



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

Tula Rasi: 27.01 Tithi 17 – 18

274483468

Routine Work Marana Yoga

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

**Gulika** 3:35PM – 5:13PM  
**Yama** 12:21PM – 1:58PM  
**Rahu** 5:13PM – 6:50PM

**Vishakha** **Until 4:58PM**  
Vyatipata\* Until 3:29AM Mon  
Vanija Until 11:53PM  
**Dvitiya** **Until 12:31PM**

**Ganesha:** Blue *Sunrise: 5:51AM*  
**Muruqa:** Yellow *Sunset: 6:50PM*  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Chaitra**

New Delhi, India  
Sutra 7  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**1**

**Monday, April 22, 2019**

Vrischika Rasi: 10.41 Tithi 18 – 19

**Family Home Evening**

Creative Work Siddha Yoga

274483468

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

**Gulika** 1:58PM – 3:36PM  
**Yama** 10:43AM – 12:20PM  
**Rahu** 7:28AM – 9:05AM

**Anuradha** **Until 4:43PM**  
Variyan Until 1:53AM Tue  
Bava Until 11:09PM  
**Tritiya** **Until 11:24AM**

**Ganesha:** Blue *Sunrise: 5:50AM*  
**Muruqa:** Yellow *Sunset: 6:51PM*  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Chaitra**

New Delhi, India  
Sun 1 Sutra 8  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**2**

**Tuesday, April 23, 2019**

Vrischika Rasi: 23.56 Tithi 19 – 20

Routine Work Marana Yoga

Until 5:05PM

Then Creative Work - Amrita Yoga

274483468

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

**Gulika** 12:20PM – 1:58PM  
**Yama** 9:05AM – 10:42AM  
**Rahu** 3:36PM – 5:14PM

**Jyeshtha\*** **Until 5:05PM**  
Parigha\* Until 12:57AM Wed  
Kaulava Until 11:13PM  
**Chaturthi\*** **Until 11:03AM**

**Ganesha:** Blue *Sunrise: 5:49AM*  
**Muruqa:** Yellow *Sunset: 6:51PM*  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Chaitra**

New Delhi, India  
Sun 2 Sutra 9  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**3**

**Wednesday, April 24, 2019**

Dhanus Rasi: 6.45 Tithi 20 – 21

Routine Work Marana Yoga

Until 6:34PM

Then Creative Work - Amrita Yoga

284483468

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

**Gulika** 10:42AM – 12:20PM  
**Yama** 7:26AM – 9:04AM  
**Rahu** 12:20PM – 1:58PM

**Mula\*** **Until 6:34PM**  
Shiva Until 12:39AM Thu  
Gara Until 12:06AM Thu  
**Panchami** **Until 11:32AM**

**Ganesha:** Yellow *Sunrise: 5:48AM*  
**Muruqa:** Yellow *Sunset: 6:52PM*  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

New Delhi, India  
Sun 3 Sutra 10  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Sivaloka Day**

**4**

**Thursday, April 25, 2019**

Dhanus Rasi: 19.13 Tithi 21 – 22

Creative Work Siddha Yoga

Until 8:38PM

Then Routine Work - Marana Yoga

284483469

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

**Gulika** 9:03AM – 10:42AM  
**Yama** 5:47AM – 7:25AM  
**Rahu** 1:58PM – 3:36PM

**Purvashadha\*** **Until 8:38PM**  
Siddha Until 12:53AM Fri  
Visti Until 1:42AM Fri  
**Shashthi\*** **Until 12:48PM**

**Ganesha:** Yellow *Sunrise: 5:47AM*  
**Muruqa:** Yellow *Sunset: 6:53PM*  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra•Chaitra**

New Delhi, India  
Sun 4 Sutra 11  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**5**

**Friday, April 26, 2019**  
**Retreat Star**

Makara Rasi: 1.22 Tithi 22 – 23

Routine Work Marana Yoga

284583469

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

**Gulika** 7:24AM – 9:03AM  
**Yama** 3:36PM – 5:15PM  
**Rahu** 10:41AM – 12:20PM

**Uttarashadha** **Until 11:05PM**  
Sadhya Until 1:34AM Sat  
Balava Until 3:52AM Sat  
**Saptami** **Until 2:43PM**

**Ganesha:** Red *Sunrise: 5:46AM*  
**Muruqa:** Yellow *Sunset: 6:53PM*  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra•Chaitra**

New Delhi, India  
Sun 5 Sutra 12  
Vikarin 5121  
Moon 4 - Phase 2  
Ashtami

**Devaloka Day**

**Saturday, April 27, 2019**  
**Retreat Star**

Makara Rasi: 13.2 Tithi 23 – 24

Creative Work Siddha Yoga

Until 2:14AM Sun

Then Routine Work - Marana Yoga

294583469

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

**Gulika** 5:45AM – 7:24AM  
**Yama** 1:58PM – 3:37PM  
**Rahu** 9:02AM – 10:41AM

**Shravana** **Until 2:14AM Sun**  
Subha Until 2:31AM Sun  
Taitila Until 6:21AM Sun  
**Ashtami\*** **Until 5:04PM**

**Ganesha:** Green *Sunrise: 5:45AM*  
**Muruqa:** Yellow *Sunset: 6:54PM*  
**Nataraja:** Clear  
Moon – Purple  
**Chaitra•Chaitra**

New Delhi, India  
Sun 6 Sutra 13  
Vikarin 5121  
Moon 4 - Phase 2  
Navami

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

|                                  |             |   |                                    |  |                             |
|----------------------------------|-------------|---|------------------------------------|--|-----------------------------|
| <b>1 Sunday, April 28, 2019</b>  |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Dhanishtha Nakshatra Sukla Yoga Taitila/Gara Karana Navamyam Titau |                                    | New Delhi, India<br>Sun 7 Sutra 14<br>Vikarin 5121 |                             |
| Makara Rasi: 25.11               | Tithi 24    | <b>Gulika</b> 3:37PM – 5:16PM   | <b>Dhanishtha</b> Until 5:18AM Mon | <b>Ganesha:</b> Green <i>Sunrise:</i> 5:44AM       | Vikarin 5121                |
|                                  |             | Yama 12:19PM – 1:58PM   | Sukla Until 3:31AM Mon             | <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:54PM        | Moon 4 - Phase 3            |
|                                  | 294583469   | <b>Rahu</b> 5:16PM – 6:54PM   | Taitila Until 6:21AM               | <b>Nataraja:</b> Clear                             | 2nd Phase                   |
| Routine Work                     | Marana Yoga |   | <b>Navami*</b> Until 7:36PM        | <b>Chaitra+Chaitra</b>                             | <b>Bhuloka Day</b>          |
| Until 5:18AM Mon                 |             |   |                                    |  | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |             |   |                                    |  |                             |

|                                 |             |   |                                      |  |                             |
|---------------------------------|-------------|---|--------------------------------------|--|-----------------------------|
| <b>2 Monday, April 29, 2019</b> |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Shatabhishak Nakshatra Brahma Yoga Vanija/Visti* Karana Dashamyam Titau |                                      | New Delhi, India<br>Sun 8 Sutra 15<br>Vikarin 5121 |                             |
| Kumbha Rasi: 7                  | Tithi 25    | <b>Gulika</b> 1:58PM – 3:37PM   | <b>Shatabhishak</b> Until 8:04AM Tue | <b>Ganesha:</b> Green <i>Sunrise:</i> 5:43AM       | Vikarin 5121                |
| <b>Family Home Evening</b>      |             | Yama 10:40AM – 12:19PM  | Brahma Until 4:27AM Tue              | <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:55PM        | Moon 4 - Phase 3            |
| Creative Work                   | Siddha Yoga | 294583469 <b>Rahu</b> 7:22AM – 9:01AM   | Vanija Until 8:54AM                  | <b>Nataraja:</b> Clear                             | 2nd Phase                   |
| Until 8:04AM Tue                |             |   | <b>Dashami</b> Until 10:06PM         | <b>Chaitra+Chaitra</b>                             | <b>Bhuloka Day</b>          |
| Then Routine Work - Marana Yoga |             |   |                                      |  | Devaloka Time: 3:PM to 6:PM |

|                                  |             |   |                                    |  |                             |
|----------------------------------|-------------|---|------------------------------------|--|-----------------------------|
| <b>3 Tuesday, April 30, 2019</b> |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Shatabhishak/Purvaprosnthapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau |                                    | New Delhi, India<br>Sun 9 Sutra 16<br>Vikarin 5121 |                             |
| Kumbha Rasi: 18.52               | Tithi 26    | <b>Gulika</b> 12:19PM – 1:58PM  | <b>Shatabhishak</b> Until 8:04AM   | <b>Ganesha:</b> Green <i>Sunrise:</i> 5:43AM       | Vikarin 5121                |
|                                  |             | Yama 9:01AM – 10:40AM   | Indra Until 5:09AM Wed             | <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:55PM        | Moon 4 - Phase 3            |
|                                  | 294583469   | <b>Rahu</b> 3:37PM – 5:16PM   | Bava Until 11:16AM                 | <b>Nataraja:</b> Clear                             | 2nd Phase                   |
| Routine Work                     | Marana Yoga |   | <b>Ekadashi*</b> Until 12:19AM Wed | <b>Chaitra+Chaitra</b>                             | <b>Bhuloka Day</b>          |
| Until 10:51AM                    |             |   |                                    |  | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |             |   |                                    |  |                             |

|                                  |             |  |   |   |                             |
|----------------------------------|-------------|--|---|---|-----------------------------|
| <b>4 Wednesday, May 1, 2019</b>  |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Purvaprosnthapada*/Uttaraprosnthapada Nakshatra Vaidhrili* Yoga Kaulava/Taitila Karana Dvadashyam Titau |   | New Delhi, India<br>Sun 10 Sutra 17<br>Vikarin 5121 |                             |
| Meena Rasi: 0.52                 | Tithi 27    | <b>Gulika</b> 10:40AM – 12:19PM  | <b>Purvaprosnthapada*</b> Until 10:51AM | <b>Ganesha:</b> Purple <i>Sunrise:</i> 5:42AM       | Vikarin 5121                |
|                                  |             | Yama 7:21AM – 9:00AM   | Vaidhrili* Until 5:29AM Thu             | <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:56PM         | Moon 4 - Phase 3            |
|                                  | 214583469   | <b>Rahu</b> 12:19PM – 1:58PM   | Kaulava Until 1:17PM                    | <b>Nataraja:</b> Clear                              | 2nd Phase                   |
| Creative Work                    | Amrita Yoga |  | <b>Dvadashi*</b> Until 2:06AM Thu       | <b>Chaitra+Chaitra</b>                              | <b>Bhuloka Day</b>          |
| Until 10:51AM                    |             |  |   |   | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |             |  |   |   |                             |

|                                  |             |  |  |   |                             |
|----------------------------------|-------------|--|--|---|-----------------------------|
| <b>5 Thursday, May 2, 2019</b>   |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Uttaraprosnthapada/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau |  | New Delhi, India<br>Sun 11 Sutra 18<br>Vikarin 5121 |                             |
| Meena Rasi: 13.03                | Tithi 28    | <b>Gulika</b> 9:00AM – 10:39AM   | <b>Uttaraprosnthapada</b> Until 1:01PM | <b>Ganesha:</b> Purple <i>Sunrise:</i> 5:41AM       | Vikarin 5121                |
|                                  |             | Yama 5:41AM – 7:20AM   | Vishkambha* Until 5:26AM Fri           | <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:57PM         | Moon 4 - Phase 3            |
|                                  | 214583469   | <b>Rahu</b> 1:58PM – 3:38PM  | Gara Until 2:49PM                      | <b>Nataraja:</b> Clear                              | 2nd Phase                   |
| Creative Work                    | Siddha Yoga |  | <b>Trayodashi*</b> Until 3:22AM Fri    | <b>Chaitra+Chaitra</b>                              | <b>Bhuloka Day</b>          |
| Until 2:31PM                     |             |  |  |   | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Amrita Yoga |             |  |  |   |                             |

|                                  |             |  |                                      |   |                             |
|----------------------------------|-------------|--|--------------------------------------|---|-----------------------------|
| <b>6 Friday, May 3, 2019</b>     |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                                      | New Delhi, India<br>Sun 12 Sutra 19<br>Vikarin 5121 |                             |
| Meena Rasi: 25.27                | Tithi 29    | <b>Gulika</b> 7:20AM – 8:59AM  | <b>Revati</b> Until 2:31PM           | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:40AM   | Vikarin 5121                |
|                                  |             | Yama 3:38PM – 5:18PM   | Priti Until 4:58AM Sat               | <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:57PM         | Moon 4 - Phase 3            |
|                                  | 215583469   | <b>Rahu</b> 10:39AM – 12:19PM  | Visti Until 3:49PM                   | <b>Nataraja:</b> Clear                              | 2nd Phase                   |
| Creative Work                    | Siddha Yoga |  | <b>Chaturdashi*</b> Until 4:06AM Sat | <b>Chaitra+Chaitra</b>                              | <b>Bhuloka Day</b>          |
| Until 2:31PM                     |             |  |                                      |   | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Amrita Yoga |             |  |                                      |   |                             |

|                                  |             |  |                                   |   |                             |
|----------------------------------|-------------|--|-----------------------------------|---|-----------------------------|
| <b>Saturday, May 4, 2019</b>     |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                                   | New Delhi, India<br>Sun 13 Sutra 20<br>Vikarin 5121 |                             |
| <b>Retreat Star</b>              |             | <b>Gulika</b> 5:39AM – 7:19AM  | <b>Ashvini</b> Until 3:48PM       | <b>Ganesha:</b> Purple <i>Sunrise:</i> 5:39AM       | Vikarin 5121                |
| Mesha Rasi: 8.05                 | Tithi 30    | Yama 1:58PM – 3:38PM   | Ayushman Until 4:04AM Sun         | <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:58PM         | Moon 4 - Phase 3            |
|                                  | 225583469   | <b>Rahu</b> 8:59AM – 10:39AM   | Catuspada Until 4:17PM            | <b>Nataraja:</b> Clear                              | Amavasya                    |
| Creative Work                    | Siddha Yoga |  | <b>Amavasya*</b> Until 4:17AM Sun | <b>Chaitra+Chaitra</b>                              | <b>Bhuloka Day</b>          |
| Until 4:25PM                     |             |  |                                   |   | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |             |  |                                   |   |                             |

|                                  |                    |   |                                   |   |                             |
|----------------------------------|--------------------|---|-----------------------------------|---|-----------------------------|
| <b>Sunday, May 5, 2019</b>       |                    | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau |                                   | New Delhi, India<br>Sun 14 Sutra 21<br>Vikarin 5121 |                             |
| <b>Retreat Star</b>              |                    | <b>Gulika</b> 3:38PM – 5:18PM   | <b>Bharani</b> Until 4:25PM       | <b>Ganesha:</b> Purple <i>Sunrise:</i> 5:38AM       | Vikarin 5121                |
| Mesha Rasi: 20.59                | Tithi 1            | Yama 12:18PM – 1:58PM   | Saubhagya Until 2:48AM Mon        | <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:58PM         | Moon 4 - Phase 3            |
|                                  | 225583469          | <b>Rahu</b> 5:18PM – 6:58PM   | Kintughna Until 4:13PM            | <b>Nataraja:</b> Clear                              | Prathama                    |
| Routine Work                     | Prabalarishta Yoga |   | <b>Prathama*</b> Until 4:00AM Mon | <b>Vaisaka+Chaitra</b>                              | <b>Bhuloka Day</b>          |
| Until 4:25PM                     |                    |   |                                   |   | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |                    |   |                                   |   |                             |

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

|                                  |           |  |                                 |   |                             |
|----------------------------------|-----------|--|---------------------------------|---|-----------------------------|
| <b>Monday, May 6, 2019</b>       |           | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau |                                 | New Delhi, India<br>Sun 15 Sutra 22           |                             |
| <b>1</b>                         |           | <b>Gulika</b> 1:59PM – 3:39PM  | <b>Krittika</b> Until 4:28PM    | <b>Ganesha:</b> Purple <i>Sunrise:</i> 5:38AM | Vikarin 5121                |
| Virshabha Rasi: 4.07             | Tithi 2   | Yama 10:38AM – 12:18PM   | Sobhana Until 1:13AM Tue        | <b>Muruqa:</b> Yellow <i>Sunset:</i> 6:59PM   | Moon 4 - Phase 4            |
| <b>Family Home Evening</b>       | 235583469 | <b>Rahu</b> 7:18AM – 8:58AM  | Balava Until 3:43PM             | <b>Nataraja:</b> Clear                        | 3rd Phase                   |
| Routine Work Marana Yoga         |           |  | <b>Dvitiya</b> Until 3:19AM Tue | <b>Moon – White</b>                           | <b>Bhuloka Day</b>          |
| Until 4:28PM                     |           |  |                                 | <b>Vaisaka-Chaitra</b>                        | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Amrita Yoga |           |  |                                 |   |                             |

|                                  |           |  |                                 |   |                             |
|----------------------------------|-----------|--|---------------------------------|---|-----------------------------|
| <b>Tuesday, May 7, 2019</b>      |           | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau |                                 | New Delhi, India<br>Sun 16 Sutra 23               |                             |
| <b>2</b>                         |           | <b>Gulika</b> 12:18PM – 1:59PM   | <b>Rohini</b> Until 4:26PM      | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:37AM | Vikarin 5121                |
| Virshabha Rasi: 17.28            | Tithi 3   | Yama 8:58AM – 10:38AM  | Athiganda* Until 11:20PM        | <b>Muruqa:</b> Yellow <i>Sunset:</i> 7:00PM       | Moon 4 - Phase 4            |
|                                  | 235583469 | <b>Rahu</b> 3:39PM – 5:19PM  | Taitila Until 2:51PM            | <b>Nataraja:</b> Clear                            | 3rd Phase                   |
| Creative Work Amrita Yoga        |           | <b>Akshaya</b> Tritiya   | <b>Tritiya</b> Until 2:16AM Wed | <b>Moon – Yellow</b>                              | <b>Bhuloka Day</b>          |
| Until 4:26PM                     |           |  |                                 | <b>Vaisaka-Chaitra</b>                            | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |           |  |                                 |   |                             |

|                               |           |  |                                     |   |                             |
|-------------------------------|-----------|--|-------------------------------------|---|-----------------------------|
| <b>Wednesday, May 8, 2019</b> |           | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau |                                     | New Delhi, India<br>Sun 17 Sutra 24               |                             |
| <b>3</b>                      |           | <b>Gulika</b> 10:38AM – 12:18PM  | <b>Mrigashira</b> Until 3:57PM      | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:36AM | Vikarin 5121                |
| Mithuna Rasi: 0.59            | Tithi 4   | Yama 7:17AM – 8:57AM   | Sukarma Until 9:14PM                | <b>Muruqa:</b> Yellow <i>Sunset:</i> 7:00PM       | Moon 4 - Phase 4            |
|                               | 235583469 | <b>Rahu</b> 12:18PM – 1:59PM   | Vanija Until 1:40PM                 | <b>Nataraja:</b> Clear                            | 3rd Phase                   |
| Creative Work Siddha Yoga     |           |  | <b>Chaturthi*</b> Until 12:57AM Thu | <b>Moon – Yellow</b>                              | <b>Bhuloka Day</b>          |
|                               |           |  |                                     | <b>Vaisaka-Chaitra</b>                            | Devaloka Time: 3:PM to 6:PM |

|                                  |           |  |                               |   |                             |
|----------------------------------|-----------|--|-------------------------------|---|-----------------------------|
| <b>Thursday, May 9, 2019</b>     |           | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Dhriti Yoga Bava/Balava Karana Panchamyam Titau |                               | New Delhi, India<br>Sun 18 Sutra 25               |                             |
| <b>4</b>                         |           | <b>Gulika</b> 8:57AM – 10:37AM   | <b>Ardra</b> Until 3:05PM     | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:35AM | Vikarin 5121                |
| Mithuna Rasi: 14.41              | Tithi 5   | Yama 5:35AM – 7:16AM   | Dhriti Until 6:58PM           | <b>Muruqa:</b> Yellow <i>Sunset:</i> 7:01PM       | Moon 4 - Phase 4            |
|                                  | 235583469 | <b>Rahu</b> 1:59PM – 3:39PM  | Bava Until 12:13PM            | <b>Nataraja:</b> Clear                            | 3rd Phase                   |
| Routine Work Marana Yoga         |           |  | <b>Panchami</b> Until 11:24PM | <b>Moon – Yellow</b>                              | <b>Bhuloka Day</b>          |
| Until 3:05PM                     |           |  |                               | <b>Vaisaka-Chaitra</b>                            | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Amrita Yoga |           |  |                               |   |                             |

|                                 |           |   |                               |   |                     |
|---------------------------------|-----------|---|-------------------------------|---|---------------------|
| <b>Friday, May 10, 2019</b>     |           | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau |                               | New Delhi, India<br>Sun 19 Sutra 26           |                     |
| <b>5</b>                        |           | <b>Gulika</b> 7:16AM – 8:56AM   | <b>Punarvasu</b> Until 2:18PM | <b>Ganesha:</b> Orange <i>Sunrise:</i> 5:35AM | Vikarin 5121        |
| Mithuna Rasi: 28.31             | Tithi 6   | Yama 3:40PM – 5:21PM  | Shula* Until 4:29PM           | <b>Muruqa:</b> Yellow <i>Sunset:</i> 7:01PM   | Moon 4 - Phase 4    |
|                                 | 245583469 | <b>Rahu</b> 10:37AM – 12:18PM   | Kaulava Until 10:34AM         | <b>Nataraja:</b> Clear                        | 3rd Phase           |
| Creative Work Siddha Yoga       |           |   | <b>Shashthi*</b> Until 9:39PM | <b>Moon – Blue</b>                            | <b>Devaloka Day</b> |
| Until 2:18PM                    |           |   |                               | <b>Vaisaka-Chaitra</b>                        |                     |
| Then Routine Work - Marana Yoga |           |   |                               |   |                     |

|                                 |           |   |                             |   |                     |
|---------------------------------|-----------|---|-----------------------------|---|---------------------|
| <b>Saturday, May 11, 2019</b>   |           | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi Yoga Gara/Vanija Karana Saplamyam Titau |                             | New Delhi, India<br>Sun 20 Sutra 27           |                     |
| <b>6</b>                        |           | <b>Gulika</b> 5:34AM – 7:15AM   | <b>Pushya</b> Until 1:10PM  | <b>Ganesha:</b> Orange <i>Sunrise:</i> 5:34AM | Vikarin 5121        |
| Kataka Rasi: 12.28              | Tithi 7   | Yama 1:59PM – 3:40PM  | Ganda* Until 1:52PM         | <b>Muruqa:</b> Yellow <i>Sunset:</i> 7:02PM   | Moon 4 - Phase 4    |
|                                 | 245583469 | <b>Rahu</b> 8:56AM – 10:37AM  | Gara Until 8:43AM           | <b>Nataraja:</b> Clear                        | 3rd Phase           |
| Creative Work Siddha Yoga       |           |   | <b>Saptami</b> Until 7:42PM | <b>Moon – Blue</b>                            | <b>Devaloka Day</b> |
| Until 1:10PM                    |           |   |                             | <b>Vaisaka-Chaitra</b>                        |                     |
| Then Routine Work - Marana Yoga |           |   |                             |   |                     |

|                                 |             |  |                                |  |                     |
|---------------------------------|-------------|--|--------------------------------|--|---------------------|
| <b>Sunday, May 12, 2019</b>     |             | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Visti*/Balava Karana Ashtami/Navamyam Titau |                                | New Delhi, India<br>Sun 21 Sutra 28          |                     |
| <b>Retreat Star</b>             |             | <b>Gulika</b> 3:40PM – 5:21PM  | <b>Ashlesha*</b> Until 11:44AM | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:33AM | Vikarin 5121        |
| Kataka Rasi: 26.32              | Tithi 8 – 9 | Yama 12:18PM – 1:59PM  | Vridhhi Until 11:08AM          | <b>Muruqa:</b> Yellow <i>Sunset:</i> 7:03PM  | Moon 4 - Phase 4    |
|                                 | 246583469   | <b>Rahu</b> 5:21PM – 7:03PM  | Visti Until 6:41AM             | <b>Nataraja:</b> Clear                       | Ashtami             |
| Creative Work Siddha Yoga       |             | <b>Mother's Day</b>  | <b>Ashtami*</b> Until 5:35PM   | <b>Moon – Blue</b>                           | <b>Devaloka Day</b> |
| Until 11:44AM                   |             |  |                                | <b>Vaisaka-Chaitra</b>                       |                     |
| Then Routine Work - Marana Yoga |             |  |                                |  |                     |

|                                  |              |  |                             |  |                             |
|----------------------------------|--------------|--|-----------------------------|--|-----------------------------|
| <b>Monday, May 13, 2019</b>      |              | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Dhruva*/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |                             | New Delhi, India<br>Sun 22 Sutra 29          |                             |
| <b>Retreat Star</b>              |              | <b>Gulika</b> 1:59PM – 3:41PM  | <b>Magha*</b> Until 10:25AM | <b>Ganesha:</b> White <i>Sunrise:</i> 5:33AM | Vikarin 5121                |
| Simha Rasi: 10.42                | Tithi 9 – 10 | Yama 10:37AM – 12:18PM   | Dhruva Until 8:14AM         | <b>Muruqa:</b> Yellow <i>Sunset:</i> 7:03PM  | Moon 4 - Phase 4            |
| <b>Family Home Evening</b>       | 256583469    | <b>Rahu</b> 7:14AM – 8:55AM  | Taitila Until 2:11AM Tue    | <b>Nataraja:</b> Clear                       | Navami                      |
| Routine Work Marana Yoga         |              |  | <b>Navami*</b> Until 3:20PM | <b>Moon – Red</b>                            | <b>Bhuloka Day</b>          |
| Until 10:25AM                    |              |  |                             | <b>Vaisaka-Chaitra</b>                       | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga |              |  |                             |  |                             |

Earth is upheld by Truth. Heaven is upheld by the sun. The solar regions are supported by eternal laws, rita. The elixir of divine love is supreme in heaven. Rig Veda Samhita

All times are standard time

www.gurudeva.org/panchang


|                                  |               |                                |                                   |  |  |
|----------------------------------|---------------|--------------------------------|-----------------------------------|--|--|
| <b>1</b>                         |               | <b>Tuesday, May 14, 2019</b>   |                                   | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | New Delhi, India<br>Sun 23<br>Sutra 30 |
| Simha Rasi: 24.57                | Tithi 10 – 11 | <b>Gulika</b> 12:18PM – 1:59PM | <b>Purvaphalguni Until 8:52AM</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:32AM                 |
|                                  |               | Yama 8:55AM – 10:37AM          | Harshana Until 2:15AM Wed         | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 7:04PM                  |
|                                  | 256583469     | <b>Rahu</b> 3:41PM – 5:22PM    | Vanija Until 11:49PM              | <b>Nataraja:</b> Clear   | Moon 4 - Phase 5                       |
| Creative Work                    | Siddha Yoga   |                                | <b>Dashami Until 12:59PM</b>      | Moon – Red   | 4th Phase                              |
| Until 8:52AM                     |               |                                |                                   | <b>Vaisaka-Chaitra</b>   | <b>Bhuloka Day</b>                     |
| Then Creative Work - Amrita Yoga |               |                                |                                   |  | Devaloka Time: 3:PM to 6:PM            |

|                                 |               |                                 |                                    |   |  |
|---------------------------------|---------------|---------------------------------|------------------------------------|---|--|
| <b>2</b>                        |               | <b>Wednesday, May 15, 2019</b>  |                                    | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | New Delhi, India<br>Sun 24<br>Sutra 31 |
| Kanya Rasi: 19.14               | Tithi 11 – 12 | <b>Gulika</b> 10:36AM – 12:18PM | <b>Uttaraphalguni Until 7:07AM</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:32AM                 |
|                                 |               | Yama 7:13AM – 8:55AM            | Vajra* Until 11:14PM               | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 7:04PM                  |
|                                 | 256583469     | <b>Rahu</b> 12:18PM – 2:00PM    | Bava Until 9:26PM                  | <b>Nataraja:</b> Clear  | Moon 4 - Phase 5                       |
| Creative Work                   | Amrita Yoga   |                                 | <b>Ekadashi Until 10:36AM</b>      | Moon – Red  | 4th Phase                              |
| Until 7:07AM                    |               |                                 |                                    | <b>Vaisaka-Vaikasi</b>  | <b>Bhuloka Day</b>                     |
| Then Routine Work - Marana Yoga |               |                                 |                                    |   | Devaloka Time: 3:PM to 6:PM            |

|                   |               |                                |                                |   |  |
|-------------------|---------------|--------------------------------|--------------------------------|---|--|
| <b>3</b>          |               | <b>Thursday, May 16, 2019</b>  |                                | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Chitra Nakshatra Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | New Delhi, India<br>Sun 25<br>Sutra 32 |
| Kanya Rasi: 23.31 | Tithi 12 – 13 | <b>Gulika</b> 8:54AM – 10:36AM | <b>Chitra Until 4:15AM Fri</b> | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 5:31AM                 |
|                   |               | Yama 5:31AM – 7:13AM           | Siddhi Until 8:19PM            | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 7:05PM                  |
|                   | 266583469     | <b>Rahu</b> 2:00PM – 3:42PM    | Kaulava Until 7:09PM           | <b>Nataraja:</b> Clear  | Moon 4 - Phase 5                       |
| Creative Work     | Siddha Yoga   |                                | <b>Dvadashi Until 8:15AM</b>   | Moon – Green  | 4th Phase                              |
|                   |               |                                |                                | <b>Vaisaka-Vaikasi</b>  | <b>Devaloka Day</b>                    |
|                   |               |                                |                                |   |  |

*Pradosha Vrata*

|                 |               |                               |                                |   |  |
|-----------------|---------------|-------------------------------|--------------------------------|---|--|
| <b>4</b>        |               | <b>Friday, May 17, 2019</b>   |                                | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Svati Nakshatra Vyatipata*/Varyan Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau | New Delhi, India<br>Sun 26<br>Sutra 33 |
| Tula Rasi: 7.41 | Tithi 13 – 14 | <b>Gulika</b> 7:12AM – 8:54AM | <b>Svati Until 2:56AM Sat</b>  | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 5:30AM                 |
|                 |               | Yama 3:42PM – 5:24PM          | Vyatipata* Until 5:35PM        | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 7:06PM                  |
|                 | 266583469     | <b>Rahu</b> 10:36AM – 12:18PM | Vanija Until 4:09AM Sat        | <b>Nataraja:</b> Clear  | Moon 4 - Phase 5                       |
| Creative Work   | Siddha Yoga   |                               | <b>Trayodashi Until 6:04AM</b> | Moon – Green  | 4th Phase                              |
|                 |               |                               |                                | <b>Vaisaka-Vaikasi</b>  | <b>Devaloka Day</b>                    |

|   |             |                               |                                  |   |  |
|---|-------------|-------------------------------|----------------------------------|---|--|
|  |             | <b>Saturday, May 18, 2019</b> |                                  | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Vishakha Nakshatra Varyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau | New Delhi, India<br>Sun 27<br>Sutra 34 |
| Tula Rasi: 21.41  | Tithi 15    | <b>Gulika</b> 5:30AM – 7:12AM | <b>Vishakha Until 2:18AM Sun</b> | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 5:30AM                 |
|   |             | Yama 2:00PM – 3:42PM          | Varyan Until 3:07PM              | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 7:06PM                  |
|   | 276583469   | <b>Rahu</b> 8:54AM – 10:36AM  | Visti Until 3:22PM               | <b>Nataraja:</b> Clear  | Moon 4 - Phase 5                       |
| Creative Work   | Siddha Yoga |                               | <b>Purnima* Until 2:39AM Sun</b> | Moon – Orange   | Purnima                                |
| Until 2:18AM Sun  |             |                               |                                  | <b>Vaisaka-Vaikasi</b>  | <b>Bhuloka Day</b>                     |
| Then Routine Work - Marana Yoga   |             |                               |                                  |   | Devaloka Time: 3:PM to 6:PM            |

|                                  |             |                               |                                   |  |  |
|----------------------------------|-------------|-------------------------------|-----------------------------------|--|--|
| <b>Sunday, May 19, 2019</b>      |             | <b>Silver Retreat Star</b>    |                                   | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau | New Delhi, India<br>Sun 28<br>Sutra 35 |
| Vrischika Rasi: 5.25             | Tithi 16    | <b>Gulika</b> 3:42PM – 5:25PM | <b>Anuradha Until 2:03AM Mon</b>  | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 5:29AM                 |
|                                  |             | Yama 12:18PM – 2:00PM         | Parigha* Until 1:02PM             | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 7:07PM                  |
|                                  | 277583469   | <b>Rahu</b> 5:25PM – 7:07PM   | Balava Until 2:06PM               | <b>Nataraja:</b> Clear   | Moon 4 - Phase 5                       |
| Routine Work                     | Marana Yoga |                               | <b>Prathama* Until 1:40AM Mon</b> | Moon – Orange  | Prathama                               |
| Until 2:03AM Mon                 |             |                               |                                   | <b>Vaisaka-Vaikasi</b>   | <b>Devaloka Day</b>                    |
| Then Creative Work - Siddha Yoga |             |                               |                                   |  |  |

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

All times are standard time

[www.gurudeva.org/panchang](http://www.gurudeva.org/panchang)



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

Vrischika Rasi: 18.5 Tithi 17  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 2:17AM Tue  
Then Creative Work - Amrita Yoga

277583469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Jyeshtha\* Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Dvitiyayam Titau  
**Gulika** 2:00PM – 3:43PM  
Yama 10:36AM – 12:18PM  
**Rahu** 7:11AM – 8:53AM  
**Jyeshtha\* Until 2:17AM Tue**  
Shiva Until 11:26AM  
Taitila Until 1:26PM  
**Dvitiya Until 1:19AM Tue**

**Ganesha:** Yellow *Sunrise:* 5:29AM  
**Muruqa:** Yellow *Sunset:* 7:07PM  
**Nataraja:** Clear  
Moon – Orange  
**Vaisaka-Vaikasi**

New Delhi, India  
Sun 1 Sutra 36  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Devaloka Day**

**1**

**Tuesday, May 21, 2019**

Dhanus Rasi: 1.55 Tithi 18  
Creative Work Amrita Yoga

287583469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Mula\* Nakshatra Siddha/Sadhya Yoga Vanija/Visti\* Karana Tritiyayam Titau  
**Gulika** 12:18PM – 2:01PM  
Yama 8:53AM – 10:36AM  
**Rahu** 3:43PM – 5:26PM  
**Mula\* Until 3:29AM Wed**  
Siddha Until 10:20AM  
Vanija Until 1:25PM  
**Tritiya Until 1:40AM Wed**

**Ganesha:** Blue *Sunrise:* 5:28AM  
**Muruqa:** Yellow *Sunset:* 7:08PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Vaisaka-Vaikasi**

New Delhi, India  
Sun 2 Sutra 37  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Sivaloka Day**

**2**

**Wednesday, May 22, 2019**

Dhanus Rasi: 14.38 Tithi 19  
Creative Work Amrita Yoga  
Until 5:13AM Thu  
Then Routine Work - Marana Yoga

287683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam  
Purvashadha\* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Chaturthayam Titau  
**Gulika** 10:36AM – 12:18PM  
Yama 7:11AM – 8:53AM  
**Rahu** 12:18PM – 2:01PM  
**Purvashadha\* Until 5:13AM Thu**  
Sadhya Until 9:48AM  
Bava Until 2:07PM  
**Chaturthi\* Until 2:42AM Thu**

**Ganesha:** Red *Sunrise:* 5:28AM  
**Muruqa:** Yellow *Sunset:* 7:09PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Vaisaka-Vaikasi**

New Delhi, India  
Sun 3 Sutra 38  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Devaloka Day**

**3**

**Thursday, May 23, 2019**

Dhanus Rasi: 27.04 Tithi 20  
Routine Work Marana Yoga

287683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam  
Uttarashadha Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Panchamyam Titau  
**Gulika** 8:53AM – 10:36AM  
Yama 5:28AM – 7:10AM  
**Rahu** 2:01PM – 3:44PM  
**Uttarashadha Until 7:22AM Fri**  
Subha Until 9:49AM  
Kaulava Until 3:29PM  
**Panchami Until 4:21AM Fri**

**Ganesha:** Red *Sunrise:* 5:28AM  
**Muruqa:** Yellow *Sunset:* 7:09PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Vaisaka-Vaikasi**

New Delhi, India  
Sun 4 Sutra 39  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Devaloka Day**

**4**

**Friday, May 24, 2019**

Makara Rasi: 9.13 Tithi 21  
Routine Work Marana Yoga

287683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttarashadha/Shravana Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Shashthyam Titau  
**Gulika** 7:10AM – 8:53AM  
Yama 3:44PM – 5:27PM  
**Rahu** 10:36AM – 12:18PM  
**Uttarashadha Until 7:22AM**  
Sukla Until 10:15AM  
Gara Until 5:24PM  
**Shashthi\* Until 6:29AM Sat**

**Ganesha:** Red *Sunrise:* 5:27AM  
**Muruqa:** Yellow *Sunset:* 7:10PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Vaisaka-Vaikasi**

New Delhi, India  
Sun 5 Sutra 40  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Devaloka Day**

**5**

**Saturday, May 25, 2019**

Makara Rasi: 21.12 Tithi 21 – 22  
Creative Work Siddha Yoga

297683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Brahma/Indra Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau  
**Gulika** 5:27AM – 7:10AM  
Yama 2:01PM – 3:44PM  
**Rahu** 8:53AM – 10:36AM  
**Shravana Until 10:17AM**  
Brahma Until 11:01AM  
Visti Until 7:41PM  
**Shashthi\* Until 6:29AM**

**Ganesha:** Green *Sunrise:* 5:27AM  
**Muruqa:** Yellow *Sunset:* 7:10PM  
**Nataraja:** Clear  
Moon – Purple  
**Vaisaka-Vaikasi**

New Delhi, India  
Sun 6 Sutra 41  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

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

**D**

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

Kumbha Rasi: 3.05 Tithi 22 – 23  
Routine Work Marana Yoga  
Until 1:14PM  
Then Creative Work - Siddha Yoga

398683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Dhanishtha/Shatabhishak Nakshatra Indra/Vaidhriti\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau  
**Gulika** 3:45PM – 5:28PM  
Yama 12:19PM – 2:02PM  
**Rahu** 5:28PM – 7:11PM  
**Dhanishtha Until 1:14PM**  
Indra Until 11:59AM  
Balava Until 10:07PM  
**Saptami Until 8:52AM**

**Ganesha:** Blue *Sunrise:* 5:26AM  
**Muruqa:** Yellow *Sunset:* 7:11PM  
**Nataraja:** Clear  
Moon – Purple  
**Vaisaka-Vaikasi**

New Delhi, India  
Sun 7 Sutra 42  
Vikarin 5121  
Moon 5 - Phase 6  
Ashtami

**Sivaloka Day**

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

Kumbha Rasi: 14.56 Tithi 23 – 24  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 4:02PM  
Then Routine Work - Marana Yoga

398683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Shatabhishak/Purvaproshtapada\* Nakshatra Vaidhriti\*/Vishkambha\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau  
**Gulika** 2:02PM – 3:45PM  
Yama 10:36AM – 12:19PM  
**Rahu** 7:09AM – 8:52AM  
**Shatabhishak Until 4:02PM**  
Vaidhriti\* Until 12:55PM  
Taitila Until 12:27AM Tue  
**Ashtami\* Until 11:17AM**

**Ganesha:** Blue *Sunrise:* 5:26AM  
**Muruqa:** Yellow *Sunset:* 7:11PM  
**Nataraja:** Clear  
Moon – Purple  
**Vaisaka-Vaikasi**

New Delhi, India  
Sun 8 Sutra 43  
Vikarin 5121  
Moon 5 - Phase 6  
Navami

**Sivaloka Day**

|                                  |               |                       |                         |                                       |                        |  |                                       |
|----------------------------------|---------------|-----------------------|-------------------------|---------------------------------------|------------------------|--|---------------------------------------|
| <b>1</b>                         |               | Tuesday, May 28, 2019 |                         |                                       |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau | New Delhi, India<br>Sun 9<br>Sutra 44 |
| Kumbha Rasi: 26.51               | Tithi 24 – 25 | <b>Gulika</b>         | <b>12:19PM – 2:02PM</b> | <b>Purvaproshtapada* Until 6:56PM</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:26AM   |                                       |
|                                  |               | Yama                  | 8:52AM – 10:36AM        | Vishkambha* Until 1:42PM              | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 7:12PM  |                                       |
|                                  |               | 318683469 <b>Rahu</b> | 3:45PM – 5:29PM         | Vanija Until 2:30AM Wed               | <b>Nataraja:</b> Clear | Moon 5 - Phase 7   |                                       |
| Routine Work                     | Marana Yoga   |                       |                         | Navami* Until 1:30PM                  | Moon – Clear           | 2nd Phase  |                                       |
| Until 6:56PM                     |               |                       |                         |                                       | <b>Vaisaka-Vaikasi</b> | <b>Sivaloka Day</b>  |                                       |
| Then Creative Work - Amrita Yoga |               |                       |                         |                                       |                        |  |                                       |

|                                 |               |                         |                          |                                       |                        |   |  |
|---------------------------------|---------------|-------------------------|--------------------------|---------------------------------------|------------------------|---|--|
| <b>2</b>                        |               | Wednesday, May 29, 2019 |                          |                                       |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | New Delhi, India<br>Sun 10<br>Sutra 45 |
| Meena Rasi: 8.54                | Tithi 25 – 26 | <b>Gulika</b>           | <b>10:36AM – 12:19PM</b> | <b>Uttaraproshtapada Until 9:15PM</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:25AM  |  |
|                                 |               | Yama                    | 7:09AM – 8:52AM          | Priti Until 2:13PM                    | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 7:12PM   |  |
|                                 |               | 318683469 <b>Rahu</b>   | 12:19PM – 2:02PM         | Bava Until 4:04AM Thu                 | <b>Nataraja:</b> Clear | Moon 5 - Phase 7  |  |
| Creative Work                   | Siddha Yoga   |                         |                          | Dashami Until 3:20PM                  | Moon – Clear           | 2nd Phase   |  |
| Until 9:15PM                    |               |                         |                          |                                       | <b>Vaisaka-Vaikasi</b> | <b>Sivaloka Day</b>   |  |
| Then Routine Work - Marana Yoga |               |                         |                          |                                       |                        |   |  |

|                                  |               |                        |                         |                             |                        |   |  |
|----------------------------------|---------------|------------------------|-------------------------|-----------------------------|------------------------|---|--|
| <b>3</b>                         |               | Thursday, May 30, 2019 |                         |                             |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | New Delhi, India<br>Sun 11<br>Sutra 46 |
| Meena Rasi: 21.09                | Tithi 26 – 27 | <b>Gulika</b>          | <b>8:52AM – 10:36AM</b> | <b>Revati Until 10:52PM</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:25AM  |  |
|                                  |               | Yama                   | 5:25AM – 7:09AM         | Ayushman Until 2:17PM       | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 7:13PM   |  |
|                                  |               | 318683469 <b>Rahu</b>  | 2:03PM – 3:46PM         | Kaulava Until 5:03AM Fri    | <b>Nataraja:</b> Clear | Moon 5 - Phase 7  |  |
| Creative Work                    | Siddha Yoga   |                        |                         | Ekadashi* Until 4:37PM      | Moon – Clear           | 2nd Phase   |  |
| Until 10:52PM                    |               |                        |                         |                             | <b>Vaisaka-Vaikasi</b> | <b>Sivaloka Day</b>   |  |
| Then Creative Work - Amrita Yoga |               |                        |                         |                             |                        |   |  |

|                                  |               |                       |                        |                                  |                        |  |  |
|----------------------------------|---------------|-----------------------|------------------------|----------------------------------|------------------------|--|--|
| <b>4</b>                         |               | Friday, May 31, 2019  |                        |                                  |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau | New Delhi, India<br>Sun 12<br>Sutra 47 |
| Mesha Rasi: 3.39                 | Tithi 27 – 28 | <b>Gulika</b>         | <b>7:08AM – 8:52AM</b> | <b>Ashvini Until 12:12AM Sat</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:25AM   |  |
|                                  |               | Yama                  | 3:46PM – 5:30PM        | Saubhagya Until 1:53PM           | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 7:13PM  |  |
|                                  |               | 328683469 <b>Rahu</b> | 10:36AM – 12:19PM      | Gara Until 5:24AM Sat            | <b>Nataraja:</b> Clear | Moon 5 - Phase 7   |  |
| Creative Work                    | Amrita Yoga   |                       |                        | Dvadashi* Until 5:17PM           | Moon – White           | 2nd Phase  |  |
| Until 12:12AM Sat                |               |                       |                        |                                  | <b>Vaisaka-Vaikasi</b> | <b>Devaloka Day</b>  |  |
| Then Creative Work - Siddha Yoga |               |                       |                        | <i>Pradosha Vrata (Fasting)</i>  |                        |  |  |

|                                  |               |                        |                        |                                  |                        |   |  |
|----------------------------------|---------------|------------------------|------------------------|----------------------------------|------------------------|---|--|
| <b>5</b>                         |               | Saturday, June 1, 2019 |                        |                                  |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti*/Karana Trayodashi/Chaturdashyam Titau | New Delhi, India<br>Sun 13<br>Sutra 48 |
| Mesha Rasi: 16.26                | Tithi 28 – 29 | <b>Gulika</b>          | <b>5:25AM – 7:08AM</b> | <b>Bharani Until 12:44AM Sun</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:25AM  |  |
|                                  |               | Yama                   | 2:03PM – 3:47PM        | Sobhana Until 1:00PM             | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 7:14PM   |  |
|                                  |               | 329683469 <b>Rahu</b>  | 8:52AM – 10:36AM       | Visti Until 5:07AM Sun           | <b>Nataraja:</b> Clear | Moon 5 - Phase 7  |  |
| Creative Work                    | Siddha Yoga   |                        |                        | Trayodashi* Until 5:19PM         | Moon – White           | 2nd Phase   |  |
| Until 12:32AM Mon                |               |                        |                        |                                  | <b>Vaisaka-Vaikasi</b> | <b>Bhuloka Day</b>  |  |
| Then Creative Work - Amrita Yoga |               |                        |                        |                                  |                        | Devaloka Time: 3:PM to 6:PM   |  |

|                                  |               |                       |                        |                                   |                        |   |  |
|----------------------------------|---------------|-----------------------|------------------------|-----------------------------------|------------------------|---|--|
| <b>6</b>                         |               | Sunday, June 2, 2019  |                        |                                   |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Krittika Nakshatra Athiganda*/Sukarma* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | New Delhi, India<br>Sun 14<br>Sutra 49 |
| Mesha Rasi: 29.34                | Tithi 29 – 30 | <b>Gulika</b>         | <b>3:47PM – 5:31PM</b> | <b>Krittika Until 12:32AM Mon</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:24AM  |  |
|                                  |               | Yama                  | 12:19PM – 2:03PM       | Athiganda* Until 11:35AM          | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 7:15PM   |  |
|                                  |               | 329683469 <b>Rahu</b> | 5:31PM – 7:15PM        | Catuspada Until 4:14AM Mon        | <b>Nataraja:</b> Clear | Moon 5 - Phase 7  |  |
| Creative Work                    | Siddha Yoga   |                       |                        | Chaturdashi* Until 4:44PM         | Moon – White           | 2nd Phase   |  |
| Until 12:32AM Mon                |               |                       |                        |                                   | <b>Vaisaka-Vaikasi</b> | <b>Bhuloka Day</b>  |  |
| Then Creative Work - Amrita Yoga |               |                       |                        |                                   |                        | Devaloka Time: 3:PM to 6:PM   |  |

|                                  |              |                       |                        |                                 |                        |  |  |
|----------------------------------|--------------|-----------------------|------------------------|---------------------------------|------------------------|--|--|
| <b>●</b>                         |              | Monday, June 3, 2019  |                        |                                 |                        | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Rohini Nakshatra Sukarma/Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | New Delhi, India<br>Sun 15<br>Sutra 50 |
| <b>Retreat Star</b>              |              | <b>Gulika</b>         | <b>2:03PM – 3:47PM</b> | <b>Rohini Until 12:07AM Tue</b> | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 5:24AM   |  |
| Vrishabha Rasi: 12.59            | Tithi 30 – 1 | Yama                  | 10:36AM – 12:20PM      | Sukarma Until 9:44AM            | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 7:15PM  |  |
| <b>Family Home Evening</b>       |              | 339683469 <b>Rahu</b> | 7:08AM – 8:52AM        | Kintughna Until 2:52AM Tue      | <b>Nataraja:</b> Clear | Moon 5 - Phase 7   |  |
| Creative Work                    | Amrita Yoga  |                       |                        | Amavasya* Until 3:35PM          | Moon – Yellow          | Amavasya   |  |
| Until 12:07AM Tue                |              |                       |                        |                                 | <b>Vaisaka-Vaikasi</b> | <b>Bhuloka Day</b>   |  |
| Then Creative Work - Siddha Yoga |              |                       |                        |                                 |                        | Devaloka Time: 3:PM to 6:PM  |  |

|                                 |             |                       |                         |                                 |                         |   |  |
|---------------------------------|-------------|-----------------------|-------------------------|---------------------------------|-------------------------|---|--|
| <b>●</b>                        |             | Tuesday, June 4, 2019 |                         |                                 |                         | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Mrigashira Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Prathama/Dvityayam Titau | New Delhi, India<br>Sun 16<br>Sutra 51 |
| <b>Retreat Star</b>             |             | <b>Gulika</b>         | <b>12:20PM – 2:04PM</b> | <b>Mrigashira Until 11:09PM</b> | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 5:24AM  |  |
| Vrishabha Rasi: 26.42           | Tithi 1 – 2 | Yama                  | 8:52AM – 10:36AM        | Dhriti Until 7:31AM             | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 7:15PM   |  |
|                                 |             | 339683469 <b>Rahu</b> | 3:48PM – 5:32PM         | Balava Until 1:05AM Wed         | <b>Nataraja:</b> Clear  | Moon 5 - Phase 7  |  |
| Creative Work                   | Siddha Yoga |                       |                         | Prathama* Until 2:00PM          | Moon – Yellow           | Prathama  |  |
| Until 11:09PM                   |             |                       |                         |                                 | <b>Jyeshtha-Vaikasi</b> | <b>Bhuloka Day</b>  |  |
| Then Routine Work - Marana Yoga |             |                       |                         |                                 |                         | Devaloka Time: 3:PM to 6:PM   |  |

Sunless and demonic, verily, are those worlds, and enveloped in blinding darkness, to which all those people who are enemies of their own souls go after death. Shukla Yajur Veda

|          |                                |             |  |                           |                        |                             |                                     |
|----------|--------------------------------|-------------|--|---------------------------|------------------------|-----------------------------|-------------------------------------|
| <b>1</b> | <b>Wednesday, June 5, 2019</b> |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Ardra Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |                           |                        |                             | New Delhi, India<br>Sun 17 Sutra 52 |
|          | Mithuna Rasi: 10.4             | Tithi 2 - 3 | <b>Gulika</b> 10:36AM - 12:20PM  | <b>Ardra Until 9:44PM</b> | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 5:24AM      | Vikarin 5121                        |
|          |                                |             | Yama 7:08AM - 8:52AM   | Ganda* Until 2:12AM Thu   | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 7:16PM       | Moon 5 - Phase 8                    |
|          | Creative Work                  | Siddha Yoga | 339683461 <b>Rahu</b> 12:20PM - 2:04PM   | Taitila Until 11:01PM     | <b>Nataraja:</b> Clear |                             | 3rd Phase                           |
|          |                                |             | <b>Dvitiya Until 12:04PM</b>   | Moon - Yellow             |                        | <b>Bhuloka Day</b>          |                                     |
|          |                                |             |  | <b>Jyeshtha-Vaikasi</b>   |                        | Devaloka Time: 3:PM to 6:PM |                                     |

|          |                               |             |   |                               |                         |                             |                                     |
|----------|-------------------------------|-------------|---|-------------------------------|-------------------------|-----------------------------|-------------------------------------|
| <b>2</b> | <b>Thursday, June 6, 2019</b> |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Punarvasu Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |                               |                         |                             | New Delhi, India<br>Sun 18 Sutra 53 |
|          | Mithuna Rasi: 24.47           | Tithi 3 - 4 | <b>Gulika</b> 8:52AM - 10:36AM  | <b>Punarvasu Until 8:25PM</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:24AM      | Vikarin 5121                        |
|          |                               |             | Yama 5:24AM - 7:08AM  | Vriddhi Until 11:18PM         | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 7:16PM       | Moon 5 - Phase 8                    |
|          | Creative Work                 | Amrita Yoga | 349683461 <b>Rahu</b> 2:04PM - 3:48PM   | Vanija Until 8:45PM           | <b>Nataraja:</b> Yellow |                             | 3rd Phase                           |
|          |                               |             | <b>Tritiya Until 9:53AM</b>   | Moon - Blue                   |                         | <b>Bhuloka Day</b>          |                                     |
|          |                               |             |   | <b>Jyeshtha-Vaikasi</b>       |                         | Devaloka Time: 3:PM to 6:PM |                                     |

|          |                             |             |   |                            |                         |                             |                                     |
|----------|-----------------------------|-------------|---|----------------------------|-------------------------|-----------------------------|-------------------------------------|
| <b>3</b> | <b>Friday, June 7, 2019</b> |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Pushya Nakshatra Dhruva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                            |                         |                             | New Delhi, India<br>Sun 19 Sutra 54 |
|          | Kataka Rasi: 9.01           | Tithi 4 - 5 | <b>Gulika</b> 7:08AM - 8:52AM   | <b>Pushya Until 6:51PM</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:24AM      | Vikarin 5121                        |
|          |                             |             | Yama 3:49PM - 5:33PM  | Dhruva Until 8:19PM        | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 7:17PM       | Moon 5 - Phase 8                    |
|          | Routine Work                | Marana Yoga | 349683461 <b>Rahu</b> 10:36AM - 12:20PM   | Bava Until 6:24PM          | <b>Nataraja:</b> Yellow |                             | 3rd Phase                           |
|          |                             |             | <b>Chaturthi* Until 7:34AM</b>  | Moon - Blue                |                         | <b>Bhuloka Day</b>          |                                     |
|          |                             |             |   | <b>Jyeshtha-Vaikasi</b>    |                         | Devaloka Time: 3:PM to 6:PM |                                     |

|          |                               |             |   |                               |                         |                             |                                     |
|----------|-------------------------------|-------------|---|-------------------------------|-------------------------|-----------------------------|-------------------------------------|
| <b>4</b> | <b>Saturday, June 8, 2019</b> |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau |                               |                         |                             | New Delhi, India<br>Sun 20 Sutra 55 |
|          | Kataka Rasi: 23.17            | Tithi 6     | <b>Gulika</b> 5:24AM - 7:08AM   | <b>Ashlesha* Until 5:08PM</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:24AM      | Vikarin 5121                        |
|          |                               |             | Yama 2:05PM - 3:49PM  | Vyaghata* Until 5:20PM        | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 7:17PM       | Moon 5 - Phase 8                    |
|          | Routine Work                  | Marana Yoga | 349683461 <b>Rahu</b> 8:52AM - 10:36AM  | Kaulava Until 4:02PM          | <b>Nataraja:</b> Yellow |                             | 3rd Phase                           |
|          |                               |             | <b>Shashthi* Until 2:50AM Sun</b>   | Moon - Blue                   |                         | <b>Bhuloka Day</b>          |                                     |
|          |                               |             |   | <b>Jyeshtha-Vaikasi</b>       |                         | Devaloka Time: 3:PM to 6:PM |                                     |

|          |                             |             |   |                            |                         |                        |                                     |
|----------|-----------------------------|-------------|---|----------------------------|-------------------------|------------------------|-------------------------------------|
| <b>5</b> | <b>Sunday, June 9, 2019</b> |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau |                            |                         |                        | New Delhi, India<br>Sun 21 Sutra 56 |
|          | Simha Rasi: 7.33            | Tithi 7     | <b>Gulika</b> 3:49PM - 5:33PM   | <b>Magha* Until 3:44PM</b> | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 5:24AM | Vikarin 5121                        |
|          |                             |             | Yama 12:21PM - 2:05PM   | Harshana Until 2:23PM      | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 7:18PM  | Moon 5 - Phase 8                    |
|          | Routine Work                | Marana Yoga | 351683461 <b>Rahu</b> 5:33PM - 7:18PM   | Gara Until 1:42PM          | <b>Nataraja:</b> Yellow |                        | 3rd Phase                           |
|          |                             |             | <b>Saptami Until 12:33AM Mon</b>  | Moon - Red                 |                         | <b>Devaloka Day</b>    |                                     |
|          |                             |             |   | <b>Jyeshtha-Vaikasi</b>    |                         |                        |                                     |

|                              |                            |             |  |                                   |                         |                        |                                     |
|------------------------------|----------------------------|-------------|--|-----------------------------------|-------------------------|------------------------|-------------------------------------|
| <b>Monday, June 10, 2019</b> | <b>Retreat Star</b>        |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau |                                   |                         |                        | New Delhi, India<br>Sun 22 Sutra 57 |
|                              | Simha Rasi: 21.46          | Tithi 8     | <b>Gulika</b> 2:05PM - 3:50PM  | <b>Purvaphalguni Until 2:18PM</b> | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 5:24AM | Vikarin 5121                        |
|                              | <b>Family Home Evening</b> |             | Yama 10:37AM - 12:21PM   | Vajra* Until 11:30AM              | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 7:18PM  | Moon 5 - Phase 8                    |
|                              | Creative Work              | Siddha Yoga | 351683461 <b>Rahu</b> 7:08AM - 8:52AM  | Visti Until 11:28AM               | <b>Nataraja:</b> Yellow |                        | Ashtami                             |
|                              |                            |             | <b>Ashtami* Until 10:22PM</b>  | Moon - Red                        |                         | <b>Devaloka Day</b>    |                                     |
|                              |                            |             |  | <b>Jyeshtha-Vaikasi</b>           |                         |                        |                                     |


|                               |                     |             |  |                                     |                         |                        |                                     |
|-------------------------------|---------------------|-------------|--|-------------------------------------|-------------------------|------------------------|-------------------------------------|
| <b>Tuesday, June 11, 2019</b> | <b>Retreat Star</b> |             | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Siddhi/Vyatalpata* Yoga Balava/Kaulava Karana Navamyam Titau |                                     |                         |                        | New Delhi, India<br>Sun 23 Sutra 58 |
|                               | Kanya Rasi: 5.53    | Tithi 9     | <b>Gulika</b> 12:21PM - 2:05PM   | <b>Uttaraphalguni Until 12:51PM</b> | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 5:24AM | Vikarin 5121                        |
|                               |                     |             | Yama 8:52AM - 10:37AM  | Siddhi Until 8:44AM                 | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 7:19PM  | Moon 5 - Phase 8                    |
|                               | Creative Work       | Amrita Yoga | 351683461 <b>Rahu</b> 3:50PM - 5:34PM  | Balava Until 9:21AM                 | <b>Nataraja:</b> Yellow |                        | Navami                              |
|                               |                     |             | <b>Navami* Until 8:19PM</b>  | Moon - Red                          |                         | <b>Devaloka Day</b>    |                                     |
|                               |                     |             |  | <b>Jyeshtha-Vaikasi</b>             |                         |                        |                                     |

|                                  |             |                                 |                                    |  |                        |                                     |  |
|----------------------------------|-------------|---------------------------------|------------------------------------|--|------------------------|-------------------------------------|--|
| <b>1</b>                         |             | <b>Wednesday, June 12, 2019</b> |                                    | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Hasta/Chitra Nakshatra Vyatipata/Variyan Yoga Taitila/Gara Karana Dashamyam Titau |                        | New Delhi, India<br>Sun 24 Sutra 59 |  |
| Kanya Rasi: 19.55                | Tithi 10    | <b>Gulika</b> 10:37AM – 12:21PM | <b>Hasta</b> <b>Until 11:51AM</b>  | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:24AM | Vikarin 5121                        |  |
|                                  |             | Yama 7:08AM – 8:52AM            | Vyatipata* <b>Until 6:06AM</b>     | <b>Muruqa:</b> Yellow  | <i>Sunset:</i> 7:19PM  | Moon 5 - Phase 9                    |  |
|                                  | 361683461   | <b>Rahu</b> 12:21PM – 2:06PM    | Taitila <b>Until 7:23AM</b>        | <b>Nataraja:</b> Yellow  |                        | 4th Phase                           |  |
| Routine Work                     | Marana Yoga |                                 | <b>Dashami</b> <b>Until 6:28PM</b> | Moon – Green   |                        | <b>Bhuloka Day</b>                  |  |
| Until 11:51AM                    |             |                                 |                                    | <b>Jyeshtha-Vaikasi</b>  |                        | Devaloka Time: 3:PM to 6:PM         |  |
| Then Creative Work - Siddha Yoga |             |                                 |                                    |  |                        |                                     |  |

|                                  |               |                                |                                     |   |                        |                                     |  |
|----------------------------------|---------------|--------------------------------|-------------------------------------|---|------------------------|-------------------------------------|--|
| <b>2</b>                         |               | <b>Thursday, June 13, 2019</b> |                                     | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Chitra/Svati Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |                        | New Delhi, India<br>Sun 25 Sutra 60 |  |
| Tula Rasi: 3.49                  | Tithi 11 – 12 | <b>Gulika</b> 8:53AM – 10:37AM | <b>Chitra</b> <b>Until 10:55AM</b>  | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:24AM | Vikarin 5121                        |  |
|                                  |               | Yama 5:24AM – 7:08AM           | Parigha* <b>Until 1:21AM</b> Fri    | <b>Muruqa:</b> Yellow   | <i>Sunset:</i> 7:19PM  | Moon 5 - Phase 9                    |  |
|                                  | 361683461     | <b>Rahu</b> 2:06PM – 3:50PM    | Bava <b>Until 4:09AM</b> Fri        | <b>Nataraja:</b> Yellow   |                        | 4th Phase                           |  |
| Creative Work                    | Siddha Yoga   |                                | <b>Ekadashi</b> <b>Until 4:50PM</b> | Moon – Green  |                        | <b>Bhuloka Day</b>                  |  |
| Until 10:55AM                    |               |                                |                                     | <b>Jyeshtha-Vaikasi</b>   |                        | Devaloka Time: 3:PM to 6:PM         |  |
| Then Creative Work - Amrita Yoga |               |                                |                                     |   |                        |                                     |  |

|                  |               |                               |                                     |  |                        |                                     |  |
|------------------|---------------|-------------------------------|-------------------------------------|--|------------------------|-------------------------------------|--|
| <b>3</b>         |               | <b>Friday, June 14, 2019</b>  |                                     | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Svati/Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |                        | New Delhi, India<br>Sun 26 Sutra 61 |  |
| Tula Rasi: 17.34 | Tithi 12 – 13 | <b>Gulika</b> 7:08AM – 8:53AM | <b>Svati</b> <b>Until 10:07AM</b>   | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:24AM | Vikarin 5121                        |  |
|                  |               | Yama 3:51PM – 5:35PM          | Shiva <b>Until 11:22PM</b>          | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:20PM  | Moon 5 - Phase 9                    |  |
|                  | 361693461     | <b>Rahu</b> 10:37AM – 12:22PM | Kaulava <b>Until 2:59AM</b> Sat     | <b>Nataraja:</b> Yellow  |                        | 4th Phase                           |  |
| Creative Work    | Siddha Yoga   |                               | <b>Dvadashi</b> <b>Until 3:30PM</b> | Moon – Green   |                        | <b>Devaloka Day</b>                 |  |
|                  |               | <b>Vaikasi Visakam</b>        |                                     | <b>Jyeshtha-Vaikasi</b>  |                        |                                     |  |
|                  |               |                               | <i>Pradosha Vrata</i>               |  |                        |                                     |  |

|                      |               |                                |                                       |   |                        |                                     |  |
|----------------------|---------------|--------------------------------|---------------------------------------|---|------------------------|-------------------------------------|--|
| <b>4</b>             |               | <b>Saturday, June 15, 2019</b> |                                       | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                        | New Delhi, India<br>Sun 27 Sutra 62 |  |
| Vrischika Rasi: 1.07 | Tithi 13 – 14 | <b>Gulika</b> 5:24AM – 7:08AM  | <b>Vishakha</b> <b>Until 9:57AM</b>   | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 5:24AM | Vikarin 5121                        |  |
|                      |               | Yama 2:06PM – 3:51PM           | Siddha <b>Until 9:39PM</b>            | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:20PM  | Moon 5 - Phase 9                    |  |
|                      | 371693461     | <b>Rahu</b> 8:53AM – 10:37AM   | Gara <b>Until 2:13AM</b> Sun          | <b>Nataraja:</b> Yellow   |                        | 4th Phase                           |  |
| Creative Work        | Siddha Yoga   |                                | <b>Trayodashi</b> <b>Until 2:31PM</b> | Moon – Orange   |                        | <b>Sivaloka Day</b>                 |  |
|                      |               |                                |                                       | <b>Jyeshtha-Ani</b>   |                        |                                     |  |

|   |               |                               |   |   |                        |                              |  |
|---|---------------|-------------------------------|---|---|------------------------|------------------------------|--|
|  |               | <b>Sunday, June 16, 2019</b>  |   | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                        | New Delhi, India<br>Sutra 63 |  |
| <b>Copper Retreat Star</b>  |               | <b>Gulika</b> 3:51PM – 5:36PM | <b>Anuradha</b> <b>Until 10:03AM</b>    | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:24AM | Vikarin 5121                 |  |
| Vrischika Rasi: 14.26   | Tithi 14 – 15 | Yama 12:22PM – 2:07PM         | Sadhya <b>Until 8:19PM</b>              | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:20PM  | Moon 5 - Phase 9             |  |
|   | 371793461     | <b>Rahu</b> 5:36PM – 7:20PM   | Visti <b>Until 1:55AM</b> Mon           | <b>Nataraja:</b> Yellow   |                        | Purnima                      |  |
| Routine Work  | Marana Yoga   |                               | <b>Chaturdashi*</b> <b>Until 1:59PM</b> | Moon – Orange   |                        | <b>Subha Sivaloka Day</b>    |  |
|   |               | <b>Father's Day</b>           |   | <b>Jyeshtha-Ani</b>   |                        |                              |  |

|                              |               |   |                                       |                              |                        |                           |  |
|------------------------------|---------------|---|---------------------------------------|------------------------------|------------------------|---------------------------|--|
| <b>Monday, June 17, 2019</b> |               | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                                       | New Delhi, India<br>Sutra 64 |                        |                           |  |
| <b>Silver Retreat Star</b>   |               | <b>Gulika</b> 2:07PM – 3:51PM   | <b>Jyeshtha*</b> <b>Until 10:29AM</b> | <b>Ganesha:</b> White        | <i>Sunrise:</i> 5:24AM | Vikarin 5121              |  |
| Vrischika Rasi: 27.29        | Tithi 15 – 16 | Yama 10:38AM – 12:22PM  | Subha <b>Until 7:25PM</b>             | <b>Muruqa:</b> Blue          | <i>Sunset:</i> 7:21PM  | Moon 5 - Phase 9          |  |
| <b>Family Home Evening</b>   | 371793461     | <b>Rahu</b> 7:09AM – 8:53AM   | Balava <b>Until 2:09AM</b> Tue        | <b>Nataraja:</b> Yellow      |                        | Prathama                  |  |
| Creative Work                | Siddha Yoga   |   | <b>Purnima*</b> <b>Until 1:57PM</b>   | Moon – Orange                |                        | <b>Subha Sivaloka Day</b> |  |
|                              |               |   |                                       | <b>Jyeshtha-Ani</b>          |                        |                           |  |

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 deprived, 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 Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam  
Mula\*/Purvashadha\* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

New Delhi, India  
Sutra 65

Dhanus Rasi: 10.17 Tithi 16 – 17

381793461

**Gulika** 12:23PM – 2:07PM  
Yama 8:53AM – 10:38AM  
**Rahu** 3:52PM – 5:36PM

**Mula\* Until 11:46AM**  
Sukla Until 6:56PM  
Taitila Until 2:58AM Wed  
**Prathama\* Until 2:28PM**

**Ganesha:** Clear *Sunrise:* 5:24AM  
**Muruqa:** Blue *Sunset:* 7:21PM  
**Nataraja:** Yellow  
Moon – Light Blue  
**Jyeshtha-Ani**

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga  
Until 11:46AM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**

**1**

**Wednesday, June 19, 2019**

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

New Delhi, India  
Sun 1 Sutra 66

Dhanus Rasi: 22.49 Tithi 17 – 18

381793461

**Gulika** 10:38AM – 12:23PM  
Yama 7:09AM – 8:54AM  
**Rahu** 12:23PM – 2:07PM

**Purvashadha\* Until 1:27PM**  
Brahma Until 6:54PM  
Vanija Until 4:19AM Thu  
**Dvitiya Until 3:33PM**

**Ganesha:** Clear *Sunrise:* 5:24AM  
**Muruqa:** Blue *Sunset:* 7:21PM  
**Nataraja:** Yellow  
Moon – Light Blue  
**Jyeshtha-Ani**

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga

**Sivaloka Day**

**2**

**Thursday, June 20, 2019**

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

New Delhi, India  
Sun 2 Sutra 67

Makara Rasi: 5.06 Tithi 18 – 19

382793461

**Gulika** 8:54AM – 10:38AM  
Yama 5:25AM – 7:09AM  
**Rahu** 2:08PM – 3:52PM

**Uttarashadha Until 3:29PM**  
Indra Until 7:17PM  
Bava Until 6:10AM Fri  
**Tritiya Until 5:10PM**

**Ganesha:** Purple *Sunrise:* 5:25AM  
**Muruqa:** Blue *Sunset:* 7:21PM  
**Nataraja:** Yellow  
Moon – Light Blue  
**Jyeshtha-Ani**

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga  
Until 3:29PM  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**3**

**Friday, June 21, 2019**

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

New Delhi, India  
Sun 3 Sutra 68

Makara Rasi: 17.12 Tithi 19

392793461

**Gulika** 7:09AM – 8:54AM  
Yama 3:52PM – 5:37PM  
**Rahu** 10:39AM – 12:23PM

**Shravana Until 6:16PM**  
Vaidhriti\* Until 7:57PM  
Bava Until 6:10AM  
**Chaturthi\* Until 7:12PM**

**Ganesha:** Clear *Sunrise:* 5:25AM  
**Muruqa:** Blue *Sunset:* 7:22PM  
**Nataraja:** Yellow  
Moon – Purple  
**Jyeshtha-Ani**

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga  
Until 6:16PM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**

**4**

**Saturday, June 22, 2019**

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

New Delhi, India  
Sun 4 Sutra 69

Makara Rasi: 29.09 Tithi 20

392793461

**Gulika** 5:25AM – 7:10AM  
Yama 2:08PM – 3:53PM  
**Rahu** 8:54AM – 10:39AM

**Dhanishtha Until 9:09PM**  
Vishkambha\* Until 8:51PM  
Kaulava Until 8:21AM  
**Panchami Until 9:30PM**

**Ganesha:** Clear *Sunrise:* 5:25AM  
**Muruqa:** Blue *Sunset:* 7:22PM  
**Nataraja:** Yellow  
Moon – Purple  
**Jyeshtha-Ani**

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Siddha Yoga  
Until 9:09PM  
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

New Delhi, India  
Sun 5 Sutra 70

Kumbha Rasi: 11.02 Tithi 21

392793461

**Gulika** 3:53PM – 5:37PM  
Yama 12:24PM – 2:08PM  
**Rahu** 5:37PM – 7:22PM

**Shatabhishak Until 11:57PM**  
Priti Until 9:50PM  
Gara Until 10:43AM  
**Shashthi\* Until 11:54PM**

**Ganesha:** Clear *Sunrise:* 5:25AM  
**Muruqa:** Blue *Sunset:* 7:22PM  
**Nataraja:** Yellow  
Moon – Purple  
**Jyeshtha-Ani**

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  
Purvaprosarthpada\* Nakshatra Ayushman Yoga Visti\*/Bava Karana Saptamyam Titau

New Delhi, India  
Sun 6 Sutra 71

Kumbha Rasi: 22.54 Tithi 22

312793461

**Gulika** 2:08PM – 3:53PM  
Yama 10:39AM – 12:24PM  
**Rahu** 7:10AM – 8:55AM

**Purvaprosarthpada\* Until 2:59AM Tue**  
Ayushman Until 10:42PM  
Visti Until 1:05PM  
**Saptami Until 2:11AM Tue**

**Ganesha:** Yellow *Sunrise:* 5:25AM  
**Muruqa:** Blue *Sunset:* 7:22PM  
**Nataraja:** Yellow  
Moon – Clear  
**Jyeshtha-Ani**

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

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

**Sivaloka Day**



**Tuesday, June 25, 2019**

**Retreat Star**

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

New Delhi, India  
Sun 7 Sutra 72

Meena Rasi: 4.5 Tithi 23

312793461

**Gulika** 12:24PM – 2:09PM  
Yama 8:55AM – 10:39AM  
**Rahu** 3:53PM – 5:38PM

**Uttaraprosarthpada Until 5:33AM Wed**  
Saubhagya Until 11:23PM  
Balava Until 3:15PM  
**Ashtami\* Until 4:10AM Wed**

**Ganesha:** Yellow *Sunrise:* 5:26AM  
**Muruqa:** Blue *Sunset:* 7:22PM  
**Nataraja:** Yellow  
Moon – Clear  
**Jyeshtha-Ani**

Vikarin 5121  
Moon 6 - Phase 10  
Ashtami

Creative Work Amrita Yoga  
Until 5:33AM 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

New Delhi, India  
Sun 8 Sutra 73

Meena Rasi: 16.53 Tithi 24

312793461

**Gulika** 10:40AM – 12:24PM  
Yama 7:11AM – 8:55AM  
**Rahu** 12:24PM – 2:09PM

**Revati Until 7:29AM Thu**  
Sobhana Until 11:44PM  
Taitila Until 5:01PM  
**Navami\* Until 5:40AM Thu**

**Ganesha:** Yellow *Sunrise:* 5:26AM  
**Muruqa:** Blue *Sunset:* 7:22PM  
**Nataraja:** Yellow  
Moon – Clear  
**Jyeshtha-Ani**

Vikarin 5121  
Moon 6 - Phase 10  
Navami

Routine Work Marana Yoga  
Until 7:29AM Thu  
Then Creative Work - Amrita Yoga

**Sivaloka Day**

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

All times are standard time

www.gurudeva.org/panchang

|                                  |             |                                       |                                 |   |                        |  |                     |                                    |  |
|----------------------------------|-------------|---------------------------------------|---------------------------------|---|------------------------|--|---------------------|------------------------------------|--|
| <b>1</b>                         |             | <b>Thursday, June 27, 2019</b>        |                                 | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam<br>Revati/Ashvini Nakshatra Athiganda* Yoga Vanija Karana Dashamyam Titau |                        |  |                     | New Delhi, India<br>Sun 9 Sutra 74 |  |
| Meena Rasi: 29.08                | Tithi 25    | <b>Gulika</b> 8:55AM – 10:40AM        | <b>Revati Until 7:29AM</b>      | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 5:26AM |  |                     | Vikarin 5121                       |  |
|                                  |             | Yama 5:26AM – 7:11AM                  | Athiganda* Until 11:36PM        | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:23PM  |  |                     | Moon 6 - Phase 11                  |  |
|                                  |             | 312793461 <b>Rahu</b> 2:09PM – 3:53PM | Vanija Until 6:13PM             | <b>Nataraja:</b> Yellow   |                        |  |                     | 2nd Phase                          |  |
| Creative Work                    | Siddha Yoga |                                       | <b>Dashami Until 6:34AM Fri</b> | Moon – Clear  |                        |  | <b>Sivaloka Day</b> |                                    |  |
| Until 7:29AM                     |             |                                       |                                 |   |                        |  | <b>Jyeshtha-Ani</b> |                                    |  |
| Then Creative Work - Amrita Yoga |             |                                       |                                 |   |                        |  |                     |                                    |  |

|                                  |               |   |                             |  |                        |  |                     |                                     |  |
|----------------------------------|---------------|---|-----------------------------|--|------------------------|--|---------------------|-------------------------------------|--|
| <b>2</b>                         |               | <b>Friday, June 28, 2019</b>            |                             | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Sukarma Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau |                        |  |                     | New Delhi, India<br>Sun 10 Sutra 75 |  |
| Mesha Rasi: 11.4                 | Tithi 25 – 26 | <b>Gulika</b> 7:11AM – 8:56AM           | <b>Ashvini Until 9:08AM</b> | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:27AM |  |                     | Vikarin 5121                        |  |
|                                  |               | Yama 3:54PM – 5:38PM                    | Sukarma Until 10:57PM       | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:23PM  |  |                     | Moon 6 - Phase 11                   |  |
|                                  |               | 322793461 <b>Rahu</b> 10:40AM – 12:25PM | Bava Until 6:46PM           | <b>Nataraja:</b> Yellow  |                        |  |                     | 2nd Phase                           |  |
| Creative Work                    | Amrita Yoga   |   | <b>Dashami Until 6:34AM</b> | Moon – White   |                        |  | <b>Devaloka Day</b> |                                     |  |
| Until 9:08AM                     |               |   |                             |  |                        |  | <b>Jyeshtha-Ani</b> |                                     |  |
| Then Creative Work - Siddha Yoga |               |   |                             |  |                        |  |                     |                                     |  |

|                                  |               |  |                               |  |                        |  |                     |                                     |  |
|----------------------------------|---------------|--|-------------------------------|--|------------------------|--|---------------------|-------------------------------------|--|
| <b>3</b>                         |               | <b>Saturday, June 29, 2019</b>         |                               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam<br>Bharani/Krittika Nakshatra Dhriti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |                        |  |                     | New Delhi, India<br>Sun 11 Sutra 76 |  |
| Mesha Rasi: 24.31                | Tithi 26 – 27 | <b>Gulika</b> 5:27AM – 7:11AM          | <b>Bharani Until 9:56AM</b>   | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:27AM |  |                     | Vikarin 5121                        |  |
|                                  |               | Yama 2:09PM – 3:54PM                   | Dhriti Until 9:44PM           | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:23PM  |  |                     | Moon 6 - Phase 11                   |  |
|                                  |               | 322793461 <b>Rahu</b> 8:56AM – 10:40AM | Kaulava Until 6:36PM          | <b>Nataraja:</b> Yellow  |                        |  |                     | 2nd Phase                           |  |
| Creative Work                    | Siddha Yoga   |  | <b>Ekadashi* Until 6:45AM</b> | Moon – White   |                        |  | <b>Devaloka Day</b> |                                     |  |
| Until 9:56AM                     |               |  |                               |  |                        |  | <b>Jyeshtha-Ani</b> |                                     |  |
| Then Creative Work - Amrita Yoga |               |  |                               |  |                        |  |                     |                                     |  |

|                      |               |                                       |                               |   |                        |  |                     |                                     |  |
|----------------------|---------------|---------------------------------------|-------------------------------|---|------------------------|--|---------------------|-------------------------------------|--|
| <b>4</b>             |               | <b>Sunday, June 30, 2019</b>          |                               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Krittika/Rohini Nakshatra Shula* Yoga Tailila/Vanija Karana Dvadashi/Trayodashyam Titau |                        |  |                     | New Delhi, India<br>Sun 12 Sutra 77 |  |
| Vrishabha Rasi: 7.44 | Tithi 27 – 28 | <b>Gulika</b> 3:54PM – 5:38PM         | <b>Krittika Until 9:52AM</b>  | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 5:27AM |  |                     | Vikarin 5121                        |  |
|                      |               | Yama 12:25PM – 2:09PM                 | Shula* Until 7:55PM           | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:23PM  |  |                     | Moon 6 - Phase 11                   |  |
|                      |               | 322793461 <b>Rahu</b> 5:38PM – 7:23PM | Vanija Until 4:59AM Mon       | <b>Nataraja:</b> Yellow   |                        |  |                     | 2nd Phase                           |  |
| Creative Work        | Siddha Yoga   |                                       | <b>Dvadashi* Until 6:13AM</b> | Moon – White  |                        |  | <b>Devaloka Day</b> |                                     |  |
|                      |               |                                       |                               |   |                        |  | <b>Jyeshtha-Ani</b> |                                     |  |
|                      |               |                                       |                               |   |                        |  |                     |                                     |  |

*Pradosha Vrata (Fasting)*

|                                 |             |                                       |                                      |  |                        |  |                     |                                     |  |
|---------------------------------|-------------|---------------------------------------|--------------------------------------|--|------------------------|--|---------------------|-------------------------------------|--|
| <b>5</b>                        |             | <b>Monday, July 1, 2019</b>           |                                      | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Ganda*/Vridhhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                        |  |                     | New Delhi, India<br>Sun 13 Sutra 78 |  |
| Vrishabha Rasi: 21.2            | Tithi 29    | <b>Gulika</b> 2:10PM – 3:54PM         | <b>Rohini Until 9:26AM</b>           | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:28AM |  |                     | Vikarin 5121                        |  |
| <b>Family Home Evening</b>      |             | Yama 10:41AM – 12:25PM                | Ganda* Until 5:36PM                  | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:23PM  |  |                     | Moon 6 - Phase 11                   |  |
|                                 |             | 332793461 <b>Rahu</b> 7:12AM – 8:56AM | Visti Until 4:09PM                   | <b>Nataraja:</b> Yellow  |                        |  |                     | 2nd Phase                           |  |
| Creative Work                   | Amrita Yoga |                                       | <b>Chaturdashi* Until 3:09AM Tue</b> | Moon – Yellow  |                        |  | <b>Devaloka Day</b> |                                     |  |
| Until 8:16AM                    |             |                                       |                                      |  |                        |  | <b>Jyeshtha-Ani</b> |                                     |  |
| Then Routine Work - Marana Yoga |             |                                       |                                      |  |                        |  |                     |                                     |  |

|                                 |             |                                       |                                    |  |                        |  |                     |                                     |  |
|---------------------------------|-------------|---------------------------------------|------------------------------------|--|------------------------|--|---------------------|-------------------------------------|--|
| <b>Retreat Star</b>             |             | <b>Tuesday, July 2, 2019</b>          |                                    | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Vridhhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                        |  |                     | New Delhi, India<br>Sun 14 Sutra 79 |  |
| Mithuna Rasi: 5.19              | Tithi 30    | <b>Gulika</b> 12:25PM – 2:10PM        | <b>Mrigashira Until 8:16AM</b>     | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:28AM |  |                     | Vikarin 5121                        |  |
|                                 |             | Yama 8:57AM – 10:41AM                 | Vridhhi Until 2:50PM               | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:23PM  |  |                     | Moon 6 - Phase 11                   |  |
|                                 |             | 332793461 <b>Rahu</b> 3:54PM – 5:38PM | Catuspada Until 2:03PM             | <b>Nataraja:</b> Yellow  |                        |  |                     | Amavasya                            |  |
| Creative Work                   | Siddha Yoga |                                       | <b>Amavasya* Until 12:48AM Wed</b> | Moon – Yellow  |                        |  | <b>Devaloka Day</b> |                                     |  |
| Until 8:16AM                    |             |                                       |                                    |  |                        |  | <b>Jyeshtha-Ani</b> |                                     |  |
| Then Routine Work - Marana Yoga |             |                                       |                                    |  |                        |  |                     |                                     |  |

|                     |             |  |                                |  |                        |  |                     |                                     |  |
|---------------------|-------------|--|--------------------------------|--|------------------------|--|---------------------|-------------------------------------|--|
| <b>Retreat Star</b> |             | <b>Wednesday, July 3, 2019</b>         |                                | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau |                        |  |                     | New Delhi, India<br>Sun 15 Sutra 80 |  |
| Mithuna Rasi: 19.37 | Tithi 1     | <b>Gulika</b> 10:41AM – 12:26PM        | <b>Ardra Until 6:29AM</b>      | <b>Ganesha:</b> Red  | <i>Sunrise:</i> 5:28AM |  |                     | Vikarin 5121                        |  |
|                     |             | Yama 7:13AM – 8:57AM                   | Dhruva Until 11:42AM           | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:23PM  |  |                     | Moon 6 - Phase 11                   |  |
|                     |             | 333793461 <b>Rahu</b> 12:26PM – 2:10PM | Kintughna Until 11:30AM        | <b>Nataraja:</b> Yellow  |                        |  |                     | Prathama                            |  |
| Creative Work       | Siddha Yoga |  | <b>Prathama* Until 10:06PM</b> | Moon – Yellow  |                        |  | <b>Sivaloka Day</b> |                                     |  |
|                     |             |  |                                |  |                        |  | <b>Ashada-Ani</b>   |                                     |  |
|                     |             |  |                                |  |                        |  |                     |                                     |  |

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

All times are standard time

www.gurudeva.org/panchang

|                                 |             |                                       |                                |   |                        |                                     |  |
|---------------------------------|-------------|---------------------------------------|--------------------------------|---|------------------------|-------------------------------------|--|
| <b>1</b>                        |             | <b>Thursday, July 4, 2019</b>         |                                | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam<br>Pushya Nakshatra Vyaghata/Harshana Yoga Balava/Kaulava Karana Dvitiyayam Titau |                        | New Delhi, India<br>Sun 16 Sutra 81 |  |
| Kataka Rasi: 4.09               | Tithi 2     | <b>Gulika</b> 8:57AM – 10:41AM        | <b>Pushya</b> Until 2:28AM Fri | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 5:29AM | Vikarin 5121                        |  |
|                                 |             | Yama 5:29AM – 7:13AM                  | Vyaghata* Until 8:19AM         | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:23PM  | Moon 6 - Phase 12                   |  |
|                                 |             | 343793461 <b>Rahu</b> 2:10PM – 3:54PM | Balava Until 8:40AM            | <b>Nataraja:</b> Yellow   |                        | 3rd Phase                           |  |
| Creative Work                   | Amrita Yoga |                                       | <b>Dvitiya</b> Until 7:09PM    | Moon – Blue   |                        | <b>Sivaloka Day</b>                 |  |
| Until 2:28AM Fri                |             |                                       |                                | <b>Ashada*Ani</b>   |                        |                                     |  |
| Then Routine Work - Marana Yoga |             |                                       |                                |   |                        |                                     |  |

|                                  |             |   |                                    |  |                        |                                     |  |
|----------------------------------|-------------|---|------------------------------------|--|------------------------|-------------------------------------|--|
| <b>2</b>                         |             | <b>Friday, July 5, 2019</b>             |                                    | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ashlesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |                        | New Delhi, India<br>Sun 17 Sutra 82 |  |
| Kataka Rasi: 18.49               | Tithi 3 – 4 | <b>Gulika</b> 7:13AM – 8:58AM           | <b>Ashlesha*</b> Until 12:07AM Sat | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 5:29AM | Vikarin 5121                        |  |
|                                  |             | Yama 3:54PM – 5:38PM                    | Vajra* Until 1:15AM Sat            | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:23PM  | Moon 6 - Phase 12                   |  |
|                                  |             | 343793461 <b>Rahu</b> 10:42AM – 12:26PM | Vanija Until 2:38AM Sat            | <b>Nataraja:</b> Yellow  |                        | 3rd Phase                           |  |
| Routine Work                     | Marana Yoga |   | <b>Tritiya</b> Until 4:07PM        | Moon – Blue  |                        | <b>Sivaloka Day</b>                 |  |
| Until 12:07AM Sat                |             |   |                                    | <b>Ashada*Ani</b>  |                        |                                     |  |
| Then Creative Work - Amrita Yoga |             |   |                                    |  |                        |                                     |  |

|                                  |             |  |                                |  |                        |                                     |  |
|----------------------------------|-------------|--|--------------------------------|--|------------------------|-------------------------------------|--|
| <b>3</b>                         |             | <b>Saturday, July 6, 2019</b>          |                                | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam<br>Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                        | New Delhi, India<br>Sun 18 Sutra 83 |  |
| Simha Rasi: 3.3                  | Tithi 4 – 5 | <b>Gulika</b> 5:30AM – 7:14AM          | <b>Magha*</b> Until 10:07PM    | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:30AM | Vikarin 5121                        |  |
|                                  |             | Yama 2:10PM – 3:54PM                   | Siddhi Until 9:47PM            | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:23PM  | Moon 6 - Phase 12                   |  |
|                                  |             | 353793461 <b>Rahu</b> 8:58AM – 10:42AM | Bava Until 11:41PM             | <b>Nataraja:</b> Yellow  |                        | 3rd Phase                           |  |
| Creative Work                    | Amrita Yoga |  | <b>Chaturthi*</b> Until 1:07PM | Moon – Red   |                        | <b>Subha Sivaloka Day</b>           |  |
| Until 10:07PM                    |             |  |                                | <b>Ashada*Ani</b>  |                        |                                     |  |
| Then Creative Work - Siddha Yoga |             |  |                                |  |                        |                                     |  |

|                                  |             |                                       |                                   |   |                        |                                     |  |
|----------------------------------|-------------|---------------------------------------|-----------------------------------|---|------------------------|-------------------------------------|--|
| <b>4</b>                         |             | <b>Sunday, July 7, 2019</b>           |                                   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Purvaphalguni Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |                        | New Delhi, India<br>Sun 19 Sutra 84 |  |
| Simha Rasi: 18.06                | Tithi 5 – 6 | <b>Gulika</b> 3:54PM – 5:38PM         | <b>Purvaphalguni</b> Until 8:10PM | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 5:30AM | Vikarin 5121                        |  |
|                                  |             | Yama 12:26PM – 2:10PM                 | Vyatipata* Until 6:29PM           | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:22PM  | Moon 6 - Phase 12                   |  |
|                                  |             | 453793461 <b>Rahu</b> 5:38PM – 7:22PM | Kaulava Until 8:57PM              | <b>Nataraja:</b> Yellow   |                        | 3rd Phase                           |  |
| Creative Work                    | Siddha Yoga |                                       | <b>Panchami</b> Until 10:16AM     | Moon – Red  |                        | <b>Sivaloka Day</b>                 |  |
| Until 8:10PM                     |             |                                       |                                   | <b>Ashada*Ani</b>   |                        |                                     |  |
| Then Creative Work - Amrita Yoga |             |                                       |                                   |   |                        |                                     |  |

|                            |             |                                       |                                    |  |                        |                                     |  |
|----------------------------|-------------|---------------------------------------|------------------------------------|--|------------------------|-------------------------------------|--|
| <b>5</b>                   |             | <b>Monday, July 8, 2019</b>           |                                    | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam<br>Uttaraphalguni Nakshatra Varyian/Parigha* Yoga Tailita/Gara Karana Shashthi/Saptamyam Titau |                        | New Delhi, India<br>Sun 20 Sutra 85 |  |
| Kanya Rasi: 2.32           | Tithi 6 – 7 | <b>Gulika</b> 2:10PM – 3:54PM         | <b>Uttaraphalguni</b> Until 6:22PM | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 5:30AM | Vikarin 5121                        |  |
| <b>Family Home Evening</b> |             | Yama 10:42AM – 12:26PM                | Variyan Until 3:23PM               | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:22PM  | Moon 6 - Phase 12                   |  |
|                            |             | 453793461 <b>Rahu</b> 7:14AM – 8:58AM | Gara Until 6:30PM                  | <b>Nataraja:</b> Yellow  |                        | 3rd Phase                           |  |
| Creative Work              | Siddha Yoga |                                       | <b>Shashthi*</b> Until 7:40AM      | Moon – Red   |                        | <b>Sivaloka Day</b>                 |  |
|                            |             | <b>Chidambaram Abhishekam</b>         |                                    | <b>Ashada*Ani</b>  |                        |                                     |  |

|                     |             |                                       |                                  |   |                        |                                     |  |
|---------------------|-------------|---------------------------------------|----------------------------------|---|------------------------|-------------------------------------|--|
| <b>Retreat Star</b> |             | <b>Tuesday, July 9, 2019</b>          |                                  | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau |                        | New Delhi, India<br>Sun 21 Sutra 86 |  |
| Kanya Rasi: 16.46   | Tithi 8     | <b>Gulika</b> 12:27PM – 2:10PM        | <b>Hasta</b> Until 5:13PM        | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:31AM | Vikarin 5121                        |  |
|                     |             | Yama 8:59AM – 10:43AM                 | Parigha* Until 12:36PM           | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:22PM  | Moon 6 - Phase 12                   |  |
|                     |             | 463793461 <b>Rahu</b> 3:54PM – 5:38PM | Visti Until 4:24PM               | <b>Nataraja:</b> Yellow   |                        | Ashtami                             |  |
| Creative Work       | Siddha Yoga |                                       | <b>Ashtami*</b> Until 3:30AM Wed | Moon – Green  |                        | <b>Subha Sivaloka Day</b>           |  |
|                     |             |                                       |                                  | <b>Ashada*Ani</b>   |                        |                                     |  |

|                     |             |  |                                 |   |                        |                                     |  |
|---------------------|-------------|--|---------------------------------|---|------------------------|-------------------------------------|--|
| <b>Retreat Star</b> |             | <b>Wednesday, July 10, 2019</b>        |                                 | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam<br>Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau |                        | New Delhi, India<br>Sun 22 Sutra 87 |  |
| Tula Rasi: 0.43     | Tithi 9     | <b>Gulika</b> 10:43AM – 12:27PM        | <b>Chitra</b> Until 4:20PM      | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:31AM | Vikarin 5121                        |  |
|                     |             | Yama 7:15AM – 8:59AM                   | Shiva Until 10:09AM             | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:22PM  | Moon 6 - Phase 12                   |  |
|                     |             | 463793461 <b>Rahu</b> 12:27PM – 2:11PM | Balava Until 2:44PM             | <b>Nataraja:</b> Yellow   |                        | Navami                              |  |
| Creative Work       | Siddha Yoga |  | <b>Navami*</b> Until 2:02AM Thu | Moon – Green  |                        | <b>Subha Sivaloka Day</b>           |  |
|                     |             |  |                                 | <b>Ashada*Ani</b>   |                        |                                     |  |


|                                  |             |                                       |                                 |  |                        |                     |  |
|----------------------------------|-------------|---------------------------------------|---------------------------------|--|------------------------|---------------------|--|
| <b>1</b>                         |             | <b>Thursday, July 11, 2019</b>        |                                 | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam<br>Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dashamyam Titau |                        |                     | New Delhi, India<br>Sun 23<br>Sutra 88 |
| Tula Rasi: 14.25                 | Tithi 10    | <b>Gulika</b> 8:59AM – 10:43AM        | <b>Svati</b> Until 3:45PM       | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 5:32AM | Vikarin 5121        |  |
|                                  |             | Yama 5:32AM – 7:16AM                  | Siddha Until 8:02AM             | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:22PM  | Moon 6 - Phase 13   |  |
|                                  |             | 463893461 <b>Rahu</b> 2:11PM – 3:54PM | Taitila Until 1:30PM            | <b>Nataraja:</b> Yellow  |                        | 4th Phase           |  |
| Creative Work                    | Amrita Yoga |                                       | <b>Dashami</b> Until 1:02AM Fri | Moon – Green   |                        | <b>Sivaloka Day</b> |  |
| Until 3:45PM                     |             |                                       |                                 | <b>Ashada•Ani</b>  |                        |                     |  |
| Then Creative Work - Siddha Yoga |             |                                       |                                 |  |                        |                     |  |

|                  |             |   |                                   |   |                        |                     |  |
|------------------|-------------|---|-----------------------------------|---|------------------------|---------------------|--|
| <b>2</b>         |             | <b>Friday, July 12, 2019</b>            |                                   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Ekadashyam Titau |                        |                     | New Delhi, India<br>Sun 24<br>Sutra 89 |
| Tula Rasi: 27.51 | Tithi 11    | <b>Gulika</b> 7:16AM – 9:00AM           | <b>Vishakha</b> Until 3:55PM      | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:32AM | Vikarin 5121        |  |
|                  |             | Yama 3:54PM – 5:38PM                    | Sadhya Until 6:18AM               | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:22PM  | Moon 6 - Phase 13   |  |
|                  |             | 473893461 <b>Rahu</b> 10:43AM – 12:27PM | Vanija Until 12:43PM              | <b>Nataraja:</b> Yellow   |                        | 4th Phase           |  |
| Creative Work    | Siddha Yoga |   | <b>Ekadashi</b> Until 12:30AM Sat | Moon – Orange   |                        | <b>Devaloka Day</b> |  |
|                  |             |   |                                   | <b>Ashada•Ani</b>   |                        |                     |  |

|                       |             |  |                                   |   |                        |                     |  |
|-----------------------|-------------|--|-----------------------------------|---|------------------------|---------------------|--|
| <b>3</b>              |             | <b>Saturday, July 13, 2019</b>         |                                   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau |                        |                     | New Delhi, India<br>Sun 25<br>Sutra 90 |
| Vrischika Rasi: 11.01 | Tithi 12    | <b>Gulika</b> 5:33AM – 7:16AM          | <b>Anuradha</b> Until 4:24PM      | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:33AM | Vikarin 5121        |  |
|                       |             | Yama 2:11PM – 3:54PM                   | Sukla Until 3:59AM Sun            | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:21PM  | Moon 6 - Phase 13   |  |
|                       |             | 473893461 <b>Rahu</b> 9:00AM – 10:44AM | Bava Until 12:26PM                | <b>Nataraja:</b> Yellow   |                        | 4th Phase           |  |
| Creative Work         | Siddha Yoga |  | <b>Dvadashi</b> Until 12:26AM Sun | Moon – Orange   |                        | <b>Devaloka Day</b> |  |
|                       |             |  |                                   | <b>Ashada•Ani</b>   |                        |                     |  |

|                                  |             |                                       |                                     |   |                        |                     |  |
|----------------------------------|-------------|---------------------------------------|-------------------------------------|---|------------------------|---------------------|--|
| <b>4</b>                         |             | <b>Sunday, July 14, 2019</b>          |                                     | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau |                        |                     | New Delhi, India<br>Sun 26<br>Sutra 91 |
| Vrischika Rasi: 23.57            | Tithi 13    | <b>Gulika</b> 3:54PM – 5:38PM         | <b>Jyeshtha*</b> Until 5:13PM       | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:33AM | Vikarin 5121        |  |
|                                  |             | Yama 12:27PM – 2:11PM                 | Brahma Until 3:23AM Mon             | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:21PM  | Moon 6 - Phase 13   |  |
|                                  |             | 473893461 <b>Rahu</b> 5:38PM – 7:21PM | Kaulava Until 12:37PM               | <b>Nataraja:</b> Yellow   |                        | 4th Phase           |  |
| Routine Work                     | Marana Yoga |                                       | <b>Trayodashi</b> Until 12:52AM Mon | Moon – Orange   |                        | <b>Devaloka Day</b> |  |
| Until 5:13PM                     |             |                                       |                                     | <b>Ashada•Ani</b>   |                        |                     |  |
| Then Creative Work - Amrita Yoga |             |                                       | <i>Pradosha Vrata</i>               |   |                        |                     |  |

|                                 |             |                                       |                                      |  |                        |                     |  |
|---------------------------------|-------------|---------------------------------------|--------------------------------------|--|------------------------|---------------------|--|
| <b>5</b>                        |             | <b>Monday, July 15, 2019</b>          |                                      | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam<br>Mula* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau |                        |                     | New Delhi, India<br>Sun 27<br>Sutra 92 |
| Dhanus Rasi: 6.38               | Tithi 14    | <b>Gulika</b> 2:11PM – 3:54PM         | <b>Mula*</b> Until 6:48PM            | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:34AM | Vikarin 5121        |  |
| <b>Family Home Evening</b>      |             | Yama 10:44AM – 12:27PM                | Indra Until 3:11AM Tue               | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:21PM  | Moon 6 - Phase 13   |  |
|                                 |             | 483893461 <b>Rahu</b> 7:17AM – 9:01AM | Gara Until 1:17PM                    | <b>Nataraja:</b> Yellow  |                        | 4th Phase           |  |
| Creative Work                   | Siddha Yoga |                                       | <b>Chaturdashi*</b> Until 1:46AM Tue | Moon – Light Blue  |                        | <b>Sivaloka Day</b> |  |
| Until 6:48PM                    |             |                                       |                                      | <b>Ashada•Ani</b>  |                        |                     |  |
| Then Routine Work - Marana Yoga |             |                                       |                                      |  |                        |                     |  |

|   |             |  |                                  |  |                        |                     |  |
|---|-------------|--|----------------------------------|--|------------------------|---------------------|--|
|  |             | <b>Tuesday, July 16, 2019</b>                          |                                  | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvashadha* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau |                        |                     | New Delhi, India<br>Sun 28<br>Sutra 93 |
| <b>Copper Retreat Star</b>  |             | <b>Gulika</b> 12:27PM – 2:11PM                         | <b>Purvashadha*</b> Until 8:40PM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:34AM | Vikarin 5121        |  |
| Dhanus Rasi: 19.07  | Tithi 15    | Yama 9:01AM – 10:44AM                                  | Vaidhriti* Until 3:18AM Wed      | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:20PM  | Moon 6 - Phase 13   |  |
|   |             | 483893461 <b>Rahu</b> 3:54PM – 5:37PM                  | Visti Until 2:24PM               | <b>Nataraja:</b> Yellow  |                        | Purnima             |  |
| Creative Work   | Siddha Yoga |  | <b>Purnima*</b> Until 3:07AM Wed | Moon – Light Blue  |                        | <b>Sivaloka Day</b> |  |
| Until 8:40PM  |             |  |                                  | <b>Ashada•Ani</b>  |                        |                     |  |
| Then Routine Work - Prabalarishta Yoga  |             | <b>Partial Lunar Eclipse</b><br><b>Satguru Purnima</b> |                                  |  |                        |                     |  |

|                                  |             |  |                                   |  |                        |                                 |  |
|----------------------------------|-------------|--|-----------------------------------|--|------------------------|---------------------------------|--|
| <b>6</b>                         |             | <b>Wednesday, July 17, 2019</b>        |                                   | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam<br>Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau |                        |                                 | New Delhi, India<br>Sun 29<br>Sutra 94 |
| <b>Silver Retreat Star</b>       |             | <b>Gulika</b> 10:44AM – 12:27PM        | <b>Uttarashadha</b> Until 10:48PM | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 5:35AM | Vikarin 5121                    |  |
| Makara Rasi: 1.25                | Tithi 16    | Yama 7:18AM – 9:01AM                   | Vishkambha* Until 3:44AM Thu      | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:20PM  | Moon 6 - Phase 13               |  |
|                                  |             | 484893462 <b>Rahu</b> 12:27PM – 2:11PM | Balava Until 3:58PM               | <b>Nataraja:</b> White   |                        | Prathama                        |  |
| Creative Work                    | Amrita Yoga |  | <b>Prathama*</b> Until 4:53AM Thu | Moon – Light Blue  |                        | <b>Subha Subha Sivaloka Day</b> |  |
| Until 10:48PM                    |             |  |                                   | <b>Ashada•Ani</b>  |                        |                                 |  |
| Then Creative Work - Siddha Yoga |             |  |                                   |  |                        |                                 |  |



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

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

New Delhi, India  
Sutra 95

Makara Rasi: 13.32 Tithi 17

494893462 **Rahu** 2:11PM - 3:54PM

**Gulika** 9:01AM - 10:45AM  
Yama 5:35AM - 7:18AM

**Shravana Until 1:35AM Fri**  
Priti Until 4:27AM Fri  
Tailila Until 5:54PM

**Ganesha:** Clear *Sunrise: 5:35AM*  
**Muruqa:** Blue *Sunset: 7:20PM*

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

Moon - Purple  
**Ashada-Adi**  
**Subha Sivaloka Day**

**1**

**Friday, July 19, 2019**

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

New Delhi, India  
Sun 1 Sutra 96

Makara Rasi: 25.31 Tithi 17 - 18

494893462 **Rahu** 10:45AM - 12:28PM

**Gulika** 7:19AM - 9:02AM  
Yama 3:54PM - 5:36PM

**Dhanishtha Until 4:27AM Sat**  
Ayushman Until 5:19AM Sat  
Vanija Until 8:07PM

**Ganesha:** Clear *Sunrise: 5:36AM*  
**Muruqa:** Blue *Sunset: 7:19PM*

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

Moon - Purple  
**Ashada-Adi**  
**Subha Sivaloka Day**

Until 4:27AM 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

New Delhi, India  
Sun 2 Sutra 97

Kumbha Rasi: 7.25 Tithi 18 - 19

494893462 **Rahu** 9:02AM - 10:45AM

**Gulika** 5:36AM - 7:19AM  
Yama 2:11PM - 3:53PM

**Shatabhishak Until 7:15AM Sun**  
Saubhagya Until 6:18AM Sun  
Bava Until 10:30PM

**Ganesha:** Clear *Sunrise: 5:36AM*  
**Muruqa:** Blue *Sunset: 7:19PM*

Moon 7 - Phase 14  
1st Phase

Creative Work Amrita Yoga

Moon - Purple  
**Ashada-Adi**  
**Subha Sivaloka Day**

Until 7:15AM Sun  
Then Creative Work - Siddha Yoga

**3**

**Sunday, July 21, 2019**

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

New Delhi, India  
Sun 3 Sutra 98

Kumbha Rasi: 19.17 Tithi 19 - 20

494893462 **Rahu** 5:36PM - 7:19PM

**Gulika** 3:53PM - 5:36PM  
Yama 12:28PM - 2:10PM

**Shatabhishak Until 7:15AM**  
Saubhagya Until 6:18AM  
Kaulava Until 12:55AM Mon

**Ganesha:** Clear *Sunrise: 5:37AM*  
**Muruqa:** Blue *Sunset: 7:19PM*

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

Moon - Purple  
**Ashada-Adi**  
**Subha Sivaloka Day**

Chaturthi\* Until 11:42AM

**4**

**Monday, July 22, 2019**

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

New Delhi, India  
Sun 4 Sutra 99

Meena Rasi: 1.09 Tithi 20 - 21

414893462 **Rahu** 7:20AM - 9:03AM

**Gulika** 2:10PM - 3:53PM  
Yama 10:45AM - 12:28PM

**Purvaproshtapada\* Until 10:23AM**  
Sobhana Until 7:16AM  
Gara Until 3:12AM Tue

**Ganesha:** Clear *Sunrise: 5:38AM*  
**Muruqa:** Blue *Sunset: 7:18PM*

Moon 7 - Phase 14  
1st Phase

Family Home Evening  
Routine Work Marana Yoga

Moon - Clear  
**Ashada-Adi**  
**Subha Sivaloka Day**

Until 10:23AM  
Then Creative Work - Siddha Yoga

Panchami Until 2:04PM

**5**

**Tuesday, July 23, 2019**

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

New Delhi, India  
Sun 5 Sutra 100

Meena Rasi: 13.04 Tithi 21 - 22

414893462 **Rahu** 3:53PM - 5:35PM

**Gulika** 12:28PM - 2:10PM  
Yama 9:03AM - 10:45AM

**Uttaraproshtapada Until 1:10PM**  
Athiganda\* Until 8:05AM  
Visti Until 5:12AM Wed

**Ganesha:** Clear *Sunrise: 5:38AM*  
**Muruqa:** Blue *Sunset: 7:18PM*

Moon 7 - Phase 14  
1st Phase

Creative Work Amrita Yoga

Moon - Clear  
**Ashada-Adi**  
**Subha Sivaloka Day**

Until 1:10PM  
Then Creative Work - Siddha Yoga

Shashthi\* Until 4:14PM

**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 Karana Saptamyam Titau

New Delhi, India  
Sun 6 Sutra 101

Meena Rasi: 25.07 Tithi 22

414893462 **Rahu** 12:28PM - 2:10PM

**Gulika** 10:46AM - 12:28PM  
Yama 7:21AM - 9:03AM

**Revati Until 3:27PM**  
Sukarma Until 8:41AM  
Bava Until 6:02PM

**Ganesha:** Clear *Sunrise: 5:39AM*  
**Muruqa:** Blue *Sunset: 7:17PM*

Moon 7 - Phase 14  
1st Phase

Routine Work Marana Yoga

Moon - Clear  
**Ashada-Adi**  
**Subha Sivaloka Day**

Saptami Until 6:02PM

**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 Balava/Kaulava Karana Ashtamyam Titau

New Delhi, India  
Sun 7 Sutra 102

Mesha Rasi: 7.2 Tithi 23

424893462 **Rahu** 2:10PM - 3:52PM

**Gulika** 9:04AM - 10:46AM  
Yama 5:39AM - 7:21AM

**Ashvini Until 5:34PM**  
Dhriti Until 8:56AM  
Balava Until 6:46AM

**Ganesha:** White *Sunrise: 5:39AM*  
**Muruqa:** Blue *Sunset: 7:17PM*

Moon 7 - Phase 14  
Ashtami

Creative Work Amrita Yoga

Moon - White  
**Ashada-Adi**  
**Subha Subha Sivaloka Day**

Until 5:34PM  
Then Creative Work - Siddha Yoga

Ashtami\* Until 7:18PM

**Friday, July 26, 2019**

**Retreat Star**

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam  
Bharani Nakshatra Shula\*/Ganda\* Yoga Tailila/Gara Karana Navamyam Titau

New Delhi, India  
Sun 8 Sutra 103

Mesha Rasi: 19.49 Tithi 24

424893462 **Rahu** 10:46AM - 12:28PM

**Gulika** 7:22AM - 9:04AM  
Yama 3:52PM - 5:34PM

**Bharani Until 6:53PM**  
Shula\* Until 8:40AM  
Tailila Until 7:43AM

**Ganesha:** White *Sunrise: 5:40AM*  
**Muruqa:** Blue *Sunset: 7:16PM*

Moon 7 - Phase 14  
Navami

Creative Work Siddha Yoga

Moon - White  
**Ashada-Adi**  
**Subha Subha Sivaloka Day**

Navami\* Until 7:55PM


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

|          |                                |             |  |  |  |   |   |
|----------|--------------------------------|-------------|--|--|--|---|---|
| <b>1</b> | <b>Saturday, July 27, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam<br>Krittika Nakshatra Ganda*Vridhi Yoga Vanija/Visti* Karana Dashamyam Titau |  |  |   | New Delhi, India  |
|          | Wrishabha Rasi: 2.38           | Tithi 25    | 424893462  | <b>Gulika</b><br>5:40AM – 7:22AM<br>Yama<br>2:10PM – 3:52PM<br><b>Rahu</b><br>9:04AM – 10:46AM | <b>Krittika</b> Until 7:19PM<br>Ganda* Until 7:52AM<br>Vanija Until 7:57AM<br>Dashami Until 7:46PM | Ganesha: White<br>Muruqa: Blue<br>Nataraja: White<br>Moon – White | Sunrise: 5:40AM<br>Sunset: 7:15PM<br>Moon 7 - Phase 15<br>2nd Phase<br>Subha Subha Sivaloka Day |
|          | Creative Work                  | Amrita Yoga |  |  |  | Ashada*Adi  |   |
|          |                                |             |  |  |  |   |   |

|          |                              |             |   |  |   |   |   |
|----------|------------------------------|-------------|---|--|---|---|---|
| <b>2</b> | <b>Sunday, July 28, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Rohini Nakshatra Vriddhi/Dhruva Yoga Bava/Balava Karana Ekadashyam Titau |  |   |   | New Delhi, India  |
|          | Wrishabha Rasi: 15.5         | Tithi 26    | 434893462   | <b>Gulika</b><br>3:51PM – 5:33PM<br>Yama<br>12:28PM – 2:10PM<br><b>Rahu</b><br>5:33PM – 7:15PM | <b>Rohini</b> Until 7:17PM<br>Vriddhi Until 6:27AM<br>Bava Until 7:25AM<br>Ekadashi* Until 6:50PM | Ganesha: Yellow<br>Muruqa: Blue<br>Nataraja: White<br>Moon – Yellow | Sunrise: 5:41AM<br>Sunset: 7:15PM<br>Moon 7 - Phase 15<br>2nd Phase<br>Subha Sivaloka Day |
|          | Creative Work                | Siddha Yoga |   |  |   | Ashada*Adi  |   |
|          |                              |             |   |  |   |   |   |

|          |                              |               |   |   |  |   |   |
|----------|------------------------------|---------------|---|---|--|---|---|
| <b>3</b> | <b>Monday, July 29, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam<br>Mrigashira Nakshatra Vyaghata* Yoga Kaulava/Gara Karana Dvadashi/Trayodashyam Titau |   |  |   | New Delhi, India  |
|          | Wrishabha Rasi: 29.28        | Tithi 27 – 28 | 434893462   | <b>Gulika</b><br>2:09PM – 3:51PM<br>Yama<br>10:46AM – 12:28PM<br><b>Rahu</b><br>7:23AM – 9:05AM | <b>Mrigashira</b> Until 6:21PM<br>Vyaghata* Until 1:44AM Tue<br>Kaulava Until 6:06AM<br>Dvadashi* Until 5:09PM | Ganesha: Yellow<br>Muruqa: Blue<br>Nataraja: White<br>Moon – Yellow | Sunrise: 5:41AM<br>Sunset: 7:14PM<br>Moon 7 - Phase 15<br>2nd Phase<br>Subha Sivaloka Day |
|          | Family Home Evening          |               |   |   |  | Ashada*Adi  |   |
|          | Creative Work                | Amrita Yoga   |   |   |  | Pradosha Vrata (Fasting)  |   |

|          |                               |                                  |  |   |   |  |   |
|----------|-------------------------------|----------------------------------|--|---|---|--|---|
| <b>4</b> | <b>Tuesday, July 30, 2019</b> |                                  | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |   |   |  | New Delhi, India  |
|          | Mithuna Rasi: 13.32           | Tithi 28 – 29                    | 435893462  | <b>Gulika</b><br>12:28PM – 2:09PM<br>Yama<br>9:05AM – 10:46AM<br><b>Rahu</b><br>3:51PM – 5:32PM | <b>Ardra</b> Until 4:37PM<br>Harshana Until 10:37PM<br>Visti Until 1:27AM Wed<br>Trayodashi* Until 2:49PM | Ganesha: White<br>Muruqa: Blue<br>Nataraja: White<br>Moon – Yellow | Sunrise: 5:42AM<br>Sunset: 7:14PM<br>Moon 7 - Phase 15<br>2nd Phase<br>Sivaloka Day |
|          | Routine Work                  | Marana Yoga                      |  |   |   | Ashada*Adi   |   |
|          | Until 4:37PM                  | Then Creative Work - Siddha Yoga |  |   |   |  |   |

|   |                                 |               |  |  |   |  |  |
|---|---------------------------------|---------------|--|--|---|--|--|
|  | <b>Wednesday, July 31, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Vajra* Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau |  |   |  | New Delhi, India   |
|   | <b>Retreat Star</b>             |               | 445893462  | <b>Gulika</b><br>10:46AM – 12:28PM<br>Yama<br>7:24AM – 9:05AM<br><b>Rahu</b><br>12:28PM – 2:09PM | <b>Punarvasu</b> Until 2:39PM<br>Vajra* Until 7:03PM<br>Catuspada Until 10:22PM<br>Chaturdashi* Until 11:57AM | Ganesha: Green<br>Muruqa: Blue<br>Nataraja: White<br>Moon – Blue | Sunrise: 5:42AM<br>Sunset: 7:13PM<br>Moon 7 - Phase 15<br>Amavasya<br>Sivaloka Day |
|   | Mithuna Rasi: 28.01             | Tithi 29 – 30 |  |  |   | Ashada*Adi   |  |
|   | Creative Work                   | Siddha Yoga   |  |  |   |  |  |

|                     |                                 |                                  |  |  |  |  |  |
|---------------------|---------------------------------|----------------------------------|--|--|--|--|--|
| <b>Retreat Star</b> | <b>Thursday, August 1, 2019</b> |                                  | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |  |  |  | New Delhi, India   |
|                     | Kataka Rasi: 12.49              | Tithi 30 – 1                     | 445893462  | <b>Gulika</b><br>9:05AM – 10:47AM<br>Yama<br>5:43AM – 7:24AM<br><b>Rahu</b><br>2:09PM – 3:50PM | <b>Pushya</b> Until 12:10PM<br>Siddhi Until 3:13PM<br>Kintughna Until 6:58PM<br>Amavasya* Until 8:41AM | Ganesha: Green<br>Muruqa: Blue<br>Nataraja: White<br>Moon – Blue | Sunrise: 5:43AM<br>Sunset: 7:12PM<br>Moon 7 - Phase 15<br>Prathama<br>Sivaloka Day |
|                     | Creative Work                   | Amrita Yoga                      |  |  |  | Sravana*Adi  |  |
|                     | Until 12:10PM                   | Then Creative Work - Siddha Yoga |  |  |  |  |  |

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

|                    |                               |                               |                                 |   |  |
|--------------------|-------------------------------|-------------------------------|---------------------------------|---|--|
| <b>1</b>           |                               | <b>Friday, August 2, 2019</b> |                                 | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvitiyayam Titau | New Delhi, India<br>Sun 15 Sutra 110<br>Vikarin 5121 |
| Kataka Rasi: 27.49 | Tithi 2                       | <b>Gulika</b> 7:25AM – 9:06AM | <b>Ashlesha* Until 9:20AM</b>   | <b>Ganesha:</b> Green <i>Sunrise:</i> 5:44AM  |  |
|                    |                               | Yama 3:50PM – 5:31PM          | Vyatipata* Until 11:15AM        | <b>Muruqa:</b> Blue <i>Sunset:</i> 7:12PM   | Moon 7 - Phase 16                                    |
| 445893462          | <b>Rahu</b> 10:47AM – 12:28PM |                               | Balava Until 3:25PM             | <b>Nataraja:</b> White  | 3rd Phase  |
| Routine Work       | Marana Yoga                   |                               | <b>Dvitiya Until 1:37AM Sat</b> | Moon – Blue   | <b>Sivaloka Day</b>                                  |
|                    |                               |                               |                                 | <b>Sravana-Adi</b>  |  |

|                                  |                              |                                 |                              |  |  |
|----------------------------------|------------------------------|---------------------------------|------------------------------|--|--|
| <b>2</b>                         |                              | <b>Saturday, August 3, 2019</b> |                              | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Trityayam Titau | New Delhi, India<br>Sun 16 Sutra 111<br>Vikarin 5121 |
| Simha Rasi: 12.52                | Tithi 3                      | <b>Gulika</b> 5:44AM – 7:25AM   | <b>Magha* Until 6:43AM</b>   | <b>Ganesha:</b> White <i>Sunrise:</i> 5:44AM   |  |
|                                  |                              | Yama 2:08PM – 3:49PM            | Varyan Until 7:13AM          | <b>Muruqa:</b> Blue <i>Sunset:</i> 7:11PM  | Moon 7 - Phase 16                                    |
| 455893462                        | <b>Rahu</b> 9:06AM – 10:47AM |                                 | Taitila Until 11:52AM        | <b>Nataraja:</b> White   | 3rd Phase  |
| Creative Work                    | Amrita Yoga                  |                                 | <b>Tritiya Until 10:07PM</b> | Moon – Red   | <b>Sivaloka Day</b>                                  |
| Until 6:43AM                     |                              |                                 |                              | <b>Sravana-Adi</b>   |  |
| Then Creative Work - Siddha Yoga |                              |                                 |                              |  |  |

|                                  |                             |                               |  |  |  |
|----------------------------------|-----------------------------|-------------------------------|--|--|--|
| <b>3</b>                         |                             | <b>Sunday, August 4, 2019</b> |  | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttaraphalguni Nakshatra Shiva Yoga Vanija/Visti* Karana Chaturtham Titau | New Delhi, India<br>Sun 17 Sutra 112<br>Vikarin 5121 |
| Simha Rasi: 27.5                 | Tithi 4                     | <b>Gulika</b> 3:49PM – 5:30PM | <b>Uttaraphalguni Until 1:36AM Mon</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:45AM  |  |
|                                  |                             | Yama 12:27PM – 2:08PM         | Shiva Until 11:38PM                    | <b>Muruqa:</b> Blue <i>Sunset:</i> 7:10PM  | Moon 7 - Phase 16                                    |
| 455993462                        | <b>Rahu</b> 5:30PM – 7:10PM |                               | Vanija Until 8:27AM                    | <b>Nataraja:</b> White   | 3rd Phase  |
| Creative Work                    | Amrita Yoga                 |                               | <b>Chaturthi* Until 6:50PM</b>         | Moon – Red   | <b>Subha Sivaloka Day</b>                            |
| Until 1:36AM Mon                 |                             |                               |  | <b>Sravana-Adi</b>   |  |
| Then Creative Work - Siddha Yoga |                             |                               |  |  |  |

|  |                             |                               |                              |  |  |
|--|-----------------------------|-------------------------------|------------------------------|--|--|
| <b>4</b>                               |                             | <b>Monday, August 5, 2019</b> |                              | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam<br>Hasta Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashtham Titau | New Delhi, India<br>Sun 18 Sutra 113<br>Vikarin 5121 |
| Kanya Rasi: 12.35                      | Tithi 5 – 6                 | <b>Gulika</b> 2:08PM – 3:48PM | <b>Hasta Until 11:47PM</b>   | <b>Ganesha:</b> White <i>Sunrise:</i> 5:45AM   |  |
| <b>Family Home Evening</b>             |                             | Yama 10:47AM – 12:27PM        | Siddha Until 8:15PM          | <b>Muruqa:</b> Blue <i>Sunset:</i> 7:09PM  | Moon 7 - Phase 16                                    |
| 465993462                              | <b>Rahu</b> 7:26AM – 9:06AM |                               | Kaulava Until 2:40AM Tue     | <b>Nataraja:</b> White   | 3rd Phase  |
| Creative Work                          | Siddha Yoga                 |                               | <b>Panchami Until 3:56PM</b> | Moon – Green   | <b>Subha Subha Sivaloka Day</b>                      |
| Until 11:47PM                          |                             | <b>Nag Panchami</b>           |                              | <b>Sravana-Adi</b>   |  |
| Then Routine Work - Prabalarishta Yoga |                             |                               |                              |  |  |

|                   |                             |                                |                               |   |  |
|-------------------|-----------------------------|--------------------------------|-------------------------------|---|--|
| <b>5</b>          |                             | <b>Tuesday, August 6, 2019</b> |                               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Chitra Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Shashthi/Saptamam Titau | New Delhi, India<br>Sun 19 Sutra 114<br>Vikarin 5121 |
| Kanya Rasi: 27.01 | Tithi 6 – 7                 | <b>Gulika</b> 12:27PM – 2:08PM | <b>Chitra Until 10:22PM</b>   | <b>Ganesha:</b> White <i>Sunrise:</i> 5:46AM  |  |
|                   |                             | Yama 9:07AM – 10:47AM          | Sadhya Until 5:18PM           | <b>Muruqa:</b> Blue <i>Sunset:</i> 7:09PM   | Moon 7 - Phase 16                                    |
| 465993462         | <b>Rahu</b> 3:48PM – 5:28PM |                                | Gara Until 12:32AM Wed        | <b>Nataraja:</b> White  | 3rd Phase  |
| Creative Work     | Siddha Yoga                 |                                | <b>Shashthi* Until 1:30PM</b> | Moon – Green  | <b>Subha Subha Sivaloka Day</b>                      |
|                   |                             |                                |                               | <b>Sravana-Adi</b>  |  |

|                     |                              |                                  |                              |   |  |
|---------------------|------------------------------|----------------------------------|------------------------------|---|--|
| <b>Retreat Star</b> |                              | <b>Wednesday, August 7, 2019</b> |                              | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam<br>Svati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashtamam Titau | New Delhi, India<br>Sun 20 Sutra 115<br>Vikarin 5121 |
| Tula Rasi: 11.05    | Tithi 7 – 8                  | <b>Gulika</b> 10:47AM – 12:27PM  | <b>Svati Until 9:24PM</b>    | <b>Ganesha:</b> White <i>Sunrise:</i> 5:46AM  |  |
|                     |                              | Yama 7:27AM – 9:07AM             | Subha Until 2:51PM           | <b>Muruqa:</b> Blue <i>Sunset:</i> 7:08PM   | Moon 7 - Phase 16                                    |
| 465993462           | <b>Rahu</b> 12:27PM – 2:07PM |                                  | Visti Until 11:00PM          | <b>Nataraja:</b> White  | Ashtami  |
| Creative Work       | Siddha Yoga                  |                                  | <b>Saptami Until 11:40AM</b> | Moon – Green  | <b>Subha Subha Sivaloka Day</b>                      |
|                     |                              |                                  |                              | <b>Sravana-Adi</b>  |  |

|                     |                             |                                 |                               |   |  |
|---------------------|-----------------------------|---------------------------------|-------------------------------|---|--|
| <b>Retreat Star</b> |                             | <b>Thursday, August 8, 2019</b> |                               | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam<br>Vishakha Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ashtami/Navamam Titau | New Delhi, India<br>Sun 21 Sutra 116<br>Vikarin 5121 |
| Tula Rasi: 24.45    | Tithi 8 – 9                 | <b>Gulika</b> 9:07AM – 10:47AM  | <b>Vishakha Until 9:24PM</b>  | <b>Ganesha:</b> Purple <i>Sunrise:</i> 5:47AM   |  |
|                     |                             | Yama 5:47AM – 7:27AM            | Sukla Until 12:55PM           | <b>Muruqa:</b> Blue <i>Sunset:</i> 7:07PM   | Moon 7 - Phase 16                                    |
| 476993462           | <b>Rahu</b> 2:07PM – 3:47PM |                                 | Balava Until 10:09PM          | <b>Nataraja:</b> White  | Navami   |
| Creative Work       | Siddha Yoga                 |                                 | <b>Ashtami* Until 10:29AM</b> | Moon – Orange   | <b>Sivaloka Day</b>                                  |
|                     |                             |                                 |                               | <b>Sravana-Adi</b>  |  |

|                                 |              |   |                              |  |                        |                                      |                   |
|---------------------------------|--------------|---|------------------------------|--|------------------------|--------------------------------------|-------------------|
| <b>1</b>                        |              | <b>Friday, August 9, 2019</b>           |                              | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Anuradha Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau |                        | New Delhi, India<br>Sun 22 Sutra 117 |                   |
| Wrischika Rasi: 8.02            | Tithi 9 – 10 | <b>Gulika</b> 7:27AM – 9:07AM           | <b>Anuradha</b> Until 9:54PM | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 5:47AM |                                      | Vikarin 5121      |
|                                 |              | Yama 3:47PM – 5:26PM                    | Brahma Until 11:32AM         | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:06PM  |                                      | Moon 7 - Phase 17 |
|                                 |              | 486993462 <b>Rahu</b> 10:47AM – 12:27PM | Taitila Until 9:58PM         | <b>Nataraja:</b> White   |                        |                                      | 4th Phase         |
| Creative Work                   | Siddha Yoga  |   | <b>Navami*</b> Until 9:58AM  | Moon – Orange  |                        | <b>Sivaloka Day</b>                  |                   |
| Until 9:54PM                    |              |   |                              |  |                        |                                      |                   |
| Then Routine Work - Marana Yoga |              |   |                              |  |                        |                                      |                   |

|                       |               |  |                                |  |                        |                                      |                   |
|-----------------------|---------------|--|--------------------------------|--|------------------------|--------------------------------------|-------------------|
| <b>2</b>              |               | <b>Saturday, August 10, 2019</b>       |                                | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam<br>Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Dashami/Ekadasmyam Titau |                        | New Delhi, India<br>Sun 23 Sutra 118 |                   |
| Wrischika Rasi: 20.59 | Tithi 10 – 11 | <b>Gulika</b> 5:48AM – 7:28AM          | <b>Jyeshtha*</b> Until 10:52PM | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 5:48AM |                                      | Vikarin 5121      |
|                       |               | Yama 2:06PM – 3:46PM                   | Indra Until 10:40AM            | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:05PM  |                                      | Moon 7 - Phase 17 |
|                       |               | 486993462 <b>Rahu</b> 9:07AM – 10:47AM | Vanija Until 10:25PM           | <b>Nataraja:</b> White   |                        |                                      | 4th Phase         |
| Creative Work         | Siddha Yoga   |  | <b>Dashami</b> Until 10:06AM   | Moon – Orange  |                        | <b>Sivaloka Day</b>                  |                   |
|                       |               |  |                                |  |                        |                                      |                   |
|                       |               |  |                                |  |                        |                                      |                   |

|                                 |               |                                       |                                |   |                        |                                      |                   |
|---------------------------------|---------------|---------------------------------------|--------------------------------|---|------------------------|--------------------------------------|-------------------|
| <b>3</b>                        |               | <b>Sunday, August 11, 2019</b>        |                                | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Mula* Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |                        | New Delhi, India<br>Sun 24 Sutra 119 |                   |
| Dhanus Rasi: 3.38               | Tithi 11 – 12 | <b>Gulika</b> 3:46PM – 5:25PM         | <b>Mula*</b> Until 12:42AM Mon | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 5:49AM |                                      | Vikarin 5121      |
|                                 |               | Yama 12:27PM – 2:06PM                 | Vaidhriti* Until 10:15AM       | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:05PM  |                                      | Moon 7 - Phase 17 |
|                                 |               | 486993462 <b>Rahu</b> 5:25PM – 7:05PM | Bava Until 11:26PM             | <b>Nataraja:</b> White  |                        |                                      | 4th Phase         |
| Creative Work                   | Amrita Yoga   |                                       | <b>Ekadashi</b> Until 10:50AM  | Moon – Light Blue   |                        | <b>Subha Sivaloka Day</b>            |                   |
| Until 12:42AM Mon               |               |                                       |                                |   |                        |                                      |                   |
| Then Routine Work - Marana Yoga |               |                                       |                                |   |                        |                                      |                   |

|  |               |                                       |                                      |   |                        |                                      |                   |
|--|---------------|---------------------------------------|--------------------------------------|---|------------------------|--------------------------------------|-------------------|
| <b>4</b>                               |               | <b>Monday, August 12, 2019</b>        |                                      | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvashadha* Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |                        | New Delhi, India<br>Sun 25 Sutra 120 |                   |
| Dhanus Rasi: 16.02                     | Tithi 12 – 13 | <b>Gulika</b> 2:06PM – 3:45PM         | <b>Purvashadha*</b> Until 2:50AM Tue | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 5:49AM |                                      | Vikarin 5121      |
| <b>Family Home Evening</b>             |               | Yama 10:47AM – 12:26PM                | Vishkambha* Until 10:16AM            | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:04PM  |                                      | Moon 7 - Phase 17 |
| Routine Work                           | Marana Yoga   | 486993462 <b>Rahu</b> 7:28AM – 9:08AM | Kaulava Until 12:55AM Tue            | <b>Nataraja:</b> White  |                        |                                      | 4th Phase         |
| Until 2:50AM Tue                       |               |                                       | <b>Dvadashi</b> Until 12:06PM        | Moon – Light Blue   |                        | <b>Subha Sivaloka Day</b>            |                   |
| Then Routine Work - Prabalarishta Yoga |               |                                       |                                      |   |                        |                                      |                   |
|  |               |                                       |                                      |   |                        |                                      |                   |
|  |               |                                       |                                      |   |                        |                                      |                   |

|                                  |                    |                                       |                                      |  |                        |                                      |                   |
|----------------------------------|--------------------|---------------------------------------|--------------------------------------|--|------------------------|--------------------------------------|-------------------|
| <b>5</b>                         |                    | <b>Tuesday, August 13, 2019</b>       |                                      | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                        | New Delhi, India<br>Sun 26 Sutra 121 |                   |
| Dhanus Rasi: 28.16               | Tithi 13 – 14      | <b>Gulika</b> 12:26PM – 2:05PM        | <b>Uttarashadha</b> Until 5:08AM Wed | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:50AM |                                      | Vikarin 5121      |
|                                  |                    | Yama 9:08AM – 10:47AM                 | Priti Until 10:37AM                  | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:03PM  |                                      | Moon 7 - Phase 17 |
|                                  |                    | 486993462 <b>Rahu</b> 3:45PM – 5:24PM | Gara Until 2:46AM Wed                | <b>Nataraja:</b> White   |                        |                                      | 4th Phase         |
| Routine Work                     | Prabalarishta Yoga |                                       | <b>Trayodashi</b> Until 1:47PM       | Moon – Light Blue  |                        | <b>Subha Sivaloka Day</b>            |                   |
| Until 5:08AM Wed                 |                    |                                       |                                      |  |                        |                                      |                   |
| Then Creative Work - Siddha Yoga |                    |                                       |                                      |  |                        |                                      |                   |

|                   |               |  |                                  |   |                        |                                      |                   |
|-------------------|---------------|--|----------------------------------|---|------------------------|--------------------------------------|-------------------|
| <b>6</b>          |               | <b>Wednesday, August 14, 2019</b>      |                                  | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam<br>Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                        | New Delhi, India<br>Sun 27 Sutra 122 |                   |
| Makara Rasi: 10.2 | Tithi 14 – 15 | <b>Gulika</b> 10:47AM – 12:26PM        | <b>Shravana</b> Until 8:03AM Thu | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:50AM |                                      | Vikarin 5121      |
|                   |               | Yama 7:29AM – 9:08AM                   | Ayushman Until 11:12AM           | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:02PM  |                                      | Moon 7 - Phase 17 |
|                   |               | 496993462 <b>Rahu</b> 12:26PM – 2:05PM | Visti Until 4:55AM Thu           | <b>Nataraja:</b> White  |                        |                                      | 4th Phase         |
| Creative Work     | Siddha Yoga   |  | <b>Chaturdashi*</b> Until 3:48PM | Moon – Purple   |                        | <b>Sivaloka Day</b>                  |                   |
|                   |               |  |                                  |   |                        |                                      |                   |
|                   |               |  |                                  |   |                        |                                      |                   |

|                            |             |                                       |                              |   |                        |                               |                   |
|----------------------------|-------------|---------------------------------------|------------------------------|---|------------------------|-------------------------------|-------------------|
| <b>○</b>                   |             | <b>Thursday, August 15, 2019</b>      |                              | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava Karana Purnimayam Titau |                        | New Delhi, India<br>Sutra 123 |                   |
| <b>Copper Retreat Star</b> |             | <b>Gulika</b> 9:08AM – 10:47AM        | <b>Shravana</b> Until 8:03AM | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 5:51AM |                               | Vikarin 5121      |
| Makara Rasi: 22.18         | Tithi 15    | Yama 5:51AM – 7:30AM                  | Saubhagya Until 11:59AM      | <b>Muruqa:</b> Blue   | <i>Sunset:</i> 7:01PM  |                               | Moon 7 - Phase 17 |
|                            |             | 497993462 <b>Rahu</b> 2:05PM – 3:43PM | Bava Until 6:02PM            | <b>Nataraja:</b> White  |                        |                               | Purnima           |
| Creative Work              | Siddha Yoga |                                       | <b>Purnima*</b> Until 6:02PM | Moon – Purple   |                        | <b>Subha Sivaloka Day</b>     |                   |
|                            |             |                                       |                              |   |                        |                               |                   |
|                            |             |                                       |                              |   |                        |                               |                   |

|                            |             |   |                                 |  |                        |                               |                   |
|----------------------------|-------------|---|---------------------------------|--|------------------------|-------------------------------|-------------------|
| <b>○</b>                   |             | <b>Friday, August 16, 2019</b>          |                                 | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Sobhana/Alhiganda* Yoga Balava/Kaulava Karana Prathamayam Titau |                        | New Delhi, India<br>Sutra 124 |                   |
| <b>Silver Retreat Star</b> |             | <b>Gulika</b> 7:30AM – 9:08AM           | <b>Dhanishtha</b> Until 10:57AM | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 5:51AM |                               | Vikarin 5121      |
| Kumbha Rasi: 4.12          | Tithi 16    | Yama 3:43PM – 5:22PM                    | Sobhana Until 12:54PM           | <b>Muruqa:</b> Blue  | <i>Sunset:</i> 7:00PM  |                               | Moon 7 - Phase 17 |
|                            |             | 497993462 <b>Rahu</b> 10:47AM – 12:26PM | Balava Until 7:14AM             | <b>Nataraja:</b> White   |                        |                               | Prathama          |
| Creative Work              | Siddha Yoga |   | <b>Prathama*</b> Until 8:25PM   | Moon – Purple  |                        | <b>Subha Sivaloka Day</b>     |                   |
|                            |             |   |                                 |  |                        |                               |                   |
|                            |             |   |                                 |  |                        |                               |                   |

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





**Saturday, August 17, 2019**  
Gold Retreat Star

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

New Delhi, India  
Sun 1 Sutra 125

Kumbha Rasi: 16.04 Tithi 17

Gulika 5:52AM – 7:30AM  
Yama 2:04PM – 3:42PM  
497993462 Rahu 9:09AM – 10:47AM

**Shatabhishak Until 1:46PM**  
Athiganda\* Until 1:51PM  
Taitila Until 9:40AM  
Dvitiya Until 10:51PM

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

Sunrise: 5:52AM  
Sunset: 6:59PM

Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

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

Subha Sivaloka Day

**1**

**Sunday, August 18, 2019**

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

New Delhi, India  
Sun 2 Sutra 126

Kumbha Rasi: 27.55 Tithi 18

Gulika 3:42PM – 5:20PM  
Yama 12:25PM – 2:03PM  
517993462 Rahu 5:20PM – 6:58PM

**Purvaprosarthapada\* Until 4:55PM**  
Sukarma Until 2:48PM  
Vanija Until 12:05PM  
Tritiya Until 1:15AM Mon

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

Sunrise: 5:52AM  
Sunset: 6:58PM

Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Creative Work Siddha Yoga  
Until 4:55PM  
Then Creative Work - Amrita Yoga

Subha Subha Sivaloka Day

**2**

**Monday, August 19, 2019**

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

New Delhi, India  
Sun 3 Sutra 127

Meena Rasi: 9.49 Tithi 19

Gulika 2:03PM – 3:41PM  
Yama 10:47AM – 12:25PM  
517993462 Rahu 7:31AM – 9:09AM

**Uttaraprosarthapada Until 7:46PM**  
Dhriti Until 3:42PM  
Bava Until 2:25PM  
Chaturthi\* Until 3:30AM Tue

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

Sunrise: 5:53AM  
Sunset: 6:57PM

Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Creative Work Siddha Yoga  
Family Home Evening  
Then Creative Work - Siddha Yoga

Subha Subha Sivaloka Day

**3**

**Tuesday, August 20, 2019**

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

New Delhi, India  
Sun 4 Sutra 128

Meena Rasi: 21.45 Tithi 20

Gulika 12:25PM – 2:03PM  
Yama 9:09AM – 10:47AM  
517993462 Rahu 3:41PM – 5:18PM

**Revati Until 10:16PM**  
Shula\* Until 4:24PM  
Kaulava Until 4:33PM  
Panchami Until 5:29AM Wed

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

Sunrise: 5:53AM  
Sunset: 6:56PM

Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Creative Work Siddha Yoga

Subha Subha Sivaloka Day

**4**

**Wednesday, August 21, 2019**

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

New Delhi, India  
Sun 5 Sutra 129

Mesha Rasi: 3.49 Tithi 21

Gulika 10:47AM – 12:25PM  
Yama 7:32AM – 9:09AM  
527993462 Rahu 12:25PM – 2:02PM

**Ashvini Until 12:44AM Thu**  
Ganda\* Until 4:52PM  
Gara Until 6:22PM  
Shashthi\* Until 7:05AM Thu

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

Sunrise: 5:54AM  
Sunset: 6:55PM

Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Routine Work Marana Yoga  
Until 12:44AM Thu  
Then Creative Work - Siddha Yoga

Subha Sivaloka Day

**5**

**Thursday, August 22, 2019**

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

New Delhi, India  
Sun 6 Sutra 130

Mesha Rasi: 16.01 Tithi 21 – 22

Gulika 9:09AM – 10:47AM  
Yama 5:54AM – 7:32AM  
528993462 Rahu 2:02PM – 3:39PM

**Bharani Until 2:34AM Fri**  
Vridhhi Until 5:00PM  
Visiti Until 7:43PM  
Shashthi\* Until 7:05AM

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

Sunrise: 5:54AM  
Sunset: 6:54PM

Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

**D**

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

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

New Delhi, India  
Sun 7 Sutra 131

Mesha Rasi: 28.27 Tithi 22 – 23

Gulika 7:32AM – 9:09AM  
Yama 3:39PM – 5:16PM  
528993462 Rahu 10:47AM – 12:24PM

**Krittika Until 3:37AM Sat**  
Dhruva Until 4:39PM  
Balava Until 8:28PM  
Saptami Until 8:09AM

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

Sunrise: 5:55AM  
Sunset: 6:53PM

Vikarin 5121  
Moon 8 - Phase 18  
Ashtami

Creative Work Siddha Yoga  
Until 3:37AM Sat  
Then Creative Work - Amrita Yoga

Sivaloka Day

**Saturday, August 24, 2019**

Retreat Star

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

New Delhi, India  
Sun 8 Sutra 132

Vrishabha Rasi: 11.11 Tithi 23 – 24

Gulika 5:55AM – 7:33AM  
Yama 2:01PM – 3:38PM  
538993462 Rahu 9:10AM – 10:47AM

**Rohini Until 4:15AM Sun**  
Vyaghata\* Until 3:46PM  
Taitila Until 8:30PM  
Ashtami\* Until 8:33AM

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

Sunrise: 5:55AM  
Sunset: 6:52PM

Vikarin 5121  
Moon 8 - Phase 18  
Navami

Creative Work Amrita Yoga  
Until 4:15AM Sun  
Then Creative Work - Siddha Yoga

Subha Sivaloka Day

|                      |                             |                                |                                    |  |   |
|----------------------|-----------------------------|--------------------------------|------------------------------------|--|---|
| <b>1</b>             |                             | <b>Sunday, August 25, 2019</b> |                                    | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Mrigashira Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Navami/Dashamyam Titau | New Delhi, India<br>Sun 9 Sutra 133<br>Vikarin 5121 |
| Wishabha Rasi: 24.17 | Tithi 24 – 25               | <b>Gulika</b> 3:37PM – 5:14PM  | <b>Mrigashira</b> Until 3:57AM Mon | <b>Ganesha:</b> Clear <i>Sunrise: 5:56AM</i>   |   |
|                      |                             | Yama 12:24PM – 2:00PM          | Harshana Until 2:16PM              | <b>Muruqa:</b> Blue <i>Sunset: 6:51PM</i>  | Moon 8 - Phase 19                                   |
| 538993462            | <b>Rahu</b> 5:14PM – 6:51PM |                                | Vanija Until 7:44PM                | <b>Nataraja:</b> White   | 2nd Phase   |
| Creative Work        | Siddha Yoga                 |                                | <b>Navami*</b> Until 8:12AM        | Moon – Yellow  | <b>Subha Sivaloka Day</b>                           |
|                      |                             |                                |                                    | <b>Sravana-Avani</b>   |   |

|                            |                             |                                |                               |  |  |
|----------------------------|-----------------------------|--------------------------------|-------------------------------|--|--|
| <b>2</b>                   |                             | <b>Monday, August 26, 2019</b> |                               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Ardra Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | New Delhi, India<br>Sun 10 Sutra 134<br>Vikarin 5121 |
| Mithuna Rasi: 7.49         | Tithi 25 – 26               | <b>Gulika</b> 2:00PM – 3:37PM  | <b>Ardra</b> Until 2:45AM Tue | <b>Ganesha:</b> Clear <i>Sunrise: 5:56AM</i>   |  |
| <b>Family Home Evening</b> |                             | Yama 10:47AM – 12:23PM         | Vajra* Until 12:07PM          | <b>Muruqa:</b> Blue <i>Sunset: 6:50PM</i>  | Moon 8 - Phase 19                                    |
| 538993462                  | <b>Rahu</b> 7:33AM – 9:10AM |                                | Bava Until 6:12PM             | <b>Nataraja:</b> White   | 2nd Phase  |
| Creative Work              | Siddha Yoga                 |                                | <b>Dashami</b> Until 7:03AM   | Moon – Yellow  | <b>Subha Sivaloka Day</b>                            |
|                            |                             |                                |                               | <b>Sravana-Avani</b>   |  |

|                    |                             |                                 |                                   |   |  |
|--------------------|-----------------------------|---------------------------------|-----------------------------------|---|--|
| <b>3</b>           |                             | <b>Tuesday, August 27, 2019</b> |                                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Punarvasu Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau | New Delhi, India<br>Sun 11 Sutra 135<br>Vikarin 5121 |
| Mithuna Rasi: 21.5 | Tithi 27                    | <b>Gulika</b> 12:23PM – 1:59PM  | <b>Punarvasu</b> Until 1:09AM Wed | <b>Ganesha:</b> Purple <i>Sunrise: 5:57AM</i>   |  |
|                    |                             | Yama 9:10AM – 10:46AM           | Siddhi Until 9:22AM               | <b>Muruqa:</b> Blue <i>Sunset: 6:49PM</i>   | Moon 8 - Phase 19                                    |
| 548993462          | <b>Rahu</b> 3:36PM – 5:12PM |                                 | Kaulava Until 3:56PM              | <b>Nataraja:</b> White  | 2nd Phase  |
| Creative Work      | Siddha Yoga                 |                                 | <b>Dvadashi*</b> Until 2:33AM Wed | Moon – Blue   | <b>Sivaloka Day</b>                                  |
|                    |                             |                                 |                                   | <b>Sravana-Avani</b>  |  |

|                   |                              |                                   |                                  |   |  |
|-------------------|------------------------------|-----------------------------------|----------------------------------|---|--|
| <b>4</b>          |                              | <b>Wednesday, August 28, 2019</b> |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Pushya Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Trayodashyam Titau | New Delhi, India<br>Sun 12 Sutra 136<br>Vikarin 5121 |
| Kataka Rasi: 6.17 | Tithi 28                     | <b>Gulika</b> 10:46AM – 12:23PM   | <b>Pushya</b> Until 10:50PM      | <b>Ganesha:</b> Light Blue <i>Sunrise: 5:57AM</i>   |  |
|                   |                              | Yama 7:34AM – 9:10AM              | Vyatipata* Until 6:06AM          | <b>Muruqa:</b> Blue <i>Sunset: 6:48PM</i>   | Moon 8 - Phase 19                                    |
| 549993463         | <b>Rahu</b> 12:23PM – 1:59PM |                                   | Gara Until 1:04PM                | <b>Nataraja:</b> Clear  | 2nd Phase  |
| Creative Work     | Siddha Yoga                  |                                   | <b>Trayodashi*</b> Until 11:25PM | Moon – Blue   | <b>Devaloka Day</b>                                  |
|                   |                              |                                   |                                  | <b>Sravana-Avani</b>  |  |

*Pradosha Vrata (Fasting)*

|                                  |                             |                                  |                                  |   |  |
|----------------------------------|-----------------------------|----------------------------------|----------------------------------|---|--|
| <b>5</b>                         |                             | <b>Thursday, August 29, 2019</b> |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Ashlesha* Nakshatra Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | New Delhi, India<br>Sun 13 Sutra 137<br>Vikarin 5121 |
| Kataka Rasi: 21.07               | Tithi 29                    | <b>Gulika</b> 9:10AM – 10:46AM   | <b>Ashlesha*</b> Until 7:59PM    | <b>Ganesha:</b> Orange <i>Sunrise: 5:58AM</i>   |  |
|                                  |                             | Yama 5:58AM – 7:34AM             | Parigha* Until 10:19PM           | <b>Muruqa:</b> Blue <i>Sunset: 6:47PM</i>   | Moon 8 - Phase 19                                    |
| 549193463                        | <b>Rahu</b> 1:58PM – 3:35PM |                                  | Visti Until 9:42AM               | <b>Nataraja:</b> Clear  | 2nd Phase  |
| Creative Work                    | Siddha Yoga                 |                                  | <b>Chaturdashi*</b> Until 7:53PM | Moon – Blue   | <b>Sivaloka Day</b>                                  |
| Until 7:59PM                     |                             |                                  |                                  | <b>Sravana-Avani</b>  |  |
| Then Creative Work - Amrita Yoga |                             |                                  |                                  |   |  |

|                                  |                               |                                |                               |  |  |
|----------------------------------|-------------------------------|--------------------------------|-------------------------------|--|--|
| <b>Retreat Star</b>              |                               | <b>Friday, August 30, 2019</b> |                               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Shiva Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau | New Delhi, India<br>Sun 14 Sutra 138<br>Vikarin 5121 |
| Simha Rasi: 6.14                 | Tithi 30 – 1                  | <b>Gulika</b> 7:34AM – 9:10AM  | <b>Magha*</b> Until 5:09PM    | <b>Ganesha:</b> Clear <i>Sunrise: 5:58AM</i>   |  |
|                                  |                               | Yama 3:34PM – 5:10PM           | Shiva Until 6:06PM            | <b>Muruqa:</b> Blue <i>Sunset: 6:46PM</i>  | Moon 8 - Phase 19                                    |
| 559193463                        | <b>Rahu</b> 10:46AM – 12:22PM |                                | Catuspada Until 6:01AM        | <b>Nataraja:</b> Clear   | Amavasya   |
| Routine Work                     | Marana Yoga                   |                                | <b>Amavasya*</b> Until 4:06PM | Moon – Red   | <b>Sivaloka Day</b>                                  |
| Until 5:09PM                     |                               |                                |                               | <b>Sravana-Avani</b>   |  |
| Then Creative Work - Siddha Yoga |                               |                                |                               |  |  |

|                                 |                              |                                  |                                   |   |  |
|---------------------------------|------------------------------|----------------------------------|-----------------------------------|---|--|
| <b>Retreat Star</b>             |                              | <b>Saturday, August 31, 2019</b> |                                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | New Delhi, India<br>Sun 15 Sutra 139<br>Vikarin 5121 |
| Simha Rasi: 21.29               | Tithi 1 – 2                  | <b>Gulika</b> 5:59AM – 7:35AM    | <b>Purvaphalguni</b> Until 2:07PM | <b>Ganesha:</b> Clear <i>Sunrise: 5:59AM</i>  |  |
|                                 |                              | Yama 1:57PM – 3:33PM             | Siddha Until 1:48PM               | <b>Muruqa:</b> Blue <i>Sunset: 6:45PM</i>   | Moon 8 - Phase 19                                    |
| 559193463                       | <b>Rahu</b> 9:10AM – 10:46AM |                                  | Balava Until 10:22PM              | <b>Nataraja:</b> Clear  | Prathama   |
| Creative Work                   | Siddha Yoga                  |                                  | <b>Prathama*</b> Until 12:15PM    | Moon – Red  | <b>Sivaloka Day</b>                                  |
| Until 2:07PM                    |                              |                                  |                                   | <b>Bhadrapada-Avani</b>   |  |
| Then Routine Work - Marana Yoga |                              |                                  |                                   |   |  |

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

All times are standard time

www.gurudeva.org/panchang

|               |                                  |             |   |                                     |                        |                        |                  |                   |
|---------------|----------------------------------|-------------|---|-------------------------------------|------------------------|------------------------|------------------|-------------------|
| <b>1</b>      | <b>Sunday, September 1, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau |                                     |                        |                        | New Delhi, India |                   |
|               | Kanya Rasi: 6.42                 | Tithi 2 - 3 | <b>Gulika</b> 3:32PM - 5:08PM   | <b>Uttaraphalguni</b> Until 11:05AM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:59AM | Sun 16           | Sutra 140         |
|               |                                  |             | Yama 12:21PM - 1:57PM   | Sadhya Until 9:37AM                 | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 6:43PM  |                  | Vikarin 5121      |
|               | 559193463                        |             | <b>Rahu</b> 5:08PM - 6:43PM   | Taitila Until 6:44PM                | <b>Nataraja:</b> Clear |                        |                  | Moon 8 - Phase 20 |
| Creative Work | Amrita Yoga                      |             | <b>Dvitiya</b> Until 8:30AM   | Moon - Red                          |                        |                        | 3rd Phase        |                   |
|               |                                  |             |   | <b>Bhadrapada-Avani</b>             |                        | <b>Sivaloka Day</b>    |                  |                   |

|  |                                  |                          |   |                           |                        |                        |                  |                   |
|--|----------------------------------|--------------------------|---|---------------------------|------------------------|------------------------|------------------|-------------------|
| <b>2</b>                               | <b>Monday, September 2, 2019</b> |                          | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Hasta/Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturtham Titau |                           |                        |                        | New Delhi, India |                   |
|  | Kanya Rasi: 21.43                | Tithi 4                  | <b>Gulika</b> 1:56PM - 3:32PM   | <b>Hasta</b> Until 8:36AM | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 6:00AM | Sun 17           | Sutra 141         |
|  | <b>Family Home Evening</b>       |                          | Yama 10:46AM - 12:21PM  | Sukla Until 2:05AM Tue    | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 6:42PM  |                  | Vikarin 5121      |
|  | 559193463                        |                          | <b>Rahu</b> 7:35AM - 9:11AM   | Vanija Until 3:27PM       | <b>Nataraja:</b> Clear |                        |                  | Moon 8 - Phase 20 |
| Creative Work                          | Siddha Yoga                      |                          | <b>Chaturthi*</b> Until 1:58AM Tue  | Moon - Green              |                        |                        | 3rd Phase        |                   |
| Until 8:36AM                           |                                  | <b>Ganesha Chaturthi</b> |   | <b>Bhadrapada-Avani</b>   |                        | <b>Sivaloka Day</b>    |                  |                   |
| Then Routine Work - Prabararishta Yoga |                                  |                          |   |                           |                        |                        |                  |                   |

|               |                                   |         |   |                            |                        |                        |                  |                   |
|---------------|-----------------------------------|---------|---|----------------------------|------------------------|------------------------|------------------|-------------------|
| <b>3</b>      | <b>Tuesday, September 3, 2019</b> |         | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Chitra/Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau |                            |                        |                        | New Delhi, India |                   |
|               | Tula Rasi: 6.23                   | Tithi 5 | <b>Gulika</b> 12:21PM - 1:56PM  | <b>Chitra</b> Until 6:26AM | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 6:00AM | Sun 18           | Sutra 142         |
|               |                                   |         | Yama 9:11AM - 10:46AM   | Brahma Until 10:58PM       | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 6:41PM  |                  | Vikarin 5121      |
|               | 559193463                         |         | <b>Rahu</b> 3:31PM - 5:06PM   | Bava Until 12:40PM         | <b>Nataraja:</b> Clear |                        |                  | Moon 8 - Phase 20 |
| Creative Work | Siddha Yoga                       |         | <b>Panchami</b> Until 11:30PM   | Moon - Green               |                        |                        | 3rd Phase        |                   |
|               |                                   |         |   | <b>Bhadrapada-Avani</b>    |                        | <b>Sivaloka Day</b>    |                  |                   |

|               |                                     |         |   |                                  |                        |                           |                  |                   |
|---------------|-------------------------------------|---------|---|----------------------------------|------------------------|---------------------------|------------------|-------------------|
| <b>4</b>      | <b>Wednesday, September 4, 2019</b> |         | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Vishakha Nakshatra Indra Yoga Kaulava/Taitila Karana Shashthiyam Titau |                                  |                        |                           | New Delhi, India |                   |
|               | Tula Rasi: 20.38                    | Tithi 6 | <b>Gulika</b> 10:46AM - 12:20PM   | <b>Vishakha</b> Until 4:05AM Thu | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 6:01AM    | Sun 19           | Sutra 143         |
|               |                                     |         | Yama 7:36AM - 9:11AM  | Indra Until 8:27PM               | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 6:40PM     |                  | Vikarin 5121      |
|               | 559193463                           |         | <b>Rahu</b> 12:20PM - 1:55PM  | Kaulava Until 10:32AM            | <b>Nataraja:</b> Clear |                           |                  | Moon 8 - Phase 20 |
| Creative Work | Siddha Yoga                         |         | <b>Shashthi*</b> Until 9:44PM   | Moon - Orange                    |                        |                           | 3rd Phase        |                   |
|               |                                     |         |   | <b>Bhadrapada-Avani</b>          |                        | <b>Subha Sivaloka Day</b> |                  |                   |

|                                 |                                    |         |   |                                  |                        |                        |                  |                   |
|---------------------------------|------------------------------------|---------|---|----------------------------------|------------------------|------------------------|------------------|-------------------|
| <b>5</b>                        | <b>Thursday, September 5, 2019</b> |         | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Anuradha Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Saptamyam Titau |                                  |                        |                        | New Delhi, India |                   |
|                                 | Vrischika Rasi: 4.24               | Tithi 7 | <b>Gulika</b> 9:11AM - 10:45AM  | <b>Anuradha</b> Until 4:05AM Fri | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 6:01AM | Sun 20           | Sutra 144         |
|                                 |                                    |         | Yama 6:01AM - 7:36AM  | Vaidhriti* Until 6:34PM          | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 6:39PM  |                  | Vikarin 5121      |
|                                 | 559193463                          |         | <b>Rahu</b> 1:55PM - 3:30PM   | Gara Until 9:11AM                | <b>Nataraja:</b> Clear |                        |                  | Moon 8 - Phase 20 |
| Creative Work                   | Siddha Yoga                        |         | <b>Saptami</b> Until 8:47PM   | Moon - Orange                    |                        |                        | 3rd Phase        |                   |
| Until 4:05AM Fri                |                                    |         |   | <b>Bhadrapada-Avani</b>          |                        | <b>Sivaloka Day</b>    |                  |                   |
| Then Routine Work - Marana Yoga |                                    |         |   |                                  |                        |                        |                  |                   |

|                                  |                                  |         |  |                                   |                        |                        |                  |                   |
|----------------------------------|----------------------------------|---------|--|-----------------------------------|------------------------|------------------------|------------------|-------------------|
| <b>Retreat Star</b>              | <b>Friday, September 6, 2019</b> |         | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Ashtamyam Titau |                                   |                        |                        | New Delhi, India |                   |
|                                  | Vrischika Rasi: 17.42            | Tithi 8 | <b>Gulika</b> 7:36AM - 9:11AM  | <b>Jyeshtha*</b> Until 4:43AM Sat | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 6:02AM | Sun 21           | Sutra 145         |
|                                  |                                  |         | Yama 3:29PM - 5:03PM   | Vishkambha* Until 5:20PM          | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 6:38PM  |                  | Vikarin 5121      |
|                                  | 559193463                        |         | <b>Rahu</b> 10:45AM - 12:20PM  | Visti Until 8:38AM                | <b>Nataraja:</b> Clear |                        |                  | Moon 8 - Phase 20 |
| Routine Work                     | Marana Yoga                      |         | <b>Ashtami*</b> Until 8:40PM   | Moon - Orange                     |                        |                        | Ashtami          |                   |
| Until 4:43AM Sat                 |                                  |         |  | <b>Bhadrapada-Avani</b>           |                        | <b>Sivaloka Day</b>    |                  |                   |
| Then Creative Work - Siddha Yoga |                                  |         |  |                                   |                        |                        |                  |                   |

|                     |                                    |         |   |                               |                        |                        |                  |                   |
|---------------------|------------------------------------|---------|---|-------------------------------|------------------------|------------------------|------------------|-------------------|
| <b>Retreat Star</b> | <b>Saturday, September 7, 2019</b> |         | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Mula* Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Navamyam Titau |                               |                        |                        | New Delhi, India |                   |
|                     | Dhanus Rasi: 0.35                  | Tithi 9 | <b>Gulika</b> 6:02AM - 7:37AM   | <b>Mula*</b> Until 6:26AM Sun | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 6:02AM | Sun 22           | Sutra 146         |
|                     |                                    |         | Yama 1:54PM - 3:28PM  | Priti Until 4:45PM            | <b>Muruqa:</b> Blue    | <i>Sunset:</i> 6:37PM  |                  | Vikarin 5121      |
|                     | 581193463                          |         | <b>Rahu</b> 9:11AM - 10:45AM  | Balava Until 8:55AM           | <b>Nataraja:</b> Clear |                        |                  | Moon 8 - Phase 20 |
| Creative Work       | Siddha Yoga                        |         | <b>Navami*</b> Until 9:19PM   | Moon - Light Blue             |                        |                        | Navami           |                   |
|                     |                                    |         |   | <b>Bhadrapada-Avani</b>       |                        | <b>Devaloka Day</b>    |                  |                   |

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

|                                    |             |   |                              |                         |                        |                                      |
|------------------------------------|-------------|---|------------------------------|-------------------------|------------------------|--------------------------------------|
| <b>1 Sunday, September 8, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dashamyam Titau |                              |                         |                        | New Delhi, India<br>Sun 23 Sutra 147 |
| Dhanus Rasi: 13.06                 | Tithi 10    | <b>Gulika</b> 3:27PM – 5:01PM   | <b>Mula* Until 6:26AM</b>    | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 6:03AM | Vikarin 5121                         |
|                                    |             | Yama 12:19PM – 1:53PM   | Ayushman Until 4:41PM        | <b>Muruqa:</b> Blue     | <i>Sunset:</i> 6:35PM  | Moon 8 - Phase 21                    |
|                                    | 581193463   | <b>Rahu</b> 5:01PM – 6:35PM   | Taitila Until 9:57AM         | <b>Nataraja:</b> Clear  |                        | 4th Phase                            |
| Creative Work                      | Amrita Yoga |   |                              | Moon – Light Blue       |                        | <b>Devaloka Day</b>                  |
| Until 6:26AM                       |             | <b>Grandparent's Day</b>  | <b>Dashami Until 10:40PM</b> | <b>Bhadrapada-Avani</b> |                        |                                      |
| Then Creative Work - Siddha Yoga   |             |   |                              |                         |                        |                                      |

|                                    |             |  |                                   |                         |                        |                                      |
|------------------------------------|-------------|--|-----------------------------------|-------------------------|------------------------|--------------------------------------|
| <b>2 Monday, September 9, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau |                                   |                         |                        | New Delhi, India<br>Sun 24 Sutra 148 |
| Dhanus Rasi: 25.21                 | Tithi 11    | <b>Gulika</b> 1:53PM – 3:27PM  | <b>Purvashadha* Until 8:35AM</b>  | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 6:03AM | Vikarin 5121                         |
| <b>Family Home Evening</b>         |             | Yama 10:45AM – 12:19PM   | Saubhagya Until 5:04PM            | <b>Muruqa:</b> Blue     | <i>Sunset:</i> 6:34PM  | Moon 8 - Phase 21                    |
|                                    | 581193463   | <b>Rahu</b> 7:37AM – 9:11AM  | Vanija Until 11:35AM              | <b>Nataraja:</b> Clear  |                        | 4th Phase                            |
| Routine Work                       | Marana Yoga |  |                                   | Moon – Light Blue       |                        | <b>Devaloka Day</b>                  |
|                                    |             |  | <b>Ekadashi Until 12:33AM Tue</b> | <b>Bhadrapada-Avani</b> |                        |                                      |

|                                      |                    |  |                                   |                         |                        |                                      |
|--------------------------------------|--------------------|--|-----------------------------------|-------------------------|------------------------|--------------------------------------|
| <b>3 Tuesday, September 10, 2019</b> |                    | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Dvadashyam Titau |                                   |                         |                        | New Delhi, India<br>Sun 25 Sutra 149 |
| Makara Rasi: 7.25                    | Tithi 12           | <b>Gulika</b> 12:18PM – 1:52PM   | <b>Uttarashadha Until 11:00AM</b> | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 6:04AM | Vikarin 5121                         |
|                                      |                    | Yama 9:11AM – 10:45AM  | Sobhana Until 5:46PM              | <b>Muruqa:</b> Blue     | <i>Sunset:</i> 6:33PM  | Moon 8 - Phase 21                    |
|                                      | 581193463          | <b>Rahu</b> 3:26PM – 4:59PM  | Bava Until 1:39PM                 | <b>Nataraja:</b> Clear  |                        | 4th Phase                            |
| Routine Work                         | Prabalarishta Yoga |  |                                   | Moon – Light Blue       |                        | <b>Devaloka Day</b>                  |
| Until 11:00AM                        |                    |  | <b>Dvadashi Until 2:46AM Wed</b>  | <b>Bhadrapada-Avani</b> |                        |                                      |
| Then Creative Work - Siddha Yoga     |                    |  |                                   |                         |                        |                                      |

|  |             |  |                                    |                         |                        |                                      |
|--|-------------|--|------------------------------------|-------------------------|------------------------|--------------------------------------|
| <b>4 Wednesday, September 11, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau |                                    |                         |                        | New Delhi, India<br>Sun 26 Sutra 150 |
| Makara Rasi: 19.21                     | Tithi 13    | <b>Gulika</b> 10:45AM – 12:18PM  | <b>Shravana Until 2:02PM</b>       | <b>Ganesha:</b> Red     | <i>Sunrise:</i> 6:04AM | Vikarin 5121                         |
|  |             | Yama 7:38AM – 9:11AM   | Athiganda* Until 6:37PM            | <b>Muruqa:</b> Blue     | <i>Sunset:</i> 6:32PM  | Moon 8 - Phase 21                    |
|  | 591193463   | <b>Rahu</b> 12:18PM – 1:52PM   | Kaulava Until 3:59PM               | <b>Nataraja:</b> Clear  |                        | 4th Phase                            |
| Creative Work                          | Siddha Yoga |  |                                    | Moon – Purple           |                        | <b>Sivaloka Day</b>                  |
| Until 2:02PM                           |             | <b>Avani Avittam</b>   | <b>Trayodashi Until 5:11AM Thu</b> | <b>Bhadrapada-Avani</b> |                        |                                      |
| Then Routine Work - Prabalarishta Yoga |             |  | <i>Pradosha Vrata</i>              |                         |                        |                                      |

|                                       |             |  |                                      |                         |                        |                                      |
|---------------------------------------|-------------|--|--------------------------------------|-------------------------|------------------------|--------------------------------------|
| <b>5 Thursday, September 12, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Sukarma Yoga Gara Karana Chaturdashyam Titau |                                      |                         |                        | New Delhi, India<br>Sun 27 Sutra 151 |
| Kumbha Rasi: 1.13                     | Tithi 14    | <b>Gulika</b> 9:11AM – 10:45AM   | <b>Dhanishtha Until 5:01PM</b>       | <b>Ganesha:</b> Red     | <i>Sunrise:</i> 6:05AM | Vikarin 5121                         |
|                                       |             | Yama 6:05AM – 7:38AM   | Sukarma Until 7:34PM                 | <b>Muruqa:</b> Blue     | <i>Sunset:</i> 6:31PM  | Moon 8 - Phase 21                    |
|                                       | 591193463   | <b>Rahu</b> 1:51PM – 3:24PM  | Gara Until 6:27PM                    | <b>Nataraja:</b> Clear  |                        | 4th Phase                            |
| Creative Work                         | Siddha Yoga |  |                                      | Moon – Purple           |                        | <b>Sivaloka Day</b>                  |
|                                       |             |  | <b>Chaturdashi* Until 7:39AM Fri</b> | <b>Bhadrapada-Avani</b> |                        |                                      |

|                                   |               |   |                                  |                         |                        |                               |
|-----------------------------------|---------------|---|----------------------------------|-------------------------|------------------------|-------------------------------|
| <b>Friday, September 13, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Shatabhishak Nakshatra Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                                  |                         |                        | New Delhi, India<br>Sutra 152 |
| <b>Copper Retreat Star</b>        |               | <b>Gulika</b> 7:38AM – 9:11AM   | <b>Shatabhishak Until 7:50PM</b> | <b>Ganesha:</b> Red     | <i>Sunrise:</i> 6:05AM | Vikarin 5121                  |
| Kumbha Rasi: 13.04                | Tithi 14 – 15 | Yama 3:23PM – 4:57PM  | Dhriti Until 8:31PM              | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:30PM  | Moon 8 - Phase 21             |
|                                   | 591113463     | <b>Rahu</b> 10:44AM – 12:17PM   | Visti Until 8:54PM               | <b>Nataraja:</b> Clear  |                        | Purnima                       |
| Creative Work                     | Siddha Yoga   |   |                                  | Moon – Purple           |                        | <b>Sivaloka Day</b>           |
|                                   |               | <b>Chidambaram Abhishekam</b>   | <b>Chaturdashi* Until 7:39AM</b> | <b>Bhadrapada-Avani</b> |                        |                               |

|                                     |               |   |  |                         |                        |                               |
|-------------------------------------|---------------|---|--|-------------------------|------------------------|-------------------------------|
| <b>Saturday, September 14, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau |  |                         |                        | New Delhi, India<br>Sutra 153 |
| <b>Silver Retreat Star</b>          |               | <b>Gulika</b> 6:06AM – 7:39AM   | <b>Purvaproshtapada* Until 10:55PM</b> | <b>Ganesha:</b> Red     | <i>Sunrise:</i> 6:06AM | Vikarin 5121                  |
| Kumbha Rasi: 24.56                  | Tithi 15 – 16 | Yama 1:50PM – 3:23PM  | Shula* Until 9:23PM                    | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:28PM  | Moon 8 - Phase 21             |
|                                     | 511113463     | <b>Rahu</b> 9:11AM – 10:44AM  | Balava Until 11:18PM                   | <b>Nataraja:</b> Clear  |                        | Prathama                      |
| Routine Work                        | Marana Yoga   |   |  | Moon – Clear            |                        | <b>Sivaloka Day</b>           |
| Until 10:55PM                       |               |   | <b>Purnima* Until 10:06AM</b>          | <b>Bhadrapada-Avani</b> |                        |                               |
| Then Creative Work - Siddha Yoga    |               |   |  |                         |                        |                               |

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



Sunday, September 15, 2019

Gold Retreat Star

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

New Delhi, India

Sutra 154

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 6.5 Tithi 16 - 17

Gulika 3:22PM - 4:55PM  
Yama 12:17PM - 1:49PM  
Rahu 4:55PM - 6:27PM

Uttaraproshtapada Until 1:43AM Mon  
Ganda\* Until 10:10PM  
Taitila Until 1:33AM Mon  
Prathama\* Until 12:25PM

Ganesha: Red Sunrise: 6:06AM  
Muruga: Purple Sunset: 6:27PM  
Nataraja: Clear  
Moon - Clear

Sivaloka Day

Creative Work Amrita Yoga

Until 1:43AM Mon

Then Creative Work - Siddha Yoga

1

Monday, September 16, 2019

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

New Delhi, India

Sun 1 Sutra 155

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 18.48 Tithi 17 - 18

Gulika 1:49PM - 3:21PM  
Yama 10:44AM - 12:16PM  
Rahu 7:39AM - 9:12AM

Revati Until 4:09AM Tue  
Vriddhi Until 10:50PM  
Vanija Until 3:36AM Tue  
Dvitiya Until 2:35PM

Ganesha: Yellow Sunrise: 6:07AM  
Muruga: Purple Sunset: 6:26PM  
Nataraja: Clear  
Moon - Clear

Sivaloka Day

Family Home Evening

Creative Work Siddha Yoga

2

Tuesday, September 17, 2019

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

New Delhi, India

Sun 2 Sutra 156

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 0.5 Tithi 18 - 19

Gulika 12:16PM - 1:48PM  
Yama 9:12AM - 10:44AM  
Rahu 3:20PM - 4:53PM

Ashvini Until 6:41AM Wed  
Dhruva Until 11:16PM  
Bava Until 5:25AM Wed  
Tritiya Until 4:32PM

Ganesha: White Sunrise: 6:07AM  
Muruga: Purple Sunset: 6:25PM  
Nataraja: Clear  
Moon - White

Devaloka Day

Creative Work Siddha Yoga

3

Wednesday, September 18, 2019

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

New Delhi, India

Sun 3 Sutra 157

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 12.59 Tithi 19

Gulika 10:44AM - 12:16PM  
Yama 7:40AM - 9:12AM  
Rahu 12:16PM - 1:48PM

Ashvini Until 6:41AM  
Vyaghata\* Until 11:29PM  
Balava Until 6:11PM  
Chaturthi\* Until 6:11PM

Ganesha: White Sunrise: 6:08AM  
Muruga: Purple Sunset: 6:24PM  
Nataraja: Clear  
Moon - White

Devaloka Day

Routine Work Marana Yoga

Until 6:41AM

Then Creative Work - Siddha Yoga

4

Thursday, September 19, 2019

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

New Delhi, India

Sun 4 Sutra 158

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 25.16 Tithi 20

Gulika 9:12AM - 10:43AM  
Yama 6:08AM - 7:40AM  
Rahu 1:47PM - 3:19PM

Bharani Until 8:43AM  
Harshana Until 11:25PM  
Kaulava Until 6:53AM  
Panchami Until 7:27PM

Ganesha: White Sunrise: 6:08AM  
Muruga: Purple Sunset: 6:22PM  
Nataraja: Clear  
Moon - White

Devaloka Day

Creative Work Siddha Yoga

Until 8:43AM

Then Routine Work - Marana Yoga

5

Friday, September 20, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam  
Krittika/Rohini Nakshatra Vajra\* Yoga Gara/Vanija Karana Shashtyam Titau

New Delhi, India

Sun 5 Sutra 159

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrisabha Rasi: 7.43 Tithi 21

Gulika 7:40AM - 9:12AM  
Yama 3:18PM - 4:50PM  
Rahu 10:43AM - 12:15PM

Krittika Until 10:09AM  
Vajra\* Until 10:54PM  
Gara Until 7:56AM  
Shashthi\* Until 8:14PM

Ganesha: White Sunrise: 6:09AM  
Muruga: Purple Sunset: 6:21PM  
Nataraja: Clear  
Moon - White

Devaloka Day

Creative Work Siddha Yoga

Until 10:09AM

Then Routine Work - Marana Yoga

6

Saturday, September 21, 2019

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

New Delhi, India

Sun 6 Sutra 160

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrisabha Rasi: 20.26 Tithi 22

Gulika 6:09AM - 7:40AM  
Yama 1:46PM - 3:17PM  
Rahu 9:12AM - 10:43AM

Rohini Until 11:22AM  
Siddhi Until 9:56PM  
Visti Until 8:25AM  
Saptami Until 8:24PM

Ganesha: Clear Sunrise: 6:09AM  
Muruga: Purple Sunset: 6:20PM  
Nataraja: Clear  
Moon - Yellow

Sivaloka Day

Creative Work Amrita Yoga

Until 11:22AM

Then Creative Work - Siddha Yoga

☾

Sunday, September 22, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Vyatipata\* Yoga Balava/Kaulava Karana Ashtamyam Titau

New Delhi, India

Sun 7 Sutra 161

Vikarin 5121

Moon 9 - Phase 22

Ashtami

Mithuna Rasi: 3.28 Tithi 23

Gulika 3:17PM - 4:48PM  
Yama 12:14PM - 1:45PM  
Rahu 4:48PM - 6:19PM

Mrigashira Until 11:47AM  
Vyatipata\* Until 8:25PM  
Balava Until 8:15AM  
Ashtami\* Until 7:53PM

Ganesha: Clear Sunrise: 6:10AM  
Muruga: Purple Sunset: 6:19PM  
Nataraja: Clear  
Moon - Yellow

Sivaloka Day

Creative Work Siddha Yoga

Monday, September 23, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam  
Ardra/Punarvasu Nakshatra Variyan Yoga Taitila/Gara Karana Navamyam Titau

New Delhi, India

Sun 8 Sutra 162

Vikarin 5121

Moon 9 - Phase 22

Navami

Mithuna Rasi: 16.52 Tithi 24

Gulika 1:45PM - 3:16PM  
Yama 10:43AM - 12:14PM  
Rahu 7:41AM - 9:12AM

Ardra Until 11:20AM  
Variyan Until 6:18PM  
Taitila Until 7:22AM  
Navami\* Until 6:38PM

Ganesha: Orange Sunrise: 6:10AM  
Muruga: Purple Sunset: 6:18PM  
Nataraja: Clear  
Moon - Yellow

Sivaloka Day

Creative Work Siddha Yoga

Until 11:20AM

Then Creative Work - Amrita Yoga

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

All times are standard time


www.gurudeva.org/panchang


|          |                                    |               |  |  |  |   |   |
|----------|------------------------------------|---------------|--|--|--|---|---|
| <b>1</b> | <b>Tuesday, September 24, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Parigha/Shiva Yoga Visiti/Bava Karana Dashami/Ekadashyam Titau |  |  |   | New Delhi, India  |
|          | Kataka Rasi: 0.41                  | Tithi 25 – 26 | 542213463  | <b>Gulika</b><br>12:13PM – 1:44PM<br><b>Yama</b><br>9:12AM – 10:43AM<br><b>Rahu</b><br>3:15PM – 4:46PM | <b>Punarvasu</b> Until 10:29AM<br>Parigha* Until 3:38PM<br>Bava Until 3:29AM Wed<br>Dashami Until 4:41PM | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:11AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 6:16PM<br><b>Nataraja:</b> Clear<br>Moon – Blue | Sun 9 Sutra 163<br>Vikarin 5121<br>Moon 9 - Phase 23<br>2nd Phase |
|          | Creative Work                      | Siddha Yoga   |  |  |  | <b>Devaloka Day</b><br>Bhadrapada•Puratasi  |   |
|          |                                    |               |  |  |  |   |   |

|          |                                      |               |   |   |  |   |  |
|----------|--------------------------------------|---------------|---|---|--|---|--|
| <b>2</b> | <b>Wednesday, September 25, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau |   |  |   | New Delhi, India   |
|          | Kataka Rasi: 14.58                   | Tithi 26 – 27 | 542213463   | <b>Gulika</b><br>10:43AM – 12:13PM<br><b>Yama</b><br>7:42AM – 9:12AM<br><b>Rahu</b><br>12:13PM – 1:44PM | <b>Pushya</b> Until 8:48AM<br>Shiva Until 12:26PM<br>Kaulava Until 12:37AM Thu<br>Ekadashi* Until 2:06PM | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:11AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 6:15PM<br><b>Nataraja:</b> Clear<br>Moon – Blue | Sun 10 Sutra 164<br>Vikarin 5121<br>Moon 9 - Phase 23<br>2nd Phase |
|          | Creative Work                        | Siddha Yoga   |   |   |  | <b>Devaloka Day</b><br>Bhadrapada•Puratasi  |  |
|          |                                      |               |   |   |  |   |  |

|          |                                     |                                  |  |   |   |   |  |
|----------|-------------------------------------|----------------------------------|--|---|---|---|--|
| <b>3</b> | <b>Thursday, September 26, 2019</b> |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam<br>Ashlesha/Magha* Nakshatra Siddha/Sadhya Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau |   |   |   | New Delhi, India   |
|          | Kataka Rasi: 29.38                  | Tithi 27 – 28                    | 542213463  | <b>Gulika</b><br>9:12AM – 10:42AM<br><b>Yama</b><br>6:12AM – 7:42AM<br><b>Rahu</b><br>1:43PM – 3:13PM | <b>Ashlesha*</b> Until 6:27AM<br>Siddha Until 8:47AM<br>Gara Until 9:17PM<br>Dvadashi* Until 10:59AM<br><i>Pradosha Vrata (Fasting)</i> | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:12AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 6:14PM<br><b>Nataraja:</b> Clear<br>Moon – Blue | Sun 11 Sutra 165<br>Vikarin 5121<br>Moon 9 - Phase 23<br>2nd Phase |
|          | Creative Work                       | Siddha Yoga                      |  |   |   | <b>Devaloka Day</b><br>Bhadrapada•Puratasi  |  |
|          | Until 6:27AM                        | Then Creative Work - Amrita Yoga |  |   |   |   |  |

|          |                                   |                                 |  |  |   |  |  |
|----------|-----------------------------------|---------------------------------|--|--|---|--|--|
| <b>4</b> | <b>Friday, September 27, 2019</b> |                                 | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Purvaphalguni Nakshatra Subha Yoga Vanija/Sakuni* Karana Trayodashi/Chaturdashyam Titau |  |   |  | New Delhi, India   |
|          | Simha Rasi: 14.37                 | Tithi 28 – 29                   | 552213463  | <b>Gulika</b><br>7:42AM – 9:12AM<br><b>Yama</b><br>3:13PM – 4:43PM<br><b>Rahu</b><br>10:42AM – 12:12PM | <b>Purvaphalguni</b> Until 1:01AM Sat<br>Subha Until 12:37AM Sat<br>Sakuni Until 3:45AM Sat<br>Trayodashi* Until 7:29AM | <b>Ganesha:</b> Purple <i>Sunrise:</i> 6:12AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 6:13PM<br><b>Nataraja:</b> Clear<br>Moon – Red | Sun 12 Sutra 166<br>Vikarin 5121<br>Moon 9 - Phase 23<br>2nd Phase |
|          | Creative Work                     | Siddha Yoga                     |  |  |   | <b>Devaloka Day</b><br>Bhadrapada•Puratasi   |  |
|          | Until 1:01AM Sat                  | Then Routine Work - Marana Yoga |  |  |   |  |  |

|   |                                     |             |  |   |   |  |   |
|---|-------------------------------------|-------------|--|---|---|--|---|
|  | <b>Saturday, September 28, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam<br>Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau |   |   |  | New Delhi, India  |
|   | <b>Retreat Star</b>                 |             |  | <b>Gulika</b><br>6:13AM – 7:42AM<br><b>Yama</b><br>1:42PM – 3:12PM<br><b>Rahu</b><br>9:12AM – 10:42AM | <b>Uttaraphalguni</b> Until 9:54PM<br>Sukla Until 8:21PM<br>Catuspada Until 1:52PM<br>Amavasya* Until 11:58PM | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:13AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 6:12PM<br><b>Nataraja:</b> Clear<br>Moon – Red | Sun 13 Sutra 167<br>Vikarin 5121<br>Moon 9 - Phase 23<br>Amavasya |
|   | Simha Rasi: 29.49                   | Tithi 30    | 652213463  |   |   | <b>Devaloka Day</b><br>Bhadrapada•Puratasi   |   |
|   | Routine Work                        | Marana Yoga |  | <b>Mahalaya Amavasai (Tamil Nadu)</b>   |   |  |   |

|   |                                   |             |   |   |   |  |   |
|---|-----------------------------------|-------------|---|---|---|--|---|
|  | <b>Sunday, September 29, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Hasta Nakshatra Brahma/Indra Yoga Kintughna*/Bava Karana Prathamayam Titau |   |   |  | New Delhi, India  |
|   | <b>Retreat Star</b>               |             |   | <b>Gulika</b><br>3:11PM – 4:41PM<br><b>Yama</b><br>12:12PM – 1:41PM<br><b>Rahu</b><br>4:41PM – 6:11PM | <b>Hasta</b> Until 7:09PM<br>Brahma Until 4:09PM<br>Kintughna Until 10:07AM<br>Prathama* Until 8:17PM | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:13AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 6:11PM<br><b>Nataraja:</b> Clear<br>Moon – Green | Sun 14 Sutra 168<br>Vikarin 5121<br>Moon 9 - Phase 23<br>Prathama |
|   | Kanya Rasi: 15.02                 | Tithi 1     | 663213463   |   |   | <b>Devaloka Day</b><br>Ashvina•Puratasi  |   |
|   | Creative Work                     | Amrita Yoga |   | <b>Navaratri Begins</b>   |   |  |   |
| Until 7:09PM  | 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

|                                  |             |                                   |                   |   |                            |                                      |                     |
|----------------------------------|-------------|-----------------------------------|-------------------|---|----------------------------|--------------------------------------|---------------------|
| <b>1</b>                         |             | <b>Monday, September 30, 2019</b> |                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam<br>Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Balava/Taitila Karana Dvitiya/Tritiyam Titau |                            | New Delhi, India<br>Sun 15 Sutra 169 |                     |
| Tula Rasi: 0.07                  | Tithi 2 – 3 | <b>Gulika</b>                     | 1:41PM – 3:10PM   | <b>Chitra Until 4:32PM</b>  | <b>Ganesha:</b> Light Blue | <i>Sunrise:</i> 6:14AM               | Vikarin 5121        |
| <b>Family Home Evening</b>       | 663213463   | Yama                              | 10:42AM – 12:11PM | Indra Until 12:11PM   | <b>Muruqa:</b> Purple      | <i>Sunset:</i> 6:09PM                | Moon 9 - Phase 24   |
| Routine Work Prabalarishta Yoga  |             | <b>Rahu</b>                       | 7:43AM – 9:13AM   | Balava Until 6:34AM   | <b>Nataraja:</b> Clear     |                                      | 3rd Phase           |
| Until 4:32PM                     |             |                                   |                   | <b>Dvitiya Until 4:54PM</b>   | Moon – Green               |                                      | <b>Devaloka Day</b> |
| Then Creative Work - Amrita Yoga |             |                                   |                   |   | <b>Ashvina+Puratasi</b>    |                                      |                     |

|                                 |             |                                 |                  |  |                            |                                      |                     |
|---------------------------------|-------------|---------------------------------|------------------|--|----------------------------|--------------------------------------|---------------------|
| <b>2</b>                        |             | <b>Tuesday, October 1, 2019</b> |                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Svati/Vishakha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Triliya/Chaturthyam Titau |                            | New Delhi, India<br>Sun 16 Sutra 170 |                     |
| Tula Rasi: 14.55                | Tithi 3 – 4 | <b>Gulika</b>                   | 12:11PM – 1:40PM | <b>Svati Until 2:15PM</b>  | <b>Ganesha:</b> Light Blue | <i>Sunrise:</i> 6:14AM               | Vikarin 5121        |
|                                 | 663213463   | Yama                            | 9:13AM – 10:42AM | Vaidhriti* Until 8:33AM  | <b>Muruqa:</b> Purple      | <i>Sunset:</i> 6:08PM                | Moon 9 - Phase 24   |
| Creative Work Siddha Yoga       |             | <b>Rahu</b>                     | 3:10PM – 4:39PM  | Vanija Until 12:47AM Wed   | <b>Nataraja:</b> Clear     |                                      | 3rd Phase           |
| Until 2:15PM                    |             |                                 |                  | <b>Tritiya Until 2:00PM</b>  | Moon – Green               |                                      | <b>Devaloka Day</b> |
| Then Routine Work - Marana Yoga |             |                                 |                  |  | <b>Ashvina+Puratasi</b>    |                                      |                     |

|                           |             |                                   |                   |   |                         |                                      |                     |
|---------------------------|-------------|-----------------------------------|-------------------|---|-------------------------|--------------------------------------|---------------------|
| <b>3</b>                  |             | <b>Wednesday, October 2, 2019</b> |                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                         | New Delhi, India<br>Sun 17 Sutra 171 |                     |
| Tula Rasi: 29.17          | Tithi 4 – 5 | <b>Gulika</b>                     | 10:42AM – 12:11PM | <b>Vishakha Until 12:53PM</b>   | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 6:15AM               | Vikarin 5121        |
|                           | 673213463   | Yama                              | 7:44AM – 9:13AM   | Priti Until 2:52AM Thu  | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:07PM                | Moon 9 - Phase 24   |
| Creative Work Siddha Yoga |             | <b>Rahu</b>                       | 12:11PM – 1:40PM  | Bava Until 10:52PM  | <b>Nataraja:</b> Clear  |                                      | 3rd Phase           |
|                           |             |                                   |                   | <b>Chaturthi* Until 11:43AM</b>   | Moon – Orange           |                                      | <b>Devaloka Day</b> |
|                           |             |                                   |                   |   | <b>Ashvina+Puratasi</b> |                                      |                     |

|  |             |                                  |                  |  |                         |                                      |                     |
|--|-------------|----------------------------------|------------------|--|-------------------------|--------------------------------------|---------------------|
| <b>4</b>                               |             | <b>Thursday, October 3, 2019</b> |                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |                         | New Delhi, India<br>Sun 18 Sutra 172 |                     |
| Vrischika Rasi: 13.11                  | Tithi 5 – 6 | <b>Gulika</b>                    | 9:13AM – 10:42AM | <b>Anuradha Until 12:08PM</b>  | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 6:15AM               | Vikarin 5121        |
|  | 673213463   | Yama                             | 6:15AM – 7:44AM  | Ayushman Until 12:59AM Fri   | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:06PM                | Moon 9 - Phase 24   |
| Creative Work Siddha Yoga              |             | <b>Rahu</b>                      | 1:39PM – 3:08PM  | Kaulava Until 9:47PM   | <b>Nataraja:</b> Clear  |                                      | 3rd Phase           |
| Until 12:08PM                          |             |                                  |                  | <b>Panchami Until 10:12AM</b>  | Moon – Orange           |                                      | <b>Devaloka Day</b> |
| Then Routine Work - Prabalarishta Yoga |             |                                  |                  |  | <b>Ashvina+Puratasi</b> |                                      |                     |

|                                  |             |                                |                   |  |                         |                                      |                     |
|----------------------------------|-------------|--------------------------------|-------------------|--|-------------------------|--------------------------------------|---------------------|
| <b>5</b>                         |             | <b>Friday, October 4, 2019</b> |                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |                         | New Delhi, India<br>Sun 19 Sutra 173 |                     |
| Vrischika Rasi: 26.34            | Tithi 6 – 7 | <b>Gulika</b>                  | 7:44AM – 9:13AM   | <b>Jyeshtha* Until 12:06PM</b>   | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 6:16AM               | Vikarin 5121        |
|                                  | 673213463   | Yama                           | 3:07PM – 4:36PM   | Saubhagya Until 11:49PM  | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:05PM                | Moon 9 - Phase 24   |
| Routine Work Marana Yoga         |             | <b>Rahu</b>                    | 10:42AM – 12:10PM | Gara Until 9:36PM  | <b>Nataraja:</b> Clear  |                                      | 3rd Phase           |
| Until 12:06PM                    |             |                                |                   | <b>Shashthi* Until 9:33AM</b>  | Moon – Orange           |                                      | <b>Devaloka Day</b> |
| Then Creative Work - Amrita Yoga |             |                                |                   |  | <b>Ashvina+Puratasi</b> |                                      |                     |

|                           |             |                                  |                  |   |                         |                                      |                     |
|---------------------------|-------------|----------------------------------|------------------|---|-------------------------|--------------------------------------|---------------------|
| <b>Retreat Star</b>       |             | <b>Saturday, October 5, 2019</b> |                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |                         | New Delhi, India<br>Sun 20 Sutra 174 |                     |
| Dhanus Rasi: 9.3          | Tithi 7 – 8 | <b>Gulika</b>                    | 6:16AM – 7:45AM  | <b>Mula* Until 1:15PM</b>   | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 6:16AM               | Vikarin 5121        |
|                           | 683213463   | Yama                             | 1:38PM – 3:07PM  | Sobhana Until 11:21PM   | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:04PM                | Moon 9 - Phase 24   |
| Creative Work Siddha Yoga |             | <b>Rahu</b>                      | 9:13AM – 10:41AM | Visti Until 10:17PM   | <b>Nataraja:</b> Clear  |                                      | Ashtami             |
|                           |             |                                  |                  | <b>Saptami Until 9:49AM</b>   | Moon – Light Blue       |                                      | <b>Sivaloka Day</b> |
|                           |             | <b>Durga Ashtami</b>             |                  |   | <b>Ashvina+Puratasi</b> |                                      |                     |

|                                  |             |                                     |                  |  |                         |                                      |                     |
|----------------------------------|-------------|-------------------------------------|------------------|--|-------------------------|--------------------------------------|---------------------|
| <b>Retreat Star</b>              |             | <b>Sunday, October 6, 2019</b>      |                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau |                         | New Delhi, India<br>Sun 21 Sutra 175 |                     |
| Dhanus Rasi: 22.01               | Tithi 8 – 9 | <b>Gulika</b>                       | 3:06PM – 4:34PM  | <b>Purvashadha* Until 3:02PM</b>   | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 6:17AM               | Vikarin 5121        |
|                                  | 683213463   | Yama                                | 12:10PM – 1:38PM | Athiganda* Until 11:25PM   | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:02PM                | Moon 9 - Phase 24   |
| Creative Work Siddha Yoga        |             | <b>Rahu</b>                         | 4:34PM – 6:02PM  | Balava Until 11:44PM   | <b>Nataraja:</b> Clear  |                                      | Navami              |
| Until 3:02PM                     |             |                                     |                  | <b>Ashtami* Until 10:54AM</b>  | Moon – Light Blue       |                                      | <b>Sivaloka Day</b> |
| Then Creative Work - Amrita Yoga |             | <b>Saraswathi Puja (Tamil Nadu)</b> |                  |  | <b>Ashvina+Puratasi</b> |                                      |                     |

|                                  |              |  |                                  |  |  |
|----------------------------------|--------------|--|----------------------------------|--|--|
| <b>Monday, October 7, 2019</b>   |              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |                                  |  | New Delhi, India<br>Sun 22 Sutra 176<br>Vikarin 5121 |
| <b>1</b>                         |              | <b>Gulika</b> 1:37PM – 3:05PM  | <b>Uttarashadha</b> Until 5:16PM | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:17AM |  |
| Makara Rasi: 4.14                | Tithi 9 – 10 | Yama 10:41AM – 12:09PM   | Sukarma Until 11:58PM            | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:01PM  | Moon 9 - Phase 25                                    |
| <b>Family Home Evening</b>       | 683213463    | <b>Rahu</b> 7:45AM – 9:13AM  | Taitila Until 1:47AM Tue         | <b>Nataraja:</b> Clear                       | 4th Phase  |
| Routine Work                     | Marana Yoga  |  | <b>Navami*</b> Until 12:41PM     | Moon – Light Blue                            | <b>Sivaloka Day</b>                                  |
| Until 5:16PM                     |              |  |                                  | <b>Ashvina+Puratasi</b>                      |  |
| Then Creative Work - Amrita Yoga |              |  |                                  |  |  |

|                                 |               |   |                              |  |  |
|---------------------------------|---------------|---|------------------------------|--|--|
| <b>Tuesday, October 8, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Shravana Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau |                              |  | New Delhi, India<br>Sun 23 Sutra 177<br>Vikarin 5121 |
| <b>2</b>                        |               | <b>Gulika</b> 12:09PM – 1:37PM  | <b>Shravana</b> Until 8:15PM | <b>Ganesha:</b> White <i>Sunrise:</i> 6:18AM |  |
| Makara Rasi: 16.15              | Tithi 10 – 11 | Yama 9:13AM – 10:41AM   | Dhriti Until 12:48AM Wed     | <b>Muruqa:</b> Purple <i>Sunset:</i> 6:00PM  | Moon 9 - Phase 25                                    |
| <b>Family Home Evening</b>      | 693213464     | <b>Rahu</b> 3:05PM – 4:32PM   | Vanija Until 4:10AM Wed      | <b>Nataraja:</b> Purple                      | 4th Phase  |
| Creative Work                   | Siddha Yoga   |   | <b>Dashami</b> Until 2:55PM  | Moon – Purple                                | <b>Sivaloka Day</b>                                  |
|                                 |               | <b>Vijaya Dasami</b>  |                              | <b>Ashvina+Puratasi</b>                      |  |

|                                   |                    |  |                                 |  |  |
|-----------------------------------|--------------------|--|---------------------------------|--|--|
| <b>Wednesday, October 9, 2019</b> |                    | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam<br>Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |                                 |  | New Delhi, India<br>Sun 24 Sutra 178<br>Vikarin 5121 |
| <b>3</b>                          |                    | <b>Gulika</b> 10:41AM – 12:09PM  | <b>Dhanishtha</b> Until 11:16PM | <b>Ganesha:</b> White <i>Sunrise:</i> 6:18AM |  |
| Makara Rasi: 28.08                | Tithi 11 – 12      | Yama 7:46AM – 9:14AM   | Shula* Until 1:43AM Thu         | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:59PM  | Moon 9 - Phase 25                                    |
| <b>Family Home Evening</b>        | 693213464          | <b>Rahu</b> 12:09PM – 1:36PM   | Bava Until 6:43AM Thu           | <b>Nataraja:</b> Purple                      | 4th Phase  |
| Routine Work                      | Prabalarishta Yoga |  | <b>Ekadashi</b> Until 5:25PM    | Moon – Purple                                | <b>Sivaloka Day</b>                                  |
| Until 11:16PM                     |                    |  |                                 | <b>Ashvina+Puratasi</b>                      |  |
| Then Creative Work - Siddha Yoga  |                    |  |                                 |  |  |

|                                   |             |  |                                      |  |  |
|-----------------------------------|-------------|--|--------------------------------------|--|--|
| <b>Thursday, October 10, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam<br>Shatabhishak Nakshatra Ganda* Yoga Bava/Balava Karana Dvadashyam Titau |                                      |  | New Delhi, India<br>Sun 25 Sutra 179<br>Vikarin 5121 |
| <b>4</b>                          |             | <b>Gulika</b> 9:14AM – 10:41AM   | <b>Shatabhishak</b> Until 2:06AM Fri | <b>Ganesha:</b> White <i>Sunrise:</i> 6:19AM |  |
| Kumbha Rasi: 9.59                 | Tithi 12    | Yama 6:19AM – 7:46AM   | Ganda* Until 2:39AM Fri              | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:58PM  | Moon 9 - Phase 25                                    |
| <b>Family Home Evening</b>        | 693213464   | <b>Rahu</b> 1:36PM – 3:03PM  | Bava Until 6:43AM                    | <b>Nataraja:</b> Purple                      | 4th Phase  |
| Creative Work                     | Siddha Yoga |  | <b>Dvadashi</b> Until 7:57PM         | Moon – Purple                                | <b>Sivaloka Day</b>                                  |
|                                   |             | <b>Kadaitswami Mahasamadhi</b>   |                                      | <b>Ashvina+Puratasi</b>                      |  |

|                                 |             |   |   |   |  |
|---------------------------------|-------------|---|---|---|--|
| <b>Friday, October 11, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Trayodashyam Titau |   |   | New Delhi, India<br>Sun 26 Sutra 180<br>Vikarin 5121 |
| <b>5</b>                        |             | <b>Gulika</b> 7:47AM – 9:14AM   | <b>Purvaproshtapada*</b> Until 5:10AM Sat | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:19AM |  |
| Kumbha Rasi: 21.5               | Tithi 13    | Yama 3:03PM – 4:30PM  | Vriddhi Until 3:30AM Sat                  | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:57PM | Moon 9 - Phase 25                                    |
| <b>Family Home Evening</b>      | 613213464   | <b>Rahu</b> 10:41AM – 12:08PM   | Kaulava Until 9:13AM                      | <b>Nataraja:</b> Purple                     | 4th Phase  |
| Creative Work                   | Siddha Yoga |   | <b>Trayodashi</b> Until 10:23PM           | Moon – Clear                                | <b>Sivaloka Day</b>                                  |
|                                 |             | <b>Chidambaram Abhishekam</b>   |   | <b>Ashvina+Puratasi</b>                     |  |
|                                 |             |   | <i>Pradosha Vrata</i>                     |   |  |

|                                   |             |   |   |   |  |
|-----------------------------------|-------------|---|---|---|--|
| <b>Saturday, October 12, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau |   |   | New Delhi, India<br>Sun 27 Sutra 181<br>Vikarin 5121 |
| <b>6</b>                          |             | <b>Gulika</b> 6:20AM – 7:47AM   | <b>Uttaraproshtapada</b> Until 7:51AM Sun | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:20AM |  |
| Meena Rasi: 3.44                  | Tithi 14    | Yama 1:35PM – 3:02PM  | Dhruva Until 4:10AM Sun                   | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:56PM | Moon 9 - Phase 25                                    |
| <b>Family Home Evening</b>        | 613213464   | <b>Rahu</b> 9:14AM – 10:41AM  | Gara Until 11:34AM                        | <b>Nataraja:</b> Purple                     | 4th Phase  |
| Creative Work                     | Siddha Yoga |   | <b>Chaturdashi*</b> Until 12:38AM Sun     | Moon – Clear                                | <b>Sivaloka Day</b>                                  |
| Until 7:51AM Sun                  |             |   |   | <b>Ashvina+Puratasi</b>                     |  |
| Then Creative Work - Amrita Yoga  |             |   |   |   |  |

|                                 |             |  |                                       |   |   |
|---------------------------------|-------------|--|---------------------------------------|---|---|
| <b>Sunday, October 13, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttaraproshtapada/Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau |                                       |   | New Delhi, India<br>Sutra 182<br>Vikarin 5121 |
| <b>○</b>                        |             | <b>Gulika</b> 3:01PM – 4:28PM  | <b>Uttaraproshtapada</b> Until 7:51AM | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:21AM |   |
| Meena Rasi: 15.43               | Tithi 15    | Yama 12:08PM – 1:34PM  | Vyaghata* Until 4:38AM Mon            | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:55PM   | Moon 9 - Phase 25                             |
| <b>Copper Retreat Star</b>      | 614213464   | <b>Rahu</b> 4:28PM – 5:55PM  | Visti Until 1:41PM                    | <b>Nataraja:</b> Purple                       | Purnima                                       |
| Creative Work                   | Amrita Yoga |  | <b>Purnima*</b> Until 2:37AM Mon      | Moon – Clear                                  | <b>Subha Sivaloka Day</b>                     |
|                                 |             |  |                                       | <b>Ashvina+Puratasi</b>                       |   |

|                                 |             |  |                                   |   |   |
|---------------------------------|-------------|--|-----------------------------------|---|---|
| <b>Monday, October 14, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam<br>Revati/Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau |                                   |   | New Delhi, India<br>Sutra 183<br>Vikarin 5121 |
| <b>○</b>                        |             | <b>Gulika</b> 1:34PM – 3:01PM  | <b>Revati</b> Until 10:08AM       | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:21AM |   |
| Meena Rasi: 27.49               | Tithi 16    | Yama 10:41AM – 12:07PM   | Harshana Until 4:55AM Tue         | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:54PM   | Moon 9 - Phase 25                             |
| <b>Silver Retreat Star</b>      | 614213464   | <b>Rahu</b> 7:48AM – 9:14AM  | Balava Until 3:32PM               | <b>Nataraja:</b> Purple                       | Prathama                                      |
| Creative Work                   | Siddha Yoga |  | <b>Prathama*</b> Until 4:20AM Tue | Moon – Clear                                  | <b>Subha Sivaloka Day</b>                     |
|                                 |             |  |                                   | <b>Ashvina+Puratasi</b>                       |   |

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





Tuesday, October 15, 2019

Gold Retreat Star

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

New Delhi, India

Sutra 184

Vikarin 5121

Mesha Rasi: 10.01 Tithi 17

624213464

**Gulika** 12:07PM – 1:34PM  
**Yama** 9:14AM – 10:41AM  
**Rahu** 3:00PM – 4:26PM

**Ashvini** Until 12:27PM  
Vajra\* Until 4:55AM Wed  
Taitila Until 5:05PM  
**Dvitiya** Until 5:43AM Wed

**Ganesha:** White *Sunrise:* 6:22AM  
**Muruqa:** Purple *Sunset:* 5:53PM

Moon 10 - Phase 26

**Nataraja:** Purple  
Moon – White **Subha Subha Sivaloka Day**

**Ashvina•Puratasi**

Creative Work Siddha Yoga

1

Wednesday, October 16, 2019

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

New Delhi, India

Sun 1 Sutra 185

Vikarin 5121

Mesha Rasi: 22.22 Tithi 18

624213464

**Gulika** 10:41AM – 12:07PM  
**Yama** 7:49AM – 9:15AM  
**Rahu** 12:07PM – 1:33PM

**Bharani** Until 2:18PM  
Siddhi Until 4:41AM Thu  
Vanija Until 6:19PM  
**Tritiya** Until 6:47AM Thu

**Ganesha:** White *Sunrise:* 6:22AM  
**Muruqa:** Purple *Sunset:* 5:52PM

Moon 10 - Phase 26

**Nataraja:** Purple  
Moon – White **Subha Subha Sivaloka Day**

**Ashvina•Puratasi**

Creative Work Siddha Yoga

Until 2:18PM

Then Creative Work - Amrita Yoga

2

Thursday, October 17, 2019

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

New Delhi, India

Sun 2 Sutra 186

Vikarin 5121

Vrishabha Rasi: 4.5 Tithi 18 – 19

624213464

**Gulika** 9:15AM – 10:41AM  
**Yama** 6:23AM – 7:49AM  
**Rahu** 1:33PM – 2:59PM

**Krittika** Until 3:39PM  
Vyatipata\* Until 4:10AM Fri  
Bava Until 7:12PM  
**Tritiya** Until 6:47AM

**Ganesha:** White *Sunrise:* 6:23AM  
**Muruqa:** Purple *Sunset:* 5:51PM

Moon 10 - Phase 26

**Nataraja:** Purple  
Moon – White **Subha Subha Sivaloka Day**

**Ashvina•Puratasi**

Routine Work Marana Yoga

3

Friday, October 18, 2019

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

New Delhi, India

Sun 3 Sutra 187

Vikarin 5121

Vrishabha Rasi: 17.29 Tithi 19 – 20

634313464

**Gulika** 7:49AM – 9:15AM  
**Yama** 2:58PM – 4:24PM  
**Rahu** 10:41AM – 12:07PM

**Rohini** Until 4:57PM  
Variyan Until 3:19AM Sat  
Kaulava Until 7:41PM  
**Chaturthi\*** Until 7:28AM

**Ganesha:** White *Sunrise:* 6:24AM  
**Muruqa:** Purple *Sunset:* 5:50PM

Moon 10 - Phase 26

**Nataraja:** Purple  
Moon – Yellow **Sivaloka Day**

**Ashvina•Aipasi**

Routine Work Marana Yoga

Until 4:57PM

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 Taitila/Gara Karana Panchami/Shashthyam Titau

New Delhi, India

Sun 4 Sutra 188

Vikarin 5121

Mithuna Rasi: 0.2 Tithi 20 – 21

634313464

**Gulika** 6:24AM – 7:50AM  
**Yama** 1:32PM – 2:58PM  
**Rahu** 9:15AM – 10:41AM

**Mrigashira** Until 5:39PM  
Parigha\* Until 2:06AM Sun  
Gara Until 7:43PM  
**Panchami** Until 7:44AM

**Ganesha:** White *Sunrise:* 6:24AM  
**Muruqa:** Purple *Sunset:* 5:49PM

Moon 10 - Phase 26

**Nataraja:** Purple  
Moon – Yellow **Sivaloka Day**

**Ashvina•Aipasi**

Creative Work Siddha Yoga

5

Sunday, October 20, 2019

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

New Delhi, India

Sun 5 Sutra 189

Vikarin 5121

Mithuna Rasi: 13.25 Tithi 21 – 22

634313464

**Gulika** 2:57PM – 4:22PM  
**Yama** 12:06PM – 1:32PM  
**Rahu** 4:22PM – 5:48PM

**Ardra** Until 5:42PM  
Shiva Until 12:29AM Mon  
Visti Until 7:14PM  
**Shashthi\*** Until 7:31AM

**Ganesha:** White *Sunrise:* 6:25AM  
**Muruqa:** Purple *Sunset:* 5:48PM

Moon 10 - Phase 26

**Nataraja:** Purple  
Moon – Yellow **Sivaloka Day**

**Ashvina•Aipasi**

Creative Work Siddha Yoga

D

Monday, October 21, 2019

Retreat Star

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

New Delhi, India

Sun 6 Sutra 190

Vikarin 5121

Mithuna Rasi: 26.47 Tithi 22 – 23

644313464

**Gulika** 1:31PM – 2:56PM  
**Yama** 10:41AM – 12:06PM  
**Rahu** 7:51AM – 9:16AM

**Punarvasu** Until 5:31PM  
Siddha Until 10:24PM  
Balava Until 6:11PM  
**Saptami** Until 6:45AM

**Ganesha:** Clear *Sunrise:* 6:25AM  
**Muruqa:** Purple *Sunset:* 5:47PM

Moon 10 - Phase 26

**Nataraja:** Purple  
Moon – Blue **Subha Sivaloka Day**

**Ashvina•Aipasi**

Creative Work Amrita Yoga

Until 5:31PM

Then Creative Work - Siddha Yoga

Tuesday, October 22, 2019

Retreat Star

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

New Delhi, India

Sun 7 Sutra 191

Vikarin 5121

Kataka Rasi: 10.29 Tithi 24

644313464

**Gulika** 12:06PM – 1:31PM  
**Yama** 9:16AM – 10:41AM  
**Rahu** 2:56PM – 4:21PM

**Pushya** Until 4:37PM  
Sadhya Until 7:51PM  
Taitila Until 4:34PM  
**Navami\*** Until 3:32AM Wed

**Ganesha:** Clear *Sunrise:* 6:26AM  
**Muruqa:** Purple *Sunset:* 5:46PM

Moon 10 - Phase 26

**Nataraja:** Purple  
Moon – Blue **Subha Sivaloka Day**

**Ashvina•Aipasi**


Creative Work Siddha Yoga

|          |                                    |             |  |                                    |                               |  |   |
|----------|------------------------------------|-------------|--|------------------------------------|-------------------------------|--|---|
| <b>1</b> | <b>Wednesday, October 23, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Dashamyam Titau |                                    |                               |  | New Delhi, India  |
|          | Kataka Rasi: 24.32                 | Tithi 25    | 644313464  | <b>Gulika</b><br>10:41AM – 12:06PM | <b>Ashlesha* Until 3:02PM</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Blue | Sun 8<br>Sutra 192<br>Vikarin 5121<br>Moon 10 - Phase 27<br>2nd Phase |
|          | Creative Work                      | Siddha Yoga |  | Yama<br>7:51AM – 9:16AM            | Subha Until 4:54PM            | Sunrise: 6:27AM<br>Sunset: 5:45PM  |   |
|          |                                    |             |  | <b>Rahu</b><br>12:06PM – 1:31PM    | Vanija Until 2:25PM           |  | <b>Subha Sivaloka Day</b>   |
|          |                                    |             |  | <b>Dashami Until 1:08AM Thu</b>    | <b>Ashvina-Aipasi</b>         |  |   |

|                                  |                                   |             |   |                                   |                            |  |   |
|----------------------------------|-----------------------------------|-------------|---|-----------------------------------|----------------------------|--|---|
| <b>2</b>                         | <b>Thursday, October 24, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau |                                   |                            |  | New Delhi, India  |
|                                  | Simha Rasi: 8.55                  | Tithi 26    | 654313464   | <b>Gulika</b><br>9:16AM – 10:41AM | <b>Magha* Until 1:15PM</b> | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Red | Sun 9<br>Sutra 193<br>Vikarin 5121<br>Moon 10 - Phase 27<br>2nd Phase |
|                                  | Creative Work                     | Amrita Yoga |   | Yama<br>6:27AM – 7:52AM           | Sukla Until 1:32PM         | Sunrise: 6:27AM<br>Sunset: 5:44PM  |   |
|                                  | Until 1:15PM                      |             |   | <b>Rahu</b><br>1:30PM – 2:55PM    | Bava Until 11:46AM         |  | <b>Sivaloka Day</b>   |
| Then Creative Work - Siddha Yoga |                                   |             |   | <b>Ekadashi* Until 10:17PM</b>    | <b>Ashvina-Aipasi</b>      |  |   |

|          |                                 |             |  |                                  |                                    |  |  |
|----------|---------------------------------|-------------|--|----------------------------------|------------------------------------|--|--|
| <b>3</b> | <b>Friday, October 25, 2019</b> |             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Kaulava/Talita Karana Dvadashtyam Titau |                                  |                                    |  | New Delhi, India   |
|          | Simha Rasi: 23.35               | Tithi 27    | 654313464  | <b>Gulika</b><br>7:52AM – 9:17AM | <b>Purvaphalguni Until 10:57AM</b> | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Red | Sun 10<br>Sutra 194<br>Vikarin 5121<br>Moon 10 - Phase 27<br>2nd Phase |
|          | Creative Work                   | Siddha Yoga |  | Yama<br>2:54PM – 4:19PM          | Brahma Until 9:52AM                | Sunrise: 6:28AM<br>Sunset: 5:43PM  |  |
|          |                                 |             |  | <b>Rahu</b><br>10:41AM – 12:05PM | Kaulava Until 8:45AM               |  | <b>Sivaloka Day</b>  |
|          |                                 |             |  | <b>Dvadashti* Until 7:08PM</b>   | <b>Ashvina-Aipasi</b>              |  |  |

|          |                                   |               |  |                                  |                                    |   |  |
|----------|-----------------------------------|---------------|--|----------------------------------|------------------------------------|---|--|
| <b>4</b> | <b>Saturday, October 26, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Indra/Vaidhrili* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |                                  |                                    |   | New Delhi, India   |
|          | Kanya Rasi: 8.28                  | Tithi 28 – 29 | 655313464  | <b>Gulika</b><br>6:29AM – 7:53AM | <b>Uttaraphalguni Until 8:18AM</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Red | Sun 11<br>Sutra 195<br>Vikarin 5121<br>Moon 10 - Phase 27<br>2nd Phase |
|          | Routine Work                      | Marana Yoga   |  | Yama<br>1:30PM – 2:54PM          | Indra Until 6:01AM                 | Sunrise: 6:29AM<br>Sunset: 5:42PM   |  |
|          |                                   |               |  | <b>Rahu</b><br>9:17AM – 10:41AM  | Visti Until 2:07AM Sun             |   | <b>Subha Sivaloka Day</b>  |
|          |                                   |               | <b>Deepavali Hindu Solidarity Day</b>  | <b>Trayodashi* Until 3:47PM</b>  | <b>Ashvina-Aipasi</b>              |   |  |
|          |                                   |               |  | <i>Pradosha Vrata (Fasting)</i>  |                                    |   |  |

|   |                                 |               |   |                                   |                                |  |   |
|---|---------------------------------|---------------|---|-----------------------------------|--------------------------------|--|---|
|  | <b>Sunday, October 27, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Chitra Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |                                   |                                |  | New Delhi, India  |
|   | <b>Retreat Star</b>             |               |   | <b>Gulika</b><br>2:53PM – 4:17PM  | <b>Chitra Until 3:18AM Mon</b> | <b>Ganesha:</b> Orange<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Green | Sun 12<br>Sutra 196<br>Vikarin 5121<br>Moon 10 - Phase 27<br>Amavasya |
|   | Kanya Rasi: 23.26               | Tithi 29 – 30 | 665313464   | Yama<br>12:05PM – 1:29PM          | Vishkambha* Until 10:10PM      | Sunrise: 6:29AM<br>Sunset: 5:41PM  |   |
|   | Creative Work                   | Siddha Yoga   |   | <b>Rahu</b><br>4:17PM – 5:41PM    | Catuspada Until 10:48PM        |  | <b>Subha Sivaloka Day</b>   |
| Until 3:18AM Mon  |                                 |               | <b>Subramuniyaswami Mahasamadhi</b>   | <b>Chaturdashi* Until 12:25PM</b> | <b>Ashvina-Aipasi</b>          |  |   |
| Then Creative Work - Amrita Yoga  |                                 |               |   |                                   |                                |  |   |

|                                 |                                 |              |  |                                  |                                |  |   |
|---------------------------------|---------------------------------|--------------|--|----------------------------------|--------------------------------|--|---|
| <b>5</b>                        | <b>Monday, October 28, 2019</b> |              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam<br>Svati Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |                                  |                                |  | New Delhi, India  |
|                                 | <b>Retreat Star</b>             |              |  | <b>Gulika</b><br>1:29PM – 2:53PM | <b>Svati Until 12:54AM Tue</b> | <b>Ganesha:</b> Orange<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Green | Sun 13<br>Sutra 197<br>Vikarin 5121<br>Moon 10 - Phase 27<br>Prathama |
|                                 | Tula Rasi: 8.19                 | Tithi 30 – 1 | 665313464  | Yama<br>10:41AM – 12:05PM        | Priti Until 6:27PM             | Sunrise: 6:30AM<br>Sunset: 5:40PM  |   |
|                                 | <b>Family Home Evening</b>      |              |  | <b>Rahu</b><br>7:54AM – 9:18AM   | Kintughna Until 7:42PM         |  | <b>Subha Sivaloka Day</b>   |
| Creative Work                   | Amrita Yoga                     |              | <b>Skanda Shasthi Begins</b>   | <b>Amavasya* Until 9:12AM</b>    | <b>Kartika-Aipasi</b>          |  |   |
| Until 12:54AM Tue               |                                 |              |  |                                  |                                |  |   |
| Then Routine Work - Marana Yoga |                                 |              |  |                                  |                                |  |   |

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

|                                  |             |                                  |   |  |  |   |   |  |
|----------------------------------|-------------|----------------------------------|---|--|--|---|---|--|
| <b>1</b>                         |             | <b>Tuesday, October 29, 2019</b> |   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Vishakha Nakshatra Ayushman/Saubhagya Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau |  |   | New Delhi, India<br>Sun 14 Sutra 198  |  |
| Tula Rasi: 23                    | Tithi 1 – 2 | 675313464                        | <b>Gulika</b> 12:05PM – 1:29PM<br><b>Yama</b> 9:18AM – 10:41AM<br><b>Rahu</b> 2:52PM – 4:16PM | <b>Vishakha</b> Until 11:12PM<br>Ayushman Until 3:02PM<br>Kaulava Until 3:51AM Wed<br><b>Prathama* Until 6:17AM</b>  | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Orange | <b>Sunrise:</b> 6:31AM<br><b>Sunset:</b> 5:40PM | Moon 10 - Phase 28<br>3rd Phase<br><b>Subha Sivaloka Day</b><br><b>Kartika•Aipasi</b> |  |
| Routine Work Marana Yoga         |             |                                  |   |  |  |   |   |  |
| Until 11:12PM                    |             |                                  |   |  |  |   |   |  |
| Then Creative Work - Siddha Yoga |             |                                  |   |  |  |   |   |  |

|                           |         |                                    |  |  |  |   |   |  |
|---------------------------|---------|------------------------------------|--|--|--|---|---|--|
| <b>2</b>                  |         | <b>Wednesday, October 30, 2019</b> |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam<br>Anuradha Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau |  |   | New Delhi, India<br>Sun 15 Sutra 199  |  |
| Virshika Rasi: 7.2        | Tithi 3 | 675313464                          | <b>Gulika</b> 10:42AM – 12:05PM<br><b>Yama</b> 7:55AM – 9:18AM<br><b>Rahu</b> 12:05PM – 1:28PM | <b>Anuradha</b> Until 9:59PM<br>Saubhagya Until 12:04PM<br>Taitila Until 2:52PM<br><b>Tritiya Until 2:03AM Thu</b>   | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Orange | <b>Sunrise:</b> 6:31AM<br><b>Sunset:</b> 5:39PM | Moon 10 - Phase 28<br>3rd Phase<br><b>Subha Sivaloka Day</b><br><b>Kartika•Aipasi</b> |  |
| Creative Work Siddha Yoga |         |                                    |  |  |  |   |   |  |

|                                  |         |                                   |  |   |  |   |   |  |
|----------------------------------|---------|-----------------------------------|--|---|--|---|---|--|
| <b>3</b>                         |         | <b>Thursday, October 31, 2019</b> |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam<br>Jyeshtha* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthyam Titau |  |   | New Delhi, India<br>Sun 16 Sutra 200  |  |
| Virshika Rasi: 21.15             | Tithi 4 | 675313464                         | <b>Gulika</b> 9:19AM – 10:42AM<br><b>Yama</b> 6:32AM – 7:55AM<br><b>Rahu</b> 1:28PM – 2:51PM | <b>Jyeshtha* Until 9:21PM</b><br>Sobhana Until 9:41AM<br>Vanija Until 1:27PM<br><b>Chaturthi* Until 1:01AM Fri</b>  | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Orange | <b>Sunrise:</b> 6:32AM<br><b>Sunset:</b> 5:38PM | Moon 10 - Phase 28<br>3rd Phase<br><b>Subha Sivaloka Day</b><br><b>Kartika•Aipasi</b> |  |
| Routine Work Prabalarishta Yoga  |         |                                   |  |   |  |   |   |  |
| Until 9:21PM                     |         |                                   |  |   |  |   |   |  |
| Then Creative Work - Siddha Yoga |         |                                   |  |   |  |   |   |  |

|  |         |                                 |   |   |   |   |   |  |
|--|---------|---------------------------------|---|---|---|---|---|--|
| <b>4</b>                               |         | <b>Friday, November 1, 2019</b> |   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau |   |   | New Delhi, India<br>Sun 17 Sutra 201  |  |
| Dhanus Rasi: 4.42                      | Tithi 5 | 685313464                       | <b>Gulika</b> 7:56AM – 9:19AM<br><b>Yama</b> 2:51PM – 4:14PM<br><b>Rahu</b> 10:42AM – 12:05PM | <b>Mula* Until 9:50PM</b><br>Athiganda* Until 7:54AM<br>Bava Until 12:51PM<br><b>Panchami Until 12:51AM Sat</b>   | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Light Blue | <b>Sunrise:</b> 6:33AM<br><b>Sunset:</b> 5:37PM | Moon 10 - Phase 28<br>3rd Phase<br><b>Subha Subha Sivaloka Day</b><br><b>Kartika•Aipasi</b> |  |
| Creative Work Amrita Yoga              |         |                                 |   |   |   |   |   |  |
| Until 9:50PM                           |         |                                 |   |   |   |   |   |  |
| Then Routine Work - Prabalarishta Yoga |         |                                 |   |   |   |   |   |  |

|                                 |         |                                   |  |  |   |   |   |  |
|---------------------------------|---------|-----------------------------------|--|--|---|---|---|--|
| <b>5</b>                        |         | <b>Saturday, November 2, 2019</b> |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam<br>Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau |   |   | New Delhi, India<br>Sun 18 Sutra 202  |  |
| Dhanus Rasi: 17.41              | Tithi 6 | 685313464                         | <b>Gulika</b> 6:33AM – 7:56AM<br><b>Yama</b> 1:28PM – 2:51PM<br><b>Rahu</b> 9:19AM – 10:42AM | <b>Purvashadha* Until 11:01PM</b><br>Sukarma Until 6:48AM<br>Kaulava Until 1:07PM<br><b>Shashthi* Until 1:32AM Sun</b>   | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Light Blue | <b>Sunrise:</b> 6:33AM<br><b>Sunset:</b> 5:36PM | Moon 10 - Phase 28<br>3rd Phase<br><b>Subha Subha Sivaloka Day</b><br><b>Kartika•Aipasi</b> |  |
| Creative Work Siddha Yoga       |         |                                   |  |  |   |   |   |  |
| Until 11:01PM                   |         |                                   |  |  |   |   |   |  |
| Then Routine Work - Marana Yoga |         |                                   |  |  |   |   |   |  |

|                           |         |                                 |  |  |   |   |   |  |
|---------------------------|---------|---------------------------------|--|--|---|---|---|--|
| <b>6</b>                  |         | <b>Sunday, November 3, 2019</b> |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptamyam Titau |   |   | New Delhi, India<br>Sun 19 Sutra 203  |  |
| Makara Rasi: 0.17         | Tithi 7 | 685313464                       | <b>Gulika</b> 2:50PM – 4:13PM<br><b>Yama</b> 12:05PM – 1:28PM<br><b>Rahu</b> 4:13PM – 5:36PM | <b>Uttarashadha Until 12:46AM Mon</b><br>Dhriti Until 6:23AM<br>Gara Until 2:12PM<br><b>Saptami Until 3:00AM Mon</b>   | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Light Blue | <b>Sunrise:</b> 6:34AM<br><b>Sunset:</b> 5:36PM | Moon 10 - Phase 28<br>3rd Phase<br><b>Subha Subha Sivaloka Day</b><br><b>Kartika•Aipasi</b> |  |
| Creative Work Amrita Yoga |         |                                 |  |  |   |   |   |  |

|                                  |         |                                 |   |   |   |   |   |  |
|----------------------------------|---------|---------------------------------|---|---|---|---|---|--|
| <b>Retreat Star</b>              |         | <b>Monday, November 4, 2019</b> |   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam<br>Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau |   |   | New Delhi, India<br>Sun 20 Sutra 204  |  |
| Makara Rasi: 12.33               | Tithi 8 | 696313464                       | <b>Gulika</b> 1:27PM – 2:50PM<br><b>Yama</b> 10:42AM – 12:05PM<br><b>Rahu</b> 7:57AM – 9:20AM | <b>Shravana Until 3:27AM Tue</b><br>Shula* Until 6:29AM<br>Visti Until 3:59PM<br><b>Ashtami* Until 5:03AM Tue</b>   | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Purple | <b>Sunrise:</b> 6:35AM<br><b>Sunset:</b> 5:35PM | Moon 10 - Phase 28<br>Ashtami<br><b>Sivaloka Day</b><br><b>Kartika•Aipasi</b> |  |
| Family Home Evening              |         |                                 |   |   |   |   |   |  |
| Creative Work Amrita Yoga        |         |                                 |   |   |   |   |   |  |
| Until 3:27AM Tue                 |         |                                 |   |   |   |   |   |  |
| Then Creative Work - Siddha Yoga |         |                                 |   |   |   |   |   |  |

|                           |         |                                  |   |  |   |   |  |  |
|---------------------------|---------|----------------------------------|---|--|---|---|--|--|
| <b>Retreat Star</b>       |         | <b>Tuesday, November 5, 2019</b> |   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Dhanishtha Nakshatra Ganda*/Vridhhi* Yoga Balava Karana Navamyam Titau |   |   | New Delhi, India<br>Sun 21 Sutra 205   |  |
| Makara Rasi: 24.35        | Tithi 9 | 696313464                        | <b>Gulika</b> 12:05PM – 1:27PM<br><b>Yama</b> 9:20AM – 10:43AM<br><b>Rahu</b> 2:50PM – 4:12PM | <b>Dhanishtha Until 6:19AM Wed</b><br>Ganda* Until 7:02AM<br>Balava Until 6:15PM<br><b>Navami* Until 7:28AM Wed</b>  | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Purple | <b>Sunrise:</b> 6:36AM<br><b>Sunset:</b> 5:34PM | Moon 10 - Phase 28<br>Navami<br><b>Sivaloka Day</b><br><b>Kartika•Aipasi</b> |  |
| Creative Work Siddha Yoga |         |                                  |   |  |   |   |  |  |

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

|                                  |                                    |              |   |                                       |                         |                        |                    |
|----------------------------------|------------------------------------|--------------|---|---------------------------------------|-------------------------|------------------------|--------------------|
| <b>1</b>                         | <b>Wednesday, November 6, 2019</b> |              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Vriddhi/Dhruva Yoga Kaulava/Tailita Karana Navami/Dashamyam Titau |                                       |                         |                        | New Delhi, India   |
|                                  | Kumbha Rasi: 6.3                   | Tithi 9 – 10 | <b>Gulika</b> 10:43AM – 12:05PM   | <b>Dhanishtha</b> <b>Until 6:19AM</b> | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 6:36AM | Sun 22 Sutra 206   |
|                                  |                                    |              | Yama 7:59AM – 9:21AM  | Vriddhi <b>Until 7:51AM</b>           | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:34PM  | Vikarin 5121       |
|                                  |                                    | 696313464    | <b>Rahu</b> 12:05PM – 1:27PM  | Taitila <b>Until 8:46PM</b>           | <b>Nataraja:</b> Purple |                        | Moon 10 - Phase 29 |
| Routine Work Prabalarishta Yoga  |                                    |              | <b>Navami* Until 7:28AM</b>   | Moon – Purple                         |                         | 4th Phase              |                    |
| Until 6:19AM                     |                                    |              |   | <b>Kartika-Aipasi</b>                 |                         | <b>Sivaloka Day</b>    |                    |
| Then Creative Work - Siddha Yoga |                                    |              |   |                                       |                         |                        |                    |


|                           |                                   |               |   |   |                         |                           |                    |
|---------------------------|-----------------------------------|---------------|---|---|-------------------------|---------------------------|--------------------|
| <b>2</b>                  | <b>Thursday, November 7, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam<br>Shatabhishak/Purvaproshtapada* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |   |                         |                           | New Delhi, India   |
|                           | Kumbha Rasi: 18.21                | Tithi 10 – 11 | <b>Gulika</b> 9:21AM – 10:43AM  | <b>Shatabhishak</b> <b>Until 9:09AM</b> | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 6:37AM    | Sun 23 Sutra 207   |
|                           |                                   |               | Yama 6:37AM – 7:59AM  | Dhruva <b>Until 8:44AM</b>              | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:33PM     | Vikarin 5121       |
|                           |                                   | 796313464     | <b>Rahu</b> 1:27PM – 2:49PM   | Vanija <b>Until 11:17PM</b>             | <b>Nataraja:</b> Purple |                           | Moon 10 - Phase 29 |
| Creative Work Siddha Yoga |                                   |               | <b>Dashami Until 10:01AM</b>  | Moon – Purple                           |                         | 4th Phase                 |                    |
|                           |                                   |               |   | <b>Kartika-Aipasi</b>                   |                         | <b>Subha Sivaloka Day</b> |                    |


|                           |                                 |               |   |  |                         |                           |                    |
|---------------------------|---------------------------------|---------------|---|--|-------------------------|---------------------------|--------------------|
| <b>3</b>                  | <b>Friday, November 8, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Purvaproshtapada/Uttaraproshtapada Nakshatra Vyaghata/Harshana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau |  |                         |                           | New Delhi, India   |
|                           | Meena Rasi: 0.14                | Tithi 11 – 12 | <b>Gulika</b> 8:00AM – 9:21AM   | <b>Purvaproshtapada* Until 12:14PM</b> | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 6:38AM    | Sun 24 Sutra 208   |
|                           |                                 |               | Yama 2:49PM – 4:11PM  | Vyaghata* <b>Until 9:34AM</b>          | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:32PM     | Vikarin 5121       |
|                           |                                 | 716313464     | <b>Rahu</b> 10:43AM – 12:05PM   | Bava <b>Until 1:38AM Sat</b>           | <b>Nataraja:</b> Purple |                           | Moon 10 - Phase 29 |
| Creative Work Siddha Yoga |                                 |               | <b>Ekadashi Until 12:28PM</b>   | Moon – Clear                           |                         | 4th Phase                 |                    |
|                           |                                 |               |   | <b>Kartika-Aipasi</b>                  |                         | <b>Subha Sivaloka Day</b> |                    |

|  |                                   |               |   |                                       |                         |                           |                    |
|--|-----------------------------------|---------------|---|---------------------------------------|-------------------------|---------------------------|--------------------|
| <b>4</b>                               | <b>Saturday, November 9, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam<br>Uttaraproshtapada/Revati Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |                                       |                         |                           | New Delhi, India   |
|  | Meena Rasi: 12.11                 | Tithi 12 – 13 | <b>Gulika</b> 6:39AM – 8:00AM   | <b>Uttaraproshtapada Until 2:55PM</b> | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 6:39AM    | Sun 25 Sutra 209   |
|  |                                   |               | Yama 1:27PM – 2:48PM  | Harshana <b>Until 10:14AM</b>         | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:32PM     | Vikarin 5121       |
|  |                                   | 716313464     | <b>Rahu</b> 9:22AM – 10:44AM  | Kaulava <b>Until 3:42AM Sun</b>       | <b>Nataraja:</b> Purple |                           | Moon 10 - Phase 29 |
| Creative Work Siddha Yoga              |                                   |               | <b>Dvadashi Until 2:41PM</b>  | Moon – Clear                          |                         | 4th Phase                 |                    |
| Until 2:55PM                           |                                   |               |   | <b>Kartika-Aipasi</b>                 |                         | <b>Subha Sivaloka Day</b> |                    |
| Then Routine Work - Prabalarishta Yoga |                                   |               | <i>Pradosha Vrata</i>   |                                       |                         |                           |                    |

|                                  |                                  |               |  |                              |                         |                           |                    |
|----------------------------------|----------------------------------|---------------|--|------------------------------|-------------------------|---------------------------|--------------------|
| <b>5</b>                         | <b>Sunday, November 10, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                              |                         |                           | New Delhi, India   |
|                                  | Meena Rasi: 24.16                | Tithi 13 – 14 | <b>Gulika</b> 2:48PM – 4:10PM  | <b>Revati Until 5:07PM</b>   | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 6:39AM    | Sun 26 Sutra 210   |
|                                  |                                  |               | Yama 12:05PM – 1:27PM  | Vajra* <b>Until 10:38AM</b>  | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:31PM     | Vikarin 5121       |
|                                  |                                  | 716313464     | <b>Rahu</b> 4:10PM – 5:31PM  | Gara <b>Until 5:22AM Mon</b> | <b>Nataraja:</b> Purple |                           | Moon 10 - Phase 29 |
| Creative Work Amrita Yoga        |                                  |               | <b>Trayodashi Until 4:33PM</b>   | Moon – Clear                 |                         | 4th Phase                 |                    |
| Until 5:07PM                     |                                  |               |  | <b>Kartika-Aipasi</b>        |                         | <b>Subha Sivaloka Day</b> |                    |
| Then Creative Work - Siddha Yoga |                                  |               |  |                              |                         |                           |                    |

|                           |                                  |           |   |                             |                         |                           |                    |
|---------------------------|----------------------------------|-----------|---|-----------------------------|-------------------------|---------------------------|--------------------|
| <b>6</b>                  | <b>Monday, November 11, 2019</b> |           | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam<br>Ashvini Nakshatra Siddhi/Vyatipata* Yoga Vanija Karana Chaturdashyam Titau |                             |                         |                           | New Delhi, India   |
|                           | Mesha Rasi: 6.29                 | Tithi 14  | <b>Gulika</b> 1:27PM – 2:48PM   | <b>Ashvini Until 7:15PM</b> | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 6:40AM    | Sun 27 Sutra 211   |
|                           | <b>Family Home Evening</b>       |           | Yama 10:44AM – 12:05PM  | Siddhi <b>Until 10:45AM</b> | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:31PM     | Vikarin 5121       |
|                           |                                  | 727313464 | <b>Rahu</b> 8:01AM – 9:23AM   | Vanija <b>Until 6:02PM</b>  | <b>Nataraja:</b> Purple |                           | Moon 10 - Phase 29 |
| Creative Work Siddha Yoga |                                  |           | <b>Chaturdashi* Until 6:02PM</b>  | Moon – White                |                         | 4th Phase                 |                    |
|                           |                                  |           |   | <b>Kartika-Aipasi</b>       |                         | <b>Subha Sivaloka Day</b> |                    |

|   |                                   |           |   |                                 |                         |                        |                    |
|---|-----------------------------------|-----------|---|---------------------------------|-------------------------|------------------------|--------------------|
|  | <b>Tuesday, November 12, 2019</b> |           | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Bharani Nakshatra Vyatipata*/Variyan Yoga Visti*/Bava Karana Purnimayam Titau |                                 |                         |                        | New Delhi, India   |
|   | <b>Copper Retreat Star</b>        |           | <b>Gulika</b> 12:05PM – 1:27PM  | <b>Bharani Until 8:49PM</b>     | <b>Ganesha:</b> White   | <i>Sunrise:</i> 6:41AM | Sun 28 Sutra 212   |
|   | Mesha Rasi: 18.54                 | Tithi 15  | Yama 9:23AM – 10:44AM   | Vyatipata* <b>Until 10:33AM</b> | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:30PM  | Vikarin 5121       |
|   |                                   | 727413464 | <b>Rahu</b> 2:48PM – 4:09PM   | Visti <b>Until 6:37AM</b>       | <b>Nataraja:</b> Purple |                        | Moon 10 - Phase 29 |
| Creative Work Siddha Yoga   |                                   |           | <b>Purnima* Until 7:04PM</b>  | Moon – White                    |                         | Purnima                |                    |
|   |                                   |           |   | <b>Kartika-Aipasi</b>           |                         | <b>Sivaloka Day</b>    |                    |

|   |                                     |           |  |                              |                         |                        |                    |
|---|-------------------------------------|-----------|--|------------------------------|-------------------------|------------------------|--------------------|
|  | <b>Wednesday, November 13, 2019</b> |           | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam<br>Krittika Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Prathamayam Titau |                              |                         |                        | New Delhi, India   |
|   | <b>Silver Retreat Star</b>          |           | <b>Gulika</b> 10:45AM – 12:06PM  | <b>Krittika Until 9:49PM</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 6:42AM | Sun 29 Sutra 213   |
|   | Vrishabha Rasi: 1.3                 | Tithi 16  | Yama 8:03AM – 9:24AM   | Variyan <b>Until 10:00AM</b> | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:30PM  | Vikarin 5121       |
|   |                                     | 727413464 | <b>Rahu</b> 12:06PM – 1:27PM   | Balava <b>Until 7:27AM</b>   | <b>Nataraja:</b> Purple |                        | Moon 10 - Phase 29 |
| Creative Work Amrita Yoga   |                                     |           | <b>Prathama* Until 7:41PM</b>  | Moon – White                 |                         | Prathama               |                    |
| Until 9:49PM  |                                     |           |  | <b>Kartika-Aipasi</b>        |                         | <b>Sivaloka Day</b>    |                    |
| Then Creative Work - Siddha Yoga  |                                     |           |  |                              |                         |                        |                    |

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



Thursday, November 14, 2019

Gold Retreat Star

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

New Delhi, India

Sun 1 Sutra 214

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Vishabha Rasi: 14.17 Tithi 17

Gulika 9:24AM - 10:45AM

Yama 6:42AM - 8:03AM

Rahu 1:27PM - 2:47PM

Rohini Until 10:44PM

Parigha\* Until 9:09AM

Taitila Until 7:52AM

Dvitiya Until 7:54PM

Ganesha: Clear

Sunrise: 6:42AM

Muruqa: Purple

Sunset: 5:29PM

Nataraja: Purple

Moon - Yellow

Kartika-Aipasi

Subha Sivaloka Day

Routine Work Marana Yoga

1

Friday, November 15, 2019

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

New Delhi, India

Sun 2 Sutra 215

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Vishabha Rasi: 27.16 Tithi 18

Gulika 8:04AM - 9:25AM

Yama 2:47PM - 4:08PM

Rahu 10:45AM - 12:06PM

Mrigashira Until 11:08PM

Shiva Until 8:01AM

Vanija Until 7:53AM

Tritiya Until 7:44PM

Ganesha: Clear

Sunrise: 6:43AM

Muruqa: Purple

Sunset: 5:29PM

Nataraja: Purple

Moon - Yellow

Kartika-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

2

Saturday, November 16, 2019

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

New Delhi, India

Sun 3 Sutra 216

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Mithuna Rasi: 10.26 Tithi 19

Gulika 6:44AM - 8:05AM

Yama 1:27PM - 2:47PM

Rahu 9:25AM - 10:46AM

Ardra Until 11:02PM

Siddha Until 6:33AM

Bava Until 7:32AM

Chaturthi\* Until 7:12PM

Ganesha: Clear

Sunrise: 6:44AM

Muruqa: Purple

Sunset: 5:28PM

Nataraja: Purple

Moon - Yellow

Kartika-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

3

Sunday, November 17, 2019

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

New Delhi, India

Sun 4 Sutra 217

Vikarin 5121

Moon 11 - Phase 30

1st Phase

747413465 Mithuna Rasi: 23.48 Tithi 20

Gulika 2:47PM - 4:07PM

Yama 12:06PM - 1:27PM

Rahu 4:07PM - 5:28PM

Punarvasu Until 10:54PM

Subha Until 2:50AM Mon

Kaulava Until 6:50AM

Panchami Until 6:20PM

Ganesha: Purple

Sunrise: 6:45AM

Muruqa: Purple

Sunset: 5:28PM

Nataraja: Clear

Moon - Blue

Kartika-Kartikai

Devaloka Day

Creative Work Siddha Yoga

4

Monday, November 18, 2019

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

New Delhi, India

Sun 5 Sutra 218

Vikarin 5121

Moon 11 - Phase 30

1st Phase

748413465 Kataka Rasi: 7.21 Tithi 21 - 22

Gulika 1:27PM - 2:47PM

Yama 10:46AM - 12:06PM

Rahu 8:06AM - 9:26AM

Pushya Until 10:16PM

Sukla Until 12:33AM Tue

Visti Until 4:23AM Tue

Shashthi\* Until 5:07PM

Ganesha: Clear

Sunrise: 6:46AM

Muruqa: Purple

Sunset: 5:27PM

Nataraja: Clear

Moon - Blue

Kartika-Kartikai

Sivaloka Day

Creative Work Siddha Yoga

5

Tuesday, November 19, 2019

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

New Delhi, India

Sun 6 Sutra 219

Vikarin 5121

Moon 11 - Phase 30

1st Phase

748413465 Kataka Rasi: 21.07 Tithi 22 - 23

Gulika 12:07PM - 1:27PM

Yama 9:27AM - 10:47AM

Rahu 2:47PM - 4:07PM

Ashlesha\* Until 9:10PM

Brahma Until 10:01PM

Balava Until 2:40AM Wed

Saptami Until 3:33PM

Ganesha: Clear

Sunrise: 6:46AM

Muruqa: Purple

Sunset: 5:27PM

Nataraja: Clear

Moon - Blue

Kartika-Kartikai

Sivaloka Day

Creative Work Siddha Yoga

D

Wednesday, November 20, 2019

Retreat Star

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

New Delhi, India

Sun 7 Sutra 220

Vikarin 5121

Moon 11 - Phase 30

Ashtami

758413465 Simha Rasi: 5.04 Tithi 23 - 24

Gulika 10:47AM - 12:07PM

Yama 8:07AM - 9:27AM

Rahu 12:07PM - 1:27PM

Magha\* Until 8:02PM

Indra Until 7:14PM

Taitila Until 12:38AM Thu

Ashtami\* Until 1:40PM

Ganesha: White

Sunrise: 6:47AM

Muruqa: Purple

Sunset: 5:27PM

Nataraja: Clear

Moon - Red

Kartika-Kartikai

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 8:02PM

Then Creative Work - Amrita Yoga

Thursday, November 21, 2019

Retreat Star

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

New Delhi, India

Sun 8 Sutra 221

Vikarin 5121

Moon 11 - Phase 30

Navami

758413465 Simha Rasi: 19.13 Tithi 24 - 25

Gulika 9:28AM - 10:47AM

Yama 6:48AM - 8:08AM

Rahu 1:27PM - 2:47PM

Purvaphalguni Until 6:29PM

Vaidhriti\* Until 4:12PM

Vanija Until 10:19PM

Navami\* Until 11:29AM

Ganesha: White

Sunrise: 6:48AM

Muruqa: Purple

Sunset: 5:26PM

Nataraja: Clear

Moon - Red

Kartika-Kartikai

Subha Sivaloka Day


Creative Work Siddha Yoga

|                                  |               |   |                                    |  |                        |                                     |  |
|----------------------------------|---------------|---|------------------------------------|--|------------------------|-------------------------------------|--|
| <b>1</b>                         |               | <b>Friday, November 22, 2019</b>        |                                    | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau |                        | New Delhi, India<br>Sun 9 Sutra 222 |  |
| Kanya Rasi: 3.34                 | Tithi 25 – 26 | <b>Gulika</b> 8:08AM – 9:28AM           | <b>Uttaraphalguni</b> Until 4:33PM | <b>Ganesha:</b> White  | <i>Sunrise:</i> 6:49AM | Vikarin 5121                        |  |
|                                  |               | Yama 2:47PM – 4:06PM                    | Vishkambha* Until 12:59PM          | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:26PM  | Moon 11 - Phase 31                  |  |
|                                  |               | 758413465 <b>Rahu</b> 10:48AM – 12:07PM | Bava Until 7:47PM                  | <b>Nataraja:</b> Clear   |                        | 2nd Phase                           |  |
| Creative Work                    | Siddha Yoga   |   | Dashami Until 9:03AM               | Moon – Red   |                        | <b>Subha Sivaloka Day</b>           |  |
| Until 4:33PM                     |               |   |                                    |  |                        | <b>Karttika-Karttikai</b>           |  |
| Then Creative Work - Amrita Yoga |               |   |                                    |  |                        |                                     |  |

|                   |               |  |                           |  |                        |                                      |  |
|-------------------|---------------|--|---------------------------|--|------------------------|--------------------------------------|--|
| <b>2</b>          |               | <b>Saturday, November 23, 2019</b>     |                           | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam<br>Hasta/Chitra Nakshatra Priti/Ayushman Yoga Balava/Taitila Karana Ekadashi/Dvadashtyam Titau |                        | New Delhi, India<br>Sun 10 Sutra 223 |  |
| Kanya Rasi: 18.01 | Tithi 26 – 27 | <b>Gulika</b> 6:50AM – 8:09AM          | <b>Hasta</b> Until 2:46PM | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 6:50AM | Vikarin 5121                         |  |
|                   |               | Yama 1:27PM – 2:47PM                   | Priti Until 9:39AM        | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:26PM  | Moon 11 - Phase 31                   |  |
|                   |               | 768413465 <b>Rahu</b> 9:29AM – 10:48AM | Taitila Until 3:47AM Sun  | <b>Nataraja:</b> Clear   |                        | 2nd Phase                            |  |
| Routine Work      | Marana Yoga   |  | Ekadashi* Until 6:27AM    | Moon – Green   |                        | <b>Sivaloka Day</b>                  |  |
|                   |               |  |                           |  |                        | <b>Karttika-Karttikai</b>            |  |

|                 |             |                                       |                              |   |                        |                                      |  |
|-----------------|-------------|---------------------------------------|------------------------------|---|------------------------|--------------------------------------|--|
| <b>3</b>        |             | <b>Sunday, November 24, 2019</b>      |                              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Chitra/Svati Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau |                        | New Delhi, India<br>Sun 11 Sutra 224 |  |
| Tula Rasi: 2.32 | Tithi 28    | <b>Gulika</b> 2:47PM – 4:06PM         | <b>Chitra</b> Until 12:50PM  | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 6:50AM | Vikarin 5121                         |  |
|                 |             | Yama 12:08PM – 1:27PM                 | Ayushman Until 6:15AM        | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:26PM  | Moon 11 - Phase 31                   |  |
|                 |             | 769413465 <b>Rahu</b> 4:06PM – 5:26PM | Gara Until 2:29PM            | <b>Nataraja:</b> Clear  |                        | 2nd Phase                            |  |
| Creative Work   | Siddha Yoga |                                       | Trayodashi* Until 1:10AM Mon | Moon – Green  |                        | <b>Devaloka Day</b>                  |  |
|                 |             |                                       |                              |   |                        | <b>Karttika-Karttikai</b>            |  |
|                 |             |                                       |                              |   |                        | <i>Pradosha Vrata (Fasting)</i>      |  |

|                                 |             |                                       |                            |   |                        |                                      |  |
|---------------------------------|-------------|---------------------------------------|----------------------------|---|------------------------|--------------------------------------|--|
| <b>4</b>                        |             | <b>Monday, November 25, 2019</b>      |                            | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam<br>Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                        | New Delhi, India<br>Sun 12 Sutra 225 |  |
| Tula Rasi: 17                   | Tithi 29    | <b>Gulika</b> 1:28PM – 2:47PM         | <b>Svati</b> Until 10:51AM | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 6:51AM | Vikarin 5121                         |  |
| <b>Family Home Evening</b>      |             | Yama 10:49AM – 12:08PM                | Sobhana Until 11:45PM      | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:25PM  | Moon 11 - Phase 31                   |  |
| Creative Work                   | Amrita Yoga | 769413465 <b>Rahu</b> 8:10AM – 9:30AM | Visti Until 11:56AM        | <b>Nataraja:</b> Clear  |                        | 2nd Phase                            |  |
| Until 10:51AM                   |             |                                       | Chaturdashi* Until 10:44PM | Moon – Green  |                        | <b>Devaloka Day</b>                  |  |
| Then Routine Work - Marana Yoga |             |                                       |                            |   |                        | <b>Karttika-Karttikai</b>            |  |

|   |             |                                       |                              |  |                        |                                      |  |
|---|-------------|---------------------------------------|------------------------------|--|------------------------|--------------------------------------|--|
|  |             | <b>Tuesday, November 26, 2019</b>     |                              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                        | New Delhi, India<br>Sun 13 Sutra 226 |  |
| <b>Retreat Star</b>   |             | <b>Gulika</b> 12:09PM – 1:28PM        | <b>Vishakha</b> Until 9:24AM | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 6:52AM | Vikarin 5121                         |  |
| Vrischika Rasi: 1.19  | Tithi 30    | Yama 9:30AM – 10:49AM                 | Athiganda* Until 8:50PM      | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:25PM  | Moon 11 - Phase 31                   |  |
|   |             | 779413465 <b>Rahu</b> 2:47PM – 4:06PM | Catuspada Until 9:39AM       | <b>Nataraja:</b> Clear   |                        | Amavasya                             |  |
| Routine Work  | Marana Yoga |                                       | Amavasya* Until 8:38PM       | Moon – Orange  |                        | <b>Devaloka Day</b>                  |  |
| Until 9:24AM  |             |                                       |                              |  |                        | <b>Karttika-Karttikai</b>            |  |
| Then Creative Work - Siddha Yoga  |             |                                       |                              |  |                        |                                      |  |

|                       |             |  |                              |   |                        |                                      |  |
|-----------------------|-------------|--|------------------------------|---|------------------------|--------------------------------------|--|
| <b>Retreat Star</b>   |             | <b>Wednesday, November 27, 2019</b>    |                              | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau |                        | New Delhi, India<br>Sun 14 Sutra 227 |  |
| Vrischika Rasi: 15.23 | Tithi 1     | <b>Gulika</b> 10:50AM – 12:09PM        | <b>Anuradha</b> Until 8:12AM | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 6:53AM | Vikarin 5121                         |  |
|                       |             | Yama 8:12AM – 9:31AM                   | Sukarma Until 6:19PM         | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:25PM  | Moon 11 - Phase 31                   |  |
|                       |             | 779413465 <b>Rahu</b> 12:09PM – 1:28PM | Kintughna Until 7:46AM       | <b>Nataraja:</b> Clear  |                        | Prathama                             |  |
| Creative Work         | Siddha Yoga |  | Prathama* Until 7:00PM       | Moon – Orange   |                        | <b>Devaloka Day</b>                  |  |
|                       |             |  |                              |   |                        | <b>Margasira-Karttikai</b>           |  |

|                                  |                    |                                       |                               |  |  |
|----------------------------------|--------------------|---------------------------------------|-------------------------------|--|--|
| <b>1</b>                         |                    | <b>Thursday, November 28, 2019</b>    |                               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Dhriti/Shula* Yoga Balava/Tailita Karana Dvitiya/Tritiyayam Titau | New Delhi, India<br>Sun 15 Sutra 228<br>Vikarin 5121 |
| Vrischika Rasi: 29.07            | Tithi 2 – 3        | <b>Gulika</b> 9:31AM – 10:50AM        | <b>Jyeshtha* Until 7:23AM</b> | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:53AM  |  |
|                                  |                    | Yama 6:53AM – 8:12AM                  | Dhriti Until 4:17PM           | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:25PM  | Moon 11 - Phase 32                                   |
|                                  |                    | 779413465 <b>Rahu</b> 1:28PM – 2:47PM | Balava Until 6:25AM           | <b>Nataraja:</b> Clear   | 3rd Phase  |
| Routine Work                     | Prabalarishta Yoga |                                       | <b>Dvitiya Until 5:59PM</b>   | Moon – Orange  | <b>Devaloka Day</b>                                  |
| Until 7:23AM                     |                    |                                       |                               | <b>Margasira-Karttikai</b>   |  |
| Then Creative Work - Siddha Yoga |                    |                                       |                               |  |  |

|  |             |   |                             |  |  |
|--|-------------|---|-----------------------------|--|--|
| <b>2</b>                               |             | <b>Friday, November 29, 2019</b>        |                             | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | New Delhi, India<br>Sun 16 Sutra 229<br>Vikarin 5121 |
| Dhanus Rasi: 12.29                     | Tithi 3 – 4 | <b>Gulika</b> 8:13AM – 9:32AM           | <b>Mula* Until 7:32AM</b>   | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:54AM  |  |
|  |             | Yama 2:47PM – 4:06PM                    | Shula* Until 2:46PM         | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:25PM  | Moon 11 - Phase 32                                   |
|  |             | 789413465 <b>Rahu</b> 10:51AM – 12:10PM | Vanija Until 5:49AM Sat     | <b>Nataraja:</b> Clear   | 3rd Phase  |
| Creative Work                          | Amrita Yoga |   | <b>Tritiya Until 5:40PM</b> | Moon – Light Blue  | <b>Devaloka Day</b>                                  |
| Until 7:32AM                           |             |   |                             | <b>Margasira-Karttikai</b>   |  |
| Then Routine Work - Prabalarishta Yoga |             |   |                             |  |  |

|                                 |             |  |                                  |   |  |
|---------------------------------|-------------|--|----------------------------------|---|--|
| <b>3</b>                        |             | <b>Saturday, November 30, 2019</b>     |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Ganda*/Vridhhi Yoga Visti* Karana Chaturthyam Titau | New Delhi, India<br>Sun 17 Sutra 230<br>Vikarin 5121 |
| Dhanus Rasi: 25.28              | Tithi 4     | <b>Gulika</b> 6:55AM – 8:14AM          | <b>Purvashadha* Until 8:15AM</b> | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:55AM   |  |
|                                 |             | Yama 1:29PM – 2:47PM                   | Ganda* Until 1:51PM              | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:25PM   | Moon 11 - Phase 32                                   |
|                                 |             | 789413465 <b>Rahu</b> 9:32AM – 10:51AM | Visti Until 6:07PM               | <b>Nataraja:</b> Clear  | 3rd Phase  |
| Creative Work                   | Siddha Yoga |  | <b>Chaturthi* Until 6:07PM</b>   | Moon – Light Blue   | <b>Devaloka Day</b>                                  |
| Until 8:15AM                    |             |  |                                  | <b>Margasira-Karttikai</b>  |  |
| Then Routine Work - Marana Yoga |             |  |                                  |   |  |

|                   |             |                                       |                                  |   |  |
|-------------------|-------------|---------------------------------------|----------------------------------|---|--|
| <b>4</b>          |             | <b>Sunday, December 1, 2019</b>       |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Panchamyam Titau | New Delhi, India<br>Sun 18 Sutra 231<br>Vikarin 5121 |
| Makara Rasi: 8.05 | Tithi 5     | <b>Gulika</b> 2:48PM – 4:06PM         | <b>Uttarashadha Until 9:31AM</b> | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:56AM   |  |
|                   |             | Yama 12:10PM – 1:29PM                 | Vridhhi Until 1:31PM             | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:25PM   | Moon 11 - Phase 32                                   |
|                   |             | 789413465 <b>Rahu</b> 4:06PM – 5:25PM | Bava Until 6:38AM                | <b>Nataraja:</b> Clear  | 3rd Phase  |
| Creative Work     | Amrita Yoga |                                       | <b>Panchami Until 7:17PM</b>     | Moon – Light Blue   | <b>Devaloka Day</b>                                  |
|                   |             |                                       |                                  | <b>Margasira-Karttikai</b>  |  |
|                   |             |                                       |                                  |   |  |

|                                  |             |                                       |                               |  |  |
|----------------------------------|-------------|---------------------------------------|-------------------------------|--|--|
| <b>5</b>                         |             | <b>Monday, December 2, 2019</b>       |                               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Tailita Karana Shashthyam Titau | New Delhi, India<br>Sun 19 Sutra 232<br>Vikarin 5121 |
| Makara Rasi: 20.24               | Tithi 6     | <b>Gulika</b> 1:29PM – 2:48PM         | <b>Shravana Until 11:46AM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:57AM   |  |
| <b>Family Home Evening</b>       |             | Yama 10:52AM – 12:11PM                | Dhruva Until 1:39PM           | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:25PM  | Moon 11 - Phase 32                                   |
|                                  |             | 791413465 <b>Rahu</b> 8:15AM – 9:34AM | Kaulava Until 8:09AM          | <b>Nataraja:</b> Clear   | 3rd Phase  |
| Creative Work                    | Amrita Yoga |                                       | <b>Shashthi* Until 9:05PM</b> | Moon – Purple  | <b>Sivaloka Day</b>                                  |
| Until 11:46AM                    |             |                                       |                               | <b>Margasira-Karttikai</b>   |  |
| Then Creative Work - Siddha Yoga |             |                                       |                               |  |  |

|                                 |             |                                       |                                |  |  |
|---------------------------------|-------------|---------------------------------------|--------------------------------|--|--|
| <b>6</b>                        |             | <b>Tuesday, December 3, 2019</b>      |                                | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Saptamyam Titau | New Delhi, India<br>Sun 20 Sutra 233<br>Vikarin 5121 |
| Kumbha Rasi: 2.29               | Tithi 7     | <b>Gulika</b> 12:11PM – 1:30PM        | <b>Dhanishtha Until 2:21PM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:57AM   |  |
|                                 |             | Yama 9:34AM – 10:53AM                 | Vyaghata* Until 2:11PM         | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:25PM  | Moon 11 - Phase 32                                   |
|                                 |             | 791413465 <b>Rahu</b> 2:48PM – 4:06PM | Gara Until 10:12AM             | <b>Nataraja:</b> Clear   | 3rd Phase  |
| Creative Work                   | Siddha Yoga |                                       | <b>Saptami Until 11:21PM</b>   | Moon – Purple  | <b>Sivaloka Day</b>                                  |
| Until 2:21PM                    |             |                                       |                                | <b>Margasira-Karttikai</b>   |  |
| Then Routine Work - Marana Yoga |             |                                       |                                |  |  |

|                                  |             |  |                                  |   |  |
|----------------------------------|-------------|--|----------------------------------|---|--|
| <b>Retreat Star</b>              |             | <b>Wednesday, December 4, 2019</b>     |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam<br>Shatabhishak*/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashlamyam Titau | New Delhi, India<br>Sun 21 Sutra 234<br>Vikarin 5121 |
| Kumbha Rasi: 14.26               | Tithi 8     | <b>Gulika</b> 10:53AM – 12:11PM        | <b>Shatabhishak Until 5:03PM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:58AM  |  |
|                                  |             | Yama 8:16AM – 9:35AM                   | Harshana Until 2:57PM            | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:25PM   | Moon 11 - Phase 32                                   |
|                                  |             | 791413465 <b>Rahu</b> 12:11PM – 1:30PM | Visti Until 12:35PM              | <b>Nataraja:</b> Clear  | Ashtami  |
| Creative Work                    | Siddha Yoga |  | <b>Ashtami* Until 1:49AM Thu</b> | Moon – Purple   | <b>Sivaloka Day</b>                                  |
| Until 5:03PM                     |             |  |                                  | <b>Margasira-Karttikai</b>  |  |
| Then Creative Work - Amrita Yoga |             |  |                                  |   |  |

|                     |             |                                       |                                       |  |  |
|---------------------|-------------|---------------------------------------|---------------------------------------|--|--|
| <b>Retreat Star</b> |             | <b>Thursday, December 5, 2019</b>     |                                       | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Navamyam Titau | New Delhi, India<br>Sun 22 Sutra 235<br>Vikarin 5121 |
| Kumbha Rasi: 26.19  | Tithi 9     | <b>Gulika</b> 9:35AM – 10:54AM        | <b>Purvaproshtapada* Until 8:09PM</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:59AM  |  |
|                     |             | Yama 6:59AM – 8:17AM                  | Vajra* Until 3:45PM                   | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:25PM  | Moon 11 - Phase 32                                   |
|                     |             | 711413465 <b>Rahu</b> 1:30PM – 2:48PM | Balava Until 3:06PM                   | <b>Nataraja:</b> Clear   | Navami   |
| Creative Work       | Siddha Yoga |                                       | <b>Navami* Until 4:18AM Fri</b>       | Moon – Clear   | <b>Sivaloka Day</b>                                  |
|                     |             |                                       |                                       | <b>Margasira-Karttikai</b>   |  |
|                     |             |                                       |                                       |  |  |

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


|                  |             |   |  |  |                        |        |           |                     |
|------------------|-------------|---|--|--|------------------------|--------|-----------|---------------------|
| <b>1</b>         |             | <b>Friday, December 6, 2019</b>         |  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Siddhi/Vyatiyata* Yoga Taitila/Gara Karana Dashamyam Titau |                        |        |           | New Delhi, India    |
| Meena Rasi: 8.13 | Tithi 10    | <b>Gulika</b> 8:18AM – 9:36AM           | <b>Uttaraproshtapada</b> Until 10:57PM | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 7:00AM | Sun 23 | Sutra 236 | Vikarin 5121        |
|                  |             | Yama 2:49PM – 4:07PM                    | Siddhi Until 4:29PM                    | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:25PM  |        |           | Moon 11 - Phase 33  |
|                  |             | 711413465 <b>Rahu</b> 10:54AM – 12:12PM | Taitila Until 5:30PM                   | <b>Nataraja:</b> Clear   |                        |        |           | 4th Phase           |
| Creative Work    | Siddha Yoga |   | <b>Dashami</b> Until 6:35AM Sat        | Moon – Clear   |                        |        |           | <b>Sivaloka Day</b> |
|                  |             |   |  | <b>Margasira-Karttikai</b>   |                        |        |           |                     |

|                                  |                    |  |                                |  |                        |        |           |                           |
|----------------------------------|--------------------|--|--------------------------------|--|------------------------|--------|-----------|---------------------------|
| <b>2</b>                         |                    | <b>Saturday, December 7, 2019</b>      |                                | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam<br>Revati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |                        |        |           | New Delhi, India          |
| Meena Rasi: 20.11                | Tithi 10 – 11      | <b>Gulika</b> 7:00AM – 8:18AM          | <b>Revati</b> Until 1:16AM Sun | <b>Ganesha:</b> White  | <i>Sunrise:</i> 7:00AM | Sun 24 | Sutra 237 | Vikarin 5121              |
|                                  |                    | Yama 1:31PM – 2:49PM                   | Vyatipata* Until 5:01PM        | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:25PM  |        |           | Moon 11 - Phase 33        |
|                                  |                    | 711513465 <b>Rahu</b> 9:37AM – 10:55AM | Vanija Until 7:37PM            | <b>Nataraja:</b> Clear   |                        |        |           | 4th Phase                 |
| Routine Work                     | Prabalarishta Yoga |  | <b>Dashami</b> Until 6:35AM    | Moon – Clear   |                        |        |           | <b>Subha Sivaloka Day</b> |
| Until 1:16AM Sun                 |                    | <b>Gita Jayanthi</b>                   |                                | <b>Margasira-Karttikai</b>   |                        |        |           |                           |
| Then Creative Work - Siddha Yoga |                    |  |                                |  |                        |        |           |                           |

|                  |               |                                       |                                 |  |                        |        |           |                     |
|------------------|---------------|---------------------------------------|---------------------------------|--|------------------------|--------|-----------|---------------------|
| <b>3</b>         |               | <b>Sunday, December 8, 2019</b>       |                                 | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Ashvini Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |                        |        |           | New Delhi, India    |
| Mesha Rasi: 2.19 | Tithi 11 – 12 | <b>Gulika</b> 2:49PM – 4:07PM         | <b>Ashvini</b> Until 3:29AM Mon | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 7:01AM | Sun 25 | Sutra 238 | Vikarin 5121        |
|                  |               | Yama 12:13PM – 1:31PM                 | Variyan Until 5:13PM            | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:25PM  |        |           | Moon 11 - Phase 33  |
|                  |               | 721513465 <b>Rahu</b> 4:07PM – 5:25PM | Bava Until 9:17PM               | <b>Nataraja:</b> Clear   |                        |        |           | 4th Phase           |
| Creative Work    | Siddha Yoga   |                                       | <b>Ekadashi</b> Until 8:29AM    | Moon – White   |                        |        |           | <b>Sivaloka Day</b> |
|                  |               |                                       |                                 | <b>Margasira-Karttikai</b>   |                        |        |           |                     |

|                            |               |                                       |                                 |  |                        |        |           |                     |
|----------------------------|---------------|---------------------------------------|---------------------------------|--|------------------------|--------|-----------|---------------------|
| <b>4</b>                   |               | <b>Monday, December 9, 2019</b>       |                                 | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam<br>Bharani Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |                        |        |           | New Delhi, India    |
| Mesha Rasi: 14.37          | Tithi 12 – 13 | <b>Gulika</b> 1:32PM – 2:50PM         | <b>Bharani</b> Until 5:00AM Tue | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 7:02AM | Sun 26 | Sutra 239 | Vikarin 5121        |
| <b>Family Home Evening</b> |               | Yama 10:56AM – 12:14PM                | Parigha* Until 5:01PM           | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:25PM  |        |           | Moon 11 - Phase 33  |
|                            |               | 721513465 <b>Rahu</b> 8:20AM – 9:38AM | Kaulava Until 10:25PM           | <b>Nataraja:</b> Clear   |                        |        |           | 4th Phase           |
| Creative Work              | Siddha Yoga   |                                       | <b>Dvadashi</b> Until 9:54AM    | Moon – White   |                        |        |           | <b>Sivaloka Day</b> |
|                            |               |                                       |                                 | <b>Margasira-Karttikai</b>   |                        |        |           |                     |
|                            |               |                                       |                                 | <i>Pradosha Vrata</i>  |                        |        |           |                     |

|                   |               |                                       |                                  |   |                        |        |           |                     |
|-------------------|---------------|---------------------------------------|----------------------------------|---|------------------------|--------|-----------|---------------------|
| <b>5</b>          |               | <b>Tuesday, December 10, 2019</b>     |                                  | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                        |        |           | New Delhi, India    |
| Mesha Rasi: 27.11 | Tithi 13 – 14 | <b>Gulika</b> 12:14PM – 1:32PM        | <b>Krittika</b> Until 5:48AM Wed | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 7:02AM | Sun 27 | Sutra 240 | Vikarin 5121        |
|                   |               | Yama 9:38AM – 10:56AM                 | Shiva Until 4:24PM               | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:26PM  |        |           | Moon 11 - Phase 33  |
|                   |               | 721513465 <b>Rahu</b> 2:50PM – 4:08PM | Gara Until 10:59PM               | <b>Nataraja:</b> Clear  |                        |        |           | 4th Phase           |
| Creative Work     | Siddha Yoga   |                                       | <b>Trayodashi</b> Until 10:45AM  | Moon – White  |                        |        |           | <b>Sivaloka Day</b> |
|                   |               | <b>Krittika Deepam</b>                |                                  | <b>Margasira-Karttikai</b>  |                        |        |           |                     |

|   |               |  |                                   |   |                        |        |           |                     |
|---|---------------|--|-----------------------------------|---|------------------------|--------|-----------|---------------------|
|  |               | <b>Wednesday, December 11, 2019</b>    |                                   | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam<br>Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                        |        |           | New Delhi, India    |
| <b>Copper Retreat Star</b>  |               | <b>Gulika</b> 10:57AM – 12:15PM        | <b>Rohini</b> Until 6:22AM Thu    | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 7:03AM | Sun 28 | Sutra 241 | Vikarin 5121        |
| Vrishabha Rasi: 10.01   | Tithi 14 – 15 | Yama 8:21AM – 9:39AM                   | Siddha Until 3:19PM               | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:26PM  |        |           | Moon 11 - Phase 33  |
|   |               | 731523465 <b>Rahu</b> 12:15PM – 1:32PM | Visti Until 10:58PM               | <b>Nataraja:</b> Clear  |                        |        |           | Purnima             |
| Creative Work   | Siddha Yoga   |  | <b>Chaturdashi*</b> Until 11:01AM | Moon – Yellow   |                        |        |           | <b>Sivaloka Day</b> |
| Until 6:22AM Thu  |               |  |                                   | <b>Margasira-Karttikai</b>  |                        |        |           |                     |
| Then Routine Work - Marana Yoga   |               |  |                                   |   |                        |        |           |                     |

|                                    |               |   |                               |                            |                        |                  |           |                     |
|------------------------------------|---------------|---|-------------------------------|----------------------------|------------------------|------------------|-----------|---------------------|
| <b>Thursday, December 12, 2019</b> |               | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                               |                            |                        | New Delhi, India |           |                     |
| <b>Silver Retreat Star</b>         |               | <b>Gulika</b> 9:39AM – 10:57AM  | <b>Rohini</b> Until 6:22AM    | <b>Ganesha:</b> Clear      | <i>Sunrise:</i> 7:04AM | Sun 29           | Sutra 242 | Vikarin 5121        |
| Vrishabha Rasi: 23.07              | Tithi 15 – 16 | Yama 7:04AM – 8:22AM  | Sadhya Until 1:50PM           | <b>Muruqa:</b> Clear       | <i>Sunset:</i> 5:26PM  |                  |           | Moon 11 - Phase 33  |
|                                    |               | 732523465 <b>Rahu</b> 1:33PM – 2:51PM   | Balava Until 10:25PM          | <b>Nataraja:</b> Clear     |                        |                  |           | Prathama            |
| Routine Work                       | Marana Yoga   |   | <b>Purnima*</b> Until 10:44AM | Moon – Yellow              |                        |                  |           | <b>Devaloka Day</b> |
|                                    |               | <b>Vinayaga Viratam Begins</b>  |                               | <b>Margasira-Karttikai</b> |                        |                  |           |                     |

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





Friday, December 13, 2019

Gold Retreat Star

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

New Delhi, India

Sutra 243

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Mithuna Rasi: 6.29 Tithi 16 - 17

732523465

**Gulika** 8:22AM - 9:40AM  
**Yama** 2:51PM - 4:09PM  
**Rahu** 10:58AM - 12:15PM

**Mrigashira** Until 6:18AM  
Subha Until 11:58AM  
Taitila Until 9:26PM  
**Prathama\*** Until 9:57AM

**Ganesha:** Clear *Sunrise: 7:04AM*  
**Muruqa:** Clear *Sunset: 5:26PM*  
**Nataraja:** Clear  
Moon - Yellow  
**Margasira-Karttikai**

**Devaloka Day**

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

New Delhi, India

Sun 1 Sutra 244

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Mithuna Rasi: 20.06 Tithi 17 - 18

742523465

**Gulika** 7:05AM - 8:23AM  
**Yama** 1:34PM - 2:51PM  
**Rahu** 9:41AM - 10:58AM

**Punarvasu** Until 4:59AM Sun  
Sukla Until 9:45AM  
Vanija Until 8:04PM  
**Dvitiya** Until 8:46AM

**Ganesha:** Purple *Sunrise: 7:05AM*  
**Muruqa:** Clear *Sunset: 5:27PM*  
**Nataraja:** Clear  
Moon - Blue  
**Margasira-Karttikai**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

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

New Delhi, India

Sun 2 Sutra 245

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Kataka Rasi: 3.55 Tithi 18 - 19

742523465

**Gulika** 2:52PM - 4:09PM  
**Yama** 12:16PM - 1:34PM  
**Rahu** 4:09PM - 5:27PM

**Pushya** Until 3:55AM Mon  
Brahma Until 7:19AM  
Bava Until 6:25PM  
**Tritiya** Until 7:15AM

**Ganesha:** Purple *Sunrise: 7:06AM*  
**Muruqa:** Clear *Sunset: 5:27PM*  
**Nataraja:** Clear  
Moon - Blue  
**Margasira-Karttikai**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

3

Monday, December 16, 2019

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

New Delhi, India

Sun 3 Sutra 246

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Kataka Rasi: 17.52 Tithi 20

742523465

**Gulika** 1:35PM - 2:52PM  
**Yama** 10:59AM - 12:17PM  
**Rahu** 8:24AM - 9:42AM

**Ashlesha\*** Until 2:32AM Tue  
Vaidhriti\* Until 1:54AM Tue  
Kaulava Until 4:34PM  
**Panchami** Until 3:34AM Tue

**Ganesha:** Purple *Sunrise: 7:06AM*  
**Muruqa:** Clear *Sunset: 5:27PM*  
**Nataraja:** Clear  
Moon - Blue  
**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Family Home Evening  
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

New Delhi, India

Sun 4 Sutra 247

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Simha Rasi: 1.56 Tithi 21

852523465

**Gulika** 12:17PM - 1:35PM  
**Yama** 9:42AM - 11:00AM  
**Rahu** 2:53PM - 4:10PM

**Magha\*** Until 1:20AM Wed  
Vishkambha\* Until 11:03PM  
Gara Until 2:36PM  
**Shashthi\*** Until 1:33AM Wed

**Ganesha:** Purple *Sunrise: 7:07AM*  
**Muruqa:** Clear *Sunset: 5:28PM*  
**Nataraja:** Clear  
Moon - Red  
**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Until 1:20AM Wed

Then Creative Work - Amrita Yoga

5

Wednesday, December 18, 2019

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

New Delhi, India

Sun 5 Sutra 248

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Simha Rasi: 16.04 Tithi 22

852523465

**Gulika** 11:00AM - 12:18PM  
**Yama** 8:25AM - 9:43AM  
**Rahu** 12:18PM - 1:35PM

**Purvaphalguni** Until 11:57PM  
Priti Until 8:10PM  
Visti Until 12:32PM  
**Saptami** Until 11:29PM

**Ganesha:** Purple *Sunrise: 7:08AM*  
**Muruqa:** Clear *Sunset: 5:28PM*  
**Nataraja:** Clear  
Moon - Red  
**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

D

Thursday, December 19, 2019

Retreat Star

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

New Delhi, India

Sun 6 Sutra 249

Vikarin 5121

Moon 12 - Phase 34

Ashtami

Kanya Rasi: 0.13 Tithi 23

852523465

**Gulika** 9:43AM - 11:01AM  
**Yama** 7:08AM - 8:26AM  
**Rahu** 1:36PM - 2:54PM

**Uttaraphalguni** Until 10:25PM  
Ayushman Until 5:14PM  
Balava Until 10:27AM  
**Ashtami\*** Until 9:24PM

**Ganesha:** Purple *Sunrise: 7:08AM*  
**Muruqa:** Clear *Sunset: 5:29PM*  
**Nataraja:** Clear  
Moon - Red  
**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Amrita Yoga

Until 10:25PM

Then Routine Work - Marana Yoga

Friday, December 20, 2019

Retreat Star

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

New Delhi, India

Sun 7 Sutra 250

Vikarin 5121

Moon 12 - Phase 34

Navami

Kanya Rasi: 14.23 Tithi 24

862523465

**Gulika** 8:26AM - 9:44AM  
**Yama** 2:54PM - 4:12PM  
**Rahu** 11:01AM - 12:19PM

**Hasta** Until 9:11PM  
Saubhagya Until 2:20PM  
Taitila Until 8:23AM  
**Navami\*** Until 7:20PM

**Ganesha:** Clear *Sunrise: 7:09AM*  
**Muruqa:** Clear *Sunset: 5:29PM*  
**Nataraja:** Clear  
Moon - Green  
**Margasira-Markali**

**Devaloka Day**

Creative Work Amrita Yoga

Until 9:11PM

Then Creative Work - Siddha Yoga

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

All times are standard time


www.gurudeva.org/panchang

|                                  |               |                                    |  |  |  |
|----------------------------------|---------------|------------------------------------|--|--|--|
| <b>1</b>                         |               | <b>Saturday, December 21, 2019</b> |  | Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam<br>Chitra Nakshatra Sobhana/Athiganda* Yoga Vanija/Bava Karana Dashami/Ekadashyam Titau | New Delhi, India<br>Sun 8 Sutra 251<br>Vikarin 5121  |
| Kanya Rasi: 28.31                | Tithi 25 – 26 | 862523465                          | <b>Gulika</b> 7:09AM – 8:27AM<br><b>Yama</b> 1:37PM – 2:55PM<br><b>Rahu</b> 9:44AM – 11:02AM | <b>Chitra</b> Until 7:52PM<br>Sobhana Until 11:29AM<br>Vanija Until 6:21AM<br>Dashami Until 5:21PM   | <b>Ganesha:</b> Clear <i>Sunrise: 7:09AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:30PM</i><br><b>Nataraja:</b> Clear<br>Moon – Green |
| Routine Work                     | Marana Yoga   |                                    | Day 1 of Pancha Ganapati   |  | <b>Devaloka Day</b>  |
| Until 7:52PM                     |               |                                    |  |  | <b>Margasira-Markali</b>   |
| Then Creative Work - Siddha Yoga |               |                                    |  |  |  |

|                                 |               |                                  |  |  |  |
|---------------------------------|---------------|----------------------------------|--|--|--|
| <b>2</b>                        |               | <b>Sunday, December 22, 2019</b> |  | Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Svati Nakshatra Athiganda/Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | New Delhi, India<br>Sun 9 Sutra 252<br>Vikarin 5121  |
| Tula Rasi: 12.35                | Tithi 26 – 27 | 862523465                        | <b>Gulika</b> 2:55PM – 4:13PM<br><b>Yama</b> 12:20PM – 1:37PM<br><b>Rahu</b> 4:13PM – 5:30PM | <b>Svati</b> Until 6:33PM<br>Athiganda* Until 8:42AM<br>Kaulava Until 2:37AM Mon<br>Ekadashi* Until 3:28PM   | <b>Ganesha:</b> Clear <i>Sunrise: 7:10AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:30PM</i><br><b>Nataraja:</b> Clear<br>Moon – Green |
| Creative Work                   | Siddha Yoga   |                                  | Day 2 of Pancha Ganapati   |  | <b>Devaloka Day</b>  |
| Until 6:33PM                    |               |                                  |  |  | <b>Margasira-Markali</b>   |
| Then Routine Work - Marana Yoga |               |                                  |  |  |  |

|                                  |               |                                  |   |   |   |
|----------------------------------|---------------|----------------------------------|---|---|---|
| <b>3</b>                         |               | <b>Monday, December 23, 2019</b> |   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau | New Delhi, India<br>Sun 10 Sutra 253<br>Vikarin 5121  |
| Tula Rasi: 26.33                 | Tithi 27 – 28 | 872523465                        | <b>Gulika</b> 1:38PM – 2:56PM<br><b>Yama</b> 11:03AM – 12:20PM<br><b>Rahu</b> 8:28AM – 9:45AM | <b>Vishakha</b> Until 5:43PM<br>Sukarma Until 6:03AM<br>Gara Until 1:04AM Tue<br>Dvadashi* Until 1:47PM   | <b>Ganesha:</b> White <i>Sunrise: 7:10AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:31PM</i><br><b>Nataraja:</b> Clear<br>Moon – Orange |
| <b>Family Home Evening</b>       |               |                                  | Day 3 of Pancha Ganapati  |   | <b>Bhuloka Day</b>  |
| Routine Work                     | Marana Yoga   |                                  |   |   | <b>Devaloka Time: 3:PM to 6:PM</b>  |
| Until 5:43PM                     |               |                                  |   |   | <b>Margasira-Markali</b>  |
| Then Creative Work - Siddha Yoga |               |                                  |   | <i>Pradosha Vrata (Fasting)</i>   |   |

|                                 |               |                                   |   |   |   |
|---------------------------------|---------------|-----------------------------------|---|---|---|
| <b>4</b>                        |               | <b>Tuesday, December 24, 2019</b> |   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | New Delhi, India<br>Sun 11 Sutra 254<br>Vikarin 5121  |
| Vrischika Rasi: 10.23           | Tithi 28 – 29 | 872523465                         | <b>Gulika</b> 12:21PM – 1:38PM<br><b>Yama</b> 9:46AM – 11:03AM<br><b>Rahu</b> 2:56PM – 4:14PM | <b>Anuradha</b> Until 5:01PM<br>Shula* Until 1:24AM Wed<br>Visti Until 11:49PM<br>Trayodashi* Until 12:22PM   | <b>Ganesha:</b> White <i>Sunrise: 7:11AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:31PM</i><br><b>Nataraja:</b> Clear<br>Moon – Orange |
| Creative Work                   | Siddha Yoga   |                                   | Day 4 of Pancha Ganapati  |   | <b>Bhuloka Day</b>  |
| Until 5:01PM                    |               |                                   |   |   | <b>Devaloka Time: 3:PM to 6:PM</b>  |
| Then Routine Work - Marana Yoga |               |                                   |   |   | <b>Margasira-Markali</b>  |

|   |               |                                     |  |  |   |
|---|---------------|-------------------------------------|--|--|---|
|  |               | <b>Wednesday, December 25, 2019</b> |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | New Delhi, India<br>Sun 12 Sutra 255<br>Vikarin 5121  |
| <b>Retreat Star</b>   |               |                                     | <b>Gulika</b> 11:04AM – 12:21PM<br><b>Yama</b> 8:29AM – 9:46AM<br><b>Rahu</b> 12:21PM – 1:39PM | <b>Jyeshtha*</b> Until 4:32PM<br>Ganda* Until 11:32PM<br>Catuspada Until 10:59PM<br>Chaturdashi* Until 11:19AM   | <b>Ganesha:</b> White <i>Sunrise: 7:11AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:32PM</i><br><b>Nataraja:</b> Clear<br>Moon – Orange |
| Vrischika Rasi: 24  | Tithi 29 – 30 | 872523465                           | Day 5 of Pancha Ganapati   |  | <b>Bhuloka Day</b>  |
| Creative Work   | Siddha Yoga   |                                     |  |  | <b>Devaloka Time: 3:PM to 6:PM</b>  |
| Until 4:32PM  |               |                                     |  |  | <b>Margasira-Markali</b>  |
| Then Routine Work - Marana Yoga   |               |                                     |  |  |   |

|                     |              |                                    |  |  |  |
|---------------------|--------------|------------------------------------|--|--|--|
| <b>Retreat Star</b> |              | <b>Thursday, December 26, 2019</b> |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Vriddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | New Delhi, India<br>Sun 13 Sutra 256<br>Vikarin 5121   |
| Dhanus Rasi: 7.23   | Tithi 30 – 1 | 883523465                          | <b>Gulika</b> 9:47AM – 11:04AM<br><b>Yama</b> 7:12AM – 8:29AM<br><b>Rahu</b> 1:40PM – 2:57PM | <b>Mula*</b> Until 4:49PM<br>Vriddhi Until 10:04PM<br>Kintughna Until 10:39PM<br>Amavasya* Until 10:44AM   | <b>Ganesha:</b> Orange <i>Sunrise: 7:12AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:32PM</i><br><b>Nataraja:</b> Clear<br>Moon – Light Blue |
| Creative Work       | Siddha Yoga  |                                    | Annular Solar Eclipse  |  | <b>Devaloka Day</b>  |
|                     |              |                                    |  |  | <b>Pausha-Markali</b>  |

|                                  |                    |                                    |  |   |  |
|----------------------------------|--------------------|------------------------------------|--|---|--|
| <b>1</b>                         |                    | <b>Friday, December 27, 2019</b>   |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | New Delhi, India<br>Sun 14 Sutra 257<br>Vikarin 5121 |
| Dhanus Rasi: 20.29               | Tithi 1 – 2        | <b>Gulika</b> 8:30AM – 9:47AM      | <b>Purvashadha* Until 5:29PM</b>           | <b>Ganesha:</b> Orange <i>Sunrise:</i> 7:12AM   |  |
|                                  |                    | Yama 2:58PM – 4:15PM               | Dhruva Until 9:01PM                        | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:33PM  | Moon 12 - Phase 36                                   |
|                                  | 883523466          | <b>Rahu</b> 11:05AM – 12:22PM      | Balava Until 10:52PM                       | <b>Nataraja:</b> Orange   | 3rd Phase  |
| Routine Work                     | Prabalarishta Yoga |                                    | <b>Prathama* Until 10:40AM</b>             | Moon – Light Blue   | <b>Devaloka Day</b>                                  |
| Until 5:29PM                     |                    |                                    |  | <b>Pausha-Markali</b>   |  |
| Then Routine Work - Marana Yoga  |                    |                                    |  |   |  |
| <b>2</b>                         |                    | <b>Saturday, December 28, 2019</b> |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam<br>Uttarashadha Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau        | New Delhi, India<br>Sun 15 Sutra 258<br>Vikarin 5121 |
| Makara Rasi: 3.18                | Tithi 2 – 3        | <b>Gulika</b> 7:12AM – 8:30AM      | <b>Uttarashadha Until 6:34PM</b>           | <b>Ganesha:</b> Orange <i>Sunrise:</i> 7:12AM   |  |
|                                  |                    | Yama 1:41PM – 2:58PM               | Vyaghata* Until 8:26PM                     | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:33PM  | Moon 12 - Phase 36                                   |
|                                  | 883523466          | <b>Rahu</b> 9:48AM – 11:05AM       | Taitila Until 11:42PM                      | <b>Nataraja:</b> Orange   | 3rd Phase  |
| Routine Work                     | Marana Yoga        |                                    | <b>Dvitiya Until 11:12AM</b>               | Moon – Light Blue   | <b>Devaloka Day</b>                                  |
| Until 6:34PM                     |                    |                                    |  | <b>Pausha-Markali</b>   |  |
| Then Creative Work - Siddha Yoga |                    |                                    |  |   |  |
| <b>3</b>                         |                    | <b>Sunday, December 29, 2019</b>   |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Shravana Nakshatra Harshana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau                | New Delhi, India<br>Sun 16 Sutra 259<br>Vikarin 5121 |
| Makara Rasi: 15.51               | Tithi 3 – 4        | <b>Gulika</b> 2:59PM – 4:16PM      | <b>Shravana Until 8:32PM</b>               | <b>Ganesha:</b> Clear <i>Sunrise:</i> 7:13AM  |  |
|                                  |                    | Yama 12:23PM – 1:41PM              | Harshana Until 8:18PM                      | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:34PM  | Moon 12 - Phase 36                                   |
|                                  | 893523466          | <b>Rahu</b> 4:16PM – 5:34PM        | Vanija Until 1:07AM Mon                    | <b>Nataraja:</b> Orange   | 3rd Phase  |
| Creative Work                    | Amrita Yoga        |                                    | <b>Tritiya Until 12:19PM</b>               | Moon – Purple   | <b>Devaloka Day</b>                                  |
| Until 8:32PM                     |                    |                                    |  | <b>Pausha-Markali</b>   |  |
| Then Routine Work - Marana Yoga  |                    |                                    |  |   |  |
| <b>4</b>                         |                    | <b>Monday, December 30, 2019</b>   |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam<br>Dhanishtha Nakshatra Vajra* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau                | New Delhi, India<br>Sun 17 Sutra 260<br>Vikarin 5121 |
| Makara Rasi: 28.09               | Tithi 4 – 5        | <b>Gulika</b> 1:42PM – 2:59PM      | <b>Dhanishtha Until 10:50PM</b>            | <b>Ganesha:</b> Clear <i>Sunrise:</i> 7:13AM  |  |
|                                  |                    | Yama 11:06AM – 12:24PM             | Vajra* Until 8:33PM                        | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:35PM  | Moon 12 - Phase 36                                   |
| <b>Family Home Evening</b>       | 893523466          | <b>Rahu</b> 8:31AM – 9:48AM        | Bava Until 3:01AM Tue                      | <b>Nataraja:</b> Orange   | 3rd Phase  |
| Creative Work                    | Siddha Yoga        |                                    | <b>Chaturthi* Until 1:59PM</b>             | Moon – Purple   | <b>Devaloka Day</b>                                  |
|                                  |                    |                                    |  | <b>Pausha-Markali</b>   |  |
|                                  |                    |                                    |  |   |  |
| <b>5</b>                         |                    | <b>Tuesday, December 31, 2019</b>  |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Shatabhishak Nakshatra Siddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau         | New Delhi, India<br>Sun 18 Sutra 261<br>Vikarin 5121 |
| Kumbha Rasi: 10.15               | Tithi 5 – 6        | <b>Gulika</b> 12:24PM – 1:42PM     | <b>Shatabhishak Until 1:20AM Wed</b>       | <b>Ganesha:</b> Clear <i>Sunrise:</i> 7:13AM  |  |
|                                  |                    | Yama 9:49AM – 11:07AM              | Siddhi Until 9:06PM                        | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:35PM  | Moon 12 - Phase 36                                   |
|                                  | 893523466          | <b>Rahu</b> 3:00PM – 4:18PM        | Kaulava Until 5:18AM Wed                   | <b>Nataraja:</b> Orange   | 3rd Phase  |
| Routine Work                     | Marana Yoga        |                                    | <b>Panchami Until 4:06PM</b>               | Moon – Purple   | <b>Devaloka Day</b>                                  |
| Until 1:20AM Wed                 |                    |                                    |  | <b>Pausha-Markali</b>   |  |
| Then Creative Work - Amrita Yoga |                    |                                    |  |   |  |
| <b>6</b>                         |                    | <b>Wednesday, January 1, 2020</b>  |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvaprosarthpada* Nakshatra Vyatipata* Yoga Taitila Karana Shashthyam Titau                 | New Delhi, India<br>Sun 19 Sutra 262<br>Vikarin 5121 |
| Kumbha Rasi: 22.13               | Tithi 6            | <b>Gulika</b> 11:07AM – 12:25PM    | <b>Purvaprosarthpada* Until 4:24AM Thu</b> | <b>Ganesha:</b> Blue <i>Sunrise:</i> 7:14AM   |  |
|                                  |                    | Yama 8:32AM – 9:50AM               | Vyatipata* Until 9:51PM                    | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:37PM  | Moon 12 - Phase 36                                   |
|                                  | 813623466          | <b>Rahu</b> 12:25PM – 1:43PM       | Taitila Until 6:31PM                       | <b>Nataraja:</b> Orange   | 3rd Phase  |
| Creative Work                    | Amrita Yoga        |                                    | <b>Shashthi* Until 6:31PM</b>              | Moon – Clear  | <b>Bhuloka Day</b>                                   |
| Until 4:24AM Thu                 |                    |                                    |  | <b>Pausha-Markali</b>   | Devaloka Time: 3:PM to 6:PM                          |
| Then Creative Work - Siddha Yoga |                    | <b>Vinayaga Viratam Ends</b>       |  |   |  |
| <b>Retreat Star</b>              |                    | <b>Thursday, January 2, 2020</b>   |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam<br>Uttaraprosarthpada Nakshatra Variyan Yoga Gara/Vanija Karana Saptamyam Titau                  | New Delhi, India<br>Sun 20 Sutra 263<br>Vikarin 5121 |
| Meena Rasi: 4.07                 | Tithi 7            | <b>Gulika</b> 9:50AM – 11:08AM     | <b>Uttaraprosarthpada Until 7:18AM Fri</b> | <b>Ganesha:</b> Blue <i>Sunrise:</i> 7:14AM   |  |
|                                  |                    | Yama 7:14AM – 8:32AM               | Variyan Until 10:38PM                      | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:37PM  | Moon 12 - Phase 36                                   |
|                                  | 813623466          | <b>Rahu</b> 1:44PM – 3:02PM        | Gara Until 7:47AM                          | <b>Nataraja:</b> Orange   | 3rd Phase  |
| Creative Work                    | Siddha Yoga        |                                    | <b>Saptami Until 9:01PM</b>                | Moon – Clear  | <b>Bhuloka Day</b>                                   |
|                                  |                    |                                    |  | <b>Pausha-Markali</b>   | Devaloka Time: 3:PM to 6:PM                          |
|                                  |                    |                                    |  |   |  |
| <b>Retreat Star</b>              |                    | <b>Friday, January 3, 2020</b>     |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Uttaraprosarthpada/Revati Nakshatra Parigha* Yoga Visti*/Bava Karana Ashtamyam Titau         | New Delhi, India<br>Sun 21 Sutra 264<br>Vikarin 5121 |
| Meena Rasi: 16.01                | Tithi 8            | <b>Gulika</b> 8:32AM – 9:50AM      | <b>Uttaraprosarthpada Until 7:18AM</b>     | <b>Ganesha:</b> Blue <i>Sunrise:</i> 7:14AM   |  |
|                                  |                    | Yama 3:02PM – 4:20PM               | Parigha* Until 11:21PM                     | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:38PM  | Moon 12 - Phase 36                                   |
|                                  | 813623466          | <b>Rahu</b> 11:08AM – 12:26PM      | Visti Until 10:16AM                        | <b>Nataraja:</b> Orange   | Ashtami  |
| Creative Work                    | Siddha Yoga        |                                    | <b>Ashtami* Until 11:25PM</b>              | Moon – Clear  | <b>Bhuloka Day</b>                                   |
|                                  |                    |                                    |  | <b>Pausha-Markali</b>   | Devaloka Time: 3:PM to 6:PM                          |
|                                  |                    |                                    |  |   |  |
| <b>Retreat Star</b>              |                    | <b>Saturday, January 4, 2020</b>   |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam<br>Revati/Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau                     | New Delhi, India<br>Sun 22 Sutra 265<br>Vikarin 5121 |
| Meena Rasi: 27.58                | Tithi 9            | <b>Gulika</b> 7:15AM – 8:33AM      | <b>Revati Until 9:53AM</b>                 | <b>Ganesha:</b> Blue <i>Sunrise:</i> 7:15AM   |  |
|                                  |                    | Yama 1:45PM – 3:03PM               | Shiva Until 11:51PM                        | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:39PM  | Moon 12 - Phase 36                                   |
|                                  | 813623466          | <b>Rahu</b> 9:51AM – 11:09AM       | Balava Until 12:32PM                       | <b>Nataraja:</b> Orange   | Navami   |
| Routine Work                     | Prabalarishta Yoga |                                    | <b>Navami* Until 1:31AM Sun</b>            | Moon – Clear  | <b>Bhuloka Day</b>                                   |
| Until 9:53AM                     |                    |                                    |  | <b>Pausha-Markali</b>   | Devaloka Time: 3:PM to 6:PM                          |
| Then Creative Work - Siddha Yoga |                    |                                    |  |   |  |

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

|  |             |   |                                 |                         |  |                     |
|--|-------------|---|---------------------------------|-------------------------|--|---------------------|
| <b>1 Sunday, January 5, 2020</b>       |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau |                                 |                         | New Delhi, India<br>Sun 23 Sutra 266<br>Vikarin 5121 |                     |
| Mesha Rasi: 10.04                      | Tithi 10    | <b>Gulika</b> 3:03PM – 4:22PM   | <b>Ashvini</b> Until 12:24PM    | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 7:15AM                               |                     |
|  |             | Yama 12:27PM – 1:45PM   | Siddha Until 11:57PM            | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:40PM                                | Moon 12 - Phase 37  |
|  | 823623466   | <b>Rahu</b> 4:22PM – 5:40PM   | Taitila Until 2:24PM            | <b>Nataraja:</b> Orange |  | 4th Phase           |
| Creative Work                          | Siddha Yoga |   |                                 | Moon – White            |  | <b>Devaloka Day</b> |
| Until 12:24PM                          |             | <b>Subramuniyaswami Jayanti</b>   | <b>Dashami</b> Until 3:06AM Mon | <b>Pausha-Markali</b>   |  |                     |
| Then Routine Work - Prabalarishta Yoga |             |   |                                 |                         |  |                     |

|                                  |             |   |                                  |                         |  |                     |
|----------------------------------|-------------|---|----------------------------------|-------------------------|--|---------------------|
| <b>2 Monday, January 6, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam<br>Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau |                                  |                         | New Delhi, India<br>Sun 24 Sutra 267<br>Vikarin 5121 |                     |
| Mesha Rasi: 22.22                | Tithi 11    | <b>Gulika</b> 1:46PM – 3:04PM   | <b>Bharani</b> Until 2:14PM      | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 7:15AM                               |                     |
| <b>Family Home Evening</b>       |             | Yama 11:09AM – 12:28PM  | Sadhya Until 11:36PM             | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:40PM                                | Moon 12 - Phase 37  |
| Creative Work                    | Siddha Yoga | <b>Rahu</b> 8:33AM – 9:51AM   | Vanija Until 3:41PM              | <b>Nataraja:</b> Orange |  | 4th Phase           |
| Until 2:14PM                     |             | <b>Vaikuntha Ekadasi</b>  | <b>Ekadashi</b> Until 4:03AM Tue | Moon – White            |  | <b>Devaloka Day</b> |
| Then Routine Work - Marana Yoga  |             |   |                                  | <b>Pausha-Markali</b>   |  |                     |

|                                   |             |  |                                  |                         |  |                     |
|-----------------------------------|-------------|--|----------------------------------|-------------------------|--|---------------------|
| <b>3 Tuesday, January 7, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau |                                  |                         | New Delhi, India<br>Sun 25 Sutra 268<br>Vikarin 5121 |                     |
| Vrishabha Rasi: 4.58              | Tithi 12    | <b>Gulika</b> 12:28PM – 1:46PM   | <b>Krittika</b> Until 3:15PM     | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 7:15AM                               |                     |
|                                   |             | Yama 9:52AM – 11:10AM  | Subha Until 10:43PM              | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:41PM                                | Moon 12 - Phase 37  |
|                                   | 823623466   | <b>Rahu</b> 3:05PM – 4:23PM  | Bava Until 4:17PM                | <b>Nataraja:</b> Orange |  | 4th Phase           |
| Creative Work                     | Siddha Yoga |  |                                  | Moon – White            |  | <b>Devaloka Day</b> |
| Until 3:15PM                      |             |  | <b>Dvadashi</b> Until 4:17AM Wed | <b>Pausha-Markali</b>   |  |                     |
| Then Creative Work - Amrita Yoga  |             |  |                                  |                         |  |                     |

|                                     |             |  |                                    |                         |  |                                    |
|-------------------------------------|-------------|--|------------------------------------|-------------------------|--|------------------------------------|
| <b>4 Wednesday, January 8, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau |                                    |                         | New Delhi, India<br>Sun 26 Sutra 269<br>Vikarin 5121 |                                    |
| Vrishabha Rasi: 17.54               | Tithi 13    | <b>Gulika</b> 11:10AM – 12:28PM  | <b>Rohini</b> Until 3:52PM         | <b>Ganesha:</b> White   | <i>Sunrise:</i> 7:15AM                               |                                    |
|                                     |             | Yama 8:33AM – 9:52AM   | Sukla Until 9:14PM                 | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:42PM                                | Moon 12 - Phase 37                 |
|                                     | 833623466   | <b>Rahu</b> 12:28PM – 1:47PM   | Kaulava Until 4:08PM               | <b>Nataraja:</b> Orange |  | 4th Phase                          |
| Creative Work                       | Siddha Yoga |  |                                    | Moon – Yellow           |  | <b>Bhuloka Day</b>                 |
|                                     |             |  | <b>Trayodashi</b> Until 3:47AM Thu | <b>Pausha-Markali</b>   |  | <b>Devaloka Time: 3:PM to 6:PM</b> |
|                                     |             |  | <i>Pradosha Vrata</i>              |                         |  |                                    |

|                                    |             |  |                                      |                         |  |                     |
|------------------------------------|-------------|--|--------------------------------------|-------------------------|--|---------------------|
| <b>5 Thursday, January 9, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau |                                      |                         | New Delhi, India<br>Sun 27 Sutra 270<br>Vikarin 5121 |                     |
| Mithuna Rasi: 1.12                 | Tithi 14    | <b>Gulika</b> 9:52AM – 11:10AM   | <b>Mrigashira</b> Until 3:39PM       | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 7:15AM                               |                     |
|                                    |             | Yama 7:15AM – 8:34AM   | Brahma Until 7:14PM                  | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:43PM                                | Moon 12 - Phase 37  |
|                                    | 834623466   | <b>Rahu</b> 1:47PM – 3:06PM  | Gara Until 3:18PM                    | <b>Nataraja:</b> Orange |  | 4th Phase           |
| Routine Work                       | Marana Yoga |  |                                      | Moon – Yellow           |  | <b>Devaloka Day</b> |
|                                    |             |  | <b>Chaturdashi*</b> Until 2:37AM Fri | <b>Pausha-Markali</b>   |  |                     |

|                                 |             |   |                                   |                         |   |                     |
|---------------------------------|-------------|---|-----------------------------------|-------------------------|---|---------------------|
| <b>Friday, January 10, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau |                                   |                         | New Delhi, India<br>Sutra 271<br>Vikarin 5121 |                     |
| <b>Copper Retreat Star</b>      |             | <b>Gulika</b> 8:34AM – 9:52AM   | <b>Ardra</b> Until 2:40PM         | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 7:15AM                        |                     |
| Mithuna Rasi: 14.53             | Tithi 15    | Yama 3:06PM – 4:25PM  | Indra Until 4:46PM                | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:44PM                         | Moon 12 - Phase 37  |
|                                 |             | <b>Rahu</b> 11:11AM – 12:29PM   | Visti Until 1:49PM                | <b>Nataraja:</b> Orange |   | Purnima             |
| Creative Work                   | Siddha Yoga |   |                                   | Moon – Yellow           |   | <b>Devaloka Day</b> |
|                                 |             | <b>Penumbral Lunar Eclipse</b>  | <b>Purnima*</b> Until 12:52AM Sat | <b>Pausha-Markali</b>   |   |                     |
|                                 |             | <b>Ardra Darshanam</b>  |                                   |                         |   |                     |

|                                   |             |  |                                |                         |   |                     |
|-----------------------------------|-------------|--|--------------------------------|-------------------------|---|---------------------|
| <b>Saturday, January 11, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau |                                |                         | New Delhi, India<br>Sutra 272<br>Vikarin 5121 |                     |
| <b>Silver Retreat Star</b>        |             | <b>Gulika</b> 7:15AM – 8:34AM  | <b>Punarvasu</b> Until 1:29PM  | <b>Ganesha:</b> White   | <i>Sunrise:</i> 7:15AM                        |                     |
| Mithuna Rasi: 28.53               | Tithi 16    | Yama 1:48PM – 3:07PM   | Vaidhriti* Until 1:52PM        | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:44PM                         | Moon 12 - Phase 37  |
|                                   |             | <b>Rahu</b> 9:52AM – 11:11AM   | Balava Until 11:50AM           | <b>Nataraja:</b> Orange |   | Prathama            |
| Creative Work                     | Siddha Yoga |  |                                | Moon – Blue             |   | <b>Sivaloka Day</b> |
|                                   |             |  | <b>Prathama*</b> Until 10:40PM | <b>Pausha-Markali</b>   |   |                     |



Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 13.11 Tithi 17

844623466

Creative Work Siddha Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Vishkambha\*/Priti Yoga Taitila/Gara Karana Dvitiyayam Titau

**Gulika** 3:08PM – 4:26PM  
**Yama** 12:30PM – 1:49PM  
**Rahu** 4:26PM – 5:45PM

**Pushya Until 11:47AM**  
Vishkambha\* Until 10:42AM  
Taitila Until 9:28AM  
Dvitiya Until 8:10PM

**Ganesha:** White *Sunrise: 7:15AM*  
**Muruqa:** Clear *Sunset: 5:45PM*  
**Nataraja:** Orange  
Moon – Blue  
**Pausha-Markali**

New Delhi, India  
Sutra 273  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**Sivaloka Day**

1

Monday, January 13, 2020

Kataka Rasi: 27.39 Tithi 18 – 19

Family Home Evening

844623466

Creative Work Siddha Yoga

Until 9:43AM

Then Routine Work - Marana Yoga

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

**Gulika** 1:49PM – 3:08PM  
**Yama** 11:12AM – 12:30PM  
**Rahu** 8:34AM – 9:53AM

**Ashlesha\* Until 9:43AM**  
Priti Until 7:21AM  
Vanija Until 6:51AM  
Tritiya Until 5:29PM

**Ganesha:** White *Sunrise: 7:15AM*  
**Muruqa:** Clear *Sunset: 5:46PM*  
**Nataraja:** Orange  
Moon – Blue  
**Pausha-Markali**

New Delhi, India  
Sun 1 Sutra 274  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**Sivaloka Day**

2

Tuesday, January 14, 2020

Simha Rasi: 12.12 Tithi 19 – 20

Creative Work Siddha Yoga

854623466

Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Saubhagya Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

**Gulika** 12:31PM – 1:50PM  
**Yama** 9:53AM – 11:12AM  
**Rahu** 3:09PM – 4:28PM

**Magha\* Until 7:51AM**  
Saubhagya Until 12:28AM Wed  
Kaulava Until 1:27AM Wed  
Chaturthi\* Until 2:46PM

**Ganesha:** Clear *Sunrise: 7:15AM*  
**Muruqa:** Clear *Sunset: 5:47PM*  
**Nataraja:** Orange  
Moon – Red  
**Pausha-Markali**

New Delhi, India  
Sun 2 Sutra 275  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**Devaloka Day**

3

Wednesday, January 15, 2020

Simha Rasi: 26.43 Tithi 20 – 21

Creative Work Amrita Yoga

854623466

Until 3:56AM Thu

Then Routine Work - Marana Yoga

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

**Gulika** 11:12AM – 12:31PM  
**Yama** 8:34AM – 9:53AM  
**Rahu** 12:31PM – 1:50PM

**Uttaraphalguni Until 3:56AM Thu**  
Sobhana Until 9:10PM  
Gara Until 10:54PM  
Panchami Until 12:08PM

**Ganesha:** Clear *Sunrise: 7:15AM*  
**Muruqa:** Clear *Sunset: 5:48PM*  
**Nataraja:** Orange  
Moon – Red  
**Pausha-Thai**

New Delhi, India  
Sun 3 Sutra 276  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**Devaloka Day**

4

Thursday, January 16, 2020

Kanya Rasi: 11.08 Tithi 21 – 22

Routine Work Marana Yoga

864623466

Until 2:30AM Fri

Then Creative Work - Siddha Yoga

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

**Gulika** 9:53AM – 11:12AM  
**Yama** 7:15AM – 8:34AM  
**Rahu** 1:51PM – 3:10PM

**Hasta Until 2:30AM Fri**  
Athiganda\* Until 6:00PM  
Visti Until 8:34PM  
Shashthi\* Until 9:41AM

**Ganesha:** Purple *Sunrise: 7:15AM*  
**Muruqa:** Clear *Sunset: 5:48PM*  
**Nataraja:** Orange  
Moon – Green  
**Pausha-Thai**

New Delhi, India  
Sun 4 Sutra 277  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**Sivaloka Day**

5

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 25.23 Tithi 22 – 23

Creative Work Siddha Yoga

864623466

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

**Gulika** 8:34AM – 9:53AM  
**Yama** 3:11PM – 4:30PM  
**Rahu** 11:13AM – 12:32PM

**Chitra Until 1:13AM Sat**  
Sukarma Until 3:05PM  
Balava Until 6:31PM  
Saptami Until 7:29AM

**Ganesha:** Purple *Sunrise: 7:15AM*  
**Muruqa:** Clear *Sunset: 5:49PM*  
**Nataraja:** Orange  
Moon – Green  
**Pausha-Thai**

New Delhi, India  
Sun 5 Sutra 278  
Vikarin 5121  
Moon 1 - Phase 38  
Ashtami

**Sivaloka Day**

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 9.26 Tithi 24

Creative Work Siddha Yoga

864623466

Until 12:09AM Sun

Then Routine Work - Marana Yoga

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

**Gulika** 7:14AM – 8:34AM  
**Yama** 1:52PM – 3:11PM  
**Rahu** 9:53AM – 11:13AM

**Svati Until 12:09AM Sun**  
Dhriti Until 12:26PM  
Taitila Until 4:49PM  
Navami\* Until 4:05AM Sun

**Ganesha:** Purple *Sunrise: 7:14AM*  
**Muruqa:** Clear *Sunset: 5:50PM*  
**Nataraja:** Orange  
Moon – Green  
**Pausha-Thai**

New Delhi, India  
Sun 6 Sutra 279  
Vikarin 5121  
Moon 1 - Phase 38  
Navami

**Sivaloka Day**

|              |                                 |                      |  |                               |                  |                     |                   |
|--------------|---------------------------------|----------------------|--|-------------------------------|------------------|---------------------|-------------------|
| 1            | <b>Sunday, January 19, 2020</b> |                      | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau |                               |                  |                     | New Delhi, India  |
|              | Tula Rasi: 23.15                | Tithi 25             | Gulika 3:12PM – 4:31PM   | <b>Vishakha Until 11:44PM</b> | Ganesha: Clear   | Sunrise: 7:14AM     | Sun 7 Sutra 280   |
|              |                                 |                      | Yama 12:33PM – 1:52PM  | Shula* Until 10:03AM          | Muruqa: Clear    | Sunset: 5:51PM      | Vikarin 5121      |
|              | 874623466                       | Rahu 4:31PM – 5:51PM |  | Vanija Until 3:28PM           | Nataraja: Orange |                     | Moon 1 - Phase 39 |
| Routine Work | Marana Yoga                     |                      | <b>Dashami Until 2:56AM Mon</b>  | Moon – Orange                 |                  | 2nd Phase           |                   |
|              |                                 |                      |  | <b>Pausha*Thai</b>            |                  | <b>Devaloka Day</b> |                   |

|               |                                 |                      |   |                               |                  |                     |                   |
|---------------|---------------------------------|----------------------|---|-------------------------------|------------------|---------------------|-------------------|
| 2             | <b>Monday, January 20, 2020</b> |                      | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam<br>Anuradha Nakshatra Ganda*/Vridhhi Yoga Bava/Balava Karana Ekadashyam Titau |                               |                  |                     | New Delhi, India  |
|               | Virschika Rasi: 6.51            | Tithi 26             | Gulika 1:53PM – 3:12PM  | <b>Anuradha Until 11:32PM</b> | Ganesha: Clear   | Sunrise: 7:14AM     | Sun 8 Sutra 281   |
|               | Family Home Evening             |                      | Yama 11:13AM – 12:33PM  | Ganda* Until 8:00AM           | Muruqa: Clear    | Sunset: 5:52PM      | Vikarin 5121      |
|               | 874623466                       | Rahu 8:34AM – 9:53AM |   | Bava Until 2:31PM             | Nataraja: Orange |                     | Moon 1 - Phase 39 |
| Creative Work | Siddha Yoga                     |                      | <b>Ekadashi* Until 2:10AM Tue</b>   | Moon – Orange                 |                  | 2nd Phase           |                   |
|               |                                 |                      |   | <b>Pausha*Thai</b>            |                  | <b>Devaloka Day</b> |                   |

|                                  |                                  |                      |   |                                |                  |                                    |                   |
|----------------------------------|----------------------------------|----------------------|---|--------------------------------|------------------|------------------------------------|-------------------|
| 3                                | <b>Tuesday, January 21, 2020</b> |                      | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Jyeshtha* Nakshatra Vridhhi/Dhruva Yoga Kaulava/Taitila Karana Dvadashyam Titau |                                |                  |                                    | New Delhi, India  |
|                                  | Virschika Rasi: 20.14            | Tithi 27             | Gulika 12:33PM – 1:53PM   | <b>Jyeshtha* Until 11:35PM</b> | Ganesha: Purple  | Sunrise: 7:14AM                    | Sun 9 Sutra 282   |
|                                  |                                  |                      | Yama 9:53AM – 11:13AM   | Vridhhi Until 6:15AM           | Muruqa: Clear    | Sunset: 5:52PM                     | Vikarin 5121      |
|                                  | 875623466                        | Rahu 3:13PM – 4:33PM |   | Kaulava Until 1:57PM           | Nataraja: Orange |                                    | Moon 1 - Phase 39 |
| Routine Work                     | Marana Yoga                      |                      | <b>Dvadashi* Until 1:48AM Wed</b>   | Moon – Orange                  |                  | 2nd Phase                          |                   |
| Until 11:35PM                    |                                  |                      |   | <b>Pausha*Thai</b>             |                  | <b>Bhuloka Day</b>                 |                   |
| Then Creative Work - Amrita Yoga |                                  |                      |   |                                |                  | <b>Devaloka Time: 3:PM to 6:PM</b> |                   |

|                                  |                                    |                       |  |                                 |                     |                                    |                   |
|----------------------------------|------------------------------------|-----------------------|--|---------------------------------|---------------------|------------------------------------|-------------------|
| 4                                | <b>Wednesday, January 22, 2020</b> |                       | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam<br>Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau |                                 |                     |                                    | New Delhi, India  |
|                                  | Dhanus Rasi: 3.24                  | Tithi 28              | Gulika 11:13AM – 12:33PM   | <b>Mula* Until 12:21AM Thu</b>  | Ganesha: Light Blue | Sunrise: 7:13AM                    | Sun 10 Sutra 283  |
|                                  |                                    |                       | Yama 8:33AM – 9:53AM   | Vyaghata* Until 3:40AM Thu      | Muruqa: Clear       | Sunset: 5:53PM                     | Vikarin 5121      |
|                                  | 885623466                          | Rahu 12:33PM – 1:53PM |  | Gara Until 1:48PM               | Nataraja: Orange    |                                    | Moon 1 - Phase 39 |
| Routine Work                     | Marana Yoga                        |                       | <b>Trayodashi* Until 1:51AM Thu</b>  | Moon – Light Blue               |                     | 2nd Phase                          |                   |
| Until 12:21AM Thu                |                                    |                       |  | <b>Pausha*Thai</b>              |                     | <b>Bhuloka Day</b>                 |                   |
| Then Creative Work - Siddha Yoga |                                    |                       |  |                                 |                     | <b>Devaloka Time: 3:PM to 6:PM</b> |                   |
|                                  |                                    |                       |  | <i>Pradosha Vrata (Fasting)</i> |                     |                                    |                   |

|                                 |                                   |                      |   |                                      |                     |                                    |                   |
|---------------------------------|-----------------------------------|----------------------|---|--------------------------------------|---------------------|------------------------------------|-------------------|
| 5                               | <b>Thursday, January 23, 2020</b> |                      | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam<br>Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                                      |                     |                                    | New Delhi, India  |
|                                 | Dhanus Rasi: 16.21                | Tithi 29             | Gulika 9:53AM – 11:14AM   | <b>Purvashadha* Until 1:21AM Fri</b> | Ganesha: Light Blue | Sunrise: 7:13AM                    | Sun 11 Sutra 284  |
|                                 |                                   |                      | Yama 7:13AM – 8:33AM  | Harshana Until 2:53AM Fri            | Muruqa: Clear       | Sunset: 5:54PM                     | Vikarin 5121      |
|                                 | 885623466                         | Rahu 1:54PM – 3:14PM |   | Visti* Until 2:04PM                  | Nataraja: Orange    |                                    | Moon 1 - Phase 39 |
| Creative Work                   | Siddha Yoga                       |                      | <b>Chaturdashi* Until 2:20AM Fri</b>  | Moon – Light Blue                    |                     | 2nd Phase                          |                   |
| Until 1:21AM Fri                |                                   |                      |   | <b>Pausha*Thai</b>                   |                     | <b>Bhuloka Day</b>                 |                   |
| Then Routine Work - Marana Yoga |                                   |                      |   |                                      |                     | <b>Devaloka Time: 3:PM to 6:PM</b> |                   |

|                                  |                                 |                        |  |                                      |                     |                                    |                   |
|----------------------------------|---------------------------------|------------------------|--|--------------------------------------|---------------------|------------------------------------|-------------------|
| ●                                | <b>Friday, January 24, 2020</b> |                        | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                                      |                     |                                    | New Delhi, India  |
|                                  | <b>Retreat Star</b>             |                        | Gulika 8:33AM – 9:53AM   | <b>Uttarashadha Until 2:37AM Sat</b> | Ganesha: Light Blue | Sunrise: 7:13AM                    | Sun 12 Sutra 285  |
|                                  | Dhanus Rasi: 29.07              | Tithi 30               | Yama 3:14PM – 4:35PM   | Vajra* Until 2:24AM Sat              | Muruqa: Clear       | Sunset: 5:55PM                     | Vikarin 5121      |
|                                  | 885623466                       | Rahu 11:14AM – 12:34PM |  | Catuspada Until 2:45PM               | Nataraja: Orange    |                                    | Moon 1 - Phase 39 |
| Routine Work                     | Marana Yoga                     |                        | <b>Amavasya* Until 3:14AM Sat</b>  | Moon – Light Blue                    |                     | Amavasya                           |                   |
| Until 2:37AM Sat                 |                                 |                        |  | <b>Pausha*Thai</b>                   |                     | <b>Bhuloka Day</b>                 |                   |
| Then Creative Work - Siddha Yoga |                                 |                        |  |                                      |                     | <b>Devaloka Time: 3:PM to 6:PM</b> |                   |

|                                 |                                   |                       |   |                                  |                     |                                    |                   |
|---------------------------------|-----------------------------------|-----------------------|---|----------------------------------|---------------------|------------------------------------|-------------------|
| ●                               | <b>Saturday, January 25, 2020</b> |                       | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam<br>Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau |                                  |                     |                                    | New Delhi, India  |
|                                 | <b>Retreat Star</b>               |                       | Gulika 7:12AM – 8:33AM  | <b>Shravana Until 4:38AM Sun</b> | Ganesha: Light Blue | Sunrise: 7:12AM                    | Sun 13 Sutra 286  |
|                                 | Makara Rasi: 11.4                 | Tithi 1               | Yama 1:55PM – 3:15PM  | Siddhi Until 2:16AM Sun          | Muruqa: Clear       | Sunset: 5:56PM                     | Vikarin 5121      |
|                                 | 995623466                         | Rahu 9:53AM – 11:14AM |   | Kintughna Until 3:53PM           | Nataraja: Orange    |                                    | Moon 1 - Phase 39 |
| Creative Work                   | Siddha Yoga                       |                       | <b>Prathama* Until 4:35AM Sun</b>   | Moon – Purple                    |                     | Prathama                           |                   |
| Until 4:38AM Sun                |                                   |                       |   | <b>Magha*Thai</b>                |                     | <b>Bhuloka Day</b>                 |                   |
| Then Routine Work - Marana Yoga |                                   |                       |   |                                  |                     | <b>Devaloka Time: 3:PM to 6:PM</b> |                   |

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

|                                  |             |                                       |                                    |  |                        |  |                     |  |
|----------------------------------|-------------|---------------------------------------|------------------------------------|--|------------------------|--|---------------------|--|
| <b>1</b>                         |             | <b>Sunday, January 26, 2020</b>       |                                    | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau |                        |  |                     | New Delhi, India<br>Sun 14 Sutra 287<br>Vikarin 5121 |
| Makara Rasi: 24.01               | Tithi 2     | <b>Gulika</b> 3:15PM – 4:36PM         | <b>Dhanishtha</b> Until 6:51AM Mon | <b>Ganesha:</b> Orange   | <i>Sunrise:</i> 7:12AM |  |                     |  |
|                                  |             | Yama 12:34PM – 1:55PM                 | Vyatipata* Until 2:27AM Mon        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:57PM  |  | Moon 1 - Phase 40   |  |
|                                  |             | 995723466 <b>Rahu</b> 4:36PM – 5:57PM | Balava Until 5:26PM                | <b>Nataraja:</b> Orange  |                        |  | 3rd Phase           |  |
| Routine Work                     | Marana Yoga |                                       | <b>Dvitiya</b> Until 6:20AM Mon    | Moon – Purple  |                        |  | <b>Devaloka Day</b> |  |
| Until 6:51AM Mon                 |             |                                       |                                    | <b>Magha-Thai</b>  |                        |  |                     |  |
| Then Creative Work - Siddha Yoga |             |                                       |                                    |  |                        |  |                     |  |

|                     |             |                                       |                                |  |                        |  |                     |  |
|---------------------|-------------|---------------------------------------|--------------------------------|--|------------------------|--|---------------------|--|
| <b>2</b>            |             | <b>Monday, January 27, 2020</b>       |                                | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Variyan Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |                        |  |                     | New Delhi, India<br>Sun 15 Sutra 288<br>Vikarin 5121 |
| Kumbha Rasi: 6.13   | Tithi 2 – 3 | <b>Gulika</b> 1:55PM – 3:16PM         | <b>Dhanishtha</b> Until 6:51AM | <b>Ganesha:</b> Orange   | <i>Sunrise:</i> 7:12AM |  |                     |  |
| Family Home Evening |             | Yama 11:14AM – 12:35PM                | Variyan Until 2:53AM Tue       | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:57PM  |  | Moon 1 - Phase 40   |  |
|                     |             | 995723466 <b>Rahu</b> 8:32AM – 9:53AM | Taitila Until 7:22PM           | <b>Nataraja:</b> Orange  |                        |  | 3rd Phase           |  |
| Creative Work       | Siddha Yoga |                                       | <b>Dvitiya</b> Until 6:20AM    | Moon – Purple  |                        |  | <b>Devaloka Day</b> |  |
|                     |             |                                       |                                | <b>Magha-Thai</b>  |                        |  |                     |  |

|                    |             |                                       |                                  |   |                        |  |                     |  |
|--------------------|-------------|---------------------------------------|----------------------------------|---|------------------------|--|---------------------|--|
| <b>3</b>           |             | <b>Tuesday, January 28, 2020</b>      |                                  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Shatabhishak/Purvaproshtapada* Nakshatra Parigha* Yoga Gara/Vanija Karana Tritiya/Chaturthayam Titau |                        |  |                     | New Delhi, India<br>Sun 16 Sutra 289<br>Vikarin 5121 |
| Kumbha Rasi: 18.17 | Tithi 3 – 4 | <b>Gulika</b> 12:35PM – 1:56PM        | <b>Shatabhishak</b> Until 9:15AM | <b>Ganesha:</b> Orange  | <i>Sunrise:</i> 7:11AM |  |                     |  |
|                    |             | Yama 9:53AM – 11:14AM                 | Parigha* Until 3:32AM Wed        | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:58PM  |  | Moon 1 - Phase 40   |  |
|                    |             | 995723466 <b>Rahu</b> 3:16PM – 4:37PM | Vanija Until 9:36PM              | <b>Nataraja:</b> Orange   |                        |  | 3rd Phase           |  |
| Routine Work       | Marana Yoga |                                       | <b>Tritiya</b> Until 8:26AM      | Moon – Purple   |                        |  | <b>Devaloka Day</b> |  |
|                    |             |                                       |                                  | <b>Magha-Thai</b>   |                        |  |                     |  |

|                                  |             |  |  |   |                        |  |                     |  |
|----------------------------------|-------------|--|--|---|------------------------|--|---------------------|--|
| <b>4</b>                         |             | <b>Wednesday, January 29, 2020</b>     |  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvaproshtapada*Uttaraproshtapada Nakshatra Shiva Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau |                        |  |                     | New Delhi, India<br>Sun 17 Sutra 290<br>Vikarin 5121 |
| Meena Rasi: 0.14                 | Tithi 4 – 5 | <b>Gulika</b> 11:14AM – 12:35PM        | <b>Purvaproshtapada*</b> Until 12:14PM | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 7:11AM |  |                     |  |
|                                  |             | Yama 8:32AM – 9:53AM                   | Shiva Until 4:21AM Thu                 | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:59PM  |  | Moon 1 - Phase 40   |  |
|                                  |             | 915723466 <b>Rahu</b> 12:35PM – 1:56PM | Bava Until 12:04AM Thu                 | <b>Nataraja:</b> Orange   |                        |  | 3rd Phase           |  |
| Creative Work                    | Amrita Yoga |  | <b>Chaturthi*</b> Until 10:48AM        | Moon – Clear  |                        |  | <b>Sivaloka Day</b> |  |
| Until 12:14PM                    |             |  |  | <b>Magha-Thai</b>   |                        |  |                     |  |
| Then Creative Work - Siddha Yoga |             |  |  |   |                        |  |                     |  |

|                   |             |                                       |                                       |  |                        |  |                     |  |
|-------------------|-------------|---------------------------------------|---------------------------------------|--|------------------------|--|---------------------|--|
| <b>5</b>          |             | <b>Thursday, January 30, 2020</b>     |                                       | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam<br>Uttaraproshtapada/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashtiyam Titau |                        |  |                     | New Delhi, India<br>Sun 18 Sutra 291<br>Vikarin 5121 |
| Meena Rasi: 12.07 | Tithi 5 – 6 | <b>Gulika</b> 9:53AM – 11:14AM        | <b>Uttaraproshtapada</b> Until 3:11PM | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 7:10AM |  |                     |  |
|                   |             | Yama 7:10AM – 8:31AM                  | Siddha Until 5:10AM Fri               | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:00PM  |  | Moon 1 - Phase 40   |  |
|                   |             | 915723466 <b>Rahu</b> 1:56PM – 3:17PM | Kaulava Until 2:36AM Fri              | <b>Nataraja:</b> Orange  |                        |  | 3rd Phase           |  |
| Creative Work     | Siddha Yoga |                                       | <b>Panchami</b> Until 1:19PM          | Moon – Clear   |                        |  | <b>Sivaloka Day</b> |  |
|                   |             |                                       |                                       | <b>Magha-Thai</b>  |                        |  |                     |  |

|                                  |             |   |                               |  |                        |  |                     |  |
|----------------------------------|-------------|---|-------------------------------|--|------------------------|--|---------------------|--|
| <b>6</b>                         |             | <b>Friday, January 31, 2020</b>         |                               | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Revati/Ashvini Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |                        |  |                     | New Delhi, India<br>Sun 19 Sutra 292<br>Vikarin 5121 |
| Meena Rasi: 23.59                | Tithi 6 – 7 | <b>Gulika</b> 8:31AM – 9:52AM           | <b>Revati</b> Until 5:56PM    | <b>Ganesha:</b> Orange   | <i>Sunrise:</i> 7:10AM |  |                     |  |
|                                  |             | Yama 3:18PM – 4:39PM                    | Sadhya Until 5:55AM Sat       | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:01PM  |  | Moon 1 - Phase 40   |  |
|                                  |             | 916723466 <b>Rahu</b> 11:14AM – 12:35PM | Gara Until 5:02AM Sat         | <b>Nataraja:</b> Orange  |                        |  | 3rd Phase           |  |
| Creative Work                    | Siddha Yoga |   | <b>Shashthi*</b> Until 3:49PM | Moon – Clear   |                        |  | <b>Devaloka Day</b> |  |
| Until 5:56PM                     |             |   |                               | <b>Magha-Thai</b>  |                        |  |                     |  |
| Then Creative Work - Amrita Yoga |             |   |                               |  |                        |  |                     |  |

|                     |             |  |                             |   |                        |  |                             |  |
|---------------------|-------------|--|-----------------------------|---|------------------------|--|-----------------------------|--|
| <b>Retreat Star</b> |             | <b>Saturday, February 1, 2020</b>      |                             | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashvini Nakshatra Subha Yoga Vanija Karana Saptamyam Titau |                        |  |                             | New Delhi, India<br>Sun 20 Sutra 293<br>Vikarin 5121 |
| Mesha Rasi: 5.54    | Tithi 7     | <b>Gulika</b> 7:10AM – 8:31AM          | <b>Ashvini</b> Until 8:50PM | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 7:10AM |  |                             |  |
|                     |             | Yama 1:57PM – 3:18PM                   | Subha Until 6:27AM Sun      | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:01PM  |  | Moon 1 - Phase 40           |  |
|                     |             | 926723466 <b>Rahu</b> 9:52AM – 11:14AM | Vanija Until 6:08PM         | <b>Nataraja:</b> Orange   |                        |  | 3rd Phase                   |  |
| Creative Work       | Siddha Yoga |  | <b>Saptami</b> Until 6:08PM | Moon – White  |                        |  | <b>Bhuloka Day</b>          |  |
|                     |             |  |                             | <b>Magha-Thai</b>   |                        |  | Devaloka Time: 3:PM to 6:PM |  |

|                                  |                    |                                       |                              |  |                        |  |                             |  |
|----------------------------------|--------------------|---------------------------------------|------------------------------|--|------------------------|--|-----------------------------|--|
| <b>Retreat Star</b>              |                    | <b>Sunday, February 2, 2020</b>       |                              | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Bharani Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau |                        |  |                             | New Delhi, India<br>Sun 21 Sutra 294<br>Vikarin 5121 |
| Mesha Rasi: 17.56                | Tithi 8            | <b>Gulika</b> 3:18PM – 4:40PM         | <b>Bharani</b> Until 11:09PM | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 7:09AM |  |                             |  |
|                                  |                    | Yama 12:35PM – 1:57PM                 | Subha Until 6:27AM           | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:01PM  |  | Moon 1 - Phase 40           |  |
|                                  |                    | 926723466 <b>Rahu</b> 4:40PM – 6:01PM | Visti Until 7:10AM           | <b>Nataraja:</b> Orange  |                        |  | Ashtami                     |  |
| Routine Work                     | Prabalarishta Yoga |                                       | <b>Ashtami*</b> Until 8:02PM | Moon – White   |                        |  | <b>Bhuloka Day</b>          |  |
| Until 11:09PM                    |                    |                                       |                              | <b>Magha-Thai</b>  |                        |  | Devaloka Time: 3:PM to 6:PM |  |
| Then Creative Work - Siddha Yoga |                    |                                       |                              |  |                        |  |                             |  |

|                                  |             |                                       |                                   |   |                        |  |                             |  |
|----------------------------------|-------------|---------------------------------------|-----------------------------------|---|------------------------|--|-----------------------------|--|
| <b>Retreat Star</b>              |             | <b>Monday, February 3, 2020</b>       |                                   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam<br>Krittika Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau |                        |  |                             | New Delhi, India<br>Sun 22 Sutra 295<br>Vikarin 5121 |
| Vrishabha Rasi: 0.1              | Tithi 9     | <b>Gulika</b> 1:57PM – 3:19PM         | <b>Krittika</b> Until 12:42AM Tue | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 7:09AM |  |                             |  |
| Family Home Evening              |             | Yama 11:14AM – 12:35PM                | Sukla Until 6:35AM                | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:02PM  |  | Moon 1 - Phase 40           |  |
|                                  |             | 926723466 <b>Rahu</b> 8:30AM – 9:52AM | Balava Until 8:48AM               | <b>Nataraja:</b> Orange   |                        |  | Navami                      |  |
| Routine Work                     | Marana Yoga |                                       | <b>Navami*</b> Until 9:20PM       | Moon – White  |                        |  | <b>Bhuloka Day</b>          |  |
| Until 12:42AM Tue                |             |                                       |                                   | <b>Magha-Thai</b>   |                        |  | Devaloka Time: 3:PM to 6:PM |  |
| Then Creative Work - Amrita Yoga |             |                                       |                                   |   |                        |  |                             |  |

|                                  |             |                                  |                                |   |                        |                                      |  |
|----------------------------------|-------------|----------------------------------|--------------------------------|---|------------------------|--------------------------------------|--|
| <b>1</b>                         |             | <b>Tuesday, February 4, 2020</b> |                                | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau |                        | New Delhi, India<br>Sun 23 Sutra 296 |  |
| Wishabha Rasi: 12.42             | Tithi 10    | <b>Gulika</b> 12:36PM – 1:57PM   | <b>Rohini Until 1:50AM Wed</b> | <b>Ganesha:</b> Red   | <i>Sunrise:</i> 7:08AM | Vikarin 5121                         |  |
|                                  |             | Yama 9:52AM – 11:14AM            | Brahma Until 6:12AM            | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:03PM  | Moon 1 - Phase 41                    |  |
|                                  | 936723467   | <b>Rahu</b> 3:19PM – 4:41PM      | Taitila Until 9:43AM           | <b>Nataraja:</b> Clear  |                        | 4th Phase                            |  |
| Creative Work                    | Amrita Yoga |                                  | <b>Dashami Until 9:51PM</b>    | Moon – Yellow   |                        | <b>Devaloka Day</b>                  |  |
| Until 1:50AM Wed                 |             |                                  |                                | <b>Magha-Thai</b>   |                        |                                      |  |
| Then Creative Work - Siddha Yoga |             |                                  |                                |   |                        |                                      |  |

|                                 |             |                                    |                                    |   |                        |                                      |  |
|---------------------------------|-------------|------------------------------------|------------------------------------|---|------------------------|--------------------------------------|--|
| <b>2</b>                        |             | <b>Wednesday, February 5, 2020</b> |                                    | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira Nakshatra Vaidhriti* Yoga Vanija/Visli* Karana Ekadashyam Titau |                        | New Delhi, India<br>Sun 24 Sutra 297 |  |
| Wishabha Rasi: 25.35            | Tithi 11    | <b>Gulika</b> 11:14AM – 12:36PM    | <b>Mrigashira Until 1:59AM Thu</b> | <b>Ganesha:</b> Red   | <i>Sunrise:</i> 7:07AM | Vikarin 5121                         |  |
|                                 |             | Yama 8:30AM – 9:52AM               | Vaidhriti* Until 3:35AM Thu        | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:04PM  | Moon 1 - Phase 41                    |  |
|                                 | 936723467   | <b>Rahu</b> 12:36PM – 1:58PM       | Vanija Until 9:49AM                | <b>Nataraja:</b> Clear  |                        | 4th Phase                            |  |
| Creative Work                   | Siddha Yoga |                                    | <b>Ekadashi Until 9:32PM</b>       | Moon – Yellow   |                        | <b>Devaloka Day</b>                  |  |
| Until 1:59AM Thu                |             |                                    |                                    | <b>Magha-Thai</b>   |                        |                                      |  |
| Then Routine Work - Marana Yoga |             |                                    |                                    |   |                        |                                      |  |

|                                  |             |                                   |                               |  |                        |                                      |  |
|----------------------------------|-------------|-----------------------------------|-------------------------------|--|------------------------|--------------------------------------|--|
| <b>3</b>                         |             | <b>Thursday, February 6, 2020</b> |                               | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvadashyam Titau |                        | New Delhi, India<br>Sun 25 Sutra 298 |  |
| Mithuna Rasi: 8.55               | Tithi 12    | <b>Gulika</b> 9:51AM – 11:14AM    | <b>Ardra Until 1:11AM Fri</b> | <b>Ganesha:</b> Red  | <i>Sunrise:</i> 7:07AM | Vikarin 5121                         |  |
|                                  |             | Yama 7:07AM – 8:29AM              | Vishkambha* Until 1:18AM Fri  | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:05PM  | Moon 1 - Phase 41                    |  |
|                                  | 936723467   | <b>Rahu</b> 1:58PM – 3:20PM       | Bava Until 9:05AM             | <b>Nataraja:</b> Clear   |                        | 4th Phase                            |  |
| Routine Work                     | Marana Yoga |                                   | <b>Dvadashi Until 8:24PM</b>  | Moon – Yellow  |                        | <b>Devaloka Day</b>                  |  |
| Until 1:11AM Fri                 |             |                                   |                               | <b>Magha-Thai</b>  |                        |                                      |  |
| Then Creative Work - Siddha Yoga |             |                                   |                               |  |                        |                                      |  |

|                                 |             |                                 |                                |   |                        |                                      |  |
|---------------------------------|-------------|---------------------------------|--------------------------------|---|------------------------|--------------------------------------|--|
| <b>4</b>                        |             | <b>Friday, February 7, 2020</b> |                                | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Punarvasu Nakshatra Priti Yoga Kaulava/Taitila Karana Trayodashyam Titau |                        | New Delhi, India<br>Sun 26 Sutra 299 |  |
| Mithuna Rasi: 22.43             | Tithi 13    | <b>Gulika</b> 8:29AM – 9:51AM   | <b>Punarvasu Until 11:58PM</b> | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 7:06AM | Vikarin 5121                         |  |
|                                 |             | Yama 3:21PM – 4:43PM            | Priti Until 10:27PM            | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:05PM  | Moon 1 - Phase 41                    |  |
|                                 | 947723467   | <b>Rahu</b> 11:13AM – 12:36PM   | Kaulava Until 7:33AM           | <b>Nataraja:</b> Clear  |                        | 4th Phase                            |  |
| Creative Work                   | Siddha Yoga |                                 | <b>Trayodashi Until 6:30PM</b> | Moon – Blue   |                        | <b>Bhuloka Day</b>                   |  |
| Until 11:58PM                   |             |                                 |                                | <b>Magha-Thai</b>   |                        | Devaloka Time: 3:PM to 6:PM          |  |
| Then Routine Work - Marana Yoga |             |                                 |                                |   |                        |                                      |  |
|                                 |             |                                 |                                |   |                        | <i>Pradosha Vrata</i>                |  |

|                                 |               |                                   |                                  |   |                        |                                      |  |
|---------------------------------|---------------|-----------------------------------|----------------------------------|---|------------------------|--------------------------------------|--|
| <b>5</b>                        |               | <b>Saturday, February 8, 2020</b> |                                  | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam<br>Pushya Nakshatra Ayushman Yoga Vanija/Visli* Karana Chaturdashi/Purnimayam Titau |                        | New Delhi, India<br>Sun 27 Sutra 300 |  |
| Kataka Rasi: 6.56               | Tithi 14 – 15 | <b>Gulika</b> 7:06AM – 8:28AM     | <b>Pushya Until 10:01PM</b>      | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 7:06AM | Vikarin 5121                         |  |
|                                 |               | Yama 1:58PM – 3:21PM              | Ayushman Until 7:06PM            | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:06PM  | Moon 1 - Phase 41                    |  |
|                                 | 947723467     | <b>Rahu</b> 9:51AM – 11:13AM      | Visli Until 2:33AM Sun           | <b>Nataraja:</b> Clear  |                        | 4th Phase                            |  |
| Creative Work                   | Siddha Yoga   |                                   | <b>Chaturdashi* Until 3:59PM</b> | Moon – Blue   |                        | <b>Bhuloka Day</b>                   |  |
| Until 10:01PM                   |               | <b>Thai Pusam</b>                 |                                  | <b>Magha-Thai</b>   |                        | Devaloka Time: 3:PM to 6:PM          |  |
| Then Routine Work - Marana Yoga |               |                                   |                                  |   |                        |                                      |  |

|                                 |               |                                 |                               |  |                        |                               |  |
|---------------------------------|---------------|---------------------------------|-------------------------------|--|------------------------|-------------------------------|--|
| <b>○</b>                        |               | <b>Sunday, February 9, 2020</b> |                               | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                        | New Delhi, India<br>Sutra 301 |  |
| <b>Copper Retreat Star</b>      |               | <b>Gulika</b> 3:21PM – 4:44PM   | <b>Ashlesha* Until 7:31PM</b> | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 7:05AM | Vikarin 5121                  |  |
| Kataka Rasi: 21.33              | Tithi 15 – 16 | Yama 12:36PM – 1:59PM           | Saubhagya Until 3:24PM        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:07PM  | Moon 1 - Phase 41             |  |
|                                 | 947723467     | <b>Rahu</b> 4:44PM – 6:07PM     | Balava Until 11:24PM          | <b>Nataraja:</b> Clear   |                        | Purnima                       |  |
| Creative Work                   | Siddha Yoga   |                                 | <b>Purnima* Until 1:00PM</b>  | Moon – Blue  |                        | <b>Bhuloka Day</b>            |  |
| Until 7:31PM                    |               |                                 |                               | <b>Magha-Thai</b>  |                        | Devaloka Time: 3:PM to 6:PM   |  |
| Then Routine Work - Marana Yoga |               |                                 |                               |  |                        |                               |  |

|                                  |               |                                  |                               |  |                        |                               |  |
|----------------------------------|---------------|----------------------------------|-------------------------------|--|------------------------|-------------------------------|--|
| <b>○</b>                         |               | <b>Monday, February 10, 2020</b> |                               | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Sobhana/Alhiganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau |                        | New Delhi, India<br>Sutra 302 |  |
| <b>Silver Retreat Star</b>       |               | <b>Gulika</b> 1:59PM – 3:22PM    | <b>Magha* Until 5:03PM</b>    | <b>Ganesha:</b> Red  | <i>Sunrise:</i> 7:04AM | Vikarin 5121                  |  |
| Simha Rasi: 6.25                 | Tithi 16 – 17 | Yama 11:13AM – 12:36PM           | Sobhana Until 11:29AM         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:08PM  | Moon 1 - Phase 41             |  |
| <b>Family Home Evening</b>       | 957723467     | <b>Rahu</b> 8:27AM – 9:50AM      | Taitila Until 8:01PM          | <b>Nataraja:</b> Clear   |                        | Prathama                      |  |
| Routine Work                     | Marana Yoga   |                                  | <b>Prathama* Until 9:43AM</b> | Moon – Red   |                        | <b>Devaloka Day</b>           |  |
| Until 5:03PM                     |               |                                  |                               | <b>Magha-Thai</b>  |                        |                               |  |
| Then Creative Work - Siddha Yoga |               |                                  |                               |  |                        |                               |  |





Tuesday, February 11, 2020

Gold Retreat Star

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

New Delhi, India

Sun 1 Sutra 303

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Simha Rasi: 21.25 Tithi 17 - 18

957723467

Gulika

12:36PM - 1:59PM

Yama

9:50AM - 11:13AM

Rahu

3:22PM - 4:45PM

Purvaphalguni Until 2:22PM

Athiganda\* Until 7:26AM

Visti Until 2:54AM Wed

Dvitiya Until 6:17AM

Ganesha: Red

Sunrise: 7:03AM

Muruqa: Clear

Sunset: 6:09PM

Nataraja: Clear

Moon - Red

Magha\*Thai

Devaloka Day

Creative Work Siddha Yoga

Until 2:22PM

Then Creative Work - Amrita Yoga

1

Wednesday, February 12, 2020

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

New Delhi, India

Sun 2 Sutra 304

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 6.24 Tithi 19

957723467

Gulika

11:13AM - 12:36PM

Yama

8:26AM - 9:49AM

Rahu

12:36PM - 1:59PM

Uttaraphalguni Until 11:38AM

Dhriti Until 11:37PM

Bava Until 1:17PM

Chaturthi\* Until 11:41PM

Ganesha: Red

Sunrise: 7:03AM

Muruqa: Clear

Sunset: 6:09PM

Nataraja: Clear

Moon - Red

Magha\*Thai

Devaloka Day

Creative Work Amrita Yoga

Until 11:38AM

Then Routine Work - Marana Yoga

2

Thursday, February 13, 2020

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

New Delhi, India

Sun 3 Sutra 305

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 21.13 Tithi 20

967723467

Gulika

9:49AM - 11:12AM

Yama

7:02AM - 8:25AM

Rahu

1:59PM - 3:23PM

Hasta Until 9:26AM

Shula\* Until 8:02PM

Kaulava Until 10:13AM

Panchami Until 8:49PM

Ganesha: Green

Sunrise: 7:02AM

Muruqa: Clear

Sunset: 6:10PM

Nataraja: Clear

Moon - Green

Magha\*Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Routine Work Marana Yoga

Until 9:26AM

Then Creative Work - Siddha Yoga

3

Friday, February 14, 2020

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

New Delhi, India

Sun 4 Sutra 306

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Tula Rasi: 5.46 Tithi 21

968723467

Gulika

8:25AM - 9:49AM

Yama

3:23PM - 4:47PM

Rahu

11:12AM - 12:36PM

Chitra Until 7:28AM

Ganda\* Until 4:50PM

Gara Until 7:33AM

Shashthi\* Until 6:23PM

Ganesha: White

Sunrise: 7:01AM

Muruqa: Clear

Sunset: 6:11PM

Nataraja: Clear

Moon - Green

Magha\*Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

4

Saturday, February 15, 2020

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

New Delhi, India

Sun 5 Sutra 307

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Tula Rasi: 19.58 Tithi 22 - 23

968723467

Gulika

7:00AM - 8:24AM

Yama

2:00PM - 3:24PM

Rahu

9:48AM - 11:12AM

Vishakha Until 5:09AM Sun

Vriddhi Until 2:05PM

Balava Until 3:49AM Sun

Saptami Until 4:31PM

Ganesha: White

Sunrise: 7:00AM

Muruqa: Clear

Sunset: 6:12PM

Nataraja: Clear

Moon - Green

Magha\*Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Until 5:09AM Sun

Then Routine Work - Marana Yoga

5

Sunday, February 16, 2020

Retreat Star

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

New Delhi, India

Sun 6 Sutra 308

Vikarin 5121

Moon 2 - Phase 42

Ashtami

Vrischika Rasi: 3.49 Tithi 23 - 24

978723467

Gulika

3:24PM - 4:48PM

Yama

12:36PM - 2:00PM

Rahu

4:48PM - 6:12PM

Anuradha Until 4:53AM Mon

Dhruva Until 11:47AM

Taitila Until 2:52AM Mon

Ashtami\* Until 3:14PM

Ganesha: Clear

Sunrise: 6:59AM

Muruqa: Clear

Sunset: 6:12PM

Nataraja: Clear

Moon - Orange

Magha\*Masi

Devaloka Day

Routine Work Marana Yoga

Until 4:53AM Mon

Then Creative Work - Siddha Yoga

Monday, February 17, 2020

Retreat Star

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam  
Jyeshtha\* Nakshatra Vyaghata\*/Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau

New Delhi, India

Sun 7 Sutra 309

Vikarin 5121

Moon 2 - Phase 42

Navami

Vrischika Rasi: 17.17 Tithi 24 - 25

978723467

Gulika

2:00PM - 3:24PM

Yama

11:12AM - 12:36PM

Rahu

8:23AM - 9:47AM

Jyeshtha\* Until 5:03AM Tue

Vyaghata\* Until 10:00AM

Vanija Until 2:31AM Tue

Navami\* Until 2:36PM

Ganesha: Clear

Sunrise: 6:59AM

Muruqa: Clear

Sunset: 6:13PM

Nataraja: Clear

Moon - Orange

Magha\*Masi

Devaloka Day

Creative Work Siddha Yoga

Until 5:03AM Tue

Then Creative Work - Amrita Yoga

He is God, hidden in all beings, their inmost soul who is in all. He watches the works of creation, lives in all things, watches all things. He is pure consciousness, beyond the three conditions of nature. Krishna Yajur Veda

All times are standard time

www.gurudeva.org/panchang

|          |                                   |               |  |                                      |   |  |  |
|----------|-----------------------------------|---------------|--|--------------------------------------|---|--|--|
| <b>1</b> | <b>Tuesday, February 18, 2020</b> |               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Mula* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau |                                      |   |  | New Delhi, India   |
|          | Dhanus Rasi: 0.25                 | Tithi 26 – 26 | 988723467  | <b>Gulika</b><br>Yama<br><b>Rahu</b> | 12:36PM – 2:00PM<br>9:47AM – 11:11AM<br>3:25PM – 4:49PM | <b>Mula* Until 6:06AM Wed</b><br>Harshana Until 8:42AM<br>Bava Until 2:46AM Wed<br><b>Dashami Until 2:33PM</b> | Sun 8<br>Sutra 310<br>Vikarin 5121<br>Moon 2 - Phase 43<br>2nd Phase                   |
|          | Creative Work                     | Amrita Yoga   |  |                                      |   | Ganesha: Purple<br>Muruqa: Clear<br>Nataraja: Clear<br>Moon – Light Blue<br>Magha-Masi                         | Sunrise: 6:58AM<br>Sunset: 6:14PM<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

|          |                                     |               |   |                                      |  |   |  |
|----------|-------------------------------------|---------------|---|--------------------------------------|--|---|--|
| <b>2</b> | <b>Wednesday, February 19, 2020</b> |               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau |                                      |  |   | New Delhi, India   |
|          | Dhanus Rasi: 13.16                  | Tithi 26 – 27 | 988723467   | <b>Gulika</b><br>Yama<br><b>Rahu</b> | 11:11AM – 12:36PM<br>8:22AM – 9:46AM<br>12:36PM – 2:00PM | <b>Mula* Until 6:06AM</b><br>Vajra* Until 7:49AM<br>Kaulava Until 3:31AM Thu<br><b>Ekadashi* Until 3:04PM</b> | Sun 9<br>Sutra 311<br>Vikarin 5121<br>Moon 2 - Phase 43<br>2nd Phase                   |
|          | Routine Work                        | Marana Yoga   |   |                                      |  | Ganesha: Purple<br>Muruqa: Clear<br>Nataraja: Clear<br>Moon – Light Blue<br>Magha-Masi                        | Sunrise: 6:57AM<br>Sunset: 6:14PM<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

|          |                                    |               |  |                                      |  |   |  |
|----------|------------------------------------|---------------|--|--------------------------------------|--|---|--|
| <b>3</b> | <b>Thursday, February 20, 2020</b> |               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Siddhi/Vyatlipata* Yoga Taitila/Gara Karana Dvodashi/Trayodashyam Titau |                                      |  |   | New Delhi, India   |
|          | Dhanus Rasi: 25.53                 | Tithi 27 – 28 | 989823467  | <b>Gulika</b><br>Yama<br><b>Rahu</b> | 9:46AM – 11:11AM<br>6:56AM – 8:21AM<br>2:00PM – 3:25PM | <b>Purvashadha* Until 7:28AM</b><br>Siddhi Until 7:19AM<br>Gara Until 4:42AM Fri<br><b>Dvodashi* Until 4:02PM</b> | Sun 10<br>Sutra 312<br>Vikarin 5121<br>Moon 2 - Phase 43<br>2nd Phase                  |
|          | Creative Work                      | Siddha Yoga   |  |                                      |  | Ganesha: Purple<br>Muruqa: Clear<br>Nataraja: Clear<br>Moon – Light Blue<br>Magha-Masi                            | Sunrise: 6:56AM<br>Sunset: 6:15PM<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

|          |                                  |               |  |                                      |   |   |  |
|----------|----------------------------------|---------------|--|--------------------------------------|---|---|--|
| <b>4</b> | <b>Friday, February 21, 2020</b> |               | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Vyatlipata*/Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |                                      |   |   | New Delhi, India   |
|          | Makara Rasi: 8.19                | Tithi 28 – 29 | 989823467  | <b>Gulika</b><br>Yama<br><b>Rahu</b> | 8:20AM – 9:45AM<br>3:26PM – 4:51PM<br>11:10AM – 12:35PM | <b>Uttarashadha Until 9:05AM</b><br>Vyatlipata* Until 7:10AM<br>Visti Until 6:15AM Sat<br><b>Trayodashi* Until 5:25PM</b> | Sun 11<br>Sutra 313<br>Vikarin 5121<br>Moon 2 - Phase 43<br>2nd Phase                  |
|          | Routine Work                     | Marana Yoga   |  |                                      |   | Ganesha: Purple<br>Muruqa: Clear<br>Nataraja: Clear<br>Moon – Light Blue<br>Magha-Masi                                    | Sunrise: 6:55AM<br>Sunset: 6:16PM<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

|          |                                    |             |   |                                      |  |   |  |
|----------|------------------------------------|-------------|---|--------------------------------------|--|---|--|
| <b>5</b> | <b>Saturday, February 22, 2020</b> |             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                                      |  |   | New Delhi, India   |
|          | Makara Rasi: 20.35                 | Tithi 29    | 999823467   | <b>Gulika</b><br>Yama<br><b>Rahu</b> | 6:54AM – 8:19AM<br>2:01PM – 3:26PM<br>9:45AM – 11:10AM | <b>Shravana Until 11:22AM</b><br>Variyan Until 7:15AM<br>Visti Until 6:15AM<br><b>Chaturdashi* Until 7:07PM</b> | Sun 12<br>Sutra 314<br>Vikarin 5121<br>Moon 2 - Phase 43<br>2nd Phase                  |
|          | Creative Work                      | Siddha Yoga |   |                                      |  | Ganesha: Light Blue<br>Muruqa: Clear<br>Nataraja: Clear<br>Moon – Purple<br>Magha-Masi                          | Sunrise: 6:54AM<br>Sunset: 6:16PM<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

|          |                                  |          |   |                                      |  |  |  |
|----------|----------------------------------|----------|---|--------------------------------------|--|--|--|
| <b>●</b> | <b>Sunday, February 23, 2020</b> |          | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                                      |  |  | New Delhi, India   |
|          | <b>Retreat Star</b>              |          |   | <b>Gulika</b><br>Yama<br><b>Rahu</b> | 3:26PM – 4:52PM<br>12:35PM – 2:01PM<br>4:52PM – 6:17PM | <b>Dhanishtha Until 1:46PM</b><br>Parigha* Until 7:34AM<br>Catuspada Until 8:06AM<br><b>Amavasya* Until 9:06PM</b> | Sun 13<br>Sutra 315<br>Vikarin 5121<br>Moon 2 - Phase 43<br>Amavasya                   |
|          | Kumbha Rasi: 2.45                | Tithi 30 | 999823467   |                                      |  | Ganesha: Light Blue<br>Muruqa: Clear<br>Nataraja: Clear<br>Moon – Purple<br>Magha-Masi                             | Sunrise: 6:53AM<br>Sunset: 6:17PM<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

|          |                                  |         |  |                                      |   |   |  |
|----------|----------------------------------|---------|--|--------------------------------------|---|---|--|
| <b>●</b> | <b>Monday, February 24, 2020</b> |         | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Shatabhishak*/Purvaprosithapada* Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau |                                      |   |   | New Delhi, India   |
|          | <b>Retreat Star</b>              |         |  | <b>Gulika</b><br>Yama<br><b>Rahu</b> | 2:01PM – 3:26PM<br>11:09AM – 12:35PM<br>8:18AM – 9:44AM | <b>Shatabhishak Until 4:13PM</b><br>Shiva Until 8:06AM<br>Kintughna Until 10:12AM<br><b>Prathama* Until 11:18PM</b> | Sun 14<br>Sutra 316<br>Vikarin 5121<br>Moon 2 - Phase 43<br>Prathama                   |
|          | Kumbha Rasi: 14.48               | Tithi 1 | 999823467  |                                      |   | Ganesha: Light Blue<br>Muruqa: Clear<br>Nataraja: Clear<br>Moon – Purple<br>Phalgun-Masi                            | Sunrise: 6:52AM<br>Sunset: 6:18PM<br><b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |

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

|                                  |         |                                       |                                       |   |  |
|----------------------------------|---------|---------------------------------------|---------------------------------------|---|--|
| <b>1</b>                         |         | <b>Tuesday, February 25, 2020</b>     |                                       | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau | New Delhi, India<br>Sun 15 Sutra 317<br>Vikarin 5121 |
| Kumbha Rasi: 26.46               | Tithi 2 | <b>Gulika</b> 12:35PM – 2:01PM        | <b>Purvaproshtapada* Until 7:11PM</b> | <b>Ganesha:</b> Orange <i>Sunrise: 6:51AM</i>   |  |
|                                  |         | Yama 9:43AM – 11:09AM                 | Siddha Until 8:45AM                   | <b>Muruḡa:</b> Clear <i>Sunset: 6:18PM</i>  | Moon 2 - Phase 44                                    |
|                                  |         | 919823467 <b>Rahu</b> 3:27PM – 4:53PM | Balava Until 12:30PM                  | <b>Nataraja:</b> Clear  | 3rd Phase  |
| Routine Work Marana Yoga         |         |                                       | <b>Dvitiya Until 1:41AM Wed</b>       | Moon – Clear  | <b>Devaloka Day</b>                                  |
| Until 7:11PM                     |         |                                       |                                       | <b>Phalguna-Masi</b>  |  |
| Then Creative Work - Amrita Yoga |         |                                       |                                       |   |  |

|                                 |         |  |  |  |  |
|---------------------------------|---------|--|--|--|--|
| <b>2</b>                        |         | <b>Wednesday, February 26, 2020</b>    |  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttaraproshtapada* Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Trityayam Titau | New Delhi, India<br>Sun 16 Sutra 318<br>Vikarin 5121 |
| Meena Rasi: 8.41                | Tithi 3 | <b>Gulika</b> 11:09AM – 12:35PM        | <b>Uttaraproshtapada Until 10:06PM</b> | <b>Ganesha:</b> Orange <i>Sunrise: 6:50AM</i>  |  |
|                                 |         | Yama 8:16AM – 9:43AM                   | Sadhya Until 9:32AM                    | <b>Muruḡa:</b> Clear <i>Sunset: 6:19PM</i>   | Moon 2 - Phase 44                                    |
|                                 |         | 919823467 <b>Rahu</b> 12:35PM – 2:01PM | Taitila Until 2:57PM                   | <b>Nataraja:</b> Clear   | 3rd Phase  |
| Creative Work Siddha Yoga       |         |  | <b>Tritiya Until 4:11AM Thu</b>        | Moon – Clear   | <b>Devaloka Day</b>                                  |
| Until 10:06PM                   |         |  |  | <b>Phalguna-Masi</b>   |  |
| Then Routine Work - Marana Yoga |         |  |  |  |  |

|                                  |         |   |                                    |   |  |
|----------------------------------|---------|---|------------------------------------|---|--|
| <b>3</b>                         |         | <b>Thursday, February 27, 2020</b>      |                                    | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau | New Delhi, India<br>Sun 17 Sutra 319<br>Vikarin 5121 |
| Meena Rasi: 20.34                | Tithi 4 | <b>Gulika</b> 9:42AM – 11:08AM          | <b>Revati Until 12:55AM Fri</b>    | <b>Ganesha:</b> Orange <i>Sunrise: 6:49AM</i>   |  |
|                                  |         | Yama 6:49AM – 8:16AM                    | Subha Until 10:25AM                | <b>Muruḡa:</b> Clear <i>Sunset: 6:20PM</i>  | Moon 2 - Phase 44                                    |
|                                  |         | 919823467 <b>Rahu</b> 2:01PM – 3:27PM   | Vanija Until 5:28PM                | <b>Nataraja:</b> Clear  | 3rd Phase  |
| Creative Work Siddha Yoga        |         |   | <b>Chaturthi* Until 6:42AM Fri</b> | Moon – Clear  | <b>Devaloka Day</b>                                  |
| Until 12:55AM Fri                |         |   |                                    | <b>Phalguna-Masi</b>  |  |
| Then Creative Work - Amrita Yoga |         | <b>Subramuniyaswami Siva Vision Day</b> |                                    |   |  |

|                                  |             |   |                                 |   |  |
|----------------------------------|-------------|---|---------------------------------|---|--|
| <b>4</b>                         |             | <b>Friday, February 28, 2020</b>        |                                 | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ashvini Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | New Delhi, India<br>Sun 18 Sutra 320<br>Vikarin 5121 |
| Mesha Rasi: 2.25                 | Tithi 4 – 5 | <b>Gulika</b> 8:15AM – 9:41AM           | <b>Ashvini Until 3:59AM Sat</b> | <b>Ganesha:</b> Purple <i>Sunrise: 6:48AM</i>   |  |
|                                  |             | Yama 3:27PM – 4:54PM                    | Sukla Until 11:15AM             | <b>Muruḡa:</b> Clear <i>Sunset: 6:20PM</i>  | Moon 2 - Phase 44                                    |
|                                  |             | 921823467 <b>Rahu</b> 11:08AM – 12:34PM | Bava Until 7:57PM               | <b>Nataraja:</b> Clear  | 3rd Phase  |
| Creative Work Amrita Yoga        |             |   | <b>Chaturthi* Until 6:42AM</b>  | Moon – White  | <b>Bhuloka Day</b>                                   |
| Until 3:59AM Sat                 |             |   |                                 | <b>Phalguna-Masi</b>  | <b>Devaloka Time: 3:PM to 6:PM</b>                   |
| Then Creative Work - Siddha Yoga |             |   |                                 |   |  |

|                           |             |  |                                 |   |  |
|---------------------------|-------------|--|---------------------------------|---|--|
| <b>5</b>                  |             | <b>Saturday, February 29, 2020</b>     |                                 | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Bharani Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | New Delhi, India<br>Sun 19 Sutra 321<br>Vikarin 5121 |
| Mesha Rasi: 14.19         | Tithi 5 – 6 | <b>Gulika</b> 6:47AM – 8:14AM          | <b>Bharani Until 6:40AM Sun</b> | <b>Ganesha:</b> Purple <i>Sunrise: 6:47AM</i>   |  |
|                           |             | Yama 2:01PM – 3:28PM                   | Brahma Until 12:01PM            | <b>Muruḡa:</b> Clear <i>Sunset: 6:21PM</i>  | Moon 2 - Phase 44                                    |
|                           |             | 921823467 <b>Rahu</b> 9:41AM – 11:08AM | Kaulava Until 10:15PM           | <b>Nataraja:</b> Clear  | 3rd Phase  |
| Creative Work Siddha Yoga |             |  | <b>Panchami Until 9:07AM</b>    | Moon – White  | <b>Bhuloka Day</b>                                   |
|                           |             |  |                                 | <b>Phalguna-Masi</b>  | <b>Devaloka Time: 3:PM to 6:PM</b>                   |

|                                  |             |                                       |                                |   |  |
|----------------------------------|-------------|---------------------------------------|--------------------------------|---|--|
| <b>6</b>                         |             | <b>Sunday, March 1, 2020</b>          |                                | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Bharani/Krittika Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | New Delhi, India<br>Sun 20 Sutra 322<br>Vikarin 5121 |
| Mesha Rasi: 26.19                | Tithi 6 – 7 | <b>Gulika</b> 3:28PM – 4:55PM         | <b>Bharani Until 6:40AM</b>    | <b>Ganesha:</b> Purple <i>Sunrise: 6:45AM</i>   |  |
|                                  |             | Yama 12:34PM – 2:01PM                 | Indra Until 12:35PM            | <b>Muruḡa:</b> Orange <i>Sunset: 6:22PM</i>   | Moon 2 - Phase 44                                    |
|                                  |             | 921833467 <b>Rahu</b> 4:55PM – 6:22PM | Gara Until 12:11AM Mon         | <b>Nataraja:</b> Clear  | 3rd Phase  |
| Routine Work Prabalarishta Yoga  |             |                                       | <b>Shashthi* Until 11:15AM</b> | Moon – White  | <b>Bhuloka Day</b>                                   |
| Until 6:40AM                     |             |                                       |                                | <b>Phalguna-Masi</b>  | <b>Devaloka Time: 3:PM to 6:PM</b>                   |
| Then Creative Work - Siddha Yoga |             |                                       |                                |   |  |

|                                  |             |                                       |                              |   |  |
|----------------------------------|-------------|---------------------------------------|------------------------------|---|--|
| <b>Retreat Star</b>              |             | <b>Monday, March 2, 2020</b>          |                              | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Krittika/Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | New Delhi, India<br>Sun 21 Sutra 323<br>Vikarin 5121 |
| Vrishabha Rasi: 8.29             | Tithi 7 – 8 | <b>Gulika</b> 2:01PM – 3:28PM         | <b>Krittika Until 8:46AM</b> | <b>Ganesha:</b> Purple <i>Sunrise: 6:44AM</i>   |  |
| <b>Family Home Evening</b>       |             | Yama 11:06AM – 12:34PM                | Vaidhriti* Until 12:44PM     | <b>Muruḡa:</b> Orange <i>Sunset: 6:23PM</i>   | Moon 2 - Phase 44                                    |
|                                  |             | 921833467 <b>Rahu</b> 8:12AM – 9:39AM | Visti Until 1:31AM Tue       | <b>Nataraja:</b> Clear  | Ashtami  |
| Routine Work Marana Yoga         |             |                                       | <b>Saptami Until 12:55PM</b> | Moon – White  | <b>Bhuloka Day</b>                                   |
| Until 8:46AM                     |             |                                       |                              | <b>Phalguna-Masi</b>  | <b>Devaloka Time: 3:PM to 6:PM</b>                   |
| Then Creative Work - Amrita Yoga |             |                                       |                              |   |  |

|                                  |             |                                       |                              |  |  |
|----------------------------------|-------------|---------------------------------------|------------------------------|--|--|
| <b>Retreat Star</b>              |             | <b>Tuesday, March 3, 2020</b>         |                              | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau | New Delhi, India<br>Sun 22 Sutra 324<br>Vikarin 5121 |
| Vrishabha Rasi: 20.55            | Tithi 8 – 9 | <b>Gulika</b> 12:33PM – 2:01PM        | <b>Rohini Until 10:34AM</b>  | <b>Ganesha:</b> Clear <i>Sunrise: 6:43AM</i>   |  |
|                                  |             | Yama 9:38AM – 11:06AM                 | Vishkambha* Until 12:24PM    | <b>Muruḡa:</b> Orange <i>Sunset: 6:24PM</i>  | Moon 2 - Phase 44                                    |
|                                  |             | 931833467 <b>Rahu</b> 3:29PM – 4:56PM | Balava Until 2:06AM Wed      | <b>Nataraja:</b> Clear   | Navami   |
| Creative Work Amrita Yoga        |             |                                       | <b>Ashtami* Until 1:53PM</b> | Moon – Yellow  | <b>Devaloka Day</b>                                  |
| Until 10:34AM                    |             |                                       |                              | <b>Phalguna-Masi</b>   |  |
| 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

|                                  |                               |                                 |                                       |  |                        |                                      |  |
|----------------------------------|-------------------------------|---------------------------------|---------------------------------------|--|------------------------|--------------------------------------|--|
| <b>1</b>                         |                               | <b>Wednesday, March 4, 2020</b> |                                       | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau  |                        | New Delhi, India<br>Sun 23 Sutra 325 |  |
| Mithuna Rasi: 3.43               | Tithi 9 – 10                  | <b>Gulika</b> 11:05AM – 12:33PM | <b>Mrigashira</b> Until 11:25AM       | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 6:42AM | Vikarin 5121                         |  |
|                                  |                               | Yama 8:10AM – 9:38AM            | Priti Until 11:27AM                   | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:24PM  | Moon 2 - Phase 45                    |  |
| 931833467                        | <b>Rahu</b> 12:33PM – 2:01PM  |                                 | Taitila Until 1:49AM Thu              | <b>Nataraja:</b> Clear   |                        | 4th Phase                            |  |
| Creative Work                    | Siddha Yoga                   |                                 | <b>Navami*</b> Until 2:03PM           | Moon – Yellow  |                        | <b>Devaloka Day</b>                  |  |
|                                  |                               |                                 |                                       | <b>Phalguna-Masi</b>   |                        |                                      |  |
| <b>2</b>                         |                               | <b>Thursday, March 5, 2020</b>  |                                       | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau  |                        | New Delhi, India<br>Sun 24 Sutra 326 |  |
| Mithuna Rasi: 16.56              | Tithi 10 – 11                 | <b>Gulika</b> 9:37AM – 11:05AM  | <b>Ardra</b> Until 11:17AM            | <b>Ganesha:</b> Red  | <i>Sunrise:</i> 6:41AM | Vikarin 5121                         |  |
|                                  |                               | Yama 6:41AM – 8:09AM            | Ayushman Until 9:48AM                 | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:25PM  | Moon 2 - Phase 45                    |  |
| 131833467                        | <b>Rahu</b> 2:01PM – 3:29PM   |                                 | Vanija Until 12:39AM Fri              | <b>Nataraja:</b> Clear   |                        | 4th Phase                            |  |
| Routine Work                     | Marana Yoga                   |                                 | <b>Dashami</b> Until 1:19PM           | Moon – Yellow  |                        | <b>Devaloka Day</b>                  |  |
| Until 11:17AM                    |                               |                                 |                                       | <b>Phalguna-Masi</b>   |                        |                                      |  |
| Then Creative Work - Amrita Yoga |                               |                                 |                                       |  |                        |                                      |  |
| <b>3</b>                         |                               | <b>Friday, March 6, 2020</b>    |                                       | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau |                        | New Delhi, India<br>Sun 25 Sutra 327 |  |
| Kataka Rasi: 0.38                | Tithi 11 – 12                 | <b>Gulika</b> 8:08AM – 9:36AM   | <b>Punarvasu</b> Until 10:35AM        | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 6:40AM | Vikarin 5121                         |  |
|                                  |                               | Yama 3:29PM – 4:57PM            | Saubhagya Until 7:28AM                | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:25PM  | Moon 2 - Phase 45                    |  |
| 141833467                        | <b>Rahu</b> 11:05AM – 12:33PM |                                 | Bava Until 10:40PM                    | <b>Nataraja:</b> Clear   |                        | 4th Phase                            |  |
| Creative Work                    | Siddha Yoga                   |                                 | <b>Ekadashi</b> Until 11:44AM         | Moon – Blue  |                        | <b>Bhuloka Day</b>                   |  |
| Until 10:35AM                    |                               |                                 |                                       | <b>Phalguna-Masi</b>   |                        | <b>Devaloka Time: 3:PM to 6:PM</b>   |  |
| Then Routine Work - Marana Yoga  |                               |                                 |                                       |  |                        |                                      |  |
| <b>4</b>                         |                               | <b>Saturday, March 7, 2020</b>  |                                       | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau  |                        | New Delhi, India<br>Sun 26 Sutra 328 |  |
| Kataka Rasi: 14.52               | Tithi 12 – 13                 | <b>Gulika</b> 6:39AM – 8:07AM   | <b>Pushya</b> Until 8:59AM            | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 6:39AM | Vikarin 5121                         |  |
|                                  |                               | Yama 2:01PM – 3:29PM            | Athiganda* Until 12:59AM Sun          | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:26PM  | Moon 2 - Phase 45                    |  |
| 141833467                        | <b>Rahu</b> 9:36AM – 11:04AM  |                                 | Kaulava Until 7:59PM                  | <b>Nataraja:</b> Clear   |                        | 4th Phase                            |  |
| Creative Work                    | Siddha Yoga                   |                                 | <b>Dvadashi</b> Until 9:23AM          | Moon – Blue  |                        | <b>Bhuloka Day</b>                   |  |
| Until 8:59AM                     |                               |                                 |                                       | <b>Phalguna-Masi</b>   |                        | <b>Devaloka Time: 3:PM to 6:PM</b>   |  |
| Then Routine Work - Marana Yoga  |                               |                                 |                                       |  |                        |                                      |  |
|                                  |                               |                                 |                                       |  |                        |                                      |  |
| <b>5</b>                         |                               | <b>Sunday, March 8, 2020</b>    |                                       | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Sukarma Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau  |                        | New Delhi, India<br>Sun 27 Sutra 329 |  |
| Kataka Rasi: 29.31               | Tithi 13 – 14                 | <b>Gulika</b> 3:29PM – 4:58PM   | <b>Ashlesha*</b> Until 6:37AM         | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 6:38AM | Vikarin 5121                         |  |
|                                  |                               | Yama 12:32PM – 2:01PM           | Sukarma Until 9:04PM                  | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:27PM  | Moon 2 - Phase 45                    |  |
| 141833467                        | <b>Rahu</b> 4:58PM – 6:27PM   |                                 | Vanija Until 2:57AM Mon               | <b>Nataraja:</b> Clear   |                        | 4th Phase                            |  |
| Creative Work                    | Siddha Yoga                   |                                 | <b>Trayodashi</b> Until 6:24AM        | Moon – Blue  |                        | <b>Bhuloka Day</b>                   |  |
| Until 6:37AM                     |                               | <b>Chidambaram Abhishekam</b>   |                                       | <b>Phalguna-Masi</b>   |                        | <b>Devaloka Time: 3:PM to 6:PM</b>   |  |
| Then Routine Work - Marana Yoga  |                               |                                 |                                       |  |                        |                                      |  |
| <b>Monday, March 9, 2020</b>     |                               | <b>Copper Retreat Star</b>      |                                       | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti/Bava Karana Purnimayam Titau                  |                        | New Delhi, India<br>Sutra 330        |  |
| Simha Rasi: 14.33                | Tithi 15                      | <b>Gulika</b> 2:01PM – 3:30PM   | <b>Purvaphalguni</b> Until 1:04AM Tue | <b>Ganesha:</b> White  | <i>Sunrise:</i> 6:37AM | Vikarin 5121                         |  |
| <b>Family Home Evening</b>       |                               | Yama 11:03AM – 12:32PM          | Dhriti Until 4:53PM                   | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:27PM  | Moon 2 - Phase 45                    |  |
| 152833467                        | <b>Rahu</b> 8:06AM – 9:34AM   |                                 | Visti Until 1:08PM                    | <b>Nataraja:</b> Clear   |                        | Purnima                              |  |
| Creative Work                    | Siddha Yoga                   |                                 | <b>Purnima*</b> Until 11:13PM         | Moon – Red   |                        | <b>Sivaloka Day</b>                  |  |
| Until 1:04AM Tue                 |                               | <b>Holi</b>                     |                                       | <b>Phalguna-Masi</b>   |                        |                                      |  |
| Then Creative Work - Amrita Yoga |                               |                                 |                                       |  |                        |                                      |  |
| <b>Tuesday, March 10, 2020</b>   |                               | <b>Silver Retreat Star</b>      |                                       | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Prathamayam Titau       |                        | New Delhi, India<br>Sutra 331        |  |
| Simha Rasi: 29.47                | Tithi 16                      | <b>Gulika</b> 12:32PM – 2:01PM  | <b>Uttaraphalguni</b> Until 9:52PM    | <b>Ganesha:</b> White  | <i>Sunrise:</i> 6:36AM | Vikarin 5121                         |  |
|                                  |                               | Yama 9:34AM – 11:03AM           | Shula* Until 12:31PM                  | <b>Muruqa:</b> Orange  | <i>Sunset:</i> 6:28PM  | Moon 2 - Phase 45                    |  |
| 152833467                        | <b>Rahu</b> 3:30PM – 4:59PM   |                                 | Balava Until 9:19AM                   | <b>Nataraja:</b> Clear   |                        | Prathama                             |  |
| Creative Work                    | Amrita Yoga                   |                                 | <b>Prathama*</b> Until 7:23PM         | Moon – Red   |                        | <b>Sivaloka Day</b>                  |  |
| Until 9:52PM                     |                               |                                 |                                       | <b>Phalguna-Masi</b>   |                        |                                      |  |
| Then Creative Work - Siddha Yoga |                               |                                 |                                       |  |                        |                                      |  |



Wednesday, March 11, 2020

Gold Retreat Star

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

New Delhi, India

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 15.04 Tithi 17 - 18

162833467

Gulika

11:02AM - 12:31PM

Hasta Until 7:01PM

Ganesha: Clear

Sunrise: 6:34AM

Yama

8:04AM - 9:33AM

Ganda\* Until 8:11AM

Muruqa: Orange

Sunset: 6:28PM

Rahu

12:31PM - 2:01PM

Vanija Until 1:48AM Thu

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Routine Work Marana Yoga

Until 7:01PM

Then Creative Work - Siddha Yoga

Thursday, March 12, 2020

1

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

New Delhi, India

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 0.13 Tithi 18 - 19

162833467

Gulika

9:32AM - 11:02AM

Chitra Until 4:19PM

Ganesha: Clear

Sunrise: 6:33AM

Yama

6:33AM - 8:03AM

Dhruva Until 12:06AM Fri

Muruqa: Orange

Sunset: 6:29PM

Rahu

2:01PM - 3:30PM

Bava Until 10:27PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Creative Work Siddha Yoga

Until 4:19PM

Then Creative Work - Amrita Yoga

Friday, March 13, 2020

2

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

New Delhi, India

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 15.05 Tithi 19 - 20

162833467

Gulika

8:02AM - 9:32AM

Svati Until 1:54PM

Ganesha: Clear

Sunrise: 6:32AM

Yama

3:30PM - 5:00PM

Vyaghata\* Until 8:36PM

Muruqa: Orange

Sunset: 6:30PM

Rahu

11:01AM - 12:31PM

Kaulava Until 7:34PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Creative Work Siddha Yoga

Chaturthi\* Until 8:55AM

Saturday, March 14, 2020

3

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

New Delhi, India

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 29.34 Tithi 20 - 21

172833467

Gulika

6:31AM - 8:01AM

Vishakha Until 12:21PM

Ganesha: Purple

Sunrise: 6:31AM

Yama

2:00PM - 3:30PM

Harshana Until 5:38PM

Muruqa: Orange

Sunset: 6:30PM

Rahu

9:31AM - 11:01AM

Vanija Until 4:26AM Sun

Nataraja: Clear

Moon - Orange

Sivaloka Day

Phalguna-Panguni

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

Panchami Until 6:20AM

Sunday, March 15, 2020

4

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

New Delhi, India

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 13.35 Tithi 22

172833468

Gulika

3:30PM - 5:01PM

Anuradha Until 11:22AM

Ganesha: Purple

Sunrise: 6:30AM

Yama

12:30PM - 2:00PM

Vajra\* Until 3:14PM

Muruqa: Orange

Sunset: 6:31PM

Rahu

5:01PM - 6:31PM

Visti Until 3:47PM

Nataraja: Purple

Moon - Orange

Subha Sivaloka Day

Phalguna-Panguni

Routine Work Marana Yoga

Saptami Until 3:18AM Mon

Monday, March 16, 2020

5

Retreat Star

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

New Delhi, India

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Vrischika Rasi: 27.08 Tithi 23

172933468

Gulika

2:00PM - 3:31PM

Jyeshtha\* Until 11:01AM

Ganesha: Clear

Sunrise: 6:29AM

Yama

11:00AM - 12:30PM

Siddhi Until 1:28PM

Muruqa: Orange

Sunset: 6:31PM

Rahu

7:59AM - 9:29AM

Balava Until 3:03PM

Nataraja: Purple

Moon - Orange

Sivaloka Day

Phalguna-Panguni

Creative Work Siddha Yoga

Ashtami\* Until 2:58AM Tue

Tuesday, March 17, 2020

Retreat Star

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

New Delhi, India

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 10.15 Tithi 24

182933468

Gulika

12:30PM - 2:00PM

Mula\* Until 11:43AM

Ganesha: Purple

Sunrise: 6:28AM

Yama

9:29AM - 10:59AM

Vyatipata\* Until 12:20PM

Muruqa: Orange

Sunset: 6:32PM

Rahu

3:31PM - 5:01PM

Taitila Until 3:06PM

Nataraja: Purple

Moon - Light Blue

Devaloka Day

Phalguna-Panguni

Creative Work Amrita Yoga

Until 11:43AM

Then Creative Work - Siddha Yoga

Navami\* Until 3:22AM Wed

|                 |                              |                                  |                                   |   |                                     |
|-----------------|------------------------------|----------------------------------|-----------------------------------|---|-------------------------------------|
| <b>1</b>        |                              | <b>Wednesday, March 18, 2020</b> |                                   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam<br>Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau | New Delhi, India<br>Sun 8 Sutra 339 |
| Dhanus Rasi: 23 | Tithi 25                     | <b>Gulika</b> 10:59AM – 12:29PM  | <b>Purvashadha* Until 12:59PM</b> | <b>Ganesha:</b> Purple <i>Sunrise:</i> 6:27AM   | Vikarin 5121                        |
|                 |                              | Yama 7:57AM – 9:28AM             | Variyan Until 11:44AM             | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:32PM   | Moon 3 - Phase 47                   |
| 182933468       | <b>Rahu</b> 12:29PM – 2:00PM |                                  | Vanija Until 3:51PM               | <b>Nataraja:</b> Purple   | 2nd Phase                           |
| Creative Work   | Amrita Yoga                  |                                  | <b>Dashami Until 4:27AM Thu</b>   | Moon – Light Blue   | <b>Devaloka Day</b>                 |
|                 |                              |                                  |                                   | <b>Phalguna-Panguni</b>   |                                     |

|                                  |                             |                                 |                                   |  |                                     |
|----------------------------------|-----------------------------|---------------------------------|-----------------------------------|--|-------------------------------------|
| <b>2</b>                         |                             | <b>Thursday, March 19, 2020</b> |                                   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau | New Delhi, India<br>Sun 9 Sutra 340 |
| Makara Rasi: 5.28                | Tithi 26                    | <b>Gulika</b> 9:27AM – 10:58AM  | <b>Uttarashadha Until 2:40PM</b>  | <b>Ganesha:</b> Purple <i>Sunrise:</i> 6:25AM  | Vikarin 5121                        |
|                                  |                             | Yama 6:25AM – 7:56AM            | Parigha* Until 11:37AM            | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:33PM  | Moon 3 - Phase 47                   |
| 182933468                        | <b>Rahu</b> 2:00PM – 3:31PM |                                 | Bava Until 5:12PM                 | <b>Nataraja:</b> Purple  | 2nd Phase                           |
| Routine Work                     | Marana Yoga                 |                                 | <b>Ekadashi* Until 6:02AM Fri</b> | Moon – Light Blue  | <b>Devaloka Day</b>                 |
| Until 2:40PM                     |                             |                                 |                                   | <b>Phalguna-Panguni</b>  |                                     |
| Then Creative Work - Siddha Yoga |                             |                                 |                                   |  |                                     |

|                                  |                               |                               |                               |   |                                      |
|----------------------------------|-------------------------------|-------------------------------|-------------------------------|---|--------------------------------------|
| <b>3</b>                         |                               | <b>Friday, March 20, 2020</b> |                               | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | New Delhi, India<br>Sun 10 Sutra 341 |
| Makara Rasi: 17.43               | Tithi 26 – 27                 | <b>Gulika</b> 7:55AM – 9:27AM | <b>Shravana Until 5:07PM</b>  | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:24AM  | Vikarin 5121                         |
|                                  |                               | Yama 3:31PM – 5:02PM          | Shiva Until 11:53AM           | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:33PM   | Moon 3 - Phase 47                    |
| 192933468                        | <b>Rahu</b> 10:58AM – 12:29PM |                               | Kaulava Until 7:00PM          | <b>Nataraja:</b> Purple   | 2nd Phase                            |
| Routine Work                     | Marana Yoga                   |                               | <b>Ekadashi* Until 6:02AM</b> | Moon – Purple   | <b>Sivaloka Day</b>                  |
| Until 5:07PM                     |                               |                               |                               | <b>Phalguna-Panguni</b>   |                                      |
| Then Creative Work - Siddha Yoga |                               |                               |                               |   |                                      |

|                                  |                              |                                 |                                 |   |                                      |
|----------------------------------|------------------------------|---------------------------------|---------------------------------|---|--------------------------------------|
| <b>4</b>                         |                              | <b>Saturday, March 21, 2020</b> |                                 | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam<br>Dhanishtha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau | New Delhi, India<br>Sun 11 Sutra 342 |
| Makara Rasi: 29.48               | Tithi 27 – 28                | <b>Gulika</b> 6:23AM – 7:54AM   | <b>Dhanishtha Until 7:42PM</b>  | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:23AM  | Vikarin 5121                         |
|                                  |                              | Yama 2:00PM – 3:31PM            | Siddha Until 12:23PM            | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:34PM   | Moon 3 - Phase 47                    |
| 192933468                        | <b>Rahu</b> 9:26AM – 10:57AM |                                 | Gara Until 9:06PM               | <b>Nataraja:</b> Purple   | 2nd Phase                            |
| Creative Work                    | Siddha Yoga                  |                                 | <b>Dvadashi* Until 7:59AM</b>   | Moon – Purple   | <b>Sivaloka Day</b>                  |
| Until 7:42PM                     |                              |                                 |                                 | <b>Phalguna-Panguni</b>   |                                      |
| Then Creative Work - Amrita Yoga |                              |                                 | <i>Pradosha Vrata (Fasting)</i> |   |                                      |

|                    |                             |                               |                                   |  |                                      |
|--------------------|-----------------------------|-------------------------------|-----------------------------------|--|--------------------------------------|
| <b>5</b>           |                             | <b>Sunday, March 22, 2020</b> |                                   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Shatabhishak Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | New Delhi, India<br>Sun 12 Sutra 343 |
| Kumbha Rasi: 11.47 | Tithi 28 – 29               | <b>Gulika</b> 3:31PM – 5:03PM | <b>Shatabhishak Until 10:18PM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:22AM   | Vikarin 5121                         |
|                    |                             | Yama 12:28PM – 2:00PM         | Sadhya Until 1:04PM               | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:35PM  | Moon 3 - Phase 47                    |
| 192933468          | <b>Rahu</b> 5:03PM – 6:35PM |                               | Visti Until 11:23PM               | <b>Nataraja:</b> Purple  | 2nd Phase                            |
| Creative Work      | Siddha Yoga                 |                               | <b>Trayodashi* Until 10:12AM</b>  | Moon – Purple  | <b>Sivaloka Day</b>                  |
|                    |                             |                               |                                   | <b>Phalguna-Panguni</b>  |                                      |

|                                  |               |                               |   |   |                                      |
|----------------------------------|---------------|-------------------------------|---|---|--------------------------------------|
| <b>Monday, March 23, 2020</b>    |               | <b>Retreat Star</b>           |   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | New Delhi, India<br>Sun 13 Sutra 344 |
| Kumbha Rasi: 23.43               | Tithi 29 – 30 | <b>Gulika</b> 2:00PM – 3:32PM | <b>Purvaproshtapada* Until 1:21AM Tue</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:21AM   | Vikarin 5121                         |
| <b>Family Home Evening</b>       | 113933468     | Yama 10:56AM – 12:28PM        | Subha Until 1:52PM                        | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:35PM   | Moon 3 - Phase 47                    |
| Routine Work                     | Marana Yoga   | <b>Rahu</b> 7:53AM – 9:24AM   | Catuspada Until 1:47AM Tue                | <b>Nataraja:</b> Purple   | Amavasya                             |
| Until 1:21AM Tue                 |               |                               | <b>Chaturdashi* Until 12:33PM</b>         | Moon – Clear  | <b>Sivaloka Day</b>                  |
| Then Creative Work - Amrita Yoga |               |                               |   | <b>Phalguna-Panguni</b>   |                                      |

|                                 |                             |                                |   |  |                                      |
|---------------------------------|-----------------------------|--------------------------------|---|--|--------------------------------------|
| <b>Tuesday, March 24, 2020</b>  |                             | <b>Retreat Star</b>            |   | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | New Delhi, India<br>Sun 14 Sutra 345 |
| Meena Rasi: 5.37                | Tithi 30 – 1                | <b>Gulika</b> 12:28PM – 2:00PM | <b>Uttaraproshtapada Until 4:17AM Wed</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:20AM  | Vikarin 5121                         |
|                                 |                             | Yama 9:24AM – 10:56AM          | Sukla Until 2:42PM                        | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:36PM  | Moon 3 - Phase 47                    |
| 113933468                       | <b>Rahu</b> 3:32PM – 5:04PM |                                | Kintughna Until 4:13AM Wed                | <b>Nataraja:</b> Purple  | Prathama                             |
| Creative Work                   | Amrita Yoga                 |                                | <b>Amavasya* Until 2:58PM</b>             | Moon – Clear   | <b>Sivaloka Day</b>                  |
| Until 4:17AM Wed                |                             | <b>Yugadhi</b>                 |   | <b>Chaitra-Panguni</b>   |                                      |
| 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

|                                  |             |  |                                |  |  |
|----------------------------------|-------------|--|--------------------------------|--|--|
| <b>1</b>                         |             | <b>Wednesday, March 25, 2020</b>       |                                | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam<br>Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | New Delhi, India<br>Sun 15 Sutra 346<br>Vikarin 5121 |
| Meena Rasi: 17.3                 | Tithi 1 – 2 | <b>Gulika</b> 10:55AM – 12:27PM        | <b>Revati Until 7:03AM Thu</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:18AM  |  |
|                                  |             | Yama 7:51AM – 9:23AM                   | Brahma Until 3:34PM            | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:36PM  | Moon 3 - Phase 48                                    |
|                                  |             | 113933468 <b>Rahu</b> 12:27PM – 2:00PM | Balava Until 6:40AM Thu        | <b>Nataraja:</b> Purple  | 3rd Phase  |
| Routine Work                     | Marana Yoga |  | <b>Prathama* Until 5:25PM</b>  | <b>Chaitra•Panguni</b>   | <b>Sivaloka Day</b>                                  |
| Until 7:03AM Thu                 |             |  |                                |  |  |
| Then Creative Work - Amrita Yoga |             |  |                                |  |  |

|                                  |             |                                       |                             |   |  |
|----------------------------------|-------------|---------------------------------------|-----------------------------|---|--|
| <b>2</b>                         |             | <b>Thursday, March 26, 2020</b>       |                             | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam<br>Revati/Ashvini Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Dvitiyayam Titau | New Delhi, India<br>Sun 16 Sutra 347<br>Vikarin 5121 |
| Meena Rasi: 29.23                | Tithi 2     | <b>Gulika</b> 9:22AM – 10:55AM        | <b>Revati Until 7:03AM</b>  | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:17AM   |  |
|                                  |             | Yama 6:17AM – 7:50AM                  | Indra Until 4:25PM          | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:37PM   | Moon 3 - Phase 48                                    |
|                                  |             | 113933468 <b>Rahu</b> 1:59PM – 3:32PM | Balava Until 6:40AM         | <b>Nataraja:</b> Purple   | 3rd Phase  |
| Creative Work                    | Siddha Yoga |                                       | <b>Dvitiya Until 7:51PM</b> | <b>Chaitra•Panguni</b>  | <b>Sivaloka Day</b>                                  |
| Until 7:03AM                     |             | <b>Chellappaswami Mahasamadhi</b>     |                             |   |  |
| Then Creative Work - Amrita Yoga |             |                                       |                             |   |  |

|                                  |             |   |                              |   |  |
|----------------------------------|-------------|---|------------------------------|---|--|
| <b>3</b>                         |             | <b>Friday, March 27, 2020</b>           |                              | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Tailila/Gara Karana Tritiyayam Titau | New Delhi, India<br>Sun 17 Sutra 348<br>Vikarin 5121 |
| Mesha Rasi: 11.17                | Tithi 3     | <b>Gulika</b> 7:49AM – 9:21AM           | <b>Ashvini Until 10:06AM</b> | <b>Ganesha:</b> Red <i>Sunrise:</i> 6:16AM  |  |
|                                  |             | Yama 3:32PM – 5:05PM                    | Vaidhriti* Until 5:11PM      | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:37PM   | Moon 3 - Phase 48                                    |
|                                  |             | 123933468 <b>Rahu</b> 10:54AM – 12:27PM | Taitila Until 9:03AM         | <b>Nataraja:</b> Purple   | 3rd Phase  |
| Creative Work                    | Amrita Yoga |   | <b>Tritiya Until 10:10PM</b> | <b>Chaitra•Panguni</b>  | <b>Sivaloka Day</b>                                  |
| Until 10:06AM                    |             |   |                              |   |  |
| Then Creative Work - Siddha Yoga |             |   |                              |   |  |

|                                  |             |  |                                     |   |  |
|----------------------------------|-------------|--|-------------------------------------|---|--|
| <b>4</b>                         |             | <b>Saturday, March 28, 2020</b>        |                                     | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam<br>Bharani/Krittika Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Chaturthyam Titau | New Delhi, India<br>Sun 18 Sutra 349<br>Vikarin 5121 |
| Mesha Rasi: 23.14                | Tithi 4     | <b>Gulika</b> 6:15AM – 7:48AM          | <b>Bharani Until 12:49PM</b>        | <b>Ganesha:</b> Red <i>Sunrise:</i> 6:15AM  |  |
|                                  |             | Yama 1:59PM – 3:32PM                   | Vishkambha* Until 5:50PM            | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:38PM   | Moon 3 - Phase 48                                    |
|                                  |             | 123933468 <b>Rahu</b> 9:21AM – 10:54AM | Vanija Until 11:17AM                | <b>Nataraja:</b> Purple   | 3rd Phase  |
| Creative Work                    | Siddha Yoga |  | <b>Chaturthi* Until 12:17AM Sun</b> | <b>Chaitra•Panguni</b>  | <b>Sivaloka Day</b>                                  |
| Until 12:49PM                    |             |  |                                     |   |  |
| Then Creative Work - Amrita Yoga |             |  |                                     |   |  |

|                      |             |                                       |                                  |   |  |
|----------------------|-------------|---------------------------------------|----------------------------------|---|--|
| <b>5</b>             |             | <b>Sunday, March 29, 2020</b>         |                                  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Krittika/Rohini Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau | New Delhi, India<br>Sun 19 Sutra 350<br>Vikarin 5121 |
| Vrishabha Rasi: 5.17 | Tithi 5     | <b>Gulika</b> 3:32PM – 5:05PM         | <b>Krittika Until 3:07PM</b>     | <b>Ganesha:</b> Red <i>Sunrise:</i> 6:14AM  |  |
|                      |             | Yama 12:26PM – 1:59PM                 | Priti Until 6:16PM               | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:38PM   | Moon 3 - Phase 48                                    |
|                      |             | 123933468 <b>Rahu</b> 5:05PM – 6:38PM | Bava Until 1:14PM                | <b>Nataraja:</b> Purple   | 3rd Phase  |
| Creative Work        | Siddha Yoga |                                       | <b>Panchami Until 2:03AM Mon</b> | <b>Chaitra•Panguni</b>  | <b>Sivaloka Day</b>                                  |
|                      |             |                                       |                                  |   |  |

|                            |             |                                       |                                   |   |  |
|----------------------------|-------------|---------------------------------------|-----------------------------------|---|--|
| <b>6</b>                   |             | <b>Monday, March 30, 2020</b>         |                                   | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau | New Delhi, India<br>Sun 20 Sutra 351<br>Vikarin 5121 |
| Vrishabha Rasi: 17.29      | Tithi 6     | <b>Gulika</b> 1:59PM – 3:32PM         | <b>Rohini Until 5:20PM</b>        | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:13AM   |  |
| <b>Family Home Evening</b> |             | Yama 10:53AM – 12:26PM                | Ayushman Until 6:20PM             | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:39PM   | Moon 3 - Phase 48                                    |
|                            |             | 133933468 <b>Rahu</b> 7:46AM – 9:19AM | Kaulava Until 2:46PM              | <b>Nataraja:</b> Purple   | 3rd Phase  |
| Creative Work              | Amrita Yoga |                                       | <b>Shashthi* Until 3:19AM Tue</b> | <b>Chaitra•Panguni</b>  | <b>Subha Sivaloka Day</b>                            |
|                            |             |                                       |                                   |   |  |

|                                 |             |                                       |                                 |   |  |
|---------------------------------|-------------|---------------------------------------|---------------------------------|---|--|
| <b>Retreat Star</b>             |             | <b>Tuesday, March 31, 2020</b>        |                                 | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Mrigashira Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau | New Delhi, India<br>Sun 21 Sutra 352<br>Vikarin 5121 |
| Vrishabha Rasi: 29.55           | Tithi 7     | <b>Gulika</b> 12:26PM – 1:59PM        | <b>Mrigashira Until 6:47PM</b>  | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:12AM   |  |
|                                 |             | Yama 9:19AM – 10:52AM                 | Saubhagya Until 5:56PM          | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:39PM   | Moon 3 - Phase 48                                    |
|                                 |             | 133933468 <b>Rahu</b> 3:32PM – 5:06PM | Gara Until 3:43PM               | <b>Nataraja:</b> Purple   | 3rd Phase  |
| Creative Work                   | Siddha Yoga |                                       | <b>Saptami Until 3:55AM Wed</b> | <b>Chaitra•Panguni</b>  | <b>Subha Sivaloka Day</b>                            |
| Until 6:47PM                    |             |                                       |                                 |   |  |
| Then Routine Work - Marana Yoga |             |                                       |                                 |   |  |

|                     |             |  |                                  |   |  |
|---------------------|-------------|--|----------------------------------|---|--|
| <b>Retreat Star</b> |             | <b>Wednesday, April 1, 2020</b>        |                                  | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam<br>Ardra Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Ashtamyam Titau | New Delhi, India<br>Sun 22 Sutra 353<br>Vikarin 5121 |
| Mithuna Rasi: 12.38 | Tithi 8     | <b>Gulika</b> 10:52AM – 12:26PM        | <b>Ardra Until 7:23PM</b>        | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:12AM   |  |
|                     |             | Yama 7:45AM – 9:19AM                   | Sobhana Until 4:59PM             | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:39PM   | Moon 3 - Phase 48                                    |
|                     |             | 133933468 <b>Rahu</b> 12:26PM – 1:59PM | Visti Until 3:56PM               | <b>Nataraja:</b> Purple   | Ashtami  |
| Creative Work       | Siddha Yoga |  | <b>Ashtami* Until 3:44AM Thu</b> | <b>Chaitra•Panguni</b>  | <b>Subha Sivaloka Day</b>                            |
|                     |             |  |                                  |   |  |

|                     |             |                                       |                                 |  |  |
|---------------------|-------------|---------------------------------------|---------------------------------|--|--|
| <b>Retreat Star</b> |             | <b>Thursday, April 2, 2020</b>        |                                 | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam<br>Punarvasu Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau | New Delhi, India<br>Sun 23 Sutra 354<br>Vikarin 5121 |
| Mithuna Rasi: 25.46 | Tithi 9     | <b>Gulika</b> 9:18AM – 10:52AM        | <b>Punarvasu Until 7:29PM</b>   | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:10AM  |  |
|                     |             | Yama 6:10AM – 7:44AM                  | Athiganda* Until 3:22PM         | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:40PM  | Moon 3 - Phase 48                                    |
|                     |             | 143933468 <b>Rahu</b> 1:59PM – 3:33PM | Balava Until 3:21PM             | <b>Nataraja:</b> Purple  | Navami   |
| Creative Work       | Amrita Yoga |                                       | <b>Navami* Until 2:43AM Fri</b> | <b>Chaitra•Panguni</b>   | <b>Sivaloka Day</b>                                  |
|                     |             | <b>Sri Rama Navami</b>                |                                 |  |  |


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

|          |                              |             |  |                                   |   |                     |                                      |
|----------|------------------------------|-------------|--|-----------------------------------|---|---------------------|--------------------------------------|
| <b>1</b> | <b>Friday, April 3, 2020</b> |             | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Pushya Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau |                                   |   |                     | New Delhi, India<br>Sun 24 Sutra 355 |
|          | Kataka Rasi: 9.19            | Tithi 10    | <b>Gulika</b> 7:43AM – 9:17AM  | <b>Pushya</b> <b>Until 6:38PM</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:09AM |                     | Vikarin 5121                         |
|          |                              |             | Yama 3:33PM – 5:07PM   | Sukarma <b>Until 1:07PM</b>       | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:41PM   |                     | Moon 3 - Phase 49                    |
|          | Routine Work                 | Marana Yoga | 143933468 <b>Rahu</b> 10:51AM – 12:25PM  | Taitila <b>Until 1:56PM</b>       | <b>Nataraja:</b> Purple                       |                     | 4th Phase                            |
|          |                              |             | <b>Dashami</b> <b>Until 12:55AM Sat</b>  | Moon – Blue                       |   | <b>Sivaloka Day</b> |                                      |
|          |                              |             |  | <b>Chaitra•Panguni</b>            |   |                     |                                      |

|                                  |                                |                              |   |                                      |   |                     |                                      |
|----------------------------------|--------------------------------|------------------------------|---|--------------------------------------|---|---------------------|--------------------------------------|
| <b>2</b>                         | <b>Saturday, April 4, 2020</b> |                              | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Ekadashyam Titau |                                      |   |                     | New Delhi, India<br>Sun 25 Sutra 356 |
|                                  | Kataka Rasi: 23.22             | Tithi 11                     | <b>Gulika</b> 6:08AM – 7:42AM   | <b>Ashlesha*</b> <b>Until 4:54PM</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:08AM |                     | Vikarin 5121                         |
|                                  |                                |                              | Yama 1:59PM – 3:33PM  | Dhriti <b>Until 10:16AM</b>          | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:41PM   |                     | Moon 3 - Phase 49                    |
|                                  | Routine Work                   | Marana Yoga                  | 143933468 <b>Rahu</b> 9:16AM – 10:51AM  | Vanija <b>Until 11:45AM</b>          | <b>Nataraja:</b> Purple                       |                     | 4th Phase                            |
| Until 4:54PM                     |                                |                              | <b>Ekadashi</b> <b>Until 10:24PM</b>  | Moon – Blue                          |   | <b>Sivaloka Day</b> |                                      |
| Then Creative Work - Amrita Yoga |                                | <b>Yogaswami Mahasamadhi</b> |   | <b>Chaitra•Panguni</b>               |   |                     |                                      |

|                                  |                              |             |   |                                   |  |                           |                                      |
|----------------------------------|------------------------------|-------------|---|-----------------------------------|--|---------------------------|--------------------------------------|
| <b>3</b>                         | <b>Sunday, April 5, 2020</b> |             | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Dvadashyam Titau |                                   |  |                           | New Delhi, India<br>Sun 26 Sutra 357 |
|                                  | Simha Rasi: 7.53             | Tithi 12    | <b>Gulika</b> 3:33PM – 5:07PM   | <b>Magha*</b> <b>Until 2:49PM</b> | <b>Ganesha:</b> White <i>Sunrise:</i> 6:07AM |                           | Vikarin 5121                         |
|                                  |                              |             | Yama 12:24PM – 1:59PM   | Shula* <b>Until 6:50AM</b>        | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:42PM  |                           | Moon 3 - Phase 49                    |
|                                  | Routine Work                 | Marana Yoga | 153933468 <b>Rahu</b> 5:07PM – 6:42PM   | Bava <b>Until 8:55AM</b>          | <b>Nataraja:</b> Purple                      |                           | 4th Phase                            |
| Until 2:49PM                     |                              |             | <b>Dvadashi</b> <b>Until 7:17PM</b>   | Moon – Red                        |  | <b>Subha Sivaloka Day</b> |                                      |
| Then Creative Work - Siddha Yoga |                              |             |   | <b>Chaitra•Panguni</b>            |  |                           |                                      |

|          |                              |               |   |   |  |                     |                                      |
|----------|------------------------------|---------------|---|---|--|---------------------|--------------------------------------|
| <b>4</b> | <b>Monday, April 6, 2020</b> |               | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |   |  |                     | New Delhi, India<br>Sun 27 Sutra 358 |
|          | Simha Rasi: 22.47            | Tithi 13 – 14 | <b>Gulika</b> 1:59PM – 3:33PM   | <b>Purvaphalguni</b> <b>Until 12:08PM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:06AM |                     | Vikarin 5121                         |
|          | <b>Family Home Evening</b>   |               | Yama 10:50AM – 12:24PM  | Vriddhi <b>Until 10:51PM</b>              | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:42PM  |                     | Moon 3 - Phase 49                    |
|          | Creative Work                | Siddha Yoga   | 154933468 <b>Rahu</b> 7:40AM – 9:15AM   | Gara <b>Until 1:53AM Tue</b>              | <b>Nataraja:</b> Purple                      |                     | 4th Phase                            |
|          |                              |               | <b>Trayodashi</b> <b>Until 3:45PM</b>   | Moon – Red                                |  | <b>Sivaloka Day</b> |                                      |
|          |                              |               |   | <b>Chaitra•Panguni</b>                    |  |                     |                                      |
|          |                              |               |   | <i>Pradosha Vrata</i>                     |  |                     |                                      |

|   |                               |                        |  |   |  |                     |                                      |
|---|-------------------------------|------------------------|--|---|--|---------------------|--------------------------------------|
|  | <b>Tuesday, April 7, 2020</b> |                        | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |   |  |                     | New Delhi, India<br>Sun 28 Sutra 359 |
|   | <b>Copper Retreat Star</b>    |                        | <b>Gulika</b> 12:24PM – 1:59PM   | <b>Uttaraphalguni</b> <b>Until 9:02AM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:05AM |                     | Vikarin 5121                         |
|   | Kanya Rasi: 7.58              | Tithi 14 – 15          | Yama 9:14AM – 10:49AM  | Dhruva <b>Until 6:31PM</b>                | <b>Muruqa:</b> Orange <i>Sunset:</i> 6:43PM  |                     | Moon 3 - Phase 49                    |
|   |                               |                        | 154933468 <b>Rahu</b> 3:33PM – 5:08PM  | Visti <b>Until 10:01PM</b>                | <b>Nataraja:</b> Purple                      |                     | Purnima                              |
| Creative Work   | Amrita Yoga                   |                        | <b>Chaturdashi*</b> <b>Until 11:57AM</b>   | Moon – Red                                |  | <b>Sivaloka Day</b> |                                      |
| Until 9:02AM  |                               | <b>Panguni Uttiram</b> |  | <b>Chaitra•Panguni</b>                    |  |                     |                                      |
| Then Creative Work - Siddha Yoga  |                               | <b>Hanuman Jayanti</b> |  |   |  |                     |                                      |

|                                  |                                 |               |   |                                  |   |                     |                                      |
|----------------------------------|---------------------------------|---------------|---|----------------------------------|---|---------------------|--------------------------------------|
| <b>5</b>                         | <b>Wednesday, April 8, 2020</b> |               | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam<br>Hasta/Chitra Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                                  |   |                     | New Delhi, India<br>Sun 29 Sutra 360 |
|                                  | <b>Silver Retreat Star</b>      |               | <b>Gulika</b> 10:49AM – 12:23PM   | <b>Hasta</b> <b>Until 6:04AM</b> | <b>Ganesha:</b> Purple <i>Sunrise:</i> 6:04AM |                     | Vikarin 5121                         |
|                                  | Kanya Rasi: 23.16               | Tithi 15 – 16 | Yama 7:39AM – 9:14AM  | Vyaghata* <b>Until 2:10PM</b>    | <b>Muruqa:</b> Clear <i>Sunset:</i> 6:43PM    |                     | Moon 3 - Phase 49                    |
|                                  |                                 |               | 164934468 <b>Rahu</b> 12:23PM – 1:58PM  | Balava <b>Until 6:09PM</b>       | <b>Nataraja:</b> Purple                       |                     | Prathama                             |
| Routine Work                     | Marana Yoga                     |               | <b>Purnima*</b> <b>Until 8:03AM</b>   | Moon – Green                     |   | <b>Devaloka Day</b> |                                      |
| Until 6:04AM                     |                                 |               |   | <b>Chaitra•Panguni</b>           |   |                     |                                      |
| Then Creative Work - Siddha Yoga |                                 |               |   |                                  |   |                     |                                      |





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

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

New Delhi, India  
Sutra 361  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 8.31 Tithi 17  
164934468  
Creative Work Amrita Yoga  
Until 12:09AM Fri  
Then Creative Work - Siddha Yoga

**Gulika** 9:13AM – 10:48AM  
Yama 6:03AM – 7:38AM  
**Rahu** 1:58PM – 3:34PM

**Svati Until 12:09AM Fri**  
Harshana Until 9:57AM  
Taitila Until 2:27PM  
**Dvitiya Until 12:42AM Fri**

**Ganesha:** Purple *Sunrise:* 6:03AM  
**Muruqa:** Clear *Sunset:* 6:44PM  
**Nataraja:** Purple  
Moon – Green  
**Chaitra+Panguni**

**Devaloka Day**

**1**

**Friday, April 10, 2020**

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

New Delhi, India  
Sun 1 Sutra 362  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 23.32 Tithi 18  
174134468  
Creative Work Siddha Yoga

**Gulika** 7:37AM – 9:12AM  
Yama 3:34PM – 5:09PM  
**Rahu** 10:48AM – 12:23PM

**Vishakha Until 9:57PM**  
Siddhi Until 2:24AM Sat  
Vanija Until 11:06AM  
**Tritiya Until 9:36PM**

**Ganesha:** Yellow *Sunrise:* 6:01AM  
**Muruqa:** Clear *Sunset:* 6:44PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Panguni**

**Sivaloka Day**

**2**

**Saturday, April 11, 2020**

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam  
Anuradha Nakshatra Vyatipata\* Yoga Bava/Balava Karana Chaturthyam Titau

New Delhi, India  
Sun 2 Sutra 363  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Virchika Rasi: 8.11 Tithi 19  
174134468  
Creative Work Siddha Yoga

**Gulika** 6:00AM – 7:36AM  
Yama 1:58PM – 3:34PM  
**Rahu** 9:12AM – 10:47AM

**Anuradha Until 8:13PM**  
Vyatipata\* Until 11:21PM  
Bava Until 8:16AM  
**Chaturthi\* Until 7:04PM**

**Ganesha:** Yellow *Sunrise:* 6:00AM  
**Muruqa:** Clear *Sunset:* 6:45PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Panguni**

**Sivaloka Day**

**3**

**Sunday, April 12, 2020**

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

New Delhi, India  
Sun 3 Sutra 364  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Virchika Rasi: 22.23 Tithi 20 – 21  
174134468  
Routine Work Marana Yoga  
Until 7:03PM  
Then Creative Work - Amrita Yoga

**Gulika** 3:34PM – 5:10PM  
Yama 12:22PM – 1:58PM  
**Rahu** 5:10PM – 6:46PM

**Jyeshtha\* Until 7:03PM**  
Varyan Until 8:53PM  
Kaulava Until 6:06AM  
**Panchami Until 5:17PM**

**Ganesha:** Yellow *Sunrise:* 5:59AM  
**Muruqa:** Clear *Sunset:* 6:46PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Panguni**

**Sivaloka Day**

**4**

**Monday, April 13, 2020**

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

New Delhi, India  
Sun 4 Sutra 1  
Sarvari 5122  
Moon 4 - Phase 50  
1st Phase

Dhanus Rasi: 6.05 Tithi 21 – 22  
184134468  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 7:01PM  
Then Routine Work - Marana Yoga

**Gulika** 1:58PM – 3:34PM  
Yama 10:46AM – 12:22PM  
**Rahu** 7:34AM – 9:10AM

**Mula\* Until 7:01PM**  
Parigha\* Until 7:06PM  
Visti Until 4:09AM Tue  
**Shashthi\* Until 4:18PM**

**Ganesha:** Blue *Sunrise:* 5:58AM  
**Muruqa:** Clear *Sunset:* 6:46PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

**Devaloka Day**

**5**

**Tuesday, April 14, 2020**

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

New Delhi, India  
Sun 5 Sutra 2  
Sarvari 5122  
Moon 4 - Phase 50  
1st Phase

Dhanus Rasi: 19.19 Tithi 22 – 23  
284134468  
Creative Work Siddha Yoga  
Until 7:39PM  
Then Routine Work - Prabalarishta Yoga

**Gulika** 12:22PM – 1:58PM  
Yama 9:10AM – 10:46AM  
**Rahu** 3:34PM – 5:10PM

**Purvashadha\* Until 7:39PM**  
Shiva Until 6:00PM  
Balava Until 4:27AM Wed  
**Saptami Until 4:11PM**

**Ganesha:** Yellow *Sunrise:* 5:57AM  
**Muruqa:** Clear *Sunset:* 6:47PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

**Sivaloka Day**

**D**

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

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

New Delhi, India  
Sun 6 Sutra 3  
Sarvari 5122  
Moon 4 - Phase 50  
Ashtami

Makara Rasi: 2.08 Tithi 23 – 24  
284134468  
Creative Work Amrita Yoga  
Until 8:54PM  
Then Creative Work - Siddha Yoga

**Gulika** 10:45AM – 12:22PM  
Yama 7:33AM – 9:09AM  
**Rahu** 12:22PM – 1:58PM

**Uttarashadha Until 8:54PM**  
Siddha Until 5:30PM  
Taitila Until 5:29AM Thu  
**Ashtami\* Until 4:52PM**

**Ganesha:** Yellow *Sunrise:* 5:56AM  
**Muruqa:** Clear *Sunset:* 6:47PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

**Sivaloka Day**

**Thursday, April 16, 2020**  
**Retreat Star**

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

New Delhi, India  
Sun 7 Sutra 4  
Sarvari 5122  
Moon 4 - Phase 50  
Navami

Makara Rasi: 15 Tithi 24  
294134468  
Creative Work Siddha Yoga

**Gulika** 9:08AM – 10:45AM  
Yama 5:55AM – 7:32AM  
**Rahu** 1:58PM – 3:35PM

**Shravana Until 11:06PM**  
Sadhya Until 5:32PM  
Gara Until 6:14PM  
**Navami\* Until 6:14PM**

**Ganesha:** Blue *Sunrise:* 5:55AM  
**Muruqa:** Clear *Sunset:* 6:48PM  
**Nataraja:** Purple  
Moon – Purple  
**Chaitra+Chaitra**

**Devaloka Day**

Chidambaram Abhishekam

|                                  |              |   |  |  |                        |  |                     |                                     |
|----------------------------------|--------------|---|--|--|------------------------|--|---------------------|-------------------------------------|
| <b>1</b>                         |              | <b>Friday, April 17, 2020</b>           |  | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Dhanishtha Nakshatra Subha/Siddhi Yoga Vanija/Visiti* Karana Dashamyam Titau                    |                        |  |                     | New Delhi, India<br>Sun 8 Sutra 5   |
| Makara Rasi: 26.49               | Tithi 25     | <b>Gulika</b> 7:31AM – 9:08AM           | <b>Dhanishtha</b> Until 1:37AM Sat         | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:54AM |  | Sarvari 5122        |                                     |
|                                  |              | Yama 3:35PM – 5:12PM                    | Subha Until 6:00PM                         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:48PM  |  | Moon 4 - Phase 1    |                                     |
|                                  |              | 294134468 <b>Rahu</b> 10:44AM – 12:21PM | Vanija Until 7:08AM                        | <b>Nataraja:</b> Purple  |                        |  | 2nd Phase           |                                     |
| Creative Work                    | Siddha Yoga  |   | <b>Dashami</b> Until 8:07PM                | <b>Chaitra+Chaitra</b>   |                        |  | <b>Devaloka Day</b> |                                     |
| Until 1:37AM Sat                 |              |   |  |  |                        |  |                     |                                     |
| Then Creative Work - Amrita Yoga |              |   |  |  |                        |  |                     |                                     |
| <b>2</b>                         |              | <b>Saturday, April 18, 2020</b>         |  | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Shatabhishak Nakshatra Sukla Yoga Bava/Balava Karana Ekadashyam Titau                           |                        |  |                     | New Delhi, India<br>Sun 9 Sutra 6   |
| Kumbha Rasi: 8.5                 | Tithi 26     | <b>Gulika</b> 5:53AM – 7:30AM           | <b>Shatabhishak</b> Until 4:16AM Sun       | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 5:53AM |  | Sarvari 5122        |                                     |
|                                  |              | Yama 1:58PM – 3:35PM                    | Sukla Until 6:42PM                         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:49PM  |  | Moon 4 - Phase 1    |                                     |
|                                  |              | 295134468 <b>Rahu</b> 9:07AM – 10:44AM  | Bava Until 9:13AM                          | <b>Nataraja:</b> Purple  |                        |  | 2nd Phase           |                                     |
| Creative Work                    | Amrita Yoga  |   | <b>Ekadashi*</b> Until 10:21PM             | <b>Chaitra+Chaitra</b>   |                        |  | <b>Sivaloka Day</b> |                                     |
| Until 4:16AM Sun                 |              |   |  |  |                        |  |                     |                                     |
| Then Creative Work - Siddha Yoga |              |   |  |  |                        |  |                     |                                     |
| <b>3</b>                         |              | <b>Sunday, April 19, 2020</b>           |  | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Purvaprossthapada* Nakshatra Brahma Yoga Kaulava/Taitila Karana Dvadashyam Titau                |                        |  |                     | New Delhi, India<br>Sun 10 Sutra 7  |
| Kumbha Rasi: 20.46               | Tithi 27     | <b>Gulika</b> 3:35PM – 5:12PM           | <b>Purvaprossthapada*</b> Until 7:23AM Mon | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 5:52AM |  | Sarvari 5122        |                                     |
|                                  |              | Yama 12:21PM – 1:58PM                   | Brahma Until 7:34PM                        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:49PM  |  | Moon 4 - Phase 1    |                                     |
|                                  |              | 215134468 <b>Rahu</b> 5:12PM – 6:49PM   | Kaulava Until 11:33AM                      | <b>Nataraja:</b> Purple  |                        |  | 2nd Phase           |                                     |
| Creative Work                    | Siddha Yoga  |   | <b>Dvadashi*</b> Until 12:45AM Mon         | <b>Chaitra+Chaitra</b>   |                        |  | <b>Sivaloka Day</b> |                                     |
| Until 7:23AM                     |              |   |  |  |                        |  |                     |                                     |
| Then Creative Work - Siddha Yoga |              |   |  |  |                        |  |                     |                                     |
| <b>4</b>                         |              | <b>Monday, April 20, 2020</b>           |  | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Purvaprossthapada*Uttaraprossthapada Nakshatra Indra Yoga Gara/Vanija Karana Trayodashyam Titau  |                        |  |                     | New Delhi, India<br>Sun 11 Sutra 8  |
| Meena Rasi: 2.38                 | Tithi 28     | <b>Gulika</b> 1:58PM – 3:35PM           | <b>Purvaprossthapada*</b> Until 7:23AM     | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 5:51AM |  | Sarvari 5122        |                                     |
| <b>Family Home Evening</b>       |              | Yama 10:43AM – 12:21PM                  | Indra Until 8:30PM                         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:50PM  |  | Moon 4 - Phase 1    |                                     |
| Routine Work                     | Marana Yoga  | 215134468 <b>Rahu</b> 7:28AM – 9:06AM   | Gara Until 2:00PM                          | <b>Nataraja:</b> Purple  |                        |  | 2nd Phase           |                                     |
| Until 7:23AM                     |              |   | <b>Trayodashi*</b> Until 3:12AM Tue        | <b>Chaitra+Chaitra</b>   |                        |  | <b>Sivaloka Day</b> |                                     |
| Then Creative Work - Siddha Yoga |              |   | <i>Pradosha Vrata (Fasting)</i>            |  |                        |  |                     |                                     |
| <b>5</b>                         |              | <b>Tuesday, April 21, 2020</b>          |  | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Uttaraprossthapada*Revati Nakshatra Vaidhriti* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                        |  |                     | New Delhi, India<br>Sun 12 Sutra 9  |
| Meena Rasi: 14.3                 | Tithi 29     | <b>Gulika</b> 12:20PM – 1:58PM          | <b>Uttaraprossthapada</b> Until 10:21AM    | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 5:50AM |  | Sarvari 5122        |                                     |
|                                  |              | Yama 9:05AM – 10:43AM                   | Vaidhriti* Until 9:23PM                    | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:51PM  |  | Moon 4 - Phase 1    |                                     |
|                                  |              | 215134468 <b>Rahu</b> 3:35PM – 5:13PM   | Visti Until 4:26PM                         | <b>Nataraja:</b> Purple  |                        |  | 2nd Phase           |                                     |
| Creative Work                    | Amrita Yoga  |   | <b>Chaturdashi*</b> Until 5:36AM Wed       | <b>Chaitra+Chaitra</b>   |                        |  | <b>Sivaloka Day</b> |                                     |
| Until 10:21AM                    |              |   |  |  |                        |  |                     |                                     |
| Then Creative Work - Siddha Yoga |              |   |  |  |                        |  |                     |                                     |
| <b>Retreat Star</b>              |              | <b>Wednesday, April 22, 2020</b>        |  | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Revati/Ashvini Nakshatra Vishkambha* Yoga Catuspada* Karana Amavasyayam Titau                   |                        |  |                     | New Delhi, India<br>Sun 13 Sutra 10 |
| Meena Rasi: 26.23                | Tithi 30     | <b>Gulika</b> 10:42AM – 12:20PM         | <b>Revati</b> Until 1:05PM                 | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 5:49AM |  | Sarvari 5122        |                                     |
|                                  |              | Yama 7:27AM – 9:05AM                    | Vishkambha* Until 10:13PM                  | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:51PM  |  | Moon 4 - Phase 1    |                                     |
|                                  |              | 215134468 <b>Rahu</b> 12:20PM – 1:58PM  | Catuspada Until 6:47PM                     | <b>Nataraja:</b> Purple  |                        |  | Amavasya            |                                     |
| Routine Work                     | Marana Yoga  |   | <b>Amavasya*</b> Until 7:53AM Thu          | <b>Chaitra+Chaitra</b>   |                        |  | <b>Sivaloka Day</b> |                                     |
| Until 7:53AM Thu                 |              |   |  |  |                        |  |                     |                                     |
| Then Creative Work - Siddha Yoga |              |   |  |  |                        |  |                     |                                     |
| <b>Retreat Star</b>              |              | <b>Thursday, April 23, 2020</b>         |  | Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau            |                        |  |                     | New Delhi, India<br>Sun 14 Sutra 11 |
| Mesha Rasi: 8.19                 | Tithi 30 – 1 | <b>Gulika</b> 9:04AM – 10:42AM          | <b>Ashvini</b> Until 4:01PM                | <b>Ganesha:</b> Red  | <i>Sunrise:</i> 5:48AM |  | Sarvari 5122        |                                     |
|                                  |              | Yama 5:48AM – 7:26AM                    | Priti Until 10:57PM                        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:52PM  |  | Moon 4 - Phase 1    |                                     |
|                                  |              | 225134468 <b>Rahu</b> 1:58PM – 3:36PM   | Kintughna Until 8:59PM                     | <b>Nataraja:</b> Purple  |                        |  | Prathama            |                                     |
| Creative Work                    | Amrita Yoga  |   | <b>Amavasya*</b> Until 7:53AM              | <b>Vaisaka+Chaitra</b>   |                        |  | <b>Sivaloka Day</b> |                                     |
| Until 4:01PM                     |              |   |  |  |                        |  |                     |                                     |
| Then Creative Work - Siddha Yoga |              |   |  |  |                        |  |                     |                                     |

|          |                               |             |  |                             |                        |                        |                            |
|----------|-------------------------------|-------------|--|-----------------------------|------------------------|------------------------|----------------------------|
| <b>1</b> | <b>Friday, April 24, 2020</b> |             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Bharani Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau |                             |                        |                        | New Delhi, India<br>Sun 15 |
|          | Mesha Rasi: 20.19             | Tithi 1 – 2 | <b>Gulika</b> 7:25AM – 9:03AM  | <b>Bharani Until 6:36PM</b> | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 5:47AM | Sarvari 5122               |
|          |                               |             | Yama 3:36PM – 5:14PM   | Ayushman Until 11:29PM      | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:52PM  | Moon 4 - Phase 2           |
|          | Creative Work                 | Siddha Yoga | 225134469 <b>Rahu</b> 10:42AM – 12:20PM  | Balava Until 10:58PM        | <b>Nataraja:</b> Clear |                        | 3rd Phase                  |
|          |                               |             | <b>Prathama* Until 9:59AM</b>  | Moon – White                |                        | <b>Devaloka Day</b>    |                            |
|          |                               |             |  | <b>Vaisaka-Chaitra</b>      |                        |                        |                            |

|          |                                 |             |   |                              |                        |                        |                            |
|----------|---------------------------------|-------------|---|------------------------------|------------------------|------------------------|----------------------------|
| <b>2</b> | <b>Saturday, April 25, 2020</b> |             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Krittika Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |                              |                        |                        | New Delhi, India<br>Sun 16 |
|          | Vrishabha Rasi: 2.25            | Tithi 2 – 3 | <b>Gulika</b> 5:46AM – 7:25AM   | <b>Krittika Until 8:46PM</b> | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 5:46AM | Sarvari 5122               |
|          |                                 |             | Yama 1:58PM – 3:36PM  | Saubhagya Until 11:49PM      | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:53PM  | Moon 4 - Phase 2           |
|          | Creative Work                   | Amrita Yoga | 225134469 <b>Rahu</b> 9:03AM – 10:41AM  | Taitila Until 12:41AM Sun    | <b>Nataraja:</b> Clear |                        | 3rd Phase                  |
|          |                                 |             | <b>Dvitiya Until 11:51AM</b>  | Moon – White                 |                        | <b>Devaloka Day</b>    |                            |
|          |                                 |             |   | <b>Vaisaka-Chaitra</b>       |                        |                        |                            |

|          |                               |             |  |                             |                        |                        |                            |
|----------|-------------------------------|-------------|--|-----------------------------|------------------------|------------------------|----------------------------|
| <b>3</b> | <b>Sunday, April 26, 2020</b> |             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |                             |                        |                        | New Delhi, India<br>Sun 17 |
|          | Vrishabha Rasi: 14.37         | Tithi 3 – 4 | <b>Gulika</b> 3:36PM – 5:15PM  | <b>Rohini Until 10:56PM</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:45AM | Sarvari 5122               |
|          |                               |             | Yama 12:19PM – 1:58PM  | Sobhana Until 11:54PM       | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:53PM  | Moon 4 - Phase 2           |
|          | Creative Work                 | Siddha Yoga | 235134469 <b>Rahu</b> 5:15PM – 6:53PM  | Vanija Until 2:02AM Mon     | <b>Nataraja:</b> Clear |                        | 3rd Phase                  |
|          |                               |             | <b>Tritiya Until 1:23PM</b>  | Moon – Yellow               |                        | <b>Devaloka Day</b>    |                            |
|          |                               |             | <b>Akshaya Tritiya</b>   | <b>Vaisaka-Chaitra</b>      |                        |                        |                            |

|          |                               |             |   |                                     |                        |                        |                            |
|----------|-------------------------------|-------------|---|-------------------------------------|------------------------|------------------------|----------------------------|
| <b>4</b> | <b>Monday, April 27, 2020</b> |             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                                     |                        |                        | New Delhi, India<br>Sun 18 |
|          | Vrishabha Rasi: 26.59         | Tithi 4 – 5 | <b>Gulika</b> 1:58PM – 3:37PM   | <b>Mrigashira Until 12:30AM Tue</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:44AM | Sarvari 5122               |
|          | <b>Family Home Evening</b>    |             | Yama 10:41AM – 12:19PM  | Athiganda* Until 11:37PM            | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:54PM  | Moon 4 - Phase 2           |
|          | Creative Work                 | Amrita Yoga | 235134469 <b>Rahu</b> 7:23AM – 9:02AM   | Bava Until 2:57AM Tue               | <b>Nataraja:</b> Clear |                        | 3rd Phase                  |
|          |                               |             | <b>Chaturthi* Until 2:32PM</b>  | Moon – Yellow                       |                        | <b>Devaloka Day</b>    |                            |
|          |                               |             | <b>Adi Sankara Jayanthi</b>   | <b>Vaisaka-Chaitra</b>              |                        |                        |                            |

|          |                                |             |  |                               |                        |                             |                            |
|----------|--------------------------------|-------------|--|-------------------------------|------------------------|-----------------------------|----------------------------|
| <b>5</b> | <b>Tuesday, April 28, 2020</b> |             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |                               |                        |                             | New Delhi, India<br>Sun 19 |
|          | Mithuna Rasi: 9.33             | Tithi 5 – 6 | <b>Gulika</b> 12:19PM – 1:58PM   | <b>Ardra Until 1:25AM Wed</b> | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:44AM      | Sarvari 5122               |
|          |                                |             | Yama 9:01AM – 10:40AM  | Sukarma Until 10:57PM         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:55PM       | Moon 4 - Phase 2           |
|          | Routine Work                   | Marana Yoga | 236134469 <b>Rahu</b> 3:37PM – 5:16PM  | Kaulava Until 3:19AM Wed      | <b>Nataraja:</b> Clear |                             | 3rd Phase                  |
|          |                                |             | <b>Panchami Until 3:11PM</b>   | Moon – Yellow                 |                        | <b>Bhuloka Day</b>          |                            |
|          |                                |             |  | <b>Vaisaka-Chaitra</b>        |                        | Devaloka Time: 3:PM to 6:PM |                            |

|          |                                  |             |  |                                   |                        |                        |                            |
|----------|----------------------------------|-------------|--|-----------------------------------|------------------------|------------------------|----------------------------|
| <b>6</b> | <b>Wednesday, April 29, 2020</b> |             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |                                   |                        |                        | New Delhi, India<br>Sun 20 |
|          | Mithuna Rasi: 22.22              | Tithi 6 – 7 | <b>Gulika</b> 10:40AM – 12:19PM  | <b>Punarvasu Until 2:03AM Thu</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:43AM | Sarvari 5122               |
|          |                                  |             | Yama 7:22AM – 9:01AM   | Dhriti Until 9:49PM               | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:55PM  | Moon 4 - Phase 2           |
|          | Creative Work                    | Siddha Yoga | 246134469 <b>Rahu</b> 12:19PM – 1:58PM   | Gara Until 3:04AM Thu             | <b>Nataraja:</b> Clear |                        | 3rd Phase                  |
|          |                                  |             | <b>Shashthi* Until 3:15PM</b>  | Moon – Blue                       |                        | <b>Devaloka Day</b>    |                            |
|          |                                  |             |  | <b>Vaisaka-Chaitra</b>            |                        |                        |                            |

|          |                                 |             |  |                                |                        |                        |                            |
|----------|---------------------------------|-------------|--|--------------------------------|------------------------|------------------------|----------------------------|
| <b>D</b> | <b>Thursday, April 30, 2020</b> |             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |                                |                        |                        | New Delhi, India<br>Sun 21 |
|          | <b>Retreat Star</b>             |             | <b>Gulika</b> 9:00AM – 10:40AM   | <b>Pushya Until 1:53AM Fri</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:42AM | Sarvari 5122               |
|          | Kataka Rasi: 5.31               | Tithi 7 – 8 | Yama 5:42AM – 7:21AM   | Shula* Until 8:09PM            | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:56PM  | Moon 4 - Phase 2           |
|          | Creative Work                   | Amrita Yoga | 246134469 <b>Rahu</b> 1:58PM – 3:37PM  | Visti Until 2:10AM Fri         | <b>Nataraja:</b> Clear |                        | Ashtami                    |
|          |                                 |             | <b>Saptami Until 2:41PM</b>  | Moon – Blue                    |                        | <b>Devaloka Day</b>    |                            |
|          |                                 |             |  | <b>Vaisaka-Chaitra</b>         |                        |                        |                            |

|          |                            |             |  |                                    |                        |                        |                            |
|----------|----------------------------|-------------|--|------------------------------------|------------------------|------------------------|----------------------------|
| <b>D</b> | <b>Friday, May 1, 2020</b> |             | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ashlesha* Nakshatra Ganda*/Vridhiti Yoga Bava/Balava Karana Ashtami/Navamyam Titau |                                    |                        |                        | New Delhi, India<br>Sun 22 |
|          | <b>Retreat Star</b>        |             | <b>Gulika</b> 7:20AM – 8:59AM  | <b>Ashlesha* Until 12:54AM Sat</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:40AM | Sarvari 5122               |
|          | Kataka Rasi: 19            | Tithi 8 – 9 | Yama 3:38PM – 5:17PM   | Ganda* Until 5:57PM                | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:57PM  | Moon 4 - Phase 2           |
|          | Routine Work               | Marana Yoga | 246134469 <b>Rahu</b> 10:39AM – 12:19PM  | Balava Until 12:36AM Sat           | <b>Nataraja:</b> Clear |                        | Navami                     |
|          |                            |             | <b>Ashtami* Until 1:27PM</b>   | Moon – Blue                        |                        | <b>Devaloka Day</b>    |                            |
|          |                            |             |  | <b>Vaisaka-Chaitra</b>             |                        |                        |                            |

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

|                                  |              |  |                             |                        |                        |  |  |                                     |  |
|----------------------------------|--------------|--|-----------------------------|------------------------|------------------------|--|--|-------------------------------------|--|
| <b>1</b>                         |              | <b>Saturday, May 2, 2020</b>           |                             |                        |                        | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |  | New Delhi, India<br>Sun 23 Sutra 20 |  |
| Simha Rasi: 2.53                 | Tithi 9 – 10 | <b>Gulika</b> 5:39AM – 7:19AM          | <b>Magha* Until 11:36PM</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:39AM |  |  | Sarvari 5122                        |  |
|                                  |              | Yama 1:58PM – 3:38PM                   | Vriddhi Until 3:15PM        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:58PM  |  |  | Moon 4 - Phase 3                    |  |
|                                  |              | 256134469 <b>Rahu</b> 8:59AM – 10:39AM | Taitila Until 10:25PM       | <b>Nataraja:</b> Clear |                        |  |  | 4th Phase                           |  |
| Creative Work                    | Amrita Yoga  | <b>Navami* Until 11:34AM</b>           |                             | <b>Moon – Red</b>      |                        | <b>Bhuloka Day</b>   |  | Devaloka Time: 3:PM to 6:PM         |  |
| Until 11:36PM                    |              |  |                             | <b>Vaisaka*Chaitra</b> |                        |  |  |                                     |  |
| Then Creative Work - Siddha Yoga |              |  |                             |                        |                        |  |  |                                     |  |


|                                  |               |                                       |                                   |                        |                        |   |  |                                     |  |
|----------------------------------|---------------|---------------------------------------|-----------------------------------|------------------------|------------------------|---|--|-------------------------------------|--|
| <b>2</b>                         |               | <b>Sunday, May 3, 2020</b>            |                                   |                        |                        | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |  | New Delhi, India<br>Sun 24 Sutra 21 |  |
| Simha Rasi: 17.1                 | Tithi 10 – 11 | <b>Gulika</b> 3:38PM – 5:18PM         | <b>Purvaphalguni Until 9:38PM</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:39AM |   |  | Sarvari 5122                        |  |
|                                  |               | Yama 12:18PM – 1:58PM                 | Dhruva Until 12:04PM              | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:58PM  |   |  | Moon 4 - Phase 3                    |  |
|                                  |               | 256134469 <b>Rahu</b> 5:18PM – 6:58PM | Vanija Until 7:41PM               | <b>Nataraja:</b> Clear |                        |   |  | 4th Phase                           |  |
| Creative Work                    | Siddha Yoga   | <b>Dashami Until 9:06AM</b>           |                                   | <b>Moon – Red</b>      |                        | <b>Bhuloka Day</b>  |  | Devaloka Time: 3:PM to 6:PM         |  |
| Until 9:38PM                     |               |                                       |                                   | <b>Vaisaka*Chaitra</b> |                        |   |  |                                     |  |
| Then Creative Work - Amrita Yoga |               |                                       |                                   |                        |                        |   |  |                                     |  |

|                            |               |                                       |                                    |                        |                        |   |  |                                     |  |
|----------------------------|---------------|---------------------------------------|------------------------------------|------------------------|------------------------|---|--|-------------------------------------|--|
| <b>3</b>                   |               | <b>Monday, May 4, 2020</b>            |                                    |                        |                        | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Uttaraphalguni Nakshatra Vyaghata*Harshana Yoga Visli*/Balava Karana Ekadashi/Dvadashyam Titau |  | New Delhi, India<br>Sun 25 Sutra 22 |  |
| Kanya Rasi: 1.47           | Tithi 11 – 12 | <b>Gulika</b> 1:58PM – 3:39PM         | <b>Uttaraphalguni Until 7:06PM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:38AM |   |  | Sarvari 5122                        |  |
| <b>Family Home Evening</b> |               | Yama 10:38AM – 12:18PM                | Vyaghata* Until 8:30AM             | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:59PM  |   |  | Moon 4 - Phase 3                    |  |
|                            |               | 256234469 <b>Rahu</b> 7:18AM – 8:58AM | Balava Until 2:50AM Tue            | <b>Nataraja:</b> Clear |                        |   |  | 4th Phase                           |  |
| Creative Work              | Siddha Yoga   | <b>Ekadashi Until 6:08AM</b>          |                                    | <b>Moon – Red</b>      |                        | <b>Devaloka Day</b>   |  |                                     |  |
|                            |               |                                       |                                    | <b>Vaisaka*Chaitra</b> |                        |   |  |                                     |  |

|                   |             |                                       |                           |                        |                        |  |  |                                     |  |
|-------------------|-------------|---------------------------------------|---------------------------|------------------------|------------------------|--|--|-------------------------------------|--|
| <b>4</b>          |             | <b>Tuesday, May 5, 2020</b>           |                           |                        |                        | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau |  | New Delhi, India<br>Sun 26 Sutra 23 |  |
| Kanya Rasi: 16.41 | Tithi 13    | <b>Gulika</b> 12:18PM – 1:59PM        | <b>Hasta Until 4:35PM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:37AM |  |  | Sarvari 5122                        |  |
|                   |             | Yama 8:58AM – 10:38AM                 | Vajra* Until 12:39AM Wed  | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:59PM  |  |  | Moon 4 - Phase 3                    |  |
|                   |             | 267234469 <b>Rahu</b> 3:39PM – 5:19PM | Kaulava Until 1:06PM      | <b>Nataraja:</b> Clear |                        |  |  | 4th Phase                           |  |
| Creative Work     | Siddha Yoga | <b>Trayodashi Until 11:18PM</b>       |                           | <b>Moon – Green</b>    |                        | <b>Devaloka Day</b>  |  |                                     |  |
|                   |             |                                       |                           | <b>Vaisaka*Chaitra</b> |                        |  |  |                                     |  |
|                   |             |                                       |                           |                        |                        |  |  |                                     |  |

*Pradosha Vrata*

|                 |             |  |                            |                        |                        |   |  |                                     |  |
|-----------------|-------------|--|----------------------------|------------------------|------------------------|---|--|-------------------------------------|--|
| <b>5</b>        |             | <b>Wednesday, May 6, 2020</b>          |                            |                        |                        | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Chitra/Svati Nakshatra Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau |  | New Delhi, India<br>Sun 27 Sutra 24 |  |
| Tula Rasi: 1.45 | Tithi 14    | <b>Gulika</b> 10:38AM – 12:18PM        | <b>Chitra Until 1:49PM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:36AM |   |  | Sarvari 5122                        |  |
|                 |             | Yama 7:17AM – 8:57AM                   | Siddhi Until 8:36PM        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 7:00PM  |   |  | Moon 4 - Phase 3                    |  |
|                 |             | 267234469 <b>Rahu</b> 12:18PM – 1:59PM | Gara Until 9:32AM          | <b>Nataraja:</b> Clear |                        |   |  | 4th Phase                           |  |
| Creative Work   | Siddha Yoga | <b>Chaturdashi* Until 7:44PM</b>       |                            | <b>Moon – Green</b>    |                        | <b>Devaloka Day</b>   |  |                                     |  |
|                 |             |  |                            | <b>Vaisaka*Chaitra</b> |                        |   |  |                                     |  |

|   |               |                                       |                            |                        |                        |   |  |                                     |  |
|---|---------------|---------------------------------------|----------------------------|------------------------|------------------------|---|--|-------------------------------------|--|
|  |               | <b>Thursday, May 7, 2020</b>          |                            |                        |                        | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Svati/Vishakha Nakshatra Vyatipata*Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau |  | New Delhi, India<br>Sun 25 Sutra 25 |  |
| Tula Rasi: 16.48  | Tithi 15 – 16 | <b>Gulika</b> 8:57AM – 10:37AM        | <b>Svati Until 10:58AM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:36AM |   |  | Sarvari 5122                        |  |
|   |               | Yama 5:36AM – 7:16AM                  | Vyatipata* Until 4:39PM    | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 7:01PM  |   |  | Moon 4 - Phase 3                    |  |
|   |               | 267234469 <b>Rahu</b> 1:59PM – 3:39PM | Balava Until 2:37AM Fri    | <b>Nataraja:</b> Clear |                        |   |  | Purnima                             |  |
| Creative Work   | Amrita Yoga   | <b>Purnima* Until 4:15PM</b>          |                            | <b>Moon – Green</b>    |                        | <b>Devaloka Day</b>   |  |                                     |  |
| Until 10:58AM   |               |                                       |                            | <b>Vaisaka*Chaitra</b> |                        |   |  |                                     |  |
| Then Creative Work - Siddha Yoga  |               |                                       |                            |                        |                        |   |  |                                     |  |

|                            |               |   |                              |                        |                        |  |  |                                     |  |
|----------------------------|---------------|---|------------------------------|------------------------|------------------------|--|--|-------------------------------------|--|
| <b>Friday, May 8, 2020</b> |               | <b>Silver Retreat Star</b>              |                              |                        |                        | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau |  | New Delhi, India<br>Sun 26 Sutra 26 |  |
| Vrischika Rasi: 1.42       | Tithi 16 – 17 | <b>Gulika</b> 7:16AM – 8:56AM           | <b>Vishakha Until 8:38AM</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:35AM |  |  | Sarvari 5122                        |  |
|                            |               | Yama 3:40PM – 5:20PM                    | Variyan Until 12:55PM        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 7:01PM  |  |  | Moon 4 - Phase 3                    |  |
|                            |               | 277234469 <b>Rahu</b> 10:37AM – 12:18PM | Taitila Until 11:37PM        | <b>Nataraja:</b> Clear |                        |  |  | Prathama                            |  |
| Creative Work              | Siddha Yoga   | <b>Prathama* Until 1:03PM</b>           |                              | <b>Moon – Orange</b>   |                        | <b>Bhuloka Day</b>   |  | Devaloka Time: 3:PM to 6:PM         |  |
|                            |               |   |                              | <b>Vaisaka*Chaitra</b> |                        |  |  |                                     |  |

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