



Sunday, April 21, 2019
Gold Retreat Star

Tula Rasi: 28.28 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/Tritiyayam Titau

Gulika 2:51PM – 4:28PM
Yama 11:38AM – 1:14PM
Rahu 4:28PM – 6:05PM

Vishakha **Until 2:28PM**
Vyatipata* **Until 12:59AM Mon**
Vanija **Until 9:23PM**
Dvitiya **Until 10:01AM**

Ganesha: Blue *Sunrise: 5:10AM*
Muruqa: Yellow *Sunset: 6:05PM*
Nataraja: Purple
Moon – Orange
Chaitra*Chaitra

Manama, Bahrain
Sutra 7
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

1

Monday, April 22, 2019

Vrischika Rasi: 12.05 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 1:14PM – 2:51PM
Yama 10:00AM – 11:37AM
Rahu 6:46AM – 8:23AM

Anuradha **Until 2:13PM**
Variyan **Until 11:23PM**
Bava **Until 8:39PM**
Tritiya **Until 8:54AM**

Ganesha: Blue *Sunrise: 5:09AM*
Muruqa: Yellow *Sunset: 6:05PM*
Nataraja: Purple
Moon – Orange
Chaitra*Chaitra

Manama, Bahrain
Sun 1 Sutra 8
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

2

Tuesday, April 23, 2019

Vrischika Rasi: 25.17 Tithi 19 – 20

Routine Work Marana Yoga

Until 2:35PM

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 11:37AM – 1:14PM
Yama 8:23AM – 10:00AM
Rahu 2:52PM – 4:29PM

Jyeshtha* **Until 2:35PM**
Parigha* **Until 10:27PM**
Kaulava **Until 8:43PM**
Chaturthi* **Until 8:33AM**

Ganesha: Blue *Sunrise: 5:09AM*
Muruqa: Yellow *Sunset: 6:06PM*
Nataraja: Purple
Moon – Orange
Chaitra*Chaitra

Manama, Bahrain
Sun 2 Sutra 9
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

3

Wednesday, April 24, 2019

Dhanus Rasi: 8.04 Tithi 20 – 21

Routine Work Marana Yoga

Until 4:04PM

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 10:00AM – 11:37AM
Yama 6:45AM – 8:22AM
Rahu 11:37AM – 1:14PM

Mula* **Until 4:04PM**
Shiva **Until 10:09PM**
Gara **Until 9:36PM**
Panchami **Until 9:02AM**

Ganesha: Yellow *Sunrise: 5:08AM*
Muruqa: Yellow *Sunset: 6:06PM*
Nataraja: Purple
Moon – Light Blue
Chaitra*Chaitra

Manama, Bahrain
Sun 3 Sutra 10
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Sivaloka Day

4

Thursday, April 25, 2019

Dhanus Rasi: 20.29 Tithi 21 – 22

Creative Work Siddha Yoga

Until 6:08PM

Then Routine Work - Marana Yoga

284483469

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

Gulika 8:22AM – 9:59AM
Yama 5:07AM – 6:44AM
Rahu 1:14PM – 2:52PM

Purvashadha* **Until 6:08PM**
Siddha **Until 10:23PM**
Visti **Until 11:12PM**
Shashthi* **Until 10:18AM**

Ganesha: Yellow *Sunrise: 5:07AM*
Muruqa: Yellow *Sunset: 6:07PM*
Nataraja: Clear
Moon – Light Blue
Chaitra*Chaitra

Manama, Bahrain
Sun 4 Sutra 11
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

5

Friday, April 26, 2019

Retreat Star

Makara Rasi: 2.38 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 6:44AM – 8:21AM
Yama 2:52PM – 4:30PM
Rahu 9:59AM – 11:37AM

Uttarashadha **Until 8:35PM**
Sadhya **Until 11:04PM**
Balava **Until 1:22AM Sat**
Saptami **Until 12:13PM**

Ganesha: Red *Sunrise: 5:06AM*
Muruqa: Yellow *Sunset: 6:07PM*
Nataraja: Clear
Moon – Light Blue
Chaitra*Chaitra

Manama, Bahrain
Sun 5 Sutra 12
Vikarin 5121
Moon 4 - Phase 2
Ashtami

Devaloka Day

Saturday, April 27, 2019

Retreat Star

Makara Rasi: 14.34 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 5:05AM – 6:43AM
Yama 1:14PM – 2:52PM
Rahu 8:21AM – 9:59AM

Shravana **Until 11:44PM**
Subha **Until 12:01AM Sun**
Taitila **Until 3:51AM Sun**
Ashtami* **Until 2:34PM**

Ganesha: Green *Sunrise: 5:05AM*
Muruqa: Yellow *Sunset: 6:08PM*
Nataraja: Clear
Moon – Purple
Chaitra*Chaitra

Manama, Bahrain
Sun 6 Sutra 13
Vikarin 5121
Moon 4 - Phase 2
Navami

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

1		Sunday, April 28, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Dhanishtha Nakshatra Sukla Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 7 Sutra 14
Makara Rasi: 26.25	Tithi 24 – 25	Gulika	2:52PM – 4:30PM	Dhanishtha Until 2:48AM Mon	Ganesha: Green	<i>Sunrise:</i> 5:04AM	Vikarin 5121	
		Yama	11:36AM – 1:14PM	Sukla Until 1:01AM Mon	Muruqa: Yellow	<i>Sunset:</i> 6:08PM	Moon 4 - Phase 3	
		294583469 Rahu	4:30PM – 6:08PM	Vanija Until 6:24AM Mon	Nataraja: Clear		2nd Phase	
Routine Work	Marana Yoga			Navami* Until 5:06PM	Moon – Purple		Bhuloka Day	
Until 2:48AM Mon					Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga								

2		Monday, April 29, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yukhtayam Shatabhishak Nakshatra Brahma Yoga Vanija/Visti* Karana Dashamyam Titau				Manama, Bahrain Sun 8 Sutra 15
Kumbha Rasi: 8.14	Tithi 25	Gulika	1:14PM – 2:53PM	Shatabhishak Until 5:34AM Tue	Ganesha: Green	<i>Sunrise:</i> 5:03AM	Vikarin 5121	
Family Home Evening		Yama	9:58AM – 1:36AM	Brahma Until 1:57AM Tue	Muruqa: Yellow	<i>Sunset:</i> 6:09PM	Moon 4 - Phase 3	
Creative Work	Siddha Yoga	294583469 Rahu	6:42AM – 8:20AM	Vanija Until 6:24AM	Nataraja: Clear		2nd Phase	
Until 5:34AM Tue				Dashami Until 7:36PM	Moon – Purple		Bhuloka Day	
Then Routine Work - Marana Yoga					Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM	

3		Tuesday, April 30, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yukhtayam Purvaproshtapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau				Manama, Bahrain Sun 9 Sutra 16
Kumbha Rasi: 20.07	Tithi 26	Gulika	11:36AM – 1:14PM	Purvaproshtapada* Until 8:21AM Wed	Ganesha: Purple	<i>Sunrise:</i> 5:03AM	Vikarin 5121	
		Yama	8:19AM – 9:58AM	Indra Until 2:39AM Wed	Muruqa: Yellow	<i>Sunset:</i> 6:10PM	Moon 4 - Phase 3	
		214583469 Rahu	2:53PM – 4:31PM	Bava Until 8:46AM	Nataraja: Clear		2nd Phase	
Routine Work	Marana Yoga			Ekadashi* Until 9:49PM	Moon – Clear		Bhuloka Day	
Until 8:21AM Wed					Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga								

4		Wednesday, May 1, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yukhtayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vaidhriti* Yoga Kaulava/Taitilla Karana Dvadashyam Titau				Manama, Bahrain Sun 10 Sutra 17
Meena Rasi: 2.08	Tithi 27	Gulika	9:57AM – 11:36AM	Purvaproshtapada* Until 8:21AM	Ganesha: Purple	<i>Sunrise:</i> 5:02AM	Vikarin 5121	
		Yama	6:40AM – 8:19AM	Vaidhriti* Until 2:59AM Thu	Muruqa: Yellow	<i>Sunset:</i> 6:10PM	Moon 4 - Phase 3	
		214583469 Rahu	11:36AM – 1:14PM	Kaulava Until 10:47AM	Nataraja: Clear		2nd Phase	
Creative Work	Amrita Yoga			Dvadashi* Until 11:36PM	Moon – Clear		Bhuloka Day	
Until 8:21AM					Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga								

5		Thursday, May 2, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yukhtayam Uttaraproshtapada/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Manama, Bahrain Sun 11 Sutra 18
Meena Rasi: 14.2	Tithi 28	Gulika	8:18AM – 9:57AM	Uttaraproshtapada Until 10:31AM	Ganesha: Light Blue	<i>Sunrise:</i> 5:01AM	Vikarin 5121	
		Yama	5:01AM – 6:40AM	Vishkambha* Until 2:56AM Fri	Muruqa: Yellow	<i>Sunset:</i> 6:11PM	Moon 4 - Phase 3	
		215583469 Rahu	1:14PM – 2:53PM	Gara Until 12:19PM	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga			Trayodashi* Until 12:52AM Fri	Moon – Clear		Bhuloka Day	
Until 12:01PM					Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga								

6		Friday, May 3, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yukhtayam Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Manama, Bahrain Sun 12 Sutra 19
Meena Rasi: 26.45	Tithi 29	Gulika	6:39AM – 8:18AM	Revati Until 12:01PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:00AM	Vikarin 5121	
		Yama	2:53PM – 4:32PM	Priti Until 2:28AM Sat	Muruqa: Yellow	<i>Sunset:</i> 6:11PM	Moon 4 - Phase 3	
		215583469 Rahu	9:57AM – 11:36AM	Visti Until 1:19PM	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga			Chaturdashi* Until 1:36AM Sat	Moon – Clear		Bhuloka Day	
Until 12:01PM					Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga								

Retreat Star		Saturday, May 4, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Manama, Bahrain Sun 13 Sutra 20
Mesha Rasi: 9.25	Tithi 30	Gulika	5:00AM – 6:39AM	Ashvini Until 1:18PM	Ganesha: Purple	<i>Sunrise:</i> 5:00AM	Vikarin 5121	
		Yama	1:15PM – 2:54PM	Ayushman Until 1:34AM Sun	Muruqa: Yellow	<i>Sunset:</i> 6:12PM	Moon 4 - Phase 3	
		225583469 Rahu	8:18AM – 9:57AM	Catuspada Until 1:47PM	Nataraja: Clear		Amavasya	
Creative Work	Siddha Yoga			Amavasya* Until 1:47AM Sun	Moon – White		Bhuloka Day	
Until 1:55PM					Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga								

Retreat Star		Sunday, May 5, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Manama, Bahrain Sun 14 Sutra 21
Mesha Rasi: 22.2	Tithi 1	Gulika	2:54PM – 4:33PM	Bharani Until 1:55PM	Ganesha: Purple	<i>Sunrise:</i> 4:59AM	Vikarin 5121	
		Yama	11:35AM – 1:15PM	Saubhagya Until 12:18AM Mon	Muruqa: Yellow	<i>Sunset:</i> 6:12PM	Moon 4 - Phase 3	
		225583469 Rahu	4:33PM – 6:12PM	Kintughna Until 1:43PM	Nataraja: Clear		Prathama	
Routine Work	Prabalarishta Yoga			Prathama* Until 1:30AM Mon	Moon – White		Bhuloka Day	
Until 1:55PM					Vaisaka+Chaitra		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

Monday, May 6, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Manama, Bahrain Sun 15 Sutra 22
1		Gulika 1:15PM – 2:54PM	Krittika Until 1:58PM	Ganesha: Purple	<i>Sunrise:</i> 4:58AM	Vikarin 5121
Vrishabha Rasi: 5.29	Tithi 2	Yama 9:56AM – 11:35AM	Sobhana Until 10:43PM	Muruḡa: Yellow	<i>Sunset:</i> 6:13PM	Moon 4 - Phase 4
Family Home Evening	225583469	Rahu 6:37AM – 8:17AM	Balava Until 1:13PM	Nataraja: Clear		3rd Phase
Routine Work Marana Yoga			Dvitiya Until 12:49AM Tue	Moon – White	Bhuloka Day	
Until 1:58PM				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

Tuesday, May 7, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Manama, Bahrain Sun 16 Sutra 23
2		Gulika 11:35AM – 1:15PM	Rohini Until 1:56PM	Ganesha: Light Blue	<i>Sunrise:</i> 4:57AM	Vikarin 5121
Vrishabha Rasi: 18.52	Tithi 3	Yama 8:16AM – 9:56AM	Athiganda* Until 8:50PM	Muruḡa: Yellow	<i>Sunset:</i> 6:13PM	Moon 4 - Phase 4
	235583469	Rahu 2:54PM – 4:34PM	Taitila Until 12:21PM	Nataraja: Clear		3rd Phase
Creative Work Amrita Yoga			Tritiya Until 11:46PM	Moon – Yellow	Bhuloka Day	
Until 1:56PM		Akshaya Tritiya		Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga						

Wednesday, May 8, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau				Manama, Bahrain Sun 17 Sutra 24
3		Gulika 9:56AM – 11:35AM	Mrigashira Until 1:27PM	Ganesha: Light Blue	<i>Sunrise:</i> 4:57AM	Vikarin 5121
Mithuna Rasi: 2.25	Tithi 4	Yama 6:36AM – 8:16AM	Sukarma Until 6:44PM	Muruḡa: Yellow	<i>Sunset:</i> 6:14PM	Moon 4 - Phase 4
	235583469	Rahu 11:35AM – 1:15PM	Vanija Until 11:10AM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Chaturthi* Until 10:27PM	Moon – Yellow	Bhuloka Day	
				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	

Thursday, May 9, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Panchamyam Titau				Manama, Bahrain Sun 18 Sutra 25
4		Gulika 8:16AM – 9:55AM	Ardra Until 12:35PM	Ganesha: Light Blue	<i>Sunrise:</i> 4:56AM	Vikarin 5121
Mithuna Rasi: 16.07	Tithi 5	Yama 4:56AM – 6:36AM	Dhriti Until 4:28PM	Muruḡa: Yellow	<i>Sunset:</i> 6:14PM	Moon 4 - Phase 4
	235583469	Rahu 1:15PM – 2:55PM	Bava Until 9:43AM	Nataraja: Clear		3rd Phase
Routine Work Marana Yoga			Panchami Until 8:54PM	Moon – Yellow	Bhuloka Day	
Until 12:35PM				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

Friday, May 10, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau				Manama, Bahrain Sun 19 Sutra 26
5		Gulika 6:35AM – 8:15AM	Punarvasu Until 11:48AM	Ganesha: Orange	<i>Sunrise:</i> 4:55AM	Vikarin 5121
Mithuna Rasi: 29.58	Tithi 6	Yama 2:55PM – 4:35PM	Shula* Until 1:59PM	Muruḡa: Yellow	<i>Sunset:</i> 6:15PM	Moon 4 - Phase 4
	245583469	Rahu 9:55AM – 11:35AM	Kaulava Until 8:04AM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Shashthi* Until 7:09PM	Moon – Blue	Devaloka Day	
Until 11:48AM				Vaisaka-Chaitra		
Then Routine Work - Marana Yoga						

Saturday, May 11, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi Yoga Gara/Visti* Karana Saptami/Ashtamyam Titau				Manama, Bahrain Sun 20 Sutra 27
6		Gulika 4:55AM – 6:35AM	Pushya Until 10:40AM	Ganesha: Orange	<i>Sunrise:</i> 4:55AM	Vikarin 5121
Kataka Rasi: 13.55	Tithi 7 – 8	Yama 1:15PM – 2:55PM	Ganda* Until 11:22AM	Muruḡa: Yellow	<i>Sunset:</i> 6:15PM	Moon 4 - Phase 4
	245583469	Rahu 8:15AM – 9:55AM	Gara Until 6:13AM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Saptami Until 5:12PM	Moon – Blue	Devaloka Day	
Until 10:40AM				Vaisaka-Chaitra		
Then Routine Work - Marana Yoga						

Sunday, May 12, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain Sun 21 Sutra 28
Retreat Star		Gulika 2:56PM – 4:36PM	Ashlesha* Until 9:14AM	Ganesha: Clear	<i>Sunrise:</i> 4:54AM	Vikarin 5121
Kataka Rasi: 28	Tithi 8 – 9	Yama 11:35AM – 1:15PM	Vridhhi Until 8:38AM	Muruḡa: Yellow	<i>Sunset:</i> 6:16PM	Moon 4 - Phase 4
	246583469	Rahu 4:36PM – 6:16PM	Balava Until 2:00AM Mon	Nataraja: Clear		Ashtami
Creative Work Siddha Yoga			Ashtami* Until 3:05PM	Moon – Blue	Devaloka Day	
Until 9:14AM		Mother's Day		Vaisaka-Chaitra		
Then Routine Work - Marana Yoga						


Monday, May 13, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 22 Sutra 29
Retreat Star		Gulika 1:15PM – 2:56PM	Magha* Until 7:55AM	Ganesha: White	<i>Sunrise:</i> 4:54AM	Vikarin 5121
Simha Rasi: 12.11	Tithi 9 – 10	Yama 9:55AM – 11:35AM	Vyaghata* Until 2:46AM Tue	Muruḡa: Yellow	<i>Sunset:</i> 6:16PM	Moon 4 - Phase 4
	256583469	Rahu 6:34AM – 8:14AM	Taitila Until 11:41PM	Nataraja: Clear		Navami
Family Home Evening			Navami* Until 12:50PM	Moon – Red	Bhuloka Day	
Routine Work Marana Yoga				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Until 7:55AM						
Then Creative Work - Siddha Yoga						

1		Tuesday, May 14, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Manama, Bahrain Sun 23 Sutra 30
Simha Rasi: 26.26	Tithi 10 – 11	Gulika	11:35AM – 1:16PM	Purvaphalguni Until 6:22AM	Ganesha: White	<i>Sunrise:</i> 4:53AM	Vikarin 5121
		Yama	8:14AM – 9:55AM	Harshana Until 11:45PM	Muruqa: Yellow	<i>Sunset:</i> 6:17PM	Moon 4 - Phase 5
		266583469 Rahu	2:56PM – 4:37PM	Vanija Until 9:19PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga			Dashami Until 10:29AM	Moon – Red	Bhuloka Day	
Until 6:22AM					Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

2		Wednesday, May 15, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Manama, Bahrain Sun 24 Sutra 31
Kanya Rasi: 10.44	Tithi 11 – 12	Gulika	9:54AM – 11:35AM	Hasta Until 3:11AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 4:53AM	Vikarin 5121
		Yama	6:33AM – 8:14AM	Vajra* Until 8:44PM	Muruqa: Yellow	<i>Sunset:</i> 6:18PM	Moon 4 - Phase 5
		266583469 Rahu	11:35AM – 1:16PM	Bava Until 6:56PM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga			Ekadashi Until 8:06AM	Moon – Green	Devaloka Day	
Until 3:11AM Thu					Vaisaka-Vaikasi		
Then Creative Work - Siddha Yoga							

3		Thursday, May 16, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Manama, Bahrain Sun 25 Sutra 32
Kanya Rasi: 24.59	Tithi 13	Gulika	8:14AM – 9:54AM	Chitra Until 1:45AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 4:52AM	Vikarin 5121
		Yama	4:52AM – 6:33AM	Siddhi Until 5:49PM	Muruqa: Yellow	<i>Sunset:</i> 6:18PM	Moon 4 - Phase 5
		266583469 Rahu	1:16PM – 2:57PM	Kaulava Until 4:39PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga			Trayodashi Until 3:34AM Fri	Moon – Green	Devaloka Day	
					Vaisaka-Vaikasi		
					<i>Pradosha Vrata</i>		

4		Friday, May 17, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Chaturdashyam Titau			Manama, Bahrain Sun 26 Sutra 33
Tula Rasi: 9.09	Tithi 14	Gulika	6:32AM – 8:13AM	Svati Until 12:26AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 4:52AM	Vikarin 5121
		Yama	2:57PM – 4:38PM	Vyatipata* Until 3:05PM	Muruqa: Yellow	<i>Sunset:</i> 6:19PM	Moon 4 - Phase 5
		266583469 Rahu	9:54AM – 11:35AM	Gara Until 2:35PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga			Chaturdashi* Until 1:39AM Sat	Moon – Green	Devaloka Day	
					Vaisaka-Vaikasi		

		Saturday, May 18, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau			Manama, Bahrain Sun 27 Sutra 34
Copper Retreat Star		Gulika	4:51AM – 6:32AM	Vishakha Until 11:48PM	Ganesha: Blue	<i>Sunrise:</i> 4:51AM	Vikarin 5121
Tula Rasi: 23.07	Tithi 15	Yama	1:16PM – 2:57PM	Variyan Until 12:37PM	Muruqa: Yellow	<i>Sunset:</i> 6:19PM	Moon 4 - Phase 5
		277583469 Rahu	8:13AM – 9:54AM	Visti Until 12:52PM	Nataraja: Clear		Purnima
Creative Work	Siddha Yoga			Purnima* Until 12:09AM Sun	Moon – Orange	Bhuloka Day	
					Vaisaka-Vaikasi	Devaloka Time: 3:PM to 6:PM	

0		Sunday, May 19, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau			Manama, Bahrain Sun 28 Sutra 35
Silver Retreat Star		Gulika	2:57PM – 4:39PM	Anuradha Until 11:33PM	Ganesha: Yellow	<i>Sunrise:</i> 4:51AM	Vikarin 5121
Vrischika Rasi: 6.5	Tithi 16	Yama	11:35AM – 1:16PM	Parigha* Until 10:32AM	Muruqa: Yellow	<i>Sunset:</i> 6:20PM	Moon 4 - Phase 5
		277583469 Rahu	4:39PM – 6:20PM	Balava Until 11:36AM	Nataraja: Clear		Prathama
Routine Work	Marana Yoga			Prathama* Until 11:10PM	Moon – Orange	Devaloka Day	
					Vaisaka-Vaikasi		

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: 20.13 Tithi 17
Family Home Evening
Creative Work Siddha Yoga

277583469

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

Gulika 1:16PM – 2:58PM
Yama 9:54AM – 11:35AM
Rahu 6:31AM – 8:13AM

Jyeshtha* Until 11:47PM
Shiva Until 8:56AM
Taitila Until 10:56AM
Dvitiya Until 10:49PM

Manama, Bahrain
Sun 1 Sutra 36
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Yellow *Sunrise:* 4:50AM
Muruqa: Yellow *Sunset:* 6:20PM
Nataraja: Clear
Moon – Orange

Devaloka Day
Vaisaka-Vaikasi

1

Tuesday, May 21, 2019

Dhanus Rasi: 3.15 Tithi 18
Creative Work Amrita Yoga

287683469

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

Gulika 11:35AM – 1:17PM
Yama 8:13AM – 9:54AM
Rahu 2:58PM – 4:39PM

Mula* Until 12:59AM Wed
Siddha Until 7:50AM
Vanija Until 10:55AM
Tritiya Until 11:10PM

Manama, Bahrain
Sun 2 Sutra 37
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Red *Sunrise:* 4:50AM
Muruqa: Yellow *Sunset:* 6:21PM
Nataraja: Clear
Moon – Light Blue

Devaloka Day
Vaisaka-Vaikasi

2

Wednesday, May 22, 2019

Dhanus Rasi: 15.57 Tithi 19
Creative Work Amrita Yoga
Until 2:43AM Thu
Then Routine Work - Marana Yoga

287683469

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

Gulika 9:54AM – 11:35AM
Yama 6:31AM – 8:12AM
Rahu 11:35AM – 1:17PM

Purvashadha* Until 2:43AM Thu
Sadhya Until 7:18AM
Bava Until 11:37AM
Chaturthi* Until 12:12AM Thu

Manama, Bahrain
Sun 3 Sutra 38
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Red *Sunrise:* 4:49AM
Muruqa: Yellow *Sunset:* 6:21PM
Nataraja: Clear
Moon – Light Blue

Devaloka Day
Vaisaka-Vaikasi

3

Thursday, May 23, 2019

Dhanus Rasi: 28.2 Tithi 20
Routine Work Marana Yoga

287683469

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

Gulika 8:12AM – 9:54AM
Yama 4:49AM – 6:31AM
Rahu 1:17PM – 2:59PM

Uttarashadha Until 4:52AM Fri
Subha Until 7:19AM
Kaulava Until 12:59PM
Panchami Until 1:51AM Fri

Manama, Bahrain
Sun 4 Sutra 39
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Red *Sunrise:* 4:49AM
Muruqa: Yellow *Sunset:* 6:22PM
Nataraja: Clear
Moon – Light Blue

Devaloka Day
Vaisaka-Vaikasi

4

Friday, May 24, 2019

Makara Rasi: 10.28 Tithi 21
Routine Work Marana Yoga
Until 7:47AM Sat
Then Creative Work - Siddha Yoga

297683469

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

Gulika 6:30AM – 8:12AM
Yama 2:59PM – 4:41PM
Rahu 9:54AM – 11:35AM

Shravana Until 7:47AM Sat
Sukla Until 7:45AM
Gara Until 2:54PM
Shashthi* Until 3:59AM Sat

Manama, Bahrain
Sun 5 Sutra 40
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Green *Sunrise:* 4:49AM
Muruqa: Yellow *Sunset:* 6:22PM
Nataraja: Clear
Moon – Purple

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

5

Saturday, May 25, 2019

Makara Rasi: 22.26 Tithi 22
Creative Work Siddha Yoga

297683469

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

Gulika 4:48AM – 6:30AM
Yama 1:17PM – 2:59PM
Rahu 8:12AM – 9:54AM

Shravana Until 7:47AM
Brahma Until 8:31AM
Visti Until 5:11PM
Saptami Until 6:22AM Sun

Manama, Bahrain
Sun 6 Sutra 41
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Green *Sunrise:* 4:48AM
Muruqa: Yellow *Sunset:* 6:23PM
Nataraja: Clear
Moon – Purple

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

D

Sunday, May 26, 2019
Retreat Star

Kumbha Rasi: 4.19 Tithi 22 – 23
Routine Work Marana Yoga
Until 10:44AM
Then Creative Work - Siddha Yoga

398683469

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

Gulika 3:00PM – 4:41PM
Yama 11:36AM – 1:18PM
Rahu 4:41PM – 6:23PM

Dhanishtha Until 10:44AM
Indra Until 9:29AM
Balava Until 7:37PM
Saptami Until 6:22AM

Manama, Bahrain
Sun 7 Sutra 42
Vikarin 5121
Moon 5 - Phase 6
Ashtami

Ganesha: Blue *Sunrise:* 4:48AM
Muruqa: Yellow *Sunset:* 6:23PM
Nataraja: Clear
Moon – Purple

Sivaloka Day
Vaisaka-Vaikasi

Monday, May 27, 2019
Retreat Star

Kumbha Rasi: 16.1 Tithi 23 – 24
Family Home Evening
Creative Work Siddha Yoga
Until 1:32PM
Then Routine Work - Marana Yoga

398683469

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

Gulika 1:18PM – 3:00PM
Yama 9:54AM – 11:36AM
Rahu 6:30AM – 8:12AM

Shatabhishak Until 1:32PM
Vaidhriti* Until 10:25AM
Taitila Until 9:57PM
Ashtami* Until 8:47AM

Manama, Bahrain
Sun 8 Sutra 43
Vikarin 5121
Moon 5 - Phase 6
Navami

Ganesha: Blue *Sunrise:* 4:48AM
Muruqa: Yellow *Sunset:* 6:24PM
Nataraja: Clear
Moon – Purple

Sivaloka Day
Vaisaka-Vaikasi

1		Tuesday, May 28, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vishkamba/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Manama, Bahrain Sun 9	Sutra 44 Vikarin 5121
Kumbha Rasi: 28.06	Tithi 24 – 25	Gulika	11:36AM – 1:18PM	Purvaproshtapada* Until 4:26PM	Ganesha: Purple	<i>Sunrise:</i> 4:47AM		
		Yama	8:12AM – 9:54AM	Vishkamba* Until 11:12AM	Muruqa: Yellow	<i>Sunset:</i> 6:24PM	Moon 5 - Phase 7	
		318683469 Rahu	3:00PM – 4:42PM	Vanija Until 12:00AM Wed	Nataraja: Clear		2nd Phase	
Routine Work	Marana Yoga			Navami* Until 11:00AM	Moon – Clear		Sivaloka Day	
Until 4:26PM					Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga								

2		Wednesday, May 29, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti/Ayushman Yoga Visti/Bava Karana Dashami/Ekadashyam Titau	Manama, Bahrain Sun 10	Sutra 45 Vikarin 5121
Meena Rasi: 10.1	Tithi 25 – 26	Gulika	9:54AM – 11:36AM	Uttaraproshtapada Until 6:45PM	Ganesha: Purple	<i>Sunrise:</i> 4:47AM		
		Yama	6:29AM – 8:12AM	Priti Until 11:43AM	Muruqa: Yellow	<i>Sunset:</i> 6:25PM	Moon 5 - Phase 7	
		318683469 Rahu	11:36AM – 1:18PM	Bava Until 1:34AM Thu	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga			Dashami Until 12:50PM	Moon – Clear		Sivaloka Day	
Until 6:45PM					Vaisaka-Vaikasi			
Then Routine Work - Marana Yoga								

3		Thursday, May 30, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Manama, Bahrain Sun 11	Sutra 46 Vikarin 5121
Meena Rasi: 22.26	Tithi 26 – 27	Gulika	8:12AM – 9:54AM	Revati Until 8:22PM	Ganesha: Purple	<i>Sunrise:</i> 4:47AM		
		Yama	4:47AM – 6:29AM	Ayushman Until 11:47AM	Muruqa: Yellow	<i>Sunset:</i> 6:25PM	Moon 5 - Phase 7	
		318683469 Rahu	1:18PM – 3:01PM	Kaulava Until 2:33AM Fri	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga			Ekadashi* Until 2:07PM	Moon – Clear		Sivaloka Day	
Until 8:22PM					Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga								

4		Friday, May 31, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau	Manama, Bahrain Sun 12	Sutra 47 Vikarin 5121
Mesha Rasi: 4.58	Tithi 27 – 28	Gulika	6:29AM – 8:11AM	Ashvini Until 9:42PM	Ganesha: Clear	<i>Sunrise:</i> 4:47AM		
		Yama	3:01PM – 4:43PM	Saubhagya Until 11:23AM	Muruqa: Yellow	<i>Sunset:</i> 6:26PM	Moon 5 - Phase 7	
		328683469 Rahu	9:54AM – 11:36AM	Gara Until 2:54AM Sat	Nataraja: Clear		2nd Phase	
Creative Work	Amrita Yoga			Dvadashi* Until 2:47PM	Moon – White		Devaloka Day	
Until 9:42PM					Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>				

5		Saturday, June 1, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Manama, Bahrain Sun 13	Sutra 48 Vikarin 5121
Mesha Rasi: 17.48	Tithi 28 – 29	Gulika	4:46AM – 6:29AM	Bharani Until 10:14PM	Ganesha: White	<i>Sunrise:</i> 4:46AM		
		Yama	1:19PM – 3:01PM	Sobhana Until 10:30AM	Muruqa: Yellow	<i>Sunset:</i> 6:26PM	Moon 5 - Phase 7	
		329683469 Rahu	8:11AM – 9:54AM	Visti Until 2:37AM Sun	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga			Trayodashi* Until 2:49PM	Moon – White		Bhuloka Day	
Until 10:14PM					Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga								

●		Sunday, June 2, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda*/Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Manama, Bahrain Sun 14	Sutra 49 Vikarin 5121
Retreat Star		Gulika	3:02PM – 4:44PM	Krittika Until 10:02PM	Ganesha: White	<i>Sunrise:</i> 4:46AM		
Vrishabha Rasi: 0.56	Tithi 29 – 30	Yama	11:37AM – 1:19PM	Athiganda* Until 9:05AM	Muruqa: Yellow	<i>Sunset:</i> 6:27PM	Moon 5 - Phase 7	
		329683469 Rahu	4:44PM – 6:27PM	Catuspada Until 1:44AM Mon	Nataraja: Clear		Amavasya	
Creative Work	Siddha Yoga			Chaturdashi* Until 2:14PM	Moon – White		Bhuloka Day	
					Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM	

Monday, June 3, 2019		Retreat Star				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma/Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Manama, Bahrain Sun 15	Sutra 50 Vikarin 5121
Vrishabha Rasi: 14.24	Tithi 30 – 1	Gulika	1:19PM – 3:02PM	Rohini Until 9:37PM	Ganesha: Green	<i>Sunrise:</i> 4:46AM		
Family Home Evening		Yama	9:54AM – 11:37AM	Sukarma Until 7:14AM	Muruqa: Yellow	<i>Sunset:</i> 6:27PM	Moon 5 - Phase 7	
		339683469 Rahu	6:29AM – 8:11AM	Kintughna Until 12:22AM Tue	Nataraja: Clear		Prathama	
Creative Work	Amrita Yoga			Amavasya* Until 1:05PM	Moon – Yellow		Bhuloka Day	
					Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

1		Tuesday, June 4, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Manama, Bahrain Sun 16 Sutra 51	
Vrishabha Rasi: 28.09	Tithi 1 – 2	Gulika 11:37AM – 1:20PM	Mrigashira Until 8:39PM	Ganesha: Green	<i>Sunrise:</i> 4:46AM	Vikarin 5121	
		Yama 8:11AM – 9:54AM	Shula* Until 2:28AM Wed	Muruqa: Yellow	<i>Sunset:</i> 6:28PM	Moon 5 - Phase 8	
		339683461 Rahu 3:02PM – 4:45PM	Balava Until 10:35PM	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Prathama* Until 11:30AM	Moon – Yellow		Bhuloka Day	
Until 8:39PM				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

2		Wednesday, June 5, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Manama, Bahrain Sun 17 Sutra 52	
Mithuna Rasi: 12.07	Tithi 2 – 3	Gulika 9:54AM – 11:37AM	Ardra Until 7:14PM	Ganesha: Green	<i>Sunrise:</i> 4:46AM	Vikarin 5121	
		Yama 6:29AM – 8:11AM	Ganda* Until 11:42PM	Muruqa: Yellow	<i>Sunset:</i> 6:28PM	Moon 5 - Phase 8	
		339683461 Rahu 11:37AM – 1:20PM	Taitila Until 8:31PM	Nataraja: Yellow		3rd Phase	
Creative Work	Siddha Yoga		Dvitiya Until 9:34AM	Moon – Yellow		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

3		Thursday, June 6, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Vridhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Manama, Bahrain Sun 18 Sutra 53	
Mithuna Rasi: 26.16	Tithi 3 – 4	Gulika 8:12AM – 9:54AM	Punarvasu Until 5:55PM	Ganesha: White	<i>Sunrise:</i> 4:46AM	Vikarin 5121	
		Yama 4:46AM – 6:29AM	Vridhi Until 8:48PM	Muruqa: Yellow	<i>Sunset:</i> 6:29PM	Moon 5 - Phase 8	
		349683461 Rahu 1:20PM – 3:03PM	Vanija Until 6:15PM	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Tritiya Until 7:23AM	Moon – Blue		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

4		Friday, June 7, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Panchamyam Titau		Manama, Bahrain Sun 19 Sutra 54	
Kataka Rasi: 10.3	Tithi 5	Gulika 6:29AM – 8:12AM	Pushya Until 4:21PM	Ganesha: White	<i>Sunrise:</i> 4:46AM	Vikarin 5121	
		Yama 3:03PM – 4:46PM	Dhruva Until 5:49PM	Muruqa: Yellow	<i>Sunset:</i> 6:29PM	Moon 5 - Phase 8	
		349683461 Rahu 9:54AM – 11:37AM	Bava Until 3:54PM	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Panchami Until 2:42AM Sat	Moon – Blue		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

5		Saturday, June 8, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau		Manama, Bahrain Sun 20 Sutra 55	
Kataka Rasi: 24.46	Tithi 6	Gulika 4:46AM – 6:29AM	Ashlesha* Until 2:38PM	Ganesha: White	<i>Sunrise:</i> 4:46AM	Vikarin 5121	
		Yama 1:21PM – 3:04PM	Vyaghata* Until 2:50PM	Muruqa: Yellow	<i>Sunset:</i> 6:29PM	Moon 5 - Phase 8	
		349683461 Rahu 8:12AM – 9:55AM	Kaulava Until 1:32PM	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Shashthi* Until 12:20AM Sun	Moon – Blue		Bhuloka Day	
Until 2:38PM				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

6		Sunday, June 9, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau		Manama, Bahrain Sun 21 Sutra 56	
Simha Rasi: 9.02	Tithi 7	Gulika 3:04PM – 4:47PM	Magha* Until 1:14PM	Ganesha: Yellow	<i>Sunrise:</i> 4:46AM	Vikarin 5121	
		Yama 11:38AM – 1:21PM	Harshana Until 11:53AM	Muruqa: Yellow	<i>Sunset:</i> 6:30PM	Moon 5 - Phase 8	
		351683461 Rahu 4:47PM – 6:30PM	Gara Until 11:12AM	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Saptami Until 10:03PM	Moon – Red		Devaloka Day	
Until 1:14PM				Jyeshtha-Vaikasi			
Then Creative Work - Siddha Yoga							

Retreat Star		Monday, June 10, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau		Manama, Bahrain Sun 22 Sutra 57	
Simha Rasi: 23.14	Tithi 8	Gulika 1:21PM – 3:04PM	Purvaphalguni Until 11:48AM	Ganesha: Yellow	<i>Sunrise:</i> 4:46AM	Vikarin 5121	
Family Home Evening		Yama 9:55AM – 11:38AM	Vajra* Until 9:00AM	Muruqa: Yellow	<i>Sunset:</i> 6:30PM	Moon 5 - Phase 8	
		351683461 Rahu 6:29AM – 8:12AM	Visti Until 8:58AM	Nataraja: Yellow		Ashtami	
Creative Work	Siddha Yoga		Ashtami* Until 7:52PM	Moon – Red		Devaloka Day	
				Jyeshtha-Vaikasi			


Retreat Star		Tuesday, June 11, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddhi/Vyatalpata* Yoga Balava/Taitila Karana Navami/Dashamyam Titau		Manama, Bahrain Sun 23 Sutra 58	
Kanya Rasi: 7.22	Tithi 9 – 10	Gulika 11:38AM – 1:21PM	Uttaraphalguni Until 10:21AM	Ganesha: Yellow	<i>Sunrise:</i> 4:46AM	Vikarin 5121	
		Yama 8:12AM – 9:55AM	Siddhi Until 6:14AM	Muruqa: Yellow	<i>Sunset:</i> 6:31PM	Moon 5 - Phase 8	
		351683461 Rahu 3:04PM – 4:47PM	Balava Until 6:51AM	Nataraja: Yellow		Navami	
Creative Work	Amrita Yoga		Navami* Until 5:49PM	Moon – Red		Devaloka Day	
Until 10:21AM				Jyeshtha-Vaikasi			
Then Creative Work - Siddha Yoga							

1		Wednesday, June 12, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Varyan Yoga Gara/Varija Karana Dashami/Ekadashyam Titau		Manama, Bahrain Sun 24 Sutra 59	
Kanya Rasi: 21.23	Tithi 10 – 11	Gulika	9:55AM – 11:38AM	Hasta Until 9:21AM	Ganesha: White	<i>Sunrise:</i> 4:46AM	Vikarin 5121
		Yama	6:29AM – 8:12AM	Variyan Until 1:07AM Thu	Muruqa: Yellow	<i>Sunset:</i> 6:31PM	Moon 5 - Phase 9
		361683461 Rahu	11:38AM – 1:22PM	Varija Until 3:08AM Thu	Nataraja: Yellow		4th Phase
Routine Work	Marana Yoga			Dashami Until 3:58PM	Moon – Green	Bhuloka Day	
Until 9:21AM					Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

2		Thursday, June 13, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 25 Sutra 60	
Tula Rasi: 5.16	Tithi 11 – 12	Gulika	8:12AM – 9:55AM	Chitra Until 8:25AM	Ganesha: White	<i>Sunrise:</i> 4:46AM	Vikarin 5121
		Yama	4:46AM – 6:29AM	Parigha* Until 10:51PM	Muruqa: Yellow	<i>Sunset:</i> 6:31PM	Moon 5 - Phase 9
		361683461 Rahu	1:22PM – 3:05PM	Bava Until 1:39AM Fri	Nataraja: Yellow		4th Phase
Creative Work	Siddha Yoga			Ekadashi Until 2:20PM	Moon – Green	Bhuloka Day	
Until 8:25AM					Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

3		Friday, June 14, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 26 Sutra 61	
Tula Rasi: 18.59	Tithi 12 – 13	Gulika	6:29AM – 8:12AM	Svati Until 7:37AM	Ganesha: White	<i>Sunrise:</i> 4:46AM	Vikarin 5121
		Yama	3:05PM – 4:48PM	Shiva Until 8:52PM	Muruqa: Blue	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 9
		361693461 Rahu	9:56AM – 11:39AM	Kaulava Until 12:29AM Sat	Nataraja: Yellow		4th Phase
Creative Work	Siddha Yoga			Dvadashi Until 1:00PM	Moon – Green	Devaloka Day	
		Vaikasi Visakam			Jyeshtha-Vaikasi		
				<i>Pradosha Vrata</i>			

4		Saturday, June 15, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 27 Sutra 62	
Vrischika Rasi: 2.31	Tithi 13 – 14	Gulika	4:46AM – 6:29AM	Vishakha Until 7:27AM	Ganesha: Clear	<i>Sunrise:</i> 4:46AM	Vikarin 5121
		Yama	1:22PM – 3:05PM	Siddha Until 7:09PM	Muruqa: Blue	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 9
		371693461 Rahu	8:12AM – 9:56AM	Gara Until 11:43PM	Nataraja: Yellow		4th Phase
Creative Work	Siddha Yoga			Trayodashi Until 12:01PM	Moon – Orange	Sivaloka Day	
					Jyeshtha-Ani		

		Sunday, June 16, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sadhya/Subha Yoga Varija/Visti* Karana Chaturdashi/Purnimayam Titau		Manama, Bahrain Sutra 63	
Copper Retreat Star		Gulika	3:06PM – 4:49PM	Anuradha Until 7:33AM	Ganesha: White	<i>Sunrise:</i> 4:46AM	Vikarin 5121
Vrischika Rasi: 15.48	Tithi 14 – 15	Yama	11:39AM – 1:22PM	Sadhya Until 5:49PM	Muruqa: Blue	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 9
		371793461 Rahu	4:49PM – 6:32PM	Visti Until 11:25PM	Nataraja: Yellow		Purnima
Routine Work	Marana Yoga			Chaturdashi* Until 11:29AM	Moon – Orange	Subha Sivaloka Day	
		Father's Day			Jyeshtha-Ani		

Monday, June 17, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha/Sukla Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Manama, Bahrain Sutra 64			
Silver Retreat Star		Gulika	1:23PM – 3:06PM	Jyeshtha* Until 7:59AM	Ganesha: White	<i>Sunrise:</i> 4:46AM	Vikarin 5121
Vrischika Rasi: 28.5	Tithi 15 – 16	Yama	9:56AM – 11:39AM	Subha Until 4:55PM	Muruqa: Blue	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 9
Family Home Evening		371793461 Rahu	6:30AM – 8:13AM	Balava Until 11:39PM	Nataraja: Yellow		Prathama
Creative Work	Siddha Yoga			Purnima* Until 11:27AM	Moon – Orange	Subha Sivaloka Day	
					Jyeshtha-Ani		

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

All times are standard time

www.gurudeva.org/panchang



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

Manama, Bahrain
Sutra 66
Vikarin 5121
Moon 6 - Phase 10
1st Phase

Dhanus Rasi: 12 Tithi 16 - 17

381793461

Gulika 11:40AM - 1:23PM
Yama 8:13AM - 9:56AM
Rahu 3:06PM - 4:50PM

Mula* Until 9:16AM
Sukla Until 4:26PM
Taitila Until 12:28AM Wed
Prathama* Until 11:58AM

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

Sunrise: 4:46AM
Sunset: 6:33PM

Sivaloka Day

Creative Work Amrita Yoga
Until 9:16AM
Then Creative Work - Siddha Yoga

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

Manama, Bahrain
Sun 1 Sutra 66
Vikarin 5121
Moon 6 - Phase 10
1st Phase

Dhanus Rasi: 24.06 Tithi 17 - 18

382793461

Gulika 9:56AM - 11:40AM
Yama 6:30AM - 8:13AM
Rahu 11:40AM - 1:23PM

Purvashadha* Until 10:57AM
Brahma Until 4:24PM
Vanija Until 1:49AM Thu
Dvitiya Until 1:03PM

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

Sunrise: 4:47AM
Sunset: 6:33PM

Devaloka Day

Creative Work Amrita Yoga

2

Thursday, June 20, 2019

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

Manama, Bahrain
Sun 2 Sutra 67
Vikarin 5121
Moon 6 - Phase 10
1st Phase

Makara Rasi: 6.22 Tithi 18 - 19

382793461

Gulika 8:13AM - 9:57AM
Yama 4:47AM - 6:30AM
Rahu 1:23PM - 3:07PM

Uttarashadha Until 12:59PM
Indra Until 4:47PM
Bava Until 3:40AM Fri
Tritya Until 2:40PM

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

Sunrise: 4:47AM
Sunset: 6:33PM

Devaloka Day

Routine Work Marana Yoga
Until 12:59PM
Then Creative Work - Siddha Yoga

3

Friday, June 21, 2019

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

Manama, Bahrain
Sun 3 Sutra 68
Vikarin 5121
Moon 6 - Phase 10
1st Phase

Makara Rasi: 18.27 Tithi 19 - 20

392793461

Gulika 6:30AM - 8:14AM
Yama 3:07PM - 4:50PM
Rahu 9:57AM - 11:40AM

Shravana Until 3:46PM
Vaidhriti* Until 5:27PM
Kaulava Until 5:51AM Sat
Chaturthi* Until 4:42PM

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

Sunrise: 4:47AM
Sunset: 6:34PM

Sivaloka Day

Routine Work Marana Yoga
Until 3:46PM
Then Creative Work - Siddha Yoga

4

Saturday, June 22, 2019

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Vishkambha Yoga Taitila Karana Panchamyam Titau

Manama, Bahrain
Sun 4 Sutra 69
Vikarin 5121
Moon 6 - Phase 10
1st Phase

Kumbha Rasi: 0.23 Tithi 20

392793461

Gulika 4:47AM - 6:30AM
Yama 1:24PM - 3:07PM
Rahu 8:14AM - 9:57AM

Dhanishtha Until 6:39PM
Vishkambha* Until 6:21PM
Taitila Until 7:00PM
Panchami Until 7:00PM

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

Sunrise: 4:47AM
Sunset: 6:34PM

Sivaloka Day

Creative Work Siddha Yoga
Until 6:39PM
Then Creative Work - Amrita Yoga

5

Sunday, June 23, 2019

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

Manama, Bahrain
Sun 5 Sutra 70
Vikarin 5121
Moon 6 - Phase 10
1st Phase

Kumbha Rasi: 12.16 Tithi 21

392793461

Gulika 3:07PM - 4:51PM
Yama 11:41AM - 1:24PM
Rahu 4:51PM - 6:34PM

Shatabhishak Until 9:27PM
Priti Until 7:20PM
Gara Until 8:13AM
Shashthi* Until 9:24PM

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

Sunrise: 4:47AM
Sunset: 6:34PM

Sivaloka Day

Creative Work Siddha Yoga

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

Manama, Bahrain
Sun 6 Sutra 71
Vikarin 5121
Moon 6 - Phase 10
1st Phase

Kumbha Rasi: 24.08 Tithi 22

312793461

Gulika 1:24PM - 3:08PM
Yama 9:58AM - 11:41AM
Rahu 6:31AM - 8:14AM

Purvaproshtapada* Until 12:29AM Tue
Ayushman Until 8:12PM
Visti Until 10:35AM
Saptami Until 11:41PM

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

Sunrise: 4:48AM
Sunset: 6:34PM

Sivaloka Day

Routine Work Marana Yoga
Until 12:29AM Tue
Then Creative Work - Amrita Yoga



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

Manama, Bahrain
Sun 7 Sutra 72
Vikarin 5121
Moon 6 - Phase 10
Ashtami

Meena Rasi: 6.05 Tithi 23

312793461

Gulika 11:41AM - 1:24PM
Yama 8:14AM - 9:58AM
Rahu 3:08PM - 4:51PM

Uttaraproshtapada Until 3:03AM Wed
Saubhagya Until 8:53PM
Balava Until 12:45PM
Ashtami* Until 1:40AM Wed

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

Sunrise: 4:48AM
Sunset: 6:34PM

Sivaloka Day

Creative Work Amrita Yoga
Until 3:03AM Wed
Then Routine Work - Marana Yoga

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

Manama, Bahrain
Sun 8 Sutra 73
Vikarin 5121
Moon 6 - Phase 10
Navami

Meena Rasi: 18.09 Tithi 24

312793461

Gulika 9:58AM - 11:41AM
Yama 6:31AM - 8:15AM
Rahu 11:41AM - 1:25PM

Revati Until 4:59AM Thu
Sobhana Until 9:14PM
Taitila Until 2:31PM
Navami* Until 3:10AM Thu

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

Sunrise: 4:48AM
Sunset: 6:34PM

Sivaloka Day

Routine Work Marana Yoga
Until 4:59AM Thu
Then Creative Work - Amrita Yoga

1		Thursday, June 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau	Manama, Bahrain Sun 9 Sutra 74 Vikarin 5121
Mesha Rasi: 0.26	Tithi 25	322793461	Gulika 8:15AM – 9:58AM Yama 4:48AM – 6:32AM Rahu 1:25PM – 3:08PM	Ashvini Until 6:38AM Fri Athiganda* Until 9:06PM Vanija Until 3:43PM Dashami Until 4:04AM Fri	Ganesha: Blue <i>Sunrise:</i> 4:48AM Muruqa: Blue <i>Sunset:</i> 6:35PM Nataraja: Yellow Moon – White Devaloka Day Jyeshtha-Ani
Creative Work Amrita Yoga Until 6:38AM Fri Then Creative Work - Siddha Yoga					
2		Friday, June 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau	Manama, Bahrain Sun 10 Sutra 75 Vikarin 5121
Mesha Rasi: 12.59	Tithi 26	322793461	Gulika 6:32AM – 8:15AM Yama 3:08PM – 4:51PM Rahu 9:58AM – 11:42AM	Ashvini Until 6:38AM Sukarma Until 8:27PM Bava Until 4:16PM Ekadashi* Until 4:15AM Sat	Ganesha: Blue <i>Sunrise:</i> 4:49AM Muruqa: Blue <i>Sunset:</i> 6:35PM Nataraja: Yellow Moon – White Devaloka Day Jyeshtha-Ani
Creative Work Amrita Yoga Until 6:38AM Then Creative Work - Siddha Yoga					
3		Saturday, June 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvadashyam Titau	Manama, Bahrain Sun 11 Sutra 76 Vikarin 5121
Mesha Rasi: 25.52	Tithi 27	322793461	Gulika 4:49AM – 6:32AM Yama 1:25PM – 3:08PM Rahu 8:15AM – 9:59AM	Bharani Until 7:26AM Dhriti Until 7:14PM Kaulava Until 4:06PM Dvadashi* Until 3:43AM Sun	Ganesha: Blue <i>Sunrise:</i> 4:49AM Muruqa: Blue <i>Sunset:</i> 6:35PM Nataraja: Yellow Moon – White Devaloka Day Jyeshtha-Ani
Creative Work Siddha Yoga Until 7:26AM Then Creative Work - Amrita Yoga					
4		Sunday, June 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau	Manama, Bahrain Sun 12 Sutra 77 Vikarin 5121
Vrishabha Rasi: 9.08	Tithi 28	322793461	Gulika 3:08PM – 4:52PM Yama 11:42AM – 1:25PM Rahu 4:52PM – 6:35PM	Krittika Until 7:22AM Shula* Until 5:25PM Gara Until 3:12PM Trayodashi* Until 2:29AM Mon	Ganesha: Blue <i>Sunrise:</i> 4:49AM Muruqa: Blue <i>Sunset:</i> 6:35PM Nataraja: Yellow Moon – White Devaloka Day Jyeshtha-Ani
Creative Work Siddha Yoga		<i>Pradosha Vrata (Fasting)</i>			
5		Monday, July 1, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda*/Vridhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Manama, Bahrain Sun 13 Sutra 78 Vikarin 5121
Vrishabha Rasi: 22.47	Tithi 29	332793461	Gulika 1:25PM – 3:09PM Yama 9:59AM – 11:42AM Rahu 6:33AM – 8:16AM	Rohini Until 6:56AM Ganda* Until 3:06PM Visti Until 1:39PM Chaturdashi* Until 12:39AM Tue	Ganesha: Blue <i>Sunrise:</i> 4:50AM Muruqa: Blue <i>Sunset:</i> 6:35PM Nataraja: Yellow Moon – Yellow Devaloka Day Jyeshtha-Ani
Family Home Evening Creative Work Amrita Yoga					
Retreat Star		Tuesday, July 2, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vridhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Manama, Bahrain Sun 14 Sutra 79 Vikarin 5121
Mithuna Rasi: 6.48	Tithi 30	332793461	Gulika 11:42AM – 1:26PM Yama 8:16AM – 9:59AM Rahu 3:09PM – 4:52PM	Ardra Until 3:59AM Wed Vridhi Until 12:20PM Catuspada Until 11:33AM Amavasya* Until 10:18PM	Ganesha: Blue <i>Sunrise:</i> 4:50AM Muruqa: Blue <i>Sunset:</i> 6:35PM Nataraja: Yellow Moon – Yellow Devaloka Day Jyeshtha-Ani
Routine Work Marana Yoga Until 3:59AM Wed Then Creative Work - Siddha Yoga		Total Solar Eclipse			
Retreat Star		Wednesday, July 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau	Manama, Bahrain Sun 15 Sutra 80 Vikarin 5121
Mithuna Rasi: 21.07	Tithi 1	343793461	Gulika 10:00AM – 11:43AM Yama 6:34AM – 8:17AM Rahu 11:43AM – 1:26PM	Punarvasu Until 2:08AM Thu Dhruva Until 9:12AM Kintughna Until 9:00AM Prathama* Until 7:36PM	Ganesha: Yellow <i>Sunrise:</i> 4:50AM Muruqa: Blue <i>Sunset:</i> 6:35PM Nataraja: Yellow Moon – Blue Sivaloka Day Ashada-Ani
Creative Work Siddha Yoga Until 2:08AM Thu Then Creative Work - Amrita Yoga					

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

1		Thursday, July 4, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Harshana Yoga Balava/Taitila Karana Dvitiya/Tritiyayam Titau			Manama, Bahrain Sun 16 Sutra 81
Kataka Rasi: 5.4	Tithi 2 – 3	Gulika 8:17AM – 10:00AM	Pushya Until 11:58PM	Ganesha: Yellow	<i>Sunrise:</i> 4:51AM	Vikarin 5121	
		Yama 4:51AM – 6:34AM	Harshana Until 2:19AM Fri	Muruqa: Blue	<i>Sunset:</i> 6:35PM	Moon 6 - Phase 12	
		343793461 Rahu 1:26PM – 3:09PM	Balava Until 6:10AM	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Dvitiya Until 4:39PM	Moon – Blue		Sivaloka Day	
Until 11:58PM				Ashada*Ani			
Then Creative Work - Siddha Yoga							

2		Friday, July 5, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau			Manama, Bahrain Sun 17 Sutra 82
Kataka Rasi: 20.21	Tithi 3 – 4	Gulika 6:34AM – 8:17AM	Ashlesha* Until 9:37PM	Ganesha: Yellow	<i>Sunrise:</i> 4:51AM	Vikarin 5121	
		Yama 3:09PM – 4:52PM	Vajra* Until 10:45PM	Muruqa: Blue	<i>Sunset:</i> 6:35PM	Moon 6 - Phase 12	
		343793461 Rahu 10:00AM – 11:43AM	Vanija Until 12:08AM Sat	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Tritiya Until 1:37PM	Moon – Blue		Sivaloka Day	
				Ashada*Ani			

3		Saturday, July 6, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Manama, Bahrain Sun 18 Sutra 83
Simha Rasi: 5.02	Tithi 4 – 5	Gulika 4:52AM – 6:35AM	Magha* Until 7:37PM	Ganesha: White	<i>Sunrise:</i> 4:52AM	Vikarin 5121	
		Yama 1:26PM – 3:09PM	Siddhi Until 7:17PM	Muruqa: Blue	<i>Sunset:</i> 6:35PM	Moon 6 - Phase 12	
		353793461 Rahu 8:17AM – 10:00AM	Bava Until 9:11PM	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Chaturthi* Until 10:37AM	Moon – Red		Subha Sivaloka Day	
Until 7:37PM				Ashada*Ani			
Then Creative Work - Siddha Yoga							

4		Sunday, July 7, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Manama, Bahrain Sun 19 Sutra 84
Simha Rasi: 19.37	Tithi 5 – 6	Gulika 3:09PM – 4:52PM	Purvaphalguni Until 5:40PM	Ganesha: Yellow	<i>Sunrise:</i> 4:52AM	Vikarin 5121	
		Yama 11:43AM – 1:26PM	Vyatipata* Until 3:59PM	Muruqa: Blue	<i>Sunset:</i> 6:35PM	Moon 6 - Phase 12	
		453793461 Rahu 4:52PM – 6:35PM	Kaulava Until 6:27PM	Nataraja: Yellow		3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 7:46AM	Moon – Red		Sivaloka Day	
Until 5:40PM				Ashada*Ani			
Then Creative Work - Amrita Yoga							

5		Monday, July 8, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau			Manama, Bahrain Sun 20 Sutra 85
Kanya Rasi: 4.02	Tithi 7	Gulika 1:26PM – 3:09PM	Uttaraphalguni Until 3:52PM	Ganesha: Yellow	<i>Sunrise:</i> 4:52AM	Vikarin 5121	
Family Home Evening		Yama 10:01AM – 11:44AM	Varyan Until 12:53PM	Muruqa: Blue	<i>Sunset:</i> 6:35PM	Moon 6 - Phase 12	
		453793461 Rahu 6:35AM – 8:18AM	Gara Until 4:00PM	Nataraja: Yellow		3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 2:53AM Tue	Moon – Red		Sivaloka Day	
		Chidambaram Abhishekam		Ashada*Ani			

Retreat Star		Tuesday, July 9, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau			Manama, Bahrain Sun 21 Sutra 86
Kanya Rasi: 18.14	Tithi 8	Gulika 11:44AM – 1:26PM	Hasta Until 2:43PM	Ganesha: White	<i>Sunrise:</i> 4:53AM	Vikarin 5121	
		Yama 8:18AM – 10:01AM	Parigha* Until 10:06AM	Muruqa: Blue	<i>Sunset:</i> 6:34PM	Moon 6 - Phase 12	
		463793461 Rahu 3:09PM – 4:52PM	Visti Until 1:54PM	Nataraja: Yellow		Ashtami	
Creative Work	Siddha Yoga		Ashtami* Until 1:00AM Wed	Moon – Green		Subha Sivaloka Day	
				Ashada*Ani			

Retreat Star		Wednesday, July 10, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau			Manama, Bahrain Sun 22 Sutra 87
Tula Rasi: 2.1	Tithi 9	Gulika 10:01AM – 11:44AM	Chitra Until 1:50PM	Ganesha: Yellow	<i>Sunrise:</i> 4:53AM	Vikarin 5121	
		Yama 6:36AM – 8:19AM	Shiva Until 7:39AM	Muruqa: Blue	<i>Sunset:</i> 6:34PM	Moon 6 - Phase 12	
		463893461 Rahu 11:44AM – 1:26PM	Balava Until 12:14PM	Nataraja: Yellow		Navami	
Creative Work	Siddha Yoga		Navami* Until 11:32PM	Moon – Green		Sivaloka Day	
				Ashada*Ani			

1	Thursday, July 11, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Taitila/Gara Karana Dashamyam Titau				Manama, Bahrain Sun 23 Sutra 88
	Tula Rasi: 15.5	Tithi 10	Gulika 8:19AM – 10:01AM	Svati Until 1:15PM	Ganesha: Yellow	<i>Sunrise:</i> 4:54AM	Vikarin 5121
			Yama 4:54AM – 6:36AM	Sadhya Until 3:48AM Fri	Muruqa: Blue	<i>Sunset:</i> 6:34PM	Moon 6 - Phase 13
	463893461	Rahu 1:26PM – 3:09PM		Taitila Until 11:00AM	Nataraja: Yellow		4th Phase
Creative Work Amrita Yoga			Dashami Until 10:32PM	Ashada*Ani	Sivaloka Day		
Until 1:15PM							
Then Creative Work - Siddha Yoga							

2	Friday, July 12, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Vanija/Visti* Karana Ekadashyam Titau				Manama, Bahrain Sun 24 Sutra 89
	Tula Rasi: 29.14	Tithi 11	Gulika 6:37AM – 8:19AM	Vishakha Until 1:25PM	Ganesha: White	<i>Sunrise:</i> 4:54AM	Vikarin 5121
			Yama 3:09PM – 4:51PM	Subha Until 2:28AM Sat	Muruqa: Blue	<i>Sunset:</i> 6:34PM	Moon 6 - Phase 13
	473893461	Rahu 10:02AM – 11:44AM		Vanija Until 10:13AM	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga			Ekadashi Until 10:00PM	Ashada*Ani	Devaloka Day		
Until 1:15PM							
Then Creative Work - Siddha Yoga							

3	Saturday, July 13, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau				Manama, Bahrain Sun 25 Sutra 90
	Vrischika Rasi: 12.23	Tithi 12	Gulika 4:55AM – 6:37AM	Anuradha Until 1:54PM	Ganesha: White	<i>Sunrise:</i> 4:55AM	Vikarin 5121
			Yama 1:27PM – 3:09PM	Sukla Until 1:29AM Sun	Muruqa: Blue	<i>Sunset:</i> 6:34PM	Moon 6 - Phase 13
	473893461	Rahu 8:19AM – 10:02AM		Bava Until 9:56AM	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga			Dvadashi Until 9:56PM	Ashada*Ani	Devaloka Day		
Until 1:15PM							
Then Creative Work - Siddha Yoga							

4	Sunday, July 14, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 91
	Vrischika Rasi: 25.17	Tithi 13	Gulika 3:09PM – 4:51PM	Jyeshtha* Until 2:43PM	Ganesha: White	<i>Sunrise:</i> 4:55AM	Vikarin 5121
			Yama 11:44AM – 1:27PM	Brahma Until 12:53AM Mon	Muruqa: Blue	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 13
	473893461	Rahu 4:51PM – 6:33PM		Kaulava Until 10:07AM	Nataraja: Yellow		4th Phase
Routine Work Marana Yoga			Trayodashi Until 10:22PM	Ashada*Ani	Devaloka Day		
Until 2:43PM							
Then Creative Work - Amrita Yoga							
<i>Pradosha Vrata</i>							

5	Monday, July 15, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 92
	Dhanus Rasi: 7.57	Tithi 14	Gulika 1:27PM – 3:09PM	Mula* Until 4:18PM	Ganesha: Clear	<i>Sunrise:</i> 4:56AM	Vikarin 5121
			Yama 10:02AM – 11:44AM	Indra Until 12:41AM Tue	Muruqa: Blue	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 13
	483893461	Rahu 6:38AM – 8:20AM		Gara Until 10:47AM	Nataraja: Yellow		4th Phase
Family Home Evening			Chaturdashi* Until 11:16PM	Ashada*Ani	Sivaloka Day		
Creative Work Siddha Yoga							
Until 4:18PM							
Then Routine Work - Marana Yoga							

	Tuesday, July 16, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Manama, Bahrain Sutra 93
	Copper Retreat Star		Gulika 11:44AM – 1:27PM	Purvashadha* Until 6:10PM	Ganesha: Clear	<i>Sunrise:</i> 4:56AM	Vikarin 5121
	Dhanus Rasi: 20.25	Tithi 15	Yama 8:20AM – 10:02AM	Vaidhriti* Until 12:48AM Wed	Muruqa: Blue	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 13
	483893461	Rahu 3:09PM – 4:51PM		Visti Until 11:54AM	Nataraja: Yellow		Purnima
Creative Work Siddha Yoga			Purnima* Until 12:37AM Wed	Ashada*Ani	Sivaloka Day		
Until 6:10PM							
Then Routine Work - Prabalarishta Yoga							
			Partial Lunar Eclipse Satguru Purnima				

○	Wednesday, July 17, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Manama, Bahrain Sutra 94
	Silver Retreat Star		Gulika 10:03AM – 11:45AM	Uttarashadha Until 8:18PM	Ganesha: Purple	<i>Sunrise:</i> 4:57AM	Vikarin 5121
	Makara Rasi: 2.41	Tithi 16	Yama 6:39AM – 8:21AM	Vishkambha* Until 1:14AM Thu	Muruqa: Blue	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 13
	484893462	Rahu 11:45AM – 1:27PM		Balava Until 1:28PM	Nataraja: White		Prathama
Creative Work Amrita Yoga			Prathama* Until 2:23AM Thu	Ashada*Ani	Subha Subha Sivaloka Day		
Until 8:18PM							
Then Creative Work - Siddha Yoga							



Thursday, July 18, 2019
Gold Retreat Star

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

Manama, Bahrain
Sun 1 Sutra 95

Makara Rasi: 14.47 Tithi 17

Gulika 8:21AM – 10:03AM
Yama 4:57AM – 6:39AM
494893462 **Rahu** 1:27PM – 3:08PM

Shravana Until 11:05PM
Priti Until 1:57AM Fri
Tailila Until 3:24PM
Dvitiya Until 4:28AM Fri

Ganesha: Clear *Sunrise: 4:57AM*
Muruqa: Blue *Sunset: 6:32PM*
Nataraja: White
Moon – Purple

Vikarin 5121
Moon 7 - Phase 14
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day
Ashada-Adi

1

Friday, July 19, 2019

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

Manama, Bahrain
Sun 2 Sutra 96

Makara Rasi: 26.46 Tithi 18

Gulika 6:39AM – 8:21AM
Yama 3:08PM – 4:50PM
494893462 **Rahu** 10:03AM – 11:45AM

Dhanishtha Until 1:57AM Sat
Ayushman Until 2:49AM Sat
Vanija Until 5:37PM
Tritiya Until 6:47AM Sat

Ganesha: Clear *Sunrise: 4:58AM*
Muruqa: Blue *Sunset: 6:32PM*
Nataraja: White
Moon – Purple

Vikarin 5121
Moon 7 - Phase 14
1st Phase

Creative Work Siddha Yoga

Until 1:57AM Sat
Then Creative Work - Amrita Yoga

Subha Sivaloka Day
Ashada-Adi

2

Saturday, July 20, 2019

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

Manama, Bahrain
Sun 3 Sutra 97

Kumbha Rasi: 8.4 Tithi 18 – 19

Gulika 4:58AM – 6:40AM
Yama 1:26PM – 3:08PM
494893462 **Rahu** 8:21AM – 10:03AM

Shatabhishak Until 4:45AM Sun
Saubhagya Until 3:48AM Sun
Bava Until 8:00PM
Tritiya Until 6:47AM

Ganesha: Clear *Sunrise: 4:58AM*
Muruqa: Blue *Sunset: 6:32PM*
Nataraja: White
Moon – Purple

Vikarin 5121
Moon 7 - Phase 14
1st Phase

Creative Work Amrita Yoga

Until 4:45AM Sun
Then Creative Work - Siddha Yoga

Subha Sivaloka Day
Ashada-Adi

3

Sunday, July 21, 2019

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

Manama, Bahrain
Sun 4 Sutra 98

Kumbha Rasi: 20.31 Tithi 19 – 20

Gulika 3:08PM – 4:50PM
Yama 11:45AM – 1:26PM
414893462 **Rahu** 4:50PM – 6:31PM

Purvaproshtapada* Until 7:53AM Mon
Sobhana Until 4:46AM Mon
Kaulava Until 10:25PM
Chaturthi* Until 9:12AM

Ganesha: Clear *Sunrise: 4:58AM*
Muruqa: Blue *Sunset: 6:31PM*
Nataraja: White
Moon – Clear

Vikarin 5121
Moon 7 - Phase 14
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day
Ashada-Adi

4

Monday, July 22, 2019

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

Manama, Bahrain
Sun 5 Sutra 99

Meena Rasi: 2.23 Tithi 20 – 21

Family Home Evening

Gulika 1:26PM – 3:08PM
Yama 10:03AM – 11:45AM
414893462 **Rahu** 6:40AM – 8:22AM

Purvaproshtapada* Until 7:53AM
Athiganda* Until 5:35AM Tue
Gara Until 12:42AM Tue
Panchami Until 11:34AM

Ganesha: Clear *Sunrise: 4:59AM*
Muruqa: Blue *Sunset: 6:31PM*
Nataraja: White
Moon – Clear

Vikarin 5121
Moon 7 - Phase 14
1st Phase

Routine Work Marana Yoga

Until 7:53AM
Then Creative Work - Siddha Yoga

Subha Sivaloka Day
Ashada-Adi

5

Tuesday, July 23, 2019

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

Manama, Bahrain
Sun 6 Sutra 100

Meena Rasi: 14.19 Tithi 21 – 22

Gulika 11:45AM – 1:26PM
Yama 8:22AM – 10:04AM
414893462 **Rahu** 3:08PM – 4:49PM

Uttaraproshtapada Until 10:40AM
Sukarma Until 6:11AM Wed
Visti Until 2:42AM Wed
Shashthi* Until 1:44PM

Ganesha: Clear *Sunrise: 4:59AM*
Muruqa: Blue *Sunset: 6:30PM*
Nataraja: White
Moon – Clear

Vikarin 5121
Moon 7 - Phase 14
1st Phase

Creative Work Amrita Yoga

Until 10:40AM
Then Creative Work - Siddha Yoga

Subha Sivaloka Day
Ashada-Adi

6

Wednesday, July 24, 2019

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

Manama, Bahrain
Sun 7 Sutra 101

Meena Rasi: 26.23 Tithi 22 – 23

Gulika 10:04AM – 11:45AM
Yama 6:41AM – 8:22AM
414893462 **Rahu** 11:45AM – 1:26PM

Revati Until 12:57PM
Sukarma Until 6:11AM
Balava Until 4:16AM Thu
Saptami Until 3:32PM

Ganesha: Clear *Sunrise: 5:00AM*
Muruqa: Blue *Sunset: 6:30PM*
Nataraja: White
Moon – Clear

Vikarin 5121
Moon 7 - Phase 14
1st Phase

Routine Work Marana Yoga

Subha Sivaloka Day
Ashada-Adi

D

Thursday, July 25, 2019

Retreat Star

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

Manama, Bahrain
Sun 8 Sutra 102

Mesha Rasi: 8.37 Tithi 23 – 24

Gulika 8:23AM – 10:04AM
Yama 5:00AM – 6:42AM
424893462 **Rahu** 1:26PM – 3:07PM

Ashvini Until 3:04PM
Dhriti Until 6:26AM
Tailila Until 5:13AM Fri
Ashtami* Until 4:48PM

Ganesha: White *Sunrise: 5:00AM*
Muruqa: Blue *Sunset: 6:29PM*
Nataraja: White
Moon – White

Vikarin 5121
Moon 7 - Phase 14
Ashtami

Creative Work Amrita Yoga

Until 3:04PM
Then Creative Work - Siddha Yoga

Subha Subha Sivaloka Day
Ashada-Adi

Friday, July 26, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam
Bharani/Krittika Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Manama, Bahrain
Sun 9 Sutra 103

Mesha Rasi: 21.08 Tithi 24 – 25

Gulika 6:42AM – 8:23AM
Yama 3:07PM – 4:48PM
424893462 **Rahu** 10:04AM – 11:45AM

Bharani Until 4:23PM
Shula* Until 6:10AM
Vanija Until 5:27AM Sat
Navami* Until 5:25PM

Ganesha: White *Sunrise: 5:01AM*
Muruqa: Blue *Sunset: 6:29PM*
Nataraja: White
Moon – White

Vikarin 5121
Moon 7 - Phase 14
Navami

Creative Work Siddha Yoga

Subha Subha Sivaloka Day
Ashada-Adi


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

1	Saturday, July 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Manama, Bahrain Sun 10 Sutra 104
	Vrishabha Rasi: 3.59 Tithi 25 – 26	424893462	Gulika 5:01AM – 6:42AM Yama 1:26PM – 3:07PM Rahu 8:23AM – 10:04AM	Krittika Until 4:49PM Vriddhi Until 3:57AM Sun Bava Until 4:55AM Sun Dashami Until 5:16PM	Ganesha: White Muruqa: Blue Nataraja: White Moon – White	<i>Sunrise:</i> 5:01AM <i>Sunset:</i> 6:28PM	Vikarin 5121 Moon 7 - Phase 15 2nd Phase Subha Subha Sivaloka Day Ashada-Adi
	Creative Work Amrita Yoga						
	Until 3:51PM Then Creative Work - Siddha Yoga						

2	Sunday, July 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Manama, Bahrain Sun 11 Sutra 105
	Vrishabha Rasi: 17.14 Tithi 26 – 27	434893462	Gulika 3:06PM – 4:47PM Yama 11:45AM – 1:26PM Rahu 4:47PM – 6:28PM	Rohini Until 4:47PM Dhruva Until 1:53AM Mon Kaulava Until 3:36AM Mon Ekadashi* Until 4:20PM	Ganesha: Yellow Muruqa: Blue Nataraja: White Moon – Yellow	<i>Sunrise:</i> 5:02AM <i>Sunset:</i> 6:28PM	Vikarin 5121 Moon 7 - Phase 15 2nd Phase Subha Sivaloka Day Ashada-Adi
	Creative Work Siddha Yoga						
	Until 3:51PM Then Creative Work - Siddha Yoga						

3	Monday, July 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vyaghata* Yoga Taitilla/Gara Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 12 Sutra 106
	Mithuna Rasi: 0.55 Tithi 27 – 28 Family Home Evening	435893462	Gulika 1:26PM – 3:06PM Yama 10:04AM – 11:45AM Rahu 6:43AM – 8:24AM	Mrigashira Until 3:51PM Vyaghata* Until 11:14PM Gara Until 1:35AM Tue Dvadashi* Until 2:39PM	Ganesha: White Muruqa: Blue Nataraja: White Moon – Yellow	<i>Sunrise:</i> 5:02AM <i>Sunset:</i> 6:27PM	Vikarin 5121 Moon 7 - Phase 15 2nd Phase Sivaloka Day Ashada-Adi
	Creative Work Amrita Yoga						
	Until 3:51PM Then Creative Work - Siddha Yoga		<i>Pradosha Vrata (Fasting)</i>				

4	Tuesday, July 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 13 Sutra 107
	Mithuna Rasi: 15.02 Tithi 28 – 29	435893462	Gulika 11:45AM – 1:25PM Yama 8:24AM – 10:04AM Rahu 3:06PM – 4:46PM	Ardra Until 2:07PM Harshana Until 8:07PM Visti Until 10:57PM Trayodashi* Until 12:19PM	Ganesha: White Muruqa: Blue Nataraja: White Moon – Yellow	<i>Sunrise:</i> 5:03AM <i>Sunset:</i> 6:27PM	Vikarin 5121 Moon 7 - Phase 15 2nd Phase Sivaloka Day Ashada-Adi
	Routine Work Marana Yoga						
	Until 2:07PM Then Creative Work - Siddha Yoga						

	Wednesday, July 31, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra*/Siddhi Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Manama, Bahrain Sun 14 Sutra 108		
	Retreat Star		Mithuna Rasi: 29.33 Tithi 29 – 30	445893462	Gulika 10:05AM – 11:45AM Yama 6:44AM – 8:24AM Rahu 11:45AM – 1:25PM	Punarvasu Until 12:09PM Vajra* Until 4:33PM Catuspada Until 7:52PM Chaturdashi* Until 9:27AM	Ganesha: Green Muruqa: Blue Nataraja: White Moon – Blue	<i>Sunrise:</i> 5:04AM <i>Sunset:</i> 6:26PM	Vikarin 5121 Moon 7 - Phase 15 Amavasya Sivaloka Day Ashada-Adi
	Creative Work Siddha Yoga								
	Until 3:51PM Then Creative Work - Siddha Yoga								

5	Thursday, August 1, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Naga*/Bava Karana Amavasya/Prathamayam Titau				Manama, Bahrain Sun 15 Sutra 109		
	Retreat Star		Kataka Rasi: 14.22 Tithi 30 – 1	445893462	Gulika 8:24AM – 10:05AM Yama 5:04AM – 6:44AM Rahu 1:25PM – 3:05PM	Pushya Until 9:40AM Siddhi Until 12:43PM Bava Until 2:41AM Fri Amavasya* Until 6:11AM	Ganesha: Green Muruqa: Blue Nataraja: White Moon – Blue	<i>Sunrise:</i> 5:04AM <i>Sunset:</i> 6:26PM	Vikarin 5121 Moon 7 - Phase 15 Prathama Sivaloka Day Sravana-Adi
	Creative Work Amrita Yoga								
	Until 9:40AM 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

All times are standard time

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1		Friday, August 2, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvityayam Titau			Manama, Bahrain Sun 16 Sutra 110 Vikarin 5121
Kataka Rasi: 29.23	Tithi 2	Gulika 6:45AM – 8:25AM	Ashlesha* Until 6:50AM	Ganesha: Green	<i>Sunrise:</i> 5:05AM		
		Yama 3:05PM – 4:45PM	Vyatipata* Until 8:45AM	Muruqa: Blue	<i>Sunset:</i> 6:25PM		Moon 7 - Phase 16
		445893462 Rahu 10:05AM – 11:45AM	Balava Until 12:55PM	Nataraja: White			3rd Phase
Routine Work	Marana Yoga		Dvitiya Until 11:07PM	Moon – Blue		Sivaloka Day	
				Sravana-Adi			

2		Saturday, August 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Parigha* Yoga Tailila/Gara Karana Tritiyayam Titau			Manama, Bahrain Sun 17 Sutra 111 Vikarin 5121
Simha Rasi: 14.26	Tithi 3	Gulika 5:05AM – 6:45AM	Purvaphalguni Until 1:36AM Sun	Ganesha: White	<i>Sunrise:</i> 5:05AM		
		Yama 1:25PM – 3:04PM	Parigha* Until 12:49AM Sun	Muruqa: Blue	<i>Sunset:</i> 6:24PM		Moon 7 - Phase 16
		455893462 Rahu 8:25AM – 10:05AM	Taitila Until 9:22AM	Nataraja: White			3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 7:37PM	Moon – Red		Sivaloka Day	
Until 1:36AM Sun				Sravana-Adi			
Then Creative Work - Amrita Yoga							

3		Sunday, August 4, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Manama, Bahrain Sun 18 Sutra 112 Vikarin 5121
Simha Rasi: 29.23	Tithi 4 – 5	Gulika 3:04PM – 4:44PM	Uttaraphalguni Until 11:06PM	Ganesha: Yellow	<i>Sunrise:</i> 5:05AM		
		Yama 11:45AM – 1:24PM	Shiva Until 9:08PM	Muruqa: Blue	<i>Sunset:</i> 6:24PM		Moon 7 - Phase 16
		455993462 Rahu 4:44PM – 6:24PM	Bava Until 2:51AM Mon	Nataraja: White			3rd Phase
Creative Work	Amrita Yoga		Chaturthi* Until 4:20PM	Moon – Red		Subha Sivaloka Day	
				Sravana-Adi			

4		Monday, August 5, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Manama, Bahrain Sun 19 Sutra 113 Vikarin 5121
Kanya Rasi: 14.07	Tithi 5 – 6	Gulika 1:24PM – 3:04PM	Hasta Until 9:17PM	Ganesha: White	<i>Sunrise:</i> 5:06AM		
Family Home Evening		Yama 10:05AM – 11:44AM	Siddha Until 5:45PM	Muruqa: Blue	<i>Sunset:</i> 6:23PM		Moon 7 - Phase 16
Creative Work	Siddha Yoga	465993462 Rahu 6:46AM – 8:25AM	Kaulava Until 12:10AM Tue	Nataraja: White			3rd Phase
Until 9:17PM			Panchami Until 1:26PM	Moon – Green		Subha Subha Sivaloka Day	
Then Routine Work - Prabalarishta Yoga		Nag Panchami		Sravana-Adi			

5		Tuesday, August 6, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Sadhya/Subha Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau			Manama, Bahrain Sun 20 Sutra 114 Vikarin 5121
Kanya Rasi: 28.31	Tithi 6 – 7	Gulika 11:44AM – 1:24PM	Chitra Until 7:52PM	Ganesha: White	<i>Sunrise:</i> 5:06AM		
		Yama 8:25AM – 10:05AM	Sadhya Until 2:48PM	Muruqa: Blue	<i>Sunset:</i> 6:22PM		Moon 7 - Phase 16
		465993462 Rahu 3:03PM – 4:43PM	Gara Until 10:02PM	Nataraja: White			3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 11:00AM	Moon – Green		Subha Subha Sivaloka Day	
				Sravana-Adi			

Retreat Star		Wednesday, August 7, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau			Manama, Bahrain Sun 21 Sutra 115 Vikarin 5121
Tula Rasi: 12.32	Tithi 7 – 8	Gulika 10:05AM – 11:44AM	Svati Until 6:54PM	Ganesha: White	<i>Sunrise:</i> 5:07AM		
		Yama 6:46AM – 8:26AM	Subha Until 12:21PM	Muruqa: Blue	<i>Sunset:</i> 6:21PM		Moon 7 - Phase 16
		465993462 Rahu 11:44AM – 1:24PM	Visti Until 8:30PM	Nataraja: White			Ashtami
Creative Work	Siddha Yoga		Saptami Until 9:10AM	Moon – Green		Subha Subha Sivaloka Day	
				Sravana-Adi			

Retreat Star		Thursday, August 8, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Manama, Bahrain Sun 22 Sutra 116 Vikarin 5121
Tula Rasi: 26.09	Tithi 8 – 9	Gulika 8:26AM – 10:05AM	Vishakha Until 6:54PM	Ganesha: Purple	<i>Sunrise:</i> 5:07AM		
		Yama 5:07AM – 6:47AM	Sukla Until 10:25AM	Muruqa: Blue	<i>Sunset:</i> 6:21PM		Moon 7 - Phase 16
		476993462 Rahu 1:23PM – 3:02PM	Balava Until 7:39PM	Nataraja: White			Navami
Creative Work	Siddha Yoga		Ashtami* Until 7:59AM	Moon – Orange		Sivaloka Day	
				Sravana-Adi			


1		Friday, August 9, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau	Manama, Bahrain Sun 23 Sutra 117 Vikarin 5121
Wrischika Rasi: 9.24	Tithi 9 – 10	Gulika 6:47AM – 8:26AM	Anuradha Until 7:24PM	Ganesha: Purple	<i>Sunrise:</i> 5:08AM		
		Yama 3:02PM – 4:41PM	Brahma Until 9:02AM	Muruqa: Blue	<i>Sunset:</i> 6:20PM	Moon 7 - Phase 17	
	476993462	Rahu 10:05AM – 11:44AM	Taitila Until 7:28PM	Nataraja: White		4th Phase	
Creative Work	Siddha Yoga		Navami* Until 7:28AM	Moon – Orange		Sivaloka Day	
Until 7:24PM				Sravana*Adi			
Then Routine Work - Marana Yoga							

2		Saturday, August 10, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau	Manama, Bahrain Sun 24 Sutra 118 Vikarin 5121
Wrischika Rasi: 22.19	Tithi 10 – 11	Gulika 5:08AM – 6:47AM	Jyeshtha* Until 8:22PM	Ganesha: Purple	<i>Sunrise:</i> 5:08AM		
		Yama 1:23PM – 3:02PM	Indra Until 8:10AM	Muruqa: Blue	<i>Sunset:</i> 6:19PM	Moon 7 - Phase 17	
	476993462	Rahu 8:26AM – 10:05AM	Vanija Until 7:55PM	Nataraja: White		4th Phase	
Creative Work	Siddha Yoga		Dashami Until 7:36AM	Moon – Orange		Sivaloka Day	
				Sravana*Adi			

3		Sunday, August 11, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau	Manama, Bahrain Sun 25 Sutra 119 Vikarin 5121
Dhanus Rasi: 4.56	Tithi 11 – 12	Gulika 3:01PM – 4:40PM	Mula* Until 10:12PM	Ganesha: Clear	<i>Sunrise:</i> 5:09AM		
		Yama 11:44AM – 1:22PM	Vaidhriti* Until 7:45AM	Muruqa: Blue	<i>Sunset:</i> 6:18PM	Moon 7 - Phase 17	
	486993462	Rahu 4:40PM – 6:18PM	Bava Until 8:56PM	Nataraja: White		4th Phase	
Creative Work	Amrita Yoga		Ekadashi Until 8:20AM	Moon – Light Blue		Subha Sivaloka Day	
Until 10:12PM				Sravana*Adi			
Then Creative Work - Siddha Yoga							

4		Monday, August 12, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Manama, Bahrain Sun 26 Sutra 120 Vikarin 5121
Dhanus Rasi: 17.19	Tithi 12 – 13	Gulika 1:22PM – 3:01PM	Purvashadha* Until 12:20AM Tue	Ganesha: Clear	<i>Sunrise:</i> 5:09AM		
Family Home Evening		Yama 10:05AM – 11:44AM	Vishkambha* Until 7:46AM	Muruqa: Blue	<i>Sunset:</i> 6:18PM	Moon 7 - Phase 17	
Routine Work	Marana Yoga	Rahu 6:48AM – 8:26AM	Kaulava Until 10:25PM	Nataraja: White		4th Phase	
Until 12:20AM Tue			Dvadashi Until 9:36AM	Moon – Light Blue		Subha Sivaloka Day	
Then Routine Work - Prabalarishta Yoga				Sravana*Adi			
						<i>Pradosha Vrata</i>	

5		Tuesday, August 13, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau	Manama, Bahrain Sun 27 Sutra 121 Vikarin 5121
Dhanus Rasi: 29.31	Tithi 13 – 14	Gulika 11:43AM – 1:22PM	Uttarashadha Until 2:38AM Wed	Ganesha: Clear	<i>Sunrise:</i> 5:10AM		
		Yama 8:27AM – 10:05AM	Priti Until 8:07AM	Muruqa: Blue	<i>Sunset:</i> 6:17PM	Moon 7 - Phase 17	
	486993462	Rahu 3:00PM – 4:38PM	Gara Until 12:16AM Wed	Nataraja: White		4th Phase	
Routine Work	Prabalarishta Yoga		Trayodashi Until 11:17AM	Moon – Light Blue		Subha Sivaloka Day	
Until 2:38AM Wed				Sravana*Adi			
Then Creative Work - Siddha Yoga							

		Wednesday, August 14, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau	Manama, Bahrain Sutra 122 Vikarin 5121
Copper Retreat Star		Gulika 10:05AM – 11:43AM	Shravana Until 5:33AM Thu	Ganesha: White	<i>Sunrise:</i> 5:10AM		
Makara Rasi: 11.35	Tithi 14 – 15	Yama 6:49AM – 8:27AM	Ayushman Until 8:42AM	Muruqa: Blue	<i>Sunset:</i> 6:16PM	Moon 7 - Phase 17	
		Rahu 11:43AM – 1:21PM	Visti Until 2:25AM Thu	Nataraja: White		Purnima	
Creative Work	Siddha Yoga		Chaturdashi* Until 1:18PM	Moon – Purple		Sivaloka Day	
		Raksha Bandhan		Sravana*Adi			

Thursday, August 15, 2019		Silver Retreat Star				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau	Manama, Bahrain Sutra 123 Vikarin 5121
Silver Retreat Star		Gulika 8:27AM – 10:05AM	Dhanishtha Until 8:27AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 5:11AM		
Makara Rasi: 23.33	Tithi 15 – 16	Yama 5:11AM – 6:49AM	Saubhagya Until 9:29AM	Muruqa: Blue	<i>Sunset:</i> 6:15PM	Moon 7 - Phase 17	
		Rahu 1:21PM – 2:59PM	Balava Until 4:44AM Fri	Nataraja: White		Prathama	
Creative Work	Siddha Yoga		Purnima* Until 3:32PM	Moon – Purple		Subha Sivaloka Day	
				Sravana*Adi			



Friday, August 16, 2019
Gold Retreat Star

Kumbha Rasi: 5.26 Tilthi 16 – 17

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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/Dvityayam Titau

Gulika 6:49AM – 8:27AM
Yama 2:59PM – 4:36PM
Rahu 10:05AM – 11:43AM

Dhanishtha **Until 8:27AM**
Sobhana **Until 10:24AM**
Taitila **Until 7:10AM Sat**
Prathama* Until 5:55PM

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

Sunrise: 5:11AM
Sunset: 6:14PM

Manama, Bahrain
Sutra 124
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

1

Saturday, August 17, 2019

Kumbha Rasi: 17.18 Tilthi 17

497993462

Creative Work Amrita Yoga

Until 11:16AM

Then Routine Work - Marana Yoga

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

Gulika 5:12AM – 6:49AM
Yama 1:20PM – 2:58PM
Rahu 8:27AM – 10:05AM

Shatabhishak **Until 11:16AM**
Athiganda* **Until 11:21AM**
Taitila **Until 7:10AM**
Dvitiya Until 8:21PM

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

Sunrise: 5:12AM
Sunset: 6:13PM

Manama, Bahrain
Sun 1 Sutra 125
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

2

Sunday, August 18, 2019

Kumbha Rasi: 29.1 Tilthi 18

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Creative Work Siddha Yoga

Until 2:25PM

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 Trityayam Titau

Gulika 2:57PM – 4:35PM
Yama 11:42AM – 1:20PM
Rahu 4:35PM – 6:12PM

Purvaproshtapada* Until 2:25PM
Sukarma **Until 12:18PM**
Vanija **Until 9:35AM**
Tritiya Until 10:45PM

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

Sunrise: 5:12AM
Sunset: 6:12PM

Manama, Bahrain
Sun 2 Sutra 126
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Subha Sivaloka Day

3

Monday, August 19, 2019

Meena Rasi: 11.03 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 1:19PM – 2:57PM
Yama 10:05AM – 11:42AM
Rahu 6:50AM – 8:27AM

Uttaraproshtapada Until 5:16PM
Dhriti **Until 1:12PM**
Bava **Until 11:55AM**
Chaturthi* Until 1:00AM Tue

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

Sunrise: 5:13AM
Sunset: 6:12PM

Manama, Bahrain
Sun 3 Sutra 127
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Subha Sivaloka Day

4

Tuesday, August 20, 2019

Meena Rasi: 23 Tilthi 20

517993462

Creative Work Siddha Yoga

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

Gulika 11:42AM – 1:19PM
Yama 8:28AM – 10:05AM
Rahu 2:56PM – 4:33PM

Revati Until 7:46PM
Shula* **Until 1:54PM**
Kaulava **Until 2:03PM**
Panchami Until 2:59AM Wed

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

Sunrise: 5:13AM
Sunset: 6:11PM

Manama, Bahrain
Sun 4 Sutra 128
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Subha Sivaloka Day

5

Wednesday, August 21, 2019

Mesha Rasi: 5.04 Tilthi 21

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Routine Work Marana Yoga

Until 10:14PM

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 10:05AM – 11:42AM
Yama 6:51AM – 8:28AM
Rahu 11:42AM – 1:19PM

Ashvini Until 10:14PM
Ganda* **Until 2:22PM**
Gara **Until 3:52PM**
Shashthi* Until 4:35AM Thu

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

Sunrise: 5:14AM
Sunset: 6:10PM

Manama, Bahrain
Sun 5 Sutra 129
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

6

Thursday, August 22, 2019

Mesha Rasi: 17.18 Tilthi 22

528993462

Creative Work Siddha 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 8:28AM – 10:05AM
Yama 5:14AM – 6:51AM
Rahu 1:18PM – 2:55PM

Bharani Until 12:04AM Fri
Vridhhi **Until 2:30PM**
Visti **Until 5:13PM**
Saptami Until 5:39AM Fri

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

Sunrise: 5:14AM
Sunset: 6:09PM

Manama, Bahrain
Sun 6 Sutra 130
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Sivaloka Day

D

Friday, August 23, 2019
Retreat Star

Mesha Rasi: 29.46 Tilthi 23

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Creative Work Siddha Yoga

Until 1:07AM Sat

Then Creative Work - Amrita Yoga

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

Gulika 6:51AM – 8:28AM
Yama 2:54PM – 4:31PM
Rahu 10:04AM – 11:41AM

Krittika Until 1:07AM Sat
Dhruva **Until 2:09PM**
Balava **Until 5:58PM**
Ashtami* Until 6:03AM Sat

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

Sunrise: 5:14AM
Sunset: 6:08PM

Manama, Bahrain
Sun 7 Sutra 131
Vikarin 5121
Moon 8 - Phase 18
Ashtami

Sivaloka Day

Saturday, August 24, 2019

Retreat Star

Vrshabha Rasi: 12.32 Tilthi 23 – 24

538993462

Creative Work Amrita Yoga

Until 1:45AM Sun

Then Creative Work - Siddha Yoga

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

Gulika 5:15AM – 6:51AM
Yama 1:17PM – 2:54PM
Rahu 8:28AM – 10:04AM

Rohini Until 1:45AM Sun
Vyaghata* **Until 1:16PM**
Taitila **Until 6:00PM**
Ashtami* Until 6:03AM

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

Sunrise: 5:15AM
Sunset: 6:07PM

Manama, Bahrain
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

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1		Sunday, August 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Dashamyam Titau	Manama, Bahrain Sun 9 Sutra 133 Vikarin 5121
Wishabha Rasi: 25.41	Tithi 25	Gulika 2:53PM – 4:30PM	Mrigashira Until 1:27AM Mon	Ganesha: Clear <i>Sunrise: 5:15AM</i>	
		Yama 11:41AM – 1:17PM	Harshana Until 11:46AM	Muruqa: Blue <i>Sunset: 6:06PM</i>	Moon 8 - Phase 19
		538993462 Rahu 4:30PM – 6:06PM	Vanija Until 5:14PM	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Dashami Until 4:33AM Mon	Moon – Yellow	Subha Sivaloka Day
				Sravana-Avani	

2		Monday, August 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Ekadashyam Titau	Manama, Bahrain Sun 10 Sutra 134 Vikarin 5121
Mithuna Rasi: 9.16	Tithi 26	Gulika 1:16PM – 2:53PM	Ardra Until 12:15AM Tue	Ganesha: Clear <i>Sunrise: 5:16AM</i>	
Family Home Evening		Yama 10:04AM – 11:40AM	Vajra* Until 9:37AM	Muruqa: Blue <i>Sunset: 6:05PM</i>	Moon 8 - Phase 19
		538993462 Rahu 6:52AM – 8:28AM	Bava Until 3:42PM	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 2:38AM Tue	Moon – Yellow	Subha Sivaloka Day
				Sravana-Avani	

3		Tuesday, August 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau	Manama, Bahrain Sun 11 Sutra 135 Vikarin 5121
Mithuna Rasi: 23.19	Tithi 27	Gulika 11:40AM – 1:16PM	Punarvasu Until 10:39PM	Ganesha: Purple <i>Sunrise: 5:16AM</i>	
		Yama 8:28AM – 10:04AM	Siddhi Until 6:52AM	Muruqa: Blue <i>Sunset: 6:04PM</i>	Moon 8 - Phase 19
		548993462 Rahu 2:52PM – 4:28PM	Kaulava Until 1:26PM	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 12:03AM Wed	Moon – Blue	Sivaloka Day
				Sravana-Avani	

4		Wednesday, August 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Variyan Yoga Gara/Vanija Karana Trayodashyam Titau	Manama, Bahrain Sun 12 Sutra 136 Vikarin 5121
Kataka Rasi: 7.49	Tithi 28	Gulika 10:04AM – 11:40AM	Pushya Until 8:20PM	Ganesha: Light Blue <i>Sunrise: 5:17AM</i>	
		Yama 6:52AM – 8:28AM	Variyan Until 11:51PM	Muruqa: Blue <i>Sunset: 6:03PM</i>	Moon 8 - Phase 19
		549993463 Rahu 11:40AM – 1:16PM	Gara Until 10:34AM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 8:55PM	Moon – Blue	Devaloka Day
				Sravana-Avani	
			<i>Pradosha Vrata (Fasting)</i>		

5		Thursday, August 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Parigha* Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Manama, Bahrain Sun 13 Sutra 137 Vikarin 5121
Kataka Rasi: 22.41	Tithi 29 – 30	Gulika 8:28AM – 10:04AM	Ashlesha* Until 5:29PM	Ganesha: Orange <i>Sunrise: 5:17AM</i>	
		Yama 5:17AM – 6:53AM	Parigha* Until 7:49PM	Muruqa: Blue <i>Sunset: 6:02PM</i>	Moon 8 - Phase 19
		549193463 Rahu 1:15PM – 2:51PM	Visti Until 7:12AM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 5:23PM	Moon – Blue	Sivaloka Day
Until 5:29PM				Sravana-Avani	
Then Creative Work - Amrita Yoga					

		Friday, August 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva/Siddha Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Manama, Bahrain Sun 14 Sutra 138 Vikarin 5121
Retreat Star		Gulika 6:53AM – 8:28AM	Magha* Until 2:39PM	Ganesha: Clear <i>Sunrise: 5:17AM</i>	
Simha Rasi: 7.5	Tithi 30 – 1	Yama 2:50PM – 4:25PM	Shiva Until 3:36PM	Muruqa: Blue <i>Sunset: 6:01PM</i>	Moon 8 - Phase 19
		559193463 Rahu 10:04AM – 11:39AM	Kintughna Until 11:41PM	Nataraja: Clear	Amavasya
Routine Work	Marana Yoga		Amavasya* Until 1:36PM	Moon – Red	Sivaloka Day
Until 2:39PM				Sravana-Avani	
Then Creative Work - Siddha Yoga					

6		Saturday, August 31, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Manama, Bahrain Sun 15 Sutra 139 Vikarin 5121
Retreat Star		Gulika 5:18AM – 6:53AM	Purvaphalguni Until 11:37AM	Ganesha: Clear <i>Sunrise: 5:18AM</i>	
Simha Rasi: 23.05	Tithi 1 – 2	Yama 1:14PM – 2:49PM	Siddha Until 11:18AM	Muruqa: Blue <i>Sunset: 6:00PM</i>	Moon 8 - Phase 19
		559193463 Rahu 8:28AM – 10:04AM	Balava Until 7:52PM	Nataraja: Clear	Prathama
Creative Work	Siddha Yoga		Prathama* Until 9:45AM	Moon – Red	Sivaloka Day
Until 11:37AM				Bhadrapada-Avani	
Then Routine Work - Marana Yoga					

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

All times are standard time

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1	Sunday, September 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau				Manama, Bahrain Sun 16 Sutra 140
	Kanya Rasi: 8.17	Tithi 2 – 3	Gulika 2:49PM – 4:24PM	Uttaraphalguni Until 8:35AM	Ganesha: Clear	<i>Sunrise:</i> 5:18AM	Vikarin 5121
			Yama 11:39AM – 1:14PM	Sadhya Until 7:07AM	Muruqa: Blue	<i>Sunset:</i> 5:59PM	Moon 8 - Phase 20
	Creative Work Amrita Yoga	559193463	Rahu 4:24PM – 5:59PM	Gara Until 2:31AM Mon	Nataraja: Clear		3rd Phase
			Dvitiya Until 6:00AM	Bhadrapada-Avani	Sivaloka Day		

2	Monday, September 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Manama, Bahrain Sun 17 Sutra 141
	Kanya Rasi: 23.16	Tithi 4	Gulika 1:13PM – 2:48PM	Hasta Until 6:06AM	Ganesha: Orange	<i>Sunrise:</i> 5:19AM	Vikarin 5121
	Family Home Evening		Yama 10:03AM – 11:38AM	Sukla Until 11:35PM	Muruqa: Blue	<i>Sunset:</i> 5:58PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	569193463	Rahu 6:54AM – 8:28AM	Vanija Until 12:57PM	Nataraja: Clear		3rd Phase
			Ganesha Chaturthi	Chaturthi* Until 11:28PM	Bhadrapada-Avani	Sivaloka Day	
Until 6:06AM Then Routine Work - Prabalarishta Yoga							

3	Tuesday, September 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Manama, Bahrain Sun 18 Sutra 142
	Tula Rasi: 7.54	Tithi 5	Gulika 11:38AM – 1:13PM	Svati Until 2:15AM Wed	Ganesha: Orange	<i>Sunrise:</i> 5:19AM	Vikarin 5121
			Yama 8:29AM – 10:03AM	Brahma Until 8:28PM	Muruqa: Blue	<i>Sunset:</i> 5:57PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	569193463	Rahu 2:47PM – 4:22PM	Bava Until 10:10AM	Nataraja: Clear		3rd Phase
			Panchami Until 9:00PM	Bhadrapada-Avani	Sivaloka Day		

4	Wednesday, September 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Shashthyam Titau				Manama, Bahrain Sun 19 Sutra 143
	Tula Rasi: 22.05	Tithi 6	Gulika 10:03AM – 11:38AM	Vishakha Until 1:35AM Thu	Ganesha: Green	<i>Sunrise:</i> 5:20AM	Vikarin 5121
			Yama 6:54AM – 8:29AM	Indra Until 5:57PM	Muruqa: Blue	<i>Sunset:</i> 5:56PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	579193463	Rahu 11:38AM – 1:12PM	Kaulava Until 8:02AM	Nataraja: Clear		3rd Phase
			Shashthi* Until 7:14PM	Bhadrapada-Avani	Subha Sivaloka Day		

5	Thursday, September 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Saptamyam Titau				Manama, Bahrain Sun 20 Sutra 144
	Vrischika Rasi: 5.49	Tithi 7	Gulika 8:29AM – 10:03AM	Anuradha Until 1:35AM Fri	Ganesha: Orange	<i>Sunrise:</i> 5:20AM	Vikarin 5121
			Yama 5:20AM – 6:54AM	Vaidhriti* Until 4:04PM	Muruqa: Blue	<i>Sunset:</i> 5:54PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	571193463	Rahu 1:12PM – 2:46PM	Gara Until 6:41AM	Nataraja: Clear		3rd Phase
			Saptami Until 6:17PM	Bhadrapada-Avani	Sivaloka Day		
Until 1:35AM Fri Then Routine Work - Marana Yoga							

6	Friday, September 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Ashtamyam Titau				Manama, Bahrain Sun 21 Sutra 145
	Retreat Star		Gulika 6:55AM – 8:29AM	Jyeshtha* Until 2:13AM Sat	Ganesha: Orange	<i>Sunrise:</i> 5:20AM	Vikarin 5121
	Vrischika Rasi: 19.04	Tithi 8	Yama 2:45PM – 4:19PM	Vishkambha* Until 2:50PM	Muruqa: Blue	<i>Sunset:</i> 5:53PM	Moon 8 - Phase 20
			571193463 Rahu 10:03AM – 11:37AM	Visti Until 6:08AM	Nataraja: Clear		Ashtami
			Ashtami* Until 6:10PM	Bhadrapada-Avani	Sivaloka Day		
Routine Work Marana Yoga Until 2:13AM Sat Then Creative Work - Siddha Yoga							

7	Saturday, September 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Navamyam Titau				Manama, Bahrain Sun 22 Sutra 146
	Retreat Star		Gulika 5:21AM – 6:55AM	Mula* Until 3:56AM Sun	Ganesha: Green	<i>Sunrise:</i> 5:21AM	Vikarin 5121
	Dhanus Rasi: 1.54	Tithi 9	Yama 1:10PM – 2:44PM	Priti Until 2:15PM	Muruqa: Blue	<i>Sunset:</i> 5:52PM	Moon 8 - Phase 20
			581193463 Rahu 8:29AM – 10:03AM	Balava Until 6:25AM	Nataraja: Clear		Navami
			Navami* Until 6:49PM	Bhadrapada-Avani	Devaloka Day		
Creative Work Siddha Yoga							

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

1 Sunday, September 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dashamyam Titau				Manama, Bahrain Sun 23 Sutra 147
Dhanus Rasi: 14.23	Tithi 10	Gulika 2:44PM – 4:17PM	Purvashadha* Until 6:05AM Mon	Ganesha: Green <i>Sunrise:</i> 5:21AM	Vikarin 5121	
		Yama 11:36AM – 1:10PM	Ayushman Until 2:11PM	Muruqa: Blue <i>Sunset:</i> 5:51PM	Moon 8 - Phase 21	
	581193463	Rahu 4:17PM – 5:51PM	Taitila Until 7:27AM	Nataraja: Clear	4th Phase	
Creative Work Siddha Yoga				Moon – Light Blue		Devaloka Day
Until 6:05AM Mon		Grandparent's Day	Dashami Until 8:10PM	Bhadrapada-Avani		
Then Routine Work - Marana Yoga						

2 Monday, September 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau				Manama, Bahrain Sun 24 Sutra 148
Dhanus Rasi: 26.37	Tithi 11	Gulika 1:09PM – 2:43PM	Purvashadha* Until 6:05AM	Ganesha: Green <i>Sunrise:</i> 5:22AM	Vikarin 5121	
Family Home Evening		Yama 10:02AM – 11:36AM	Saubhagya Until 2:34PM	Muruqa: Blue <i>Sunset:</i> 5:50PM	Moon 8 - Phase 21	
	581193463	Rahu 6:55AM – 8:29AM	Vanija Until 9:05AM	Nataraja: Clear	4th Phase	
Routine Work Marana Yoga				Moon – Light Blue		Devaloka Day
			Ekadashi Until 10:03PM	Bhadrapada-Avani		

3 Tuesday, September 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Dvadashyam Titau				Manama, Bahrain Sun 25 Sutra 149
Makara Rasi: 8.4	Tithi 12	Gulika 11:36AM – 1:09PM	Uttarashadha Until 8:30AM	Ganesha: Green <i>Sunrise:</i> 5:22AM	Vikarin 5121	
		Yama 8:29AM – 10:02AM	Sobhana Until 3:16PM	Muruqa: Blue <i>Sunset:</i> 5:49PM	Moon 8 - Phase 21	
	581193463	Rahu 2:42PM – 4:16PM	Bava Until 11:09AM	Nataraja: Clear	4th Phase	
Routine Work Prabalarishta Yoga				Moon – Light Blue		Devaloka Day
Until 8:30AM			Dvadashi Until 12:16AM Wed	Bhadrapada-Avani		
Then Creative Work - Siddha Yoga						

4 Wednesday, September 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 150
Makara Rasi: 20.35	Tithi 13	Gulika 10:02AM – 11:35AM	Shravana Until 11:32AM	Ganesha: Red <i>Sunrise:</i> 5:22AM	Vikarin 5121	
		Yama 6:56AM – 8:29AM	Athiganda* Until 4:07PM	Muruqa: Blue <i>Sunset:</i> 5:48PM	Moon 8 - Phase 21	
	591193463	Rahu 11:35AM – 1:08PM	Kaulava Until 1:29PM	Nataraja: Clear	4th Phase	
Creative Work Siddha Yoga				Moon – Purple		Sivaloka Day
Until 11:32AM		Avani Avittam	Trayodashi Until 2:41AM Thu	Bhadrapada-Avani		
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>			

5 Thursday, September 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 151
Kumbha Rasi: 2.27	Tithi 14	Gulika 8:29AM – 10:02AM	Dhanishtha Until 2:31PM	Ganesha: Red <i>Sunrise:</i> 5:23AM	Vikarin 5121	
		Yama 5:23AM – 6:56AM	Sukarma Until 5:04PM	Muruqa: Blue <i>Sunset:</i> 5:47PM	Moon 8 - Phase 21	
	591193463	Rahu 1:08PM – 2:41PM	Gara Until 3:57PM	Nataraja: Clear	4th Phase	
Creative Work Siddha Yoga				Moon – Purple		Sivaloka Day
		Chidambaram Abhishekam	Chaturdashi* Until 5:09AM Fri	Bhadrapada-Avani		

Friday, September 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Dhriti Yoga Visti* Karana Purnimayam Titau				Manama, Bahrain Sutra 152
Copper Retreat Star		Gulika 6:56AM – 8:29AM	Shatabhishak Until 5:20PM	Ganesha: Red <i>Sunrise:</i> 5:23AM	Vikarin 5121	
Kumbha Rasi: 14.18	Tithi 15	Yama 2:40PM – 4:13PM	Dhriti Until 6:01PM	Muruqa: Purple <i>Sunset:</i> 5:46PM	Moon 8 - Phase 21	
	591113463	Rahu 10:02AM – 11:34AM	Visti Until 6:24PM	Nataraja: Clear	Purnima	
Creative Work Siddha Yoga				Moon – Purple		Sivaloka Day
			Purnima* Until 7:36AM Sat	Bhadrapada-Avani		

Saturday, September 14, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Manama, Bahrain Sutra 153
Silver Retreat Star		Gulika 5:24AM – 6:56AM	Purvaproshtapada* Until 8:25PM	Ganesha: Red <i>Sunrise:</i> 5:24AM	Vikarin 5121	
Kumbha Rasi: 26.1	Tithi 15 – 16	Yama 1:07PM – 2:39PM	Shula* Until 6:53PM	Muruqa: Purple <i>Sunset:</i> 5:45PM	Moon 8 - Phase 21	
	511113463	Rahu 8:29AM – 10:01AM	Balava Until 8:48PM	Nataraja: Clear	Prathama	
Routine Work Marana Yoga				Moon – Clear		Sivaloka Day
Until 8:25PM			Purnima* Until 7:36AM	Bhadrapada-Avani		
Then Creative Work - Siddha Yoga						

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



Sunday, September 15, 2019

Gold Retreat Star

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

Manama, Bahrain

Sutra 154

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 8.05 Tithi 16 - 17

512113463

Gulika

2:39PM - 4:11PM

Yama

11:34AM - 1:06PM

Rahu

4:11PM - 5:43PM

Uttaraproshtapada Until 11:13PM

Ganda* Until 7:40PM

Taitila Until 11:03PM

Prathama* Until 9:55AM

Ganesha: Yellow

Sunrise: 5:24AM

Muruqa: Purple

Sunset: 5:43PM

Nataraja: Clear

Moon - Clear

Bhadrapada*Avani

Sivaloka Day

Creative Work Amrita Yoga

1

Monday, September 16, 2019

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

Manama, Bahrain

Sun 1 Sutra 155

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 20.03 Tithi 17 - 18

512113463

Gulika

1:06PM - 2:38PM

Yama

10:01AM - 11:33AM

Rahu

6:57AM - 8:29AM

Revati Until 1:39AM Tue

Vriddhi Until 8:20PM

Vanija Until 1:06AM Tue

Dvitiya Until 12:05PM

Ganesha: Yellow

Sunrise: 5:24AM

Muruqa: Purple

Sunset: 5:42PM

Nataraja: Clear

Moon - Clear

Bhadrapada*Avani

Sivaloka Day

Creative Work Siddha Yoga

2

Tuesday, September 17, 2019

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

Manama, Bahrain

Sun 2 Sutra 156

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 2.05 Tithi 18 - 19

522113463

Gulika

11:33AM - 1:05PM

Yama

8:29AM - 10:01AM

Rahu

2:37PM - 4:09PM

Ashvini Until 4:11AM Wed

Dhruva Until 8:46PM

Bava Until 2:55AM Wed

Tritiya Until 2:02PM

Ganesha: White

Sunrise: 5:25AM

Muruqa: Purple

Sunset: 5:41PM

Nataraja: Clear

Moon - White

Bhadrapada*Puratasi

Devaloka Day

Creative Work Siddha Yoga

3

Wednesday, September 18, 2019

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

Manama, Bahrain

Sun 3 Sutra 157

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 14.15 Tithi 19 - 20

522113463

Gulika

10:01AM - 11:33AM

Yama

6:57AM - 8:29AM

Rahu

11:33AM - 1:05PM

Bharani Until 6:13AM Thu

Vyaghata* Until 8:59PM

Kaulava Until 4:23AM Thu

Chaturthi* Until 3:41PM

Ganesha: White

Sunrise: 5:25AM

Muruqa: Purple

Sunset: 5:40PM

Nataraja: Clear

Moon - White

Bhadrapada*Puratasi

Devaloka Day

Creative Work Siddha Yoga

Until 6:13AM Thu

Then Routine Work - Marana Yoga

4

Thursday, September 19, 2019

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

Manama, Bahrain

Sun 4 Sutra 158

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 26.32 Tithi 20 - 21

522113463

Gulika

8:29AM - 10:01AM

Yama

5:26AM - 6:57AM

Rahu

1:04PM - 2:36PM

Bharani Until 6:13AM

Harshana Until 8:55PM

Gara Until 5:26AM Fri

Panchami Until 4:57PM

Ganesha: White

Sunrise: 5:26AM

Muruqa: Purple

Sunset: 5:39PM

Nataraja: Clear

Moon - White

Bhadrapada*Puratasi

Devaloka Day

Creative Work Siddha Yoga

Until 6:13AM

Then Routine Work - Marana Yoga

5

Friday, September 20, 2019

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

Manama, Bahrain

Sun 5 Sutra 159

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 9.02 Tithi 21 - 22

522113463

Gulika

6:58AM - 8:29AM

Yama

2:35PM - 4:06PM

Rahu

10:00AM - 11:32AM

Krittika Until 7:39AM

Vajra* Until 8:24PM

Visti Until 5:55AM Sat

Shashthi* Until 5:44PM

Ganesha: White

Sunrise: 5:26AM

Muruqa: Purple

Sunset: 5:38PM

Nataraja: Clear

Moon - White

Bhadrapada*Puratasi

Devaloka Day

Creative Work Siddha Yoga

Until 7:39AM

Then Routine Work - Marana Yoga

6

Saturday, September 21, 2019

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

Manama, Bahrain

Sun 6 Sutra 160

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 21.46 Tithi 22 - 23

532113463

Gulika

5:26AM - 6:58AM

Yama

1:03PM - 2:34PM

Rahu

8:29AM - 10:00AM

Rohini Until 8:52AM

Siddhi Until 7:26PM

Balava Until 5:45AM Sun

Saptami Until 5:54PM

Ganesha: Clear

Sunrise: 5:26AM

Muruqa: Purple

Sunset: 5:37PM

Nataraja: Clear

Moon - Yellow

Bhadrapada*Puratasi

Sivaloka Day

Creative Work Amrita Yoga

Until 8:52AM

Then Creative Work - Siddha Yoga

☽

Sunday, September 22, 2019

Retreat Star

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

Manama, Bahrain

Sun 7 Sutra 161

Vikarin 5121

Moon 9 - Phase 22

Ashtami

Mithuna Rasi: 4.5 Tithi 23 - 24

532213463

Gulika

2:33PM - 4:05PM

Yama

11:31AM - 1:02PM

Rahu

4:05PM - 5:36PM

Mrigashira Until 9:17AM

Vyatipata* Until 5:55PM

Taitila Until 4:52AM Mon

Ashtami* Until 5:23PM

Ganesha: Orange

Sunrise: 5:27AM

Muruqa: Purple

Sunset: 5:36PM

Nataraja: Clear

Moon - Yellow

Bhadrapada*Puratasi

Sivaloka Day

Creative Work Siddha Yoga

Monday, September 23, 2019

Retreat Star

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

Manama, Bahrain

Sun 8 Sutra 162

Vikarin 5121

Moon 9 - Phase 22

Navami

Mithuna Rasi: 18.17 Tithi 24 - 25

532213463

Gulika

1:02PM - 2:33PM

Yama

10:00AM - 11:31AM

Rahu

6:58AM - 8:29AM

Ardra Until 8:50AM

Variyan Until 3:48PM

Vanija Until 3:16AM Tue

Navami* Until 4:08PM

Ganesha: Orange

Sunrise: 5:27AM

Muruqa: Purple

Sunset: 5:35PM

Nataraja: Clear

Moon - Yellow

Bhadrapada*Puratasi

Sivaloka Day

1		Tuesday, September 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Parigha/Shiva Yoga Visti/Bava Karana Dashami/Ekadashyam Titau	Manama, Bahrain Sun 9 Sutra 163
Kataka Rasi: 2.1	Tithi 25 – 26	Gulika 11:31AM – 1:01PM	Punarvasu Until 7:59AM	Ganesha: Light Blue <i>Sunrise:</i> 5:28AM	Vikarin 5121
		Yama 8:29AM – 10:00AM	Parigha* Until 1:08PM	Muruqa: Purple <i>Sunset:</i> 5:33PM	Moon 9 - Phase 23
542213463		Rahu 2:32PM – 4:03PM	Bava Until 12:59AM Wed	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Dashami Until 2:11PM	Moon – Blue	Devaloka Day
				Bhadrapada•Puratasi	

2		Wednesday, September 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Manama, Bahrain Sun 10 Sutra 164
Kataka Rasi: 16.28	Tithi 26 – 27	Gulika 10:00AM – 11:30AM	Pushya Until 6:18AM	Ganesha: Light Blue <i>Sunrise:</i> 5:28AM	Vikarin 5121
		Yama 6:59AM – 8:29AM	Shiva Until 9:56AM	Muruqa: Purple <i>Sunset:</i> 5:32PM	Moon 9 - Phase 23
542213463		Rahu 11:30AM – 1:01PM	Kaulava Until 10:07PM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 11:36AM	Moon – Blue	Devaloka Day
				Bhadrapada•Puratasi	

3		Thursday, September 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Magha* Nakshatra Siddha/Sadhya Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau	Manama, Bahrain Sun 11 Sutra 165
Simha Rasi: 1.11	Tithi 27 – 28	Gulika 8:29AM – 10:00AM	Magha* Until 1:26AM Fri	Ganesha: Purple <i>Sunrise:</i> 5:29AM	Vikarin 5121
		Yama 5:29AM – 6:59AM	Siddha Until 6:17AM	Muruqa: Purple <i>Sunset:</i> 5:31PM	Moon 9 - Phase 23
552213463		Rahu 1:00PM – 2:31PM	Gara Until 6:47PM	Nataraja: Clear	2nd Phase
Creative Work	Amrita Yoga		Dvadashi* Until 8:29AM	Moon – Red	Devaloka Day
Until 1:26AM Fri				Bhadrapada•Puratasi	
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>		

4		Friday, September 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Visti/Sakuni* Karana Chaturdashyam Titau	Manama, Bahrain Sun 12 Sutra 166
Simha Rasi: 16.12	Tithi 29	Gulika 6:59AM – 8:29AM	Purvaphalguni Until 10:31PM	Ganesha: Purple <i>Sunrise:</i> 5:29AM	Vikarin 5121
		Yama 2:30PM – 4:00PM	Subha Until 10:07PM	Muruqa: Purple <i>Sunset:</i> 5:30PM	Moon 9 - Phase 23
552213463		Rahu 9:59AM – 11:30AM	Visti Until 3:09PM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 1:15AM Sat	Moon – Red	Devaloka Day
				Bhadrapada•Puratasi	

Retreat Star		Saturday, September 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Sukla/Brahma Yoga Catuspada/Naga* Karana Amavasyayam Titau	Manama, Bahrain Sun 13 Sutra 167
Kanya Rasi: 1.24	Tithi 30	Gulika 5:29AM – 6:59AM	Uttaraphalguni Until 7:24PM	Ganesha: Light Blue <i>Sunrise:</i> 5:29AM	Vikarin 5121
		Yama 12:59PM – 2:29PM	Sukla Until 5:51PM	Muruqa: Purple <i>Sunset:</i> 5:29PM	Moon 9 - Phase 23
652213463		Rahu 8:29AM – 9:59AM	Catuspada Until 11:22AM	Nataraja: Clear	Amavasya
Routine Work	Marana Yoga		Amavasya* Until 9:28PM	Moon – Red	Devaloka Day
		Mahalaya Amavasai (Tamil Nadu)		Bhadrapada•Puratasi	

Retreat Star		Sunday, September 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Brahma/Indra Yoga Kintughna/Balava Karana Prathama/Dvitiyayam Titau	Manama, Bahrain Sun 14 Sutra 168
Kanya Rasi: 16.37	Tithi 1 – 2	Gulika 2:28PM – 3:58PM	Hasta Until 4:39PM	Ganesha: Light Blue <i>Sunrise:</i> 5:30AM	Vikarin 5121
		Yama 11:29AM – 12:59PM	Brahma Until 1:39PM	Muruqa: Purple <i>Sunset:</i> 5:28PM	Moon 9 - Phase 23
663213463		Rahu 3:58PM – 5:28PM	Kintughna Until 7:37AM	Nataraja: Clear	Prathama
Creative Work	Amrita Yoga		Prathama* Until 5:47PM	Moon – Green	Devaloka Day
Until 4:39PM		Navaratri Begins		Ashvina•Puratasi	
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

1		Monday, September 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Manama, Bahrain Sun 15 Sutra 169 Vikarin 5121
Tula Rasi: 1.4	Tithi 2 – 3	Gulika	12:58PM – 2:28PM	Chitra Until 2:02PM	Ganesha: Light Blue <i>Sunrise:</i> 5:30AM
Family Home Evening	663213463	Yama	9:59AM – 11:29AM	Indra Until 9:41AM	Muruqa: Purple <i>Sunset:</i> 5:27PM
Routine Work	Prabalarishta Yoga	Rahu	7:00AM – 8:29AM	Taitila Until 12:54AM Tue	Nataraja: Clear
Until 2:02PM				Dvitiya Until 2:24PM	Moon – Green
Then Creative Work - Amrita Yoga					Devaloka Day
					Ashvina+Puratasi

2		Tuesday, October 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Manama, Bahrain Sun 16 Sutra 170 Vikarin 5121
Tula Rasi: 16.26	Tithi 3 – 4	Gulika	11:28AM – 12:58PM	Svati Until 11:45AM	Ganesha: Light Blue <i>Sunrise:</i> 5:31AM
	663213463	Yama	8:29AM – 9:59AM	Vaidhriti* Until 6:03AM	Muruqa: Purple <i>Sunset:</i> 5:26PM
Creative Work	Siddha Yoga	Rahu	2:27PM – 3:56PM	Vanija Until 10:17PM	Nataraja: Clear
Until 11:45AM				Tritiya Until 11:30AM	Moon – Green
Then Routine Work - Marana Yoga					Devaloka Day
					Ashvina+Puratasi

3		Wednesday, October 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Manama, Bahrain Sun 17 Sutra 171 Vikarin 5121
Vrischika Rasi: 0.46	Tithi 4 – 5	Gulika	9:59AM – 11:28AM	Vishakha Until 10:23AM	Ganesha: Purple <i>Sunrise:</i> 5:31AM
	673213463	Yama	7:00AM – 8:30AM	Priti Until 12:22AM Thu	Muruqa: Purple <i>Sunset:</i> 5:25PM
Creative Work	Siddha Yoga	Rahu	11:28AM – 12:57PM	Bava Until 8:22PM	Nataraja: Clear
Until 11:45AM				Chaturthi* Until 9:13AM	Moon – Orange
Then Routine Work - Marana Yoga					Devaloka Day
					Ashvina+Puratasi

4		Thursday, October 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Manama, Bahrain Sun 18 Sutra 172 Vikarin 5121
Vrischika Rasi: 15	Tithi 5 – 6	Gulika	8:30AM – 9:59AM	Anuradha Until 9:38AM	Ganesha: Purple <i>Sunrise:</i> 5:32AM
	673213463	Yama	5:32AM – 7:01AM	Ayushman Until 10:29PM	Muruqa: Purple <i>Sunset:</i> 5:24PM
Creative Work	Siddha Yoga	Rahu	12:57PM – 2:26PM	Kaulava Until 7:17PM	Nataraja: Clear
Until 9:38AM				Panchami Until 7:42AM	Moon – Orange
Then Routine Work - Prabalarishta Yoga					Devaloka Day
					Ashvina+Puratasi

5		Friday, October 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Manama, Bahrain Sun 19 Sutra 173 Vikarin 5121
Vrischika Rasi: 27.56	Tithi 6 – 7	Gulika	7:01AM – 8:30AM	Jyeshtha* Until 9:36AM	Ganesha: Purple <i>Sunrise:</i> 5:32AM
	673213463	Yama	2:25PM – 3:54PM	Saubhagya Until 9:19PM	Muruqa: Purple <i>Sunset:</i> 5:23PM
Routine Work	Marana Yoga	Rahu	9:58AM – 11:27AM	Gara Until 7:06PM	Nataraja: Clear
Until 9:36AM				Shashthi* Until 7:03AM	Moon – Orange
Then Creative Work - Amrita Yoga					Devaloka Day
					Ashvina+Puratasi

6		Saturday, October 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Manama, Bahrain Sun 20 Sutra 174 Vikarin 5121
Retreat Star		Gulika	5:32AM – 7:01AM	Mula* Until 10:45AM	Ganesha: Clear <i>Sunrise:</i> 5:32AM
Dhanus Rasi: 10.49	Tithi 7 – 8	Yama	12:56PM – 2:24PM	Sobhana Until 8:51PM	Muruqa: Purple <i>Sunset:</i> 5:21PM
	683213463	Rahu	8:30AM – 9:58AM	Visti Until 7:47PM	Nataraja: Clear
Creative Work	Siddha Yoga			Saptami Until 7:19AM	Moon – Light Blue
Until 12:32PM		Durga Ashtami			Sivaloka Day
Then Creative Work - Amrita Yoga					Ashvina+Puratasi

7		Sunday, October 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Manama, Bahrain Sun 21 Sutra 175 Vikarin 5121
Retreat Star		Gulika	2:24PM – 3:52PM	Purvashadha* Until 12:32PM	Ganesha: Clear <i>Sunrise:</i> 5:33AM
Dhanus Rasi: 23.19	Tithi 8 – 9	Yama	11:27AM – 12:55PM	Athiganda* Until 8:55PM	Muruqa: Purple <i>Sunset:</i> 5:20PM
	683213463	Rahu	3:52PM – 5:20PM	Balava Until 9:14PM	Nataraja: Clear
Creative Work	Siddha Yoga			Ashtami* Until 8:24AM	Moon – Light Blue
Until 12:32PM		Saraswathi Puja (Tamil Nadu)			Sivaloka Day
Then Creative Work - Amrita Yoga					Ashvina+Puratasi

Monday, October 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Manama, Bahrain Sun 22 Sutra 176 Vikarin 5121
1		Gulika 12:55PM – 2:23PM	Uttarashadha Until 2:46PM	Ganesha: Clear <i>Sunrise:</i> 5:33AM	
Makara Rasi: 5.3	Tithi 9 – 10	Yama 9:58AM – 11:26AM	Sukarma Until 9:28PM	Muruqa: Purple <i>Sunset:</i> 5:19PM	Moon 9 - Phase 25
Family Home Evening	683213463	Rahu 7:02AM – 8:30AM	Taitila Until 11:17PM	Nataraja: Clear	4th Phase
Routine Work	Marana Yoga			Moon – Light Blue	Sivaloka Day
Until 2:46PM			Navami* Until 10:11AM	Ashvina+Puratasi	
Then Creative Work - Amrita Yoga					

Tuesday, October 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau			Manama, Bahrain Sun 23 Sutra 177 Vikarin 5121
2		Gulika 11:26AM – 12:54PM	Shravana Until 5:45PM	Ganesha: White <i>Sunrise:</i> 5:34AM	
Makara Rasi: 17.29	Tithi 10 – 11	Yama 8:30AM – 9:58AM	Dhriti Until 10:18PM	Muruqa: Purple <i>Sunset:</i> 5:17PM	Moon 9 - Phase 25
693213464		Rahu 2:22PM – 3:50PM	Vanija Until 1:40AM Wed	Nataraja: Purple	4th Phase
Creative Work	Siddha Yoga			Moon – Purple	Sivaloka Day
		Vijaya Dasami	Dashami Until 12:25PM	Ashvina+Puratasi	

Wednesday, October 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Manama, Bahrain Sun 24 Sutra 178 Vikarin 5121
3		Gulika 9:58AM – 11:26AM	Dhanishtha Until 8:46PM	Ganesha: White <i>Sunrise:</i> 5:34AM	
Makara Rasi: 29.22	Tithi 11 – 12	Yama 7:02AM – 8:30AM	Shula* Until 11:13PM	Muruqa: Purple <i>Sunset:</i> 5:17PM	Moon 9 - Phase 25
693213464		Rahu 11:26AM – 12:54PM	Bava Until 4:13AM Thu	Nataraja: Purple	4th Phase
Routine Work	Prabalarishta Yoga			Moon – Purple	Sivaloka Day
Until 8:46PM			Ekadashi Until 2:55PM	Ashvina+Puratasi	
Then Creative Work - Siddha Yoga					

Thursday, October 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Manama, Bahrain Sun 25 Sutra 179 Vikarin 5121
4		Gulika 8:30AM – 9:58AM	Shatabhishak Until 11:36PM	Ganesha: White <i>Sunrise:</i> 5:35AM	
Kumbha Rasi: 11.13	Tithi 12 – 13	Yama 5:35AM – 7:02AM	Ganda* Until 12:09AM Fri	Muruqa: Purple <i>Sunset:</i> 5:16PM	Moon 9 - Phase 25
693213464		Rahu 12:53PM – 2:21PM	Kaulava Until 6:43AM Fri	Nataraja: Purple	4th Phase
Creative Work	Siddha Yoga			Moon – Purple	Sivaloka Day
		Kadaitswami Mahasamadhi	Dvadashi Until 5:27PM	Ashvina+Puratasi	
					<i>Pradosha Vrata</i>

Friday, October 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtpada* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Trayodashyam Titau			Manama, Bahrain Sun 26 Sutra 180 Vikarin 5121
5		Gulika 7:03AM – 8:30AM	Purvaproshtpada* Until 2:40AM Sat	Ganesha: Blue <i>Sunrise:</i> 5:35AM	
Kumbha Rasi: 23.04	Tithi 13	Yama 2:20PM – 3:48PM	Vriddhi Until 1:00AM Sat	Muruqa: Purple <i>Sunset:</i> 5:15PM	Moon 9 - Phase 25
613213464		Rahu 9:58AM – 11:25AM	Kaulava Until 6:43AM	Nataraja: Purple	4th Phase
Creative Work	Siddha Yoga			Moon – Clear	Sivaloka Day
		Chidambaram Abhishekam	Trayodashi Until 7:53PM	Ashvina+Puratasi	

Saturday, October 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtpada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau			Manama, Bahrain Sun 27 Sutra 181 Vikarin 5121
6		Gulika 5:36AM – 7:03AM	Uttaraproshtpada Until 5:21AM Sun	Ganesha: Blue <i>Sunrise:</i> 5:36AM	
Meena Rasi: 4.59	Tithi 14	Yama 12:52PM – 2:20PM	Dhruva Until 1:40AM Sun	Muruqa: Purple <i>Sunset:</i> 5:14PM	Moon 9 - Phase 25
613213464		Rahu 8:30AM – 9:58AM	Gara Until 9:04AM	Nataraja: Purple	4th Phase
Creative Work	Siddha Yoga			Moon – Clear	Sivaloka Day
Until 5:21AM Sun			Chaturdashi* Until 10:08PM	Ashvina+Puratasi	
Then Creative Work - Amrita Yoga					

Sunday, October 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau			Manama, Bahrain Sutra 182 Vikarin 5121
○		Gulika 2:19PM – 3:46PM	Revati Until 7:38AM Mon	Ganesha: Yellow <i>Sunrise:</i> 5:36AM	
Meena Rasi: 16.59	Tithi 15	Yama 11:25AM – 12:52PM	Vyaghata* Until 2:08AM Mon	Muruqa: Purple <i>Sunset:</i> 5:13PM	Moon 9 - Phase 25
614213464		Rahu 3:46PM – 5:13PM	Visti Until 11:11AM	Nataraja: Purple	Purnima
Creative Work	Amrita Yoga			Moon – Clear	Subha Sivaloka Day
Until 7:38AM Mon			Purnima* Until 12:07AM Mon	Ashvina+Puratasi	
Then Creative Work - Siddha Yoga					

Monday, October 14, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau			Manama, Bahrain Sutra 183 Vikarin 5121
○		Gulika 12:51PM – 2:18PM	Revati Until 7:38AM	Ganesha: Yellow <i>Sunrise:</i> 5:37AM	
Meena Rasi: 29.05	Tithi 16	Yama 9:58AM – 11:25AM	Harshana Until 2:25AM Tue	Muruqa: Purple <i>Sunset:</i> 5:12PM	Moon 9 - Phase 25
614213464		Rahu 7:04AM – 8:31AM	Balava Until 1:02PM	Nataraja: Purple	Prathama
Family Home Evening				Moon – Clear	Subha Sivaloka Day
Creative Work	Siddha Yoga		Prathama* Until 1:50AM Tue	Ashvina+Puratasi	

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



Tuesday, October 15, 2019

Gold Retreat Star

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

Manama, Bahrain

Sutra 184

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mesha Rasi: 11.18 Tithi 17

624213464

Gulika 11:24AM – 12:51PM
Yama 8:31AM – 9:58AM
Rahu 2:18PM – 3:45PM

Ashvini Until 9:57AM
Vajra* Until 2:25AM Wed
Taitila Until 2:35PM
Dvitiya Until 3:13AM Wed

Ganesha: White *Sunrise:* 5:37AM
Muruqa: Purple *Sunset:* 5:11PM
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

Manama, Bahrain

Sun 1 Sutra 185

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mesha Rasi: 23.39 Tithi 18

624213464

Gulika 9:58AM – 11:24AM
Yama 7:04AM – 8:31AM
Rahu 11:24AM – 12:51PM

Bharani Until 11:48AM
Siddhi Until 2:11AM Thu
Vanija Until 3:49PM
Tritiya Until 4:17AM Thu

Ganesha: White *Sunrise:* 5:38AM
Muruqa: Purple *Sunset:* 5:10PM
Nataraja: Purple
Moon – White **Subha Subha Sivaloka Day**
Ashvina+Puratasi

Creative Work Siddha Yoga

Until 11:48AM

Then Creative Work - Amrita Yoga

2

Thursday, October 17, 2019

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

Manama, Bahrain

Sun 2 Sutra 186

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Vrishabha Rasi: 6.09 Tithi 19

624313464

Gulika 8:31AM – 9:57AM
Yama 5:38AM – 7:05AM
Rahu 12:50PM – 2:17PM

Krittika Until 1:09PM
Vyatipata* Until 1:40AM Fri
Bava Until 4:42PM
Chaturthi* Until 4:58AM Fri

Ganesha: Yellow *Sunrise:* 5:38AM
Muruqa: Purple *Sunset:* 5:09PM
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 Varyan Yoga Kaulava/Taitila Karana Panchamyam Titau

Manama, Bahrain

Sun 3 Sutra 187

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Vrishabha Rasi: 18.49 Tithi 20

634313464

Gulika 7:05AM – 8:31AM
Yama 2:16PM – 3:42PM
Rahu 9:57AM – 11:24AM

Rohini Until 2:27PM
Varyan Until 12:49AM Sat
Kaulava Until 5:11PM
Panchami Until 5:14AM Sat

Ganesha: White *Sunrise:* 5:39AM
Muruqa: Purple *Sunset:* 5:08PM
Nataraja: Purple
Moon – Yellow **Sivaloka Day**
Ashvina+Aipasi

Routine Work Marana Yoga

Until 2:27PM

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 Shashthayam Titau

Manama, Bahrain

Sun 4 Sutra 188

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mithuna Rasi: 1.41 Tithi 21

634313464

Gulika 5:39AM – 7:05AM
Yama 12:49PM – 2:16PM
Rahu 8:31AM – 9:57AM

Mrigashira Until 3:09PM
Parigha* Until 11:36PM
Gara Until 5:13PM
Shashthi* Until 5:01AM Sun

Ganesha: White *Sunrise:* 5:39AM
Muruqa: Purple *Sunset:* 5:08PM
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

Manama, Bahrain

Sun 5 Sutra 189

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mithuna Rasi: 14.48 Tithi 22

634313464

Gulika 2:15PM – 3:41PM
Yama 11:23AM – 12:49PM
Rahu 3:41PM – 5:07PM

Ardra Until 3:12PM
Shiva Until 9:59PM
Visti* Until 4:44PM
Saptami Until 4:15AM Mon

Ganesha: White *Sunrise:* 5:40AM
Muruqa: Purple *Sunset:* 5:07PM
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 Yoga Balava/Kaulava Karana Ashtamyam Titau

Manama, Bahrain

Sun 6 Sutra 190

Vikarin 5121

Moon 10 - Phase 26

Ashtami

Mithuna Rasi: 28.12 Tithi 23

644313464

Gulika 12:49PM – 2:14PM
Yama 9:57AM – 11:23AM
Rahu 7:06AM – 8:32AM

Punarvasu Until 3:01PM
Siddha Until 7:54PM
Balava Until 3:41PM
Ashtami* Until 2:56AM Tue

Ganesha: Clear *Sunrise:* 5:41AM
Muruqa: Purple *Sunset:* 5:06PM
Nataraja: Purple
Moon – Blue **Subha Sivaloka Day**
Ashvina+Aipasi

Creative Work Amrita Yoga

Until 3:01PM

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

Manama, Bahrain

Sun 7 Sutra 191

Vikarin 5121

Moon 10 - Phase 26

Navami

Kataka Rasi: 11.56 Tithi 24

644313464

Gulika 11:23AM – 12:48PM
Yama 8:32AM – 9:57AM
Rahu 2:14PM – 3:39PM

Pushya Until 2:07PM
Sadhya Until 5:21PM
Taitila Until 2:04PM
Navami* Until 1:02AM Wed

Ganesha: Clear *Sunrise:* 5:41AM
Muruqa: Purple *Sunset:* 5:05PM
Nataraja: Purple
Moon – Blue **Subha Sivaloka Day**
Ashvina+Aipasi

Creative Work Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

1		Wednesday, October 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Vanija/Vishti* Karana Dashamyam Titau		Manama, Bahrain Sun 8 Sutra 192	
Kataka Rasi: 26.01	Tithi 25	Gulika 9:58AM – 11:23AM	Ashlesha* Until 12:32PM	Ganesha: Clear	<i>Sunrise:</i> 5:42AM		Vikarin 5121
		Yama 7:07AM – 8:32AM	Subha Until 2:24PM	Muruqa: Purple	<i>Sunset:</i> 5:04PM		Moon 10 - Phase 27
Creative Work	Siddha Yoga	644313464 Rahu 11:23AM – 12:48PM	Vanija Until 11:55AM	Nataraja: Purple			2nd Phase
			Dashami Until 10:38PM	Moon – Blue		Subha Sivaloka Day	
				Ashvina•Aipasi			

2		Thursday, October 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau		Manama, Bahrain Sun 9 Sutra 193	
Simha Rasi: 10.26	Tithi 26	Gulika 8:32AM – 9:58AM	Magha* Until 10:45AM	Ganesha: Purple	<i>Sunrise:</i> 5:42AM		Vikarin 5121
		Yama 5:42AM – 7:07AM	Sukla Until 11:02AM	Muruqa: Purple	<i>Sunset:</i> 5:03PM		Moon 10 - Phase 27
Creative Work	Amrita Yoga	654313464 Rahu 12:48PM – 2:13PM	Bava Until 9:16AM	Nataraja: Purple			2nd Phase
Until 10:45AM			Ekadashi* Until 7:47PM	Moon – Red		Sivaloka Day	
Then Creative Work - Siddha Yoga				Ashvina•Aipasi			

3		Friday, October 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Kaulava/Gara Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 10 Sutra 194	
Simha Rasi: 25.08	Tithi 27 – 28	Gulika 7:08AM – 8:33AM	Purvaphalguni Until 8:27AM	Ganesha: Clear	<i>Sunrise:</i> 5:43AM		Vikarin 5121
		Yama 2:12PM – 3:37PM	Brahma Until 7:22AM	Muruqa: Purple	<i>Sunset:</i> 5:02PM		Moon 10 - Phase 27
Creative Work	Siddha Yoga	655313464 Rahu 9:58AM – 11:23AM	Kaulava Until 6:15AM	Nataraja: Purple			2nd Phase
			Dvadashi* Until 4:38PM	Moon – Red		Subha Sivaloka Day	
				Ashvina•Aipasi			
				<i>Pradosha Vrata (Fasting)</i>			

4		Saturday, October 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Hasta Nakshatra Vaidhriti* Yoga Vanija/Vishti* Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 11 Sutra 195	
Kanya Rasi: 10.02	Tithi 28 – 29	Gulika 5:43AM – 7:08AM	Hasta Until 3:19AM Sun	Ganesha: Orange	<i>Sunrise:</i> 5:43AM		Vikarin 5121
		Yama 12:47PM – 2:12PM	Vaidhriti* Until 11:34PM	Muruqa: Purple	<i>Sunset:</i> 5:02PM		Moon 10 - Phase 27
Routine Work	Marana Yoga	665313464 Rahu 8:33AM – 9:58AM	Visti Until 11:37PM	Nataraja: Purple			2nd Phase
Until 3:19AM Sun			Trayodashi* Until 1:17PM	Moon – Green		Subha Sivaloka Day	
Then Creative Work - Siddha Yoga		Deepavali Hindu Solidarity Day		Ashvina•Aipasi			

●		Sunday, October 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashy/Amavasyayam Titau		Manama, Bahrain Sun 12 Sutra 196	
Retreat Star		Gulika 2:12PM – 3:36PM	Chitra Until 12:48AM Mon	Ganesha: Orange	<i>Sunrise:</i> 5:44AM		Vikarin 5121
Kanya Rasi: 24.59	Tithi 29 – 30	Yama 11:22AM – 12:47PM	Vishkambha* Until 7:40PM	Muruqa: Purple	<i>Sunset:</i> 5:01PM		Moon 10 - Phase 27
Creative Work	Siddha Yoga	665313464 Rahu 3:36PM – 5:01PM	Catuspada Until 8:18PM	Nataraja: Purple			Amavasya
Until 12:48AM Mon			Chaturdashy* Until 9:55AM	Moon – Green		Subha Sivaloka Day	
Then Creative Work - Amrita Yoga		Subramuniyaswami Mahasamadhi		Ashvina•Aipasi			

Monday, October 28, 2019		Retreat Star		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti/Ayushman Yoga Naga*/Bava Karana Amavasya/Prathamayam Titau		Manama, Bahrain Sun 13 Sutra 197	
Tula Rasi: 9.52	Tithi 30 – 1	Gulika 12:47PM – 2:11PM	Svati Until 10:24PM	Ganesha: Orange	<i>Sunrise:</i> 5:45AM		Vikarin 5121
Family Home Evening		Yama 9:58AM – 11:22AM	Priti Until 3:57PM	Muruqa: Purple	<i>Sunset:</i> 5:00PM		Moon 10 - Phase 27
Creative Work	Amrita Yoga	665313464 Rahu 7:09AM – 8:33AM	Bava Until 3:47AM Tue	Nataraja: Purple			Prathama
Until 10:24PM			Amavasya* Until 6:42AM	Moon – Green		Subha Sivaloka Day	
Then Routine Work - Marana Yoga		Skanda Shasthi Begins		Kartika•Aipasi			

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

1		Tuesday, October 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvitiyayam Titau		Manama, Bahrain Sun 14 Sutra 198	
Tula Rasi: 24.31	Tithi 2	Gulika 11:22AM – 12:46PM	Vishakha Until 8:42PM	Ganesha: Clear	<i>Sunrise:</i> 5:45AM		Vikarin 5121
		Yama 8:34AM – 9:58AM	Ayushman Until 12:32PM	Muruqa: Purple	<i>Sunset:</i> 4:59PM		Moon 10 - Phase 28
		675313464 Rahu 2:11PM – 3:35PM	Balava Until 2:31PM	Nataraja: Purple			3rd Phase
Routine Work	Marana Yoga		Dvitiya Until 1:21AM Wed	Moon – Orange		Subha Sivaloka Day	
Until 8:42PM						Kartika•Aipasi	
Then Creative Work - Siddha Yoga							

2		Wednesday, October 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau		Manama, Bahrain Sun 15 Sutra 199	
Virshika Rasi: 8.49	Tithi 3	Gulika 9:58AM – 11:22AM	Anuradha Until 7:29PM	Ganesha: Clear	<i>Sunrise:</i> 5:46AM		Vikarin 5121
		Yama 7:10AM – 8:34AM	Saubhagya Until 9:34AM	Muruqa: Purple	<i>Sunset:</i> 4:58PM		Moon 10 - Phase 28
		675313464 Rahu 11:22AM – 12:46PM	Taitila Until 12:22PM	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 11:33PM	Moon – Orange		Subha Sivaloka Day	
						Kartika•Aipasi	

3		Thursday, October 31, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthyam Titau		Manama, Bahrain Sun 16 Sutra 200	
Virshika Rasi: 22.4	Tithi 4	Gulika 8:34AM – 9:58AM	Jyeshtha* Until 6:51PM	Ganesha: Clear	<i>Sunrise:</i> 5:46AM		Vikarin 5121
		Yama 5:46AM – 7:10AM	Sobhana Until 7:11AM	Muruqa: Purple	<i>Sunset:</i> 4:58PM		Moon 10 - Phase 28
		675313464 Rahu 12:46PM – 2:10PM	Vanija Until 10:57AM	Nataraja: Purple			3rd Phase
Routine Work	Prabalarishta Yoga		Chaturthi* Until 10:31PM	Moon – Orange		Subha Sivaloka Day	
Until 6:51PM						Kartika•Aipasi	
Then Creative Work - Siddha Yoga							

4		Friday, November 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Sukarma Yoga Bava/Balava Karana Panchamyam Titau		Manama, Bahrain Sun 17 Sutra 201	
Dhanus Rasi: 6.04	Tithi 5	Gulika 7:11AM – 8:35AM	Mula* Until 7:20PM	Ganesha: Purple	<i>Sunrise:</i> 5:47AM		Vikarin 5121
		Yama 2:10PM – 3:33PM	Sukarma Until 4:18AM Sat	Muruqa: Purple	<i>Sunset:</i> 4:57PM		Moon 10 - Phase 28
		685313464 Rahu 9:58AM – 11:22AM	Bava Until 10:21AM	Nataraja: Purple			3rd Phase
Creative Work	Amrita Yoga		Panchami Until 10:21PM	Moon – Light Blue		Subha Subha Sivaloka Day	
Until 7:20PM						Kartika•Aipasi	
Then Routine Work - Prabalarishta Yoga							

5		Saturday, November 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau		Manama, Bahrain Sun 18 Sutra 202	
Dhanus Rasi: 19.01	Tithi 6	Gulika 5:48AM – 7:11AM	Purvashadha* Until 8:31PM	Ganesha: Purple	<i>Sunrise:</i> 5:48AM		Vikarin 5121
		Yama 12:46PM – 2:09PM	Dhriti Until 3:53AM Sun	Muruqa: Purple	<i>Sunset:</i> 4:56PM		Moon 10 - Phase 28
		685313464 Rahu 8:35AM – 9:58AM	Kaulava Until 10:37AM	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 11:02PM	Moon – Light Blue		Subha Subha Sivaloka Day	
Until 8:31PM						Kartika•Aipasi	
Then Routine Work - Marana Yoga		Skanda Shasthi					

6		Sunday, November 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Shula* Yoga Gara/Vanija Karana Saptamyam Titau		Manama, Bahrain Sun 19 Sutra 203	
Makara Rasi: 1.35	Tithi 7	Gulika 2:09PM – 3:32PM	Uttarashadha Until 10:16PM	Ganesha: Purple	<i>Sunrise:</i> 5:48AM		Vikarin 5121
		Yama 11:22AM – 12:45PM	Shula* Until 3:59AM Mon	Muruqa: Purple	<i>Sunset:</i> 4:56PM		Moon 10 - Phase 28
		685313464 Rahu 3:32PM – 4:56PM	Gara Until 11:42AM	Nataraja: Purple			3rd Phase
Creative Work	Amrita Yoga		Saptami Until 12:30AM Mon	Moon – Light Blue		Subha Subha Sivaloka Day	
						Kartika•Aipasi	

Monday, November 4, 2019		Retreat Star		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Manama, Bahrain Sun 20 Sutra 204	
Makara Rasi: 13.49	Tithi 8	Gulika 12:45PM – 2:09PM	Shravana Until 12:57AM Tue	Ganesha: Purple	<i>Sunrise:</i> 5:49AM		Vikarin 5121
Family Home Evening		Yama 9:59AM – 11:22AM	Ganda* Until 4:32AM Tue	Muruqa: Purple	<i>Sunset:</i> 4:55PM		Moon 10 - Phase 28
Creative Work	Amrita Yoga	696313464 Rahu 7:12AM – 8:36AM	Visti Until 1:29PM	Nataraja: Purple			Ashtami
Until 12:57AM Tue			Ashtami* Until 2:33AM Tue	Moon – Purple		Sivaloka Day	
Then Creative Work - Siddha Yoga						Kartika•Aipasi	

Tuesday, November 5, 2019		Retreat Star		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Balava/Kaulava Karana Navamyam Titau		Manama, Bahrain Sun 21 Sutra 205	
Makara Rasi: 25.5	Tithi 9	Gulika 11:22AM – 12:45PM	Dhanishtha Until 3:49AM Wed	Ganesha: Purple	<i>Sunrise:</i> 5:50AM		Vikarin 5121
		Yama 8:36AM – 9:59AM	Vriddhi Until 5:21AM Wed	Muruqa: Purple	<i>Sunset:</i> 4:54PM		Moon 10 - Phase 28
		696313464 Rahu 2:08PM – 3:31PM	Balava Until 3:45PM	Nataraja: Purple			Navami
Creative Work	Siddha Yoga		Navami* Until 4:58AM Wed	Moon – Purple		Sivaloka Day	
						Kartika•Aipasi	

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

1	Wednesday, November 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Taitila Karana Dashamyam Titau				Manama, Bahrain
	Kumbha Rasi: 7.44	Tithi 10	Gulika 9:59AM – 11:22AM	Shatabhishak Until 6:39AM Thu	Ganesha: Purple	<i>Sunrise:</i> 5:50AM	Sun 22 Sutra 206
			Yama 7:13AM – 8:36AM	Dhruva Until 6:14AM Thu	Muruqa: Purple	<i>Sunset:</i> 4:54PM	Vikarin 5121
	Creative Work	Siddha Yoga	696313464 Rahu 11:22AM – 12:45PM	Taitila Until 6:16PM	Nataraja: Purple		Moon 10 - Phase 29
			Dashami Until 7:31AM Thu	Moon – Purple		4th Phase	
				Kartika-Aipasi		Sivaloka Day	


2	Thursday, November 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Manama, Bahrain
	Kumbha Rasi: 19.35	Tithi 10 – 11	Gulika 8:37AM – 9:59AM	Shatabhishak Until 6:39AM	Ganesha: Clear	<i>Sunrise:</i> 5:51AM	Sun 23 Sutra 207
			Yama 5:51AM – 7:14AM	Dhruva Until 6:14AM	Muruqa: Purple	<i>Sunset:</i> 4:53PM	Vikarin 5121
	Creative Work	Siddha Yoga	796313464 Rahu 12:45PM – 2:08PM	Vanija Until 8:47PM	Nataraja: Purple		Moon 10 - Phase 29
			Dashami Until 7:31AM	Moon – Purple		4th Phase	
				Kartika-Aipasi		Subha Sivaloka Day	


3	Friday, November 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vyaghata/Harshana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Manama, Bahrain
	Meena Rasi: 1.28	Tithi 11 – 12	Gulika 7:14AM – 8:37AM	Purvaproshtapada* Until 9:44AM	Ganesha: Yellow	<i>Sunrise:</i> 5:52AM	Sun 24 Sutra 208
			Yama 2:07PM – 3:30PM	Vyaghata* Until 7:04AM	Muruqa: Purple	<i>Sunset:</i> 4:53PM	Vikarin 5121
	Creative Work	Siddha Yoga	716313464 Rahu 10:00AM – 11:22AM	Bava Until 11:08PM	Nataraja: Purple		Moon 10 - Phase 29
			Ekadashi Until 9:58AM	Moon – Clear		4th Phase	
				Kartika-Aipasi		Subha Sivaloka Day	

4	Saturday, November 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain
	Meena Rasi: 13.26	Tithi 12 – 13	Gulika 5:52AM – 7:15AM	Uttaraproshtapada Until 12:25PM	Ganesha: Yellow	<i>Sunrise:</i> 5:52AM	Sun 25 Sutra 209
			Yama 12:45PM – 2:07PM	Harshana Until 7:44AM	Muruqa: Purple	<i>Sunset:</i> 4:52PM	Vikarin 5121
	Creative Work	Siddha Yoga	716313464 Rahu 8:37AM – 10:00AM	Kaulava Until 1:12AM Sun	Nataraja: Purple		Moon 10 - Phase 29
			Dvadashi Until 12:11PM	Moon – Clear		4th Phase	
				Kartika-Aipasi		Subha Sivaloka Day	
				<i>Pradosha Vrata</i>			

5	Sunday, November 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain
	Meena Rasi: 25.31	Tithi 13 – 14	Gulika 2:07PM – 3:29PM	Revati Until 2:37PM	Ganesha: Yellow	<i>Sunrise:</i> 5:53AM	Sun 26 Sutra 210
			Yama 11:22AM – 12:45PM	Vajra* Until 8:08AM	Muruqa: Purple	<i>Sunset:</i> 4:52PM	Vikarin 5121
	Creative Work	Amrita Yoga	716313464 Rahu 3:29PM – 4:52PM	Gara Until 2:52AM Mon	Nataraja: Purple		Moon 10 - Phase 29
			Trayodashi Until 2:03PM	Moon – Clear		4th Phase	
				Kartika-Aipasi		Subha Sivaloka Day	

6	Monday, November 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Manama, Bahrain
	Mesha Rasi: 7.46	Tithi 14 – 15	Gulika 12:45PM – 2:07PM	Ashvini Until 4:45PM	Ganesha: Clear	<i>Sunrise:</i> 5:54AM	Sun 27 Sutra 211
	Family Home Evening		Yama 10:00AM – 11:22AM	Siddhi Until 8:15AM	Muruqa: Purple	<i>Sunset:</i> 4:51PM	Vikarin 5121
	Creative Work	Siddha Yoga	727313464 Rahu 7:16AM – 8:38AM	Visti Until 4:07AM Tue	Nataraja: Purple		Moon 10 - Phase 29
			Chaturdashi* Until 3:32PM	Moon – White		4th Phase	
				Kartika-Aipasi		Subha Sivaloka Day	

	Tuesday, November 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Manama, Bahrain
	Copper Retreat Star		Gulika 11:23AM – 12:45PM	Bharani Until 6:19PM	Ganesha: White	<i>Sunrise:</i> 5:55AM	Sun 28 Sutra 212
	Mesha Rasi: 20.12	Tithi 15 – 16	Yama 8:39AM – 10:01AM	Vyatipata* Until 8:03AM	Muruqa: Purple	<i>Sunset:</i> 4:51PM	Vikarin 5121
	Creative Work	Siddha Yoga	727413464 Rahu 2:07PM – 3:29PM	Balava Until 4:57AM Wed	Nataraja: Purple		Moon 10 - Phase 29
			Purnima* Until 4:34PM	Moon – White		Purnima	
				Kartika-Aipasi		Sivaloka Day	

	Wednesday, November 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Manama, Bahrain
	Silver Retreat Star		Gulika 10:01AM – 11:23AM	Krittika Until 7:19PM	Ganesha: White	<i>Sunrise:</i> 5:55AM	Sun 29 Sutra 213
	Vrishabha Rasi: 2.49	Tithi 16 – 17	Yama 7:17AM – 8:39AM	Variyan Until 7:30AM	Muruqa: Purple	<i>Sunset:</i> 4:50PM	Vikarin 5121
	Creative Work	Amrita Yoga	727413464 Rahu 11:23AM – 12:45PM	Taitila Until 5:22AM Thu	Nataraja: Purple		Moon 10 - Phase 29
			Prathama* Until 5:11PM	Moon – White		Prathama	
				Kartika-Aipasi		Sivaloka Day	

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



Thursday, November 14, 2019

Gold Retreat Star

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

Manama, Bahrain

Sun 1 Sutra 214

Vikarin 5121

Virshabha Rasi: 15.38 Tithi 17 - 18

737413464

Gulika 8:39AM - 10:01AM
Yama 5:56AM - 7:18AM
Rahu 12:45PM - 2:06PM

Rohini Until 8:14PM
Parigha* Until 6:39AM
Vanija Until 5:23AM Fri
Dvitiya Until 5:24PM

Ganesha: Clear *Sunrise: 5:56AM*
Muruqa: Purple *Sunset: 4:50PM*
Nataraja: Purple
Moon - Yellow
Karttika-Aipasi

Routine Work Marana Yoga

Subha Sivaloka Day

1

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

Manama, Bahrain

Sun 2 Sutra 215

Vikarin 5121

Virshabha Rasi: 28.38 Tithi 18 - 19

737413464

Gulika 7:18AM - 8:40AM
Yama 2:06PM - 3:28PM
Rahu 10:01AM - 11:23AM

Mrigashira Until 8:38PM
Siddha Until 4:03AM Sat
Bava Until 5:02AM Sat
Tritiya Until 5:14PM

Ganesha: Clear *Sunrise: 5:57AM*
Muruqa: Purple *Sunset: 4:49PM*
Nataraja: Purple
Moon - Yellow
Karttika-Aipasi

Creative Work Siddha Yoga

Subha Sivaloka Day

2

Saturday, November 16, 2019

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

Manama, Bahrain

Sun 3 Sutra 216

Vikarin 5121

Mithuna Rasi: 11.49 Tithi 19 - 20

737413464

Gulika 5:57AM - 7:19AM
Yama 12:45PM - 2:06PM
Rahu 8:40AM - 10:02AM

Ardra Until 8:32PM
Sadhya Until 2:19AM Sun
Kaulava Until 4:20AM Sun
Chaturthi* Until 4:42PM

Ganesha: Clear *Sunrise: 5:57AM*
Muruqa: Purple *Sunset: 4:49PM*
Nataraja: Purple
Moon - Yellow
Karttika-Kartikai

Creative Work Siddha Yoga

Subha Sivaloka Day

3

Sunday, November 17, 2019

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

Manama, Bahrain

Sun 4 Sutra 217

Vikarin 5121

Mithuna Rasi: 25.12 Tithi 20 - 21

747413465

Gulika 2:06PM - 3:27PM
Yama 11:23AM - 12:45PM
Rahu 3:27PM - 4:49PM

Punarvasu Until 8:24PM
Subha Until 12:20AM Mon
Gara Until 3:17AM Mon
Panchami Until 3:50PM

Ganesha: Purple *Sunrise: 5:58AM*
Muruqa: Purple *Sunset: 4:49PM*
Nataraja: Clear
Moon - Blue
Karttika-Kartikai

Creative Work Siddha Yoga

Devaloka Day

4

Monday, November 18, 2019

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

Manama, Bahrain

Sun 5 Sutra 218

Vikarin 5121

Kataka Rasi: 8.47 Tithi 21 - 22

748413465

Gulika 12:45PM - 2:06PM
Yama 10:02AM - 11:24AM
Rahu 7:20AM - 8:41AM

Pushya Until 7:46PM
Sukla Until 10:03PM
Visti Until 1:53AM Tue
Shashthi* Until 2:37PM

Ganesha: Clear *Sunrise: 5:59AM*
Muruqa: Purple *Sunset: 4:48PM*
Nataraja: Clear
Moon - Blue
Karttika-Kartikai

Creative Work Siddha Yoga

Sivaloka Day

D

Tuesday, November 19, 2019

Retreat Star

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

Manama, Bahrain

Sun 6 Sutra 219

Vikarin 5121

Kataka Rasi: 22.33 Tithi 22 - 23

748413465

Gulika 11:24AM - 12:45PM
Yama 8:42AM - 10:03AM
Rahu 2:06PM - 3:27PM

Ashlesha* Until 6:40PM
Brahma Until 7:31PM
Balava Until 12:10AM Wed
Saptami Until 1:03PM

Ganesha: Clear *Sunrise: 6:00AM*
Muruqa: Purple *Sunset: 4:48PM*
Nataraja: Clear
Moon - Blue
Karttika-Kartikai

Creative Work Siddha Yoga

Sivaloka Day

Wednesday, November 20, 2019

Retreat Star

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

Manama, Bahrain

Sun 7 Sutra 220

Vikarin 5121

Simha Rasi: 6.32 Tithi 23 - 24

758413465

Gulika 10:03AM - 11:24AM
Yama 7:21AM - 8:42AM
Rahu 11:24AM - 12:45PM

Magha* Until 5:32PM
Indra Until 4:44PM
Taitila Until 10:08PM
Ashtami* Until 11:10AM

Ganesha: White *Sunrise: 6:00AM*
Muruqa: Purple *Sunset: 4:48PM*
Nataraja: Clear
Moon - Red
Karttika-Kartikai

Creative Work Siddha Yoga

Subha Sivaloka Day

Until 5:32PM

Then Creative Work - Amrita Yoga

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

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1		Thursday, November 21, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhrili*/Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Manama, Bahrain Sun 8 Sutra 221 Vikarin 5121
Simha Rasi: 20.43	Tithi 24 – 25	Gulika 8:43AM – 10:03AM	Purvaphalguni Until 3:59PM	Ganesha: White <i>Sunrise:</i> 6:01AM	
		Yama 6:01AM – 7:22AM	Vaidhrili* Until 1:42PM	Muruqa: Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 31
758413465		Rahu 12:45PM – 2:06PM	Vanija Until 7:49PM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Navami* Until 8:59AM	Moon – Red	Subha Sivaloka Day
				Karttika-Karttikai	

2		Friday, November 22, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Visti*/Balava Karana Dashami/Ekadashyam Titau	Manama, Bahrain Sun 9 Sutra 222 Vikarin 5121
Kanya Rasi: 5.04	Tithi 25 – 26	Gulika 7:22AM – 8:43AM	Uttaraphalguni Until 2:03PM	Ganesha: White <i>Sunrise:</i> 6:02AM	
		Yama 2:06PM – 3:27PM	Vishkambha* Until 10:29AM	Muruqa: Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 31
758413465		Rahu 10:04AM – 11:25AM	Balava Until 3:57AM Sat	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Dashami Until 6:33AM	Moon – Red	Subha Sivaloka Day
Until 2:03PM				Karttika-Karttikai	
Then Creative Work - Amrita Yoga					

3		Saturday, November 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Dvodashyam Titau	Manama, Bahrain Sun 10 Sutra 223 Vikarin 5121
Kanya Rasi: 19.32	Tithi 27	Gulika 6:03AM – 7:23AM	Hasta Until 12:16PM	Ganesha: Yellow <i>Sunrise:</i> 6:03AM	
		Yama 12:45PM – 2:06PM	Priti Until 7:09AM	Muruqa: Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 31
768413465		Rahu 8:44AM – 10:04AM	Kaulava Until 2:39PM	Nataraja: Clear	2nd Phase
Routine Work	Marana Yoga		Dvodashi* Until 1:17AM Sun	Moon – Green	Sivaloka Day
				Karttika-Karttikai	

4		Sunday, November 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau	Manama, Bahrain Sun 11 Sutra 224 Vikarin 5121
Tula Rasi: 4.02	Tithi 28	Gulika 2:06PM – 3:26PM	Chitra Until 10:20AM	Ganesha: Blue <i>Sunrise:</i> 6:03AM	
		Yama 11:25AM – 12:46PM	Saubhagya Until 12:25AM Mon	Muruqa: Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 31
769413465		Rahu 3:26PM – 4:47PM	Gara Until 11:59AM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 10:40PM	Moon – Green	Devaloka Day
				Karttika-Karttikai	
			<i>Pradosha Vrata (Fasting)</i>		

5		Monday, November 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Manama, Bahrain Sun 12 Sutra 225 Vikarin 5121
Tula Rasi: 18.3	Tithi 29	Gulika 12:46PM – 2:06PM	Svati Until 8:21AM	Ganesha: Blue <i>Sunrise:</i> 6:04AM	
Family Home Evening		Yama 10:05AM – 11:25AM	Sobhana Until 9:15PM	Muruqa: Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 31
769413465		Rahu 7:24AM – 8:45AM	Visti Until 9:26AM	Nataraja: Clear	2nd Phase
Creative Work	Amrita Yoga		Chaturdashi* Until 8:14PM	Moon – Green	Devaloka Day
Until 8:21AM				Karttika-Karttikai	
Then Routine Work - Marana Yoga					

Retreat Star		Tuesday, November 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Manama, Bahrain Sun 13 Sutra 226 Vikarin 5121
Vrischika Rasi: 2.47	Tithi 30	Gulika 11:26AM – 12:46PM	Vishakha Until 6:54AM	Ganesha: Blue <i>Sunrise:</i> 6:05AM	
		Yama 8:45AM – 10:05AM	Athiganda* Until 6:20PM	Muruqa: Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 31
779413465		Rahu 2:06PM – 3:26PM	Catuspada Until 7:09AM	Nataraja: Clear	Amavasya
Routine Work	Marana Yoga		Amavasya* Until 6:08PM	Moon – Orange	Devaloka Day
Until 6:54AM				Karttika-Karttikai	
Then Creative Work - Siddha Yoga					

Retreat Star		Wednesday, November 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Sukarma/Dhriti* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Manama, Bahrain Sun 14 Sutra 227 Vikarin 5121
Vrischika Rasi: 16.5	Tithi 1 – 2	Gulika 10:06AM – 11:26AM	Jyeshtha* Until 4:53AM Thu	Ganesha: Blue <i>Sunrise:</i> 6:06AM	
		Yama 7:26AM – 8:46AM	Sukarma Until 3:49PM	Muruqa: Purple <i>Sunset:</i> 4:47PM	Moon 11 - Phase 31
779413465		Rahu 11:26AM – 12:46PM	Balava Until 3:55AM Thu	Nataraja: Clear	Prathama
Creative Work	Siddha Yoga		Prathama* Until 4:30PM	Moon – Orange	Devaloka Day
				Margasira-Karttikai	

1	Thursday, November 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Manama, Bahrain Sun 15 Sutra 228 Vikarin 5121
	Dhanus Rasi: 0.32	Tithi 2 – 3	Gulika 8:46AM – 10:06AM Yama 6:06AM – 7:26AM 789413465 Rahu 12:46PM – 2:06PM	Mula* Until 5:02AM Fri Dhriti Until 1:47PM Taitila Until 3:15AM Fri Dvitiya Until 3:29PM	Ganesha: Blue <i>Sunrise:</i> 6:06AM Muruqa: Purple <i>Sunset:</i> 4:46PM Nataraja: Clear Moon – Light Blue Devaloka Day Margasira•Karttikai
Creative Work Siddha Yoga Until 5:02AM Fri Then Routine Work - Prabalarishta Yoga					

2	Friday, November 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Manama, Bahrain Sun 16 Sutra 229 Vikarin 5121
	Dhanus Rasi: 13.51	Tithi 3 – 4	Gulika 7:27AM – 8:47AM Yama 2:07PM – 3:26PM 789413465 Rahu 10:07AM – 11:27AM	Purvashadha* Until 5:45AM Sat Shula* Until 12:16PM Vanija Until 3:19AM Sat Tritiya Until 3:10PM	Ganesha: Blue <i>Sunrise:</i> 6:07AM Muruqa: Purple <i>Sunset:</i> 4:46PM Nataraja: Clear Moon – Light Blue Devaloka Day Margasira•Karttikai
Routine Work Prabalarishta Yoga Until 5:45AM Sat Then Routine Work - Marana Yoga					

3	Saturday, November 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Ganda*/Vridhhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Manama, Bahrain Sun 17 Sutra 230 Vikarin 5121
	Dhanus Rasi: 26.47	Tithi 4 – 5	Gulika 6:08AM – 7:28AM Yama 12:47PM – 2:07PM 789413465 Rahu 8:47AM – 10:07AM	Uttarashadha Until 7:01AM Sun Ganda* Until 11:21AM Bava Until 4:08AM Sun Chaturthi* Until 3:37PM	Ganesha: Blue <i>Sunrise:</i> 6:08AM Muruqa: Purple <i>Sunset:</i> 4:46PM Nataraja: Clear Moon – Light Blue Devaloka Day Margasira•Karttikai
Routine Work Marana Yoga Until 7:01AM Sun Then Creative Work - Amrita Yoga					

4	Sunday, December 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vridhhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Manama, Bahrain Sun 18 Sutra 231 Vikarin 5121
	Makara Rasi: 9.22	Tithi 5 – 6	Gulika 2:07PM – 3:27PM Yama 11:27AM – 12:47PM 789413465 Rahu 3:27PM – 4:46PM	Uttarashadha Until 7:01AM Vridhhi Until 11:01AM Kaulava Until 5:39AM Mon Panchami Until 4:47PM	Ganesha: Blue <i>Sunrise:</i> 6:08AM Muruqa: Purple <i>Sunset:</i> 4:46PM Nataraja: Clear Moon – Light Blue Devaloka Day Margasira•Karttikai
Creative Work Amrita Yoga					

5	Monday, December 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila Karana Shashthyam Titau		Manama, Bahrain Sun 19 Sutra 232 Vikarin 5121
	Makara Rasi: 21.4	Tithi 6	Gulika 12:47PM – 2:07PM Yama 10:08AM – 11:28AM 791413465 Rahu 7:29AM – 8:48AM	Shravana Until 9:16AM Dhruva Until 11:09AM Taitila Until 6:35PM Shashthi* Until 6:35PM	Ganesha: Clear <i>Sunrise:</i> 6:09AM Muruqa: Purple <i>Sunset:</i> 4:46PM Nataraja: Clear Moon – Purple Sivaloka Day Margasira•Karttikai
Family Home Evening Creative Work Amrita Yoga Until 9:16AM Then Creative Work - Siddha Yoga					

6	Tuesday, December 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Saptamyam Titau		Manama, Bahrain Sun 20 Sutra 233 Vikarin 5121
	Kumbha Rasi: 3.44	Tithi 7	Gulika 11:28AM – 12:48PM Yama 8:49AM – 10:09AM 791413465 Rahu 2:07PM – 3:27PM	Dhanishtha Until 11:51AM Vyaghata* Until 11:41AM Gara Until 7:42AM Saptami Until 8:51PM	Ganesha: Clear <i>Sunrise:</i> 6:10AM Muruqa: Purple <i>Sunset:</i> 4:46PM Nataraja: Clear Moon – Purple Sivaloka Day Margasira•Karttikai
Creative Work Siddha Yoga Until 11:51AM Then Routine Work - Marana Yoga					

☾	Wednesday, December 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashlamyam Titau		Manama, Bahrain Sun 21 Sutra 234 Vikarin 5121
	Retreat Star		Gulika 10:09AM – 11:29AM Yama 7:30AM – 8:50AM 791413465 Rahu 11:29AM – 12:48PM	Shatabhishak Until 2:33PM Harshana Until 12:27PM Visti Until 10:05AM Ashtami* Until 11:19PM	Ganesha: Clear <i>Sunrise:</i> 6:11AM Muruqa: Purple <i>Sunset:</i> 4:47PM Nataraja: Clear Moon – Purple Sivaloka Day Margasira•Karttikai
Kumbha Rasi: 15.4 Tithi 8 Creative Work Siddha Yoga Until 2:33PM Then Creative Work - Amrita Yoga					

☽	Thursday, December 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Navamyam Titau		Manama, Bahrain Sun 22 Sutra 235 Vikarin 5121
	Retreat Star		Gulika 8:50AM – 10:10AM Yama 6:11AM – 7:31AM 711413465 Rahu 12:48PM – 2:08PM	Purvaproshtapada* Until 5:39PM Vajra* Until 1:15PM Balava Until 12:36PM Navami* Until 1:48AM Fri	Ganesha: Yellow <i>Sunrise:</i> 6:11AM Muruqa: Purple <i>Sunset:</i> 4:47PM Nataraja: Clear Moon – Clear Sivaloka Day Margasira•Karttikai
Kumbha Rasi: 27.33 Tithi 9 Creative Work Siddha Yoga					

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


1		Friday, December 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi/Vyatiyata* Yoga Taitila/Gara Karana Dashamyam Titau				Manama, Bahrain Sun 23 Sutra 236 Vikarin 5121
Meena Rasi: 9.27	Tithi 10	Gulika 7:31AM – 8:51AM	Uttaraproshtapada Until 8:27PM	Ganesha: Yellow	<i>Sunrise:</i> 6:12AM			
		Yama 2:08PM – 3:27PM	Siddhi Until 1:59PM	Muruqa: Purple	<i>Sunset:</i> 4:47PM			Moon 11 - Phase 33
		711413465 Rahu 10:10AM – 11:29AM	Taitila Until 3:00PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Dashami Until 4:05AM Sat	Moon – Clear			Sivaloka Day	
				Margasira-Karttikai				

2		Saturday, December 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatiyata*/Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Manama, Bahrain Sun 24 Sutra 237 Vikarin 5121
Meena Rasi: 21.26	Tithi 11	Gulika 6:13AM – 7:32AM	Revati Until 10:46PM	Ganesha: White	<i>Sunrise:</i> 6:13AM			
		Yama 12:49PM – 2:08PM	Vyatiyata* Until 2:31PM	Muruqa: Purple	<i>Sunset:</i> 4:47PM			Moon 11 - Phase 33
		711513465 Rahu 8:51AM – 10:11AM	Vanija Until 5:07PM	Nataraja: Clear				4th Phase
Routine Work	Prabalarishta Yoga		Ekadashi Until 5:59AM Sun	Moon – Clear			Subha Sivaloka Day	
Until 10:46PM				Margasira-Karttikai				
Then Creative Work - Siddha Yoga								

3		Sunday, December 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Variyan/Parigha* Yoga Bava Karana Dvadashyam Titau				Manama, Bahrain Sun 25 Sutra 238 Vikarin 5121
Mesha Rasi: 3.35	Tithi 12	Gulika 2:09PM – 3:28PM	Ashvini Until 12:59AM Mon	Ganesha: Clear	<i>Sunrise:</i> 6:13AM			
		Yama 11:30AM – 12:50PM	Variyan Until 2:43PM	Muruqa: Purple	<i>Sunset:</i> 4:47PM			Moon 11 - Phase 33
		721513465 Rahu 3:28PM – 4:47PM	Bava Until 6:47PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 7:24AM Mon	Moon – White			Sivaloka Day	
				Margasira-Karttikai				

4		Monday, December 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 239 Vikarin 5121
Mesha Rasi: 15.55	Tithi 12 – 13	Gulika 12:50PM – 2:09PM	Bharani Until 2:30AM Tue	Ganesha: Clear	<i>Sunrise:</i> 6:14AM			
Family Home Evening		Yama 10:12AM – 11:31AM	Parigha* Until 2:31PM	Muruqa: Purple	<i>Sunset:</i> 4:47PM			Moon 11 - Phase 33
		721513465 Rahu 7:33AM – 8:52AM	Kaulava Until 7:55PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 7:24AM	Moon – White			Sivaloka Day	
				Margasira-Karttikai				
				<i>Pradosha Vrata</i>				

5		Tuesday, December 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 240 Vikarin 5121
Mesha Rasi: 28.31	Tithi 13 – 14	Gulika 11:31AM – 12:50PM	Krittika Until 3:18AM Wed	Ganesha: Clear	<i>Sunrise:</i> 6:15AM			
		Yama 8:53AM – 10:12AM	Shiva Until 1:54PM	Muruqa: Purple	<i>Sunset:</i> 4:48PM			Moon 11 - Phase 33
		721513465 Rahu 2:09PM – 3:28PM	Gara Until 8:29PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 8:15AM	Moon – White			Sivaloka Day	
		Krittika Deepam		Margasira-Karttikai				

		Wednesday, December 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Manama, Bahrain Sutra 241 Vikarin 5121
Copper Retreat Star		Gulika 10:13AM – 11:32AM	Rohini Until 3:52AM Thu	Ganesha: Purple	<i>Sunrise:</i> 6:15AM			
Vrishabha Rasi: 11.22	Tithi 14 – 15	Yama 7:34AM – 8:54AM	Siddha Until 12:49PM	Muruqa: Clear	<i>Sunset:</i> 4:48PM			Moon 11 - Phase 33
		731523465 Rahu 11:32AM – 12:51PM	Visti Until 8:28PM	Nataraja: Clear				Purnima
Creative Work	Siddha Yoga		Chaturdashi* Until 8:31AM	Moon – Yellow			Sivaloka Day	
Until 3:52AM Thu				Margasira-Karttikai				
Then Routine Work - Marana Yoga								

Thursday, December 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Manama, Bahrain Sutra 242 Vikarin 5121		
Silver Retreat Star		Gulika 8:54AM – 10:13AM	Mrigashira Until 3:48AM Fri	Ganesha: Clear	<i>Sunrise:</i> 6:16AM			
Vrishabha Rasi: 24.3	Tithi 15 – 16	Yama 6:16AM – 7:35AM	Sadhya Until 11:20AM	Muruqa: Clear	<i>Sunset:</i> 4:48PM			Moon 11 - Phase 33
		732523465 Rahu 12:51PM – 2:10PM	Balava Until 7:55PM	Nataraja: Clear				Prathama
Routine Work	Marana Yoga		Purnima* Until 8:14AM	Moon – Yellow			Devaloka Day	
Until 3:48AM Fri				Margasira-Karttikai				
Then Creative Work - Siddha Yoga		Vinayaga Viratam Begins						

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



Friday, December 13, 2019

Gold Retreat Star

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

Manama, Bahrain

Sutra 243

Vikarin 5121

Mithuna Rasi: 7.54 Tithi 16 - 17

732523465

Gulika 7:36AM - 8:55AM
Yama 2:11PM - 3:29PM
Rahu 10:14AM - 11:33AM

Ardra Until 3:09AM Sat

Subha Until 9:28AM

Taitila Until 6:56PM

Prathama* Until 7:27AM

Ganesha: Clear

Sunrise: 6:17AM

Muruqa: Clear

Sunset: 4:48PM

Nataraja: Clear

Moon - Yellow

Devaloka Day

Margasira-Karttikai

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

Manama, Bahrain

Sun 1 Sutra 244

Vikarin 5121

Mithuna Rasi: 21.32 Tithi 17 - 18

742523465

Gulika 6:17AM - 7:36AM
Yama 12:52PM - 2:11PM
Rahu 8:55AM - 10:14AM

Punarvasu Until 2:29AM Sun

Sukla Until 7:15AM

Visli Until 4:45AM Sun

Dvitiya Until 6:16AM

Ganesha: Purple

Sunrise: 6:17AM

Muruqa: Clear

Sunset: 4:49PM

Nataraja: Clear

Moon - Blue

Bhuloka Day

Margasira-Karttikai

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

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

Manama, Bahrain

Sun 2 Sutra 245

Vikarin 5121

Kataka Rasi: 5.22 Tithi 19

742523465

Gulika 2:11PM - 3:30PM
Yama 11:34AM - 12:52PM
Rahu 3:30PM - 4:49PM

Pushya Until 1:25AM Mon

Indra Until 2:11AM Mon

Bava Until 3:55PM

Chaturthi* Until 3:00AM Mon

Ganesha: Purple

Sunrise: 6:18AM

Muruqa: Clear

Sunset: 4:49PM

Nataraja: Clear

Moon - Blue

Bhuloka Day

Margasira-Karttikai

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

3

Monday, December 16, 2019

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

Manama, Bahrain

Sun 3 Sutra 246

Vikarin 5121

Kataka Rasi: 19.2 Tithi 20

742523465

Gulika 12:53PM - 2:12PM
Yama 10:15AM - 11:34AM
Rahu 7:37AM - 8:56AM

Ashlesha* Until 12:02AM Tue

Vaidhriti* Until 11:24PM

Kaulava Until 2:04PM

Panchami Until 1:04AM Tue

Ganesha: Purple

Sunrise: 6:19AM

Muruqa: Clear

Sunset: 4:49PM

Nataraja: Clear

Moon - Blue

Bhuloka Day

Margasira-Markali

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha 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

Manama, Bahrain

Sun 4 Sutra 247

Vikarin 5121

Simha Rasi: 3.25 Tithi 21

852523465

Gulika 11:35AM - 12:53PM
Yama 8:57AM - 10:16AM
Rahu 2:12PM - 3:31PM

Magha* Until 10:50PM

Vishkambha* Until 8:33PM

Gara Until 12:06PM

Shashthi* Until 11:03PM

Ganesha: Purple

Sunrise: 6:19AM

Muruqa: Clear

Sunset: 4:50PM

Nataraja: Clear

Moon - Red

Bhuloka Day

Margasira-Markali

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 Saptamyam Titau

Manama, Bahrain

Sun 5 Sutra 248

Vikarin 5121

Simha Rasi: 17.32 Tithi 22

852523465

Gulika 10:16AM - 11:35AM
Yama 7:39AM - 8:57AM
Rahu 11:35AM - 12:54PM

Purvaphalguni Until 9:27PM

Priti Until 5:40PM

Visti Until 10:02AM

Saptami Until 8:59PM

Ganesha: Purple

Sunrise: 6:20AM

Muruqa: Clear

Sunset: 4:50PM

Nataraja: Clear

Moon - Red

Bhuloka Day

Margasira-Markali

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

D

Thursday, December 19, 2019

Retreat Star

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

Manama, Bahrain

Sun 6 Sutra 249

Vikarin 5121

Kanya Rasi: 1.42 Tithi 23

852523465

Gulika 8:58AM - 10:17AM
Yama 6:20AM - 7:39AM
Rahu 12:54PM - 2:13PM

Uttaraphalguni Until 7:55PM

Ayushman Until 2:44PM

Balava Until 7:57AM

Ashtami* Until 6:54PM

Ganesha: Purple

Sunrise: 6:20AM

Muruqa: Clear

Sunset: 4:51PM

Nataraja: Clear

Moon - Red

Bhuloka Day

Margasira-Markali

Devaloka Time: 3:PM to 6:PM

Amrita Yoga

Until 7:55PM

Then Routine Work - Marana Yoga

Friday, December 20, 2019

Retreat Star

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

Manama, Bahrain

Sun 7 Sutra 250

Vikarin 5121

Kanya Rasi: 15.51 Tithi 24 - 25

862523465

Gulika 7:40AM - 8:58AM
Yama 2:14PM - 3:32PM
Rahu 10:17AM - 11:36AM

Hasta Until 6:41PM

Saubhagya Until 11:50AM

Vanija Until 3:51AM Sat

Navami* Until 4:50PM

Ganesha: Clear

Sunrise: 6:21AM

Muruqa: Clear

Sunset: 4:51PM

Nataraja: Clear

Moon - Green

Devaloka Day

Margasira-Markali

Creative Work Amrita Yoga

Until 6:41PM

Then Creative Work - Siddha Yoga

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

All times are standard time


www.gurudeva.org/panchang

1		Saturday, December 21, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau	Manama, Bahrain Sun 8 Sutra 251 Vikarin 5121
Kanya Rasi: 29.59	Tithi 25 – 26	862523465	Gulika 6:21AM – 7:40AM Yama 12:55PM – 2:14PM Rahu 8:59AM – 10:18AM	Chitra Until 5:22PM Sobhana Until 8:59AM Bava Until 1:54AM Sun Dashami Until 2:51PM	Ganesha: Clear <i>Sunrise:</i> 6:21AM Muruqa: Clear <i>Sunset:</i> 4:52PM Nataraja: Clear Moon – Green
Routine Work	Marana Yoga		Day 1 of Pancha Ganapati		Devaloka Day
Until 5:22PM					Margasira-Markali
Then Creative Work - Siddha Yoga					

2		Sunday, December 22, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Manama, Bahrain Sun 9 Sutra 252 Vikarin 5121
Tula Rasi: 14.02	Tithi 26 – 27	862523465	Gulika 2:15PM – 3:33PM Yama 11:37AM – 12:56PM Rahu 3:33PM – 4:52PM	Svati Until 4:03PM Athiganda* Until 6:12AM Kaulava Until 12:07AM Mon Ekadashi* Until 12:58PM	Ganesha: Clear <i>Sunrise:</i> 6:22AM Muruqa: Clear <i>Sunset:</i> 4:52PM Nataraja: Clear Moon – Green
Creative Work	Siddha Yoga		Day 2 of Pancha Ganapati		Devaloka Day
Until 4:03PM					Margasira-Markali
Then Routine Work - Marana Yoga					

3		Monday, December 23, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau	Manama, Bahrain Sun 10 Sutra 253 Vikarin 5121
Tula Rasi: 28	Tithi 27 – 28	872523465	Gulika 12:56PM – 2:15PM Yama 10:19AM – 11:38AM Rahu 7:41AM – 9:00AM	Vishakha Until 3:13PM Dhriti Until 1:07AM Tue Gara Until 10:34PM Dvadashi* Until 11:17AM	Ganesha: White <i>Sunrise:</i> 6:22AM Muruqa: Clear <i>Sunset:</i> 4:53PM Nataraja: Clear Moon – Orange
Family Home Evening			Day 3 of Pancha Ganapati		Bhuloka Day
Routine Work	Marana Yoga				Devaloka Time: 3:PM to 6:PM
Until 3:13PM					Margasira-Markali
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>	

4		Tuesday, December 24, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Manama, Bahrain Sun 11 Sutra 254 Vikarin 5121
Vrischika Rasi: 11.48	Tithi 28 – 29	872523465	Gulika 11:38AM – 12:57PM Yama 9:00AM – 10:19AM Rahu 2:16PM – 3:34PM	Anuradha Until 2:31PM Shula* Until 10:54PM Visti Until 9:19PM Trayodashi* Until 9:52AM	Ganesha: White <i>Sunrise:</i> 6:23AM Muruqa: Clear <i>Sunset:</i> 4:53PM Nataraja: Clear Moon – Orange
Creative Work	Siddha Yoga		Day 4 of Pancha Ganapati		Bhuloka Day
Until 2:31PM					Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga					Margasira-Markali

		Wednesday, December 25, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Manama, Bahrain Sun 12 Sutra 255 Vikarin 5121
Retreat Star			Gulika 10:20AM – 11:39AM Yama 7:42AM – 9:01AM Rahu 11:39AM – 12:57PM	Jyeshtha* Until 2:02PM Ganda* Until 9:02PM Catuspada Until 8:29PM Chaturdashi* Until 8:49AM	Ganesha: White <i>Sunrise:</i> 6:23AM Muruqa: Clear <i>Sunset:</i> 4:54PM Nataraja: Clear Moon – Orange
Vrischika Rasi: 25.25	Tithi 29 – 30	872523465	Day 5 of Pancha Ganapati		Bhuloka Day
Creative Work	Siddha Yoga				Devaloka Time: 3:PM to 6:PM
Until 2:02PM					Margasira-Markali
Then Routine Work - Marana Yoga					

Thursday, December 26, 2019		Retreat Star		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Manama, Bahrain Sun 13 Sutra 256 Vikarin 5121
Dhanus Rasi: 8.46	Tithi 30 – 1	883523465	Gulika 9:01AM – 10:20AM Yama 6:24AM – 7:43AM Rahu 12:58PM – 2:17PM	Mula* Until 2:19PM Vriddhi Until 7:34PM Kintughna Until 8:09PM Amavasya* Until 8:14AM	Ganesha: Orange <i>Sunrise:</i> 6:24AM Muruqa: Clear <i>Sunset:</i> 4:54PM Nataraja: Clear Moon – Light Blue
Creative Work	Siddha Yoga		Annular Solar Eclipse		Devaloka Day
					Pausha-Markali

1		Friday, December 27, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Manama, Bahrain Sun 14 Sutra 257 Vikarin 5121
Dhanus Rasi: 21.5	Tithi 1 – 2	Gulika 7:43AM – 9:02AM Yama 2:17PM – 3:36PM Rahu 10:21AM – 11:40AM	Purvashadha* Until 2:59PM Dhruva Until 6:31PM Balava Until 8:22PM Prathama* Until 8:10AM	Ganesha: Orange <i>Sunrise:</i> 6:24AM Muruqa: Clear <i>Sunset:</i> 4:55PM Nataraja: Orange Moon – Light Blue Pausha-Markali	Moon 12 - Phase 36 3rd Phase Devaloka Day
Routine Work Prabalarishta Yoga Until 2:59PM Then Routine Work - Marana Yoga					
2		Saturday, December 28, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Manama, Bahrain Sun 15 Sutra 258 Vikarin 5121
Makara Rasi: 4.37	Tithi 2 – 3	Gulika 6:25AM – 7:43AM Yama 12:59PM – 2:18PM Rahu 9:02AM – 10:21AM	Uttarashadha Until 4:04PM Vyaghata* Until 5:56PM Taitila Until 9:12PM Dvitiya Until 8:42AM	Ganesha: Orange <i>Sunrise:</i> 6:25AM Muruqa: Clear <i>Sunset:</i> 4:55PM Nataraja: Orange Moon – Light Blue Pausha-Markali	Moon 12 - Phase 36 3rd Phase Devaloka Day
Routine Work Marana Yoga Until 4:04PM Then Creative Work - Siddha Yoga					
3		Sunday, December 29, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Manama, Bahrain Sun 16 Sutra 259 Vikarin 5121
Makara Rasi: 17.08	Tithi 3 – 4	Gulika 2:18PM – 3:37PM Yama 11:41AM – 12:59PM Rahu 3:37PM – 4:56PM	Shravana Until 6:02PM Harshana Until 5:48PM Vanija Until 10:37PM Tritiya Until 9:49AM	Ganesha: Clear <i>Sunrise:</i> 6:25AM Muruqa: Clear <i>Sunset:</i> 4:56PM Nataraja: Orange Moon – Purple Pausha-Markali	Moon 12 - Phase 36 3rd Phase Devaloka Day
Creative Work Amrita Yoga Until 6:02PM Then Routine Work - Marana Yoga					
4		Monday, December 30, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vajra* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Manama, Bahrain Sun 17 Sutra 260 Vikarin 5121
Makara Rasi: 29.25	Tithi 4 – 5	Gulika 1:00PM – 2:19PM Yama 10:22AM – 11:41AM Rahu 7:44AM – 9:03AM	Dhanishtha Until 8:20PM Vajra* Until 6:03PM Bava Until 12:31AM Tue Chaturthi* Until 11:29AM	Ganesha: Clear <i>Sunrise:</i> 6:25AM Muruqa: Clear <i>Sunset:</i> 4:57PM Nataraja: Orange Moon – Purple Pausha-Markali	Moon 12 - Phase 36 3rd Phase Devaloka Day
Family Home Evening Creative Work Siddha Yoga					
5		Tuesday, December 31, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Manama, Bahrain Sun 18 Sutra 261 Vikarin 5121
Kumbha Rasi: 11.31	Tithi 5 – 6	Gulika 11:41AM – 1:00PM Yama 9:04AM – 10:23AM Rahu 2:19PM – 3:38PM	Shatabhishak Until 10:50PM Siddhi Until 6:36PM Kaulava Until 2:48AM Wed Panchami Until 1:36PM	Ganesha: Clear <i>Sunrise:</i> 6:26AM Muruqa: Clear <i>Sunset:</i> 4:57PM Nataraja: Orange Moon – Purple Pausha-Markali	Moon 12 - Phase 36 3rd Phase Devaloka Day
Routine Work Marana Yoga					
6		Wednesday, January 1, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosarthpada* Nakshatra Vyatipata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Manama, Bahrain Sun 19 Sutra 262 Vikarin 5121
Kumbha Rasi: 23.28	Tithi 6 – 7	Gulika 10:23AM – 11:42AM Yama 7:45AM – 9:04AM Rahu 11:42AM – 1:02PM	Purvaprosarthpada* Until 1:54AM Thu Vyatipata* Until 7:21PM Gara Until 5:17AM Thu Shashthi* Until 4:01PM	Ganesha: Blue <i>Sunrise:</i> 6:26AM Muruqa: Clear <i>Sunset:</i> 4:59PM Nataraja: Orange Moon – Clear Pausha-Markali	Moon 12 - Phase 36 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
Creative Work Amrita Yoga Until 1:54AM Thu Then Creative Work - Siddha Yoga		Vinayaga Viratam Ends			
Retreat Star		Thursday, January 2, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosarthpada Nakshatra Variyan Yoga Vanija Karana Saplamyam Titau	Manama, Bahrain Sun 20 Sutra 263 Vikarin 5121
Meena Rasi: 5.21	Tithi 7	Gulika 9:05AM – 10:24AM Yama 6:26AM – 7:46AM Rahu 1:02PM – 2:21PM	Uttaraprosarthpada Until 4:48AM Fri Variyan Until 8:08PM Vanija Until 6:31PM Saptami Until 6:31PM	Ganesha: Blue <i>Sunrise:</i> 6:26AM Muruqa: Clear <i>Sunset:</i> 4:59PM Nataraja: Orange Moon – Clear Pausha-Markali	Moon 12 - Phase 36 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga					
Retreat Star		Friday, January 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Parigha* Yoga Visti*/Bava Karana Ashtamyam Titau	Manama, Bahrain Sun 21 Sutra 264 Vikarin 5121
Meena Rasi: 17.15	Tithi 8	Gulika 7:46AM – 9:05AM Yama 2:22PM – 3:41PM Rahu 10:24AM – 11:43AM	Revati Until 7:23AM Sat Parigha* Until 8:51PM Visti Until 7:46AM Ashtami* Until 8:55PM	Ganesha: Blue <i>Sunrise:</i> 6:27AM Muruqa: Clear <i>Sunset:</i> 5:00PM Nataraja: Orange Moon – Clear Pausha-Markali	Moon 12 - Phase 36 Ashtami Bhuloka Day Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga					
Retreat Star		Saturday, January 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau	Manama, Bahrain Sun 22 Sutra 265 Vikarin 5121
Meena Rasi: 29.13	Tithi 9	Gulika 6:27AM – 7:46AM Yama 1:03PM – 2:22PM Rahu 9:05AM – 10:25AM	Revati Until 7:23AM Shiva Until 9:21PM Balava Until 10:02AM Navami* Until 11:01PM	Ganesha: Blue <i>Sunrise:</i> 6:27AM Muruqa: Clear <i>Sunset:</i> 5:01PM Nataraja: Orange Moon – Clear Pausha-Markali	Moon 12 - Phase 36 Navami Bhuloka Day Devaloka Time: 3:PM to 6:PM
Routine Work Prabalarishta Yoga Until 7:23AM Then Creative Work - Siddha Yoga					

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

1		Sunday, January 5, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau			Manama, Bahrain Sun 23 Sutra 266 Vikarin 5121		
Mesha Rasi: 11.2	Tithi 10	823623466	Gulika 2:23PM – 3:42PM Yama 11:44AM – 1:04PM Rahu 3:42PM – 5:01PM	Ashvini Until 9:54AM Siddha Until 9:27PM Taitila Until 11:54AM	Ganesha: Yellow <i>Sunrise:</i> 6:27AM Muruqa: Clear <i>Sunset:</i> 5:01PM Nataraja: Orange Moon – White	Devaloka Day			
Creative Work Siddha Yoga Until 9:54AM Then Routine Work - Prabararishta Yoga		Subramuniyaswami Jayanti		Dashami Until 12:36AM Mon		Pausha-Markali			
2		Monday, January 6, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau			Manama, Bahrain Sun 24 Sutra 267 Vikarin 5121		
Mesha Rasi: 23.4	Tithi 11	823623466	Gulika 1:04PM – 2:23PM Yama 10:25AM – 11:45AM Rahu 7:47AM – 9:06AM	Bharani Until 11:44AM Sadhya Until 9:06PM Vanija Until 1:11PM	Ganesha: Yellow <i>Sunrise:</i> 6:27AM Muruqa: Clear <i>Sunset:</i> 5:02PM Nataraja: Orange Moon – White	Devaloka Day			
Family Home Evening Creative Work Siddha Yoga Until 11:44AM Then Routine Work - Marana Yoga		Vaikuntha Ekadasi		Ekadashi Until 1:33AM Tue		Pausha-Markali			
3		Tuesday, January 7, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau			Manama, Bahrain Sun 25 Sutra 268 Vikarin 5121		
Vrishabha Rasi: 6.17	Tithi 12	823623466	Gulika 11:45AM – 1:05PM Yama 9:06AM – 10:26AM Rahu 2:24PM – 3:43PM	Krittika Until 12:45PM Subha Until 8:13PM Bava Until 1:47PM	Ganesha: Yellow <i>Sunrise:</i> 6:27AM Muruqa: Clear <i>Sunset:</i> 5:03PM Nataraja: Orange Moon – White	Devaloka Day			
Creative Work Siddha Yoga Until 12:45PM Then Creative Work - Amrita Yoga				Dvadashi Until 1:47AM Wed		Pausha-Markali			
4		Wednesday, January 8, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau			Manama, Bahrain Sun 26 Sutra 269 Vikarin 5121		
Vrishabha Rasi: 19.16	Tithi 13	833623466	Gulika 10:26AM – 11:46AM Yama 7:47AM – 9:07AM Rahu 11:46AM – 1:05PM	Rohini Until 1:22PM Sukla Until 6:44PM Kaulava Until 1:38PM	Ganesha: White <i>Sunrise:</i> 6:28AM Muruqa: Clear <i>Sunset:</i> 5:04PM Nataraja: Orange Moon – Yellow	Bhuloka Day Devaloka Time: 3:PM to 6:PM			
Creative Work Siddha Yoga				Trayodashi Until 1:17AM Thu		Pausha-Markali			
<i>Pradosha Vrata</i>									
5		Thursday, January 9, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau			Manama, Bahrain Sun 27 Sutra 270 Vikarin 5121		
Mithuna Rasi: 2.37	Tithi 14	834623466	Gulika 9:07AM – 10:26AM Yama 6:28AM – 7:47AM Rahu 1:06PM – 2:25PM	Mrigashira Until 1:09PM Brahma Until 4:44PM Gara Until 12:48PM	Ganesha: Yellow <i>Sunrise:</i> 6:28AM Muruqa: Clear <i>Sunset:</i> 5:04PM Nataraja: Orange Moon – Yellow	Devaloka Day			
Routine Work Marana Yoga				Chaturdashi* Until 12:07AM Fri		Pausha-Markali			
○		Friday, January 10, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau			Manama, Bahrain Sutra 271 Vikarin 5121		
Copper Retreat Star		Mithuna Rasi: 16.19 Tithi 15		834623466	Gulika 7:47AM – 9:07AM Yama 2:26PM – 3:45PM Rahu 10:27AM – 11:46AM	Ardra Until 12:10PM Indra Until 2:16PM Visti Until 11:19AM	Ganesha: Yellow <i>Sunrise:</i> 6:28AM Muruqa: Clear <i>Sunset:</i> 5:05PM Nataraja: Orange Moon – Yellow	Devaloka Day	
Creative Work Siddha Yoga		Penumbral Lunar Eclipse Ardra Darshanam		Purnima* Until 10:22PM		Pausha-Markali			
○		Saturday, January 11, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau			Manama, Bahrain Sutra 272 Vikarin 5121		
Silver Retreat Star		Kataka Rasi: 0.22 Tithi 16		844623466	Gulika 6:28AM – 7:47AM Yama 1:07PM – 2:26PM Rahu 9:07AM – 10:27AM	Punarvasu Until 10:59AM Vaidhriti* Until 11:22AM Balava Until 9:20AM	Ganesha: White <i>Sunrise:</i> 6:28AM Muruqa: Clear <i>Sunset:</i> 5:06PM Nataraja: Orange Moon – Blue	Sivaloka Day	
Creative Work Siddha Yoga				Prathama* Until 8:10PM		Pausha-Markali			

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: 14.41 Tithi 17 – 18

844623466

Creative Work Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam
Pushya/Ashlesha* Nakshatra Vishkambha*7Priti Yoga Taitila/Vanija Karana Dvitiya/Tritiyayam Titau

Gulika 2:27PM – 3:47PM
Yama 11:47AM – 1:07PM
Rahu 3:47PM – 5:07PM

Pushya Until 9:17AM
Vishkambha* Until 8:12AM
Taitila Until 6:58AM
Dvitiya Until 5:40PM

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

Sunrise: 6:28AM
Sunset: 5:07PM

Manama, Bahrain
Sun 1 Sutra 273
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Sivaloka Day

1

Monday, January 13, 2020

Kataka Rasi: 29.1 Tithi 18 – 19

Family Home Evening

844623466

Creative Work Siddha Yoga

Until 7:13AM

Then Routine Work - Marana Yoga

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

Gulika 1:08PM – 2:28PM
Yama 10:28AM – 11:48AM
Rahu 7:48AM – 9:08AM

Ashlesha* Until 7:13AM
Ayushman Until 1:24AM Tue
Bava Until 1:39AM Tue
Tritiya Until 2:59PM

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

Sunrise: 6:28AM
Sunset: 5:07PM

Manama, Bahrain
Sun 2 Sutra 274
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Sivaloka Day

2

Tuesday, January 14, 2020

Simha Rasi: 13.43 Tithi 19 – 20

Creative Work Siddha Yoga

Until 3:23AM Wed

Then Creative Work - Amrita Yoga

854623466

Gulika 11:48AM – 1:08PM
Yama 9:08AM – 10:28AM
Rahu 2:28PM – 3:48PM

Thai Pongal

Purvaphalguni Until 3:23AM Wed
Saubhagya Until 9:58PM
Kaulava Until 10:57PM
Chaturthi* Until 12:16PM

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

Sunrise: 6:28AM
Sunset: 5:08PM

Manama, Bahrain
Sun 3 Sutra 275
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Devaloka Day

3

Wednesday, January 15, 2020

Simha Rasi: 28.14 Tithi 20 – 21

Creative Work Amrita Yoga

Until 1:26AM Thu

Then Routine Work - Marana Yoga

854623466

Gulika 10:28AM – 11:48AM
Yama 7:48AM – 9:08AM
Rahu 11:48AM – 1:08PM

Uttaraphalguni Until 1:26AM Thu
Sobhana Until 6:40PM
Gara Until 8:24PM
Panchami Until 9:38AM

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

Sunrise: 6:28AM
Sunset: 5:09PM

Manama, Bahrain
Sun 4 Sutra 276
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Devaloka Day

4

Thursday, January 16, 2020

Kanya Rasi: 12.38 Tithi 21 – 22

Routine Work Marana Yoga

Until 12:00AM Fri

Then Creative Work - Siddha Yoga

864623466

Gulika 9:08AM – 10:28AM
Yama 6:28AM – 7:48AM
Rahu 1:09PM – 2:29PM

Hasta Until 12:00AM Fri
Athiganda* Until 3:30PM
Visti Until 6:04PM
Shashthi* Until 7:11AM

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

Sunrise: 6:28AM
Sunset: 5:10PM

Manama, Bahrain
Sun 5 Sutra 277
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Sivaloka Day

5

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 26.52 Tithi 23

Creative Work Siddha Yoga

864623466

Gulika 7:48AM – 9:08AM
Yama 2:30PM – 3:50PM
Rahu 10:29AM – 11:49AM

Chitra Until 10:43PM
Sukarma Until 12:35PM
Balava Until 4:01PM
Ashtami* Until 3:06AM Sat

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

Sunrise: 6:27AM
Sunset: 5:11PM

Manama, Bahrain
Sun 6 Sutra 278
Vikarin 5121
Moon 1 - Phase 38
Ashtami

Sivaloka Day

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 10.53 Tithi 24

Creative Work Siddha Yoga

864623466

Gulika 6:27AM – 7:48AM
Yama 1:10PM – 2:30PM
Rahu 9:08AM – 10:29AM

Svati Until 9:39PM
Dhriti Until 9:56AM
Taitila Until 2:19PM
Navami* Until 1:35AM Sun

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

Sunrise: 6:27AM
Sunset: 5:11PM

Manama, Bahrain
Sun 7 Sutra 279
Vikarin 5121
Moon 1 - Phase 38
Navami

Sivaloka Day

1		Sunday, January 19, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shula*Ganda* Yoga Vanija/Visli* Karana Dashamyam Titau	Manama, Bahrain Sun 8 Sutra 280 Vikarin 5121
Tula Rasi: 24.41	Tithi 25	Gulika 2:31PM – 3:51PM	Vishakha Until 9:14PM	Ganesha: Clear	<i>Sunrise:</i> 6:27AM		
		Yama 11:50AM – 1:10PM	Shula* Until 7:33AM	Muruqa: Clear	<i>Sunset:</i> 5:12PM	Moon 1 - Phase 39	
		874623466 Rahu 3:51PM – 5:12PM	Vanija Until 12:58PM	Nataraja: Orange		2nd Phase	
Routine Work	Marana Yoga		Dashami Until 12:26AM Mon	Moon – Orange		Devaloka Day	
				Pausha*Thai			

2		Monday, January 20, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Vriddhi Yoga Bava/Balava Karana Ekadashyam Titau	Manama, Bahrain Sun 9 Sutra 281 Vikarin 5121
Vrischika Rasi: 8.16	Tithi 26	Gulika 1:11PM – 2:31PM	Anuradha Until 9:02PM	Ganesha: Clear	<i>Sunrise:</i> 6:27AM		
Family Home Evening		Yama 10:29AM – 11:50AM	Vriddhi Until 3:45AM Tue	Muruqa: Clear	<i>Sunset:</i> 5:13PM	Moon 1 - Phase 39	
		874623466 Rahu 7:48AM – 9:08AM	Bava Until 12:01PM	Nataraja: Orange		2nd Phase	
Creative Work	Siddha Yoga		Ekadashi* Until 11:40PM	Moon – Orange		Devaloka Day	
				Pausha*Thai			

3		Tuesday, January 21, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Dhruva Yoga Kaulava/Tailita Karana Dvadashyam Titau	Manama, Bahrain Sun 10 Sutra 282 Vikarin 5121
Vrischika Rasi: 21.37	Tithi 27	Gulika 11:50AM – 1:11PM	Jyeshtha* Until 9:05PM	Ganesha: Purple	<i>Sunrise:</i> 6:27AM		
		Yama 9:08AM – 10:29AM	Dhruva Until 2:17AM Wed	Muruqa: Clear	<i>Sunset:</i> 5:14PM	Moon 1 - Phase 39	
		875623466 Rahu 2:32PM – 3:53PM	Kaulava Until 11:27AM	Nataraja: Orange		2nd Phase	
Routine Work	Marana Yoga		Dvadashi* Until 11:18PM	Moon – Orange		Bhuloka Day	
Until 9:05PM				Pausha*Thai		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

4		Wednesday, January 22, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau	Manama, Bahrain Sun 11 Sutra 283 Vikarin 5121
Dhanus Rasi: 4.46	Tithi 28	Gulika 10:29AM – 11:50AM	Mula* Until 9:51PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:27AM		
		Yama 7:47AM – 9:08AM	Vyaghata* Until 1:10AM Thu	Muruqa: Clear	<i>Sunset:</i> 5:14PM	Moon 1 - Phase 39	
		885623466 Rahu 11:50AM – 1:11PM	Gara Until 11:18AM	Nataraja: Orange		2nd Phase	
Routine Work	Marana Yoga		Trayodashi* Until 11:21PM	Moon – Light Blue		Bhuloka Day	
Until 9:51PM				Pausha*Thai		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>				

5		Thursday, January 23, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Manama, Bahrain Sun 12 Sutra 284 Vikarin 5121
Dhanus Rasi: 17.41	Tithi 29	Gulika 9:08AM – 10:30AM	Purvashadha* Until 10:51PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:26AM		
		Yama 6:26AM – 7:47AM	Harshana Until 12:23AM Fri	Muruqa: Clear	<i>Sunset:</i> 5:15PM	Moon 1 - Phase 39	
		885623466 Rahu 1:12PM – 2:33PM	Visti* Until 11:34AM	Nataraja: Orange		2nd Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 11:50PM	Moon – Light Blue		Bhuloka Day	
Until 10:51PM				Pausha*Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

●		Friday, January 24, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Manama, Bahrain Sun 13 Sutra 285 Vikarin 5121
Retreat Star		Gulika 7:47AM – 9:08AM	Uttarashadha Until 12:07AM Sat	Ganesha: Light Blue	<i>Sunrise:</i> 6:26AM		
Makara Rasi: 0.25	Tithi 30	Yama 2:33PM – 3:55PM	Vajra* Until 11:54PM	Muruqa: Clear	<i>Sunset:</i> 5:16PM	Moon 1 - Phase 39	
		885623466 Rahu 10:30AM – 11:51AM	Catuspada Until 12:15PM	Nataraja: Orange		Amavasya	
Routine Work	Marana Yoga		Amavasya* Until 12:44AM Sat	Moon – Light Blue		Bhuloka Day	
Until 12:07AM Sat				Pausha*Thai		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

●		Saturday, January 25, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau	Manama, Bahrain Sun 14 Sutra 286 Vikarin 5121
Retreat Star		Gulika 6:26AM – 7:47AM	Shravana Until 2:08AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 6:26AM		
Makara Rasi: 12.57	Tithi 1	Yama 1:13PM – 2:34PM	Siddhi Until 11:46PM	Muruqa: Clear	<i>Sunset:</i> 5:17PM	Moon 1 - Phase 39	
		995623466 Rahu 9:08AM – 10:30AM	Kintughna Until 1:23PM	Nataraja: Orange		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 2:05AM Sun	Moon – Purple		Bhuloka Day	
Until 2:08AM Sun				Magha*Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

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

1		Sunday, January 26, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Manama, Bahrain Sun 15 Sutra 287 Vikarin 5121
Makara Rasi: 25.18	Tithi 2	Gulika 2:34PM – 3:56PM	Dhanishtha Until 4:21AM Mon	Ganesha: Orange	<i>Sunrise:</i> 6:25AM			
		Yama 11:51AM – 1:13PM	Vyatipata* Until 11:57PM	Muruqa: Clear	<i>Sunset:</i> 5:17PM		Moon 1 - Phase 40	
		995723466 Rahu 3:56PM – 5:17PM	Balava Until 2:56PM	Nataraja: Orange			3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 3:50AM Mon	Moon – Purple				Devaloka Day
Until 4:21AM Mon				Magha-Thai				
Then Creative Work - Siddha Yoga								

2		Monday, January 27, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau				Manama, Bahrain Sun 16 Sutra 288 Vikarin 5121
Kumbha Rasi: 7.29	Tithi 3	Gulika 1:13PM – 2:35PM	Shatabhishak Until 6:45AM Tue	Ganesha: Orange	<i>Sunrise:</i> 6:25AM			
Family Home Evening		Yama 10:30AM – 11:52AM	Variyan Until 12:23AM Tue	Muruqa: Clear	<i>Sunset:</i> 5:19PM		Moon 1 - Phase 40	
Creative Work	Siddha Yoga	995723466 Rahu 7:47AM – 9:08AM	Taitila Until 4:52PM	Nataraja: Orange			3rd Phase	
Until 6:45AM Tue			Tritiya Until 5:56AM Tue	Moon – Purple				Devaloka Day
Then Routine Work - Marana Yoga				Magha-Thai				

3		Tuesday, January 28, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaprosnthapada* Nakshatra Parigha* Yoga Vanija Karana Chaturthyam Titau				Manama, Bahrain Sun 17 Sutra 289 Vikarin 5121
Kumbha Rasi: 19.32	Tithi 4	Gulika 11:52AM – 1:14PM	Shatabhishak Until 6:45AM	Ganesha: Orange	<i>Sunrise:</i> 6:25AM			
		Yama 9:08AM – 10:30AM	Parigha* Until 1:02AM Wed	Muruqa: Clear	<i>Sunset:</i> 5:19PM		Moon 1 - Phase 40	
		995723466 Rahu 2:35PM – 3:57PM	Vanija Until 7:06PM	Nataraja: Orange			3rd Phase	
Routine Work	Marana Yoga		Chaturthi Until 8:18AM Wed	Moon – Purple				Devaloka Day
				Magha-Thai				

4		Wednesday, January 29, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosnthapada*/Uttaraprosnthapada Nakshatra Shiva Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau				Manama, Bahrain Sun 18 Sutra 290 Vikarin 5121
Meena Rasi: 1.28	Tithi 4 – 5	Gulika 10:30AM – 11:52AM	Purvaprosnthapada* Until 9:44AM	Ganesha: Green	<i>Sunrise:</i> 6:24AM			
		Yama 7:46AM – 9:08AM	Shiva Until 1:51AM Thu	Muruqa: Clear	<i>Sunset:</i> 5:20PM		Moon 1 - Phase 40	
		915723466 Rahu 11:52AM – 1:14PM	Bava Until 9:34PM	Nataraja: Orange			3rd Phase	
Creative Work	Amrita Yoga		Chaturthi* Until 8:18AM	Moon – Clear				Sivaloka Day
Until 9:44AM				Magha-Thai				
Then Creative Work - Siddha Yoga								

5		Thursday, January 30, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosnthapada*/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Manama, Bahrain Sun 19 Sutra 291 Vikarin 5121
Meena Rasi: 13.21	Tithi 5 – 6	Gulika 9:08AM – 10:30AM	Uttaraprosnthapada Until 12:41PM	Ganesha: Green	<i>Sunrise:</i> 6:24AM			
		Yama 6:24AM – 7:46AM	Siddha Until 2:40AM Fri	Muruqa: Clear	<i>Sunset:</i> 5:21PM		Moon 1 - Phase 40	
		915723466 Rahu 1:14PM – 2:36PM	Kaulava Until 12:06AM Fri	Nataraja: Orange			3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 10:49AM	Moon – Clear				Sivaloka Day
				Magha-Thai				

6		Friday, January 31, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Manama, Bahrain Sun 20 Sutra 292 Vikarin 5121
Meena Rasi: 25.14	Tithi 6 – 7	Gulika 7:46AM – 9:08AM	Revati Until 3:26PM	Ganesha: Orange	<i>Sunrise:</i> 6:23AM			
		Yama 2:37PM – 3:59PM	Sadhya Until 3:25AM Sat	Muruqa: Clear	<i>Sunset:</i> 5:21PM		Moon 1 - Phase 40	
		916723466 Rahu 10:30AM – 11:52AM	Gara Until 2:32AM Sat	Nataraja: Orange			3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 1:19PM	Moon – Clear				Devaloka Day
Until 3:26PM				Magha-Thai				
Then Creative Work - Amrita Yoga								

Retreat Star		Saturday, February 1, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Subha Yoga Vanija/Vistil* Karana Saptami/Ashtamyam Titau				Manama, Bahrain Sun 21 Sutra 293 Vikarin 5121
Mesha Rasi: 7.09	Tithi 7 – 8	Gulika 6:23AM – 7:46AM	Ashvini Until 6:20PM	Ganesha: Green	<i>Sunrise:</i> 6:23AM			
		Yama 1:15PM – 2:37PM	Subha Until 3:57AM Sun	Muruqa: Clear	<i>Sunset:</i> 5:21PM		Moon 1 - Phase 40	
		926723466 Rahu 9:08AM – 10:30AM	Vistil Until 4:40AM Sun	Nataraja: Orange			3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 3:38PM	Moon – White				Bhuloka Day
Until 3:26PM				Magha-Thai				Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga								

Retreat Star		Sunday, February 2, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain Sun 22 Sutra 294 Vikarin 5121
Mesha Rasi: 19.12	Tithi 8 – 9	Gulika 2:37PM – 4:00PM	Bharani Until 8:39PM	Ganesha: Green	<i>Sunrise:</i> 6:23AM			
		Yama 11:52AM – 1:15PM	Sukla Until 4:05AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:22PM		Moon 1 - Phase 40	
		926723466 Rahu 4:00PM – 5:22PM	Balava Until 6:18AM Mon	Nataraja: Orange			Ashtami	
Routine Work	Prabalarishta Yoga		Ashtami* Until 5:32PM	Moon – White				Bhuloka Day
Until 8:39PM				Magha-Thai				Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga								


Retreat Star		Monday, February 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Manama, Bahrain Sun 23 Sutra 295 Vikarin 5121
Vrishabha Rasi: 1.28	Tithi 9	Gulika 1:15PM – 2:38PM	Krittika Until 10:12PM	Ganesha: Green	<i>Sunrise:</i> 6:22AM			
Family Home Evening		Yama 10:30AM – 11:53AM	Brahma Until 3:42AM Tue	Muruqa: Clear	<i>Sunset:</i> 5:23PM		Moon 1 - Phase 40	
Routine Work	Marana Yoga	926723466 Rahu 7:45AM – 9:07AM	Balava Until 6:18AM	Nataraja: Orange			Navami	
Until 10:12PM			Navami* Until 6:50PM	Moon – White				Bhuloka Day
Then Creative Work - Amrita Yoga				Magha-Thai				Devaloka Time: 3:PM to 6:PM

1	Tuesday, February 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Indra Yoga Taitila/Gara Karana Dashamyam Titau				Manama, Bahrain Sun 24 Sutra 296 Vikarin 5121
	Wishabha Rasi: 14.01	Tithi 10	Gulika 11:53AM – 1:15PM	Rohini Until 11:20PM	Ganesha: Red	<i>Sunrise:</i> 6:22AM	
			Yama 9:07AM – 10:30AM	Indra Until 2:44AM Wed	Muruqa: Clear	<i>Sunset:</i> 5:23PM	Moon 1 - Phase 41
	936723467		Rahu 2:38PM – 4:01PM	Taitila Until 7:13AM	Nataraja: Clear		4th Phase
Creative Work Amrita Yoga Until 11:20PM Then Creative Work - Siddha Yoga			Dashami Until 7:21PM	Moon – Yellow		Devaloka Day	
				Magha-Thai			

2	Wednesday, February 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau				Manama, Bahrain Sun 25 Sutra 297 Vikarin 5121
	Wishabha Rasi: 26.58	Tithi 11	Gulika 10:30AM – 11:53AM	Mrigashira Until 11:29PM	Ganesha: Red	<i>Sunrise:</i> 6:21AM	
			Yama 7:44AM – 9:07AM	Vaidhriti* Until 1:05AM Thu	Muruqa: Clear	<i>Sunset:</i> 5:24PM	Moon 1 - Phase 41
	936723467		Rahu 11:53AM – 1:16PM	Vanija Until 7:19AM	Nataraja: Clear		4th Phase
Creative Work Siddha Yoga			Ekadashi Until 7:02PM	Moon – Yellow		Devaloka Day	
				Magha-Thai			

3	Thursday, February 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 298 Vikarin 5121
	Mithuna Rasi: 10.2	Tithi 12 – 13	Gulika 9:07AM – 10:30AM	Ardra Until 10:41PM	Ganesha: Red	<i>Sunrise:</i> 6:21AM	
			Yama 6:21AM – 7:44AM	Vishkambha* Until 10:48PM	Muruqa: Clear	<i>Sunset:</i> 5:25PM	Moon 1 - Phase 41
	936723467		Rahu 1:16PM – 2:39PM	Bava Until 6:35AM	Nataraja: Clear		4th Phase
Routine Work Marana Yoga Until 10:41PM Then Creative Work - Amrita Yoga			Dvadashi Until 5:54PM	Moon – Yellow		Devaloka Day	
				Magha-Thai			
				<i>Pradosha Vrata</i>			

4	Friday, February 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 299 Vikarin 5121
	Mithuna Rasi: 24.1	Tithi 13 – 14	Gulika 7:43AM – 9:07AM	Punarvasu Until 9:28PM	Ganesha: Blue	<i>Sunrise:</i> 6:20AM	
			Yama 2:39PM – 4:02PM	Priti Until 7:57PM	Muruqa: Clear	<i>Sunset:</i> 5:26PM	Moon 1 - Phase 41
	947723467		Rahu 10:30AM – 11:53AM	Gara Until 2:50AM Sat	Nataraja: Clear		4th Phase
Creative Work Siddha Yoga Until 9:28PM Then Routine Work - Marana Yoga			Trayodashi Until 4:00PM	Moon – Blue		Bhuloka Day	
				Magha-Thai		Devaloka Time: 3:PM to 6:PM	

	Saturday, February 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Manama, Bahrain Sutra 300 Vikarin 5121
	Kataka Rasi: 8.26	Tithi 14 – 15	Gulika 6:20AM – 7:43AM	Pushya Until 7:31PM	Ganesha: Blue	<i>Sunrise:</i> 6:20AM	
			Yama 1:16PM – 2:40PM	Ayushman Until 4:36PM	Muruqa: Clear	<i>Sunset:</i> 5:26PM	Moon 1 - Phase 41
	947723467		Rahu 9:06AM – 10:30AM	Visti Until 12:03AM Sun	Nataraja: Clear		Purnima
Creative Work Siddha Yoga Until 7:31PM Then Routine Work - Marana Yoga			Thai Pusam	Chaturdashi* Until 1:29PM	Moon – Blue	Bhuloka Day	
				Magha-Thai		Devaloka Time: 3:PM to 6:PM	

5	Sunday, February 9, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Manama, Bahrain Sutra 301 Vikarin 5121
	Kataka Rasi: 23.05	Tithi 15 – 16	Gulika 2:40PM – 4:04PM	Ashlesha* Until 5:01PM	Ganesha: Blue	<i>Sunrise:</i> 6:19AM	
			Yama 11:53AM – 1:17PM	Saubhagya Until 12:54PM	Muruqa: Clear	<i>Sunset:</i> 5:27PM	Moon 1 - Phase 41
	947723467		Rahu 4:04PM – 5:27PM	Balava Until 8:54PM	Nataraja: Clear		Prathama
Creative Work Siddha Yoga Until 5:01PM Then Routine Work - Marana Yoga			Purnima* Until 10:30AM	Moon – Blue		Bhuloka Day	
				Magha-Thai		Devaloka Time: 3:PM to 6:PM	



Monday, February 10, 2020

Gold Retreat Star

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

Manama, Bahrain

Sutra 302

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Simha Rasi: 7.59 Tithi 16 - 17

Family Home Evening

957723467

Gulika

1:17PM - 2:40PM

Magha* Until 2:33PM

Ganesha: Red

Sunrise: 6:18AM

Yama

10:29AM - 11:53AM

Sobhana Until 8:59AM

Muruqa: Clear

Sunset: 5:28PM

Rahu

7:42AM - 9:06AM

Gara Until 3:47AM Tue

Nataraja: Clear

Moon - Red

Devaloka Day

Routine Work

Marana Yoga

Until 2:33PM

Then Creative Work - Siddha Yoga

Tuesday, February 11, 2020

1

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

Manama, Bahrain

Sun 1 Sutra 303

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Simha Rasi: 22.59 Tithi 18

Creative Work Siddha Yoga

957723467

Gulika

11:53AM - 1:17PM

Purvaphalguni Until 11:52AM

Ganesha: Red

Sunrise: 6:18AM

Yama

9:05AM - 10:29AM

Sukarma Until 12:57AM Wed

Muruqa: Clear

Sunset: 5:28PM

Rahu

2:41PM - 4:05PM

Vanija Until 2:06PM

Nataraja: Clear

Moon - Red

Devaloka Day

Until 11:52AM

Then Creative Work - Amrita Yoga

Wednesday, February 12, 2020

2

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

Manama, Bahrain

Sun 2 Sutra 304

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 7.58 Tithi 19

Creative Work Amrita Yoga

957723467

Gulika

10:29AM - 11:53AM

Uttaraphalguni Until 9:08AM

Ganesha: Red

Sunrise: 6:17AM

Yama

7:41AM - 9:05AM

Dhriti Until 9:07PM

Muruqa: Clear

Sunset: 5:29PM

Rahu

11:53AM - 1:17PM

Bava Until 10:47AM

Nataraja: Clear

Moon - Red

Devaloka Day

Until 9:08AM

Then Routine Work - Marana Yoga

Thursday, February 13, 2020

3

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

Manama, Bahrain

Sun 3 Sutra 305

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 22.45 Tithi 20

Routine Work Marana Yoga

967723467

Gulika

9:05AM - 10:29AM

Hasta Until 6:56AM

Ganesha: Green

Sunrise: 6:16AM

Yama

6:16AM - 7:40AM

Shula* Until 5:32PM

Muruqa: Clear

Sunset: 5:30PM

Rahu

1:17PM - 2:41PM

Kaulava Until 7:43AM

Nataraja: Clear

Moon - Green

Bhuloka Day

Until 6:56AM

Then Creative Work - Siddha Yoga

Friday, February 14, 2020

4

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

Manama, Bahrain

Sun 4 Sutra 306

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Tula Rasi: 7.16 Tithi 21 - 22

Creative Work Siddha Yoga

968723467

Gulika

7:40AM - 9:04AM

Svati Until 3:23AM Sat

Ganesha: White

Sunrise: 6:16AM

Yama

2:42PM - 4:06PM

Ganda* Until 2:20PM

Muruqa: Clear

Sunset: 5:30PM

Rahu

10:29AM - 11:53AM

Visti Until 2:54AM Sat

Nataraja: Clear

Moon - Green

Bhuloka Day

Until 3:53PM

Then Routine Work - Marana Yoga

Saturday, February 15, 2020

Retreat Star

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

Manama, Bahrain

Sun 5 Sutra 307

Vikarin 5121

Moon 2 - Phase 42

Ashtami

Tula Rasi: 21.26 Tithi 22 - 23

Creative Work Siddha Yoga

978723467

Gulika

6:15AM - 7:39AM

Vishakha Until 2:39AM Sun

Ganesha: Clear

Sunrise: 6:15AM

Yama

1:18PM - 2:42PM

Vridhi Until 11:35AM

Muruqa: Clear

Sunset: 5:31PM

Rahu

9:04AM - 10:28AM

Balava Until 1:19AM Sun

Nataraja: Clear

Moon - Orange

Devaloka Day

Until 2:39AM Sun

Then Routine Work - Marana Yoga

Sunday, February 16, 2020

Retreat Star

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

Manama, Bahrain

Sun 6 Sutra 308

Vikarin 5121

Moon 2 - Phase 42

Navami

Vrischika Rasi: 5.14 Tithi 23 - 24

Routine Work Marana Yoga

978723467

Gulika

2:42PM - 4:07PM

Anuradha Until 2:23AM Mon

Ganesha: Clear

Sunrise: 6:14AM

Yama

11:53AM - 1:18PM

Dhruva Until 9:17AM

Muruqa: Clear

Sunset: 5:32PM

Rahu

4:07PM - 5:32PM

Taitila Until 12:22AM Mon

Nataraja: Clear

Moon - Orange

Devaloka Day

Until 2:23AM Mon

Then Creative Work - Siddha Yoga

Monday, February 17, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 7 Sutra 309 Vikarin 5121
1	Vrischika Rasi: 18.4 Tithi 24 – 25 Family Home Evening Creative Work Siddha Yoga Until 2:33AM Tue Then Creative Work - Amrita Yoga	Gulika 1:18PM – 2:43PM Yama 10:28AM – 11:53AM Rahu 7:38AM – 9:03AM	Jyeshtha* Until 2:33AM Tue Vyaghata* Until 7:30AM Vanija Until 12:01AM Tue Navami* Until 12:06PM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Orange	Sunrise: 6:13AM Sunset: 5:32PM	Devaloka Day Moon 2 - Phase 43 2nd Phase

Tuesday, February 18, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Visti/Bava Karana Dashami/Ekadashyam Titau				Manama, Bahrain Sun 8 Sutra 310 Vikarin 5121
2	Dhanus Rasi: 1.46 Tithi 25 – 26 988723467 Creative Work Amrita Yoga	Gulika 11:53AM – 1:18PM Yama 9:03AM – 10:28AM Rahu 2:43PM – 4:08PM	Mula* Until 3:36AM Wed Harshana Until 6:12AM Bava Until 12:16AM Wed Dashami Until 12:03PM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 6:12AM Sunset: 5:33PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM Moon 2 - Phase 43 2nd Phase

Wednesday, February 19, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Manama, Bahrain Sun 9 Sutra 311 Vikarin 5121
3	Dhanus Rasi: 14.35 Tithi 26 – 27 988723467 Creative Work Amrita Yoga Until 4:58AM Thu Then Routine Work - Marana Yoga	Gulika 10:27AM – 11:53AM Yama 7:37AM – 9:02AM Rahu 11:53AM – 1:18PM	Purvashadha* Until 4:58AM Thu Siddhi Until 4:49AM Thu Kaulava Until 1:01AM Thu Ekadashi* Until 12:34PM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 6:12AM Sunset: 5:34PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM Moon 2 - Phase 43 2nd Phase

Thursday, February 20, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Vyatipata* Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 10 Sutra 312 Vikarin 5121
4	Dhanus Rasi: 27.11 Tithi 27 – 28 989823467 Routine Work Marana Yoga	Gulika 9:02AM – 10:27AM Yama 6:11AM – 7:36AM Rahu 1:18PM – 2:43PM	Uttarashadha Until 6:35AM Fri Vyatipata* Until 4:40AM Fri Gara Until 2:12AM Fri Dvadashi* Until 1:32PM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 6:11AM Sunset: 5:34PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM Moon 2 - Phase 43 2nd Phase

Pradosha Vrata (Fasting)

Friday, February 21, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Varyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 11 Sutra 313 Vikarin 5121
5	Makara Rasi: 10 Tithi 28 – 29 989823467 Routine Work Marana Yoga	Gulika 7:36AM – 9:01AM Yama 2:44PM – 4:09PM Rahu 10:27AM – 11:52AM	Uttarashadha Until 6:35AM Variyan Until 4:45AM Sat Visti Until 3:45AM Sat Trayodashi* Until 2:55PM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 6:10AM Sunset: 5:35PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM Moon 2 - Phase 43 2nd Phase

Mahasivaratri (Lunar)
Mahasivaratri (Solar)

Saturday, February 22, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Parigha* Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Manama, Bahrain Sun 12 Sutra 314 Vikarin 5121
6	Makara Rasi: 21.52 Tithi 29 – 30 999823467 Creative Work Siddha Yoga	Gulika 6:09AM – 7:35AM Yama 1:18PM – 2:44PM Rahu 9:01AM – 10:27AM	Shravana Until 8:52AM Parigha* Until 5:04AM Sun Catuspada Until 5:36AM Sun Chaturdashi* Until 4:37PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple	Sunrise: 6:09AM Sunset: 5:36PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM Moon 2 - Phase 43 2nd Phase

Sunday, February 23, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Shiva Yoga Naga* Karana Amavasyayam Titau				Manama, Bahrain Sun 13 Sutra 315 Vikarin 5121
Retreat Star	Kumbha Rasi: 4.01 Tithi 30 999823467 Routine Work Marana Yoga Until 11:16AM Then Creative Work - Siddha Yoga	Gulika 2:44PM – 4:10PM Yama 11:52AM – 1:18PM Rahu 4:10PM – 5:36PM	Dhanishtha Until 11:16AM Shiva Until 5:36AM Mon Naga Until 6:36PM Amavasya* Until 6:36PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple	Sunrise: 6:08AM Sunset: 5:36PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM Moon 2 - Phase 43 Amavasya

Monday, February 24, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaprosarthapada* Nakshatra Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau				Manama, Bahrain Sun 14 Sutra 316 Vikarin 5121
Retreat Star	Kumbha Rasi: 16.03 Tithi 1 999823467 Family Home Evening Creative Work Siddha Yoga Until 1:43PM Then Routine Work - Marana Yoga	Gulika 1:18PM – 2:44PM Yama 10:26AM – 11:52AM Rahu 7:34AM – 9:00AM	Shatabhishak Until 1:43PM Siddha Until 6:15AM Tue Kintughna Until 7:42AM Prathama* Until 8:48PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple	Sunrise: 6:07AM Sunset: 5:37PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM Moon 2 - Phase 43 Prathama

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

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1		Tuesday, February 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau	Manama, Bahrain Sun 15 Sutra 317 Vikarin 5121
Kumbha Rasi: 28.01	Tithi 2	Gulika 11:52AM – 1:18PM	Purvaproshtapada* Until 4:41PM	Ganesha: Orange <i>Sunrise: 6:07AM</i>	
		Yama 8:59AM – 10:26AM	Siddha Until 6:15AM	Muruqa: Clear <i>Sunset: 5:37PM</i>	Moon 2 - Phase 44
		919823467 Rahu 2:45PM – 4:11PM	Balava Until 10:00AM	Nataraja: Clear	3rd Phase
Routine Work	Marana Yoga		Dvitiya Until 11:11PM	Moon – Clear	Devaloka Day
Until 4:41PM				Phalguna-Masi	
Then Creative Work - Amrita Yoga					
2		Wednesday, February 26, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Trityayam Titau	Manama, Bahrain Sun 16 Sutra 318 Vikarin 5121
Meena Rasi: 9.55	Tithi 3	Gulika 10:25AM – 11:52AM	Uttaraproshtapada Until 7:36PM	Ganesha: Orange <i>Sunrise: 6:06AM</i>	
		Yama 7:32AM – 8:59AM	Sadhya Until 7:02AM	Muruqa: Clear <i>Sunset: 5:38PM</i>	Moon 2 - Phase 44
		919823467 Rahu 11:52AM – 1:18PM	Taitila Until 12:27PM	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 1:41AM Thu	Moon – Clear	Devaloka Day
Until 7:36PM				Phalguna-Masi	
Then Routine Work - Marana Yoga					
3		Thursday, February 27, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau	Manama, Bahrain Sun 17 Sutra 319 Vikarin 5121
Meena Rasi: 21.47	Tithi 4	Gulika 8:58AM – 10:25AM	Revati Until 10:25PM	Ganesha: Orange <i>Sunrise: 6:05AM</i>	
		Yama 6:05AM – 7:31AM	Subha Until 7:55AM	Muruqa: Clear <i>Sunset: 5:39PM</i>	Moon 2 - Phase 44
		919823467 Rahu 1:18PM – 2:45PM	Vanija Until 2:58PM	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 4:12AM Fri	Moon – Clear	Devaloka Day
Until 10:25PM				Phalguna-Masi	
Then Creative Work - Amrita Yoga	Subramuniyaswami Siva Vision Day				
4		Friday, February 28, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau	Manama, Bahrain Sun 18 Sutra 320 Vikarin 5121
Mesha Rasi: 3.4	Tithi 5	Gulika 7:31AM – 8:58AM	Ashvini Until 1:29AM Sat	Ganesha: Purple <i>Sunrise: 6:04AM</i>	
		Yama 2:45PM – 4:12PM	Sukla Until 8:45AM	Muruqa: Clear <i>Sunset: 5:39PM</i>	Moon 2 - Phase 44
		921823467 Rahu 10:25AM – 11:51AM	Bava Until 5:27PM	Nataraja: Clear	3rd Phase
Creative Work	Amrita Yoga		Panchami Until 6:37AM Sat	Moon – White	Bhuloka Day
Until 1:29AM Sat				Phalguna-Masi	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					
5		Saturday, February 29, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Manama, Bahrain Sun 19 Sutra 321 Vikarin 5121
Mesha Rasi: 15.34	Tithi 5 – 6	Gulika 6:03AM – 7:30AM	Bharani Until 4:10AM Sun	Ganesha: Purple <i>Sunrise: 6:03AM</i>	
		Yama 1:18PM – 2:45PM	Brahma Until 9:31AM	Muruqa: Clear <i>Sunset: 5:40PM</i>	Moon 2 - Phase 44
		921823467 Rahu 8:57AM – 10:24AM	Kaulava Until 7:45PM	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Panchami Until 6:37AM	Moon – White	Bhuloka Day
				Phalguna-Masi	Devaloka Time: 3:PM to 6:PM
6		Sunday, March 1, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Manama, Bahrain Sun 20 Sutra 322 Vikarin 5121
Mesha Rasi: 27.35	Tithi 6 – 7	Gulika 2:46PM – 4:13PM	Krittika Until 6:16AM Mon	Ganesha: Purple <i>Sunrise: 6:01AM</i>	
		Yama 11:51AM – 1:18PM	Indra Until 10:05AM	Muruqa: Orange <i>Sunset: 5:41PM</i>	Moon 2 - Phase 44
		921833467 Rahu 4:13PM – 5:41PM	Gara Until 9:41PM	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 8:45AM	Moon – White	Bhuloka Day
Until 6:16AM Mon				Phalguna-Masi	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					
Retreat Star		Monday, March 2, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Manama, Bahrain Sun 21 Sutra 323 Vikarin 5121
Vrishabha Rasi: 9.46	Tithi 7 – 8	Gulika 1:18PM – 2:46PM	Krittika Until 6:16AM	Ganesha: Purple <i>Sunrise: 6:00AM</i>	
Family Home Evening		Yama 10:23AM – 11:51AM	Vaidhriti* Until 10:14AM	Muruqa: Orange <i>Sunset: 5:41PM</i>	Moon 2 - Phase 44
921833467 Rahu 7:28AM – 8:55AM			Visti Until 11:01PM	Nataraja: Clear	Ashtami
Routine Work	Marana Yoga		Saptami Until 10:25AM	Moon – White	Bhuloka Day
Until 6:16AM				Phalguna-Masi	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					
Retreat Star		Tuesday, March 3, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Manama, Bahrain Sun 22 Sutra 324 Vikarin 5121
Vrishabha Rasi: 22.14	Tithi 8 – 9	Gulika 11:50AM – 1:18PM	Rohini Until 8:04AM	Ganesha: Clear <i>Sunrise: 5:59AM</i>	
		Yama 8:55AM – 10:23AM	Vishkambha* Until 9:54AM	Muruqa: Orange <i>Sunset: 5:42PM</i>	Moon 2 - Phase 44
		931833467 Rahu 2:46PM – 4:14PM	Balava Until 11:36PM	Nataraja: Clear	Navami
Creative Work	Amrita Yoga		Ashtami* Until 11:23AM	Moon – Yellow	Devaloka Day
Until 8:04AM				Phalguna-Masi	
Then Creative Work - Siddha Yoga					

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

All times are standard time

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1		Wednesday, March 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Manama, Bahrain Sun 23 Sutra 325	
Mithuna Rasi: 5.04	Tithi 9 – 10	Gulika 10:22AM – 11:50AM	Mrigashira Until 8:55AM	Ganesha: Clear	<i>Sunrise:</i> 5:58AM	Vikarin 5121	
		Yama 7:26AM – 8:54AM	Priti Until 8:57AM	Muruqa: Orange	<i>Sunset:</i> 5:42PM	Moon 2 - Phase 45	
931833467	Rahu 11:50AM – 1:18PM		Taitila Until 11:19PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Navami* Until 11:33AM	Moon – Yellow		Devaloka Day	
				Phalguna-Masi			

2		Thursday, March 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Manama, Bahrain Sun 24 Sutra 326	
Mithuna Rasi: 18.2	Tithi 10 – 11	Gulika 8:54AM – 10:22AM	Ardra Until 8:47AM	Ganesha: Red	<i>Sunrise:</i> 5:57AM	Vikarin 5121	
		Yama 5:57AM – 7:25AM	Ayushman Until 7:18AM	Muruqa: Orange	<i>Sunset:</i> 5:43PM	Moon 2 - Phase 45	
131833467	Rahu 1:18PM – 2:46PM		Vanija Until 10:09PM	Nataraja: Clear		4th Phase	
Routine Work	Marana Yoga		Dashami Until 10:49AM	Moon – Yellow		Devaloka Day	
Until 8:47AM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

3		Friday, March 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 25 Sutra 327	
Kataka Rasi: 2.06	Tithi 11 – 12	Gulika 7:24AM – 8:53AM	Punarvasu Until 8:05AM	Ganesha: Blue	<i>Sunrise:</i> 5:56AM	Vikarin 5121	
		Yama 2:47PM – 4:15PM	Sobhana Until 2:00AM Sat	Muruqa: Orange	<i>Sunset:</i> 5:43PM	Moon 2 - Phase 45	
141833467	Rahu 10:21AM – 11:50AM		Bava Until 8:10PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 9:14AM	Moon – Blue		Bhuloka Day	
Until 8:05AM				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

4		Saturday, March 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Athiganda* Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 26 Sutra 328	
Kataka Rasi: 16.22	Tithi 12 – 13	Gulika 5:55AM – 7:24AM	Pushya Until 6:29AM	Ganesha: Blue	<i>Sunrise:</i> 5:55AM	Vikarin 5121	
		Yama 1:18PM – 2:47PM	Athiganda* Until 10:29PM	Muruqa: Orange	<i>Sunset:</i> 5:44PM	Moon 2 - Phase 45	
141833467	Rahu 8:52AM – 10:21AM		Taitila Until 3:54AM Sun	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 6:53AM	Moon – Blue		Bhuloka Day	
Until 6:29AM				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							
							<i>Pradosha Vrata</i>

5		Sunday, March 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Sukarma Yoga Gara/Vanija Karana Chaturdashyam Titau		Manama, Bahrain Sun 27 Sutra 329	
Simha Rasi: 1.05	Tithi 14	Gulika 2:47PM – 4:16PM	Magha* Until 1:33AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:54AM	Vikarin 5121	
		Yama 11:49AM – 1:18PM	Sukarma Until 6:34PM	Muruqa: Orange	<i>Sunset:</i> 5:45PM	Moon 2 - Phase 45	
151833467	Rahu 4:16PM – 5:45PM		Gara Until 2:15PM	Nataraja: Clear		4th Phase	
Routine Work	Marana Yoga		Chaturdashi* Until 12:27AM Mon	Moon – Red		Devaloka Day	
Until 1:33AM Mon		Chidambaram Abhishekam		Phalguna-Masi			
Then Creative Work - Siddha Yoga							

○		Monday, March 9, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau		Manama, Bahrain Sutra 330	
Copper Retreat Star		Gulika 1:18PM – 2:47PM	Purvaphalguni Until 10:34PM	Ganesha: White	<i>Sunrise:</i> 5:53AM	Vikarin 5121	
Simha Rasi: 16.08	Tithi 15	Yama 10:20AM – 11:49AM	Dhriti Until 2:23PM	Muruqa: Orange	<i>Sunset:</i> 5:45PM	Moon 2 - Phase 45	
Family Home Evening	152833467	Rahu 7:22AM – 8:51AM	Visti Until 10:38AM	Nataraja: Clear		Purnima	
Creative Work	Siddha Yoga		Purnima* Until 8:43PM	Moon – Red		Sivaloka Day	
		Holi		Phalguna-Masi			

○		Tuesday, March 10, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Balava/Taitila Karana Prathama/Dvityayam Titau		Manama, Bahrain Sutra 331	
Silver Retreat Star		Gulika 11:49AM – 1:18PM	Uttaraphalguni Until 7:22PM	Ganesha: White	<i>Sunrise:</i> 5:52AM	Vikarin 5121	
Kanya Rasi: 1.23	Tithi 16 – 17	Yama 8:50AM – 10:20AM	Shula* Until 10:01AM	Muruqa: Orange	<i>Sunset:</i> 5:46PM	Moon 2 - Phase 45	
152833467	Rahu 2:47PM – 4:16PM		Balava Until 6:49AM	Nataraja: Clear		Prathama	
Creative Work	Amrita Yoga		Prathama* Until 4:53PM	Moon – Red		Sivaloka Day	
Until 7:22PM				Phalguna-Masi			
Then Creative Work - Siddha Yoga							



Wednesday, March 11, 2020

Gold Retreat Star

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

Manama, Bahrain

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 16.4 Tithi 17 - 18

162833467

Gulika 10:19AM - 11:48AM
Yama 7:20AM - 8:50AM
Rahu 11:48AM - 1:18PM

Hasta Until 4:31PM
Vriddhi Until 1:31AM Thu
Vanija Until 11:18PM
Dvitiya Until 1:06PM

Ganesha: Clear *Sunrise: 5:51AM*
Muruqa: Orange *Sunset: 5:46PM*
Nataraja: Clear
Moon - Green

Devaloka Day

Phalguna-Masi

Routine Work Marana Yoga

Until 4:31PM

Then Creative Work - Siddha Yoga

1

Thursday, March 12, 2020

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

Manama, Bahrain

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 1.47 Tithi 18 - 19

162833467

Gulika 8:49AM - 10:19AM
Yama 5:50AM - 7:19AM
Rahu 1:18PM - 2:47PM

Chitra Until 1:49PM
Dhruva Until 9:36PM
Bava Until 7:57PM
Tritiya Until 9:33AM

Ganesha: Clear *Sunrise: 5:50AM*
Muruqa: Orange *Sunset: 5:47PM*
Nataraja: Clear
Moon - Green

Devaloka Day

Phalguna-Masi

Creative Work Siddha Yoga

Until 1:49PM

Then Creative Work - Amrita Yoga

2

Friday, March 13, 2020

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

Manama, Bahrain

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 16.37 Tithi 19 - 20

162833467

Gulika 7:19AM - 8:48AM
Yama 2:47PM - 4:17PM
Rahu 10:18AM - 11:48AM

Svati Until 11:24AM
Vyaghata* Until 6:06PM
Taitila Until 3:50AM Sat
Chaturthi* Until 6:25AM

Ganesha: Clear *Sunrise: 5:49AM*
Muruqa: Orange *Sunset: 5:47PM*
Nataraja: Clear
Moon - Green

Devaloka Day

Phalguna-Masi

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

Manama, Bahrain

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 1.03 Tithi 21

172833467

Gulika 5:48AM - 7:18AM
Yama 1:18PM - 2:48PM
Rahu 8:48AM - 10:18AM

Vishakha Until 9:51AM
Harshana Until 3:08PM
Gara Until 2:49PM
Shashthi* Until 1:56AM Sun

Ganesha: Purple *Sunrise: 5:48AM*
Muruqa: Orange *Sunset: 5:48PM*
Nataraja: Clear
Moon - Orange

Sivaloka Day

Phalguna-Panguni

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

Manama, Bahrain

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 15.01 Tithi 22

172833468

Gulika 2:48PM - 4:18PM
Yama 11:47AM - 1:18PM
Rahu 4:18PM - 5:48PM

Anuradha Until 8:52AM
Vajra* Until 12:44PM
Visti Until 1:17PM
Saptami Until 12:48AM Mon

Ganesha: Purple *Sunrise: 5:47AM*
Muruqa: Orange *Sunset: 5:48PM*
Nataraja: Purple
Moon - Orange

Subha Sivaloka Day

Phalguna-Panguni

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

Manama, Bahrain

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Vrischika Rasi: 28.31 Tithi 23

172933468

Gulika 1:17PM - 2:48PM
Yama 10:17AM - 11:47AM
Rahu 7:16AM - 8:46AM

Jyeshtha* Until 8:31AM
Siddhi Until 10:58AM
Balava Until 12:33PM
Ashtami* Until 12:28AM Tue

Ganesha: Clear *Sunrise: 5:46AM*
Muruqa: Orange *Sunset: 5:48PM*
Nataraja: Purple
Moon - Orange

Sivaloka Day

Phalguna-Panguni

Creative Work Siddha Yoga

Family Home Evening

Tuesday, March 17, 2020

Retreat Star

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

Manama, Bahrain

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 12 Tithi 24

182933468

Gulika 11:47AM - 1:17PM
Yama 8:46AM - 10:16AM
Rahu 2:48PM - 4:18PM

Mula* Until 9:13AM
Vyatipata* Until 9:50AM
Taitila Until 12:36PM
Navami* Until 12:52AM Wed

Ganesha: Purple *Sunrise: 5:45AM*
Muruqa: Orange *Sunset: 5:49PM*
Nataraja: Purple
Moon - Light Blue

Devaloka Day

Phalguna-Panguni

Creative Work Amrita Yoga

Until 9:13AM

Then Creative Work - Siddha Yoga


1	Wednesday, March 18, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau				Manama, Bahrain
	Dhanus Rasi: 24.19	Tithi 25	Gulika 10:16AM – 11:46AM	Purvashadha* Until 10:29AM	Ganesha: Purple	<i>Sunrise:</i> 5:43AM	Sun 8 Sutra 339
			Yama 7:14AM – 8:45AM	Variyan Until 9:14AM	Muruqa: Orange	<i>Sunset:</i> 5:49PM	Vikarin 5121
	182933468	Rahu 11:46AM – 1:17PM		Vanija Until 1:21PM	Nataraja: Purple		Moon 3 - Phase 47
Creative Work	Amrita Yoga		Dashami Until 1:57AM Thu	Moon – Light Blue		2nd Phase	
				Phalguna-Panguni		Devaloka Day	

2	Thursday, March 19, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Manama, Bahrain
	Makara Rasi: 6.45	Tithi 26	Gulika 8:44AM – 10:15AM	Uttarashadha Until 12:10PM	Ganesha: Purple	<i>Sunrise:</i> 5:42AM	Sun 9 Sutra 340
			Yama 5:42AM – 7:13AM	Parigha* Until 9:07AM	Muruqa: Orange	<i>Sunset:</i> 5:50PM	Vikarin 5121
	182933468	Rahu 1:17PM – 2:48PM		Bava Until 2:42PM	Nataraja: Purple		Moon 3 - Phase 47
Routine Work	Marana Yoga		Ekadashi* Until 3:32AM Fri	Moon – Light Blue		2nd Phase	
Until 12:10PM				Phalguna-Panguni		Devaloka Day	
Then Creative Work - Siddha Yoga							

3	Friday, March 20, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau				Manama, Bahrain
	Makara Rasi: 18.58	Tithi 27	Gulika 7:12AM – 8:44AM	Shravana Until 2:37PM	Ganesha: Clear	<i>Sunrise:</i> 5:41AM	Sun 10 Sutra 341
			Yama 2:48PM – 4:19PM	Shiva Until 9:23AM	Muruqa: Orange	<i>Sunset:</i> 5:50PM	Vikarin 5121
	192933468	Rahu 10:15AM – 11:46AM		Kaulava Until 4:30PM	Nataraja: Purple		Moon 3 - Phase 47
Routine Work	Marana Yoga		Dvadashi* Until 5:29AM Sat	Moon – Purple		2nd Phase	
Until 2:37PM				Phalguna-Panguni		Sivaloka Day	
Then Creative Work - Siddha Yoga							

4	Saturday, March 21, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Siddha/Sadhya Yoga Gara Karana Trayodashyam Titau				Manama, Bahrain
	Kumbha Rasi: 1.03	Tithi 28	Gulika 5:40AM – 7:12AM	Dhanishtha Until 5:12PM	Ganesha: Clear	<i>Sunrise:</i> 5:40AM	Sun 11 Sutra 342
			Yama 1:17PM – 2:48PM	Siddha Until 9:53AM	Muruqa: Orange	<i>Sunset:</i> 5:51PM	Vikarin 5121
	192933468	Rahu 8:43AM – 10:14AM		Gara Until 6:36PM	Nataraja: Purple		Moon 3 - Phase 47
Creative Work	Siddha Yoga		Trayodashi* Until 7:42AM Sun	Moon – Purple		2nd Phase	
Until 5:12PM				Phalguna-Panguni		Sivaloka Day	
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>				

5	Sunday, March 22, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain
	Kumbha Rasi: 13.02	Tithi 28 – 29	Gulika 2:48PM – 4:20PM	Shatabhishak Until 7:48PM	Ganesha: Clear	<i>Sunrise:</i> 5:39AM	Sun 12 Sutra 343
			Yama 11:45AM – 1:17PM	Sadhya Until 10:34AM	Muruqa: Orange	<i>Sunset:</i> 5:51PM	Vikarin 5121
	192933468	Rahu 4:20PM – 5:51PM		Visti Until 8:53PM	Nataraja: Purple		Moon 3 - Phase 47
Creative Work	Siddha Yoga		Trayodashi* Until 7:42AM	Moon – Purple		2nd Phase	
				Phalguna-Panguni		Sivaloka Day	

	Monday, March 23, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Manama, Bahrain
	Retreat Star		Gulika 1:17PM – 2:48PM	Purvaproshtapada* Until 10:51PM	Ganesha: Yellow	<i>Sunrise:</i> 5:38AM	Sun 13 Sutra 344
	Kumbha Rasi: 24.58	Tithi 29 – 30	Yama 10:13AM – 11:45AM	Subha Until 11:22AM	Muruqa: Orange	<i>Sunset:</i> 5:52PM	Vikarin 5121
	113933468	Rahu 7:10AM – 8:42AM		Catuspada Until 11:17PM	Nataraja: Purple		Moon 3 - Phase 47
Family Home Evening			Chaturdashi* Until 10:03AM	Moon – Clear		Amavasya	
Routine Work	Marana Yoga			Phalguna-Panguni		Sivaloka Day	
Until 10:51PM							
Then Creative Work - Siddha Yoga							

	Tuesday, March 24, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Manama, Bahrain
	Retreat Star		Gulika 11:45AM – 1:17PM	Uttaraproshtapada Until 1:47AM Wed	Ganesha: Yellow	<i>Sunrise:</i> 5:37AM	Sun 14 Sutra 345
	Meena Rasi: 6.52	Tithi 30 – 1	Yama 8:41AM – 10:13AM	Sukla Until 12:12PM	Muruqa: Orange	<i>Sunset:</i> 5:52PM	Vikarin 5121
	113933468	Rahu 2:48PM – 4:20PM		Kintughna Until 1:43AM Wed	Nataraja: Purple		Moon 3 - Phase 47
Creative Work	Amrita Yoga		Amavasya* Until 12:28PM	Moon – Clear		Prathama	
Until 1:47AM Wed		Yugadhi		Chaitra-Panguni		Sivaloka Day	
Then Routine Work - Marana Yoga							

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

All times are standard time

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1		Wednesday, March 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Manama, Bahrain Sun 15 Sutra 346	
Meena Rasi: 18.44	Tithi 1 – 2	Gulika 10:12AM – 11:44AM	Revati Until 4:33AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 5:36AM		Vikarin 5121
		Yama 7:08AM – 8:40AM	Brahma Until 1:04PM	Muruqa: Orange	<i>Sunset:</i> 5:53PM		Moon 3 - Phase 48
		113933468 Rahu 11:44AM – 1:16PM	Balava Until 4:10AM Thu	Nataraja: Purple			3rd Phase
Routine Work	Marana Yoga		Prathama* Until 2:55PM	Moon – Clear		Sivaloka Day	
Until 4:33AM Thu				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

2		Thursday, March 26, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Manama, Bahrain Sun 16 Sutra 347	
Mesha Rasi: 0.37	Tithi 2 – 3	Gulika 8:39AM – 10:12AM	Ashvini Until 7:36AM Fri	Ganesha: Red	<i>Sunrise:</i> 5:35AM		Vikarin 5121
		Yama 5:35AM – 7:07AM	Indra Until 1:55PM	Muruqa: Orange	<i>Sunset:</i> 5:53PM		Moon 3 - Phase 48
		123933468 Rahu 1:16PM – 2:49PM	Taitila Until 6:33AM Fri	Nataraja: Purple			3rd Phase
Creative Work	Amrita Yoga		Dvitiya Until 5:21PM	Moon – White		Sivaloka Day	
Until 7:36AM Fri		Chellappaswami Mahasamadhi		Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

3		Friday, March 27, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Taitila/Gara Karana Tritiyayam Titau		Manama, Bahrain Sun 17 Sutra 348	
Mesha Rasi: 12.32	Tithi 3	Gulika 7:06AM – 8:39AM	Ashvini Until 7:36AM	Ganesha: Red	<i>Sunrise:</i> 5:34AM		Vikarin 5121
		Yama 2:49PM – 4:21PM	Vaidhriti* Until 2:41PM	Muruqa: Orange	<i>Sunset:</i> 5:54PM		Moon 3 - Phase 48
		123933468 Rahu 10:11AM – 11:44AM	Taitila Until 6:33AM	Nataraja: Purple			3rd Phase
Creative Work	Amrita Yoga		Tritiya Until 7:40PM	Moon – White		Sivaloka Day	
Until 7:36AM				Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

4		Saturday, March 28, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Chaturtham Titau		Manama, Bahrain Sun 18 Sutra 349	
Mesha Rasi: 24.29	Tithi 4	Gulika 5:33AM – 7:05AM	Bharani Until 10:19AM	Ganesha: Red	<i>Sunrise:</i> 5:33AM		Vikarin 5121
		Yama 1:16PM – 2:49PM	Vishkambha* Until 3:20PM	Muruqa: Orange	<i>Sunset:</i> 5:54PM		Moon 3 - Phase 48
		123933468 Rahu 8:38AM – 10:11AM	Vanija Until 8:47AM	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 9:47PM	Moon – White		Sivaloka Day	
Until 10:19AM				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

5		Sunday, March 29, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Panchamyam Titau		Manama, Bahrain Sun 19 Sutra 350	
Vrishabha Rasi: 6.33	Tithi 5	Gulika 2:49PM – 4:22PM	Krittika Until 12:37PM	Ganesha: Red	<i>Sunrise:</i> 5:32AM		Vikarin 5121
		Yama 11:43AM – 1:16PM	Priti Until 3:46PM	Muruqa: Orange	<i>Sunset:</i> 5:55PM		Moon 3 - Phase 48
		123933468 Rahu 4:22PM – 5:55PM	Bava Until 10:44AM	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga		Panchami Until 11:33PM	Moon – White		Sivaloka Day	
				Chaitra•Panguni			

6		Monday, March 30, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushmani/Saubhagya Yoga Kaulava/Taitila Karana Shashthyam Titau		Manama, Bahrain Sun 20 Sutra 351	
Vrishabha Rasi: 18.46	Tithi 6	Gulika 1:16PM – 2:49PM	Rohini Until 2:50PM	Ganesha: Blue	<i>Sunrise:</i> 5:31AM		Vikarin 5121
Family Home Evening		Yama 10:10AM – 11:43AM	Ayushman Until 3:50PM	Muruqa: Orange	<i>Sunset:</i> 5:55PM		Moon 3 - Phase 48
		133933468 Rahu 7:04AM – 8:37AM	Kaulava Until 12:16PM	Nataraja: Purple			3rd Phase
Creative Work	Amrita Yoga		Shashthi* Until 12:49AM Tue	Moon – Yellow		Subha Sivaloka Day	
				Chaitra•Panguni			

Retreat Star		Tuesday, March 31, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau		Manama, Bahrain Sun 21 Sutra 352	
Mithuna Rasi: 1.13	Tithi 7	Gulika 11:43AM – 1:16PM	Mrigashira Until 4:17PM	Ganesha: Blue	<i>Sunrise:</i> 5:30AM		Vikarin 5121
		Yama 8:36AM – 10:09AM	Saubhagya Until 3:26PM	Muruqa: Orange	<i>Sunset:</i> 5:56PM		Moon 3 - Phase 48
		133933468 Rahu 2:49PM – 4:22PM	Gara Until 1:13PM	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga		Saptami Until 1:25AM Wed	Moon – Yellow		Subha Sivaloka Day	
Until 4:17PM				Chaitra•Panguni			
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, April 1, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana/Alhiganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Manama, Bahrain Sun 22 Sutra 353	
Mithuna Rasi: 13.59	Tithi 8	Gulika 10:09AM – 11:43AM	Ardra Until 4:53PM	Ganesha: Blue	<i>Sunrise:</i> 5:30AM		Vikarin 5121
		Yama 7:03AM – 8:36AM	Sobhana Until 2:29PM	Muruqa: Orange	<i>Sunset:</i> 5:56PM		Moon 3 - Phase 48
		133933468 Rahu 11:43AM – 1:16PM	Visti Until 1:26PM	Nataraja: Purple			Ashtami
Creative Work	Siddha Yoga		Ashtami* Until 1:14AM Thu	Moon – Yellow		Subha Sivaloka Day	
				Chaitra•Panguni			

Retreat Star		Thursday, April 2, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau		Manama, Bahrain Sun 23 Sutra 354	
Mithuna Rasi: 27.09	Tithi 9	Gulika 8:35AM – 10:09AM	Punarvasu Until 4:59PM	Ganesha: Yellow	<i>Sunrise:</i> 5:28AM		Vikarin 5121
		Yama 5:28AM – 7:02AM	Athiganda* Until 12:52PM	Muruqa: Orange	<i>Sunset:</i> 5:56PM		Moon 3 - Phase 48
		143933468 Rahu 1:16PM – 2:49PM	Balava Until 12:51PM	Nataraja: Purple			Navami
Creative Work	Amrita Yoga		Navami* Until 12:13AM Fri	Moon – Blue		Sivaloka Day	
		Sri Rama Navami		Chaitra•Panguni			


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

1		Friday, April 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau				Manama, Bahrain Sun 24 Sutra 355
Kataka Rasi: 10.46	Tithi 10	Gulika 7:01AM – 8:35AM	Pushya Until 4:08PM	Ganesha: Yellow	<i>Sunrise:</i> 5:27AM			Vikarin 5121
		Yama 2:49PM – 4:23PM	Sukarma Until 10:37AM	Muruqa: Orange	<i>Sunset:</i> 5:57PM			Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 Rahu 10:08AM – 11:42AM	Taitila Until 11:26AM	Nataraja: Purple				4th Phase
			Dashami Until 10:25PM	Moon – Blue			Sivaloka Day	
				Chaitra•Panguni				

2		Saturday, April 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Dhriti/Shula* Yoga Vanija/Visli* Karana Ekadashyam Titau				Manama, Bahrain Sun 25 Sutra 356
Kataka Rasi: 24.52	Tithi 11	Gulika 5:26AM – 7:00AM	Ashlesha* Until 2:24PM	Ganesha: Yellow	<i>Sunrise:</i> 5:26AM			Vikarin 5121
		Yama 1:15PM – 2:49PM	Dhriti Until 7:46AM	Muruqa: Orange	<i>Sunset:</i> 5:57PM			Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 Rahu 8:34AM – 10:08AM	Vanija Until 9:15AM	Nataraja: Purple				4th Phase
Until 2:24PM			Ekadashi Until 7:54PM	Moon – Blue			Sivaloka Day	
Then Creative Work - Amrita Yoga		Yogaswami Mahasamadhi		Chaitra•Panguni				

3		Sunday, April 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Ganda* Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 357
Simha Rasi: 9.25	Tithi 12 – 13	Gulika 2:49PM – 4:23PM	Magha* Until 12:19PM	Ganesha: White	<i>Sunrise:</i> 5:25AM			Vikarin 5121
		Yama 11:41AM – 1:15PM	Ganda* Until 12:29AM Mon	Muruqa: Orange	<i>Sunset:</i> 5:57PM			Moon 3 - Phase 49
Routine Work	Marana Yoga	153933468 Rahu 4:23PM – 5:57PM	Bava Until 6:25AM	Nataraja: Purple				4th Phase
Until 12:19PM			Dvadashi Until 4:47PM	Moon – Red			Subha Sivaloka Day	
Then Creative Work - Siddha Yoga				Chaitra•Panguni				
				<i>Pradosha Vrata</i>				

4		Monday, April 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 358
Simha Rasi: 24.22	Tithi 13 – 14	Gulika 1:15PM – 2:50PM	Purvaphalguni Until 9:38AM	Ganesha: Clear	<i>Sunrise:</i> 5:24AM			Vikarin 5121
Family Home Evening		Yama 10:07AM – 11:41AM	Vriddhi Until 8:21PM	Muruqa: Orange	<i>Sunset:</i> 5:58PM			Moon 3 - Phase 49
Creative Work	Siddha Yoga	154933468 Rahu 6:58AM – 8:33AM	Gara Until 11:23PM	Nataraja: Purple				4th Phase
			Trayodashi Until 1:15PM	Moon – Red			Sivaloka Day	
				Chaitra•Panguni				

		Tuesday, April 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visli* Karana Chaturdashi/Purnimayam Titau				Manama, Bahrain Sun 28 Sutra 359
Copper Retreat Star		Gulika 11:41AM – 1:15PM	Uttaraphalguni Until 6:32AM	Ganesha: Clear	<i>Sunrise:</i> 5:23AM			Vikarin 5121
Kanya Rasi: 9.34	Tithi 14 – 15	Yama 8:32AM – 10:06AM	Dhruva Until 4:01PM	Muruqa: Orange	<i>Sunset:</i> 5:58PM			Moon 3 - Phase 49
		154933468 Rahu 2:50PM – 4:24PM	Visti Until 7:31PM	Nataraja: Purple				Purnima
Creative Work	Amrita Yoga		Chaturdashi* Until 9:27AM	Moon – Red			Sivaloka Day	
Until 6:32AM		Panguni Uttiram		Chaitra•Panguni				
Then Creative Work - Siddha Yoga		Hanuman Jayanti						

5		Wednesday, April 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Chitra Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Manama, Bahrain Sun 29 Sutra 360
Silver Retreat Star		Gulika 10:06AM – 11:41AM	Chitra Until 12:33AM Thu	Ganesha: Purple	<i>Sunrise:</i> 5:22AM			Vikarin 5121
Kanya Rasi: 24.52	Tithi 16	Yama 6:57AM – 8:31AM	Vyaghata* Until 11:40AM	Muruqa: Clear	<i>Sunset:</i> 5:59PM			Moon 3 - Phase 49
		164934468 Rahu 11:41AM – 1:15PM	Balava Until 3:39PM	Nataraja: Purple				Prathama
Creative Work	Siddha Yoga		Prathama* Until 1:45AM Thu	Moon – Green			Devaloka Day	
Until 12:33AM Thu				Chaitra•Panguni				
Then Creative Work - Amrita Yoga								



Thursday, April 9, 2020
Gold Retreat Star

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

Manama, Bahrain
Sutra 361
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Tula Rasi: 10.05 Tithi 17
164134468
Creative Work Amrita Yoga
Until 9:39PM
Then Creative Work - Siddha Yoga

Gulika 8:31AM – 10:05AM
Yama 5:21AM – 6:56AM
Rahu 1:15PM – 2:50PM

Svati Until 9:39PM
Harshana Until 7:27AM
Taitila Until 11:57AM
Dvitiya Until 10:12PM

Ganesha: White *Sunrise:* 5:21AM
Muruqa: Clear *Sunset:* 5:59PM
Nataraja: Purple
Moon – Green
Chaitra•Panguni

Devaloka Day

1 Friday, April 10, 2020

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

Manama, Bahrain
Sun 1 Sutra 362
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Tula Rasi: 25.05 Tithi 18
174134468
Creative Work Siddha Yoga

Gulika 6:55AM – 8:30AM
Yama 2:50PM – 4:25PM
Rahu 10:05AM – 11:40AM

Vishakha Until 7:27PM
Siddhi Until 11:54PM
Vanija Until 8:36AM
Tritiya Until 7:06PM

Ganesha: Yellow *Sunrise:* 5:20AM
Muruqa: Clear *Sunset:* 6:00PM
Nataraja: Purple
Moon – Orange
Chaitra•Panguni

Sivaloka Day

2 Saturday, April 11, 2020

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

Manama, Bahrain
Sun 2 Sutra 363
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Vischika Rasi: 9.41 Tithi 19 – 20
174134468
Creative Work Siddha Yoga

Gulika 5:19AM – 6:54AM
Yama 1:15PM – 2:50PM
Rahu 8:29AM – 10:05AM

Anuradha Until 5:43PM
Vyatipata* Until 8:51PM
Kaulava Until 3:36AM Sun
Chaturthi* Until 4:34PM

Ganesha: Yellow *Sunrise:* 5:19AM
Muruqa: Clear *Sunset:* 6:00PM
Nataraja: Purple
Moon – Orange
Chaitra•Panguni

Sivaloka Day

3 Sunday, April 12, 2020

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

Manama, Bahrain
Sun 3 Sutra 364
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Vischika Rasi: 23.5 Tithi 20 – 21
174134468
Routine Work Marana Yoga
Until 4:33PM
Then Creative Work - Amrita Yoga

Gulika 2:50PM – 4:25PM
Yama 11:39AM – 1:15PM
Rahu 4:25PM – 6:01PM

Jyeshtha* Until 4:33PM
Variyan Until 6:23PM
Gara Until 2:12AM Mon
Panchami Until 2:47PM

Ganesha: Yellow *Sunrise:* 5:18AM
Muruqa: Clear *Sunset:* 6:01PM
Nataraja: Purple
Moon – Orange
Chaitra•Panguni

Sivaloka Day

4 Monday, April 13, 2020

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

Manama, Bahrain
Sun 4 Sutra 1
Sarvari 5122
Moon 4 - Phase 50
1st Phase

Dhanus Rasi: 7.29 Tithi 21 – 22
184134468
Family Home Evening
Creative Work Siddha Yoga
Until 4:31PM
Then Routine Work - Marana Yoga

Gulika 1:15PM – 2:50PM
Yama 10:04AM – 11:39AM
Rahu 6:53AM – 8:28AM

Mula* Until 4:31PM
Parigha* Until 4:36PM
Visti Until 1:39AM Tue
Shashthi* Until 1:48PM

Ganesha: Blue *Sunrise:* 5:17AM
Muruqa: Clear *Sunset:* 6:01PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Devaloka Day

Tuesday, April 14, 2020
Retreat Star

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

Manama, Bahrain
Sun 5 Sutra 2
Sarvari 5122
Moon 4 - Phase 50
Ashtami

Dhanus Rasi: 20.41 Tithi 22 – 23
284134468
Creative Work Siddha Yoga
Until 5:09PM
Then Routine Work - Prabalarishta Yoga

Gulika 11:39AM – 1:15PM
Yama 8:28AM – 10:03AM
Rahu 2:50PM – 4:26PM

Purvashadha* Until 5:09PM
Shiva Until 3:30PM
Balava Until 1:57AM Wed
Saptami Until 1:41PM

Ganesha: Yellow *Sunrise:* 5:16AM
Muruqa: Clear *Sunset:* 6:02PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Sivaloka Day

Wednesday, April 15, 2020
Retreat Star

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

Manama, Bahrain
Sun 6 Sutra 3
Sarvari 5122
Moon 4 - Phase 50
Navami

Makara Rasi: 3.27 Tithi 23 – 24
284134468
Creative Work Amrita Yoga
Until 6:24PM
Then Creative Work - Siddha Yoga

Gulika 10:03AM – 11:39AM
Yama 6:51AM – 8:27AM
Rahu 11:39AM – 1:15PM

Uttarashadha Until 6:24PM
Siddha Until 3:00PM
Taitila Until 2:59AM Thu
Ashtami* Until 2:22PM

Ganesha: Yellow *Sunrise:* 5:15AM
Muruqa: Clear *Sunset:* 6:02PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Sivaloka Day

1	Thursday, April 16, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Shravana Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 7 Sutra 4
	Makara Rasi: 15.53	Tithi 24 – 25	Gulika 8:26AM – 10:02AM	Shravana Until 8:36PM	Ganesha: Blue	<i>Sunrise:</i> 5:14AM	Sarvari 5122
			Yama 5:14AM – 6:50AM	Sadhya Until 3:02PM	Muruqa: Clear	<i>Sunset:</i> 6:03PM	Moon 4 - Phase 1
	294134468		Rahu 1:15PM – 2:51PM	Vanija Until 4:38AM Fri	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga	Chidambaram Abhishekam		Moon – Purple		Devaloka Day	
		Chaitra•Chaitra					


2	Friday, April 17, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Subha/Sukla Yoga Visti/Bava Karana Dashami/Ekadashyam Titau				Manama, Bahrain Sun 8 Sutra 5
	Makara Rasi: 28.04	Tithi 25 – 26	Gulika 6:50AM – 8:26AM	Dhanishtha Until 11:07PM	Ganesha: Blue	<i>Sunrise:</i> 5:13AM	Sarvari 5122
			Yama 2:51PM – 4:27PM	Subha Until 3:30PM	Muruqa: Clear	<i>Sunset:</i> 6:03PM	Moon 4 - Phase 1
	294134468		Rahu 10:02AM – 11:38AM	Bava Until 6:43AM Sat	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga	Dashami Until 5:37PM		Moon – Purple		Devaloka Day	
		Chaitra•Chaitra					


3	Saturday, April 18, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau				Manama, Bahrain Sun 9 Sutra 6
	Kumbha Rasi: 10.05	Tithi 26	Gulika 5:12AM – 6:49AM	Shatabhishak Until 1:46AM Sun	Ganesha: Yellow	<i>Sunrise:</i> 5:12AM	Sarvari 5122
			Yama 1:14PM – 2:51PM	Sukla Until 4:12PM	Muruqa: Clear	<i>Sunset:</i> 6:04PM	Moon 4 - Phase 1
	295134468		Rahu 8:25AM – 10:02AM	Bava Until 6:43AM	Nataraja: Purple		2nd Phase
Creative Work	Amrita Yoga	Ekadashi* Until 7:51PM		Moon – Purple		Sivaloka Day	
		Chaitra•Chaitra					

4	Sunday, April 19, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Dvadashyam Titau				Manama, Bahrain Sun 10 Sutra 7
	Kumbha Rasi: 22	Tithi 27	Gulika 2:51PM – 4:28PM	Purvaproshtapada* Until 4:53AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:11AM	Sarvari 5122
			Yama 11:38AM – 1:14PM	Brahma Until 5:04PM	Muruqa: Clear	<i>Sunset:</i> 6:04PM	Moon 4 - Phase 1
	215134468		Rahu 4:28PM – 6:04PM	Kaulava Until 9:03AM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga	Dvadashi* Until 10:15PM		Moon – Clear		Sivaloka Day	
		Chaitra•Chaitra					

5	Monday, April 20, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Parigha* Yoga Gara/Vanija Karana Trayodashyam Titau				Manama, Bahrain Sun 11 Sutra 8
	Meena Rasi: 3.53	Tithi 28	Gulika 1:14PM – 2:51PM	Uttaraproshtapada Until 7:51AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 5:10AM	Sarvari 5122
	Family Home Evening		Yama 10:01AM – 11:38AM	Indra Until 6:00PM	Muruqa: Clear	<i>Sunset:</i> 6:05PM	Moon 4 - Phase 1
	215134468		Rahu 6:47AM – 8:24AM	Gara Until 11:30AM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga	Trayodashi* Until 12:42AM Tue		Moon – Clear		Sivaloka Day	
		Chaitra•Chaitra					
<i>Pradosha Vrata (Fasting)</i>							

6	Tuesday, April 21, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vaidhriti* Yoga Visti/Sakuni* Karana Chaturdashyam Titau				Manama, Bahrain Sun 12 Sutra 9
	Meena Rasi: 15.44	Tithi 29	Gulika 11:37AM – 1:14PM	Uttaraproshtapada Until 7:51AM	Ganesha: Yellow	<i>Sunrise:</i> 5:10AM	Sarvari 5122
			Yama 8:23AM – 10:00AM	Vaidhriti* Until 6:53PM	Muruqa: Clear	<i>Sunset:</i> 6:05PM	Moon 4 - Phase 1
	215134468		Rahu 2:51PM – 4:28PM	Visti Until 1:56PM	Nataraja: Purple		2nd Phase
Creative Work	Amrita Yoga	Chaturdashi* Until 3:06AM Wed		Moon – Clear		Sivaloka Day	
		Chaitra•Chaitra					

	Wednesday, April 22, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Manama, Bahrain Sun 13 Sutra 10
	Retreat Star		Gulika 10:00AM – 11:37AM	Revati Until 10:35AM	Ganesha: Yellow	<i>Sunrise:</i> 5:09AM	Sarvari 5122
	Meena Rasi: 27.38	Tithi 30	Yama 6:46AM – 8:23AM	Vishkambha* Until 7:43PM	Muruqa: Clear	<i>Sunset:</i> 6:06PM	Moon 4 - Phase 1
	215134468		Rahu 11:37AM – 1:14PM	Catuspada Until 4:17PM	Nataraja: Purple		Amavasya
Routine Work	Marana Yoga	Amavasya* Until 5:23AM Thu		Moon – Clear		Sivaloka Day	
		Chaitra•Chaitra					

	Thursday, April 23, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Priti Yoga Kintughna* Karana Prathamayam Titau				Manama, Bahrain Sun 14 Sutra 11
	Retreat Star		Gulika 8:22AM – 10:00AM	Ashvini Until 1:31PM	Ganesha: Red	<i>Sunrise:</i> 5:08AM	Sarvari 5122
	Mesha Rasi: 9.34	Tithi 1	Yama 5:08AM – 6:45AM	Priti Until 8:27PM	Muruqa: Clear	<i>Sunset:</i> 6:06PM	Moon 4 - Phase 1
	225134468		Rahu 1:14PM – 2:52PM	Kintughna Until 6:29PM	Nataraja: Purple		Prathama
Creative Work	Amrita Yoga	Prathama* Until 7:29AM Fri		Moon – White		Sivaloka Day	
		Vaisaka•Chaitra					

1		Friday, April 24, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Manama, Bahrain Sun 15	Sutra 12
Mesha Rasi: 21.34	Tithi 1 – 2	Gulika	6:44AM – 8:22AM	Bharani Until 4:06PM	Ganesha: Red	<i>Sunrise:</i> 5:07AM		Sarvari 5122	
		Yama	2:52PM – 4:29PM	Ayushman Until 8:59PM	Muruqa: Clear	<i>Sunset:</i> 6:07PM		Moon 4 - Phase 2	
		225134469 Rahu	9:59AM – 11:37AM	Balava Until 8:28PM	Nataraja: Clear			3rd Phase	
Creative Work	Siddha Yoga			Prathama* Until 7:29AM	Moon – White		Devaloka Day		
					Vaisaka-Chaitra				

2		Saturday, April 25, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Manama, Bahrain Sun 16	Sutra 13
Vrishabha Rasi: 3.4	Tithi 2 – 3	Gulika	5:06AM – 6:44AM	Krittika Until 6:16PM	Ganesha: Red	<i>Sunrise:</i> 5:06AM		Sarvari 5122	
		Yama	1:14PM – 2:52PM	Saubhagya Until 9:19PM	Muruqa: Clear	<i>Sunset:</i> 6:07PM		Moon 4 - Phase 2	
		225134469 Rahu	8:21AM – 9:59AM	Taitila Until 10:11PM	Nataraja: Clear			3rd Phase	
Creative Work	Amrita Yoga			Dvitiya Until 9:21AM	Moon – White		Devaloka Day		
					Vaisaka-Chaitra				

3		Sunday, April 26, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Manama, Bahrain Sun 17	Sutra 14
Vrishabha Rasi: 15.54	Tithi 3 – 4	Gulika	2:52PM – 4:30PM	Rohini Until 8:26PM	Ganesha: Yellow	<i>Sunrise:</i> 5:05AM		Sarvari 5122	
		Yama	11:36AM – 1:14PM	Sobhana Until 9:24PM	Muruqa: Clear	<i>Sunset:</i> 6:08PM		Moon 4 - Phase 2	
		235134469 Rahu	4:30PM – 6:08PM	Vanija Until 11:32PM	Nataraja: Clear			3rd Phase	
Creative Work	Siddha Yoga			Tritiya Until 10:53AM	Moon – Yellow		Devaloka Day		
		Akshaya Tritiya			Vaisaka-Chaitra				

4		Monday, April 27, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Manama, Bahrain Sun 18	Sutra 15
Vrishabha Rasi: 28.17	Tithi 4 – 5	Gulika	1:14PM – 2:52PM	Mrigashira Until 10:00PM	Ganesha: Yellow	<i>Sunrise:</i> 5:04AM		Sarvari 5122	
Family Home Evening		Yama	9:58AM – 11:36AM	Athiganda* Until 9:07PM	Muruqa: Clear	<i>Sunset:</i> 6:08PM		Moon 4 - Phase 2	
Creative Work	Amrita Yoga	235134469 Rahu	6:42AM – 8:20AM	Bava Until 12:27AM Tue	Nataraja: Clear			3rd Phase	
Until 10:00PM				Chaturthi* Until 12:02PM	Moon – Yellow		Devaloka Day		
Then Creative Work - Siddha Yoga		Adi Sankara Jayanthi			Vaisaka-Chaitra				

5		Tuesday, April 28, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Manama, Bahrain Sun 19	Sutra 16
Mithuna Rasi: 10.52	Tithi 5 – 6	Gulika	11:36AM – 1:14PM	Ardra Until 10:55PM	Ganesha: Blue	<i>Sunrise:</i> 5:04AM		Sarvari 5122	
		Yama	8:20AM – 9:58AM	Sukarma Until 8:27PM	Muruqa: Clear	<i>Sunset:</i> 6:09PM		Moon 4 - Phase 2	
		236134469 Rahu	2:52PM – 4:31PM	Kaulava Until 12:49AM Wed	Nataraja: Clear			3rd Phase	
Routine Work	Marana Yoga			Panchami Until 12:41PM	Moon – Yellow		Bhuloka Day		
Until 10:55PM					Vaisaka-Chaitra		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Siddha Yoga									

6		Wednesday, April 29, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Manama, Bahrain Sun 20	Sutra 17
Mithuna Rasi: 23.44	Tithi 6 – 7	Gulika	9:58AM – 11:36AM	Punarvasu Until 11:33PM	Ganesha: Yellow	<i>Sunrise:</i> 5:03AM		Sarvari 5122	
		Yama	6:41AM – 8:19AM	Dhriti Until 7:19PM	Muruqa: Clear	<i>Sunset:</i> 6:09PM		Moon 4 - Phase 2	
		246134469 Rahu	11:36AM – 1:14PM	Gara Until 12:34AM Thu	Nataraja: Clear			3rd Phase	
Creative Work	Siddha Yoga			Shashthi* Until 12:45PM	Moon – Blue		Devaloka Day		
					Vaisaka-Chaitra				

Retreat Star		Thursday, April 30, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Manama, Bahrain Sun 21	Sutra 18
Kataka Rasi: 6.53	Tithi 7 – 8	Gulika	8:19AM – 9:57AM	Pushya Until 11:23PM	Ganesha: Yellow	<i>Sunrise:</i> 5:02AM		Sarvari 5122	
		Yama	5:02AM – 6:40AM	Shula* Until 5:39PM	Muruqa: Clear	<i>Sunset:</i> 6:10PM		Moon 4 - Phase 2	
		246134469 Rahu	1:14PM – 2:53PM	Visti Until 11:40PM	Nataraja: Clear			Ashtami	
Creative Work	Amrita Yoga			Saptami Until 12:11PM	Moon – Blue		Devaloka Day		
Until 11:23PM					Vaisaka-Chaitra				
Then Creative Work - Siddha Yoga									

Retreat Star		Friday, May 1, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda*/Vridhidi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain Sun 22	Sutra 19
Kataka Rasi: 20.26	Tithi 8 – 9	Gulika	6:39AM – 8:18AM	Ashlesha* Until 10:24PM	Ganesha: Yellow	<i>Sunrise:</i> 5:00AM		Sarvari 5122	
		Yama	2:53PM – 4:32PM	Ganda* Until 3:27PM	Muruqa: Clear	<i>Sunset:</i> 6:11PM		Moon 4 - Phase 2	
		246134469 Rahu	9:57AM – 11:36AM	Balava Until 10:06PM	Nataraja: Clear			Navami	
Routine Work	Marana Yoga			Ashtami* Until 10:57AM	Moon – Blue		Devaloka Day		
					Vaisaka-Chaitra				


1		Saturday, May 2, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Manama, Bahrain Sun 23 Sutra 20	
Simha Rasi: 4.21	Tithi 9 – 10	Gulika 5:00AM – 6:39AM	Magha* Until 9:06PM	Ganesha: White	<i>Sunrise:</i> 5:00AM	Sarvari 5122		
		Yama 1:15PM – 2:53PM	Vriddhi Until 12:45PM	Muruqa: Clear	<i>Sunset:</i> 6:11PM	Moon 4 - Phase 3		
	256134469	Rahu 8:18AM – 9:57AM	Taitila Until 7:55PM	Nataraja: Clear		4th Phase		
Creative Work	Amrita Yoga		Navami* Until 9:04AM	Moon – Red		Bhuloka Day		
Until 9:06PM				Vaisaka*Chaitra		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Siddha Yoga								

2		Sunday, May 3, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Gara/Visli* Karana Dashami/Ekadashyam Titau			Manama, Bahrain Sun 24 Sutra 21	
Simha Rasi: 18.4	Tithi 10 – 11	Gulika 2:54PM – 4:33PM	Purvaphalguni Until 7:08PM	Ganesha: White	<i>Sunrise:</i> 4:59AM	Sarvari 5122		
		Yama 11:35AM – 1:15PM	Dhruva Until 9:34AM	Muruqa: Clear	<i>Sunset:</i> 6:12PM	Moon 4 - Phase 3		
	256134469	Rahu 4:33PM – 6:12PM	Visti Until 3:38AM Mon	Nataraja: Clear		4th Phase		
Creative Work	Siddha Yoga		Dashami Until 6:36AM	Moon – Red		Bhuloka Day		
Until 7:08PM				Vaisaka*Chaitra		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Amrita Yoga								

3		Monday, May 4, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau			Manama, Bahrain Sun 25 Sutra 22	
Kanya Rasi: 3.2	Tithi 12	Gulika 1:15PM – 2:54PM	Uttaraphalguni Until 4:36PM	Ganesha: Clear	<i>Sunrise:</i> 4:58AM	Sarvari 5122		
Family Home Evening		Yama 9:56AM – 11:35AM	Vyaghata* Until 6:00AM	Muruqa: Clear	<i>Sunset:</i> 6:12PM	Moon 4 - Phase 3		
	256234469	Rahu 6:38AM – 8:17AM	Bava Until 2:02PM	Nataraja: Clear		4th Phase		
Creative Work	Siddha Yoga		Dvadashi Until 12:20AM Tue	Moon – Red		Devaloka Day		
				Vaisaka*Chaitra				

4		Tuesday, May 5, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Manama, Bahrain Sun 26 Sutra 23		
Kanya Rasi: 18.16	Tithi 13	Gulika 11:35AM – 1:15PM	Hasta Until 2:05PM	Ganesha: Clear	<i>Sunrise:</i> 4:58AM	Sarvari 5122			
		Yama 8:16AM – 9:56AM	Vajra* Until 10:09PM	Muruqa: Clear	<i>Sunset:</i> 6:13PM	Moon 4 - Phase 3			
	267234469	Rahu 2:54PM – 4:34PM	Kaulava Until 10:36AM	Nataraja: Clear		4th Phase			
Creative Work	Siddha Yoga		Trayodashi Until 8:48PM	Moon – Green		Devaloka Day			
				Vaisaka*Chaitra					
				<i>Pradosha Vrata</i>					

5		Wednesday, May 6, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi Yoga Gara/Visli* Karana Chaturdashi/Purnimayam Titau			Manama, Bahrain Sun 27 Sutra 24	
Tula Rasi: 3.19	Tithi 14 – 15	Gulika 9:56AM – 11:35AM	Chitra Until 11:19AM	Ganesha: Clear	<i>Sunrise:</i> 4:57AM	Sarvari 5122		
		Yama 6:36AM – 8:16AM	Siddhi Until 6:06PM	Muruqa: Clear	<i>Sunset:</i> 6:14PM	Moon 4 - Phase 3		
	267234469	Rahu 11:35AM – 1:15PM	Gara Until 7:02AM	Nataraja: Clear		4th Phase		
Creative Work	Siddha Yoga		Chaturdashi* Until 5:14PM	Moon – Green		Devaloka Day		
				Vaisaka*Chaitra				

		Thursday, May 7, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Manama, Bahrain Sutra 25	
Copper Retreat Star		Gulika 8:16AM – 9:55AM	Svati Until 8:28AM	Ganesha: Clear	<i>Sunrise:</i> 4:56AM	Sarvari 5122		
Tula Rasi: 18.22	Tithi 15 – 16	Yama 4:56AM – 6:36AM	Vyatipata* Until 2:09PM	Muruqa: Clear	<i>Sunset:</i> 6:14PM	Moon 4 - Phase 3		
	267234469	Rahu 1:15PM – 2:55PM	Balava Until 12:07AM Fri	Nataraja: Clear		Purnima		
Creative Work	Amrita Yoga		Purnima* Until 1:45PM	Moon – Green		Devaloka Day		
Until 8:28AM		Budha Purnima (Tamil Nadu)		Vaisaka*Chaitra				
Then Creative Work - Siddha Yoga								

Friday, May 8, 2020		Silver Retreat Star			Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau			Manama, Bahrain Sutra 26	
Vrischika Rasi: 3.14	Tithi 16 – 17	Gulika 6:35AM – 8:15AM	Vishakha Until 6:08AM	Ganesha: Purple	<i>Sunrise:</i> 4:56AM	Sarvari 5122			
		Yama 2:55PM – 4:35PM	Variyan Until 10:25AM	Muruqa: Clear	<i>Sunset:</i> 6:15PM	Moon 4 - Phase 3			
	277234469	Rahu 9:55AM – 11:35AM	Taitila Until 9:07PM	Nataraja: Clear		Prathama			
Creative Work	Siddha Yoga		Prathama* Until 10:33AM	Moon – Orange		Bhuloka Day			
				Vaisaka*Chaitra		Devaloka Time: 3:PM to 6:PM			

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