



Sunday, April 21, 2019
Gold Retreat Star

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

Nairobi, Kenya
Sutra 7

Tula Rasi: 28.28 Tithi 17 – 18

Gulika 3:34PM – 5:05PM
Yama 12:33PM – 2:03PM
274483468 **Rahu** 5:05PM – 6:35PM

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

Ganesha: Blue *Sunrise: 6:30AM*
Muruqa: Yellow *Sunset: 6:35PM*
Nataraja: Purple
Moon – Orange
Chaitra+Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Routine Work Marana Yoga

Devaloka Day

1

Monday, April 22, 2019

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

Nairobi, Kenya
Sun 1 Sutra 8

Vrischika Rasi: 12.05 Tithi 18 – 19

Gulika 2:03PM – 3:34PM
Yama 11:02AM – 12:33PM
274483468 **Rahu** 8:01AM – 9:31AM

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

Ganesha: Blue *Sunrise: 6:30AM*
Muruqa: Yellow *Sunset: 6:35PM*
Nataraja: Purple
Moon – Orange
Chaitra+Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Family Home Evening
Creative Work Siddha Yoga

Devaloka Day

2

Tuesday, April 23, 2019

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

Nairobi, Kenya
Sun 2 Sutra 9

Vrischika Rasi: 25.17 Tithi 19 – 20

Gulika 12:32PM – 2:03PM
Yama 9:31AM – 11:02AM
274483468 **Rahu** 3:34PM – 5:04PM

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

Ganesha: Blue *Sunrise: 6:30AM*
Muruqa: Yellow *Sunset: 6:35PM*
Nataraja: Purple
Moon – Orange
Chaitra+Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Routine Work Marana Yoga
Until 2:35PM
Then Creative Work - Amrita Yoga

Devaloka Day

3

Wednesday, April 24, 2019

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

Nairobi, Kenya
Sun 3 Sutra 10

Dhanus Rasi: 8.04 Tithi 20 – 21

Gulika 11:02AM – 12:32PM
Yama 8:01AM – 9:31AM
284483468 **Rahu** 12:32PM – 2:03PM

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

Ganesha: Yellow *Sunrise: 6:30AM*
Muruqa: Yellow *Sunset: 6:35PM*
Nataraja: Purple
Moon – Light Blue
Chaitra+Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Routine Work Marana Yoga
Until 4:04PM
Then Creative Work - Amrita Yoga

Sivaloka Day

4

Thursday, April 25, 2019

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

Nairobi, Kenya
Sun 4 Sutra 11

Dhanus Rasi: 20.29 Tithi 21 – 22

Gulika 9:31AM – 11:02AM
Yama 6:30AM – 8:00AM
284483469 **Rahu** 2:03PM – 3:33PM

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

Ganesha: Yellow *Sunrise: 6:30AM*
Muruqa: Yellow *Sunset: 6:34PM*
Nataraja: Clear
Moon – Light Blue
Chaitra+Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Creative Work Siddha Yoga
Until 6:08PM
Then Routine Work - Marana Yoga

Devaloka Day

D

Friday, April 26, 2019
Retreat Star

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

Nairobi, Kenya
Sun 5 Sutra 12

Makara Rasi: 2.38 Tithi 22 – 23

Gulika 8:00AM – 9:31AM
Yama 3:33PM – 5:04PM
284583469 **Rahu** 11:01AM – 12:32PM

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

Ganesha: Red *Sunrise: 6:30AM*
Muruqa: Yellow *Sunset: 6:34PM*
Nataraja: Clear
Moon – Light Blue
Chaitra+Chaitra

Vikarin 5121
Moon 4 - Phase 2
Ashtami

Routine Work Marana Yoga

Devaloka Day

Saturday, April 27, 2019

Retreat Star

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

Nairobi, Kenya
Sun 6 Sutra 13

Makara Rasi: 14.34 Tithi 23 – 24

Gulika 6:30AM – 8:00AM
Yama 2:02PM – 3:33PM
294583469 **Rahu** 9:31AM – 11:01AM

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

Ganesha: Green *Sunrise: 6:30AM*
Muruqa: Yellow *Sunset: 6:34PM*
Nataraja: Clear
Moon – Purple
Chaitra+Chaitra

Vikarin 5121
Moon 4 - Phase 2
Navami

Creative Work Siddha Yoga

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

1		Sunday, April 28, 2019				Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Dhanishtha Nakshatra Sukla Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Nairobi, Kenya Sun 7 Sutra 14	
Makara Rasi: 26.25	Tithi 24 – 25	Gulika	3:33PM – 5:03PM	Dhanishtha Until 2:48AM Mon	Ganesha: Green	<i>Sunrise:</i> 6:29AM	Vikarin 5121	Moon 4 - Phase 3	
		Yama	12:32PM – 2:02PM	Sukla Until 1:01AM Mon	Muruqa: Yellow	<i>Sunset:</i> 6:34PM		2nd Phase	
		294583469 Rahu	5:03PM – 6:34PM	Vanija Until 6:24AM Mon	Nataraja: Clear				
Routine Work	Marana Yoga			Navami* Until 5:06PM	Moon – Purple		Bhuloka Day	Devaloka Time: 3:PM to 6:PM	
Until 2:48AM Mon					Chaitra*Chaitra				
Then Creative Work - Siddha Yoga									

2		Monday, April 29, 2019				Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yukhtayam Shatabhishak Nakshatra Brahma Yoga Vanija/Visti* Karana Dashamyam Titau		Nairobi, Kenya Sun 8 Sutra 15	
Kumbha Rasi: 8.14	Tithi 25	Gulika	2:02PM – 3:33PM	Shatabhishak Until 5:34AM Tue	Ganesha: Green	<i>Sunrise:</i> 6:29AM	Vikarin 5121	Moon 4 - Phase 3	
Family Home Evening		Yama	11:01AM – 12:31PM	Brahma Until 1:57AM Tue	Muruqa: Yellow	<i>Sunset:</i> 6:34PM		2nd Phase	
Creative Work	Siddha Yoga	294583469 Rahu	8:00AM – 9:30AM	Vanija Until 6:24AM	Nataraja: Clear				
Until 5:34AM Tue				Dashami Until 7:36PM	Moon – Purple		Bhuloka Day	Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga					Chaitra*Chaitra				

3		Tuesday, April 30, 2019				Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yukhtayam Purvaproshtapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau		Nairobi, Kenya Sun 9 Sutra 16	
Kumbha Rasi: 20.07	Tithi 26	Gulika	12:31PM – 2:02PM	Purvaproshtapada* Until 8:21AM Wed	Ganesha: Purple	<i>Sunrise:</i> 6:29AM	Vikarin 5121	Moon 4 - Phase 3	
		Yama	9:30AM – 11:01AM	Indra Until 2:39AM Wed	Muruqa: Yellow	<i>Sunset:</i> 6:33PM		2nd Phase	
		214583469 Rahu	3:32PM – 5:03PM	Bava Until 8:46AM	Nataraja: Clear				
Routine Work	Marana Yoga			Ekadashi* Until 9:49PM	Moon – Clear		Bhuloka Day	Devaloka Time: 3:PM to 6:PM	
Until 8:21AM Wed					Chaitra*Chaitra				
Then Creative Work - Siddha Yoga									

4		Wednesday, May 1, 2019				Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yukhtayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vaidhriti* Yoga Kaulava/Taitilla Karana Dvadashyam Titau		Nairobi, Kenya Sun 10 Sutra 17	
Meena Rasi: 2.08	Tithi 27	Gulika	11:01AM – 12:31PM	Purvaproshtapada* Until 8:21AM	Ganesha: Purple	<i>Sunrise:</i> 6:29AM	Vikarin 5121	Moon 4 - Phase 3	
		Yama	8:00AM – 9:30AM	Vaidhriti* Until 2:59AM Thu	Muruqa: Yellow	<i>Sunset:</i> 6:33PM		2nd Phase	
		214583469 Rahu	12:31PM – 2:02PM	Kaulava Until 10:47AM	Nataraja: Clear				
Creative Work	Amrita Yoga			Dvadashi* Until 11:36PM	Moon – Clear		Bhuloka Day	Devaloka Time: 3:PM to 6:PM	
Until 8:21AM					Chaitra*Chaitra				
Then Creative Work - Siddha Yoga									

5		Thursday, May 2, 2019				Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yukhtayam Uttaraproshtapada*/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau		Nairobi, Kenya Sun 11 Sutra 18	
Meena Rasi: 14.2	Tithi 28	Gulika	9:30AM – 11:01AM	Uttaraproshtapada Until 10:31AM	Ganesha: Light Blue	<i>Sunrise:</i> 6:29AM	Vikarin 5121	Moon 4 - Phase 3	
		Yama	6:29AM – 7:59AM	Vishkambha* Until 2:56AM Fri	Muruqa: Yellow	<i>Sunset:</i> 6:33PM		2nd Phase	
		215583469 Rahu	2:02PM – 3:32PM	Gara Until 12:19PM	Nataraja: Clear				
Creative Work	Siddha Yoga			Trayodashi* Until 12:52AM Fri	Moon – Clear		Bhuloka Day	Devaloka Time: 3:PM to 6:PM	
Until 12:01PM					Chaitra*Chaitra				
Then Creative Work - Amrita Yoga									
								<i>Pradosha Vrata (Fasting)</i>	

6		Friday, May 3, 2019				Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yukhtayam Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Nairobi, Kenya Sun 12 Sutra 19	
Meena Rasi: 26.45	Tithi 29	Gulika	7:59AM – 9:30AM	Revati Until 12:01PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:29AM	Vikarin 5121	Moon 4 - Phase 3	
		Yama	3:32PM – 5:03PM	Priti Until 2:28AM Sat	Muruqa: Yellow	<i>Sunset:</i> 6:33PM		2nd Phase	
		215583469 Rahu	11:00AM – 12:31PM	Visti Until 1:19PM	Nataraja: Clear				
Creative Work	Siddha Yoga			Chaturdashi* Until 1:36AM Sat	Moon – Clear		Bhuloka Day	Devaloka Time: 3:PM to 6:PM	
Until 12:01PM					Chaitra*Chaitra				
Then Creative Work - Amrita Yoga									

Retreat Star		Saturday, May 4, 2019				Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Nairobi, Kenya Sun 13 Sutra 20	
Mesha Rasi: 9.25	Tithi 30	Gulika	6:29AM – 7:59AM	Ashvini Until 1:18PM	Ganesha: Purple	<i>Sunrise:</i> 6:29AM	Vikarin 5121	Moon 4 - Phase 3	
		Yama	2:01PM – 3:32PM	Ayushman Until 1:34AM Sun	Muruqa: Yellow	<i>Sunset:</i> 6:33PM		Amavasya	
		225583469 Rahu	9:30AM – 11:00AM	Catuspada Until 1:47PM	Nataraja: Clear				
Creative Work	Siddha Yoga			Amavasya* Until 1:47AM Sun	Moon – White		Bhuloka Day	Devaloka Time: 3:PM to 6:PM	
Until 1:55PM					Chaitra*Chaitra				
Then Creative Work - Siddha Yoga									

Retreat Star		Sunday, May 5, 2019				Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau		Nairobi, Kenya Sun 14 Sutra 21	
Mesha Rasi: 22.2	Tithi 1	Gulika	3:32PM – 5:02PM	Bharani Until 1:55PM	Ganesha: Purple	<i>Sunrise:</i> 6:29AM	Vikarin 5121	Moon 4 - Phase 3	
		Yama	12:31PM – 2:01PM	Saubhagya Until 12:18AM Mon	Muruqa: Yellow	<i>Sunset:</i> 6:33PM		Prathama	
		225583469 Rahu	5:02PM – 6:33PM	Kintughna Until 1:43PM	Nataraja: Clear				
Routine Work	Prabalarishta Yoga			Prathama* Until 1:30AM Mon	Moon – White		Bhuloka Day	Devaloka Time: 3:PM to 6:PM	
Until 1:55PM					Vaisaka*Chaitra				
Then Creative Work - Siddha Yoga									

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

Monday, May 6, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Nairobi, Kenya Sun 15 Sutra 22
1		Gulika 2:01PM – 3:32PM	Krittika Until 1:58PM	Ganesha: Purple	<i>Sunrise:</i> 6:29AM	Vikarin 5121
Vrishabha Rasi: 5.29	Tithi 2	Yama 11:00AM – 12:31PM	Sobhana Until 10:43PM	Muruqa: Yellow	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 4
Family Home Evening	225583469	Rahu 7:59AM – 9:30AM	Balava Until 1:13PM	Nataraja: Clear		3rd Phase
Routine Work Marana Yoga			Dvitiya Until 12:49AM Tue	Moon – White	Bhuloka Day	
Until 1:58PM				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

Tuesday, May 7, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Nairobi, Kenya Sun 16 Sutra 23
2		Gulika 12:31PM – 2:01PM	Rohini Until 1:56PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:29AM	Vikarin 5121
Vrishabha Rasi: 18.52	Tithi 3	Yama 9:30AM – 11:00AM	Athiganda* Until 8:50PM	Muruqa: Yellow	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 4
235583469		Rahu 3:32PM – 5:02PM	Taitila Until 12:21PM	Nataraja: Clear		3rd Phase
Creative Work Amrita Yoga			Tritiya Until 11:46PM	Moon – Yellow	Bhuloka Day	
Until 1:56PM		Akshaya Tritiya		Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga						

Wednesday, May 8, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau				Nairobi, Kenya Sun 17 Sutra 24
3		Gulika 11:00AM – 12:31PM	Mrigashira Until 1:27PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:29AM	Vikarin 5121
Mithuna Rasi: 2.25	Tithi 4	Yama 7:59AM – 9:30AM	Sukarma Until 6:44PM	Muruqa: Yellow	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 4
235583469		Rahu 12:31PM – 2:01PM	Vanija Until 11:10AM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Chaturthi* Until 10:27PM	Moon – Yellow	Bhuloka Day	
				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	

Thursday, May 9, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya Sun 18 Sutra 25
4		Gulika 9:29AM – 11:00AM	Ardra Until 12:35PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:28AM	Vikarin 5121
Mithuna Rasi: 16.07	Tithi 5	Yama 6:28AM – 7:59AM	Dhriti Until 4:28PM	Muruqa: Yellow	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 4
235583469		Rahu 2:01PM – 3:32PM	Bava Until 9:43AM	Nataraja: Clear		3rd Phase
Routine Work Marana Yoga			Panchami Until 8:54PM	Moon – Yellow	Bhuloka Day	
Until 12:35PM				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

Friday, May 10, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya Sun 19 Sutra 26
5		Gulika 7:59AM – 9:29AM	Punarvasu Until 11:48AM	Ganesha: Orange	<i>Sunrise:</i> 6:28AM	Vikarin 5121
Mithuna Rasi: 29.58	Tithi 6	Yama 3:31PM – 5:02PM	Shula* Until 1:59PM	Muruqa: Yellow	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 4
245583469		Rahu 11:00AM – 12:30PM	Kaulava Until 8:04AM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Shashthi* Until 7:09PM	Moon – Blue	Devaloka Day	
Until 11:48AM				Vaisaka-Chaitra		
Then Routine Work - Marana Yoga						

Saturday, May 11, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi Yoga Gara/Visti* Karana Saptami/Ashtamyam Titau				Nairobi, Kenya Sun 20 Sutra 27
6		Gulika 6:28AM – 7:59AM	Pushya Until 10:40AM	Ganesha: Orange	<i>Sunrise:</i> 6:28AM	Vikarin 5121
Kataka Rasi: 13.55	Tithi 7 – 8	Yama 2:01PM – 3:31PM	Ganda* Until 11:22AM	Muruqa: Yellow	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 4
245583469		Rahu 9:29AM – 11:00AM	Gara Until 6:13AM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Saptami Until 5:12PM	Moon – Blue	Devaloka Day	
Until 10:40AM				Vaisaka-Chaitra		
Then Routine Work - Marana Yoga						

Sunday, May 12, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Nairobi, Kenya Sun 21 Sutra 28
Retreat Star		Gulika 3:31PM – 5:02PM	Ashlesha* Until 9:14AM	Ganesha: Clear	<i>Sunrise:</i> 6:28AM	Vikarin 5121
Kataka Rasi: 28	Tithi 8 – 9	Yama 12:30PM – 2:01PM	Vridhhi Until 8:38AM	Muruqa: Yellow	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 4
246583469		Rahu 5:02PM – 6:32PM	Balava Until 2:00AM Mon	Nataraja: Clear		Ashtami
Creative Work Siddha Yoga			Ashtami* Until 3:05PM	Moon – Blue	Devaloka Day	
Until 9:14AM		Mother's Day		Vaisaka-Chaitra		
Then Routine Work - Marana Yoga						

Monday, May 13, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 22 Sutra 29
Retreat Star		Gulika 2:01PM – 3:31PM	Magha* Until 7:55AM	Ganesha: White	<i>Sunrise:</i> 6:28AM	Vikarin 5121
Simha Rasi: 12.11	Tithi 9 – 10	Yama 11:00AM – 12:30PM	Vyaghata* Until 2:46AM Tue	Muruqa: Yellow	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 4
256583469		Rahu 7:59AM – 9:29AM	Taitila Until 11:41PM	Nataraja: Clear		Navami
Family Home Evening			Navami* Until 12:50PM	Moon – Red	Bhuloka Day	
Routine Work Marana Yoga				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Until 7:55AM						
Then Creative Work - Siddha Yoga						


1		Tuesday, May 14, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Nairobi, Kenya Sun 23 Sutra 30
Simha Rasi: 26.26	Tithi 10 – 11	Gulika	12:30PM – 2:01PM	Purvaphalguni Until 6:22AM	Ganesha: White	<i>Sunrise:</i> 6:28AM	Vikarin 5121
		Yama	9:29AM – 11:00AM	Harshana Until 11:45PM	Muruqa: Yellow	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 5
		256583469 Rahu	3:31PM – 5:02PM	Vanija Until 9:19PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga			Dashami Until 10:29AM	Moon – Red		Bhuloka Day
Until 6:22AM					Vaisaka-Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga							

2		Wednesday, May 15, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Nairobi, Kenya Sun 24 Sutra 31
Kanya Rasi: 10.44	Tithi 11 – 12	Gulika	11:00AM – 12:30PM	Hasta Until 3:11AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 6:28AM	Vikarin 5121
		Yama	7:59AM – 9:29AM	Vajra* Until 8:44PM	Muruqa: Yellow	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 5
		266583469 Rahu	12:30PM – 2:01PM	Bava Until 6:56PM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga			Ekadashi Until 8:06AM	Moon – Green		Devaloka Day
Until 3:11AM Thu					Vaisaka-Vaikasi		
Then Creative Work - Siddha Yoga							

3		Thursday, May 16, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Nairobi, Kenya Sun 25 Sutra 32
Kanya Rasi: 24.59	Tithi 13	Gulika	9:29AM – 11:00AM	Chitra Until 1:45AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 6:28AM	Vikarin 5121
		Yama	6:28AM – 7:59AM	Siddhi Until 5:49PM	Muruqa: Yellow	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 5
		266583469 Rahu	2:01PM – 3:31PM	Kaulava Until 4:39PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga			Trayodashi Until 3:34AM Fri	Moon – Green		Devaloka Day
					Vaisaka-Vaikasi		

Pradosha Vrata

4		Friday, May 17, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Chaturdashyam Titau			Nairobi, Kenya Sun 26 Sutra 33
Tula Rasi: 9.09	Tithi 14	Gulika	7:59AM – 9:29AM	Svati Until 12:26AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 6:29AM	Vikarin 5121
		Yama	3:31PM – 5:02PM	Vyatipata* Until 3:05PM	Muruqa: Yellow	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 5
		266583469 Rahu	11:00AM – 12:30PM	Gara Until 2:35PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga			Chaturdashi* Until 1:39AM Sat	Moon – Green		Devaloka Day
					Vaisaka-Vaikasi		

		Saturday, May 18, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau			Nairobi, Kenya Sun 27 Sutra 34
Copper Retreat Star		Gulika	6:29AM – 7:59AM	Vishakha Until 11:48PM	Ganesha: Blue	<i>Sunrise:</i> 6:29AM	Vikarin 5121
Tula Rasi: 23.07	Tithi 15	Yama	2:01PM – 3:31PM	Variyan Until 12:37PM	Muruqa: Yellow	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 5
		276583469 Rahu	9:29AM – 11:00AM	Visti Until 12:52PM	Nataraja: Clear		Purnima
Creative Work	Siddha Yoga			Purnima* Until 12:09AM Sun	Moon – Orange		Bhuloka Day
					Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM

0		Sunday, May 19, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau			Nairobi, Kenya Sun 28 Sutra 35
Silver Retreat Star		Gulika	3:31PM – 5:02PM	Anuradha Until 11:33PM	Ganesha: Yellow	<i>Sunrise:</i> 6:29AM	Vikarin 5121
Vrischika Rasi: 6.5	Tithi 16	Yama	12:30PM – 2:01PM	Parigha* Until 10:32AM	Muruqa: Yellow	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 5
		277583469 Rahu	5:02PM – 6:32PM	Balava Until 11:36AM	Nataraja: Clear		Prathama
Routine Work	Marana Yoga			Prathama* Until 11:10PM	Moon – Orange		Devaloka Day
					Vaisaka-Vaikasi		

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

All times are standard time

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Monday, May 20, 2019
Gold Retreat Star

Vrischika Rasi: 20.13 Tithi 17
Family Home Evening
Creative Work Siddha Yoga

277583469

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

Gulika 2:01PM – 3:31PM
Yama 11:00AM – 12:31PM
Rahu 7:59AM – 9:30AM

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

Nairobi, Kenya
Sun 1 Sutra 36
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Yellow *Sunrise:* 6:29AM
Muruqa: Yellow *Sunset:* 6:32PM
Nataraja: Clear
Moon – Orange

Devaloka Day
Vaisaka-Vaikasi

1

Tuesday, May 21, 2019

Dhanus Rasi: 3.15 Tithi 18
Creative Work Amrita Yoga

287683469

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

Gulika 12:31PM – 2:01PM
Yama 9:30AM – 11:00AM
Rahu 3:32PM – 5:02PM

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

Nairobi, Kenya
Sun 2 Sutra 37
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Red *Sunrise:* 6:29AM
Muruqa: Yellow *Sunset:* 6:32PM
Nataraja: Clear
Moon – Light Blue

Devaloka Day
Vaisaka-Vaikasi

2

Wednesday, May 22, 2019

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

287683469

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

Gulika 11:00AM – 12:31PM
Yama 7:59AM – 9:30AM
Rahu 12:31PM – 2:01PM

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

Nairobi, Kenya
Sun 3 Sutra 38
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Red *Sunrise:* 6:29AM
Muruqa: Yellow *Sunset:* 6:32PM
Nataraja: Clear
Moon – Light Blue

Devaloka Day
Vaisaka-Vaikasi

3

Thursday, May 23, 2019

Dhanus Rasi: 28.2 Tithi 20
Routine Work Marana Yoga

287683469

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

Gulika 9:30AM – 11:00AM
Yama 6:29AM – 7:59AM
Rahu 2:01PM – 3:32PM

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

Nairobi, Kenya
Sun 4 Sutra 39
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Red *Sunrise:* 6:29AM
Muruqa: Yellow *Sunset:* 6:33PM
Nataraja: Clear
Moon – Light Blue

Devaloka Day
Vaisaka-Vaikasi

4

Friday, May 24, 2019

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

297683469

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

Gulika 7:59AM – 9:30AM
Yama 3:32PM – 5:02PM
Rahu 11:00AM – 12:31PM

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

Nairobi, Kenya
Sun 5 Sutra 40
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Green *Sunrise:* 6:29AM
Muruqa: Yellow *Sunset:* 6:33PM
Nataraja: Clear
Moon – Purple

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

5

Saturday, May 25, 2019

Makara Rasi: 22.26 Tithi 22
Creative Work Siddha Yoga

297683469

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

Gulika 6:29AM – 8:00AM
Yama 2:01PM – 3:32PM
Rahu 9:30AM – 11:00AM

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

Nairobi, Kenya
Sun 6 Sutra 41
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Green *Sunrise:* 6:29AM
Muruqa: Yellow *Sunset:* 6:33PM
Nataraja: Clear
Moon – Purple

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

D

Sunday, May 26, 2019
Retreat Star

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

398683469

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

Gulika 3:32PM – 5:02PM
Yama 12:31PM – 2:01PM
Rahu 5:02PM – 6:33PM

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

Nairobi, Kenya
Sun 7 Sutra 42
Vikarin 5121
Moon 5 - Phase 6
Ashtami

Ganesha: Blue *Sunrise:* 6:29AM
Muruqa: Yellow *Sunset:* 6:33PM
Nataraja: Clear
Moon – Purple

Sivaloka Day
Vaisaka-Vaikasi

Monday, May 27, 2019
Retreat Star

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

398683469

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

Gulika 2:02PM – 3:32PM
Yama 11:01AM – 12:31PM
Rahu 8:00AM – 9:30AM

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

Nairobi, Kenya
Sun 8 Sutra 43
Vikarin 5121
Moon 5 - Phase 6
Navami

Ganesha: Blue *Sunrise:* 6:29AM
Muruqa: Yellow *Sunset:* 6:33PM
Nataraja: Clear
Moon – Purple

Sivaloka Day
Vaisaka-Vaikasi

1		Tuesday, May 28, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vishkamba/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Nairobi, Kenya Sun 9	Sutra 44
Kumbha Rasi: 28.06	Tithi 24 – 25	Gulika	12:31PM – 2:02PM	Purvaproshtapada* Until 4:26PM	Ganesha: Purple	<i>Sunrise:</i> 6:29AM	Vikarin 5121	
		Yama	9:30AM – 11:01AM	Vishkamba* Until 11:12AM	Muruqa: Yellow	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 7	
		318683469 Rahu	3:32PM – 5:03PM	Vanija Until 12:00AM Wed	Nataraja: Clear		2nd Phase	
Routine Work	Marana Yoga			Navami* Until 11:00AM	Moon – Clear		Sivaloka Day	
Until 4:26PM					Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga								

2		Wednesday, May 29, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti/Ayushman Yoga Visti/Bava Karana Dashami/Ekadashyam Titau	Nairobi, Kenya Sun 10	Sutra 45
Meena Rasi: 10.1	Tithi 25 – 26	Gulika	11:01AM – 12:31PM	Uttaraproshtapada Until 6:45PM	Ganesha: Purple	<i>Sunrise:</i> 6:30AM	Vikarin 5121	
		Yama	8:00AM – 9:30AM	Priti Until 11:43AM	Muruqa: Yellow	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 7	
		318683469 Rahu	12:31PM – 2:02PM	Bava Until 1:34AM Thu	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga			Dashami Until 12:50PM	Moon – Clear		Sivaloka Day	
Until 6:45PM					Vaisaka-Vaikasi			
Then Routine Work - Marana Yoga								

3		Thursday, May 30, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Nairobi, Kenya Sun 11	Sutra 46
Meena Rasi: 22.26	Tithi 26 – 27	Gulika	9:31AM – 11:01AM	Revati Until 8:22PM	Ganesha: Purple	<i>Sunrise:</i> 6:30AM	Vikarin 5121	
		Yama	6:30AM – 8:00AM	Ayushman Until 11:47AM	Muruqa: Yellow	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 7	
		318683469 Rahu	2:02PM – 3:32PM	Kaulava Until 2:33AM Fri	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga			Ekadashi* Until 2:07PM	Moon – Clear		Sivaloka Day	
Until 8:22PM					Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga								

4		Friday, May 31, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau	Nairobi, Kenya Sun 12	Sutra 47
Mesha Rasi: 4.58	Tithi 27 – 28	Gulika	8:00AM – 9:31AM	Ashvini Until 9:42PM	Ganesha: Clear	<i>Sunrise:</i> 6:30AM	Vikarin 5121	
		Yama	3:33PM – 5:03PM	Saubhagya Until 11:23AM	Muruqa: Yellow	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 7	
		328683469 Rahu	11:01AM – 12:32PM	Gara Until 2:54AM Sat	Nataraja: Clear		2nd Phase	
Creative Work	Amrita Yoga			Dvadashi* Until 2:47PM	Moon – White		Devaloka Day	
Until 9:42PM					Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>				

5		Saturday, June 1, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Nairobi, Kenya Sun 13	Sutra 48
Mesha Rasi: 17.48	Tithi 28 – 29	Gulika	6:30AM – 8:00AM	Bharani Until 10:14PM	Ganesha: White	<i>Sunrise:</i> 6:30AM	Vikarin 5121	
		Yama	2:02PM – 3:33PM	Sobhana Until 10:30AM	Muruqa: Yellow	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 7	
		329683469 Rahu	9:31AM – 11:01AM	Visti Until 2:37AM Sun	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga			Trayodashi* Until 2:49PM	Moon – White		Bhuloka Day	
Until 10:14PM					Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga								

Retreat Star		Sunday, June 2, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda*/Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Nairobi, Kenya Sun 14	Sutra 49
Vrishabha Rasi: 0.56	Tithi 29 – 30	Gulika	3:33PM – 5:03PM	Krittika Until 10:02PM	Ganesha: White	<i>Sunrise:</i> 6:30AM	Vikarin 5121	
		Yama	12:32PM – 2:02PM	Athiganda* Until 9:05AM	Muruqa: Yellow	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 7	
		329683469 Rahu	5:03PM – 6:34PM	Catuspada Until 1:44AM Mon	Nataraja: Clear		Amavasya	
Creative Work	Siddha Yoga			Chaturdashi* Until 2:14PM	Moon – White		Bhuloka Day	
					Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM	

Retreat Star		Monday, June 3, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma/Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Nairobi, Kenya Sun 15	Sutra 50
Vrishabha Rasi: 14.24	Tithi 30 – 1	Gulika	2:03PM – 3:33PM	Rohini Until 9:37PM	Ganesha: Green	<i>Sunrise:</i> 6:30AM	Vikarin 5121	
Family Home Evening		Yama	11:02AM – 12:32PM	Sukarma Until 7:14AM	Muruqa: Yellow	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 7	
		339683469 Rahu	8:01AM – 9:31AM	Kintughna Until 12:22AM Tue	Nataraja: Clear		Prathama	
Creative Work	Amrita Yoga			Amavasya* Until 1:05PM	Moon – Yellow		Bhuloka Day	
					Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

1		Tuesday, June 4, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Nairobi, Kenya Sun 16 Sutra 51 Vikarin 5121
Vrishabha Rasi: 28.09	Tithi 1 – 2	Gulika 12:32PM – 2:03PM	Mrigashira Until 8:39PM	Ganesha: Green <i>Sunrise:</i> 6:31AM	
		Yama 9:31AM – 11:02AM	Shula* Until 2:28AM Wed	Muruqa: Yellow <i>Sunset:</i> 6:34PM	Moon 5 - Phase 8
		339683461 Rahu 3:33PM – 5:04PM	Balava Until 10:35PM	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Prathama* Until 11:30AM	Moon – Yellow	Bhuloka Day
Until 8:39PM				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga					

2		Wednesday, June 5, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Nairobi, Kenya Sun 17 Sutra 52 Vikarin 5121
Mithuna Rasi: 12.07	Tithi 2 – 3	Gulika 11:02AM – 12:32PM	Ardra Until 7:14PM	Ganesha: Green <i>Sunrise:</i> 6:31AM	
		Yama 8:01AM – 9:32AM	Ganda* Until 11:42PM	Muruqa: Yellow <i>Sunset:</i> 6:34PM	Moon 5 - Phase 8
		339683461 Rahu 12:32PM – 2:03PM	Taitila Until 8:31PM	Nataraja: Yellow	3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 9:34AM	Moon – Yellow	Bhuloka Day
				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM

3		Thursday, June 6, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Vridhi Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau	Nairobi, Kenya Sun 18 Sutra 53 Vikarin 5121
Mithuna Rasi: 26.16	Tithi 3 – 4	Gulika 9:32AM – 11:02AM	Punarvasu Until 5:55PM	Ganesha: White <i>Sunrise:</i> 6:31AM	
		Yama 6:31AM – 8:01AM	Vridhi Until 8:48PM	Muruqa: Yellow <i>Sunset:</i> 6:34PM	Moon 5 - Phase 8
		349683461 Rahu 2:03PM – 3:33PM	Vanija Until 6:15PM	Nataraja: Yellow	3rd Phase
Creative Work	Amrita Yoga		Tritiya Until 7:23AM	Moon – Blue	Bhuloka Day
				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM

4		Friday, June 7, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Panchamyam Titau	Nairobi, Kenya Sun 19 Sutra 54 Vikarin 5121
Kataka Rasi: 10.3	Tithi 5	Gulika 8:02AM – 9:32AM	Pushya Until 4:21PM	Ganesha: White <i>Sunrise:</i> 6:31AM	
		Yama 3:34PM – 5:04PM	Dhruva Until 5:49PM	Muruqa: Yellow <i>Sunset:</i> 6:34PM	Moon 5 - Phase 8
		349683461 Rahu 11:02AM – 12:33PM	Bava Until 3:54PM	Nataraja: Yellow	3rd Phase
Routine Work	Marana Yoga		Panchami Until 2:42AM Sat	Moon – Blue	Bhuloka Day
				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM

5		Saturday, June 8, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau	Nairobi, Kenya Sun 20 Sutra 55 Vikarin 5121
Kataka Rasi: 24.46	Tithi 6	Gulika 6:31AM – 8:02AM	Ashlesha* Until 2:38PM	Ganesha: White <i>Sunrise:</i> 6:31AM	
		Yama 2:03PM – 3:34PM	Vyaghata* Until 2:50PM	Muruqa: Yellow <i>Sunset:</i> 6:35PM	Moon 5 - Phase 8
		349683461 Rahu 9:32AM – 11:03AM	Kaulava Until 1:32PM	Nataraja: Yellow	3rd Phase
Routine Work	Marana Yoga		Shashthi* Until 12:20AM Sun	Moon – Blue	Bhuloka Day
Until 2:38PM				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

6		Sunday, June 9, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau	Nairobi, Kenya Sun 21 Sutra 56 Vikarin 5121
Simha Rasi: 9.02	Tithi 7	Gulika 3:34PM – 5:04PM	Magha* Until 1:14PM	Ganesha: Yellow <i>Sunrise:</i> 6:31AM	
		Yama 12:33PM – 2:04PM	Harshana Until 11:53AM	Muruqa: Yellow <i>Sunset:</i> 6:35PM	Moon 5 - Phase 8
		351683461 Rahu 5:04PM – 6:35PM	Gara Until 11:12AM	Nataraja: Yellow	3rd Phase
Routine Work	Marana Yoga		Saptami Until 10:03PM	Moon – Red	Devaloka Day
Until 1:14PM				Jyeshtha-Vaikasi	
Then Creative Work - Siddha Yoga					

Retreat Star		Monday, June 10, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau	Nairobi, Kenya Sun 22 Sutra 57 Vikarin 5121
Simha Rasi: 23.14	Tithi 8	Gulika 2:04PM – 3:34PM	Purvaphalguni Until 11:48AM	Ganesha: Yellow <i>Sunrise:</i> 6:32AM	
Family Home Evening		Yama 11:03AM – 12:33PM	Vajra* Until 9:00AM	Muruqa: Yellow <i>Sunset:</i> 6:35PM	Moon 5 - Phase 8
		351683461 Rahu 8:02AM – 9:33AM	Visti Until 8:58AM	Nataraja: Yellow	Ashtami
Creative Work	Siddha Yoga		Ashtami* Until 7:52PM	Moon – Red	Devaloka Day
				Jyeshtha-Vaikasi	


Retreat Star		Tuesday, June 11, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddhi/Vyatalpata* Yoga Balava/Taitila Karana Navami/Dashamyam Titau	Nairobi, Kenya Sun 23 Sutra 58 Vikarin 5121
Kanya Rasi: 7.22	Tithi 9 – 10	Gulika 12:34PM – 2:04PM	Uttaraphalguni Until 10:21AM	Ganesha: Yellow <i>Sunrise:</i> 6:32AM	
		Yama 9:33AM – 11:03AM	Siddhi Until 6:14AM	Muruqa: Yellow <i>Sunset:</i> 6:35PM	Moon 5 - Phase 8
		351683461 Rahu 3:34PM – 5:05PM	Balava Until 6:51AM	Nataraja: Yellow	Navami
Creative Work	Amrita Yoga		Navami* Until 5:49PM	Moon – Red	Devaloka Day
Until 10:21AM				Jyeshtha-Vaikasi	
Then Creative Work - Siddha Yoga					

1	Wednesday, June 12, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Varyan Yoga Gara/Varija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 59
	Kanya Rasi: 21.23	Tithi 10 – 11	Gulika 11:03AM – 12:34PM	Hasta Until 9:21AM	Ganesha: White	<i>Sunrise:</i> 6:32AM	Vikarin 5121
		361683461	Yama 8:03AM – 9:33AM	Variyan Until 1:07AM Thu	Muruqa: Yellow	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 9
			Rahu 12:34PM – 2:04PM	Varija Until 3:08AM Thu	Nataraja: Yellow		4th Phase
	Routine Work	Marana Yoga		Dashami Until 3:58PM	Moon – Green	Bhuloka Day	
	Until 9:21AM				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM	
	Then Creative Work - Siddha Yoga						

2	Thursday, June 13, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 60
	Tula Rasi: 5.16	Tithi 11 – 12	Gulika 9:33AM – 11:04AM	Chitra Until 8:25AM	Ganesha: White	<i>Sunrise:</i> 6:32AM	Vikarin 5121
		361683461	Yama 6:32AM – 8:03AM	Parigha* Until 10:51PM	Muruqa: Yellow	<i>Sunset:</i> 6:36PM	Moon 5 - Phase 9
			Rahu 2:04PM – 3:35PM	Bava Until 1:39AM Fri	Nataraja: Yellow		4th Phase
	Creative Work	Siddha Yoga		Ekadashi Until 2:20PM	Moon – Green	Bhuloka Day	
	Until 8:25AM				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM	
	Then Creative Work - Amrita Yoga						

3	Friday, June 14, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 61
	Tula Rasi: 18.59	Tithi 12 – 13	Gulika 8:03AM – 9:33AM	Svati Until 7:37AM	Ganesha: White	<i>Sunrise:</i> 6:33AM	Vikarin 5121
		361693461	Yama 3:35PM – 5:05PM	Shiva Until 8:52PM	Muruqa: Blue	<i>Sunset:</i> 6:36PM	Moon 5 - Phase 9
			Rahu 11:04AM – 12:34PM	Kaulava Until 12:29AM Sat	Nataraja: Yellow		4th Phase
	Creative Work	Siddha Yoga		Dvadashi Until 1:00PM	Moon – Green	Devaloka Day	
			Vaikasi Visakam		Jyeshtha-Vaikasi		
				<i>Pradosha Vrata</i>			

4	Saturday, June 15, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 62
	Vrischika Rasi: 2.31	Tithi 13 – 14	Gulika 6:33AM – 8:03AM	Vishakha Until 7:27AM	Ganesha: Clear	<i>Sunrise:</i> 6:33AM	Vikarin 5121
		371693461	Yama 2:05PM – 3:35PM	Siddha Until 7:09PM	Muruqa: Blue	<i>Sunset:</i> 6:36PM	Moon 5 - Phase 9
			Rahu 9:34AM – 11:04AM	Gara Until 11:43PM	Nataraja: Yellow		4th Phase
	Creative Work	Siddha Yoga		Trayodashi Until 12:01PM	Moon – Orange	Sivaloka Day	
					Jyeshtha-Ani		

	Sunday, June 16, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sadhya/Subha Yoga Varija/Visti* Karana Chaturdashi/Purnimayam Titau				Nairobi, Kenya Sutra 63
	Copper Retreat Star		Gulika 3:35PM – 5:06PM	Anuradha Until 7:33AM	Ganesha: White	<i>Sunrise:</i> 6:33AM	Vikarin 5121
	Vrischika Rasi: 15.48	Tithi 14 – 15	Yama 12:35PM – 2:05PM	Sadhya Until 5:49PM	Muruqa: Blue	<i>Sunset:</i> 6:36PM	Moon 5 - Phase 9
		371793461	Rahu 5:06PM – 6:36PM	Visti Until 11:25PM	Nataraja: Yellow		Purnima
	Routine Work	Marana Yoga		Chaturdashi* Until 11:29AM	Moon – Orange	Subha Sivaloka Day	
			Father's Day		Jyeshtha-Ani		

Monday, June 17, 2019	Silver Retreat Star		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha/Sukla Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Nairobi, Kenya Sutra 64
	Vrischika Rasi: 28.5	Tithi 15 – 16	Gulika 2:05PM – 3:36PM	Jyeshtha* Until 7:59AM	Ganesha: White	<i>Sunrise:</i> 6:33AM	Vikarin 5121
	Family Home Evening	371793461	Yama 11:04AM – 12:35PM	Subha Until 4:55PM	Muruqa: Blue	<i>Sunset:</i> 6:36PM	Moon 5 - Phase 9
			Rahu 8:04AM – 9:34AM	Balava Until 11:39PM	Nataraja: Yellow		Prathama
	Creative Work	Siddha Yoga		Purnima* Until 11:27AM	Moon – Orange	Subha Sivaloka Day	
					Jyeshtha-Ani		

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

All times are standard time

www.gurudeva.org/panchang



Tuesday, June 18, 2019
Gold Retreat Star

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

Nairobi, Kenya
Sutra 66

Dhanus Rasi: 12 Tithi 16 – 17

381793461

Gulika 12:35PM – 2:05PM
Yama 9:34AM – 11:05AM
Rahu 3:36PM – 5:06PM

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

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

Sunrise: 6:33AM
Sunset: 6:37PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Creative Work Amrita Yoga
Until 9:16AM
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

Nairobi, Kenya
Sun 1 Sutra 66

Dhanus Rasi: 24.06 Tithi 17 – 18

382793461

Gulika 11:05AM – 12:35PM
Yama 8:04AM – 9:34AM
Rahu 12:35PM – 2:06PM

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

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

Sunrise: 6:34AM
Sunset: 6:37PM

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/Vaidhriti* Yoga Visti*/Bava Karana Trilya/Chatrthyam Titau

Nairobi, Kenya
Sun 2 Sutra 67

Makara Rasi: 6.22 Tithi 18 – 19

382793461

Gulika 9:35AM – 11:05AM
Yama 6:34AM – 8:04AM
Rahu 2:06PM – 3:36PM

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

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

Sunrise: 6:34AM
Sunset: 6:37PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga
Until 12:59PM
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 Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Nairobi, Kenya
Sun 3 Sutra 68

Makara Rasi: 18.27 Tithi 19 – 20

392793461

Gulika 8:04AM – 9:35AM
Yama 3:37PM – 5:07PM
Rahu 11:05AM – 12:36PM

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

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

Sunrise: 6:34AM
Sunset: 6:37PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga
Until 3:46PM
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 Nakshatra Vishkambha* Yoga Taitila Karana Panchamyam Titau

Nairobi, Kenya
Sun 4 Sutra 69

Kumbha Rasi: 0.23 Tithi 20

392793461

Gulika 6:34AM – 8:05AM
Yama 2:06PM – 3:37PM
Rahu 9:35AM – 11:05AM

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

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

Sunrise: 6:34AM
Sunset: 6:38PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

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

Sivaloka Day

5

Sunday, June 23, 2019

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

Nairobi, Kenya
Sun 5 Sutra 70

Kumbha Rasi: 12.16 Tithi 21

392793461

Gulika 3:37PM – 5:07PM
Yama 12:36PM – 2:07PM
Rahu 5:07PM – 6:38PM

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

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

Sunrise: 6:34AM
Sunset: 6:38PM

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

Nairobi, Kenya
Sun 6 Sutra 71

Kumbha Rasi: 24.08 Tithi 22

312793461

Gulika 2:07PM – 3:37PM
Yama 11:06AM – 12:36PM
Rahu 8:05AM – 9:36AM

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

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

Sunrise: 6:35AM
Sunset: 6:38PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

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

Sivaloka Day

D

Tuesday, June 25, 2019

Retreat Star

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

Nairobi, Kenya
Sun 7 Sutra 72

Meena Rasi: 6.05 Tithi 23

312793461

Gulika 12:37PM – 2:07PM
Yama 9:36AM – 11:06AM
Rahu 3:37PM – 5:08PM

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

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

Sunrise: 6:35AM
Sunset: 6:38PM

Vikarin 5121
Moon 6 - Phase 10
Ashtami

Creative Work Amrita Yoga
Until 3:03AM 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

Nairobi, Kenya
Sun 8 Sutra 73

Meena Rasi: 18.09 Tithi 24

312793461

Gulika 11:06AM – 12:37PM
Yama 8:06AM – 9:36AM
Rahu 12:37PM – 2:07PM

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

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

Sunrise: 6:35AM
Sunset: 6:38PM

Vikarin 5121
Moon 6 - Phase 10
Navami

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

Sivaloka Day

1		Thursday, June 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Nairobi, Kenya Sun 9 Sutra 74	
Mesha Rasi: 0.26	Tithi 25	322793461	Gulika 9:36AM – 11:07AM Yama 6:35AM – 8:06AM Rahu 2:07PM – 3:38PM	Ashvini Until 6:38AM Fri Athiganda* Until 9:06PM Vanija Until 3:43PM Dashami Until 4:04AM Fri	Ganesha: Blue Muruqa: Blue Nataraja: Yellow Moon – White	Sunrise: 6:35AM Sunset: 6:39PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase Devaloka Day
Creative Work Amrita Yoga		Until 6:38AM Fri		Then Creative Work - Siddha Yoga			
2		Friday, June 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau		Nairobi, Kenya Sun 10 Sutra 75	
Mesha Rasi: 12.59	Tithi 26	322793461	Gulika 8:06AM – 9:36AM Yama 3:38PM – 5:08PM Rahu 11:07AM – 12:37PM	Ashvini Until 6:38AM Sukarma Until 8:27PM Bava Until 4:16PM Ekadashi* Until 4:15AM Sat	Ganesha: Blue Muruqa: Blue Nataraja: Yellow Moon – White	Sunrise: 6:36AM Sunset: 6:39PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase Devaloka Day
Creative Work Amrita Yoga		Until 6:38AM		Then Creative Work - Siddha Yoga			
3		Saturday, June 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvadashyam Titau		Nairobi, Kenya Sun 11 Sutra 76	
Mesha Rasi: 25.52	Tithi 27	322793461	Gulika 6:36AM – 8:06AM Yama 2:08PM – 3:38PM Rahu 9:37AM – 11:07AM	Bharani Until 7:26AM Dhriti Until 7:14PM Kaulava Until 4:06PM Dvadashi* Until 3:43AM Sun	Ganesha: Blue Muruqa: Blue Nataraja: Yellow Moon – White	Sunrise: 6:36AM Sunset: 6:39PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase Devaloka Day
Creative Work Siddha Yoga		Until 7:26AM		Then Creative Work - Amrita Yoga			
4		Sunday, June 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau		Nairobi, Kenya Sun 12 Sutra 77	
Vrishabha Rasi: 9.08	Tithi 28	322793461	Gulika 3:38PM – 5:09PM Yama 12:38PM – 2:08PM Rahu 5:09PM – 6:39PM	Krittika Until 7:22AM Shula* Until 5:25PM Gara Until 3:12PM Trayodashi* Until 2:29AM Mon	Ganesha: Blue Muruqa: Blue Nataraja: Yellow Moon – White	Sunrise: 6:36AM Sunset: 6:39PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase Devaloka Day
Creative Work Siddha Yoga				Pradosha Vrata (Fasting)			
5		Monday, July 1, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda*/Vridhdi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Nairobi, Kenya Sun 13 Sutra 78	
Vrishabha Rasi: 22.47	Tithi 29	332793461	Gulika 2:08PM – 3:39PM Yama 11:07AM – 12:38PM Rahu 8:07AM – 9:37AM	Rohini Until 6:56AM Ganda* Until 3:06PM Visti Until 1:39PM Chaturdashi* Until 12:39AM Tue	Ganesha: Blue Muruqa: Blue Nataraja: Yellow Moon – Yellow	Sunrise: 6:36AM Sunset: 6:39PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase Devaloka Day
Family Home Evening		Creative Work Amrita Yoga					
Retreat Star		Tuesday, July 2, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vridhdi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Nairobi, Kenya Sun 14 Sutra 79	
Mithuna Rasi: 6.48	Tithi 30	332793461	Gulika 12:38PM – 2:08PM Yama 9:37AM – 11:08AM Rahu 3:39PM – 5:09PM	Ardra Until 3:59AM Wed Vridhdi Until 12:20PM Catuspada Until 11:33AM Amavasya* Until 10:18PM	Ganesha: Blue Muruqa: Blue Nataraja: Yellow Moon – Yellow	Sunrise: 6:36AM Sunset: 6:40PM	Vikarin 5121 Moon 6 - Phase 11 Amavasya Devaloka Day
Routine Work Marana Yoga		Until 3:59AM Wed		Then Creative Work - Siddha Yoga			
Retreat Star		Wednesday, July 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau		Nairobi, Kenya Sun 15 Sutra 80	
Mithuna Rasi: 21.07	Tithi 1	343793461	Gulika 11:08AM – 12:38PM Yama 8:07AM – 9:37AM Rahu 12:38PM – 2:09PM	Punarvasu Until 2:08AM Thu Dhruva Until 9:12AM Kintughna Until 9:00AM Prathama* Until 7:36PM	Ganesha: Yellow Muruqa: Blue Nataraja: Yellow Moon – Blue	Sunrise: 6:36AM Sunset: 6:40PM	Vikarin 5121 Moon 6 - Phase 11 Prathama Sivaloka Day
Creative Work Siddha Yoga		Until 2:08AM Thu		Then Creative Work - Amrita Yoga			

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

1		Thursday, July 4, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Harshana Yoga Balava/Taitila Karana Dvitiya/Tritiyayam Titau	Nairobi, Kenya Sun 16 Sutra 81
Kataka Rasi: 5.4	Tithi 2 – 3	Gulika 9:38AM – 11:08AM	Pushya Until 11:58PM	Ganesha: Yellow	<i>Sunrise:</i> 6:37AM	Vikarin 5121	
		Yama 6:37AM – 8:07AM	Harshana Until 2:19AM Fri	Muruqa: Blue	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 12	
		343793461 Rahu 2:09PM – 3:39PM	Balava Until 6:10AM	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Dvitiya Until 4:39PM	Moon – Blue		Sivaloka Day	
Until 11:58PM				Ashada*Ani			
Then Creative Work - Siddha Yoga							

2		Friday, July 5, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Nairobi, Kenya Sun 17 Sutra 82
Kataka Rasi: 20.21	Tithi 3 – 4	Gulika 8:07AM – 9:38AM	Ashlesha* Until 9:37PM	Ganesha: Yellow	<i>Sunrise:</i> 6:37AM	Vikarin 5121	
		Yama 3:39PM – 5:10PM	Vajra* Until 10:45PM	Muruqa: Blue	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 12	
		343793461 Rahu 11:08AM – 12:39PM	Vanija Until 12:08AM Sat	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Tritiya Until 1:37PM	Moon – Blue		Sivaloka Day	
				Ashada*Ani			

3		Saturday, July 6, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Nairobi, Kenya Sun 18 Sutra 83
Simha Rasi: 5.02	Tithi 4 – 5	Gulika 6:37AM – 8:07AM	Magha* Until 7:37PM	Ganesha: White	<i>Sunrise:</i> 6:37AM	Vikarin 5121	
		Yama 2:09PM – 3:40PM	Siddhi Until 7:17PM	Muruqa: Blue	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 12	
		353793461 Rahu 9:38AM – 11:08AM	Bava Until 9:11PM	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Chaturthi* Until 10:37AM	Moon – Red		Subha Sivaloka Day	
Until 7:37PM				Ashada*Ani			
Then Creative Work - Siddha Yoga							

4		Sunday, July 7, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Nairobi, Kenya Sun 19 Sutra 84
Simha Rasi: 19.37	Tithi 5 – 6	Gulika 3:40PM – 5:10PM	Purvaphalguni Until 5:40PM	Ganesha: Yellow	<i>Sunrise:</i> 6:37AM	Vikarin 5121	
		Yama 12:39PM – 2:09PM	Vyatipata* Until 3:59PM	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 12	
		453793461 Rahu 5:10PM – 6:41PM	Kaulava Until 6:27PM	Nataraja: Yellow		3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 7:46AM	Moon – Red		Sivaloka Day	
Until 5:40PM				Ashada*Ani			
Then Creative Work - Amrita Yoga							

5		Monday, July 8, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau	Nairobi, Kenya Sun 20 Sutra 85
Kanya Rasi: 4.02	Tithi 7	Gulika 2:09PM – 3:40PM	Uttaraphalguni Until 3:52PM	Ganesha: Yellow	<i>Sunrise:</i> 6:37AM	Vikarin 5121	
Family Home Evening		Yama 11:09AM – 12:39PM	Variyan Until 12:53PM	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 12	
		453793461 Rahu 8:08AM – 9:38AM	Gara Until 4:00PM	Nataraja: Yellow		3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 2:53AM Tue	Moon – Red		Sivaloka Day	
		Chidambaram Abhishekam		Ashada*Ani			

Retreat Star		Tuesday, July 9, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau	Nairobi, Kenya Sun 21 Sutra 86
Kanya Rasi: 18.14	Tithi 8	Gulika 12:39PM – 2:10PM	Hasta Until 2:43PM	Ganesha: White	<i>Sunrise:</i> 6:37AM	Vikarin 5121	
		Yama 9:38AM – 11:09AM	Parigha* Until 10:06AM	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 12	
		463793461 Rahu 3:40PM – 5:10PM	Visti Until 1:54PM	Nataraja: Yellow		Ashtami	
Creative Work	Siddha Yoga		Ashtami* Until 1:00AM Wed	Moon – Green		Subha Sivaloka Day	
				Ashada*Ani			

Retreat Star		Wednesday, July 10, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau	Nairobi, Kenya Sun 22 Sutra 87
Tula Rasi: 2.1	Tithi 9	Gulika 11:09AM – 12:39PM	Chitra Until 1:50PM	Ganesha: Yellow	<i>Sunrise:</i> 6:38AM	Vikarin 5121	
		Yama 8:08AM – 9:38AM	Shiva Until 7:39AM	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 12	
		463893461 Rahu 12:39PM – 2:10PM	Balava Until 12:14PM	Nataraja: Yellow		Navami	
Creative Work	Siddha Yoga		Navami* Until 11:32PM	Moon – Green		Sivaloka Day	
				Ashada*Ani			


1		Thursday, July 11, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Taitila/Gara Karana Dashamyam Titau		Nairobi, Kenya Sun 23 Sutra 88
Tula Rasi: 15.5	Tithi 10	Gulika 9:39AM – 11:09AM	Svati Until 1:15PM	Ganesha: Yellow	<i>Sunrise:</i> 6:38AM	Vikarin 5121		
		Yama 6:38AM – 8:08AM	Sadhya Until 3:48AM Fri	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 13		
		463893461 Rahu 2:10PM – 3:40PM	Taitila Until 11:00AM	Nataraja: Yellow		4th Phase		
Creative Work	Amrita Yoga		Dashami Until 10:32PM	Moon – Green		Sivaloka Day		
Until 1:15PM				Ashada*Ani				
Then Creative Work - Siddha Yoga								

2		Friday, July 12, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Vanija/Visti* Karana Ekadashyam Titau		Nairobi, Kenya Sun 24 Sutra 89
Tula Rasi: 29.14	Tithi 11	Gulika 8:08AM – 9:39AM	Vishakha Until 1:25PM	Ganesha: White	<i>Sunrise:</i> 6:38AM	Vikarin 5121		
		Yama 3:40PM – 5:11PM	Subha Until 2:28AM Sat	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 13		
		473893461 Rahu 11:09AM – 12:40PM	Vanija Until 10:13AM	Nataraja: Yellow		4th Phase		
Creative Work	Siddha Yoga		Ekadashi Until 10:00PM	Moon – Orange		Devaloka Day		
				Ashada*Ani				

3		Saturday, July 13, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau		Nairobi, Kenya Sun 25 Sutra 90
Vrischika Rasi: 12.23	Tithi 12	Gulika 6:38AM – 8:08AM	Anuradha Until 1:54PM	Ganesha: White	<i>Sunrise:</i> 6:38AM	Vikarin 5121		
		Yama 2:10PM – 3:41PM	Sukla Until 1:29AM Sun	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 13		
		473893461 Rahu 9:39AM – 11:09AM	Bava Until 9:56AM	Nataraja: Yellow		4th Phase		
Creative Work	Siddha Yoga		Dvadashi Until 9:56PM	Moon – Orange		Devaloka Day		
				Ashada*Ani				

4		Sunday, July 14, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau		Nairobi, Kenya Sun 26 Sutra 91
Vrischika Rasi: 25.17	Tithi 13	Gulika 3:41PM – 5:11PM	Jyeshtha* Until 2:43PM	Ganesha: White	<i>Sunrise:</i> 6:38AM	Vikarin 5121		
		Yama 12:40PM – 2:10PM	Brahma Until 12:53AM Mon	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13		
		473893461 Rahu 5:11PM – 6:42PM	Kaulava Until 10:07AM	Nataraja: Yellow		4th Phase		
Routine Work	Marana Yoga		Trayodashi Until 10:22PM	Moon – Orange		Devaloka Day		
Until 2:43PM				Ashada*Ani				
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata</i>					

5		Monday, July 15, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau		Nairobi, Kenya Sun 27 Sutra 92
Dhanus Rasi: 7.57	Tithi 14	Gulika 2:10PM – 3:41PM	Mula* Until 4:18PM	Ganesha: Clear	<i>Sunrise:</i> 6:38AM	Vikarin 5121		
Family Home Evening		Yama 11:09AM – 12:40PM	Indra Until 12:41AM Tue	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13		
		483893461 Rahu 8:09AM – 9:39AM	Gara Until 10:47AM	Nataraja: Yellow		4th Phase		
Creative Work	Siddha Yoga		Chaturdashi* Until 11:16PM	Moon – Light Blue		Sivaloka Day		
Until 4:18PM				Ashada*Ani				
Then Routine Work - Marana Yoga								

		Tuesday, July 16, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau		Nairobi, Kenya Sun 28 Sutra 93
Copper Retreat Star		Gulika 12:40PM – 2:10PM	Purvashadha* Until 6:10PM	Ganesha: Clear	<i>Sunrise:</i> 6:38AM	Vikarin 5121		
Dhanus Rasi: 20.25	Tithi 15	Yama 9:39AM – 11:10AM	Vaidhriti* Until 12:48AM Wed	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13		
		483893461 Rahu 3:41PM – 5:11PM	Visti Until 11:54AM	Nataraja: Yellow		Purnima		
Creative Work	Siddha Yoga		Purnima* Until 12:37AM Wed	Moon – Light Blue		Sivaloka Day		
Until 6:10PM				Ashada*Ani				
Then Routine Work - Prabalarishta Yoga		Partial Lunar Eclipse Satguru Purnima						

0		Wednesday, July 17, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau		Nairobi, Kenya Sun 29 Sutra 94
Silver Retreat Star		Gulika 11:10AM – 12:40PM	Uttarashadha Until 8:18PM	Ganesha: Purple	<i>Sunrise:</i> 6:38AM	Vikarin 5121		
Makara Rasi: 2.41	Tithi 16	Yama 8:09AM – 9:39AM	Vishkambha* Until 1:14AM Thu	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13		
		484893462 Rahu 12:40PM – 2:11PM	Balava Until 1:28PM	Nataraja: White		Prathama		
Creative Work	Amrita Yoga		Prathama* Until 2:23AM Thu	Moon – Light Blue		Subha Subha Sivaloka Day		
Until 8:18PM				Ashada*Ani				
Then Creative Work - Siddha Yoga								



Thursday, July 18, 2019
Gold Retreat Star

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

Nairobi, Kenya
Sun 1 Sutra 95

Makara Rasi: 14.47 Tithi 17

Gulika 9:39AM – 11:10AM
Yama 6:38AM – 8:09AM
494893462 **Rahu** 2:11PM – 3:41PM

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

Ganesha: Clear *Sunrise: 6:38AM*
Muruqa: Blue *Sunset: 6:42PM*
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day
Ashada-Adi

1

Friday, July 19, 2019

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

Nairobi, Kenya
Sun 2 Sutra 96

Makara Rasi: 26.46 Tithi 18

Gulika 8:09AM – 9:39AM
Yama 3:41PM – 5:12PM
494893462 **Rahu** 11:10AM – 12:40PM

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

Ganesha: Clear *Sunrise: 6:38AM*
Muruqa: Blue *Sunset: 6:42PM*
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day
Ashada-Adi

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

2

Saturday, July 20, 2019

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

Nairobi, Kenya
Sun 3 Sutra 97

Kumbha Rasi: 8.4 Tithi 18 – 19

Gulika 6:39AM – 8:09AM
Yama 2:11PM – 3:41PM
494893462 **Rahu** 9:39AM – 11:10AM

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

Ganesha: Clear *Sunrise: 6:39AM*
Muruqa: Blue *Sunset: 6:42PM*
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Creative Work Amrita Yoga

Subha Sivaloka Day
Ashada-Adi

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

3

Sunday, July 21, 2019

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

Nairobi, Kenya
Sun 4 Sutra 98

Kumbha Rasi: 20.31 Tithi 19 – 20

Gulika 3:41PM – 5:12PM
Yama 12:40PM – 2:11PM
414893462 **Rahu** 5:12PM – 6:42PM

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

Ganesha: Clear *Sunrise: 6:39AM*
Muruqa: Blue *Sunset: 6:42PM*
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day
Ashada-Adi

4

Monday, July 22, 2019

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

Nairobi, Kenya
Sun 5 Sutra 99

Meena Rasi: 2.23 Tithi 20 – 21

Gulika 2:11PM – 3:41PM
Yama 11:10AM – 12:40PM
414893462 **Rahu** 8:09AM – 9:40AM

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

Ganesha: Clear *Sunrise: 6:39AM*
Muruqa: Blue *Sunset: 6:42PM*
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Routine Work Marana Yoga

Subha Sivaloka Day
Ashada-Adi

Until 7:53AM
Then Creative Work - Siddha Yoga

5

Tuesday, July 23, 2019

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

Nairobi, Kenya
Sun 6 Sutra 100

Meena Rasi: 14.19 Tithi 21 – 22

Gulika 12:40PM – 2:11PM
Yama 9:40AM – 11:10AM
414893462 **Rahu** 3:41PM – 5:12PM

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

Ganesha: Clear *Sunrise: 6:39AM*
Muruqa: Blue *Sunset: 6:42PM*
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Creative Work Amrita Yoga

Subha Sivaloka Day
Ashada-Adi

Until 10:40AM
Then Creative Work - Siddha Yoga

6

Wednesday, July 24, 2019

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

Nairobi, Kenya
Sun 7 Sutra 101

Meena Rasi: 26.23 Tithi 22 – 23

Gulika 11:10AM – 12:41PM
Yama 8:09AM – 9:40AM
414893462 **Rahu** 12:41PM – 2:11PM

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

Ganesha: Clear *Sunrise: 6:39AM*
Muruqa: Blue *Sunset: 6:42PM*
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Routine Work Marana Yoga

Subha Sivaloka Day
Ashada-Adi

Retreat Star

Thursday, July 25, 2019

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

Nairobi, Kenya
Sun 8 Sutra 102

Mesha Rasi: 8.37 Tithi 23 – 24

Gulika 9:40AM – 11:10AM
Yama 6:39AM – 8:09AM
424893462 **Rahu** 2:11PM – 3:41PM

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

Ganesha: White *Sunrise: 6:39AM*
Muruqa: Blue *Sunset: 6:42PM*
Nataraja: White
Moon – White

Moon 7 - Phase 14
Ashtami

Creative Work Amrita Yoga

Subha Subha Sivaloka Day
Ashada-Adi

Until 3:04PM
Then Creative Work - Siddha Yoga

Friday, July 26, 2019

Retreat Star

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

Nairobi, Kenya
Sun 9 Sutra 103

Mesha Rasi: 21.08 Tithi 24 – 25

Gulika 8:09AM – 9:40AM
Yama 3:41PM – 5:12PM
424893462 **Rahu** 11:10AM – 12:41PM

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

Ganesha: White *Sunrise: 6:39AM*
Muruqa: Blue *Sunset: 6:42PM*
Nataraja: White
Moon – White

Moon 7 - Phase 14
Navami

Creative Work Siddha Yoga

Subha Subha Sivaloka Day
Ashada-Adi

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

1	Saturday, July 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 10 Sutra 104 Vikarin 5121
	Vrishabha Rasi: 3.59	Tithi 25 – 26	424893462	Gulika Yama Rahu	6:39AM – 8:09AM 2:11PM – 3:41PM 9:40AM – 11:10AM	Krittika Until 4:49PM Vriddhi Until 3:57AM Sun Bava Until 4:55AM Sun Dashami Until 5:16PM	Ganesha: White Muruqa: Blue Nataraja: White Moon – White Sunrise: 6:39AM Sunset: 6:42PM Subha Subha Sivaloka Day
	Creative Work Amrita Yoga						Moon 7 - Phase 15 2nd Phase

2	Sunday, July 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 11 Sutra 105 Vikarin 5121
	Vrishabha Rasi: 17.14	Tithi 26 – 27	434893462	Gulika Yama Rahu	3:41PM – 5:12PM 12:41PM – 2:11PM 5:12PM – 6:42PM	Rohini Until 4:47PM Dhruva Until 1:53AM Mon Kaulava Until 3:36AM Mon Ekadashi* Until 4:20PM	Ganesha: Yellow Muruqa: Blue Nataraja: White Moon – Yellow Sunrise: 6:39AM Sunset: 6:42PM Ashada*Adi Subha Sivaloka Day
	Creative Work Siddha Yoga						Moon 7 - Phase 15 2nd Phase

3	Monday, July 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 12 Sutra 106 Vikarin 5121
	Mithuna Rasi: 0.55	Tithi 27 – 28	435893462	Gulika Yama Rahu	2:11PM – 3:41PM 11:10AM – 12:40PM 8:09AM – 9:40AM	Mrigashira Until 3:51PM Vyaghata* Until 11:14PM Gara Until 1:35AM Tue Dvadashi* Until 2:39PM	Ganesha: White Muruqa: Blue Nataraja: White Moon – Yellow Sunrise: 6:39AM Sunset: 6:42PM Ashada*Adi Sivaloka Day
	Family Home Evening Creative Work Amrita Yoga						Moon 7 - Phase 15 2nd Phase
	Until 3:51PM Then Creative Work - Siddha Yoga					<i>Pradosha Vrata (Fasting)</i>	

4	Tuesday, July 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 13 Sutra 107 Vikarin 5121
	Mithuna Rasi: 15.02	Tithi 28 – 29	435893462	Gulika Yama Rahu	12:40PM – 2:11PM 9:39AM – 11:10AM 3:41PM – 5:12PM	Ardra Until 2:07PM Harshana Until 8:07PM Visti Until 10:57PM Trayodashi* Until 12:19PM	Ganesha: White Muruqa: Blue Nataraja: White Moon – Yellow Sunrise: 6:39AM Sunset: 6:42PM Ashada*Adi Sivaloka Day
	Routine Work Marana Yoga						Moon 7 - Phase 15 2nd Phase
	Until 2:07PM Then Creative Work - Siddha Yoga						

●	Wednesday, July 31, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra*/Siddhi Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Nairobi, Kenya Sun 14 Sutra 108 Vikarin 5121	
	Retreat Star			445893462	Gulika Yama Rahu	11:10AM – 12:40PM 8:09AM – 9:39AM 12:40PM – 2:11PM	Punarvasu Until 12:09PM Vajra* Until 4:33PM Catuspada Until 7:52PM Chaturdashi* Until 9:27AM	Ganesha: Green Muruqa: Blue Nataraja: White Moon – Blue Sunrise: 6:38AM Sunset: 6:42PM Ashada*Adi Sivaloka Day
	Mithuna Rasi: 29.33		Tithi 29 – 30				Moon 7 - Phase 15 Amavasya	
	Creative Work Siddha Yoga							

●	Thursday, August 1, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatlipata* Yoga Naga*/Bava Karana Amavasya/Prathamayam Titau				Nairobi, Kenya Sun 15 Sutra 109 Vikarin 5121	
	Retreat Star			445893462	Gulika Yama Rahu	9:39AM – 11:10AM 6:38AM – 8:09AM 2:11PM – 3:41PM	Pushya Until 9:40AM Siddhi Until 12:43PM Bava Until 2:41AM Fri Amavasya* Until 6:11AM	Ganesha: Green Muruqa: Blue Nataraja: White Moon – Blue Sunrise: 6:38AM Sunset: 6:42PM Srivana*Adi Sivaloka Day
	Kataka Rasi: 14.22		Tithi 30 – 1				Moon 7 - Phase 15 Prathama	
	Creative Work Amrita Yoga							
Until 9:40AM Then Creative Work - Siddha Yoga								

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

All times are standard time

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1		Friday, August 2, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvityayam Titau		Nairobi, Kenya Sun 16 Sutra 110 Vikarin 5121	
Kataka Rasi: 29.23	Tithi 2	Gulika 8:09AM – 9:39AM	Ashlesha* Until 6:50AM	Ganesha: Green	<i>Sunrise:</i> 6:38AM		
		Yama 3:41PM – 5:12PM	Vyatipata* Until 8:45AM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 16
445893462	Rahu 11:10AM – 12:40PM		Balava Until 12:55PM	Nataraja: White			3rd Phase
Routine Work	Marana Yoga		Dvitiya Until 11:07PM	Moon – Blue		Sivaloka Day	
				Sravana-Adi			

2		Saturday, August 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Parigha* Yoga Tailila/Gara Karana Tritiyayam Titau		Nairobi, Kenya Sun 17 Sutra 111 Vikarin 5121	
Simha Rasi: 14.26	Tithi 3	Gulika 6:38AM – 8:09AM	Purvaphalguni Until 1:36AM Sun	Ganesha: White	<i>Sunrise:</i> 6:38AM		
		Yama 2:11PM – 3:41PM	Parigha* Until 12:49AM Sun	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 16
455893462	Rahu 9:39AM – 11:10AM		Taitila Until 9:22AM	Nataraja: White			3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 7:37PM	Moon – Red		Sivaloka Day	
Until 1:36AM Sun				Sravana-Adi			
Then Creative Work - Amrita Yoga							

3		Sunday, August 4, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Nairobi, Kenya Sun 18 Sutra 112 Vikarin 5121	
Simha Rasi: 29.23	Tithi 4 – 5	Gulika 3:41PM – 5:12PM	Uttaraphalguni Until 11:06PM	Ganesha: Yellow	<i>Sunrise:</i> 6:38AM		
		Yama 12:40PM – 2:11PM	Shiva Until 9:08PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 16
455993462	Rahu 5:12PM – 6:42PM		Bava Until 2:51AM Mon	Nataraja: White			3rd Phase
Creative Work	Amrita Yoga		Chaturthi* Until 4:20PM	Moon – Red		Subha Sivaloka Day	
				Sravana-Adi			

4		Monday, August 5, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Nairobi, Kenya Sun 19 Sutra 113 Vikarin 5121	
Kanya Rasi: 14.07	Tithi 5 – 6	Gulika 2:11PM – 3:41PM	Hasta Until 9:17PM	Ganesha: White	<i>Sunrise:</i> 6:38AM		
Family Home Evening		Yama 11:10AM – 12:40PM	Siddha Until 5:45PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 16
465993462	Rahu 8:09AM – 9:39AM		Kaulava Until 12:10AM Tue	Nataraja: White			3rd Phase
Creative Work	Siddha Yoga		Panchami Until 1:26PM	Moon – Green		Subha Subha Sivaloka Day	
Until 9:17PM		Nag Panchami		Sravana-Adi			
Then Routine Work - Prabalarishta Yoga							

5		Tuesday, August 6, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Sadhya/Subha Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau		Nairobi, Kenya Sun 20 Sutra 114 Vikarin 5121	
Kanya Rasi: 28.31	Tithi 6 – 7	Gulika 12:40PM – 2:10PM	Chitra Until 7:52PM	Ganesha: White	<i>Sunrise:</i> 6:38AM		
		Yama 9:39AM – 11:09AM	Sadhya Until 2:48PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 16
465993462	Rahu 3:41PM – 5:11PM		Gara Until 10:02PM	Nataraja: White			3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 11:00AM	Moon – Green		Subha Subha Sivaloka Day	
				Sravana-Adi			

Retreat Star		Wednesday, August 7, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Nairobi, Kenya Sun 21 Sutra 115 Vikarin 5121	
Tula Rasi: 12.32	Tithi 7 – 8	Gulika 11:09AM – 12:40PM	Svati Until 6:54PM	Ganesha: White	<i>Sunrise:</i> 6:38AM		
		Yama 8:08AM – 9:39AM	Subha Until 12:21PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 16
465993462	Rahu 12:40PM – 2:10PM		Visti Until 8:30PM	Nataraja: White			Ashtami
Creative Work	Siddha Yoga		Saptami Until 9:10AM	Moon – Green		Subha Subha Sivaloka Day	
				Sravana-Adi			

Retreat Star		Thursday, August 8, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Nairobi, Kenya Sun 22 Sutra 116 Vikarin 5121	
Tula Rasi: 26.09	Tithi 8 – 9	Gulika 9:39AM – 11:09AM	Vishakha Until 6:54PM	Ganesha: Purple	<i>Sunrise:</i> 6:38AM		
		Yama 6:38AM – 8:08AM	Sukla Until 10:25AM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 16
476993462	Rahu 2:10PM – 3:41PM		Balava Until 7:39PM	Nataraja: White			Navami
Creative Work	Siddha Yoga		Ashtami* Until 7:59AM	Moon – Orange		Sivaloka Day	
				Sravana-Adi			


1	Friday, August 9, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 117
	Wrischika Rasi: 9.24	Tithi 9 – 10	Gulika 8:08AM – 9:39AM	Anuradha Until 7:24PM	Ganesha: Purple	<i>Sunrise:</i> 6:37AM	Vikarin 5121
		476993462	Yama 3:41PM – 5:11PM	Brahma Until 9:02AM	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 7 - Phase 17
			Rahu 11:09AM – 12:40PM	Taitila Until 7:28PM	Nataraja: White		4th Phase
	Creative Work	Siddha Yoga		Navami* Until 7:28AM	Moon – Orange		Sivaloka Day
	Until 7:24PM				Sravana*Adi		
	Then Routine Work - Marana Yoga						

2	Saturday, August 10, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 118
	Wrischika Rasi: 22.19	Tithi 10 – 11	Gulika 6:37AM – 8:08AM	Jyeshtha* Until 8:22PM	Ganesha: Purple	<i>Sunrise:</i> 6:37AM	Vikarin 5121
		476993462	Yama 2:10PM – 3:40PM	Indra Until 8:10AM	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 7 - Phase 17
			Rahu 9:38AM – 11:09AM	Vanija Until 7:55PM	Nataraja: White		4th Phase
	Creative Work	Siddha Yoga		Dashami Until 7:36AM	Moon – Orange		Sivaloka Day
	Until 7:24PM				Sravana*Adi		
	Then Routine Work - Marana Yoga						

3	Sunday, August 11, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 119
	Dhanus Rasi: 4.56	Tithi 11 – 12	Gulika 3:40PM – 5:11PM	Mula* Until 10:12PM	Ganesha: Clear	<i>Sunrise:</i> 6:37AM	Vikarin 5121
		486993462	Yama 12:39PM – 2:10PM	Vaidhriti* Until 7:45AM	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 7 - Phase 17
			Rahu 5:11PM – 6:41PM	Bava Until 8:56PM	Nataraja: White		4th Phase
	Creative Work	Amrita Yoga		Ekadashi Until 8:20AM	Moon – Light Blue		Subha Sivaloka Day
	Until 10:12PM				Sravana*Adi		
	Then Creative Work - Siddha Yoga						

4	Monday, August 12, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 120
	Dhanus Rasi: 17.19	Tithi 12 – 13	Gulika 2:10PM – 3:40PM	Purvashadha* Until 12:20AM Tue	Ganesha: Clear	<i>Sunrise:</i> 6:37AM	Vikarin 5121
Family Home Evening		486993462	Yama 11:09AM – 12:39PM	Vishkambha* Until 7:46AM	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 7 - Phase 17
Routine Work	Marana Yoga		Rahu 8:07AM – 9:38AM	Kaulava Until 10:25PM	Nataraja: White		4th Phase
Until 12:20AM Tue				Dvadashi Until 9:36AM	Moon – Light Blue		Subha Sivaloka Day
Then Routine Work - Prabalarishta Yoga					Sravana*Adi		
							<i>Pradosha Vrata</i>

5	Tuesday, August 13, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 121
	Dhanus Rasi: 29.31	Tithi 13 – 14	Gulika 12:39PM – 2:09PM	Uttarashadha Until 2:38AM Wed	Ganesha: Clear	<i>Sunrise:</i> 6:37AM	Vikarin 5121
		486993462	Yama 9:38AM – 11:08AM	Priti Until 8:07AM	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 7 - Phase 17
			Rahu 3:40PM – 5:11PM	Gara Until 12:16AM Wed	Nataraja: White		4th Phase
	Routine Work	Prabalarishta Yoga		Trayodashi Until 11:17AM	Moon – Light Blue		Subha Sivaloka Day
	Until 2:38AM Wed				Sravana*Adi		
	Then Creative Work - Siddha Yoga						

	Wednesday, August 14, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Nairobi, Kenya Sutra 122
	Makara Rasi: 11.35	Tithi 14 – 15	Gulika 11:08AM – 12:39PM	Shravana Until 5:33AM Thu	Ganesha: White	<i>Sunrise:</i> 6:37AM	Vikarin 5121
		496993462	Yama 8:07AM – 9:38AM	Ayushman Until 8:42AM	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 7 - Phase 17
			Rahu 12:39PM – 2:09PM	Visti Until 2:25AM Thu	Nataraja: White		Purnima
	Creative Work	Siddha Yoga		Chaturdashi* Until 1:18PM	Moon – Purple		Sivaloka Day
			Raksha Bandhan		Sravana*Adi		

Thursday, August 15, 2019	Silver Retreat Star		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Nairobi, Kenya Sutra 123
	Makara Rasi: 23.33	Tithi 15 – 16	Gulika 9:37AM – 11:08AM	Dhanishtha Until 8:27AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 6:36AM	Vikarin 5121
		497993462	Yama 6:36AM – 8:07AM	Saubhagya Until 9:29AM	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 7 - Phase 17
			Rahu 2:09PM – 3:40PM	Balava Until 4:44AM Fri	Nataraja: White		Prathama
	Creative Work	Siddha Yoga		Purnima* Until 3:32PM	Moon – Purple		Subha Sivaloka Day
					Sravana*Adi		



Friday, August 16, 2019
Gold Retreat Star

Kumbha Rasi: 5.26 Tilthi 16 – 17

497993462

Creative Work Siddha Yoga

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

Gulika 8:07AM – 9:37AM
Yama 3:39PM – 5:10PM
Rahu 11:08AM – 12:38PM

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

Ganesha: Yellow *Sunrise: 6:36AM*
Muruqa: Blue *Sunset: 6:41PM*
Nataraja: White
Moon – Purple
SravaNa-Adi

Nairobi, Kenya
Sutra 124
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

1

Saturday, August 17, 2019

Kumbha Rasi: 17.18 Tilthi 17

497993462

Creative Work Amrita Yoga

Until 11:16AM

Then Routine Work - Marana Yoga

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

Gulika 6:36AM – 8:06AM
Yama 2:09PM – 3:39PM
Rahu 9:37AM – 11:08AM

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

Ganesha: Yellow *Sunrise: 6:36AM*
Muruqa: Blue *Sunset: 6:40PM*
Nataraja: White
Moon – Purple
SravaNa-Avani

Nairobi, Kenya
Sun 1 Sutra 125
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

2

Sunday, August 18, 2019

Kumbha Rasi: 29.1 Tilthi 18

517993462

Creative Work Siddha Yoga

Until 2:25PM

Then Creative Work - Amrita Yoga

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

Gulika 3:39PM – 5:10PM
Yama 12:38PM – 2:09PM
Rahu 5:10PM – 6:40PM

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

Ganesha: White *Sunrise: 6:36AM*
Muruqa: Blue *Sunset: 6:40PM*
Nataraja: White
Moon – Clear
SravaNa-Avani

Nairobi, Kenya
Sun 2 Sutra 126
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Subha Sivaloka Day

3

Monday, August 19, 2019

Meena Rasi: 11.03 Tilthi 19

517993462

Family Home Evening

Creative Work Siddha Yoga

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

Gulika 2:08PM – 3:39PM
Yama 11:07AM – 12:38PM
Rahu 8:06AM – 9:37AM

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

Ganesha: White *Sunrise: 6:35AM*
Muruqa: Blue *Sunset: 6:40PM*
Nataraja: White
Moon – Clear
SravaNa-Avani

Nairobi, Kenya
Sun 3 Sutra 127
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Subha Sivaloka Day

4

Tuesday, August 20, 2019

Meena Rasi: 23 Tilthi 20

517993462

Creative Work Siddha Yoga

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

Gulika 12:37PM – 2:08PM
Yama 9:36AM – 11:07AM
Rahu 3:39PM – 5:09PM

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

Ganesha: White *Sunrise: 6:35AM*
Muruqa: Blue *Sunset: 6:40PM*
Nataraja: White
Moon – Clear
SravaNa-Avani

Nairobi, Kenya
Sun 4 Sutra 128
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Subha Sivaloka Day

5

Wednesday, August 21, 2019

Mesha Rasi: 5.04 Tilthi 21

527993462

Routine Work Marana Yoga

Until 10:14PM

Then Creative Work - Siddha Yoga

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

Gulika 11:07AM – 12:37PM
Yama 8:05AM – 9:36AM
Rahu 12:37PM – 2:08PM

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

Ganesha: Clear *Sunrise: 6:35AM*
Muruqa: Blue *Sunset: 6:40PM*
Nataraja: White
Moon – White
SravaNa-Avani

Nairobi, Kenya
Sun 5 Sutra 129
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

6

Thursday, August 22, 2019

Mesha Rasi: 17.18 Tilthi 22

528993462

Creative Work Siddha Yoga

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

Gulika 9:36AM – 11:06AM
Yama 6:35AM – 8:05AM
Rahu 2:08PM – 3:38PM

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

Ganesha: White *Sunrise: 6:35AM*
Muruqa: Blue *Sunset: 6:39PM*
Nataraja: White
Moon – White
SravaNa-Avani

Nairobi, Kenya
Sun 6 Sutra 130
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Sivaloka Day

D

Friday, August 23, 2019
Retreat Star

Mesha Rasi: 29.46 Tilthi 23

528993462

Creative Work Siddha Yoga

Until 1:07AM Sat

Then Creative Work - Amrita Yoga

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

Gulika 8:05AM – 9:36AM
Yama 3:38PM – 5:09PM
Rahu 11:06AM – 12:37PM

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

Ganesha: White *Sunrise: 6:34AM*
Muruqa: Blue *Sunset: 6:39PM*
Nataraja: White
Moon – White
SravaNa-Avani

Nairobi, Kenya
Sun 7 Sutra 131
Vikarin 5121
Moon 8 - Phase 18
Ashtami

Sivaloka Day

Saturday, August 24, 2019

Retreat Star

Vrshabha Rasi: 12.32 Tilthi 23 – 24

538993462

Creative Work Amrita Yoga

Until 1:45AM Sun

Then Creative Work - Siddha Yoga

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

Gulika 6:34AM – 8:05AM
Yama 2:07PM – 3:38PM
Rahu 9:35AM – 11:06AM

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

Ganesha: Clear *Sunrise: 6:34AM*
Muruqa: Blue *Sunset: 6:39PM*
Nataraja: White
Moon – Yellow
SravaNa-Avani

Nairobi, Kenya
Sun 8 Sutra 132
Vikarin 5121
Moon 8 - Phase 18
Navami

Subha Sivaloka Day

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

All times are standard time

www.gurudeva.org/panchang

1		Sunday, August 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Dashamyam Titau	Nairobi, Kenya Sun 9 Sutra 133 Vikarin 5121
Wishabha Rasi: 25.41	Tithi 25	Gulika 3:37PM – 5:08PM	Mrigashira Until 1:27AM Mon	Ganesha: Clear <i>Sunrise:</i> 6:34AM	
		Yama 12:36PM – 2:07PM	Harshana Until 11:46AM	Muruqa: Blue <i>Sunset:</i> 6:39PM	Moon 8 - Phase 19
		538993462 Rahu 5:08PM – 6:39PM	Vanija Until 5:14PM	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Dashami Until 4:33AM Mon	Moon – Yellow	Subha Sivaloka Day
				Sravana-Avani	

2		Monday, August 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Ekadashyam Titau	Nairobi, Kenya Sun 10 Sutra 134 Vikarin 5121
Mithuna Rasi: 9.16	Tithi 26	Gulika 2:07PM – 3:37PM	Ardra Until 12:15AM Tue	Ganesha: Clear <i>Sunrise:</i> 6:33AM	
Family Home Evening		Yama 11:05AM – 12:36PM	Vajra* Until 9:37AM	Muruqa: Blue <i>Sunset:</i> 6:38PM	Moon 8 - Phase 19
		538993462 Rahu 8:04AM – 9:35AM	Bava Until 3:42PM	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 2:38AM Tue	Moon – Yellow	Subha Sivaloka Day
				Sravana-Avani	

3		Tuesday, August 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau	Nairobi, Kenya Sun 11 Sutra 135 Vikarin 5121
Mithuna Rasi: 23.19	Tithi 27	Gulika 12:36PM – 2:06PM	Punarvasu Until 10:39PM	Ganesha: Purple <i>Sunrise:</i> 6:33AM	
		Yama 9:34AM – 11:05AM	Siddhi Until 6:52AM	Muruqa: Blue <i>Sunset:</i> 6:38PM	Moon 8 - Phase 19
		548993462 Rahu 3:37PM – 5:08PM	Kaulava Until 1:26PM	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 12:03AM Wed	Moon – Blue	Sivaloka Day
				Sravana-Avani	

4		Wednesday, August 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Variyan Yoga Gara/Vanija Karana Trayodashyam Titau	Nairobi, Kenya Sun 12 Sutra 136 Vikarin 5121
Kataka Rasi: 7.49	Tithi 28	Gulika 11:05AM – 12:35PM	Pushya Until 8:20PM	Ganesha: Light Blue <i>Sunrise:</i> 6:33AM	
		Yama 8:03AM – 9:34AM	Variyan Until 11:51PM	Muruqa: Blue <i>Sunset:</i> 6:38PM	Moon 8 - Phase 19
		549993463 Rahu 12:35PM – 2:06PM	Gara Until 10:34AM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 8:55PM	Moon – Blue	Devaloka Day
				Sravana-Avani	
			<i>Pradosha Vrata (Fasting)</i>		

5		Thursday, August 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Parigha* Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Nairobi, Kenya Sun 13 Sutra 137 Vikarin 5121
Kataka Rasi: 22.41	Tithi 29 – 30	Gulika 9:34AM – 11:04AM	Ashlesha* Until 5:29PM	Ganesha: Orange <i>Sunrise:</i> 6:33AM	
		Yama 6:33AM – 8:03AM	Parigha* Until 7:49PM	Muruqa: Blue <i>Sunset:</i> 6:38PM	Moon 8 - Phase 19
		549193463 Rahu 2:06PM – 3:36PM	Visti Until 7:12AM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 5:23PM	Moon – Blue	Sivaloka Day
Until 5:29PM				Sravana-Avani	
Then Creative Work - Amrita Yoga					

Retreat Star		Friday, August 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva/Siddha Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Nairobi, Kenya Sun 14 Sutra 138 Vikarin 5121
Simha Rasi: 7.5	Tithi 30 – 1	Gulika 8:03AM – 9:33AM	Magha* Until 2:39PM	Ganesha: Clear <i>Sunrise:</i> 6:32AM	
		Yama 3:36PM – 5:07PM	Shiva Until 3:36PM	Muruqa: Blue <i>Sunset:</i> 6:37PM	Moon 8 - Phase 19
		559193463 Rahu 11:04AM – 12:35PM	Kintughna Until 11:41PM	Nataraja: Clear	Amavasya
Routine Work	Marana Yoga		Amavasya* Until 1:36PM	Moon – Red	Sivaloka Day
Until 2:39PM				Sravana-Avani	
Then Creative Work - Siddha Yoga		Varalakshmi Vratam			

Retreat Star		Saturday, August 31, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Nairobi, Kenya Sun 15 Sutra 139 Vikarin 5121
Simha Rasi: 23.05	Tithi 1 – 2	Gulika 6:32AM – 8:03AM	Purvaphalguni Until 11:37AM	Ganesha: Clear <i>Sunrise:</i> 6:32AM	
		Yama 2:05PM – 3:36PM	Siddha Until 11:18AM	Muruqa: Blue <i>Sunset:</i> 6:37PM	Moon 8 - Phase 19
		559193463 Rahu 9:33AM – 11:04AM	Balava Until 7:52PM	Nataraja: Clear	Prathama
Creative Work	Siddha Yoga		Prathama* Until 9:45AM	Moon – Red	Sivaloka Day
Until 11:37AM				Bhadrapada-Avani	
Then Routine Work - Marana Yoga					

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

1	Sunday, September 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau				Nairobi, Kenya Sun 16 Sutra 140
	Kanya Rasi: 8.17	Tithi 2 – 3	Gulika 3:35PM – 5:06PM	Uttaraphalguni Until 8:35AM	Ganesha: Clear	<i>Sunrise:</i> 6:32AM	Vikarin 5121
			Yama 12:34PM – 2:05PM	Sadhya Until 7:07AM	Muruqa: Blue	<i>Sunset:</i> 6:37PM	Moon 8 - Phase 20
	Creative Work Amrita Yoga	559193463	Rahu 5:06PM – 6:37PM	Gara Until 2:31AM Mon	Nataraja: Clear		3rd Phase
			Dvitiya Until 6:00AM	Moon – Red		Sivaloka Day	
				Bhadrapada-Avani			

2	Monday, September 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthayam Titau				Nairobi, Kenya Sun 17 Sutra 141
	Kanya Rasi: 23.16	Tithi 4	Gulika 2:04PM – 3:35PM	Hasta Until 6:06AM	Ganesha: Orange	<i>Sunrise:</i> 6:31AM	Vikarin 5121
	Family Home Evening		Yama 11:03AM – 12:34PM	Sukla Until 11:35PM	Muruqa: Blue	<i>Sunset:</i> 6:36PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	569193463	Rahu 8:02AM – 9:33AM	Vanija Until 12:57PM	Nataraja: Clear		3rd Phase
Until 6:06AM			Chaturthi* Until 11:28PM	Moon – Green		Sivaloka Day	
Then Routine Work - Prabararishta Yoga		Ganesha Chaturthi		Bhadrapada-Avani			

3	Tuesday, September 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya Sun 18 Sutra 142
	Tula Rasi: 7.54	Tithi 5	Gulika 12:34PM – 2:04PM	Svati Until 2:15AM Wed	Ganesha: Orange	<i>Sunrise:</i> 6:31AM	Vikarin 5121
			Yama 9:32AM – 11:03AM	Brahma Until 8:28PM	Muruqa: Blue	<i>Sunset:</i> 6:36PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	569193463	Rahu 3:35PM – 5:06PM	Bava Until 10:10AM	Nataraja: Clear		3rd Phase
			Panchami Until 9:00PM	Moon – Green		Sivaloka Day	
				Bhadrapada-Avani			

4	Wednesday, September 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya Sun 19 Sutra 143
	Tula Rasi: 22.05	Tithi 6	Gulika 11:03AM – 12:33PM	Vishakha Until 1:35AM Thu	Ganesha: Green	<i>Sunrise:</i> 6:30AM	Vikarin 5121
			Yama 8:01AM – 9:32AM	Indra Until 5:57PM	Muruqa: Blue	<i>Sunset:</i> 6:36PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	579193463	Rahu 12:33PM – 2:04PM	Kaulava Until 8:02AM	Nataraja: Clear		3rd Phase
			Shashthi* Until 7:14PM	Moon – Orange		Subha Sivaloka Day	
				Bhadrapada-Avani			

5	Thursday, September 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Saptamyam Titau				Nairobi, Kenya Sun 20 Sutra 144
	Vrischika Rasi: 5.49	Tithi 7	Gulika 9:31AM – 11:02AM	Anuradha Until 1:35AM Fri	Ganesha: Orange	<i>Sunrise:</i> 6:30AM	Vikarin 5121
			Yama 6:30AM – 8:01AM	Vaidhriti* Until 4:04PM	Muruqa: Blue	<i>Sunset:</i> 6:36PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	571193463	Rahu 2:04PM – 3:34PM	Gara Until 6:41AM	Nataraja: Clear		3rd Phase
Until 1:35AM Fri			Saptami Until 6:17PM	Moon – Orange		Sivaloka Day	
Then Routine Work - Marana Yoga				Bhadrapada-Avani			

6	Friday, September 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Ashtamyam Titau				Nairobi, Kenya Sun 21 Sutra 145
	Retreat Star		Gulika 8:00AM – 9:31AM	Jyeshtha* Until 2:13AM Sat	Ganesha: Orange	<i>Sunrise:</i> 6:30AM	Vikarin 5121
	Vrischika Rasi: 19.04	Tithi 8	Yama 3:34PM – 5:05PM	Vishkambha* Until 2:50PM	Muruqa: Blue	<i>Sunset:</i> 6:35PM	Moon 8 - Phase 20
			571193463 Rahu 11:02AM – 12:33PM	Visti Until 6:08AM	Nataraja: Clear		Ashtami
Routine Work Marana Yoga			Ashtami* Until 6:10PM	Moon – Orange		Sivaloka Day	
Until 2:13AM Sat				Bhadrapada-Avani			
Then Creative Work - Siddha Yoga							

7	Saturday, September 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya Sun 22 Sutra 146
	Retreat Star		Gulika 6:29AM – 8:00AM	Mula* Until 3:56AM Sun	Ganesha: Green	<i>Sunrise:</i> 6:29AM	Vikarin 5121
	Dhanus Rasi: 1.54	Tithi 9	Yama 2:03PM – 3:34PM	Priti Until 2:15PM	Muruqa: Blue	<i>Sunset:</i> 6:35PM	Moon 8 - Phase 20
			581193463 Rahu 9:31AM – 11:01AM	Balava Until 6:25AM	Nataraja: Clear		Navami
Creative Work Siddha Yoga			Navami* Until 6:49PM	Moon – Light Blue		Devaloka Day	
				Bhadrapada-Avani			

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

1 Sunday, September 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 147
Dhanus Rasi: 14.23	Tithi 10	Gulika 3:33PM – 5:04PM	Purvashadha* Until 6:05AM Mon	Ganesha: Green <i>Sunrise:</i> 6:29AM	Vikarin 5121	
		Yama 12:32PM – 2:03PM	Ayushman Until 2:11PM	Muruqa: Blue <i>Sunset:</i> 6:35PM	Moon 8 - Phase 21	
	581193463	Rahu 5:04PM – 6:35PM	Taitila Until 7:27AM	Nataraja: Clear	4th Phase	
Creative Work Siddha Yoga				Moon – Light Blue		Devaloka Day
Until 6:05AM Mon		Grandparent's Day	Dashami Until 8:10PM	Bhadrapada-Avani		
Then Routine Work - Marana Yoga						

2 Monday, September 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 148
Dhanus Rasi: 26.37	Tithi 11	Gulika 2:02PM – 3:33PM	Purvashadha* Until 6:05AM	Ganesha: Green <i>Sunrise:</i> 6:29AM	Vikarin 5121	
Family Home Evening		Yama 11:01AM – 12:31PM	Saubhagya Until 2:34PM	Muruqa: Blue <i>Sunset:</i> 6:34PM	Moon 8 - Phase 21	
	581193463	Rahu 7:59AM – 9:30AM	Vanija Until 9:05AM	Nataraja: Clear	4th Phase	
Routine Work Marana Yoga				Moon – Light Blue		Devaloka Day
			Ekadashi Until 10:03PM	Bhadrapada-Avani		

3 Tuesday, September 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 149
Makara Rasi: 8.4	Tithi 12	Gulika 12:31PM – 2:02PM	Uttarashadha Until 8:30AM	Ganesha: Green <i>Sunrise:</i> 6:28AM	Vikarin 5121	
		Yama 9:30AM – 11:00AM	Sobhana Until 3:16PM	Muruqa: Blue <i>Sunset:</i> 6:34PM	Moon 8 - Phase 21	
	581193463	Rahu 3:33PM – 5:03PM	Bava Until 11:09AM	Nataraja: Clear	4th Phase	
Routine Work Prabalarishta Yoga				Moon – Light Blue		Devaloka Day
Until 8:30AM			Dvadashi Until 12:16AM Wed	Bhadrapada-Avani		
Then Creative Work - Siddha Yoga						

4 Wednesday, September 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 150
Makara Rasi: 20.35	Tithi 13	Gulika 11:00AM – 12:31PM	Shravana Until 11:32AM	Ganesha: Red <i>Sunrise:</i> 6:28AM	Vikarin 5121	
		Yama 7:59AM – 9:29AM	Athiganda* Until 4:07PM	Muruqa: Blue <i>Sunset:</i> 6:34PM	Moon 8 - Phase 21	
	591193463	Rahu 12:31PM – 2:02PM	Kaulava Until 1:29PM	Nataraja: Clear	4th Phase	
Creative Work Siddha Yoga				Moon – Purple		Sivaloka Day
Until 11:32AM		Avani Avittam	Trayodashi Until 2:41AM Thu	Bhadrapada-Avani		
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>			

5 Thursday, September 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 151
Kumbha Rasi: 2.27	Tithi 14	Gulika 9:29AM – 11:00AM	Dhanishtha Until 2:31PM	Ganesha: Red <i>Sunrise:</i> 6:28AM	Vikarin 5121	
		Yama 6:28AM – 7:58AM	Sukarma Until 5:04PM	Muruqa: Blue <i>Sunset:</i> 6:33PM	Moon 8 - Phase 21	
	591193463	Rahu 2:01PM – 3:32PM	Gara Until 3:57PM	Nataraja: Clear	4th Phase	
Creative Work Siddha Yoga				Moon – Purple		Sivaloka Day
		Chidambaram Abhishekam	Chaturdashi* Until 5:09AM Fri	Bhadrapada-Avani		

Friday, September 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Dhriti Yoga Visti* Karana Purnimayam Titau				Nairobi, Kenya Sutra 152
Copper Retreat Star		Gulika 7:58AM – 9:29AM	Shatabhishak Until 5:20PM	Ganesha: Red <i>Sunrise:</i> 6:27AM	Vikarin 5121	
Kumbha Rasi: 14.18	Tithi 15	Yama 3:32PM – 5:02PM	Dhriti Until 6:01PM	Muruqa: Purple <i>Sunset:</i> 6:33PM	Moon 8 - Phase 21	
	591113463	Rahu 10:59AM – 12:30PM	Visti Until 6:24PM	Nataraja: Clear	Purnima	
Creative Work Siddha Yoga				Moon – Purple		Sivaloka Day
			Purnima* Until 7:36AM Sat	Bhadrapada-Avani		

Saturday, September 14, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Nairobi, Kenya Sutra 153
Silver Retreat Star		Gulika 6:27AM – 7:58AM	Purvaproshtapada* Until 8:25PM	Ganesha: Red <i>Sunrise:</i> 6:27AM	Vikarin 5121	
Kumbha Rasi: 26.1	Tithi 15 – 16	Yama 2:00PM – 3:31PM	Shula* Until 6:53PM	Muruqa: Purple <i>Sunset:</i> 6:33PM	Moon 8 - Phase 21	
	511113463	Rahu 9:28AM – 10:59AM	Balava Until 8:48PM	Nataraja: Clear	Prathama	
Routine Work Marana Yoga				Moon – Clear		Sivaloka Day
Until 8:25PM			Purnima* Until 7:36AM	Bhadrapada-Avani		
Then Creative Work - Siddha Yoga						

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



Sunday, September 15, 2019

Gold Retreat Star

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

Nairobi, Kenya

Sutra 154

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 8.05 Tithi 16 - 17

512113463

Gulika

3:31PM - 5:02PM

Yama

12:29PM - 2:00PM

Rahu

5:02PM - 6:32PM

Uttaraproshtapada Until 11:13PM

Ganda* Until 7:40PM

Taitila Until 11:03PM

Prathama* Until 9:55AM

Ganesha: Yellow

Sunrise: 6:26AM

Muruqa: Purple

Sunset: 6:32PM

Nataraja: Clear

Moon - Clear

Sivaloka Day

Bhadrapada*Avani

Creative Work Amrita Yoga

1

Monday, September 16, 2019

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

Nairobi, Kenya

Sun 1 Sutra 155

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 20.03 Tithi 17 - 18

512113463

Gulika

2:00PM - 3:31PM

Yama

10:58AM - 12:29PM

Rahu

7:57AM - 9:28AM

Revati Until 1:39AM Tue

Vriddhi Until 8:20PM

Vanija Until 1:06AM Tue

Dvitiya Until 12:05PM

Ganesha: Yellow

Sunrise: 6:26AM

Muruqa: Purple

Sunset: 6:32PM

Nataraja: Clear

Moon - Clear

Sivaloka Day

Bhadrapada*Avani

Creative Work Siddha Yoga

Family Home Evening

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

Nairobi, Kenya

Sun 2 Sutra 156

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 2.05 Tithi 18 - 19

522113463

Gulika

12:29PM - 1:59PM

Yama

9:27AM - 10:58AM

Rahu

3:30PM - 5:01PM

Ashvini Until 4:11AM Wed

Dhruva Until 8:46PM

Bava Until 2:55AM Wed

Tritiya Until 2:02PM

Ganesha: White

Sunrise: 6:26AM

Muruqa: Purple

Sunset: 6:32PM

Nataraja: Clear

Moon - White

Devaloka Day

Bhadrapada*Puratasi

Creative Work Siddha Yoga

3

Wednesday, September 18, 2019

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

Nairobi, Kenya

Sun 3 Sutra 157

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 14.15 Tithi 19 - 20

522113463

Gulika

10:58AM - 12:28PM

Yama

7:56AM - 9:27AM

Rahu

12:28PM - 1:59PM

Bharani Until 6:13AM Thu

Vyaghata* Until 8:59PM

Kaulava Until 4:23AM Thu

Chaturthi* Until 3:41PM

Ganesha: White

Sunrise: 6:25AM

Muruqa: Purple

Sunset: 6:31PM

Nataraja: Clear

Moon - White

Devaloka Day

Bhadrapada*Puratasi

Creative Work Siddha Yoga

Until 6:13AM Thu

Then Routine Work - Marana Yoga

4

Thursday, September 19, 2019

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

Nairobi, Kenya

Sun 4 Sutra 158

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 26.32 Tithi 20 - 21

522113463

Gulika

9:26AM - 10:57AM

Yama

6:25AM - 7:56AM

Rahu

1:59PM - 3:30PM

Bharani Until 6:13AM

Harshana Until 8:55PM

Gara Until 5:26AM Fri

Panchami Until 4:57PM

Ganesha: White

Sunrise: 6:25AM

Muruqa: Purple

Sunset: 6:31PM

Nataraja: Clear

Moon - White

Devaloka Day

Bhadrapada*Puratasi

Creative Work Siddha Yoga

Until 6:13AM

Then Routine Work - Marana Yoga

5

Friday, September 20, 2019

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

Nairobi, Kenya

Sun 5 Sutra 159

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 9.02 Tithi 21 - 22

522113463

Gulika

7:55AM - 9:26AM

Yama

3:29PM - 5:00PM

Rahu

10:57AM - 12:28PM

Krittika Until 7:39AM

Vajra* Until 8:24PM

Visti Until 5:55AM Sat

Shashthi* Until 5:44PM

Ganesha: White

Sunrise: 6:24AM

Muruqa: Purple

Sunset: 6:31PM

Nataraja: Clear

Moon - White

Devaloka Day

Bhadrapada*Puratasi

Creative Work Siddha Yoga

Until 7:39AM

Then Routine Work - Marana Yoga

6

Saturday, September 21, 2019

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

Nairobi, Kenya

Sun 6 Sutra 160

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 21.46 Tithi 22 - 23

532113463

Gulika

6:24AM - 7:55AM

Yama

1:58PM - 3:29PM

Rahu

9:26AM - 10:56AM

Rohini Until 8:52AM

Siddhi Until 7:26PM

Balava Until 5:45AM Sun

Saptami Until 5:54PM

Ganesha: Clear

Sunrise: 6:24AM

Muruqa: Purple

Sunset: 6:30PM

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Bhadrapada*Puratasi

Creative Work Amrita Yoga

Until 8:52AM

Then Creative Work - Siddha Yoga

☾

Sunday, September 22, 2019

Retreat Star

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

Nairobi, Kenya

Sun 7 Sutra 161

Vikarin 5121

Moon 9 - Phase 22

Ashtami

Mithuna Rasi: 4.5 Tithi 23 - 24

532213463

Gulika

3:29PM - 4:59PM

Yama

12:27PM - 1:58PM

Rahu

4:59PM - 6:30PM

Mrigashira Until 9:17AM

Vyalipata* Until 5:55PM

Taitila Until 4:52AM Mon

Ashtami* Until 5:23PM

Ganesha: Orange

Sunrise: 6:24AM

Muruqa: Purple

Sunset: 6:30PM

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Bhadrapada*Puratasi

Creative Work Siddha Yoga

Monday, September 23, 2019

Retreat Star

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

Nairobi, Kenya

Sun 8 Sutra 162

Vikarin 5121

Moon 9 - Phase 22

Navami

Mithuna Rasi: 18.17 Tithi 24 - 25

532213463

Gulika

1:57PM - 3:28PM

Yama

10:56AM - 12:27PM

Rahu

7:54AM - 9:25AM

Ardra Until 8:50AM

Variyan Until 3:48PM

Vanija Until 3:16AM Tue

Navami* Until 4:08PM

Ganesha: Orange

Sunrise: 6:23AM

Muruqa: Purple

Sunset: 6:30PM

Nataraja: Clear


Moon - Yellow

1		Tuesday, September 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Parigha/Shiva Yoga Visti/Bava Karana Dashami/Ekadashyam Titau		Nairobi, Kenya Sun 9 Sutra 163	
Kataka Rasi: 2.1	Tithi 25 – 26	Gulika	12:26PM – 1:57PM	Punarvasu Until 7:59AM	Ganesha: Light Blue <i>Sunrise:</i> 6:23AM		Vikarin 5121
		Yama	9:25AM – 10:55AM	Parigha* Until 1:08PM	Muruqa: Purple <i>Sunset:</i> 6:29PM		Moon 9 - Phase 23
		542213463 Rahu	3:28PM – 4:59PM	Bava Until 12:59AM Wed	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga			Dashami Until 2:11PM	Moon – Blue	Devaloka Day	
					Bhadrapada•Puratasi		

2		Wednesday, September 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Nairobi, Kenya Sun 10 Sutra 164	
Kataka Rasi: 16.28	Tithi 26 – 27	Gulika	10:55AM – 12:26PM	Pushya Until 6:18AM	Ganesha: Light Blue <i>Sunrise:</i> 6:23AM		Vikarin 5121
		Yama	7:53AM – 9:24AM	Shiva Until 9:56AM	Muruqa: Purple <i>Sunset:</i> 6:29PM		Moon 9 - Phase 23
		542213463 Rahu	12:26PM – 1:57PM	Kaulava Until 10:07PM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga			Ekadashi* Until 11:36AM	Moon – Blue	Devaloka Day	
					Bhadrapada•Puratasi		

3		Thursday, September 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Magha* Nakshatra Siddha/Sadhya Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Nairobi, Kenya Sun 11 Sutra 165	
Simha Rasi: 1.11	Tithi 27 – 28	Gulika	9:24AM – 10:55AM	Magha* Until 1:26AM Fri	Ganesha: Purple <i>Sunrise:</i> 6:22AM		Vikarin 5121
		Yama	6:22AM – 7:53AM	Siddha Until 6:17AM	Muruqa: Purple <i>Sunset:</i> 6:29PM		Moon 9 - Phase 23
		552213463 Rahu	1:56PM – 3:27PM	Gara Until 6:47PM	Nataraja: Clear		2nd Phase
Creative Work	Amrita Yoga			Dvadashi* Until 8:29AM	Moon – Red	Devaloka Day	
Until 1:26AM Fri					Bhadrapada•Puratasi		
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>			

4		Friday, September 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Visti/Sakuni* Karana Chaturdashyam Titau		Nairobi, Kenya Sun 12 Sutra 166	
Simha Rasi: 16.12	Tithi 29	Gulika	7:53AM – 9:23AM	Purvaphalguni Until 10:31PM	Ganesha: Purple <i>Sunrise:</i> 6:22AM		Vikarin 5121
		Yama	3:27PM – 4:58PM	Subha Until 10:07PM	Muruqa: Purple <i>Sunset:</i> 6:29PM		Moon 9 - Phase 23
		552213463 Rahu	10:54AM – 12:25PM	Visti Until 3:09PM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga			Chaturdashi* Until 1:15AM Sat	Moon – Red	Devaloka Day	
					Bhadrapada•Puratasi		

		Saturday, September 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Sukla/Brahma Yoga Catuspada/Naga* Karana Amavasyayam Titau		Nairobi, Kenya Sun 13 Sutra 167	
Retreat Star		Gulika	6:21AM – 7:52AM	Uttaraphalguni Until 7:24PM	Ganesha: Light Blue <i>Sunrise:</i> 6:21AM		Vikarin 5121
Kanya Rasi: 1.24	Tithi 30	Yama	1:56PM – 3:27PM	Sukla Until 5:51PM	Muruqa: Purple <i>Sunset:</i> 6:28PM		Moon 9 - Phase 23
		652213463 Rahu	9:23AM – 10:54AM	Catuspada Until 11:22AM	Nataraja: Clear		Amavasya
Routine Work	Marana Yoga			Amavasya* Until 9:28PM	Moon – Red	Devaloka Day	
		Mahalaya Amavasai (Tamil Nadu)			Bhadrapada•Puratasi		

Sunday, September 29, 2019		Retreat Star		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Brahma/Indra Yoga Kintughna/Balava Karana Prathama/Dvitiyayam Titau		Nairobi, Kenya Sun 14 Sutra 168	
Kanya Rasi: 16.37	Tithi 1 – 2	Gulika	3:26PM – 4:57PM	Hasta Until 4:39PM	Ganesha: Light Blue <i>Sunrise:</i> 6:21AM		Vikarin 5121
		Yama	12:24PM – 1:55PM	Brahma Until 1:39PM	Muruqa: Purple <i>Sunset:</i> 6:28PM		Moon 9 - Phase 23
		663213463 Rahu	4:57PM – 6:28PM	Kintughna Until 7:37AM	Nataraja: Clear		Prathama
Creative Work	Amrita Yoga			Prathama* Until 5:47PM	Moon – Green	Devaloka Day	
Until 4:39PM		Navaratri Begins			Ashvina•Puratasi		
Then Creative Work - Siddha Yoga							

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

All times are standard time

www.gurudeva.org/panchang

1		Monday, September 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Nairobi, Kenya Sun 15 Sutra 169	
Tula Rasi: 1.4	Tithi 2 – 3	Gulika	1:55PM – 3:26PM	Chitra Until 2:02PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:21AM	Vikarin 5121
Family Home Evening	663213463	Yama	10:53AM – 12:24PM	Indra Until 9:41AM	Muruqa: Purple	<i>Sunset:</i> 6:28PM	Moon 9 - Phase 24
Routine Work	Prabalarishta Yoga	Rahu	7:52AM – 9:22AM	Taitila Until 12:54AM Tue	Nataraja: Clear		3rd Phase
Until 2:02PM				Dvitiya Until 2:24PM	Moon – Green		Devaloka Day
Then Creative Work - Amrita Yoga					Ashvina+Puratasi		

2		Tuesday, October 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Nairobi, Kenya Sun 16 Sutra 170	
Tula Rasi: 16.26	Tithi 3 – 4	Gulika	12:24PM – 1:55PM	Svati Until 11:45AM	Ganesha: Light Blue	<i>Sunrise:</i> 6:20AM	Vikarin 5121
	663213463	Yama	9:22AM – 10:53AM	Vaidhriti* Until 6:03AM	Muruqa: Purple	<i>Sunset:</i> 6:27PM	Moon 9 - Phase 24
Creative Work	Siddha Yoga	Rahu	3:26PM – 4:56PM	Vanija Until 10:17PM	Nataraja: Clear		3rd Phase
Until 11:45AM				Tritiya Until 11:30AM	Moon – Green		Devaloka Day
Then Routine Work - Marana Yoga					Ashvina+Puratasi		

3		Wednesday, October 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Nairobi, Kenya Sun 17 Sutra 171	
Vrischika Rasi: 0.46	Tithi 4 – 5	Gulika	10:53AM – 12:24PM	Vishakha Until 10:23AM	Ganesha: Purple	<i>Sunrise:</i> 6:20AM	Vikarin 5121
	673213463	Yama	7:51AM – 9:22AM	Priti Until 12:22AM Thu	Muruqa: Purple	<i>Sunset:</i> 6:27PM	Moon 9 - Phase 24
Creative Work	Siddha Yoga	Rahu	12:24PM – 1:54PM	Bava Until 8:22PM	Nataraja: Clear		3rd Phase
Until 9:38AM				Chaturthi* Until 9:13AM	Moon – Orange		Devaloka Day
Then Routine Work - Prabalarishta Yoga					Ashvina+Puratasi		

4		Thursday, October 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Nairobi, Kenya Sun 18 Sutra 172	
Vrischika Rasi: 15	Tithi 5 – 6	Gulika	9:21AM – 10:52AM	Anuradha Until 9:38AM	Ganesha: Purple	<i>Sunrise:</i> 6:20AM	Vikarin 5121
	673213463	Yama	6:20AM – 7:51AM	Ayushman Until 10:29PM	Muruqa: Purple	<i>Sunset:</i> 6:27PM	Moon 9 - Phase 24
Creative Work	Siddha Yoga	Rahu	1:54PM – 3:25PM	Kaulava Until 7:17PM	Nataraja: Clear		3rd Phase
Until 9:38AM				Panchami Until 7:42AM	Moon – Orange		Devaloka Day
Then Routine Work - Prabalarishta Yoga					Ashvina+Puratasi		

5		Friday, October 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Nairobi, Kenya Sun 19 Sutra 173	
Vrischika Rasi: 27.56	Tithi 6 – 7	Gulika	7:50AM – 9:21AM	Jyeshtha* Until 9:36AM	Ganesha: Purple	<i>Sunrise:</i> 6:19AM	Vikarin 5121
	673213463	Yama	3:25PM – 4:56PM	Saubhagya Until 9:19PM	Muruqa: Purple	<i>Sunset:</i> 6:27PM	Moon 9 - Phase 24
Routine Work	Marana Yoga	Rahu	10:52AM – 12:23PM	Gara Until 7:06PM	Nataraja: Clear		3rd Phase
Until 9:36AM				Shashthi* Until 7:03AM	Moon – Orange		Devaloka Day
Then Creative Work - Amrita Yoga					Ashvina+Puratasi		

Retreat Star		Saturday, October 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Nairobi, Kenya Sun 20 Sutra 174	
Dhanus Rasi: 10.49	Tithi 7 – 8	Gulika	6:19AM – 7:50AM	Mula* Until 10:45AM	Ganesha: Clear	<i>Sunrise:</i> 6:19AM	Vikarin 5121
	683213463	Yama	1:53PM – 3:24PM	Sobhana Until 8:51PM	Muruqa: Purple	<i>Sunset:</i> 6:26PM	Moon 9 - Phase 24
Creative Work	Siddha Yoga	Rahu	9:21AM – 10:52AM	Visti Until 7:47PM	Nataraja: Clear		Ashtami
Until 12:32PM				Saptami Until 7:19AM	Moon – Light Blue		Sivaloka Day
Then Creative Work - Amrita Yoga		Durga Ashtami			Ashvina+Puratasi		

Retreat Star		Sunday, October 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Nairobi, Kenya Sun 21 Sutra 175	
Dhanus Rasi: 23.19	Tithi 8 – 9	Gulika	3:24PM – 4:55PM	Purvashadha* Until 12:32PM	Ganesha: Clear	<i>Sunrise:</i> 6:19AM	Vikarin 5121
	683213463	Yama	12:22PM – 1:53PM	Athiganda* Until 8:55PM	Muruqa: Purple	<i>Sunset:</i> 6:26PM	Moon 9 - Phase 24
Creative Work	Siddha Yoga	Rahu	4:55PM – 6:26PM	Balava Until 9:14PM	Nataraja: Clear		Navami
Until 12:32PM				Ashtami* Until 8:24AM	Moon – Light Blue		Sivaloka Day
Then Creative Work - Amrita Yoga		Saraswathi Puja (Tamil Nadu)			Ashvina+Puratasi		

1	Monday, October 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 22 Sutra 176 Vikarin 5121
	Makara Rasi: 5.3	Tithi 9 – 10	Gulika 1:53PM – 3:24PM	Uttarashadha Until 2:46PM	Ganesha: Clear	<i>Sunrise:</i> 6:18AM	
	Family Home Evening	683213463	Yama 10:51AM – 12:22PM	Sukarma Until 9:28PM	Muruqa: Purple	<i>Sunset:</i> 6:26PM	Moon 9 - Phase 25
	Routine Work Marana Yoga		Rahu 7:49AM – 9:20AM	Taitila Until 11:17PM	Nataraja: Clear		4th Phase
Until 2:46PM			Navami* Until 10:11AM	Moon – Light Blue		Sivaloka Day	
Then Creative Work - Amrita Yoga				Ashvina+Puratasi			


2	Tuesday, October 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 23 Sutra 177 Vikarin 5121
	Makara Rasi: 17.29	Tithi 10 – 11	Gulika 12:22PM – 1:53PM	Shravana Until 5:45PM	Ganesha: White	<i>Sunrise:</i> 6:18AM	
	693213464		Yama 9:20AM – 10:51AM	Dhriti Until 10:18PM	Muruqa: Purple	<i>Sunset:</i> 6:25PM	Moon 9 - Phase 25
	Creative Work Siddha Yoga		Rahu 3:24PM – 4:55PM	Vanija Until 1:40AM Wed	Nataraja: Purple		4th Phase
		Vijaya Dasami	Dashami Until 12:25PM	Moon – Purple		Sivaloka Day	
				Ashvina+Puratasi			

3	Wednesday, October 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 24 Sutra 178 Vikarin 5121
	Makara Rasi: 29.22	Tithi 11 – 12	Gulika 10:50AM – 12:21PM	Dhanishtha Until 8:46PM	Ganesha: White	<i>Sunrise:</i> 6:18AM	
	693213464		Yama 7:49AM – 9:20AM	Shula* Until 11:13PM	Muruqa: Purple	<i>Sunset:</i> 6:25PM	Moon 9 - Phase 25
	Routine Work Prabalarishta Yoga		Rahu 12:21PM – 1:52PM	Bava Until 4:13AM Thu	Nataraja: Purple		4th Phase
Until 8:46PM			Ekadashi Until 2:55PM	Moon – Purple		Sivaloka Day	
Then Creative Work - Siddha Yoga				Ashvina+Puratasi			

4	Thursday, October 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 25 Sutra 179 Vikarin 5121
	Kumbha Rasi: 11.13	Tithi 12 – 13	Gulika 9:19AM – 10:50AM	Shatabhishak Until 11:36PM	Ganesha: White	<i>Sunrise:</i> 6:17AM	
	693213464		Yama 6:17AM – 7:48AM	Ganda* Until 12:09AM Fri	Muruqa: Purple	<i>Sunset:</i> 6:25PM	Moon 9 - Phase 25
	Creative Work Siddha Yoga		Rahu 1:52PM – 3:23PM	Kaulava Until 6:43AM Fri	Nataraja: Purple		4th Phase
		Kadaitswami Mahasamadhi	Dvadashi Until 5:27PM	Moon – Purple		Sivaloka Day	
				Ashvina+Puratasi			
				<i>Pradosha Vrata</i>			

5	Friday, October 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 180 Vikarin 5121
	Kumbha Rasi: 23.04	Tithi 13	Gulika 7:48AM – 9:19AM	Purvaproshtapada* Until 2:40AM Sat	Ganesha: Blue	<i>Sunrise:</i> 6:17AM	
	613213464		Yama 3:23PM – 4:54PM	Vriddhi Until 1:00AM Sat	Muruqa: Purple	<i>Sunset:</i> 6:25PM	Moon 9 - Phase 25
	Creative Work Siddha Yoga		Rahu 10:50AM – 12:21PM	Kaulava Until 6:43AM	Nataraja: Purple		4th Phase
		Chidambaram Abhishekam	Trayodashi Until 7:53PM	Moon – Clear		Sivaloka Day	
				Ashvina+Puratasi			

6	Saturday, October 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 181 Vikarin 5121
	Meena Rasi: 4.59	Tithi 14	Gulika 6:17AM – 7:48AM	Uttaraproshtapada Until 5:21AM Sun	Ganesha: Blue	<i>Sunrise:</i> 6:17AM	
	613213464		Yama 1:52PM – 3:23PM	Dhruva Until 1:40AM Sun	Muruqa: Purple	<i>Sunset:</i> 6:25PM	Moon 9 - Phase 25
	Creative Work Siddha Yoga		Rahu 9:19AM – 10:50AM	Gara Until 9:04AM	Nataraja: Purple		4th Phase
Until 5:21AM Sun			Chaturdashi* Until 10:08PM	Moon – Clear		Sivaloka Day	
Then Creative Work - Amrita Yoga				Ashvina+Puratasi			

	Sunday, October 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Nairobi, Kenya Sutra 182 Vikarin 5121
	Copper Retreat Star		Gulika 3:22PM – 4:53PM	Revati Until 7:38AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 6:16AM	
	Meena Rasi: 16.59	Tithi 15	Yama 12:20PM – 1:51PM	Vyaghata* Until 2:08AM Mon	Muruqa: Purple	<i>Sunset:</i> 6:24PM	Moon 9 - Phase 25
	614213464		Rahu 4:53PM – 6:24PM	Visti Until 11:11AM	Nataraja: Purple		Purnima
Creative Work Amrita Yoga			Purnima* Until 12:07AM Mon	Moon – Clear		Subha Sivaloka Day	
Until 7:38AM Mon				Ashvina+Puratasi			
Then Creative Work - Siddha Yoga							

Monday, October 14, 2019	Silver Retreat Star		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Nairobi, Kenya Sutra 183 Vikarin 5121
	Meena Rasi: 29.05	Tithi 16	Gulika 1:51PM – 3:22PM	Revati Until 7:38AM	Ganesha: Yellow	<i>Sunrise:</i> 6:16AM	
	614213464		Yama 10:49AM – 12:20PM	Harshana Until 2:25AM Tue	Muruqa: Purple	<i>Sunset:</i> 6:24PM	Moon 9 - Phase 25
	Family Home Evening		Rahu 7:47AM – 9:18AM	Balava Until 1:02PM	Nataraja: Purple		Prathama
Creative Work Siddha Yoga			Prathama* Until 1:50AM Tue	Moon – Clear		Subha Sivaloka Day	
				Ashvina+Puratasi			

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



Tuesday, October 15, 2019

Gold Retreat Star

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

Nairobi, Kenya

Sutra 184

Vikarin 5121

Mesha Rasi: 11.18 Tithi 17

624213464

Gulika 12:20PM – 1:51PM
Yama 9:18AM – 10:49AM
Rahu 3:22PM – 4:53PM

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

Ganesha: White *Sunrise:* 6:16AM
Muruqa: Purple *Sunset:* 6:24PM

Nataraja: Purple Moon 10 - Phase 26

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

Nairobi, Kenya

Sun 1 Sutra 185

Vikarin 5121

Mesha Rasi: 23.39 Tithi 18

624213464

Gulika 10:49AM – 12:20PM
Yama 7:47AM – 9:18AM
Rahu 12:20PM – 1:51PM

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

Ganesha: White *Sunrise:* 6:16AM
Muruqa: Purple *Sunset:* 6:24PM

Nataraja: Purple Moon 10 - Phase 26

Moon – White **Subha Subha Sivaloka Day**

Ashvina+Puratasi

Creative Work Siddha Yoga

Until 11:48AM

Then Creative Work - Amrita Yoga

2

Thursday, October 17, 2019

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

Nairobi, Kenya

Sun 2 Sutra 186

Vikarin 5121

Vrishabha Rasi: 6.09 Tithi 19

624313464

Gulika 9:17AM – 10:48AM
Yama 6:15AM – 7:46AM
Rahu 1:51PM – 3:22PM

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

Ganesha: Yellow *Sunrise:* 6:15AM
Muruqa: Purple *Sunset:* 6:24PM

Nataraja: Purple Moon 10 - Phase 26

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

Nairobi, Kenya

Sun 3 Sutra 187

Vikarin 5121

Vrishabha Rasi: 18.49 Tithi 20

634313464

Gulika 7:46AM – 9:17AM
Yama 3:21PM – 4:52PM
Rahu 10:48AM – 12:19PM

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

Ganesha: White *Sunrise:* 6:15AM
Muruqa: Purple *Sunset:* 6:23PM

Nataraja: Purple Moon 10 - Phase 26

Moon – Yellow **Sivaloka Day**

Ashvina+Aipasi

Routine Work Marana Yoga

Until 2:27PM

Then Creative Work - Siddha Yoga

4

Saturday, October 19, 2019

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

Nairobi, Kenya

Sun 4 Sutra 188

Vikarin 5121

Mithuna Rasi: 1.41 Tithi 21

634313464

Gulika 6:15AM – 7:46AM
Yama 1:50PM – 3:21PM
Rahu 9:17AM – 10:48AM

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

Ganesha: White *Sunrise:* 6:15AM
Muruqa: Purple *Sunset:* 6:23PM

Nataraja: Purple Moon 10 - Phase 26

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

Nairobi, Kenya

Sun 5 Sutra 189

Vikarin 5121

Mithuna Rasi: 14.48 Tithi 22

634313464

Gulika 3:21PM – 4:52PM
Yama 12:19PM – 1:50PM
Rahu 4:52PM – 6:23PM

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

Ganesha: White *Sunrise:* 6:15AM
Muruqa: Purple *Sunset:* 6:23PM

Nataraja: Purple Moon 10 - Phase 26

Moon – Yellow **Sivaloka Day**

Ashvina+Aipasi

Creative Work Siddha Yoga

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Monday, October 21, 2019

Retreat Star

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

Nairobi, Kenya

Sun 6 Sutra 190

Vikarin 5121

Mithuna Rasi: 28.12 Tithi 23

644313464

Gulika 1:50PM – 3:21PM
Yama 10:48AM – 12:19PM
Rahu 7:46AM – 9:17AM

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

Ganesha: Clear *Sunrise:* 6:15AM
Muruqa: Purple *Sunset:* 6:23PM

Nataraja: Purple Moon 10 - Phase 26

Moon – Blue **Subha Sivaloka Day**

Ashvina+Aipasi

Creative Work Amrita Yoga

Until 3:01PM

Then Creative Work - Siddha Yoga

Tuesday, October 22, 2019

Retreat Star

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

Nairobi, Kenya

Sun 7 Sutra 191

Vikarin 5121

Kataka Rasi: 11.56 Tithi 24

644313464

Gulika 12:19PM – 1:50PM
Yama 9:16AM – 10:48AM
Rahu 3:21PM – 4:52PM

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

Ganesha: Clear *Sunrise:* 6:14AM
Muruqa: Purple *Sunset:* 6:23PM

Nataraja: Purple Moon 10 - Phase 26

Moon – Blue **Subha Sivaloka Day**

Ashvina+Aipasi

Creative Work Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

1	Wednesday, October 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Vanija/Vishti* Karana Dashamyam Titau				Nairobi, Kenya
	Kataka Rasi: 26.01	Tithi 25	644313464	Gulika 10:47AM – 12:18PM Yama 7:45AM – 9:16AM Rahu 12:18PM – 1:50PM	Ashlesha* Until 12:32PM Subha Until 2:24PM Vanija Until 11:55AM Dashami Until 10:38PM	Ganesha: Clear Muruqa: Purple Nataraja: Purple Moon – Blue	Sun 8 Sutra 192 Vikarin 5121 Moon 10 - Phase 27 2nd Phase Subha Sivaloka Day
	Creative Work	Siddha Yoga				Ashvina•Aipasi	

2	Thursday, October 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau				Nairobi, Kenya
	Simha Rasi: 10.26	Tithi 26	654313464	Gulika 9:16AM – 10:47AM Yama 6:14AM – 7:45AM Rahu 1:49PM – 3:20PM	Magha* Until 10:45AM Sukla Until 11:02AM Bava Until 9:16AM Ekadashi* Until 7:47PM	Ganesha: Purple Muruqa: Purple Nataraja: Purple Moon – Red	Sun 9 Sutra 193 Vikarin 5121 Moon 10 - Phase 27 2nd Phase Sivaloka Day
	Creative Work	Amrita Yoga				Ashvina•Aipasi	
	Until 10:45AM	Then Creative Work - Siddha Yoga					

3	Friday, October 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Kaulava/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya
	Simha Rasi: 25.08	Tithi 27 – 28	655313464	Gulika 7:45AM – 9:16AM Yama 3:20PM – 4:51PM Rahu 10:47AM – 12:18PM	Purvaphalguni Until 8:27AM Brahma Until 7:22AM Kaulava Until 6:15AM Dvadashi* Until 4:38PM	Ganesha: Clear Muruqa: Purple Nataraja: Purple Moon – Red	Sun 10 Sutra 194 Vikarin 5121 Moon 10 - Phase 27 2nd Phase Subha Sivaloka Day
	Creative Work	Siddha Yoga				Ashvina•Aipasi	
						<i>Pradosha Vrata (Fasting)</i>	

4	Saturday, October 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Hasta Nakshatra Vaidhriti* Yoga Vanija/Vishti* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya
	Kanya Rasi: 10.02	Tithi 28 – 29	665313464	Gulika 6:14AM – 7:45AM Yama 1:49PM – 3:20PM Rahu 9:16AM – 10:47AM	Hasta Until 3:19AM Sun Vaidhriti* Until 11:34PM Visti Until 11:37PM Trayodashi* Until 1:17PM	Ganesha: Orange Muruqa: Purple Nataraja: Purple Moon – Green	Sun 11 Sutra 195 Vikarin 5121 Moon 10 - Phase 27 2nd Phase Subha Sivaloka Day
	Routine Work	Marana Yoga		Deepavali Hindu Solidarity Day		Ashvina•Aipasi	
	Until 3:19AM Sun	Then Creative Work - Siddha Yoga					

●	Sunday, October 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Nairobi, Kenya
	Retreat Star			Gulika 3:20PM – 4:51PM Yama 12:18PM – 1:49PM Rahu 4:51PM – 6:22PM	Chitra Until 12:48AM Mon Vishkambha* Until 7:40PM Catuspada Until 8:18PM Chaturdashi* Until 9:55AM	Ganesha: Orange Muruqa: Purple Nataraja: Purple Moon – Green	Sun 12 Sutra 196 Vikarin 5121 Moon 10 - Phase 27 Amavasya Subha Sivaloka Day
	Kanya Rasi: 24.59	Tithi 29 – 30	665313464			Ashvina•Aipasi	
	Creative Work	Siddha Yoga		Subramuniyaswami Mahasamadhi			

●	Monday, October 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti/Ayushman Yoga Naga*/Bava Karana Amavasya/Prathamayam Titau				Nairobi, Kenya
	Retreat Star			Gulika 1:49PM – 3:20PM Yama 10:47AM – 12:18PM Rahu 7:45AM – 9:16AM	Svati Until 10:24PM Priti Until 3:57PM Bava Until 3:47AM Tue Amavasya* Until 6:42AM	Ganesha: Orange Muruqa: Purple Nataraja: Purple Moon – Green	Sun 13 Sutra 197 Vikarin 5121 Moon 10 - Phase 27 Prathama Subha Sivaloka Day
	Tula Rasi: 9.52	Tithi 30 – 1	665313464			Kartika•Aipasi	
	Family Home Evening	Creative Work		Skanda Shasthi Begins			

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

1		Tuesday, October 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvitiyayam Titau		Nairobi, Kenya Sun 14 Sutra 198	
Tula Rasi: 24.31	Tithi 2	Gulika 12:18PM – 1:49PM	Vishakha Until 8:42PM	Ganesha: Clear	Sunrise: 6:13AM	Vikarin 5121	
		Yama 9:16AM – 10:47AM	Ayushman Until 12:32PM	Muruga: Purple	Sunset: 6:22PM	Moon 10 - Phase 28	
		675313464 Rahu 3:20PM – 4:51PM	Balava Until 2:31PM	Nataraja: Purple		3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 1:21AM Wed	Moon – Orange		Subha Sivaloka Day	
Until 8:42PM				Kartika•Aipasi			
Then Creative Work - Siddha Yoga							

2		Wednesday, October 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau		Nairobi, Kenya Sun 15 Sutra 199	
Virshika Rasi: 8.49	Tithi 3	Gulika 10:47AM – 12:18PM	Anuradha Until 7:29PM	Ganesha: Clear	Sunrise: 6:13AM	Vikarin 5121	
		Yama 7:44AM – 9:15AM	Saubhagya Until 9:34AM	Muruga: Purple	Sunset: 6:22PM	Moon 10 - Phase 28	
		675313464 Rahu 12:18PM – 1:49PM	Taitila Until 12:22PM	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Tritiya Until 11:33PM	Moon – Orange		Subha Sivaloka Day	
				Kartika•Aipasi			

3		Thursday, October 31, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthyam Titau		Nairobi, Kenya Sun 16 Sutra 200	
Virshika Rasi: 22.4	Tithi 4	Gulika 9:15AM – 10:47AM	Jyeshtha* Until 6:51PM	Ganesha: Clear	Sunrise: 6:13AM	Vikarin 5121	
		Yama 6:13AM – 7:44AM	Sobhana Until 7:11AM	Muruga: Purple	Sunset: 6:22PM	Moon 10 - Phase 28	
		675313464 Rahu 1:49PM – 3:20PM	Vanija Until 10:57AM	Nataraja: Purple		3rd Phase	
Routine Work	Prabalarishta Yoga		Chaturthi* Until 10:31PM	Moon – Orange		Subha Sivaloka Day	
Until 6:51PM				Kartika•Aipasi			
Then Creative Work - Siddha Yoga							

4		Friday, November 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Sukarma Yoga Bava/Balava Karana Panchamyam Titau		Nairobi, Kenya Sun 17 Sutra 201	
Dhanus Rasi: 6.04	Tithi 5	Gulika 7:44AM – 9:15AM	Mula* Until 7:20PM	Ganesha: Purple	Sunrise: 6:13AM	Vikarin 5121	
		Yama 3:20PM – 4:51PM	Sukarma Until 4:18AM Sat	Muruga: Purple	Sunset: 6:22PM	Moon 10 - Phase 28	
		685313464 Rahu 10:47AM – 12:18PM	Bava Until 10:21AM	Nataraja: Purple		3rd Phase	
Creative Work	Amrita Yoga		Panchami Until 10:21PM	Moon – Light Blue		Subha Subha Sivaloka Day	
Until 7:20PM				Kartika•Aipasi			
Then Routine Work - Prabalarishta Yoga							

5		Saturday, November 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau		Nairobi, Kenya Sun 18 Sutra 202	
Dhanus Rasi: 19.01	Tithi 6	Gulika 6:13AM – 7:44AM	Purvashadha* Until 8:31PM	Ganesha: Purple	Sunrise: 6:13AM	Vikarin 5121	
		Yama 1:49PM – 3:20PM	Dhriti Until 3:53AM Sun	Muruga: Purple	Sunset: 6:22PM	Moon 10 - Phase 28	
		685313464 Rahu 9:15AM – 10:46AM	Kaulava Until 10:37AM	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 11:02PM	Moon – Light Blue		Subha Subha Sivaloka Day	
Until 8:31PM				Kartika•Aipasi			
Then Routine Work - Marana Yoga							

6		Sunday, November 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Shula* Yoga Gara/Vanija Karana Saptamyam Titau		Nairobi, Kenya Sun 19 Sutra 203	
Makara Rasi: 1.35	Tithi 7	Gulika 3:20PM – 4:51PM	Uttarashadha Until 10:16PM	Ganesha: Purple	Sunrise: 6:13AM	Vikarin 5121	
		Yama 12:18PM – 1:49PM	Shula* Until 3:59AM Mon	Muruga: Purple	Sunset: 6:22PM	Moon 10 - Phase 28	
		685313464 Rahu 4:51PM – 6:22PM	Gara Until 11:42AM	Nataraja: Purple		3rd Phase	
Creative Work	Amrita Yoga		Saptami Until 12:30AM Mon	Moon – Light Blue		Subha Subha Sivaloka Day	
				Kartika•Aipasi			

Retreat Star		Monday, November 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Nairobi, Kenya Sun 20 Sutra 204	
Makara Rasi: 13.49	Tithi 8	Gulika 1:49PM – 3:20PM	Shravana Until 12:57AM Tue	Ganesha: Purple	Sunrise: 6:13AM	Vikarin 5121	
Family Home Evening		Yama 10:46AM – 12:18PM	Ganda* Until 4:32AM Tue	Muruga: Purple	Sunset: 6:22PM	Moon 10 - Phase 28	
Creative Work	Amrita Yoga	696313464 Rahu 7:44AM – 9:15AM	Visti Until 1:29PM	Nataraja: Purple		Ashtami	
Until 12:57AM Tue			Ashtami* Until 2:33AM Tue	Moon – Purple		Sivaloka Day	
Then Creative Work - Siddha Yoga				Kartika•Aipasi			

Retreat Star		Tuesday, November 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Balava/Kaulava Karana Navamyam Titau		Nairobi, Kenya Sun 21 Sutra 205	
Makara Rasi: 25.5	Tithi 9	Gulika 12:18PM – 1:49PM	Dhanishtha Until 3:49AM Wed	Ganesha: Purple	Sunrise: 6:13AM	Vikarin 5121	
		Yama 9:15AM – 10:46AM	Vriddhi Until 5:21AM Wed	Muruga: Purple	Sunset: 6:22PM	Moon 10 - Phase 28	
		696313464 Rahu 3:20PM – 4:51PM	Balava Until 3:45PM	Nataraja: Purple		Navami	
Creative Work	Siddha Yoga		Navami* Until 4:58AM Wed	Moon – Purple		Sivaloka Day	
				Kartika•Aipasi			

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

1	Wednesday, November 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Taitila Karana Dashamyam Titau				Nairobi, Kenya Sun 22 Sutra 206 Vikarin 5121
	Kumbha Rasi: 7.44	Tithi 10	Gulika 10:46AM – 12:18PM	Shatabhishak Until 6:39AM Thu	Ganesha: Purple	<i>Sunrise:</i> 6:13AM	
			Yama 7:44AM – 9:15AM	Dhruva Until 6:14AM Thu	Muruqa: Purple	<i>Sunset:</i> 6:23PM	Moon 10 - Phase 29
	Creative Work	Siddha Yoga	696313464 Rahu 12:18PM – 1:49PM	Taitila Until 6:16PM	Nataraja: Purple		4th Phase
			Dashami Until 7:31AM Thu	Moon – Purple		Sivaloka Day	
				Kartika-Aipasi			


2	Thursday, November 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 23 Sutra 207 Vikarin 5121
	Kumbha Rasi: 19.35	Tithi 10 – 11	Gulika 9:15AM – 10:47AM	Shatabhishak Until 6:39AM	Ganesha: Clear	<i>Sunrise:</i> 6:13AM	
			Yama 6:13AM – 7:44AM	Dhruva Until 6:14AM	Muruqa: Purple	<i>Sunset:</i> 6:23PM	Moon 10 - Phase 29
	Creative Work	Siddha Yoga	796313464 Rahu 1:49PM – 3:20PM	Vanija Until 8:47PM	Nataraja: Purple		4th Phase
			Dashami Until 7:31AM	Moon – Purple		Subha Sivaloka Day	
				Kartika-Aipasi			


3	Friday, November 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vyaghata/Harshana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 24 Sutra 208 Vikarin 5121
	Meena Rasi: 1.28	Tithi 11 – 12	Gulika 7:44AM – 9:15AM	Purvaproshtapada* Until 9:44AM	Ganesha: Yellow	<i>Sunrise:</i> 6:13AM	
			Yama 3:20PM – 4:51PM	Vyaghata* Until 7:04AM	Muruqa: Purple	<i>Sunset:</i> 6:23PM	Moon 10 - Phase 29
	Creative Work	Siddha Yoga	716313464 Rahu 10:47AM – 12:18PM	Bava Until 11:08PM	Nataraja: Purple		4th Phase
			Ekadashi Until 9:58AM	Moon – Clear		Subha Sivaloka Day	
				Kartika-Aipasi			

4	Saturday, November 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 25 Sutra 209 Vikarin 5121
	Meena Rasi: 13.26	Tithi 12 – 13	Gulika 6:13AM – 7:44AM	Uttaraproshtapada Until 12:25PM	Ganesha: Yellow	<i>Sunrise:</i> 6:13AM	
			Yama 1:49PM – 3:20PM	Harshana Until 7:44AM	Muruqa: Purple	<i>Sunset:</i> 6:23PM	Moon 10 - Phase 29
	Creative Work	Siddha Yoga	716313464 Rahu 9:15AM – 10:47AM	Kaulava Until 1:12AM Sun	Nataraja: Purple		4th Phase
			Dvadashi Until 12:11PM	Moon – Clear		Subha Sivaloka Day	
				Kartika-Aipasi			
				<i>Pradosha Vrata</i>			

5	Sunday, November 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 26 Sutra 210 Vikarin 5121
	Meena Rasi: 25.31	Tithi 13 – 14	Gulika 3:20PM – 4:52PM	Revati Until 2:37PM	Ganesha: Yellow	<i>Sunrise:</i> 6:13AM	
			Yama 12:18PM – 1:49PM	Vajra* Until 8:08AM	Muruqa: Purple	<i>Sunset:</i> 6:23PM	Moon 10 - Phase 29
	Creative Work	Amrita Yoga	716313464 Rahu 4:52PM – 6:23PM	Gara Until 2:52AM Mon	Nataraja: Purple		4th Phase
			Trayodashi Until 2:03PM	Moon – Clear		Subha Sivaloka Day	
				Kartika-Aipasi			

6	Monday, November 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Nairobi, Kenya Sun 27 Sutra 211 Vikarin 5121
	Mesha Rasi: 7.46	Tithi 14 – 15	Gulika 1:49PM – 3:21PM	Ashvini Until 4:45PM	Ganesha: Clear	<i>Sunrise:</i> 6:13AM	
	Family Home Evening		Yama 10:47AM – 12:18PM	Siddhi Until 8:15AM	Muruqa: Purple	<i>Sunset:</i> 6:23PM	Moon 10 - Phase 29
	Creative Work	Siddha Yoga	727313464 Rahu 7:44AM – 9:16AM	Visti Until 4:07AM Tue	Nataraja: Purple		4th Phase
			Chaturdashi* Until 3:32PM	Moon – White		Subha Sivaloka Day	
				Kartika-Aipasi			

	Tuesday, November 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Nairobi, Kenya Sun 28 Sutra 212 Vikarin 5121
	Mesha Rasi: 20.12	Tithi 15 – 16	Gulika 12:18PM – 1:49PM	Bharani Until 6:19PM	Ganesha: White	<i>Sunrise:</i> 6:13AM	
			Yama 9:16AM – 10:47AM	Vyatipata* Until 8:03AM	Muruqa: Purple	<i>Sunset:</i> 6:23PM	Moon 10 - Phase 29
	Creative Work	Siddha Yoga	727413464 Rahu 3:21PM – 4:52PM	Balava Until 4:57AM Wed	Nataraja: Purple		Purnima
			Purnima* Until 4:34PM	Moon – White		Sivaloka Day	
				Kartika-Aipasi			

	Wednesday, November 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Nairobi, Kenya Sun 29 Sutra 213 Vikarin 5121
	Vrishabha Rasi: 2.49	Tithi 16 – 17	Gulika 10:47AM – 12:18PM	Krittika Until 7:19PM	Ganesha: White	<i>Sunrise:</i> 6:13AM	
			Yama 7:45AM – 9:16AM	Variyan Until 7:30AM	Muruqa: Purple	<i>Sunset:</i> 6:23PM	Moon 10 - Phase 29
	Creative Work	Amrita Yoga	727413464 Rahu 12:18PM – 1:50PM	Taitila Until 5:22AM Thu	Nataraja: Purple		Prathama
			Prathama* Until 5:11PM	Moon – White		Sivaloka Day	
				Kartika-Aipasi			

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



Thursday, November 14, 2019

Gold Retreat Star

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

Nairobi, Kenya

Sun 1 Sutra 214

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Vrishabha Rasi: 15.38 Tithi 17 - 18

737413464

Gulika 9:16AM - 10:47AM
Yama 6:13AM - 7:45AM
Rahu 1:50PM - 3:21PM

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

Ganesha: Clear *Sunrise: 6:13AM*
Muruqa: Purple *Sunset: 6:24PM*
Nataraja: Purple
Moon - Yellow
Karttika-Aipasi

Subha Sivaloka Day

Routine Work Marana Yoga

1

Friday, November 15, 2019

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

Nairobi, Kenya

Sun 2 Sutra 215

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Vrishabha Rasi: 28.38 Tithi 18 - 19

737413464

Gulika 7:45AM - 9:16AM
Yama 3:21PM - 4:52PM
Rahu 10:47AM - 12:19PM

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

Ganesha: Clear *Sunrise: 6:13AM*
Muruqa: Purple *Sunset: 6:24PM*
Nataraja: Purple
Moon - Yellow
Karttika-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

2

Saturday, November 16, 2019

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

Nairobi, Kenya

Sun 3 Sutra 216

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Mithuna Rasi: 11.49 Tithi 19 - 20

737413464

Gulika 6:14AM - 7:45AM
Yama 1:50PM - 3:21PM
Rahu 9:16AM - 10:47AM

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

Ganesha: Clear *Sunrise: 6:14AM*
Muruqa: Purple *Sunset: 6:24PM*
Nataraja: Purple
Moon - Yellow
Karttika-Kartikai

Subha Sivaloka Day

Creative Work Siddha Yoga

3

Sunday, November 17, 2019

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

Nairobi, Kenya

Sun 4 Sutra 217

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Mithuna Rasi: 25.12 Tithi 20 - 21

747413465

Gulika 3:22PM - 4:53PM
Yama 12:19PM - 1:50PM
Rahu 4:53PM - 6:24PM

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

Ganesha: Purple *Sunrise: 6:14AM*
Muruqa: Purple *Sunset: 6:24PM*
Nataraja: Clear
Moon - Blue
Karttika-Kartikai

Devaloka Day

Creative Work Siddha Yoga

4

Monday, November 18, 2019

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

Nairobi, Kenya

Sun 5 Sutra 218

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Kataka Rasi: 8.47 Tithi 21 - 22

748413465

Gulika 1:50PM - 3:22PM
Yama 10:48AM - 12:19PM
Rahu 7:45AM - 9:17AM

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

Ganesha: Clear *Sunrise: 6:14AM*
Muruqa: Purple *Sunset: 6:24PM*
Nataraja: Clear
Moon - Blue
Karttika-Kartikai

Sivaloka Day

Family Home Evening
Creative Work Siddha Yoga

D

Tuesday, November 19, 2019

Retreat Star

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

Nairobi, Kenya

Sun 6 Sutra 219

Vikarin 5121

Moon 11 - Phase 30

Ashtami

Kataka Rasi: 22.33 Tithi 22 - 23

748413465

Gulika 12:19PM - 1:51PM
Yama 9:17AM - 10:48AM
Rahu 3:22PM - 4:53PM

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

Ganesha: Clear *Sunrise: 6:14AM*
Muruqa: Purple *Sunset: 6:25PM*
Nataraja: Clear
Moon - Blue
Karttika-Kartikai

Sivaloka Day

Creative Work Siddha Yoga

Wednesday, November 20, 2019

Retreat Star

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

Nairobi, Kenya

Sun 7 Sutra 220

Vikarin 5121

Moon 11 - Phase 30

Navami

Simha Rasi: 6.32 Tithi 23 - 24

758413465

Gulika 10:48AM - 12:20PM
Yama 7:46AM - 9:17AM
Rahu 12:20PM - 1:51PM

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

Ganesha: White *Sunrise: 6:14AM*
Muruqa: Purple *Sunset: 6:25PM*
Nataraja: Clear
Moon - Red
Karttika-Kartikai

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 5:32PM

Then Creative Work - Amrita Yoga

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

All times are standard time

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1		Thursday, November 21, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Nairobi, Kenya Sun 8 Sutra 221 Vikarin 5121
Simha Rasi: 20.43	Tithi 24 – 25	Gulika 9:17AM – 10:49AM	Purvaphalguni Until 3:59PM	Ganesha: White <i>Sunrise:</i> 6:15AM	Moon 11 - Phase 31
		Yama 6:15AM – 7:46AM	Vaidhriti* Until 1:42PM	Muruqa: Purple <i>Sunset:</i> 6:25PM	2nd Phase
758413465	Rahu 1:51PM – 3:23PM		Vanija Until 7:49PM	Nataraja: Clear	
Creative Work	Siddha Yoga		Navami* Until 8:59AM	Moon – Red	Subha Sivaloka Day
				Karttika-Karttikai	

2		Friday, November 22, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Visti*/Balava Karana Dashami/Ekadashyam Titau	Nairobi, Kenya Sun 9 Sutra 222 Vikarin 5121
Kanya Rasi: 5.04	Tithi 25 – 26	Gulika 7:46AM – 9:17AM	Uttaraphalguni Until 2:03PM	Ganesha: White <i>Sunrise:</i> 6:15AM	Moon 11 - Phase 31
		Yama 3:23PM – 4:54PM	Vishkambha* Until 10:29AM	Muruqa: Purple <i>Sunset:</i> 6:25PM	2nd Phase
758413465	Rahu 10:49AM – 12:20PM		Balava Until 3:57AM Sat	Nataraja: Clear	
Creative Work	Siddha Yoga		Dashami Until 6:33AM	Moon – Red	Subha Sivaloka Day
Until 2:03PM				Karttika-Karttikai	
Then Creative Work - Amrita Yoga					

3		Saturday, November 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Dvadashyam Titau	Nairobi, Kenya Sun 10 Sutra 223 Vikarin 5121
Kanya Rasi: 19.32	Tithi 27	Gulika 6:15AM – 7:46AM	Hasta Until 12:16PM	Ganesha: Yellow <i>Sunrise:</i> 6:15AM	Moon 11 - Phase 31
		Yama 1:52PM – 3:23PM	Priti Until 7:09AM	Muruqa: Purple <i>Sunset:</i> 6:26PM	2nd Phase
768413465	Rahu 9:18AM – 10:49AM		Kaulava Until 2:39PM	Nataraja: Clear	
Routine Work	Marana Yoga		Dvadashi* Until 1:17AM Sun	Moon – Green	Sivaloka Day
				Karttika-Karttikai	

4		Sunday, November 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau	Nairobi, Kenya Sun 11 Sutra 224 Vikarin 5121
Tula Rasi: 4.02	Tithi 28	Gulika 3:23PM – 4:55PM	Chitra Until 10:20AM	Ganesha: Blue <i>Sunrise:</i> 6:15AM	Moon 11 - Phase 31
		Yama 12:21PM – 1:52PM	Saubhagya Until 12:25AM Mon	Muruqa: Purple <i>Sunset:</i> 6:26PM	2nd Phase
769413465	Rahu 4:55PM – 6:26PM		Gara Until 11:59AM	Nataraja: Clear	
Creative Work	Siddha Yoga		Trayodashi* Until 10:40PM	Moon – Green	Devaloka Day
				Karttika-Karttikai	
			<i>Pradosha Vrata (Fasting)</i>		

5		Monday, November 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Nairobi, Kenya Sun 12 Sutra 225 Vikarin 5121
Tula Rasi: 18.3	Tithi 29	Gulika 1:52PM – 3:24PM	Svati Until 8:21AM	Ganesha: Blue <i>Sunrise:</i> 6:16AM	Moon 11 - Phase 31
Family Home Evening		Yama 10:50AM – 12:21PM	Sobhana Until 9:15PM	Muruqa: Purple <i>Sunset:</i> 6:26PM	2nd Phase
769413465	Rahu 7:47AM – 9:18AM		Visti Until 9:26AM	Nataraja: Clear	
Creative Work	Amrita Yoga		Chaturdashi* Until 8:14PM	Moon – Green	Devaloka Day
Until 8:21AM				Karttika-Karttikai	
Then Routine Work - Marana Yoga					

Retreat Star		Tuesday, November 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Nairobi, Kenya Sun 13 Sutra 226 Vikarin 5121
Vrischika Rasi: 2.47	Tithi 30	Gulika 12:21PM – 1:53PM	Vishakha Until 6:54AM	Ganesha: Blue <i>Sunrise:</i> 6:16AM	Moon 11 - Phase 31
		Yama 9:19AM – 10:50AM	Athiganda* Until 6:20PM	Muruqa: Purple <i>Sunset:</i> 6:27PM	Amavasya
779413465	Rahu 3:24PM – 4:55PM		Catuspada Until 7:09AM	Nataraja: Clear	
Routine Work	Marana Yoga		Amavasya* Until 6:08PM	Moon – Orange	Devaloka Day
Until 6:54AM				Karttika-Karttikai	
Then Creative Work - Siddha Yoga					

Retreat Star		Wednesday, November 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Sukarma/Dhriti* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Nairobi, Kenya Sun 14 Sutra 227 Vikarin 5121
Vrischika Rasi: 16.5	Tithi 1 – 2	Gulika 10:50AM – 12:22PM	Jyeshtha* Until 4:53AM Thu	Ganesha: Blue <i>Sunrise:</i> 6:16AM	Moon 11 - Phase 31
		Yama 7:47AM – 9:19AM	Sukarma Until 3:49PM	Muruqa: Purple <i>Sunset:</i> 6:27PM	Prathama
779413465	Rahu 12:22PM – 1:53PM		Balava Until 3:55AM Thu	Nataraja: Clear	
Creative Work	Siddha Yoga		Prathama* Until 4:30PM	Moon – Orange	Devaloka Day
				Margasira-Karttikai	

1	Thursday, November 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Nairobi, Kenya Sun 15 Sutra 228 Vikarin 5121
	Dhanus Rasi: 0.32	Tithi 2 – 3	Gulika 9:19AM – 10:51AM Yama 6:16AM – 7:48AM 789413465 Rahu 1:53PM – 3:25PM	Mula* Until 5:02AM Fri Dhriti Until 1:47PM Taitila Until 3:15AM Fri Dvitiya Until 3:29PM	Ganesha: Blue <i>Sunrise:</i> 6:16AM Muruqa: Purple <i>Sunset:</i> 6:27PM Nataraja: Clear Moon – Light Blue Devaloka Day Margasira•Karttikai
Creative Work Siddha Yoga Until 5:02AM Fri Then Routine Work - Prabalarishta Yoga					

2	Friday, November 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Nairobi, Kenya Sun 16 Sutra 229 Vikarin 5121
	Dhanus Rasi: 13.51	Tithi 3 – 4	Gulika 7:48AM – 9:19AM Yama 3:25PM – 4:56PM 789413465 Rahu 10:51AM – 12:22PM	Purvashadha* Until 5:45AM Sat Shula* Until 12:16PM Vanija Until 3:19AM Sat Tritiya Until 3:10PM	Ganesha: Blue <i>Sunrise:</i> 6:17AM Muruqa: Purple <i>Sunset:</i> 6:28PM Nataraja: Clear Moon – Light Blue Devaloka Day Margasira•Karttikai
Routine Work Prabalarishta Yoga Until 5:45AM Sat Then Routine Work - Marana Yoga					

3	Saturday, November 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Ganda*/Vridhhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Nairobi, Kenya Sun 17 Sutra 230 Vikarin 5121
	Dhanus Rasi: 26.47	Tithi 4 – 5	Gulika 6:17AM – 7:48AM Yama 1:54PM – 3:25PM 789413465 Rahu 9:20AM – 10:51AM	Uttarashadha Until 7:01AM Sun Ganda* Until 11:21AM Bava Until 4:08AM Sun Chaturthi* Until 3:37PM	Ganesha: Blue <i>Sunrise:</i> 6:17AM Muruqa: Purple <i>Sunset:</i> 6:28PM Nataraja: Clear Moon – Light Blue Devaloka Day Margasira•Karttikai
Routine Work Marana Yoga Until 7:01AM Sun Then Creative Work - Amrita Yoga					

4	Sunday, December 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vridhhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Nairobi, Kenya Sun 18 Sutra 231 Vikarin 5121
	Makara Rasi: 9.22	Tithi 5 – 6	Gulika 3:26PM – 4:57PM Yama 12:23PM – 1:54PM 789413465 Rahu 4:57PM – 6:29PM	Uttarashadha Until 7:01AM Vridhhi Until 11:01AM Kaulava Until 5:39AM Mon Panchami Until 4:47PM	Ganesha: Blue <i>Sunrise:</i> 6:17AM Muruqa: Purple <i>Sunset:</i> 6:29PM Nataraja: Clear Moon – Light Blue Devaloka Day Margasira•Karttikai
Creative Work Amrita Yoga					

5	Monday, December 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila Karana Shashthyam Titau		Nairobi, Kenya Sun 19 Sutra 232 Vikarin 5121
	Makara Rasi: 21.4	Tithi 6	Gulika 1:55PM – 3:26PM Yama 10:52AM – 12:23PM 791413465 Rahu 7:49AM – 9:21AM	Shravana Until 9:16AM Dhruva Until 11:09AM Taitila Until 6:35PM Shashthi* Until 6:35PM	Ganesha: Clear <i>Sunrise:</i> 6:18AM Muruqa: Purple <i>Sunset:</i> 6:29PM Nataraja: Clear Moon – Purple Sivaloka Day Margasira•Karttikai
Family Home Evening Creative Work Amrita Yoga Until 9:16AM Then Creative Work - Siddha Yoga					

6	Tuesday, December 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Saptamyam Titau		Nairobi, Kenya Sun 20 Sutra 233 Vikarin 5121
	Kumbha Rasi: 3.44	Tithi 7	Gulika 12:24PM – 1:55PM Yama 9:21AM – 10:52AM 791413465 Rahu 3:27PM – 4:58PM	Dhanishtha Until 11:51AM Vyaghata* Until 11:41AM Gara Until 7:42AM Saptami Until 8:51PM	Ganesha: Clear <i>Sunrise:</i> 6:18AM Muruqa: Purple <i>Sunset:</i> 6:29PM Nataraja: Clear Moon – Purple Sivaloka Day Margasira•Karttikai
Creative Work Siddha Yoga Until 11:51AM Then Routine Work - Marana Yoga					

D	Wednesday, December 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaprosarthapada* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashlamyam Titau		Nairobi, Kenya Sun 21 Sutra 234 Vikarin 5121
	Retreat Star		Gulika 10:53AM – 12:24PM Yama 7:50AM – 9:21AM 791413465 Rahu 12:24PM – 1:56PM	Shatabhishak Until 2:33PM Harshana Until 12:27PM Visti Until 10:05AM Ashtami* Until 11:19PM	Ganesha: Clear <i>Sunrise:</i> 6:19AM Muruqa: Purple <i>Sunset:</i> 6:30PM Nataraja: Clear Moon – Purple Sivaloka Day Margasira•Karttikai
Kumbha Rasi: 15.4 Tithi 8 Creative Work Siddha Yoga Until 2:33PM Then Creative Work - Amrita Yoga					

D	Thursday, December 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaprosarthapada*/Uttaraprosarthapada Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Navamyam Titau		Nairobi, Kenya Sun 22 Sutra 235 Vikarin 5121
	Retreat Star		Gulika 9:22AM – 10:53AM Yama 6:19AM – 7:50AM 711413465 Rahu 1:56PM – 3:27PM	Purvaprosarthapada* Until 5:39PM Vajra* Until 1:15PM Balava Until 12:36PM Navami* Until 1:48AM Fri	Ganesha: Yellow <i>Sunrise:</i> 6:19AM Muruqa: Purple <i>Sunset:</i> 6:30PM Nataraja: Clear Moon – Clear Sivaloka Day Margasira•Karttikai
Kumbha Rasi: 27.33 Tithi 9 Creative Work Siddha Yoga					

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


1		Friday, December 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi/Vyatiyata* Yoga Taitila/Gara Karana Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 236 Vikarin 5121
Meena Rasi: 9.27	Tithi 10	Gulika 7:51AM – 9:22AM	Uttaraproshtapada Until 8:27PM	Ganesha: Yellow	<i>Sunrise:</i> 6:19AM			
		Yama 3:28PM – 4:59PM	Siddhi Until 1:59PM	Muruqa: Purple	<i>Sunset:</i> 6:31PM			Moon 11 - Phase 33
		711413465 Rahu 10:54AM – 12:25PM	Taitila Until 3:00PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Dashami Until 4:05AM Sat	Moon – Clear			Sivaloka Day	
				Margasira-Karttikai				

2		Saturday, December 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 237 Vikarin 5121
Meena Rasi: 21.26	Tithi 11	Gulika 6:20AM – 7:51AM	Revati Until 10:46PM	Ganesha: White	<i>Sunrise:</i> 6:20AM			
		Yama 1:57PM – 3:28PM	Vyatipata* Until 2:31PM	Muruqa: Purple	<i>Sunset:</i> 6:31PM			Moon 11 - Phase 33
		711513465 Rahu 9:23AM – 10:54AM	Vanija Until 5:07PM	Nataraja: Clear				4th Phase
Routine Work	Prabalarishta Yoga		Ekadashi Until 5:59AM Sun	Moon – Clear			Subha Sivaloka Day	
Until 10:46PM				Margasira-Karttikai				
Then Creative Work - Siddha Yoga								

3		Sunday, December 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan/Parigha* Yoga Bava Karana Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 238 Vikarin 5121
Mesha Rasi: 3.35	Tithi 12	Gulika 3:29PM – 5:00PM	Ashvini Until 12:59AM Mon	Ganesha: Clear	<i>Sunrise:</i> 6:20AM			
		Yama 12:26PM – 1:57PM	Varyan Until 2:43PM	Muruqa: Purple	<i>Sunset:</i> 6:31PM			Moon 11 - Phase 33
		721513465 Rahu 5:00PM – 6:31PM	Bava Until 6:47PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 7:24AM Mon	Moon – White			Sivaloka Day	
				Margasira-Karttikai				

4		Monday, December 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 239 Vikarin 5121
Mesha Rasi: 15.55	Tithi 12 – 13	Gulika 1:58PM – 3:29PM	Bharani Until 2:30AM Tue	Ganesha: Clear	<i>Sunrise:</i> 6:21AM			
Family Home Evening		Yama 10:55AM – 12:26PM	Parigha* Until 2:31PM	Muruqa: Purple	<i>Sunset:</i> 6:32PM			Moon 11 - Phase 33
		721513465 Rahu 7:52AM – 9:23AM	Kaulava Until 7:55PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 7:24AM	Moon – White			Sivaloka Day	
				Margasira-Karttikai				
				<i>Pradosha Vrata</i>				

5		Tuesday, December 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 240 Vikarin 5121
Mesha Rasi: 28.31	Tithi 13 – 14	Gulika 12:27PM – 1:58PM	Krittika Until 3:18AM Wed	Ganesha: Clear	<i>Sunrise:</i> 6:21AM			
		Yama 9:24AM – 10:55AM	Shiva Until 1:54PM	Muruqa: Purple	<i>Sunset:</i> 6:32PM			Moon 11 - Phase 33
		721513465 Rahu 3:30PM – 5:01PM	Gara Until 8:29PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 8:15AM	Moon – White			Sivaloka Day	
		Krittika Deepam		Margasira-Karttikai				

		Wednesday, December 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Nairobi, Kenya Sutra 241 Vikarin 5121
Copper Retreat Star		Gulika 10:56AM – 12:27PM	Rohini Until 3:52AM Thu	Ganesha: Purple	<i>Sunrise:</i> 6:21AM			
Vrishabha Rasi: 11.22	Tithi 14 – 15	Yama 7:53AM – 9:24AM	Siddha Until 12:49PM	Muruqa: Clear	<i>Sunset:</i> 6:33PM			Moon 11 - Phase 33
		731523465 Rahu 12:27PM – 1:59PM	Visti Until 8:28PM	Nataraja: Clear				Purnima
Creative Work	Siddha Yoga		Chaturdashi* Until 8:31AM	Moon – Yellow			Sivaloka Day	
Until 3:52AM Thu				Margasira-Karttikai				
Then Routine Work - Marana Yoga								

Thursday, December 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Nairobi, Kenya Sutra 242 Vikarin 5121		
Silver Retreat Star		Gulika 9:25AM – 10:56AM	Mrigashira Until 3:48AM Fri	Ganesha: Clear	<i>Sunrise:</i> 6:22AM			
Vrishabha Rasi: 24.3	Tithi 15 – 16	Yama 6:22AM – 7:53AM	Sadhya Until 11:20AM	Muruqa: Clear	<i>Sunset:</i> 6:33PM			Moon 11 - Phase 33
		732523465 Rahu 1:59PM – 3:30PM	Balava Until 7:55PM	Nataraja: Clear				Prathama
Routine Work	Marana Yoga		Purnima* Until 8:14AM	Moon – Yellow			Devaloka Day	
Until 3:48AM Fri		Vinayaga Viratam Begins		Margasira-Karttikai				
Then Creative Work - Siddha Yoga								

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



Friday, December 13, 2019

Gold Retreat Star

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

Nairobi, Kenya

Sutra 243

Mithuna Rasi: 7.54 Tithi 16 - 17

732523465

Gulika 7:54AM - 9:25AM
Yama 3:31PM - 5:02PM
Rahu 10:57AM - 12:28PM

Ardra Until 3:09AM Sat

Subha Until 9:28AM

Taitila Until 6:56PM

Prathama* Until 7:27AM

Ganesha: Clear Sunrise: 6:22AM

Muruga: Clear Sunset: 6:34PM

Nataraja: Clear

Moon - Yellow

Margasira-Karttikai

Devaloka Day

Moon 12 - Phase 34

1st Phase

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

Nairobi, Kenya

Sun 1 Sutra 244

Mithuna Rasi: 21.32 Tithi 17 - 18

742523465

Gulika 6:23AM - 7:54AM
Yama 2:00PM - 3:31PM
Rahu 9:26AM - 10:57AM

Punarvasu Until 2:29AM Sun

Sukla Until 7:15AM

Visli Until 4:45AM Sun

Dvitiya Until 6:16AM

Ganesha: Purple Sunrise: 6:23AM

Muruga: Clear Sunset: 6:34PM

Nataraja: Clear

Moon - Blue

Margasira-Karttikai

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 12 - Phase 34

1st Phase

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

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

Nairobi, Kenya

Sun 2 Sutra 245

Kataka Rasi: 5.22 Tithi 19

742523465

Gulika 3:32PM - 5:03PM
Yama 12:29PM - 2:00PM
Rahu 5:03PM - 6:35PM

Pushya Until 1:25AM Mon

Indra Until 2:11AM Mon

Bava Until 3:55PM

Chaturthi* Until 3:00AM Mon

Ganesha: Purple Sunrise: 6:23AM

Muruga: Clear Sunset: 6:35PM

Nataraja: Clear

Moon - Blue

Margasira-Karttikai

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 12 - Phase 34

1st Phase

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

Nairobi, Kenya

Sun 3 Sutra 246

Kataka Rasi: 19.2 Tithi 20

742523465

Gulika 2:01PM - 3:32PM
Yama 10:58AM - 12:30PM
Rahu 7:55AM - 9:27AM

Ashlesha* Until 12:02AM Tue

Vaidhriti* Until 11:24PM

Kaulava Until 2:04PM

Panchami Until 1:04AM Tue

Ganesha: Purple Sunrise: 6:24AM

Muruga: Clear Sunset: 6:35PM

Nataraja: Clear

Moon - Blue

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 12 - Phase 34

1st Phase

Creative Work Siddha Yoga

Markali Pillaiyar

4

Tuesday, December 17, 2019

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

Nairobi, Kenya

Sun 4 Sutra 247

Simha Rasi: 3.25 Tithi 21

852523465

Gulika 12:30PM - 2:01PM
Yama 9:27AM - 10:59AM
Rahu 3:33PM - 5:04PM

Magha* Until 10:50PM

Vishkambha* Until 8:33PM

Gara Until 12:06PM

Shashthi* Until 11:03PM

Ganesha: Purple Sunrise: 6:24AM

Muruga: Clear Sunset: 6:36PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 12 - Phase 34

1st Phase

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

Nairobi, Kenya

Sun 5 Sutra 248

Simha Rasi: 17.32 Tithi 22

852523465

Gulika 10:59AM - 12:30PM
Yama 7:56AM - 9:28AM
Rahu 12:30PM - 2:02PM

Purvaphalguni Until 9:27PM

Priti Until 5:40PM

Visti Until 10:02AM

Saptami Until 8:59PM

Ganesha: Purple Sunrise: 6:25AM

Muruga: Clear Sunset: 6:36PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 12 - Phase 34

1st Phase

Creative Work Amrita Yoga

D

Thursday, December 19, 2019

Retreat Star

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

Nairobi, Kenya

Sun 6 Sutra 249

Kanya Rasi: 1.42 Tithi 23

852523465

Gulika 9:28AM - 11:00AM
Yama 6:25AM - 7:57AM
Rahu 2:02PM - 3:34PM

Uttaraphalguni Until 7:55PM

Ayushman Until 2:44PM

Balava Until 7:57AM

Ashtami* Until 6:54PM

Ganesha: Purple Sunrise: 6:25AM

Muruga: Clear Sunset: 6:37PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 12 - Phase 34

Ashtami

Amrita Yoga

Until 7:55PM

Then Routine Work - Marana Yoga

Friday, December 20, 2019

Retreat Star

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

Nairobi, Kenya

Sun 7 Sutra 250

Kanya Rasi: 15.51 Tithi 24 - 25

862523465

Gulika 7:57AM - 9:29AM
Yama 3:34PM - 5:06PM
Rahu 11:00AM - 12:31PM

Hasta Until 6:41PM

Saubhagya Until 11:50AM

Vanija Until 3:51AM Sat

Navami* Until 4:50PM

Ganesha: Clear Sunrise: 6:26AM

Muruga: Clear Sunset: 6:37PM

Nataraja: Clear

Moon - Green

Margasira-Markali

Devaloka Day

Moon 12 - Phase 34

Navami

Creative Work Amrita Yoga

Until 6:41PM

Then Creative Work - Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

1	Saturday, December 21, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 8 Sutra 251
	Kanya Rasi: 29.59	Tithi 25 – 26	Gulika 6:26AM – 7:58AM	Chitra Until 5:22PM	Ganesha: Clear	<i>Sunrise:</i> 6:26AM	Vikarin 5121
		862523465	Yama 2:03PM – 3:35PM	Sobhana Until 8:59AM	Muruqa: Clear	<i>Sunset:</i> 6:38PM	Moon 12 - Phase 35
			Rahu 9:29AM – 11:01AM	Bava Until 1:54AM Sun	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga				Moon – Green		Devaloka Day
Until 5:22PM			Day 1 of Pancha Ganapati	Dashami Until 2:51PM			Margasira-Markali
Then Creative Work - Siddha Yoga							

2	Sunday, December 22, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 9 Sutra 252
	Tula Rasi: 14.02	Tithi 26 – 27	Gulika 3:35PM – 5:07PM	Svati Until 4:03PM	Ganesha: Clear	<i>Sunrise:</i> 6:27AM	Vikarin 5121
		862523465	Yama 12:32PM – 2:04PM	Athiganda* Until 6:12AM	Muruqa: Clear	<i>Sunset:</i> 6:38PM	Moon 12 - Phase 35
			Rahu 5:07PM – 6:38PM	Kaulava Until 12:07AM Mon	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga				Moon – Green		Devaloka Day
Until 4:03PM			Day 2 of Pancha Ganapati	Ekadashi* Until 12:58PM			Margasira-Markali
Then Routine Work - Marana Yoga							

3	Monday, December 23, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 10 Sutra 253
	Tula Rasi: 28	Tithi 27 – 28	Gulika 2:04PM – 3:36PM	Vishakha Until 3:13PM	Ganesha: White	<i>Sunrise:</i> 6:27AM	Vikarin 5121
Family Home Evening		872523465	Yama 11:02AM – 12:33PM	Dhriti Until 1:07AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:39PM	Moon 12 - Phase 35
			Rahu 7:59AM – 9:30AM	Gara Until 10:34PM	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga				Moon – Orange		Bhuloka Day
Until 3:13PM			Day 3 of Pancha Ganapati	Dvadashi* Until 11:17AM			Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>			

4	Tuesday, December 24, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 11 Sutra 254
	Vrischika Rasi: 11.48	Tithi 28 – 29	Gulika 12:33PM – 2:05PM	Anuradha Until 2:31PM	Ganesha: White	<i>Sunrise:</i> 6:28AM	Vikarin 5121
		872523465	Yama 9:31AM – 11:02AM	Shula* Until 10:54PM	Muruqa: Clear	<i>Sunset:</i> 6:39PM	Moon 12 - Phase 35
			Rahu 3:36PM – 5:08PM	Visti Until 9:19PM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga				Moon – Orange		Bhuloka Day
Until 2:31PM			Day 4 of Pancha Ganapati	Trayodashi* Until 9:52AM			Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga							

●	Wednesday, December 25, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Nairobi, Kenya Sun 12 Sutra 255
	Retreat Star		Gulika 11:03AM – 12:34PM	Jyeshtha* Until 2:02PM	Ganesha: White	<i>Sunrise:</i> 6:28AM	Vikarin 5121
Vrischika Rasi: 25.25	Tithi 29 – 30	872523465	Yama 8:00AM – 9:31AM	Ganda* Until 9:02PM	Muruqa: Clear	<i>Sunset:</i> 6:40PM	Moon 12 - Phase 35
			Rahu 12:34PM – 2:05PM	Catuspada Until 8:29PM	Nataraja: Clear		Amavasya
Creative Work	Siddha Yoga				Moon – Orange		Bhuloka Day
Until 2:02PM			Day 5 of Pancha Ganapati	Chaturdashi* Until 8:49AM			Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga							

●	Thursday, December 26, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Nairobi, Kenya Sun 13 Sutra 256
	Retreat Star		Gulika 9:32AM – 11:03AM	Mula* Until 2:19PM	Ganesha: Orange	<i>Sunrise:</i> 6:29AM	Vikarin 5121
Dhanus Rasi: 8.46	Tithi 30 – 1	883523465	Yama 6:29AM – 8:00AM	Vriddhi Until 7:34PM	Muruqa: Clear	<i>Sunset:</i> 6:40PM	Moon 12 - Phase 35
			Rahu 2:06PM – 3:37PM	Kintughna Until 8:09PM	Nataraja: Clear		Prathama
Creative Work	Siddha Yoga				Moon – Light Blue		Devaloka Day
			Annular Solar Eclipse	Amavasya* Until 8:14AM			Pausha-Markali

1		Friday, December 27, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Nairobi, Kenya Sun 14 Sutra 257 Vikarin 5121		
Dhanus Rasi: 21.5	Tithi 1 – 2	Gulika 8:01AM – 9:32AM	Purvashadha* Until 2:59PM	Ganesha: Orange	Sunrise: 6:29AM	Muruqa: Clear	Sunset: 6:41PM	Moon 12 - Phase 36 3rd Phase
Routine Work	Prabalarishta Yoga	Yama 3:38PM – 5:09PM	Dhruva Until 6:31PM	Nataraja: Orange		Moon – Light Blue		Devaloka Day
Until 2:59PM		Rahu 11:04AM – 12:35PM	Balava Until 8:22PM			Pausa-Markali		
Then Routine Work - Marana Yoga			Prathama* Until 8:10AM					
2		Saturday, December 28, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Nairobi, Kenya Sun 15 Sutra 258 Vikarin 5121		
Makara Rasi: 4.37	Tithi 2 – 3	Gulika 6:30AM – 8:01AM	Uttarashadha Until 4:04PM	Ganesha: Orange	Sunrise: 6:30AM	Muruqa: Clear	Sunset: 6:41PM	Moon 12 - Phase 36 3rd Phase
Routine Work	Marana Yoga	Yama 2:07PM – 3:38PM	Vyaghata* Until 5:56PM	Nataraja: Orange		Moon – Light Blue		Devaloka Day
Until 4:04PM		Rahu 9:33AM – 11:04AM	Taitila Until 9:12PM			Pausa-Markali		
Then Creative Work - Siddha Yoga			Dvitiya Until 8:42AM					
3		Sunday, December 29, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Nairobi, Kenya Sun 16 Sutra 259 Vikarin 5121		
Makara Rasi: 17.08	Tithi 3 – 4	Gulika 3:39PM – 5:10PM	Shravana Until 6:02PM	Ganesha: Clear	Sunrise: 6:30AM	Muruqa: Clear	Sunset: 6:42PM	Moon 12 - Phase 36 3rd Phase
Creative Work	Amrita Yoga	Yama 12:36PM – 2:07PM	Harshana Until 5:48PM	Nataraja: Orange		Moon – Purple		Devaloka Day
Until 6:02PM		Rahu 5:10PM – 6:42PM	Vanija Until 10:37PM			Pausa-Markali		
Then Routine Work - Marana Yoga			Tritiya Until 9:49AM					
4		Monday, December 30, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vajra* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Nairobi, Kenya Sun 17 Sutra 260 Vikarin 5121		
Makara Rasi: 29.25	Tithi 4 – 5	Gulika 2:08PM – 3:39PM	Dhanishtha Until 8:20PM	Ganesha: Clear	Sunrise: 6:31AM	Muruqa: Clear	Sunset: 6:42PM	Moon 12 - Phase 36 3rd Phase
Family Home Evening		Yama 11:05AM – 12:36PM	Vajra* Until 6:03PM	Nataraja: Orange		Moon – Purple		Devaloka Day
Creative Work	Siddha Yoga	Rahu 8:02AM – 9:34AM	Bava Until 12:31AM Tue			Pausa-Markali		
			Chaturthi* Until 11:29AM					
5		Tuesday, December 31, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Nairobi, Kenya Sun 18 Sutra 261 Vikarin 5121		
Kumbha Rasi: 11.31	Tithi 5 – 6	Gulika 12:37PM – 2:08PM	Shatabhishak Until 10:50PM	Ganesha: Clear	Sunrise: 6:31AM	Muruqa: Clear	Sunset: 6:43PM	Moon 12 - Phase 36 3rd Phase
Routine Work	Marana Yoga	Yama 9:34AM – 11:05AM	Siddhi Until 6:36PM	Nataraja: Orange		Moon – Purple		Devaloka Day
		Rahu 3:40PM – 5:11PM	Kaulava Until 2:48AM Wed			Pausa-Markali		
			Panchami Until 1:36PM					
6		Wednesday, January 1, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosarthpada* Nakshatra Vyatipata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Nairobi, Kenya Sun 19 Sutra 262 Vikarin 5121		
Kumbha Rasi: 23.28	Tithi 6 – 7	Gulika 11:06AM – 12:38PM	Purvaprosarthpada* Until 1:54AM Thu	Ganesha: Blue	Sunrise: 6:32AM	Muruqa: Clear	Sunset: 6:44PM	Moon 12 - Phase 36 3rd Phase
Creative Work	Amrita Yoga	Yama 8:04AM – 9:35AM	Vyatipata* Until 7:21PM	Nataraja: Orange		Moon – Clear		Bhuloka Day
Until 1:54AM Thu		Rahu 12:38PM – 2:09PM	Gara Until 5:17AM Thu			Pausa-Markali		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga			Shashthi* Until 4:01PM					
			Vinayaga Viratam Ends					
Retreat Star		Thursday, January 2, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosarthpada Nakshatra Variyan Yoga Vanija Karana Saplamyam Titau		Nairobi, Kenya Sun 20 Sutra 263 Vikarin 5121		
Meena Rasi: 5.21	Tithi 7	Gulika 9:35AM – 11:07AM	Uttaraprosarthpada Until 4:48AM Fri	Ganesha: Blue	Sunrise: 6:33AM	Muruqa: Clear	Sunset: 6:44PM	Moon 12 - Phase 36 3rd Phase
Creative Work	Siddha Yoga	Yama 6:33AM – 8:04AM	Variyan Until 8:08PM	Nataraja: Orange		Moon – Clear		Bhuloka Day
		Rahu 2:10PM – 3:41PM	Vanija Until 6:31PM			Pausa-Markali		Devaloka Time: 3:PM to 6:PM
			Saptami Until 6:31PM					
Retreat Star		Friday, January 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Parigha* Yoga Visti*/Bava Karana Ashtamyam Titau		Nairobi, Kenya Sun 21 Sutra 264 Vikarin 5121		
Meena Rasi: 17.15	Tithi 8	Gulika 8:05AM – 9:36AM	Revati Until 7:23AM Sat	Ganesha: Blue	Sunrise: 6:33AM	Muruqa: Clear	Sunset: 6:44PM	Moon 12 - Phase 36 Ashtami
Creative Work	Siddha Yoga	Yama 3:42PM – 5:13PM	Parigha* Until 8:51PM	Nataraja: Orange		Moon – Clear		Bhuloka Day
		Rahu 11:07AM – 12:39PM	Visti Until 7:46AM			Pausa-Markali		Devaloka Time: 3:PM to 6:PM
			Ashtami* Until 8:55PM					
Retreat Star		Saturday, January 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau		Nairobi, Kenya Sun 22 Sutra 265 Vikarin 5121		
Meena Rasi: 29.13	Tithi 9	Gulika 6:34AM – 8:05AM	Revati Until 7:23AM	Ganesha: Blue	Sunrise: 6:34AM	Muruqa: Clear	Sunset: 6:45PM	Moon 12 - Phase 36 Navami
Routine Work	Prabalarishta Yoga	Yama 2:11PM – 3:42PM	Shiva Until 9:21PM	Nataraja: Orange		Moon – Clear		Bhuloka Day
Until 7:23AM		Rahu 9:36AM – 11:08AM	Balava Until 10:02AM			Pausa-Markali		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga			Navami* Until 11:01PM					

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

1 Sunday, January 5, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam				Nairobi, Kenya
		Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau				Sun 23 Sutra 266
Mesha Rasi: 11.2	Tithi 10	Gulika 3:43PM – 5:14PM	Ashvini Until 9:54AM	Ganesha: Yellow <i>Sunrise:</i> 6:34AM		Vikarin 5121
		Yama 12:40PM – 2:11PM	Siddha Until 9:27PM	Muruqa: Clear <i>Sunset:</i> 6:45PM		Moon 12 - Phase 37
	823623466	Rahu 5:14PM – 6:45PM	Taitila Until 11:54AM	Nataraja: Orange		4th Phase
Creative Work	Siddha Yoga			Moon – White	Devaloka Day	
Until 9:54AM		Subramuniyaswami Jayanti	Dashami Until 12:36AM Mon	Pausha-Markali		
Then Routine Work - Prabalarishta Yoga						

2 Monday, January 6, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam				Nairobi, Kenya
		Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau				Sun 24 Sutra 267
Mesha Rasi: 23.4	Tithi 11	Gulika 2:12PM – 3:43PM	Bharani Until 11:44AM	Ganesha: Yellow <i>Sunrise:</i> 6:34AM		Vikarin 5121
Family Home Evening		Yama 11:09AM – 12:40PM	Sadhya Until 9:06PM	Muruqa: Clear <i>Sunset:</i> 6:46PM		Moon 12 - Phase 37
Creative Work	Siddha Yoga	823623466 Rahu 8:06AM – 9:37AM	Vanija Until 1:11PM	Nataraja: Orange		4th Phase
Until 11:44AM		Vaikuntha Ekadasi	Ekadashi Until 1:33AM Tue	Moon – White	Devaloka Day	
Then Routine Work - Marana Yoga				Pausha-Markali		

3 Tuesday, January 7, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam				Nairobi, Kenya
		Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau				Sun 25 Sutra 268
Vrishabha Rasi: 6.17	Tithi 12	Gulika 12:41PM – 2:12PM	Krittika Until 12:45PM	Ganesha: Yellow <i>Sunrise:</i> 6:35AM		Vikarin 5121
		Yama 9:38AM – 11:09AM	Subha Until 8:13PM	Muruqa: Clear <i>Sunset:</i> 6:46PM		Moon 12 - Phase 37
	823623466	Rahu 3:43PM – 5:15PM	Bava Until 1:47PM	Nataraja: Orange		4th Phase
Creative Work	Siddha Yoga			Moon – White	Devaloka Day	
Until 12:45PM			Dvadashi Until 1:47AM Wed	Pausha-Markali		
Then Creative Work - Amrita Yoga						

4 Wednesday, January 8, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam				Nairobi, Kenya
		Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau				Sun 26 Sutra 269
Vrishabha Rasi: 19.16	Tithi 13	Gulika 11:10AM – 12:41PM	Rohini Until 1:22PM	Ganesha: White <i>Sunrise:</i> 6:35AM		Vikarin 5121
		Yama 8:07AM – 9:38AM	Sukla Until 6:44PM	Muruqa: Clear <i>Sunset:</i> 6:47PM		Moon 12 - Phase 37
	833623466	Rahu 12:41PM – 2:12PM	Kaulava Until 1:38PM	Nataraja: Orange		4th Phase
Creative Work	Siddha Yoga			Moon – Yellow	Bhuloka Day	
			Trayodashi Until 1:17AM Thu	Pausha-Markali	Devaloka Time: 3:PM to 6:PM	
			<i>Pradosha Vrata</i>			

5 Thursday, January 9, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam				Nairobi, Kenya
		Mrigashira/Ardra Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Sun 27 Sutra 270
Mithuna Rasi: 2.37	Tithi 14	Gulika 9:39AM – 11:10AM	Mrigashira Until 1:09PM	Ganesha: Yellow <i>Sunrise:</i> 6:36AM		Vikarin 5121
		Yama 6:36AM – 8:07AM	Brahma Until 4:44PM	Muruqa: Clear <i>Sunset:</i> 6:47PM		Moon 12 - Phase 37
	834623466	Rahu 2:13PM – 3:44PM	Gara Until 12:48PM	Nataraja: Orange		4th Phase
Routine Work	Marana Yoga			Moon – Yellow	Devaloka Day	
			Chaturdashi* Until 12:07AM Fri	Pausha-Markali		

Friday, January 10, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam				Nairobi, Kenya
Copper Retreat Star		Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Sutra 271
Mithuna Rasi: 16.19	Tithi 15	Gulika 8:08AM – 9:39AM	Ardra Until 12:10PM	Ganesha: Yellow <i>Sunrise:</i> 6:36AM		Vikarin 5121
		Yama 3:45PM – 5:16PM	Indra Until 2:16PM	Muruqa: Clear <i>Sunset:</i> 6:47PM		Moon 12 - Phase 37
	834623466	Rahu 11:10AM – 12:42PM	Visti Until 11:19AM	Nataraja: Orange		Purnima
Creative Work	Siddha Yoga			Moon – Yellow	Devaloka Day	
		Penumbral Lunar Eclipse	Purnima* Until 10:22PM	Pausha-Markali		
		Ardra Darshanam				

Saturday, January 11, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam				Nairobi, Kenya
Silver Retreat Star		Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Sutra 272
Kataka Rasi: 0.22	Tithi 16	Gulika 6:37AM – 8:08AM	Punarvasu Until 10:59AM	Ganesha: White <i>Sunrise:</i> 6:37AM		Vikarin 5121
		Yama 2:14PM – 3:45PM	Vaidhriti* Until 11:22AM	Muruqa: Clear <i>Sunset:</i> 6:48PM		Moon 12 - Phase 37
	844623466	Rahu 9:39AM – 11:11AM	Balava Until 9:20AM	Nataraja: Orange		Prathama
Creative Work	Siddha Yoga			Moon – Blue	Sivaloka Day	
			Prathama* Until 8:10PM	Pausha-Markali		

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

All times are standard time

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Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 14.41 Tithi 17 - 18

844623466

Creative Work Siddha Yoga

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

Gulika 3:45PM - 5:17PM
Yama 12:43PM - 2:14PM
Rahu 5:17PM - 6:48PM

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

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

Sunrise: 6:37AM
Sunset: 6:48PM

Nairobi, Kenya
Sun 1 Sutra 273
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Sivaloka Day

1

Monday, January 13, 2020

Kataka Rasi: 29.1 Tithi 18 - 19

Family Home Evening

844623466

Creative Work Siddha Yoga

Until 7:13AM

Then Routine Work - Marana Yoga

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

Gulika 2:14PM - 3:46PM
Yama 11:12AM - 12:43PM
Rahu 8:09AM - 9:40AM

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

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

Sunrise: 6:37AM
Sunset: 6:48PM

Nairobi, Kenya
Sun 2 Sutra 274
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Sivaloka Day

2

Tuesday, January 14, 2020

Simha Rasi: 13.43 Tithi 19 - 20

Creative Work Siddha Yoga

Until 3:23AM Wed

Then Creative Work - Amrita Yoga

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

Gulika 12:43PM - 2:15PM
Yama 9:41AM - 11:12AM
Rahu 3:46PM - 5:17PM

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

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

Sunrise: 6:38AM
Sunset: 6:49PM

Nairobi, Kenya
Sun 3 Sutra 275
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Devaloka Day

3

Wednesday, January 15, 2020

Simha Rasi: 28.14 Tithi 20 - 21

Creative Work Amrita Yoga

Until 1:26AM Thu

Then Routine Work - Marana Yoga

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

Gulika 11:12AM - 12:44PM
Yama 8:10AM - 9:41AM
Rahu 12:44PM - 2:15PM

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

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

Sunrise: 6:38AM
Sunset: 6:49PM

Nairobi, Kenya
Sun 4 Sutra 276
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Devaloka Day

4

Thursday, January 16, 2020

Kanya Rasi: 12.38 Tithi 21 - 22

Routine Work Marana Yoga

Until 12:00AM Fri

Then Creative Work - Siddha Yoga

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

Gulika 9:41AM - 11:13AM
Yama 6:39AM - 8:10AM
Rahu 2:15PM - 3:47PM

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

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

Sunrise: 6:39AM
Sunset: 6:49PM

Nairobi, Kenya
Sun 5 Sutra 277
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Sivaloka Day

5

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 26.52 Tithi 23

Creative Work Siddha Yoga

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

Gulika 8:10AM - 9:42AM
Yama 3:47PM - 5:18PM
Rahu 11:13AM - 12:44PM

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

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

Sunrise: 6:39AM
Sunset: 6:50PM

Nairobi, Kenya
Sun 6 Sutra 278
Vikarin 5121
Moon 1 - Phase 38
Ashtami

Sivaloka Day

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 10.53 Tithi 24

Creative Work Siddha Yoga

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

Gulika 6:39AM - 8:11AM
Yama 2:16PM - 3:47PM
Rahu 9:42AM - 11:13AM

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

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

Sunrise: 6:39AM
Sunset: 6:50PM

Nairobi, Kenya
Sun 7 Sutra 279
Vikarin 5121
Moon 1 - Phase 38
Navami

Sivaloka Day

1		Sunday, January 19, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visli* Karana Dashamyam Titau	Nairobi, Kenya Sun 8 Sutra 280 Vikarin 5121
Tula Rasi: 24.41	Tithi 25	Gulika 3:48PM – 5:19PM	Vishakha Until 9:14PM	Ganesha: Clear	<i>Sunrise:</i> 6:40AM		
		Yama 12:45PM – 2:16PM	Shula* Until 7:33AM	Muruqa: Clear	<i>Sunset:</i> 6:50PM	Moon 1 - Phase 39	
		874623466 Rahu 5:19PM – 6:50PM	Vanija Until 12:58PM	Nataraja: Orange		2nd Phase	
Routine Work	Marana Yoga		Dashami Until 12:26AM Mon	Moon – Orange		Devaloka Day	
				Pausha *Thai			

2		Monday, January 20, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Vriddhi Yoga Bava/Balava Karana Ekadashyam Titau	Nairobi, Kenya Sun 9 Sutra 281 Vikarin 5121
Vrischika Rasi: 8.16	Tithi 26	Gulika 2:17PM – 3:48PM	Anuradha Until 9:02PM	Ganesha: Clear	<i>Sunrise:</i> 6:40AM		
Family Home Evening		Yama 11:14AM – 12:45PM	Vriddhi Until 3:45AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:51PM	Moon 1 - Phase 39	
		874623466 Rahu 8:11AM – 9:43AM	Bava Until 12:01PM	Nataraja: Orange		2nd Phase	
Creative Work	Siddha Yoga		Ekadashi* Until 11:40PM	Moon – Orange		Devaloka Day	
				Pausha *Thai			

3		Tuesday, January 21, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Dhruva Yoga Kaulava/Tailita Karana Dvadashyam Titau	Nairobi, Kenya Sun 10 Sutra 282 Vikarin 5121
Vrischika Rasi: 21.37	Tithi 27	Gulika 12:46PM – 2:17PM	Jyeshtha* Until 9:05PM	Ganesha: Purple	<i>Sunrise:</i> 6:40AM		
		Yama 9:43AM – 11:14AM	Dhruva Until 2:17AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:51PM	Moon 1 - Phase 39	
		875623466 Rahu 3:48PM – 5:19PM	Kaulava Until 11:27AM	Nataraja: Orange		2nd Phase	
Routine Work	Marana Yoga		Dvadashi* Until 11:18PM	Moon – Orange		Bhuloka Day	
Until 9:05PM				Pausha *Thai		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

4		Wednesday, January 22, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau	Nairobi, Kenya Sun 11 Sutra 283 Vikarin 5121
Dhanus Rasi: 4.46	Tithi 28	Gulika 11:14AM – 12:46PM	Mula* Until 9:51PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:41AM		
		Yama 8:12AM – 9:43AM	Vyaghata* Until 1:10AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:51PM	Moon 1 - Phase 39	
		885623466 Rahu 12:46PM – 2:17PM	Gara Until 11:18AM	Nataraja: Orange		2nd Phase	
Routine Work	Marana Yoga		Trayodashi* Until 11:21PM	Moon – Light Blue		Bhuloka Day	
Until 9:51PM				Pausha *Thai		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>				

5		Thursday, January 23, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Nairobi, Kenya Sun 12 Sutra 284 Vikarin 5121
Dhanus Rasi: 17.41	Tithi 29	Gulika 9:43AM – 11:15AM	Purvashadha* Until 10:51PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:41AM		
		Yama 6:41AM – 8:12AM	Harshana Until 12:23AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:51PM	Moon 1 - Phase 39	
		885623466 Rahu 2:17PM – 3:49PM	Visti Until 11:34AM	Nataraja: Orange		2nd Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 11:50PM	Moon – Light Blue		Bhuloka Day	
Until 10:51PM				Pausha *Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

Retreat Star		Friday, January 24, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Nairobi, Kenya Sun 13 Sutra 285 Vikarin 5121
Makara Rasi: 0.25	Tithi 30	Gulika 8:12AM – 9:44AM	Uttarashadha Until 12:07AM Sat	Ganesha: Light Blue	<i>Sunrise:</i> 6:41AM		
		Yama 3:49PM – 5:20PM	Vajra* Until 11:54PM	Muruqa: Clear	<i>Sunset:</i> 6:51PM	Moon 1 - Phase 39	
		885623466 Rahu 11:15AM – 12:46PM	Catuspada Until 12:15PM	Nataraja: Orange		Amavasya	
Routine Work	Marana Yoga		Amavasya* Until 12:44AM Sat	Moon – Light Blue		Bhuloka Day	
Until 12:07AM Sat				Pausha *Thai		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

Retreat Star		Saturday, January 25, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau	Nairobi, Kenya Sun 14 Sutra 286 Vikarin 5121
Makara Rasi: 12.57	Tithi 1	Gulika 6:41AM – 8:13AM	Shravana Until 2:08AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 6:41AM		
		Yama 2:18PM – 3:49PM	Siddhi Until 11:46PM	Muruqa: Clear	<i>Sunset:</i> 6:52PM	Moon 1 - Phase 39	
		995623466 Rahu 9:44AM – 11:15AM	Kintughna Until 1:23PM	Nataraja: Orange		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 2:05AM Sun	Moon – Purple		Bhuloka Day	
Until 2:08AM Sun				Magha *Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

1		Sunday, January 26, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Nairobi, Kenya Sun 15 Sutra 287 Vikarin 5121
Makara Rasi: 25.18	Tithi 2	Gulika 3:49PM – 5:21PM	Dhanishtha Until 4:21AM Mon	Ganesha: Orange	<i>Sunrise:</i> 6:42AM			
		Yama 12:47PM – 2:18PM	Vyatipata* Until 11:57PM	Muruqa: Clear	<i>Sunset:</i> 6:52PM		Moon 1 - Phase 40	
		995723466 Rahu 5:21PM – 6:52PM	Balava Until 2:56PM	Nataraja: Orange			3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 3:50AM Mon	Moon – Purple		Devaloka Day		
Until 4:21AM Mon				Magha-Thai				
Then Creative Work - Siddha Yoga								

2		Monday, January 27, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau				Nairobi, Kenya Sun 16 Sutra 288 Vikarin 5121
Kumbha Rasi: 7.29	Tithi 3	Gulika 2:18PM – 3:49PM	Shatabhishak Until 6:45AM Tue	Ganesha: Orange	<i>Sunrise:</i> 6:42AM			
Family Home Evening		Yama 11:16AM – 12:47PM	Variyan Until 12:23AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:52PM		Moon 1 - Phase 40	
Creative Work	Siddha Yoga	995723466 Rahu 8:13AM – 9:44AM	Taitila Until 4:52PM	Nataraja: Orange			3rd Phase	
Until 6:45AM Tue			Tritiya Until 5:56AM Tue	Moon – Purple		Devaloka Day		
Then Routine Work - Marana Yoga				Magha-Thai				

3		Tuesday, January 28, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaprosnthapada* Nakshatra Parigha* Yoga Vanija Karana Chaturthyam Titau				Nairobi, Kenya Sun 17 Sutra 289 Vikarin 5121
Kumbha Rasi: 19.32	Tithi 4	Gulika 12:47PM – 2:18PM	Shatabhishak Until 6:45AM	Ganesha: Orange	<i>Sunrise:</i> 6:42AM			
		Yama 9:45AM – 11:16AM	Parigha* Until 1:02AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:52PM		Moon 1 - Phase 40	
		995723466 Rahu 3:50PM – 5:21PM	Vanija Until 7:06PM	Nataraja: Orange			3rd Phase	
Routine Work	Marana Yoga		Chaturthi* Until 8:18AM Wed	Moon – Purple		Devaloka Day		
				Magha-Thai				

4		Wednesday, January 29, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosnthapada*/Uttaraprosnthapada Nakshatra Shiva Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau				Nairobi, Kenya Sun 18 Sutra 290 Vikarin 5121
Meena Rasi: 1.28	Tithi 4 – 5	Gulika 11:16AM – 12:47PM	Purvaprosnthapada* Until 9:44AM	Ganesha: Green	<i>Sunrise:</i> 6:42AM			
		Yama 8:13AM – 9:45AM	Shiva Until 1:51AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:52PM		Moon 1 - Phase 40	
		915723466 Rahu 12:47PM – 2:19PM	Bava Until 9:34PM	Nataraja: Orange			3rd Phase	
Creative Work	Amrita Yoga		Chaturthi* Until 8:18AM	Moon – Clear		Sivaloka Day		
Until 9:44AM				Magha-Thai				
Then Creative Work - Siddha Yoga								

5		Thursday, January 30, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosnthapada*/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Nairobi, Kenya Sun 19 Sutra 291 Vikarin 5121
Meena Rasi: 13.21	Tithi 5 – 6	Gulika 9:45AM – 11:16AM	Uttaraprosnthapada Until 12:41PM	Ganesha: Green	<i>Sunrise:</i> 6:42AM			
		Yama 6:42AM – 8:14AM	Siddha Until 2:40AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:52PM		Moon 1 - Phase 40	
		915723466 Rahu 2:19PM – 3:50PM	Kaulava Until 12:06AM Fri	Nataraja: Orange			3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 10:49AM	Moon – Clear		Sivaloka Day		
				Magha-Thai				

6		Friday, January 31, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Nairobi, Kenya Sun 20 Sutra 292 Vikarin 5121
Meena Rasi: 25.14	Tithi 6 – 7	Gulika 8:14AM – 9:45AM	Revati Until 3:26PM	Ganesha: Orange	<i>Sunrise:</i> 6:43AM			
		Yama 3:50PM – 5:21PM	Sadhya Until 3:25AM Sat	Muruqa: Clear	<i>Sunset:</i> 6:53PM		Moon 1 - Phase 40	
		916723466 Rahu 11:16AM – 12:48PM	Gara Until 2:32AM Sat	Nataraja: Orange			3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 1:19PM	Moon – Clear		Devaloka Day		
Until 3:26PM				Magha-Thai				
Then Creative Work - Amrita Yoga								

Retreat Star		Saturday, February 1, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Subha Yoga Vanija/Vistil* Karana Saptami/Ashtamyam Titau				Nairobi, Kenya Sun 21 Sutra 293 Vikarin 5121
Mesha Rasi: 7.09	Tithi 7 – 8	Gulika 6:43AM – 8:14AM	Ashvini Until 6:20PM	Ganesha: Green	<i>Sunrise:</i> 6:43AM			
		Yama 2:19PM – 3:50PM	Subha Until 3:57AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:53PM		Moon 1 - Phase 40	
		926723466 Rahu 9:45AM – 11:16AM	Vistil Until 4:40AM Sun	Nataraja: Orange			3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 3:38PM	Moon – White		Bhuloka Day		
				Magha-Thai		Devaloka Time: 3:PM to 6:PM		

Retreat Star		Sunday, February 2, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Nairobi, Kenya Sun 22 Sutra 294 Vikarin 5121
Mesha Rasi: 19.12	Tithi 8 – 9	Gulika 3:50PM – 5:21PM	Bharani Until 8:39PM	Ganesha: Green	<i>Sunrise:</i> 6:43AM			
		Yama 12:48PM – 2:19PM	Sukla Until 4:05AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:53PM		Moon 1 - Phase 40	
		926723466 Rahu 5:21PM – 6:53PM	Balava Until 6:18AM Mon	Nataraja: Orange			Ashtami	
Routine Work	Prabalarishta Yoga		Ashtami* Until 5:32PM	Moon – White		Bhuloka Day		
Until 8:39PM				Magha-Thai		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Siddha Yoga								


Retreat Star		Monday, February 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya Sun 23 Sutra 295 Vikarin 5121
Vrishabha Rasi: 1.28	Tithi 9	Gulika 2:19PM – 3:50PM	Krittika Until 10:12PM	Ganesha: Green	<i>Sunrise:</i> 6:43AM			
Family Home Evening		Yama 11:17AM – 12:48PM	Brahma Until 3:42AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:53PM		Moon 1 - Phase 40	
Routine Work	Marana Yoga	926723466 Rahu 8:14AM – 9:45AM	Balava Until 6:18AM	Nataraja: Orange			Navami	
Until 10:12PM			Navami* Until 6:50PM	Moon – White		Bhuloka Day		
Then Creative Work - Amrita Yoga				Magha-Thai		Devaloka Time: 3:PM to 6:PM		

1	Tuesday, February 4, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam				Nairobi, Kenya
	Rohini Nakshatra Indra Yoga Taitila/Gara Karana Dashamyam Titau						Sun 24 Sutra 296
	Wishabha Rasi: 14.01	Tithi 10	Gulika 12:48PM – 2:19PM	Rohini Until 11:20PM	Ganesha: Red	<i>Sunrise:</i> 6:43AM	Vikarin 5121
	936723467		Yama 9:45AM – 11:17AM	Indra Until 2:44AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41
		Rahu 3:50PM – 5:22PM	Taitila Until 7:13AM	Nataraja: Clear		4th Phase	
Creative Work	Amrita Yoga		Dashami Until 7:21PM	Moon – Yellow		Devaloka Day	
Until 11:20PM				Magha-Thai			
Then Creative Work - Siddha Yoga							

2	Wednesday, February 5, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam				Nairobi, Kenya
	Mrigashira Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau						Sun 25 Sutra 297
	Wishabha Rasi: 26.58	Tithi 11	Gulika 11:17AM – 12:48PM	Mrigashira Until 11:29PM	Ganesha: Red	<i>Sunrise:</i> 6:43AM	Vikarin 5121
	936723467		Yama 8:14AM – 9:46AM	Vaidhriti* Until 1:05AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41
		Rahu 12:48PM – 2:19PM	Vanija Until 7:19AM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 7:02PM	Moon – Yellow		Devaloka Day	
				Magha-Thai			

3	Thursday, February 6, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam				Nairobi, Kenya
	Ardra Nakshatra Vishkambha* Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau						Sun 26 Sutra 298
	Mithuna Rasi: 10.2	Tithi 12 – 13	Gulika 9:46AM – 11:17AM	Ardra Until 10:41PM	Ganesha: Red	<i>Sunrise:</i> 6:43AM	Vikarin 5121
	936723467		Yama 6:43AM – 8:14AM	Vishkambha* Until 10:48PM	Muruqa: Clear	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41
		Rahu 2:19PM – 3:50PM	Bava Until 6:35AM	Nataraja: Clear		4th Phase	
Routine Work	Marana Yoga		Dvadashi Until 5:54PM	Moon – Yellow		Devaloka Day	
Until 10:41PM				Magha-Thai			
Then Creative Work - Amrita Yoga							
						<i>Pradosha Vrata</i>	

4	Friday, February 7, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam				Nairobi, Kenya
	Punarvasu Nakshatra Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau						Sun 27 Sutra 299
	Mithuna Rasi: 24.1	Tithi 13 – 14	Gulika 8:15AM – 9:46AM	Punarvasu Until 9:28PM	Ganesha: Blue	<i>Sunrise:</i> 6:43AM	Vikarin 5121
	947723467		Yama 3:51PM – 5:22PM	Priti Until 7:57PM	Muruqa: Clear	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41
		Rahu 11:17AM – 12:48PM	Gara Until 2:50AM Sat	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 4:00PM	Moon – Blue		Bhuloka Day	
Until 9:28PM				Magha-Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

	Saturday, February 8, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam				Nairobi, Kenya
	Copper Retreat Star		Pushya Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Sutra 300
	Kataka Rasi: 8.26	Tithi 14 – 15	Gulika 6:43AM – 8:15AM	Pushya Until 7:31PM	Ganesha: Blue	<i>Sunrise:</i> 6:43AM	Vikarin 5121
	947723467		Yama 2:19PM – 3:51PM	Ayushman Until 4:36PM	Muruqa: Clear	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41
		Rahu 9:46AM – 11:17AM	Visti Until 12:03AM Sun	Nataraja: Clear		Purnima	
Creative Work	Siddha Yoga		Chaturdashi* Until 1:29PM	Moon – Blue		Bhuloka Day	
Until 7:31PM		Thai Pusam		Magha-Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

Silver Retreat Star	Sunday, February 9, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam				Nairobi, Kenya
	Silver Retreat Star		Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Sutra 301
	Kataka Rasi: 23.05	Tithi 15 – 16	Gulika 3:51PM – 5:22PM	Ashlesha* Until 5:01PM	Ganesha: Blue	<i>Sunrise:</i> 6:44AM	Vikarin 5121
	947723467		Yama 12:48PM – 2:19PM	Saubhagya Until 12:54PM	Muruqa: Clear	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41
		Rahu 5:22PM – 6:53PM	Balava Until 8:54PM	Nataraja: Clear		Prathama	
Creative Work	Siddha Yoga		Purnima* Until 10:30AM	Moon – Blue		Bhuloka Day	
Until 5:01PM				Magha-Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							



Monday, February 10, 2020

Gold Retreat Star

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

Nairobi, Kenya

Sutra 302

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Simha Rasi: 7.59 Tithi 16 - 17

Family Home Evening

957723467

Gulika 2:19PM - 3:51PM

Yama 11:17AM - 12:48PM

Rahu 8:15AM - 9:46AM

Magha* Until 2:33PM

Sobhana Until 8:59AM

Gara Until 3:47AM Tue

Prathama* Until 7:13AM

Ganesha: Red

Sunrise: 6:44AM

Muruqa: Clear

Sunset: 6:53PM

Nataraja: Clear

Moon - Red

Magha*Thai

Devaloka Day

Until 2:33PM

Then Creative Work - Siddha Yoga

1

Tuesday, February 11, 2020

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

Nairobi, Kenya

Sun 1 Sutra 303

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Simha Rasi: 22.59 Tithi 18

Creative Work Siddha Yoga

Until 11:52AM

Then Creative Work - Amrita Yoga

957723467

Gulika 12:48PM - 2:19PM

Yama 9:46AM - 11:17AM

Rahu 3:51PM - 5:22PM

Purvaphalguni Until 11:52AM

Sukarma Until 12:57AM Wed

Vanija Until 2:06PM

Tritiya Until 12:24AM Wed

Ganesha: Red

Sunrise: 6:44AM

Muruqa: Clear

Sunset: 6:53PM

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

Nairobi, Kenya

Sun 2 Sutra 304

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 7.58 Tithi 19

Creative Work Amrita Yoga

Until 9:08AM

Then Routine Work - Marana Yoga

957723467

Gulika 11:17AM - 12:48PM

Yama 8:15AM - 9:46AM

Rahu 12:48PM - 2:19PM

Uttaraphalguni Until 9:08AM

Dhriti Until 9:07PM

Bava Until 10:47AM

Chaturthi* Until 9:11PM

Ganesha: Red

Sunrise: 6:44AM

Muruqa: Clear

Sunset: 6:53PM

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
Hasta/Chitra Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Panchamyam Titau

Nairobi, Kenya

Sun 3 Sutra 305

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 22.45 Tithi 20

Routine Work Marana Yoga

Until 6:56AM

Then Creative Work - Siddha Yoga

967723467

Gulika 9:46AM - 11:17AM

Yama 6:44AM - 8:15AM

Rahu 2:19PM - 3:51PM

Hasta Until 6:56AM

Shula* Until 5:32PM

Kaulava Until 7:43AM

Panchami Until 6:19PM

Ganesha: Green

Sunrise: 6:44AM

Muruqa: Clear

Sunset: 6:53PM

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*/Vridhi Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Nairobi, Kenya

Sun 4 Sutra 306

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Tula Rasi: 7.16 Tithi 21 - 22

Creative Work Siddha Yoga

968723467

Gulika 8:15AM - 9:46AM

Yama 3:51PM - 5:22PM

Rahu 11:17AM - 12:48PM

Svati Until 3:23AM Sat

Ganda* Until 2:20PM

Visti Until 2:54AM Sat

Shashthi* Until 3:53PM

Ganesha: White

Sunrise: 6:44AM

Muruqa: Clear

Sunset: 6:53PM

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 Vridhi/Dhruva Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Nairobi, Kenya

Sun 5 Sutra 307

Vikarin 5121

Moon 2 - Phase 42

Ashtami

Tula Rasi: 21.26 Tithi 22 - 23

Creative Work Siddha Yoga

Until 2:39AM Sun

Then Routine Work - Marana Yoga

978723467

Gulika 6:44AM - 8:15AM

Yama 2:19PM - 3:50PM

Rahu 9:46AM - 11:17AM

Vishakha Until 2:39AM Sun

Vridhi Until 11:35AM

Balava Until 1:19AM Sun

Saptami Until 2:01PM

Ganesha: Clear

Sunrise: 6:44AM

Muruqa: Clear

Sunset: 6:53PM

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

Nairobi, Kenya

Sun 6 Sutra 308

Vikarin 5121

Moon 2 - Phase 42

Navami

Vrischika Rasi: 5.14 Tithi 23 - 24

Routine Work Marana Yoga

Until 2:23AM Mon

Then Creative Work - Siddha Yoga

978723467

Gulika 3:50PM - 5:21PM

Yama 12:48PM - 2:19PM

Rahu 5:21PM - 6:53PM

Anuradha Until 2:23AM Mon

Dhruva Until 9:17AM

Taitila Until 12:22AM Mon

Ashtami* Until 12:44PM

Ganesha: Clear

Sunrise: 6:44AM

Muruqa: Clear

Sunset: 6:53PM

Nataraja: Clear

Moon - Orange

Magha*Masi

Devaloka Day

Monday, February 17, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 7 Sutra 309 Vikarin 5121
1	Vrischika Rasi: 18.4 Tithi 24 – 25 Family Home Evening Creative Work Siddha Yoga Until 2:33AM Tue Then Creative Work - Amrita Yoga	Gulika 2:19PM – 3:50PM Yama 11:17AM – 12:48PM Rahu 8:15AM – 9:46AM	Jyeshtha* Until 2:33AM Tue Vyaghata* Until 7:30AM Vanija Until 12:01AM Tue Navami* Until 12:06PM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Orange Magha-Masi	Sunrise: 6:44AM Sunset: 6:53PM	Moon 2 - Phase 43 2nd Phase Devaloka Day

Tuesday, February 18, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 8 Sutra 310 Vikarin 5121
2	Dhanus Rasi: 1.46 Tithi 25 – 26 Family Home Evening Creative Work Amrita Yoga	Gulika 12:48PM – 2:19PM Yama 9:46AM – 11:17AM Rahu 3:50PM – 5:21PM	Mula* Until 3:36AM Wed Harshana Until 6:12AM Bava Until 12:16AM Wed Dashami Until 12:03PM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue Magha-Masi	Sunrise: 6:44AM Sunset: 6:52PM	Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Wednesday, February 19, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 9 Sutra 311 Vikarin 5121
3	Dhanus Rasi: 14.35 Tithi 26 – 27 Family Home Evening Creative Work Amrita Yoga Until 4:58AM Thu Then Routine Work - Marana Yoga	Gulika 11:17AM – 12:48PM Yama 8:15AM – 9:46AM Rahu 12:48PM – 2:19PM	Purvashadha* Until 4:58AM Thu Siddhi Until 4:49AM Thu Kaulava Until 1:01AM Thu Ekadashi* Until 12:34PM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue Magha-Masi	Sunrise: 6:44AM Sunset: 6:52PM	Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Thursday, February 20, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Vyatipata* Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 10 Sutra 312 Vikarin 5121
4	Dhanus Rasi: 27.11 Tithi 27 – 28 Family Home Evening Routine Work Marana Yoga	Gulika 9:46AM – 11:17AM Yama 6:44AM – 8:15AM Rahu 2:19PM – 3:50PM	Uttarashadha Until 6:35AM Fri Vyatipata* Until 4:40AM Fri Gara Until 2:12AM Fri Dvadashi* Until 1:32PM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue Magha-Masi	Sunrise: 6:44AM Sunset: 6:52PM	Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Pradosha Vrata (Fasting)

Friday, February 21, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Varyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 11 Sutra 313 Vikarin 5121
5	Makara Rasi: 10 Tithi 28 – 29 Family Home Evening Routine Work Marana Yoga	Gulika 8:15AM – 9:46AM Yama 3:50PM – 5:21PM Rahu 11:17AM – 12:48PM	Uttarashadha Until 6:35AM Variyan Until 4:45AM Sat Visti Until 3:45AM Sat Trayodashi* Until 2:55PM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue Magha-Masi	Sunrise: 6:43AM Sunset: 6:52PM	Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Mahasivaratri (Lunar)
Mahasivaratri (Solar)

Saturday, February 22, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Nairobi, Kenya Sun 12 Sutra 314 Vikarin 5121
6	Makara Rasi: 21.52 Tithi 29 – 30 Family Home Evening Creative Work Siddha Yoga	Gulika 6:43AM – 8:14AM Yama 2:19PM – 3:50PM Rahu 9:46AM – 11:17AM	Shravana Until 8:52AM Parigha* Until 5:04AM Sun Catuspada Until 5:36AM Sun Chaturdashi* Until 4:37PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple Magha-Masi	Sunrise: 6:43AM Sunset: 6:52PM	Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Sunday, February 23, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Shiva Yoga Naga* Karana Amavasyayam Titau				Nairobi, Kenya Sun 13 Sutra 315 Vikarin 5121
Retreat Star	Kumbha Rasi: 4.01 Tithi 30 Family Home Evening Routine Work Marana Yoga Until 11:16AM Then Creative Work - Siddha Yoga	Gulika 3:50PM – 5:21PM Yama 12:47PM – 2:19PM Rahu 5:21PM – 6:52PM	Dhanishtha Until 11:16AM Shiva Until 5:36AM Mon Naga Until 6:36PM Amavasya* Until 6:36PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple Magha-Masi	Sunrise: 6:43AM Sunset: 6:52PM	Moon 2 - Phase 43 Amavasya Bhuloka Day Devaloka Time: 3:PM to 6:PM

Monday, February 24, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau				Nairobi, Kenya Sun 14 Sutra 316 Vikarin 5121
Retreat Star	Kumbha Rasi: 16.03 Tithi 1 Family Home Evening Creative Work Siddha Yoga Until 1:43PM Then Routine Work - Marana Yoga	Gulika 2:18PM – 3:49PM Yama 11:16AM – 12:47PM Rahu 8:14AM – 9:45AM	Shatabhishak Until 1:43PM Siddha Until 6:15AM Tue Kintughna Until 7:42AM Prathama* Until 8:48PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple Phalgun-Masi	Sunrise: 6:43AM Sunset: 6:51PM	Moon 2 - Phase 43 Prathama Bhuloka Day 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

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1		Tuesday, February 25, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau	Nairobi, Kenya Sun 15 Sutra 317 Vikarin 5121
Kumbha Rasi: 28.01	Tithi 2	Gulika 12:47PM – 2:18PM	Purvaproshtapada* Until 4:41PM	Ganesha: Orange <i>Sunrise:</i> 6:43AM	
		Yama 9:45AM – 11:16AM	Siddha Until 6:15AM	Muruqa: Clear <i>Sunset:</i> 6:51PM	Moon 2 - Phase 44
		919823467 Rahu 3:49PM – 5:20PM	Balava Until 10:00AM	Nataraja: Clear	3rd Phase
Routine Work Marana Yoga			Dvitiya Until 11:11PM	Moon – Clear	Devaloka Day
Until 4:41PM				Phalguna-Masi	
Then Creative Work - Amrita Yoga					

2		Wednesday, February 26, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Trityayam Titau	Nairobi, Kenya Sun 16 Sutra 318 Vikarin 5121
Meena Rasi: 9.55	Tithi 3	Gulika 11:16AM – 12:47PM	Uttaraproshtapada Until 7:36PM	Ganesha: Orange <i>Sunrise:</i> 6:43AM	
		Yama 8:14AM – 9:45AM	Sadhya Until 7:02AM	Muruqa: Clear <i>Sunset:</i> 6:51PM	Moon 2 - Phase 44
		919823467 Rahu 12:47PM – 2:18PM	Taitila Until 12:27PM	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Tritiya Until 1:41AM Thu	Moon – Clear	Devaloka Day
Until 7:36PM				Phalguna-Masi	
Then Routine Work - Marana Yoga					

3		Thursday, February 27, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau	Nairobi, Kenya Sun 17 Sutra 319 Vikarin 5121
Meena Rasi: 21.47	Tithi 4	Gulika 9:45AM – 11:16AM	Revati Until 10:25PM	Ganesha: Orange <i>Sunrise:</i> 6:43AM	
		Yama 6:43AM – 8:14AM	Subha Until 7:55AM	Muruqa: Clear <i>Sunset:</i> 6:51PM	Moon 2 - Phase 44
		919823467 Rahu 2:18PM – 3:49PM	Vanija Until 2:58PM	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Chaturthi* Until 4:12AM Fri	Moon – Clear	Devaloka Day
Until 10:25PM				Phalguna-Masi	
Then Creative Work - Amrita Yoga		Subramuniyaswami Siva Vision Day			

4		Friday, February 28, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau	Nairobi, Kenya Sun 18 Sutra 320 Vikarin 5121
Mesha Rasi: 3.4	Tithi 5	Gulika 8:14AM – 9:45AM	Ashvini Until 1:29AM Sat	Ganesha: Purple <i>Sunrise:</i> 6:43AM	
		Yama 3:49PM – 5:20PM	Sukla Until 8:45AM	Muruqa: Clear <i>Sunset:</i> 6:51PM	Moon 2 - Phase 44
		921823467 Rahu 11:16AM – 12:47PM	Bava Until 5:27PM	Nataraja: Clear	3rd Phase
Creative Work Amrita Yoga			Panchami Until 6:37AM Sat	Moon – White	Bhuloka Day
Until 1:29AM Sat				Phalguna-Masi	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

5		Saturday, February 29, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Nairobi, Kenya Sun 19 Sutra 321 Vikarin 5121
Mesha Rasi: 15.34	Tithi 5 – 6	Gulika 6:43AM – 8:14AM	Bharani Until 4:10AM Sun	Ganesha: Purple <i>Sunrise:</i> 6:43AM	
		Yama 2:17PM – 3:48PM	Brahma Until 9:31AM	Muruqa: Clear <i>Sunset:</i> 6:50PM	Moon 2 - Phase 44
		921823467 Rahu 9:45AM – 11:16AM	Kaulava Until 7:45PM	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Panchami Until 6:37AM	Moon – White	Bhuloka Day
				Phalguna-Masi	Devaloka Time: 3:PM to 6:PM

6		Sunday, March 1, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Nairobi, Kenya Sun 20 Sutra 322 Vikarin 5121
Mesha Rasi: 27.35	Tithi 6 – 7	Gulika 3:48PM – 5:19PM	Krittika Until 6:16AM Mon	Ganesha: Purple <i>Sunrise:</i> 6:42AM	
		Yama 12:46PM – 2:17PM	Indra Until 10:05AM	Muruqa: Orange <i>Sunset:</i> 6:50PM	Moon 2 - Phase 44
		921833467 Rahu 5:19PM – 6:50PM	Gara Until 9:41PM	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Shashthi* Until 8:45AM	Moon – White	Bhuloka Day
Until 6:16AM Mon				Phalguna-Masi	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

Retreat Star		Monday, March 2, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Nairobi, Kenya Sun 21 Sutra 323 Vikarin 5121
Vrishabha Rasi: 9.46	Tithi 7 – 8	Gulika 2:17PM – 3:48PM	Krittika Until 6:16AM	Ganesha: Purple <i>Sunrise:</i> 6:42AM	
Family Home Evening		Yama 11:15AM – 12:46PM	Vaidhriti* Until 10:14AM	Muruqa: Orange <i>Sunset:</i> 6:50PM	Moon 2 - Phase 44
921833467 Rahu 8:13AM – 9:44AM			Visti Until 11:01PM	Nataraja: Clear	Ashtami
Routine Work Marana Yoga			Saptami Until 10:25AM	Moon – White	Bhuloka Day
Until 6:16AM				Phalguna-Masi	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

Retreat Star		Tuesday, March 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Nairobi, Kenya Sun 22 Sutra 324 Vikarin 5121
Vrishabha Rasi: 22.14	Tithi 8 – 9	Gulika 12:46PM – 2:17PM	Rohini Until 8:04AM	Ganesha: Clear <i>Sunrise:</i> 6:42AM	
		Yama 9:44AM – 11:15AM	Vishkambha* Until 9:54AM	Muruqa: Orange <i>Sunset:</i> 6:49PM	Moon 2 - Phase 44
		931833467 Rahu 3:48PM – 5:19PM	Balava Until 11:36PM	Nataraja: Clear	Navami
Creative Work Amrita Yoga			Ashtami* Until 11:23AM	Moon – Yellow	Devaloka Day
Until 8:04AM				Phalguna-Masi	
Then Creative Work - Siddha Yoga					

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


1	Wednesday, March 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya
	Mithuna Rasi: 5.04	Tithi 9 – 10	Gulika 11:15AM – 12:45PM	Mrigashira Until 8:55AM	Ganesha: Clear	<i>Sunrise:</i> 6:42AM	Sun 23 Sutra 325
			Yama 8:13AM – 9:44AM	Priti Until 8:57AM	Muruqa: Orange	<i>Sunset:</i> 6:49PM	Vikarin 5121
	Creative Work	Siddha Yoga	931833467 Rahu 12:45PM – 2:16PM	Taitila Until 11:19PM	Nataraja: Clear		Moon 2 - Phase 45 4th Phase
			Navami* Until 11:33AM	Moon – Yellow		Devaloka Day	
				Phalguna-Masi			

2	Thursday, March 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya
	Mithuna Rasi: 18.2	Tithi 10 – 11	Gulika 9:43AM – 11:14AM	Ardra Until 8:47AM	Ganesha: Red	<i>Sunrise:</i> 6:41AM	Sun 24 Sutra 326
			Yama 6:41AM – 8:12AM	Ayushman Until 7:18AM	Muruqa: Orange	<i>Sunset:</i> 6:49PM	Vikarin 5121
	Routine Work	Marana Yoga	131833467 Rahu 2:16PM – 3:47PM	Vanija Until 10:09PM	Nataraja: Clear		Moon 2 - Phase 45 4th Phase
			Dashami Until 10:49AM	Moon – Yellow		Devaloka Day	
				Phalguna-Masi			

3	Friday, March 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya
	Kataka Rasi: 2.06	Tithi 11 – 12	Gulika 8:12AM – 9:43AM	Punarvasu Until 8:05AM	Ganesha: Blue	<i>Sunrise:</i> 6:41AM	Sun 25 Sutra 327
			Yama 3:47PM – 5:18PM	Sobhana Until 2:00AM Sat	Muruqa: Orange	<i>Sunset:</i> 6:49PM	Vikarin 5121
	Creative Work	Siddha Yoga	141833467 Rahu 11:14AM – 12:45PM	Bava Until 8:10PM	Nataraja: Clear		Moon 2 - Phase 45 4th Phase
			Ekadashi Until 9:14AM	Moon – Blue		Bhuloka Day	
				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	

4	Saturday, March 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Athiganda* Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya
	Kataka Rasi: 16.22	Tithi 12 – 13	Gulika 6:41AM – 8:12AM	Pushya Until 6:29AM	Ganesha: Blue	<i>Sunrise:</i> 6:41AM	Sun 26 Sutra 328
			Yama 2:16PM – 3:47PM	Athiganda* Until 10:29PM	Muruqa: Orange	<i>Sunset:</i> 6:48PM	Vikarin 5121
	Creative Work	Siddha Yoga	141833467 Rahu 9:43AM – 11:14AM	Taitila Until 3:54AM Sun	Nataraja: Clear		Moon 2 - Phase 45 4th Phase
			Dvadashi Until 6:53AM	Moon – Blue		Bhuloka Day	
				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	
				<i>Pradosha Vrata</i>			

5	Sunday, March 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Sukarma Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya
	Simha Rasi: 1.05	Tithi 14	Gulika 3:46PM – 5:17PM	Magha* Until 1:33AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 6:41AM	Sun 27 Sutra 329
			Yama 12:44PM – 2:15PM	Sukarma Until 6:34PM	Muruqa: Orange	<i>Sunset:</i> 6:48PM	Vikarin 5121
	Routine Work	Marana Yoga	151833467 Rahu 5:17PM – 6:48PM	Gara Until 2:15PM	Nataraja: Clear		Moon 2 - Phase 45 4th Phase
			Chaturdashi* Until 12:27AM Mon	Moon – Red		Devaloka Day	
			Chidambaram Abhishekam	Phalguna-Masi			

	Monday, March 9, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau				Nairobi, Kenya
	Copper Retreat Star		Gulika 2:15PM – 3:46PM	Purvaphalguni Until 10:34PM	Ganesha: White	<i>Sunrise:</i> 6:41AM	Sutra 330
	Simha Rasi: 16.08	Tithi 15	Yama 11:13AM – 12:44PM	Dhriti Until 2:23PM	Muruqa: Orange	<i>Sunset:</i> 6:48PM	Vikarin 5121
	Family Home Evening		152833467 Rahu 8:12AM – 9:42AM	Visti Until 10:38AM	Nataraja: Clear		Moon 2 - Phase 45 Purnima
			Purnima* Until 8:43PM	Moon – Red		Sivaloka Day	
			Holi	Phalguna-Masi			

0	Tuesday, March 10, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Balava/Taitila Karana Prathama/Dvityayam Titau				Nairobi, Kenya
	Silver Retreat Star		Gulika 12:44PM – 2:15PM	Uttaraphalguni Until 7:22PM	Ganesha: White	<i>Sunrise:</i> 6:40AM	Sutra 331
	Kanya Rasi: 1.23	Tithi 16 – 17	Yama 9:42AM – 11:13AM	Shula* Until 10:01AM	Muruqa: Orange	<i>Sunset:</i> 6:48PM	Vikarin 5121
	Creative Work	Amrita Yoga	152833467 Rahu 3:46PM – 5:17PM	Balava Until 6:49AM	Nataraja: Clear		Moon 2 - Phase 45 Prathama
			Prathama* Until 4:53PM	Moon – Red		Sivaloka Day	
				Phalguna-Masi			



Wednesday, March 11, 2020

Gold Retreat Star

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

Nairobi, Kenya

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 16.4 Tithi 17 - 18

162833467

Gulika

11:13AM - 12:44PM

Yama

8:11AM - 9:42AM

Rahu

12:44PM - 2:15PM

Hasta Until 4:31PM

Vriddhi Until 1:31AM Thu

Vanija Until 11:18PM

Dvitiya Until 1:06PM

Ganesha: Clear

Sunrise: 6:40AM

Muruqa: Orange

Sunset: 6:47PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Routine Work Marana Yoga

Until 4:31PM

Then Creative Work - Siddha Yoga

1

Thursday, March 12, 2020

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

Nairobi, Kenya

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 1.47 Tithi 18 - 19

162833467

Gulika

9:42AM - 11:13AM

Yama

6:40AM - 8:11AM

Rahu

2:14PM - 3:45PM

Chitra Until 1:49PM

Dhruva Until 9:36PM

Bava Until 7:57PM

Tritiya Until 9:33AM

Ganesha: Clear

Sunrise: 6:40AM

Muruqa: Orange

Sunset: 6:47PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Creative Work Siddha Yoga

Until 1:49PM

Then Creative Work - Amrita Yoga

2

Friday, March 13, 2020

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

Nairobi, Kenya

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 16.37 Tithi 19 - 20

162833467

Gulika

8:11AM - 9:41AM

Yama

3:45PM - 5:16PM

Rahu

11:12AM - 12:43PM

Svati Until 11:24AM

Vyaghata* Until 6:06PM

Taitila Until 3:50AM Sat

Chaturthi* Until 6:25AM

Ganesha: Clear

Sunrise: 6:40AM

Muruqa: Orange

Sunset: 6:47PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Creative Work Siddha Yoga

3

Saturday, March 14, 2020

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

Nairobi, Kenya

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 1.03 Tithi 21

172833467

Gulika

6:39AM - 8:10AM

Yama

2:14PM - 3:45PM

Rahu

9:41AM - 11:12AM

Vishakha Until 9:51AM

Harshana Until 3:08PM

Gara Until 2:49PM

Shashthi* Until 1:56AM Sun

Ganesha: Purple

Sunrise: 6:39AM

Muruqa: Orange

Sunset: 6:46PM

Nataraja: Clear

Moon - Orange

Sivaloka Day

Phalguna-Panguni

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

4

Sunday, March 15, 2020

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

Nairobi, Kenya

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 15.01 Tithi 22

172833468

Gulika

3:44PM - 5:15PM

Yama

12:43PM - 2:13PM

Rahu

5:15PM - 6:46PM

Anuradha Until 8:52AM

Vajra* Until 12:44PM

Visti Until 1:17PM

Saptami Until 12:48AM Mon

Ganesha: Purple

Sunrise: 6:39AM

Muruqa: Orange

Sunset: 6:46PM

Nataraja: Purple

Moon - Orange

Subha Sivaloka Day

Phalguna-Panguni

Routine Work Marana Yoga

D

Monday, March 16, 2020

Retreat Star

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

Nairobi, Kenya

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Vrischika Rasi: 28.31 Tithi 23

172933468

Gulika

2:13PM - 3:44PM

Yama

11:11AM - 12:42PM

Rahu

8:10AM - 9:41AM

Jyeshtha* Until 8:31AM

Siddhi Until 10:58AM

Balava Until 12:33PM

Ashtami* Until 12:28AM Tue

Ganesha: Clear

Sunrise: 6:39AM

Muruqa: Orange

Sunset: 6:46PM

Nataraja: Purple

Moon - Orange

Sivaloka Day

Phalguna-Panguni

Creative Work Siddha Yoga

Tuesday, March 17, 2020

Retreat Star

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

Nairobi, Kenya

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 12 Tithi 24

182933468

Gulika

12:42PM - 2:13PM

Yama

9:40AM - 11:11AM

Rahu

3:44PM - 5:14PM

Mula* Until 9:13AM

Vyatipata* Until 9:50AM

Taitila Until 12:36PM

Navami* Until 12:52AM Wed

Ganesha: Purple

Sunrise: 6:39AM

Muruqa: Orange

Sunset: 6:45PM

Nataraja: Purple

Moon - Light Blue

Devaloka Day

Phalguna-Panguni

Creative Work Amrita Yoga

Until 9:13AM

Then Creative Work - Siddha Yoga

1		Wednesday, March 18, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau	Nairobi, Kenya
Dhanus Rasi: 24.19	Tithi 25	Gulika 11:11AM – 12:42PM	Purvashadha* Until 10:29AM	Ganesha: Purple <i>Sunrise:</i> 6:38AM	Sun 8 Sutra 339
		Yama 8:09AM – 9:40AM	Variyan Until 9:14AM	Muruqa: Orange <i>Sunset:</i> 6:45PM	Vikarin 5121
		182933468 Rahu 12:42PM – 2:13PM	Vanija Until 1:21PM	Nataraja: Purple	Moon 3 - Phase 47
Creative Work	Amrita Yoga		Dashami Until 1:57AM Thu	Moon – Light Blue	2nd Phase
				Phalguna-Panguni	Devaloka Day

2		Thursday, March 19, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau	Nairobi, Kenya
Makara Rasi: 6.45	Tithi 26	Gulika 9:40AM – 11:11AM	Uttarashadha Until 12:10PM	Ganesha: Purple <i>Sunrise:</i> 6:38AM	Sun 9 Sutra 340
		Yama 6:38AM – 8:09AM	Parigha* Until 9:07AM	Muruqa: Orange <i>Sunset:</i> 6:45PM	Vikarin 5121
		182933468 Rahu 2:12PM – 3:43PM	Bava Until 2:42PM	Nataraja: Purple	Moon 3 - Phase 47
Routine Work	Marana Yoga		Ekadashi* Until 3:32AM Fri	Moon – Light Blue	2nd Phase
Until 12:10PM				Phalguna-Panguni	Devaloka Day
Then Creative Work - Siddha Yoga					

3		Friday, March 20, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau	Nairobi, Kenya
Makara Rasi: 18.58	Tithi 27	Gulika 8:09AM – 9:39AM	Shravana Until 2:37PM	Ganesha: Clear <i>Sunrise:</i> 6:38AM	Sun 10 Sutra 341
		Yama 3:43PM – 5:14PM	Shiva Until 9:23AM	Muruqa: Orange <i>Sunset:</i> 6:44PM	Vikarin 5121
		192933468 Rahu 11:10AM – 12:41PM	Kaulava Until 4:30PM	Nataraja: Purple	Moon 3 - Phase 47
Routine Work	Marana Yoga		Dvadashi* Until 5:29AM Sat	Moon – Purple	2nd Phase
Until 2:37PM				Phalguna-Panguni	Sivaloka Day
Then Creative Work - Siddha Yoga					

4		Saturday, March 21, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Siddha/Sadhya Yoga Gara Karana Trayodashyam Titau	Nairobi, Kenya
Kumbha Rasi: 1.03	Tithi 28	Gulika 6:38AM – 8:08AM	Dhanishtha Until 5:12PM	Ganesha: Clear <i>Sunrise:</i> 6:38AM	Sun 11 Sutra 342
		Yama 2:12PM – 3:42PM	Siddha Until 9:53AM	Muruqa: Orange <i>Sunset:</i> 6:44PM	Vikarin 5121
		192933468 Rahu 9:39AM – 11:10AM	Gara Until 6:36PM	Nataraja: Purple	Moon 3 - Phase 47
Creative Work	Siddha Yoga		Trayodashi* Until 7:42AM Sun	Moon – Purple	2nd Phase
Until 5:12PM				Phalguna-Panguni	Sivaloka Day
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>		

5		Sunday, March 22, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Nairobi, Kenya
Kumbha Rasi: 13.02	Tithi 28 – 29	Gulika 3:42PM – 5:13PM	Shatabhishak Until 7:48PM	Ganesha: Clear <i>Sunrise:</i> 6:37AM	Sun 12 Sutra 343
		Yama 12:41PM – 2:11PM	Sadhya Until 10:34AM	Muruqa: Orange <i>Sunset:</i> 6:44PM	Vikarin 5121
		192933468 Rahu 5:13PM – 6:44PM	Visti Until 8:53PM	Nataraja: Purple	Moon 3 - Phase 47
Creative Work	Siddha Yoga		Trayodashi* Until 7:42AM	Moon – Purple	2nd Phase
				Phalguna-Panguni	Sivaloka Day

Monday, March 23, 2020		Retreat Star		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtpada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Nairobi, Kenya
Kumbha Rasi: 24.58	Tithi 29 – 30	Gulika 2:11PM – 3:42PM	Purvaproshtpada* Until 10:51PM	Ganesha: Yellow <i>Sunrise:</i> 6:37AM	Sun 13 Sutra 344
Family Home Evening		Yama 11:09AM – 12:40PM	Subha Until 11:22AM	Muruqa: Orange <i>Sunset:</i> 6:43PM	Vikarin 5121
Routine Work	Marana Yoga	113933468 Rahu 8:08AM – 9:39AM	Catuspada Until 11:17PM	Nataraja: Purple	Moon 3 - Phase 47
Until 10:51PM			Chaturdashi* Until 10:03AM	Moon – Clear	Amavasya
Then Creative Work - Siddha Yoga				Phalguna-Panguni	Sivaloka Day

Tuesday, March 24, 2020		Retreat Star		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtpada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Nairobi, Kenya
Meena Rasi: 6.52	Tithi 30 – 1	Gulika 12:40PM – 2:11PM	Uttaraproshtpada Until 1:47AM Wed	Ganesha: Yellow <i>Sunrise:</i> 6:37AM	Sun 14 Sutra 345
		Yama 9:38AM – 11:09AM	Sukla Until 12:12PM	Muruqa: Orange <i>Sunset:</i> 6:43PM	Vikarin 5121
		113933468 Rahu 3:41PM – 5:12PM	Kintughna Until 1:43AM Wed	Nataraja: Purple	Moon 3 - Phase 47
Creative Work	Amrita Yoga		Amavasya* Until 12:28PM	Moon – Clear	Prathama
Until 1:47AM Wed		Yugadhi		Chaitra-Panguni	Sivaloka Day
Then Routine Work - Marana Yoga					

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

All times are standard time

www.gurudeva.org/panchang

1		Wednesday, March 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Nairobi, Kenya Sun 15 Sutra 346 Vikarin 5121
Meena Rasi: 18.44	Tithi 1 – 2	Gulika 11:09AM – 12:40PM	Revati Until 4:33AM Thu	Ganesha: Yellow <i>Sunrise:</i> 6:37AM	
		Yama 8:07AM – 9:38AM	Brahma Until 1:04PM	Muruqa: Orange <i>Sunset:</i> 6:43PM	Moon 3 - Phase 48
		113933468 Rahu 12:40PM – 2:10PM	Balava Until 4:10AM Thu	Nataraja: Purple	3rd Phase
Routine Work	Marana Yoga		Prathama* Until 2:55PM	Chaitra•Panguni	Sivaloka Day
Until 4:33AM Thu					
Then Creative Work - Amrita Yoga					

2		Thursday, March 26, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Nairobi, Kenya Sun 16 Sutra 347 Vikarin 5121
Mesha Rasi: 0.37	Tithi 2 – 3	Gulika 9:38AM – 11:09AM	Ashvini Until 7:36AM Fri	Ganesha: Red <i>Sunrise:</i> 6:36AM	
		Yama 6:36AM – 8:07AM	Indra Until 1:55PM	Muruqa: Orange <i>Sunset:</i> 6:42PM	Moon 3 - Phase 48
		123933468 Rahu 2:10PM – 3:41PM	Taitila Until 6:33AM Fri	Nataraja: Purple	3rd Phase
Creative Work	Amrita Yoga		Dvitiya Until 5:21PM	Chaitra•Panguni	Sivaloka Day
Until 7:36AM Fri		Chellappaswami Mahasamadhi			
Then Creative Work - Siddha Yoga					

3		Friday, March 27, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Taitila/Gara Karana Tritiyayam Titau	Nairobi, Kenya Sun 17 Sutra 348 Vikarin 5121
Mesha Rasi: 12.32	Tithi 3	Gulika 8:07AM – 9:37AM	Ashvini Until 7:36AM	Ganesha: Red <i>Sunrise:</i> 6:36AM	
		Yama 3:40PM – 5:11PM	Vaidhriti* Until 2:41PM	Muruqa: Orange <i>Sunset:</i> 6:42PM	Moon 3 - Phase 48
		123933468 Rahu 11:08AM – 12:39PM	Taitila Until 6:33AM	Nataraja: Purple	3rd Phase
Creative Work	Amrita Yoga		Tritiya Until 7:40PM	Chaitra•Panguni	Sivaloka Day
Until 7:36AM					
Then Creative Work - Siddha Yoga					

4		Saturday, March 28, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Chaturtham Titau	Nairobi, Kenya Sun 18 Sutra 349 Vikarin 5121
Mesha Rasi: 24.29	Tithi 4	Gulika 6:36AM – 8:06AM	Bharani Until 10:19AM	Ganesha: Red <i>Sunrise:</i> 6:36AM	
		Yama 2:09PM – 3:40PM	Vishkambha* Until 3:20PM	Muruqa: Orange <i>Sunset:</i> 6:42PM	Moon 3 - Phase 48
		123933468 Rahu 9:37AM – 11:08AM	Vanija Until 8:47AM	Nataraja: Purple	3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 9:47PM	Chaitra•Panguni	Sivaloka Day
Until 10:19AM					
Then Creative Work - Amrita Yoga					

5		Sunday, March 29, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Panchamyam Titau	Nairobi, Kenya Sun 19 Sutra 350 Vikarin 5121
Vrishabha Rasi: 6.33	Tithi 5	Gulika 3:40PM – 5:11PM	Krittika Until 12:37PM	Ganesha: Red <i>Sunrise:</i> 6:35AM	
		Yama 12:38PM – 2:09PM	Priti Until 3:46PM	Muruqa: Orange <i>Sunset:</i> 6:41PM	Moon 3 - Phase 48
		123933468 Rahu 5:11PM – 6:41PM	Bava Until 10:44AM	Nataraja: Purple	3rd Phase
Creative Work	Siddha Yoga		Panchami Until 11:33PM	Chaitra•Panguni	Sivaloka Day

6		Monday, March 30, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushmani/Saubhagya Yoga Kaulava/Taitila Karana Shashthyam Titau	Nairobi, Kenya Sun 20 Sutra 351 Vikarin 5121
Vrishabha Rasi: 18.46	Tithi 6	Gulika 2:09PM – 3:40PM	Rohini Until 2:50PM	Ganesha: Blue <i>Sunrise:</i> 6:35AM	
Family Home Evening		Yama 11:07AM – 12:38PM	Ayushman Until 3:50PM	Muruqa: Orange <i>Sunset:</i> 6:41PM	Moon 3 - Phase 48
		133933468 Rahu 8:06AM – 9:37AM	Kaulava Until 12:16PM	Nataraja: Purple	3rd Phase
Creative Work	Amrita Yoga		Shashthi* Until 12:49AM Tue	Chaitra•Panguni	Subha Sivaloka Day

Retreat Star		Tuesday, March 31, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau	Nairobi, Kenya Sun 21 Sutra 352 Vikarin 5121
Mithuna Rasi: 1.13	Tithi 7	Gulika 12:38PM – 2:09PM	Mrigashira Until 4:17PM	Ganesha: Blue <i>Sunrise:</i> 6:35AM	
		Yama 9:36AM – 11:07AM	Saubhagya Until 3:26PM	Muruqa: Orange <i>Sunset:</i> 6:41PM	Moon 3 - Phase 48
		133933468 Rahu 3:39PM – 5:10PM	Gara Until 1:13PM	Nataraja: Purple	3rd Phase
Creative Work	Siddha Yoga		Saptami Until 1:25AM Wed	Chaitra•Panguni	Subha Sivaloka Day
Until 4:17PM					
Then Routine Work - Marana Yoga					

Retreat Star		Wednesday, April 1, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana/Alhiganda* Yoga Visti*/Bava Karana Ashtamyam Titau	Nairobi, Kenya Sun 22 Sutra 353 Vikarin 5121
Mithuna Rasi: 13.59	Tithi 8	Gulika 11:07AM – 12:38PM	Ardra Until 4:53PM	Ganesha: Blue <i>Sunrise:</i> 6:35AM	
		Yama 8:06AM – 9:36AM	Sobhana Until 2:29PM	Muruqa: Orange <i>Sunset:</i> 6:41PM	Moon 3 - Phase 48
		133933468 Rahu 12:38PM – 2:09PM	Visti Until 1:26PM	Nataraja: Purple	Ashtami
Creative Work	Siddha Yoga		Ashtami* Until 1:14AM Thu	Chaitra•Panguni	Subha Sivaloka Day

Retreat Star		Thursday, April 2, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau	Nairobi, Kenya Sun 23 Sutra 354 Vikarin 5121
Mithuna Rasi: 27.09	Tithi 9	Gulika 9:36AM – 11:07AM	Punarvasu Until 4:59PM	Ganesha: Yellow <i>Sunrise:</i> 6:35AM	
		Yama 6:35AM – 8:05AM	Athiganda* Until 12:52PM	Muruqa: Orange <i>Sunset:</i> 6:40PM	Moon 3 - Phase 48
		143933468 Rahu 2:08PM – 3:39PM	Balava Until 12:51PM	Nataraja: Purple	Navami
Creative Work	Amrita Yoga		Navami* Until 12:13AM Fri	Chaitra•Panguni	Sivaloka Day
		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

1	Friday, April 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau				Nairobi, Kenya Sun 24 Sutra 355
	Kataka Rasi: 10.46	Tithi 10	Gulika 8:05AM – 9:36AM	Pushya Until 4:08PM	Ganesha: Yellow	<i>Sunrise:</i> 6:34AM	Vikarin 5121
			Yama 3:39PM – 5:09PM	Sukarma Until 10:37AM	Muruqa: Orange	<i>Sunset:</i> 6:40PM	Moon 3 - Phase 49
	Routine Work	Marana Yoga	143933468 Rahu 11:06AM – 12:37PM	Taitila Until 11:26AM	Nataraja: Purple		4th Phase
			Dashami Until 10:25PM	Moon – Blue		Sivaloka Day	
				Chaitra•Panguni			

2	Saturday, April 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Dhriti/Shula* Yoga Vanija/Visli* Karana Ekadashyam Titau				Nairobi, Kenya Sun 25 Sutra 356
	Kataka Rasi: 24.52	Tithi 11	Gulika 6:34AM – 8:05AM	Ashlesha* Until 2:24PM	Ganesha: Yellow	<i>Sunrise:</i> 6:34AM	Vikarin 5121
			Yama 2:08PM – 3:38PM	Dhriti Until 7:46AM	Muruqa: Orange	<i>Sunset:</i> 6:40PM	Moon 3 - Phase 49
	Routine Work	Marana Yoga	143933468 Rahu 9:36AM – 11:06AM	Vanija Until 9:15AM	Nataraja: Purple		4th Phase
Until 2:24PM			Ekadashi Until 7:54PM	Moon – Blue		Sivaloka Day	
Then Creative Work - Amrita Yoga		Yogaswami Mahasamadhi		Chaitra•Panguni			

3	Sunday, April 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Ganda* Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 357
	Simha Rasi: 9.25	Tithi 12 – 13	Gulika 3:38PM – 5:09PM	Magha* Until 12:19PM	Ganesha: White	<i>Sunrise:</i> 6:34AM	Vikarin 5121
			Yama 12:37PM – 2:07PM	Ganda* Until 12:29AM Mon	Muruqa: Orange	<i>Sunset:</i> 6:39PM	Moon 3 - Phase 49
	Routine Work	Marana Yoga	153933468 Rahu 5:09PM – 6:39PM	Bava Until 6:25AM	Nataraja: Purple		4th Phase
Until 12:19PM			Dvadashi Until 4:47PM	Moon – Red		Subha Sivaloka Day	
Then Creative Work - Siddha Yoga				Chaitra•Panguni			
				<i>Pradosha Vrata</i>			

4	Monday, April 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 358
	Simha Rasi: 24.22	Tithi 13 – 14	Gulika 2:07PM – 3:38PM	Purvaphalguni Until 9:38AM	Ganesha: Clear	<i>Sunrise:</i> 6:34AM	Vikarin 5121
	Family Home Evening		Yama 11:06AM – 12:36PM	Vriddhi Until 8:21PM	Muruqa: Orange	<i>Sunset:</i> 6:39PM	Moon 3 - Phase 49
	Creative Work	Siddha Yoga	154933468 Rahu 8:04AM – 9:35AM	Gara Until 11:23PM	Nataraja: Purple		4th Phase
			Trayodashi Until 1:15PM	Moon – Red		Sivaloka Day	
				Chaitra•Panguni			

○	Tuesday, April 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visli* Karana Chaturdashi/Purnimayam Titau				Nairobi, Kenya Sun 28 Sutra 359
	Copper Retreat Star		Gulika 12:36PM – 2:07PM	Uttaraphalguni Until 6:32AM	Ganesha: Clear	<i>Sunrise:</i> 6:33AM	Vikarin 5121
	Kanya Rasi: 9.34	Tithi 14 – 15	Yama 9:35AM – 11:05AM	Dhruva Until 4:01PM	Muruqa: Orange	<i>Sunset:</i> 6:39PM	Moon 3 - Phase 49
			154933468 Rahu 3:37PM – 5:08PM	Visli Until 7:31PM	Nataraja: Purple		Purnima
Creative Work	Amrita Yoga		Chaturdashi* Until 9:27AM	Moon – Red		Sivaloka Day	
Until 6:32AM		Panguni Uttiram		Chaitra•Panguni			
Then Creative Work - Siddha Yoga		Hanuman Jayanti					

○	Wednesday, April 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Chitra Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Nairobi, Kenya Sun 29 Sutra 360
	Silver Retreat Star		Gulika 11:05AM – 12:36PM	Chitra Until 12:33AM Thu	Ganesha: Purple	<i>Sunrise:</i> 6:33AM	Vikarin 5121
	Kanya Rasi: 24.52	Tithi 16	Yama 8:04AM – 9:34AM	Vyaghata* Until 11:40AM	Muruqa: Clear	<i>Sunset:</i> 6:38PM	Moon 3 - Phase 49
			164934468 Rahu 12:36PM – 2:06PM	Balava Until 3:39PM	Nataraja: Purple		Prathama
Creative Work	Siddha Yoga		Prathama* Until 1:45AM Thu	Moon – Green		Devaloka Day	
Until 12:33AM Thu				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							



Thursday, April 9, 2020
Gold Retreat Star

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

Nairobi, Kenya
Sutra 361

Tula Rasi: 10.05 Tithi 17

Gulika 9:34AM – 11:05AM
Yama 6:33AM – 8:03AM
164134468 **Rahu** 2:06PM – 3:37PM

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

Ganesha: White *Sunrise:* 6:33AM
Muruqa: Clear *Sunset:* 6:38PM
Nataraja: Purple
Moon – Green
Chaitra•Panguni

Moon 4 - Phase 50
1st Phase

Creative Work Amrita Yoga
Until 9:39PM
Then Creative Work - Siddha Yoga

Devaloka Day

1

Friday, April 10, 2020

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

Nairobi, Kenya
Sun 1 Sutra 362

Tula Rasi: 25.05 Tithi 18

Gulika 8:03AM – 9:34AM
Yama 3:37PM – 5:07PM
174134468 **Rahu** 11:05AM – 12:35PM

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

Ganesha: Yellow *Sunrise:* 6:33AM
Muruqa: Clear *Sunset:* 6:38PM
Nataraja: Purple
Moon – Orange
Chaitra•Panguni

Moon 4 - Phase 50
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

2

Saturday, April 11, 2020

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

Nairobi, Kenya
Sun 2 Sutra 363

Virchika Rasi: 9.41 Tithi 19 – 20

Gulika 6:32AM – 8:03AM
Yama 2:06PM – 3:36PM
174134468 **Rahu** 9:34AM – 11:04AM

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

Ganesha: Yellow *Sunrise:* 6:32AM
Muruqa: Clear *Sunset:* 6:38PM
Nataraja: Purple
Moon – Orange
Chaitra•Panguni

Moon 4 - Phase 50
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

3

Sunday, April 12, 2020

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

Nairobi, Kenya
Sun 3 Sutra 364

Virchika Rasi: 23.5 Tithi 20 – 21

Gulika 3:36PM – 5:07PM
Yama 12:35PM – 2:05PM
174134468 **Rahu** 5:07PM – 6:37PM

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

Ganesha: Yellow *Sunrise:* 6:32AM
Muruqa: Clear *Sunset:* 6:37PM
Nataraja: Purple
Moon – Orange
Chaitra•Panguni

Moon 4 - Phase 50
1st Phase

Routine Work Marana Yoga
Until 4:33PM
Then Creative Work - Amrita Yoga

Sivaloka Day

4

Monday, April 13, 2020

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

Nairobi, Kenya
Sun 4 Sutra 1

Dhanus Rasi: 7.29 Tithi 21 – 22

Family Home Evening

Gulika 2:05PM – 3:36PM
Yama 11:04AM – 12:34PM
184134468 **Rahu** 8:03AM – 9:33AM

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

Ganesha: Blue *Sunrise:* 6:32AM
Muruqa: Clear *Sunset:* 6:37PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Moon 4 - Phase 50
1st Phase

Creative Work Siddha Yoga
Until 4:31PM
Then Routine Work - Marana Yoga

Devaloka Day

D

Tuesday, April 14, 2020

Retreat Star

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

Nairobi, Kenya
Sun 5 Sutra 2

Dhanus Rasi: 20.41 Tithi 22 – 23

Gulika 12:34PM – 2:05PM
Yama 9:33AM – 11:04AM
284134468 **Rahu** 3:35PM – 5:06PM

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

Ganesha: Yellow *Sunrise:* 6:32AM
Muruqa: Clear *Sunset:* 6:37PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Moon 4 - Phase 50
Ashtami

Creative Work Siddha Yoga
Until 5:09PM
Then Routine Work - Prabalarishta Yoga

Sivaloka Day

Wednesday, April 15, 2020

Retreat Star

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

Nairobi, Kenya
Sun 6 Sutra 3

Makara Rasi: 3.27 Tithi 23 – 24

Gulika 11:03AM – 12:34PM
Yama 8:02AM – 9:33AM
284134468 **Rahu** 12:34PM – 2:05PM

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

Ganesha: Yellow *Sunrise:* 6:31AM
Muruqa: Clear *Sunset:* 6:36PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Moon 4 - Phase 50
Navami

Creative Work Amrita Yoga
Until 6:24PM
Then Creative Work - Siddha Yoga

Sivaloka Day

1	Thursday, April 16, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam				Nairobi, Kenya
			Shravana Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Sun 7 Sutra 4
	Makara Rasi: 15.53	Tithi 24 – 25	Gulika 9:32AM – 11:03AM	Shravana Until 8:36PM	Ganesha: Blue <i>Sunrise:</i> 6:31AM		Sarvari 5122
	294134468		Yama 6:31AM – 8:02AM	Sadhya Until 3:02PM	Muruqa: Clear <i>Sunset:</i> 6:36PM		Moon 4 - Phase 1
Creative Work	Siddha Yoga	Rahu 2:04PM – 3:35PM	Vanija Until 4:38AM Fri	Nataraja: Purple		2nd Phase	
		Chidambaram Abhishekam	Navami* Until 3:44PM	Moon – Purple		Devaloka Day	
				Chaitra*Chaitra			


2	Friday, April 17, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam				Nairobi, Kenya
			Dhanishtha Nakshatra Subha/Sukla Yoga Visti/Bava Karana Dashami/Ekadashyam Titau				Sun 8 Sutra 5
	Makara Rasi: 28.04	Tithi 25 – 26	Gulika 8:02AM – 9:32AM	Dhanishtha Until 11:07PM	Ganesha: Blue <i>Sunrise:</i> 6:31AM		Sarvari 5122
	294134468		Yama 3:35PM – 5:05PM	Subha Until 3:30PM	Muruqa: Clear <i>Sunset:</i> 6:36PM		Moon 4 - Phase 1
Creative Work	Siddha Yoga	Rahu 11:03AM – 12:33PM	Bava Until 6:43AM Sat	Nataraja: Purple		2nd Phase	
			Dashami Until 5:37PM	Moon – Purple		Devaloka Day	
				Chaitra*Chaitra			

3	Saturday, April 18, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam				Nairobi, Kenya
			Shatabhishak Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau				Sun 9 Sutra 6
	Kumbha Rasi: 10.05	Tithi 26	Gulika 6:31AM – 8:01AM	Shatabhishak Until 1:46AM Sun	Ganesha: Yellow <i>Sunrise:</i> 6:31AM		Sarvari 5122
	295134468		Yama 2:04PM – 3:34PM	Sukla Until 4:12PM	Muruqa: Clear <i>Sunset:</i> 6:36PM		Moon 4 - Phase 1
Creative Work	Amrita Yoga	Rahu 9:32AM – 11:03AM	Bava Until 6:43AM	Nataraja: Purple		2nd Phase	
Until 1:46AM Sun			Ekadashi* Until 7:51PM	Moon – Purple		Sivaloka Day	
Then Creative Work - Siddha Yoga				Chaitra*Chaitra			

4	Sunday, April 19, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam				Nairobi, Kenya
			Purvaproshtapada* Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Dvadashyam Titau				Sun 10 Sutra 7
	Kumbha Rasi: 22	Tithi 27	Gulika 3:34PM – 5:05PM	Purvaproshtapada* Until 4:53AM Mon	Ganesha: Yellow <i>Sunrise:</i> 6:31AM		Sarvari 5122
	215134468		Yama 12:33PM – 2:04PM	Brahma Until 5:04PM	Muruqa: Clear <i>Sunset:</i> 6:35PM		Moon 4 - Phase 1
Creative Work	Siddha Yoga	Rahu 5:05PM – 6:35PM	Kaulava Until 9:03AM	Nataraja: Purple		2nd Phase	
			Dvadashi* Until 10:15PM	Moon – Clear		Sivaloka Day	
				Chaitra*Chaitra			

5	Monday, April 20, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam				Nairobi, Kenya
			Uttaraproshtapada Nakshatra Indra/Parigha* Yoga Gara/Vanija Karana Trayodashyam Titau				Sun 11 Sutra 8
	Meena Rasi: 3.53	Tithi 28	Gulika 2:03PM – 3:34PM	Uttaraproshtapada Until 7:51AM Tue	Ganesha: Yellow <i>Sunrise:</i> 6:30AM		Sarvari 5122
	215134468		Yama 11:02AM – 12:33PM	Indra Until 6:00PM	Muruqa: Clear <i>Sunset:</i> 6:35PM		Moon 4 - Phase 1
Family Home Evening		Rahu 8:01AM – 9:32AM	Gara Until 11:30AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 12:42AM Tue	Moon – Clear		Sivaloka Day	
				Chaitra*Chaitra			
				<i>Pradosha Vrata (Fasting)</i>			

6	Tuesday, April 21, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam				Nairobi, Kenya
			Uttaraproshtapada/Revati Nakshatra Vaidhriti* Yoga Visti/Sakuni* Karana Chaturdashyam Titau				Sun 12 Sutra 9
	Meena Rasi: 15.44	Tithi 29	Gulika 12:33PM – 2:03PM	Uttaraproshtapada Until 7:51AM	Ganesha: Yellow <i>Sunrise:</i> 6:30AM		Sarvari 5122
	215134468		Yama 9:31AM – 11:02AM	Vaidhriti* Until 6:53PM	Muruqa: Clear <i>Sunset:</i> 6:35PM		Moon 4 - Phase 1
Creative Work	Amrita Yoga	Rahu 3:34PM – 5:04PM	Visti Until 1:56PM	Nataraja: Purple		2nd Phase	
Until 7:51AM			Chaturdashi* Until 3:06AM Wed	Moon – Clear		Sivaloka Day	
Then Creative Work - Siddha Yoga				Chaitra*Chaitra			

	Wednesday, April 22, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam				Nairobi, Kenya
	Retreat Star		Revati/Ashvini Nakshatra Vishkambha* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Sun 13 Sutra 10
	Meena Rasi: 27.38	Tithi 30	Gulika 11:02AM – 12:32PM	Revati Until 10:35AM	Ganesha: Yellow <i>Sunrise:</i> 6:30AM		Sarvari 5122
	215134468		Yama 8:01AM – 9:31AM	Vishkambha* Until 7:43PM	Muruqa: Clear <i>Sunset:</i> 6:35PM		Moon 4 - Phase 1
Routine Work	Marana Yoga	Rahu 12:32PM – 2:03PM	Catuspada Until 4:17PM	Nataraja: Purple		Amavasya	
			Amavasya* Until 5:23AM Thu	Moon – Clear		Sivaloka Day	
				Chaitra*Chaitra			

Retreat Star	Thursday, April 23, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam				Nairobi, Kenya
			Ashvini/Bharani Nakshatra Priti Yoga Kintughna* Karana Prathamayam Titau				Sun 14 Sutra 11
	Mesha Rasi: 9.34	Tithi 1	Gulika 9:31AM – 11:02AM	Ashvini Until 1:31PM	Ganesha: Red <i>Sunrise:</i> 6:30AM		Sarvari 5122
	225134468		Yama 6:30AM – 8:01AM	Priti Until 8:27PM	Muruqa: Clear <i>Sunset:</i> 6:35PM		Moon 4 - Phase 1
Creative Work	Amrita Yoga	Rahu 2:03PM – 3:33PM	Kintughna Until 6:29PM	Nataraja: Purple		Prathama	
Until 1:31PM			Prathama* Until 7:29AM Fri	Moon – White		Sivaloka Day	
Then Creative Work - Siddha Yoga				Vaisaka*Chaitra			

1		Friday, April 24, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Nairobi, Kenya Sun 15 Sutra 12	
Mesha Rasi: 21.34	Tithi 1 – 2	Gulika 8:00AM – 9:31AM	Bharani Until 4:06PM	Ganesha: Red	<i>Sunrise:</i> 6:30AM	Sarvari 5122	
		Yama 3:33PM – 5:04PM	Ayushman Until 8:59PM	Muruqa: Clear	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 2	
225134469	Rahu 11:01AM – 12:32PM		Balava Until 8:28PM	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Prathama* Until 7:29AM	Moon – White		Devaloka Day	
				Vaisaka-Chaitra			

2		Saturday, April 25, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Nairobi, Kenya Sun 16 Sutra 13	
Vrishabha Rasi: 3.4	Tithi 2 – 3	Gulika 6:30AM – 8:00AM	Krittika Until 6:16PM	Ganesha: Red	<i>Sunrise:</i> 6:30AM	Sarvari 5122	
		Yama 2:02PM – 3:33PM	Saubhagya Until 9:19PM	Muruqa: Clear	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 2	
225134469	Rahu 9:31AM – 11:01AM		Taitila Until 10:11PM	Nataraja: Clear		3rd Phase	
Creative Work	Amrita Yoga		Dvitiya Until 9:21AM	Moon – White		Devaloka Day	
				Vaisaka-Chaitra			

3		Sunday, April 26, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Nairobi, Kenya Sun 17 Sutra 14	
Vrishabha Rasi: 15.54	Tithi 3 – 4	Gulika 3:33PM – 5:03PM	Rohini Until 8:26PM	Ganesha: Yellow	<i>Sunrise:</i> 6:29AM	Sarvari 5122	
		Yama 12:32PM – 2:02PM	Sobhana Until 9:24PM	Muruqa: Clear	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 2	
235134469	Rahu 5:03PM – 6:34PM		Vanija Until 11:32PM	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Tritiya Until 10:53AM	Moon – Yellow		Devaloka Day	
		Akshaya Tritiya		Vaisaka-Chaitra			

4		Monday, April 27, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Nairobi, Kenya Sun 18 Sutra 15	
Vrishabha Rasi: 28.17	Tithi 4 – 5	Gulika 2:02PM – 3:33PM	Mrigashira Until 10:00PM	Ganesha: Yellow	<i>Sunrise:</i> 6:29AM	Sarvari 5122	
Family Home Evening		Yama 11:01AM – 12:32PM	Athiganda* Until 9:07PM	Muruqa: Clear	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 2	
235134469	Rahu 8:00AM – 9:30AM		Bava Until 12:27AM Tue	Nataraja: Clear		3rd Phase	
Creative Work	Amrita Yoga		Chaturthi* Until 12:02PM	Moon – Yellow		Devaloka Day	
Until 10:00PM		Adi Sankara Jayanthi		Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga							

5		Tuesday, April 28, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Nairobi, Kenya Sun 19 Sutra 16	
Mithuna Rasi: 10.52	Tithi 5 – 6	Gulika 12:31PM – 2:02PM	Ardra Until 10:55PM	Ganesha: Blue	<i>Sunrise:</i> 6:29AM	Sarvari 5122	
		Yama 9:30AM – 11:01AM	Sukarma Until 8:27PM	Muruqa: Clear	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 2	
236134469	Rahu 3:33PM – 5:03PM		Kaulava Until 12:49AM Wed	Nataraja: Clear		3rd Phase	
Routine Work	Marana Yoga		Panchami Until 12:41PM	Moon – Yellow		Bhuloka Day	
Until 10:55PM				Vaisaka-Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

6		Wednesday, April 29, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Nairobi, Kenya Sun 20 Sutra 17	
Mithuna Rasi: 23.44	Tithi 6 – 7	Gulika 11:01AM – 12:31PM	Punarvasu Until 11:33PM	Ganesha: Yellow	<i>Sunrise:</i> 6:29AM	Sarvari 5122	
		Yama 8:00AM – 9:30AM	Dhriti Until 7:19PM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 2	
246134469	Rahu 12:31PM – 2:02PM		Gara Until 12:34AM Thu	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 12:45PM	Moon – Blue		Devaloka Day	
				Vaisaka-Chaitra			

Retreat Star		Thursday, April 30, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Nairobi, Kenya Sun 21 Sutra 18	
Kataka Rasi: 6.53	Tithi 7 – 8	Gulika 9:30AM – 11:01AM	Pushya Until 11:23PM	Ganesha: Yellow	<i>Sunrise:</i> 6:29AM	Sarvari 5122	
		Yama 6:29AM – 8:00AM	Shula* Until 5:39PM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 2	
246134469	Rahu 2:02PM – 3:32PM		Visti Until 11:40PM	Nataraja: Clear		Ashtami	
Creative Work	Amrita Yoga		Saptami Until 12:11PM	Moon – Blue		Devaloka Day	
Until 11:23PM				Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga							

Retreat Star		Friday, May 1, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda*/Vridhiti Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Nairobi, Kenya Sun 22 Sutra 19	
Kataka Rasi: 20.26	Tithi 8 – 9	Gulika 7:59AM – 9:30AM	Ashlesha* Until 10:24PM	Ganesha: Yellow	<i>Sunrise:</i> 6:29AM	Sarvari 5122	
		Yama 3:32PM – 5:03PM	Ganda* Until 3:27PM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 2	
246134469	Rahu 11:00AM – 12:31PM		Balava Until 10:06PM	Nataraja: Clear		Navami	
Routine Work	Marana Yoga		Ashtami* Until 10:57AM	Moon – Blue		Devaloka Day	
				Vaisaka-Chaitra			


1		Saturday, May 2, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau		Nairobi, Kenya Sun 23 Sutra 20	
Simha Rasi: 4.21	Tithi 9 – 10	Gulika 6:29AM – 7:59AM	Magha* Until 9:06PM	Ganesha: White	<i>Sunrise:</i> 6:29AM	Sarvari 5122	
		Yama 2:01PM – 3:32PM	Vriddhi Until 12:45PM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 3	
	256134469	Rahu 9:30AM – 11:00AM	Taitila Until 7:55PM	Nataraja: Clear		4th Phase	
Creative Work	Amrita Yoga		Navami* Until 9:04AM	Moon – Red		Bhuloka Day	
Until 9:06PM				Vaisaka*Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

2		Sunday, May 3, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Gara/Visli* Karana Dashami/Ekadashyam Titau		Nairobi, Kenya Sun 24 Sutra 21	
Simha Rasi: 18.4	Tithi 10 – 11	Gulika 3:32PM – 5:02PM	Purvaphalguni Until 7:08PM	Ganesha: White	<i>Sunrise:</i> 6:29AM	Sarvari 5122	
		Yama 12:31PM – 2:01PM	Dhruva Until 9:34AM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 3	
	256134469	Rahu 5:02PM – 6:33PM	Visti Until 3:38AM Mon	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Dashami Until 6:36AM	Moon – Red		Bhuloka Day	
Until 7:08PM				Vaisaka*Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

3		Monday, May 4, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau		Nairobi, Kenya Sun 25 Sutra 22	
Kanya Rasi: 3.2	Tithi 12	Gulika 2:01PM – 3:32PM	Uttaraphalguni Until 4:36PM	Ganesha: Clear	<i>Sunrise:</i> 6:29AM	Sarvari 5122	
Family Home Evening		Yama 11:00AM – 12:31PM	Vyaghata* Until 6:00AM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 3	
	256234469	Rahu 7:59AM – 9:30AM	Bava Until 2:02PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 12:20AM Tue	Moon – Red		Devaloka Day	
				Vaisaka*Chaitra			

4		Tuesday, May 5, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Nairobi, Kenya Sun 26 Sutra 23	
Kanya Rasi: 18.16	Tithi 13	Gulika 12:31PM – 2:01PM	Hasta Until 2:05PM	Ganesha: Clear	<i>Sunrise:</i> 6:28AM	Sarvari 5122	
		Yama 9:30AM – 11:00AM	Vajra* Until 10:09PM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 3	
	267234469	Rahu 3:32PM – 5:02PM	Kaulava Until 10:36AM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 8:48PM	Moon – Green		Devaloka Day	
				Vaisaka*Chaitra			
				<i>Pradosha Vrata</i>			

5		Wednesday, May 6, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi Yoga Gara/Visli* Karana Chaturdashi/Purnimayam Titau		Nairobi, Kenya Sun 27 Sutra 24	
Tula Rasi: 3.19	Tithi 14 – 15	Gulika 11:00AM – 12:30PM	Chitra Until 11:19AM	Ganesha: Clear	<i>Sunrise:</i> 6:28AM	Sarvari 5122	
		Yama 7:59AM – 9:29AM	Siddhi Until 6:06PM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 3	
	267234469	Rahu 12:30PM – 2:01PM	Gara Until 7:02AM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 5:14PM	Moon – Green		Devaloka Day	
				Vaisaka*Chaitra			

		Thursday, May 7, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Nairobi, Kenya Sun 28 Sutra 25	
Copper Retreat Star		Gulika 9:29AM – 11:00AM	Svati Until 8:28AM	Ganesha: Clear	<i>Sunrise:</i> 6:28AM	Sarvari 5122	
Tula Rasi: 18.22	Tithi 15 – 16	Yama 6:28AM – 7:59AM	Vyatipata* Until 2:09PM	Muruqa: Clear	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 3	
	267234469	Rahu 2:01PM – 3:31PM	Balava Until 12:07AM Fri	Nataraja: Clear		Purnima	
Creative Work	Amrita Yoga		Purnima* Until 1:45PM	Moon – Green		Devaloka Day	
Until 8:28AM		Budha Purnima (Tamil Nadu)		Vaisaka*Chaitra			
Then Creative Work - Siddha Yoga							

Friday, May 8, 2020		Silver Retreat Star		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau		Nairobi, Kenya Sun 29 Sutra 26	
Vrischika Rasi: 3.14	Tithi 16 – 17	Gulika 7:59AM – 9:29AM	Vishakha Until 6:08AM	Ganesha: Purple	<i>Sunrise:</i> 6:28AM	Sarvari 5122	
		Yama 3:31PM – 5:02PM	Variyan Until 10:25AM	Muruqa: Clear	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 3	
	277234469	Rahu 11:00AM – 12:30PM	Taitila Until 9:07PM	Nataraja: Clear		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 10:33AM	Moon – Orange		Bhuloka Day	
				Vaisaka*Chaitra		Devaloka Time: 3:PM to 6:PM	

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