



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

Tula Rasi: 29.37 Tithi 17 – 18

274483468

Routine Work Marana Yoga

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

**Gulika** 3:50PM – 5:33PM  
**Yama** 12:23PM – 2:06PM  
**Rahu** 5:33PM – 7:16PM

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

**Ganesha:** Blue *Sunrise: 5:29AM*  
**Muruqa:** Yellow *Sunset: 7:16PM*  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Chaitra**

Milan, Italy  
Sutra 7  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**1**

**Monday, April 22, 2019**

Vrischika Rasi: 13.12 Tithi 18 – 19

**Family Home Evening**

Creative Work Siddha Yoga

274483468

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

**Gulika** 2:06PM – 3:50PM  
**Yama** 10:39AM – 12:22PM  
**Rahu** 7:11AM – 8:55AM

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

**Ganesha:** Blue *Sunrise: 5:27AM*  
**Muruqa:** Yellow *Sunset: 7:18PM*  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Chaitra**

Milan, Italy  
Sun 1  
Sutra 8  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**2**

**Tuesday, April 23, 2019**

Vrischika Rasi: 26.22 Tithi 19 – 20

Routine Work Marana Yoga

Until 12:35PM

Then Creative Work - Amrita Yoga

274483468

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

**Gulika** 12:22PM – 2:06PM  
**Yama** 8:54AM – 10:38AM  
**Rahu** 3:51PM – 5:35PM

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

**Ganesha:** Blue *Sunrise: 5:26AM*  
**Muruqa:** Yellow *Sunset: 7:19PM*  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Chaitra**

Milan, Italy  
Sun 2  
Sutra 9  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**3**

**Wednesday, April 24, 2019**

Dhanus Rasi: 9.07 Tithi 20 – 21

Routine Work Marana Yoga

Until 2:04PM

Then Creative Work - Amrita Yoga

284483468

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

**Gulika** 10:38AM – 12:22PM  
**Yama** 7:08AM – 8:53AM  
**Rahu** 12:22PM – 2:07PM

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

**Ganesha:** Yellow *Sunrise: 5:24AM*  
**Muruqa:** Yellow *Sunset: 7:20PM*  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

Milan, Italy  
Sun 3  
Sutra 10  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Sivaloka Day**

**4**

**Thursday, April 25, 2019**

Dhanus Rasi: 21.31 Tithi 21 – 22

Creative Work Siddha Yoga

Until 4:08PM

Then Routine Work - Marana Yoga

284483469

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

**Gulika** 8:52AM – 10:37AM  
**Yama** 5:22AM – 7:07AM  
**Rahu** 2:07PM – 3:52PM

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

**Ganesha:** Yellow *Sunrise: 5:22AM*  
**Muruqa:** Yellow *Sunset: 7:22PM*  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra+Chaitra**

Milan, Italy  
Sun 4  
Sutra 11  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**D**

**Friday, April 26, 2019**

**Retreat Star**

Makara Rasi: 3.38 Tithi 22 – 23

Routine Work Marana Yoga

284583469

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

**Gulika** 7:06AM – 8:51AM  
**Yama** 3:52PM – 5:38PM  
**Rahu** 10:36AM – 12:22PM

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

**Ganesha:** Red *Sunrise: 5:21AM*  
**Muruqa:** Yellow *Sunset: 7:23PM*  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra+Chaitra**

Milan, Italy  
Sun 5  
Sutra 12  
Vikarin 5121  
Moon 4 - Phase 2  
Ashtami

**Devaloka Day**

**Saturday, April 27, 2019**

**Retreat Star**

Makara Rasi: 15.34 Tithi 23 – 24

Creative Work Siddha Yoga

294583469

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

**Gulika** 5:19AM – 7:05AM  
**Yama** 2:07PM – 3:53PM  
**Rahu** 8:50AM – 10:36AM

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

**Ganesha:** Green *Sunrise: 5:19AM*  
**Muruqa:** Yellow *Sunset: 7:24PM*  
**Nataraja:** Clear  
Moon – Purple  
**Chaitra+Chaitra**

Milan, Italy  
Sun 6  
Sutra 13  
Vikarin 5121  
Moon 4 - Phase 2  
Navami

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

<b>1 Sunday, April 28, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Sukla Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Milan, Italy Sutra 14
Makara Rasi: 27.23	Tithi 24 – 25	<b>Gulika</b> 3:53PM – 5:39PM	<b>Dhanishtha</b> <b>Until 12:48AM Mon</b>	<b>Ganesha:</b> Green <i>Sunrise: 5:17AM</i>	Sun 7	Vikarin 5121
	294583469	Yama 12:21PM – 2:07PM	Sukla <b>Until 11:01PM</b>	<b>Muruqa:</b> Yellow <i>Sunset: 7:25PM</i>		Moon 4 - Phase 3
Routine Work	Marana Yoga	<b>Rahu</b> 5:39PM – 7:25PM	Vanija <b>Until 4:24AM Mon</b>	<b>Nataraja:</b> Clear		2nd Phase
Until 12:48AM Mon			<b>Navami* Until 3:06PM</b>	Moon – Purple	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

<b>2 Monday, April 29, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Brahma Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Milan, Italy Sutra 15
Kumbha Rasi: 9.13	Tithi 25 – 26	<b>Gulika</b> 2:08PM – 3:54PM	<b>Shatabhishak</b> <b>Until 3:34AM Tue</b>	<b>Ganesha:</b> Green <i>Sunrise: 5:16AM</i>	Sun 8	Vikarin 5121
<b>Family Home Evening</b>	294583469	Yama 10:35AM – 12:21PM	Brahma <b>Until 11:57PM</b>	<b>Muruqa:</b> Yellow <i>Sunset: 7:27PM</i>		Moon 4 - Phase 3
Creative Work	Siddha Yoga	<b>Rahu</b> 7:02AM – 8:49AM	Bava <b>Until 6:46AM Tue</b>	<b>Nataraja:</b> Clear		2nd Phase
Until 3:34AM Tue			<b>Dashami</b> <b>Until 5:36PM</b>	Moon – Purple	<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

<b>3 Tuesday, April 30, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaprossthapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau				Milan, Italy Sutra 16
Kumbha Rasi: 21.07	Tithi 26	<b>Gulika</b> 12:21PM – 2:08PM	<b>Purvaprossthapada*</b> <b>Until 6:21AM Wed</b>	<b>Ganesha:</b> Purple <i>Sunrise: 5:14AM</i>	Sun 9	Vikarin 5121
	214583469	Yama 8:48AM – 10:34AM	Indra <b>Until 12:39AM Wed</b>	<b>Muruqa:</b> Yellow <i>Sunset: 7:28PM</i>		Moon 4 - Phase 3
Routine Work	Marana Yoga	<b>Rahu</b> 3:55PM – 5:41PM	Bava <b>Until 6:46AM</b>	<b>Nataraja:</b> Clear		2nd Phase
Until 6:21AM Wed			<b>Ekadashi* Until 7:49PM</b>	Moon – Clear	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

<b>4 Wednesday, May 1, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaprossthapada*/Uttaraprossthapada Nakshatra Vaidhriti* Yoga Kaulava/Taitilla Karana Dvadashyam Titau				Milan, Italy Sutra 17
Meena Rasi: 3.08	Tithi 27	<b>Gulika</b> 10:34AM – 12:21PM	<b>Purvaprossthapada*</b> <b>Until 6:21AM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 5:13AM</i>	Sun 10	Vikarin 5121
	214583469	Yama 7:00AM – 8:47AM	Vaidhriti* <b>Until 12:59AM Thu</b>	<b>Muruqa:</b> Yellow <i>Sunset: 7:29PM</i>		Moon 4 - Phase 3
Creative Work	Amrita Yoga	<b>Rahu</b> 12:21PM – 2:08PM	Kaulava <b>Until 8:47AM</b>	<b>Nataraja:</b> Clear		2nd Phase
Until 6:21AM			<b>Dvadashi* Until 9:36PM</b>	Moon – Clear	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

<b>5 Thursday, May 2, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraprossthapada/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Milan, Italy Sutra 18
Meena Rasi: 15.22	Tithi 28	<b>Gulika</b> 8:46AM – 10:34AM	<b>Uttaraprossthapada</b> <b>Until 8:31AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 5:11AM</i>	Sun 11	Vikarin 5121
	215583469	Yama 5:11AM – 6:59AM	Vishkambha* <b>Until 12:56AM Fri</b>	<b>Muruqa:</b> Yellow <i>Sunset: 7:30PM</i>		Moon 4 - Phase 3
Creative Work	Siddha Yoga	<b>Rahu</b> 2:08PM – 3:56PM	Gara <b>Until 10:19AM</b>	<b>Nataraja:</b> Clear		2nd Phase
Until 10:01AM			<b>Trayodashi* Until 10:52PM</b>	Moon – Clear	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

*Pradosha Vrata (Fasting)*

<b>6 Friday, May 3, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Milan, Italy Sutra 19
Meena Rasi: 27.48	Tithi 29	<b>Gulika</b> 6:58AM – 8:45AM	<b>Revati</b> <b>Until 10:01AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 5:10AM</i>	Sun 12	Vikarin 5121
	215583469	Yama 3:56PM – 5:44PM	Priti <b>Until 12:28AM Sat</b>	<b>Muruqa:</b> Yellow <i>Sunset: 7:32PM</i>		Moon 4 - Phase 3
Creative Work	Siddha Yoga	<b>Rahu</b> 10:33AM – 12:21PM	Visti <b>Until 11:19AM</b>	<b>Nataraja:</b> Clear		2nd Phase
Until 10:01AM			<b>Chaturdashi* Until 11:36PM</b>	Moon – Clear	<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Milan, Italy Sutra 20
Mesha Rasi: 10.29	Tithi 30	<b>Gulika</b> 5:08AM – 6:57AM	<b>Ashvini</b> <b>Until 11:18AM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 5:08AM</i>	Sun 13	Vikarin 5121
	225583469	Yama 2:09PM – 3:57PM	Ayushman <b>Until 11:34PM</b>	<b>Muruqa:</b> Yellow <i>Sunset: 7:33PM</i>		Moon 4 - Phase 3
Creative Work	Siddha Yoga	<b>Rahu</b> 8:45AM – 10:33AM	Catuspada <b>Until 11:47AM</b>	<b>Nataraja:</b> Clear		Amavasya
Until 11:55AM			<b>Amavasya* Until 11:47PM</b>	Moon – White	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Chaitra*Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Milan, Italy Sutra 21
Mesha Rasi: 23.26	Tithi 1	<b>Gulika</b> 3:57PM – 5:46PM	<b>Bharani</b> <b>Until 11:55AM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 5:07AM</i>	Sun 14	Vikarin 5121
	225583469	Yama 12:21PM – 2:09PM	Saubhagya <b>Until 10:18PM</b>	<b>Muruqa:</b> Yellow <i>Sunset: 7:34PM</i>		Moon 4 - Phase 3
Routine Work	Prabalarishta Yoga	<b>Rahu</b> 5:46PM – 7:34PM	Kintughna <b>Until 11:43AM</b>	<b>Nataraja:</b> Clear		Prathama
Until 11:55AM			<b>Prathama* Until 11:30PM</b>	Moon – White	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Vaisaka*Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

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

<b>Monday, May 6, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Milan, Italy Sun 15 Sutra 22 Vikarin 5121
<b>1</b>		<b>Gulika</b> 2:09PM – 3:58PM	<b>Krittika</b> Until 11:58AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:06AM	
Vrishabha Rasi: 7	Tithi 2	Yama 10:32AM – 12:20PM	Sobhana Until 8:43PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:35PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	225583469	<b>Rahu</b> 6:54AM – 8:43AM	Balava Until 11:13AM	<b>Nataraja:</b> Clear		3rd Phase
Routine Work Marana Yoga			<b>Dvitiya</b> Until 10:49PM	Moon – White		<b>Bhuloka Day</b>
Until 11:58AM				<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

<b>Tuesday, May 7, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Milan, Italy Sun 16 Sutra 23 Vikarin 5121
<b>2</b>		<b>Gulika</b> 12:20PM – 2:09PM	<b>Rohini</b> Until 11:56AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:03AM	
Vrishabha Rasi: 19.59	Tithi 3	Yama 8:42AM – 10:31AM	Athiganda* Until 6:50PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:37PM	Moon 4 - Phase 4
<b>Creative Work</b> Amrita Yoga	235583469	<b>Rahu</b> 3:59PM – 5:48PM	Taitila Until 10:21AM	<b>Nataraja:</b> Clear		3rd Phase
Until 11:56AM			<b>Tritiya</b> Until 9:46PM	Moon – Yellow		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga		<b>Akshaya Tritiya</b>		<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM

<b>Wednesday, May 8, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturthyam Titau				Milan, Italy Sun 17 Sutra 24 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:31AM – 12:20PM	<b>Mrigashira</b> Until 11:27AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:03AM	
Mithuna Rasi: 3.33	Tithi 4	Yama 6:52AM – 8:42AM	Sukarma Until 4:44PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:38PM	Moon 4 - Phase 4
<b>Creative Work</b> Siddha Yoga	235583469	<b>Rahu</b> 12:20PM – 2:10PM	Vanija Until 9:10AM	<b>Nataraja:</b> Clear		3rd Phase
Until 11:56AM			<b>Chaturthi</b> Until 8:27PM	Moon – Yellow		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga				<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM

<b>Thursday, May 9, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Panchamyam Titau				Milan, Italy Sun 18 Sutra 25 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:41AM – 10:31AM	<b>Ardra</b> Until 10:35AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:02AM	
Mithuna Rasi: 17.16	Tithi 5	Yama 5:02AM – 6:51AM	Dhriti Until 2:28PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:39PM	Moon 4 - Phase 4
<b>Routine Work</b> Marana Yoga	235583469	<b>Rahu</b> 2:10PM – 4:00PM	Bava Until 7:43AM	<b>Nataraja:</b> Clear		3rd Phase
Until 10:35AM			<b>Panchami</b> Until 6:54PM	Moon – Yellow		<b>Bhuloka Day</b>
Then Creative Work - Amrita Yoga				<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM

<b>Friday, May 10, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Gara Karana Shashthi/Saplamyam Titau				Milan, Italy Sun 19 Sutra 26 Vikarin 5121
<b>5</b>		<b>Gulika</b> 6:50AM – 8:40AM	<b>Punarvasu</b> Until 9:48AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:00AM	
Kataka Rasi: 1.07	Tithi 6 – 7	Yama 4:00PM – 5:50PM	Shula* Until 11:59AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:40PM	Moon 4 - Phase 4
<b>Creative Work</b> Siddha Yoga	245583469	<b>Rahu</b> 10:30AM – 12:20PM	Kaulava Until 6:04AM	<b>Nataraja:</b> Clear		3rd Phase
Until 9:48AM			<b>Shashthi</b> Until 5:09PM	Moon – Blue		<b>Devaloka Day</b>
Then Routine Work - Marana Yoga				<b>Vaisaka-Chaitra</b>		

<b>Saturday, May 11, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi Yoga Vanija/Visti* Karana Saplamyashram Titau				Milan, Italy Sun 20 Sutra 27 Vikarin 5121
<b>6</b>		<b>Gulika</b> 4:59AM – 6:49AM	<b>Pushya</b> Until 8:40AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:59AM	
Kataka Rasi: 15.05	Tithi 7 – 8	Yama 2:11PM – 4:01PM	Ganda* Until 9:22AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:41PM	Moon 4 - Phase 4
<b>Creative Work</b> Siddha Yoga	245583469	<b>Rahu</b> 8:40AM – 10:30AM	Visti Until 2:11AM Sun	<b>Nataraja:</b> Clear		3rd Phase
Until 8:40AM			<b>Saptami</b> Until 3:12PM	Moon – Blue		<b>Devaloka Day</b>
Then Routine Work - Marana Yoga				<b>Vaisaka-Chaitra</b>		

<b>Sunday, May 12, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Milan, Italy Sun 21 Sutra 28 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 4:01PM – 5:52PM	<b>Ashlesha*</b> Until 7:14AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:58AM	
Kataka Rasi: 29.11	Tithi 8 – 9	Yama 12:20PM – 2:11PM	Vridhhi Until 6:38AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:43PM	Moon 4 - Phase 4
<b>Creative Work</b> Siddha Yoga	246583469	<b>Rahu</b> 5:52PM – 7:43PM	Balava Until 12:00AM Mon	<b>Nataraja:</b> Clear		Ashtami
Until 7:14AM			<b>Ashtami</b> Until 1:05PM	Moon – Blue		<b>Devaloka Day</b>
Then Routine Work - Marana Yoga		<b>Mother's Day</b>		<b>Vaisaka-Chaitra</b>		


<b>Monday, May 13, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Milan, Italy Sun 22 Sutra 29 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 2:11PM – 4:02PM	<b>Purvaphalguni</b> Until 4:22AM Tue	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:56AM	
Simha Rasi: 13.22	Tithi 9 – 10	Yama 10:29AM – 12:20PM	Vyaghata* Until 12:46AM Tue	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:44PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	256583469	<b>Rahu</b> 6:47AM – 8:38AM	Taitila Until 9:41PM	<b>Nataraja:</b> Clear		Navami
<b>Creative Work</b> Siddha Yoga			<b>Navami</b> Until 10:50AM	Moon – Red		<b>Bhuloka Day</b>
Until 4:22AM Tue				<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

<b>1</b>		<b>Tuesday, May 14, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau				Milan, Italy Sun 23
Simha Rasi: 27.38	Tithi 10 – 11	<b>Gulika</b>	12:20PM – 2:11PM	<b>Uttaraphalguni</b> Until 2:37AM Wed	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:55AM	Vikarin 5121	
		Yama	8:38AM – 10:29AM	Harshana Until 9:45PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:45PM	Moon 4 - Phase 5	
		266583469 <b>Rahu</b>	4:03PM – 5:54PM	Vanija Until 7:19PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Amrita Yoga			<b>Dashami</b> Until 8:29AM	Moon – Red		<b>Bhuloka Day</b>	
Until 2:37AM Wed					<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga								

<b>2</b>		<b>Wednesday, May 15, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Vajra* Yoga Visti*/Balava Karana Ekadashi/Dvodashyam Titau				Milan, Italy Sun 24
Kanya Rasi: 11.55	Tithi 11 – 12	<b>Gulika</b>	10:29AM – 12:20PM	<b>Hasta</b> Until 1:11AM Thu	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:54AM	Vikarin 5121	
		Yama	6:46AM – 8:37AM	Vajra* Until 6:44PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:46PM	Moon 4 - Phase 5	
		266583469 <b>Rahu</b>	12:20PM – 2:12PM	Balava Until 3:45AM Thu	<b>Nataraja:</b> Clear		4th Phase	
Routine Work	Marana Yoga			<b>Ekadashi</b> Until 6:06AM	Moon – Green		<b>Devaloka Day</b>	
Until 1:11AM Thu					<b>Vaisaka-Vaikasi</b>			
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Thursday, May 16, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Milan, Italy Sun 25
Kanya Rasi: 26.11	Tithi 13	<b>Gulika</b>	8:37AM – 10:28AM	<b>Chitra</b> Until 11:45PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:53AM	Vikarin 5121	
		Yama	4:53AM – 6:45AM	Siddhi Until 3:49PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:47PM	Moon 4 - Phase 5	
		266583469 <b>Rahu</b>	2:12PM – 4:04PM	Kaulava Until 2:39PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga			<b>Trayodashi</b> Until 1:34AM Fri	Moon – Green		<b>Devaloka Day</b>	
Until 11:45PM					<b>Vaisaka-Vaikasi</b>			
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata</i>				

<b>4</b>		<b>Friday, May 17, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Chaturdashyam Titau				Milan, Italy Sun 26
Tula Rasi: 10.19	Tithi 14	<b>Gulika</b>	6:44AM – 8:36AM	<b>Svati</b> Until 10:26PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:52AM	Vikarin 5121	
		Yama	4:04PM – 5:56PM	Vyatipata* Until 1:05PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:48PM	Moon 4 - Phase 5	
		266583469 <b>Rahu</b>	10:28AM – 12:20PM	Gara Until 12:35PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga			<b>Chaturdashi*</b> Until 11:39PM	Moon – Green		<b>Devaloka Day</b>	
					<b>Vaisaka-Vaikasi</b>			

		<b>Saturday, May 18, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau				Milan, Italy Sun 27
<b>Copper Retreat Star</b>		<b>Gulika</b>	4:51AM – 6:43AM	<b>Vishakha</b> Until 9:48PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:51AM	Vikarin 5121	
Tula Rasi: 24.17	Tithi 15	Yama	2:13PM – 4:05PM	Variyan Until 10:37AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:50PM	Moon 4 - Phase 5	
		276583469 <b>Rahu</b>	8:35AM – 10:28AM	Visti Until 10:52AM	<b>Nataraja:</b> Clear		Purnima	
Creative Work	Siddha Yoga			<b>Purnima*</b> Until 10:09PM	Moon – Orange		<b>Bhuloka Day</b>	
					<b>Vaisaka-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	

<b>Sunday, May 19, 2019</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau				Milan, Italy Sun 28
<b>Silver Retreat Star</b>		<b>Gulika</b>	4:05PM – 5:58PM	<b>Anuradha</b> Until 9:33PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:50AM	Vikarin 5121	
Vrischika Rasi: 7.58	Tithi 16	Yama	12:20PM – 2:13PM	Parigha* Until 8:32AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:51PM	Moon 4 - Phase 5	
		277583469 <b>Rahu</b>	5:58PM – 7:51PM	Balava Until 9:36AM	<b>Nataraja:</b> Clear		Prathama	
Routine Work	Marana Yoga			<b>Prathama*</b> Until 9:10PM	Moon – Orange		<b>Devaloka Day</b>	
					<b>Vaisaka-Vaikasi</b>			

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

All times are standard time

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

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

277583469

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

**Gulika** 2:13PM – 4:06PM  
**Yama** 10:27AM – 12:20PM  
**Rahu** 6:42AM – 8:34AM

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

Milan, Italy  
Sun 1  
Sutra 36  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Ganesha:** Yellow *Sunrise:* 4:49AM  
**Muruqa:** Yellow *Sunset:* 7:52PM  
**Nataraja:** Clear  
Moon – Orange

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

**1**

**Tuesday, May 21, 2019**

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

287683469

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

**Gulika** 12:20PM – 2:13PM  
**Yama** 8:34AM – 10:27AM  
**Rahu** 4:07PM – 6:00PM

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

Milan, Italy  
Sun 2  
Sutra 37  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Ganesha:** Red *Sunrise:* 4:48AM  
**Muruqa:** Yellow *Sunset:* 7:53PM  
**Nataraja:** Clear  
Moon – Light Blue

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

**2**

**Wednesday, May 22, 2019**

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

287683469

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

**Gulika** 10:27AM – 12:20PM  
**Yama** 6:40AM – 8:34AM  
**Rahu** 12:20PM – 2:14PM

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

Milan, Italy  
Sun 3  
Sutra 38  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Ganesha:** Red *Sunrise:* 4:47AM  
**Muruqa:** Yellow *Sunset:* 7:54PM  
**Nataraja:** Clear  
Moon – Light Blue

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

**3**

**Thursday, May 23, 2019**

Dhanus Rasi: 29.21 Tithi 20  
Routine Work Marana Yoga

287683469

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

**Gulika** 8:33AM – 10:27AM  
**Yama** 4:46AM – 6:40AM  
**Rahu** 2:14PM – 4:08PM

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

Milan, Italy  
Sun 4  
Sutra 39  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Ganesha:** Red *Sunrise:* 4:46AM  
**Muruqa:** Yellow *Sunset:* 7:55PM  
**Nataraja:** Clear  
Moon – Light Blue

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

**4**

**Friday, May 24, 2019**

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

297683469

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

**Gulika** 6:39AM – 8:33AM  
**Yama** 4:08PM – 6:02PM  
**Rahu** 10:27AM – 12:21PM

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

Milan, Italy  
Sun 5  
Sutra 40  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Ganesha:** Green *Sunrise:* 4:45AM  
**Muruqa:** Yellow *Sunset:* 7:56PM  
**Nataraja:** Clear  
Moon – Purple

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

**5**

**Saturday, May 25, 2019**

Makara Rasi: 23.26 Tithi 22  
Creative Work Siddha Yoga

297683469

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

**Gulika** 4:44AM – 6:38AM  
**Yama** 2:15PM – 4:09PM  
**Rahu** 8:32AM – 10:27AM

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

Milan, Italy  
Sun 6  
Sutra 41  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Ganesha:** Green *Sunrise:* 4:44AM  
**Muruqa:** Yellow *Sunset:* 7:57PM  
**Nataraja:** Clear  
Moon – Purple

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

**D**

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

Kumbha Rasi: 5.18 Tithi 23  
Routine Work Marana Yoga  
Until 8:44AM  
Then Creative Work - Siddha Yoga

398683469

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

**Gulika** 4:09PM – 6:04PM  
**Yama** 12:21PM – 2:15PM  
**Rahu** 6:04PM – 7:58PM

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

Milan, Italy  
Sun 7  
Sutra 42  
Vikarin 5121  
Moon 5 - Phase 6  
Ashtami

**Ganesha:** Blue *Sunrise:* 4:43AM  
**Muruqa:** Yellow *Sunset:* 7:58PM  
**Nataraja:** Clear  
Moon – Purple

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

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

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

398683469

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

**Gulika** 2:15PM – 4:10PM  
**Yama** 10:26AM – 12:21PM  
**Rahu** 6:37AM – 8:32AM

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

Milan, Italy  
Sun 8  
Sutra 43  
Vikarin 5121  
Moon 5 - Phase 6  
Navami

**Ganesha:** Blue *Sunrise:* 4:43AM  
**Muruqa:** Yellow *Sunset:* 7:59PM  
**Nataraja:** Clear  
Moon – Purple

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


<b>1</b>		<b>Tuesday, May 28, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vishkambha/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Milan, Italy Sutra 44
Kumbha Rasi: 29.06	Tithi 24 – 25	<b>Gulika</b>	<b>12:21PM – 2:16PM</b>	<b>Purvaproshtapada* Until 2:26PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:42AM	Sun 9 Vikarin 5121
		Yama	8:31AM – 10:26AM	Vishkambha* Until 9:12AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:00PM	Moon 5 - Phase 7
		318683469 <b>Rahu</b>	<b>4:10PM – 6:05PM</b>	Vanija Until 10:00PM	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga			<b>Navami* Until 9:00AM</b>	Moon – Clear		<b>Sivaloka Day</b>
Until 2:26PM					<b>Vaisaka-Vaikasi</b>		
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Wednesday, May 29, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Priti/Ayushman Yoga Visti/Bava Karana Dashami/Ekadashyam Titau	Milan, Italy Sutra 45
Meena Rasi: 11.11	Tithi 25 – 26	<b>Gulika</b>	<b>10:26AM – 12:21PM</b>	<b>Uttaraproshtapada Until 4:45PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:41AM	Sun 10 Vikarin 5121
		Yama	6:36AM – 8:31AM	Priti Until 9:43AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:01PM	Moon 5 - Phase 7
		318683469 <b>Rahu</b>	<b>12:21PM – 2:16PM</b>	Bava Until 11:34PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Dashami Until 10:50AM</b>	Moon – Clear		<b>Sivaloka Day</b>
Until 4:45PM					<b>Vaisaka-Vaikasi</b>		
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Thursday, May 30, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Milan, Italy Sutra 46
Meena Rasi: 23.28	Tithi 26 – 27	<b>Gulika</b>	<b>8:31AM – 10:26AM</b>	<b>Revati Until 6:22PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:40AM	Sun 11 Vikarin 5121
		Yama	4:40AM – 6:36AM	Ayushman Until 9:47AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:02PM	Moon 5 - Phase 7
		318683469 <b>Rahu</b>	<b>2:16PM – 4:12PM</b>	Kaulava Until 12:33AM Fri	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Ekadashi* Until 12:07PM</b>	Moon – Clear		<b>Sivaloka Day</b>
Until 6:22PM					<b>Vaisaka-Vaikasi</b>		
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Friday, May 31, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau	Milan, Italy Sutra 47
Mesha Rasi: 6.01	Tithi 27 – 28	<b>Gulika</b>	<b>6:35AM – 8:31AM</b>	<b>Ashvini Until 7:42PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:40AM	Sun 12 Vikarin 5121
		Yama	4:12PM – 6:07PM	Saubhagya Until 9:23AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:03PM	Moon 5 - Phase 7
		328683469 <b>Rahu</b>	<b>10:26AM – 12:21PM</b>	Gara Until 12:54AM Sat	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Amrita Yoga			<b>Dvadashi* Until 12:47PM</b>	Moon – White		<b>Devaloka Day</b>
Until 7:42PM					<b>Vaisaka-Vaikasi</b>		
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Saturday, June 1, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Milan, Italy Sutra 48
Mesha Rasi: 18.53	Tithi 28 – 29	<b>Gulika</b>	<b>4:39AM – 6:35AM</b>	<b>Bharani Until 8:14PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:39AM	Sun 13 Vikarin 5121
		Yama	2:17PM – 4:13PM	Sobhana Until 8:30AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:04PM	Moon 5 - Phase 7
		329683469 <b>Rahu</b>	<b>8:30AM – 10:26AM</b>	Visti Until 12:37AM Sun	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Trayodashi* Until 12:49PM</b>	Moon – White		<b>Bhuloka Day</b>
Until 8:14PM					<b>Vaisaka-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga							

		<b>Sunday, June 2, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda*/Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Milan, Italy Sutra 49
<b>Retreat Star</b>		<b>Gulika</b>	<b>4:13PM – 6:09PM</b>	<b>Krittika Until 8:02PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:39AM	Sun 14 Vikarin 5121
Vrishabha Rasi: 2.03	Tithi 29 – 30	Yama	12:22PM – 2:17PM	Athiganda* Until 7:05AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:05PM	Moon 5 - Phase 7
		329683469 <b>Rahu</b>	<b>6:09PM – 8:05PM</b>	Catuspada Until 11:44PM	<b>Nataraja:</b> Clear		Amavasya
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 12:14PM</b>	Moon – White		<b>Bhuloka Day</b>
					<b>Vaisaka-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM

<b>Monday, June 3, 2019</b>		<b>Retreat Star</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Milan, Italy Sutra 50
Vrishabha Rasi: 15.32	Tithi 30 – 1	<b>Gulika</b>	<b>2:18PM – 4:14PM</b>	<b>Rohini Until 7:37PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:38AM	Sun 15 Vikarin 5121
<b>Family Home Evening</b>		Yama	10:26AM – 12:22PM	Dhriti Until 3:01AM Tue	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:05PM	Moon 5 - Phase 7
		339683469 <b>Rahu</b>	<b>6:34AM – 8:30AM</b>	Kintughna Until 10:22PM	<b>Nataraja:</b> Clear		Prathama
Creative Work	Amrita Yoga			<b>Amavasya* Until 11:05AM</b>	Moon – Yellow		<b>Bhuloka Day</b>
					<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM

<b>1</b>		<b>Tuesday, June 4, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Milan, Italy Sun 16 Sutra 51 Vikarin 5121
Vrishabha Rasi: 29.18	Tithi 1 – 2	<b>Gulika</b> 12:22PM – 2:18PM	<b>Mrigashira Until 6:39PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:38AM	
		Yama 8:30AM – 10:26AM	Shula* Until 12:28AM Wed	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:06PM	Moon 5 - Phase 8
		339683461 <b>Rahu</b> 4:14PM – 6:10PM	Balava Until 8:35PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Prathama* Until 9:30AM</b>	Moon – Yellow		<b>Bhuloka Day</b>
Until 6:39PM				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						

<b>2</b>		<b>Wednesday, June 5, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Milan, Italy Sun 17 Sutra 52 Vikarin 5121
Mithuna Rasi: 13.17	Tithi 2 – 3	<b>Gulika</b> 10:26AM – 12:22PM	<b>Ardra Until 5:14PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:37AM	
		Yama 6:33AM – 8:30AM	Ganda* Until 9:42PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:07PM	Moon 5 - Phase 8
		339683461 <b>Rahu</b> 12:22PM – 2:18PM	Taitila Until 6:31PM	<b>Nataraja:</b> Yellow		3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya Until 7:34AM</b>	Moon – Yellow		<b>Bhuloka Day</b>
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM

<b>3</b>		<b>Thursday, June 6, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Vridhi Yoga Vanija/Visti* Karana Chalurthyam Titau		Milan, Italy Sun 18 Sutra 53 Vikarin 5121
Mithuna Rasi: 27.26	Tithi 4	<b>Gulika</b> 8:30AM – 10:26AM	<b>Punarvasu Until 3:55PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:37AM	
		Yama 4:37AM – 6:33AM	Vridhi Until 6:48PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:08PM	Moon 5 - Phase 8
		349683461 <b>Rahu</b> 2:19PM – 4:15PM	Vanija Until 4:15PM	<b>Nataraja:</b> Yellow		3rd Phase
Creative Work	Amrita Yoga		<b>Chaturthi* Until 3:04AM Fri</b>	Moon – Blue		<b>Bhuloka Day</b>
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM

<b>4</b>		<b>Friday, June 7, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Panchamyam Titau		Milan, Italy Sun 19 Sutra 54 Vikarin 5121
Kataka Rasi: 11.41	Tithi 5	<b>Gulika</b> 6:33AM – 8:29AM	<b>Pushya Until 2:21PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:36AM	
		Yama 4:15PM – 6:12PM	Dhruva Until 3:49PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:08PM	Moon 5 - Phase 8
		349683461 <b>Rahu</b> 10:26AM – 12:22PM	Bava Until 1:54PM	<b>Nataraja:</b> Yellow		3rd Phase
Routine Work	Marana Yoga		<b>Panchami Until 12:42AM Sat</b>	Moon – Blue		<b>Bhuloka Day</b>
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM

<b>5</b>		<b>Saturday, June 8, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau		Milan, Italy Sun 20 Sutra 55 Vikarin 5121
Kataka Rasi: 25.58	Tithi 6	<b>Gulika</b> 4:36AM – 6:33AM	<b>Ashlesha* Until 12:38PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:36AM	
		Yama 2:19PM – 4:16PM	Vyaghata* Until 12:50PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:09PM	Moon 5 - Phase 8
		349683461 <b>Rahu</b> 8:29AM – 10:26AM	Kaulava Until 11:32AM	<b>Nataraja:</b> Yellow		3rd Phase
Routine Work	Marana Yoga		<b>Shashthi* Until 10:20PM</b>	Moon – Blue		<b>Bhuloka Day</b>
Until 12:38PM				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

<b>6</b>		<b>Sunday, June 9, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau		Milan, Italy Sun 21 Sutra 56 Vikarin 5121
Simha Rasi: 10.13	Tithi 7	<b>Gulika</b> 4:16PM – 6:13PM	<b>Magha* Until 11:14AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:36AM	
		Yama 12:23PM – 2:20PM	Harshana Until 9:53AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:10PM	Moon 5 - Phase 8
		351683461 <b>Rahu</b> 6:13PM – 8:10PM	Gara Until 9:12AM	<b>Nataraja:</b> Yellow		3rd Phase
Routine Work	Marana Yoga		<b>Saptami Until 8:03PM</b>	Moon – Red		<b>Devaloka Day</b>
Until 11:14AM				<b>Jyeshtha-Vaikasi</b>		
Then Creative Work - Siddha Yoga						

<b>Retreat Star</b>		<b>Monday, June 10, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Balava Karana Ashtami/Navamyam Titau		Milan, Italy Sun 22 Sutra 57 Vikarin 5121
Simha Rasi: 24.25	Tithi 8 – 9	<b>Gulika</b> 2:20PM – 4:17PM	<b>Purvaphalguni Until 9:48AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:36AM	
<b>Family Home Evening</b>		Yama 10:26AM – 12:23PM	Vajra* Until 7:00AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:10PM	Moon 5 - Phase 8
		351683461 <b>Rahu</b> 6:32AM – 8:29AM	Visti Until 6:58AM	<b>Nataraja:</b> Yellow		Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 5:52PM</b>	Moon – Red		<b>Devaloka Day</b>
				<b>Jyeshtha-Vaikasi</b>		


<b>Retreat Star</b>		<b>Tuesday, June 11, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Milan, Italy Sun 23 Sutra 58 Vikarin 5121
Kanya Rasi: 8.32	Tithi 9 – 10	<b>Gulika</b> 12:23PM – 2:20PM	<b>Uttaraphalguni Until 8:21AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:35AM	
		Yama 8:29AM – 10:26AM	Vyatipata* Until 1:36AM Wed	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:11PM	Moon 5 - Phase 8
		351683461 <b>Rahu</b> 4:17PM – 6:14PM	Taitila Until 2:53AM Wed	<b>Nataraja:</b> Yellow		Navami
Creative Work	Amrita Yoga		<b>Navami* Until 3:49PM</b>	Moon – Red		<b>Devaloka Day</b>
Until 8:21AM				<b>Jyeshtha-Vaikasi</b>		
Then Creative Work - Siddha Yoga						

<b>1</b>		<b>Wednesday, June 12, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Varyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Milan, Italy Sun 24 Sutra 59
Kanya Rasi: 22.32	Tithi 10 – 11	<b>Gulika</b> 10:26AM – 12:23PM	<b>Hasta</b> <b>Until 7:21AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:35AM	Vikarin 5121
		Yama 6:32AM – 8:29AM	Variyan <b>Until 11:07PM</b>	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:11PM	Moon 5 - Phase 9
	361683461	<b>Rahu</b> 12:23PM – 2:20PM	Vanija <b>Until 1:08AM Thu</b>	<b>Nataraja:</b> Yellow		4th Phase
Routine Work	Marana Yoga		<b>Dashami</b> <b>Until 1:58PM</b>	Moon – Green	<b>Bhuloka Day</b>	
Until 7:21AM				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga						

<b>2</b>		<b>Thursday, June 13, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svatil Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Milan, Italy Sun 25 Sutra 60
Tula Rasi: 6.25	Tithi 11 – 12	<b>Gulika</b> 8:29AM – 10:26AM	<b>Chitra</b> <b>Until 6:25AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:35AM	Vikarin 5121
		Yama 4:35AM – 6:32AM	Parigha* <b>Until 8:51PM</b>	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:12PM	Moon 5 - Phase 9
	361683461	<b>Rahu</b> 2:21PM – 4:18PM	Bava <b>Until 11:39PM</b>	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> <b>Until 12:20PM</b>	Moon – Green	<b>Bhuloka Day</b>	
Until 6:25AM				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

<b>3</b>		<b>Friday, June 14, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Milan, Italy Sun 26 Sutra 61
Tula Rasi: 20.07	Tithi 12 – 13	<b>Gulika</b> 6:32AM – 8:29AM	<b>Vishakha</b> <b>Until 5:27AM Sat</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:35AM	Vikarin 5121
		Yama 4:18PM – 6:15PM	Shiva <b>Until 6:52PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:12PM	Moon 5 - Phase 9
	371693461	<b>Rahu</b> 10:27AM – 12:24PM	Kaulava <b>Until 10:29PM</b>	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> <b>Until 11:00AM</b>	Moon – Orange	<b>Sivaloka Day</b>	
		<b>Vaikasi Visakam</b>		<b>Jyeshtha-Vaikasi</b>		
			<i>Pradosha Vrata</i>			

<b>4</b>		<b>Saturday, June 15, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Milan, Italy Sun 27 Sutra 62
Vrischika Rasi: 3.38	Tithi 13 – 14	<b>Gulika</b> 4:35AM – 6:32AM	<b>Anuradha</b> <b>Until 5:33AM Sun</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:35AM	Vikarin 5121
		Yama 2:21PM – 4:18PM	Siddha <b>Until 5:09PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:13PM	Moon 5 - Phase 9
	371793461	<b>Rahu</b> 8:29AM – 10:27AM	Gara <b>Until 9:43PM</b>	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> <b>Until 10:01AM</b>	Moon – Orange	<b>Subha Sivaloka Day</b>	
Until 5:33AM Sun				<b>Jyeshtha-Ani</b>		
Then Routine Work - Marana Yoga						

		<b>Sunday, June 16, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Milan, Italy Sun 28 Sutra 63
<b>Copper Retreat Star</b>		<b>Gulika</b> 4:19PM – 6:16PM	<b>Jyeshtha*</b> <b>Until 6:00AM Mon</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:35AM	Vikarin 5121
Vrischika Rasi: 16.54	Tithi 14 – 15	Yama 12:24PM – 2:21PM	Sadhya <b>Until 3:49PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:13PM	Moon 5 - Phase 9
	371793461	<b>Rahu</b> 6:16PM – 8:13PM	Visti <b>Until 9:25PM</b>	<b>Nataraja:</b> Yellow		Purnima
Routine Work	Marana Yoga		<b>Chaturdashi*</b> <b>Until 9:29AM</b>	Moon – Orange	<b>Subha Sivaloka Day</b>	
Until 6:00AM Mon		<b>Father's Day</b>		<b>Jyeshtha-Ani</b>		
Then Creative Work - Siddha Yoga						

<b>Monday, June 17, 2019</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha/Sukla Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Milan, Italy Sun 29 Sutra 64
Vrischika Rasi: 29.55	Tithi 15 – 16	<b>Gulika</b> 2:22PM – 4:19PM	<b>Jyeshtha*</b> <b>Until 6:00AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:35AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:27AM – 12:24PM	Subha <b>Until 2:55PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:14PM	Moon 5 - Phase 9
	371793461	<b>Rahu</b> 6:32AM – 8:30AM	Balava <b>Until 9:39PM</b>	<b>Nataraja:</b> Yellow		Prathama
Creative Work	Siddha Yoga		<b>Purnima*</b> <b>Until 9:27AM</b>	Moon – Orange	<b>Subha Sivaloka Day</b>	
Until 6:00AM				<b>Jyeshtha-Ani</b>		
Then Routine Work - Marana Yoga						

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

All times are standard time

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

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

Milan, Italy  
Sutra 65

Dhanus Rasi: 12.39 Tithi 16 – 17

**Gulika** 12:25PM – 2:22PM  
Yama 8:30AM – 10:27AM  
Rahu 4:19PM – 6:17PM

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

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

**Sunrise:** 4:35AM  
**Sunset:** 8:14PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga  
Until 7:16AM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**

**1**

**Wednesday, June 19, 2019**

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

Milan, Italy  
Sutra 66

Dhanus Rasi: 25.08 Tithi 17 – 18

**Gulika** 10:27AM – 12:25PM  
Yama 6:33AM – 8:30AM  
Rahu 12:25PM – 2:22PM

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

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

**Sunrise:** 4:35AM  
**Sunset:** 8:14PM

Sun 1  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga

**Devaloka Day**

**2**

**Thursday, June 20, 2019**

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

Milan, Italy  
Sutra 67

Makara Rasi: 7.23 Tithi 18 – 19

**Gulika** 8:30AM – 10:28AM  
Yama 4:35AM – 6:33AM  
Rahu 2:22PM – 4:20PM

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

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

**Sunrise:** 4:35AM  
**Sunset:** 8:15PM

Sun 2  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga  
Until 10:59AM  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**3**

**Friday, June 21, 2019**

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

Milan, Italy  
Sutra 68

Makara Rasi: 19.27 Tithi 19 – 20

**Gulika** 6:33AM – 8:30AM  
Yama 4:20PM – 6:17PM  
Rahu 10:28AM – 12:25PM

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

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

**Sunrise:** 4:35AM  
**Sunset:** 8:15PM

Sun 3  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga  
Until 1:46PM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**

**4**

**Saturday, June 22, 2019**

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

Milan, Italy  
Sutra 69

Kumbha Rasi: 1.23 Tithi 20 – 21

**Gulika** 4:36AM – 6:33AM  
Yama 2:23PM – 4:20PM  
Rahu 8:31AM – 10:28AM

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

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

**Sunrise:** 4:36AM  
**Sunset:** 8:15PM

Sun 4  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Siddha Yoga  
Until 4:39PM  
Then Creative Work - Amrita Yoga

**Sivaloka Day**

**5**

**Sunday, June 23, 2019**

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

Milan, Italy  
Sutra 70

Kumbha Rasi: 13.16 Tithi 21

**Gulika** 4:20PM – 6:18PM  
Yama 12:26PM – 2:23PM  
Rahu 6:18PM – 8:15PM

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

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

**Sunrise:** 4:36AM  
**Sunset:** 8:15PM

Sun 5  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Siddha Yoga

**Sivaloka Day**

**6**

**Monday, June 24, 2019**

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

Milan, Italy  
Sutra 71

Kumbha Rasi: 25.08 Tithi 22

**Gulika** 2:23PM – 4:21PM  
Yama 10:28AM – 12:26PM  
Rahu 6:34AM – 8:31AM

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

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

**Sunrise:** 4:36AM  
**Sunset:** 8:15PM

Sun 6  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

**Family Home Evening**  
Routine Work Marana Yoga  
Until 10:29PM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**



**Tuesday, June 25, 2019**

**Retreat Star**

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

Milan, Italy  
Sutra 72

Meena Rasi: 7.05 Tithi 23

**Gulika** 12:26PM – 2:23PM  
Yama 8:31AM – 10:29AM  
Rahu 4:21PM – 6:18PM

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

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

**Sunrise:** 4:37AM  
**Sunset:** 8:15PM

Sun 7  
Vikarin 5121  
Moon 6 - Phase 10  
Ashtami

Creative Work Amrita Yoga  
Until 1:03AM Wed  
Then Routine Work - Marana Yoga

**Sivaloka Day**

**Wednesday, June 26, 2019**

**Retreat Star**

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

Milan, Italy  
Sutra 73

Meena Rasi: 19.1 Tithi 24

**Gulika** 10:29AM – 12:26PM  
Yama 6:34AM – 8:32AM  
Rahu 12:26PM – 2:24PM

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


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

**Sunrise:** 4:37AM  
**Sunset:** 8:15PM

Sun 8  
Vikarin 5121  
Moon 6 - Phase 10  
Navami

Routine Work Marana Yoga  
Until 2:59AM Thu  
Then Creative Work - Amrita Yoga

**Sivaloka Day**

<b>1</b>		<b>Thursday, June 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 9		Milan, Italy Sutra 74
Mesha Rasi: 1.28	Tithi 25	322793461	<b>Gulika</b> 8:32AM – 10:29AM Yama 4:37AM – 6:35AM <b>Rahu</b> 2:24PM – 4:21PM	<b>Ashvini Until 4:38AM Fri</b> Athiganda* Until 7:06PM Vanija Until 1:43PM <b>Dashami Until 2:04AM Fri</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – White	<b>Sunrise:</b> 4:37AM <b>Sunset:</b> 8:15PM	Moon 6 - Phase 11 2nd Phase	<b>Devaloka Day</b>
Creative Work Amrita Yoga								
Until 4:38AM Fri								
Then Creative Work - Siddha Yoga								
<b>2</b>		<b>Friday, June 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau		Sun 10		Milan, Italy Sutra 75
Mesha Rasi: 14.02	Tithi 26	322793461	<b>Gulika</b> 6:35AM – 8:32AM Yama 4:21PM – 6:18PM <b>Rahu</b> 10:29AM – 12:27PM	<b>Bharani Until 5:26AM Sat</b> Sukarma Until 6:27PM Bava Until 2:16PM <b>Ekadashi* Until 2:15AM Sat</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – White	<b>Sunrise:</b> 4:38AM <b>Sunset:</b> 8:15PM	Moon 6 - Phase 11 2nd Phase	<b>Devaloka Day</b>
Creative Work Siddha Yoga								
Until 5:26AM Sat								
Then Creative Work - Amrita Yoga								
<b>3</b>		<b>Saturday, June 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Sun 11		Milan, Italy Sutra 76
Mesha Rasi: 26.58	Tithi 27	322793461	<b>Gulika</b> 4:38AM – 6:35AM Yama 2:24PM – 4:21PM <b>Rahu</b> 8:33AM – 10:30AM	<b>Krittika Until 5:22AM Sun</b> Dhriti Until 5:14PM Kaulava Until 2:06PM <b>Dvadashi* Until 1:43AM Sun</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – White	<b>Sunrise:</b> 4:38AM <b>Sunset:</b> 8:15PM	Moon 6 - Phase 11 2nd Phase	<b>Devaloka Day</b>
Creative Work Amrita Yoga								
Until 5:22AM Sun								
Then Creative Work - Siddha Yoga								
<b>4</b>		<b>Sunday, June 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 12		Milan, Italy Sutra 77
Vrishabha Rasi: 10.15	Tithi 28	332793461	<b>Gulika</b> 4:21PM – 6:18PM Yama 12:27PM – 2:24PM <b>Rahu</b> 6:18PM – 8:15PM	<b>Rohini Until 4:56AM Mon</b> Shula* Until 3:25PM Gara Until 1:12PM <b>Trayodashi* Until 12:29AM Mon</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Yellow	<b>Sunrise:</b> 4:39AM <b>Sunset:</b> 8:15PM	Moon 6 - Phase 11 2nd Phase	<b>Devaloka Day</b>
Creative Work Siddha Yoga								
Until 4:56AM Mon								
Then Creative Work - Amrita Yoga								
<b>5</b>		<b>Monday, July 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Ganda*/Vridhhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Sun 13		Milan, Italy Sutra 78
Vrishabha Rasi: 23.56	Tithi 29	332793461	<b>Gulika</b> 2:24PM – 4:21PM Yama 10:30AM – 12:27PM <b>Rahu</b> 6:36AM – 8:33AM	<b>Mrigashira Until 3:46AM Tue</b> Ganda* Until 1:06PM Visti Until 11:39AM <b>Chaturdashi* Until 10:39PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Yellow	<b>Sunrise:</b> 4:39AM <b>Sunset:</b> 8:15PM	Moon 6 - Phase 11 2nd Phase	<b>Devaloka Day</b>
Family Home Evening								
Creative Work Amrita Yoga								
Until 3:46AM Tue								
Then Routine Work - Marana Yoga								
		<b>Tuesday, July 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vridhhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Sun 14		Milan, Italy Sutra 79
Mithuna Rasi: 7.59	Tithi 30	332793461	<b>Gulika</b> 12:27PM – 2:24PM Yama 8:34AM – 10:30AM <b>Rahu</b> 4:21PM – 6:18PM	<b>Ardra Until 1:59AM Wed</b> Vridhhi Until 10:20AM Catuspada Until 9:33AM <b>Amavasya* Until 8:18PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Yellow	<b>Sunrise:</b> 4:40AM <b>Sunset:</b> 8:15PM	Moon 6 - Phase 11 Amavasya	<b>Devaloka Day</b>
<b>Retreat Star</b>								
Routine Work Marana Yoga								
Until 1:59AM Wed								
Then Creative Work - Siddha Yoga								
<b>6</b>		<b>Wednesday, July 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Balava Karana Prathama/Dvitiyayam Titau		Sun 15		Milan, Italy Sutra 80
Mithuna Rasi: 22.2	Tithi 1 – 2	343793461	<b>Gulika</b> 10:31AM – 12:28PM Yama 6:37AM – 8:34AM <b>Rahu</b> 12:28PM – 2:24PM	<b>Punarvasu Until 12:08AM Thu</b> Dhruva Until 7:12AM Kintughna Until 7:00AM <b>Prathama* Until 5:36PM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> Yellow Moon – Blue	<b>Sunrise:</b> 4:40AM <b>Sunset:</b> 8:15PM	Moon 6 - Phase 11 Prathama	<b>Sivaloka Day</b>
<b>Retreat Star</b>								
Creative Work Siddha Yoga								
Until 12:08AM 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

<b>1</b>		<b>Thursday, July 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Milan, Italy Sun 16 Sutra 81 Vikarin 5121	
Kataka Rasi: 6.53	Tithi 2 - 3	<b>Gulika</b> 8:34AM - 10:31AM	<b>Pushya</b> Until 9:58PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:41AM		
		Yama 4:41AM - 6:38AM	Harshana Until 12:19AM Fri	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:14PM	Moon 6 - Phase 12	
		343793461 <b>Rahu</b> 2:24PM - 4:21PM	Taitila Until 1:10AM Fri	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Amrita Yoga		<b>Dvitiya</b> Until 2:39PM	Moon - Blue		<b>Sivaloka Day</b>	
Until 9:58PM				<b>Ashada-Ani</b>			
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Friday, July 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Milan, Italy Sun 17 Sutra 82 Vikarin 5121	
Kataka Rasi: 21.34	Tithi 3 - 4	<b>Gulika</b> 6:38AM - 8:35AM	<b>Ashlesha*</b> Until 7:37PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:42AM		
		Yama 4:21PM - 6:18PM	Vajra* Until 8:45PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:14PM	Moon 6 - Phase 12	
		343793461 <b>Rahu</b> 10:31AM - 12:28PM	Vanija Until 10:08PM	<b>Nataraja:</b> Yellow		3rd Phase	
Routine Work	Marana Yoga		<b>Tritiya</b> Until 11:37AM	Moon - Blue		<b>Sivaloka Day</b>	
				<b>Ashada-Ani</b>			

<b>3</b>		<b>Saturday, July 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Milan, Italy Sun 18 Sutra 83 Vikarin 5121	
Simha Rasi: 6.15	Tithi 4 - 5	<b>Gulika</b> 4:42AM - 6:39AM	<b>Magha*</b> Until 5:37PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:42AM		
		Yama 2:24PM - 4:21PM	Siddhi Until 5:17PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:14PM	Moon 6 - Phase 12	
		353793461 <b>Rahu</b> 8:35AM - 10:32AM	Bava Until 7:11PM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Amrita Yoga		<b>Chaturthi*</b> Until 8:37AM	Moon - Red		<b>Subha Sivaloka Day</b>	
Until 5:37PM				<b>Ashada-Ani</b>			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Sunday, July 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyatipata*/Varyan Yoga Kaulava/Taitila Karana Shashthyam Titau		Milan, Italy Sun 19 Sutra 84 Vikarin 5121	
Simha Rasi: 20.5	Tithi 6	<b>Gulika</b> 4:21PM - 6:17PM	<b>Purvaphalguni</b> Until 3:40PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:43AM		
		Yama 12:28PM - 2:24PM	Vyatipata* Until 1:59PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:13PM	Moon 6 - Phase 12	
		453793461 <b>Rahu</b> 6:17PM - 8:13PM	Kaulava Until 4:27PM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 3:10AM Mon	Moon - Red		<b>Sivaloka Day</b>	
Until 3:40PM				<b>Ashada-Ani</b>			
Then Creative Work - Amrita Yoga							

<b>5</b>		<b>Monday, July 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau		Milan, Italy Sun 20 Sutra 85 Vikarin 5121	
Kanya Rasi: 5.14	Tithi 7	<b>Gulika</b> 2:24PM - 4:21PM	<b>Uttaraphalguni</b> Until 1:52PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:44AM		
<b>Family Home Evening</b>		Yama 10:32AM - 12:28PM	Variyan Until 10:53AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:13PM	Moon 6 - Phase 12	
		453793461 <b>Rahu</b> 6:40AM - 8:36AM	Gara Until 2:00PM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Siddha Yoga		<b>Saptami</b> Until 12:53AM Tue	Moon - Red		<b>Sivaloka Day</b>	
		<b>Chidambaram Abhishekam</b>		<b>Ashada-Ani</b>			

<b>Retreat Star</b>		<b>Tuesday, July 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau		Milan, Italy Sun 21 Sutra 86 Vikarin 5121	
Kanya Rasi: 19.24	Tithi 8	<b>Gulika</b> 12:29PM - 2:24PM	<b>Hasta</b> Until 12:43PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:45AM		
		Yama 8:37AM - 10:33AM	Parigha* Until 8:06AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:12PM	Moon 6 - Phase 12	
		463793461 <b>Rahu</b> 4:20PM - 6:16PM	Visti Until 11:54AM	<b>Nataraja:</b> Yellow		Ashtami	
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 11:00PM	Moon - Green		<b>Subha Sivaloka Day</b>	
				<b>Ashada-Ani</b>			

<b>Retreat Star</b>		<b>Wednesday, July 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddha Yoga Balava/Kaulava Karana Navamyam Titau		Milan, Italy Sun 22 Sutra 87 Vikarin 5121	
Tula Rasi: 3.19	Tithi 9	<b>Gulika</b> 10:33AM - 12:29PM	<b>Chitra</b> Until 11:50AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:45AM		
		Yama 6:41AM - 8:37AM	Siddha Until 3:32AM Thu	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:12PM	Moon 6 - Phase 12	
		463893461 <b>Rahu</b> 12:29PM - 2:24PM	Balava Until 10:14AM	<b>Nataraja:</b> Yellow		Navami	
Creative Work	Siddha Yoga		<b>Navami*</b> Until 9:32PM	Moon - Green		<b>Sivaloka Day</b>	
				<b>Ashada-Ani</b>			

1	<b>Thursday, July 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Taitila/Gara Karana Dashamyam Titau				Milan, Italy Sun 23 Sutra 88
	Tula Rasi: 16.58	Tithi 10	<b>Gulika</b> 8:37AM – 10:33AM	<b>Svati</b> Until 11:15AM	<b>Ganesha:</b> Yellow <i>Sunrise: 4:46AM</i>		Vikarin 5121
			Yama 4:46AM – 6:42AM	Sadhya Until 1:48AM Fri	<b>Muruqa:</b> Blue <i>Sunset: 8:11PM</i>		Moon 6 - Phase 13
	463893461		<b>Rahu</b> 2:24PM – 4:20PM	Taitila Until 9:00AM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work Amrita Yoga		Dashami Until 8:32PM		Moon – Green		<b>Sivaloka Day</b>	
Until 11:15AM				<b>Ashada•Ani</b>			
Then Creative Work - Siddha Yoga							

2	<b>Friday, July 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Vanija/Visti* Karana Ekadashyam Titau				Milan, Italy Sun 24 Sutra 89
	Vrischika Rasi: 0.2	Tithi 11	<b>Gulika</b> 6:42AM – 8:38AM	<b>Vishakha</b> Until 11:25AM	<b>Ganesha:</b> White <i>Sunrise: 4:47AM</i>		Vikarin 5121
			Yama 4:20PM – 6:15PM	Subha Until 12:28AM Sat	<b>Muruqa:</b> Blue <i>Sunset: 8:11PM</i>		Moon 6 - Phase 13
	473893461		<b>Rahu</b> 10:33AM – 12:29PM	Vanija Until 8:13AM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work Siddha Yoga		Ekadashi Until 8:00PM		Moon – Orange		<b>Devaloka Day</b>	
				<b>Ashada•Ani</b>			

3	<b>Saturday, July 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau				Milan, Italy Sun 25 Sutra 90
	Vrischika Rasi: 13.28	Tithi 12	<b>Gulika</b> 4:48AM – 6:43AM	<b>Anuradha</b> Until 11:54AM	<b>Ganesha:</b> White <i>Sunrise: 4:48AM</i>		Vikarin 5121
			Yama 2:24PM – 4:20PM	Sukla Until 11:29PM	<b>Muruqa:</b> Blue <i>Sunset: 8:10PM</i>		Moon 6 - Phase 13
	473893461		<b>Rahu</b> 8:38AM – 10:34AM	Bava Until 7:56AM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work Siddha Yoga		Dvadashi Until 7:56PM		Moon – Orange		<b>Devaloka Day</b>	
				<b>Ashada•Ani</b>			

4	<b>Sunday, July 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Milan, Italy Sun 26 Sutra 91
	Vrischika Rasi: 26.2	Tithi 13	<b>Gulika</b> 4:19PM – 6:14PM	<b>Jyeshtha*</b> Until 12:43PM	<b>Ganesha:</b> White <i>Sunrise: 4:49AM</i>		Vikarin 5121
			Yama 12:29PM – 2:24PM	Brahma Until 10:53PM	<b>Muruqa:</b> Blue <i>Sunset: 8:09PM</i>		Moon 6 - Phase 13
	473893461		<b>Rahu</b> 6:14PM – 8:09PM	Kaulava Until 8:07AM	<b>Nataraja:</b> Yellow		4th Phase
Routine Work Marana Yoga		Trayodashi Until 8:22PM		Moon – Orange		<b>Devaloka Day</b>	
Until 12:43PM				<b>Ashada•Ani</b>			
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata</i>			

5	<b>Monday, July 15, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Milan, Italy Sun 27 Sutra 92
	Dhanus Rasi: 9	Tithi 14	<b>Gulika</b> 2:24PM – 4:19PM	<b>Mula*</b> Until 2:18PM	<b>Ganesha:</b> Clear <i>Sunrise: 4:50AM</i>		Vikarin 5121
			Yama 10:34AM – 12:29PM	Indra Until 10:41PM	<b>Muruqa:</b> Blue <i>Sunset: 8:09PM</i>		Moon 6 - Phase 13
	483893461		<b>Rahu</b> 6:45AM – 8:39AM	Gara Until 8:47AM	<b>Nataraja:</b> Yellow		4th Phase
Family Home Evening		Chaturdashi* Until 9:16PM		Moon – Light Blue		<b>Sivaloka Day</b>	
Creative Work Siddha Yoga				<b>Ashada•Ani</b>			
Until 2:18PM							
Then Routine Work - Marana Yoga							

○	<b>Tuesday, July 16, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Milan, Italy Sun 28 Sutra 93
	<b>Copper Retreat Star</b>		<b>Gulika</b> 12:29PM – 2:24PM	<b>Purvashadha*</b> Until 4:10PM	<b>Ganesha:</b> Clear <i>Sunrise: 4:51AM</i>		Vikarin 5121
	Dhanus Rasi: 21.26	Tithi 15	Yama 8:40AM – 10:35AM	Vaidhriti* Until 10:48PM	<b>Muruqa:</b> Blue <i>Sunset: 8:08PM</i>		Moon 6 - Phase 13
	483893461		<b>Rahu</b> 4:19PM – 6:13PM	Visti Until 9:54AM	<b>Nataraja:</b> Yellow		Purnima
Creative Work Siddha Yoga		Purnima* Until 10:37PM		Moon – Light Blue		<b>Sivaloka Day</b>	
Until 4:10PM				<b>Ashada•Adi</b>			
Then Routine Work - Prabalarishta Yoga							
		<b>Partial Lunar Eclipse Satguru Purnima</b>					

○	<b>Wednesday, July 17, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Milan, Italy Sun 29 Sutra 94
	<b>Silver Retreat Star</b>		<b>Gulika</b> 10:35AM – 12:29PM	<b>Uttarashadha</b> Until 6:18PM	<b>Ganesha:</b> Purple <i>Sunrise: 4:52AM</i>		Vikarin 5121
	Makara Rasi: 3.41	Tithi 16	Yama 6:46AM – 8:40AM	Vishkambha* Until 11:14PM	<b>Muruqa:</b> Blue <i>Sunset: 8:07PM</i>		Moon 6 - Phase 13
	484893462		<b>Rahu</b> 12:29PM – 2:24PM	Balava Until 11:28AM	<b>Nataraja:</b> White		Prathama
Creative Work Amrita Yoga		Prathama* Until 12:23AM Thu		Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>	
Until 6:18PM				<b>Ashada•Adi</b>			
Then Creative Work - Siddha Yoga							



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

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

Milan, Italy  
Sutra 95  
Sun 1  
Vikarin 5121

Makara Rasi: 15.47 Tithi 17

494893462

**Gulika** 8:41AM – 10:35AM  
Yama 4:52AM – 6:47AM  
**Rahu** 2:24PM – 4:18PM

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

**Ganesha:** Clear *Sunrise: 4:52AM*  
**Muruqa:** Blue *Sunset: 8:06PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Creative Work Siddha Yoga

**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

Milan, Italy  
Sutra 96  
Sun 2  
Vikarin 5121

Makara Rasi: 27.46 Tithi 18

494893462

**Gulika** 6:47AM – 8:41AM  
Yama 4:18PM – 6:12PM  
**Rahu** 10:36AM – 12:30PM

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

**Ganesha:** Clear *Sunrise: 4:53AM*  
**Muruqa:** Blue *Sunset: 8:06PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Creative Work Siddha Yoga

**2**

**Saturday, July 20, 2019**

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

Milan, Italy  
Sutra 97  
Sun 3  
Vikarin 5121

Kumbha Rasi: 9.39 Tithi 19

494893462

**Gulika** 4:54AM – 6:48AM  
Yama 2:23PM – 4:17PM  
**Rahu** 8:42AM – 10:36AM

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

**Ganesha:** Clear *Sunrise: 4:54AM*  
**Muruqa:** Blue *Sunset: 8:05PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Creative Work Amrita Yoga

Until 2:45AM Sun

Then Creative Work - Siddha Yoga

**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

Milan, Italy  
Sutra 98  
Sun 4  
Vikarin 5121

Kumbha Rasi: 21.31 Tithi 19 – 20

414893462

**Gulika** 4:17PM – 6:10PM  
Yama 12:30PM – 2:23PM  
**Rahu** 6:10PM – 8:04PM

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

**Ganesha:** Clear *Sunrise: 4:55AM*  
**Muruqa:** Blue *Sunset: 8:04PM*  
**Nataraja:** White  
Moon – Clear

**Subha Sivaloka Day**

Creative Work Siddha Yoga

**4**

**Monday, July 22, 2019**

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

Milan, Italy  
Sutra 99  
Sun 5  
Vikarin 5121

Meena Rasi: 3.23 Tithi 20 – 21

414893462

**Gulika** 2:23PM – 4:16PM  
Yama 10:36AM – 12:30PM  
**Rahu** 6:50AM – 8:43AM

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

**Ganesha:** Clear *Sunrise: 4:56AM*  
**Muruqa:** Blue *Sunset: 8:03PM*  
**Nataraja:** White  
Moon – Clear

**Subha Sivaloka Day**

Creative Work Siddha Yoga

**Family Home Evening**

**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

Milan, Italy  
Sutra 100  
Sun 6  
Vikarin 5121

Meena Rasi: 15.19 Tithi 21 – 22

414893462

**Gulika** 12:30PM – 2:23PM  
Yama 8:44AM – 10:37AM  
**Rahu** 4:16PM – 6:09PM

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

**Ganesha:** Clear *Sunrise: 4:58AM*  
**Muruqa:** Blue *Sunset: 8:02PM*  
**Nataraja:** White  
Moon – Clear

**Subha Sivaloka Day**

Creative Work Amrita Yoga

Until 8:40AM

Then Creative Work - Siddha Yoga

**D**

**Wednesday, July 24, 2019**

**Retreat Star**

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

Milan, Italy  
Sutra 101  
Sun 7  
Vikarin 5121

Meena Rasi: 27.23 Tithi 22 – 23

414893462

**Gulika** 10:37AM – 12:30PM  
Yama 6:51AM – 8:44AM  
**Rahu** 12:30PM – 2:23PM

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

**Ganesha:** Clear *Sunrise: 4:59AM*  
**Muruqa:** Blue *Sunset: 8:01PM*  
**Nataraja:** White  
Moon – Clear

**Subha Sivaloka Day**

Routine Work Marana Yoga

**Thursday, July 25, 2019**

**Retreat Star**

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

Milan, Italy  
Sutra 102  
Sun 8  
Vikarin 5121

Mesha Rasi: 9.4 Tithi 23 – 24

424893462

**Gulika** 8:45AM – 10:37AM  
Yama 5:00AM – 6:52AM  
**Rahu** 2:22PM – 4:15PM

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

**Ganesha:** White *Sunrise: 5:00AM*  
**Muruqa:** Blue *Sunset: 8:00PM*  
**Nataraja:** White  
Moon – White

**Subha Subha Sivaloka Day**

Creative Work Amrita Yoga

Until 1:04PM

Then Creative Work - Siddha Yoga


<b>1</b>		<b>Friday, July 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Milan, Italy Sutra 103 Vikarin 5121
Mesha Rasi: 22.11	Tithi 24 – 25	<b>Gulika</b> 6:53AM – 8:45AM	<b>Bharani</b> <b>Until 2:23PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:01AM	Sun 9
		Yama 4:14PM – 6:06PM	Ganda* <b>Until 3:22AM Sat</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:59PM	Moon 7 - Phase 15
		424893462 <b>Rahu</b> 10:37AM – 12:30PM	Vanija <b>Until 3:27AM Sat</b>	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Navami* Until 3:25PM</b>	Moon – White		<b>Subha Subha Sivaloka Day</b>
						<b>Ashada-Adi</b>

<b>2</b>		<b>Saturday, July 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Milan, Italy Sutra 104 Vikarin 5121
Vrishabha Rasi: 5.04	Tithi 25 – 26	<b>Gulika</b> 5:02AM – 6:54AM	<b>Krittika</b> <b>Until 2:49PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:02AM	Sun 10
		Yama 2:22PM – 4:14PM	Vriddhi <b>Until 1:57AM Sun</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:59PM	Moon 7 - Phase 15
		424893462 <b>Rahu</b> 8:46AM – 10:38AM	Bava <b>Until 2:55AM Sun</b>	<b>Nataraja:</b> White		2nd Phase
Creative Work	Amrita Yoga		<b>Dashami Until 3:16PM</b>	Moon – White		<b>Subha Subha Sivaloka Day</b>
						<b>Ashada-Adi</b>

<b>3</b>		<b>Sunday, July 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Milan, Italy Sutra 105 Vikarin 5121
Vrishabha Rasi: 18.21	Tithi 26 – 27	<b>Gulika</b> 4:13PM – 6:05PM	<b>Rohini</b> <b>Until 2:47PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:03AM	Sun 11
		Yama 12:30PM – 2:21PM	Dhruva <b>Until 11:53PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:56PM	Moon 7 - Phase 15
		434893462 <b>Rahu</b> 6:05PM – 7:56PM	Kaulava <b>Until 1:36AM Mon</b>	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi* Until 2:20PM</b>	Moon – Yellow		<b>Subha Sivaloka Day</b>
						<b>Ashada-Adi</b>

<b>4</b>		<b>Monday, July 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Milan, Italy Sutra 106 Vikarin 5121
Mithuna Rasi: 2.04	Tithi 27 – 28	<b>Gulika</b> 2:21PM – 4:12PM	<b>Mrigashira</b> <b>Until 1:51PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:04AM	Sun 12
<b>Family Home Evening</b>		Yama 10:38AM – 12:30PM	Vyaghata* <b>Until 9:14PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:55PM	Moon 7 - Phase 15
Creative Work	Amrita Yoga	435893462 <b>Rahu</b> 6:55AM – 8:47AM	Gara <b>Until 11:35PM</b>	<b>Nataraja:</b> White		2nd Phase
Until 1:51PM			<b>Dvadashi* Until 12:39PM</b>	Moon – Yellow		<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga						<b>Ashada-Adi</b>
						<b>Pradosha Vrata (Fasting)</b>

<b>5</b>		<b>Tuesday, July 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Milan, Italy Sutra 107 Vikarin 5121
Mithuna Rasi: 16.14	Tithi 28 – 29	<b>Gulika</b> 12:30PM – 2:21PM	<b>Ardra</b> <b>Until 12:07PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:05AM	Sun 13
		Yama 8:47AM – 10:39AM	Harshana <b>Until 6:07PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:54PM	Moon 7 - Phase 15
		435893462 <b>Rahu</b> 4:12PM – 6:03PM	Visti <b>Until 8:57PM</b>	<b>Nataraja:</b> White		2nd Phase
Routine Work	Marana Yoga		<b>Trayodashi* Until 10:19AM</b>	Moon – Yellow		<b>Sivaloka Day</b>
Until 12:07PM						<b>Ashada-Adi</b>
Then Creative Work - Siddha Yoga						

		<b>Wednesday, July 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra*/Siddhi Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau		Milan, Italy Sutra 108 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 10:39AM – 12:30PM	<b>Punarvasu</b> <b>Until 10:09AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:06AM	Sun 14
Kataka Rasi: 0.46	Tithi 29 – 30	Yama 6:57AM – 8:48AM	Vajra* <b>Until 2:33PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:53PM	Moon 7 - Phase 15
		445893462 <b>Rahu</b> 12:30PM – 2:20PM	Naga <b>Until 4:11AM Thu</b>	<b>Nataraja:</b> White		Amavasya
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 7:27AM</b>	Moon – Blue		<b>Sivaloka Day</b>
						<b>Ashada-Adi</b>

<b>Retreat Star</b>		<b>Thursday, August 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Kintughna*/Bava Karana Prathamayam Titau		Milan, Italy Sutra 109 Vikarin 5121
Kataka Rasi: 15.37	Tithi 1	<b>Gulika</b> 8:48AM – 10:39AM	<b>Pushya</b> <b>Until 7:40AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:07AM	Sun 15
		Yama 5:07AM – 6:58AM	Siddhi <b>Until 10:43AM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:52PM	Moon 7 - Phase 15
		445893462 <b>Rahu</b> 2:20PM – 4:11PM	Kintughna <b>Until 2:28PM</b>	<b>Nataraja:</b> White		Prathama
Creative Work	Amrita Yoga		<b>Prathama* Until 12:41AM Fri</b>	Moon – Blue		<b>Sivaloka Day</b>
Until 7:40AM						<b>Sravana-Adi</b>
Then Creative Work - Siddha Yoga						

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

<b>1</b>		<b>Friday, August 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvitiyayam Titau		Milan, Italy Sutra 110 Vikarin 5121
Simha Rasi: 0.38	Tithi 2	<b>Gulika</b> 6:59AM – 8:49AM Yama 4:10PM – 6:00PM 455893462 <b>Rahu</b> 10:39AM – 12:29PM	<b>Magha* Until 2:13AM Sat</b> Vyatipata* Until 6:45AM Balava Until 10:55AM Dvitiya Until 9:07PM	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Red	<b>Sunrise:</b> 5:09AM <b>Sunset:</b> 7:50PM	Sun 16 Moon 7 - Phase 16 3rd Phase <b>Sivaloka Day</b>
Routine Work Marana Yoga Until 2:13AM Sat Then Creative Work - Siddha Yoga				<b>Sravana*Adi</b>		

<b>2</b>		<b>Saturday, August 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Parigha* Yoga Tailila/Vanija Karana Tritiya/Chaturthyam Titau		Milan, Italy Sutra 111 Vikarin 5121
Simha Rasi: 15.41	Tithi 3 – 4	<b>Gulika</b> 5:10AM – 7:00AM Yama 2:19PM – 4:09PM 455893462 <b>Rahu</b> 8:50AM – 10:39AM	<b>Purvaphalguni Until 11:36PM</b> Parigha* Until 10:49PM Tailila Until 7:22AM Tritiya Until 5:37PM	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Red	<b>Sunrise:</b> 5:10AM <b>Sunset:</b> 7:49PM	Sun 17 Moon 7 - Phase 16 3rd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 11:36PM Then Routine Work - Marana Yoga				<b>Sravana*Adi</b>		

<b>3</b>		<b>Sunday, August 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Milan, Italy Sutra 112 Vikarin 5121
Kanya Rasi: 0.37	Tithi 4 – 5	<b>Gulika</b> 4:08PM – 5:58PM Yama 12:29PM – 2:19PM 455993462 <b>Rahu</b> 5:58PM – 7:48PM	<b>Uttaraphalguni Until 9:06PM</b> Shiva Until 7:08PM Bava Until 12:51AM Mon Chaturthi* Until 2:20PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Red	<b>Sunrise:</b> 5:11AM <b>Sunset:</b> 7:48PM	Sun 18 Moon 7 - Phase 16 3rd Phase <b>Subha Sivaloka Day</b>
Creative Work Amrita Yoga		<b>Nag Panchami</b>		<b>Sravana*Adi</b>		

<b>4</b>		<b>Monday, August 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Milan, Italy Sutra 113 Vikarin 5121
Kanya Rasi: 15.19	Tithi 5 – 6	<b>Gulika</b> 2:18PM – 4:08PM Yama 10:40AM – 12:29PM 465993462 <b>Rahu</b> 7:01AM – 8:51AM	<b>Hasta Until 7:17PM</b> Siddha Until 3:45PM Kaulava Until 10:10PM Panchami Until 11:26AM	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Green	<b>Sunrise:</b> 5:12AM <b>Sunset:</b> 7:46PM	Sun 19 Moon 7 - Phase 16 3rd Phase <b>Subha Subha Sivaloka Day</b>
Family Home Evening Creative Work Siddha Yoga Until 7:17PM Then Routine Work - Prabalarishta Yoga				<b>Sravana*Adi</b>		

<b>5</b>		<b>Tuesday, August 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau		Milan, Italy Sutra 114 Vikarin 5121
Kanya Rasi: 29.41	Tithi 6 – 7	<b>Gulika</b> 12:29PM – 2:18PM Yama 8:51AM – 10:40AM 465993462 <b>Rahu</b> 4:07PM – 5:56PM	<b>Chitra Until 5:52PM</b> Sadhya Until 12:48PM Gara Until 8:02PM Shashthi* Until 9:00AM	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Green	<b>Sunrise:</b> 5:13AM <b>Sunset:</b> 7:45PM	Sun 20 Moon 7 - Phase 16 3rd Phase <b>Subha Subha Sivaloka Day</b>
Creative Work Siddha Yoga				<b>Sravana*Adi</b>		

<b>Retreat Star</b>		<b>Wednesday, August 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Milan, Italy Sutra 115 Vikarin 5121
Tula Rasi: 13.41	Tithi 7 – 8	<b>Gulika</b> 10:40AM – 12:29PM Yama 7:03AM – 8:52AM 465993462 <b>Rahu</b> 12:29PM – 2:18PM	<b>Svati Until 4:54PM</b> Subha Until 10:21AM Visti Until 6:30PM Saptami Until 7:10AM	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Green	<b>Sunrise:</b> 5:14AM <b>Sunset:</b> 7:44PM	Sun 21 Moon 7 - Phase 16 Ashtami <b>Subha Subha Sivaloka Day</b>
Creative Work Siddha Yoga				<b>Sravana*Adi</b>		

<b>Retreat Star</b>		<b>Thursday, August 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau		Milan, Italy Sutra 116 Vikarin 5121
Tula Rasi: 27.16	Tithi 9	<b>Gulika</b> 8:52AM – 10:41AM Yama 5:16AM – 7:04AM 476993462 <b>Rahu</b> 2:17PM – 4:05PM	<b>Vishakha Until 4:54PM</b> Sukla Until 8:25AM Balava Until 5:39PM Navami* Until 5:28AM Fri	<b>Ganesha:</b> Purple <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Orange	<b>Sunrise:</b> 5:16AM <b>Sunset:</b> 7:42PM	Sun 22 Moon 7 - Phase 16 Navami <b>Sivaloka Day</b>
Creative Work Siddha Yoga				<b>Sravana*Adi</b>		

<b>1</b>	<b>Friday, August 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau				Milan, Italy Sun 23 Sutra 117 Vikarin 5121
	Wrischika Rasi: 10.29	Tithi 10	<b>Gulika</b> 7:05AM – 8:53AM Yama 4:05PM – 5:53PM 476993462 <b>Rahu</b> 10:41AM – 12:29PM	<b>Anuradha</b> Until 5:24PM Brahma Until 7:02AM Taitila Until 5:28PM Dashami Until 5:36AM Sat	<b>Ganesha:</b> Purple <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Orange	<b>Sunrise:</b> 5:17AM <b>Sunset:</b> 7:41PM	Moon 7 - Phase 17 4th Phase <b>Sivaloka Day</b>
	Creative Work Siddha Yoga Until 5:24PM Then Routine Work - Marana Yoga						


<b>2</b>	<b>Saturday, August 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau				Milan, Italy Sun 24 Sutra 118 Vikarin 5121
	Wrischika Rasi: 23.23	Tithi 11	<b>Gulika</b> 5:18AM – 7:06AM Yama 2:16PM – 4:04PM 476993462 <b>Rahu</b> 8:53AM – 10:41AM	<b>Jyeshtha*</b> Until 6:22PM Indra Until 6:10AM Vanija Until 5:55PM Ekadashi Until 6:20AM Sun	<b>Ganesha:</b> Purple <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Orange	<b>Sunrise:</b> 5:18AM <b>Sunset:</b> 7:39PM	Moon 7 - Phase 17 4th Phase <b>Sivaloka Day</b>
	Creative Work Siddha Yoga						

<b>3</b>	<b>Sunday, August 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vishkambha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Milan, Italy Sun 25 Sutra 119 Vikarin 5121
	Dhanus Rasi: 5.59	Tithi 11 – 12	<b>Gulika</b> 4:03PM – 5:50PM Yama 12:28PM – 2:16PM 486993462 <b>Rahu</b> 5:50PM – 7:38PM	<b>Mula*</b> Until 8:12PM Vishkambha* Until 5:46AM Mon Bava Until 6:56PM Ekadashi Until 6:20AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Light Blue	<b>Sunrise:</b> 5:19AM <b>Sunset:</b> 7:38PM	Moon 7 - Phase 17 4th Phase <b>Subha Sivaloka Day</b>
	Creative Work Amrita Yoga Until 8:12PM Then Creative Work - Siddha Yoga						

<b>4</b>	<b>Monday, August 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Milan, Italy Sun 26 Sutra 120 Vikarin 5121
	Dhanus Rasi: 18.21	Tithi 12 – 13	<b>Gulika</b> 2:15PM – 4:02PM Yama 10:41AM – 12:28PM 486993462 <b>Rahu</b> 7:07AM – 8:54AM	<b>Purvashadha*</b> Until 10:20PM Priti Until 6:07AM Tue Kaulava Until 8:25PM Dvadashi Until 7:36AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Light Blue	<b>Sunrise:</b> 5:20AM <b>Sunset:</b> 7:36PM	Moon 7 - Phase 17 4th Phase <b>Subha Sivaloka Day</b>
	Family Home Evening Routine Work Marana Yoga						

*Pradosha Vrata*

<b>5</b>	<b>Tuesday, August 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Milan, Italy Sun 27 Sutra 121 Vikarin 5121
	Makara Rasi: 0.32	Tithi 13 – 14	<b>Gulika</b> 12:28PM – 2:15PM Yama 8:55AM – 10:41AM 486993462 <b>Rahu</b> 4:01PM – 5:48PM	<b>Uttarashadha</b> Until 12:38AM Wed Priti Until 6:07AM Gara Until 10:16PM Trayodashi Until 9:17AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Light Blue	<b>Sunrise:</b> 5:22AM <b>Sunset:</b> 7:35PM	Moon 7 - Phase 17 4th Phase <b>Subha Sivaloka Day</b>
	Routine Work Prabalarishta Yoga Until 12:38AM Wed Then Creative Work - Siddha Yoga						

	<b>Wednesday, August 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Milan, Italy Sun 28 Sutra 122 Vikarin 5121
	Makara Rasi: 12.35	Tithi 14 – 15	<b>Gulika</b> 10:42AM – 12:28PM Yama 7:09AM – 8:55AM 496993462 <b>Rahu</b> 12:28PM – 2:14PM	<b>Shravana</b> Until 3:33AM Thu Ayushman Until 6:42AM Visti Until 12:25AM Thu Chaturdashi* Until 11:18AM	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Purple	<b>Sunrise:</b> 5:23AM <b>Sunset:</b> 7:33PM	Moon 7 - Phase 17 Purnima <b>Sivaloka Day</b>
	Creative Work Siddha Yoga		<b>Raksha Bandhan</b>				

<b>6</b>	<b>Thursday, August 15, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Milan, Italy Sun 29 Sutra 123 Vikarin 5121
	Makara Rasi: 24.32	Tithi 15 – 16	<b>Gulika</b> 8:56AM – 10:42AM Yama 5:24AM – 7:10AM 497993462 <b>Rahu</b> 2:14PM – 4:00PM	<b>Dhanishtha</b> Until 6:27AM Fri Saubhagya Until 7:29AM Balava Until 2:44AM Fri Purnima* Until 1:32PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Purple	<b>Sunrise:</b> 5:24AM <b>Sunset:</b> 7:31PM	Moon 7 - Phase 17 Prathama <b>Subha Sivaloka Day</b>
	Creative Work Siddha Yoga						

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

All times are standard time

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

Kumbha Rasi: 6.26    Tilthi 16 – 17

497993462

Creative Work    Siddha Yoga

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

**Gulika**    7:11AM – 8:56AM  
Yama        3:59PM – 5:44PM  
**Rahu**        10:42AM – 12:27PM

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

**Ganesha:** Yellow    *Sunrise: 5:25AM*  
**Muruqa:** Blue        *Sunset: 7:30PM*  
**Nataraja:** White  
Moon – Purple

Milan, Italy  
Sutra 124  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Subha Sivaloka Day**

**1**

**Saturday, August 17, 2019**

Kumbha Rasi: 18.17    Tilthi 17

497993462

Creative Work    Amrita Yoga

Until 9:16AM

Then Routine Work - Marana Yoga

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

**Gulika**    5:26AM – 7:12AM  
Yama        2:12PM – 3:58PM  
**Rahu**        8:57AM – 10:42AM

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

**Ganesha:** Yellow    *Sunrise: 5:26AM*  
**Muruqa:** Blue        *Sunset: 7:28PM*  
**Nataraja:** White  
Moon – Purple

Milan, Italy  
Sun 1  
Sutra 125  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Subha Sivaloka Day**

**2**

**Sunday, August 18, 2019**

Meena Rasi: 0.09    Tilthi 18

517993462

Creative Work    Siddha Yoga

Until 12:25PM

Then Creative Work - Amrita Yoga

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

**Gulika**    3:57PM – 5:42PM  
Yama        12:27PM – 2:12PM  
**Rahu**        5:42PM – 7:26PM

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

**Ganesha:** White    *Sunrise: 5:28AM*  
**Muruqa:** Blue        *Sunset: 7:26PM*  
**Nataraja:** White  
Moon – Clear

Milan, Italy  
Sun 2  
Sutra 126  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Subha Subha Sivaloka Day**

**3**

**Monday, August 19, 2019**

Meena Rasi: 12.02    Tilthi 19

517993462

**Family Home Evening**

Creative Work    Siddha Yoga

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

**Gulika**    2:11PM – 3:56PM  
Yama        10:42AM – 12:27PM  
**Rahu**        7:13AM – 8:58AM

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

**Ganesha:** White    *Sunrise: 5:29AM*  
**Muruqa:** Blue        *Sunset: 7:25PM*  
**Nataraja:** White  
Moon – Clear

Milan, Italy  
Sun 3  
Sutra 127  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Subha Subha Sivaloka Day**

**4**

**Tuesday, August 20, 2019**

Meena Rasi: 24    Tilthi 20

517993462

Creative Work    Siddha Yoga

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

**Gulika**    12:27PM – 2:11PM  
Yama        8:58AM – 10:42AM  
**Rahu**        3:55PM – 5:39PM

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

**Ganesha:** White    *Sunrise: 5:30AM*  
**Muruqa:** Blue        *Sunset: 7:23PM*  
**Nataraja:** White  
Moon – Clear

Milan, Italy  
Sun 4  
Sutra 128  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Subha Subha Sivaloka Day**

**5**

**Wednesday, August 21, 2019**

Mesha Rasi: 6.05    Tilthi 21

527993462

Routine Work    Marana Yoga

Until 8:14PM

Then Creative Work - Siddha Yoga

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

**Gulika**    10:43AM – 12:26PM  
Yama        7:15AM – 8:59AM  
**Rahu**        12:26PM – 2:10PM

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

**Ganesha:** Clear    *Sunrise: 5:31AM*  
**Muruqa:** Blue        *Sunset: 7:21PM*  
**Nataraja:** White  
Moon – White

Milan, Italy  
Sun 5  
Sutra 129  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Subha Sivaloka Day**

**6**

**Thursday, August 22, 2019**

Mesha Rasi: 18.2    Tilthi 22

528993462

Creative Work    Siddha Yoga

Until 10:04PM

Then Routine Work - Marana Yoga

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

**Gulika**    8:59AM – 10:43AM  
Yama        5:32AM – 7:16AM  
**Rahu**        2:10PM – 3:53PM

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

**Ganesha:** White    *Sunrise: 5:32AM*  
**Muruqa:** Blue        *Sunset: 7:20PM*  
**Nataraja:** White  
Moon – White

Milan, Italy  
Sun 6  
Sutra 130  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Sivaloka Day**

**D**

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

Vrishabha Rasi: 0.49    Tilthi 23

528993462

Creative Work    Siddha Yoga

Until 11:07PM

Then Routine Work - Marana Yoga

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

**Gulika**    7:17AM – 9:00AM  
Yama        3:52PM – 5:35PM  
**Rahu**        10:43AM – 12:26PM

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

**Ganesha:** White    *Sunrise: 5:34AM*  
**Muruqa:** Blue        *Sunset: 7:18PM*  
**Nataraja:** White  
Moon – White

Milan, Italy  
Sun 7  
Sutra 131  
Vikarin 5121  
Moon 8 - Phase 18  
Ashtami

**Sivaloka Day**

**Saturday, August 24, 2019**

**Retreat Star**

Vrishabha Rasi: 13.37    Tilthi 24

538993462

Creative Work    Amrita Yoga

Until 11:45PM

Then Creative Work - Siddha Yoga

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

**Gulika**    5:35AM – 7:18AM  
Yama        2:08PM – 3:51PM  
**Rahu**        9:00AM – 10:43AM

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

**Ganesha:** Clear    *Sunrise: 5:35AM*  
**Muruqa:** Blue        *Sunset: 7:16PM*  
**Nataraja:** White  
Moon – Yellow

Milan, Italy  
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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<b>1</b>		<b>Sunday, August 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Vanija/Visli* Karana Dashamyam Titau		Milan, Italy Sun 9 Sutra 133 Vikarin 5121	
Wrishabha Rasi: 26.47	Tithi 25	<b>Gulika</b> 3:50PM – 5:32PM	<b>Mrigashira</b> Until 11:27PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:36AM		
		Yama 12:25PM – 2:08PM	Harshana Until 9:46AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:15PM	Moon 8 - Phase 19	
538993462	<b>Rahu</b> 5:32PM – 7:15PM		Vanija Until 3:14PM	<b>Nataraja:</b> White		2nd Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 2:33AM Mon	Moon – Yellow		<b>Subha Sivaloka Day</b>	
				<b>Sravana-Avani</b>			

<b>2</b>		<b>Monday, August 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Ekadashyam Titau		Milan, Italy Sun 10 Sutra 134 Vikarin 5121	
Mithuna Rasi: 10.25	Tithi 26	<b>Gulika</b> 2:07PM – 3:49PM	<b>Ardra</b> Until 10:15PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:37AM		
<b>Family Home Evening</b>		Yama 10:43AM – 12:25PM	Vajra* Until 7:37AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:13PM	Moon 8 - Phase 19	
538993462	<b>Rahu</b> 7:19AM – 9:01AM		Bava Until 1:42PM	<b>Nataraja:</b> White		2nd Phase	
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 12:38AM Tue	Moon – Yellow		<b>Subha Sivaloka Day</b>	
Until 10:15PM				<b>Sravana-Avani</b>			
Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Tuesday, August 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Milan, Italy Sun 11 Sutra 135 Vikarin 5121	
Mithuna Rasi: 24.3	Tithi 27	<b>Gulika</b> 12:25PM – 2:06PM	<b>Punarvasu</b> Until 8:39PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:38AM		
		Yama 9:02AM – 10:43AM	Vyatipata* Until 1:36AM Wed	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:11PM	Moon 8 - Phase 19	
548993462	<b>Rahu</b> 3:48PM – 5:29PM		Kaulava Until 11:26AM	<b>Nataraja:</b> White		2nd Phase	
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 10:03PM	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Sravana-Avani</b>			

<b>4</b>		<b>Wednesday, August 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Variyan Yoga Gara/Vanija Karana Trayodashyam Titau		Milan, Italy Sun 12 Sutra 136 Vikarin 5121	
Kataka Rasi: 9.02	Tithi 28	<b>Gulika</b> 10:43AM – 12:24PM	<b>Pushya</b> Until 6:20PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:40AM		
		Yama 7:21AM – 9:02AM	Variyan Until 9:51PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:09PM	Moon 8 - Phase 19	
549993463	<b>Rahu</b> 12:24PM – 2:06PM		Gara Until 8:34AM	<b>Nataraja:</b> Clear		2nd Phase	
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 6:55PM	Moon – Blue		<b>Devaloka Day</b>	
				<b>Sravana-Avani</b>			
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Thursday, August 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Parigha*/Shiva Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Milan, Italy Sun 13 Sutra 137 Vikarin 5121	
Kataka Rasi: 23.56	Tithi 29 – 30	<b>Gulika</b> 9:03AM – 10:43AM	<b>Ashlesha*</b> Until 3:29PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:41AM		
		Yama 5:41AM – 7:02AM	Parigha* Until 5:49PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:07PM	Moon 8 - Phase 19	
549193463	<b>Rahu</b> 2:05PM – 3:46PM		Catuspada Until 1:31AM Fri	<b>Nataraja:</b> Clear		2nd Phase	
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 3:23PM	Moon – Blue		<b>Sivaloka Day</b>	
Until 3:29PM				<b>Sravana-Avani</b>			
Then Creative Work - Amrita Yoga							

		<b>Friday, August 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva/Siddha Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Milan, Italy Sun 14 Sutra 138 Vikarin 5121	
<b>Retreat Star</b>		<b>Gulika</b> 7:23AM – 9:03AM	<b>Magha*</b> Until 12:39PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:42AM		
Simha Rasi: 9.06	Tithi 30 – 1	Yama 3:45PM – 5:25PM	Shiva Until 1:36PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:06PM	Moon 8 - Phase 19	
559193463	<b>Rahu</b> 10:43AM – 12:24PM		Kintughna Until 9:41PM	<b>Nataraja:</b> Clear		Amavasya	
Routine Work	Marana Yoga		<b>Amavasya*</b> Until 11:36AM	Moon – Red		<b>Sivaloka Day</b>	
Until 12:39PM		<b>Varalakshmi Vratam</b>		<b>Sravana-Avani</b>			
Then Creative Work - Siddha Yoga							

<b>6</b>		<b>Saturday, August 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau		Milan, Italy Sun 15 Sutra 139 Vikarin 5121	
<b>Retreat Star</b>		<b>Gulika</b> 5:43AM – 7:23AM	<b>Purvaphalguni</b> Until 9:37AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:43AM		
Simha Rasi: 24.21	Tithi 1 – 2	Yama 2:04PM – 3:44PM	Siddha Until 9:18AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:04PM	Moon 8 - Phase 19	
559193463	<b>Rahu</b> 9:03AM – 10:43AM		Kaulava Until 4:00AM Sun	<b>Nataraja:</b> Clear		Prathama	
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 7:45AM	Moon – Red		<b>Sivaloka Day</b>	
Until 9:37AM				<b>Bhadrapada-Avani</b>			
Then Routine Work - Marana Yoga							

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

<b>1</b>		<b>Sunday, September 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Subha Yoga Taitila/Gara Karana Triliyayam Titau		Milan, Italy Sun 16 Sutra 140
Kanya Rasi: 9.32	Tithi 3	<b>Gulika</b> 3:43PM – 5:22PM	<b>Uttaraphalguni</b> Until 6:35AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:45AM	Vikarin 5121
		Yama 12:23PM – 2:03PM	Subha Until 1:11AM Mon	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:02PM	Moon 8 - Phase 20
		559193463 <b>Rahu</b> 5:22PM – 7:02PM	Taitila Until 2:14PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Amrita Yoga		<b>Tritiya</b> Until 12:31AM Mon	Moon – Red		<b>Sivaloka Day</b>
				<b>Bhadrapada-Avani</b>		

<b>2</b>		<b>Monday, September 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthayam Titau		Milan, Italy Sun 17 Sutra 141
Kanya Rasi: 24.3	Tithi 4	<b>Gulika</b> 2:02PM – 3:41PM	<b>Chitra</b> Until 1:56AM Tue	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:46AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:44AM – 12:23PM	Sukla Until 9:35PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:00PM	Moon 8 - Phase 20
Routine Work	Prabalarishta Yoga	569193463 <b>Rahu</b> 7:25AM – 9:04AM	Vanija Until 10:57AM	<b>Nataraja:</b> Clear		3rd Phase
Until 1:56AM Tue			<b>Chaturthi*</b> Until 9:28PM	Moon – Green		<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga		<b>Ganesha Chaturthi</b>		<b>Bhadrapada-Avani</b>		

<b>3</b>		<b>Tuesday, September 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau		Milan, Italy Sun 18 Sutra 142
Tula Rasi: 9.06	Tithi 5	<b>Gulika</b> 12:23PM – 2:01PM	<b>Svati</b> Until 12:15AM Wed	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:47AM	Vikarin 5121
		Yama 9:05AM – 10:44AM	Brahma Until 6:28PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:58PM	Moon 8 - Phase 20
		569193463 <b>Rahu</b> 3:40PM – 5:19PM	Bava Until 8:10AM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Panchami</b> Until 7:00PM	Moon – Green		<b>Sivaloka Day</b>
				<b>Bhadrapada-Avani</b>		

<b>4</b>		<b>Wednesday, September 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Kaulava/Gara Karana Shashthi/Saptamyam Titau		Milan, Italy Sun 19 Sutra 143
Tula Rasi: 23.15	Tithi 6 – 7	<b>Gulika</b> 10:44AM – 12:22PM	<b>Vishakha</b> Until 11:35PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:48AM	Vikarin 5121
		Yama 7:27AM – 9:05AM	Indra Until 3:57PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:56PM	Moon 8 - Phase 20
		579193463 <b>Rahu</b> 12:22PM – 2:01PM	Kaulava Until 6:02AM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 5:14PM	Moon – Orange		<b>Subha Sivaloka Day</b>
				<b>Bhadrapada-Avani</b>		

<b>5</b>		<b>Thursday, September 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Milan, Italy Sun 20 Sutra 144
Vrischika Rasi: 6.56	Tithi 7 – 8	<b>Gulika</b> 9:06AM – 10:44AM	<b>Anuradha</b> Until 11:35PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:49AM	Vikarin 5121
		Yama 5:49AM – 7:27AM	Vaidhriti* Until 2:04PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:54PM	Moon 8 - Phase 20
		571193463 <b>Rahu</b> 2:00PM – 3:38PM	Visti Until 4:08AM Fri	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Saptami</b> Until 4:17PM	Moon – Orange		<b>Sivaloka Day</b>
Until 11:35PM				<b>Bhadrapada-Avani</b>		
Then Routine Work - Prabalarishta Yoga						

<b>Retreat Star</b>		<b>Friday, September 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Milan, Italy Sun 21 Sutra 145
Vrischika Rasi: 20.09	Tithi 8 – 9	<b>Gulika</b> 7:28AM – 9:06AM	<b>Jyeshtha*</b> Until 12:13AM Sat	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:51AM	Vikarin 5121
		Yama 3:37PM – 5:15PM	Vishkambha* Until 12:50PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:53PM	Moon 8 - Phase 20
		571193463 <b>Rahu</b> 10:44AM – 12:22PM	Balava Until 4:25AM Sat	<b>Nataraja:</b> Clear		Ashtami
Routine Work	Marana Yoga		<b>Ashtami*</b> Until 4:10PM	Moon – Orange		<b>Sivaloka Day</b>
Until 12:13AM Sat				<b>Bhadrapada-Avani</b>		
Then Creative Work - Siddha Yoga						

<b>Retreat Star</b>		<b>Saturday, September 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Milan, Italy Sun 22 Sutra 146
Dhanus Rasi: 2.57	Tithi 9 – 10	<b>Gulika</b> 5:52AM – 7:29AM	<b>Mula*</b> Until 1:56AM Sun	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:52AM	Vikarin 5121
		Yama 1:59PM – 3:36PM	Priti Until 12:15PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:51PM	Moon 8 - Phase 20
		581193463 <b>Rahu</b> 9:06AM – 10:44AM	Taitila Until 5:27AM Sun	<b>Nataraja:</b> Clear		Navami
Creative Work	Siddha Yoga		<b>Navami*</b> Until 4:49PM	Moon – Light Blue		<b>Devaloka Day</b>
				<b>Bhadrapada-Avani</b>		

<b>1 Sunday, September 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Gara Karana Dashamyam Titau				Milan, Italy Sutra 147
Dhanus Rasi: 15.25	Tithi 10	<b>Gulika</b> 3:35PM – 5:12PM	<b>Purvashadha* Until 4:05AM Mon</b>	<b>Ganesha:</b> Green <i>Sunrise: 5:53AM</i>	Sun 23	Vikarin 5121
		Yama 12:21PM – 1:58PM	Ayushman Until 12:11PM	<b>Muruqa:</b> Blue <i>Sunset: 6:49PM</i>		Moon 8 - Phase 21
		581193463 <b>Rahu</b> 5:12PM – 6:49PM	Gara Until 6:10PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga			Moon – Light Blue	<b>Devaloka Day</b>	
Until 4:05AM Mon		<b>Grandparent's Day</b>	<b>Dashami Until 6:10PM</b>	<b>Bhadrapada-Avani</b>		
Then Routine Work - Marana Yoga						

<b>2 Monday, September 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau				Milan, Italy Sutra 148
Dhanus Rasi: 27.38	Tithi 11	<b>Gulika</b> 1:57PM – 3:34PM	<b>Uttarashadha Until 6:30AM Tue</b>	<b>Ganesha:</b> Green <i>Sunrise: 5:54AM</i>	Sun 24	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:44AM – 12:21PM	Saubhagya Until 12:34PM	<b>Muruqa:</b> Blue <i>Sunset: 6:47PM</i>		Moon 8 - Phase 21
Routine Work	Marana Yoga	581193463 <b>Rahu</b> 7:31AM – 9:07AM	Vanija Until 7:05AM	<b>Nataraja:</b> Clear		4th Phase
Until 6:30AM Tue			<b>Ekadashi Until 8:03PM</b>	Moon – Light Blue	<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Bhadrapada-Avani</b>		

<b>3 Tuesday, September 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Dvadashyam Titau				Milan, Italy Sutra 149
Makara Rasi: 9.4	Tithi 12	<b>Gulika</b> 12:20PM – 1:56PM	<b>Uttarashadha Until 6:30AM</b>	<b>Ganesha:</b> Green <i>Sunrise: 5:55AM</i>	Sun 25	Vikarin 5121
		Yama 9:08AM – 10:44AM	Sobhana Until 1:16PM	<b>Muruqa:</b> Blue <i>Sunset: 6:45PM</i>		Moon 8 - Phase 21
		581193463 <b>Rahu</b> 3:33PM – 5:09PM	Bava Until 9:09AM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Prabalarishta Yoga		<b>Dvadashi Until 10:16PM</b>	Moon – Light Blue	<b>Devaloka Day</b>	
Until 6:30AM				<b>Bhadrapada-Avani</b>		
Then Creative Work - Siddha Yoga						

<b>4 Wednesday, September 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Milan, Italy Sutra 150
Makara Rasi: 21.34	Tithi 13	<b>Gulika</b> 10:44AM – 12:20PM	<b>Shravana Until 9:32AM</b>	<b>Ganesha:</b> Red <i>Sunrise: 5:57AM</i>	Sun 26	Vikarin 5121
		Yama 7:32AM – 9:08AM	Athiganda* Until 2:07PM	<b>Muruqa:</b> Blue <i>Sunset: 6:43PM</i>		Moon 8 - Phase 21
		591193463 <b>Rahu</b> 12:20PM – 1:56PM	Kaulava Until 11:29AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 12:41AM Thu</b>	Moon – Purple	<b>Sivaloka Day</b>	
Until 9:32AM		<b>Avani Avittam</b>		<b>Bhadrapada-Avani</b>		
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>			

<b>5 Thursday, September 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau				Milan, Italy Sutra 151
Kumbha Rasi: 3.26	Tithi 14	<b>Gulika</b> 9:09AM – 10:44AM	<b>Dhanishtha Until 12:31PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 5:58AM</i>	Sun 27	Vikarin 5121
		Yama 5:58AM – 7:33AM	Sukarma Until 3:04PM	<b>Muruqa:</b> Blue <i>Sunset: 6:41PM</i>		Moon 8 - Phase 21
		591193463 <b>Rahu</b> 1:55PM – 3:30PM	Gara Until 1:57PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 3:09AM Fri</b>	Moon – Purple	<b>Sivaloka Day</b>	
		<b>Chidambaram Abhishekam</b>		<b>Bhadrapada-Avani</b>		

<b>Friday, September 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau				Milan, Italy Sutra 152
<b>Copper Retreat Star</b>		<b>Gulika</b> 7:34AM – 9:09AM	<b>Shatabhishak Until 3:20PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 5:59AM</i>		Vikarin 5121
Kumbha Rasi: 15.17	Tithi 15	Yama 3:29PM – 5:04PM	Dhriti Until 4:01PM	<b>Muruqa:</b> Purple <i>Sunset: 6:39PM</i>		Moon 8 - Phase 21
		591113463 <b>Rahu</b> 10:44AM – 12:19PM	Visti Until 4:24PM	<b>Nataraja:</b> Clear		Purnima
Creative Work	Siddha Yoga		<b>Purnima* Until 5:36AM Sat</b>	Moon – Purple	<b>Sivaloka Day</b>	
				<b>Bhadrapada-Avani</b>		

<b>Saturday, September 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula*/Ganda* Yoga Balava Karana Prathamayam Titau				Milan, Italy Sutra 153
<b>Silver Retreat Star</b>		<b>Gulika</b> 6:00AM – 7:35AM	<b>Purvaproshtapada* Until 6:25PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 6:00AM</i>		Vikarin 5121
Kumbha Rasi: 27.1	Tithi 16	Yama 1:53PM – 3:28PM	Shula* Until 4:53PM	<b>Muruqa:</b> Purple <i>Sunset: 6:37PM</i>		Moon 8 - Phase 21
		511113463 <b>Rahu</b> 9:09AM – 10:44AM	Balava Until 6:48PM	<b>Nataraja:</b> Clear		Prathama
Routine Work	Marana Yoga		<b>Prathama* Until 7:55AM Sun</b>	Moon – Clear	<b>Sivaloka Day</b>	
Until 6:25PM				<b>Bhadrapada-Avani</b>		
Then Creative Work - Siddha Yoga						

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



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

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

Milan, Italy  
Sutra 154  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Meena Rasi: 9.04 Tithi 16 – 17  
512113463

**Gulika** 3:27PM – 5:01PM  
Yama 12:18PM – 1:53PM  
**Rahu** 5:01PM – 6:35PM

**Uttaraproshtapada Until 9:13PM**  
Ganda\* Until 5:40PM  
Tailila Until 9:03PM  
**Prathama\* Until 7:55AM**

**Ganesha:** Yellow *Sunrise: 6:01AM*  
**Muruqa:** Purple *Sunset: 6:35PM*  
**Nataraja:** Clear  
Moon – Clear

**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 Vridhi Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Milan, Italy  
Sun 1  
Sutra 155  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Meena Rasi: 21.03 Tithi 17 – 18  
512113463  
**Family Home Evening**  
Creative Work Siddha Yoga

**Gulika** 1:52PM – 3:26PM  
Yama 10:44AM – 12:18PM  
**Rahu** 7:36AM – 9:10AM

**Revati Until 11:39PM**  
Vridhi Until 6:20PM  
Vanija Until 11:06PM  
**Dvitiya Until 10:05AM**

**Ganesha:** Yellow *Sunrise: 6:03AM*  
**Muruqa:** Purple *Sunset: 6:34PM*  
**Nataraja:** Clear  
Moon – Clear

**Sivaloka Day**

Creative Work Siddha Yoga

**Bhadrapada-Avani**

**2**

**Tuesday, September 17, 2019**

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

Milan, Italy  
Sun 2  
Sutra 156  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Mesha Rasi: 3.06 Tithi 18 – 19  
522113463

**Gulika** 12:18PM – 1:51PM  
Yama 9:11AM – 10:44AM  
**Rahu** 3:25PM – 4:58PM

**Ashvini Until 2:11AM Wed**  
Dhruva Until 6:46PM  
Bava Until 12:55AM Wed  
**Tritiya Until 12:02PM**

**Ganesha:** White *Sunrise: 6:04AM*  
**Muruqa:** Purple *Sunset: 6:32PM*  
**Nataraja:** Clear  
Moon – White

**Devaloka Day**

Creative Work Siddha Yoga

**Bhadrapada-Puratasi**

**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

Milan, Italy  
Sun 3  
Sutra 157  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Mesha Rasi: 15.16 Tithi 19 – 20  
522113463

**Gulika** 10:44AM – 12:17PM  
Yama 7:38AM – 9:11AM  
**Rahu** 12:17PM – 1:50PM

**Bharani Until 4:13AM Thu**  
Vyaghata\* Until 6:59PM  
Kaulava Until 2:23AM Thu  
**Chaturthi\* Until 1:41PM**

**Ganesha:** White *Sunrise: 6:05AM*  
**Muruqa:** Purple *Sunset: 6:30PM*  
**Nataraja:** Clear  
Moon – White

**Devaloka Day**

Creative Work Siddha Yoga

**Bhadrapada-Puratasi**

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

**4**

**Thursday, September 19, 2019**

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

Milan, Italy  
Sun 4  
Sutra 158  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Mesha Rasi: 27.35 Tithi 20 – 21  
522113463

**Gulika** 9:12AM – 10:44AM  
Yama 6:06AM – 7:39AM  
**Rahu** 1:50PM – 3:22PM

**Krittika Until 5:39AM Fri**  
Harshana Until 6:55PM  
Gara Until 3:26AM Fri  
**Panchami Until 2:57PM**

**Ganesha:** White *Sunrise: 6:06AM*  
**Muruqa:** Purple *Sunset: 6:28PM*  
**Nataraja:** Clear  
Moon – White

**Devaloka Day**

Routine Work Marana Yoga

**Bhadrapada-Puratasi**

**5**

**Friday, September 20, 2019**

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

Milan, Italy  
Sun 5  
Sutra 159  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Vrishabha Rasi: 10.05 Tithi 21 – 22  
532113463

**Gulika** 7:40AM – 9:12AM  
Yama 3:21PM – 4:54PM  
**Rahu** 10:44AM – 12:17PM

**Rohini Until 6:52AM Sat**  
Vajra\* Until 6:24PM  
Visti Until 3:55AM Sat  
**Shashthi\* Until 3:44PM**

**Ganesha:** Clear *Sunrise: 6:07AM*  
**Muruqa:** Purple *Sunset: 6:26PM*  
**Nataraja:** Clear  
Moon – Yellow

**Sivaloka Day**

Routine Work Marana Yoga

**Bhadrapada-Puratasi**

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

**6**

**Saturday, September 21, 2019**

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

Milan, Italy  
Sun 6  
Sutra 160  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

Vrishabha Rasi: 22.51 Tithi 22 – 23  
532113463

**Gulika** 6:09AM – 7:41AM  
Yama 1:48PM – 3:20PM  
**Rahu** 9:12AM – 10:44AM

**Rohini Until 6:52AM**  
Siddhi Until 5:26PM  
Balava Until 3:45AM Sun  
**Saptami Until 3:54PM**

**Ganesha:** Clear *Sunrise: 6:09AM*  
**Muruqa:** Purple *Sunset: 6:24PM*  
**Nataraja:** Clear  
Moon – Yellow

**Sivaloka Day**

Creative Work Amrita Yoga

**Bhadrapada-Puratasi**

Until 6:52AM  
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/Tailila Karana Ashtami/Navamyam Titau

Milan, Italy  
Sun 7  
Sutra 161  
Vikarin 5121  
Moon 9 - Phase 22  
Ashtami

Mithuna Rasi: 5.56 Tithi 23 – 24  
532213463

**Gulika** 3:19PM – 4:50PM  
Yama 12:16PM – 1:47PM  
**Rahu** 4:50PM – 6:22PM

**Mrigashira Until 7:17AM**  
Vyatipata\* Until 3:55PM  
Tailila Until 2:52AM Mon  
**Ashtami\* Until 3:23PM**

**Ganesha:** Orange *Sunrise: 6:10AM*  
**Muruqa:** Purple *Sunset: 6:22PM*  
**Nataraja:** Clear  
Moon – Yellow

**Sivaloka Day**

Creative Work Siddha Yoga

**Bhadrapada-Puratasi**

**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

Milan, Italy  
Sun 8  
Sutra 162  
Vikarin 5121  
Moon 9 - Phase 22  
Navami

Mithuna Rasi: 19.25 Tithi 24 – 25  
532213463  
**Family Home Evening**  
Creative Work Siddha Yoga

**Gulika** 1:47PM – 3:18PM  
Yama 10:44AM – 12:16PM  
**Rahu** 7:42AM – 9:13AM

**Ardra Until 6:50AM**  
Variyan Until 1:48PM  
Vanija Until 1:16AM Tue  
**Navami\* Until 2:08PM**

**Ganesha:** Orange *Sunrise: 6:11AM*  
**Muruqa:** Purple *Sunset: 6:20PM*  
**Nataraja:** Clear  
Moon – Yellow

**Sivaloka Day**

Until 6:50AM

**Bhadrapada-Puratasi**

Then Creative Work - Amrita Yoga

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

All times are standard time


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<b>1</b>		<b>Tuesday, September 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Pushya Nakshatra Parigha/Shiva Yoga Visti/Bava Karana Dashami/Ekadashyam Titau		Milan, Italy Sun 9 Sutra 163 Vikarin 5121	
Kataka Rasi: 3.2	Tithi 25 – 26	<b>Gulika</b>	12:15PM – 1:46PM	<b>Pushya</b> <b>Until 4:18AM Wed</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:12AM</i>	<b>Muruqa:</b> Purple <i>Sunset: 6:18PM</i>	Moon 9 - Phase 23
		Yama	9:14AM – 10:45AM	Parigha* Until 11:08AM	<b>Nataraja:</b> Clear		2nd Phase
		542213463 <b>Rahu</b>	3:17PM – 4:47PM	Bava Until 10:59PM	Moon – Blue	<b>Devaloka Day</b>	
Creative Work	Siddha Yoga			<b>Dashami</b> <b>Until 12:11PM</b>	<b>Bhadrapada•Puratasi</b>		

<b>2</b>		<b>Wednesday, September 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Milan, Italy Sun 10 Sutra 164 Vikarin 5121	
Kataka Rasi: 17.41	Tithi 26 – 27	<b>Gulika</b>	10:45AM – 12:15PM	<b>Ashlesha*</b> <b>Until 1:57AM Thu</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:14AM</i>	<b>Muruqa:</b> Purple <i>Sunset: 6:18PM</i>	Moon 9 - Phase 23
		Yama	7:44AM – 9:14AM	Shiva Until 7:56AM	<b>Nataraja:</b> Clear		2nd Phase
		542213463 <b>Rahu</b>	12:15PM – 1:45PM	Kaulava Until 8:07PM	Moon – Blue	<b>Devaloka Day</b>	
Creative Work	Siddha Yoga			<b>Ekadashi*</b> <b>Until 9:36AM</b>	<b>Bhadrapada•Puratasi</b>		
Until 1:57AM Thu							
Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Thursday, September 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Magha* Nakshatra Sadhya Yoga Tailila/Vanija Karana Dvadashi/Trayodashyam Titau		Milan, Italy Sun 11 Sutra 165 Vikarin 5121	
Simha Rasi: 2.25	Tithi 27 – 28	<b>Gulika</b>	9:15AM – 10:45AM	<b>Magha*</b> <b>Until 11:26PM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:15AM</i>	<b>Muruqa:</b> Purple <i>Sunset: 6:14PM</i>	Moon 9 - Phase 23
		Yama	6:15AM – 7:45AM	Sadhya Until 12:18AM Fri	<b>Nataraja:</b> Clear		2nd Phase
		552213463 <b>Rahu</b>	1:44PM – 3:14PM	Vanija Until 2:59AM Fri	Moon – Red	<b>Devaloka Day</b>	
Creative Work	Amrita Yoga			<b>Dvadashi*</b> <b>Until 6:29AM</b>	<b>Bhadrapada•Puratasi</b>		
Until 11:26PM							
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>			

<b>4</b>		<b>Friday, September 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Visti/Sakuni* Karana Chaturdashyam Titau		Milan, Italy Sun 12 Sutra 166 Vikarin 5121	
Simha Rasi: 17.28	Tithi 29	<b>Gulika</b>	7:46AM – 9:15AM	<b>Purvaphalguni</b> <b>Until 8:31PM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:16AM</i>	<b>Muruqa:</b> Purple <i>Sunset: 6:12PM</i>	Moon 9 - Phase 23
		Yama	3:13PM – 4:43PM	Subha Until 8:07PM	<b>Nataraja:</b> Clear		2nd Phase
		552213463 <b>Rahu</b>	10:45AM – 12:14PM	Visti Until 1:09PM	Moon – Red	<b>Devaloka Day</b>	
Creative Work	Siddha Yoga			<b>Chaturdashi*</b> <b>Until 11:15PM</b>	<b>Bhadrapada•Puratasi</b>		

		<b>Saturday, September 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sukla/Brahma Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Milan, Italy Sun 13 Sutra 167 Vikarin 5121	
<b>Retreat Star</b>		<b>Gulika</b>	6:17AM – 7:46AM	<b>Uttaraphalguni</b> <b>Until 5:24PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:17AM</i>	<b>Muruqa:</b> Purple <i>Sunset: 6:10PM</i>	Moon 9 - Phase 23
Kanya Rasi: 2.4	Tithi 30	Yama	1:43PM – 3:12PM	Sukla Until 3:51PM	<b>Nataraja:</b> Clear		Amavasya
		652213463 <b>Rahu</b>	9:16AM – 10:45AM	Catuspada Until 9:22AM	Moon – Red	<b>Devaloka Day</b>	
Routine Work	Marana Yoga			<b>Amavasya*</b> <b>Until 7:28PM</b>	<b>Bhadrapada•Puratasi</b>		
		<b>Mahalaya Amavasai (Tamil Nadu)</b>					

<b>Retreat Star</b>		<b>Sunday, September 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Milan, Italy Sun 14 Sutra 168 Vikarin 5121	
Kanya Rasi: 17.53	Tithi 1 – 2	<b>Gulika</b>	3:11PM – 4:40PM	<b>Hasta</b> <b>Until 2:39PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:19AM</i>	<b>Muruqa:</b> Purple <i>Sunset: 6:09PM</i>	Moon 9 - Phase 23
		Yama	12:14PM – 1:42PM	Brahma Until 11:39AM	<b>Nataraja:</b> Clear		Prathama
		663213463 <b>Rahu</b>	4:40PM – 6:09PM	Balava Until 2:04AM Mon	Moon – Green	<b>Devaloka Day</b>	
Creative Work	Amrita Yoga			<b>Prathama*</b> <b>Until 3:47PM</b>	<b>Ashvina•Puratasi</b>		
Until 2:39PM		<b>Navaratri Begins</b>					
Then Creative Work - Siddha Yoga							

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

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<b>1</b>		<b>Monday, September 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Milan, Italy Sun 15 Sutra 169 Vikarin 5121
Tula Rasi: 2.55	Tithi 2 – 3	<b>Gulika</b>	1:42PM – 3:10PM	<b>Chitra Until 12:02PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:20AM	
<b>Family Home Evening</b>	663213463	Yama	10:45AM – 12:13PM	Indra Until 7:41AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:07PM	Moon 9 - Phase 24
Routine Work Prabalarishta Yoga		<b>Rahu</b>	7:48AM – 9:16AM	Taitila Until 10:54PM	<b>Nataraja:</b> Clear	3rd Phase
Until 12:02PM				<b>Dvitiya Until 12:24PM</b>	Moon – Green	<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga					<b>Ashvina+Puratasi</b>	

<b>2</b>		<b>Tuesday, October 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Milan, Italy Sun 16 Sutra 170 Vikarin 5121
Tula Rasi: 17.38	Tithi 3 – 4	<b>Gulika</b>	12:13PM – 1:41PM	<b>Svati Until 9:45AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:21AM	
	663213463	Yama	9:17AM – 10:45AM	Vishkambha* Until 12:54AM Wed	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:05PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	3:09PM – 4:37PM	Vanija Until 8:17PM	<b>Nataraja:</b> Clear	3rd Phase
Until 9:45AM				<b>Tritiya Until 9:30AM</b>	Moon – Green	<b>Devaloka Day</b>
Then Routine Work - Marana Yoga					<b>Ashvina+Puratasi</b>	

<b>3</b>		<b>Wednesday, October 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Milan, Italy Sun 17 Sutra 171 Vikarin 5121
Vrischika Rasi: 1.56	Tithi 4 – 5	<b>Gulika</b>	10:45AM – 12:13PM	<b>Vishakha Until 8:23AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:22AM	
	673213463	Yama	7:50AM – 9:17AM	Priti Until 10:22PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:03PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	12:13PM – 1:40PM	Bava Until 6:22PM	<b>Nataraja:</b> Clear	3rd Phase
				<b>Chaturthi* Until 7:13AM</b>	Moon – Orange	<b>Devaloka Day</b>
					<b>Ashvina+Puratasi</b>	

<b>4</b>		<b>Thursday, October 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau		Milan, Italy Sun 18 Sutra 172 Vikarin 5121
Vrischika Rasi: 15.44	Tithi 6	<b>Gulika</b>	9:18AM – 10:45AM	<b>Anuradha Until 7:38AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:23AM	
	673213463	Yama	6:23AM – 7:51AM	Ayushman Until 8:29PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:01PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	1:39PM – 3:07PM	Kaulava Until 5:17PM	<b>Nataraja:</b> Clear	3rd Phase
Until 7:38AM				<b>Shashthi* Until 5:03AM Fri</b>	Moon – Orange	<b>Devaloka Day</b>
Then Routine Work - Prabalarishta Yoga					<b>Ashvina+Puratasi</b>	

<b>5</b>		<b>Friday, October 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau		Milan, Italy Sun 19 Sutra 173 Vikarin 5121
Vrischika Rasi: 29.02	Tithi 7	<b>Gulika</b>	7:52AM – 9:18AM	<b>Jyeshtha* Until 7:36AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:25AM	
	673213463	Yama	3:06PM – 4:32PM	Saubhagya Until 7:19PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:59PM	Moon 9 - Phase 24
Routine Work Marana Yoga		<b>Rahu</b>	10:45AM – 12:12PM	Gara Until 5:06PM	<b>Nataraja:</b> Clear	3rd Phase
Until 7:36AM				<b>Saptami Until 5:19AM Sat</b>	Moon – Orange	<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga					<b>Ashvina+Puratasi</b>	

<b>Retreat Star</b>		<b>Saturday, October 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Visti*/Bava Karana Ashtamyam Titau		Milan, Italy Sun 20 Sutra 174 Vikarin 5121
Dhanus Rasi: 11.52	Tithi 8	<b>Gulika</b>	6:26AM – 7:52AM	<b>Mula* Until 8:45AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:26AM	
	683213463	Yama	1:38PM – 3:04PM	Sobhana Until 6:51PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:57PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	9:19AM – 10:45AM	Visti Until 5:47PM	<b>Nataraja:</b> Clear	Ashtami
				<b>Ashtami* Until 6:24AM Sun</b>	Moon – Light Blue	<b>Sivaloka Day</b>
		<b>Durga Ashtami</b>			<b>Ashvina+Puratasi</b>	

<b>Retreat Star</b>		<b>Sunday, October 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Milan, Italy Sun 21 Sutra 175 Vikarin 5121
Dhanus Rasi: 24.2	Tithi 8 – 9	<b>Gulika</b>	3:03PM – 4:29PM	<b>Purvashadha* Until 10:32AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:27AM	
	683213463	Yama	12:11PM – 1:37PM	Athiganda* Until 6:55PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:55PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	4:29PM – 5:55PM	Balava Until 7:14PM	<b>Nataraja:</b> Clear	Navami
Until 10:32AM				<b>Ashtami* Until 6:24AM</b>	Moon – Light Blue	<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga		<b>Saraswathi Puja (Tamil Nadu)</b>			<b>Ashvina+Puratasi</b>	

<b>Monday, October 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Milan, Italy Sutra 176 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:37PM – 3:02PM	<b>Uttarashadha</b> Until 12:46PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	Sun 22
Makara Rasi: 6.31	Tithi 9 – 10	Yama 10:45AM – 12:11PM	Sukarma Until 7:28PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:54PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	683213463	<b>Rahu</b> 7:54AM – 9:20AM	Taitila Until 9:17PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work Marana Yoga			<b>Navami*</b> Until 8:11AM	Moon – Light Blue		<b>Sivaloka Day</b>
Until 12:46PM				<b>Ashvina+Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>Tuesday, October 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Milan, Italy Sutra 177 Vikarin 5121
<b>2</b>		<b>Gulika</b> 12:11PM – 1:36PM	<b>Shravana</b> Until 3:45PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:30AM	Sun 23
Makara Rasi: 18.29	Tithi 10 – 11	Yama 9:20AM – 10:46AM	Dhriti Until 8:18PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:52PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 3:01PM – 4:26PM	Vanija Until 11:40PM	<b>Nataraja:</b> Purple		4th Phase
Creative Work Siddha Yoga			<b>Vijaya Dasami</b>	Moon – Purple		<b>Sivaloka Day</b>
			<b>Dashami</b> Until 10:25AM	<b>Ashvina+Puratasi</b>		

<b>Wednesday, October 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Milan, Italy Sutra 178 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:46AM – 12:10PM	<b>Dhanishtha</b> Until 6:46PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:31AM	Sun 24
Kumbha Rasi: 0.22	Tithi 11 – 12	Yama 7:56AM – 9:21AM	Shula* Until 9:13PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:50PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 12:10PM – 1:35PM	Bava Until 2:13AM Thu	<b>Nataraja:</b> Purple		4th Phase
Routine Work Prabalarishta Yoga			<b>Ekadashi</b> Until 12:55PM	Moon – Purple		<b>Sivaloka Day</b>
Until 6:46PM				<b>Ashvina+Puratasi</b>		
Then Creative Work - Siddha Yoga						

<b>Thursday, October 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Milan, Italy Sutra 179 Vikarin 5121
<b>4</b>		<b>Gulika</b> 9:21AM – 10:46AM	<b>Shatabhishak</b> Until 9:36PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:32AM	Sun 25
Kumbha Rasi: 12.12	Tithi 12 – 13	Yama 6:32AM – 7:57AM	Ganda* Until 10:09PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:48PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 1:35PM – 2:59PM	Kaulava Until 4:43AM Fri	<b>Nataraja:</b> Purple		4th Phase
Creative Work Siddha Yoga			<b>Dvadashi</b> Until 3:27PM	Moon – Purple		<b>Sivaloka Day</b>
		<b>Kadaitswami Mahasamadhi</b>		<b>Ashvina+Puratasi</b>		
			<i>Pradosha Vrata</i>			

<b>Friday, October 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Milan, Italy Sutra 180 Vikarin 5121
<b>5</b>		<b>Gulika</b> 7:58AM – 9:22AM	<b>Purvaproshtapada*</b> Until 12:40AM Sat	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:34AM	Sun 26
Kumbha Rasi: 24.04	Tithi 13 – 14	Yama 2:58PM – 4:22PM	Vriddhi Until 11:00PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:46PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	613213464	<b>Rahu</b> 10:46AM – 12:10PM	Gara Until 7:04AM Sat	<b>Nataraja:</b> Purple		4th Phase
Creative Work Siddha Yoga			<b>Trayodashi</b> Until 5:53PM	Moon – Clear		<b>Sivaloka Day</b>
		<b>Chidambaram Abhishekam</b>		<b>Ashvina+Puratasi</b>		

<b>Saturday, October 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau				Milan, Italy Sutra 181 Vikarin 5121
<b>6</b>		<b>Gulika</b> 6:35AM – 7:59AM	<b>Uttaraproshtapada</b> Until 3:21AM Sun	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:35AM	Sun 27
Meena Rasi: 5.58	Tithi 14	Yama 1:33PM – 2:57PM	Dhruva Until 11:40PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:44PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	613213464	<b>Rahu</b> 9:22AM – 10:46AM	Gara Until 7:04AM	<b>Nataraja:</b> Purple		4th Phase
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 8:08PM	Moon – Clear		<b>Sivaloka Day</b>
Until 3:21AM Sun				<b>Ashvina+Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>Sunday, October 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Milan, Italy Sutra 182 Vikarin 5121
<b>0</b>		<b>Gulika</b> 2:56PM – 4:19PM	<b>Revati</b> Until 5:38AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:36AM	Sun 28
Meena Rasi: 17.59	Tithi 15	Yama 12:09PM – 1:33PM	Vyaghata* Until 12:08AM Mon	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:43PM	Moon 9 - Phase 25
<b>Copper Retreat Star</b>	614213464	<b>Rahu</b> 4:19PM – 5:43PM	Visti Until 9:11AM	<b>Nataraja:</b> Purple		Purnima
Creative Work Amrita Yoga			<b>Purnima*</b> Until 10:07PM	Moon – Clear		<b>Subha Sivaloka Day</b>
Until 5:38AM Mon				<b>Ashvina+Puratasi</b>		
Then Creative Work - Siddha Yoga						

<b>Monday, October 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Milan, Italy Sutra 183 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:32PM – 2:55PM	<b>Ashvini</b> Until 7:57AM Tue	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:38AM	Sun 29
Mesha Rasi: 0.05	Tithi 16	Yama 10:46AM – 12:09PM	Harshana Until 12:25AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:41PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	624213464	<b>Rahu</b> 8:00AM – 9:23AM	Balava Until 11:02AM	<b>Nataraja:</b> Purple		Prathama
Creative Work Siddha Yoga			<b>Prathama*</b> Until 11:50PM	Moon – White		<b>Subha Subha Sivaloka Day</b>
				<b>Ashvina+Puratasi</b>		

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





Tuesday, October 15, 2019

Gold Retreat Star

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

Milan, Italy  
Sutra 184

Mesha Rasi: 12.19      Tithi 17

624213464

**Gulika** 12:09PM – 1:32PM  
**Yama** 9:24AM – 10:46AM  
**Rahu** 2:54PM – 4:17PM

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

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

Milan, Italy  
Sutra 185

Mesha Rasi: 24.41      Tithi 18

624213464

**Gulika** 10:47AM – 12:09PM  
**Yama** 8:02AM – 9:24AM  
**Rahu** 12:09PM – 1:31PM

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

**Ganesha:** White      *Sunrise:* 6:40AM  
**Muruqa:** Purple      *Sunset:* 5:37PM  
**Nataraja:** Purple  
Moon – White      **Subha Subha Sivaloka Day**  
**Ashvina•Puratasi**

Creative Work      Siddha Yoga

Until 9:48AM

Then Creative Work - Amrita Yoga

2

Thursday, October 17, 2019

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

Milan, Italy  
Sutra 186

Vrishabha Rasi: 7.12      Tithi 19

624313464

**Gulika** 9:25AM – 10:47AM  
**Yama** 6:42AM – 8:03AM  
**Rahu** 1:30PM – 2:52PM

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

**Ganesha:** Yellow      *Sunrise:* 6:42AM  
**Muruqa:** Purple      *Sunset:* 5:36PM  
**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

Milan, Italy  
Sutra 187

Vrishabha Rasi: 19.53      Tithi 20

634313464

**Gulika** 8:04AM – 9:26AM  
**Yama** 2:51PM – 4:13PM  
**Rahu** 10:47AM – 12:08PM

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

**Ganesha:** White      *Sunrise:* 6:43AM  
**Muruqa:** Purple      *Sunset:* 5:34PM  
**Nataraja:** Purple  
Moon – Yellow      **Sivaloka Day**  
**Ashvina•Aipasi**

Routine Work      Marana Yoga

Until 12:27PM

Then Creative Work - Siddha Yoga

4

Saturday, October 19, 2019

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

Milan, Italy  
Sutra 188

Mithuna Rasi: 2.46      Tithi 21

634313464

**Gulika** 6:44AM – 8:05AM  
**Yama** 1:29PM – 2:50PM  
**Rahu** 9:26AM – 10:47AM

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

**Ganesha:** White      *Sunrise:* 6:44AM  
**Muruqa:** Purple      *Sunset:* 5:32PM  
**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

Milan, Italy  
Sutra 189

Mithuna Rasi: 15.55      Tithi 22

634313464

**Gulika** 2:49PM – 4:10PM  
**Yama** 12:08PM – 1:29PM  
**Rahu** 4:10PM – 5:31PM

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

**Ganesha:** White      *Sunrise:* 6:46AM  
**Muruqa:** Purple      *Sunset:* 5:31PM  
**Nataraja:** Purple  
Moon – Yellow      **Sivaloka Day**  
**Ashvina•Aipasi**

Creative Work      Siddha Yoga

D

Monday, October 21, 2019

Retreat Star

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

Milan, Italy  
Sutra 190

Mithuna Rasi: 29.2      Tithi 23

644313464

**Gulika** 1:28PM – 2:48PM  
**Yama** 10:48AM – 12:08PM  
**Rahu** 8:07AM – 9:27AM

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

**Ganesha:** Clear      *Sunrise:* 6:47AM  
**Muruqa:** Purple      *Sunset:* 5:29PM  
**Nataraja:** Purple  
Moon – Blue      **Subha Sivaloka Day**  
**Ashvina•Aipasi**

Creative Work      Amrita Yoga

Until 1:01PM

Then Creative Work - Siddha Yoga

Tuesday, October 22, 2019

Retreat Star

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

Milan, Italy  
Sutra 191

Kataka Rasi: 13.05      Tithi 24

644313464

**Gulika** 12:08PM – 1:28PM  
**Yama** 9:28AM – 10:48AM  
**Rahu** 2:47PM – 4:07PM

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

**Ganesha:** Clear      *Sunrise:* 6:48AM  
**Muruqa:** Purple      *Sunset:* 5:27PM  
**Nataraja:** Purple  
Moon – Blue      **Subha Sivaloka Day**  
**Ashvina•Aipasi**

Creative Work      Siddha Yoga

<b>1</b>		<b>Wednesday, October 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Dashamyam Titau		Milan, Italy Sun 9 Sutra 192	
Kataka Rasi: 27.12	Tithi 25	<b>Gulika</b> 10:48AM – 12:08PM	<b>Ashlesha* Until 10:32AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:50AM		Vikarin 5121
		Yama 8:09AM – 9:29AM	Subha Until 12:24PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:26PM		Moon 10 - Phase 27
Creative Work	Siddha Yoga	644313464 <b>Rahu</b> 12:08PM – 1:27PM	Vanija Until 9:55AM	<b>Nataraja:</b> Purple			2nd Phase
			<b>Dashami Until 8:38PM</b>	Moon – Blue		<b>Subha Sivaloka Day</b>	
				<b>Ashvina•Aipasi</b>			

<b>2</b>		<b>Thursday, October 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau		Milan, Italy Sun 10 Sutra 193	
Simha Rasi: 11.39	Tithi 26 – 27	<b>Gulika</b> 9:29AM – 10:48AM	<b>Magha* Until 8:45AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:51AM		Vikarin 5121
		Yama 6:51AM – 8:10AM	Sukla Until 9:02AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:24PM		Moon 10 - Phase 27
Creative Work	Amrita Yoga	654313464 <b>Rahu</b> 1:27PM – 2:46PM	Bava Until 7:16AM	<b>Nataraja:</b> Purple			2nd Phase
Until 8:45AM			<b>Ekadashi* Until 5:47PM</b>	Moon – Red		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Ashvina•Aipasi</b>			

<b>3</b>		<b>Friday, October 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Indra Yoga Taillala/Gara Karana Dvadashi/Trayodashyam Titau		Milan, Italy Sun 11 Sutra 194	
Simha Rasi: 26.22	Tithi 27 – 28	<b>Gulika</b> 8:11AM – 9:30AM	<b>Purvaphalguni Until 6:27AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:52AM		Vikarin 5121
		Yama 2:45PM – 4:04PM	Indra Until 1:31AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:22PM		Moon 10 - Phase 27
Creative Work	Siddha Yoga	655313464 <b>Rahu</b> 10:49AM – 12:07PM	Gara Until 12:59AM Sat	<b>Nataraja:</b> Purple			2nd Phase
			<b>Dvadashi* Until 2:38PM</b>	Moon – Red		<b>Subha Sivaloka Day</b>	
				<b>Ashvina•Aipasi</b>			
				<i>Pradosha Vrata (Fasting)</i>			

<b>4</b>		<b>Saturday, October 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Hasta Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Milan, Italy Sun 12 Sutra 195	
Kanya Rasi: 11.16	Tithi 28 – 29	<b>Gulika</b> 6:54AM – 8:12AM	<b>Hasta Until 1:19AM Sun</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:54AM		Vikarin 5121
		Yama 1:26PM – 2:44PM	Vaidhriti* Until 9:34PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:21PM		Moon 10 - Phase 27
Routine Work	Marana Yoga	665313464 <b>Rahu</b> 9:30AM – 10:49AM	Visti Until 9:37PM	<b>Nataraja:</b> Purple			2nd Phase
Until 1:19AM Sun			<b>Trayodashi* Until 11:17AM</b>	Moon – Green		<b>Subha Sivaloka Day</b>	
Then Creative Work - Siddha Yoga		<b>Deepavali Hindu Solidarity Day</b>		<b>Ashvina•Aipasi</b>			

<b>Retreat Star</b>		<b>Sunday, October 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Vishkambha*/Priti Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Milan, Italy Sun 13 Sutra 196	
Kanya Rasi: 26.14	Tithi 29 – 30	<b>Gulika</b> 2:43PM – 4:01PM	<b>Chitra Until 10:48PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:55AM		Vikarin 5121
		Yama 12:07PM – 1:25PM	Vishkambha* Until 5:40PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:19PM		Moon 10 - Phase 27
Creative Work	Siddha Yoga	665313464 <b>Rahu</b> 4:01PM – 5:19PM	Catuspada Until 6:18PM	<b>Nataraja:</b> Purple			Amavasya
			<b>Chaturdashi* Until 7:55AM</b>	Moon – Green		<b>Subha Sivaloka Day</b>	
		<b>Subramuniyaswami Mahasamadhi</b>		<b>Ashvina•Aipasi</b>			

<b>Retreat Star</b>		<b>Monday, October 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti/Ayushman Yoga Kintughna*/Bava Karana Prathamayam Titau		Milan, Italy Sun 14 Sutra 197	
Tula Rasi: 11.05	Tithi 1	<b>Gulika</b> 1:25PM – 2:42PM	<b>Svati Until 8:24PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:56AM		Vikarin 5121
<b>Family Home Evening</b>		Yama 10:49AM – 12:07PM	Priti Until 1:57PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:18PM		Moon 10 - Phase 27
Creative Work	Amrita Yoga	665313464 <b>Rahu</b> 8:14AM – 9:32AM	Kintughna Until 3:12PM	<b>Nataraja:</b> Purple			Prathama
Until 8:24PM			<b>Prathama* Until 1:47AM Tue</b>	Moon – Green		<b>Subha Sivaloka Day</b>	
Then Routine Work - Marana Yoga		<b>Skanda Shasthi Begins</b>		<b>Kartika•Aipasi</b>			

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

<b>1</b>		<b>Tuesday, October 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvitiyayam Titau		Milan, Italy Sutra 198 Vikarin 5121
Tula Rasi: 25.43	Tithi 2	<b>Gulika</b> Yama	<b>12:07PM – 1:24PM</b> 9:32AM – 10:50AM	<b>Vishakha Until 6:42PM</b> Ayushman Until 10:32AM Balava Until 12:31PM Dvitiya Until 11:21PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Orange	Sun 15 Moon 10 - Phase 28 3rd Phase
Routine Work	Marana Yoga	675313464	<b>Rahu</b> 2:42PM – 3:59PM		Sunrise: 6:58AM Sunset: 5:16PM	<b>Subha Sivaloka Day</b> Kartika•Aipasi
Until 6:42PM						
Then Creative Work - Siddha Yoga						

<b>2</b>		<b>Wednesday, October 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau		Milan, Italy Sutra 199 Vikarin 5121
Virshika Rasi: 9.59	Tithi 3	<b>Gulika</b> Yama	<b>10:50AM – 12:07PM</b> 8:16AM – 9:33AM	<b>Anuradha Until 5:29PM</b> Saubhagya Until 7:34AM Taitila Until 10:22AM Tritiya Until 9:33PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Orange	Sun 16 Moon 10 - Phase 28 3rd Phase
Creative Work	Siddha Yoga	675313464	<b>Rahu</b> 12:07PM – 1:24PM		Sunrise: 6:59AM Sunset: 5:15PM	<b>Subha Sivaloka Day</b> Kartika•Aipasi
Until 6:42PM						
Then Creative Work - Siddha Yoga						

<b>3</b>		<b>Thursday, October 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Athiganda* Yoga Vanija/Visti* Karana Chaturthayam Titau		Milan, Italy Sutra 200 Vikarin 5121
Virshika Rasi: 23.49	Tithi 4	<b>Gulika</b> Yama	<b>9:34AM – 10:50AM</b> 7:00AM – 8:17AM	<b>Jyeshtha* Until 4:51PM</b> Athiganda* Until 3:24AM Fri Vanija Until 8:57AM Chaturthi* Until 8:31PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Orange	Sun 17 Moon 10 - Phase 28 3rd Phase
Routine Work	Prabalarishta Yoga	675313464	<b>Rahu</b> 1:23PM – 2:40PM		Sunrise: 7:00AM Sunset: 5:13PM	<b>Subha Sivaloka Day</b> Kartika•Aipasi
Until 4:51PM						
Then Creative Work - Siddha Yoga						

<b>4</b>		<b>Friday, November 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukarma Yoga Bava/Balava Karana Panchamyam Titau		Milan, Italy Sutra 201 Vikarin 5121
Dhanus Rasi: 7.1	Tithi 5	<b>Gulika</b> Yama	<b>8:18AM – 9:34AM</b> 2:39PM – 3:55PM	<b>Mula* Until 5:20PM</b> Sukarma Until 2:18AM Sat Bava Until 8:21AM Panchami Until 8:21PM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Light Blue	Sun 18 Moon 10 - Phase 28 3rd Phase
Creative Work	Amrita Yoga	685313464	<b>Rahu</b> 10:51AM – 12:07PM		Sunrise: 7:02AM Sunset: 5:12PM	<b>Subha Subha Sivaloka Day</b> Kartika•Aipasi
Until 5:20PM						
Then Routine Work - Prabalarishta Yoga						

<b>5</b>		<b>Saturday, November 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Dhriti Yoga Kaulava/Taitila Karana Shashthiyam Titau		Milan, Italy Sutra 202 Vikarin 5121
Dhanus Rasi: 20.05	Tithi 6	<b>Gulika</b> Yama	<b>7:03AM – 8:19AM</b> 1:23PM – 2:39PM	<b>Purvashadha* Until 6:31PM</b> Dhriti Until 1:53AM Sun Kaulava Until 8:37AM Shashthi* Until 9:02PM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Light Blue	Sun 19 Moon 10 - Phase 28 3rd Phase
Creative Work	Siddha Yoga	685313464	<b>Rahu</b> 9:35AM – 10:51AM		Sunrise: 7:03AM Sunset: 5:10PM	<b>Subha Subha Sivaloka Day</b> Kartika•Aipasi
Until 6:31PM						
Then Routine Work - Marana Yoga						

<b>6</b>		<b>Sunday, November 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Shula* Yoga Gara/Vanija Karana Saptamyam Titau		Milan, Italy Sutra 203 Vikarin 5121
Makara Rasi: 2.37	Tithi 7	<b>Gulika</b> Yama	<b>2:38PM – 3:53PM</b> 12:07PM – 1:22PM	<b>Uttarashadha Until 8:16PM</b> Shula* Until 1:59AM Mon Gara Until 9:42AM Saptami Until 10:30PM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Light Blue	Sun 20 Moon 10 - Phase 28 3rd Phase
Creative Work	Amrita Yoga	685313464	<b>Rahu</b> 3:53PM – 5:09PM		Sunrise: 7:05AM Sunset: 5:09PM	<b>Subha Subha Sivaloka Day</b> Kartika•Aipasi
Until 6:31PM						
Then Routine Work - Marana Yoga						

<b>Retreat Star</b>		<b>Monday, November 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Milan, Italy Sutra 204 Vikarin 5121
Makara Rasi: 14.49	Tithi 8	<b>Gulika</b> Yama	<b>1:22PM – 2:37PM</b> 10:52AM – 12:07PM	<b>Shravana Until 10:57PM</b> Ganda* Until 2:32AM Tue Visti Until 11:29AM Ashtami* Until 12:33AM Tue	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Purple	Sun 21 Moon 10 - Phase 28 Ashtami
<b>Family Home Evening</b>		696313464	<b>Rahu</b> 8:21AM – 9:36AM		Sunrise: 7:06AM Sunset: 5:07PM	<b>Sivaloka Day</b> Kartika•Aipasi
Creative Work	Amrita Yoga					
Until 10:57PM						
Then Creative Work - Siddha Yoga						

<b>Retreat Star</b>		<b>Tuesday, November 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Balava/Kaulava Karana Navamyam Titau		Milan, Italy Sutra 205 Vikarin 5121
Makara Rasi: 26.5	Tithi 9	<b>Gulika</b> Yama	<b>12:07PM – 1:22PM</b> 9:37AM – 10:52AM	<b>Dhanishtha Until 1:49AM Wed</b> Vriddhi Until 3:21AM Wed Balava Until 1:45PM Navami* Until 2:58AM Wed	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Purple	Sun 22 Moon 10 - Phase 28 Navami
Creative Work	Siddha Yoga	696313464	<b>Rahu</b> 2:36PM – 3:51PM		Sunrise: 7:07AM Sunset: 5:06PM	<b>Sivaloka Day</b> Kartika•Aipasi
Until 10:57PM						
Then Creative Work - Siddha Yoga						


<b>1</b>	<b>Wednesday, November 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Taitila/Gara Karana Dashamyam Titau				Milan, Italy
	Kumbha Rasi: 8.43	Tithi 10	<b>Gulika</b> 10:52AM – 12:07PM	<b>Shatabhishak</b> <b>Until 4:39AM Thu</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:09AM	Sun 23
			Yama 8:23AM – 9:38AM	Dhruva <b>Until 4:14AM Thu</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:05PM	Vikarin 5121
	696313464	<b>Rahu</b> 12:07PM – 1:21PM		Taitila <b>Until 4:16PM</b>	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Dashami</b> <b>Until 5:31AM Thu</b>	Moon – Purple		4th Phase	
				<b>Kartika-Aipasi</b>		<b>Sivaloka Day</b>	

<b>2</b>	<b>Thursday, November 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Vanija Karana Ekadashyam Titau				Milan, Italy
	Kumbha Rasi: 20.34	Tithi 11	<b>Gulika</b> 9:39AM – 10:53AM	<b>Purvaproshtapada*</b> <b>Until 7:44AM Fri</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:10AM	Sun 24
			Yama 7:10AM – 8:24AM	Vyaghata* <b>Until 5:04AM Fri</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:04PM	Vikarin 5121
	716313464	<b>Rahu</b> 1:21PM – 2:35PM		Vanija <b>Until 6:47PM</b>	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Ekadashi</b> <b>Until 7:58AM Fri</b>	Moon – Clear		4th Phase	
				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	

<b>3</b>	<b>Friday, November 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Harshana Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Milan, Italy
	Meena Rasi: 2.28	Tithi 11 – 12	<b>Gulika</b> 8:25AM – 9:39AM	<b>Purvaproshtapada*</b> <b>Until 7:44AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:12AM	Sun 25
			Yama 2:35PM – 3:48PM	Harshana <b>Until 5:44AM Sat</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:02PM	Vikarin 5121
	716313464	<b>Rahu</b> 10:53AM – 12:07PM		Bava <b>Until 9:08PM</b>	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Ekadashi</b> <b>Until 7:58AM</b>	Moon – Clear		4th Phase	
				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	

<b>4</b>	<b>Saturday, November 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Milan, Italy
	Meena Rasi: 14.26	Tithi 12 – 13	<b>Gulika</b> 7:13AM – 8:27AM	<b>Uttaraproshtapada</b> <b>Until 10:25AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:13AM	Sun 26
			Yama 1:21PM – 2:34PM	Vajra* <b>Until 6:08AM Sun</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:01PM	Vikarin 5121
	716313464	<b>Rahu</b> 9:40AM – 10:54AM		Kaulava <b>Until 11:12PM</b>	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Dvadashi</b> <b>Until 10:11AM</b>	Moon – Clear		4th Phase	
Until 10:25AM				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>				

<b>5</b>	<b>Sunday, November 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Milan, Italy
	Meena Rasi: 26.32	Tithi 13 – 14	<b>Gulika</b> 2:33PM – 3:47PM	<b>Revati</b> <b>Until 12:37PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:14AM	Sun 27
			Yama 12:07PM – 1:20PM	Vajra* <b>Until 6:08AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:00PM	Vikarin 5121
	716313464	<b>Rahu</b> 3:47PM – 5:00PM		Gara <b>Until 12:52AM Mon</b>	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Amrita Yoga		<b>Trayodashi</b> <b>Until 12:03PM</b>	Moon – Clear		4th Phase	
Until 12:37PM				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							

	<b>Monday, November 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Milan, Italy
	Mesha Rasi: 8.48	Tithi 14 – 15	<b>Gulika</b> 1:20PM – 2:33PM	<b>Ashvini</b> <b>Until 2:45PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:16AM	Sun 27
	<b>Family Home Evening</b>		Yama 10:54AM – 12:07PM	Siddhi <b>Until 6:15AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:59PM	Vikarin 5121
	727313464	<b>Rahu</b> 8:29AM – 9:42AM		Visti <b>Until 2:07AM Tue</b>	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> <b>Until 1:32PM</b>	Moon – White		Purnima	
				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	

<b>6</b>	<b>Tuesday, November 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Vyatipata*/Varyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Milan, Italy
	Mesha Rasi: 21.15	Tithi 15 – 16	<b>Gulika</b> 12:07PM – 1:20PM	<b>Bharani</b> <b>Until 4:19PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 7:17AM	Sun 28
			Yama 9:42AM – 10:55AM	Vyatipata* <b>Until 6:03AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:58PM	Vikarin 5121
	727413464	<b>Rahu</b> 2:32PM – 3:45PM		Balava <b>Until 2:57AM Wed</b>	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Purnima*</b> <b>Until 2:34PM</b>	Moon – White		Prathama	
				<b>Kartika-Aipasi</b>		<b>Sivaloka Day</b>	

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



Wednesday, November 13, 2019

Gold Retreat Star

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

Milan, Italy

Sutra 213

Vikarin 5121

Vrishabha Rasi: 3.53 Tithi 16 – 17

727413464

**Gulika** 10:55AM – 12:07PM  
Yama 8:31AM – 9:43AM  
**Rahu** 12:07PM – 1:20PM

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

**Ganesha:** White *Sunrise:* 7:19AM  
**Muruqa:** Purple *Sunset:* 4:56PM  
**Nataraja:** Purple  
Moon – White

Moon 11 - Phase 30  
1st Phase

**Sivaloka Day**

Creative Work Amrita Yoga

Until 5:19PM

Then Creative Work - Siddha Yoga

1

Thursday, November 14, 2019

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

Milan, Italy

Sutra 214

Vikarin 5121

Vrishabha Rasi: 16.43 Tithi 17 – 18

737413464

**Gulika** 9:44AM – 10:56AM  
Yama 7:20AM – 8:32AM  
**Rahu** 1:20PM – 2:31PM

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

**Ganesha:** Clear *Sunrise:* 7:20AM  
**Muruqa:** Purple *Sunset:* 4:55PM  
**Nataraja:** Purple  
Moon – Yellow

Moon 11 - Phase 30  
1st Phase

**Subha Sivaloka Day**

Routine Work Marana Yoga

**Kartika-Aipasi**

2

Friday, November 15, 2019

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

Milan, Italy

Sutra 215

Vikarin 5121

Vrishabha Rasi: 29.43 Tithi 18 – 19

737413464

**Gulika** 8:33AM – 9:45AM  
Yama 2:31PM – 3:43PM  
**Rahu** 10:56AM – 12:08PM

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

**Ganesha:** Clear *Sunrise:* 7:21AM  
**Muruqa:** Purple *Sunset:* 4:54PM  
**Nataraja:** Purple  
Moon – Yellow

Moon 11 - Phase 30  
1st Phase

**Subha Sivaloka Day**

Creative Work Siddha Yoga

**Kartika-Aipasi**

3

Saturday, November 16, 2019

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

Milan, Italy

Sutra 216

Vikarin 5121

Mithuna Rasi: 12.56 Tithi 19 – 20

737413464

**Gulika** 7:23AM – 8:34AM  
Yama 1:19PM – 2:31PM  
**Rahu** 9:45AM – 10:57AM

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

**Ganesha:** Clear *Sunrise:* 7:23AM  
**Muruqa:** Purple *Sunset:* 4:53PM  
**Nataraja:** Purple  
Moon – Yellow

Moon 11 - Phase 30  
1st Phase

**Subha Sivaloka Day**

Creative Work Siddha Yoga

**Kartika-Kartikai**

4

Sunday, November 17, 2019

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

Milan, Italy

Sutra 217

Vikarin 5121

Mithuna Rasi: 26.2 Tithi 20 – 21

747413465

**Gulika** 2:30PM – 3:41PM  
Yama 12:08PM – 1:19PM  
**Rahu** 3:41PM – 4:52PM

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

**Ganesha:** Purple *Sunrise:* 7:24AM  
**Muruqa:** Purple *Sunset:* 4:52PM  
**Nataraja:** Clear  
Moon – Blue

Moon 11 - Phase 30  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

**Kartika-Kartikai**

5

Monday, November 18, 2019

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

Milan, Italy

Sutra 218

Vikarin 5121

Kataka Rasi: 9.55 Tithi 21 – 22

748413465

**Gulika** 1:19PM – 2:30PM  
Yama 10:58AM – 12:08PM  
**Rahu** 8:36AM – 9:47AM

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

**Ganesha:** Clear *Sunrise:* 7:25AM  
**Muruqa:** Purple *Sunset:* 4:51PM  
**Nataraja:** Clear  
Moon – Blue

Moon 11 - Phase 30  
1st Phase

**Sivaloka Day**

Creative Work Siddha Yoga

**Kartika-Kartikai**

D

Tuesday, November 19, 2019

Retreat Star

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

Milan, Italy

Sutra 219

Vikarin 5121

Kataka Rasi: 23.43 Tithi 22 – 23

748413465

**Gulika** 12:09PM – 1:19PM  
Yama 9:48AM – 10:58AM  
**Rahu** 2:30PM – 3:40PM

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

**Ganesha:** Clear *Sunrise:* 7:27AM  
**Muruqa:** Purple *Sunset:* 4:50PM  
**Nataraja:** Clear  
Moon – Blue

Moon 11 - Phase 30  
Ashtami

**Sivaloka Day**

Creative Work Siddha Yoga

**Kartika-Kartikai**

Wednesday, November 20, 2019

Retreat Star

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

Milan, Italy

Sutra 220

Vikarin 5121

Simha Rasi: 7.42 Tithi 23 – 24

758413465

**Gulika** 10:59AM – 12:09PM  
Yama 8:38AM – 9:48AM  
**Rahu** 12:09PM – 1:19PM

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

**Ganesha:** White *Sunrise:* 7:28AM  
**Muruqa:** Purple *Sunset:* 4:50PM  
**Nataraja:** Clear  
Moon – Red

Moon 11 - Phase 30  
Navami

**Subha Sivaloka Day**

Creative Work Siddha Yoga

**Kartika-Kartikai**

Until 3:32PM

Then Creative Work - Amrita Yoga

<b>1</b>		<b>Thursday, November 21, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Visti* Karana Navami/Dashamyam Titau		Milan, Italy
Simha Rasi: 21.54	Tithi 24 – 25	<b>Gulika</b> 9:49AM – 10:59AM	<b>Purvaphalguni</b> Until 1:59PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 7:29AM	Sun 8 Sutra 221
		<b>Yama</b> 7:29AM – 8:39AM	Vaidhriti* Until 11:42AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:49PM	Vikarin 5121
		<b>Rahu</b> 1:19PM – 2:29PM	Visti Until 4:33AM Fri	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Navami*</b> Until 6:59AM	Moon – Red		2nd Phase
				<b>Karttika-Karttikai</b>		<b>Subha Sivaloka Day</b>

<b>2</b>		<b>Friday, November 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Prithi Yoga Bava/Balava Karana Ekadashyam Titau		Milan, Italy
Kanya Rasi: 6.16	Tithi 26	<b>Gulika</b> 8:40AM – 9:50AM	<b>Uttaraphalguni</b> Until 12:03PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 7:31AM	Sun 9 Sutra 222
		<b>Yama</b> 2:29PM – 3:38PM	Vishkambha* Until 8:29AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:48PM	Vikarin 5121
		<b>Rahu</b> 11:00AM – 12:09PM	Bava Until 3:17PM	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 1:57AM Sat	Moon – Red		2nd Phase
Until 12:03PM				<b>Karttika-Karttikai</b>		<b>Subha Sivaloka Day</b>
Then Creative Work - Amrita Yoga						

<b>3</b>		<b>Saturday, November 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Ayushman Yoga Kaulava/Taitila Karana Dvadashyam Titau		Milan, Italy
Kanya Rasi: 20.44	Tithi 27	<b>Gulika</b> 7:32AM – 8:41AM	<b>Hasta</b> Until 10:16AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:32AM	Sun 10 Sutra 223
		<b>Yama</b> 1:19PM – 2:28PM	Ayushman Until 1:45AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:47PM	Vikarin 5121
		<b>Rahu</b> 9:51AM – 11:00AM	Kaulava Until 12:39PM	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Routine Work	Marana Yoga		<b>Dvadashi*</b> Until 11:17PM	Moon – Green		2nd Phase
				<b>Karttika-Karttikai</b>		<b>Sivaloka Day</b>

<b>4</b>		<b>Sunday, November 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau		Milan, Italy
Tula Rasi: 5.15	Tithi 28	<b>Gulika</b> 2:28PM – 3:37PM	<b>Chitra</b> Until 8:20AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:33AM	Sun 11 Sutra 224
		<b>Yama</b> 12:10PM – 1:19PM	Saubhagya Until 10:25PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:47PM	Vikarin 5121
		<b>Rahu</b> 3:37PM – 4:47PM	Gara Until 9:59AM	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 8:40PM	Moon – Green		2nd Phase
				<b>Karttika-Karttikai</b>		<b>Devaloka Day</b>
			<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Monday, November 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Milan, Italy
Tula Rasi: 19.41	Tithi 29	<b>Gulika</b> 1:19PM – 2:28PM	<b>Svati</b> Until 6:21AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:35AM	Sun 12 Sutra 225
<b>Family Home Evening</b>		<b>Yama</b> 11:01AM – 12:10PM	Sobhana Until 7:15PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:46PM	Vikarin 5121
		<b>Rahu</b> 8:43AM – 9:52AM	Visti Until 7:26AM	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 6:14PM	Moon – Green		2nd Phase
Until 6:21AM				<b>Karttika-Karttikai</b>		<b>Devaloka Day</b>
Then Routine Work - Marana Yoga						

<b>Retreat Star</b>		<b>Tuesday, November 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Athiganda*/Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Milan, Italy
Vrischika Rasi: 3.58	Tithi 30 – 1	<b>Gulika</b> 12:11PM – 1:19PM	<b>Anuradha</b> Until 3:42AM Wed	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:36AM	Sun 13 Sutra 226
		<b>Yama</b> 9:53AM – 11:02AM	Athiganda* Until 4:20PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:45PM	Vikarin 5121
		<b>Rahu</b> 2:28PM – 3:37PM	Kintughna Until 3:16AM Wed	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 4:08PM	Moon – Orange		Amavasya
				<b>Karttika-Karttikai</b>		<b>Devaloka Day</b>

<b>Retreat Star</b>		<b>Wednesday, November 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Sukarma/Dhriti* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Milan, Italy
Vrischika Rasi: 17.59	Tithi 1 – 2	<b>Gulika</b> 11:02AM – 12:11PM	<b>Jyeshtha*</b> Until 2:53AM Thu	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:37AM	Sun 14 Sutra 227
		<b>Yama</b> 8:46AM – 9:54AM	Sukarma Until 1:49PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:45PM	Vikarin 5121
		<b>Rahu</b> 12:11PM – 1:19PM	Balava Until 1:55AM Thu	<b>Nataraja:</b> Clear		Moon 11 - Phase 31
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 2:30PM	Moon – Orange		Prathama
				<b>Margasira-Karttikai</b>		<b>Devaloka Day</b>

<b>1</b>		<b>Thursday, November 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Milan, Italy Sun 15 Sutra 228 Vikarin 5121
Dhanus Rasi: 1.39	Tithi 2 – 3	<b>Gulika</b> 9:55AM – 11:03AM	<b>Mula* Until 3:02AM Fri</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:38AM	
		<b>Yama</b> 7:38AM – 8:47AM	<b>Dhriti Until 11:47AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:44PM	Moon 11 - Phase 32
		<b>Rahu</b> 1:19PM – 2:28PM	<b>Taitila Until 1:15AM Fri</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya Until 1:29PM</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>
Until 3:02AM Fri				<b>Margasira•Karttikai</b>		
Then Routine Work - Prabalarishta Yoga						

<b>2</b>		<b>Friday, November 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Milan, Italy Sun 16 Sutra 229 Vikarin 5121
Dhanus Rasi: 14.56	Tithi 3 – 4	<b>Gulika</b> 8:48AM – 9:56AM	<b>Purvashadha* Until 3:45AM Sat</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:40AM	
		<b>Yama</b> 2:28PM – 3:36PM	<b>Shula* Until 10:16AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:44PM	Moon 11 - Phase 32
		<b>Rahu</b> 11:04AM – 12:12PM	<b>Vanija Until 1:19AM Sat</b>	<b>Nataraja:</b> Clear		3rd Phase
Routine Work	Prabalarishta Yoga		<b>Tritiya Until 1:10PM</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>
Until 3:45AM Sat				<b>Margasira•Karttikai</b>		
Then Routine Work - Marana Yoga						

<b>3</b>		<b>Saturday, November 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Ganda*/Vridhhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Milan, Italy Sun 17 Sutra 230 Vikarin 5121
Dhanus Rasi: 27.51	Tithi 4 – 5	<b>Gulika</b> 7:41AM – 8:49AM	<b>Uttarashadha Until 5:01AM Sun</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:41AM	
		<b>Yama</b> 1:20PM – 2:27PM	<b>Ganda* Until 9:21AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:43PM	Moon 11 - Phase 32
		<b>Rahu</b> 9:56AM – 11:04AM	<b>Bava Until 2:08AM Sun</b>	<b>Nataraja:</b> Clear		3rd Phase
Routine Work	Marana Yoga		<b>Chaturthi* Until 1:37PM</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>
Until 5:01AM Sun				<b>Margasira•Karttikai</b>		
Then Creative Work - Amrita Yoga						

<b>4</b>		<b>Sunday, December 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vridhhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Milan, Italy Sun 18 Sutra 231 Vikarin 5121
Makara Rasi: 10.25	Tithi 5 – 6	<b>Gulika</b> 2:27PM – 3:35PM	<b>Shravana Until 7:16AM Mon</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:42AM	
		<b>Yama</b> 12:12PM – 1:20PM	<b>Vridhhi Until 9:01AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:43PM	Moon 11 - Phase 32
		<b>Rahu</b> 3:35PM – 4:43PM	<b>Kaulava Until 3:39AM Mon</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Amrita Yoga		<b>Panchami Until 2:47PM</b>	<b>Moon – Purple</b>		<b>Sivaloka Day</b>
Until 7:16AM Mon				<b>Margasira•Karttikai</b>		
Then Creative Work - Siddha Yoga						

<b>5</b>		<b>Monday, December 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Milan, Italy Sun 19 Sutra 232 Vikarin 5121
Makara Rasi: 22.41	Tithi 6 – 7	<b>Gulika</b> 1:20PM – 2:27PM	<b>Shravana Until 7:16AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:43AM	
<b>Family Home Evening</b>		<b>Yama</b> 11:05AM – 12:13PM	<b>Dhruva Until 9:09AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:42PM	Moon 11 - Phase 32
		<b>Rahu</b> 8:50AM – 9:58AM	<b>Gara Until 5:42AM Tue</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Amrita Yoga		<b>Shashthi* Until 4:35PM</b>	<b>Moon – Purple</b>		<b>Sivaloka Day</b>
Until 7:16AM				<b>Margasira•Karttikai</b>		
Then Creative Work - Siddha Yoga						

<b>6</b>		<b>Tuesday, December 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vyaghata*/Harshana Yoga Vanija Karana Saplamyam Titau		Milan, Italy Sun 20 Sutra 233 Vikarin 5121
Kumbha Rasi: 4.44	Tithi 7	<b>Gulika</b> 12:13PM – 1:20PM	<b>Dhanishtha Until 9:51AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:44AM	
		<b>Yama</b> 9:59AM – 11:06AM	<b>Vyaghata* Until 9:41AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:42PM	Moon 11 - Phase 32
		<b>Rahu</b> 2:28PM – 3:35PM	<b>Vanija Until 6:51PM</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Saptami Until 6:51PM</b>	<b>Moon – Purple</b>		<b>Sivaloka Day</b>
Until 9:51AM				<b>Margasira•Karttikai</b>		
Then Routine Work - Marana Yoga						

<b>Retreat Star</b>		<b>Wednesday, December 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashlamyam Titau		Milan, Italy Sun 21 Sutra 234 Vikarin 5121
Kumbha Rasi: 16.4	Tithi 8	<b>Gulika</b> 11:06AM – 12:13PM	<b>Shatabhishak Until 12:33PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:45AM	
		<b>Yama</b> 8:52AM – 9:59AM	<b>Harshana Until 10:27AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:42PM	Moon 11 - Phase 32
		<b>Rahu</b> 12:13PM – 1:21PM	<b>Visti Until 8:05AM</b>	<b>Nataraja:</b> Clear		Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 9:19PM</b>	<b>Moon – Purple</b>		<b>Sivaloka Day</b>
Until 12:33PM				<b>Margasira•Karttikai</b>		
Then Creative Work - Amrita Yoga						

<b>Retreat Star</b>		<b>Thursday, December 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Navamyam Titau		Milan, Italy Sun 22 Sutra 235 Vikarin 5121
Kumbha Rasi: 28.32	Tithi 9	<b>Gulika</b> 10:00AM – 11:07AM	<b>Purvaproshtapada* Until 3:39PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:46AM	
		<b>Yama</b> 7:46AM – 8:53AM	<b>Vajra* Until 11:15AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:41PM	Moon 11 - Phase 32
		<b>Rahu</b> 1:21PM – 2:28PM	<b>Balava Until 10:36AM</b>	<b>Nataraja:</b> Clear		Navami
Creative Work	Siddha Yoga		<b>Navami* Until 11:48PM</b>	<b>Moon – Clear</b>		<b>Sivaloka Day</b>
				<b>Margasira•Karttikai</b>		

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

<b>1</b>		<b>Friday, December 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi/Vyatlipata* Yoga Taitila/Gara Karana Dashamyam Titau				Milan, Italy Sutra 236 Vikarin 5121
Meena Rasi: 10.27	Tithi 10	<b>Gulika</b> 8:54AM – 10:01AM	<b>Uttaraproshtapada</b> Until 6:27PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:47AM		Sun 23	
		Yama 2:28PM – 3:34PM	Siddhi Until 11:59AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:41PM			Moon 11 - Phase 33
		711413465 <b>Rahu</b> 11:08AM – 12:14PM	Taitila Until 1:00PM	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 2:05AM Sat	Moon – Clear			<b>Sivaloka Day</b>	
				<b>Margasira-Karttikai</b>				

<b>2</b>		<b>Saturday, December 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Milan, Italy Sutra 237 Vikarin 5121
Meena Rasi: 22.27	Tithi 11	<b>Gulika</b> 7:48AM – 8:55AM	<b>Revati</b> Until 8:46PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 7:48AM		Sun 24	
		Yama 1:21PM – 2:28PM	Vyatipata* Until 12:31PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:41PM			Moon 11 - Phase 33
		711513465 <b>Rahu</b> 10:02AM – 11:08AM	Vanija Until 3:07PM	<b>Nataraja:</b> Clear				4th Phase
Routine Work	Prabalarishta Yoga		<b>Ekadashi</b> Until 3:59AM Sun	Moon – Clear			<b>Subha Sivaloka Day</b>	
Until 8:46PM				<b>Margasira-Karttikai</b>				
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Sunday, December 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan/Parigha* Yoga Bava/Balava Karana Dvodashyam Titau				Milan, Italy Sutra 238 Vikarin 5121
Mesha Rasi: 5	Tithi 12	<b>Gulika</b> 2:28PM – 3:34PM	<b>Ashvini</b> Until 10:59PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:49AM		Sun 25	
		Yama 12:15PM – 1:22PM	Varyan Until 12:43PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:41PM			Moon 11 - Phase 33
		721513465 <b>Rahu</b> 3:34PM – 4:41PM	Bava Until 4:47PM	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Siddha Yoga		<b>Dvodashi</b> Until 5:24AM Mon	Moon – White			<b>Sivaloka Day</b>	
Until 10:59PM				<b>Margasira-Karttikai</b>				
Then Routine Work - Prabalarishta Yoga								

<b>4</b>		<b>Monday, December 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Trayodashyam Titau				Milan, Italy Sutra 239 Vikarin 5121
Mesha Rasi: 16.58	Tithi 13	<b>Gulika</b> 1:22PM – 2:28PM	<b>Bharani</b> Until 12:30AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:50AM		Sun 26	
<b>Family Home Evening</b>		Yama 11:09AM – 12:16PM	Parigha* Until 12:31PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:41PM			Moon 11 - Phase 33
		721513465 <b>Rahu</b> 8:57AM – 10:03AM	Kaulava Until 5:55PM	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 6:15AM Tue	Moon – White			<b>Sivaloka Day</b>	
				<b>Margasira-Karttikai</b>				
				<i>Pradosha Vrata</i>				

<b>5</b>		<b>Tuesday, December 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Milan, Italy Sutra 240 Vikarin 5121
Mesha Rasi: 29.34	Tithi 13 – 14	<b>Gulika</b> 12:16PM – 1:22PM	<b>Krittika</b> Until 1:18AM Wed	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:51AM		Sun 27	
		Yama 10:04AM – 11:10AM	Shiva Until 11:54AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:41PM			Moon 11 - Phase 33
		721513465 <b>Rahu</b> 2:28PM – 3:35PM	Gara Until 6:29PM	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 6:15AM	Moon – White			<b>Sivaloka Day</b>	
				<b>Margasira-Karttikai</b>				
		<b>Krittika Deepam</b>						

<b>○</b>		<b>Wednesday, December 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Milan, Italy Sutra 241 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 11:10AM – 12:17PM	<b>Rohini</b> Until 1:52AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:52AM		Sun 28	
Vrishabha Rasi: 12.27	Tithi 14 – 15	Yama 8:58AM – 10:04AM	Siddha Until 10:49AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:41PM			Moon 11 - Phase 33
		731523465 <b>Rahu</b> 12:17PM – 1:23PM	Visti Until 6:28PM	<b>Nataraja:</b> Clear				Purnima
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 6:31AM	Moon – Yellow			<b>Sivaloka Day</b>	
Until 1:52AM Thu				<b>Margasira-Karttikai</b>				
Then Routine Work - Marana Yoga								

<b>○</b>		<b>Thursday, December 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau				Milan, Italy Sutra 242 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 10:05AM – 11:11AM	<b>Mrigashira</b> Until 1:48AM Fri	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:53AM		Sun 29	
Vrishabha Rasi: 25.36	Tithi 15 – 16	Yama 7:53AM – 8:59AM	Sadhya Until 9:20AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:41PM			Moon 11 - Phase 33
		732523465 <b>Rahu</b> 1:23PM – 2:29PM	Kaulava Until 5:27AM Fri	<b>Nataraja:</b> Clear				Prathama
Routine Work	Marana Yoga		<b>Purnima*</b> Until 6:14AM	Moon – Yellow			<b>Devaloka Day</b>	
Until 1:48AM Fri				<b>Margasira-Karttikai</b>				
Then Creative Work - Siddha Yoga		<b>Vinayaga Viratam Begins</b>						

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





Friday, December 13, 2019

Gold Retreat Star

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

Milan, Italy

Sutra 243

Vikarin 5121

Mithuna Rasi: 9.01 Tithi 17

742523465

**Gulika** 9:00AM – 10:06AM  
**Yama** 2:29PM – 3:35PM  
**Rahu** 11:12AM – 12:18PM

**Ardra Until 1:09AM Sat**

Subha Until 7:28AM

Taitila Until 4:56PM

**Dvitiya Until 4:16AM Sat**

**Ganesha:** Clear *Sunrise:* 7:54AM

**Muruqa:** Clear *Sunset:* 4:41PM

**Nataraja:** Clear

Moon – Yellow

**Margasira-Karttikai**

Moon 12 - Phase 34

1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

Milan, Italy

Sutra 244

Vikarin 5121

Mithuna Rasi: 22.41 Tithi 18

742523465

**Gulika** 7:55AM – 9:01AM  
**Yama** 1:24PM – 2:30PM  
**Rahu** 10:06AM – 11:12AM

**Punarvasu Until 12:29AM Sun**

Brahma Until 2:49AM Sun

Vanija Until 3:34PM

**Tritiya Until 2:45AM Sun**

**Ganesha:** Purple *Sunrise:* 7:55AM

**Muruqa:** Clear *Sunset:* 4:41PM

**Nataraja:** Clear

Moon – Blue

**Margasira-Karttikai**

Moon 12 - Phase 34

1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

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

Milan, Italy

Sutra 245

Vikarin 5121

Kataka Rasi: 6.31 Tithi 19

742523465

**Gulika** 2:30PM – 3:36PM  
**Yama** 12:18PM – 1:24PM  
**Rahu** 3:36PM – 4:41PM

**Pushya Until 11:25PM**

Indra Until 12:11AM Mon

Bava Until 1:55PM

**Chaturthi\* Until 1:00AM Mon**

**Ganesha:** Purple *Sunrise:* 7:56AM

**Muruqa:** Clear *Sunset:* 4:41PM

**Nataraja:** Clear

Moon – Blue

**Margasira-Karttikai**

Moon 12 - Phase 34

1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

3

Monday, December 16, 2019

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

Milan, Italy

Sutra 246

Vikarin 5121

Kataka Rasi: 20.31 Tithi 20

742523465

**Gulika** 1:25PM – 2:30PM  
**Yama** 11:13AM – 12:19PM  
**Rahu** 9:02AM – 10:08AM

**Ashlesha\* Until 10:02PM**

Vaidhriti\* Until 9:24PM

Kaulava Until 12:04PM

**Panchami Until 11:04PM**

**Ganesha:** Purple *Sunrise:* 7:56AM

**Muruqa:** Clear *Sunset:* 4:42PM

**Nataraja:** Clear

Moon – Blue

**Margasira-Markali**

Moon 12 - Phase 34

1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Until 10:02PM  
Then Routine Work - Marana Yoga

4

Tuesday, December 17, 2019

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

Milan, Italy

Sutra 247

Vikarin 5121

Simha Rasi: 4.35 Tithi 21

852523465

**Gulika** 12:19PM – 1:25PM  
**Yama** 10:08AM – 11:14AM  
**Rahu** 2:31PM – 3:36PM

**Magha\* Until 8:50PM**

Vishkambha\* Until 6:33PM

Gara Until 10:06AM

**Shashthi\* Until 9:03PM**

**Ganesha:** Purple *Sunrise:* 7:57AM

**Muruqa:** Clear *Sunset:* 4:42PM

**Nataraja:** Clear

Moon – Red

**Margasira-Markali**

Moon 12 - Phase 34

1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

5

Wednesday, December 18, 2019

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

Milan, Italy

Sutra 248

Vikarin 5121

Simha Rasi: 18.43 Tithi 22

852523465

**Gulika** 11:14AM – 12:20PM  
**Yama** 9:03AM – 10:09AM  
**Rahu** 12:20PM – 1:26PM

**Purvaphalguni Until 7:27PM**

Priti Until 3:40PM

Visti Until 8:02AM

**Saptami Until 6:59PM**

**Ganesha:** Purple *Sunrise:* 7:58AM

**Muruqa:** Clear *Sunset:* 4:42PM

**Nataraja:** Clear

Moon – Red

**Margasira-Markali**

Moon 12 - Phase 34

1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

D

Thursday, December 19, 2019

Retreat Star

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

Milan, Italy

Sutra 249

Vikarin 5121

Kanya Rasi: 2.53 Tithi 23 – 24

852523465

**Gulika** 10:09AM – 11:15AM  
**Yama** 7:58AM – 9:04AM  
**Rahu** 1:26PM – 2:32PM

**Uttaraphalguni Until 5:55PM**

Ayushman Until 12:44PM

Taitila Until 3:53AM Fri

**Ashtami\* Until 4:54PM**

**Ganesha:** Purple *Sunrise:* 7:58AM

**Muruqa:** Clear *Sunset:* 4:43PM

**Nataraja:** Clear

Moon – Red

**Margasira-Markali**

Moon 12 - Phase 34

Ashtami

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Until 5:55PM

Then Routine Work - Marana Yoga

Friday, December 20, 2019

Retreat Star

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

Milan, Italy

Sutra 250

Vikarin 5121

Kanya Rasi: 17.02 Tithi 24 – 25

862523465

**Gulika** 9:04AM – 10:10AM  
**Yama** 2:32PM – 3:37PM  
**Rahu** 11:15AM – 12:21PM

**Hasta Until 4:41PM**

Saubhagya Until 9:50AM

Vanija Until 1:51AM Sat

**Navami\* Until 2:50PM**

**Ganesha:** Clear *Sunrise:* 7:59AM

**Muruqa:** Clear *Sunset:* 4:43PM

**Nataraja:** Clear

Moon – Green

**Margasira-Markali**

Moon 12 - Phase 34

Navami

**Devaloka Day**

Creative Work Amrita Yoga

Until 4:41PM

Then Creative Work - Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

<b>1</b>		<b>Saturday, December 21, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Milan, Italy
Tula Rasi: 1.09	Tithi 25 – 26	862523465	<b>Gulika</b> 8:00AM – 9:05AM <b>Yama</b> 1:27PM – 2:32PM <b>Rahu</b> 10:10AM – 11:16AM	<b>Chitra</b> Until 3:22PM Sobhana Until 6:59AM Bava Until 11:54PM Dashami Until 12:51PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Green	Sun 8 Sutra 251 Vikarin 5121 Moon 12 - Phase 35 2nd Phase <b>Devaloka Day</b>
Routine Work	Marana Yoga		Day 1 of Pancha Ganapati	Margasira*Markali		
Until 3:22PM						
Then Creative Work - Siddha Yoga						

<b>2</b>		<b>Sunday, December 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Milan, Italy
Tula Rasi: 15.13	Tithi 26 – 27	862523465	<b>Gulika</b> 2:33PM – 3:38PM <b>Yama</b> 12:22PM – 1:27PM <b>Rahu</b> 3:38PM – 4:44PM	<b>Svati</b> Until 2:03PM Sukarma Until 1:33AM Mon Kaulava Until 10:07PM Ekadashi* Until 10:58AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Green	Sun 9 Sutra 252 Vikarin 5121 Moon 12 - Phase 35 2nd Phase <b>Devaloka Day</b>
Creative Work	Siddha Yoga		Day 2 of Pancha Ganapati	Margasira*Markali		
Until 2:03PM						
Then Routine Work - Marana Yoga						

<b>3</b>		<b>Monday, December 23, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Tailla/Gara Karana Dvadashi/Trayodashyam Titau		Milan, Italy
Tula Rasi: 29.1	Tithi 27 – 28	872523465	<b>Gulika</b> 1:28PM – 2:34PM <b>Yama</b> 11:17AM – 12:23PM <b>Rahu</b> 9:06AM – 10:12AM	<b>Vishakha</b> Until 1:13PM Dhriti Until 11:07PM Gara Until 8:34PM Dvadashi* Until 9:17AM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	Sun 10 Sutra 253 Vikarin 5121 Moon 12 - Phase 35 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Family Home Evening	Marana Yoga		Day 3 of Pancha Ganapati	Margasira*Markali		
Until 1:13PM						
Then Creative Work - Siddha Yoga				Pradosha Vrata (Fasting)		

<b>4</b>		<b>Tuesday, December 24, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Milan, Italy
Vrischika Rasi: 12.57	Tithi 28 – 29	872523465	<b>Gulika</b> 12:23PM – 1:29PM <b>Yama</b> 10:12AM – 11:17AM <b>Rahu</b> 2:34PM – 3:40PM	<b>Anuradha</b> Until 12:31PM Shula* Until 8:54PM Visti Until 7:19PM Trayodashi* Until 7:52AM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	Sun 11 Sutra 254 Vikarin 5121 Moon 12 - Phase 35 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work	Siddha Yoga		Day 4 of Pancha Ganapati	Margasira*Markali		
Until 12:31PM						
Then Routine Work - Marana Yoga						

<b>Retreat Star</b>		<b>Wednesday, December 25, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Milan, Italy
Vrischika Rasi: 26.32	Tithi 29 – 30	872523465	<b>Gulika</b> 11:18AM – 12:24PM <b>Yama</b> 9:07AM – 10:12AM <b>Rahu</b> 12:24PM – 1:29PM	<b>Jyeshtha*</b> Until 12:02PM Ganda* Until 7:02PM Catuspada Until 6:29PM Chaturdashi* Until 6:49AM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	Sun 12 Sutra 255 Vikarin 5121 Moon 12 - Phase 35 Amavasya <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work	Siddha Yoga		Day 5 of Pancha Ganapati	Margasira*Markali		
Until 12:02PM						
Then Routine Work - Marana Yoga						

<b>Retreat Star</b>		<b>Thursday, December 26, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi/Dhruva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Milan, Italy
Dhanus Rasi: 9.52	Tithi 30 – 1	883523465	<b>Gulika</b> 10:13AM – 11:18AM <b>Yama</b> 8:02AM – 9:07AM <b>Rahu</b> 1:30PM – 2:35PM	<b>Mula*</b> Until 12:19PM Vriddhi Until 5:34PM Kintughna Until 6:09PM Amavasya* Until 6:14AM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	Sun 13 Sutra 256 Vikarin 5121 Moon 12 - Phase 35 Prathama <b>Devaloka Day</b> Pausha*Markali
Creative Work	Siddha Yoga		Annular Solar Eclipse			

<b>1</b>		<b>Friday, December 27, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvilyayam Titau		Milan, Italy
Dhanus Rasi: 22.55	Tithi 1 – 2	<b>Gulika</b> 9:08AM – 10:13AM	<b>Purvashadha* Until 12:59PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 8:02AM	Sun 14 Sutra 257
		Yama 2:36PM – 3:41PM	Dhruva Until 4:31PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:47PM	Vikarin 5121
		883523466 <b>Rahu</b> 11:19AM – 12:25PM	Balava Until 6:22PM	<b>Nataraja:</b> Orange		Moon 12 - Phase 36
Routine Work	Prabalarishta Yoga		<b>Prathama* Until 6:10AM</b>	Moon – Light Blue		3rd Phase
Until 12:59PM				<b>Pausha-Markali</b>		<b>Devaloka Day</b>
Then Routine Work - Marana Yoga						
<b>2</b>		<b>Saturday, December 28, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvilya/Trilyayam Titau		Milan, Italy
Makara Rasi: 5.41	Tithi 2 – 3	<b>Gulika</b> 8:02AM – 9:08AM	<b>Uttarashadha Until 2:04PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 8:02AM	Sun 15 Sutra 258
		Yama 1:31PM – 2:36PM	Vyaghata* Until 3:56PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:48PM	Vikarin 5121
		883523466 <b>Rahu</b> 10:14AM – 11:19AM	Taitila Until 7:12PM	<b>Nataraja:</b> Orange		Moon 12 - Phase 36
Routine Work	Marana Yoga		<b>Dvitiya Until 6:42AM</b>	Moon – Light Blue		3rd Phase
Until 2:04PM				<b>Pausha-Markali</b>		<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga						
<b>3</b>		<b>Sunday, December 29, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau		Milan, Italy
Makara Rasi: 18.1	Tithi 3 – 4	<b>Gulika</b> 2:37PM – 3:43PM	<b>Shravana Until 4:02PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:02AM	Sun 16 Sutra 259
		Yama 12:26PM – 1:31PM	Harshana Until 3:48PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:49PM	Vikarin 5121
		893523466 <b>Rahu</b> 3:43PM – 4:49PM	Vanija Until 8:37PM	<b>Nataraja:</b> Orange		Moon 12 - Phase 36
Creative Work	Amrita Yoga		<b>Tritiya Until 7:49AM</b>	Moon – Purple		3rd Phase
Until 4:02PM				<b>Pausha-Markali</b>		<b>Devaloka Day</b>
Then Routine Work - Marana Yoga						
<b>4</b>		<b>Monday, December 30, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Milan, Italy
Kumbha Rasi: 0.26	Tithi 4 – 5	<b>Gulika</b> 1:32PM – 2:38PM	<b>Dhanishtha Until 6:20PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:03AM	Sun 17 Sutra 260
<b>Family Home Evening</b>		Yama 11:20AM – 12:26PM	Vajra* Until 4:03PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:49PM	Vikarin 5121
		893523466 <b>Rahu</b> 9:09AM – 10:14AM	Bava Until 10:31PM	<b>Nataraja:</b> Orange		Moon 12 - Phase 36
Creative Work	Siddha Yoga		<b>Chaturthi* Until 9:29AM</b>	Moon – Purple		3rd Phase
				<b>Pausha-Markali</b>		<b>Devaloka Day</b>
<b>5</b>		<b>Tuesday, December 31, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Milan, Italy
Kumbha Rasi: 12.31	Tithi 5 – 6	<b>Gulika</b> 12:27PM – 1:32PM	<b>Shatabhishak Until 8:50PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:03AM	Sun 18 Sutra 261
		Yama 10:15AM – 11:21AM	Siddhi Until 4:36PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:50PM	Vikarin 5121
		893523466 <b>Rahu</b> 2:38PM – 3:44PM	Kaulava Until 12:48AM Wed	<b>Nataraja:</b> Orange		Moon 12 - Phase 36
Routine Work	Marana Yoga		<b>Panchami Until 11:36AM</b>	Moon – Purple		3rd Phase
				<b>Pausha-Markali</b>		<b>Devaloka Day</b>
<b>6</b>		<b>Wednesday, January 1, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Vyatipata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Milan, Italy
Kumbha Rasi: 24.27	Tithi 6 – 7	<b>Gulika</b> 11:21AM – 12:27PM	<b>Purvaproshtapada* Until 11:54PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:03AM	Sun 19 Sutra 262
		Yama 9:09AM – 10:15AM	Vyatipata* Until 5:21PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:52PM	Vikarin 5121
		813623466 <b>Rahu</b> 12:27PM – 1:34PM	Gara Until 3:17AM Thu	<b>Nataraja:</b> Orange		Moon 12 - Phase 36
Creative Work	Amrita Yoga		<b>Shashthi* Until 2:01PM</b>	Moon – Clear		3rd Phase
Until 11:54PM				<b>Pausha-Markali</b>		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga		<b>Vinayaga Viratam Ends</b>				Devaloka Time: 3:PM to 6:PM
<b>Retreat Star</b>						
<b>7</b>		<b>Thursday, January 2, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Variyan Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Milan, Italy
Meena Rasi: 6.2	Tithi 7 – 8	<b>Gulika</b> 10:15AM – 11:22AM	<b>Uttaraproshtapada Until 2:48AM Fri</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:03AM	Sun 20 Sutra 263
		Yama 8:03AM – 9:09AM	Variyan Until 6:08PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:53PM	Vikarin 5121
		813623466 <b>Rahu</b> 1:34PM – 2:40PM	Visti Until 5:46AM Fri	<b>Nataraja:</b> Orange		Moon 12 - Phase 36
Creative Work	Siddha Yoga		<b>Saptami Until 4:31PM</b>	Moon – Clear		3rd Phase
				<b>Pausha-Markali</b>		<b>Bhuloka Day</b>
						Devaloka Time: 3:PM to 6:PM
<b>Retreat Star</b>						
<b>8</b>		<b>Friday, January 3, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Parigha* Yoga Bava Karana Ashtamyam Titau		Milan, Italy
Meena Rasi: 18.14	Tithi 8	<b>Gulika</b> 9:09AM – 10:16AM	<b>Revati Until 5:23AM Sat</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:03AM	Sun 21 Sutra 264
		Yama 2:41PM – 3:48PM	Parigha* Until 6:51PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:54PM	Vikarin 5121
		813623466 <b>Rahu</b> 11:22AM – 12:28PM	Bava Until 6:55PM	<b>Nataraja:</b> Orange		Moon 12 - Phase 36
Creative Work	Siddha Yoga		<b>Ashtami* Until 6:55PM</b>	Moon – Clear		Ashtami
				<b>Pausha-Markali</b>		<b>Bhuloka Day</b>
						Devaloka Time: 3:PM to 6:PM
<b>Retreat Star</b>						
<b>9</b>		<b>Saturday, January 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau		Milan, Italy
Mesha Rasi: 0.13	Tithi 9	<b>Gulika</b> 8:03AM – 9:09AM	<b>Ashvini Until 7:54AM Sun</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 8:03AM	Sun 22 Sutra 265
		Yama 1:35PM – 2:42PM	Shiva Until 7:21PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:55PM	Vikarin 5121
		823623466 <b>Rahu</b> 10:16AM – 11:22AM	Balava Until 8:02AM	<b>Nataraja:</b> Orange		Moon 12 - Phase 36
Creative Work	Siddha Yoga		<b>Navami* Until 9:01PM</b>	Moon – White		Navami
Until 7:54AM Sun				<b>Pausha-Markali</b>		<b>Devaloka Day</b>
Then Routine Work - Prabalarishta Yoga						

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

<b>1 Sunday, January 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau				Milan, Italy Sun 23 Sutra 266 Vikarin 5121
Mesha Rasi: 12.21	Tithi 10	<b>Gulika</b> 2:43PM – 3:49PM	<b>Ashvini</b> Until 7:54AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:03AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:56PM	Moon 12 - Phase 37 4th Phase
		823623466 <b>Rahu</b> 3:49PM – 4:56PM	Siddha Until 7:27PM	<b>Nataraja:</b> Orange		
Creative Work	Siddha Yoga		Taitila Until 9:54AM	Moon – White		<b>Devaloka Day</b>
Until 7:54AM		<b>Subramuniyaswami Jayanti</b>	<b>Dashami</b> Until 10:36PM	<b>Pausha-Markali</b>		
Then Routine Work - Prabararishta Yoga						

<b>2 Monday, January 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau				Milan, Italy Sun 24 Sutra 267 Vikarin 5121
Mesha Rasi: 24.43	Tithi 11	<b>Gulika</b> 1:37PM – 2:43PM	<b>Bharani</b> Until 9:44AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:03AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:57PM	Moon 12 - Phase 37 4th Phase
<b>Family Home Evening</b>		823623466 <b>Rahu</b> 9:09AM – 10:16AM	Sadhya Until 7:06PM	<b>Nataraja:</b> Orange		
Creative Work	Siddha Yoga		Vanija Until 11:11AM	Moon – White		<b>Devaloka Day</b>
Until 9:44AM		<b>Vaikuntha Ekadasi</b>	<b>Ekadashi</b> Until 11:33PM	<b>Pausha-Markali</b>		
Then Routine Work - Marana Yoga						

<b>3 Tuesday, January 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau				Milan, Italy Sun 25 Sutra 268 Vikarin 5121
Vrishabha Rasi: 7.22	Tithi 12	<b>Gulika</b> 12:30PM – 1:37PM	<b>Krittika</b> Until 10:45AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:02AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:58PM	Moon 12 - Phase 37 4th Phase
		823623466 <b>Rahu</b> 2:44PM – 3:51PM	Subha Until 6:13PM	<b>Nataraja:</b> Orange		
Creative Work	Siddha Yoga		Bava Until 11:47AM	Moon – White		<b>Devaloka Day</b>
Until 10:45AM			<b>Dvadashi</b> Until 11:47PM	<b>Pausha-Markali</b>		
Then Creative Work - Amrita Yoga						

<b>4 Wednesday, January 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Milan, Italy Sun 26 Sutra 269 Vikarin 5121
Vrishabha Rasi: 20.22	Tithi 13	<b>Gulika</b> 11:24AM – 12:31PM	<b>Rohini</b> Until 11:22AM	<b>Ganesha:</b> White <i>Sunrise:</i> 8:02AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:59PM	Moon 12 - Phase 37 4th Phase
		833623466 <b>Rahu</b> 12:31PM – 1:38PM	Sukla Until 4:44PM	<b>Nataraja:</b> Orange		
Creative Work	Siddha Yoga		Kaulava Until 11:38AM	Moon – Yellow		<b>Bhuloka Day</b>
			<b>Trayodashi</b> Until 11:17PM	<b>Pausha-Markali</b>		<b>Devaloka Time: 3:PM to 6:PM</b>
						<i>Pradosha Vrata</i>

<b>5 Thursday, January 9, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Milan, Italy Sun 27 Sutra 270 Vikarin 5121
Mithuna Rasi: 3.44	Tithi 14	<b>Gulika</b> 10:16AM – 11:24AM	<b>Mrigashira</b> Until 11:09AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:02AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:00PM	Moon 12 - Phase 37 4th Phase
		834623466 <b>Rahu</b> 1:38PM – 2:46PM	Brahma Until 2:44PM	<b>Nataraja:</b> Orange		
Routine Work	Marana Yoga		Gara Until 10:48AM	Moon – Yellow		<b>Devaloka Day</b>
			<b>Chaturdashi*</b> Until 10:07PM	<b>Pausha-Markali</b>		

<b>Friday, January 10, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Milan, Italy Sutra 271 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 9:09AM – 10:16AM	<b>Ardra</b> Until 10:10AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:01AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:02PM	Moon 12 - Phase 37 Purnima
Mithuna Rasi: 17.29	Tithi 15	834623466 <b>Rahu</b> 11:24AM – 12:31PM	Indra Until 12:16PM	<b>Nataraja:</b> Orange		
Creative Work	Siddha Yoga		Visti Until 9:19AM	Moon – Yellow		<b>Devaloka Day</b>
		<b>Penumbral Lunar Eclipse</b>	<b>Purnima*</b> Until 8:22PM	<b>Pausha-Markali</b>		
		<b>Ardra Darshanam</b>				

<b>Saturday, January 11, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Milan, Italy Sutra 272 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 8:01AM – 9:09AM	<b>Punarvasu</b> Until 8:59AM	<b>Ganesha:</b> White <i>Sunrise:</i> 8:01AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:03PM	Moon 12 - Phase 37 Prathama
Kataka Rasi: 1.34	Tithi 16	844623466 <b>Rahu</b> 10:16AM – 11:24AM	Vaidhriti* Until 9:22AM	<b>Nataraja:</b> Orange		
Creative Work	Siddha Yoga		Balava Until 7:20AM	Moon – Blue		<b>Sivaloka Day</b>
			<b>Prathama*</b> Until 6:10PM	<b>Pausha-Markali</b>		



Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 15.53 Tithi 17 - 18

844623466

Creative Work Siddha Yoga

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

Gulika 2:48PM - 3:56PM  
Yama 12:32PM - 1:40PM  
Rahu 3:56PM - 5:04PM

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

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

Sunrise: 8:01AM  
Sunset: 5:04PM

Sun 1  
Milan, Italy  
Sutra 273  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Sivaloka Day

1

Monday, January 13, 2020

Simha Rasi: 0.23 Tithi 18 - 19

854623466

Family Home Evening

Routine Work Marana Yoga

Until 3:21AM Tue

Then Creative Work - Siddha Yoga

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

Gulika 1:41PM - 2:49PM  
Yama 11:25AM - 12:33PM  
Rahu 9:08AM - 10:16AM

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

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

Sunrise: 8:00AM  
Sunset: 5:05PM

Sun 2  
Milan, Italy  
Sutra 274  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Devaloka Day

2

Tuesday, January 14, 2020

Simha Rasi: 14.56 Tithi 19 - 20

854623466

Creative Work Siddha Yoga

Until 1:23AM Wed

Then Creative Work - Amrita Yoga

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

Gulika 12:33PM - 1:41PM  
Yama 10:16AM - 11:25AM  
Rahu 2:50PM - 3:58PM

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

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

Sunrise: 8:00AM  
Sunset: 5:06PM

Sun 3  
Milan, Italy  
Sutra 275  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Devaloka Day

3

Wednesday, January 15, 2020

Simha Rasi: 29.26 Tithi 20 - 21

854623466

Creative Work Amrita Yoga

Until 11:26PM

Then Routine Work - Marana Yoga

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

Gulika 11:25AM - 12:33PM  
Yama 9:08AM - 10:16AM  
Rahu 12:33PM - 1:42PM

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

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

Sunrise: 7:59AM  
Sunset: 5:08PM

Sun 4  
Milan, Italy  
Sutra 276  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Devaloka Day

4

Thursday, January 16, 2020

Kanya Rasi: 13.5 Tithi 22

864623466

Routine Work Marana Yoga

Until 10:00PM

Then Creative Work - Siddha Yoga

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

Gulika 10:16AM - 11:25AM  
Yama 7:58AM - 9:07AM  
Rahu 1:43PM - 2:51PM

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

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

Sunrise: 7:58AM  
Sunset: 5:09PM

Sun 5  
Milan, Italy  
Sutra 277  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Sivaloka Day

5

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 28.02 Tithi 23

864623466

Creative Work Siddha Yoga

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

Gulika 9:07AM - 10:16AM  
Yama 2:52PM - 4:01PM  
Rahu 11:25AM - 12:34PM

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

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

Sunrise: 7:58AM  
Sunset: 5:10PM

Sun 6  
Milan, Italy  
Sutra 278  
Vikarin 5121  
Moon 1 - Phase 38  
Ashtami

Sivaloka Day

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 12.02 Tithi 24

864623466

Creative Work Siddha Yoga

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

Gulika 7:57AM - 9:06AM  
Yama 1:44PM - 2:53PM  
Rahu 10:16AM - 11:25AM

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

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

Sunrise: 7:57AM  
Sunset: 5:12PM

Sun 7  
Milan, Italy  
Sutra 279  
Vikarin 5121  
Moon 1 - Phase 38  
Navami

Sivaloka Day


<b>1</b>		<b>Sunday, January 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 8		Milan, Italy Sutra 280 Vikarin 5121
Tula Rasi: 25.49	Tithi 25	<b>Gulika</b>	2:54PM – 4:03PM	<b>Vishakha</b> Until 7:14PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:56AM		
		Yama	12:35PM – 1:44PM	Ganda* Until 3:30AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:13PM	Moon 1 - Phase 39	
		874623466 <b>Rahu</b>	4:03PM – 5:13PM	Vanija Until 10:58AM	<b>Nataraja:</b> Orange		2nd Phase	
Routine Work	Marana Yoga			<b>Dashami</b> Until 10:26PM	Moon – Orange		<b>Devaloka Day</b>	
					<b>Pausha*Thai</b>			

<b>2</b>		<b>Monday, January 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Vriddhi Yoga Bava/Balava Karana Ekadashyam Titau		Sun 9		Milan, Italy Sutra 281 Vikarin 5121
Vrischika Rasi: 9.23	Tithi 26	<b>Gulika</b>	1:45PM – 2:55PM	<b>Anuradha</b> Until 7:02PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:56AM		
<b>Family Home Evening</b>		Yama	11:25AM – 12:35PM	Vriddhi Until 1:45AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:14PM	Moon 1 - Phase 39	
		874623466 <b>Rahu</b>	9:05AM – 10:15AM	Bava Until 10:01AM	<b>Nataraja:</b> Orange		2nd Phase	
Creative Work	Siddha Yoga			<b>Ekadashi*</b> Until 9:40PM	Moon – Orange		<b>Devaloka Day</b>	
					<b>Pausha*Thai</b>			

<b>3</b>		<b>Tuesday, January 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Dhruva Yoga Kaulava/Tailita Karana Dvadashyam Titau		Sun 10		Milan, Italy Sutra 282 Vikarin 5121
Vrischika Rasi: 22.43	Tithi 27	<b>Gulika</b>	12:35PM – 1:45PM	<b>Jyeshtha*</b> Until 7:05PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:55AM		
		Yama	10:15AM – 11:25AM	Dhruva Until 12:17AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:16PM	Moon 1 - Phase 39	
		875623466 <b>Rahu</b>	2:55PM – 4:06PM	Kaulava Until 9:27AM	<b>Nataraja:</b> Orange		2nd Phase	
Routine Work	Marana Yoga			<b>Dvadashi*</b> Until 9:18PM	Moon – Orange		<b>Bhuloka Day</b>	
Until 7:05PM					<b>Pausha*Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Creative Work - Amrita Yoga								

<b>4</b>		<b>Wednesday, January 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 11		Milan, Italy Sutra 283 Vikarin 5121
Dhanus Rasi: 5.5	Tithi 28	<b>Gulika</b>	11:25AM – 12:36PM	<b>Mula*</b> Until 7:51PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:54AM		
		Yama	9:04AM – 10:15AM	Vyaghata* Until 11:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:17PM	Moon 1 - Phase 39	
		885623466 <b>Rahu</b>	12:36PM – 1:46PM	Gara Until 9:18AM	<b>Nataraja:</b> Orange		2nd Phase	
Routine Work	Marana Yoga			<b>Trayodashi*</b> Until 9:21PM	Moon – Light Blue		<b>Bhuloka Day</b>	
Until 7:51PM					<b>Pausha*Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Creative Work - Amrita Yoga								
					<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Thursday, January 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Sun 12		Milan, Italy Sutra 284 Vikarin 5121
Dhanus Rasi: 18.46	Tithi 29	<b>Gulika</b>	10:14AM – 11:25AM	<b>Purvashadha*</b> Until 8:51PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:53AM		
		Yama	7:53AM – 9:04AM	Harshana Until 10:23PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:18PM	Moon 1 - Phase 39	
		885623466 <b>Rahu</b>	1:46PM – 2:57PM	Visti* Until 9:34AM	<b>Nataraja:</b> Orange		2nd Phase	
Creative Work	Siddha Yoga			<b>Chaturdashi*</b> Until 9:50PM	Moon – Light Blue		<b>Bhuloka Day</b>	
Until 8:51PM					<b>Pausha*Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Routine Work - Marana Yoga								

		<b>Friday, January 24, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Sun 13		Milan, Italy Sutra 285 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b>	9:03AM – 10:14AM	<b>Uttarashadha</b> Until 10:07PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:52AM		
Makara Rasi: 1.28	Tithi 30	Yama	2:58PM – 4:09PM	Vajra* Until 9:54PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:20PM	Moon 1 - Phase 39	
		885623466 <b>Rahu</b>	11:25AM – 12:36PM	Catuspada Until 10:15AM	<b>Nataraja:</b> Orange		Amavasya	
Routine Work	Marana Yoga			<b>Amavasya*</b> Until 10:44PM	Moon – Light Blue		<b>Bhuloka Day</b>	
					<b>Pausha*Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>Retreat Star</b>		<b>Saturday, January 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau		Sun 14		Milan, Italy Sutra 286 Vikarin 5121
Makara Rasi: 13.59	Tithi 1	<b>Gulika</b>	7:51AM – 9:03AM	<b>Shravana</b> Until 12:08AM Sun	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:51AM		
		Yama	1:48PM – 2:59PM	Siddhi Until 9:46PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:21PM	Moon 1 - Phase 39	
		995623466 <b>Rahu</b>	10:14AM – 11:25AM	Kintughna Until 11:23AM	<b>Nataraja:</b> Orange		Prathama	
Creative Work	Siddha Yoga			<b>Prathama*</b> Until 12:05AM Sun	Moon – Purple		<b>Bhuloka Day</b>	
Until 12:08AM Sun					<b>Magha*Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
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

<b>1</b>	<b>Sunday, January 26, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Milan, Italy
	Makara Rasi: 26.19	Tithi 2	<b>Gulika</b> 3:00PM – 4:11PM	<b>Dhanishtha</b> <b>Until 2:21AM Mon</b>	<b>Ganesha:</b> Orange <i>Sunrise: 7:50AM</i>	Sun 15	Sutra 287
	995723466	Rahu	Yama 12:37PM – 1:48PM	Vyatipata* Until 9:57PM	<b>Muruqa:</b> Clear <i>Sunset: 5:23PM</i>	Moon 1 - Phase 40	Vikarin 5121
Routine Work Marana Yoga			Balava Until 12:56PM	<b>Nataraja:</b> Orange			3rd Phase
Until 2:21AM Mon			<b>Dvitiya</b> <b>Until 1:50AM Mon</b>	<b>Magha-Thai</b>		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga							

<b>2</b>	<b>Monday, January 27, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau				Milan, Italy
	Kumbha Rasi: 8.29	Tithi 3	<b>Gulika</b> 1:49PM – 3:00PM	<b>Shatabhishak</b> <b>Until 4:45AM Tue</b>	<b>Ganesha:</b> Orange <i>Sunrise: 7:49AM</i>	Sun 16	Sutra 288
	995723466	Rahu	Yama 11:25AM – 12:37PM	Variyan Until 10:23PM	<b>Muruqa:</b> Clear <i>Sunset: 5:24PM</i>	Moon 1 - Phase 40	Vikarin 5121
Family Home Evening			Rahu 9:01AM – 10:13AM	Taitila Until 2:52PM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work Siddha Yoga				Tritiya Until 3:56AM Tue	<b>Magha-Thai</b>	<b>Devaloka Day</b>	
Until 4:45AM Tue							
Then Routine Work - Marana Yoga							

<b>3</b>	<b>Tuesday, January 28, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaprossthapada* Nakshatra Parigha* Yoga Vanija/Visti* Karana Chaturthyam Titau				Milan, Italy
	Kumbha Rasi: 20.32	Tithi 4	<b>Gulika</b> 12:37PM – 1:49PM	<b>Purvaprossthapada*</b> <b>Until 7:44AM Wed</b>	<b>Ganesha:</b> Green <i>Sunrise: 7:48AM</i>	Sun 17	Sutra 289
	915723466	Rahu	Yama 10:13AM – 11:25AM	Parigha* Until 11:02PM	<b>Muruqa:</b> Clear <i>Sunset: 5:26PM</i>	Moon 1 - Phase 40	Vikarin 5121
Routine Work Marana Yoga			Rahu 3:01PM – 4:13PM	Vanija Until 5:06PM	<b>Nataraja:</b> Orange		3rd Phase
Until 7:44AM Wed				<b>Chaturthi*</b> <b>Until 6:18AM Wed</b>	<b>Magha-Thai</b>	<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							

<b>4</b>	<b>Wednesday, January 29, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprossthapada*Uttaraprossthapada Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Milan, Italy
	Meena Rasi: 2.28	Tithi 4 – 5	<b>Gulika</b> 11:25AM – 12:37PM	<b>Purvaprossthapada*</b> <b>Until 7:44AM</b>	<b>Ganesha:</b> Green <i>Sunrise: 7:47AM</i>	Sun 18	Sutra 290
	915723466	Rahu	Yama 9:00AM – 10:12AM	Shiva Until 11:51PM	<b>Muruqa:</b> Clear <i>Sunset: 5:27PM</i>	Moon 1 - Phase 40	Vikarin 5121
Creative Work Amrita Yoga			Rahu 12:37PM – 1:50PM	Bava Until 7:34PM	<b>Nataraja:</b> Orange		3rd Phase
Until 7:44AM				<b>Chaturthi*</b> <b>Until 6:18AM</b>	<b>Magha-Thai</b>	<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							

<b>5</b>	<b>Thursday, January 30, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprossthapada*/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Milan, Italy
	Meena Rasi: 14.2	Tithi 5 – 6	<b>Gulika</b> 10:12AM – 11:24AM	<b>Uttaraprossthapada</b> <b>Until 10:41AM</b>	<b>Ganesha:</b> Green <i>Sunrise: 7:46AM</i>	Sun 19	Sutra 291
	915723466	Rahu	Yama 7:46AM – 8:59AM	Siddha Until 12:40AM Fri	<b>Muruqa:</b> Clear <i>Sunset: 5:28PM</i>	Moon 1 - Phase 40	Vikarin 5121
Creative Work Siddha Yoga			Rahu 1:50PM – 3:03PM	Kaulava Until 10:06PM	<b>Nataraja:</b> Orange		3rd Phase
Until 7:44AM				<b>Panchami</b> <b>Until 8:49AM</b>	<b>Magha-Thai</b>	<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							

<b>6</b>	<b>Friday, January 31, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Milan, Italy
	Meena Rasi: 26.13	Tithi 6 – 7	<b>Gulika</b> 8:58AM – 10:11AM	<b>Revati</b> <b>Until 1:26PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 7:45AM</i>	Sun 20	Sutra 292
	916723466	Rahu	Yama 3:04PM – 4:17PM	Sadhya Until 1:25AM Sat	<b>Muruqa:</b> Clear <i>Sunset: 5:30PM</i>	Moon 1 - Phase 40	Vikarin 5121
Creative Work Siddha Yoga			Rahu 11:24AM – 12:37PM	Gara Until 12:32AM Sat	<b>Nataraja:</b> Orange		3rd Phase
Until 1:26PM				<b>Shashthi*</b> <b>Until 11:19AM</b>	<b>Magha-Thai</b>	<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga							

<b>☾</b>	<b>Saturday, February 1, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Milan, Italy
	<b>Retreat Star</b>		<b>Gulika</b> 7:45AM – 8:58AM	<b>Ashvini</b> <b>Until 4:20PM</b>	<b>Ganesha:</b> Green <i>Sunrise: 7:45AM</i>	Sun 21	Sutra 293
	Mesha Rasi: 8.09	Tithi 7 – 8	Yama 1:51PM – 3:04PM	Subha Until 1:57AM Sun	<b>Muruqa:</b> Clear <i>Sunset: 5:30PM</i>	Moon 1 - Phase 40	Vikarin 5121
Creative Work Siddha Yoga		926723466	Rahu 10:11AM – 11:24AM	Visti Until 2:40AM Sun	<b>Nataraja:</b> Orange		Ashtami
Until 1:26PM				<b>Saptami</b> <b>Until 1:38PM</b>	<b>Magha-Thai</b>	<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga						Devaloka Time: 3:PM to 6:PM	

<b>☾</b>	<b>Sunday, February 2, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Milan, Italy
	<b>Retreat Star</b>		<b>Gulika</b> 3:04PM – 4:18PM	<b>Bharani</b> <b>Until 6:39PM</b>	<b>Ganesha:</b> Green <i>Sunrise: 7:44AM</i>	Sun 22	Sutra 294
	Mesha Rasi: 20.13	Tithi 8 – 9	Yama 12:38PM – 1:51PM	Sukla Until 2:05AM Mon	<b>Muruqa:</b> Clear <i>Sunset: 5:31PM</i>	Moon 1 - Phase 40	Vikarin 5121
Routine Work Prabalarishta Yoga		926723466	Rahu 4:18PM – 5:31PM	Balava Until 4:18AM Mon	<b>Nataraja:</b> Orange		Navami
Until 6:39PM				<b>Ashtami*</b> <b>Until 3:32PM</b>	<b>Magha-Thai</b>	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga						Devaloka Time: 3:PM to 6:PM	

<b>Monday, February 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Milan, Italy Sutra 295 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:51PM – 3:05PM Yama 11:24AM – 12:38PM <b>Rahu</b> 8:56AM – 10:10AM	<b>Krittika Until 8:12PM</b> Brahma Until 1:42AM Tue Taitila Until 5:13AM Tue <b>Navami* Until 4:50PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 7:43AM <b>Muruḡa:</b> Clear <i>Sunset:</i> 5:33PM <b>Nataraja:</b> Orange Moon – White <b>Magha*Thai</b>
Vrishabha Rasi: 2.3 Tithi 9 – 10 <b>Family Home Evening</b> 926723466 Routine Work Marana Yoga Until 8:12PM Then Creative Work - Amrita Yoga				Sun 23 Moon 1 - Phase 41 4th Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Tuesday, February 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Milan, Italy Sutra 296 Vikarin 5121
<b>2</b>		<b>Gulika</b> 12:38PM – 1:52PM Yama 10:10AM – 11:24AM <b>Rahu</b> 3:06PM – 4:20PM	<b>Rohini Until 9:20PM</b> Indra Until 12:44AM Wed Vanija Until 5:19AM Wed <b>Dashami Until 5:21PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 7:41AM <b>Muruḡa:</b> Clear <i>Sunset:</i> 5:34PM <b>Nataraja:</b> Clear Moon – Yellow <b>Magha*Thai</b>
Vrishabha Rasi: 15.05 Tithi 10 – 11 936723467 Creative Work Amrita Yoga Until 9:20PM Then Creative Work - Siddha Yoga				Sun 24 Moon 1 - Phase 41 4th Phase <b>Devaloka Day</b>

<b>Wednesday, February 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Milan, Italy Sutra 297 Vikarin 5121
<b>3</b>		<b>Gulika</b> 11:23AM – 12:38PM Yama 8:55AM – 10:09AM <b>Rahu</b> 12:38PM – 1:52PM	<b>Mrigashira Until 9:29PM</b> Vaidhriti* Until 11:05PM Bava Until 4:35AM Thu <b>Ekadashi Until 5:02PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 7:40AM <b>Muruḡa:</b> Clear <i>Sunset:</i> 5:36PM <b>Nataraja:</b> Clear Moon – Yellow <b>Magha*Thai</b>
Vrishabha Rasi: 28.04 Tithi 11 – 12 936723467 Creative Work Siddha Yoga				Sun 25 Moon 1 - Phase 41 4th Phase <b>Devaloka Day</b>

<b>Thursday, February 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Milan, Italy Sutra 298 Vikarin 5121
<b>4</b>		<b>Gulika</b> 10:08AM – 11:23AM Yama 7:39AM – 8:54AM <b>Rahu</b> 1:53PM – 3:07PM	<b>Ardra Until 8:41PM</b> Vishkambha* Until 8:48PM Kaulava Until 3:03AM Fri <b>Dvadashi Until 3:54PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 7:39AM <b>Muruḡa:</b> Clear <i>Sunset:</i> 5:37PM <b>Nataraja:</b> Clear Moon – Yellow <b>Magha*Thai</b>
Mithuna Rasi: 11.28 Tithi 12 – 13 936723467 Routine Work Marana Yoga Until 8:41PM Then Creative Work - Amrita Yoga				Sun 26 Moon 1 - Phase 41 4th Phase <b>Devaloka Day</b>
<i>Pradosha Vrata</i>				

<b>Friday, February 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Milan, Italy Sutra 299 Vikarin 5121
<b>5</b>		<b>Gulika</b> 8:53AM – 10:08AM Yama 3:08PM – 4:23PM <b>Rahu</b> 11:23AM – 12:38PM	<b>Punarvasu Until 7:28PM</b> Priti Until 5:57PM Gara Until 12:50AM Sat <b>Trayodashi Until 2:00PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:38AM <b>Muruḡa:</b> Clear <i>Sunset:</i> 5:39PM <b>Nataraja:</b> Clear Moon – Blue <b>Magha*Thai</b>
Mithuna Rasi: 25.2 Tithi 13 – 14 947723467 Creative Work Siddha Yoga Until 7:28PM Then Routine Work - Marana Yoga				Sun 27 Moon 1 - Phase 41 4th Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Saturday, February 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushmani/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Milan, Italy Sutra 300 Vikarin 5121
<b>○</b>	<b>Copper Retreat Star</b>	<b>Gulika</b> 7:36AM – 8:52AM Yama 1:54PM – 3:09PM <b>Rahu</b> 10:07AM – 11:23AM	<b>Pushya Until 5:31PM</b> Ayushman Until 2:36PM Visti Until 10:03PM <b>Chaturdashi* Until 11:29AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:36AM <b>Muruḡa:</b> Clear <i>Sunset:</i> 5:40PM <b>Nataraja:</b> Clear Moon – Blue <b>Magha*Thai</b>
Kataka Rasi: 9.39 Tithi 14 – 15 947723467 Creative Work Siddha Yoga Until 5:31PM Then Routine Work - Marana Yoga		<b>Thai Pusam</b>		Sun 28 Moon 1 - Phase 41 Purnima <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Sunday, February 9, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Milan, Italy Sutra 301 Vikarin 5121
<b>○</b>	<b>Silver Retreat Star</b>	<b>Gulika</b> 3:10PM – 4:26PM Yama 12:38PM – 1:54PM <b>Rahu</b> 4:26PM – 5:41PM	<b>Ashlesha* Until 3:01PM</b> Saubhagya Until 10:54AM Balava Until 6:54PM <b>Purnima* Until 8:30AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:35AM <b>Muruḡa:</b> Clear <i>Sunset:</i> 5:41PM <b>Nataraja:</b> Clear Moon – Blue <b>Magha*Thai</b>
Kataka Rasi: 24.19 Tithi 15 – 16 947723467 Creative Work Siddha Yoga Until 3:01PM Then Routine Work - Marana Yoga				Sun 29 Moon 1 - Phase 41 Prathama <b>Bhuloka Day</b> 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/Athiganda\* Yoga Taitila/Gara Karana Dvitiyayam Titau

Milan, Italy  
Sutra 302  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

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

**Gulika** 1:54PM - 3:10PM  
Yama 11:22AM - 12:38PM  
**Rahu** 8:50AM - 10:06AM

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

**Ganesha:** Red *Sunrise: 7:33AM*  
**Muruqa:** Clear *Sunset: 5:43PM*  
**Nataraja:** Clear  
Moon - Red  
**Magha\*Thai**

**Devaloka Day**

**1**

**Tuesday, February 11, 2020**

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

Milan, Italy  
Sutra 303  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

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

**Gulika** 12:38PM - 1:55PM  
Yama 10:05AM - 11:22AM  
**Rahu** 3:11PM - 4:28PM

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

**Ganesha:** Red *Sunrise: 7:32AM*  
**Muruqa:** Clear *Sunset: 5:44PM*  
**Nataraja:** Clear  
Moon - Red  
**Magha\*Thai**

**Devaloka Day**

**2**

**Wednesday, February 12, 2020**

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

Milan, Italy  
Sutra 304  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

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

**Gulika** 11:21AM - 12:38PM  
Yama 8:47AM - 10:04AM  
**Rahu** 12:38PM - 1:55PM

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

**Ganesha:** Red *Sunrise: 7:31AM*  
**Muruqa:** Clear *Sunset: 5:46PM*  
**Nataraja:** Clear  
Moon - Red  
**Magha\*Thai**

**Devaloka Day**

**3**

**Thursday, February 13, 2020**

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

Milan, Italy  
Sutra 305  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

Kanya Rasi: 23.58 Tithi 20 - 21  
**Creative Work** Siddha Yoga

**Gulika** 10:04AM - 11:21AM  
Yama 7:29AM - 8:46AM  
**Rahu** 1:55PM - 3:13PM

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

**Ganesha:** Green *Sunrise: 7:29AM*  
**Muruqa:** Clear *Sunset: 5:47PM*  
**Nataraja:** Clear  
Moon - Green  
**Magha\*Masi**

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

**4**

**Friday, February 14, 2020**

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

Milan, Italy  
Sutra 306  
Vikarin 5121  
Moon 2 - Phase 42  
1st Phase

Tula Rasi: 8.28 Tithi 21 - 22  
**Creative Work** Siddha Yoga

**Gulika** 8:45AM - 10:03AM  
Yama 3:13PM - 4:31PM  
**Rahu** 11:20AM - 12:38PM

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

**Ganesha:** White *Sunrise: 7:28AM*  
**Muruqa:** Clear *Sunset: 5:49PM*  
**Nataraja:** Clear  
Moon - Green  
**Magha\*Masi**

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

**D**

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

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

Milan, Italy  
Sutra 307  
Vikarin 5121  
Moon 2 - Phase 42  
Ashtami

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

**Gulika** 7:26AM - 8:44AM  
Yama 1:56PM - 3:14PM  
**Rahu** 10:02AM - 11:20AM

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

**Ganesha:** Clear *Sunrise: 7:26AM*  
**Muruqa:** Clear *Sunset: 5:50PM*  
**Nataraja:** Clear  
Moon - Orange  
**Magha\*Masi**

**Devaloka Day**

**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

Milan, Italy  
Sutra 308  
Vikarin 5121  
Moon 2 - Phase 42  
Navami

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

**Gulika** 3:15PM - 4:33PM  
Yama 12:38PM - 1:56PM  
**Rahu** 4:33PM - 5:51PM

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

**Ganesha:** Clear *Sunrise: 7:25AM*  
**Muruqa:** Clear *Sunset: 5:51PM*  
**Nataraja:** Clear  
Moon - Orange  
**Magha\*Masi**

**Devaloka Day**

<b>Monday, February 17, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Milan, Italy Sun 7 Sutra 309 Vikarin 5121
<b>1</b>	Vrischika Rasi: 19.46 Tithi 24 – 25 <b>Family Home Evening</b> Creative Work Siddha Yoga Until 12:33AM Tue Then Creative Work - Amrita Yoga	<b>Gulika</b> 1:57PM – 3:15PM Yama 11:19AM – 12:38PM <b>Rahu</b> 8:42AM – 10:00AM	<b>Jyeshtha* Until 12:33AM Tue</b> Harshana Until 4:12AM Tue Vanija Until 10:01PM <b>Navami* Until 10:06AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 7:23AM <b>Sunset:</b> 5:53PM	Moon 2 - Phase 43 2nd Phase <b>Devaloka Day</b>

<b>Tuesday, February 18, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Milan, Italy Sun 8 Sutra 310 Vikarin 5121
<b>2</b>	Dhanus Rasi: 2.5 Tithi 25 – 26 988723467 Creative Work Amrita Yoga	<b>Gulika</b> 12:38PM – 1:57PM Yama 10:00AM – 11:19AM <b>Rahu</b> 3:16PM – 4:35PM	<b>Mula* Until 1:36AM Wed</b> Vajra* Until 3:19AM Wed Bava Until 10:16PM <b>Dashami Until 10:03AM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 7:21AM <b>Sunset:</b> 5:54PM	Moon 2 - Phase 43 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Wednesday, February 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Milan, Italy Sun 9 Sutra 311 Vikarin 5121
<b>3</b>	Dhanus Rasi: 15.39 Tithi 26 – 27 988723467 Creative Work Amrita Yoga Until 2:58AM Thu Then Routine Work - Marana Yoga	<b>Gulika</b> 11:18AM – 12:38PM Yama 8:39AM – 9:59AM <b>Rahu</b> 12:38PM – 1:57PM	<b>Purvashadha* Until 2:58AM Thu</b> Siddhi Until 2:49AM Thu Kaulava Until 11:01PM <b>Ekadashi* Until 10:34AM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 7:20AM <b>Sunset:</b> 5:56PM	Moon 2 - Phase 43 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Thursday, February 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Vyatipata* Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau				Milan, Italy Sun 10 Sutra 312 Vikarin 5121
<b>4</b>	Dhanus Rasi: 28.14 Tithi 27 – 28 989823467 Routine Work Marana Yoga	<b>Gulika</b> 9:58AM – 11:18AM Yama 7:18AM – 8:38AM <b>Rahu</b> 1:58PM – 3:17PM	<b>Uttarashadha Until 4:35AM Fri</b> Vyatipata* Until 2:40AM Fri Gara Until 12:12AM Fri <b>Dvadashi* Until 11:32AM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 7:18AM <b>Sunset:</b> 5:57PM	Moon 2 - Phase 43 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

*Pradosha Vrata (Fasting)*

<b>Friday, February 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Milan, Italy Sun 11 Sutra 313 Vikarin 5121
<b>5</b>	Makara Rasi: 10.38 Tithi 28 – 29 999823467 Routine Work Marana Yoga Until 6:52AM Sat Then Creative Work - Siddha Yoga	<b>Gulika</b> 8:37AM – 9:57AM Yama 3:18PM – 4:38PM <b>Rahu</b> 11:17AM – 12:38PM	<b>Shravana Until 6:52AM Sat</b> Variyan Until 2:45AM Sat Visti Until 1:45AM Sat <b>Trayodashi* Until 12:55PM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple	<b>Sunrise:</b> 7:17AM <b>Sunset:</b> 5:59PM	Moon 2 - Phase 43 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Saturday, February 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Milan, Italy Sun 12 Sutra 314 Vikarin 5121
<b>Retreat Star</b>	Makara Rasi: 22.53 Tithi 29 – 30 999823467 Creative Work Siddha Yoga	<b>Gulika</b> 7:15AM – 8:36AM Yama 1:58PM – 3:19PM <b>Rahu</b> 9:56AM – 11:17AM	<b>Shravana Until 6:52AM</b> Parigha* Until 3:04AM Sun Catuspada Until 3:36AM Sun <b>Chaturdashi* Until 2:37PM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple	<b>Sunrise:</b> 7:15AM <b>Sunset:</b> 6:00PM	Moon 2 - Phase 43 Amavasya <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Sunday, February 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Milan, Italy Sun 13 Sutra 315 Vikarin 5121
<b>Retreat Star</b>	Kumbha Rasi: 5.01 Tithi 30 – 1 999823467 Routine Work Marana Yoga Until 9:16AM Then Creative Work - Siddha Yoga	<b>Gulika</b> 3:19PM – 4:40PM Yama 12:37PM – 1:58PM <b>Rahu</b> 4:40PM – 6:01PM	<b>Dhanishtha Until 9:16AM</b> Shiva Until 3:36AM Mon Kintughna Until 5:42AM Mon <b>Amavasya* Until 4:36PM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple	<b>Sunrise:</b> 7:13AM <b>Sunset:</b> 6:01PM	Moon 2 - Phase 43 Prathama <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

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

All times are standard time

www.gurudeva.org/panchang

<b>Monday, February 24, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Siddha Yoga Bava Karana Prathamayam Titau				Milan, Italy Sun 14 Sutra 316
<b>1</b>	Kumbha Rasi: 17.03 Tithi 1 <b>Family Home Evening</b> Creative Work Siddha Yoga Until 11:43AM Then Routine Work - Marana Yoga	<b>Gulika</b> 1:59PM – 3:20PM Yama 11:16AM – 12:37PM <b>Rahu</b> 8:33AM – 9:54AM	<b>Shatabhishak</b> Until 11:43AM Siddha Until 4:15AM Tue Bava Until 6:48PM <b>Prathama*</b> Until 6:48PM	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple	<b>Sunrise:</b> 7:12AM <b>Sunset:</b> 6:03PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Tuesday, February 25, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Sadhya Yoga Balava/Kaulava Karana Dvilyayam Titau				Milan, Italy Sun 15 Sutra 317
<b>2</b>	Kumbha Rasi: 29.01 Tithi 2 919823467 Routine Work Marana Yoga Until 2:41PM Then Creative Work - Amrita Yoga	<b>Gulika</b> 12:37PM – 1:59PM Yama 9:54AM – 11:15AM <b>Rahu</b> 3:21PM – 4:42PM	<b>Purvaproshtapada*</b> Until 2:41PM Sadhya Until 5:02AM Wed Balava Until 8:00AM <b>Dvitiya</b> Until 9:11PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 7:10AM <b>Sunset:</b> 6:04PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Wednesday, February 26, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Subha Yoga Tailila/Gara Karana Tritiyayam Titau				Milan, Italy Sun 16 Sutra 318
<b>3</b>	Meena Rasi: 10.55 Tithi 3 919823467 Creative Work Siddha Yoga Until 5:36PM Then Routine Work - Marana Yoga	<b>Gulika</b> 11:15AM – 12:37PM Yama 8:30AM – 9:53AM <b>Rahu</b> 12:37PM – 1:59PM	<b>Uttaraproshtapada</b> Until 5:36PM Subha Until 5:55AM Thu Tailila Until 10:27AM <b>Tritiya</b> Until 11:41PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 7:08AM <b>Sunset:</b> 6:06PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Thursday, February 27, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Milan, Italy Sun 17 Sutra 319
<b>4</b>	Meena Rasi: 22.47 Tithi 4 919823467 Creative Work Siddha Yoga Until 8:25PM Then Creative Work - Amrita Yoga	<b>Gulika</b> 9:52AM – 11:14AM Yama 7:07AM – 8:29AM <b>Rahu</b> 1:59PM – 3:22PM	<b>Revati</b> Until 8:25PM Sukla Until 6:45AM Fri Vanija Until 12:58PM <b>Chaturthi*</b> Until 2:12AM Fri	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 7:07AM <b>Sunset:</b> 6:07PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Friday, February 28, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Milan, Italy Sun 18 Sutra 320
<b>5</b>	Mesha Rasi: 4.39 Tithi 5 921823467 Creative Work Amrita Yoga Until 11:29PM Then Creative Work - Siddha Yoga	<b>Gulika</b> 8:28AM – 9:51AM Yama 3:22PM – 4:45PM <b>Rahu</b> 11:14AM – 12:37PM	<b>Ashvini</b> Until 11:29PM Sukla Until 6:45AM Bava Until 3:27PM <b>Panchami</b> Until 4:37AM Sat	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 7:05AM <b>Sunset:</b> 6:08PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Saturday, February 29, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Tailila Karana Shashthyam Titau				Milan, Italy Sun 19 Sutra 321
<b>6</b>	Mesha Rasi: 16.34 Tithi 6 921823467 Creative Work Siddha Yoga	<b>Gulika</b> 7:03AM – 8:26AM Yama 2:00PM – 3:23PM <b>Rahu</b> 9:50AM – 11:13AM	<b>Bharani</b> Until 2:10AM Sun Brahma Until 7:31AM Kaulava Until 5:45PM <b>Shashthi*</b> Until 6:45AM Sun	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 7:03AM <b>Sunset:</b> 6:10PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Sunday, March 1, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau				Milan, Italy Sun 20 Sutra 322
<b>Retreat Star</b>		<b>Gulika</b> 3:24PM – 4:48PM Yama 12:36PM – 2:00PM <b>Rahu</b> 4:48PM – 6:12PM	<b>Krittika</b> Until 4:16AM Mon Indra Until 8:05AM Gara Until 7:41PM <b>Shashthi*</b> Until 6:45AM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 6:59AM <b>Sunset:</b> 6:12PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Monday, March 2, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Milan, Italy Sun 21 Sutra 323
<b>Retreat Star</b>		<b>Gulika</b> 2:00PM – 3:25PM Yama 11:11AM – 12:36PM <b>Rahu</b> 8:22AM – 9:47AM	<b>Rohini</b> Until 6:04AM Tue Vaidhriti* Until 8:14AM Visti Until 9:01PM <b>Saptami</b> Until 8:25AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 6:58AM <b>Sunset:</b> 6:14PM	Vikarin 5121 Moon 2 - Phase 44 Ashtami <b>Devaloka Day</b>

<b>Tuesday, March 3, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Milan, Italy Sun 22 Sutra 324
<b>Retreat Star</b>		<b>Gulika</b> 12:36PM – 2:00PM Yama 9:46AM – 11:11AM <b>Rahu</b> 3:25PM – 4:50PM	<b>Rohini</b> Until 6:04AM Vishkambha* Until 7:54AM Balava Until 9:36PM <b>Ashtami*</b> Until 9:23AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 6:56AM <b>Sunset:</b> 6:15PM	Vikarin 5121 Moon 2 - Phase 44 Navami <b>Devaloka Day</b>

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

<b>1</b>		<b>Wednesday, March 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Milan, Italy Sutra 325
Mithuna Rasi: 6.09	Tithi 9 – 10	<b>Gulika</b> 11:10AM – 12:35PM	<b>Mrigashira</b> Until 6:55AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:54AM	Vikarin 5121
		Yama 8:19AM – 9:45AM	Priti Until 6:57AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:17PM	Moon 2 - Phase 45
931833467	<b>Rahu</b> 12:35PM – 2:01PM		Taitila Until 9:19PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Navami*</b> Until 9:33AM	Moon – Yellow		<b>Devaloka Day</b>
				<b>Phalguna-Masi</b>		

<b>2</b>		<b>Thursday, March 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Milan, Italy Sutra 326
Mithuna Rasi: 19.28	Tithi 10 – 11	<b>Gulika</b> 9:44AM – 11:09AM	<b>Ardra</b> Until 6:47AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:52AM	Vikarin 5121
		Yama 6:52AM – 8:18AM	Saubhagya Until 2:58AM Fri	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:18PM	Moon 2 - Phase 45
131833467	<b>Rahu</b> 2:01PM – 3:26PM		Vanija Until 8:09PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 8:49AM	Moon – Yellow		<b>Devaloka Day</b>
Until 6:47AM				<b>Phalguna-Masi</b>		
Then Creative Work - Amrita Yoga						

<b>3</b>		<b>Friday, March 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau		Milan, Italy Sutra 327
Kataka Rasi: 3.16	Tithi 11 – 12	<b>Gulika</b> 8:17AM – 9:43AM	<b>Punarvasu</b> Until 6:05AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:50AM	Vikarin 5121
		Yama 3:27PM – 4:53PM	Sobhana Until 12:00AM Sat	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:19PM	Moon 2 - Phase 45
141833467	<b>Rahu</b> 11:09AM – 12:35PM		Bava Until 6:10PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 7:14AM	Moon – Blue		<b>Bhuloka Day</b>
Until 6:05AM				<b>Phalguna-Masi</b>		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						

<b>4</b>		<b>Saturday, March 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Milan, Italy Sutra 328
Kataka Rasi: 17.34	Tithi 13	<b>Gulika</b> 6:49AM – 8:15AM	<b>Ashlesha*</b> Until 2:07AM Sun	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:49AM	Vikarin 5121
		Yama 2:01PM – 3:28PM	Athiganda* Until 8:29PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:21PM	Moon 2 - Phase 45
141833467	<b>Rahu</b> 9:42AM – 11:08AM		Kaulava Until 3:29PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Trayodashi</b> Until 1:54AM Sun	Moon – Blue		<b>Bhuloka Day</b>
				<b>Phalguna-Masi</b>		Devaloka Time: 3:PM to 6:PM

*Pradosha Vrata*

<b>5</b>		<b>Sunday, March 8, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau		Milan, Italy Sutra 329
Simha Rasi: 2.19	Tithi 14	<b>Gulika</b> 3:28PM – 4:55PM	<b>Magha*</b> Until 11:33PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:47AM	Vikarin 5121
		Yama 12:34PM – 2:01PM	Sukarma Until 4:34PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:22PM	Moon 2 - Phase 45
151833467	<b>Rahu</b> 4:55PM – 6:22PM		Gara Until 12:15PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 10:27PM	Moon – Red		<b>Devaloka Day</b>
Until 11:33PM		<b>Chidambaram Abhishekam</b>		<b>Phalguna-Masi</b>		
Then Creative Work - Siddha Yoga						

<b>○</b>		<b>Monday, March 9, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau		Milan, Italy Sutra 330
<b>Copper Retreat Star</b>		<b>Gulika</b> 2:01PM – 3:29PM	<b>Purvaphalguni</b> Until 8:34PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:45AM	Vikarin 5121
Simha Rasi: 17.24	Tithi 15	Yama 11:07AM – 12:34PM	Dhriti Until 12:23PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:23PM	Moon 2 - Phase 45
<b>Family Home Evening</b>	152833467	<b>Rahu</b> 8:12AM – 9:40AM	Visti Until 8:38AM	<b>Nataraja:</b> Clear		Purnima
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 6:43PM	Moon – Red		<b>Sivaloka Day</b>
		<b>Holi</b>		<b>Phalguna-Masi</b>		

<b>○</b>		<b>Tuesday, March 10, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau		Milan, Italy Sutra 331
<b>Silver Retreat Star</b>		<b>Gulika</b> 12:34PM – 2:02PM	<b>Uttaraphalguni</b> Until 5:22PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:43AM	Vikarin 5121
Kanya Rasi: 2.4	Tithi 16 – 17	Yama 9:38AM – 11:06AM	Shula* Until 8:01AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:25PM	Moon 2 - Phase 45
152833467	<b>Rahu</b> 3:29PM – 4:57PM		Taitila Until 12:59AM Wed	<b>Nataraja:</b> Clear		Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 2:53PM	Moon – Red		<b>Sivaloka Day</b>
Until 5:22PM				<b>Phalguna-Masi</b>		
Then Creative Work - Siddha Yoga						

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



Wednesday, March 11, 2020

Gold Retreat Star

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

Milan, Italy

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 17.56 Tithi 17 - 18

162833467

Gulika

11:05AM - 12:34PM

Yama

8:09AM - 9:37AM

Rahu

12:34PM - 2:02PM

Hasta Until 2:31PM

Vriddhi Until 11:31PM

Vanija Until 9:18PM

Dvitiya Until 11:06AM

Ganesha: Clear

Sunrise: 6:41AM

Muruqa: Orange

Sunset: 6:26PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Routine Work Marana Yoga

Until 2:31PM

Then Creative Work - Siddha Yoga

Thursday, March 12, 2020

1

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

Milan, Italy

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 3.02 Tithi 18 - 19

162833467

Gulika

9:36AM - 11:05AM

Yama

6:39AM - 8:08AM

Rahu

2:02PM - 3:30PM

Chitra Until 11:49AM

Dhruva Until 7:36PM

Balava Until 4:25AM Fri

Tritiya Until 7:33AM

Ganesha: Clear

Sunrise: 6:39AM

Muruqa: Orange

Sunset: 6:27PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Creative Work Siddha Yoga

Until 11:49AM

Then Creative Work - Amrita Yoga

Friday, March 13, 2020

2

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

Milan, Italy

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 17.5 Tithi 20

162833467

Gulika

8:06AM - 9:35AM

Yama

3:31PM - 5:00PM

Rahu

11:04AM - 12:33PM

Svati Until 9:24AM

Vyaghata\* Until 4:06PM

Kaulava Until 3:04PM

Panchami Until 1:50AM Sat

Ganesha: Clear

Sunrise: 6:37AM

Muruqa: Orange

Sunset: 6:29PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Creative Work Siddha Yoga

Saturday, March 14, 2020

3

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

Milan, Italy

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 2.14 Tithi 21

172833467

Gulika

6:36AM - 8:05AM

Yama

2:02PM - 3:31PM

Rahu

9:34AM - 11:03AM

Vishakha Until 7:51AM

Harshana Until 1:08PM

Gara Until 12:49PM

Shashthi\* Until 11:56PM

Ganesha: Purple

Sunrise: 6:36AM

Muruqa: Orange

Sunset: 6:30PM

Nataraja: Clear

Moon - Orange

Sivaloka Day

Phalguna-Panguni

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

Sunday, March 15, 2020

4

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

Milan, Italy

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 16.1 Tithi 22

172833468

Gulika

3:32PM - 5:01PM

Yama

12:32PM - 2:02PM

Rahu

5:01PM - 6:31PM

Anuradha Until 6:52AM

Vajra\* Until 10:44AM

Visti Until 11:17AM

Saptami Until 10:48PM

Ganesha: Purple

Sunrise: 6:34AM

Muruqa: Orange

Sunset: 6:31PM

Nataraja: Purple

Moon - Orange

Subha Sivaloka Day

Phalguna-Panguni

Routine Work Marana Yoga

Monday, March 16, 2020

Retreat Star

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

Milan, Italy

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Vrischika Rasi: 29.37 Tithi 23

172933468

Gulika

2:02PM - 3:32PM

Yama

11:02AM - 12:32PM

Rahu

8:02AM - 9:32AM

Jyeshtha\* Until 6:31AM

Siddhi Until 8:58AM

Balava Until 10:33AM

Ashtami\* Until 10:28PM

Ganesha: Clear

Sunrise: 6:32AM

Muruqa: Orange

Sunset: 6:32PM

Nataraja: Purple

Moon - Orange

Sivaloka Day

Phalguna-Panguni

Creative Work Siddha Yoga

Tuesday, March 17, 2020

Retreat Star

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

Milan, Italy

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 12.4 Tithi 24

182933468

Gulika

12:32PM - 2:02PM

Yama

9:31AM - 11:01AM

Rahu

3:33PM - 5:03PM

Mula\* Until 7:13AM

Vyatipata\* Until 7:50AM

Taitila Until 10:36AM

Navami\* Until 10:52PM

Ganesha: Purple

Sunrise: 6:30AM

Muruqa: Orange

Sunset: 6:34PM

Nataraja: Purple

Moon - Light Blue

Devaloka Day

Phalguna-Panguni

Creative Work Amrita Yoga

Until 7:13AM

Then Creative Work - Siddha Yoga

1	<b>Wednesday, March 18, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau				Milan, Italy
	Dhanus Rasi: 25.22	Tithi 25	Sun 8	Sutra 339			
	182933468	<b>Rahu</b>	<b>11:01AM – 12:32PM</b>	<b>Purvashadha* Until 8:29AM</b>	<b>Ganesha: Purple</b>	<i>Sunrise: 6:28AM</i>	Vikarin 5121
	Creative Work	Amrita Yoga	Yama 7:59AM – 9:30AM	Variyan Until 7:14AM	<b>Muruqa: Orange</b>	<i>Sunset: 6:35PM</i>	Moon 3 - Phase 47
			<b>12:32PM – 2:02PM</b>	Vanija Until 11:21AM	<b>Nataraja: Purple</b>	2nd Phase	
			<b>Dashami Until 11:57PM</b>	Moon – Light Blue	<b>Devaloka Day</b>		
				<b>Phalguna-Panguni</b>			

2	<b>Thursday, March 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Milan, Italy
	Makara Rasi: 7.46	Tithi 26	Sun 9	Sutra 340			
	182933468	<b>Rahu</b>	<b>9:29AM – 11:00AM</b>	<b>Uttarashadha Until 10:10AM</b>	<b>Ganesha: Purple</b>	<i>Sunrise: 6:26AM</i>	Vikarin 5121
	Routine Work	Marana Yoga	Yama 6:26AM – 7:57AM	Parigha* Until 7:07AM	<b>Muruqa: Orange</b>	<i>Sunset: 6:36PM</i>	Moon 3 - Phase 47
			<b>2:03PM – 3:34PM</b>	Bava Until 12:42PM	<b>Nataraja: Purple</b>	2nd Phase	
			<b>Ekadashi* Until 1:32AM Fri</b>	Moon – Light Blue	<b>Devaloka Day</b>		
				<b>Phalguna-Panguni</b>			

3	<b>Friday, March 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau				Milan, Italy
	Makara Rasi: 19.59	Tithi 27	Sun 10	Sutra 341			
	192933468	<b>Rahu</b>	<b>7:56AM – 9:28AM</b>	<b>Shravana Until 12:37PM</b>	<b>Ganesha: Clear</b>	<i>Sunrise: 6:24AM</i>	Vikarin 5121
	Routine Work	Marana Yoga	Yama 3:34PM – 5:06PM	Shiva Until 7:23AM	<b>Muruqa: Orange</b>	<i>Sunset: 6:38PM</i>	Moon 3 - Phase 47
			<b>10:59AM – 12:31PM</b>	Kaulava Until 2:30PM	<b>Nataraja: Purple</b>	2nd Phase	
			<b>Dvadashi* Until 3:29AM Sat</b>	Moon – Purple	<b>Sivaloka Day</b>		
				<b>Phalguna-Panguni</b>			

4	<b>Saturday, March 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Milan, Italy
	Kumbha Rasi: 2.03	Tithi 28	Sun 11	Sutra 342			
	192933468	<b>Rahu</b>	<b>6:22AM – 7:54AM</b>	<b>Dhanishtha Until 3:12PM</b>	<b>Ganesha: Clear</b>	<i>Sunrise: 6:22AM</i>	Vikarin 5121
	Creative Work	Siddha Yoga	Yama 2:03PM – 3:35PM	Siddha Until 7:53AM	<b>Muruqa: Orange</b>	<i>Sunset: 6:39PM</i>	Moon 3 - Phase 47
			<b>9:27AM – 10:59AM</b>	Gara Until 4:36PM	<b>Nataraja: Purple</b>	2nd Phase	
			<b>Trayodashi* Until 5:42AM Sun</b>	Moon – Purple	<b>Sivaloka Day</b>		
				<b>Phalguna-Panguni</b>			
				<i>Pradosha Vrata (Fasting)</i>			

5	<b>Sunday, March 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Visti* Karana Chaturdashyam Titau				Milan, Italy
	Kumbha Rasi: 14.02	Tithi 29	Sun 12	Sutra 343			
	192933468	<b>Rahu</b>	<b>3:35PM – 5:08PM</b>	<b>Shatabhishak Until 5:48PM</b>	<b>Ganesha: Clear</b>	<i>Sunrise: 6:20AM</i>	Vikarin 5121
	Creative Work	Siddha Yoga	Yama 12:30PM – 2:03PM	Sadhya Until 8:34AM	<b>Muruqa: Orange</b>	<i>Sunset: 6:40PM</i>	Moon 3 - Phase 47
			<b>5:08PM – 6:40PM</b>	Visti Until 6:53PM	<b>Nataraja: Purple</b>	2nd Phase	
			<b>Chaturdashi* Until 8:03AM Mon</b>	Moon – Purple	<b>Sivaloka Day</b>		
				<b>Phalguna-Panguni</b>			

●	<b>Monday, March 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Milan, Italy
	<b>Retreat Star</b>		Sun 13	Sutra 344			
	Kumbha Rasi: 25.58	Tithi 29 – 30	<b>Gulika</b>	<b>2:03PM – 3:36PM</b>	<b>Purvaproshtapada* Until 8:51PM</b>	<b>Ganesha: Yellow</b>	<i>Sunrise: 6:19AM</i>
	<b>Family Home Evening</b>	113933468	Yama 10:57AM – 12:30PM	<b>Rahu</b>	<b>7:51AM – 9:24AM</b>	<b>Muruqa: Orange</b>	<i>Sunset: 6:42PM</i>
			<b>3:36PM – 5:10PM</b>	Subha Until 9:22AM	<b>Nataraja: Purple</b>	Moon 3 - Phase 47	
			<b>Yugadhi</b>	Catuspada Until 9:17PM	Moon – Clear	Amavasya	
				<b>Chaturdashi* Until 8:03AM</b>	<b>Phalguna-Panguni</b>	<b>Sivaloka Day</b>	

●	<b>Tuesday, March 24, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Milan, Italy
	<b>Retreat Star</b>		Sun 14	Sutra 345			
	Meena Rasi: 7.51	Tithi 30 – 1	<b>Gulika</b>	<b>12:30PM – 2:03PM</b>	<b>Uttaraproshtapada Until 11:47PM</b>	<b>Ganesha: Yellow</b>	<i>Sunrise: 6:17AM</i>
	113933468	<b>Rahu</b>	Yama 9:23AM – 10:56AM	<b>Rahu</b>	<b>3:36PM – 5:10PM</b>	<b>Muruqa: Orange</b>	<i>Sunset: 6:43PM</i>
			<b>3:36PM – 5:10PM</b>	Sukla Until 10:12AM	<b>Nataraja: Purple</b>	Moon 3 - Phase 47	
			<b>Yugadhi</b>	Kintughna Until 11:43PM	Moon – Clear	Prathama	
				<b>Amavasya* Until 10:28AM</b>	<b>Chaitra-Panguni</b>	<b>Sivaloka Day</b>	

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

All times are standard time

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<b>1</b>		<b>Wednesday, March 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Milan, Italy Sutra 346
Meena Rasi: 19.44	Tithi 1 – 2	113933468	<b>Gulika</b> 10:56AM – 12:29PM Yama 7:48AM – 9:22AM <b>Rahu</b> 12:29PM – 2:03PM	<b>Revati Until 2:33AM Thu</b> Brahma Until 11:04AM Balava Until 2:10AM Thu Prathama* Until 12:55PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Clear	Sun 15 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b>
Routine Work Marana Yoga						
Until 2:33AM Thu						
Then Creative Work - Amrita Yoga						

<b>2</b>		<b>Thursday, March 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Milan, Italy Sutra 347
Mesha Rasi: 1.37	Tithi 2 – 3	123933468	<b>Gulika</b> 9:21AM – 10:55AM Yama 6:13AM – 7:47AM <b>Rahu</b> 2:03PM – 3:37PM	<b>Ashvini Until 5:36AM Fri</b> Indra Until 11:55AM Taitila Until 4:33AM Fri Dvitiya Until 3:21PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – White	Sun 16 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b>
Creative Work Amrita Yoga						
Until 5:36AM Fri						
Then Creative Work - Siddha Yoga						

<b>3</b>		<b>Friday, March 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Milan, Italy Sutra 348
Mesha Rasi: 13.31	Tithi 3 – 4	123933468	<b>Gulika</b> 7:45AM – 9:20AM Yama 3:38PM – 5:12PM <b>Rahu</b> 10:54AM – 12:29PM	<b>Bharani Until 8:19AM Sat</b> Vaidhriti* Until 12:41PM Vanija Until 6:47AM Sat Tritiya Until 5:40PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – White	Sun 17 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga						
Until 8:19AM Sat						
Then Creative Work - Amrita Yoga						

<b>4</b>		<b>Saturday, March 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Chaturthyam Titau		Milan, Italy Sutra 349
Mesha Rasi: 25.29	Tithi 4	123933468	<b>Gulika</b> 6:09AM – 7:44AM Yama 2:03PM – 3:38PM <b>Rahu</b> 9:19AM – 10:54AM	<b>Bharani Until 8:19AM</b> Vishkambha* Until 1:20PM Vanija Until 6:47AM Chaturthi* Until 7:47PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – White	Sun 18 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga						
Until 8:19AM						
Then Creative Work - Amrita Yoga						

<b>5</b>		<b>Sunday, March 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Panchamyam Titau		Milan, Italy Sutra 350
Vrishabha Rasi: 7.34	Tithi 5	123933468	<b>Gulika</b> 3:39PM – 5:14PM Yama 12:28PM – 2:03PM <b>Rahu</b> 5:14PM – 6:49PM	<b>Krittika Until 10:37AM</b> Priti Until 1:46PM Bava Until 8:44AM Panchami Until 9:33PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – White	Sun 19 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga						

<b>6</b>		<b>Monday, March 30, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Shashthyam Titau		Milan, Italy Sutra 351
Vrishabha Rasi: 19.48	Tithi 6	133933468	<b>Gulika</b> 2:04PM – 3:39PM Yama 10:52AM – 12:28PM <b>Rahu</b> 7:41AM – 9:17AM	<b>Rohini Until 12:50PM</b> Ayushman Until 1:50PM Kaulava Until 10:16AM Shashthi* Until 10:49PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Yellow	Sun 20 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Subha Sivaloka Day</b>
Family Home Evening						
Creative Work Amrita Yoga						

<b>Retreat Star</b>		<b>Tuesday, March 31, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau		Milan, Italy Sutra 352
Mithuna Rasi: 2.16	Tithi 7	133933468	<b>Gulika</b> 12:28PM – 2:04PM Yama 9:16AM – 10:52AM <b>Rahu</b> 3:40PM – 5:16PM	<b>Mrigashira Until 2:17PM</b> Saubhagya Until 1:26PM Gara Until 11:13AM Saptami Until 11:25PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Yellow	Sun 21 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Subha Sivaloka Day</b>
Creative Work Siddha Yoga						
Until 2:17PM						
Then Routine Work - Marana Yoga						

<b>Retreat Star</b>		<b>Wednesday, April 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana/Alhiganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Milan, Italy Sutra 353
Mithuna Rasi: 15.04	Tithi 8	133933468	<b>Gulika</b> 10:52AM – 12:28PM Yama 7:40AM – 9:16AM <b>Rahu</b> 12:28PM – 2:04PM	<b>Ardra Until 2:53PM</b> Sobhana Until 12:29PM Visti Until 11:26AM Ashtami* Until 11:14PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Yellow	Sun 22 Vikarin 5121 Moon 3 - Phase 48 Ashtami <b>Subha Sivaloka Day</b>
Creative Work Siddha Yoga						

<b>Retreat Star</b>		<b>Thursday, April 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Athiganda*/Sukarna Yoga Balava/Kaulava Karana Navamyam Titau		Milan, Italy Sutra 354
Mithuna Rasi: 28.16	Tithi 9	143933468	<b>Gulika</b> 9:14AM – 10:51AM Yama 6:02AM – 7:38AM <b>Rahu</b> 2:04PM – 3:40PM	<b>Punarvasu Until 2:59PM</b> Athiganda* Until 10:52AM Balava Until 10:51AM Navami* Until 10:13PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Blue	Sun 23 Vikarin 5121 Moon 3 - Phase 48 Navami <b>Sivaloka Day</b>
Creative Work Amrita Yoga						
		Sri Rama Navami				

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

<b>1 Friday, April 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau				Milan, Italy Sun 24 Sutra 355 Vikarin 5121
Kataka Rasi: 11.55	Tithi 10	<b>Gulika</b> 7:37AM – 9:13AM	<b>Pushya</b> Until 2:08PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:00AM	
		Yama 3:41PM – 5:18PM	Sukarma Until 8:37AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:54PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 <b>Rahu</b> 10:50AM – 12:27PM	Taitila Until 9:26AM	<b>Nataraja:</b> Purple		4th Phase
				Moon – Blue		<b>Sivaloka Day</b>
		<b>Yogaswami Mahasamadhi</b>	<b>Dashami</b> Until 8:25PM	<b>Chaitra•Panguni</b>		

<b>2 Saturday, April 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Shula* Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau				Milan, Italy Sun 25 Sutra 356 Vikarin 5121
Kataka Rasi: 26.04	Tithi 11 – 12	<b>Gulika</b> 5:58AM – 7:35AM	<b>Ashlesha*</b> Until 12:24PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:58AM	
		Yama 2:04PM – 3:41PM	Shula* Until 2:20AM Sun	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:56PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 <b>Rahu</b> 9:12AM – 10:50AM	Vanija Until 7:15AM	<b>Nataraja:</b> Purple		4th Phase
Until 12:24PM				Moon – Blue		<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga			<b>Ekadashi</b> Until 5:54PM	<b>Chaitra•Panguni</b>		

<b>3 Sunday, April 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Milan, Italy Sun 26 Sutra 357 Vikarin 5121
Simha Rasi: 10.39	Tithi 12 – 13	<b>Gulika</b> 3:42PM – 5:19PM	<b>Magha*</b> Until 10:19AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:56AM	
		Yama 12:26PM – 2:04PM	Ganda* Until 10:29PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:57PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	153933468 <b>Rahu</b> 5:19PM – 6:57PM	Kaulava Until 1:05AM Mon	<b>Nataraja:</b> Purple		4th Phase
Until 10:19AM				Moon – Red		<b>Subha Sivaloka Day</b>
Then Creative Work - Siddha Yoga			<b>Dvadashi</b> Until 2:47PM	<b>Chaitra•Panguni</b>		
			<i>Pradosha Vrata</i>			

<b>4 Monday, April 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Milan, Italy Sun 27 Sutra 358 Vikarin 5121
Simha Rasi: 25.37	Tithi 13 – 14	<b>Gulika</b> 2:04PM – 3:42PM	<b>Purvaphalguni</b> Until 7:38AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:54AM	
<b>Family Home Evening</b>		Yama 10:48AM – 12:26PM	Vriddhi Until 6:21PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:58PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	154933468 <b>Rahu</b> 7:32AM – 9:10AM	Gara Until 9:23PM	<b>Nataraja:</b> Purple		4th Phase
				Moon – Red		<b>Sivaloka Day</b>
			<b>Trayodashi</b> Until 11:15AM	<b>Chaitra•Panguni</b>		

<b>○ Tuesday, April 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Dhruva/Vyaghata* Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau				Milan, Italy Sun 28 Sutra 359 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 12:26PM – 2:04PM	<b>Hasta</b> Until 1:34AM Wed	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:52AM	
Kanya Rasi: 10.5	Tithi 14 – 15	Yama 9:09AM – 10:48AM	Dhruva Until 2:01PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:59PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	164933468 <b>Rahu</b> 3:43PM – 5:21PM	Bava Until 3:33AM Wed	<b>Nataraja:</b> Purple		Purnima
				Moon – Green		<b>Devaloka Day</b>
		<b>Panguni Uttiram</b>	<b>Chaturdashi*</b> Until 7:27AM	<b>Chaitra•Panguni</b>		
		<b>Hanuman Jayanti</b>				

<b>Wednesday, April 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Chitra Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Milan, Italy Sun 29 Sutra 360 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 10:47AM – 12:26PM	<b>Chitra</b> Until 10:33PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:50AM	
Kanya Rasi: 26.08	Tithi 16	Yama 7:29AM – 9:08AM	Vyaghata* Until 9:40AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:01PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	164934468 <b>Rahu</b> 12:26PM – 2:04PM	Balava Until 1:39PM	<b>Nataraja:</b> Purple		Prathama
				Moon – Green		<b>Devaloka Day</b>
			<b>Prathama*</b> Until 11:45PM	<b>Chaitra•Panguni</b>		





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

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

Milan, Italy  
Sutra 361  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 11.21 Tithi 17  
164134468  
Creative Work Amrita Yoga  
Until 7:39PM  
Then Creative Work - Siddha Yoga

**Gulika** 9:07AM – 10:46AM  
Yama 5:49AM – 7:28AM  
Rahu 2:05PM – 3:44PM

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

**Ganesha:** White *Sunrise:* 5:49AM  
**Muruqa:** Clear *Sunset:* 7:02PM  
**Nataraja:** Purple  
Moon – Green  
**Chaitra•Panguni**

**Devaloka Day**

**1**

**Friday, April 10, 2020**

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

Milan, Italy  
Sutra 362  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 26.19 Tithi 18 – 19  
174134468  
Creative Work Siddha Yoga

**Gulika** 7:26AM – 9:06AM  
Yama 3:44PM – 5:24PM  
Rahu 10:46AM – 12:25PM

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

**Ganesha:** Yellow *Sunrise:* 5:47AM  
**Muruqa:** Clear *Sunset:* 7:03PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Panguni**

**Sivaloka Day**

**2**

**Saturday, April 11, 2020**

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

Milan, Italy  
Sutra 363  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Virchika Rasi: 10.53 Tithi 19 – 20  
174134468  
Creative Work Siddha Yoga

**Gulika** 5:45AM – 7:25AM  
Yama 2:05PM – 3:45PM  
Rahu 9:05AM – 10:45AM

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

**Ganesha:** Yellow *Sunrise:* 5:45AM  
**Muruqa:** Clear *Sunset:* 7:05PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Panguni**

**Sivaloka Day**

**3**

**Sunday, April 12, 2020**

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

Milan, Italy  
Sutra 364  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Virchika Rasi: 24.59 Tithi 20 – 21  
174134468  
Routine Work Marana Yoga  
Until 2:33PM  
Then Creative Work - Amrita Yoga

**Gulika** 3:45PM – 5:26PM  
Yama 12:25PM – 2:05PM  
Rahu 5:26PM – 7:06PM

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

**Ganesha:** Yellow *Sunrise:* 5:43AM  
**Muruqa:** Clear *Sunset:* 7:06PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Panguni**

**Sivaloka Day**

**4**

**Monday, April 13, 2020**

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

Milan, Italy  
Sutra 1  
Sarvari 5122  
Moon 4 - Phase 50  
1st Phase

Dhanus Rasi: 8.37 Tithi 21 – 22  
184134468  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 2:31PM  
Then Routine Work - Marana Yoga

**Gulika** 2:05PM – 3:46PM  
Yama 10:44AM – 12:24PM  
Rahu 7:22AM – 9:03AM

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

**Ganesha:** Blue *Sunrise:* 5:41AM  
**Muruqa:** Clear *Sunset:* 7:07PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

**Devaloka Day**

**D**

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

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

Milan, Italy  
Sutra 2  
Sarvari 5122  
Moon 4 - Phase 50  
Ashtami

Dhanus Rasi: 21.46 Tithi 22 – 23  
284134468  
Creative Work Siddha Yoga  
Until 3:09PM  
Then Routine Work - Prabalarishta Yoga

**Gulika** 12:24PM – 2:05PM  
Yama 9:02AM – 10:43AM  
Rahu 3:46PM – 5:27PM

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

**Ganesha:** Yellow *Sunrise:* 5:40AM  
**Muruqa:** Clear *Sunset:* 7:08PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

**Sivaloka Day**

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

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

Milan, Italy  
Sutra 3  
Sarvari 5122  
Moon 4 - Phase 50  
Navami

Makara Rasi: 4.29 Tithi 23 – 24  
284134468  
Creative Work Amrita Yoga  
Until 4:24PM  
Then Creative Work - Siddha Yoga

**Gulika** 10:42AM – 12:24PM  
Yama 7:19AM – 9:01AM  
Rahu 12:24PM – 2:05PM

**Uttarashadha Until 4:24PM**  
Siddha Until 1:00PM  
Taitila Until 12:59AM Thu  
Ashtami\* Until 12:22PM

**Ganesha:** Yellow *Sunrise:* 5:38AM  
**Muruqa:** Clear *Sunset:* 7:10PM  
**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				Milan, Italy
Makara Rasi: 16.54	Tithi 24 – 25	Gulika 9:00AM – 10:42AM	Shravana Until 6:36PM	Ganesha: Blue	Sunrise: 5:36AM	Sun 7 Sutra 4
		Yama 5:36AM – 7:18AM	Sadhya Until 1:02PM	Muruqa: Clear	Sunset: 7:11PM	Sarvari 5122
		294134468 Rahu 2:05PM – 3:47PM	Vanija Until 2:38AM Fri	Nataraja: Purple		Moon 4 - Phase 1
Creative Work	Siddha Yoga	Chidambaram Abhishekam	Navami* Until 1:44PM	Moon – Purple		2nd Phase
				Chaitra+Chaitra		Devaloka Day

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				Milan, Italy
Makara Rasi: 29.04	Tithi 25 – 26	Gulika 7:17AM – 8:59AM	Dhanishtha Until 9:07PM	Ganesha: Blue	Sunrise: 5:34AM	Sun 8 Sutra 5
		Yama 3:48PM – 5:30PM	Subha Until 1:30PM	Muruqa: Clear	Sunset: 7:12PM	Sarvari 5122
		294134468 Rahu 10:41AM – 12:23PM	Bava Until 4:43AM Sat	Nataraja: Purple		Moon 4 - Phase 1
Creative Work	Siddha Yoga		Dashami Until 3:37PM	Moon – Purple		2nd Phase
				Chaitra+Chaitra		Devaloka Day

3 Saturday, April 18, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Milan, Italy
Kumbha Rasi: 11.05	Tithi 26 – 27	Gulika 5:33AM – 7:15AM	Shatabhishak Until 11:46PM	Ganesha: Yellow	Sunrise: 5:33AM	Sun 9 Sutra 6
		Yama 2:06PM – 3:48PM	Sukla Until 2:12PM	Muruqa: Clear	Sunset: 7:14PM	Sarvari 5122
		295134468 Rahu 8:58AM – 10:40AM	Kaulava Until 7:03AM Sun	Nataraja: Purple		Moon 4 - Phase 1
Creative Work	Amrita Yoga		Ekadashi* Until 5:51PM	Moon – Purple		2nd Phase
Until 11:46PM				Chaitra+Chaitra		Sivaloka Day
Then Routine Work - Marana Yoga						

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				Milan, Italy
Kumbha Rasi: 22.59	Tithi 27	Gulika 3:49PM – 5:32PM	Purvaproshtapada* Until 2:53AM Mon	Ganesha: Yellow	Sunrise: 5:31AM	Sun 10 Sutra 7
		Yama 12:23PM – 2:06PM	Brahma Until 3:04PM	Muruqa: Clear	Sunset: 7:15PM	Sarvari 5122
		215134468 Rahu 5:32PM – 7:15PM	Kaulava Until 7:03AM	Nataraja: Purple		Moon 4 - Phase 1
Creative Work	Siddha Yoga		Dvadashi* Until 8:15PM	Moon – Clear		2nd Phase
				Chaitra+Chaitra		Sivaloka Day

5 Monday, April 20, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Trayodashyam Titau				Milan, Italy
Meena Rasi: 4.52	Tithi 28	Gulika 2:06PM – 3:49PM	Uttaraproshtapada Until 5:51AM Tue	Ganesha: Yellow	Sunrise: 5:29AM	Sun 11 Sutra 8
Family Home Evening		Yama 10:39AM – 12:23PM	Indra Until 4:00PM	Muruqa: Clear	Sunset: 7:16PM	Sarvari 5122
		215134468 Rahu 7:13AM – 8:56AM	Gara Until 9:30AM	Nataraja: Purple		Moon 4 - Phase 1
Creative Work	Siddha Yoga		Trayodashi* Until 10:42PM	Moon – Clear		2nd Phase
				Chaitra+Chaitra		Sivaloka Day
						Pradosha Vrata (Fasting)

6 Tuesday, April 21, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Milan, Italy
Meena Rasi: 16.44	Tithi 29	Gulika 12:22PM – 2:06PM	Revati Until 8:35AM Wed	Ganesha: Yellow	Sunrise: 5:28AM	Sun 12 Sutra 9
		Yama 8:55AM – 10:39AM	Vaidhriti* Until 4:53PM	Muruqa: Clear	Sunset: 7:17PM	Sarvari 5122
		215134468 Rahu 3:50PM – 5:34PM	Visti Until 11:56AM	Nataraja: Purple		Moon 4 - Phase 1
Creative Work	Siddha Yoga		Chaturdashi* Until 1:06AM Wed	Moon – Clear		2nd Phase
Until 8:35AM Wed				Chaitra+Chaitra		Sivaloka Day
Then Routine Work - Marana Yoga						

Wednesday, April 22, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Milan, Italy
Meena Rasi: 28.37	Tithi 30	Gulika 10:38AM – 12:22PM	Revati Until 8:35AM	Ganesha: Yellow	Sunrise: 5:26AM	Sun 13 Sutra 10
		Yama 7:10AM – 8:54AM	Vishkambha* Until 5:43PM	Muruqa: Clear	Sunset: 7:19PM	Sarvari 5122
		215134468 Rahu 12:22PM – 2:06PM	Catuspada Until 2:17PM	Nataraja: Purple		Moon 4 - Phase 1
Routine Work	Marana Yoga		Amavasya* Until 3:23AM Thu	Moon – Clear		Amavasya
				Chaitra+Chaitra		Sivaloka Day

Thursday, April 23, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Priti Yoga Kintughna*/Bava Karana Prathamayam Titau				Milan, Italy
Meena Rasi: 10.34	Tithi 1	Gulika 8:53AM – 10:38AM	Ashvini Until 11:31AM	Ganesha: Red	Sunrise: 5:24AM	Sun 14 Sutra 11
		Yama 5:24AM – 7:09AM	Priti Until 6:27PM	Muruqa: Clear	Sunset: 7:20PM	Sarvari 5122
		225134468 Rahu 2:07PM – 3:51PM	Kintughna Until 4:29PM	Nataraja: Purple		Moon 4 - Phase 1
Creative Work	Amrita Yoga		Prathama* Until 5:29AM Fri	Moon – White		Prathama
Until 11:31AM				Vaisaka+Chaitra		Sivaloka Day
Then Creative Work - Siddha Yoga						

<b>1</b>		<b>Friday, April 24, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ayushman Yoga Balava Karana Dvitiyayam Titau				Milan, Italy Sun 15 Sutra 12
Mesha Rasi: 22.35	Tithi 2	<b>Gulika</b> 7:07AM – 8:52AM	<b>Bharani</b> Until 2:06PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:23AM		Sarvari 5122	
		Yama 3:52PM – 5:36PM	Ayushman Until 6:59PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:21PM		Moon 4 - Phase 2	
225134469	<b>Rahu</b> 10:37AM – 12:22PM		Balava Until 6:28PM	<b>Nataraja:</b> Clear			3rd Phase	
Creative Work	Siddha Yoga		<b>Dvitiya</b> Until 7:21AM Sat	Moon – White		<b>Devaloka Day</b>		
				<b>Vaisaka-Chaitra</b>				

<b>2</b>		<b>Saturday, April 25, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Trityayam Titau				Milan, Italy Sun 16 Sutra 13
Vrishabha Rasi: 4.41	Tithi 2 – 3	<b>Gulika</b> 5:21AM – 7:06AM	<b>Krittika</b> Until 4:16PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:21AM		Sarvari 5122	
		Yama 2:07PM – 3:52PM	Saubhagya Until 7:19PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:22PM		Moon 4 - Phase 2	
225134469	<b>Rahu</b> 8:51AM – 10:37AM		Taitila Until 8:11PM	<b>Nataraja:</b> Clear			3rd Phase	
Creative Work	Amrita Yoga		<b>Dvitiya</b> Until 7:21AM	Moon – White		<b>Devaloka Day</b>		
				<b>Vaisaka-Chaitra</b>				

<b>3</b>		<b>Sunday, April 26, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Milan, Italy Sun 17 Sutra 14
Vrishabha Rasi: 16.55	Tithi 3 – 4	<b>Gulika</b> 3:53PM – 5:38PM	<b>Rohini</b> Until 6:26PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:19AM		Sarvari 5122	
		Yama 12:22PM – 2:07PM	Sobhana Until 7:24PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:24PM		Moon 4 - Phase 2	
235134469	<b>Rahu</b> 5:38PM – 7:24PM		Vanija Until 9:32PM	<b>Nataraja:</b> Clear			3rd Phase	
Creative Work	Siddha Yoga		<b>Tritiya</b> Until 8:53AM	Moon – Yellow		<b>Devaloka Day</b>		
		<b>Akshaya Tritiya</b>		<b>Vaisaka-Chaitra</b>				

<b>4</b>		<b>Monday, April 27, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Milan, Italy Sun 18 Sutra 15
Vrishabha Rasi: 29.19	Tithi 4 – 5	<b>Gulika</b> 2:07PM – 3:53PM	<b>Mrigashira</b> Until 8:00PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:18AM		Sarvari 5122	
<b>Family Home Evening</b>		Yama 10:36AM – 12:21PM	Athiganda* Until 7:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:25PM		Moon 4 - Phase 2	
235134469	<b>Rahu</b> 7:04AM – 8:50AM		Bava Until 10:27PM	<b>Nataraja:</b> Clear			3rd Phase	
Creative Work	Amrita Yoga		<b>Chaturthi*</b> Until 10:02AM	Moon – Yellow		<b>Devaloka Day</b>		
Until 8:00PM		<b>Adi Sankara Jayanthi</b>		<b>Vaisaka-Chaitra</b>				
Then Creative Work - Siddha Yoga								

<b>5</b>		<b>Tuesday, April 28, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Milan, Italy Sun 19 Sutra 16
Mithuna Rasi: 11.56	Tithi 5 – 6	<b>Gulika</b> 12:21PM – 2:07PM	<b>Ardra</b> Until 8:55PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:16AM		Sarvari 5122	
		Yama 8:49AM – 10:35AM	Sukarma Until 6:27PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:26PM		Moon 4 - Phase 2	
236134469	<b>Rahu</b> 3:54PM – 5:40PM		Kaulava Until 10:49PM	<b>Nataraja:</b> Clear			3rd Phase	
Routine Work	Marana Yoga		<b>Panchami</b> Until 10:41AM	Moon – Yellow		<b>Bhuloka Day</b>		
Until 8:55PM				<b>Vaisaka-Chaitra</b>		<b>Devaloka Time: 3:PM to 6:PM</b>		
Then Creative Work - Siddha Yoga								

<b>6</b>		<b>Wednesday, April 29, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Milan, Italy Sun 20 Sutra 17
Mithuna Rasi: 24.49	Tithi 6 – 7	<b>Gulika</b> 10:35AM – 12:21PM	<b>Punarvasu</b> Until 9:33PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:15AM		Sarvari 5122	
		Yama 7:01AM – 8:48AM	Dhriti Until 5:19PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:27PM		Moon 4 - Phase 2	
246134469	<b>Rahu</b> 12:21PM – 2:08PM		Gara Until 10:34PM	<b>Nataraja:</b> Clear			3rd Phase	
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 10:45AM	Moon – Blue		<b>Devaloka Day</b>		
				<b>Vaisaka-Chaitra</b>				

<b>Retreat Star</b>		<b>Thursday, April 30, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Milan, Italy Sun 21 Sutra 18
Kataka Rasi: 8.01	Tithi 7 – 8	<b>Gulika</b> 8:47AM – 10:34AM	<b>Pushya</b> Until 9:23PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:13AM		Sarvari 5122	
		Yama 5:13AM – 7:00AM	Shula* Until 3:39PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:29PM		Moon 4 - Phase 2	
246134469	<b>Rahu</b> 2:08PM – 3:55PM		Visti Until 9:40PM	<b>Nataraja:</b> Clear			Ashtami	
Creative Work	Amrita Yoga		<b>Saptami</b> Until 10:11AM	Moon – Blue		<b>Devaloka Day</b>		
Until 9:23PM				<b>Vaisaka-Chaitra</b>				
Then Creative Work - Siddha Yoga								

<b>Retreat Star</b>		<b>Friday, May 1, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda*/Vridhidi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Milan, Italy Sun 22 Sutra 19
Kataka Rasi: 21.34	Tithi 8 – 9	<b>Gulika</b> 6:58AM – 8:45AM	<b>Ashlesha*</b> Until 8:24PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:10AM		Sarvari 5122	
		Yama 3:56PM – 5:44PM	Ganda* Until 1:27PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:31PM		Moon 4 - Phase 2	
246134469	<b>Rahu</b> 10:33AM – 12:21PM		Balava Until 8:06PM	<b>Nataraja:</b> Clear			Navami	
Routine Work	Marana Yoga		<b>Ashtami*</b> Until 8:57AM	Moon – Blue		<b>Devaloka Day</b>		
				<b>Vaisaka-Chaitra</b>				

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


<b>1</b>		<b>Saturday, May 2, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Gara Karana Navami/Dashamyam Titau				Milan, Italy Sutra 20
Simha Rasi: 5.32	Tithi 9 – 10	<b>Gulika</b> 5:09AM – 6:57AM	<b>Magha* Until 7:06PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:09AM	Sun 23	Sarvari 5122	
		Yama 2:09PM – 3:57PM	Vriddhi Until 10:45AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:32PM		Moon 4 - Phase 3	
		256134469 <b>Rahu</b> 8:45AM – 10:33AM	Gara Until 4:36AM Sun	<b>Nataraja:</b> Clear			4th Phase	
Creative Work	Amrita Yoga		<b>Navami* Until 7:04AM</b>	Moon – Red		<b>Bhuloka Day</b>		
Until 7:06PM				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Sunday, May 3, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visli* Karana Ekadashyam Titau				Milan, Italy Sutra 21
Simha Rasi: 19.53	Tithi 11	<b>Gulika</b> 3:57PM – 5:45PM	<b>Purvaphalguni Until 5:08PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:07AM	Sun 24	Sarvari 5122	
		Yama 12:21PM – 2:09PM	Dhruva Until 7:34AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:34PM		Moon 4 - Phase 3	
		256134469 <b>Rahu</b> 5:45PM – 7:34PM	Vanija Until 3:11PM	<b>Nataraja:</b> Clear			4th Phase	
Creative Work	Siddha Yoga		<b>Ekadashi Until 1:38AM Mon</b>	Moon – Red		<b>Bhuloka Day</b>		
Until 5:08PM				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Amrita Yoga								

<b>3</b>		<b>Monday, May 4, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Milan, Italy Sutra 22
Kanya Rasi: 4.34	Tithi 12	<b>Gulika</b> 2:09PM – 3:58PM	<b>Uttaraphalguni Until 2:36PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:06AM	Sun 25	Sarvari 5122	
<b>Family Home Evening</b>		Yama 10:32AM – 12:20PM	Harshana Until 12:10AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:35PM		Moon 4 - Phase 3	
		256234469 <b>Rahu</b> 6:55AM – 8:43AM	Bava Until 12:02PM	<b>Nataraja:</b> Clear			4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi Until 10:20PM</b>	Moon – Red		<b>Devaloka Day</b>		
				<b>Vaisaka*Chaitra</b>				

<b>4</b>		<b>Tuesday, May 5, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Milan, Italy Sutra 23
Kanya Rasi: 19.31	Tithi 13	<b>Gulika</b> 12:20PM – 2:09PM	<b>Hasta Until 12:05PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:05AM	Sun 26	Sarvari 5122	
		Yama 8:42AM – 10:31AM	Vajra* Until 8:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:36PM		Moon 4 - Phase 3	
		267234469 <b>Rahu</b> 3:58PM – 5:47PM	Kaulava Until 8:36AM	<b>Nataraja:</b> Clear			4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi Until 6:48PM</b>	Moon – Green		<b>Devaloka Day</b>		
				<b>Vaisaka*Chaitra</b>				
				<i>Pradosha Vrata</i>				

<b>5</b>		<b>Wednesday, May 6, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visli* Karana Chaturdashi/Purnimayam Titau				Milan, Italy Sutra 24
Tula Rasi: 4.34	Tithi 14 – 15	<b>Gulika</b> 10:31AM – 12:20PM	<b>Chitra Until 9:19AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:03AM	Sun 27	Sarvari 5122	
		Yama 6:52AM – 8:42AM	Siddhi Until 4:06PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:37PM		Moon 4 - Phase 3	
		267234469 <b>Rahu</b> 12:20PM – 2:10PM	Visli Until 1:29AM Thu	<b>Nataraja:</b> Clear			4th Phase	
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 3:14PM</b>	Moon – Green		<b>Devaloka Day</b>		
				<b>Vaisaka*Chaitra</b>				

		<b>Thursday, May 7, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata* Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Milan, Italy Sutra 25
Tula Rasi: 19.37	Tithi 15 – 16	<b>Gulika</b> 8:41AM – 10:31AM	<b>Svati Until 6:28AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:02AM	Sun 28	Sarvari 5122	
		Yama 5:02AM – 6:51AM	Vyatipata* Until 12:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:39PM		Moon 4 - Phase 3	
		267234469 <b>Rahu</b> 2:10PM – 3:59PM	Balava Until 10:07PM	<b>Nataraja:</b> Clear			Purnima	
Creative Work	Amrita Yoga		<b>Purnima* Until 11:45AM</b>	Moon – Green		<b>Devaloka Day</b>		
Until 6:28AM				<b>Vaisaka*Chaitra</b>				
Then Creative Work - Siddha Yoga								

<b>Friday, May 8, 2020</b>		<b>Silver Retreat Star</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Milan, Italy Sutra 26
Vrischika Rasi: 4.28	Tithi 16 – 17	<b>Gulika</b> 6:50AM – 8:40AM	<b>Anuradha Until 2:03AM Sat</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:00AM	Sun 29	Sarvari 5122	
		Yama 4:00PM – 5:50PM	Variyan Until 8:25AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:40PM		Moon 4 - Phase 3	
		277234469 <b>Rahu</b> 10:30AM – 12:20PM	Taitila Until 7:07PM	<b>Nataraja:</b> Clear			Prathama	
Creative Work	Siddha Yoga		<b>Prathama* Until 8:33AM</b>	Moon – Orange		<b>Bhuloka Day</b>		
				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM		

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