 8:11AM  |  |
|                                  |             | <b>Yama</b> 2:31PM – 3:35PM      | Vishkambha* Until 8:29AM            | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:38PM   | Moon 11 - Phase 31                                       |
|                                  | 758413465   | <b>Rahu</b> 11:21AM – 12:25PM    | Bava Until 3:17PM                   | <b>Nataraja:</b> Clear  | 2nd Phase  |
| Creative Work                    | Siddha Yoga |                                  | <b>Ekadashi*</b> Until 1:57AM Sat   | Moon – Red  | <b>Subha Sivaloka Day</b>                                |
| Until 12:03PM                    |             |                                  |                                     | <b>Karttika-Karttikai</b>   |  |
| Then Creative Work - Amrita Yoga |             |                                  |                                     |   |  |

|                   |             |                                    |                                |   |   |
|-------------------|-------------|------------------------------------|--------------------------------|---|---|
| <b>3</b>          |             | <b>Saturday, November 23, 2019</b> |                                | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam<br>Hasta/Chitra Nakshatra Ayushman Yoga Kaulava/Taitila Karana Dvadashyam Titau | Lelystad, Netherlands<br>Sun 10 Sutra 223<br>Vikarin 5121 |
| Kanya Rasi: 20.44 | Tithi 27    | <b>Gulika</b> 8:13AM – 9:16AM      | <b>Hasta</b> Until 10:16AM     | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:13AM   |   |
|                   |             | <b>Yama</b> 1:28PM – 2:31PM        | Ayushman Until 1:45AM Sun      | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:37PM   | Moon 11 - Phase 31  |
|                   | 768413465   | <b>Rahu</b> 10:19AM – 11:22AM      | Kaulava Until 12:39PM          | <b>Nataraja:</b> Clear  | 2nd Phase   |
| Routine Work      | Marana Yoga |                                    | <b>Dvadashi*</b> Until 11:17PM | Moon – Green  | <b>Sivaloka Day</b>                                       |
|                   |             |                                    |                                | <b>Karttika-Karttikai</b>   |   |

|                 |             |                                  |                                 |  |   |
|-----------------|-------------|----------------------------------|---------------------------------|--|---|
| <b>4</b>        |             | <b>Sunday, November 24, 2019</b> |                                 | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Chitra/Svati Nakshatra Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau | Lelystad, Netherlands<br>Sun 11 Sutra 224<br>Vikarin 5121 |
| Tula Rasi: 5.15 | Tithi 28    | <b>Gulika</b> 2:31PM – 3:33PM    | <b>Chitra</b> Until 8:20AM      | <b>Ganesha:</b> Blue <i>Sunrise:</i> 8:15AM  |   |
|                 |             | <b>Yama</b> 12:25PM – 1:28PM     | Saubhagya Until 10:25PM         | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:36PM  | Moon 11 - Phase 31  |
|                 | 769413465   | <b>Rahu</b> 3:33PM – 4:36PM      | Gara Until 9:59AM               | <b>Nataraja:</b> Clear   | 2nd Phase   |
| Creative Work   | Siddha Yoga |                                  | <b>Trayodashi*</b> Until 8:40PM | Moon – Green   | <b>Devaloka Day</b>                                       |
|                 |             |                                  |                                 | <b>Karttika-Karttikai</b>  |   |
|                 |             |                                  |                                 | <i>Pradosha Vrata (Fasting)</i>  |   |

|                                 |             |                                  |                                  |   |   |
|---------------------------------|-------------|----------------------------------|----------------------------------|---|---|
| <b>5</b>                        |             | <b>Monday, November 25, 2019</b> |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam<br>Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | Lelystad, Netherlands<br>Sun 12 Sutra 225<br>Vikarin 5121 |
| Tula Rasi: 19.41                | Tithi 29    | <b>Gulika</b> 1:28PM – 2:30PM    | <b>Svati</b> Until 6:21AM        | <b>Ganesha:</b> Blue <i>Sunrise:</i> 8:16AM   |   |
| <b>Family Home Evening</b>      |             | <b>Yama</b> 11:23AM – 12:26PM    | Sobhana Until 7:15PM             | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:35PM   | Moon 11 - Phase 31  |
|                                 | 769413465   | <b>Rahu</b> 9:19AM – 10:21AM     | Visti Until 7:26AM               | <b>Nataraja:</b> Clear  | 2nd Phase   |
| Creative Work                   | Amrita Yoga |                                  | <b>Chaturdashi*</b> Until 6:14PM | Moon – Green  | <b>Devaloka Day</b>                                       |
| Until 6:21AM                    |             |                                  |                                  | <b>Karttika-Karttikai</b>   |   |
| Then Routine Work - Marana Yoga |             |                                  |                                  |   |   |

|   |              |                                   |                                  |  |   |
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|  |              | <b>Tuesday, November 26, 2019</b> |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Anuradha Nakshatra Athiganda*/Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | Lelystad, Netherlands<br>Sun 13 Sutra 226<br>Vikarin 5121 |
| <b>Retreat Star</b>   |              | <b>Gulika</b> 12:26PM – 1:28PM    | <b>Anuradha</b> Until 3:42AM Wed | <b>Ganesha:</b> Blue <i>Sunrise:</i> 8:18AM  |   |
| Vrischika Rasi: 3.58  | Tithi 30 – 1 | <b>Yama</b> 10:22AM – 11:24AM     | Athiganda* Until 4:20PM          | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:34PM  | Moon 11 - Phase 31  |
|   |              | <b>Rahu</b> 2:30PM – 3:32PM       | Kintughna Until 3:16AM Wed       | <b>Nataraja:</b> Clear   | Amavasya  |
| Creative Work   | Siddha Yoga  |                                   | <b>Amavasya*</b> Until 4:08PM    | Moon – Orange  | <b>Devaloka Day</b>                                       |
|   |              |                                   |                                  | <b>Karttika-Karttikai</b>  |   |

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| <b>Retreat Star</b>   |             | <b>Wednesday, November 27, 2019</b> |                                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam<br>Jyeshtha* Nakshatra Sukarma/Dhriti* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | Lelystad, Netherlands<br>Sun 14 Sutra 227<br>Vikarin 5121 |
| Vrischika Rasi: 17.59 | Tithi 1 – 2 | <b>Gulika</b> 11:24AM – 12:26PM     | <b>Jyeshtha*</b> Until 2:53AM Thu | <b>Ganesha:</b> Blue <i>Sunrise:</i> 8:19AM  |   |
|                       |             | <b>Yama</b> 9:21AM – 10:23AM        | Sukarma Until 1:49PM              | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:33PM  | Moon 11 - Phase 31  |
|                       | 779413465   | <b>Rahu</b> 12:26PM – 1:28PM        | Balava Until 1:55AM Thu           | <b>Nataraja:</b> Clear   | Prathama  |
| Creative Work         | Siddha Yoga |                                     | <b>Prathama*</b> Until 2:30PM     | Moon – Orange  | <b>Devaloka Day</b>                                       |
|                       |             |                                     |                                   | <b>Margasira-Karttikai</b>   |   |

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| <b>1</b>  |             | <b>Thursday, November 28, 2019</b>    |   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |                        | Lelystad, Netherlands<br>Sun 15 Sutra 228<br>Vikarin 5121 |                       |                                 |
| Dhanus Rasi: 1.39   | Tithi 2 – 3 | <b>Gulika</b> 10:24AM – 11:25AM       | <b>Mula* Until 3:02AM Fri</b>   | <b>Ganesha:</b> Blue   | <b>Sunrise:</b> 8:21AM | <b>Muruqa:</b> Purple                                     | <b>Sunset:</b> 4:32PM | Moon 11 - Phase 32<br>3rd Phase |
|   |             | 789413465 <b>Rahu</b> 1:28PM – 2:29PM | Dhriti Until 11:47AM<br>Taitila Until 1:15AM Fri<br><b>Dvitiya Until 1:29PM</b> | <b>Nataraja:</b> Clear   |                        | Moon – Light Blue   |                       | <b>Devaloka Day</b>             |
| Creative Work Siddha Yoga<br>Until 3:02AM Fri<br>Then Routine Work - Prabalarishta Yoga |             |                                       |   | <b>Margasira•Karttikai</b>   |                        |   |                       |                                 |

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| <b>2</b>   |             | <b>Friday, November 29, 2019</b>        |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |                        | Lelystad, Netherlands<br>Sun 16 Sutra 229<br>Vikarin 5121 |                       |                                 |
| Dhanus Rasi: 14.56   | Tithi 3 – 4 | <b>Gulika</b> 9:24AM – 10:25AM          | <b>Purvashadha* Until 3:45AM Sat</b>   | <b>Ganesha:</b> Blue  | <b>Sunrise:</b> 8:22AM | <b>Muruqa:</b> Purple                                     | <b>Sunset:</b> 4:31PM | Moon 11 - Phase 32<br>3rd Phase |
|  |             | 789413465 <b>Rahu</b> 11:26AM – 12:27PM | Shula* Until 10:16AM<br>Vanija Until 1:19AM Sat<br><b>Tritiya Until 1:10PM</b> | <b>Nataraja:</b> Clear  |                        | Moon – Light Blue   |                       | <b>Devaloka Day</b>             |
| Routine Work Prabalarishta Yoga<br>Until 3:45AM Sat<br>Then Routine Work - Marana Yoga |             |   |  | <b>Margasira•Karttikai</b>  |                        |   |                       |                                 |

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| <b>3</b>   |             | <b>Saturday, November 30, 2019</b>      |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Ganda*/Vridhhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                        | Lelystad, Netherlands<br>Sun 17 Sutra 230<br>Vikarin 5121 |                       |                                 |
| Dhanus Rasi: 27.51   | Tithi 4 – 5 | <b>Gulika</b> 8:24AM – 9:25AM           | <b>Uttarashadha Until 5:01AM Sun</b>   | <b>Ganesha:</b> Blue  | <b>Sunrise:</b> 8:24AM | <b>Muruqa:</b> Purple                                     | <b>Sunset:</b> 4:31PM | Moon 11 - Phase 32<br>3rd Phase |
|  |             | 789413465 <b>Rahu</b> 10:26AM – 11:26AM | Ganda* Until 9:21AM<br>Bava Until 2:08AM Sun<br><b>Chaturthi* Until 1:37PM</b> | <b>Nataraja:</b> Clear  |                        | Moon – Light Blue   |                       | <b>Devaloka Day</b>             |
| Routine Work Marana Yoga<br>Until 5:01AM Sun<br>Then Creative Work - Amrita Yoga |             |   |  | <b>Margasira•Karttikai</b>  |                        |   |                       |                                 |

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| <b>4</b>  |             | <b>Sunday, December 1, 2019</b>       |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vridhhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |                        | Lelystad, Netherlands<br>Sun 18 Sutra 231<br>Vikarin 5121 |                       |                                 |
| Makara Rasi: 10.25  | Tithi 5 – 6 | <b>Gulika</b> 2:29PM – 3:29PM         | <b>Shravana Until 7:16AM Mon</b>   | <b>Ganesha:</b> Yellow  | <b>Sunrise:</b> 8:25AM | <b>Muruqa:</b> Purple                                     | <b>Sunset:</b> 4:30PM | Moon 11 - Phase 32<br>3rd Phase |
|   |             | 799413465 <b>Rahu</b> 3:29PM – 4:30PM | Vridhhi Until 9:01AM<br>Kaulava Until 3:39AM Mon<br><b>Panchami Until 2:47PM</b> | <b>Nataraja:</b> Clear  |                        | Moon – Purple   |                       | <b>Sivaloka Day</b>             |
| Creative Work Amrita Yoga<br>Until 7:16AM Mon<br>Then Creative Work - Siddha Yoga |             |                                       |  | <b>Margasira•Karttikai</b>  |                        |   |                       |                                 |

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| <b>5</b>  |             | <b>Monday, December 2, 2019</b>        |   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |                        | Lelystad, Netherlands<br>Sun 19 Sutra 232<br>Vikarin 5121 |                       |                                 |
| Makara Rasi: 22.41  | Tithi 6 – 7 | <b>Gulika</b> 1:28PM – 2:29PM          | <b>Shravana Until 7:16AM</b>  | <b>Ganesha:</b> Clear  | <b>Sunrise:</b> 8:27AM | <b>Muruqa:</b> Purple                                     | <b>Sunset:</b> 4:29PM | Moon 11 - Phase 32<br>3rd Phase |
| <b>Family Home Evening</b>  |             | 791413465 <b>Rahu</b> 9:27AM – 10:27AM | Dhruva Until 9:09AM<br>Gara Until 5:42AM Tue<br><b>Shashthi* Until 4:35PM</b> | <b>Nataraja:</b> Clear   |                        | Moon – Purple   |                       | <b>Sivaloka Day</b>             |
| Creative Work Amrita Yoga<br>Until 7:16AM<br>Then Creative Work - Siddha Yoga |             |  |   | <b>Margasira•Karttikai</b>   |                        |   |                       |                                 |

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| <b>6</b>   |         | <b>Tuesday, December 3, 2019</b>      |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vyaghata*/Harshana Yoga Vanija Karana Saplamyam Titau |                        | Lelystad, Netherlands<br>Sun 20 Sutra 233<br>Vikarin 5121 |                       |                                 |
| Kumbha Rasi: 4.44  | Tithi 7 | <b>Gulika</b> 12:28PM – 1:28PM        | <b>Dhanishtha Until 9:51AM</b>   | <b>Ganesha:</b> Clear  | <b>Sunrise:</b> 8:28AM | <b>Muruqa:</b> Purple                                     | <b>Sunset:</b> 4:29PM | Moon 11 - Phase 32<br>3rd Phase |
|  |         | 791413465 <b>Rahu</b> 2:28PM – 3:29PM | Vyaghata* Until 9:41AM<br>Vanija Until 6:51PM<br><b>Saptami Until 6:51PM</b> | <b>Nataraja:</b> Clear   |                        | Moon – Purple   |                       | <b>Sivaloka Day</b>             |
| Creative Work Siddha Yoga<br>Until 9:51AM<br>Then Routine Work - Marana Yoga |         |                                       |  | <b>Margasira•Karttikai</b>   |                        |   |                       |                                 |

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| <b>Retreat Star</b>  |         | <b>Wednesday, December 4, 2019</b>     |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashlamyam Titau |                        | Lelystad, Netherlands<br>Sun 21 Sutra 234<br>Vikarin 5121 |                       |                               |
| Kumbha Rasi: 16.4  | Tithi 8 | <b>Gulika</b> 11:29AM – 12:29PM        | <b>Shatabhishak Until 12:33PM</b>  | <b>Ganesha:</b> Clear   | <b>Sunrise:</b> 8:30AM | <b>Muruqa:</b> Purple                                     | <b>Sunset:</b> 4:28PM | Moon 11 - Phase 32<br>Ashtami |
|  |         | 791413465 <b>Rahu</b> 12:29PM – 1:29PM | Harshana Until 10:27AM<br>Visti Until 8:05AM<br><b>Ashtami* Until 9:19PM</b> | <b>Nataraja:</b> Clear  |                        | Moon – Purple   |                       | <b>Sivaloka Day</b>           |
| Creative Work Siddha Yoga<br>Until 12:33PM<br>Then Creative Work - Amrita Yoga |         |  |  | <b>Margasira•Karttikai</b>  |                        |   |                       |                               |

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| <b>Retreat Star</b>       |         | <b>Thursday, December 5, 2019</b>     |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Navamyam Titau |                        | Lelystad, Netherlands<br>Sun 22 Sutra 235<br>Vikarin 5121 |                       |                              |
| Kumbha Rasi: 28.32        | Tithi 9 | <b>Gulika</b> 10:30AM – 11:30AM       | <b>Purvaproshtapada* Until 3:39PM</b>  | <b>Ganesha:</b> Yellow  | <b>Sunrise:</b> 8:31AM | <b>Muruqa:</b> Purple                                     | <b>Sunset:</b> 4:28PM | Moon 11 - Phase 32<br>Navami |
|                           |         | 711413465 <b>Rahu</b> 1:29PM – 2:28PM | Vajra* Until 11:15AM<br>Balava Until 10:36AM<br><b>Navami* Until 11:48PM</b> | <b>Nataraja:</b> Clear  |                        | Moon – Clear  |                       | <b>Sivaloka Day</b>          |
| Creative Work Siddha Yoga |         |                                       |  | <b>Margasira•Karttikai</b>  |                        |   |                       |                              |

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


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| <b>1</b>          |             | <b>Friday, December 6, 2019</b>         |                                       | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Siddhi/Vyatiyata* Yoga Taitila/Gara Karana Dashamyam Titau |                        |  |  | Lelystad, Netherlands<br>Sun 23 Sutra 236<br>Vikarin 5121 |                    |
| Meena Rasi: 10.27 | Tithi 10    | <b>Gulika</b> 9:32AM – 10:31AM          | <b>Uttaraproshtapada</b> Until 6:27PM | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 8:32AM |  |  |   |                    |
|                   |             | Yama 2:28PM – 3:28PM                    | Siddhi Until 11:59AM                  | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:27PM  |  |  |   | Moon 11 - Phase 33 |
|                   |             | 711413465 <b>Rahu</b> 11:30AM – 12:30PM | Taitila Until 1:00PM                  | <b>Nataraja:</b> Clear   |                        |  |  |   | 4th Phase          |
| Creative Work     | Siddha Yoga |   | <b>Dashami</b> Until 2:05AM Sat       | Moon – Clear   |                        |  |  | <b>Sivaloka Day</b>                                       |                    |
|                   |             |   |                                       | <b>Margasira-Karttikai</b>   |                        |  |  |   |                    |

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| <b>2</b>                         |                    | <b>Saturday, December 7, 2019</b>       |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam<br>Revati Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau |                        |  |  | Lelystad, Netherlands<br>Sun 24 Sutra 237<br>Vikarin 5121 |                    |
| Meena Rasi: 22.27                | Tithi 11           | <b>Gulika</b> 8:33AM – 9:33AM           | <b>Revati</b> Until 8:46PM       | <b>Ganesha:</b> White  | <i>Sunrise:</i> 8:33AM |  |  |   |                    |
|                                  |                    | Yama 1:29PM – 2:28PM                    | Vyatipata* Until 12:31PM         | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:27PM  |  |  |   | Moon 11 - Phase 33 |
|                                  |                    | 711513465 <b>Rahu</b> 10:32AM – 11:31AM | Vanija Until 3:07PM              | <b>Nataraja:</b> Clear   |                        |  |  |   | 4th Phase          |
| Routine Work                     | Prabalarishta Yoga |   | <b>Ekadashi</b> Until 3:59AM Sun | Moon – Clear   |                        |  |  | <b>Subha Sivaloka Day</b>                                 |                    |
| Until 8:46PM                     |                    |   |                                  | <b>Margasira-Karttikai</b>   |                        |  |  |   |                    |
| Then Creative Work - Siddha Yoga |                    |   |                                  |  |                        |  |  |   |                    |

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| <b>3</b>                               |             | <b>Sunday, December 8, 2019</b>       |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Ashvini Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Dvodashyam Titau |                        |  |  | Lelystad, Netherlands<br>Sun 25 Sutra 238<br>Vikarin 5121 |                    |
| Mesha Rasi: 5                          | Tithi 12    | <b>Gulika</b> 2:28PM – 3:27PM         | <b>Ashvini</b> Until 10:59PM     | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 8:35AM |  |  |   |                    |
|  |             | Yama 12:31PM – 1:30PM                 | Variyan Until 12:43PM            | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 4:26PM  |  |  |   | Moon 11 - Phase 33 |
|  |             | 721513465 <b>Rahu</b> 3:27PM – 4:26PM | Bava Until 4:47PM                | <b>Nataraja:</b> Clear  |                        |  |  |   | 4th Phase          |
| Creative Work                          | Siddha Yoga |                                       | <b>Dvodashi</b> Until 5:24AM Mon | Moon – White  |                        |  |  | <b>Sivaloka Day</b>                                       |                    |
| Until 10:59PM                          |             |                                       |                                  | <b>Margasira-Karttikai</b>  |                        |  |  |   |                    |
| Then Routine Work - Prabalarishta Yoga |             |                                       |                                  |   |                        |  |  |   |                    |

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| <b>4</b>                   |             | <b>Monday, December 9, 2019</b>        |                                    | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam<br>Bharani Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Trayodashyam Titau |                        |  |  | Lelystad, Netherlands<br>Sun 26 Sutra 239<br>Vikarin 5121 |                    |
| Mesha Rasi: 16.58          | Tithi 13    | <b>Gulika</b> 1:30PM – 2:29PM          | <b>Bharani</b> Until 12:30AM Tue   | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 8:36AM |  |  |   |                    |
| <b>Family Home Evening</b> |             | Yama 11:32AM – 12:31PM                 | Parigha* Until 12:31PM             | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:26PM  |  |  |   | Moon 11 - Phase 33 |
|                            |             | 721513465 <b>Rahu</b> 9:35AM – 10:33AM | Kaulava Until 5:55PM               | <b>Nataraja:</b> Clear   |                        |  |  |   | 4th Phase          |
| Creative Work              | Siddha Yoga |  | <b>Trayodashi</b> Until 6:15AM Tue | Moon – White   |                        |  |  | <b>Sivaloka Day</b>                                       |                    |
|                            |             |  |                                    | <b>Margasira-Karttikai</b>   |                        |  |  |   |                    |
|                            |             |  |                                    | <i>Pradosha Vrata</i>  |                        |  |  |   |                    |

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| <b>5</b>          |               | <b>Tuesday, December 10, 2019</b>     |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                        |  |  | Lelystad, Netherlands<br>Sun 27 Sutra 240<br>Vikarin 5121 |                    |
| Mesha Rasi: 29.34 | Tithi 13 – 14 | <b>Gulika</b> 12:31PM – 1:30PM        | <b>Krittika</b> Until 1:18AM Wed | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 8:37AM |  |  |   |                    |
|                   |               | Yama 10:34AM – 11:33AM                | Shiva Until 11:54AM              | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 4:26PM  |  |  |   | Moon 11 - Phase 33 |
|                   |               | 721513465 <b>Rahu</b> 2:29PM – 3:27PM | Gara Until 6:29PM                | <b>Nataraja:</b> Clear  |                        |  |  |   | 4th Phase          |
| Creative Work     | Siddha Yoga   |                                       | <b>Trayodashi</b> Until 6:15AM   | Moon – White  |                        |  |  | <b>Sivaloka Day</b>                                       |                    |
|                   |               |                                       |                                  | <b>Margasira-Karttikai</b>  |                        |  |  |   |                    |
|                   |               |                                       |                                  | <b>Krittika Deepam</b>  |                        |  |  |   |                    |

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|  |               | <b>Wednesday, December 11, 2019</b>    |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam<br>Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                        |  |  | Lelystad, Netherlands<br>Sutra 241<br>Vikarin 5121 |                    |
| <b>Copper Retreat Star</b>  |               | <b>Gulika</b> 11:33AM – 12:32PM        | <b>Rohini</b> Until 1:52AM Thu   | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 8:38AM |  |  |  |                    |
| Vrishabha Rasi: 12.27   | Tithi 14 – 15 | Yama 9:37AM – 10:35AM                  | Siddha Until 10:49AM             | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 4:26PM  |  |  |  | Moon 11 - Phase 33 |
|   |               | 731523465 <b>Rahu</b> 12:32PM – 1:30PM | Visti Until 6:28PM               | <b>Nataraja:</b> Clear  |                        |  |  |  | Purnima            |
| Creative Work   | Siddha Yoga   |  | <b>Chaturdashi*</b> Until 6:31AM | Moon – Yellow   |                        |  |  | <b>Sivaloka Day</b>                                |                    |
| Until 1:52AM Thu  |               |  |                                  | <b>Margasira-Karttikai</b>  |                        |  |  |  |                    |
| Then Routine Work - Marana Yoga   |               |  |                                  |   |                        |  |  |  |                    |

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| <b>Thursday, December 12, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam<br>Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau |                                    |                            |                        | Lelystad, Netherlands<br>Sutra 242<br>Vikarin 5121 |  |                     |                    |
| <b>Silver Retreat Star</b>         |               | <b>Gulika</b> 10:36AM – 11:34AM   | <b>Mrigashira</b> Until 1:48AM Fri | <b>Ganesha:</b> Clear      | <i>Sunrise:</i> 8:39AM |  |  |                     |                    |
| Vrishabha Rasi: 25.36              | Tithi 15 – 16 | Yama 8:39AM – 9:37AM  | Sadhya Until 9:20AM                | <b>Muruqa:</b> Clear       | <i>Sunset:</i> 4:26PM  |  |  |                     | Moon 11 - Phase 33 |
|                                    |               | 732523465 <b>Rahu</b> 1:31PM – 2:29PM   | Kaulava Until 5:27AM Fri           | <b>Nataraja:</b> Clear     |                        |  |  |                     | Prathama           |
| Routine Work                       | Marana Yoga   |   | <b>Purnima*</b> Until 6:14AM       | Moon – Yellow              |                        |  |  | <b>Devaloka Day</b> |                    |
| Until 1:48AM Fri                   |               |   |                                    | <b>Margasira-Karttikai</b> |                        |  |  |                     |                    |
| Then Creative Work - Siddha Yoga   |               | <b>Vinayaga Viratam Begins</b>  |                                    |                            |                        |  |  |                     |                    |

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





Friday, December 13, 2019

Gold Retreat Star

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

Lelystad, Netherlands

Sutra 243

Mithuna Rasi: 9.01 Tithi 17

732523465

**Gulika** 9:38AM – 10:36AM  
**Yama** 2:29PM – 3:27PM  
**Rahu** 11:35AM – 12:33PM

**Ardra Until 1:09AM Sat**  
Subha Until 7:28AM  
Tailila Until 4:56PM  
**Dvitiya Until 4:16AM Sat**

**Ganesha:** Clear *Sunrise:* 8:40AM  
**Muruqa:** Clear *Sunset:* 4:26PM  
**Nataraja:** Clear  
Moon – Yellow  
**Margasira-Karttikai**

Moon 12 - Phase 34  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

Lelystad, Netherlands

Sutra 244

Mithuna Rasi: 22.41 Tithi 18

742523465

**Gulika** 8:41AM – 9:39AM  
**Yama** 1:31PM – 2:30PM  
**Rahu** 10:37AM – 11:35AM

**Punarvasu Until 12:29AM Sun**  
Brahma Until 2:49AM Sun  
Vanija Until 3:34PM  
**Tritiya Until 2:45AM Sun**

**Ganesha:** Purple *Sunrise:* 8:41AM  
**Muruqa:** Clear *Sunset:* 4:26PM  
**Nataraja:** Clear  
Moon – Blue  
**Margasira-Karttikai**

Moon 12 - Phase 34  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

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

Lelystad, Netherlands

Sutra 245

Kataka Rasi: 6.31 Tithi 19

742523465

**Gulika** 2:30PM – 3:28PM  
**Yama** 12:34PM – 1:32PM  
**Rahu** 3:28PM – 4:26PM

**Pushya Until 11:25PM**  
Indra Until 12:11AM Mon  
Bava Until 1:55PM  
**Chaturthi\* Until 1:00AM Mon**

**Ganesha:** Purple *Sunrise:* 8:42AM  
**Muruqa:** Clear *Sunset:* 4:26PM  
**Nataraja:** Clear  
Moon – Blue  
**Margasira-Karttikai**

Moon 12 - Phase 34  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

3

Monday, December 16, 2019

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Ashlesha\* Nakshatra Vaidhriti\* Yoga Kaulava/Tailila Karana Panchamyam Titau

Lelystad, Netherlands

Sutra 246

Kataka Rasi: 20.31 Tithi 20

742523465

**Gulika** 1:32PM – 2:30PM  
**Yama** 11:36AM – 12:34PM  
**Rahu** 9:41AM – 10:39AM

**Ashlesha\* Until 10:02PM**  
Vaidhriti\* Until 9:24PM  
Kaulava Until 12:04PM  
**Panchami Until 11:04PM**

**Ganesha:** Purple *Sunrise:* 8:43AM  
**Muruqa:** Clear *Sunset:* 4:26PM  
**Nataraja:** Clear  
Moon – Blue  
**Margasira-Markali**

Moon 12 - Phase 34  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Family Home Evening  
Until 10:02PM  
Then Routine Work - Marana Yoga

4

Tuesday, December 17, 2019

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

Lelystad, Netherlands

Sutra 247

Simha Rasi: 4.35 Tithi 21

852523465

**Gulika** 12:35PM – 1:33PM  
**Yama** 10:39AM – 11:37AM  
**Rahu** 2:31PM – 3:28PM

**Magha\* Until 8:50PM**  
Vishkambha\* Until 6:33PM  
Gara Until 10:06AM  
**Shashthi\* Until 9:03PM**

**Ganesha:** Purple *Sunrise:* 8:44AM  
**Muruqa:** Clear *Sunset:* 4:26PM  
**Nataraja:** Clear  
Moon – Red  
**Margasira-Markali**

Moon 12 - Phase 34  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

5

Wednesday, December 18, 2019

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

Lelystad, Netherlands

Sutra 248

Simha Rasi: 18.43 Tithi 22

852523465

**Gulika** 11:38AM – 12:35PM  
**Yama** 9:42AM – 10:40AM  
**Rahu** 12:35PM – 1:33PM

**Purvaphalguni Until 7:27PM**  
Priti Until 3:40PM  
Visti Until 8:02AM  
**Saptami Until 6:59PM**

**Ganesha:** Purple *Sunrise:* 8:44AM  
**Muruqa:** Clear *Sunset:* 4:26PM  
**Nataraja:** Clear  
Moon – Red  
**Margasira-Markali**

Moon 12 - Phase 34  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

D

Thursday, December 19, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam  
Uttaraphalguni/Hasta Nakshatra Ayushmani/Saubhagya Yoga Kaulava/Tailila Karana Ashami/Navamyam Titau

Lelystad, Netherlands

Sutra 249

Kanya Rasi: 2.53 Tithi 23 – 24

852523465

**Gulika** 10:40AM – 11:38AM  
**Yama** 8:45AM – 9:43AM  
**Rahu** 1:34PM – 2:31PM

**Uttaraphalguni Until 5:55PM**  
Ayushman Until 12:44PM  
Tailila Until 3:53AM Fri  
**Ashtami\* Until 4:54PM**

**Ganesha:** Purple *Sunrise:* 8:45AM  
**Muruqa:** Clear *Sunset:* 4:27PM  
**Nataraja:** Clear  
Moon – Red  
**Margasira-Markali**

Moon 12 - Phase 34  
Ashtami

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Until 5:55PM

Then Routine Work - Marana Yoga

Amrita Yoga

Friday, December 20, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam  
Hasta/Chitra Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Lelystad, Netherlands

Sutra 250

Kanya Rasi: 17.02 Tithi 24 – 25

862523465

**Gulika** 9:43AM – 10:41AM  
**Yama** 2:32PM – 3:29PM  
**Rahu** 11:39AM – 12:36PM

**Hasta Until 4:41PM**  
Saubhagya Until 9:50AM  
Vanija Until 1:51AM Sat  
**Navami\* Until 2:50PM**

**Ganesha:** Clear *Sunrise:* 8:46AM  
**Muruqa:** Clear *Sunset:* 4:27PM  
**Nataraja:** Clear  
Moon – Green  
**Margasira-Markali**

Moon 12 - Phase 34  
Navami

**Devaloka Day**

Creative Work Amrita Yoga

Until 4:41PM

Then Creative Work - Siddha Yoga

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

All times are standard time


www.gurudeva.org/panchang

|                                  |               |                                    |                              |  |  |
|----------------------------------|---------------|------------------------------------|------------------------------|--|--|
| <b>1</b>                         |               | <b>Saturday, December 21, 2019</b> |                              | Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam<br>Chitra/Svati Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | Lelystad, Netherlands<br>Sun 8 Sutra 251<br>Vikarin 5121 |
| Tula Rasi: 1.09                  | Tithi 25 – 26 | <b>Gulika</b> 8:46AM – 9:44AM      | <b>Chitra</b> Until 3:22PM   | <b>Ganesha:</b> Clear <i>Sunrise: 8:46AM</i>   |  |
|                                  |               | Yama 1:35PM – 2:32PM               | Sobhana Until 6:59AM         | <b>Muruqa:</b> Clear <i>Sunset: 4:28PM</i>   | Moon 12 - Phase 35                                       |
|                                  | 862523465     | <b>Rahu</b> 10:42AM – 11:39AM      | Bava Until 11:54PM           | <b>Nataraja:</b> Clear   | 2nd Phase  |
| Routine Work                     | Marana Yoga   |                                    |                              | Moon – Green   | <b>Devaloka Day</b>                                      |
| Until 3:22PM                     |               | <b>Day 1 of Pancha Ganapati</b>    | <b>Dashami</b> Until 12:51PM | <b>Margasira*Markali</b>   |  |
| Then Creative Work - Siddha Yoga |               |                                    |                              |  |  |

|                                 |               |                                  |                                |   |  |
|---------------------------------|---------------|----------------------------------|--------------------------------|---|--|
| <b>2</b>                        |               | <b>Sunday, December 22, 2019</b> |                                | Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Svati/Vishakha Nakshatra Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | Lelystad, Netherlands<br>Sun 9 Sutra 252<br>Vikarin 5121 |
| Tula Rasi: 15.13                | Tithi 26 – 27 | <b>Gulika</b> 2:33PM – 3:30PM    | <b>Svati</b> Until 2:03PM      | <b>Ganesha:</b> Clear <i>Sunrise: 8:47AM</i>  |  |
|                                 |               | Yama 12:37PM – 1:35PM            | Sukarma Until 1:33AM Mon       | <b>Muruqa:</b> Clear <i>Sunset: 4:28PM</i>  | Moon 12 - Phase 35                                       |
|                                 | 862523465     | <b>Rahu</b> 3:30PM – 4:28PM      | Kaulava Until 10:07PM          | <b>Nataraja:</b> Clear  | 2nd Phase  |
| Creative Work                   | Siddha Yoga   |                                  |                                | Moon – Green  | <b>Devaloka Day</b>                                      |
| Until 2:03PM                    |               | <b>Day 2 of Pancha Ganapati</b>  | <b>Ekadashi*</b> Until 10:58AM | <b>Margasira*Markali</b>  |  |
| Then Routine Work - Marana Yoga |               |                                  |                                |   |  |

|                                  |               |                                  |                                 |   |   |
|----------------------------------|---------------|----------------------------------|---------------------------------|---|---|
| <b>3</b>                         |               | <b>Monday, December 23, 2019</b> |                                 | Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Dhriti Yoga Tailla/Gara Karana Dvadashi/Trayodashyam Titau | Lelystad, Netherlands<br>Sun 10 Sutra 253<br>Vikarin 5121 |
| Tula Rasi: 29.1                  | Tithi 27 – 28 | <b>Gulika</b> 1:36PM – 2:33PM    | <b>Vishakha</b> Until 1:13PM    | <b>Ganesha:</b> White <i>Sunrise: 8:47AM</i>  |   |
| <b>Family Home Evening</b>       |               | Yama 11:40AM – 12:38PM           | Dhriti Until 11:07PM            | <b>Muruqa:</b> Clear <i>Sunset: 4:29PM</i>  | Moon 12 - Phase 35  |
|                                  | 872523465     | <b>Rahu</b> 9:45AM – 10:43AM     | Gara Until 8:34PM               | <b>Nataraja:</b> Clear  | 2nd Phase   |
| Routine Work                     | Marana Yoga   |                                  |                                 | Moon – Orange   | <b>Bhuloka Day</b>  |
| Until 1:13PM                     |               | <b>Day 3 of Pancha Ganapati</b>  | <b>Dvadashi*</b> Until 9:17AM   | <b>Margasira*Markali</b>  | <b>Devaloka Time: 3:PM to 6:PM</b>                        |
| Then Creative Work - Siddha Yoga |               |                                  | <i>Pradosha Vrata (Fasting)</i> |   |   |

|                                 |               |                                   |                                 |  |   |
|---------------------------------|---------------|-----------------------------------|---------------------------------|--|---|
| <b>4</b>                        |               | <b>Tuesday, December 24, 2019</b> |                                 | Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | Lelystad, Netherlands<br>Sun 11 Sutra 254<br>Vikarin 5121 |
| Vrischika Rasi: 12.57           | Tithi 28 – 29 | <b>Gulika</b> 12:38PM – 1:36PM    | <b>Anuradha</b> Until 12:31PM   | <b>Ganesha:</b> White <i>Sunrise: 8:48AM</i>   |   |
|                                 |               | Yama 10:43AM – 11:41AM            | Shula* Until 8:54PM             | <b>Muruqa:</b> Clear <i>Sunset: 4:29PM</i>   | Moon 12 - Phase 35  |
|                                 | 872523465     | <b>Rahu</b> 2:34PM – 3:32PM       | Visti Until 7:19PM              | <b>Nataraja:</b> Clear   | 2nd Phase   |
| Creative Work                   | Siddha Yoga   |                                   |                                 | Moon – Orange  | <b>Bhuloka Day</b>  |
| Until 12:31PM                   |               | <b>Day 4 of Pancha Ganapati</b>   | <b>Trayodashi*</b> Until 7:52AM | <b>Margasira*Markali</b>   | <b>Devaloka Time: 3:PM to 6:PM</b>                        |
| Then Routine Work - Marana Yoga |               |                                   |                                 |  |   |

|   |               |                                     |                                  |   |   |
|---|---------------|-------------------------------------|----------------------------------|---|---|
|  |               | <b>Wednesday, December 25, 2019</b> |                                  | Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | Lelystad, Netherlands<br>Sun 12 Sutra 255<br>Vikarin 5121 |
| <b>Retreat Star</b>   |               | <b>Gulika</b> 11:41AM – 12:39PM     | <b>Jyeshtha*</b> Until 12:02PM   | <b>Ganesha:</b> White <i>Sunrise: 8:48AM</i>  |   |
| Vrischika Rasi: 26.32   | Tithi 29 – 30 | Yama 9:46AM – 10:43AM               | Ganda* Until 7:02PM              | <b>Muruqa:</b> Clear <i>Sunset: 4:30PM</i>  | Moon 12 - Phase 35  |
|   | 872523465     | <b>Rahu</b> 12:39PM – 1:37PM        | Catuspada Until 6:29PM           | <b>Nataraja:</b> Clear  | Amavasya  |
| Creative Work   | Siddha Yoga   |                                     |                                  | Moon – Orange   | <b>Bhuloka Day</b>  |
| Until 12:02PM   |               | <b>Day 5 of Pancha Ganapati</b>     | <b>Chaturdashi*</b> Until 6:49AM | <b>Margasira*Markali</b>  | <b>Devaloka Time: 3:PM to 6:PM</b>                        |
| Then Routine Work - Marana Yoga   |               |                                     |                                  |   |   |

|                                    |              |                                 |                               |  |   |
|------------------------------------|--------------|---------------------------------|-------------------------------|--|---|
| <b>Thursday, December 26, 2019</b> |              | <b>Retreat Star</b>             |                               | Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Vriddhi/Dhruva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | Lelystad, Netherlands<br>Sun 13 Sutra 256<br>Vikarin 5121 |
| Dhanus Rasi: 9.52                  | Tithi 30 – 1 | <b>Gulika</b> 10:44AM – 11:42AM | <b>Mula*</b> Until 12:19PM    | <b>Ganesha:</b> Orange <i>Sunrise: 8:48AM</i>  |   |
|                                    |              | Yama 8:48AM – 9:46AM            | Vriddhi Until 5:34PM          | <b>Muruqa:</b> Clear <i>Sunset: 4:31PM</i>   | Moon 12 - Phase 35  |
|                                    | 883523465    | <b>Rahu</b> 1:37PM – 2:35PM     | Kintughna Until 6:09PM        | <b>Nataraja:</b> Clear   | Prathama  |
| Creative Work                      | Siddha Yoga  |                                 |                               | Moon – Light Blue  | <b>Devaloka Day</b>                                       |
|                                    |              | <b>Annular Solar Eclipse</b>    | <b>Amavasya*</b> Until 6:14AM | <b>Pausha*Markali</b>  |   |

|                                 |                    |                                  |                                   |   |   |
|---------------------------------|--------------------|----------------------------------|-----------------------------------|---|---|
| <b>1</b>                        |                    | <b>Friday, December 27, 2019</b> |                                   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Purvashadha/Uttarashadha Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvilyayam Titau | Lelystad, Netherlands<br>Sun 14 Sutra 257<br>Vikarin 5121 |
| Dhanus Rasi: 22.55              | Tithi 1 – 2        | <b>Gulika</b> 9:46AM – 10:44AM   | <b>Purvashadha* Until 12:59PM</b> | <b>Ganesha:</b> Orange <i>Sunrise:</i> 8:48AM   |   |
|                                 |                    | Yama 2:36PM – 3:34PM             | Dhruva Until 4:31PM               | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:31PM  | Moon 12 - Phase 36  |
|                                 | 883523466          | <b>Rahu</b> 11:42AM – 12:40PM    | Balava Until 6:22PM               | <b>Nataraja:</b> Orange   | 3rd Phase   |
| Routine Work                    | Prabalarishta Yoga |                                  | <b>Prathama* Until 6:10AM</b>     | Moon – Light Blue   | <b>Devaloka Day</b>                                       |
| Until 12:59PM                   |                    |                                  |                                   | <b>Pausa-Markali</b>  |   |
| Then Routine Work - Marana Yoga |                    |                                  |                                   |   |   |

|                                  |             |                                    |                                  |  |   |
|----------------------------------|-------------|------------------------------------|----------------------------------|--|---|
| <b>2</b>                         |             | <b>Saturday, December 28, 2019</b> |                                  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvilya/Trilyayam Titau | Lelystad, Netherlands<br>Sun 15 Sutra 258<br>Vikarin 5121 |
| Makara Rasi: 5.41                | Tithi 2 – 3 | <b>Gulika</b> 8:49AM – 9:47AM      | <b>Uttarashadha Until 2:04PM</b> | <b>Ganesha:</b> Orange <i>Sunrise:</i> 8:49AM  |   |
|                                  |             | Yama 1:38PM – 2:36PM               | Vyaghata* Until 3:56PM           | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:32PM   | Moon 12 - Phase 36  |
|                                  | 883523466   | <b>Rahu</b> 10:45AM – 11:43AM      | Taitila Until 7:12PM             | <b>Nataraja:</b> Orange  | 3rd Phase   |
| Routine Work                     | Marana Yoga |                                    | <b>Dvitiya Until 6:42AM</b>      | Moon – Light Blue  | <b>Devaloka Day</b>                                       |
| Until 2:04PM                     |             |                                    |                                  | <b>Pausa-Markali</b>   |   |
| Then Creative Work - Siddha Yoga |             |                                    |                                  |  |   |

|                                 |             |                                  |                              |   |   |
|---------------------------------|-------------|----------------------------------|------------------------------|---|---|
| <b>3</b>                        |             | <b>Sunday, December 29, 2019</b> |                              | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau | Lelystad, Netherlands<br>Sun 16 Sutra 259<br>Vikarin 5121 |
| Makara Rasi: 18.1               | Tithi 3 – 4 | <b>Gulika</b> 2:37PM – 3:35PM    | <b>Shravana Until 4:02PM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 8:49AM  |   |
|                                 |             | Yama 12:41PM – 1:39PM            | Harshana Until 3:48PM        | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:33PM  | Moon 12 - Phase 36  |
|                                 | 893523466   | <b>Rahu</b> 3:35PM – 4:33PM      | Vanija Until 8:37PM          | <b>Nataraja:</b> Orange   | 3rd Phase   |
| Creative Work                   | Amrita Yoga |                                  | <b>Tritiya Until 7:49AM</b>  | Moon – Purple   | <b>Devaloka Day</b>                                       |
| Until 4:02PM                    |             |                                  |                              | <b>Pausa-Markali</b>  |   |
| Then Routine Work - Marana Yoga |             |                                  |                              |   |   |

|                            |             |                                  |                                |   |   |
|----------------------------|-------------|----------------------------------|--------------------------------|---|---|
| <b>4</b>                   |             | <b>Monday, December 30, 2019</b> |                                | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam<br>Dhanishtha Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | Lelystad, Netherlands<br>Sun 17 Sutra 260<br>Vikarin 5121 |
| Kumbha Rasi: 0.26          | Tithi 4 – 5 | <b>Gulika</b> 1:40PM – 2:38PM    | <b>Dhanishtha Until 6:20PM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 8:49AM  |   |
| <b>Family Home Evening</b> |             | Yama 11:43AM – 12:41PM           | Vajra* Until 4:03PM            | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:34PM  | Moon 12 - Phase 36  |
|                            | 893523466   | <b>Rahu</b> 9:47AM – 10:45AM     | Bava Until 10:31PM             | <b>Nataraja:</b> Orange   | 3rd Phase   |
| Creative Work              | Siddha Yoga |                                  | <b>Chaturthi* Until 9:29AM</b> | Moon – Purple   | <b>Devaloka Day</b>                                       |
|                            |             |                                  |                                | <b>Pausa-Markali</b>  |   |

|                    |             |                                   |                                  |  |   |
|--------------------|-------------|-----------------------------------|----------------------------------|--|---|
| <b>5</b>           |             | <b>Tuesday, December 31, 2019</b> |                                  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Shatabhishak Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | Lelystad, Netherlands<br>Sun 18 Sutra 261<br>Vikarin 5121 |
| Kumbha Rasi: 12.31 | Tithi 5 – 6 | <b>Gulika</b> 12:42PM – 1:40PM    | <b>Shatabhishak Until 8:50PM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 8:49AM   |   |
|                    |             | Yama 10:45AM – 11:44AM            | Siddhi Until 4:36PM              | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:35PM   | Moon 12 - Phase 36  |
|                    | 893523466   | <b>Rahu</b> 2:38PM – 3:37PM       | Kaulava Until 12:48AM Wed        | <b>Nataraja:</b> Orange  | 3rd Phase   |
| Routine Work       | Marana Yoga |                                   | <b>Panchami Until 11:36AM</b>    | Moon – Purple  | <b>Devaloka Day</b>                                       |
|                    |             |                                   |                                  | <b>Pausa-Markali</b>   |   |

|                                  |             |                                   |  |   |   |
|----------------------------------|-------------|-----------------------------------|--|---|---|
| <b>6</b>                         |             | <b>Wednesday, January 1, 2020</b> |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Vyatipata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | Lelystad, Netherlands<br>Sun 19 Sutra 262<br>Vikarin 5121 |
| Kumbha Rasi: 24.27               | Tithi 6 – 7 | <b>Gulika</b> 11:44AM – 12:43PM   | <b>Purvaproshtapada* Until 11:54PM</b> | <b>Ganesha:</b> Blue <i>Sunrise:</i> 8:49AM   |   |
|                                  |             | Yama 9:47AM – 10:46AM             | Vyatipata* Until 5:21PM                | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:37PM  | Moon 12 - Phase 36  |
|                                  | 813623466   | <b>Rahu</b> 12:43PM – 1:41PM      | Gara Until 3:17AM Thu                  | <b>Nataraja:</b> Orange   | 3rd Phase   |
| Creative Work                    | Amrita Yoga |                                   | <b>Shashthi* Until 2:01PM</b>          | Moon – Clear  | <b>Bhuloka Day</b>  |
| Until 11:54PM                    |             |                                   |  | <b>Pausa-Markali</b>  | Devaloka Time: 3:PM to 6:PM                               |
| Then Creative Work - Siddha Yoga |             | <b>Vinayaga Viratam Ends</b>      |  |   |   |

|                     |             |                                  |   |   |   |
|---------------------|-------------|----------------------------------|---|---|---|
| <b>Retreat Star</b> |             | <b>Thursday, January 2, 2020</b> |   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Variyan Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | Lelystad, Netherlands<br>Sun 20 Sutra 263<br>Vikarin 5121 |
| Meena Rasi: 6.2     | Tithi 7 – 8 | <b>Gulika</b> 10:46AM – 11:45AM  | <b>Uttaraproshtapada Until 2:48AM Fri</b> | <b>Ganesha:</b> Blue <i>Sunrise:</i> 8:49AM   |   |
|                     |             | Yama 8:49AM – 9:47AM             | Variyan Until 6:08PM                      | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:38PM  | Moon 12 - Phase 36  |
|                     | 813623466   | <b>Rahu</b> 1:42PM – 2:41PM      | Visti Until 5:46AM Fri                    | <b>Nataraja:</b> Orange   | 3rd Phase   |
| Creative Work       | Siddha Yoga |                                  | <b>Saptami Until 4:31PM</b>               | Moon – Clear  | <b>Bhuloka Day</b>  |
|                     |             |                                  |   | <b>Pausa-Markali</b>  | Devaloka Time: 3:PM to 6:PM                               |

|                     |             |                                |                                |   |   |
|---------------------|-------------|--------------------------------|--------------------------------|---|---|
| <b>Retreat Star</b> |             | <b>Friday, January 3, 2020</b> |                                | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Revati Nakshatra Parigha* Yoga Bava Karana Ashtamyam Titau | Lelystad, Netherlands<br>Sun 21 Sutra 264<br>Vikarin 5121 |
| Meena Rasi: 18.14   | Tithi 8     | <b>Gulika</b> 9:47AM – 10:46AM | <b>Revati Until 5:23AM Sat</b> | <b>Ganesha:</b> Blue <i>Sunrise:</i> 8:48AM   |   |
|                     |             | Yama 2:42PM – 3:41PM           | Parigha* Until 6:51PM          | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:39PM  | Moon 12 - Phase 36  |
|                     | 813623466   | <b>Rahu</b> 11:45AM – 12:44PM  | Bava Until 6:55PM              | <b>Nataraja:</b> Orange   | Ashtami   |
| Creative Work       | Siddha Yoga |                                | <b>Ashtami* Until 6:55PM</b>   | Moon – Clear  | <b>Bhuloka Day</b>  |
|                     |             |                                |                                | <b>Pausa-Markali</b>  | Devaloka Time: 3:PM to 6:PM                               |

|  |             |                                  |                                 |  |   |
|--|-------------|----------------------------------|---------------------------------|--|---|
| <b>Retreat Star</b>                    |             | <b>Saturday, January 4, 2020</b> |                                 | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau | Lelystad, Netherlands<br>Sun 22 Sutra 265<br>Vikarin 5121 |
| Mesha Rasi: 0.13                       | Tithi 9     | <b>Gulika</b> 8:48AM – 9:47AM    | <b>Ashvini Until 7:54AM Sun</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:48AM  |   |
|  |             | Yama 1:43PM – 2:43PM             | Shiva Until 7:21PM              | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:41PM   | Moon 12 - Phase 36  |
|  | 823623466   | <b>Rahu</b> 10:46AM – 11:45AM    | Balava Until 8:02AM             | <b>Nataraja:</b> Orange  | Navami  |
| Creative Work                          | Siddha Yoga |                                  | <b>Navami* Until 9:01PM</b>     | Moon – White   | <b>Devaloka Day</b>                                       |
| Until 7:54AM Sun                       |             |                                  |                                 | <b>Pausa-Markali</b>   |   |
| Then Routine Work - Prabalarishta Yoga |             |                                  |                                 |  |   |

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

|  |           |   |                              |   |   |
|--|-----------|---|------------------------------|---|---|
| <b>1 Sunday, January 5, 2020</b>       |           | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau |                              |   | Lelystad, Netherlands<br>Sun 23 Sutra 266<br>Vikarin 5121 |
| Mesha Rasi: 12.21                      | Tithi 10  | <b>Gulika</b> 2:43PM – 3:43PM   | <b>Ashvini</b> Until 7:54AM  | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:48AM |   |
|  |           | Yama 12:45PM – 1:44PM   | Siddha Until 7:27PM          | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:42PM    | Moon 12 - Phase 37  |
|  | 823623466 | <b>Rahu</b> 3:43PM – 4:42PM   | Taitila Until 9:54AM         | <b>Nataraja:</b> Orange                       | 4th Phase   |
| Creative Work Siddha Yoga              |           |   |                              | Moon – White                                  | <b>Devaloka Day</b>                                       |
| Until 7:54AM                           |           | <b>Subramuniyaswami Jayanti</b>   | <b>Dashami</b> Until 10:36PM | <b>Pausha-Markali</b>                         |   |
| Then Routine Work - Prabalarishta Yoga |           |   |                              |   |   |

|                                  |           |   |                               |   |   |
|----------------------------------|-----------|---|-------------------------------|---|---|
| <b>2 Monday, January 6, 2020</b> |           | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam<br>Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau |                               |   | Lelystad, Netherlands<br>Sun 24 Sutra 267<br>Vikarin 5121 |
| Mesha Rasi: 24.43                | Tithi 11  | <b>Gulika</b> 1:45PM – 2:44PM   | <b>Bharani</b> Until 9:44AM   | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:47AM |   |
| <b>Family Home Evening</b>       |           | Yama 11:46AM – 12:45PM  | Sadhya Until 7:06PM           | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:43PM    | Moon 12 - Phase 37  |
| Creative Work Siddha Yoga        | 823623466 | <b>Rahu</b> 9:47AM – 10:46AM  | Vanija Until 11:11AM          | <b>Nataraja:</b> Orange                       | 4th Phase   |
| Until 9:44AM                     |           |   |                               | Moon – White                                  | <b>Devaloka Day</b>                                       |
| Then Routine Work - Marana Yoga  |           | <b>Vaikuntha Ekadasi</b>  | <b>Ekadashi</b> Until 11:33PM | <b>Pausha-Markali</b>                         |   |

|                                   |           |  |                               |   |   |
|-----------------------------------|-----------|--|-------------------------------|---|---|
| <b>3 Tuesday, January 7, 2020</b> |           | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau |                               |   | Lelystad, Netherlands<br>Sun 25 Sutra 268<br>Vikarin 5121 |
| Vrishabha Rasi: 7.22              | Tithi 12  | <b>Gulika</b> 12:46PM – 1:45PM   | <b>Krittika</b> Until 10:45AM | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:47AM |   |
|                                   |           | Yama 10:46AM – 11:46AM   | Subha Until 6:13PM            | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:45PM    | Moon 12 - Phase 37  |
|                                   | 823623466 | <b>Rahu</b> 2:45PM – 3:45PM  | Bava Until 11:47AM            | <b>Nataraja:</b> Orange                       | 4th Phase   |
| Creative Work Siddha Yoga         |           |  |                               | Moon – White                                  | <b>Devaloka Day</b>                                       |
| Until 10:45AM                     |           |  | <b>Dvadashi</b> Until 11:47PM | <b>Pausha-Markali</b>                         |   |
| Then Creative Work - Amrita Yoga  |           |  |                               |   |   |

|                                     |           |   |                                 |  |   |
|-------------------------------------|-----------|---|---------------------------------|--|---|
| <b>4 Wednesday, January 8, 2020</b> |           | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau |                                 |  | Lelystad, Netherlands<br>Sun 26 Sutra 269<br>Vikarin 5121 |
| Vrishabha Rasi: 20.22               | Tithi 13  | <b>Gulika</b> 11:46AM – 12:46PM   | <b>Rohini</b> Until 11:22AM     | <b>Ganesha:</b> White <i>Sunrise:</i> 8:46AM |   |
|                                     |           | Yama 9:46AM – 10:46AM   | Sukla Until 4:44PM              | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:46PM   | Moon 12 - Phase 37  |
|                                     | 833623466 | <b>Rahu</b> 12:46PM – 1:46PM  | Kaulava Until 11:38AM           | <b>Nataraja:</b> Orange                      | 4th Phase   |
| Creative Work Siddha Yoga           |           |   |                                 | Moon – Yellow                                | <b>Bhuloka Day</b>  |
|                                     |           |   | <b>Trayodashi</b> Until 11:17PM | <b>Pausha-Markali</b>                        | <b>Devaloka Time: 3:PM to 6:PM</b>                        |
|                                     |           |   |                                 |  | <i>Pradosha Vrata</i>                                     |

|                                    |           |  |                                   |   |   |
|------------------------------------|-----------|--|-----------------------------------|---|---|
| <b>5 Thursday, January 9, 2020</b> |           | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau |                                   |   | Lelystad, Netherlands<br>Sun 27 Sutra 270<br>Vikarin 5121 |
| Mithuna Rasi: 3.44                 | Tithi 14  | <b>Gulika</b> 10:46AM – 11:46AM  | <b>Mrigashira</b> Until 11:09AM   | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:46AM |   |
|                                    |           | Yama 8:46AM – 9:46AM   | Brahma Until 2:44PM               | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:47PM    | Moon 12 - Phase 37  |
|                                    | 834623466 | <b>Rahu</b> 1:47PM – 2:47PM  | Gara Until 10:48AM                | <b>Nataraja:</b> Orange                       | 4th Phase   |
| Routine Work Marana Yoga           |           |  |                                   | Moon – Yellow                                 | <b>Devaloka Day</b>                                       |
|                                    |           |  | <b>Chaturdashi*</b> Until 10:07PM | <b>Pausha-Markali</b>                         |   |

|                                 |           |   |                              |   |  |
|---------------------------------|-----------|---|------------------------------|---|--|
| <b>Friday, January 10, 2020</b> |           | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau |                              |   | Lelystad, Netherlands<br>Sutra 271<br>Vikarin 5121 |
| <b>Copper Retreat Star</b>      |           | <b>Gulika</b> 9:46AM – 10:46AM  | <b>Ardra</b> Until 10:10AM   | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:45AM |  |
| Mithuna Rasi: 17.29             | Tithi 15  | Yama 2:48PM – 3:48PM  | Indra Until 12:16PM          | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:49PM    | Moon 12 - Phase 37                                 |
|                                 | 834623466 | <b>Rahu</b> 11:47AM – 12:47PM   | Visti Until 9:19AM           | <b>Nataraja:</b> Orange                       | Purnima  |
| Creative Work Siddha Yoga       |           |   |                              | Moon – Yellow                                 | <b>Devaloka Day</b>                                |
|                                 |           | <b>Penumbral Lunar Eclipse</b>  | <b>Purnima*</b> Until 8:22PM | <b>Pausha-Markali</b>                         |  |
|                                 |           | <b>Ardra Darshanam</b>  |                              |   |  |

|                                   |           |  |                               |  |  |
|-----------------------------------|-----------|--|-------------------------------|--|--|
| <b>Saturday, January 11, 2020</b> |           | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau |                               |  | Lelystad, Netherlands<br>Sutra 272<br>Vikarin 5121 |
| <b>Silver Retreat Star</b>        |           | <b>Gulika</b> 8:44AM – 9:45AM  | <b>Punarvasu</b> Until 8:59AM | <b>Ganesha:</b> White <i>Sunrise:</i> 8:44AM |  |
| Kataka Rasi: 1.34                 | Tithi 16  | Yama 1:48PM – 2:49PM   | Vaidhriti* Until 9:22AM       | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:50PM   | Moon 12 - Phase 37                                 |
|                                   | 844623466 | <b>Rahu</b> 10:46AM – 11:47AM  | Balava Until 7:20AM           | <b>Nataraja:</b> Orange                      | Prathama   |
| Creative Work Siddha Yoga         |           |  |                               | Moon – Blue                                  | <b>Sivaloka Day</b>                                |
|                                   |           |  | <b>Prathama*</b> Until 6:10PM | <b>Pausha-Markali</b>                        |  |

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

All times are standard time

www.gurudeva.org/panchang



Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 15.53 Tithi 17 - 18

844623466

Creative Work Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha\* Nakshatra Ayushman Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Gulika 2:50PM - 3:51PM  
Yama 12:48PM - 1:49PM  
Rahu 3:51PM - 4:52PM

Pushya Until 7:17AM  
Vishkambha\* Until 6:12AM  
Vanija Until 2:21AM Mon  
Dvitiya Until 3:40PM

Ganesha: White  
Muruqa: Clear  
Nataraja: Orange  
Moon - Blue  
Pausha-Markali

Sunrise: 8:44AM  
Sunset: 4:52PM

Lelystad, Netherlands  
Sun 1 Sutra 273  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Sivaloka Day

1

Monday, January 13, 2020

Simha Rasi: 0.23 Tithi 18 - 19

854623466

Family Home Evening

Routine Work Marana Yoga

Until 3:21AM Tue

Then Creative Work - Siddha Yoga

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

Gulika 1:49PM - 2:51PM  
Yama 11:47AM - 12:48PM  
Rahu 9:44AM - 10:46AM

Magha\* Until 3:21AM Tue  
Ayushman Until 11:24PM  
Bava Until 11:39PM  
Tritiya Until 12:59PM

Ganesha: Clear  
Muruqa: Clear  
Nataraja: Orange  
Moon - Red  
Pausha-Markali

Sunrise: 8:43AM  
Sunset: 4:53PM

Lelystad, Netherlands  
Sun 2 Sutra 274  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Devaloka Day

2

Tuesday, January 14, 2020

Simha Rasi: 14.56 Tithi 19 - 20

854623466

Creative Work Siddha Yoga

Until 1:23AM Wed

Then Creative Work - Amrita Yoga

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

Gulika 12:49PM - 1:50PM  
Yama 10:45AM - 11:47AM  
Rahu 2:52PM - 3:53PM

Purvaphalguni Until 1:23AM Wed  
Saubhagya Until 7:58PM  
Kaulava Until 8:57PM  
Chaturthi\* Until 10:16AM

Ganesha: Clear  
Muruqa: Clear  
Nataraja: Orange  
Moon - Red  
Pausha-Thai

Sunrise: 8:42AM  
Sunset: 4:53PM

Lelystad, Netherlands  
Sun 3 Sutra 275  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Devaloka Day

3

Wednesday, January 15, 2020

Simha Rasi: 29.26 Tithi 20 - 21

854623466

Creative Work Amrita Yoga

Until 11:26PM

Then Routine Work - Marana Yoga

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

Gulika 11:47AM - 12:49PM  
Yama 9:43AM - 10:45AM  
Rahu 12:49PM - 1:51PM

Uttaraphalguni Until 11:26PM  
Sobhana Until 4:40PM  
Gara Until 6:24PM  
Panchami Until 7:38AM

Ganesha: Clear  
Muruqa: Clear  
Nataraja: Orange  
Moon - Red  
Pausha-Thai

Sunrise: 8:41AM  
Sunset: 4:57PM

Lelystad, Netherlands  
Sun 4 Sutra 276  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Devaloka Day

4

Thursday, January 16, 2020

Kanya Rasi: 13.5 Tithi 22

864623466

Routine Work Marana Yoga

Until 10:00PM

Then Creative Work - Siddha Yoga

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

Gulika 10:45AM - 11:47AM  
Yama 8:40AM - 9:43AM  
Rahu 1:51PM - 2:54PM

Hasta Until 10:00PM  
Athiganda\* Until 1:30PM  
Visti Until 4:04PM  
Saptami Until 2:59AM Fri

Ganesha: Purple  
Muruqa: Clear  
Nataraja: Orange  
Moon - Green  
Pausha-Thai

Sunrise: 8:40AM  
Sunset: 4:58PM

Lelystad, Netherlands  
Sun 5 Sutra 277  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Sivaloka Day

5

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 28.02 Tithi 23

864623466

Creative Work Siddha Yoga

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

Gulika 9:42AM - 10:44AM  
Yama 2:55PM - 3:57PM  
Rahu 11:47AM - 12:50PM

Chitra Until 8:43PM  
Sukarma Until 10:35AM  
Balava Until 2:01PM  
Ashtami\* Until 1:06AM Sat

Ganesha: Purple  
Muruqa: Clear  
Nataraja: Orange  
Moon - Green  
Pausha-Thai

Sunrise: 8:39AM  
Sunset: 5:00PM

Lelystad, Netherlands  
Sun 6 Sutra 278  
Vikarin 5121  
Moon 1 - Phase 38  
Ashtami

Sivaloka Day

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 12.02 Tithi 24

864623466

Creative Work Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Svati Nakshatra Dhriti/Shula\* Yoga Tailila/Gara Karana Navamyam Titau

Gulika 8:38AM - 9:41AM  
Yama 1:53PM - 2:56PM  
Rahu 10:44AM - 11:47AM

Svati Until 7:39PM  
Dhriti Until 7:56AM  
Tailila Until 12:19PM  
Navami\* Until 11:35PM

Ganesha: Purple  
Muruqa: Clear  
Nataraja: Orange  
Moon - Green  
Pausha-Thai

Sunrise: 8:38AM  
Sunset: 5:01PM

Lelystad, Netherlands  
Sun 7 Sutra 279  
Vikarin 5121  
Moon 1 - Phase 38  
Navami

Sivaloka Day

|   |                                 |             |   |                              |  |  |
|---|---------------------------------|-------------|---|------------------------------|--|--|
| 1 | <b>Sunday, January 19, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Vishakha Nakshatra Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau |                              |  | Lelystad, Netherlands<br>Sun 8 Sutra 280<br>Vikarin 5121 |
|   | Tula Rasi: 25.49                | Tithi 25    | <b>Gulika</b> 2:57PM – 4:00PM   | <b>Vishakha</b> Until 7:14PM | <b>Ganesha:</b> Clear <i>Sunrise:</i> 8:37AM |  |
|   |                                 |             | Yama 12:50PM – 1:53PM   | Ganda* Until 3:30AM Mon      | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:03PM   | Moon 1 - Phase 39  |
|   | Routine Work                    | Marana Yoga | 874623466 <b>Rahu</b> 4:00PM – 5:03PM   | Vanija Until 10:58AM         | <b>Nataraja:</b> Orange<br>Moon – Orange     | 2nd Phase  |
|   |                                 |             | <b>Dashami</b> Until 10:26PM  | <b>Pausha*Thai</b>           | <b>Devaloka Day</b>                          |  |

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| 2 | <b>Monday, January 20, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam<br>Anuradha Nakshatra Vriddhi Yoga Bava/Balava Karana Ekadashyam Titau |                              |  | Lelystad, Netherlands<br>Sun 9 Sutra 281<br>Vikarin 5121 |
|   | Vrischika Rasi: 9.23            | Tithi 26    | <b>Gulika</b> 1:54PM – 2:58PM  | <b>Anuradha</b> Until 7:02PM | <b>Ganesha:</b> Clear <i>Sunrise:</i> 8:36AM |  |
|   | <b>Family Home Evening</b>      |             | Yama 11:47AM – 12:50PM   | Vriddhi Until 1:45AM Tue     | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:05PM   | Moon 1 - Phase 39  |
|   | Creative Work                   | Siddha Yoga | 874623466 <b>Rahu</b> 9:40AM – 10:43AM   | Bava Until 10:01AM           | <b>Nataraja:</b> Orange<br>Moon – Orange     | 2nd Phase  |
|   |                                 |             | <b>Ekadashi*</b> Until 9:40PM  | <b>Pausha*Thai</b>           | <b>Devaloka Day</b>                          |  |

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| 3 | <b>Tuesday, January 21, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Jyeshtha* Nakshatra Dhruva Yoga Kaulava/Tailita Karana Dvadashyam Titau |                               |   | Lelystad, Netherlands<br>Sun 10 Sutra 282<br>Vikarin 5121 |
|   | Vrischika Rasi: 22.43            | Tithi 27    | <b>Gulika</b> 12:51PM – 1:55PM  | <b>Jyeshtha*</b> Until 7:05PM | <b>Ganesha:</b> Purple <i>Sunrise:</i> 8:35AM     |   |
|   |                                  |             | Yama 10:43AM – 11:47AM  | Dhruva Until 12:17AM Wed      | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:07PM        | Moon 1 - Phase 39   |
|   | Routine Work                     | Marana Yoga | 875623466 <b>Rahu</b> 2:59PM – 4:03PM   | Kaulava Until 9:27AM          | <b>Nataraja:</b> Orange<br>Moon – Orange          | 2nd Phase   |
|   |                                  |             | <b>Dvadashi*</b> Until 9:18PM   | <b>Pausha*Thai</b>            | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |   |

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| 4                               | <b>Wednesday, January 22, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam<br>Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau |                           |   | Lelystad, Netherlands<br>Sun 11 Sutra 283<br>Vikarin 5121 |
|                                 | Dhanus Rasi: 5.5                   | Tithi 28    | <b>Gulika</b> 11:47AM – 12:51PM  | <b>Mula*</b> Until 7:51PM | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 8:34AM |   |
|                                 |                                    |             | Yama 9:38AM – 10:42AM  | Vyaghata* Until 11:10PM   | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:08PM        | Moon 1 - Phase 39   |
|                                 | Routine Work                       | Marana Yoga | 885623466 <b>Rahu</b> 12:51PM – 1:55PM   | Gara Until 9:18AM         | <b>Nataraja:</b> Orange<br>Moon – Light Blue      | 2nd Phase   |
|                                 |                                    |             | <b>Trayodashi*</b> Until 9:21PM  | <b>Pausha*Thai</b>        | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |   |
| <i>Pradosha Vrata (Fasting)</i> |                                    |             |  |                           |   |   |

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| 5 | <b>Thursday, January 23, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam<br>Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                                  |   | Lelystad, Netherlands<br>Sun 12 Sutra 284<br>Vikarin 5121 |
|   | Dhanus Rasi: 18.46                | Tithi 29    | <b>Gulika</b> 10:42AM – 11:47AM   | <b>Purvashadha*</b> Until 8:51PM | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 8:32AM |   |
|   |                                   |             | Yama 8:32AM – 9:37AM  | Harshana Until 10:23PM           | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:10PM        | Moon 1 - Phase 39   |
|   | Creative Work                     | Siddha Yoga | 885623466 <b>Rahu</b> 1:56PM – 3:01PM   | Visti* Until 9:34AM              | <b>Nataraja:</b> Orange<br>Moon – Light Blue      | 2nd Phase   |
|   |                                   |             | <b>Chaturdashi*</b> Until 9:50PM  | <b>Pausha*Thai</b>               | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |   |

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| ● | <b>Friday, January 24, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                                   |   | Lelystad, Netherlands<br>Sun 13 Sutra 285<br>Vikarin 5121 |
|   | <b>Retreat Star</b>             |             | <b>Gulika</b> 9:36AM – 10:41AM   | <b>Uttarashadha</b> Until 10:07PM | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 8:31AM |   |
|   | Makara Rasi: 1.28               | Tithi 30    | Yama 3:02PM – 4:07PM   | Vajra* Until 9:54PM               | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:12PM        | Moon 1 - Phase 39   |
|   | Routine Work                    | Marana Yoga | 885623466 <b>Rahu</b> 11:46AM – 12:52PM  | Catuspada Until 10:15AM           | <b>Nataraja:</b> Orange<br>Moon – Light Blue      | Amavasya  |
|   |                                 |             | <b>Amavasya*</b> Until 10:44PM   | <b>Pausha*Thai</b>                | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |   |

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| ● | <b>Saturday, January 25, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam<br>Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau |                                   |   | Lelystad, Netherlands<br>Sun 14 Sutra 286<br>Vikarin 5121 |
|   | <b>Retreat Star</b>               |             | <b>Gulika</b> 8:30AM – 9:35AM   | <b>Shravana</b> Until 12:08AM Sun | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 8:30AM |   |
|   | Makara Rasi: 13.59                | Tithi 1     | Yama 1:57PM – 3:03PM  | Siddhi Until 9:46PM               | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:14PM        | Moon 1 - Phase 39   |
|   | Creative Work                     | Siddha Yoga | 995623466 <b>Rahu</b> 10:41AM – 11:46AM   | Kintughna Until 11:23AM           | <b>Nataraja:</b> Orange<br>Moon – Purple          | Prathama  |
|   |                                   |             | <b>Prathama*</b> Until 12:05AM Sun  | <b>Magha*Thai</b>                 | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |   |

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

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| <b>1</b>                         |             | <b>Sunday, January 26, 2020</b>       |                                    | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau |                        |  | Lelystad, Netherlands<br>Sun 15 Sutra 287 |                     |
| Makara Rasi: 26.19               | Tithi 2     | <b>Gulika</b> 3:04PM – 4:10PM         | <b>Dhanishtha</b> Until 2:21AM Mon | <b>Ganesha:</b> Orange  | <i>Sunrise:</i> 8:28AM |  | Vikarin 5121                              |                     |
|                                  |             | Yama 12:52PM – 1:58PM                 | Vyatipata* Until 9:57PM            | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:16PM  |  | Moon 1 - Phase 40                         |                     |
|                                  |             | 995723466 <b>Rahu</b> 4:10PM – 5:16PM | Balava Until 12:56PM               | <b>Nataraja:</b> Orange   |                        |  | 3rd Phase                                 |                     |
| Routine Work                     | Marana Yoga |                                       | <b>Dvitiya</b> Until 1:50AM Mon    | Moon – Purple   |                        |  |   | <b>Devaloka Day</b> |
| Until 2:21AM Mon                 |             |                                       |                                    | <b>Magha-Thai</b>   |                        |  |   |                     |
| Then Creative Work - Siddha Yoga |             |                                       |                                    |   |                        |  |   |                     |

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| <b>2</b>                        |             | <b>Monday, January 27, 2020</b>        |                                      | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam<br>Shatabhishak Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau |                        |  | Lelystad, Netherlands<br>Sun 16 Sutra 288 |                     |
| Kumbha Rasi: 8.29               | Tithi 3     | <b>Gulika</b> 1:59PM – 3:05PM          | <b>Shatabhishak</b> Until 4:45AM Tue | <b>Ganesha:</b> Orange  | <i>Sunrise:</i> 8:27AM |  | Vikarin 5121                              |                     |
| <b>Family Home Evening</b>      |             | Yama 11:46AM – 12:52PM                 | Variyan Until 10:23PM                | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:17PM  |  | Moon 1 - Phase 40                         |                     |
| Creative Work                   | Siddha Yoga | 995723466 <b>Rahu</b> 9:33AM – 10:40AM | Taitila Until 2:52PM                 | <b>Nataraja:</b> Orange   |                        |  | 3rd Phase                                 |                     |
| Until 4:45AM Tue                |             |  | <b>Tritiya</b> Until 3:56AM Tue      | Moon – Purple   |                        |  |   | <b>Devaloka Day</b> |
| Then Routine Work - Marana Yoga |             |  |                                      | <b>Magha-Thai</b>   |                        |  |   |                     |

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| <b>3</b>                         |             | <b>Tuesday, January 28, 2020</b>      |   | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Parigha* Yoga Vanija/Vishti* Karana Chaturthyam Titau |                        |  | Lelystad, Netherlands<br>Sun 17 Sutra 289 |                     |
| Kumbha Rasi: 20.32               | Tithi 4     | <b>Gulika</b> 12:52PM – 1:59PM        | <b>Purvaproshtapada*</b> Until 7:44AM Wed | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 8:26AM |  | Vikarin 5121                              |                     |
|                                  |             | Yama 10:39AM – 11:46AM                | Parigha* Until 11:02PM                    | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:19PM  |  | Moon 1 - Phase 40                         |                     |
|                                  |             | 915723466 <b>Rahu</b> 3:06PM – 4:12PM | Vanija Until 5:06PM                       | <b>Nataraja:</b> Orange   |                        |  | 3rd Phase                                 |                     |
| Routine Work                     | Marana Yoga |                                       | <b>Chaturthi*</b> Until 6:18AM Wed        | Moon – Clear  |                        |  |   | <b>Sivaloka Day</b> |
| Until 7:44AM Wed                 |             |                                       |   | <b>Magha-Thai</b>   |                        |  |   |                     |
| Then Creative Work - Siddha Yoga |             |                                       |   |   |                        |  |   |                     |

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| <b>4</b>                         |             | <b>Wednesday, January 29, 2020</b>     |                                       | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvaproshtapada*/Uttaraproshtapada Nakshatra Shiva Yoga Vishti*/Bava Karana Chaturthi/Panchamyam Titau |                        |  | Lelystad, Netherlands<br>Sun 18 Sutra 290 |                     |
| Meena Rasi: 2.28                 | Tithi 4 – 5 | <b>Gulika</b> 11:45AM – 12:53PM        | <b>Purvaproshtapada*</b> Until 7:44AM | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 8:24AM |  | Vikarin 5121                              |                     |
|                                  |             | Yama 9:31AM – 10:38AM                  | Shiva Until 11:51PM                   | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:21PM  |  | Moon 1 - Phase 40                         |                     |
|                                  |             | 915723466 <b>Rahu</b> 12:53PM – 2:00PM | Bava Until 7:34PM                     | <b>Nataraja:</b> Orange   |                        |  | 3rd Phase                                 |                     |
| Creative Work                    | Amrita Yoga |  | <b>Chaturthi*</b> Until 6:18AM        | Moon – Clear  |                        |  |   | <b>Sivaloka Day</b> |
| Until 7:44AM                     |             |  |                                       | <b>Magha-Thai</b>   |                        |  |   |                     |
| Then Creative Work - Siddha Yoga |             |  |                                       |   |                        |  |   |                     |

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| <b>5</b>         |             | <b>Thursday, January 30, 2020</b>     |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam<br>Uttaraproshtapada*/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |                        |  | Lelystad, Netherlands<br>Sun 19 Sutra 291 |                     |
| Meena Rasi: 14.2 | Tithi 5 – 6 | <b>Gulika</b> 10:38AM – 11:45AM       | <b>Uttaraproshtapada</b> Until 10:41AM | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 8:23AM |  | Vikarin 5121                              |                     |
|                  |             | Yama 8:23AM – 9:30AM                  | Siddha Until 12:40AM Fri               | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:23PM  |  | Moon 1 - Phase 40                         |                     |
|                  |             | 915723466 <b>Rahu</b> 2:00PM – 3:08PM | Kaulava Until 10:06PM                  | <b>Nataraja:</b> Orange  |                        |  | 3rd Phase                                 |                     |
| Creative Work    | Siddha Yoga |                                       | <b>Panchami</b> Until 8:49AM           | Moon – Clear   |                        |  |   | <b>Sivaloka Day</b> |
|                  |             |                                       |  | <b>Magha-Thai</b>  |                        |  |   |                     |

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| <b>6</b>                         |             | <b>Friday, January 31, 2020</b>         |                                | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Revati/Ashvini Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |                        |  | Lelystad, Netherlands<br>Sun 20 Sutra 292 |                     |
| Meena Rasi: 26.13                | Tithi 6 – 7 | <b>Gulika</b> 9:29AM – 10:37AM          | <b>Revati</b> Until 1:26PM     | <b>Ganesha:</b> Orange  | <i>Sunrise:</i> 8:21AM |  | Vikarin 5121                              |                     |
|                                  |             | Yama 3:09PM – 4:17PM                    | Sadhya Until 1:25AM Sat        | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:25PM  |  | Moon 1 - Phase 40                         |                     |
|                                  |             | 916723466 <b>Rahu</b> 11:45AM – 12:53PM | Gara Until 12:32AM Sat         | <b>Nataraja:</b> Orange   |                        |  | 3rd Phase                                 |                     |
| Creative Work                    | Siddha Yoga |   | <b>Shashthi*</b> Until 11:19AM | Moon – Clear  |                        |  |   | <b>Devaloka Day</b> |
| Until 1:26PM                     |             |   |                                | <b>Magha-Thai</b>   |                        |  |   |                     |
| Then Creative Work - Amrita Yoga |             |   |                                |   |                        |  |   |                     |

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| <b>Retreat Star</b> |             | <b>Saturday, February 1, 2020</b>       |                             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Subha Yoga Vanija/Vishti* Karana Saptami/Ashtamyam Titau |                        |  | Lelystad, Netherlands<br>Sun 21 Sutra 293 |                             |
| Mesha Rasi: 8.09    | Tithi 7 – 8 | <b>Gulika</b> 8:21AM – 9:29AM           | <b>Ashvini</b> Until 4:20PM | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 8:21AM |  | Vikarin 5121                              |                             |
|                     |             | Yama 2:01PM – 3:09PM                    | Subha Until 1:57AM Sun      | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:25PM  |  | Moon 1 - Phase 40                         |                             |
|                     |             | 926723466 <b>Rahu</b> 10:37AM – 11:45AM | Vishti Until 2:40AM Sun     | <b>Nataraja:</b> Orange  |                        |  | Ashtami                                   |                             |
| Creative Work       | Siddha Yoga |   | <b>Saptami</b> Until 1:38PM | Moon – White   |                        |  |   | <b>Bhuloka Day</b>          |
|                     |             |   |                             | <b>Magha-Thai</b>  |                        |  |   | Devaloka Time: 3:PM to 6:PM |

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| <b>Retreat Star</b>              |                    | <b>Sunday, February 2, 2020</b>       |                              | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Bharani Nakshatra Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau |                        |  | Lelystad, Netherlands<br>Sun 22 Sutra 294 |                             |
| Mesha Rasi: 20.13                | Tithi 8 – 9        | <b>Gulika</b> 3:10PM – 4:18PM         | <b>Bharani</b> Until 6:39PM  | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 8:19AM |  | Vikarin 5121                              |                             |
|                                  |                    | Yama 12:53PM – 2:01PM                 | Sukla Until 2:05AM Mon       | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:27PM  |  | Moon 1 - Phase 40                         |                             |
|                                  |                    | 926723466 <b>Rahu</b> 4:18PM – 5:27PM | Balava Until 4:18AM Mon      | <b>Nataraja:</b> Orange  |                        |  | Navami                                    |                             |
| Routine Work                     | Prabalarishta Yoga |                                       | <b>Ashtami*</b> Until 3:32PM | Moon – White   |                        |  |   | <b>Bhuloka Day</b>          |
| Until 6:39PM                     |                    |                                       |                              | <b>Magha-Thai</b>  |                        |  |   | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |                    |                                       |                              |  |                        |  |   |                             |

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| <b>Monday, February 3, 2020</b>  |              | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam<br>Krittika Nakshatra Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |                              | Lelystad, Netherlands<br>Sun 23 Sutra 295<br>Vikarin 5121 |                             |
| <b>1</b>                         |              | <b>Gulika</b> 2:02PM – 3:11PM   | <b>Krittika Until 8:12PM</b> | <b>Ganesha:</b> Green                                     | <i>Sunrise:</i> 8:18AM      |
| Virshabha Rasi: 2.3              | Tithi 9 – 10 | Yama 11:44AM – 12:53PM  | Brahma Until 1:42AM Tue      | <b>Muruḡa:</b> Clear                                      | <i>Sunset:</i> 5:28PM       |
| <b>Family Home Evening</b>       | 926723466    | <b>Rahu</b> 9:27AM – 10:36AM  | Taitila Until 5:13AM Tue     | <b>Nataraja:</b> Orange                                   | Moon 1 - Phase 41           |
| Routine Work Marana Yoga         |              |   | <b>Navami* Until 4:50PM</b>  | Moon – White  | 4th Phase                   |
| Until 8:12PM                     |              |   |                              | <b>Magha*Thai</b>   | <b>Bhuloka Day</b>          |
| Then Creative Work - Amrita Yoga |              |   |                              |   | Devaloka Time: 3:PM to 6:PM |

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| <b>Tuesday, February 4, 2020</b> |               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini Nakshatra Indra Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau |                             | Lelystad, Netherlands<br>Sun 24 Sutra 296<br>Vikarin 5121 |                        |
| <b>2</b>                         |               | <b>Gulika</b> 12:53PM – 2:03PM  | <b>Rohini Until 9:20PM</b>  | <b>Ganesha:</b> Red                                       | <i>Sunrise:</i> 8:16AM |
| Virshabha Rasi: 15.05            | Tithi 10 – 11 | Yama 10:35AM – 11:44AM  | Indra Until 12:44AM Wed     | <b>Muruḡa:</b> Clear                                      | <i>Sunset:</i> 5:30PM  |
|                                  | 936723467     | <b>Rahu</b> 3:12PM – 4:21PM   | Vanija Until 5:19AM Wed     | <b>Nataraja:</b> Clear                                    | Moon 1 - Phase 41      |
| Creative Work Amrita Yoga        |               |   | <b>Dashami Until 5:21PM</b> | Moon – Yellow   | 4th Phase              |
| Until 9:20PM                     |               |   |                             | <b>Magha*Thai</b>   | <b>Devaloka Day</b>    |
| Then Creative Work - Siddha Yoga |               |   |                             |   |                        |

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| <b>Wednesday, February 5, 2020</b> |               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |                                | Lelystad, Netherlands<br>Sun 25 Sutra 297<br>Vikarin 5121 |                        |
| <b>3</b>                           |               | <b>Gulika</b> 11:44AM – 12:53PM   | <b>Mrigashira Until 9:29PM</b> | <b>Ganesha:</b> Red                                       | <i>Sunrise:</i> 8:14AM |
| Virshabha Rasi: 28.04              | Tithi 11 – 12 | Yama 9:24AM – 10:34AM   | Vaidhriti* Until 11:05PM       | <b>Muruḡa:</b> Clear                                      | <i>Sunset:</i> 5:32PM  |
|                                    | 936723467     | <b>Rahu</b> 12:53PM – 2:03PM  | Bava Until 4:35AM Thu          | <b>Nataraja:</b> Clear                                    | Moon 1 - Phase 41      |
| Creative Work Siddha Yoga          |               |   | <b>Ekadashi Until 5:02PM</b>   | Moon – Yellow   | 4th Phase              |
|                                    |               |   |                                | <b>Magha*Thai</b>   | <b>Devaloka Day</b>    |

|                                   |               |   |                              |   |                        |
|-----------------------------------|---------------|---|------------------------------|---|------------------------|
| <b>Thursday, February 6, 2020</b> |               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |                              | Lelystad, Netherlands<br>Sun 26 Sutra 298<br>Vikarin 5121 |                        |
| <b>4</b>                          |               | <b>Gulika</b> 10:33AM – 11:43AM   | <b>Ardra Until 8:41PM</b>    | <b>Ganesha:</b> Red                                       | <i>Sunrise:</i> 8:13AM |
| Mithuna Rasi: 11.28               | Tithi 12 – 13 | Yama 8:13AM – 9:23AM  | Vishkambha* Until 8:48PM     | <b>Muruḡa:</b> Clear                                      | <i>Sunset:</i> 5:34PM  |
|                                   | 936723467     | <b>Rahu</b> 2:04PM – 3:14PM   | Kaulava Until 3:03AM Fri     | <b>Nataraja:</b> Clear                                    | Moon 1 - Phase 41      |
| Routine Work Marana Yoga          |               |   | <b>Dvadashi Until 3:54PM</b> | Moon – Yellow   | 4th Phase              |
| Until 8:41PM                      |               |   |                              | <b>Magha*Thai</b>   | <b>Devaloka Day</b>    |
| Then Creative Work - Amrita Yoga  |               |   |                              |   |                        |

*Pradosha Vrata*

|                                 |               |  |                                |   |                             |
|---------------------------------|---------------|--|--------------------------------|---|-----------------------------|
| <b>Friday, February 7, 2020</b> |               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Punarvasu Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                                | Lelystad, Netherlands<br>Sun 27 Sutra 299<br>Vikarin 5121 |                             |
| <b>5</b>                        |               | <b>Gulika</b> 9:22AM – 10:32AM   | <b>Punarvasu Until 7:28PM</b>  | <b>Ganesha:</b> Blue                                      | <i>Sunrise:</i> 8:11AM      |
| Mithuna Rasi: 25.2              | Tithi 13 – 14 | Yama 3:15PM – 4:25PM   | Priti Until 5:57PM             | <b>Muruḡa:</b> Clear                                      | <i>Sunset:</i> 5:36PM       |
|                                 | 947723467     | <b>Rahu</b> 11:43AM – 12:54PM  | Gara Until 12:50AM Sat         | <b>Nataraja:</b> Clear                                    | Moon 1 - Phase 41           |
| Creative Work Siddha Yoga       |               |  | <b>Trayodashi Until 2:00PM</b> | Moon – Blue   | 4th Phase                   |
| Until 7:28PM                    |               |  |                                | <b>Magha*Thai</b>   | <b>Bhuloka Day</b>          |
| Then Routine Work - Marana Yoga |               |  |                                |   | Devaloka Time: 3:PM to 6:PM |

|                                   |               |   |                                   |  |                             |
|-----------------------------------|---------------|---|-----------------------------------|--|-----------------------------|
| <b>Saturday, February 8, 2020</b> |               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Ayushmani/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                                   | Lelystad, Netherlands<br>Sutra 300<br>Vikarin 5121 |                             |
| <b>○</b>                          |               | <b>Gulika</b> 8:09AM – 9:20AM   | <b>Pushya Until 5:31PM</b>        | <b>Ganesha:</b> Blue                               | <i>Sunrise:</i> 8:09AM      |
| <b>Copper Retreat Star</b>        |               | Yama 2:05PM – 3:16PM  | Ayushman Until 2:36PM             | <b>Muruḡa:</b> Clear                               | <i>Sunset:</i> 5:38PM       |
| Kataka Rasi: 9.39                 | Tithi 14 – 15 | <b>Rahu</b> 10:31AM – 11:42AM   | Visti Until 10:03PM               | <b>Nataraja:</b> Clear                             | Moon 1 - Phase 41           |
|                                   | 947723467     |   | <b>Chaturdashi* Until 11:29AM</b> | Moon – Blue  | Purnima                     |
| Creative Work Siddha Yoga         |               | <b>Thai Pusam</b>   |                                   | <b>Magha*Thai</b>                                  | <b>Bhuloka Day</b>          |
| Until 5:31PM                      |               |   |                                   |  | Devaloka Time: 3:PM to 6:PM |
| Then Routine Work - Marana Yoga   |               |   |                                   |  |                             |

|                                 |               |  |                               |  |                             |
|---------------------------------|---------------|--|-------------------------------|--|-----------------------------|
| <b>Sunday, February 9, 2020</b> |               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                               | Lelystad, Netherlands<br>Sutra 301<br>Vikarin 5121 |                             |
| <b>○</b>                        |               | <b>Gulika</b> 3:17PM – 4:28PM  | <b>Ashlesha* Until 3:01PM</b> | <b>Ganesha:</b> Blue                               | <i>Sunrise:</i> 8:07AM      |
| <b>Silver Retreat Star</b>      |               | Yama 12:54PM – 2:05PM  | Saubhagya Until 10:54AM       | <b>Muruḡa:</b> Clear                               | <i>Sunset:</i> 5:40PM       |
| Kataka Rasi: 24.19              | Tithi 15 – 16 | <b>Rahu</b> 4:28PM – 5:40PM  | Balava Until 6:54PM           | <b>Nataraja:</b> Clear                             | Moon 1 - Phase 41           |
|                                 | 947723467     |  | <b>Purnima* Until 8:30AM</b>  | Moon – Blue  | Prathama                    |
| Creative Work Siddha Yoga       |               |  |                               | <b>Magha*Thai</b>                                  | <b>Bhuloka Day</b>          |
| Until 3:01PM                    |               |  |                               |  | Devaloka Time: 3:PM to 6:PM |
| Then Routine Work - Marana Yoga |               |  |                               |  |                             |





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

Simha Rasi: 9.14 Tithi 17  
**Family Home Evening**  
Routine Work Marana Yoga  
Until 12:33PM  
Then Creative Work - Siddha Yoga

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

**Gulika** 2:06PM – 3:18PM  
Yama 11:42AM – 12:54PM  
**Rahu** 9:18AM – 10:30AM

**Magha\* Until 12:33PM**  
Sobhana Until 6:59AM  
Taitila Until 3:31PM  
**Dvitiya Until 1:47AM Tue**

**Ganesha:** Red *Sunrise: 8:06AM*  
**Muruqa:** Clear *Sunset: 5:42PM*  
**Nataraja:** Clear  
Moon – Red

Lelystad, Netherlands  
Sutra 302  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

**Devaloka Day**

**1**

**Tuesday, February 11, 2020**

Simha Rasi: 24.14 Tithi 18  
Creative Work Siddha Yoga  
Until 9:52AM  
Then Creative Work - Amrita Yoga

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

**Gulika** 12:54PM – 2:06PM  
Yama 10:29AM – 11:41AM  
**Rahu** 3:19PM – 4:31PM

**Purvaphalguni Until 9:52AM**  
Sukarma Until 10:57PM  
Vanija Until 12:06PM  
**Tritiya Until 10:24PM**

**Ganesha:** Red *Sunrise: 8:04AM*  
**Muruqa:** Clear *Sunset: 5:44PM*  
**Nataraja:** Clear  
Moon – Red

Lelystad, Netherlands  
Sun 1 Sutra 303  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

**Devaloka Day**

**2**

**Wednesday, February 12, 2020**

Kanya Rasi: 9.12 Tithi 19  
Creative Work Amrita Yoga  
Until 7:08AM  
Then Routine Work - Marana Yoga

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

**Gulika** 11:41AM – 12:54PM  
Yama 9:15AM – 10:28AM  
**Rahu** 12:54PM – 2:07PM

**Uttaraphalguni Until 7:08AM**  
Dhriti Until 7:07PM  
Bava Until 8:47AM  
**Chaturthi\* Until 7:11PM**

**Ganesha:** Red *Sunrise: 8:02AM*  
**Muruqa:** Clear *Sunset: 5:45PM*  
**Nataraja:** Clear  
Moon – Red

Lelystad, Netherlands  
Sun 2 Sutra 304  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

**Devaloka Day**

**3**

**Thursday, February 13, 2020**

Kanya Rasi: 23.58 Tithi 20 – 21  
Creative Work Siddha Yoga

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

**Gulika** 10:27AM – 11:40AM  
Yama 8:00AM – 9:13AM  
**Rahu** 2:07PM – 3:20PM

**Chitra Until 2:58AM Fri**  
Shula\* Until 3:32PM  
Gara Until 3:03AM Fri  
**Panchami Until 4:19PM**

**Ganesha:** Green *Sunrise: 8:00AM*  
**Muruqa:** Clear *Sunset: 5:47PM*  
**Nataraja:** Clear  
Moon – Green

Lelystad, Netherlands  
Sun 3 Sutra 305  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

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

**4**

**Friday, February 14, 2020**

Tula Rasi: 8.28 Tithi 21 – 22  
Creative Work Siddha Yoga

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

**Gulika** 9:12AM – 10:26AM  
Yama 3:21PM – 4:35PM  
**Rahu** 11:40AM – 12:54PM

**Svati Until 1:23AM Sat**  
Ganda\* Until 12:20PM  
Visti Until 12:54AM Sat  
**Shashthi\* Until 1:53PM**

**Ganesha:** White *Sunrise: 7:58AM*  
**Muruqa:** Clear *Sunset: 5:49PM*  
**Nataraja:** Clear  
Moon – Green

Lelystad, Netherlands  
Sun 4 Sutra 306  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

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

**D**

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

Tula Rasi: 22.36 Tithi 22 – 23  
Creative Work Siddha Yoga  
Until 12:39AM Sun  
Then Routine Work - Marana Yoga

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

**Gulika** 7:56AM – 9:10AM  
Yama 2:08PM – 3:22PM  
**Rahu** 10:25AM – 11:39AM

**Vishakha Until 12:39AM Sun**  
Vriddhi Until 9:35AM  
Balava Until 11:19PM  
**Saptami Until 12:01PM**

**Ganesha:** Clear *Sunrise: 7:56AM*  
**Muruqa:** Clear *Sunset: 5:51PM*  
**Nataraja:** Clear  
Moon – Orange

Lelystad, Netherlands  
Sun 5 Sutra 307  
Vikarin 5121  
Moon 2 - Phase 42  
Ashtami

**Devaloka Day**

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

Vrischika Rasi: 6.22 Tithi 23 – 24  
Routine Work Marana Yoga  
Until 12:23AM Mon  
Then Creative Work - Siddha Yoga

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

**Gulika** 3:23PM – 4:38PM  
Yama 12:54PM – 2:08PM  
**Rahu** 4:38PM – 5:53PM

**Anuradha Until 12:23AM Mon**  
Dhruva Until 7:17AM  
Taitila Until 10:22PM  
**Ashtami\* Until 10:44AM**

**Ganesha:** Clear *Sunrise: 7:54AM*  
**Muruqa:** Clear *Sunset: 5:53PM*  
**Nataraja:** Clear  
Moon – Orange

Lelystad, Netherlands  
Sun 6 Sutra 308  
Vikarin 5121  
Moon 2 - Phase 42  
Navami

**Devaloka Day**

|                                  |   |  |   |   |  |
|----------------------------------|---|--|---|---|--|
| <b>Monday, February 17, 2020</b> |   | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Jyeshtha* Nakshatra Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau |   | Lelystad, Netherlands<br>Sun 7 Sutra 309<br>Vikarin 5121  |  |
| <b>1</b>                         | Vrischika Rasi: 19.46 Tithi 24 – 25<br><b>Family Home Evening</b><br>Creative Work Siddha Yoga<br>Until 12:33AM Tue<br>Then Creative Work - Amrita Yoga | <b>Gulika</b> 2:09PM – 3:24PM<br>Yama 11:38AM – 12:53PM<br><b>Rahu</b> 9:07AM – 10:23AM  | <b>Jyeshtha* Until 12:33AM Tue</b><br>Harshana Until 4:12AM Tue<br>Vanija Until 10:01PM<br><b>Navami* Until 10:06AM</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – Orange<br><b>Magha-Masi</b> | Sunrise: 7:52AM<br>Sunset: 5:55PM<br>Moon 2 - Phase 43<br>2nd Phase<br><b>Devaloka Day</b> |

|                                   |   |  |  |  |  |
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| <b>Tuesday, February 18, 2020</b> |   | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Mula* Nakshatra Vajra* Yoga Vistil*/Bava Karana Dashami/Ekadashyam Titau |  | Lelystad, Netherlands<br>Sun 8 Sutra 310<br>Vikarin 5121   |  |
| <b>2</b>                          | Dhanus Rasi: 2.5 Tithi 25 – 26<br>Creative Work Amrita Yoga | <b>Gulika</b> 12:53PM – 2:09PM<br>Yama 10:22AM – 11:38AM<br><b>Rahu</b> 3:25PM – 4:41PM  | <b>Mula* Until 1:36AM Wed</b><br>Vajra* Until 3:19AM Wed<br>Bava Until 10:16PM<br><b>Dashami Until 10:03AM</b> | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – Light Blue<br><b>Magha-Masi</b> | Sunrise: 7:50AM<br>Sunset: 5:57PM<br>Moon 2 - Phase 43<br>2nd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

|                                     |  |  |  |  |  |
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| <b>Wednesday, February 19, 2020</b> |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Purvashadha* Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |  | Lelystad, Netherlands<br>Sun 9 Sutra 311<br>Vikarin 5121   |  |
| <b>3</b>                            | Dhanus Rasi: 15.39 Tithi 26 – 27<br>Creative Work Amrita Yoga<br>Until 2:58AM Thu<br>Then Routine Work - Marana Yoga | <b>Gulika</b> 11:37AM – 12:53PM<br>Yama 9:04AM – 10:21AM<br><b>Rahu</b> 12:53PM – 2:10PM   | <b>Purvashadha* Until 2:58AM Thu</b><br>Siddhi Until 2:49AM Thu<br>Kaulava Until 11:01PM<br><b>Ekadashi* Until 10:34AM</b> | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – Light Blue<br><b>Magha-Masi</b> | Sunrise: 7:48AM<br>Sunset: 5:59PM<br>Moon 2 - Phase 43<br>2nd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

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| <b>Thursday, February 20, 2020</b> |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Uttarashadha Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau |   | Lelystad, Netherlands<br>Sun 10 Sutra 312<br>Vikarin 5121  |  |
| <b>4</b>                           | Dhanus Rasi: 28.14 Tithi 27 – 28<br>Routine Work Marana Yoga | <b>Gulika</b> 10:20AM – 11:36AM<br>Yama 7:46AM – 9:03AM<br><b>Rahu</b> 2:10PM – 3:27PM  | <b>Uttarashadha Until 4:35AM Fri</b><br>Vyatipata* Until 2:40AM Fri<br>Gara Until 12:12AM Fri<br><b>Dvadashi* Until 11:32AM</b> | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – Light Blue<br><b>Magha-Masi</b> | Sunrise: 7:46AM<br>Sunset: 6:00PM<br>Moon 2 - Phase 43<br>2nd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

*Pradosha Vrata (Fasting)*

|                                  |  |   |  |  |  |
|----------------------------------|--|---|--|--|--|
| <b>Friday, February 21, 2020</b> |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Shravana Nakshatra Varyan Yoga Vanija/Vistil* Karana Trayodashi/Chaturdashyam Titau |  | Lelystad, Netherlands<br>Sun 11 Sutra 313<br>Vikarin 5121  |  |
| <b>5</b>                         | Makara Rasi: 10.38 Tithi 28 – 29<br>Routine Work Marana Yoga<br>Until 6:52AM Sat<br>Then Creative Work - Siddha Yoga | <b>Gulika</b> 9:01AM – 10:19AM<br>Yama 3:28PM – 4:45PM<br><b>Rahu</b> 11:36AM – 12:53PM   | <b>Shravana Until 6:52AM Sat</b><br>Varyan Until 2:45AM Sat<br>Vistil Until 1:45AM Sat<br><b>Trayodashi* Until 12:55PM</b> | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – Purple<br><b>Magha-Masi</b> | Sunrise: 7:44AM<br>Sunset: 6:02PM<br>Moon 2 - Phase 43<br>2nd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

|                                    |   |   |   |  |   |
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| <b>Saturday, February 22, 2020</b> |   | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |   | Lelystad, Netherlands<br>Sun 12 Sutra 314<br>Vikarin 5121  |   |
| <b>Retreat Star</b>                | Makara Rasi: 22.53 Tithi 29 – 30<br>Creative Work Siddha Yoga | <b>Gulika</b> 7:42AM – 9:00AM<br>Yama 2:11PM – 3:29PM<br><b>Rahu</b> 10:17AM – 11:35AM  | <b>Shravana Until 6:52AM</b><br>Parigha* Until 3:04AM Sun<br>Catuspada Until 3:36AM Sun<br><b>Chaturdashi* Until 2:37PM</b> | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – Purple<br><b>Magha-Masi</b> | Sunrise: 7:42AM<br>Sunset: 6:04PM<br>Moon 2 - Phase 43<br>Amavasya<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

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| <b>Sunday, February 23, 2020</b> |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |   | Lelystad, Netherlands<br>Sun 13 Sutra 315<br>Vikarin 5121  |   |
| <b>Retreat Star</b>              | Kumbha Rasi: 5.01 Tithi 30 – 1<br>Routine Work Marana Yoga<br>Until 9:16AM<br>Then Creative Work - Siddha Yoga | <b>Gulika</b> 3:29PM – 4:48PM<br>Yama 12:53PM – 2:11PM<br><b>Rahu</b> 4:48PM – 6:06PM   | <b>Dhanishtha Until 9:16AM</b><br>Shiva Until 3:36AM Mon<br>Kintughna Until 5:42AM Mon<br><b>Amavasya* Until 4:36PM</b> | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – Purple<br><b>Phalgun-Masi</b> | Sunrise: 7:40AM<br>Sunset: 6:06PM<br>Moon 2 - Phase 43<br>Prathama<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

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

All times are standard time

www.gurudeva.org/panchang

|                                  |  |   |   |  |   |  |
|----------------------------------|--|---|---|--|---|--|
| <b>Monday, February 24, 2020</b> |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Shatabhishak/Purvaprosnthapada* Nakshatra Siddha Yoga Bava Karana Prathamayam Titau |   |  | Lelystad, Netherlands<br>Sun 14 Sutra 316   |  |
| <b>1</b>                         | Kumbha Rasi: 17.03<br>Family Home Evening<br>Creative Work Siddha Yoga<br>Until 11:43AM<br>Then Routine Work - Marana Yoga | Tithi 1<br>999823467  | <b>Gulika</b> 2:12PM – 3:30PM<br>Yama 11:34AM – 12:53PM<br><b>Rahu</b> 8:56AM – 10:15AM | <b>Shatabhishak</b> Until 11:43AM<br>Siddha Until 4:15AM Tue<br>Bava Until 6:48PM<br><b>Prathama*</b> Until 6:48PM | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – Purple | <b>Sunrise:</b> 7:38AM<br><b>Sunset:</b> 6:08PM<br>Moon 2 - Phase 44<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

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| <b>Tuesday, February 25, 2020</b> |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvaprosnthapada*/Uttaraprosnthapada Nakshatra Sadhya Yoga Balava/Kaulava Karana Dvilyayam Titau |   |   | Lelystad, Netherlands<br>Sun 15 Sutra 317  |  |
| <b>2</b>                          | Kumbha Rasi: 29.01<br>Routine Work Marana Yoga<br>Until 2:41PM<br>Then Creative Work - Amrita Yoga | Tithi 2<br>919823467   | <b>Gulika</b> 12:53PM – 2:12PM<br>Yama 10:14AM – 11:33AM<br><b>Rahu</b> 3:31PM – 4:50PM | <b>Purvaprosnthapada*</b> Until 2:41PM<br>Sadhya Until 5:02AM Wed<br>Balava Until 8:00AM<br><b>Dvitiya</b> Until 9:11PM | <b>Ganesha:</b> Orange<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – Clear | <b>Sunrise:</b> 7:35AM<br><b>Sunset:</b> 6:10PM<br>Moon 2 - Phase 44<br>3rd Phase<br><b>Devaloka Day</b> |

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| <b>Wednesday, February 26, 2020</b> |   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttaraprosnthapada/Revati Nakshatra Subha Yoga Tailila/Gara Karana Tritiyayam Titau |  |   | Lelystad, Netherlands<br>Sun 16 Sutra 318  |  |
| <b>3</b>                            | Meena Rasi: 10.55<br>Creative Work Siddha Yoga<br>Until 5:36PM<br>Then Routine Work - Marana Yoga | Tithi 3<br>919823467   | <b>Gulika</b> 11:33AM – 12:52PM<br>Yama 8:53AM – 10:13AM<br><b>Rahu</b> 12:52PM – 2:12PM | <b>Uttaraprosnthapada</b> Until 5:36PM<br>Subha Until 5:55AM Thu<br>Tailila Until 10:27AM<br><b>Tritiya</b> Until 11:41PM | <b>Ganesha:</b> Orange<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – Clear | <b>Sunrise:</b> 7:33AM<br><b>Sunset:</b> 6:12PM<br>Moon 2 - Phase 44<br>3rd Phase<br><b>Devaloka Day</b> |

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| <b>Thursday, February 27, 2020</b> |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Revati Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau |  |  | Lelystad, Netherlands<br>Sun 17 Sutra 319  |  |
| <b>4</b>                           | Meena Rasi: 22.47<br>Creative Work Siddha Yoga<br>Until 8:25PM<br>Then Creative Work - Amrita Yoga | Tithi 4<br>919823467   | <b>Gulika</b> 10:12AM – 11:32AM<br>Yama 7:31AM – 8:51AM<br><b>Rahu</b> 2:13PM – 3:33PM | <b>Revati</b> Until 8:25PM<br>Sukla Until 6:45AM Fri<br>Vanija Until 12:58PM<br><b>Chaturthi*</b> Until 2:12AM Fri | <b>Ganesha:</b> Orange<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – Clear | <b>Sunrise:</b> 7:31AM<br><b>Sunset:</b> 6:13PM<br>Moon 2 - Phase 44<br>3rd Phase<br><b>Devaloka Day</b> |

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| <b>Friday, February 28, 2020</b> |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau |   |   | Lelystad, Netherlands<br>Sun 18 Sutra 320  |  |
| <b>5</b>                         | Mesha Rasi: 4.39<br>Creative Work Amrita Yoga<br>Until 11:29PM<br>Then Creative Work - Siddha Yoga | Tithi 5<br>921823467   | <b>Gulika</b> 8:50AM – 10:10AM<br>Yama 3:34PM – 4:54PM<br><b>Rahu</b> 11:31AM – 12:52PM | <b>Ashvini</b> Until 11:29PM<br>Sukla Until 6:45AM<br>Bava Until 3:27PM<br><b>Panchami</b> Until 4:37AM Sat | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – White | <b>Sunrise:</b> 7:29AM<br><b>Sunset:</b> 6:15PM<br>Moon 2 - Phase 44<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

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| <b>Saturday, February 29, 2020</b> |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Bharani Nakshatra Brahma/Indra Yoga Kaulava/Tailila Karana Shashthyam Titau |  |   | Lelystad, Netherlands<br>Sun 19 Sutra 321  |  |
| <b>6</b>                           | Mesha Rasi: 16.34<br>Creative Work Siddha Yoga | Tithi 6<br>921823467   | <b>Gulika</b> 7:27AM – 8:48AM<br>Yama 2:13PM – 3:34PM<br><b>Rahu</b> 10:09AM – 11:31AM | <b>Bharani</b> Until 2:10AM Sun<br>Brahma Until 7:31AM<br>Kaulava Until 5:45PM<br><b>Shashthi*</b> Until 6:45AM Sun | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Clear<br>Moon – White | <b>Sunrise:</b> 7:27AM<br><b>Sunset:</b> 6:17PM<br>Moon 2 - Phase 44<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

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| <b>Sunday, March 1, 2020</b> |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Krittika Nakshatra Indra/Vaidhriti* Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau |   |  | Lelystad, Netherlands<br>Sun 20 Sutra 322   |  |
| <b>Retreat Star</b>          |  |  | <b>Gulika</b> 3:36PM – 4:58PM<br>Yama 12:51PM – 2:14PM<br><b>Rahu</b> 4:58PM – 6:21PM | <b>Krittika</b> Until 4:16AM Mon<br>Indra Until 8:05AM<br>Gara Until 7:41PM<br><b>Shashthi*</b> Until 6:45AM | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Orange<br><b>Nataraja:</b> Clear<br>Moon – White | <b>Sunrise:</b> 7:22AM<br><b>Sunset:</b> 6:21PM<br>Moon 2 - Phase 44<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

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|------------------------------|--|---|---|--|---|--|
| <b>Monday, March 2, 2020</b> |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |   |  | Lelystad, Netherlands<br>Sun 21 Sutra 323   |  |
| <b>Retreat Star</b>          |  |   | <b>Gulika</b> 2:14PM – 3:37PM<br>Yama 11:28AM – 12:51PM<br><b>Rahu</b> 8:43AM – 10:06AM | <b>Rohini</b> Until 6:04AM Tue<br>Vaidhriti* Until 8:14AM<br>Visti Until 9:01PM<br><b>Saptami</b> Until 8:25AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Orange<br><b>Nataraja:</b> Clear<br>Moon – Yellow | <b>Sunrise:</b> 7:20AM<br><b>Sunset:</b> 6:23PM<br>Moon 2 - Phase 44<br>Ashtami<br><b>Devaloka Day</b> |

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| <b>Tuesday, March 3, 2020</b> |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau |   |   | Lelystad, Netherlands<br>Sun 22 Sutra 324   |   |
| <b>Retreat Star</b>           |  |   | <b>Gulika</b> 12:51PM – 2:14PM<br>Yama 10:04AM – 11:28AM<br><b>Rahu</b> 3:38PM – 5:01PM | <b>Rohini</b> Until 6:04AM<br>Vishkambha* Until 7:54AM<br>Balava Until 9:36PM<br><b>Ashtami*</b> Until 9:23AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Orange<br><b>Nataraja:</b> Clear<br>Moon – Yellow | <b>Sunrise:</b> 7:18AM<br><b>Sunset:</b> 6:24PM<br>Moon 2 - Phase 44<br>Navami<br><b>Devaloka Day</b> |

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

|                    |                              |                                 |                                |   |                        |   |  |
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| <b>1</b>           |                              | <b>Wednesday, March 4, 2020</b> |                                | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |                        | Lelystad, Netherlands<br>Sun 23 Sutra 325 |  |
| Mithuna Rasi: 6.09 | Tithi 9 – 10                 | <b>Gulika</b> 11:27AM – 12:51PM | <b>Mrigashira</b> Until 6:55AM | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 7:16AM | Vikarin 5121                              |  |
|                    |                              | Yama 8:39AM – 10:03AM           | Priti Until 6:57AM             | <b>Muruqa:</b> Orange   | <i>Sunset:</i> 6:26PM  | Moon 2 - Phase 45                         |  |
| 931833467          | <b>Rahu</b> 12:51PM – 2:15PM |                                 | Taitila Until 9:19PM           | <b>Nataraja:</b> Clear  |                        | 4th Phase                                 |  |
| Creative Work      | Siddha Yoga                  |                                 | <b>Navami*</b> Until 9:33AM    | Moon – Yellow   |                        | <b>Devaloka Day</b>                       |  |
|                    |                              |                                 |                                | <b>Phalguna-Masi</b>  |                        |   |  |

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| <b>2</b>                         |                             | <b>Thursday, March 5, 2020</b>  |                             | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |                        | Lelystad, Netherlands<br>Sun 24 Sutra 326 |  |
| Mithuna Rasi: 19.28              | Tithi 10 – 11               | <b>Gulika</b> 10:02AM – 11:26AM | <b>Ardra</b> Until 6:47AM   | <b>Ganesha:</b> Red  | <i>Sunrise:</i> 7:13AM | Vikarin 5121                              |  |
|                                  |                             | Yama 7:13AM – 8:38AM            | Saubhagya Until 2:58AM Fri  | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:28PM  | Moon 2 - Phase 45                         |  |
| 131833467                        | <b>Rahu</b> 2:15PM – 3:39PM |                                 | Vanija Until 8:09PM         | <b>Nataraja:</b> Clear   |                        | 4th Phase                                 |  |
| Routine Work                     | Marana Yoga                 |                                 | <b>Dashami</b> Until 8:49AM | Moon – Yellow  |                        | <b>Devaloka Day</b>                       |  |
| Until 6:47AM                     |                             |                                 |                             | <b>Phalguna-Masi</b>   |                        |   |  |
| Then Creative Work - Amrita Yoga |                             |                                 |                             |  |                        |   |  |

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| <b>3</b>                        |                               | <b>Friday, March 6, 2020</b>   |                               | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau |                        | Lelystad, Netherlands<br>Sun 25 Sutra 327 |  |
| Kataka Rasi: 3.16               | Tithi 11 – 12                 | <b>Gulika</b> 8:36AM – 10:01AM | <b>Punarvasu</b> Until 6:05AM | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 7:11AM | Vikarin 5121                              |  |
|                                 |                               | Yama 3:40PM – 5:05PM           | Sobhana Until 12:00AM Sat     | <b>Muruqa:</b> Orange   | <i>Sunset:</i> 6:30PM  | Moon 2 - Phase 45                         |  |
| 141833467                       | <b>Rahu</b> 11:26AM – 12:50PM |                                | Bava Until 6:10PM             | <b>Nataraja:</b> Clear  |                        | 4th Phase                                 |  |
| Creative Work                   | Siddha Yoga                   |                                | <b>Ekadashi</b> Until 7:14AM  | Moon – Blue   |                        | <b>Bhuloka Day</b>                        |  |
| Until 6:05AM                    |                               |                                |                               | <b>Phalguna-Masi</b>  |                        | <b>Devaloka Time: 3:PM to 6:PM</b>        |  |
| Then Routine Work - Marana Yoga |                               |                                |                               |   |                        |   |  |

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| <b>4</b>           |                              | <b>Saturday, March 7, 2020</b> |                                    | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashlesha* Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau |                        | Lelystad, Netherlands<br>Sun 26 Sutra 328 |  |
| Kataka Rasi: 17.34 | Tithi 13                     | <b>Gulika</b> 7:09AM – 8:34AM  | <b>Ashlesha*</b> Until 2:07AM Sun  | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 7:09AM | Vikarin 5121                              |  |
|                    |                              | Yama 2:15PM – 3:41PM           | Athiganda* Until 8:29PM            | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:32PM  | Moon 2 - Phase 45                         |  |
| 141833467          | <b>Rahu</b> 9:59AM – 11:25AM |                                | Kaulava Until 3:29PM               | <b>Nataraja:</b> Clear   |                        | 4th Phase                                 |  |
| Routine Work       | Marana Yoga                  |                                | <b>Trayodashi</b> Until 1:54AM Sun | Moon – Blue  |                        | <b>Bhuloka Day</b>                        |  |
|                    |                              |                                |                                    | <b>Phalguna-Masi</b>   |                        | <b>Devaloka Time: 3:PM to 6:PM</b>        |  |
|                    |                              |                                |                                    |  |                        |   |  |

*Pradosha Vrata*

|                                  |                             |                               |                                   |  |                        |   |  |
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| <b>5</b>                         |                             | <b>Sunday, March 8, 2020</b>  |                                   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Magha* Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau |                        | Lelystad, Netherlands<br>Sun 27 Sutra 329 |  |
| Simha Rasi: 2.19                 | Tithi 14                    | <b>Gulika</b> 3:42PM – 5:07PM | <b>Magha*</b> Until 11:33PM       | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 7:06AM | Vikarin 5121                              |  |
|                                  |                             | Yama 12:50PM – 2:16PM         | Sukarma Until 4:34PM              | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:33PM  | Moon 2 - Phase 45                         |  |
| 151833467                        | <b>Rahu</b> 5:07PM – 6:33PM |                               | Gara Until 12:15PM                | <b>Nataraja:</b> Clear   |                        | 4th Phase                                 |  |
| Routine Work                     | Marana Yoga                 |                               | <b>Chaturdashi*</b> Until 10:27PM | Moon – Red   |                        | <b>Devaloka Day</b>                       |  |
| Until 11:33PM                    |                             | <b>Chidambaram Abhishekam</b> |                                   | <b>Phalguna-Masi</b>   |                        |   |  |
| Then Creative Work - Siddha Yoga |                             |                               |                                   |  |                        |   |  |

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| <b>○</b>                   |             | <b>Monday, March 9, 2020</b>  |                                   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau |                        | Lelystad, Netherlands<br>Sutra 330 |  |
| <b>Copper Retreat Star</b> |             | <b>Gulika</b> 2:16PM – 3:42PM | <b>Purvaphalguni</b> Until 8:34PM | <b>Ganesha:</b> White  | <i>Sunrise:</i> 7:04AM | Vikarin 5121                       |  |
| Simha Rasi: 17.24          | Tithi 15    | Yama 11:23AM – 12:50PM        | Dhriti Until 12:23PM              | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:35PM  | Moon 2 - Phase 45                  |  |
| <b>Family Home Evening</b> | 152833467   | <b>Rahu</b> 8:30AM – 9:57AM   | Visti Until 8:38AM                | <b>Nataraja:</b> Clear   |                        | Purnima                            |  |
| Creative Work              | Siddha Yoga |                               | <b>Purnima*</b> Until 6:43PM      | Moon – Red   |                        | <b>Sivaloka Day</b>                |  |
|                            |             | <b>Holi</b>                   |                                   | <b>Phalguna-Masi</b>   |                        |                                    |  |

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| <b>○</b>                         |                             | <b>Tuesday, March 10, 2020</b> |                                    | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau |                        | Lelystad, Netherlands<br>Sutra 331 |  |
| <b>Silver Retreat Star</b>       |                             | <b>Gulika</b> 12:49PM – 2:16PM | <b>Uttaraphalguni</b> Until 5:22PM | <b>Ganesha:</b> White   | <i>Sunrise:</i> 7:02AM | Vikarin 5121                       |  |
| Kanya Rasi: 2.4                  | Tithi 16 – 17               | Yama 9:56AM – 11:22AM          | Shula* Until 8:01AM                | <b>Muruqa:</b> Orange   | <i>Sunset:</i> 6:37PM  | Moon 2 - Phase 45                  |  |
| 152833467                        | <b>Rahu</b> 3:43PM – 5:10PM |                                | Taitila Until 12:59AM Wed          | <b>Nataraja:</b> Clear  |                        | Prathama                           |  |
| Creative Work                    | Amrita Yoga                 |                                | <b>Prathama*</b> Until 2:53PM      | Moon – Red  |                        | <b>Sivaloka Day</b>                |  |
| Until 5:22PM                     |                             |                                |                                    | <b>Phalguna-Masi</b>  |                        |                                    |  |
| Then Creative Work - Siddha Yoga |                             |                                |                                    |   |                        |                                    |  |



Wednesday, March 11, 2020

Gold Retreat Star

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

Lelystad, Netherlands

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 17.56 Tithi 17 - 18

162833467

**Gulika** 11:22AM - 12:49PM  
Yama 8:27AM - 9:54AM  
**Rahu** 12:49PM - 2:16PM

**Hasta** Until 2:31PM  
Vriddhi Until 11:31PM  
Vanija Until 9:18PM  
**Dvitiya** Until 11:06AM

**Ganesha:** Clear *Sunrise: 6:59AM*  
**Muruqa:** Orange *Sunset: 6:39PM*  
**Nataraja:** Clear  
Moon - Green

**Devaloka Day**

Routine Work Marana Yoga

Until 2:31PM

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/Balava Karana Tritiya/Chaturthyam Titau

Lelystad, Netherlands

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 3.02 Tithi 18 - 19

162833467

**Gulika** 9:53AM - 11:21AM  
Yama 6:57AM - 8:25AM  
**Rahu** 2:17PM - 3:45PM

**Chitra** Until 11:49AM  
Dhruva Until 7:36PM  
Balava Until 4:25AM Fri  
**Tritiya** Until 7:33AM

**Ganesha:** Clear *Sunrise: 6:57AM*  
**Muruqa:** Orange *Sunset: 6:40PM*  
**Nataraja:** Clear  
Moon - Green

**Devaloka Day**

Creative Work Siddha Yoga

Until 11:49AM

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/Harshana Yoga Kaulava/Taitila Karana Panchamyam Titau

Lelystad, Netherlands

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 17.5 Tithi 20

162833467

**Gulika** 8:23AM - 9:52AM  
Yama 3:45PM - 5:14PM  
**Rahu** 11:20AM - 12:49PM

**Svati** Until 9:24AM  
Vyaghata\* Until 4:06PM  
Kaulava Until 3:04PM  
**Panchami** Until 1:50AM Sat

**Ganesha:** Clear *Sunrise: 6:55AM*  
**Muruqa:** Orange *Sunset: 6:42PM*  
**Nataraja:** Clear  
Moon - Green

**Devaloka Day**

Creative Work Siddha Yoga

3

Saturday, March 14, 2020

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

Lelystad, Netherlands

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 2.14 Tithi 21

172833467

**Gulika** 6:53AM - 8:21AM  
Yama 2:17PM - 3:46PM  
**Rahu** 9:50AM - 11:19AM

**Vishakha** Until 7:51AM  
Harshana Until 1:08PM  
Gara Until 12:49PM  
**Shashthi\*** Until 11:56PM

**Ganesha:** Purple *Sunrise: 6:53AM*  
**Muruqa:** Orange *Sunset: 6:44PM*  
**Nataraja:** Clear  
Moon - Orange

**Sivaloka Day**

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

4

Sunday, March 15, 2020

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

Lelystad, Netherlands

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 16.1 Tithi 22

172833468

**Gulika** 3:47PM - 5:16PM  
Yama 12:48PM - 2:17PM  
**Rahu** 5:16PM - 6:46PM

**Anuradha** Until 6:52AM  
Vajra\* Until 10:44AM  
Visti Until 11:17AM  
**Saptami** Until 10:48PM

**Ganesha:** Purple *Sunrise: 6:50AM*  
**Muruqa:** Orange *Sunset: 6:46PM*  
**Nataraja:** Purple  
Moon - Orange

**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

Lelystad, Netherlands

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Vrischika Rasi: 29.37 Tithi 23

172933468

**Gulika** 2:18PM - 3:48PM  
Yama 11:18AM - 12:48PM  
**Rahu** 8:18AM - 9:48AM

**Jyeshtha\*** Until 6:31AM  
Siddhi Until 8:58AM  
Balava Until 10:33AM  
**Ashtami\*** Until 10:28PM

**Ganesha:** Clear *Sunrise: 6:48AM*  
**Muruqa:** Orange *Sunset: 6:47PM*  
**Nataraja:** Purple  
Moon - Orange

**Sivaloka Day**

Creative Work Siddha Yoga

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

Lelystad, Netherlands

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanu Rasi: 12.4 Tithi 24

182933468

**Gulika** 12:47PM - 2:18PM  
Yama 9:46AM - 11:17AM  
**Rahu** 3:48PM - 5:19PM

**Mula\*** Until 7:13AM  
Vyatipata\* Until 7:50AM  
Taitila Until 10:36AM  
**Navami\*** Until 10:52PM

**Ganesha:** Purple *Sunrise: 6:46AM*  
**Muruqa:** Orange *Sunset: 6:49PM*  
**Nataraja:** Purple  
Moon - Light Blue

**Devaloka Day**

Creative Work Amrita Yoga

Until 7:13AM

Then Creative Work - Siddha Yoga

|               |                                  |                              |  |                                  |                        |                        |  |  |
|---------------|----------------------------------|------------------------------|--|----------------------------------|------------------------|------------------------|--|--|
| <b>1</b>      | <b>Wednesday, March 18, 2020</b> |                              | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam<br>Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau |                                  |                        |                        | Lelystad, Netherlands<br>Sun 8 Sutra 339 |  |
|               | Dhanus Rasi: 25.22               | Tithi 25                     | <b>Gulika</b> 11:16AM – 12:47PM  | <b>Purvashadha* Until 8:29AM</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 6:43AM | Vikarin 5121                             |  |
|               |                                  |                              | Yama 8:14AM – 9:45AM   | Variyan Until 7:14AM             | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:51PM  | Moon 3 - Phase 47                        |  |
|               | 182933468                        | <b>Rahu</b> 12:47PM – 2:18PM | Vaniya Until 11:21AM   | <b>Nataraja:</b> Purple          |                        |                        | 2nd Phase                                |  |
| Creative Work | Amrita Yoga                      |                              | <b>Dashami Until 11:57PM</b>   | Moon – Light Blue                |                        | <b>Devaloka Day</b>    |  |  |
|               |                                  |                              |  | <b>Phalguna-Panguni</b>          |                        |                        |  |  |

|                                  |                                 |                             |   |                                   |                        |                        |  |  |
|----------------------------------|---------------------------------|-----------------------------|---|-----------------------------------|------------------------|------------------------|--|--|
| <b>2</b>                         | <b>Thursday, March 19, 2020</b> |                             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau |                                   |                        |                        | Lelystad, Netherlands<br>Sun 9 Sutra 340 |  |
|                                  | Makara Rasi: 7.46               | Tithi 26                    | <b>Gulika</b> 9:44AM – 11:15AM  | <b>Uttarashadha Until 10:10AM</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 6:41AM | Vikarin 5121                             |  |
|                                  |                                 |                             | Yama 6:41AM – 8:12AM  | Parigha* Until 7:07AM             | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:53PM  | Moon 3 - Phase 47                        |  |
|                                  | 182933468                       | <b>Rahu</b> 2:18PM – 3:50PM | Bava Until 12:42PM  | <b>Nataraja:</b> Purple           |                        |                        | 2nd Phase                                |  |
| Routine Work                     | Marana Yoga                     |                             | <b>Ekadashi* Until 1:32AM Fri</b>   | Moon – Light Blue                 |                        | <b>Devaloka Day</b>    |  |  |
| Until 10:10AM                    |                                 |                             |   | <b>Phalguna-Panguni</b>           |                        |                        |  |  |
| Then Creative Work - Siddha Yoga |                                 |                             |   |                                   |                        |                        |  |  |

|                                  |                               |                               |  |                               |                       |                        |   |  |
|----------------------------------|-------------------------------|-------------------------------|--|-------------------------------|-----------------------|------------------------|---|--|
| <b>3</b>                         | <b>Friday, March 20, 2020</b> |                               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau |                               |                       |                        | Lelystad, Netherlands<br>Sun 10 Sutra 341 |  |
|                                  | Makara Rasi: 19.59            | Tithi 27                      | <b>Gulika</b> 8:10AM – 9:42AM  | <b>Shravana Until 12:37PM</b> | <b>Ganesha:</b> Clear | <i>Sunrise:</i> 6:38AM | Vikarin 5121                              |  |
|                                  |                               |                               | Yama 3:50PM – 5:22PM   | Shiva Until 7:23AM            | <b>Muruqa:</b> Orange | <i>Sunset:</i> 6:54PM  | Moon 3 - Phase 47                         |  |
|                                  | 192933468                     | <b>Rahu</b> 11:14AM – 12:46PM | Kaulava Until 2:30PM   | <b>Nataraja:</b> Purple       |                       |                        | 2nd Phase                                 |  |
| Routine Work                     | Marana Yoga                   |                               | <b>Dvadashi* Until 3:29AM Sat</b>  | Moon – Purple                 |                       | <b>Sivaloka Day</b>    |   |  |
| Until 12:37PM                    |                               |                               |  | <b>Phalguna-Panguni</b>       |                       |                        |   |  |
| Then Creative Work - Siddha Yoga |                               |                               |  |                               |                       |                        |   |  |

|                                  |                                 |                              |   |                                 |                       |                        |   |  |
|----------------------------------|---------------------------------|------------------------------|---|---------------------------------|-----------------------|------------------------|---|--|
| <b>4</b>                         | <b>Saturday, March 21, 2020</b> |                              | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau |                                 |                       |                        | Lelystad, Netherlands<br>Sun 11 Sutra 342 |  |
|                                  | Kumbha Rasi: 2.03               | Tithi 28                     | <b>Gulika</b> 6:36AM – 8:09AM   | <b>Dhanishtha Until 3:12PM</b>  | <b>Ganesha:</b> Clear | <i>Sunrise:</i> 6:36AM | Vikarin 5121                              |  |
|                                  |                                 |                              | Yama 2:19PM – 3:51PM  | Siddha Until 7:53AM             | <b>Muruqa:</b> Orange | <i>Sunset:</i> 6:56PM  | Moon 3 - Phase 47                         |  |
|                                  | 192933468                       | <b>Rahu</b> 9:41AM – 11:14AM | Gara Until 4:36PM   | <b>Nataraja:</b> Purple         |                       |                        | 2nd Phase                                 |  |
| Creative Work                    | Siddha Yoga                     |                              | <b>Trayodashi* Until 5:42AM Sun</b>   | Moon – Purple                   |                       | <b>Sivaloka Day</b>    |   |  |
| Until 3:12PM                     |                                 |                              |   | <b>Phalguna-Panguni</b>         |                       |                        |   |  |
| Then Creative Work - Amrita Yoga |                                 |                              |   | <i>Pradosha Vrata (Fasting)</i> |                       |                        |   |  |

|               |                               |                             |   |                                  |                       |                        |   |  |
|---------------|-------------------------------|-----------------------------|---|----------------------------------|-----------------------|------------------------|---|--|
| <b>5</b>      | <b>Sunday, March 22, 2020</b> |                             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Shatabhishak/Purvashrothapada* Nakshatra Sadhya/Subha Yoga Visti* Karana Chaturdashyam Titau |                                  |                       |                        | Lelystad, Netherlands<br>Sun 12 Sutra 343 |  |
|               | Kumbha Rasi: 14.02            | Tithi 29                    | <b>Gulika</b> 3:52PM – 5:25PM   | <b>Shatabhishak Until 5:48PM</b> | <b>Ganesha:</b> Clear | <i>Sunrise:</i> 6:34AM | Vikarin 5121                              |  |
|               |                               |                             | Yama 12:46PM – 2:19PM   | Sadhya Until 8:34AM              | <b>Muruqa:</b> Orange | <i>Sunset:</i> 6:58PM  | Moon 3 - Phase 47                         |  |
|               | 192933468                     | <b>Rahu</b> 5:25PM – 6:58PM | Visti Until 6:53PM  | <b>Nataraja:</b> Purple          |                       |                        | 2nd Phase                                 |  |
| Creative Work | Siddha Yoga                   |                             | <b>Chaturdashi* Until 8:03AM Mon</b>  | Moon – Purple                    |                       | <b>Sivaloka Day</b>    |   |  |
|               |                               |                             |   | <b>Phalguna-Panguni</b>          |                       |                        |   |  |

|                                  |                            |               |  |                                       |                         |                        |   |          |
|----------------------------------|----------------------------|---------------|--|---------------------------------------|-------------------------|------------------------|---|----------|
| <b>Monday, March 23, 2020</b>    | <b>Retreat Star</b>        |               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam<br>Purvashrothapada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |                                       |                         |                        | Lelystad, Netherlands<br>Sun 13 Sutra 344 |          |
|                                  | Kumbha Rasi: 25.58         | Tithi 29 – 30 | <b>Gulika</b> 2:19PM – 3:53PM  | <b>Purvashrothapada* Until 8:51PM</b> | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 6:31AM | Vikarin 5121                              |          |
|                                  | <b>Family Home Evening</b> | 113933468     | Yama 11:12AM – 12:46PM   | Subha Until 9:22AM                    | <b>Muruqa:</b> Orange   | <i>Sunset:</i> 7:00PM  | Moon 3 - Phase 47                         |          |
|                                  | Routine Work               | Marana Yoga   | <b>Rahu</b> 8:05AM – 9:39AM  | Catuspada Until 9:17PM                | <b>Nataraja:</b> Purple |                        |   | Amavasya |
| Until 8:51PM                     |                            |               | <b>Chaturdashi* Until 8:03AM</b>   | Moon – Clear                          |                         | <b>Sivaloka Day</b>    |   |          |
| Then Creative Work - Siddha Yoga |                            |               |  | <b>Phalguna-Panguni</b>               |                         |                        |   |          |

|                                  |                     |                             |   |  |                        |                        |   |  |
|----------------------------------|---------------------|-----------------------------|---|--|------------------------|------------------------|---|--|
| <b>Tuesday, March 24, 2020</b>   | <b>Retreat Star</b> |                             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttarashrothapada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |  |                        |                        | Lelystad, Netherlands<br>Sun 14 Sutra 345 |  |
|                                  | Meena Rasi: 7.51    | Tithi 30 – 1                | <b>Gulika</b> 12:45PM – 2:19PM  | <b>Uttarashrothapada Until 11:47PM</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 6:29AM | Vikarin 5121                              |  |
|                                  |                     |                             | Yama 9:37AM – 11:11AM   | Sukla Until 10:12AM                    | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 7:01PM  | Moon 3 - Phase 47                         |  |
|                                  | 113933468           | <b>Rahu</b> 3:53PM – 5:27PM | Kintughna Until 11:43PM   | <b>Nataraja:</b> Purple                |                        |                        | Prathama                                  |  |
| Creative Work                    | Amrita Yoga         |                             | <b>Amavasya* Until 10:28AM</b>  | Moon – Clear                           |                        | <b>Sivaloka Day</b>    |   |  |
| Until 11:47PM                    |                     | <b>Yugadhi</b>              |   | <b>Chaitra-Panguni</b>                 |                        |                        |   |  |
| Then Creative Work - Siddha Yoga |                     |                             |   |  |                        |                        |   |  |

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

All times are standard time

www.gurudeva.org/panchang

|                                  |             |                                  |   |  |   |  |   |
|----------------------------------|-------------|----------------------------------|---|--|---|--|---|
| <b>1</b>                         |             | <b>Wednesday, March 25, 2020</b> |   |  |   | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam<br>Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | Lelystad, Netherlands<br>Sun 15 Sutra 346 |
| Meena Rasi: 19.44                | Tithi 1 – 2 | 113933468                        | <b>Gulika</b> 11:10AM – 12:45PM<br>Yama 8:01AM – 9:36AM<br><b>Rahu</b> 12:45PM – 2:20PM | <b>Revati Until 2:33AM Thu</b><br>Brahma Until 11:04AM<br>Balava Until 2:10AM Thu<br>Prathama* Until 12:55PM | <b>Ganesha: Yellow</b> Sunrise: 6:27AM<br><b>Muruqa: Orange</b> Sunset: 7:03PM<br><b>Nataraja: Purple</b><br>Moon – Clear | Sivaloka Day   |   |
| Routine Work                     | Marana Yoga |                                  |   |  |   |  |   |
| Until 2:33AM Thu                 |             |                                  |   |  |   |  |   |
| Then Creative Work - Amrita Yoga |             |                                  |   |  |   |  |   |

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|----------------------------------|-------------|---------------------------------|---|--|--|---|---|
| <b>2</b>                         |             | <b>Thursday, March 26, 2020</b> |   |  |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ashvini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | Lelystad, Netherlands<br>Sun 16 Sutra 347 |
| Mesha Rasi: 1.37                 | Tithi 2 – 3 | 123933468                       | <b>Gulika</b> 9:35AM – 11:10AM<br>Yama 6:24AM – 7:59AM<br><b>Rahu</b> 2:20PM – 3:55PM | <b>Ashvini Until 5:36AM Fri</b><br>Indra Until 11:55AM<br>Taitila Until 4:33AM Fri<br>Dvitiya Until 3:21PM | <b>Ganesha: Red</b> Sunrise: 6:24AM<br><b>Muruqa: Orange</b> Sunset: 7:05PM<br><b>Nataraja: Purple</b><br>Moon – White | Sivaloka Day  |   |
| Creative Work                    | Amrita Yoga |                                 |   |  |  |   |   |
| Until 5:36AM Fri                 |             |                                 |   |  |  |   |   |
| Then Creative Work - Siddha Yoga |             |                                 |   |  |  |   |   |

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| <b>3</b>                         |             | <b>Friday, March 27, 2020</b> |  |  |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | Lelystad, Netherlands<br>Sun 17 Sutra 348 |
| Mesha Rasi: 13.31                | Tithi 3 – 4 | 123933468                     | <b>Gulika</b> 7:58AM – 9:33AM<br>Yama 3:56PM – 5:31PM<br><b>Rahu</b> 11:09AM – 12:44PM | <b>Bharani Until 8:19AM Sat</b><br>Vaidhriti* Until 12:41PM<br>Vanija Until 6:47AM Sat<br>Tritiya Until 5:40PM | <b>Ganesha: Red</b> Sunrise: 6:22AM<br><b>Muruqa: Orange</b> Sunset: 7:07PM<br><b>Nataraja: Purple</b><br>Moon – White | Sivaloka Day  |   |
| Creative Work                    | Siddha Yoga |                               |  |  |  |   |   |
| Until 8:19AM Sat                 |             |                               |  |  |  |   |   |
| Then Creative Work - Amrita Yoga |             |                               |  |  |  |   |   |

|                                  |             |                                 |   |   |  |   |   |
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| <b>4</b>                         |             | <b>Saturday, March 28, 2020</b> |   |   |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam<br>Bharani/Krittika Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Chaturthyam Titau | Lelystad, Netherlands<br>Sun 18 Sutra 349 |
| Mesha Rasi: 25.29                | Tithi 4     | 123933468                       | <b>Gulika</b> 6:20AM – 7:56AM<br>Yama 2:20PM – 3:56PM<br><b>Rahu</b> 9:32AM – 11:08AM | <b>Bharani Until 8:19AM</b><br>Vishkambha* Until 1:20PM<br>Vanija Until 6:47AM<br>Chaturthi* Until 7:47PM | <b>Ganesha: Red</b> Sunrise: 6:20AM<br><b>Muruqa: Orange</b> Sunset: 7:08PM<br><b>Nataraja: Purple</b><br>Moon – White | Sivaloka Day  |   |
| Creative Work                    | Siddha Yoga |                                 |   |   |  |   |   |
| Until 8:19AM                     |             |                                 |   |   |  |   |   |
| Then Creative Work - Amrita Yoga |             |                                 |   |   |  |   |   |

|                                  |             |                               |   |   |  |  |   |
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| <b>5</b>                         |             | <b>Sunday, March 29, 2020</b> |   |   |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Krittika/Rohini Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Panchamyam Titau | Lelystad, Netherlands<br>Sun 19 Sutra 350 |
| Vrishabha Rasi: 7.34             | Tithi 5     | 123933468                     | <b>Gulika</b> 3:57PM – 5:34PM<br>Yama 12:44PM – 2:20PM<br><b>Rahu</b> 5:34PM – 7:10PM | <b>Krittika Until 10:37AM</b><br>Priti Until 1:46PM<br>Bava Until 8:44AM<br>Panchami Until 9:33PM | <b>Ganesha: Red</b> Sunrise: 6:17AM<br><b>Muruqa: Orange</b> Sunset: 7:10PM<br><b>Nataraja: Purple</b><br>Moon – White | Sivaloka Day   |   |
| Creative Work                    | Siddha Yoga |                               |   |   |  |  |   |
| Until 8:19AM                     |             |                               |   |   |  |  |   |
| Then Creative Work - Amrita Yoga |             |                               |   |   |  |  |   |

|                                 |             |                               |  |  |  |   |   |
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| <b>6</b>                        |             | <b>Monday, March 30, 2020</b> |  |  |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Shashthyam Titau | Lelystad, Netherlands<br>Sun 20 Sutra 351 |
| Vrishabha Rasi: 19.48           | Tithi 6     | 133933468                     | <b>Gulika</b> 2:21PM – 3:58PM<br>Yama 11:06AM – 12:43PM<br><b>Rahu</b> 7:52AM – 9:29AM | <b>Rohini Until 12:50PM</b><br>Ayushman Until 1:50PM<br>Kaulava Until 10:16AM<br>Shashthi* Until 10:49PM | <b>Ganesha: Blue</b> Sunrise: 6:15AM<br><b>Muruqa: Orange</b> Sunset: 7:12PM<br><b>Nataraja: Purple</b><br>Moon – Yellow | Subha Sivaloka Day  |   |
| Family Home Evening             |             |                               |  |  |  |   |   |
| Creative Work                   | Amrita Yoga |                               |  |  |  |   |   |
| Until 2:17PM                    |             |                               |  |  |  |   |   |
| Then Routine Work - Marana Yoga |             |                               |  |  |  |   |   |

|                                 |             |                     |  |   |  |   |   |
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| <b>Tuesday, March 31, 2020</b>  |             | <b>Retreat Star</b> |  |   |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau | Lelystad, Netherlands<br>Sun 21 Sutra 352 |
| Mithuna Rasi: 2.16              | Tithi 7     | 133933468           | <b>Gulika</b> 12:43PM – 2:21PM<br>Yama 9:28AM – 11:06AM<br><b>Rahu</b> 3:58PM – 5:36PM | <b>Mrigashira Until 2:17PM</b><br>Saubhagya Until 1:26PM<br>Gara Until 11:13AM<br>Saptami Until 11:25PM | <b>Ganesha: Blue</b> Sunrise: 6:13AM<br><b>Muruqa: Orange</b> Sunset: 7:14PM<br><b>Nataraja: Purple</b><br>Moon – Yellow | Subha Sivaloka Day  |   |
| Creative Work                   | Siddha Yoga |                     |  |   |  |   |   |
| Until 2:17PM                    |             |                     |  |   |  |   |   |
| Then Routine Work - Marana Yoga |             |                     |  |   |  |   |   |

|                                 |             |                     |   |   |  |   |   |
|---------------------------------|-------------|---------------------|---|---|--|---|---|
| <b>Wednesday, April 1, 2020</b> |             | <b>Retreat Star</b> |   |   |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Sobhana/Alhiganda* Yoga Visti*/Bava Karana Ashtamyam Titau | Lelystad, Netherlands<br>Sun 22 Sutra 353 |
| Mithuna Rasi: 15.04             | Tithi 8     | 133933468           | <b>Gulika</b> 11:06AM – 12:43PM<br>Yama 7:50AM – 9:28AM<br><b>Rahu</b> 12:43PM – 2:21PM | <b>Ardra Until 2:53PM</b><br>Sobhana Until 12:29PM<br>Visti Until 11:26AM<br>Ashtami* Until 11:14PM | <b>Ganesha: Blue</b> Sunrise: 6:13AM<br><b>Muruqa: Orange</b> Sunset: 7:14PM<br><b>Nataraja: Purple</b><br>Moon – Yellow | Subha Sivaloka Day  |   |
| Creative Work                   | Siddha Yoga |                     |   |   |  |   |   |
| Until 2:17PM                    |             |                     |   |   |  |   |   |
| Then Routine Work - Marana Yoga |             |                     |   |   |  |   |   |

|                                 |             |                     |   |  |  |   |   |
|---------------------------------|-------------|---------------------|---|--|--|---|---|
| <b>Thursday, April 2, 2020</b>  |             | <b>Retreat Star</b> |   |  |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Athiganda*/Sukarna Yoga Balava/Kaulava Karana Navamyam Titau | Lelystad, Netherlands<br>Sun 23 Sutra 354 |
| Mithuna Rasi: 28.16             | Tithi 9     | 143933468           | <b>Gulika</b> 9:27AM – 11:05AM<br>Yama 6:10AM – 7:49AM<br><b>Rahu</b> 2:21PM – 3:59PM | <b>Punarvasu Until 2:59PM</b><br>Athiganda* Until 10:52AM<br>Balava Until 10:51AM<br>Navami* Until 10:13PM | <b>Ganesha: Yellow</b> Sunrise: 6:10AM<br><b>Muruqa: Orange</b> Sunset: 7:15PM<br><b>Nataraja: Purple</b><br>Moon – Blue | Sivaloka Day  |   |
| Creative Work                   | Amrita Yoga |                     |   |  |  |   |   |
| Until 2:17PM                    |             |                     |   |  |  |   |   |
| Then Routine Work - Marana Yoga |             |                     |   |  |  |   |   |


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

|                    |             |   |                            |   |                        |   |                   |
|--------------------|-------------|---|----------------------------|---|------------------------|---|-------------------|
| <b>1</b>           |             | <b>Friday, April 3, 2020</b>            |                            | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau |                        | Lelystad, Netherlands<br>Sun 24 Sutra 355<br>Vikarin 5121 |                   |
| Kataka Rasi: 11.55 | Tithi 10    | <b>Gulika</b> 7:47AM – 9:25AM           | <b>Pushya</b> Until 2:08PM | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 6:08AM |   |                   |
|                    |             | Yama 4:00PM – 5:38PM                    | Sukarma Until 8:37AM       | <b>Muruqa:</b> Orange   | <i>Sunset:</i> 7:17PM  |   | Moon 3 - Phase 49 |
| Routine Work       | Marana Yoga | 143933468 <b>Rahu</b> 11:04AM – 12:43PM | Taitila Until 9:26AM       | <b>Nataraja:</b> Purple   |                        |   | 4th Phase         |
|                    |             |   | Dashami Until 8:25PM       | Moon – Blue   |                        | <b>Sivaloka Day</b>                                       |                   |
|                    |             | <b>Yogaswami Mahasamadhi</b>            |                            | <b>Chaitra•Panguni</b>  |                        |   |                   |

|                                  |               |  |                                |  |                        |   |                   |
|----------------------------------|---------------|--|--------------------------------|--|------------------------|---|-------------------|
| <b>2</b>                         |               | <b>Saturday, April 4, 2020</b>         |                                | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Shula* Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau |                        | Lelystad, Netherlands<br>Sun 25 Sutra 356<br>Vikarin 5121 |                   |
| Kataka Rasi: 26.04               | Tithi 11 – 12 | <b>Gulika</b> 6:06AM – 7:45AM          | <b>Ashlesha*</b> Until 12:24PM | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 6:06AM |   |                   |
|                                  |               | Yama 2:21PM – 4:01PM                   | Shula* Until 2:20AM Sun        | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 7:19PM  |   | Moon 3 - Phase 49 |
| Routine Work                     | Marana Yoga   | 143933468 <b>Rahu</b> 9:24AM – 11:03AM | Vanija Until 7:15AM            | <b>Nataraja:</b> Purple  |                        |   | 4th Phase         |
| Until 12:24PM                    |               |  | Ekadashi Until 5:54PM          | Moon – Blue  |                        | <b>Sivaloka Day</b>                                       |                   |
| Then Creative Work - Amrita Yoga |               |  |                                | <b>Chaitra•Panguni</b>   |                        |   |                   |

|                                  |               |                                       |                             |   |                        |   |                   |
|----------------------------------|---------------|---------------------------------------|-----------------------------|---|------------------------|---|-------------------|
| <b>3</b>                         |               | <b>Sunday, April 5, 2020</b>          |                             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |                        | Lelystad, Netherlands<br>Sun 26 Sutra 357<br>Vikarin 5121 |                   |
| Simha Rasi: 10.39                | Tithi 12 – 13 | <b>Gulika</b> 4:01PM – 5:41PM         | <b>Magha*</b> Until 10:19AM | <b>Ganesha:</b> White   | <i>Sunrise:</i> 6:03AM |   |                   |
|                                  |               | Yama 12:42PM – 2:22PM                 | Ganda* Until 10:29PM        | <b>Muruqa:</b> Orange   | <i>Sunset:</i> 7:20PM  |   | Moon 3 - Phase 49 |
| Routine Work                     | Marana Yoga   | 153933468 <b>Rahu</b> 5:41PM – 7:20PM | Kaulava Until 1:05AM Mon    | <b>Nataraja:</b> Purple   |                        |   | 4th Phase         |
| Until 10:19AM                    |               |                                       | Dvadashi Until 2:47PM       | Moon – Red  |                        | <b>Subha Sivaloka Day</b>                                 |                   |
| Then Creative Work - Siddha Yoga |               |                                       |                             | <b>Chaitra•Panguni</b>  |                        |   |                   |
|                                  |               |                                       | <i>Pradosha Vrata</i>       |   |                        |   |                   |

|                            |               |                                       |                                   |  |                        |   |                   |
|----------------------------|---------------|---------------------------------------|-----------------------------------|--|------------------------|---|-------------------|
| <b>4</b>                   |               | <b>Monday, April 6, 2020</b>          |                                   | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                        | Lelystad, Netherlands<br>Sun 27 Sutra 358<br>Vikarin 5121 |                   |
| Simha Rasi: 25.37          | Tithi 13 – 14 | <b>Gulika</b> 2:22PM – 4:02PM         | <b>Purvaphalguni</b> Until 7:38AM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 6:01AM |   |                   |
| <b>Family Home Evening</b> |               | Yama 11:02AM – 12:42PM                | Vriddhi Until 6:21PM              | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 7:22PM  |   | Moon 3 - Phase 49 |
| Creative Work              | Siddha Yoga   | 154933468 <b>Rahu</b> 7:41AM – 9:21AM | Gara Until 9:23PM                 | <b>Nataraja:</b> Purple  |                        |   | 4th Phase         |
|                            |               |                                       | Trayodashi Until 11:15AM          | Moon – Red   |                        | <b>Sivaloka Day</b>                                       |                   |
|                            |               |                                       |                                   | <b>Chaitra•Panguni</b>   |                        |   |                   |

|   |               |                                       |                               |  |                        |   |                   |
|---|---------------|---------------------------------------|-------------------------------|--|------------------------|---|-------------------|
|  |               | <b>Tuesday, April 7, 2020</b>         |                               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Hasta Nakshatra Dhruva/Vyaghata* Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau |                        | Lelystad, Netherlands<br>Sun 28 Sutra 359<br>Vikarin 5121 |                   |
| <b>Copper Retreat Star</b>  |               | <b>Gulika</b> 12:41PM – 2:22PM        | <b>Hasta</b> Until 1:34AM Wed | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 5:59AM |   |                   |
| Kanya Rasi: 10.5  | Tithi 14 – 15 | Yama 9:20AM – 11:01AM                 | Dhruva Until 2:01PM           | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 7:24PM  |   | Moon 3 - Phase 49 |
| Creative Work   | Siddha Yoga   | 164933468 <b>Rahu</b> 4:03PM – 5:43PM | Bava Until 3:33AM Wed         | <b>Nataraja:</b> Purple  |                        |   | Purnima           |
|   |               |                                       | Chaturdashi* Until 7:27AM     | Moon – Green   |                        | <b>Devaloka Day</b>                                       |                   |
|   |               | <b>Panguni Uttiram</b>                |                               | <b>Chaitra•Panguni</b>   |                        |   |                   |
|   |               | <b>Hanuman Jayanti</b>                |                               |  |                        |   |                   |

|                            |             |  |                             |   |                        |   |                   |
|----------------------------|-------------|--|-----------------------------|---|------------------------|---|-------------------|
| <b>5</b>                   |             | <b>Wednesday, April 8, 2020</b>        |                             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam<br>Chitra Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau |                        | Lelystad, Netherlands<br>Sun 29 Sutra 360<br>Vikarin 5121 |                   |
| <b>Silver Retreat Star</b> |             | <b>Gulika</b> 11:00AM – 12:41PM        | <b>Chitra</b> Until 10:33PM | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 5:57AM |   |                   |
| Kanya Rasi: 26.08          | Tithi 16    | Yama 7:38AM – 9:19AM                   | Vyaghata* Until 9:40AM      | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 7:26PM  |   | Moon 3 - Phase 49 |
| Creative Work              | Siddha Yoga | 164934468 <b>Rahu</b> 12:41PM – 2:22PM | Balava Until 1:39PM         | <b>Nataraja:</b> Purple   |                        |   | Prathama          |
|                            |             |  | Prathama* Until 11:45PM     | Moon – Green  |                        | <b>Devaloka Day</b>                                       |                   |
|                            |             |  |                             | <b>Chaitra•Panguni</b>  |                        |   |                   |





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

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

Lelystad, Netherlands  
Sutra 361

Tula Rasi: 11.21 Tithi 17

**Gulika** 9:18AM – 10:59AM  
Yama 5:54AM – 7:36AM  
164134468 **Rahu** 2:22PM – 4:04PM

**Svati Until 7:39PM**  
Vajra\* Until 1:28AM Fri  
Taitila Until 9:57AM  
**Dvitiya Until 8:12PM**

**Ganesha:** White *Sunrise:* 5:54AM  
**Muruqa:** Clear *Sunset:* 7:27PM  
**Nataraja:** Purple  
Moon – Green  
**Chaitra•Panguni**

Moon 4 - Phase 50  
1st Phase

Creative Work Amrita Yoga  
Until 7:39PM  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**1**

**Friday, April 10, 2020**

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Siddhi Yoga Vanija/Bava Karana Tritiya/Chaturthyam Titau

Lelystad, Netherlands  
Sun 1 Sutra 362

Tula Rasi: 26.19 Tithi 18 – 19

**Gulika** 7:34AM – 9:16AM  
Yama 4:05PM – 5:47PM  
174134468 **Rahu** 10:58AM – 12:41PM

**Vishakha Until 5:27PM**  
Siddhi Until 9:54PM  
Vanija Until 6:36AM  
**Tritiya Until 5:06PM**

**Ganesha:** Yellow *Sunrise:* 5:52AM  
**Muruqa:** Clear *Sunset:* 7:29PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Panguni**

Moon 4 - Phase 50  
1st Phase

Creative Work Siddha Yoga

**Sivaloka Day**

**2**

**Saturday, April 11, 2020**

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

Lelystad, Netherlands  
Sun 2 Sutra 363

Virchika Rasi: 10.53 Tithi 19 – 20

**Gulika** 5:50AM – 7:32AM  
Yama 2:23PM – 4:06PM  
174134468 **Rahu** 9:15AM – 10:58AM

**Anuradha Until 3:43PM**  
Vyatipata\* Until 6:51PM  
Kaulava Until 1:36AM Sun  
**Chaturthi\* Until 2:34PM**

**Ganesha:** Yellow *Sunrise:* 5:50AM  
**Muruqa:** Clear *Sunset:* 7:31PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Panguni**

Moon 4 - Phase 50  
1st Phase

Creative Work Siddha Yoga

**Sivaloka Day**

**3**

**Sunday, April 12, 2020**

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

Lelystad, Netherlands  
Sun 3 Sutra 364

Virchika Rasi: 24.59 Tithi 20 – 21

**Gulika** 4:06PM – 5:49PM  
Yama 12:40PM – 2:23PM  
174134468 **Rahu** 5:49PM – 7:33PM

**Jyeshtha\* Until 2:33PM**  
Varyani Until 4:23PM  
Gara Until 12:12AM Mon  
**Panchami Until 12:47PM**

**Ganesha:** Yellow *Sunrise:* 5:48AM  
**Muruqa:** Clear *Sunset:* 7:33PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Panguni**

Moon 4 - Phase 50  
1st Phase

Routine Work Marana Yoga

**Sivaloka Day**

Until 2:33PM  
Then Creative Work - Amrita Yoga

**4**

**Monday, April 13, 2020**

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

Lelystad, Netherlands  
Sun 4 Sutra 1

Dhanus Rasi: 8.37 Tithi 21 – 22

**Family Home Evening**

**Gulika** 2:23PM – 4:07PM  
Yama 10:56AM – 12:40PM  
184134468 **Rahu** 7:29AM – 9:13AM

**Mula\* Until 2:31PM**  
Parigha\* Until 2:36PM  
Visti Until 11:39PM  
**Shashthi\* Until 11:48AM**

**Ganesha:** Blue *Sunrise:* 5:45AM  
**Muruqa:** Clear *Sunset:* 7:34PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

Moon 4 - Phase 50  
1st Phase

Creative Work Siddha Yoga

**Devaloka Day**

Until 2:31PM  
Then Routine Work - Marana Yoga

**Tamil New Year**

**D**

**Tuesday, April 14, 2020**

**Retreat Star**

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

Lelystad, Netherlands  
Sun 5 Sutra 2

Dhanus Rasi: 21.46 Tithi 22 – 23

**Gulika** 12:40PM – 2:24PM  
Yama 9:11AM – 10:55AM  
284134468 **Rahu** 4:08PM – 5:52PM

**Purvashadha\* Until 3:09PM**  
Shiva Until 1:30PM  
Balava Until 11:57PM  
**Saptami Until 11:41AM**

**Ganesha:** Yellow *Sunrise:* 5:43AM  
**Muruqa:** Clear *Sunset:* 7:36PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

Moon 4 - Phase 50  
Ashtami

Creative Work Siddha Yoga

**Sivaloka Day**

Until 3:09PM  
Then Routine Work - Prabalarishta Yoga

**Wednesday, April 15, 2020**

**Retreat Star**

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

Lelystad, Netherlands  
Sun 6 Sutra 3

Makara Rasi: 4.29 Tithi 23 – 24

**Gulika** 10:55AM – 12:39PM  
Yama 7:25AM – 9:10AM  
284134468 **Rahu** 12:39PM – 2:24PM

**Uttarashadha Until 4:24PM**  
Siddha Until 1:00PM  
Taitila Until 12:59AM Thu  
**Ashtami\* Until 12:22PM**

**Ganesha:** Yellow *Sunrise:* 5:41AM  
**Muruqa:** Clear *Sunset:* 7:38PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

Moon 4 - Phase 50  
Navami

Creative Work Amrita Yoga

**Sivaloka Day**

Until 4:24PM  
Then Creative Work - Siddha Yoga

|          |                                 |                             |   |                              |                      |                        |  |
|----------|---------------------------------|-----------------------------|---|------------------------------|----------------------|------------------------|--|
| <b>1</b> | <b>Thursday, April 16, 2020</b> |                             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Shravana Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau |                              |                      |                        | Lelystad, Netherlands<br>Sun 7 Sutra 4 |
|          | Makara Rasi: 16.54              | Tithi 24 – 25               | <b>Gulika</b> 9:09AM – 10:54AM  | <b>Shravana Until 6:36PM</b> | <b>Ganesha:</b> Blue | <i>Sunrise:</i> 5:39AM | Sarvari 5122                           |
|          | 294134468                       | <b>Rahu</b> 2:24PM – 4:09PM | Yama 5:39AM – 7:24AM  | Sadhya Until 1:02PM          | <b>Muruqa:</b> Clear | <i>Sunset:</i> 7:40PM  | Moon 4 - Phase 1                       |
|          | Creative Work Siddha Yoga       | Chidambaram Abhishekam      | Vanija Until 2:38AM Fri   | <b>Nataraja:</b> Purple      | Moon – Purple        |                        | 2nd Phase                              |
|          |                                 |                             | <b>Navami* Until 1:44PM</b>   | <b>Chaitra+Chaitra</b>       |                      | <b>Devaloka Day</b>    |  |


|          |                               |                               |  |                                |                      |                        |  |
|----------|-------------------------------|-------------------------------|--|--------------------------------|----------------------|------------------------|--|
| <b>2</b> | <b>Friday, April 17, 2020</b> |                               | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Dhanishtha Nakshatra Subha/Sukla Yoga Visti/Bava Karana Dashami/Ekadashyam Titau |                                |                      |                        | Lelystad, Netherlands<br>Sun 8 Sutra 5 |
|          | Makara Rasi: 29.04            | Tithi 25 – 26                 | <b>Gulika</b> 7:22AM – 9:08AM  | <b>Dhanishtha Until 9:07PM</b> | <b>Ganesha:</b> Blue | <i>Sunrise:</i> 5:36AM | Sarvari 5122                           |
|          | 294134468                     | <b>Rahu</b> 10:53AM – 12:39PM | Yama 4:10PM – 5:56PM   | Subha Until 1:30PM             | <b>Muruqa:</b> Clear | <i>Sunset:</i> 7:41PM  | Moon 4 - Phase 1                       |
|          | Creative Work Siddha Yoga     |                               | Bava Until 4:43AM Sat  | <b>Nataraja:</b> Purple        | Moon – Purple        |                        | 2nd Phase                              |
|          |                               |                               | <b>Dashami Until 3:37PM</b>  | <b>Chaitra+Chaitra</b>         |                      | <b>Devaloka Day</b>    |  |

|          |                                 |                              |  |                                   |                        |                                 |  |
|----------|---------------------------------|------------------------------|--|-----------------------------------|------------------------|---------------------------------|--|
| <b>3</b> | <b>Saturday, April 18, 2020</b> |                              | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Shatabhishak Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |                                   |                        |                                 | Lelystad, Netherlands<br>Sun 9 Sutra 6 |
|          | Kumbha Rasi: 11.05              | Tithi 26 – 27                | <b>Gulika</b> 5:34AM – 7:20AM  | <b>Shatabhishak Until 11:46PM</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:34AM          | Sarvari 5122                           |
|          | 295134468                       | <b>Rahu</b> 9:06AM – 10:53AM | Yama 2:25PM – 4:11PM   | Sukla Until 2:12PM                | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 7:43PM           | Moon 4 - Phase 1                       |
|          | Creative Work Amrita Yoga       |                              | Kaulava Until 7:03AM Sun   | <b>Nataraja:</b> Purple           | Moon – Purple          |                                 | 2nd Phase                              |
|          |                                 |                              | <b>Ekadashi* Until 5:51PM</b>  | <b>Chaitra+Chaitra</b>            |                        | <b>Sivaloka Day</b>             |  |
|          |                                 |                              |  |                                   |                        | Then Routine Work - Marana Yoga |  |

|          |                               |                             |   |   |                        |                        |   |
|----------|-------------------------------|-----------------------------|---|---|------------------------|------------------------|---|
| <b>4</b> | <b>Sunday, April 19, 2020</b> |                             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Dvadashyam Titau |   |                        |                        | Lelystad, Netherlands<br>Sun 10 Sutra 7 |
|          | Kumbha Rasi: 22.59            | Tithi 27                    | <b>Gulika</b> 4:12PM – 5:58PM   | <b>Purvaproshtapada* Until 2:53AM Mon</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:32AM | Sarvari 5122                            |
|          | 215134468                     | <b>Rahu</b> 5:58PM – 7:45PM | Yama 12:38PM – 2:25PM   | Brahma Until 3:04PM                       | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 7:45PM  | Moon 4 - Phase 1                        |
|          | Creative Work Siddha Yoga     |                             | Kaulava Until 7:03AM  | <b>Nataraja:</b> Purple                   | Moon – Clear           |                        | 2nd Phase                               |
|          |                               |                             | <b>Dvadashi* Until 8:15PM</b>   | <b>Chaitra+Chaitra</b>                    |                        | <b>Sivaloka Day</b>    |   |

|          |                               |                             |  |   |                        |                                 |   |
|----------|-------------------------------|-----------------------------|--|---|------------------------|---------------------------------|---|
| <b>5</b> | <b>Monday, April 20, 2020</b> |                             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Trayodashyam Titau |   |                        |                                 | Lelystad, Netherlands<br>Sun 11 Sutra 8 |
|          | Meena Rasi: 4.52              | Tithi 28                    | <b>Gulika</b> 2:25PM – 4:12PM  | <b>Uttaraproshtapada Until 5:51AM Tue</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:30AM          | Sarvari 5122                            |
|          | 215134468                     | <b>Rahu</b> 7:17AM – 9:04AM | Yama 10:51AM – 12:38PM   | Indra Until 4:00PM                        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 7:46PM           | Moon 4 - Phase 1                        |
|          | Creative Work Siddha Yoga     |                             | Gara Until 9:30AM  | <b>Nataraja:</b> Purple                   | Moon – Clear           |                                 | 2nd Phase                               |
|          |                               |                             | <b>Trayodashi* Until 10:42PM</b>   | <b>Chaitra+Chaitra</b>                    |                        | <b>Sivaloka Day</b>             |   |
|          |                               |                             |  |   |                        | <i>Pradosha Vrata (Fasting)</i> |   |

|          |                                |                             |  |                                |                        |                                 |   |
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| <b>6</b> | <b>Tuesday, April 21, 2020</b> |                             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                                |                        |                                 | Lelystad, Netherlands<br>Sun 12 Sutra 9 |
|          | Meena Rasi: 16.44              | Tithi 29                    | <b>Gulika</b> 12:38PM – 2:26PM   | <b>Revati Until 8:35AM Wed</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:28AM          | Sarvari 5122                            |
|          | 215134468                      | <b>Rahu</b> 4:13PM – 6:01PM | Yama 9:03AM – 10:50AM  | Vaidhriti* Until 4:53PM        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 7:48PM           | Moon 4 - Phase 1                        |
|          | Creative Work Siddha Yoga      |                             | Visti Until 11:56AM  | <b>Nataraja:</b> Purple        | Moon – Clear           |                                 | 2nd Phase                               |
|          |                                |                             | <b>Chaturdashi* Until 1:06AM Wed</b>   | <b>Chaitra+Chaitra</b>         |                        | <b>Sivaloka Day</b>             |   |
|          |                                |                             |  |                                |                        | Then Routine Work - Marana Yoga |   |

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|  | <b>Wednesday, April 22, 2020</b> |                              | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                            |                        |                        | Lelystad, Netherlands<br>Sun 13 Sutra 10 |
|   | Meena Rasi: 28.37                | Tithi 30                     | <b>Gulika</b> 10:50AM – 12:38PM   | <b>Revati Until 8:35AM</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:26AM | Sarvari 5122                             |
|   | 215134468                        | <b>Rahu</b> 12:38PM – 2:26PM | Yama 7:14AM – 9:02AM  | Vishkambha* Until 5:43PM   | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 7:50PM  | Moon 4 - Phase 1                         |
|   | Routine Work Marana Yoga         |                              | Catuspada Until 2:17PM  | <b>Nataraja:</b> Purple    | Moon – Clear           |                        | Amavasya                                 |
|   |                                  |                              | <b>Amavasya* Until 3:23AM Thu</b>   | <b>Chaitra+Chaitra</b>     |                        | <b>Sivaloka Day</b>    |  |

|                     |                                 |                             |  |                              |                      |                                  |  |
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| <b>Retreat Star</b> | <b>Thursday, April 23, 2020</b> |                             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Priti Yoga Kintughna*/Bava Karana Prathamayam Titau |                              |                      |                                  | Lelystad, Netherlands<br>Sun 14 Sutra 11 |
|                     | Mesha Rasi: 10.34               | Tithi 1                     | <b>Gulika</b> 9:01AM – 10:49AM   | <b>Ashvini Until 11:31AM</b> | <b>Ganesha:</b> Red  | <i>Sunrise:</i> 5:24AM           | Sarvari 5122                             |
|                     | 225134468                       | <b>Rahu</b> 2:26PM – 4:15PM | Yama 5:24AM – 7:12AM   | Priti Until 6:27PM           | <b>Muruqa:</b> Clear | <i>Sunset:</i> 7:52PM            | Moon 4 - Phase 1                         |
|                     | Creative Work Amrita Yoga       |                             | Kintughna Until 4:29PM   | <b>Nataraja:</b> Purple      | Moon – White         |                                  | Prathama                                 |
|                     |                                 |                             | <b>Prathama* Until 5:29AM Fri</b>  | <b>Vaisaka+Chaitra</b>       |                      | <b>Sivaloka Day</b>              |  |
|                     |                                 |                             |  |                              |                      | Then Creative Work - Siddha Yoga |  |

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| <b>1</b> | <b>Friday, April 24, 2020</b> |             | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Bharani/Krittika Nakshatra Ayushman Yoga Balava Karana Dvitiyayam Titau |                             |                        |                        | Lelystad, Netherlands<br>Sun 15 Sutra 12 |  |
|          | Mesha Rasi: 22.35             | Tithi 2     | <b>Gulika</b> 7:10AM – 8:59AM  | <b>Bharani</b> Until 2:06PM | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 5:22AM | Sarvari 5122                             |  |
|          |                               |             | Yama 4:15PM – 6:04PM   | Ayushman Until 6:59PM       | <b>Muruḡa:</b> Clear   | <i>Sunset:</i> 7:53PM  | Moon 4 - Phase 2                         |  |
|          | Creative Work                 | Siddha Yoga | 225134469 <b>Rahu</b> 10:48AM – 12:37PM  | Balava Until 6:28PM         | <b>Nataraja:</b> Clear |                        | 3rd Phase                                |  |
|          |                               |             | <b>Dvitiya</b> Until 7:21AM Sat  | Moon – White                |                        | <b>Devaloka Day</b>    |  |  |
|          |                               |             |  | <b>Vaisaka-Chaitra</b>      |                        |                        |  |  |

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| <b>2</b> | <b>Saturday, April 25, 2020</b> |             | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Krittika/Rohini Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |                              |                        |                        | Lelystad, Netherlands<br>Sun 16 Sutra 13 |  |
|          | Vrishabha Rasi: 4.41            | Tithi 2 – 3 | <b>Gulika</b> 5:19AM – 7:09AM   | <b>Krittika</b> Until 4:16PM | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 5:19AM | Sarvari 5122                             |  |
|          |                                 |             | Yama 2:27PM – 4:16PM  | Saubhagya Until 7:19PM       | <b>Muruḡa:</b> Clear   | <i>Sunset:</i> 7:53PM  | Moon 4 - Phase 2                         |  |
|          | Creative Work                   | Amrita Yoga | 225134469 <b>Rahu</b> 8:58AM – 10:48AM  | Taitila Until 8:11PM         | <b>Nataraja:</b> Clear |                        | 3rd Phase                                |  |
|          |                                 |             | <b>Dvitiya</b> Until 7:21AM   | Moon – White                 |                        | <b>Devaloka Day</b>    |  |  |
|          |                                 |             |   | <b>Vaisaka-Chaitra</b>       |                        |                        |  |  |

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| <b>3</b> | <b>Sunday, April 26, 2020</b> |             | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |                            |                        |                        | Lelystad, Netherlands<br>Sun 17 Sutra 14 |  |
|          | Vrishabha Rasi: 16.55         | Tithi 3 – 4 | <b>Gulika</b> 4:17PM – 6:07PM   | <b>Rohini</b> Until 6:26PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:17AM | Sarvari 5122                             |  |
|          |                               |             | Yama 12:37PM – 2:27PM   | Sobhana Until 7:24PM       | <b>Muruḡa:</b> Clear   | <i>Sunset:</i> 7:57PM  | Moon 4 - Phase 2                         |  |
|          | Creative Work                 | Siddha Yoga | 235134469 <b>Rahu</b> 6:07PM – 7:57PM   | Vanija Until 9:32PM        | <b>Nataraja:</b> Clear |                        | 3rd Phase                                |  |
|          |                               |             | <b>Tritiya</b> Until 8:53AM   | Moon – Yellow              |                        | <b>Devaloka Day</b>    |  |  |
|          |                               |             | <b>Akshaya Tritiya</b>  | <b>Vaisaka-Chaitra</b>     |                        |                        |  |  |

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| <b>4</b> | <b>Monday, April 27, 2020</b> |             | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                                |                        |                        | Lelystad, Netherlands<br>Sun 18 Sutra 15 |  |
|          | Vrishabha Rasi: 29.19         | Tithi 4 – 5 | <b>Gulika</b> 2:27PM – 4:18PM  | <b>Mrigashira</b> Until 8:00PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:15AM | Sarvari 5122                             |  |
|          | <b>Family Home Evening</b>    |             | Yama 10:47AM – 12:37PM   | Athiganda* Until 7:07PM        | <b>Muruḡa:</b> Clear   | <i>Sunset:</i> 7:58PM  | Moon 4 - Phase 2                         |  |
|          | Creative Work                 | Amrita Yoga | 235134469 <b>Rahu</b> 7:06AM – 8:56AM  | Bava Until 10:27PM             | <b>Nataraja:</b> Clear |                        | 3rd Phase                                |  |
|          |                               |             | <b>Chaturthi*</b> Until 10:02AM  | Moon – Yellow                  |                        | <b>Devaloka Day</b>    |  |  |
|          |                               |             | <b>Adi Sankara Jayanthi</b>  | <b>Vaisaka-Chaitra</b>         |                        |                        |  |  |

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| <b>5</b> | <b>Tuesday, April 28, 2020</b> |             | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |                           |                        |                             | Lelystad, Netherlands<br>Sun 19 Sutra 16 |  |
|          | Mithuna Rasi: 11.56            | Tithi 5 – 6 | <b>Gulika</b> 12:37PM – 2:28PM  | <b>Ardra</b> Until 8:55PM | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:13AM      | Sarvari 5122                             |  |
|          |                                |             | Yama 8:55AM – 10:46AM   | Sukarma Until 6:27PM      | <b>Muruḡa:</b> Clear   | <i>Sunset:</i> 8:00PM       | Moon 4 - Phase 2                         |  |
|          | Routine Work                   | Marana Yoga | 236134469 <b>Rahu</b> 4:18PM – 6:09PM   | Kaulava Until 10:49PM     | <b>Nataraja:</b> Clear |                             | 3rd Phase                                |  |
|          |                                |             | <b>Panchami</b> Until 10:41AM   | Moon – Yellow             |                        | <b>Bhuloka Day</b>          |  |  |
|          |                                |             |   | <b>Vaisaka-Chaitra</b>    |                        | Devaloka Time: 3:PM to 6:PM |  |  |

|          |                                  |             |  |                               |                        |                        |  |  |
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| <b>6</b> | <b>Wednesday, April 29, 2020</b> |             | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Punarvasu Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |                               |                        |                        | Lelystad, Netherlands<br>Sun 20 Sutra 17 |  |
|          | Mithuna Rasi: 24.49              | Tithi 6 – 7 | <b>Gulika</b> 10:45AM – 12:37PM  | <b>Punarvasu</b> Until 9:33PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:11AM | Sarvari 5122                             |  |
|          |                                  |             | Yama 7:03AM – 8:54AM   | Dhriti Until 5:19PM           | <b>Muruḡa:</b> Clear   | <i>Sunset:</i> 8:02PM  | Moon 4 - Phase 2                         |  |
|          | Creative Work                    | Siddha Yoga | 246134469 <b>Rahu</b> 12:37PM – 2:28PM   | Gara Until 10:34PM            | <b>Nataraja:</b> Clear |                        | 3rd Phase                                |  |
|          |                                  |             | <b>Shashthi*</b> Until 10:45AM   | Moon – Blue                   |                        | <b>Devaloka Day</b>    |  |  |
|          |                                  |             |  | <b>Vaisaka-Chaitra</b>        |                        |                        |  |  |

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| <b>D</b> | <b>Thursday, April 30, 2020</b> |             | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Pushya Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |                            |                        |                        | Lelystad, Netherlands<br>Sun 21 Sutra 18 |  |
|          | <b>Retreat Star</b>             |             | <b>Gulika</b> 8:53AM – 10:45AM   | <b>Pushya</b> Until 9:23PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:09AM | Sarvari 5122                             |  |
|          | Kataka Rasi: 8.01               | Tithi 7 – 8 | Yama 5:09AM – 7:01AM   | Shula* Until 3:39PM        | <b>Muruḡa:</b> Clear   | <i>Sunset:</i> 8:04PM  | Moon 4 - Phase 2                         |  |
|          | Creative Work                   | Amrita Yoga | 246134469 <b>Rahu</b> 2:28PM – 4:20PM  | Visti Until 9:40PM         | <b>Nataraja:</b> Clear |                        | Ashtami                                  |  |
|          |                                 |             | <b>Saptami</b> Until 10:11AM   | Moon – Blue                |                        | <b>Devaloka Day</b>    |  |  |
|          |                                 |             |  | <b>Vaisaka-Chaitra</b>     |                        |                        |  |  |

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| <b>D</b> | <b>Friday, May 1, 2020</b> |             | Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ashlesha* Nakshatra Ganda*/Vridhidi Yoga Bava/Balava Karana Ashtami/Navamyam Titau |                               |                        |                        | Lelystad, Netherlands<br>Sun 22 Sutra 19 |  |
|          | <b>Retreat Star</b>        |             | <b>Gulika</b> 6:58AM – 8:51AM   | <b>Ashlesha*</b> Until 8:24PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:06AM | Sarvari 5122                             |  |
|          | Kataka Rasi: 21.34         | Tithi 8 – 9 | Yama 4:22PM – 6:14PM  | Ganda* Until 1:27PM           | <b>Muruḡa:</b> Clear   | <i>Sunset:</i> 8:07PM  | Moon 4 - Phase 2                         |  |
|          | Routine Work               | Marana Yoga | 246134469 <b>Rahu</b> 10:44AM – 12:36PM   | Balava Until 8:06PM           | <b>Nataraja:</b> Clear |                        | Navami                                   |  |
|          |                            |             | <b>Ashtami*</b> Until 8:57AM  | Moon – Blue                   |                        | <b>Devaloka Day</b>    |  |  |
|          |                            |             |   | <b>Vaisaka-Chaitra</b>        |                        |                        |  |  |

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


|                                  |              |  |                             |   |                        |  |  |
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| <b>1</b>                         |              | <b>Saturday, May 2, 2020</b>           |                             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Gara Karana Navami/Dashamyam Titau |                        | Lelystad, Netherlands<br>Sun 23 Sutra 20 |  |
| Simha Rasi: 5.32                 | Tithi 9 – 10 | <b>Gulika</b> 5:04AM – 6:57AM          | <b>Magha* Until 7:06PM</b>  | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:04AM | Sarvari 5122                             |  |
|                                  |              | Yama 2:29PM – 4:22PM                   | Vriddhi Until 10:45AM       | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 8:09PM  | Moon 4 - Phase 3                         |  |
|                                  |              | 256134469 <b>Rahu</b> 8:50AM – 10:43AM | Gara Until 4:36AM Sun       | <b>Nataraja:</b> Clear  |                        | 4th Phase                                |  |
| Creative Work                    | Amrita Yoga  |  | <b>Navami* Until 7:04AM</b> | Moon – Red  |                        | <b>Bhuloka Day</b>                       |  |
| Until 7:06PM                     |              |  |                             | <b>Vaisaka*Chaitra</b>  |                        | Devaloka Time: 3:PM to 6:PM              |  |
| Then Creative Work - Siddha Yoga |              |  |                             |   |                        |  |  |

|                                  |             |                                       |                                   |  |                        |  |  |
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| <b>2</b>                         |             | <b>Sunday, May 3, 2020</b>            |                                   | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visli* Karana Ekadashyam Titau |                        | Lelystad, Netherlands<br>Sun 24 Sutra 21 |  |
| Simha Rasi: 19.53                | Tithi 11    | <b>Gulika</b> 4:23PM – 6:17PM         | <b>Purvaphalguni Until 5:08PM</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:02AM | Sarvari 5122                             |  |
|                                  |             | Yama 12:36PM – 2:30PM                 | Dhruva Until 7:34AM               | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 8:10PM  | Moon 4 - Phase 3                         |  |
|                                  |             | 256134469 <b>Rahu</b> 6:17PM – 8:10PM | Vanija Until 3:11PM               | <b>Nataraja:</b> Clear   |                        | 4th Phase                                |  |
| Creative Work                    | Siddha Yoga |                                       | <b>Ekadashi Until 1:38AM Mon</b>  | Moon – Red   |                        | <b>Bhuloka Day</b>                       |  |
| Until 5:08PM                     |             |                                       |                                   | <b>Vaisaka*Chaitra</b>   |                        | Devaloka Time: 3:PM to 6:PM              |  |
| Then Creative Work - Amrita Yoga |             |                                       |                                   |  |                        |  |  |

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| <b>3</b>                   |             | <b>Monday, May 4, 2020</b>            |                                    | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Harshana Yoga Bava/Balava Karana Dvadashyam Titau |                        | Lelystad, Netherlands<br>Sun 25 Sutra 22 |  |
| Kanya Rasi: 4.34           | Tithi 12    | <b>Gulika</b> 2:30PM – 4:24PM         | <b>Uttaraphalguni Until 2:36PM</b> | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 5:00AM | Sarvari 5122                             |  |
| <b>Family Home Evening</b> |             | Yama 10:42AM – 12:36PM                | Harshana Until 12:10AM Tue         | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 8:12PM  | Moon 4 - Phase 3                         |  |
|                            |             | 256234469 <b>Rahu</b> 6:54AM – 8:48AM | Bava Until 12:02PM                 | <b>Nataraja:</b> Clear  |                        | 4th Phase                                |  |
| Creative Work              | Siddha Yoga |                                       | <b>Dvadashi Until 10:20PM</b>      | Moon – Red  |                        | <b>Devaloka Day</b>                      |  |
|                            |             |                                       |                                    | <b>Vaisaka*Chaitra</b>  |                        |  |  |

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| <b>4</b>          |             | <b>Tuesday, May 5, 2020</b>           |                                | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau |                        | Lelystad, Netherlands<br>Sun 26 Sutra 23 |  |
| Kanya Rasi: 19.31 | Tithi 13    | <b>Gulika</b> 12:36PM – 2:30PM        | <b>Hasta Until 12:05PM</b>     | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 4:58AM | Sarvari 5122                             |  |
|                   |             | Yama 8:42AM – 10:41AM                 | Vajra* Until 8:09PM            | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 8:14PM  | Moon 4 - Phase 3                         |  |
|                   |             | 267234469 <b>Rahu</b> 4:25PM – 6:19PM | Kaulava Until 8:36AM           | <b>Nataraja:</b> Clear   |                        | 4th Phase                                |  |
| Creative Work     | Siddha Yoga |                                       | <b>Trayodashi Until 6:48PM</b> | Moon – Green   |                        | <b>Devaloka Day</b>                      |  |
|                   |             |                                       |                                | <b>Vaisaka*Chaitra</b>   |                        |  |  |
|                   |             |                                       |                                | <i>Pradosha Vrata</i>  |                        |  |  |

|                 |               |  |                                  |   |                        |  |  |
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| <b>5</b>        |               | <b>Wednesday, May 6, 2020</b>          |                                  | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visli* Karana Chaturdashi/Purnimayam Titau |                        | Lelystad, Netherlands<br>Sun 27 Sutra 24 |  |
| Tula Rasi: 4.34 | Tithi 14 – 15 | <b>Gulika</b> 10:41AM – 12:36PM        | <b>Chitra Until 9:19AM</b>       | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 4:56AM | Sarvari 5122                             |  |
|                 |               | Yama 6:51AM – 8:46AM                   | Siddhi Until 4:06PM              | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 8:15PM  | Moon 4 - Phase 3                         |  |
|                 |               | 267234469 <b>Rahu</b> 12:36PM – 2:31PM | Visli Until 1:29AM Thu           | <b>Nataraja:</b> Clear  |                        | 4th Phase                                |  |
| Creative Work   | Siddha Yoga   |  | <b>Chaturdashi* Until 3:14PM</b> | Moon – Green  |                        | <b>Devaloka Day</b>                      |  |
|                 |               |  |                                  | <b>Vaisaka*Chaitra</b>  |                        |  |  |

|   |               |                                       |                               |  |                        |                                   |  |
|---|---------------|---------------------------------------|-------------------------------|--|------------------------|-----------------------------------|--|
|  |               | <b>Thursday, May 7, 2020</b>          |                               | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Svati/Vishakha Nakshatra Vyatipata* Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                        | Lelystad, Netherlands<br>Sutra 25 |  |
| Tula Rasi: 19.37  | Tithi 15 – 16 | <b>Gulika</b> 8:45AM – 10:40AM        | <b>Svati Until 6:28AM</b>     | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 4:55AM | Sarvari 5122                      |  |
|   |               | Yama 4:55AM – 6:50AM                  | Vyatipata* Until 12:09PM      | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 8:17PM  | Moon 4 - Phase 3                  |  |
|   |               | 267234469 <b>Rahu</b> 2:31PM – 4:26PM | Balava Until 10:07PM          | <b>Nataraja:</b> Clear   |                        | Purnima                           |  |
| Creative Work   | Amrita Yoga   |                                       | <b>Purnima* Until 11:45AM</b> | Moon – Green   |                        | <b>Devaloka Day</b>               |  |
| Until 6:28AM  |               | <b>Budha Purnima (Tamil Nadu)</b>     |                               | <b>Vaisaka*Chaitra</b>   |                        |                                   |  |
| Then Creative Work - Siddha Yoga  |               |                                       |                               |  |                        |                                   |  |

|                            |               |   |                                  |   |                        |                                   |  |
|----------------------------|---------------|---|----------------------------------|---|------------------------|-----------------------------------|--|
| <b>Friday, May 8, 2020</b> |               | <b>Silver Retreat Star</b>              |                                  | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau |                        | Lelystad, Netherlands<br>Sutra 26 |  |
| Vrischika Rasi: 4.28       | Tithi 16 – 17 | <b>Gulika</b> 6:49AM – 8:44AM           | <b>Anuradha Until 2:03AM Sat</b> | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 4:53AM | Sarvari 5122                      |  |
|                            |               | Yama 4:27PM – 6:23PM                    | Variyan Until 8:25AM             | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 8:19PM  | Moon 4 - Phase 3                  |  |
|                            |               | 277234469 <b>Rahu</b> 10:40AM – 12:36PM | Taitila Until 7:07PM             | <b>Nataraja:</b> Clear  |                        | Prathama                          |  |
| Creative Work              | Siddha Yoga   |   | <b>Prathama* Until 8:33AM</b>    | Moon – Orange   |                        | <b>Bhuloka Day</b>                |  |
|                            |               |   |                                  | <b>Vaisaka*Chaitra</b>  |                        | Devaloka Time: 3:PM to 6:PM       |  |

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