



Sunday, April 21, 2019
Gold Retreat Star

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

Pyinmana, Myanmar
Sutra 7

Tula Rasi: 26.33 Tithi 17 – 18

Gulika 3:01PM – 4:36PM
Yama 11:53AM – 1:27PM
274483468 **Rahu** 4:36PM – 6:10PM

Vishakha Until 5:46PM
Siddhi Until 6:27AM
Vanija Until 12:41AM Mon
Dvitiya Until 1:19PM

Ganesha: Blue *Sunrise:* 5:35AM
Muruqa: Yellow *Sunset:* 6:10PM
Nataraja: Purple
Moon – Orange
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Routine Work Marana Yoga

Devaloka Day

1

Monday, April 22, 2019

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

Pyinmana, Myanmar
Sun 1 Sutra 8

Vrischika Rasi: 10.14 Tithi 18 – 19

Gulika 1:27PM – 3:01PM
Yama 10:18AM – 11:52AM
274483468 **Rahu** 7:09AM – 8:43AM

Anuradha Until 5:31PM
Variyan Until 2:41AM Tue
Bava Until 11:57PM
Tritiya Until 12:12PM

Ganesha: Blue *Sunrise:* 5:34AM
Muruqa: Yellow *Sunset:* 6:10PM
Nataraja: Purple
Moon – Orange
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Family Home Evening
Creative Work Siddha Yoga

Devaloka Day

2

Tuesday, April 23, 2019

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

Pyinmana, Myanmar
Sun 2 Sutra 9

Vrischika Rasi: 23.29 Tithi 19 – 20

Gulika 11:52AM – 1:27PM
Yama 8:43AM – 10:18AM
274483468 **Rahu** 3:01PM – 4:36PM

Jyeshtha* Until 5:53PM
Parigha* Until 1:45AM Wed
Kaulava Until 12:01AM Wed
Chaturthi* Until 11:51AM

Ganesha: Blue *Sunrise:* 5:34AM
Muruqa: Yellow *Sunset:* 6:11PM
Nataraja: Purple
Moon – Orange
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Routine Work Marana Yoga
Until 5:53PM
Then Creative Work - Amrita Yoga

Devaloka Day

3

Wednesday, April 24, 2019

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

Pyinmana, Myanmar
Sun 3 Sutra 10

Dhanus Rasi: 6.2 Tithi 20 – 21

Gulika 10:17AM – 11:52AM
Yama 7:08AM – 8:43AM
284483468 **Rahu** 11:52AM – 1:27PM

Mula* Until 7:22PM
Shiva Until 1:27AM Thu
Gara Until 12:54AM Thu
Panchami Until 12:20PM

Ganesha: Yellow *Sunrise:* 5:33AM
Muruqa: Yellow *Sunset:* 6:11PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Routine Work Marana Yoga
Until 7:22PM
Then Creative Work - Amrita Yoga

Sivaloka Day

4

Thursday, April 25, 2019

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

Pyinmana, Myanmar
Sun 4 Sutra 11

Dhanus Rasi: 18.48 Tithi 21 – 22

Gulika 8:42AM – 10:17AM
Yama 5:33AM – 7:07AM
284483469 **Rahu** 1:27PM – 3:01PM

Purvashadha* Until 9:26PM
Siddha Until 1:41AM Fri
Visti Until 2:30AM Fri
Shashthi* Until 1:36PM

Ganesha: Yellow *Sunrise:* 5:33AM
Muruqa: Yellow *Sunset:* 6:11PM
Nataraja: Clear
Moon – Light Blue
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Creative Work Siddha Yoga
Until 9:26PM
Then Routine Work - Marana Yoga

Devaloka Day

5

Friday, April 26, 2019

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

Pyinmana, Myanmar
Sun 5 Sutra 12

Makara Rasi: 0.58 Tithi 22 – 23

Gulika 7:07AM – 8:42AM
Yama 3:02PM – 4:36PM
284583469 **Rahu** 10:17AM – 11:52AM

Uttarashadha Until 11:53PM
Sadhya Until 2:22AM Sat
Balava Until 4:40AM Sat
Saptami Until 3:31PM

Ganesha: Red *Sunrise:* 5:32AM
Muruqa: Yellow *Sunset:* 6:11PM
Nataraja: Clear
Moon – Light Blue
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
1st Phase

Routine Work Marana Yoga

Devaloka Day

D

Saturday, April 27, 2019
Retreat Star

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

Pyinmana, Myanmar
Sun 6 Sutra 13

Makara Rasi: 12.56 Tithi 23 – 24

Gulika 5:31AM – 7:06AM
Yama 1:27PM – 3:02PM
294583469 **Rahu** 8:41AM – 10:16AM

Shravana Until 3:02AM Sun
Subha Until 3:19AM Sun
Taitila Until 7:09AM Sun
Ashtami* Until 5:52PM

Ganesha: Green *Sunrise:* 5:31AM
Muruqa: Yellow *Sunset:* 6:12PM
Nataraja: Clear
Moon – Purple
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
Ashtami

Creative Work Siddha Yoga
Until 3:02AM Sun
Then Routine Work - Marana Yoga

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

Sunday, April 28, 2019
Retreat Star

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Dhanishtha Nakshatra Sukla Yoga Taitila/Gara Karana Navamyam Titau

Pyinmana, Myanmar
Sun 7 Sutra 14

Makara Rasi: 24.47 Tithi 24

Gulika 3:02PM – 4:37PM
Yama 11:51AM – 1:26PM
294583469 **Rahu** 4:37PM – 6:12PM

Dhanishtha Until 6:06AM Mon
Sukla Until 4:19AM Mon
Taitila Until 7:09AM
Navami* Until 8:24PM

Ganesha: Green *Sunrise:* 5:31AM
Muruqa: Yellow *Sunset:* 6:12PM
Nataraja: Clear
Moon – Purple
Chaitra•Chaitra

Vikarin 5121
Moon 4 - Phase 2
Navami

Routine Work Marana Yoga
Until 6:06AM Mon
Then Creative Work - Siddha Yoga

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

Monday, April 29, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Brahma Yoga Vanija/Visli* Karana Dashamyam Titau				Pyinmana, Myanmar Sun 8 Sutra 15 Vikarin 5121
1		Gulika 1:26PM – 3:02PM	Dhanishtha Until 6:06AM	Ganesha: Green	<i>Sunrise:</i> 5:30AM	
Kumbha Rasi: 7	Tithi 25	Yama 10:16AM – 11:51AM	Brahma Until 5:15AM Tue	Muruqa: Yellow	<i>Sunset:</i> 6:12PM	Moon 4 - Phase 3
Family Home Evening	294583469	Rahu 7:05AM – 8:41AM	Vanija Until 9:42AM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga		Dashami Until 10:54PM	Moon – Purple		
				Chaitra*Chaitra	Bhuloka Day	Devaloka Time: 3:PM to 6:PM

Tuesday, April 30, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaprosnthapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau				Pyinmana, Myanmar Sun 9 Sutra 16 Vikarin 5121
2		Gulika 11:51AM – 1:26PM	Shatabhishak Until 8:52AM	Ganesha: Green	<i>Sunrise:</i> 5:30AM	
Kumbha Rasi: 18.29	Tithi 26	Yama 8:40AM – 10:16AM	Indra Until 5:57AM Wed	Muruqa: Yellow	<i>Sunset:</i> 6:12PM	Moon 4 - Phase 3
Routine Work	294583469	Rahu 3:02PM – 4:37PM	Bava Until 12:04PM	Nataraja: Clear		2nd Phase
Marana Yoga			Ekadashi* Until 1:07AM Wed	Moon – Purple		
				Chaitra*Chaitra	Bhuloka Day	Devaloka Time: 3:PM to 6:PM

Wednesday, May 1, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaprosnthapada*/Uttaraprosnthapada Nakshatra Vaidhrili* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Pyinmana, Myanmar Sun 10 Sutra 17 Vikarin 5121
3		Gulika 10:15AM – 11:51AM	Purvaprosnthapada* Until 11:39AM	Ganesha: Purple	<i>Sunrise:</i> 5:29AM	
Meena Rasi: 0.28	Tithi 27	Yama 7:05AM – 8:40AM	Vaidhrili* Until 6:17AM Thu	Muruqa: Yellow	<i>Sunset:</i> 6:13PM	Moon 4 - Phase 3
Creative Work	214583469	Rahu 11:51AM – 1:26PM	Kaulava Until 2:05PM	Nataraja: Clear		2nd Phase
Amrita Yoga			Dvadashi* Until 2:54AM Thu	Moon – Clear		
Until 11:39AM				Chaitra*Chaitra	Bhuloka Day	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

Thursday, May 2, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraprosnthapada*/Revati Nakshatra Vaidhrili*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Pyinmana, Myanmar Sun 11 Sutra 18 Vikarin 5121
4		Gulika 8:40AM – 10:15AM	Uttaraprosnthapada Until 1:49PM	Ganesha: Purple	<i>Sunrise:</i> 5:29AM	
Meena Rasi: 12.38	Tithi 28	Yama 5:29AM – 7:04AM	Vaidhrili* Until 6:17AM	Muruqa: Yellow	<i>Sunset:</i> 6:13PM	Moon 4 - Phase 3
Creative Work	214583469	Rahu 1:26PM – 3:02PM	Gara Until 3:37PM	Nataraja: Clear		2nd Phase
Siddha Yoga			Trayodashi* Until 4:10AM Fri	Moon – Clear		
				Chaitra*Chaitra	Bhuloka Day	Devaloka Time: 3:PM to 6:PM
						<i>Pradosha Vrata (Fasting)</i>

Friday, May 3, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Pyinmana, Myanmar Sun 12 Sutra 19 Vikarin 5121
5		Gulika 7:04AM – 8:39AM	Revati Until 3:19PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:28AM	
Meena Rasi: 25.02	Tithi 29	Yama 3:02PM – 4:38PM	Vishkambha* Until 6:14AM	Muruqa: Yellow	<i>Sunset:</i> 6:13PM	Moon 4 - Phase 3
Creative Work	215583469	Rahu 10:15AM – 11:51AM	Visti Until 4:37PM	Nataraja: Clear		2nd Phase
Siddha Yoga			Chaturdashi* Until 4:54AM Sat	Moon – Clear		
Until 3:19PM				Chaitra*Chaitra	Bhuloka Day	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

Saturday, May 4, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Pyinmana, Myanmar Sun 13 Sutra 20 Vikarin 5121
Retreat Star		Gulika 5:28AM – 7:03AM	Ashvini Until 4:36PM	Ganesha: Purple	<i>Sunrise:</i> 5:28AM	
Mesha Rasi: 7.4	Tithi 30	Yama 1:26PM – 3:02PM	Ayushman Until 4:52AM Sun	Muruqa: Yellow	<i>Sunset:</i> 6:13PM	Moon 4 - Phase 3
Creative Work	225583469	Rahu 8:39AM – 10:15AM	Catuspada Until 5:05PM	Nataraja: Clear		Amavasya
Siddha Yoga			Amavasya* Until 5:05AM Sun	Moon – White		
				Chaitra*Chaitra	Bhuloka Day	Devaloka Time: 3:PM to 6:PM

Sunday, May 5, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Pyinmana, Myanmar Sun 14 Sutra 21 Vikarin 5121
Retreat Star		Gulika 3:02PM – 4:38PM	Bharani Until 5:13PM	Ganesha: Purple	<i>Sunrise:</i> 5:27AM	
Mesha Rasi: 20.33	Tithi 1	Yama 11:50AM – 1:26PM	Saubhagya Until 3:36AM Mon	Muruqa: Yellow	<i>Sunset:</i> 6:14PM	Moon 4 - Phase 3
Routine Work	225583469	Rahu 4:38PM – 6:14PM	Kintughna Until 5:01PM	Nataraja: Clear		Prathama
Prabalarishta Yoga			Prathama* Until 4:48AM Mon	Moon – White		
Until 5:13PM				Vaisaka*Chaitra	Bhuloka Day	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

1	Monday, May 6, 2019	Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau	Pyinmana, Myanmar Sun 15 Sutra 22
	Vishabha Rasi: 3.4 Tithi 2 Family Home Evening Routine Work Marana Yoga Until 5:16PM Then Creative Work - Amrita Yoga	Gulika 1:26PM – 3:02PM Yama 10:14AM – 11:50AM Rahu 7:03AM – 8:39AM	Krittika Until 5:16PM Sobhana Until 2:01AM Tue Balava Until 4:31PM Dvitiya Until 4:07AM Tue

2	Tuesday, May 7, 2019	Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau	Pyinmana, Myanmar Sun 16 Sutra 23
	Vishabha Rasi: 17.01 Tithi 3 Creative Work Amrita Yoga Until 5:14PM Then Creative Work - Siddha Yoga	Gulika 11:50AM – 1:26PM Yama 8:38AM – 10:14AM Rahu 3:02PM – 4:38PM	Rohini Until 5:14PM Athiganda* Until 12:08AM Wed Taitila Until 3:39PM Tritiya Until 3:04AM Wed

3	Wednesday, May 8, 2019	Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Vanija/Visli* Karana Chaturthyam Titau	Pyinmana, Myanmar Sun 17 Sutra 24
	Mithuna Rasi: 0.32 Tithi 4 Creative Work Siddha Yoga	Gulika 10:14AM – 11:50AM Yama 7:02AM – 8:38AM Rahu 11:50AM – 1:26PM	Mrigashira Until 4:45PM Sukarma Until 10:02PM Vanija Until 2:28PM Chaturthi* Until 1:45AM Thu

4	Thursday, May 9, 2019	Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti Yoga Bava/Balava Karana Panchamyam Titau	Pyinmana, Myanmar Sun 18 Sutra 25
	Mithuna Rasi: 14.13 Tithi 5 Routine Work Marana Yoga Until 3:53PM Then Creative Work - Amrita Yoga	Gulika 8:38AM – 10:14AM Yama 5:25AM – 7:02AM Rahu 1:26PM – 3:03PM	Ardra Until 3:53PM Dhriti Until 7:46PM Bava Until 1:01PM Panchami Until 12:12AM Fri

5	Friday, May 10, 2019	Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau	Pyinmana, Myanmar Sun 19 Sutra 26
	Mithuna Rasi: 28.03 Tithi 6 Creative Work Siddha Yoga Until 3:06PM Then Routine Work - Marana Yoga	Gulika 7:01AM – 8:38AM Yama 3:03PM – 4:39PM Rahu 10:14AM – 11:50AM	Punarvasu Until 3:06PM Shula* Until 5:17PM Kaulava Until 11:22AM Shashthi* Until 10:27PM

6	Saturday, May 11, 2019	Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi Yoga Gara/Vanija Karana Saplamyam Titau	Pyinmana, Myanmar Sun 20 Sutra 27
	Kataka Rasi: 12 Tithi 7 Creative Work Siddha Yoga Until 1:58PM Then Routine Work - Marana Yoga	Gulika 5:25AM – 7:01AM Yama 1:26PM – 3:03PM Rahu 8:37AM – 10:14AM	Pushya Until 1:58PM Ganda* Until 2:40PM Gara Until 9:31AM Saptami Until 8:30PM

☾	Sunday, May 12, 2019	Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Visli*/Bava Karana Ashtamyam Titau	Pyinmana, Myanmar Sun 21 Sutra 28
	Retreat Star Kataka Rasi: 26.04 Tithi 8 Creative Work Siddha Yoga Until 12:32PM Then Routine Work - Marana Yoga	Gulika 3:03PM – 4:39PM Yama 11:50AM – 1:27PM Rahu 4:39PM – 6:16PM	Ashlesha* Until 12:32PM Vridhhi Until 11:56AM Visli* Until 7:29AM Ashtami* Until 6:23PM

☽	Monday, May 13, 2019	Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva*/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau	Pyinmana, Myanmar Sun 22 Sutra 29
	Retreat Star Simha Rasi: 10.14 Tithi 9 – 10 Family Home Evening Routine Work Marana Yoga Until 11:13AM Then Creative Work - Siddha Yoga	Gulika 1:27PM – 3:03PM Yama 10:14AM – 11:50AM Rahu 7:00AM – 8:37AM	Magha* Until 11:13AM Dhruva Until 9:02AM Taitila Until 2:59AM Tue Navami* Until 4:08PM

1 Tuesday, May 14, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Pyinmana, Myanmar Sun 23 Sutra 30
Simha Rasi: 24.28	Tithi 10 – 11	Gulika 11:50AM – 1:27PM	Purvaphalguni Until 9:40AM	Ganesha: White	<i>Sunrise:</i> 5:24AM	Vikarin 5121
		Yama 8:37AM – 10:13AM	Vyaghata* Until 6:04AM	Muruqa: Yellow	<i>Sunset:</i> 6:17PM	Moon 4 - Phase 5
	256583469	Rahu 3:03PM – 4:40PM	Vanija Until 12:37AM Wed	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Dashami Until 1:47PM	Moon – Red	Bhuloka Day	
Until 9:40AM				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

2 Wednesday, May 15, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Pyinmana, Myanmar Sun 24 Sutra 31
Kanya Rasi: 8.46	Tithi 11 – 12	Gulika 10:13AM – 11:50AM	Uttaraphalguni Until 7:55AM	Ganesha: White	<i>Sunrise:</i> 5:23AM	Vikarin 5121
		Yama 7:00AM – 8:37AM	Vajra* Until 12:02AM Thu	Muruqa: Yellow	<i>Sunset:</i> 6:17PM	Moon 4 - Phase 5
	256583469	Rahu 11:50AM – 1:27PM	Bava Until 10:14PM	Nataraja: Clear		4th Phase
Creative Work	Amrita Yoga		Ekadashi Until 11:24AM	Moon – Red	Bhuloka Day	
Until 7:55AM				Vaisaka-Vaikasi	Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga						

3 Thursday, May 16, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Pyinmana, Myanmar Sun 25 Sutra 32
Kanya Rasi: 23.02	Tithi 12 – 13	Gulika 8:37AM – 10:13AM	Hasta Until 6:29AM	Ganesha: Yellow	<i>Sunrise:</i> 5:23AM	Vikarin 5121
		Yama 5:23AM – 7:00AM	Siddhi Until 9:07PM	Muruqa: Yellow	<i>Sunset:</i> 6:17PM	Moon 4 - Phase 5
	266583469	Rahu 1:27PM – 3:04PM	Kaulava Until 7:57PM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga		Dvadashi Until 9:03AM	Moon – Green	Devaloka Day	
Until 6:29AM				Vaisaka-Vaikasi		
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>			

4 Friday, May 17, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata* Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau				Pyinmana, Myanmar Sun 26 Sutra 33
Tula Rasi: 7.13	Tithi 13 – 14	Gulika 7:00AM – 8:36AM	Svati Until 3:44AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 5:23AM	Vikarin 5121
		Yama 3:04PM – 4:41PM	Vyatipata* Until 6:23PM	Muruqa: Yellow	<i>Sunset:</i> 6:17PM	Moon 4 - Phase 5
	266583469	Rahu 10:13AM – 11:50AM	Vanija Until 4:57AM Sat	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 6:52AM	Moon – Green	Devaloka Day	
				Vaisaka-Vaikasi		

○ Saturday, May 18, 2019 Copper Retreat Star		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau				Pyinmana, Myanmar Sun 27 Sutra 34
Tula Rasi: 21.13	Tithi 15	Gulika 5:22AM – 6:59AM	Vishakha Until 3:06AM Sun	Ganesha: Blue	<i>Sunrise:</i> 5:22AM	Vikarin 5121
		Yama 1:27PM – 3:04PM	Variyan Until 3:55PM	Muruqa: Yellow	<i>Sunset:</i> 6:18PM	Moon 4 - Phase 5
	276583469	Rahu 8:36AM – 10:13AM	Visti Until 4:10PM	Nataraja: Clear		Purnima
Creative Work	Siddha Yoga		Purnima* Until 3:27AM Sun	Moon – Orange	Bhuloka Day	
Until 3:06AM Sun				Vaisaka-Vaikasi	Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga						

Sunday, May 19, 2019 Silver Retreat Star		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau				Pyinmana, Myanmar Sutra 35
Vrischika Rasi: 4.58	Tithi 16	Gulika 3:04PM – 4:41PM	Anuradha Until 2:51AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:22AM	Vikarin 5121
		Yama 11:50AM – 1:27PM	Parigha* Until 1:50PM	Muruqa: Yellow	<i>Sunset:</i> 6:18PM	Moon 4 - Phase 5
	277583469	Rahu 4:41PM – 6:18PM	Balava Until 2:54PM	Nataraja: Clear		Prathama
Routine Work	Marana Yoga		Prathama* Until 2:28AM Mon	Moon – Orange	Devaloka Day	
Until 2:51AM Mon				Vaisaka-Vaikasi		
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



Monday, May 20, 2019
Gold Retreat Star

Vrischika Rasi: 18.23 Tithi 17
Family Home Evening
Creative Work Siddha Yoga
Until 3:05AM 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 1:27PM – 3:04PM
Yama 10:13AM – 11:50AM
Rahu 6:59AM – 8:36AM
Jyeshtha* Until 3:05AM Tue
Shiva Until 12:14PM
Taitila Until 2:14PM
Dvitiya Until 2:07AM Tue

Ganesha: Yellow *Sunrise:* 5:22AM
Muruqa: Yellow *Sunset:* 6:19PM
Nataraja: Clear
Moon – Orange
Vaisaka-Vaikasi

Devaloka Day

Pyinmana, Myanmar
Sun 1 Sutra 36
Vikarin 5121
Moon 5 - Phase 6
1st Phase

1

Tuesday, May 21, 2019

Dhanus Rasi: 1.29 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 11:50AM – 1:27PM
Yama 8:36AM – 10:13AM
Rahu 3:05PM – 4:42PM
Mula* Until 4:17AM Wed
Siddha Until 11:08AM
Vanija Until 2:13PM
Tritiya Until 2:28AM Wed

Ganesha: Blue *Sunrise:* 5:22AM
Muruqa: Yellow *Sunset:* 6:19PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Sivaloka Day

Pyinmana, Myanmar
Sun 2 Sutra 37
Vikarin 5121
Moon 5 - Phase 6
1st Phase

2

Wednesday, May 22, 2019

Dhanus Rasi: 14.13 Tithi 19
Creative Work Amrita Yoga
Until 6:01AM 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 10:13AM – 11:50AM
Yama 6:59AM – 8:36AM
Rahu 11:50AM – 1:28PM
Purvashadha* Until 6:01AM Thu
Sadhya Until 10:36AM
Bava Until 2:55PM
Chaturthi* Until 3:30AM Thu

Ganesha: Red *Sunrise:* 5:21AM
Muruqa: Yellow *Sunset:* 6:19PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Devaloka Day

Pyinmana, Myanmar
Sun 3 Sutra 38
Vikarin 5121
Moon 5 - Phase 6
1st Phase

3

Thursday, May 23, 2019

Dhanus Rasi: 26.39 Tithi 20
Creative Work Siddha Yoga
Until 6:01AM
Then Routine Work - Marana Yoga

287683469

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

Gulika 8:36AM – 10:13AM
Yama 5:21AM – 6:59AM
Rahu 1:28PM – 3:05PM
Purvashadha* Until 6:01AM
Subha Until 10:37AM
Kaulava Until 4:17PM
Panchami Until 5:09AM Fri

Ganesha: Red *Sunrise:* 5:21AM
Muruqa: Yellow *Sunset:* 6:20PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Devaloka Day

Pyinmana, Myanmar
Sun 4 Sutra 39
Vikarin 5121
Moon 5 - Phase 6
1st Phase

4

Friday, May 24, 2019

Makara Rasi: 8.49 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 Karana Shashthyam Titau

Gulika 6:58AM – 8:36AM
Yama 3:05PM – 4:43PM
Rahu 10:13AM – 11:50AM
Uttarashadha Until 8:10AM
Sukla Until 11:03AM
Gara Until 6:12PM
Shashthi* Until 7:17AM Sat

Ganesha: Red *Sunrise:* 5:21AM
Muruqa: Yellow *Sunset:* 6:20PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Devaloka Day

Pyinmana, Myanmar
Sun 5 Sutra 40
Vikarin 5121
Moon 5 - Phase 6
1st Phase

5

Saturday, May 25, 2019

Makara Rasi: 20.48 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 5:21AM – 6:58AM
Yama 1:28PM – 3:05PM
Rahu 8:36AM – 10:13AM
Shravana Until 11:05AM
Brahma Until 11:49AM
Visti Until 8:29PM
Shashthi* Until 7:17AM

Ganesha: Green *Sunrise:* 5:21AM
Muruqa: Yellow *Sunset:* 6:20PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

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

Pyinmana, Myanmar
Sun 6 Sutra 41
Vikarin 5121
Moon 5 - Phase 6
1st Phase

D

Sunday, May 26, 2019
Retreat Star

Kumbha Rasi: 2.41 Tithi 22 – 23
Routine Work Marana Yoga
Until 2:02PM
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 3:06PM – 4:43PM
Yama 11:51AM – 1:28PM
Rahu 4:43PM – 6:21PM
Dhanishtha Until 2:02PM
Indra Until 12:47PM
Balava Until 10:55PM
Saptami Until 9:40AM

Ganesha: Blue *Sunrise:* 5:21AM
Muruqa: Yellow *Sunset:* 6:21PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Sivaloka Day

Pyinmana, Myanmar
Sun 7 Sutra 42
Vikarin 5121
Moon 5 - Phase 6
Ashtami

Monday, May 27, 2019

Retreat Star

Kumbha Rasi: 14.32 Tithi 23 – 24
Family Home Evening
Creative Work Siddha Yoga
Until 4:50PM
Then Routine Work - Marana Yoga

398683469

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

Gulika 1:28PM – 3:06PM
Yama 10:13AM – 11:51AM
Rahu 6:58AM – 8:36AM
Shatabhishak Until 4:50PM
Vaidhriti* Until 1:43PM
Taitila Until 1:15AM Tue
Ashtami* Until 12:05PM

Ganesha: Blue *Sunrise:* 5:21AM
Muruqa: Yellow *Sunset:* 6:21PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Sivaloka Day

Pyinmana, Myanmar
Sun 8 Sutra 43
Vikarin 5121
Moon 5 - Phase 6
Navami

1		Tuesday, May 28, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Pyinmana, Myanmar Sun 9	Sutra 44
Kumbha Rasi: 26.27	Tithi 24 – 25	Gulika 11:51AM – 1:28PM	Purvaproshtapada* Until 7:44PM	Ganesha: Purple	<i>Sunrise:</i> 5:20AM	Vikarin 5121		
		Yama 8:36AM – 10:13AM	Vishkambha* Until 2:30PM	Muruqa: Yellow	<i>Sunset:</i> 6:21PM	Moon 5 - Phase 7		
		318683469 Rahu 3:06PM – 4:44PM	Vanija Until 3:18AM Wed	Nataraja: Clear		2nd Phase		
Routine Work	Marana Yoga		Navami* Until 2:18PM	Moon – Clear		Sivaloka Day		
Until 7:44PM				Vaisaka-Vaikasi				
Then Creative Work - Amrita Yoga								

2		Wednesday, May 29, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti/Ayushman Yoga Visli*/Bava Karana Dashami/Ekadashyam Titau	Pyinmana, Myanmar Sun 10	Sutra 45
Meena Rasi: 8.3	Tithi 25 – 26	Gulika 10:13AM – 11:51AM	Uttaraproshtapada Until 10:03PM	Ganesha: Purple	<i>Sunrise:</i> 5:20AM	Vikarin 5121		
		Yama 6:58AM – 8:36AM	Priti Until 3:01PM	Muruqa: Yellow	<i>Sunset:</i> 6:22PM	Moon 5 - Phase 7		
		318683469 Rahu 11:51AM – 1:29PM	Bava Until 4:52AM Thu	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga		Dashami Until 4:08PM	Moon – Clear		Sivaloka Day		
Until 10:03PM				Vaisaka-Vaikasi				
Then Routine Work - Marana Yoga								

3		Thursday, May 30, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Pyinmana, Myanmar Sun 11	Sutra 46
Meena Rasi: 20.44	Tithi 26 – 27	Gulika 8:36AM – 10:13AM	Revati Until 11:40PM	Ganesha: Purple	<i>Sunrise:</i> 5:20AM	Vikarin 5121		
		Yama 5:20AM – 6:58AM	Ayushman Until 3:05PM	Muruqa: Yellow	<i>Sunset:</i> 6:22PM	Moon 5 - Phase 7		
		318683469 Rahu 1:29PM – 3:07PM	Kaulava Until 5:51AM Fri	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga		Ekadashi* Until 5:25PM	Moon – Clear		Sivaloka Day		
Until 11:40PM				Vaisaka-Vaikasi				
Then Creative Work - Amrita Yoga								

4		Friday, May 31, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Taitila Karana Dvadashyam Titau	Pyinmana, Myanmar Sun 12	Sutra 47
Mesha Rasi: 3.14	Tithi 27	Gulika 6:58AM – 8:36AM	Ashvini Until 1:00AM Sat	Ganesha: Clear	<i>Sunrise:</i> 5:20AM	Vikarin 5121		
		Yama 3:07PM – 4:45PM	Saubhagya Until 2:41PM	Muruqa: Yellow	<i>Sunset:</i> 6:22PM	Moon 5 - Phase 7		
		328683469 Rahu 10:13AM – 11:51AM	Taitila Until 6:05PM	Nataraja: Clear		2nd Phase		
Creative Work	Amrita Yoga		Dvadashi* Until 6:05PM	Moon – White		Devaloka Day		
Until 1:00AM Sat				Vaisaka-Vaikasi				
Then Creative Work - Siddha Yoga								

5		Saturday, June 1, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Gara/Vanija Karana Trayodashyam Titau	Pyinmana, Myanmar Sun 13	Sutra 48
Mesha Rasi: 16.01	Tithi 28	Gulika 5:20AM – 6:58AM	Bharani Until 1:32AM Sun	Ganesha: White	<i>Sunrise:</i> 5:20AM	Vikarin 5121		
		Yama 1:29PM – 3:07PM	Sobhana Until 1:48PM	Muruqa: Yellow	<i>Sunset:</i> 6:23PM	Moon 5 - Phase 7		
		329683469 Rahu 8:36AM – 10:14AM	Gara Until 6:12AM	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga		Trayodashi* Until 6:07PM	Moon – White		Bhuloka Day		
Until 1:20AM Mon				Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Amrita Yoga								

6		Sunday, June 2, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda*/Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Pyinmana, Myanmar Sun 14	Sutra 49
Mesha Rasi: 29.07	Tithi 29 – 30	Gulika 3:07PM – 4:45PM	Krittika Until 1:20AM Mon	Ganesha: White	<i>Sunrise:</i> 5:20AM	Vikarin 5121		
		Yama 11:52AM – 1:29PM	Athiganda* Until 12:23PM	Muruqa: Yellow	<i>Sunset:</i> 6:23PM	Moon 5 - Phase 7		
		329683469 Rahu 4:45PM – 6:23PM	Catuspada Until 5:02AM Mon	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga		Chaturdashi* Until 5:32PM	Moon – White		Bhuloka Day		
Until 1:20AM Mon				Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Amrita Yoga								

Monday, June 3, 2019		Retreat Star				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma/Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Pyinmana, Myanmar Sun 15	Sutra 50
Vrishabha Rasi: 12.32	Tithi 30 – 1	Gulika 1:30PM – 3:08PM	Rohini Until 12:55AM Tue	Ganesha: Green	<i>Sunrise:</i> 5:20AM	Vikarin 5121		
Family Home Evening		Yama 10:14AM – 11:52AM	Sukarma Until 10:32AM	Muruqa: Yellow	<i>Sunset:</i> 6:23PM	Moon 5 - Phase 7		
Creative Work	Amrita Yoga	339683469 Rahu 6:58AM – 8:36AM	Kintughna Until 3:40AM Tue	Nataraja: Clear		Amavasya		
Until 12:55AM Tue			Amavasya* Until 4:23PM	Moon – Yellow		Bhuloka Day		
Then Creative Work - Siddha Yoga				Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM		

Tuesday, June 4, 2019		Retreat Star				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Prathama/Dvityayam Titau	Pyinmana, Myanmar Sun 16	Sutra 51
Vrishabha Rasi: 26.14	Tithi 1 – 2	Gulika 11:52AM – 1:30PM	Mrigashira Until 11:57PM	Ganesha: Green	<i>Sunrise:</i> 5:20AM	Vikarin 5121		
		Yama 8:36AM – 10:14AM	Dhriti Until 8:19AM	Muruqa: Yellow	<i>Sunset:</i> 6:24PM	Moon 5 - Phase 7		
		339683469 Rahu 3:08PM – 4:46PM	Balava Until 1:53AM Wed	Nataraja: Clear		Prathama		
Creative Work	Siddha Yoga		Prathama* Until 2:48PM	Moon – Yellow		Bhuloka Day		
Until 11:57PM				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM		
Then Routine Work - Marana Yoga								

1	Wednesday, June 5, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Pyinmana, Myanmar Sun 17 Sutra 52
	Mithuna Rasi: 10.11	Tithi 2 – 3	Gulika 10:14AM – 11:52AM	Ardra Until 10:32PM	Ganesha: Green	<i>Sunrise:</i> 5:20AM	Vikarin 5121
			Yama 6:58AM – 8:36AM	Ganda* Until 3:00AM Thu	Muruqa: Yellow	<i>Sunset:</i> 6:24PM	Moon 5 - Phase 8
	Creative Work	Siddha Yoga	339683461 Rahu 11:52AM – 1:30PM	Taitila Until 11:49PM	Nataraja: Clear		3rd Phase
			Dvitiya Until 12:52PM	Moon – Yellow		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

2	Thursday, June 6, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Pyinmana, Myanmar Sun 18 Sutra 53
	Mithuna Rasi: 24.19	Tithi 3 – 4	Gulika 8:36AM – 10:14AM	Punarvasu Until 9:13PM	Ganesha: White	<i>Sunrise:</i> 5:20AM	Vikarin 5121
			Yama 5:20AM – 6:58AM	Vriddhi Until 12:06AM Fri	Muruqa: Yellow	<i>Sunset:</i> 6:24PM	Moon 5 - Phase 8
	Creative Work	Amrita Yoga	349683461 Rahu 1:30PM – 3:08PM	Vanija Until 9:33PM	Nataraja: Yellow		3rd Phase
			Tritiya Until 10:41AM	Moon – Blue		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

3	Friday, June 7, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Pyinmana, Myanmar Sun 19 Sutra 54
	Kataka Rasi: 8.32	Tithi 4 – 5	Gulika 6:58AM – 8:36AM	Pushya Until 7:39PM	Ganesha: White	<i>Sunrise:</i> 5:20AM	Vikarin 5121
			Yama 3:09PM – 4:47PM	Dhruva Until 9:07PM	Muruqa: Yellow	<i>Sunset:</i> 6:25PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	349683461 Rahu 10:14AM – 11:52AM	Bava Until 7:12PM	Nataraja: Yellow		3rd Phase
			Chaturthi* Until 8:22AM	Moon – Blue		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

4	Saturday, June 8, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata* Yoga Balava/Taitila Karana Panchami/Shashthyam Titau				Pyinmana, Myanmar Sun 20 Sutra 55
	Kataka Rasi: 22.49	Tithi 5 – 6	Gulika 5:20AM – 6:58AM	Ashlesha* Until 5:56PM	Ganesha: White	<i>Sunrise:</i> 5:20AM	Vikarin 5121
			Yama 1:31PM – 3:09PM	Vyaghata* Until 6:08PM	Muruqa: Yellow	<i>Sunset:</i> 6:25PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	349683461 Rahu 8:36AM – 10:14AM	Taitila Until 3:38AM Sun	Nataraja: Yellow		3rd Phase
			Panchami Until 6:00AM	Moon – Blue		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

5	Sunday, June 9, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau				Pyinmana, Myanmar Sun 21 Sutra 56
	Simha Rasi: 7.04	Tithi 7	Gulika 3:09PM – 4:47PM	Magha* Until 4:32PM	Ganesha: Yellow	<i>Sunrise:</i> 5:20AM	Vikarin 5121
			Yama 11:53AM – 1:31PM	Harshana Until 3:11PM	Muruqa: Yellow	<i>Sunset:</i> 6:25PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	351683461 Rahu 4:47PM – 6:25PM	Gara Until 2:30PM	Nataraja: Yellow		3rd Phase
			Saptami Until 1:21AM Mon	Moon – Red		Devaloka Day	
				Jyeshtha-Vaikasi			

Monday, June 10, 2019	Retreat Star		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau				Pyinmana, Myanmar Sun 22 Sutra 57
	Simha Rasi: 21.17	Tithi 8	Gulika 1:31PM – 3:09PM	Purvaphalguni Until 3:06PM	Ganesha: Yellow	<i>Sunrise:</i> 5:20AM	Vikarin 5121
	Family Home Evening		Yama 10:15AM – 11:53AM	Vajra* Until 12:18PM	Muruqa: Yellow	<i>Sunset:</i> 6:26PM	Moon 5 - Phase 8
	Creative Work	Siddha Yoga	351683461 Rahu 6:58AM – 8:37AM	Visti Until 12:16PM	Nataraja: Yellow		Ashtami
			Ashtami* Until 11:10PM	Moon – Red		Devaloka Day	
				Jyeshtha-Vaikasi			


Tuesday, June 11, 2019	Retreat Star		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddhi/Vyatalpata* Yoga Balava/Kaulava Karana Navamyam Titau				Pyinmana, Myanmar Sun 23 Sutra 58
	Kanya Rasi: 5.25	Tithi 9	Gulika 11:53AM – 1:31PM	Uttaraphalguni Until 1:39PM	Ganesha: Yellow	<i>Sunrise:</i> 5:20AM	Vikarin 5121
			Yama 8:37AM – 10:15AM	Siddhi Until 9:32AM	Muruqa: Yellow	<i>Sunset:</i> 6:26PM	Moon 5 - Phase 8
	Creative Work	Amrita Yoga	351683461 Rahu 3:10PM – 4:48PM	Balava Until 10:09AM	Nataraja: Yellow		Navami
			Navami* Until 9:07PM	Moon – Red		Devaloka Day	
				Jyeshtha-Vaikasi			

1	Wednesday, June 12, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Vyatipata/Variyan Yoga Taitila/Gara Karana Dashamyam Titau				Pyinmana, Myanmar Sun 24 Sutra 59
	Kanya Rasi: 19.28	Tithi 10	Gulika 10:15AM – 11:53AM	Hasta Until 12:39PM	Ganesha: White	<i>Sunrise:</i> 5:20AM	Vikarin 5121
			Yama 6:59AM – 8:37AM	Vyatipata* Until 6:54AM	Muruqa: Yellow	<i>Sunset:</i> 6:26PM	Moon 5 - Phase 9
		361683461	Rahu 11:53AM – 1:32PM	Taitila Until 8:11AM	Nataraja: Yellow		4th Phase
Routine Work Marana Yoga			Dashami Until 7:16PM	Moon – Green	Bhuloka Day		
Until 12:39PM				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Siddha Yoga							

2	Thursday, June 13, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Parigha* Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau				Pyinmana, Myanmar Sun 25 Sutra 60
	Tula Rasi: 3.22	Tithi 11 – 12	Gulika 8:37AM – 10:15AM	Chitra Until 11:43AM	Ganesha: White	<i>Sunrise:</i> 5:21AM	Vikarin 5121
			Yama 5:21AM – 6:59AM	Parigha* Until 2:09AM Fri	Muruqa: Yellow	<i>Sunset:</i> 6:27PM	Moon 5 - Phase 9
		361683461	Rahu 1:32PM – 3:10PM	Vanija Until 6:26AM	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga			Ekadashi Until 5:38PM	Moon – Green	Bhuloka Day		
Until 11:43AM				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Amrita Yoga							

3	Friday, June 14, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Pyinmana, Myanmar Sun 26 Sutra 61
	Tula Rasi: 17.07	Tithi 12 – 13	Gulika 6:59AM – 8:37AM	Svati Until 10:55AM	Ganesha: White	<i>Sunrise:</i> 5:21AM	Vikarin 5121
			Yama 3:10PM – 4:49PM	Shiva Until 12:10AM Sat	Muruqa: Blue	<i>Sunset:</i> 6:27PM	Moon 5 - Phase 9
		361693461	Rahu 10:16AM – 11:54AM	Kaulava Until 3:47AM Sat	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga			Dvadashi Until 4:18PM	Moon – Green	Devaloka Day		
		Vaikasi Visakam		Jyeshtha-Vaikasi			
					<i>Pradosha Vrata</i>		

4	Saturday, June 15, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Pyinmana, Myanmar Sun 27 Sutra 62
	Vrischika Rasi: 0.4	Tithi 13 – 14	Gulika 5:21AM – 6:59AM	Vishakha Until 10:45AM	Ganesha: Clear	<i>Sunrise:</i> 5:21AM	Vikarin 5121
			Yama 1:32PM – 3:11PM	Siddha Until 10:27PM	Muruqa: Blue	<i>Sunset:</i> 6:27PM	Moon 5 - Phase 9
		371693461	Rahu 8:37AM – 10:16AM	Gara Until 3:01AM Sun	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga			Trayodashi Until 3:19PM	Moon – Orange	Sivaloka Day		
				Jyeshtha-Ani			

	Sunday, June 16, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Pyinmana, Myanmar Sutra 63
	Copper Retreat Star		Gulika 3:11PM – 4:49PM	Anuradha Until 10:51AM	Ganesha: White	<i>Sunrise:</i> 5:21AM	Vikarin 5121
	Vrischika Rasi: 13.59	Tithi 14 – 15	Yama 11:54AM – 1:32PM	Sadhya Until 9:07PM	Muruqa: Blue	<i>Sunset:</i> 6:27PM	Moon 5 - Phase 9
		371793461	Rahu 4:49PM – 6:27PM	Visti Until 2:43AM Mon	Nataraja: Yellow		Purnima
Routine Work Marana Yoga			Chaturdashi* Until 2:47PM	Moon – Orange	Subha Sivaloka Day		
		Father's Day		Jyeshtha-Ani			

Monday, June 17, 2019	Silver Retreat Star		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Pyinmana, Myanmar Sutra 64
	Vrischika Rasi: 27.04	Tithi 15 – 16	Gulika 1:33PM – 3:11PM	Jyeshtha* Until 11:17AM	Ganesha: White	<i>Sunrise:</i> 5:21AM	Vikarin 5121
	Family Home Evening		Yama 10:16AM – 11:54AM	Subha Until 8:13PM	Muruqa: Blue	<i>Sunset:</i> 6:28PM	Moon 5 - Phase 9
		371793461	Rahu 6:59AM – 8:38AM	Balava Until 2:57AM Tue	Nataraja: Yellow		Prathama
Creative Work Siddha Yoga			Purnima* Until 2:45PM	Moon – Orange	Subha Sivaloka Day		
				Jyeshtha-Ani			

That which appears as cold or as hot, fresh or spoiled, good fortune and bad, love and hate, effort and laziness, the exalted and the 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

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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

Pyinmana, Myanmar
Sutra 65

Dhanus Rasi: 9.52 Tithi 16 – 17

381793461

Gulika 11:55AM – 1:33PM
Yama 8:38AM – 10:16AM
Rahu 3:11PM – 4:50PM

Mula* Until 12:34PM
Sukla Until 7:44PM
Taitila Until 3:46AM Wed
Prathama* Until 3:16PM

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

Sunrise: 5:21AM
Sunset: 6:28PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Creative Work Amrita Yoga
Until 12:34PM
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

Pyinmana, Myanmar
Sun 1 Sutra 66

Dhanus Rasi: 22.24 Tithi 17 – 18

381793461

Gulika 10:17AM – 11:55AM
Yama 7:00AM – 8:38AM
Rahu 11:55AM – 1:33PM

Purvashadha* Until 2:15PM
Brahma Until 7:42PM
Vanija Until 5:07AM Thu
Dvitiya Until 4:21PM

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

Sunrise: 5:22AM
Sunset: 6:28PM

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

Pyinmana, Myanmar
Sun 2 Sutra 67

Makara Rasi: 4.42 Tithi 18 – 19

382793461

Gulika 8:38AM – 10:17AM
Yama 5:22AM – 7:00AM
Rahu 1:33PM – 3:12PM

Uttarashadha Until 4:17PM
Indra Until 8:05PM
Bava Until 6:58AM Fri
Tritiya Until 5:58PM

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

Sunrise: 5:22AM
Sunset: 6:28PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga
Until 4:17PM
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

Pyinmana, Myanmar
Sun 3 Sutra 68

Makara Rasi: 16.48 Tithi 19

392793461

Gulika 7:00AM – 8:39AM
Yama 3:12PM – 4:50PM
Rahu 10:17AM – 11:55AM

Shravana Until 7:04PM
Vaidhriti* Until 8:45PM
Bava Until 6:58AM
Chaturthi* Until 8:00PM

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

Sunrise: 5:22AM
Sunset: 6:29PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga
Until 7:04PM
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

Pyinmana, Myanmar
Sun 4 Sutra 69

Makara Rasi: 28.46 Tithi 20

392793461

Gulika 5:22AM – 7:00AM
Yama 1:34PM – 3:12PM
Rahu 8:39AM – 10:17AM

Dhanishtha Until 9:57PM
Vishkambha* Until 9:39PM
Kaulava Until 9:09AM
Panchami Until 10:18PM

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

Sunrise: 5:22AM
Sunset: 6:29PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Creative Work Siddha Yoga
Until 9:57PM
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

Pyinmana, Myanmar
Sun 5 Sutra 70

Kumbha Rasi: 10.38 Tithi 21

392793461

Gulika 3:12PM – 4:51PM
Yama 11:56AM – 1:34PM
Rahu 4:51PM – 6:29PM

Shatabhishak Until 12:45AM Mon
Priti Until 10:38PM
Gara Until 11:31AM
Shashthi* Until 12:42AM Mon

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

Sunrise: 5:22AM
Sunset: 6:29PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Creative Work Siddha Yoga
Until 12:45AM Mon
Then Routine Work - Marana Yoga

Sivaloka Day

6

Monday, June 24, 2019

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

Pyinmana, Myanmar
Sun 6 Sutra 71

Kumbha Rasi: 22.3 Tithi 22

312793461

Gulika 1:34PM – 3:13PM
Yama 10:18AM – 11:56AM
Rahu 7:01AM – 8:39AM

Purvaproshtapada* Until 3:47AM Tue
Ayushman Until 11:30PM
Visti Until 1:53PM
Saptami Until 2:59AM Tue

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

Sunrise: 5:23AM
Sunset: 6:29PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Family Home Evening
Routine Work Marana Yoga
Until 3:47AM 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 Uttaraproshtapada Nakshatra Saubhagya Yoga Balava/Kaulava Karana Ashtamyam Titau

Pyinmana, Myanmar
Sun 7 Sutra 72

Meena Rasi: 4.26 Tithi 23

312793461

Gulika 11:56AM – 1:34PM
Yama 8:39AM – 10:18AM
Rahu 3:13PM – 4:51PM

Uttaraproshtapada Until 6:21AM Wed
Saubhagya Until 12:11AM Wed
Balava Until 4:03PM
Ashtami* Until 4:58AM Wed

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

Sunrise: 5:23AM
Sunset: 6:29PM

Vikarin 5121
Moon 6 - Phase 10
Ashtami

Creative Work Amrita Yoga
Until 6:21AM 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 Uttaraproshtapada/Revati Nakshatra Sobhana Yoga Taitila/Gara Karana Navamyam Titau

Pyinmana, Myanmar
Sun 8 Sutra 73

Meena Rasi: 16.29 Tithi 24

312793461

Gulika 10:18AM – 11:56AM
Yama 7:01AM – 8:40AM
Rahu 11:56AM – 1:35PM

Uttaraproshtapada Until 6:21AM
Sobhana Until 12:32AM Thu
Taitila Until 5:49PM
Navami* Until 6:28AM Thu

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

Sunrise: 5:23AM
Sunset: 6:30PM

Vikarin 5121
Moon 6 - Phase 10
Navami

Creative Work Siddha Yoga
Until 6:21AM
Then Routine Work - Marana 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

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1		Thursday, June 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Athiganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Pynmana, Myanmar Sun 9 Sutra 74	
Meena Rasi: 28.44	Tithi 24 – 25	Gulika 8:40AM – 10:18AM	Revati Until 8:17AM	Ganesha: Yellow	<i>Sunrise:</i> 5:23AM			Vikarin 5121	
		Yama 5:23AM – 7:02AM	Athiganda* Until 12:24AM Fri	Muruqa: Blue	<i>Sunset:</i> 6:30PM			Moon 6 - Phase 11	
		312793461 Rahu 1:35PM – 3:13PM	Vanija Until 7:01PM	Nataraja: Yellow				2nd Phase	
Creative Work	Siddha Yoga		Navami* Until 6:28AM	Moon – Clear			Sivaloka Day		
Until 8:17AM									
Then Creative Work - Amrita Yoga									

2		Friday, June 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Pynmana, Myanmar Sun 10 Sutra 75	
Mesha Rasi: 11.14	Tithi 25 – 26	Gulika 7:02AM – 8:40AM	Ashvini Until 9:56AM	Ganesha: Blue	<i>Sunrise:</i> 5:24AM			Vikarin 5121	
		Yama 3:13PM – 4:52PM	Sukarma Until 11:45PM	Muruqa: Blue	<i>Sunset:</i> 6:30PM			Moon 6 - Phase 11	
		322793461 Rahu 10:18AM – 11:57AM	Bava Until 7:34PM	Nataraja: Yellow				2nd Phase	
Creative Work	Amrita Yoga		Dashami Until 7:22AM	Moon – White			Devaloka Day		
Until 9:56AM									
Then Creative Work - Siddha Yoga									

3		Saturday, June 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Pynmana, Myanmar Sun 11 Sutra 76	
Mesha Rasi: 24.05	Tithi 26 – 27	Gulika 5:24AM – 7:02AM	Bharani Until 10:44AM	Ganesha: Blue	<i>Sunrise:</i> 5:24AM			Vikarin 5121	
		Yama 1:35PM – 3:13PM	Dhriti Until 10:32PM	Muruqa: Blue	<i>Sunset:</i> 6:30PM			Moon 6 - Phase 11	
		322793461 Rahu 8:40AM – 10:19AM	Kaulava Until 7:24PM	Nataraja: Yellow				2nd Phase	
Creative Work	Siddha Yoga		Ekadashi* Until 7:33AM	Moon – White			Devaloka Day		
Until 10:44AM									
Then Creative Work - Amrita Yoga									

4		Sunday, June 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau				Pynmana, Myanmar Sun 12 Sutra 77	
Vrishabha Rasi: 7.17	Tithi 27 – 28	Gulika 3:14PM – 4:52PM	Krittika Until 10:40AM	Ganesha: Blue	<i>Sunrise:</i> 5:24AM			Vikarin 5121	
		Yama 11:57AM – 1:35PM	Shula* Until 8:43PM	Muruqa: Blue	<i>Sunset:</i> 6:30PM			Moon 6 - Phase 11	
		322793461 Rahu 4:52PM – 6:30PM	Gara Until 6:30PM	Nataraja: Yellow				2nd Phase	
Creative Work	Siddha Yoga		Dvadashi* Until 7:01AM	Moon – White			Devaloka Day		

Pradosha Vrata (Fasting)

5		Monday, July 1, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Pynmana, Myanmar Sun 13 Sutra 78	
Vrishabha Rasi: 20.53	Tithi 29	Gulika 1:36PM – 3:14PM	Rohini Until 10:14AM	Ganesha: Blue	<i>Sunrise:</i> 5:24AM			Vikarin 5121	
Family Home Evening		Yama 10:19AM – 11:57AM	Ganda* Until 6:24PM	Muruqa: Blue	<i>Sunset:</i> 6:30PM			Moon 6 - Phase 11	
		332793461 Rahu 7:03AM – 8:41AM	Visti Until 4:57PM	Nataraja: Yellow				2nd Phase	
Creative Work	Amrita Yoga		Chaturdashi* Until 3:57AM Tue	Moon – Yellow			Devaloka Day		

Retreat Star		Tuesday, July 2, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Pynmana, Myanmar Sun 14 Sutra 79	
Mithuna Rasi: 4.51	Tithi 30	Gulika 11:58AM – 1:36PM	Mrigashira Until 9:04AM	Ganesha: Blue	<i>Sunrise:</i> 5:25AM			Vikarin 5121	
		Yama 8:41AM – 10:19AM	Vriddhi Until 3:38PM	Muruqa: Blue	<i>Sunset:</i> 6:30PM			Moon 6 - Phase 11	
		332793461 Rahu 3:14PM – 4:52PM	Catuspada Until 2:51PM	Nataraja: Yellow				Amavasya	
Creative Work	Siddha Yoga		Amavasya* Until 1:36AM Wed	Moon – Yellow			Devaloka Day		
Until 9:04AM									
Then Routine Work - Marana Yoga									

Retreat Star		Wednesday, July 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau				Pynmana, Myanmar Sun 15 Sutra 80	
Mithuna Rasi: 19.08	Tithi 1	Gulika 10:20AM – 11:58AM	Ardra Until 7:17AM	Ganesha: Red	<i>Sunrise:</i> 5:25AM			Vikarin 5121	
		Yama 7:03AM – 8:41AM	Dhruva Until 12:30PM	Muruqa: Blue	<i>Sunset:</i> 6:30PM			Moon 6 - Phase 11	
		333793461 Rahu 11:58AM – 1:36PM	Kintughna Until 12:18PM	Nataraja: Yellow				Prathama	
Creative Work	Siddha Yoga		Prathama* Until 10:54PM	Moon – Yellow			Sivaloka Day		

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

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1		Thursday, July 4, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vyaghata/Harshana Yoga Balava/Kaulava Karana Dvitiyayam Titau	Pyinmana, Myanmar Sun 16 Sutra 81
Kataka Rasi: 3.4	Tithi 2	343793461	Gulika Yama Rahu	8:42AM – 10:20AM 5:25AM – 7:03AM 1:36PM – 3:14PM	Pushya Until 3:16AM Fri Vyaghata* Until 9:07AM Balava Until 9:28AM Dvitiya Until 7:57PM	Ganesha: Yellow Muruqa: Blue Nataraja: Yellow Moon – Blue Ashada*Ani	Vikarin 5121 Moon 6 - Phase 12 3rd Phase Sivaloka Day
Creative Work Amrita Yoga Until 3:16AM Fri Then Routine Work - Marana Yoga							

2		Friday, July 5, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Taitila/Vanija Karana Tritiya/Chaturthyam Titau	Pyinmana, Myanmar Sun 17 Sutra 82
Kataka Rasi: 18.19	Tithi 3 – 4	343793461	Gulika Yama Rahu	7:04AM – 8:42AM 3:14PM – 4:52PM 10:20AM – 11:58AM	Ashlesha* Until 12:55AM Sat Vajra* Until 2:03AM Sat Taitila Until 6:28AM Tritiya Until 4:55PM	Ganesha: Yellow Muruqa: Blue Nataraja: Yellow Moon – Blue Ashada*Ani	Vikarin 5121 Moon 6 - Phase 12 3rd Phase Sivaloka Day
Routine Work Marana Yoga Until 12:55AM Sat Then Creative Work - Amrita Yoga							

3		Saturday, July 6, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Pyinmana, Myanmar Sun 18 Sutra 83
Simha Rasi: 3.01	Tithi 4 – 5	353793461	Gulika Yama Rahu	5:26AM – 7:04AM 1:36PM – 3:14PM 8:42AM – 10:20AM	Magha* Until 10:55PM Siddhi Until 10:35PM Bava Until 12:29AM Sun Chaturthi* Until 1:55PM	Ganesha: White Muruqa: Blue Nataraja: Yellow Moon – Red Ashada*Ani	Vikarin 5121 Moon 6 - Phase 12 3rd Phase Subha Sivaloka Day
Creative Work Amrita Yoga Until 10:55PM Then Creative Work - Siddha Yoga							

4		Sunday, July 7, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashtyayam Titau	Pyinmana, Myanmar Sun 19 Sutra 84
Simha Rasi: 17.37	Tithi 5 – 6	453793461	Gulika Yama Rahu	3:14PM – 4:52PM 11:58AM – 1:36PM 4:52PM – 6:31PM	Purvaphalguni Until 8:58PM Vyatipata* Until 7:17PM Kaulava Until 9:45PM Panchami Until 11:04AM	Ganesha: Yellow Muruqa: Blue Nataraja: Yellow Moon – Red Ashada*Ani	Vikarin 5121 Moon 6 - Phase 12 3rd Phase Sivaloka Day
Creative Work Siddha Yoga Until 8:58PM Then Creative Work - Amrita Yoga							

5		Monday, July 8, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Varyian/Parigha* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Pyinmana, Myanmar Sun 20 Sutra 85
Kanya Rasi: 2.04	Tithi 6 – 7	453793461	Gulika Yama Rahu	1:37PM – 3:15PM 10:21AM – 11:59AM 7:05AM – 8:43AM	Uttaraphalguni Until 7:10PM Varyian Until 4:11PM Gara Until 7:18PM Shashthi* Until 8:28AM	Ganesha: Yellow Muruqa: Blue Nataraja: Yellow Moon – Red Ashada*Ani	Vikarin 5121 Moon 6 - Phase 12 3rd Phase Sivaloka Day
Family Home Evening Creative Work Siddha Yoga Chidambaram Abhishekam							

Retreat Star		Tuesday, July 9, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Parigha*/Shiva Yoga Vanija/Bava Karana Saptami/Ashtamyam Titau	Pyinmana, Myanmar Sun 21 Sutra 86
Kanya Rasi: 16.17	Tithi 7 – 8	463793461	Gulika Yama Rahu	11:59AM – 1:37PM 8:43AM – 10:21AM 3:15PM – 4:53PM	Hasta Until 6:01PM Parigha* Until 1:24PM Bava Until 4:18AM Wed Saptami Until 6:11AM	Ganesha: White Muruqa: Blue Nataraja: Yellow Moon – Green Ashada*Ani	Vikarin 5121 Moon 6 - Phase 12 Ashtami Subha Sivaloka Day
Creative Work Siddha Yoga							

Retreat Star		Wednesday, July 10, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau	Pyinmana, Myanmar Sun 22 Sutra 87
Tula Rasi: 0.16	Tithi 9	463793461	Gulika Yama Rahu	10:21AM – 11:59AM 7:05AM – 8:43AM 11:59AM – 1:37PM	Chitra Until 5:08PM Shiva Until 10:57AM Balava Until 3:32PM Navami* Until 2:50AM Thu	Ganesha: White Muruqa: Blue Nataraja: Yellow Moon – Green Ashada*Ani	Vikarin 5121 Moon 6 - Phase 12 Navami Subha Sivaloka Day
Creative Work Siddha Yoga							

Mind is indeed the source of bondage and also the source of liberation. To be bound to things of this world: this is bondage. To be free from them: this is liberation.
Krishna Yajur Veda


1		Thursday, July 11, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dashamyam Titau			Pyinmana, Myanmar Sun 23 Sutra 88	
Tula Rasi: 13.58	Tithi 10	Gulika 8:43AM – 10:21AM	Svati Until 4:33PM	Ganesha: Yellow	<i>Sunrise:</i> 5:28AM	Vikarin 5121		
		Yama 5:28AM – 7:05AM	Siddha Until 8:50AM	Muruqa: Blue	<i>Sunset:</i> 6:30PM	Moon 6 - Phase 13		
		463893461 Rahu 1:37PM – 3:15PM	Taitila Until 2:18PM	Nataraja: Yellow		4th Phase		
Creative Work	Amrita Yoga		Dashami Until 1:50AM Fri	Moon – Green		Sivaloka Day		
Until 4:33PM				Ashada*Ani				
Then Creative Work - Siddha Yoga								

2		Friday, July 12, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Ekadashyam Titau			Pyinmana, Myanmar Sun 24 Sutra 89	
Tula Rasi: 27.24	Tithi 11	Gulika 7:06AM – 8:43AM	Vishakha Until 4:43PM	Ganesha: White	<i>Sunrise:</i> 5:28AM	Vikarin 5121		
		Yama 3:15PM – 4:53PM	Sadhya Until 7:06AM	Muruqa: Blue	<i>Sunset:</i> 6:30PM	Moon 6 - Phase 13		
		473893461 Rahu 10:21AM – 11:59AM	Vanija Until 1:31PM	Nataraja: Yellow		4th Phase		
Creative Work	Siddha Yoga		Ekadashi Until 1:18AM Sat	Moon – Orange		Devaloka Day		
				Ashada*Ani				

3		Saturday, July 13, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau			Pyinmana, Myanmar Sun 25 Sutra 90	
Vrischika Rasi: 10.35	Tithi 12	Gulika 5:28AM – 7:06AM	Anuradha Until 5:12PM	Ganesha: White	<i>Sunrise:</i> 5:28AM	Vikarin 5121		
		Yama 1:37PM – 3:15PM	Sukla Until 4:47AM Sun	Muruqa: Blue	<i>Sunset:</i> 6:30PM	Moon 6 - Phase 13		
		473893461 Rahu 8:44AM – 10:21AM	Bava Until 1:14PM	Nataraja: Yellow		4th Phase		
Creative Work	Siddha Yoga		Dvadashi Until 1:14AM Sun	Moon – Orange		Devaloka Day		
				Ashada*Ani				

4		Sunday, July 14, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau			Pyinmana, Myanmar Sun 26 Sutra 91	
Vrischika Rasi: 23.31	Tithi 13	Gulika 3:15PM – 4:52PM	Jyeshtha* Until 6:01PM	Ganesha: White	<i>Sunrise:</i> 5:29AM	Vikarin 5121		
		Yama 11:59AM – 1:37PM	Brahma Until 4:11AM Mon	Muruqa: Blue	<i>Sunset:</i> 6:30PM	Moon 6 - Phase 13		
		473893461 Rahu 4:52PM – 6:30PM	Kaulava Until 1:25PM	Nataraja: Yellow		4th Phase		
Routine Work	Marana Yoga		Trayodashi Until 1:40AM Mon	Moon – Orange		Devaloka Day		
Until 6:01PM				Ashada*Ani				
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata</i>				

5		Monday, July 15, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau			Pyinmana, Myanmar Sun 27 Sutra 92	
Dhanus Rasi: 6.13	Tithi 14	Gulika 1:37PM – 3:15PM	Mula* Until 7:36PM	Ganesha: Clear	<i>Sunrise:</i> 5:29AM	Vikarin 5121		
Family Home Evening		Yama 10:22AM – 11:59AM	Indra Until 3:59AM Tue	Muruqa: Blue	<i>Sunset:</i> 6:30PM	Moon 6 - Phase 13		
		483893461 Rahu 7:06AM – 8:44AM	Gara Until 2:05PM	Nataraja: Yellow		4th Phase		
Creative Work	Siddha Yoga		Chaturdashi* Until 2:34AM Tue	Moon – Light Blue		Sivaloka Day		
Until 7:36PM				Ashada*Ani				
Then Routine Work - Marana Yoga								

		Tuesday, July 16, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau			Pyinmana, Myanmar Sutra 93	
Copper Retreat Star		Gulika 12:00PM – 1:37PM	Purvashadha* Until 9:28PM	Ganesha: Clear	<i>Sunrise:</i> 5:29AM	Vikarin 5121		
Dhanus Rasi: 18.43	Tithi 15	Yama 8:44AM – 10:22AM	Vaidhriti* Until 4:06AM Wed	Muruqa: Blue	<i>Sunset:</i> 6:30PM	Moon 6 - Phase 13		
		483893461 Rahu 3:15PM – 4:52PM	Visti Until 3:12PM	Nataraja: Yellow		Purnima		
Creative Work	Siddha Yoga		Purnima* Until 3:55AM Wed	Moon – Light Blue		Sivaloka Day		
Until 9:28PM				Ashada*Ani				
Then Routine Work - Prabalarishta Yoga		Partial Lunar Eclipse Satguru Purnima						

Wednesday, July 17, 2019		Silver Retreat Star			Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau			Pyinmana, Myanmar Sutra 94	
Makara Rasi: 1	Tithi 16	Gulika 10:22AM – 12:00PM	Uttarashadha Until 11:36PM	Ganesha: Purple	<i>Sunrise:</i> 5:29AM	Vikarin 5121			
		Yama 7:07AM – 8:45AM	Vishkambha* Until 4:32AM Thu	Muruqa: Blue	<i>Sunset:</i> 6:30PM	Moon 6 - Phase 13			
		484893462 Rahu 12:00PM – 1:37PM	Balava Until 4:46PM	Nataraja: White		Prathama			
Creative Work	Amrita Yoga		Prathama* Until 5:41AM Thu	Moon – Light Blue		Subha Subha Sivaloka Day			
Until 11:36PM				Ashada*Adi					
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 Karana Dvitiyayam Titau

Pyinmana, Myanmar
Sutra 95

Makara Rasi: 13.08 Tithi 17

Gulika 8:45AM – 10:22AM
Yama 5:30AM – 7:07AM
494893462 Rahu 1:37PM – 3:15PM

Shravana Until 2:23AM Fri
Priti Until 5:15AM Fri
Tailila Until 6:42PM
Dvitiya Until 7:46AM Fri

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

Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

1

Friday, July 19, 2019

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

Pyinmana, Myanmar
Sun 1 Sutra 96

Makara Rasi: 25.07 Tithi 17 – 18

Gulika 7:08AM – 8:45AM
Yama 3:15PM – 4:52PM
494893462 Rahu 10:22AM – 12:00PM

Dhanishtha Until 5:15AM Sat
Ayushman Until 6:07AM Sat
Vanija Until 8:55PM
Dvitiya Until 7:46AM

Ganesha: Clear Sunrise: 5:30AM
Muruqa: Blue Sunset: 6:29PM
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 5:15AM 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 Ayushman/Saubhagya Yoga Visti/Bava Karana Tritiya/Chaturtham Titau

Pyinmana, Myanmar
Sun 2 Sutra 97

Kumbha Rasi: 7.02 Tithi 18 – 19

Gulika 5:30AM – 7:08AM
Yama 1:37PM – 3:15PM
494893462 Rahu 8:45AM – 10:23AM

Shatabhishak Until 8:03AM Sun
Ayushman Until 6:07AM
Bava Until 11:18PM
Tritiya Until 10:05AM

Ganesha: Clear Sunrise: 5:30AM
Muruqa: Blue Sunset: 6:29PM
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 8:03AM 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

Pyinmana, Myanmar
Sun 3 Sutra 98

Kumbha Rasi: 18.53 Tithi 19 – 20

Gulika 3:15PM – 4:52PM
Yama 12:00PM – 1:37PM
494893462 Rahu 4:52PM – 6:29PM

Shatabhishak Until 8:03AM
Saubhagya Until 7:06AM
Kaulava Until 1:43AM Mon
Chaturthi* Until 12:30PM

Ganesha: Clear Sunrise: 5:31AM
Muruqa: Blue Sunset: 6:29PM
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

4

Monday, July 22, 2019

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

Pyinmana, Myanmar
Sun 4 Sutra 99

Meena Rasi: 0.45 Tithi 20 – 21

Gulika 1:37PM – 3:14PM
Yama 10:23AM – 12:00PM
414893462 Rahu 7:08AM – 8:46AM

Purvaproshtapada* Until 11:11AM
Sobhana Until 8:04AM
Gara Until 4:00AM Tue
Panchami Until 2:52PM

Ganesha: Clear Sunrise: 5:31AM
Muruqa: Blue Sunset: 6:29PM
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

Routine Work Marana Yoga

Until 11:11AM
Then Creative Work - Siddha Yoga

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

Pyinmana, Myanmar
Sun 5 Sutra 100

Meena Rasi: 12.4 Tithi 21 – 22

Gulika 12:00PM – 1:37PM
Yama 8:46AM – 10:23AM
414893462 Rahu 3:14PM – 4:51PM

Uttaraproshtapada Until 1:58PM
Athiganda* Until 8:53AM
Visti Until 6:00AM Wed
Shashthi* Until 5:02PM

Ganesha: Clear Sunrise: 5:31AM
Muruqa: Blue Sunset: 6:29PM
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 1:58PM
Then Creative Work - Siddha Yoga

6

Wednesday, July 24, 2019

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam
Revati/Ashvini Nakshatra Sukarma/Dhriti Yoga Visti*/Bava Karana Saptamyam Titau

Pyinmana, Myanmar
Sun 6 Sutra 101

Meena Rasi: 24.43 Tithi 22

Gulika 10:23AM – 12:00PM
Yama 7:09AM – 8:46AM
414893462 Rahu 12:00PM – 1:37PM

Revati Until 4:15PM
Sukarma Until 9:29AM
Visti Until 6:00AM
Saptami Until 6:50PM

Ganesha: Clear Sunrise: 5:32AM
Muruqa: Blue Sunset: 6:28PM
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

Routine Work Marana Yoga

D

Thursday, July 25, 2019
Retreat Star

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam
Ashvini Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Ashtamyam Titau

Pyinmana, Myanmar
Sun 7 Sutra 102

Mesha Rasi: 6.56 Tithi 23

Gulika 8:46AM – 10:23AM
Yama 5:32AM – 7:09AM
424893462 Rahu 1:37PM – 3:14PM

Ashvini Until 6:22PM
Dhriti Until 9:44AM
Balava Until 7:34AM
Ashtami* Until 8:06PM

Ganesha: White Sunrise: 5:32AM
Muruqa: Blue Sunset: 6:28PM
Nataraja: White
Moon – White

Moon 7 - Phase 14
Ashtami

Subha Subha Sivaloka Day

Creative Work Amrita Yoga

Until 6:22PM
Then Creative Work - Siddha Yoga

Friday, July 26, 2019

Retreat Star

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

Pyinmana, Myanmar
Sun 8 Sutra 103

Mesha Rasi: 19.24 Tithi 24

Gulika 7:09AM – 8:46AM
Yama 3:14PM – 4:51PM
424893462 Rahu 10:23AM – 12:00PM

Bharani Until 7:41PM
Shula* Until 9:28AM
Tailila Until 8:31AM
Navami* Until 8:43PM

Ganesha: White Sunrise: 5:32AM
Muruqa: Blue Sunset: 6:28PM
Nataraja: White
Moon – White

Moon 7 - Phase 14
Navami

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

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

All times are standard time


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1	Saturday, July 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ganda* Vridhi Yoga Vanija/Visti* Karana Dashamyam Titau				Pyinmana, Myanmar Sun 9 Sutra 104
	Wrishabha Rasi: 2.12	Tithi 25	Gulika 5:33AM – 7:09AM	Krittika Until 8:07PM	Ganesha: White	<i>Sunrise:</i> 5:33AM	Vikarin 5121
			Yama 1:37PM – 3:14PM	Ganda* Until 8:40AM	Muruqa: Blue	<i>Sunset:</i> 6:27PM	Moon 7 - Phase 15
	424893462	Rahu 8:46AM – 10:23AM		Vanija Until 8:45AM	Nataraja: White		2nd Phase
Creative Work	Amrita Yoga		Dashami Until 8:34PM	Moon – White		Subha Subha Sivaloka Day	
				Ashada-Adi			

2	Sunday, July 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Ekadashyam Titau				Pyinmana, Myanmar Sun 10 Sutra 105
	Wrishabha Rasi: 15.23	Tithi 26	Gulika 3:14PM – 4:50PM	Rohini Until 8:05PM	Ganesha: Yellow	<i>Sunrise:</i> 5:33AM	Vikarin 5121
			Yama 12:00PM – 1:37PM	Vridhi Until 7:15AM	Muruqa: Blue	<i>Sunset:</i> 6:27PM	Moon 7 - Phase 15
	434893462	Rahu 4:50PM – 6:27PM		Bava Until 8:13AM	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 7:38PM	Moon – Yellow		Subha Sivaloka Day	
				Ashada-Adi			

3	Monday, July 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Vyaghata* Yoga Kaulava/Gara Karana Dvadashi/Trayodashyam Titau				Pyinmana, Myanmar Sun 11 Sutra 106
	Wrishabha Rasi: 29.01	Tithi 27 – 28	Gulika 1:37PM – 3:13PM	Mrigashira Until 7:09PM	Ganesha: Yellow	<i>Sunrise:</i> 5:33AM	Vikarin 5121
	Family Home Evening		Yama 10:23AM – 12:00PM	Vyaghata* Until 2:32AM Tue	Muruqa: Blue	<i>Sunset:</i> 6:27PM	Moon 7 - Phase 15
	434893462	Rahu 7:10AM – 8:47AM		Kaulava Until 6:54AM	Nataraja: White		2nd Phase
Creative Work	Amrita Yoga		Dvadashi* Until 5:57PM	Moon – Yellow		Subha Sivaloka Day	
Until 7:09PM				Ashada-Adi			
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>			

4	Tuesday, July 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Pyinmana, Myanmar Sun 12 Sutra 107
	Mithuna Rasi: 13.04	Tithi 28 – 29	Gulika 12:00PM – 1:37PM	Ardra Until 5:25PM	Ganesha: White	<i>Sunrise:</i> 5:33AM	Vikarin 5121
			Yama 8:47AM – 10:23AM	Harshana Until 11:25PM	Muruqa: Blue	<i>Sunset:</i> 6:26PM	Moon 7 - Phase 15
	435893462	Rahu 3:13PM – 4:50PM		Visti Until 2:15AM Wed	Nataraja: White		2nd Phase
Routine Work	Marana Yoga		Trayodashi* Until 3:37PM	Moon – Yellow		Sivaloka Day	
Until 5:25PM				Ashada-Adi			
Then Creative Work - Siddha Yoga							

	Wednesday, July 31, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra* Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Pyinmana, Myanmar Sun 13 Sutra 108
	Retreat Star		Gulika 10:23AM – 12:00PM	Punarvasu Until 3:27PM	Ganesha: Green	<i>Sunrise:</i> 5:34AM	Vikarin 5121
	Mithuna Rasi: 27.32	Tithi 29 – 30	Yama 7:10AM – 8:47AM	Vajra* Until 7:51PM	Muruqa: Blue	<i>Sunset:</i> 6:26PM	Moon 7 - Phase 15
	445893462	Rahu 12:00PM – 1:36PM		Catuspada Until 11:10PM	Nataraja: White		Amavasya
Creative Work	Siddha Yoga		Chaturdashi* Until 12:45PM	Moon – Blue		Sivaloka Day	
				Ashada-Adi			

	Thursday, August 1, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatlipata* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Pyinmana, Myanmar Sun 14 Sutra 109
	Retreat Star		Gulika 8:47AM – 10:23AM	Pushya Until 12:58PM	Ganesha: Green	<i>Sunrise:</i> 5:34AM	Vikarin 5121
	Kataka Rasi: 12.19	Tithi 30 – 1	Yama 5:34AM – 7:11AM	Siddhi Until 4:01PM	Muruqa: Blue	<i>Sunset:</i> 6:26PM	Moon 7 - Phase 15
	445893462	Rahu 1:36PM – 3:13PM		Kintughna Until 7:46PM	Nataraja: White		Prathama
Creative Work	Amrita Yoga		Amavasya* Until 9:29AM	Moon – Blue		Sivaloka Day	
Until 12:58PM				Sravana-Adi			
Then Creative Work - Siddha Yoga							

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

All times are standard time

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1		Friday, August 2, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyatipata*/Variyan Yoga Balava/Kaulava Karana Dvitiyayam Titau		Pynmana, Myanmar Sun 15 Sutra 110	
Kataka Rasi: 27.19	Tithi 2	Gulika 7:11AM – 8:47AM	Ashlesha* Until 10:08AM	Ganesha: Green	<i>Sunrise:</i> 5:34AM		Vikarin 5121
		Yama 3:13PM – 4:49PM	Vyatipata* Until 12:03PM	Muruqa: Blue	<i>Sunset:</i> 6:25PM		Moon 7 - Phase 16
Routine Work	Marana Yoga	445893462 Rahu 10:23AM – 12:00PM	Kaulava Until 4:13PM	Nataraja: White			3rd Phase
			Dvitiya Until 2:25AM Sat	Moon – Blue		Sivaloka Day	
				Sravana*Adi			

2		Saturday, August 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Variyan/Parigha* Yoga Taitila/Gara Karana Tritiyayam Titau		Pynmana, Myanmar Sun 16 Sutra 111	
Simha Rasi: 12.22	Tithi 3	Gulika 5:35AM – 7:11AM	Magha* Until 7:31AM	Ganesha: White	<i>Sunrise:</i> 5:35AM		Vikarin 5121
		Yama 1:36PM – 3:12PM	Variyan Until 8:01AM	Muruqa: Blue	<i>Sunset:</i> 6:25PM		Moon 7 - Phase 16
Creative Work	Amrita Yoga	455893462 Rahu 8:47AM – 10:23AM	Taitila Until 12:40PM	Nataraja: White			3rd Phase
Until 7:31AM			Tritiya Until 10:55PM	Moon – Red		Sivaloka Day	
Then Creative Work - Siddha Yoga				Sravana*Adi			

3		Sunday, August 4, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Vanija/Visti* Karana Chaturthyam Titau		Pynmana, Myanmar Sun 17 Sutra 112	
Simha Rasi: 27.2	Tithi 4	Gulika 3:12PM – 4:48PM	Uttaraphalguni Until 2:24AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:35AM		Vikarin 5121
		Yama 12:00PM – 1:36PM	Shiva Until 12:26AM Mon	Muruqa: Blue	<i>Sunset:</i> 6:24PM		Moon 7 - Phase 16
Creative Work	Amrita Yoga	455993462 Rahu 4:48PM – 6:24PM	Vanija Until 9:15AM	Nataraja: White			3rd Phase
Until 2:24AM Mon			Chaturthi* Until 7:38PM	Moon – Red		Subha Sivaloka Day	
Then Creative Work - Siddha Yoga				Sravana*Adi			

4		Monday, August 5, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha Yoga Bava/Kaulava Karana Panchami/Shashthyam Titau		Pynmana, Myanmar Sun 18 Sutra 113	
Kanya Rasi: 12.06	Tithi 5 – 6	Gulika 1:36PM – 3:12PM	Hasta Until 12:35AM Tue	Ganesha: White	<i>Sunrise:</i> 5:35AM		Vikarin 5121
Family Home Evening		Yama 10:23AM – 12:00PM	Siddha Until 9:03PM	Muruqa: Blue	<i>Sunset:</i> 6:24PM		Moon 7 - Phase 16
Creative Work	Siddha Yoga	465993462 Rahu 7:11AM – 8:47AM	Bava Until 6:09AM	Nataraja: White			3rd Phase
			Panchami Until 4:44PM	Moon – Green		Subha Subha Sivaloka Day	
		Nag Panchami		Sravana*Adi			

5		Tuesday, August 6, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Pynmana, Myanmar Sun 19 Sutra 114	
Kanya Rasi: 26.33	Tithi 6 – 7	Gulika 11:59AM – 1:35PM	Chitra Until 11:10PM	Ganesha: White	<i>Sunrise:</i> 5:35AM		Vikarin 5121
		Yama 8:47AM – 10:23AM	Sadhya Until 6:06PM	Muruqa: Blue	<i>Sunset:</i> 6:24PM		Moon 7 - Phase 16
Creative Work	Siddha Yoga	465993462 Rahu 3:12PM – 4:48PM	Gara Until 1:20AM Wed	Nataraja: White			3rd Phase
			Shashthi* Until 2:18PM	Moon – Green		Subha Subha Sivaloka Day	
				Sravana*Adi			

Retreat Star		Wednesday, August 7, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Pynmana, Myanmar Sun 20 Sutra 115	
Tula Rasi: 10.37	Tithi 7 – 8	Gulika 10:23AM – 11:59AM	Svati Until 10:12PM	Ganesha: White	<i>Sunrise:</i> 5:36AM		Vikarin 5121
		Yama 7:12AM – 8:47AM	Subha Until 3:39PM	Muruqa: Blue	<i>Sunset:</i> 6:23PM		Moon 7 - Phase 16
Creative Work	Siddha Yoga	465993462 Rahu 11:59AM – 1:35PM	Visti Until 11:48PM	Nataraja: White			Ashtami
			Saptami Until 12:28PM	Moon – Green		Subha Subha Sivaloka Day	
				Sravana*Adi			

Retreat Star		Thursday, August 8, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Pynmana, Myanmar Sun 21 Sutra 116	
Tula Rasi: 24.18	Tithi 8 – 9	Gulika 8:48AM – 10:23AM	Vishakha Until 10:12PM	Ganesha: Purple	<i>Sunrise:</i> 5:36AM		Vikarin 5121
		Yama 5:36AM – 7:12AM	Sukla Until 1:43PM	Muruqa: Blue	<i>Sunset:</i> 6:23PM		Moon 7 - Phase 16
Creative Work	Siddha Yoga	476993462 Rahu 1:35PM – 3:11PM	Balava Until 10:57PM	Nataraja: White			Navami
			Ashtami* Until 11:17AM	Moon – Orange		Sivaloka Day	
				Sravana*Adi			

1 Friday, August 9, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau			Pyinmana, Myanmar Sun 22 Sutra 117 Vikarin 5121
Wrischika Rasi: 8	Tithi 9 – 10	Gulika 7:12AM – 8:48AM	Anuradha Until 10:42PM	Ganesha: Purple <i>Sunrise:</i> 5:36AM	
		Yama 3:11PM – 4:46PM	Brahma Until 12:20PM	Muruqa: Blue <i>Sunset:</i> 6:22PM	Moon 7 - Phase 17
	486993462	Rahu 10:23AM – 11:59AM	Taitila Until 10:46PM	Nataraja: White	4th Phase
Creative Work	Siddha Yoga		Navami* Until 10:46AM	Moon – Orange	Sivaloka Day
Until 10:42PM					
Then Routine Work - Marana Yoga					

2 Saturday, August 10, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Dashami/Ekadashtyam Titau			Pyinmana, Myanmar Sun 23 Sutra 118 Vikarin 5121
Wrischika Rasi: 20.34	Tithi 10 – 11	Gulika 5:36AM – 7:12AM	Jyeshtha* Until 11:40PM	Ganesha: Purple <i>Sunrise:</i> 5:36AM	
		Yama 1:35PM – 3:10PM	Indra Until 11:28AM	Muruqa: Blue <i>Sunset:</i> 6:22PM	Moon 7 - Phase 17
	486993462	Rahu 8:48AM – 10:23AM	Vanija Until 11:13PM	Nataraja: White	4th Phase
Creative Work	Siddha Yoga		Dashami Until 10:54AM	Moon – Orange	Sivaloka Day

3 Sunday, August 11, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vaidhriti*/Vishkambha* Yoga Vistii*/Bava Karana Ekadashi/Dvadashyam Titau			Pyinmana, Myanmar Sun 24 Sutra 119 Vikarin 5121
Dhanus Rasi: 3.13	Tithi 11 – 12	Gulika 3:10PM – 4:45PM	Mula* Until 1:30AM Mon	Ganesha: Clear <i>Sunrise:</i> 5:37AM	
		Yama 11:59AM – 1:34PM	Vaidhriti* Until 11:03AM	Muruqa: Blue <i>Sunset:</i> 6:21PM	Moon 7 - Phase 17
	486993462	Rahu 4:45PM – 6:21PM	Bava Until 12:14AM Mon	Nataraja: White	4th Phase
Creative Work	Amrita Yoga		Ekadashi Until 11:38AM	Moon – Light Blue	Subha Sivaloka Day
Until 1:30AM Mon					
Then Routine Work - Marana Yoga					

4 Monday, August 12, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Pyinmana, Myanmar Sun 25 Sutra 120 Vikarin 5121
Dhanus Rasi: 15.38	Tithi 12 – 13	Gulika 1:34PM – 3:10PM	Purvashadha* Until 3:38AM Tue	Ganesha: Clear <i>Sunrise:</i> 5:37AM	
Family Home Evening		Yama 10:23AM – 11:59AM	Vishkambha* Until 11:04AM	Muruqa: Blue <i>Sunset:</i> 6:20PM	Moon 7 - Phase 17
Routine Work	Marana Yoga	Rahu 7:12AM – 8:48AM	Kaulava Until 1:43AM Tue	Nataraja: White	4th Phase
Until 3:38AM Tue			Dvadashi Until 12:54PM	Moon – Light Blue	Subha Sivaloka Day
Then Routine Work - Prabalarishta Yoga				Sravana*Adi	

5 Tuesday, August 13, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Pyinmana, Myanmar Sun 26 Sutra 121 Vikarin 5121
Dhanus Rasi: 27.52	Tithi 13 – 14	Gulika 11:58AM – 1:34PM	Uttarashadha Until 5:56AM Wed	Ganesha: Clear <i>Sunrise:</i> 5:37AM	
		Yama 8:48AM – 10:23AM	Priti Until 11:25AM	Muruqa: Blue <i>Sunset:</i> 6:20PM	Moon 7 - Phase 17
	486993462	Rahu 3:09PM – 4:45PM	Gara Until 3:34AM Wed	Nataraja: White	4th Phase
Routine Work	Prabalarishta Yoga		Trayodashi Until 2:35PM	Moon – Light Blue	Subha Sivaloka Day
Until 5:56AM Wed				Sravana*Adi	
Then Creative Work - Siddha Yoga					

6 Wednesday, August 14, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Vistii* Karana Chaturdashi/Purnimayam Titau			Pyinmana, Myanmar Sun 27 Sutra 122 Vikarin 5121
Makara Rasi: 9.56	Tithi 14 – 15	Gulika 10:23AM – 11:58AM	Shravana Until 8:51AM Thu	Ganesha: Clear <i>Sunrise:</i> 5:37AM	
		Yama 7:13AM – 8:48AM	Ayushman Until 12:00PM	Muruqa: Blue <i>Sunset:</i> 6:19PM	Moon 7 - Phase 17
	486993462	Rahu 11:58AM – 1:34PM	Vistii Until 5:43AM Thu	Nataraja: White	4th Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 4:36PM	Moon – Light Blue	Subha Sivaloka Day
				Sravana*Adi	

○ Thursday, August 15, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava Karana Purnimayam Titau			Pyinmana, Myanmar Sutra 123 Vikarin 5121
Copper Retreat Star		Gulika 8:48AM – 10:23AM	Shravana Until 8:51AM	Ganesha: Yellow <i>Sunrise:</i> 5:37AM	
Makara Rasi: 21.55	Tithi 15	Yama 5:37AM – 7:13AM	Saubhagya Until 12:47PM	Muruqa: Blue <i>Sunset:</i> 6:19PM	Moon 7 - Phase 17
	497993462	Rahu 1:33PM – 3:08PM	Bava Until 6:50PM	Nataraja: White	Purnima
Creative Work	Siddha Yoga		Purnima* Until 6:50PM	Moon – Purple	Subha Sivaloka Day
		Raksha Bandhan		Sravana*Adi	

Friday, August 16, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sobhana/Alhiganda* Yoga Balava/Kaulava Karana Prathamayam Titau			Pyinmana, Myanmar Sutra 124 Vikarin 5121
Silver Retreat Star		Gulika 7:13AM – 8:48AM	Dhanishtha Until 11:45AM	Ganesha: Yellow <i>Sunrise:</i> 5:38AM	
Kumbha Rasi: 3.49	Tithi 16	Yama 3:08PM – 4:43PM	Sobhana Until 1:42PM	Muruqa: Blue <i>Sunset:</i> 6:18PM	Moon 7 - Phase 17
	497993462	Rahu 10:23AM – 11:58AM	Balava Until 8:02AM	Nataraja: White	Prathama
Creative Work	Siddha Yoga		Prathama* Until 9:13PM	Moon – Purple	Subha Sivaloka Day
				Sravana*Adi	

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/Purvaproshtapada* Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Dviliyayam Titau

Pyinmana, Myanmar

Sun 1 Sutra 125

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Kumbha Rasi: 15.4 Tithi 17

Gulika 5:38AM - 7:13AM
Yama 1:33PM - 3:08PM
Rahu 8:48AM - 10:23AM

Shatabhishak Until 2:34PM
Athiganda* Until 2:39PM
Taitila Until 10:28AM
Dvitiya Until 11:39PM

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

Sunrise: 5:38AM
Sunset: 6:18PM

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 2:34PM

Then Routine Work - Marana Yoga

1

Sunday, August 18, 2019

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

Pyinmana, Myanmar

Sun 2 Sutra 126

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Kumbha Rasi: 27.32 Tithi 18

Gulika 3:07PM - 4:42PM
Yama 11:57AM - 1:32PM
Rahu 4:42PM - 6:17PM

Purvaproshtapada* Until 5:43PM
Sukarma Until 3:36PM
Vanija Until 12:53PM
Tritiya Until 2:03AM Mon

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

Sunrise: 5:38AM
Sunset: 6:17PM

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Until 5:43PM

Then Creative Work - Amrita Yoga

2

Monday, August 19, 2019

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

Pyinmana, Myanmar

Sun 3 Sutra 127

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Meena Rasi: 9.25 Tithi 19

Family Home Evening

517993462 Rahu 7:13AM - 8:48AM

Uttaraproshtapada Until 8:34PM
Dhriti Until 4:30PM
Bava Until 3:13PM
Chaturthi* Until 4:18AM Tue

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

Sunrise: 5:38AM
Sunset: 6:16PM

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

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

Pyinmana, Myanmar

Sun 4 Sutra 128

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Meena Rasi: 21.21 Tithi 20

Gulika 11:57AM - 1:32PM
Yama 8:48AM - 10:22AM
Rahu 3:06PM - 4:41PM

Revati Until 11:04PM
Shula* Until 5:12PM
Kaulava Until 5:21PM
Panchami Until 6:17AM Wed

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

Sunrise: 5:38AM
Sunset: 6:16PM

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

4

Wednesday, August 21, 2019

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

Pyinmana, Myanmar

Sun 5 Sutra 129

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Mesha Rasi: 3.24 Tithi 20 - 21

527993462 Rahu 11:57AM - 1:31PM

Ashvini Until 1:32AM Thu
Ganda* Until 5:40PM
Gara Until 7:10PM
Panchami Until 6:17AM

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

Sunrise: 5:39AM
Sunset: 6:15PM

Subha Sivaloka Day

Routine Work Marana Yoga

Until 1:32AM Thu

Then Creative Work - Siddha Yoga

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

Pyinmana, Myanmar

Sun 6 Sutra 130

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Mesha Rasi: 16 Tithi 21 - 22

528993462 Rahu 1:31PM - 3:05PM

Bharani Until 3:22AM Fri
Vridhhi Until 5:48PM
Visiti Until 8:31PM
Shashthi* Until 7:53AM

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

Sunrise: 5:39AM
Sunset: 6:14PM

Sivaloka Day

Creative Work Siddha Yoga

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

Pyinmana, Myanmar

Sun 7 Sutra 131

Vikarin 5121

Moon 8 - Phase 18

Ashtami

Mesha Rasi: 28.02 Tithi 22 - 23

528993462 Rahu 10:22AM - 11:56AM

Krittika Until 4:25AM Sat
Dhruva Until 5:27PM
Balava Until 9:16PM
Saptami Until 8:57AM

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

Sunrise: 5:39AM
Sunset: 6:14PM

Sivaloka Day

Creative Work Siddha Yoga

Until 4:25AM Sat

Then Creative Work - Amrita Yoga

Krishna Janmashtami

Saturday, August 24, 2019

Retreat Star

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

Pyinmana, Myanmar

Sun 8 Sutra 132

Vikarin 5121

Moon 8 - Phase 18

Navami

Vrishabha Rasi: 10.45 Tithi 23 - 24

538993462 Rahu 8:48AM - 10:22AM

Rohini Until 5:03AM Sun
Vyaghata* Until 4:34PM
Taitila Until 9:18PM
Ashtami* Until 9:21AM

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

Sunrise: 5:39AM
Sunset: 6:13PM

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 5:03AM Sun

Then Creative Work - Siddha Yoga

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

All times are standard time

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1 Sunday, August 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Navami/Dashamyam Titau			Pyinmana, Myanmar Sun 9 Sutra 133 Vikarin 5121
Wishabha Rasi: 23.5	Tithi 24 – 25	Gulika 3:04PM – 4:38PM	Mrigashira Until 4:45AM Mon	Ganesha: Clear <i>Sunrise: 5:39AM</i>	
		Yama 11:56AM – 1:30PM	Harshana Until 3:04PM	Muruqa: Blue <i>Sunset: 6:12PM</i>	Moon 8 - Phase 19
538993462	Rahu 4:38PM – 6:12PM		Vanija Until 8:32PM	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Navami* Until 9:00AM	Moon – Yellow	Subha Sivaloka Day
				Sravana-Avani	

2 Monday, August 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Pyinmana, Myanmar Sun 10 Sutra 134 Vikarin 5121
Mithuna Rasi: 7.22	Tithi 25 – 26	Gulika 1:29PM – 3:04PM	Ardra Until 3:33AM Tue	Ganesha: Clear <i>Sunrise: 5:39AM</i>	
Family Home Evening		Yama 10:21AM – 11:55AM	Vajra* Until 12:55PM	Muruqa: Blue <i>Sunset: 6:12PM</i>	Moon 8 - Phase 19
538993462	Rahu 7:13AM – 8:47AM		Bava Until 7:00PM	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Dashami Until 7:51AM	Moon – Yellow	Subha Sivaloka Day
				Sravana-Avani	

3 Tuesday, August 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau			Pyinmana, Myanmar Sun 11 Sutra 135 Vikarin 5121
Mithuna Rasi: 21.21	Tithi 27	Gulika 11:55AM – 1:29PM	Punarvasu Until 1:57AM Wed	Ganesha: Purple <i>Sunrise: 5:40AM</i>	
		Yama 8:47AM – 10:21AM	Siddhi Until 10:10AM	Muruqa: Blue <i>Sunset: 6:11PM</i>	Moon 8 - Phase 19
548993462	Rahu 3:03PM – 4:37PM		Kaulava Until 4:44PM	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 3:21AM Wed	Moon – Blue	Sivaloka Day
				Sravana-Avani	

4 Wednesday, August 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Trayodashyam Titau			Pyinmana, Myanmar Sun 12 Sutra 136 Vikarin 5121
Kataka Rasi: 5.47	Tithi 28	Gulika 10:21AM – 11:55AM	Pushya Until 11:38PM	Ganesha: Light Blue <i>Sunrise: 5:40AM</i>	
		Yama 7:14AM – 8:47AM	Vyatipata* Until 6:54AM	Muruqa: Blue <i>Sunset: 6:10PM</i>	Moon 8 - Phase 19
549993463	Rahu 11:55AM – 1:29PM		Gara Until 1:52PM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 12:13AM Thu	Moon – Blue	Devaloka Day
				Sravana-Avani	
				<i>Pradosha Vrata (Fasting)</i>	

5 Thursday, August 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau			Pyinmana, Myanmar Sun 13 Sutra 137 Vikarin 5121
Kataka Rasi: 20.37	Tithi 29	Gulika 8:47AM – 10:21AM	Ashlesha* Until 8:47PM	Ganesha: Orange <i>Sunrise: 5:40AM</i>	
		Yama 5:40AM – 7:14AM	Parigha* Until 11:07PM	Muruqa: Blue <i>Sunset: 6:09PM</i>	Moon 8 - Phase 19
549193463	Rahu 1:28PM – 3:02PM		Visti Until 10:30AM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 8:41PM	Moon – Blue	Sivaloka Day
Until 8:47PM				Sravana-Avani	
Then Creative Work - Amrita Yoga					

Friday, August 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau			Pyinmana, Myanmar Sun 14 Sutra 138 Vikarin 5121
Retreat Star		Gulika 7:14AM – 8:47AM	Magha* Until 5:57PM	Ganesha: Clear <i>Sunrise: 5:40AM</i>	
Simha Rasi: 5.44	Tithi 30 – 1	Yama 3:01PM – 4:35PM	Shiva Until 6:54PM	Muruqa: Blue <i>Sunset: 6:09PM</i>	Moon 8 - Phase 19
559193463	Rahu 10:21AM – 11:54AM		Catuspada Until 6:49AM	Nataraja: Clear	Amavasya
Routine Work	Marana Yoga		Amavasya* Until 4:54PM	Moon – Red	Sivaloka Day
Until 5:57PM				Sravana-Avani	
Then Creative Work - Siddha Yoga		Varalakshmi Vratam			

Saturday, August 31, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau			Pyinmana, Myanmar Sun 15 Sutra 139 Vikarin 5121
Retreat Star		Gulika 5:40AM – 7:14AM	Purvaphalguni Until 2:55PM	Ganesha: Clear <i>Sunrise: 5:40AM</i>	
Simha Rasi: 20.59	Tithi 1 – 2	Yama 1:27PM – 3:01PM	Siddha Until 2:36PM	Muruqa: Blue <i>Sunset: 6:08PM</i>	Moon 8 - Phase 19
559193463	Rahu 8:47AM – 10:21AM		Balava Until 11:10PM	Nataraja: Clear	Prathama
Creative Work	Siddha Yoga		Prathama* Until 1:03PM	Moon – Red	Sivaloka Day
Until 2:55PM				Bhadrapada-Avani	
Then Routine Work - Marana Yoga					

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

1	Sunday, September 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau				Pynmana, Myanmar Sun 16 Sutra 140
	Kanya Rasi: 6.12	Tithi 2 – 3	Gulika 3:00PM – 4:34PM	Uttaraphalguni Until 11:53AM	Ganesha: Clear	<i>Sunrise:</i> 5:40AM	Vikarin 5121
			Yama 11:54AM – 1:27PM	Sadhya Until 10:25AM	Muruqa: Blue	<i>Sunset:</i> 6:07PM	Moon 8 - Phase 20
	Creative Work Amrita Yoga	559193463	Rahu 4:34PM – 6:07PM	Taitila Until 7:32PM	Nataraja: Clear		3rd Phase
			Dvitiya Until 9:18AM	Moon – Red		Sivaloka Day	
				Bhadrapada-Avani			

2	Monday, September 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturtham Titau				Pynmana, Myanmar Sun 17 Sutra 141
	Kanya Rasi: 21.13	Tithi 4	Gulika 1:27PM – 3:00PM	Hasta Until 9:24AM	Ganesha: Orange	<i>Sunrise:</i> 5:40AM	Vikarin 5121
	Family Home Evening		Yama 10:20AM – 11:53AM	Subha Until 6:29AM	Muruqa: Blue	<i>Sunset:</i> 6:06PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	569193463	Rahu 7:14AM – 8:47AM	Vanija Until 4:15PM	Nataraja: Clear		3rd Phase
Until 9:24AM			Chaturthi* Until 2:46AM Tue	Moon – Green		Sivaloka Day	
Then Routine Work - Prabararishta Yoga		Ganesha Chaturthi		Bhadrapada-Avani			

3	Tuesday, September 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Pynmana, Myanmar Sun 18 Sutra 142
	Tula Rasi: 5.55	Tithi 5	Gulika 11:53AM – 1:26PM	Chitra Until 7:14AM	Ganesha: Orange	<i>Sunrise:</i> 5:40AM	Vikarin 5121
			Yama 8:47AM – 10:20AM	Brahma Until 11:46PM	Muruqa: Blue	<i>Sunset:</i> 6:06PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	569193463	Rahu 2:59PM – 4:32PM	Bava Until 1:28PM	Nataraja: Clear		3rd Phase
			Panchami Until 12:18AM Wed	Moon – Green		Sivaloka Day	
				Bhadrapada-Avani			

4	Wednesday, September 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra Yoga Kaulava/Taitila Karana Shashthiyam Titau				Pynmana, Myanmar Sun 19 Sutra 143
	Tula Rasi: 20.1	Tithi 6	Gulika 10:20AM – 11:53AM	Vishakha Until 4:53AM Thu	Ganesha: Green	<i>Sunrise:</i> 5:41AM	Vikarin 5121
			Yama 7:14AM – 8:47AM	Indra Until 9:15PM	Muruqa: Blue	<i>Sunset:</i> 6:05PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	579193463	Rahu 11:53AM – 1:26PM	Kaulava Until 11:20AM	Nataraja: Clear		3rd Phase
			Shashthi* Until 10:32PM	Moon – Orange		Subha Sivaloka Day	
				Bhadrapada-Avani			

5	Thursday, September 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Saptamyam Titau				Pynmana, Myanmar Sun 20 Sutra 144
	Vrischika Rasi: 3.57	Tithi 7	Gulika 8:47AM – 10:19AM	Anuradha Until 4:53AM Fri	Ganesha: Orange	<i>Sunrise:</i> 5:41AM	Vikarin 5121
			Yama 5:41AM – 7:14AM	Vaidhriti* Until 7:22PM	Muruqa: Blue	<i>Sunset:</i> 6:04PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	571193463	Rahu 1:25PM – 2:58PM	Gara Until 9:59AM	Nataraja: Clear		3rd Phase
Until 4:53AM Fri			Saptami Until 9:35PM	Moon – Orange		Sivaloka Day	
Then Routine Work - Marana Yoga				Bhadrapada-Avani			

6	Friday, September 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Pynmana, Myanmar Sun 21 Sutra 145
	Retreat Star		Gulika 7:14AM – 8:46AM	Jyeshtha* Until 5:31AM Sat	Ganesha: Orange	<i>Sunrise:</i> 5:41AM	Vikarin 5121
	Vrischika Rasi: 17.16	Tithi 8	Yama 2:58PM – 4:30PM	Vishkambha* Until 6:08PM	Muruqa: Blue	<i>Sunset:</i> 6:03PM	Moon 8 - Phase 20
	Routine Work Marana Yoga	571193463	Rahu 10:19AM – 11:52AM	Visti Until 9:26AM	Nataraja: Clear		Ashtami
Until 5:31AM Sat			Ashtami* Until 9:28PM	Moon – Orange		Sivaloka Day	
Then Creative Work - Siddha Yoga				Bhadrapada-Avani			

7	Saturday, September 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Navamyam Titau				Pynmana, Myanmar Sun 22 Sutra 146
	Retreat Star		Gulika 5:41AM – 7:14AM	Mula* Until 7:14AM Sun	Ganesha: Green	<i>Sunrise:</i> 5:41AM	Vikarin 5121
	Dhanus Rasi: 0.1	Tithi 9	Yama 1:24PM – 2:57PM	Priti Until 5:33PM	Muruqa: Blue	<i>Sunset:</i> 6:02PM	Moon 8 - Phase 20
	Creative Work Siddha Yoga	581193463	Rahu 8:46AM – 10:19AM	Balava Until 9:43AM	Nataraja: Clear		Navami
			Navami* Until 10:07PM	Moon – Light Blue		Devaloka Day	
				Bhadrapada-Avani			

1 Sunday, September 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dashamyam Titau				Pyinmana, Myanmar Sun 23 Sutra 147
Dhanus Rasi: 12.41	Tithi 10	Gulika 2:57PM – 4:29PM	Mula* Until 7:14AM	Ganesha: Green <i>Sunrise:</i> 5:41AM		Vikarin 5121
		Yama 11:51AM – 1:24PM	Ayushman Until 5:29PM	Muruqa: Blue <i>Sunset:</i> 6:02PM		Moon 8 - Phase 21
	581193463	Rahu 4:29PM – 6:02PM	Taitila Until 10:45AM	Nataraja: Clear		4th Phase
Creative Work Amrita Yoga				Moon – Light Blue	Devaloka Day	
Until 7:14AM		Grandparent's Day	Dashami Until 11:28PM	Bhadrapada-Avani		
Then Creative Work - Siddha Yoga						

2 Monday, September 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau				Pyinmana, Myanmar Sun 24 Sutra 148
Dhanus Rasi: 24.57	Tithi 11	Gulika 1:23PM – 2:56PM	Purvashadha* Until 9:23AM	Ganesha: Green <i>Sunrise:</i> 5:41AM		Vikarin 5121
Family Home Evening		Yama 10:19AM – 11:51AM	Saubhagya Until 5:52PM	Muruqa: Blue <i>Sunset:</i> 6:01PM		Moon 8 - Phase 21
	581193463	Rahu 7:14AM – 8:46AM	Vanija Until 12:23PM	Nataraja: Clear		4th Phase
Routine Work Marana Yoga				Moon – Light Blue	Devaloka Day	
			Ekadashi Until 1:21AM Tue	Bhadrapada-Avani		

3 Tuesday, September 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau				Pyinmana, Myanmar Sun 25 Sutra 149
Makara Rasi: 7.01	Tithi 12	Gulika 11:51AM – 1:23PM	Uttarashadha Until 11:48AM	Ganesha: Green <i>Sunrise:</i> 5:41AM		Vikarin 5121
		Yama 8:46AM – 10:18AM	Sobhana Until 6:34PM	Muruqa: Blue <i>Sunset:</i> 6:00PM		Moon 8 - Phase 21
	581193463	Rahu 2:55PM – 4:28PM	Bava Until 2:27PM	Nataraja: Clear		4th Phase
Routine Work Prabalarishta Yoga				Moon – Light Blue	Devaloka Day	
Until 11:48AM			Dvadashi Until 3:34AM Wed	Bhadrapada-Avani		
Then Creative Work - Siddha Yoga						

4 Wednesday, September 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Pyinmana, Myanmar Sun 26 Sutra 150
Makara Rasi: 18.57	Tithi 13	Gulika 10:18AM – 11:50AM	Shravana Until 2:50PM	Ganesha: Red <i>Sunrise:</i> 5:41AM		Vikarin 5121
		Yama 7:14AM – 8:46AM	Athiganda* Until 7:25PM	Muruqa: Blue <i>Sunset:</i> 5:59PM		Moon 8 - Phase 21
	591193463	Rahu 11:50AM – 1:23PM	Kaulava Until 4:47PM	Nataraja: Clear		4th Phase
Creative Work Siddha Yoga				Moon – Purple	Sivaloka Day	
Until 2:50PM		Avani Avittam	Trayodashi Until 5:59AM Thu	Bhadrapada-Avani		
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>			

Thursday, September 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma Yoga Gara Karana Chaturdashyam Titau				Pyinmana, Myanmar Sun 27 Sutra 151
Copper Retreat Star		Gulika 8:46AM – 10:18AM	Dhanishtha Until 5:49PM	Ganesha: Red <i>Sunrise:</i> 5:41AM		Vikarin 5121
Kumbha Rasi: 0.49	Tithi 14	Yama 5:41AM – 7:14AM	Sukarma Until 8:22PM	Muruqa: Blue <i>Sunset:</i> 5:58PM		Moon 8 - Phase 21
	591193463	Rahu 1:22PM – 2:54PM	Gara Until 7:15PM	Nataraja: Clear		Purnima
Creative Work Siddha Yoga				Moon – Purple	Sivaloka Day	
			Chaturdashi* Until 8:27AM Fri	Bhadrapada-Avani		

Friday, September 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Pyinmana, Myanmar Sutra 152
Silver Retreat Star		Gulika 7:14AM – 8:46AM	Shatabhishak Until 8:38PM	Ganesha: Red <i>Sunrise:</i> 5:42AM		Vikarin 5121
Kumbha Rasi: 12.4	Tithi 14 – 15	Yama 2:54PM – 4:26PM	Dhriti Until 9:19PM	Muruqa: Purple <i>Sunset:</i> 5:58PM		Moon 8 - Phase 21
	591113463	Rahu 10:18AM – 11:50AM	Visti Until 9:42PM	Nataraja: Clear		Prathama
Creative Work Siddha Yoga				Moon – Purple	Sivaloka Day	
		Chidambaram Abhishekam	Chaturdashi* Until 8:27AM	Ashvina-Avani		

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



Saturday, September 14, 2019

Gold Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam
Purvaproshtapada* Nakshatra Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau

Pyinmana, Myanmar
Sutra 153

Kumbha Rasi: 24.32 Tithi 15 - 16

511113463

Gulika 5:42AM - 7:14AM
Yama 1:21PM - 2:53PM
Rahu 8:45AM - 10:17AM

Purvaproshtapada* Until 11:43PM
Shula* Until 10:11PM
Balava Until 12:06AM Sun
Purnima* Until 10:54AM

Ganesha: Red *Sunrise: 5:42AM*
Muruqa: Purple *Sunset: 5:57PM*
Nataraja: Clear
Moon - Clear
Ashvina-Avani

Vikarin 5121
Moon 8 - Phase 22
Purnima

Routine Work Marana Yoga
Until 11:43PM
Then Creative Work - Siddha Yoga

Sivaloka Day

Sunday, September 15, 2019

- 1

Silver 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

Pyinmana, Myanmar
Sutra 154

Meena Rasi: 6.26 Tithi 16 - 17

511113463

Gulika 2:52PM - 4:24PM
Yama 11:49AM - 1:21PM
Rahu 4:24PM - 5:56PM

Uttaraproshtapada Until 2:31AM Mon
Ganda* Until 10:58PM
Taitila Until 2:21AM Mon
Prathama* Until 1:13PM

Ganesha: Red *Sunrise: 5:42AM*
Muruqa: Purple *Sunset: 5:56PM*
Nataraja: Clear
Moon - Clear
Ashvina-Avani

Vikarin 5121
Moon 8 - Phase 22
Prathama

Creative Work Amrita Yoga
Until 2:31AM Mon
Then Creative Work - Siddha Yoga

Sivaloka Day

Monday, September 16, 2019**0**

Meena Rasi: 18.24 Tithi 17 – 18
Family Home Evening
 Creative Work Siddha Yoga

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

Gulika 1:20PM – 2:52PM
Yama 10:17AM – 11:49AM
Rahu 7:14AM – 8:45AM
Revati Until 4:57AM Tue
Vriddhi Until 11:38PM
Vanija Until 4:24AM Tue
Dvitiya Until 3:23PM

Ganesha: Yellow *Sunrise:* 5:42AM
Muruga: Purple *Sunset:* 5:55PM
Nataraja: Clear
 Moon – Clear
Ashvina-Avani

Pyinmana, Myanmar
 Sun 1 Sutra 155
 Vikarin 5121
 Moon 9 - Phase 23
 1st Phase

Sivaloka Day**Tuesday, September 17, 2019****1**

Mesha Rasi: 0.26 Tithi 18 – 19
 522113463
 Creative Work Siddha Yoga

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

Gulika 11:48AM – 1:20PM
Yama 8:45AM – 10:17AM
Rahu 2:51PM – 4:23PM
Ashvini Until 7:29AM Wed
Dhruva Until 12:04AM Wed
Bava Until 6:13AM Wed
Tritiya Until 5:20PM

Ganesha: White *Sunrise:* 5:42AM
Muruga: Purple *Sunset:* 5:54PM
Nataraja: Clear
 Moon – White
Ashvina-Puratasi

Pyinmana, Myanmar
 Sun 2 Sutra 156
 Vikarin 5121
 Moon 9 - Phase 23
 1st Phase

Devaloka Day**Wednesday, September 18, 2019****2**

Mesha Rasi: 12.34 Tithi 19
 522113463
 Routine Work Marana Yoga
 Until 7:29AM
 Then Creative Work - Siddha Yoga

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

Gulika 10:16AM – 11:48AM
Yama 7:14AM – 8:45AM
Rahu 11:48AM – 1:19PM
Ashvini Until 7:29AM
Vyaghata* Until 12:17AM Thu
Bava Until 6:13AM
Chaturthi* Until 6:59PM

Ganesha: White *Sunrise:* 5:42AM
Muruga: Purple *Sunset:* 5:54PM
Nataraja: Clear
 Moon – White
Ashvina-Puratasi

Pyinmana, Myanmar
 Sun 3 Sutra 157
 Vikarin 5121
 Moon 9 - Phase 23
 1st Phase

Devaloka Day**Thursday, September 19, 2019****3**

Mesha Rasi: 24.5 Tithi 20
 522113463
 Creative Work Siddha Yoga
 Until 9:31AM
 Then Routine Work - Marana Yoga

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

Gulika 8:45AM – 10:16AM
Yama 5:42AM – 7:14AM
Rahu 1:19PM – 2:50PM
Bharani Until 9:31AM
Harshana Until 12:13AM Fri
Kaulava Until 7:41AM
Panchami Until 8:15PM

Ganesha: White *Sunrise:* 5:42AM
Muruga: Purple *Sunset:* 5:53PM
Nataraja: Clear
 Moon – White
Ashvina-Puratasi

Pyinmana, Myanmar
 Sun 4 Sutra 158
 Vikarin 5121
 Moon 9 - Phase 23
 1st Phase

Devaloka Day**Friday, September 20, 2019****4**

Vrishabha Rasi: 7.18 Tithi 21
 522113463
 Creative Work Siddha Yoga
 Until 10:57AM
 Then Routine Work - Marana Yoga

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

Gulika 7:14AM – 8:45AM
Yama 2:50PM – 4:21PM
Rahu 10:16AM – 11:47AM
Krittika Until 10:57AM
Vajra* Until 11:42PM
Gara Until 8:44AM
Shashthi* Until 9:02PM

Ganesha: White *Sunrise:* 5:42AM
Muruga: Purple *Sunset:* 5:52PM
Nataraja: Clear
 Moon – White
Ashvina-Puratasi

Pyinmana, Myanmar
 Sun 5 Sutra 159
 Vikarin 5121
 Moon 9 - Phase 23
 1st Phase

Devaloka Day**Saturday, September 21, 2019****5**

Vrishabha Rasi: 20.01 Tithi 22
 532113463
 Creative Work Amrita Yoga
 Until 12:10PM
 Then Creative Work - Siddha Yoga

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

Gulika 5:42AM – 7:14AM
Yama 1:18PM – 2:49PM
Rahu 8:45AM – 10:16AM
Rohini Until 12:10PM
Siddhi Until 10:44PM
Visti Until 9:13AM
Saptami Until 9:12PM

Ganesha: Clear *Sunrise:* 5:42AM
Muruga: Purple *Sunset:* 5:51PM
Nataraja: Clear
 Moon – Yellow
Ashvina-Puratasi

Pyinmana, Myanmar
 Sun 6 Sutra 160
 Vikarin 5121
 Moon 9 - Phase 23
 1st Phase

Sivaloka Day**Sunday, September 22, 2019****D**

Retreat Star
 Mithuna Rasi: 3.01 Tithi 23
 532113463
 Creative Work Siddha Yoga

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

Gulika 2:48PM – 4:19PM
Yama 11:46AM – 1:17PM
Rahu 4:19PM – 5:50PM
Mrigashira Until 12:35PM
Vyatipata* Until 9:13PM
Balava Until 9:03AM
Ashtami* Until 8:41PM

Ganesha: Clear *Sunrise:* 5:43AM
Muruga: Purple *Sunset:* 5:50PM
Nataraja: Clear
 Moon – Yellow
Ashvina-Puratasi

Pyinmana, Myanmar
 Sun 7 Sutra 161
 Vikarin 5121
 Moon 9 - Phase 23
 Ashtami

Sivaloka Day**Vijaya Dasami****Monday, September 23, 2019****D**

Retreat Star
 Mithuna Rasi: 16.25 Tithi 24
Family Home Evening
 Creative Work Siddha Yoga
 Until 12:08PM
 Then Creative Work - Amrita Yoga

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

Gulika 1:17PM – 2:48PM
Yama 10:15AM – 11:46AM
Rahu 7:13AM – 8:44AM
Ardra Until 12:08PM
Variyan Until 7:06PM
Taitila Until 8:10AM
Navami* Until 7:26PM

Ganesha: Orange *Sunrise:* 5:43AM
Muruga: Purple *Sunset:* 5:50PM
Nataraja: Clear
 Moon – Yellow
Ashvina-Puratasi

Pyinmana, Myanmar
 Sun 8 Sutra 162
 Vikarin 5121
 Moon 9 - Phase 23
 Navami

Sivaloka Day

1		Tuesday, September 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Parigha/Shiva Yoga Vanija/Bava Karana Dashami/Ekadashyam Titau	Pyinmana, Myanmar Sun 9 Sutra 163
Kataka Rasi: 0.13	Tithi 25 – 26	Gulika 11:46AM – 1:16PM	Punarvasu Until 11:17AM	Ganesha: Light Blue <i>Sunrise:</i> 5:43AM	Vikarin 5121
		Yama 8:44AM – 10:15AM	Parigha* Until 4:26PM	Muruqa: Purple <i>Sunset:</i> 5:49PM	Moon 9 - Phase 24
	542213463	Rahu 2:47PM – 4:18PM	Vanija Until 6:34AM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Dashami Until 5:29PM	Moon – Blue	Devaloka Day
				Ashvina+Puratasi	

2		Wednesday, September 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Pyinmana, Myanmar Sun 10 Sutra 164
Kataka Rasi: 14.29	Tithi 26 – 27	Gulika 10:15AM – 11:45AM	Pushya Until 9:36AM	Ganesha: Light Blue <i>Sunrise:</i> 5:43AM	Vikarin 5121
		Yama 7:13AM – 8:44AM	Shiva Until 1:14PM	Muruqa: Purple <i>Sunset:</i> 5:49PM	Moon 9 - Phase 24
	542213463	Rahu 11:45AM – 1:16PM	Kaulava Until 1:25AM Thu	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 2:54PM	Moon – Blue	Devaloka Day
				Ashvina+Puratasi	

3		Thursday, September 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha/Magha* Nakshatra Siddha/Sadha Yoga Talilla/Gara Karana Dvadashi/Trayodashyam Titau	Pyinmana, Myanmar Sun 11 Sutra 165
Kataka Rasi: 29.08	Tithi 27 – 28	Gulika 8:44AM – 10:15AM	Ashlesha* Until 7:15AM	Ganesha: Light Blue <i>Sunrise:</i> 5:43AM	Vikarin 5121
		Yama 5:43AM – 7:13AM	Siddha Until 9:35AM	Muruqa: Purple <i>Sunset:</i> 5:47PM	Moon 9 - Phase 24
	542213463	Rahu 1:16PM – 2:46PM	Gara Until 10:05PM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 11:47AM	Moon – Blue	Devaloka Day
Until 7:15AM				Ashvina+Puratasi	
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>		

4		Friday, September 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Pyinmana, Myanmar Sun 12 Sutra 166
Simha Rasi: 14.07	Tithi 28 – 29	Gulika 7:13AM – 8:44AM	Purvaphalguni Until 1:49AM Sat	Ganesha: Purple <i>Sunrise:</i> 5:43AM	Vikarin 5121
		Yama 2:45PM – 4:16PM	Subha Until 1:25AM Sat	Muruqa: Purple <i>Sunset:</i> 5:46PM	Moon 9 - Phase 24
	552213463	Rahu 10:14AM – 11:45AM	Visti Until 6:27PM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 8:17AM	Moon – Red	Devaloka Day
Until 1:49AM Sat		Deepavali Hindu Solidarity Day		Ashvina+Puratasi	
Then Routine Work - Marana Yoga					

Retreat Star		Saturday, September 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Pyinmana, Myanmar Sun 13 Sutra 167
Simha Rasi: 29.18	Tithi 30	Gulika 5:43AM – 7:13AM	Uttaraphalguni Until 10:42PM	Ganesha: Light Blue <i>Sunrise:</i> 5:43AM	Vikarin 5121
		Yama 1:15PM – 2:45PM	Sukla Until 9:09PM	Muruqa: Purple <i>Sunset:</i> 5:46PM	Moon 9 - Phase 24
	652213463	Rahu 8:44AM – 10:14AM	Catuspada Until 2:40PM	Nataraja: Clear	Amavasya
Routine Work	Marana Yoga		Amavasya* Until 12:46AM Sun	Moon – Red	Devaloka Day
				Ashvina+Puratasi	

Retreat Star		Sunday, September 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Brahma/Indra Yoga Kintughna*/Bava Karana Prathamayam Titau	Pyinmana, Myanmar Sun 14 Sutra 168
Kanya Rasi: 14.32	Tithi 1	Gulika 2:44PM – 4:15PM	Hasta Until 7:57PM	Ganesha: Light Blue <i>Sunrise:</i> 5:43AM	Vikarin 5121
		Yama 11:44AM – 1:14PM	Brahma Until 4:57PM	Muruqa: Purple <i>Sunset:</i> 5:45PM	Moon 9 - Phase 24
	663213463	Rahu 4:15PM – 5:45PM	Kintughna Until 10:55AM	Nataraja: Clear	Prathama
Creative Work	Amrita Yoga		Prathama* Until 9:05PM	Moon – Green	Devaloka Day
Until 7:57PM		Skanda Shasthi Begins		Kartika+Puratasi	
Then Creative Work - Siddha Yoga					

Monday, September 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Balava/Taitila Karana Dvitiya/Tritiyayam Titau			Pyinmana, Myanmar Sun 15 Sutra 169
1		Gulika 1:14PM – 2:44PM	Chitra Until 5:20PM	Ganesha: Light Blue <i>Sunrise:</i> 5:43AM	Vikarin 5121
Kanya Rasi: 29.37	Tithi 2 – 3	Yama 10:14AM – 11:44AM	Indra Until 12:59PM	Muruqa: Purple <i>Sunset:</i> 5:44PM	Moon 9 - Phase 25
Family Home Evening	663213463	Rahu 7:14AM – 8:44AM	Balava Until 7:22AM	Nataraja: Clear	3rd Phase
Routine Work Prabalarishta Yoga			Dvitiya Until 5:42PM	Moon – Green	Devaloka Day
Until 5:20PM				Karttika-Puratasi	
Then Creative Work - Amrita Yoga					

Tuesday, October 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Triliya/Chaturthyam Titau			Pyinmana, Myanmar Sun 16 Sutra 170
2		Gulika 11:43AM – 1:13PM	Svati Until 3:03PM	Ganesha: Light Blue <i>Sunrise:</i> 5:44AM	Vikarin 5121
Tula Rasi: 14.25	Tithi 3 – 4	Yama 8:43AM – 10:13AM	Vaidhriti* Until 9:21AM	Muruqa: Purple <i>Sunset:</i> 5:43PM	Moon 9 - Phase 25
Creative Work Siddha Yoga	663213463	Rahu 2:43PM – 4:13PM	Vanija Until 1:35AM Wed	Nataraja: Clear	3rd Phase
Until 3:03PM			Tritiya Until 2:48PM	Moon – Green	Devaloka Day
Then Routine Work - Marana Yoga				Karttika-Puratasi	

Wednesday, October 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Vishkambha*/Prili Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Pyinmana, Myanmar Sun 17 Sutra 171
3		Gulika 10:13AM – 11:43AM	Vishakha Until 1:41PM	Ganesha: Purple <i>Sunrise:</i> 5:44AM	Vikarin 5121
Tula Rasi: 28.49	Tithi 4 – 5	Yama 7:14AM – 8:43AM	Vishkambha* Until 6:12AM	Muruqa: Purple <i>Sunset:</i> 5:42PM	Moon 9 - Phase 25
Creative Work Siddha Yoga	673213463	Rahu 11:43AM – 1:13PM	Bava Until 11:40PM	Nataraja: Clear	3rd Phase
Until 3:03PM			Chaturthi Until 12:31PM	Moon – Orange	Devaloka Day
Then Routine Work - Marana Yoga				Karttika-Puratasi	

Thursday, October 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Pyinmana, Myanmar Sun 18 Sutra 172
4		Gulika 8:43AM – 10:13AM	Anuradha Until 12:56PM	Ganesha: Purple <i>Sunrise:</i> 5:44AM	Vikarin 5121
Vrischika Rasi: 12.44	Tithi 5 – 6	Yama 5:44AM – 7:14AM	Ayushman Until 1:47AM Fri	Muruqa: Purple <i>Sunset:</i> 5:42PM	Moon 9 - Phase 25
Creative Work Siddha Yoga	673213463	Rahu 1:12PM – 2:42PM	Kaulava Until 10:35PM	Nataraja: Clear	3rd Phase
Until 12:56PM			Panchami Until 11:00AM	Moon – Orange	Devaloka Day
Then Routine Work - Prabalarishta Yoga		Skanda Shasthi		Karttika-Puratasi	

Friday, October 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau			Pyinmana, Myanmar Sun 19 Sutra 173
5		Gulika 7:14AM – 8:43AM	Jyeshtha* Until 12:54PM	Ganesha: Purple <i>Sunrise:</i> 5:44AM	Vikarin 5121
Vrischika Rasi: 26.08	Tithi 6 – 7	Yama 2:42PM – 4:11PM	Saubhagya Until 12:37AM Sat	Muruqa: Purple <i>Sunset:</i> 5:41PM	Moon 9 - Phase 25
Routine Work Marana Yoga	673213463	Rahu 10:13AM – 11:42AM	Gara Until 10:24PM	Nataraja: Clear	3rd Phase
Until 12:54PM			Shashthi* Until 10:21AM	Moon – Orange	Devaloka Day
Then Creative Work - Amrita Yoga				Karttika-Puratasi	

Saturday, October 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Pyinmana, Myanmar Sun 20 Sutra 174
Retreat Star		Gulika 5:44AM – 7:14AM	Mula* Until 2:03PM	Ganesha: Clear <i>Sunrise:</i> 5:44AM	Vikarin 5121
Dhanus Rasi: 9.04	Tithi 7 – 8	Yama 1:12PM – 2:41PM	Sobhana Until 12:09AM Sun	Muruqa: Purple <i>Sunset:</i> 5:40PM	Moon 9 - Phase 25
Creative Work Siddha Yoga	683213463	Rahu 8:43AM – 10:13AM	Visti Until 11:05PM	Nataraja: Clear	Ashtami
Until 3:50PM			Saptami Until 10:37AM	Moon – Light Blue	Sivaloka Day
Then Creative Work - Amrita Yoga				Karttika-Puratasi	

Sunday, October 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Pyinmana, Myanmar Sun 21 Sutra 175
Retreat Star		Gulika 2:41PM – 4:10PM	Purvashadha* Until 3:50PM	Ganesha: Clear <i>Sunrise:</i> 5:44AM	Vikarin 5121
Dhanus Rasi: 21.37	Tithi 8 – 9	Yama 11:42AM – 1:11PM	Athiganda* Until 12:13AM Mon	Muruqa: Purple <i>Sunset:</i> 5:39PM	Moon 9 - Phase 25
Creative Work Siddha Yoga	683213463	Rahu 4:10PM – 5:39PM	Balava Until 12:32AM Mon	Nataraja: Clear	Navami
Until 3:50PM			Ashtami* Until 11:42AM	Moon – Light Blue	Sivaloka Day
Then Creative Work - Amrita Yoga				Karttika-Puratasi	

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

Monday, October 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Sukarma Yoga Kaulava/Taitilia Karana Navami/Dashamyam Titau		Pynmana, Myanmar Sun 22 Sutra 176 Vikarin 5121	
1		Gulika 1:11PM – 2:40PM	Uttarashadha Until 6:04PM	Ganesha: Clear <i>Sunrise:</i> 5:44AM	
Makara Rasi: 3.5	Tithi 9 – 10	Yama 10:12AM – 11:42AM	Sukarma Until 12:46AM Tue	Muruqa: Purple <i>Sunset:</i> 5:39PM	Moon 9 - Phase 26
Family Home Evening	683213463	Rahu 7:14AM – 8:43AM	Taitilia Until 2:35AM Tue	Nataraja: Clear	4th Phase
Routine Work Marana Yoga			Navami* Until 1:29PM	Moon – Light Blue	Sivaloka Day
Until 6:04PM				Karttika-Puratasi	
Then Creative Work - Amrita Yoga					

Tuesday, October 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau		Pynmana, Myanmar Sun 23 Sutra 177 Vikarin 5121	
2		Gulika 11:41AM – 1:10PM	Shravana Until 9:03PM	Ganesha: White <i>Sunrise:</i> 5:45AM	
Makara Rasi: 15.51	Tithi 10 – 11	Yama 8:43AM – 10:12AM	Dhriti Until 1:36AM Wed	Muruqa: Purple <i>Sunset:</i> 5:37PM	Moon 9 - Phase 26
Family Home Evening	693213464	Rahu 2:40PM – 4:09PM	Vanija Until 4:58AM Wed	Nataraja: Purple	4th Phase
Routine Work Siddha Yoga			Dashami Until 3:43PM	Moon – Purple	Sivaloka Day
Until 6:04PM				Karttika-Puratasi	
Then Creative Work - Amrita Yoga					

Wednesday, October 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti* Karana Ekodashyam Titau		Pynmana, Myanmar Sun 24 Sutra 178 Vikarin 5121	
3		Gulika 10:12AM – 11:41AM	Dhanishtha Until 12:04AM Thu	Ganesha: White <i>Sunrise:</i> 5:45AM	
Makara Rasi: 27.44	Tithi 11	Yama 7:14AM – 8:43AM	Shula* Until 2:31AM Thu	Muruqa: Purple <i>Sunset:</i> 5:37PM	Moon 9 - Phase 26
Family Home Evening	693213464	Rahu 11:41AM – 1:10PM	Visti Until 6:13PM	Nataraja: Purple	4th Phase
Routine Work Prabalarishta Yoga			Ekadashi Until 6:13PM	Moon – Purple	Sivaloka Day
Until 12:04AM Thu				Karttika-Puratasi	
Then Creative Work - Siddha Yoga					

Thursday, October 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Bava/Balava Karana Dvadashyam Titau		Pynmana, Myanmar Sun 25 Sutra 179 Vikarin 5121	
4		Gulika 8:43AM – 10:12AM	Shatabhishak Until 2:54AM Fri	Ganesha: White <i>Sunrise:</i> 5:45AM	
Kumbha Rasi: 9.35	Tithi 12	Yama 5:45AM – 7:14AM	Ganda* Until 3:27AM Fri	Muruqa: Purple <i>Sunset:</i> 5:36PM	Moon 9 - Phase 26
Family Home Evening	693213464	Rahu 1:10PM – 2:39PM	Bava Until 7:31AM	Nataraja: Purple	4th Phase
Routine Work Siddha Yoga			Dvadashi Until 8:45PM	Moon – Purple	Sivaloka Day
Until 6:04PM				Karttika-Puratasi	
Then Creative Work - Siddha Yoga					

Friday, October 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vriddhi Yoga Kaulava/Taitilia Karana Trayodashyam Titau		Pynmana, Myanmar Sun 26 Sutra 180 Vikarin 5121	
5		Gulika 7:14AM – 8:43AM	Purvaproshtapada* Until 5:58AM Sat	Ganesha: Blue <i>Sunrise:</i> 5:45AM	
Kumbha Rasi: 21.26	Tithi 13	Yama 2:38PM – 4:07PM	Vriddhi Until 4:18AM Sat	Muruqa: Purple <i>Sunset:</i> 5:36PM	Moon 9 - Phase 26
Family Home Evening	613213464	Rahu 10:12AM – 11:40AM	Kaulava Until 10:01AM	Nataraja: Purple	4th Phase
Routine Work Siddha Yoga			Trayodashi Until 11:11PM	Moon – Clear	Sivaloka Day
Until 8:39AM Sun				Karttika-Puratasi	
Then Creative Work - Amrita Yoga					

Saturday, October 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau		Pynmana, Myanmar Sun 27 Sutra 181 Vikarin 5121	
6		Gulika 5:45AM – 7:14AM	Uttaraproshtapada Until 8:39AM Sun	Ganesha: Blue <i>Sunrise:</i> 5:45AM	
Meena Rasi: 3.2	Tithi 14	Yama 1:09PM – 2:38PM	Dhruva Until 4:58AM Sun	Muruqa: Purple <i>Sunset:</i> 5:35PM	Moon 9 - Phase 26
Family Home Evening	613213464	Rahu 8:43AM – 10:11AM	Gara Until 12:22PM	Nataraja: Purple	4th Phase
Routine Work Siddha Yoga			Chaturdashi* Until 1:26AM Sun	Moon – Clear	Sivaloka Day
Until 8:39AM Sun				Karttika-Puratasi	
Then Creative Work - Amrita Yoga					

Sunday, October 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau		Pynmana, Myanmar Sun 28 Sutra 182 Vikarin 5121	
7		Gulika 2:37PM – 4:06PM	Uttaraproshtapada Until 8:39AM	Ganesha: Yellow <i>Sunrise:</i> 5:46AM	
Meena Rasi: 15.19	Tithi 15	Yama 11:40AM – 1:08PM	Vyaghata* Until 5:26AM Mon	Muruqa: Purple <i>Sunset:</i> 5:34PM	Moon 9 - Phase 26
Family Home Evening	614213464	Rahu 4:06PM – 5:34PM	Visti Until 2:29PM	Nataraja: Purple	Purnima
Routine Work Amrita Yoga			Purnima* Until 3:25AM Mon	Moon – Clear	Subha Sivaloka Day
Until 6:04PM				Karttika-Puratasi	
Then Creative Work - Amrita Yoga					

Monday, October 14, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau		Pynmana, Myanmar Sun 29 Sutra 183 Vikarin 5121	
8		Gulika 1:08PM – 2:37PM	Revati Until 10:56AM	Ganesha: Yellow <i>Sunrise:</i> 5:46AM	
Meena Rasi: 27.25	Tithi 16	Yama 10:11AM – 11:40AM	Harshana Until 5:43AM Tue	Muruqa: Purple <i>Sunset:</i> 5:34PM	Moon 9 - Phase 26
Family Home Evening	614213464	Rahu 7:14AM – 8:43AM	Balava Until 4:20PM	Nataraja: Purple	Prathama
Routine Work Siddha Yoga			Prathama* Until 5:08AM Tue	Moon – Clear	Subha Sivaloka Day
Until 6:04PM				Karttika-Puratasi	
Then Creative Work - Amrita Yoga					

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



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

Pyinmana, Myanmar
Sutra 184
Vikarin 5121

Mesha Rasi: 9.37 Tithi 17

624213464

Gulika 11:39AM – 1:08PM
Yama 8:43AM – 10:11AM
Rahu 2:36PM – 4:05PM

Ashvini Until 1:15PM
Vajra* Until 5:43AM Wed
Taitila Until 5:53PM
Dvitiya Until 6:31AM Wed

Ganesha: White *Sunrise: 5:46AM*
Muruqa: Purple *Sunset: 5:33PM*
Nataraja: Purple
Moon – White
Subha Subha Sivaloka Day
Karttika-Puratasi

Creative Work Siddha Yoga

Wednesday, October 16, 2019

1

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

Pyinmana, Myanmar
Sun 1 Sutra 185
Vikarin 5121

Mesha Rasi: 21.56 Tithi 17 – 18

624213464

Gulika 10:11AM – 11:39AM
Yama 7:14AM – 8:43AM
Rahu 11:39AM – 1:07PM

Bharani Until 3:06PM
Siddhi Until 5:29AM Thu
Vanija Until 7:07PM
Dvitiya Until 6:31AM

Ganesha: White *Sunrise: 5:46AM*
Muruqa: Purple *Sunset: 5:32PM*
Nataraja: Purple
Moon – White
Subha Subha Sivaloka Day
Karttika-Puratasi

Creative Work Siddha Yoga

Until 3:06PM

Then Creative Work - Amrita Yoga

Thursday, October 17, 2019

2

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

Pyinmana, Myanmar
Sun 2 Sutra 186
Vikarin 5121

Vrishabha Rasi: 4.25 Tithi 18 – 19

624213464

Gulika 8:43AM – 10:11AM
Yama 5:46AM – 7:15AM
Rahu 1:07PM – 2:35PM

Krittika Until 4:27PM
Vyatipata* Until 4:58AM Fri
Bava Until 8:00PM
Tritiya Until 7:35AM

Ganesha: White *Sunrise: 5:46AM*
Muruqa: Purple *Sunset: 5:32PM*
Nataraja: Purple
Moon – White
Subha Subha Sivaloka Day
Karttika-Puratasi

Routine Work Marana Yoga

Friday, October 18, 2019

3

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

Pyinmana, Myanmar
Sun 3 Sutra 187
Vikarin 5121

Vrishabha Rasi: 17.04 Tithi 19 – 20

634313464

Gulika 7:15AM – 8:43AM
Yama 2:35PM – 4:03PM
Rahu 10:11AM – 11:39AM

Rohini Until 5:45PM
Varyan Until 4:07AM Sat
Kaulava Until 8:29PM
Chaturthi* Until 8:16AM

Ganesha: White *Sunrise: 5:47AM*
Muruqa: Purple *Sunset: 5:31PM*
Nataraja: Purple
Moon – Yellow
Sivaloka Day
Karttika-Aipasi

Routine Work Marana Yoga

Until 5:45PM

Then Creative Work - Siddha Yoga

Saturday, October 19, 2019

4

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

Pyinmana, Myanmar
Sun 4 Sutra 188
Vikarin 5121

Vrishabha Rasi: 29.54 Tithi 20 – 21

634313464

Gulika 5:47AM – 7:15AM
Yama 1:07PM – 2:34PM
Rahu 8:43AM – 10:11AM

Mrigashira Until 6:27PM
Parigha* Until 2:54AM Sun
Gara Until 8:31PM
Panchami Until 8:32AM

Ganesha: White *Sunrise: 5:47AM*
Muruqa: Purple *Sunset: 5:30PM*
Nataraja: Purple
Moon – Yellow
Sivaloka Day
Karttika-Aipasi

Creative Work Siddha Yoga

Sunday, October 20, 2019

5

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

Pyinmana, Myanmar
Sun 5 Sutra 189
Vikarin 5121

Mithuna Rasi: 12.59 Tithi 21 – 22

634313464

Gulika 2:34PM – 4:02PM
Yama 11:38AM – 1:06PM
Rahu 4:02PM – 5:30PM

Ardra Until 6:30PM
Shiva Until 1:17AM Mon
Visti Until 8:02PM
Shashthi* Until 8:19AM

Ganesha: White *Sunrise: 5:47AM*
Muruqa: Purple *Sunset: 5:30PM*
Nataraja: Purple
Moon – Yellow
Sivaloka Day
Karttika-Aipasi

Creative Work Siddha Yoga

Monday, October 21, 2019

D

Retreat Star

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

Pyinmana, Myanmar
Sun 6 Sutra 190
Vikarin 5121

Mithuna Rasi: 26.2 Tithi 22 – 23

644313464

Gulika 1:06PM – 2:34PM
Yama 10:11AM – 11:38AM
Rahu 7:15AM – 8:43AM

Punarvasu Until 6:19PM
Siddha Until 11:12PM
Balava Until 6:59PM
Saptami Until 7:33AM

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

Creative Work Amrita Yoga

Until 6:19PM

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 Kaulava/Gara Karana Ashtami/Navamyam Titau

Pyinmana, Myanmar
Sun 7 Sutra 191
Vikarin 5121

Kataka Rasi: 10.02 Tithi 23 – 24

644313464

Gulika 11:38AM – 1:06PM
Yama 8:43AM – 10:11AM
Rahu 2:33PM – 4:01PM

Pushya Until 5:25PM
Sadhya Until 8:39PM
Gara Until 4:20AM Wed
Ashtami* Until 6:14AM

Ganesha: Clear *Sunrise: 5:48AM*
Muruqa: Purple *Sunset: 5:29PM*
Nataraja: Purple
Moon – Blue
Subha Sivaloka Day
Karttika-Aipasi

Creative Work Siddha 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

All times are standard time

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1	Wednesday, October 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Vanija/Visli* Karana Dashamyam Titau				Pynmana, Myanmar Sun 8 Sutra 192
	Kataka Rasi: 24.04	Tithi 25	Gulika 10:10AM – 11:38AM	Ashlesha* Until 3:50PM	Ganesha: Clear	<i>Sunrise:</i> 5:48AM	Vikarin 5121
			Yama 7:15AM – 8:43AM	Subha Until 5:42PM	Muruqa: Purple	<i>Sunset:</i> 5:28PM	Moon 10 - Phase 28
	Creative Work	Siddha Yoga	644313464 Rahu 11:38AM – 1:05PM	Vanija Until 3:13PM	Nataraja: Purple		2nd Phase
			Dashami Until 1:56AM Thu	Moon – Blue		Subha Sivaloka Day	
				Karttika-Aipasi			

2	Thursday, October 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau				Pynmana, Myanmar Sun 9 Sutra 193
	Simha Rasi: 8.26	Tithi 26	Gulika 8:43AM – 10:10AM	Magha* Until 2:03PM	Ganesha: Purple	<i>Sunrise:</i> 5:48AM	Vikarin 5121
			Yama 5:48AM – 7:16AM	Sukla Until 2:20PM	Muruqa: Purple	<i>Sunset:</i> 5:27PM	Moon 10 - Phase 28
	Creative Work	Amrita Yoga	654313464 Rahu 1:05PM – 2:33PM	Bava Until 12:34PM	Nataraja: Purple		2nd Phase
			Ekadashi* Until 11:05PM	Moon – Red		Sivaloka Day	
				Karttika-Aipasi			

3	Friday, October 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Kaulava/Talita Karana Dvodashyam Titau				Pynmana, Myanmar Sun 10 Sutra 194
	Simha Rasi: 23.06	Tithi 27	Gulika 7:16AM – 8:43AM	Purvaphalguni Until 11:45AM	Ganesha: Purple	<i>Sunrise:</i> 5:49AM	Vikarin 5121
			Yama 2:32PM – 4:00PM	Brahma Until 10:40AM	Muruqa: Purple	<i>Sunset:</i> 5:27PM	Moon 10 - Phase 28
	Creative Work	Siddha Yoga	654313464 Rahu 10:10AM – 11:38AM	Kaulava Until 9:33AM	Nataraja: Purple		2nd Phase
			Dvadashi* Until 7:56PM	Moon – Red		Sivaloka Day	
				Karttika-Aipasi			

4	Saturday, October 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mantra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhrili* Yoga Gara/Visli* Karana Trayodashi/Chaturdashyam Titau				Pynmana, Myanmar Sun 11 Sutra 195
	Kanya Rasi: 7.58	Tithi 28 – 29	Gulika 5:49AM – 7:16AM	Uttaraphalguni Until 9:06AM	Ganesha: Clear	<i>Sunrise:</i> 5:49AM	Vikarin 5121
			Yama 1:05PM – 2:32PM	Indra Until 6:49AM	Muruqa: Purple	<i>Sunset:</i> 5:26PM	Moon 10 - Phase 28
	Routine Work	Marana Yoga	655313464 Rahu 8:43AM – 10:10AM	Gara Until 6:17AM	Nataraja: Purple		2nd Phase
			Trayodashi* Until 4:35PM	Moon – Red		Subha Sivaloka Day	
				Karttika-Aipasi			

Pradosha Vrata (Fasting)

●	Sunday, October 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Pynmana, Myanmar Sun 12 Sutra 196
	Retreat Star		Gulika 2:32PM – 3:59PM	Hasta Until 6:37AM	Ganesha: Orange	<i>Sunrise:</i> 5:49AM	Vikarin 5121
	Kanya Rasi: 22.56	Tithi 29 – 30	Yama 11:37AM – 1:05PM	Vishkambha* Until 10:58PM	Muruqa: Purple	<i>Sunset:</i> 5:26PM	Moon 10 - Phase 28
	Creative Work	Amrita Yoga	665313464 Rahu 3:59PM – 5:26PM	Catuspada Until 11:36PM	Nataraja: Purple		Amavasya
			Chaturdashi* Until 1:13PM	Moon – Green		Subha Sivaloka Day	
				Karttika-Aipasi			

●	Monday, October 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Pynmana, Myanmar Sun 13 Sutra 197
	Retreat Star		Gulika 1:04PM – 2:31PM	Svati Until 1:42AM Tue	Ganesha: Orange	<i>Sunrise:</i> 5:50AM	Vikarin 5121
	Tula Rasi: 7.5	Tithi 30 – 1	Yama 10:10AM – 11:37AM	Priti Until 7:15PM	Muruqa: Purple	<i>Sunset:</i> 5:25PM	Moon 10 - Phase 28
	Family Home Evening		665313464 Rahu 7:16AM – 8:43AM	Kintughna Until 8:30PM	Nataraja: Purple		Prathama
			Amavasya* Until 10:00AM	Moon – Green		Subha Sivaloka Day	
				Margasira-Aipasi			

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

All times are standard time

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1		Tuesday, October 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Ayushman/Saubhagya Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau			Pynmana, Myanmar Sun 14 Sutra 198 Vikarin 5121	
Tula Rasi: 22.31	Tithi 1 – 2	Gulika	11:37AM – 1:04PM	Vishakha Until 12:00AM Wed	Ganesha: Clear	<i>Sunrise:</i> 5:50AM		
		Yama	8:44AM – 10:10AM	Ayushman Until 3:50PM	Muruqa: Purple	<i>Sunset:</i> 5:25PM		Moon 10 - Phase 29
		675313464 Rahu	2:31PM – 3:58PM	Kaulava Until 4:39AM Wed	Nataraja: Purple			3rd Phase
Routine Work	Marana Yoga			Prathama* Until 7:05AM	Moon – Orange		Subha Sivaloka Day	
Until 12:00AM Wed					Margasira-Aipasi			
Then Creative Work - Siddha Yoga								

2		Wednesday, October 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau			Pynmana, Myanmar Sun 15 Sutra 199 Vikarin 5121	
Virschika Rasi: 6.52	Tithi 3	Gulika	10:10AM – 11:37AM	Anuradha Until 10:47PM	Ganesha: Clear	<i>Sunrise:</i> 5:50AM		
		Yama	7:17AM – 8:44AM	Saubhagya Until 12:52PM	Muruqa: Purple	<i>Sunset:</i> 5:24PM		Moon 10 - Phase 29
		675313464 Rahu	11:37AM – 1:04PM	Taitila Until 3:40PM	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga			Tritiya Until 2:51AM Thu	Moon – Orange		Subha Sivaloka Day	
					Margasira-Aipasi			

3		Thursday, October 31, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthyam Titau			Pynmana, Myanmar Sun 16 Sutra 200 Vikarin 5121	
Virschika Rasi: 20.48	Tithi 4	Gulika	8:44AM – 10:11AM	Jyeshtha* Until 10:09PM	Ganesha: Clear	<i>Sunrise:</i> 5:51AM		
		Yama	5:51AM – 7:17AM	Sobhana Until 10:29AM	Muruqa: Purple	<i>Sunset:</i> 5:24PM		Moon 10 - Phase 29
		675313464 Rahu	1:04PM – 2:31PM	Vanija Until 2:15PM	Nataraja: Purple			3rd Phase
Routine Work	Prabalarishta Yoga			Chaturthi* Until 1:49AM Fri	Moon – Orange		Subha Sivaloka Day	
Until 10:09PM					Margasira-Aipasi			
Then Creative Work - Siddha Yoga								

4		Friday, November 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau			Pynmana, Myanmar Sun 17 Sutra 201 Vikarin 5121	
Dhanus Rasi: 4.16	Tithi 5	Gulika	7:17AM – 8:44AM	Mula* Until 10:38PM	Ganesha: Purple	<i>Sunrise:</i> 5:51AM		
		Yama	2:30PM – 3:57PM	Athiganda* Until 8:42AM	Muruqa: Purple	<i>Sunset:</i> 5:23PM		Moon 10 - Phase 29
		685313464 Rahu	10:11AM – 11:37AM	Bava Until 1:39PM	Nataraja: Purple			3rd Phase
Creative Work	Amrita Yoga			Panchami Until 1:39AM Sat	Moon – Light Blue		Subha Subha Sivaloka Day	
Until 10:38PM					Margasira-Aipasi			
Then Routine Work - Prabalarishta Yoga								

5		Saturday, November 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau			Pynmana, Myanmar Sun 18 Sutra 202 Vikarin 5121	
Dhanus Rasi: 17.16	Tithi 6	Gulika	5:51AM – 7:18AM	Purvashadha* Until 11:49PM	Ganesha: Purple	<i>Sunrise:</i> 5:51AM		
		Yama	1:04PM – 2:30PM	Sukarma Until 7:36AM	Muruqa: Purple	<i>Sunset:</i> 5:23PM		Moon 10 - Phase 29
		685313464 Rahu	8:44AM – 10:11AM	Kaulava Until 1:55PM	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga			Shashthi* Until 2:20AM Sun	Moon – Light Blue		Subha Subha Sivaloka Day	
Until 11:49PM					Margasira-Aipasi			
Then Routine Work - Marana Yoga								

6		Sunday, November 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptamyam Titau			Pynmana, Myanmar Sun 19 Sutra 203 Vikarin 5121	
Dhanus Rasi: 29.52	Tithi 7	Gulika	2:30PM – 3:56PM	Uttarashadha Until 1:34AM Mon	Ganesha: Purple	<i>Sunrise:</i> 5:52AM		
		Yama	11:37AM – 1:04PM	Dhriti Until 7:11AM	Muruqa: Purple	<i>Sunset:</i> 5:23PM		Moon 10 - Phase 29
		685313464 Rahu	3:56PM – 5:23PM	Gara Until 3:00PM	Nataraja: Purple			3rd Phase
Creative Work	Amrita Yoga			Saptami Until 3:48AM Mon	Moon – Light Blue		Subha Subha Sivaloka Day	
					Margasira-Aipasi			

Retreat Star		Monday, November 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau			Pynmana, Myanmar Sun 20 Sutra 204 Vikarin 5121	
Makara Rasi: 12.09	Tithi 8	Gulika	1:03PM – 2:30PM	Shravana Until 4:15AM Tue	Ganesha: Purple	<i>Sunrise:</i> 5:52AM		
Family Home Evening		Yama	10:11AM – 11:37AM	Shula* Until 7:17AM	Muruqa: Purple	<i>Sunset:</i> 5:22PM		Moon 10 - Phase 29
Creative Work	Amrita Yoga	696313464 Rahu	7:18AM – 8:45AM	Visti Until 4:47PM	Nataraja: Purple			Ashtami
Until 4:15AM Tue				Ashtami* Until 5:51AM Tue	Moon – Purple		Sivaloka Day	
Then Creative Work - Siddha Yoga					Margasira-Aipasi			

Retreat Star		Tuesday, November 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Ganda*/Vridhhi* Yoga Balava Karana Navamyam Titau			Pynmana, Myanmar Sun 21 Sutra 205 Vikarin 5121	
Makara Rasi: 24.11	Tithi 9	Gulika	11:37AM – 1:03PM	Dhanishtha Until 7:07AM Wed	Ganesha: Purple	<i>Sunrise:</i> 5:52AM		
		Yama	8:45AM – 10:11AM	Ganda* Until 7:50AM	Muruqa: Purple	<i>Sunset:</i> 5:22PM		Moon 10 - Phase 29
		696313464 Rahu	2:30PM – 3:56PM	Balava Until 7:03PM	Nataraja: Purple			Navami
Creative Work	Siddha Yoga			Navami* Until 8:16AM Wed	Moon – Purple		Sivaloka Day	
					Margasira-Aipasi			

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

1	Wednesday, November 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vriddhi/Dhruva Yoga Kaulava/Tailita Karana Navami/Dashamyam Titau				Pyinmana, Myanmar Sun 22 Sutra 206 Vikarin 5121
	Kumbha Rasi: 6.06	Tithi 9 – 10	Gulika 10:11AM – 11:37AM	Dhanishtha Until 7:07AM	Ganesha: Purple	<i>Sunrise:</i> 5:53AM	
			Yama 7:19AM – 8:45AM	Vriddhi Until 8:39AM	Muruqa: Purple	<i>Sunset:</i> 5:22PM	Moon 10 - Phase 30
	Routine Work Prabalarishta Yoga Until 7:07AM Then Creative Work - Siddha Yoga	696313464	Rahu 11:37AM – 1:03PM	Taitila Until 9:34PM	Nataraja: Purple		4th Phase
			Navami* Until 8:16AM	Moon – Purple		Sivaloka Day	
				Margasira-Aipasi			


2	Thursday, November 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Pyinmana, Myanmar Sun 23 Sutra 207 Vikarin 5121
	Kumbha Rasi: 17.58	Tithi 10 – 11	Gulika 8:45AM – 10:11AM	Shatabhishak Until 9:57AM	Ganesha: Clear	<i>Sunrise:</i> 5:53AM	
			Yama 5:53AM – 7:19AM	Dhruva Until 9:32AM	Muruqa: Purple	<i>Sunset:</i> 5:21PM	Moon 10 - Phase 30
	Creative Work Siddha Yoga	796313464	Rahu 1:03PM – 2:29PM	Vanija Until 12:05AM Fri	Nataraja: Purple		4th Phase
			Gita Jayanthi	Dashami Until 10:49AM	Moon – Purple	Subha Sivaloka Day	
				Margasira-Aipasi			


3	Friday, November 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vyaghata/Harshana Yoga Vistil/Bava Karana Ekadashi/Dvadashyam Titau				Pyinmana, Myanmar Sun 24 Sutra 208 Vikarin 5121
	Kumbha Rasi: 29.5	Tithi 11 – 12	Gulika 7:20AM – 8:45AM	Purvaproshtapada* Until 1:02PM	Ganesha: Yellow	<i>Sunrise:</i> 5:54AM	
			Yama 2:29PM – 3:55PM	Vyaghata* Until 10:22AM	Muruqa: Purple	<i>Sunset:</i> 5:21PM	Moon 10 - Phase 30
	Creative Work Siddha Yoga	716313464	Rahu 10:11AM – 11:37AM	Bava Until 2:26AM Sat	Nataraja: Purple		4th Phase
			Ekadashi Until 1:16PM	Moon – Clear		Subha Sivaloka Day	
				Margasira-Aipasi			

4	Saturday, November 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Pyinmana, Myanmar Sun 25 Sutra 209 Vikarin 5121
	Meena Rasi: 11.47	Tithi 12 – 13	Gulika 5:54AM – 7:20AM	Uttaraproshtapada Until 3:43PM	Ganesha: Yellow	<i>Sunrise:</i> 5:54AM	
			Yama 1:03PM – 2:29PM	Harshana Until 11:02AM	Muruqa: Purple	<i>Sunset:</i> 5:21PM	Moon 10 - Phase 30
	Creative Work Siddha Yoga	716313464	Rahu 8:46AM – 10:12AM	Kaulava Until 4:30AM Sun	Nataraja: Purple		4th Phase
			Dvadashi Until 3:29PM	Moon – Clear		Subha Sivaloka Day	
				Margasira-Aipasi			
				<i>Pradosha Vrata</i>			

5	Sunday, November 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Pyinmana, Myanmar Sun 26 Sutra 210 Vikarin 5121
	Meena Rasi: 23.51	Tithi 13 – 14	Gulika 2:29PM – 3:55PM	Revati Until 5:55PM	Ganesha: Yellow	<i>Sunrise:</i> 5:55AM	
			Yama 11:37AM – 1:03PM	Vajra* Until 11:26AM	Muruqa: Purple	<i>Sunset:</i> 5:20PM	Moon 10 - Phase 30
	Creative Work Amrita Yoga	716313464	Rahu 3:55PM – 5:20PM	Gara Until 6:10AM Mon	Nataraja: Purple		4th Phase
			Trayodashi Until 5:21PM	Moon – Clear		Subha Sivaloka Day	
				Margasira-Aipasi			

6	Monday, November 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi/Vyatipata* Yoga Gara/Vanija Karana Chaturdashyam Titau				Pyinmana, Myanmar Sun 27 Sutra 211 Vikarin 5121
	Mesha Rasi: 6.05	Tithi 14	Gulika 1:03PM – 2:29PM	Ashvini Until 8:03PM	Ganesha: Clear	<i>Sunrise:</i> 5:55AM	
	Family Home Evening		Yama 10:12AM – 11:38AM	Siddhi Until 11:33AM	Muruqa: Purple	<i>Sunset:</i> 5:20PM	Moon 10 - Phase 30
	Creative Work Siddha Yoga	727313464	Rahu 7:21AM – 8:46AM	Gara Until 6:10AM	Nataraja: Purple		4th Phase
			Chaturdashi* Until 6:50PM	Moon – White		Subha Sivaloka Day	
				Margasira-Aipasi			

	Tuesday, November 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Vistil/Bava Karana Purnimayam Titau				Pyinmana, Myanmar Sutra 212 Vikarin 5121
	Copper Retreat Star		Gulika 11:38AM – 1:03PM	Bharani Until 9:37PM	Ganesha: White	<i>Sunrise:</i> 5:55AM	
	Mesha Rasi: 18.29	Tithi 15	Yama 8:47AM – 10:12AM	Vyatipata* Until 11:21AM	Muruqa: Purple	<i>Sunset:</i> 5:20PM	Moon 10 - Phase 30
	Creative Work Siddha Yoga	727413464	Rahu 2:29PM – 3:54PM	Vistil Until 7:25AM	Nataraja: Purple		Purnima
			Purnima* Until 7:52PM	Moon – White		Sivaloka Day	
				Margasira-Aipasi			

	Wednesday, November 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Prathamayam Titau				Pyinmana, Myanmar Sutra 213 Vikarin 5121
	Silver Retreat Star		Gulika 10:12AM – 11:38AM	Krittika Until 10:37PM	Ganesha: White	<i>Sunrise:</i> 5:56AM	
	Vrishabha Rasi: 1.04	Tithi 16	Yama 7:21AM – 8:47AM	Variyan Until 10:48AM	Muruqa: Purple	<i>Sunset:</i> 5:20PM	Moon 10 - Phase 30
	Creative Work Amrita Yoga	727413464	Rahu 11:38AM – 1:03PM	Balava Until 8:15AM	Nataraja: Purple		Prathama
			Prathama* Until 8:29PM	Moon – White		Sivaloka Day	
				Margasira-Aipasi			

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



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

Pyinmana, Myanmar

Sun 1 Sutra 214

Vikarin 5121

Moon 11 - Phase 31

1st Phase

737413464 Vishabha Rasi: 13.52 Tithi 17

Gulika 8:47AM - 10:13AM
Yama 5:56AM - 7:22AM
Rahu 1:03PM - 2:29PM

Rohini Until 11:32PM
Parigha* Until 9:57AM
Taitila Until 8:40AM
Dvitiya Until 8:42PM

Ganesha: Clear Sunrise: 5:56AM

Muruqa: Purple Sunset: 5:19PM

Nataraja: Purple
Moon - Yellow

Subha Sivaloka Day

Margasira-Aipasi

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

Pyinmana, Myanmar

Sun 2 Sutra 215

Vikarin 5121

Moon 11 - Phase 31

1st Phase

737413464 Vishabha Rasi: 26.5 Tithi 18

Gulika 7:22AM - 8:48AM
Yama 2:29PM - 3:54PM
Rahu 10:13AM - 11:38AM

Mrigashira Until 11:56PM
Shiva Until 8:49AM
Vanija Until 8:41AM
Tritiya Until 8:32PM

Ganesha: Clear Sunrise: 5:57AM

Muruqa: Purple Sunset: 5:19PM

Nataraja: Purple
Moon - Yellow

Subha Sivaloka Day

Margasira-Aipasi

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

Pyinmana, Myanmar

Sun 3 Sutra 216

Vikarin 5121

Moon 11 - Phase 31

1st Phase

737413464 Mithuna Rasi: 10 Tithi 19

Gulika 5:57AM - 7:23AM
Yama 1:03PM - 2:29PM
Rahu 8:48AM - 10:13AM

Ardra Until 11:50PM
Siddha Until 7:21AM
Bava Until 8:20AM
Chaturthi* Until 8:00PM

Ganesha: Clear Sunrise: 5:57AM

Muruqa: Purple Sunset: 5:19PM

Nataraja: Purple
Moon - Yellow

Subha Sivaloka Day

Margasira-Aipasi

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

Pyinmana, Myanmar

Sun 4 Sutra 217

Vikarin 5121

Moon 11 - Phase 31

1st Phase

747413465 Mithuna Rasi: 23.21 Tithi 20

Gulika 2:29PM - 3:54PM
Yama 11:38AM - 1:04PM
Rahu 3:54PM - 5:19PM

Punarvasu Until 11:42PM
Subha Until 3:38AM Mon
Kaulava Until 7:38AM
Panchami Until 7:08PM

Ganesha: Purple Sunrise: 5:58AM

Muruqa: Purple Sunset: 5:19PM

Nataraja: Clear
Moon - Blue

Devaloka Day

Margasira-Karttikai

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 Gara/Visti* Karana Shashthi/Saptamyam Titau

Pyinmana, Myanmar

Sun 5 Sutra 218

Vikarin 5121

Moon 11 - Phase 31

1st Phase

748413465 Kataka Rasi: 6.54 Tithi 21 - 22

Family Home Evening

Creative Work Siddha Yoga

Gulika 1:04PM - 2:29PM
Yama 10:14AM - 11:39AM
Rahu 7:24AM - 8:49AM

Pushya Until 11:04PM
Sukla Until 1:21AM Tue
Gara Until 6:35AM
Shashthi* Until 5:55PM

Ganesha: Clear Sunrise: 5:58AM

Muruqa: Purple Sunset: 5:19PM

Nataraja: Clear
Moon - Blue

Sivaloka Day

Margasira-Karttikai

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

Pyinmana, Myanmar

Sun 6 Sutra 219

Vikarin 5121

Moon 11 - Phase 31

1st Phase

748413465 Kataka Rasi: 20.38 Tithi 22 - 23

Creative Work Siddha Yoga

Gulika 11:39AM - 1:04PM
Yama 8:49AM - 10:14AM
Rahu 2:29PM - 3:54PM

Ashlesha* Until 9:58PM
Brahma Until 10:49PM
Balava Until 3:28AM Wed
Saptami Until 4:21PM

Ganesha: Clear Sunrise: 5:59AM

Muruqa: Purple Sunset: 5:19PM

Nataraja: Clear
Moon - Blue

Sivaloka Day

Margasira-Karttikai

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

Pyinmana, Myanmar

Sun 7 Sutra 220

Vikarin 5121

Moon 11 - Phase 31

Ashtami

758413465 Simha Rasi: 5 Tithi 23 - 24

Creative Work Siddha Yoga

Until 8:50PM

Then Creative Work - Amrita Yoga

Gulika 10:14AM - 11:39AM
Yama 7:24AM - 8:49AM
Rahu 11:39AM - 1:04PM

Magha* Until 8:50PM
Indra Until 8:02PM
Taitila Until 1:26AM Thu
Ashtami* Until 2:28PM

Ganesha: White Sunrise: 6:00AM

Muruqa: Purple Sunset: 5:19PM

Nataraja: Clear
Moon - Red

Subha Sivaloka Day

Margasira-Karttikai

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

Pyinmana, Myanmar

Sun 8 Sutra 221

Vikarin 5121

Moon 11 - Phase 31

Navami

758413465 Simha Rasi: 18.45 Tithi 24 - 25

Creative Work Siddha Yoga

Gulika 8:50AM - 10:15AM
Yama 6:00AM - 7:25AM
Rahu 1:04PM - 2:29PM

Purvaphalguni Until 7:17PM
Vaidhriti* Until 5:00PM
Vanija Until 11:07PM
Navami* Until 12:17PM

Ganesha: White Sunrise: 6:00AM

Muruqa: Purple Sunset: 5:19PM

Nataraja: Clear
Moon - Red

Subha Sivaloka Day


Margasira-Karttikai

1		Friday, November 22, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Pyinmana, Myanmar Sun 9 Sutra 222	
Kanya Rasi: 3.05	Tithi 25 – 26	758413465	Gulika 7:25AM – 8:50AM Yama 2:29PM – 3:54PM Rahu 10:15AM – 11:40AM	Uttaraphalguni Until 5:21PM Vishkambha* Until 1:47PM Bava Until 8:35PM Dashami Until 9:51AM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Red	<i>Sunrise:</i> 6:01AM <i>Sunset:</i> 5:19PM	Moon 11 - Phase 32 2nd Phase
Creative Work	Siddha Yoga						Subha Sivaloka Day
Until 5:21PM							Margasira-Karttikai
Then Creative Work - Amrita Yoga							

2		Saturday, November 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Priti/Ayushman Yoga Balava/Taitila Karana Ekadashi/Dvadashtyam Titau		Pyinmana, Myanmar Sun 10 Sutra 223	
Kanya Rasi: 17.32	Tithi 26 – 27	768413465	Gulika 6:01AM – 7:26AM Yama 1:05PM – 2:29PM Rahu 8:50AM – 10:15AM	Hasta Until 3:34PM Priti Until 10:27AM Taitila Until 4:35AM Sun Ekadashi* Until 7:15AM	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon – Green	<i>Sunrise:</i> 6:01AM <i>Sunset:</i> 5:19PM	Vikarin 5121 Moon 11 - Phase 32 2nd Phase
Routine Work	Marana Yoga						Sivaloka Day
							Margasira-Karttikai

3		Sunday, November 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau		Pyinmana, Myanmar Sun 11 Sutra 224	
Tula Rasi: 2.02	Tithi 28	769413465	Gulika 2:29PM – 3:54PM Yama 11:40AM – 1:05PM Rahu 3:54PM – 5:19PM	Chitra Until 1:38PM Ayushman Until 7:03AM Gara Until 3:17PM Trayodashi* Until 1:58AM Mon <i>Pradosha Vrata (Fasting)</i>	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Green	<i>Sunrise:</i> 6:02AM <i>Sunset:</i> 5:19PM	Vikarin 5121 Moon 11 - Phase 32 2nd Phase
Creative Work	Siddha Yoga						Devaloka Day
							Margasira-Karttikai

4		Monday, November 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Pyinmana, Myanmar Sun 12 Sutra 225	
Tula Rasi: 16.31	Tithi 29	769413465	Gulika 1:05PM – 2:30PM Yama 10:16AM – 11:40AM Rahu 7:27AM – 8:51AM	Svati Until 11:39AM Sobhana Until 12:33AM Tue Visti Until 12:44PM Chaturdashi* Until 11:32PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Green	<i>Sunrise:</i> 6:02AM <i>Sunset:</i> 5:19PM	Vikarin 5121 Moon 11 - Phase 32 2nd Phase
Family Home Evening	Amrita Yoga						Devaloka Day
Until 11:39AM							Margasira-Karttikai
Then Routine Work - Marana Yoga							

		Tuesday, November 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Pyinmana, Myanmar Sun 13 Sutra 226	
Retreat Star			Gulika 11:41AM – 1:05PM Yama 8:52AM – 10:16AM Rahu 2:30PM – 3:54PM	Vishakha Until 10:12AM Athiganda* Until 9:38PM Catuspada Until 10:27AM Amavasya* Until 9:26PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Orange	<i>Sunrise:</i> 6:03AM <i>Sunset:</i> 5:19PM	Vikarin 5121 Moon 11 - Phase 32 Amavasya
Vrischika Rasi: 0.5	Tithi 30	779413465					Devaloka Day
Routine Work	Marana Yoga						Margasira-Karttikai
Until 10:12AM							
Then Creative Work - Siddha Yoga							

Retreat Star		Wednesday, November 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau		Pyinmana, Myanmar Sun 14 Sutra 227	
Vrischika Rasi: 14.55	Tithi 1	779413465	Gulika 10:17AM – 11:41AM Yama 7:28AM – 8:52AM Rahu 11:41AM – 1:05PM	Anuradha Until 9:00AM Sukarma Until 7:07PM Kintughna Until 8:34AM Prathama* Until 7:48PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Orange	<i>Sunrise:</i> 6:03AM <i>Sunset:</i> 5:19PM	Vikarin 5121 Moon 11 - Phase 32 Prathama
Creative Work	Siddha Yoga						Devaloka Day
							Pausha-Karttikai

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

All times are standard time

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1		Thursday, November 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau	Pyinmana, Myanmar Sun 15 Sutra 228 Vikarin 5121
Vrischika Rasi: 28.4	Tithi 2	Gulika 8:53AM – 10:17AM	Jyeshtha* Until 8:11AM	Ganesha: Blue <i>Sunrise:</i> 6:04AM	
		Yama 6:04AM – 7:28AM	Dhriti Until 5:05PM	Muruqa: Purple <i>Sunset:</i> 5:19PM	Moon 11 - Phase 33
		779413465 Rahu 1:06PM – 2:30PM	Balava Until 7:13AM	Nataraja: Clear	3rd Phase
Routine Work Prabalarishta Yoga			Dvitiya Until 6:47PM	Moon – Orange	Devaloka Day
Until 8:11AM				Pausha-Karttikai	
Then Creative Work - Siddha Yoga					

2		Friday, November 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau	Pyinmana, Myanmar Sun 16 Sutra 229 Vikarin 5121
Dhanus Rasi: 12.02	Tithi 3	Gulika 7:29AM – 8:53AM	Mula* Until 8:20AM	Ganesha: Blue <i>Sunrise:</i> 6:05AM	
		Yama 2:30PM – 3:55PM	Shula* Until 3:34PM	Muruqa: Purple <i>Sunset:</i> 5:19PM	Moon 11 - Phase 33
		789413465 Rahu 10:17AM – 11:42AM	Taitila Until 6:33AM	Nataraja: Clear	3rd Phase
Creative Work Amrita Yoga			Tritiya Until 6:28PM	Moon – Light Blue	Devaloka Day
Until 8:20AM				Pausha-Karttikai	
Then Routine Work - Prabalarishta Yoga					

3		Saturday, November 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda*/Vridhi Yoga Vanija/Visti* Karana Chaturthiyam Titau	Pyinmana, Myanmar Sun 17 Sutra 230 Vikarin 5121
Dhanus Rasi: 25.02	Tithi 4	Gulika 6:05AM – 7:29AM	Purvashadha* Until 9:03AM	Ganesha: Blue <i>Sunrise:</i> 6:05AM	
		Yama 1:06PM – 2:31PM	Ganda* Until 2:39PM	Muruqa: Purple <i>Sunset:</i> 5:19PM	Moon 11 - Phase 33
		789413465 Rahu 8:54AM – 10:18AM	Vanija Until 6:37AM	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Chaturthi* Until 6:55PM	Moon – Light Blue	Devaloka Day
Until 9:03AM				Pausha-Karttikai	
Then Routine Work - Marana Yoga					

4		Sunday, December 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Panchamyam Titau	Pyinmana, Myanmar Sun 18 Sutra 231 Vikarin 5121
Makara Rasi: 7.4	Tithi 5	Gulika 2:31PM – 3:55PM	Uttarashadha Until 10:19AM	Ganesha: Blue <i>Sunrise:</i> 6:06AM	
		Yama 11:42AM – 1:07PM	Vridhi Until 2:19PM	Muruqa: Purple <i>Sunset:</i> 5:19PM	Moon 11 - Phase 33
		789413465 Rahu 3:55PM – 5:19PM	Bava Until 7:26AM	Nataraja: Clear	3rd Phase
Creative Work Amrita Yoga			Panchami Until 8:05PM	Moon – Light Blue	Devaloka Day
				Pausha-Karttikai	

5		Monday, December 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau	Pyinmana, Myanmar Sun 19 Sutra 232 Vikarin 5121
Makara Rasi: 19.59	Tithi 6	Gulika 1:07PM – 2:31PM	Shravana Until 12:34PM	Ganesha: Clear <i>Sunrise:</i> 6:06AM	
Family Home Evening		Yama 10:19AM – 11:43AM	Dhruva Until 2:27PM	Muruqa: Purple <i>Sunset:</i> 5:19PM	Moon 11 - Phase 33
		791413465 Rahu 7:30AM – 8:55AM	Kaulava Until 8:57AM	Nataraja: Clear	3rd Phase
Creative Work Amrita Yoga			Shashthi* Until 9:53PM	Moon – Purple	Sivaloka Day
Until 12:34PM				Pausha-Karttikai	
Then Creative Work - Siddha Yoga					

6		Tuesday, December 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Saptamyam Titau	Pyinmana, Myanmar Sun 20 Sutra 233 Vikarin 5121
Kumbha Rasi: 2.05	Tithi 7	Gulika 11:43AM – 1:07PM	Dhanishtha Until 3:09PM	Ganesha: Clear <i>Sunrise:</i> 6:07AM	
		Yama 8:55AM – 10:19AM	Vyaghata* Until 2:59PM	Muruqa: Purple <i>Sunset:</i> 5:20PM	Moon 11 - Phase 33
		791413465 Rahu 2:31PM – 3:55PM	Gara Until 11:00AM	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Saptami Until 12:09AM Wed	Moon – Purple	Sivaloka Day
Until 3:09PM				Pausha-Karttikai	
Then Routine Work - Marana Yoga					

Retreat Star		Wednesday, December 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashlamyam Titau	Pyinmana, Myanmar Sun 21 Sutra 234 Vikarin 5121
Kumbha Rasi: 14.02	Tithi 8	Gulika 10:20AM – 11:44AM	Shatabhishak Until 5:51PM	Ganesha: Clear <i>Sunrise:</i> 6:07AM	
		Yama 7:31AM – 8:56AM	Harshana Until 3:45PM	Muruqa: Purple <i>Sunset:</i> 5:20PM	Moon 11 - Phase 33
		791413465 Rahu 11:44AM – 1:08PM	Visti Until 1:23PM	Nataraja: Clear	Ashtami
Creative Work Siddha Yoga			Ashtami* Until 2:37AM Thu	Moon – Purple	Sivaloka Day
Until 5:51PM				Pausha-Karttikai	
Then Creative Work - Amrita Yoga					

Retreat Star		Thursday, December 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Navamyam Titau	Pyinmana, Myanmar Sun 22 Sutra 235 Vikarin 5121
Kumbha Rasi: 25.55	Tithi 9	Gulika 8:56AM – 10:20AM	Purvaproshtapada* Until 8:57PM	Ganesha: Yellow <i>Sunrise:</i> 6:08AM	
		Yama 6:08AM – 7:32AM	Vajra* Until 4:33PM	Muruqa: Purple <i>Sunset:</i> 5:20PM	Moon 11 - Phase 33
		711413465 Rahu 1:08PM – 2:32PM	Balava Until 3:54PM	Nataraja: Clear	Navami
Creative Work Siddha Yoga			Navami* Until 5:06AM Fri	Moon – Clear	Sivaloka Day
				Pausha-Karttikai	

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


1		Friday, December 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi/Vyalipata* Yoga Taitila Karana Dashamyam Titau				Pynmana, Myanmar Sun 23 Sutra 236	
Meena Rasi: 7.49	Tithi 10	Gulika 7:33AM – 8:57AM	Uttaraproshtapada Until 11:45PM	Ganesha: Yellow	<i>Sunrise:</i> 6:09AM			Vikarin 5121	
		Yama 2:32PM – 3:56PM	Siddhi Until 5:17PM	Muruqa: Purple	<i>Sunset:</i> 5:20PM			Moon 11 - Phase 34	
		711413465 Rahu 10:20AM – 11:44AM	Taitila Until 6:18PM	Nataraja: Clear				4th Phase	
Creative Work	Siddha Yoga		Dashami Until 7:23AM Sat	Moon – Clear				Sivaloka Day	
				Pausha-Karttikai					

2		Saturday, December 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata*/Varyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Pynmana, Myanmar Sun 24 Sutra 237	
Meena Rasi: 19.47	Tithi 10 – 11	Gulika 6:09AM – 7:33AM	Revati Until 2:04AM Sun	Ganesha: White	<i>Sunrise:</i> 6:09AM			Vikarin 5121	
		Yama 1:09PM – 2:33PM	Vyatipata* Until 5:49PM	Muruqa: Purple	<i>Sunset:</i> 5:21PM			Moon 11 - Phase 34	
		711513465 Rahu 8:57AM – 10:21AM	Vanija Until 8:25PM	Nataraja: Clear				4th Phase	
Routine Work	Prabalarishta Yoga		Dashami Until 7:23AM	Moon – Clear				Subha Sivaloka Day	
Until 2:04AM Sun				Pausha-Karttikai					
Then Creative Work - Siddha Yoga									

3		Sunday, December 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Pynmana, Myanmar Sun 25 Sutra 238	
Mesha Rasi: 1.54	Tithi 11 – 12	Gulika 2:33PM – 3:57PM	Ashvini Until 4:17AM Mon	Ganesha: Clear	<i>Sunrise:</i> 6:10AM			Vikarin 5121	
		Yama 11:45AM – 1:09PM	Varyan Until 6:01PM	Muruqa: Purple	<i>Sunset:</i> 5:21PM			Moon 11 - Phase 34	
		721513465 Rahu 3:57PM – 5:21PM	Bava Until 10:05PM	Nataraja: Clear				4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 9:17AM	Moon – White				Sivaloka Day	
				Pausha-Karttikai					

4		Monday, December 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Pynmana, Myanmar Sun 26 Sutra 239	
Mesha Rasi: 14.13	Tithi 12 – 13	Gulika 1:10PM – 2:33PM	Bharani Until 5:48AM Tue	Ganesha: Clear	<i>Sunrise:</i> 6:10AM			Vikarin 5121	
Family Home Evening		Yama 10:22AM – 11:46AM	Parigha* Until 5:49PM	Muruqa: Purple	<i>Sunset:</i> 5:21PM			Moon 11 - Phase 34	
		721513465 Rahu 7:34AM – 8:58AM	Kaulava Until 11:13PM	Nataraja: Clear				4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 10:42AM	Moon – White				Sivaloka Day	
				Pausha-Karttikai					
				<i>Pradosha Vrata</i>					

5		Tuesday, December 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Pynmana, Myanmar Sun 27 Sutra 240	
Mesha Rasi: 26.46	Tithi 13 – 14	Gulika 11:46AM – 1:10PM	Krittika Until 6:36AM Wed	Ganesha: Clear	<i>Sunrise:</i> 6:11AM			Vikarin 5121	
		Yama 8:59AM – 10:22AM	Shiva Until 5:12PM	Muruqa: Purple	<i>Sunset:</i> 5:21PM			Moon 11 - Phase 34	
		721513465 Rahu 2:34PM – 3:58PM	Gara Until 11:47PM	Nataraja: Clear				4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 11:33AM	Moon – White				Sivaloka Day	
				Pausha-Karttikai					

		Wednesday, December 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Pynmana, Myanmar Sutra 241	
Copper Retreat Star		Gulika 10:23AM – 11:47AM	Krittika Until 6:36AM	Ganesha: Clear	<i>Sunrise:</i> 6:12AM			Vikarin 5121	
Vrishabha Rasi: 9.35	Tithi 14 – 15	Yama 7:35AM – 8:59AM	Siddha Until 4:07PM	Muruqa: Clear	<i>Sunset:</i> 5:22PM			Moon 11 - Phase 34	
		721523465 Rahu 11:47AM – 1:10PM	Visti Until 11:46PM	Nataraja: Clear				Purnima	
Creative Work	Amrita Yoga		Chaturdashi* Until 11:49AM	Moon – White				Devaloka Day	
Until 6:36AM		Krittika Deepam		Pausha-Karttikai					
Then Creative Work - Siddha Yoga									

Thursday, December 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Pynmana, Myanmar Sutra 242		
Silver Retreat Star		Gulika 9:00AM – 10:23AM	Rohini Until 7:10AM	Ganesha: Purple	<i>Sunrise:</i> 6:12AM			Vikarin 5121
Vrishabha Rasi: 22.4	Tithi 15 – 16	Yama 6:12AM – 7:36AM	Sadhya Until 2:38PM	Muruqa: Clear	<i>Sunset:</i> 5:22PM			Moon 11 - Phase 34
		731523465 Rahu 1:11PM – 2:35PM	Balava Until 11:13PM	Nataraja: Clear				Prathama
Routine Work	Marana Yoga		Purnima* Until 11:32AM	Moon – Yellow				Sivaloka Day
				Pausha-Karttikai				
				Vinayaga Viratam Begins				

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

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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

Pyinmana, Myanmar
Sutra 243

Mithuna Rasi: 6.02 Tithi 16 - 17

732523465

Gulika 7:36AM - 9:00AM
Yama 2:35PM - 3:59PM
Rahu 10:24AM - 11:48AM

Mrigashira Until 7:06AM
Subha Until 12:46PM
Taitila Until 10:14PM
Prathama* Until 10:45AM

Ganesha: Clear *Sunrise: 6:13AM*
Muruqa: Clear *Sunset: 5:23PM*
Nataraja: Clear
Moon - Yellow

Moon 12 - Phase 35
1st Phase

Devaloka Day

Pausha-Karttikai

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

Pyinmana, Myanmar
Sun 1 Sutra 244

Mithuna Rasi: 19.38 Tithi 17 - 18

732523465

Gulika 6:13AM - 7:37AM
Yama 1:12PM - 2:35PM
Rahu 9:01AM - 10:24AM

Ardra Until 6:27AM
Sukla Until 10:33AM
Vanija Until 8:52PM
Dvitiya Until 9:34AM

Ganesha: Clear *Sunrise: 6:13AM*
Muruqa: Clear *Sunset: 5:23PM*
Nataraja: Clear
Moon - Yellow

Moon 12 - Phase 35
1st Phase

Devaloka Day

Pausha-Karttikai

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

Pyinmana, Myanmar
Sun 2 Sutra 245

Kataka Rasi: 3.27 Tithi 18 - 19

742523465

Gulika 2:36PM - 4:00PM
Yama 11:49AM - 1:12PM
Rahu 4:00PM - 5:23PM

Pushya Until 4:43AM Mon
Brahma Until 8:07AM
Bava Until 7:13PM
Tritiya Until 8:03AM

Ganesha: Purple *Sunrise: 6:14AM*
Muruqa: Clear *Sunset: 5:23PM*
Nataraja: Clear
Moon - Blue

Moon 12 - Phase 35
1st Phase

Bhuloka Day

Pausha-Karttikai

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

3

Monday, December 16, 2019

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

Pyinmana, Myanmar
Sun 3 Sutra 246

Kataka Rasi: 17.25 Tithi 19 - 20

742523465

Family Home Evening

Gulika 1:13PM - 2:36PM
Yama 10:25AM - 11:49AM
Rahu 7:38AM - 9:02AM

Ashlesha* Until 3:20AM Tue
Vaidhriti* Until 2:42AM Tue
Taitila Until 4:22AM Tue
Chaturthi* Until 6:18AM

Ganesha: Purple *Sunrise: 6:14AM*
Muruqa: Clear *Sunset: 5:24PM*
Nataraja: Clear
Moon - Blue

Moon 12 - Phase 35
1st Phase

Bhuloka Day

Pausha-Markali

Devaloka Time: 3:PM to 6:PM

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

Pyinmana, Myanmar
Sun 4 Sutra 247

Simha Rasi: 1.28 Tithi 21

852523465

Gulika 11:50AM - 1:13PM
Yama 9:02AM - 10:26AM
Rahu 2:37PM - 4:00PM

Magha* Until 2:08AM Wed
Vishkambha* Until 11:51PM
Gara Until 3:24PM
Shashthi* Until 2:21AM Wed

Ganesha: Purple *Sunrise: 6:15AM*
Muruqa: Clear *Sunset: 5:24PM*
Nataraja: Clear
Moon - Red

Moon 12 - Phase 35
1st Phase

Bhuloka Day

Pausha-Markali

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Until 2:08AM 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

Pyinmana, Myanmar
Sun 5 Sutra 248

Simha Rasi: 15.35 Tithi 22

852523465

Gulika 10:26AM - 11:50AM
Yama 7:39AM - 9:03AM
Rahu 11:50AM - 1:14PM

Purvaphalguni Until 12:45AM Thu
Priti Until 8:58PM
Visti Until 1:20PM
Saptami Until 12:17AM Thu

Ganesha: Purple *Sunrise: 6:15AM*
Muruqa: Clear *Sunset: 5:25PM*
Nataraja: Clear
Moon - Red

Moon 12 - Phase 35
1st Phase

Bhuloka Day

Pausha-Markali

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

D

Thursday, December 19, 2019

Retreat Star

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

Pyinmana, Myanmar
Sun 6 Sutra 249

Simha Rasi: 29.45 Tithi 23

852523465

Gulika 9:03AM - 10:27AM
Yama 6:16AM - 7:40AM
Rahu 1:14PM - 2:38PM

Uttaraphalguni Until 11:13PM
Ayushman Until 6:02PM
Balava Until 11:15AM
Ashtami* Until 10:12PM

Ganesha: Purple *Sunrise: 6:16AM*
Muruqa: Clear *Sunset: 5:25PM*
Nataraja: Clear
Moon - Red

Moon 12 - Phase 35
Ashtami

Bhuloka Day

Pausha-Markali

Devaloka Time: 3:PM to 6:PM

Until 11:13PM

Then Routine Work - Marana Yoga

Amrita Yoga

Friday, December 20, 2019

Retreat Star

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

Pyinmana, Myanmar
Sun 7 Sutra 250

Kanya Rasi: 13.55 Tithi 24

862523465

Gulika 7:40AM - 9:04AM
Yama 2:38PM - 4:02PM
Rahu 10:27AM - 11:51AM

Hasta Until 9:59PM
Saubhagya Until 3:08PM
Taitila Until 9:11AM
Navami* Until 8:08PM

Ganesha: Clear *Sunrise: 6:16AM*
Muruqa: Clear *Sunset: 5:26PM*
Nataraja: Clear
Moon - Green

Moon 12 - Phase 35
Navami

Devaloka Day

Pausha-Markali

Creative Work Amrita Yoga

Until 9:59PM


Then Creative Work - Siddha Yoga

1		Saturday, December 21, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau	Pyinmana, Myanmar Sun 8 Sutra 251 Vikarin 5121
Kanya Rasi: 28.02	Tithi 25	862523465	Gulika 6:17AM – 7:41AM Yama 1:15PM – 2:39PM Rahu 9:04AM – 10:28AM	Chitra Until 8:40PM Sobhana Until 12:17PM Vanija Until 7:09AM Dashami Until 6:09PM	Ganesha: Clear <i>Sunrise:</i> 6:17AM Muruqa: Clear <i>Sunset:</i> 5:26PM Nataraja: Clear Moon – Green
Routine Work Marana Yoga Until 8:40PM Then Creative Work - Siddha Yoga			Day 1 of Pancha Ganapati		Devaloka Day Pausha-Markali

2		Sunday, December 22, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Pyinmana, Myanmar Sun 9 Sutra 252 Vikarin 5121
Tula Rasi: 12.07	Tithi 26 – 27	862523465	Gulika 2:39PM – 4:03PM Yama 11:52AM – 1:16PM Rahu 4:03PM – 5:26PM	Svati Until 7:21PM Athiganda* Until 9:30AM Kaulava Until 3:25AM Mon Ekadashi* Until 4:16PM	Ganesha: Clear <i>Sunrise:</i> 6:17AM Muruqa: Clear <i>Sunset:</i> 5:26PM Nataraja: Clear Moon – Green
Creative Work Siddha Yoga Until 7:21PM Then Routine Work - Marana Yoga			Day 2 of Pancha Ganapati		Devaloka Day Pausha-Markali

3		Monday, December 23, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha Nakshatra Sukarma/Dhriti Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau	Pyinmana, Myanmar Sun 10 Sutra 253 Vikarin 5121
Tula Rasi: 26.05	Tithi 27 – 28	872523465	Gulika 1:16PM – 2:40PM Yama 10:29AM – 11:52AM Rahu 7:42AM – 9:05AM	Vishakha Until 6:31PM Sukarma Until 6:51AM Gara Until 1:52AM Tue Dvadashi* Until 2:35PM	Ganesha: White <i>Sunrise:</i> 6:18AM Muruqa: Clear <i>Sunset:</i> 5:27PM Nataraja: Clear Moon – Orange
Family Home Evening Routine Work Marana Yoga Until 6:31PM Then Creative Work - Siddha Yoga			Day 3 of Pancha Ganapati		Bhuloka Day Devaloka Time: 3:PM to 6:PM <i>Pradosha Vrata (Fasting)</i>

4		Tuesday, December 24, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Pyinmana, Myanmar Sun 11 Sutra 254 Vikarin 5121
Vrischika Rasi: 9.55	Tithi 28 – 29	872523465	Gulika 11:53AM – 1:17PM Yama 9:06AM – 10:29AM Rahu 2:40PM – 4:04PM	Anuradha Until 5:49PM Shula* Until 2:12AM Wed Visti Until 12:37AM Wed Trayodashi* Until 1:10PM	Ganesha: White <i>Sunrise:</i> 6:18AM Muruqa: Clear <i>Sunset:</i> 5:28PM Nataraja: Clear Moon – Orange
Creative Work Siddha Yoga Until 5:49PM Then Routine Work - Marana Yoga			Day 4 of Pancha Ganapati		Bhuloka Day Devaloka Time: 3:PM to 6:PM

		Wednesday, December 25, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Pyinmana, Myanmar Sun 12 Sutra 255 Vikarin 5121
Retreat Star		Vrischika Rasi: 23.33	Tithi 29 – 30	872523465	Gulika 10:30AM – 11:53AM Yama 7:43AM – 9:06AM Rahu 11:53AM – 1:17PM
Creative Work Siddha Yoga Until 5:20PM Then Routine Work - Marana Yoga			Day 5 of Pancha Ganapati		Jyeshtha* Until 5:20PM Ganda* Until 12:20AM Thu Catuspada Until 11:47PM Chaturdashi* Until 12:07PM
					Ganesha: White <i>Sunrise:</i> 6:19AM Muruqa: Clear <i>Sunset:</i> 5:28PM Nataraja: Clear Moon – Orange
					Bhuloka Day Devaloka Time: 3:PM to 6:PM

Thursday, December 26, 2019		Retreat Star		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Pyinmana, Myanmar Sun 13 Sutra 256 Vikarin 5121
Dhanus Rasi: 6.56	Tithi 30 – 1	883523465	Gulika 9:07AM – 10:30AM Yama 6:19AM – 7:43AM Rahu 1:18PM – 2:41PM	Mula* Until 5:37PM Vriddhi Until 10:52PM Kintughna Until 11:27PM Amavasya* Until 11:32AM	Ganesha: Orange <i>Sunrise:</i> 6:19AM Muruqa: Clear <i>Sunset:</i> 5:29PM Nataraja: Clear Moon – Light Blue
Creative Work Siddha Yoga			Annular Solar Eclipse		Devaloka Day Magha-Markali

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

1		Friday, December 27, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Pyinmana, Myanmar Sun 14 Sutra 257 Vikarin 5121
Dhanus Rasi: 20.03	Tithi 1 – 2	Gulika 7:44AM – 9:07AM Yama 2:42PM – 4:05PM 883523466 Rahu 10:31AM – 11:54AM	Purvashadha* Until 6:17PM Dhruva Until 9:49PM Balava Until 11:40PM Prathama* Until 11:28AM	Ganesha: Orange <i>Sunrise:</i> 6:20AM Muruqa: Clear <i>Sunset:</i> 5:29PM Nataraja: Orange Moon – Light Blue Magha-Markali	Moon 12 - Phase 37 3rd Phase Devaloka Day
Routine Work Prabalarishta Yoga Until 6:17PM Then Routine Work - Marana Yoga					
2		Saturday, December 28, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Pyinmana, Myanmar Sun 15 Sutra 258 Vikarin 5121
Makara Rasi: 2.53	Tithi 2 – 3	Gulika 6:20AM – 7:44AM Yama 1:19PM – 2:42PM 883523466 Rahu 9:08AM – 10:31AM	Uttarashadha Until 7:22PM Vyaghata* Until 9:14PM Taitila Until 12:30AM Sun Dvitiya Until 12:00PM	Ganesha: Orange <i>Sunrise:</i> 6:20AM Muruqa: Clear <i>Sunset:</i> 5:30PM Nataraja: Orange Moon – Light Blue Magha-Markali	Moon 12 - Phase 37 3rd Phase Devaloka Day
Routine Work Marana Yoga Until 7:22PM Then Creative Work - Siddha Yoga					
3		Sunday, December 29, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Harshana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Pyinmana, Myanmar Sun 16 Sutra 259 Vikarin 5121
Makara Rasi: 15.26	Tithi 3 – 4	Gulika 2:43PM – 4:07PM Yama 11:55AM – 1:19PM 893523466 Rahu 4:07PM – 5:30PM	Shravana Until 9:20PM Harshana Until 9:06PM Vanija Until 1:55AM Mon Tritiya Until 1:07PM	Ganesha: Clear <i>Sunrise:</i> 6:21AM Muruqa: Clear <i>Sunset:</i> 5:30PM Nataraja: Orange Moon – Purple Magha-Markali	Moon 12 - Phase 37 3rd Phase Devaloka Day
Creative Work Amrita Yoga Until 9:20PM Then Routine Work - Marana Yoga					
4		Monday, December 30, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vajra* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Pyinmana, Myanmar Sun 17 Sutra 260 Vikarin 5121
Makara Rasi: 27.44	Tithi 4 – 5	Gulika 1:20PM – 2:43PM Yama 10:32AM – 11:56AM 893523466 Rahu 7:45AM – 9:09AM	Dhanishtha Until 11:38PM Vajra* Until 9:21PM Bava Until 3:49AM Tue Chaturthi* Until 2:47PM	Ganesha: Clear <i>Sunrise:</i> 6:21AM Muruqa: Clear <i>Sunset:</i> 5:31PM Nataraja: Orange Moon – Purple Magha-Markali	Moon 12 - Phase 37 3rd Phase Devaloka Day
Family Home Evening Creative Work Siddha Yoga					
5		Tuesday, December 31, 2019		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Pyinmana, Myanmar Sun 18 Sutra 261 Vikarin 5121
Kumbha Rasi: 9.51	Tithi 5 – 6	Gulika 11:56AM – 1:20PM Yama 9:09AM – 10:33AM 893523466 Rahu 2:44PM – 4:08PM	Shatabhishak Until 2:08AM Wed Siddhi Until 9:54PM Kaulava Until 6:06AM Wed Panchami Until 4:54PM	Ganesha: Clear <i>Sunrise:</i> 6:22AM Muruqa: Clear <i>Sunset:</i> 5:31PM Nataraja: Orange Moon – Purple Magha-Markali	Moon 12 - Phase 37 3rd Phase Devaloka Day
Routine Work Marana Yoga Until 2:08AM Wed Then Creative Work - Amrita Yoga					
6		Wednesday, January 1, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaashadha* Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Shashthyam Titau	Pyinmana, Myanmar Sun 19 Sutra 262 Vikarin 5121
Kumbha Rasi: 21.49	Tithi 6	Gulika 10:34AM – 11:57AM Yama 7:46AM – 9:10AM 813623466 Rahu 11:57AM – 1:21PM	Purvaashadha* Until 5:12AM Thu Vyatipata* Until 10:39PM Kaulava Until 6:06AM Shashthi* Until 7:19PM	Ganesha: Blue <i>Sunrise:</i> 6:22AM Muruqa: Clear <i>Sunset:</i> 5:33PM Nataraja: Orange Moon – Clear Magha-Markali	Moon 12 - Phase 37 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
Creative Work Amrita Yoga Until 5:12AM Thu Then Creative Work - Siddha Yoga		Vinayaga Viratam Ends			
Thursdays, January 2, 2020		Retreat Star		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Varyan Yoga Gara/Vanija Karana Saptamyam Titau	Pyinmana, Myanmar Sun 20 Sutra 263 Vikarin 5121
Meena Rasi: 3.43	Tithi 7	Gulika 9:10AM – 10:34AM Yama 6:23AM – 7:46AM 813623466 Rahu 1:22PM – 2:46PM	Uttaraproshtapada Until 8:06AM Fri Varyan Until 11:26PM Gara Until 8:35AM Saptami Until 9:49PM	Ganesha: Blue <i>Sunrise:</i> 6:23AM Muruqa: Clear <i>Sunset:</i> 5:33PM Nataraja: Orange Moon – Clear Magha-Markali	Moon 12 - Phase 37 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga					
Friday, January 3, 2020		Retreat Star		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Parigha* Yoga Visti*/Bava Karana Ashtamyam Titau	Pyinmana, Myanmar Sun 21 Sutra 264 Vikarin 5121
Meena Rasi: 15.37	Tithi 8	Gulika 7:47AM – 9:11AM Yama 2:46PM – 4:10PM 813623466 Rahu 10:34AM – 11:58AM	Uttaraproshtapada Until 8:06AM Parigha* Until 12:09AM Sat Visti Until 11:04AM Ashtami* Until 12:13AM Sat	Ganesha: Blue <i>Sunrise:</i> 6:23AM Muruqa: Clear <i>Sunset:</i> 5:34PM Nataraja: Orange Moon – Clear Magha-Markali	Moon 12 - Phase 37 Ashtami Bhuloka Day Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga					
Saturday, January 4, 2020		Retreat Star		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau	Pyinmana, Myanmar Sun 22 Sutra 265 Vikarin 5121
Meena Rasi: 27.34	Tithi 9	Gulika 6:23AM – 7:47AM Yama 1:23PM – 2:47PM 813623466 Rahu 9:11AM – 10:35AM	Revati Until 10:41AM Shiva Until 12:39AM Sun Balava Until 1:20PM Navami* Until 2:19AM Sun	Ganesha: Blue <i>Sunrise:</i> 6:23AM Muruqa: Clear <i>Sunset:</i> 5:34PM Nataraja: Orange Moon – Clear Magha-Markali	Moon 12 - Phase 37 Navami Bhuloka Day Devaloka Time: 3:PM to 6:PM
Routine Work Prabalarishta Yoga Until 10:41AM Then Creative Work - Siddha Yoga					

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

All times are standard time

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1		Sunday, January 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau			Pyinmana, Myanmar Sun 23 Sutra 266	
Mesha Rasi: 9.39	Tithi 10	Gulika 2:47PM – 4:11PM	Ashvini Until 1:12PM	Ganesha: Yellow	<i>Sunrise:</i> 6:24AM		Vikarin 5121	
		Yama 11:59AM – 1:23PM	Siddha Until 12:45AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:35PM		Moon 12 - Phase 38	
	823623466	Rahu 4:11PM – 5:35PM	Taitila Until 3:12PM	Nataraja: Orange			4th Phase	
Creative Work	Siddha Yoga			Moon – White				Devaloka Day
Until 1:12PM		Subramuniyaswami Jayanti	Dashami Until 3:54AM Mon	Magha-Markali				
Then Routine Work - Prabalarishta Yoga								
2		Monday, January 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau			Pyinmana, Myanmar Sun 24 Sutra 267	
Mesha Rasi: 21.57	Tithi 11	Gulika 1:24PM – 2:48PM	Bharani Until 3:02PM	Ganesha: Yellow	<i>Sunrise:</i> 6:24AM		Vikarin 5121	
Family Home Evening		Yama 10:36AM – 12:00PM	Sadhya Until 12:24AM Tue	Muruqa: Clear	<i>Sunset:</i> 5:36PM		Moon 12 - Phase 38	
Creative Work	Siddha Yoga	823623466	Rahu 7:48AM – 9:12AM	Nataraja: Orange			4th Phase	
Until 3:02PM		Vaikuntha Ekadasi	Ekadashi Until 4:51AM Tue	Moon – White				Devaloka Day
Then Routine Work - Marana Yoga				Magha-Markali				
3		Tuesday, January 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau			Pyinmana, Myanmar Sun 25 Sutra 268	
Vrishabha Rasi: 4.32	Tithi 12	Gulika 12:00PM – 1:24PM	Krittika Until 4:03PM	Ganesha: Yellow	<i>Sunrise:</i> 6:24AM		Vikarin 5121	
		Yama 9:12AM – 10:36AM	Subha Until 11:31PM	Muruqa: Clear	<i>Sunset:</i> 5:36PM		Moon 12 - Phase 38	
	823623466	Rahu 2:48PM – 4:12PM	Bava Until 5:05PM	Nataraja: Orange			4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 5:05AM Wed	Moon – White				Devaloka Day
Until 4:03PM				Magha-Markali				
Then Creative Work - Amrita Yoga								
4		Wednesday, January 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau			Pyinmana, Myanmar Sun 26 Sutra 269	
Vrishabha Rasi: 17.28	Tithi 13	Gulika 10:36AM – 12:01PM	Rohini Until 4:40PM	Ganesha: White	<i>Sunrise:</i> 6:24AM		Vikarin 5121	
		Yama 7:48AM – 9:12AM	Sukla Until 10:02PM	Muruqa: Clear	<i>Sunset:</i> 5:37PM		Moon 12 - Phase 38	
	833623466	Rahu 12:01PM – 1:25PM	Kaulava Until 4:56PM	Nataraja: Orange			4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 4:35AM Thu	Moon – Yellow				Bhuloka Day
				Magha-Markali				Devaloka Time: 3:PM to 6:PM
								<i>Pradosha Vrata</i>
5		Thursday, January 9, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau			Pyinmana, Myanmar Sun 27 Sutra 270	
Mithuna Rasi: 0.45	Tithi 14	Gulika 9:13AM – 10:37AM	Mrigashira Until 4:27PM	Ganesha: Yellow	<i>Sunrise:</i> 6:25AM		Vikarin 5121	
		Yama 6:25AM – 7:49AM	Brahma Until 8:02PM	Muruqa: Clear	<i>Sunset:</i> 5:37PM		Moon 12 - Phase 38	
	834623466	Rahu 1:25PM – 2:49PM	Gara Until 4:06PM	Nataraja: Orange			4th Phase	
Routine Work	Marana Yoga		Chaturdashi* Until 3:25AM Fri	Moon – Yellow				Devaloka Day
				Magha-Markali				
○		Friday, January 10, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau			Pyinmana, Myanmar Sutra 271	
Mithuna Rasi: 14.25	Tithi 15	Gulika 7:49AM – 9:13AM	Ardra Until 3:28PM	Ganesha: Yellow	<i>Sunrise:</i> 6:25AM		Vikarin 5121	
		Yama 2:50PM – 4:14PM	Indra Until 5:34PM	Muruqa: Clear	<i>Sunset:</i> 5:38PM		Moon 12 - Phase 38	
	834623466	Rahu 10:37AM – 12:01PM	Visti Until 2:37PM	Nataraja: Orange			Purnima	
Creative Work	Siddha Yoga		Purnima* Until 1:40AM Sat	Moon – Yellow				Devaloka Day
		Penumbral Lunar Eclipse		Magha-Markali				
		Ardra Darshanam						
○		Saturday, January 11, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau			Pyinmana, Myanmar Sutra 272	
Mithuna Rasi: 28.25	Tithi 16	Gulika 6:25AM – 7:49AM	Punarvasu Until 2:17PM	Ganesha: White	<i>Sunrise:</i> 6:25AM		Vikarin 5121	
		Yama 1:26PM – 2:50PM	Vaidhriti* Until 2:40PM	Muruqa: Clear	<i>Sunset:</i> 5:39PM		Moon 12 - Phase 38	
	844623466	Rahu 9:13AM – 10:38AM	Balava Until 12:38PM	Nataraja: Orange			Prathama	
Creative Work	Siddha Yoga		Prathama* Until 11:28PM	Moon – Blue				Sivaloka Day
				Magha-Markali				



Sunday, January 12, 2020
Gold Retreat Star

Kataka Rasi: 12.42 Tithi 17
 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 2:51PM – 4:15PM **Pushya Until 12:35PM**
Yama 12:02PM – 1:26PM **Vishkambha* Until 11:30AM**
Rahu 4:15PM – 5:39PM **Taitila Until 10:16AM**
Dvitiya Until 8:58PM

Pyinmana, Myanmar Sutra 273
 Vikarin 5121
Ganesha: White **Sunrise:** 6:25AM
Muruqa: Clear **Sunset:** 5:39PM Moon 1 - Phase 39
Nataraja: Orange
 Moon – Blue
Sivaloka Day
Magha-Markali

1

Monday, January 13, 2020

Kataka Rasi: 27.1 Tithi 18
Family Home Evening
 Creative Work Siddha Yoga
 Until 10:31AM
 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/Visti* Karana Tritiyayam Titau
Gulika 1:27PM – 2:51PM **Ashlesha* Until 10:31AM**
Yama 10:38AM – 12:03PM **Priti Until 8:09AM**
Rahu 7:50AM – 9:14AM **Vanija Until 7:39AM**
Tritiya Until 6:17PM

Pyinmana, Myanmar Sun 1 Sutra 274
 Vikarin 5121
Ganesha: White **Sunrise:** 6:25AM
Muruqa: Clear **Sunset:** 5:40PM Moon 1 - Phase 39
Nataraja: Orange
 Moon – Blue
Sivaloka Day
Magha-Markali

2

Tuesday, January 14, 2020

Simha Rasi: 11.43 Tithi 19 – 20
 Creative Work Siddha Yoga

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 12:03PM – 1:27PM **Magha* Until 8:39AM**
Yama 9:14AM – 10:39AM **Saubhagya Until 1:16AM Wed**
Rahu 2:52PM – 4:16PM **Kaulava Until 2:15AM Wed**
Chaturthi* Until 3:34PM

Pyinmana, Myanmar Sun 2 Sutra 275
 Vikarin 5121
Ganesha: Clear **Sunrise:** 6:25AM
Muruqa: Clear **Sunset:** 5:40PM Moon 1 - Phase 39
Nataraja: Orange
 Moon – Red
Devaloka Day
Magha-Markali

3

Wednesday, January 15, 2020

Simha Rasi: 26.14 Tithi 20 – 21
 Creative Work Amrita Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam
 Purvaphalguni/Uttaraphalguni Nakshatra Sobhana Yoga Taitila/Gara Karana Panchami/Shashthiyam Titau
Gulika 10:39AM – 12:03PM **Purvaphalguni Until 6:41AM**
Yama 7:50AM – 9:14AM **Sobhana Until 9:58PM**
Rahu 12:03PM – 1:28PM **Gara Until 11:42PM**
Panchami Until 12:56PM

Pyinmana, Myanmar Sun 3 Sutra 276
 Vikarin 5121
Ganesha: Clear **Sunrise:** 6:26AM
Muruqa: Clear **Sunset:** 5:41PM Moon 1 - Phase 39
Nataraja: Orange
 Moon – Red
Devaloka Day
Magha-Thai

4

Thursday, January 16, 2020

Kanya Rasi: 10.4 Tithi 21 – 22
 Routine Work Marana Yoga
 Until 3:18AM 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 9:15AM – 10:39AM **Hasta Until 3:18AM Fri**
Yama 6:26AM – 7:50AM **Athiganda* Until 6:48PM**
Rahu 1:28PM – 2:53PM **Visti Until 9:22PM**
Shashthi* Until 10:29AM

Pyinmana, Myanmar Sun 4 Sutra 277
 Vikarin 5121
Ganesha: Purple **Sunrise:** 6:26AM
Muruqa: Clear **Sunset:** 5:42PM Moon 1 - Phase 39
Nataraja: Orange
 Moon – Green
Sivaloka Day
Magha-Thai

5

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 24.55 Tithi 22 – 23
 Creative Work Siddha Yoga

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 7:50AM – 9:15AM **Chitra Until 2:01AM Sat**
Yama 2:53PM – 4:18PM **Sukarma Until 3:53PM**
Rahu 10:39AM – 12:04PM **Balava Until 7:19PM**
Saptami Until 8:17AM

Pyinmana, Myanmar Sun 5 Sutra 278
 Vikarin 5121
Ganesha: Purple **Sunrise:** 6:26AM
Muruqa: Clear **Sunset:** 5:42PM Moon 1 - Phase 39
Nataraja: Orange
 Moon – Green
Sivaloka Day
Magha-Thai

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 8.58 Tithi 23 – 24
 Creative Work Siddha Yoga
 Until 12:57AM Sun
 Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam
 Svati Nakshatra Dhriti/Shula* Yoga Kaulava/Gara Karana Ashtami/Navamyam Titau
Gulika 6:26AM – 7:50AM **Svati Until 12:57AM Sun**
Yama 1:29PM – 2:54PM **Dhriti Until 1:14PM**
Rahu 9:15AM – 10:40AM **Gara Until 4:53AM Sun**
Ashtami* Until 6:24AM

Pyinmana, Myanmar Sun 6 Sutra 279
 Vikarin 5121
Ganesha: Purple **Sunrise:** 6:26AM
Muruqa: Clear **Sunset:** 5:43PM Moon 1 - Phase 39
Nataraja: Orange
 Moon – Green
Sivaloka Day
Magha-Thai

1		Sunday, January 19, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Pyinmana, Myanmar Sun 7 Sutra 280	
Tula Rasi: 22.48	Tithi 25	Gulika 2:54PM – 4:19PM	Vishakha Until 12:32AM Mon	Ganesha: Clear	<i>Sunrise:</i> 6:26AM		Vikarin 5121
		Yama 12:05PM – 1:29PM	Shula* Until 10:51AM	Muruqa: Clear	<i>Sunset:</i> 5:43PM		Moon 1 - Phase 40
		874623466 Rahu 4:19PM – 5:43PM	Vanija Until 4:16PM	Nataraja: Orange			2nd Phase
Routine Work	Marana Yoga		Dashami Until 3:44AM Mon	Moon – Orange		Devaloka Day	
Until 12:32AM Mon				Magha*Thai			
Then Creative Work - Siddha Yoga							

2		Monday, January 20, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Ganda*/Vridhi Yoga Bava/Balava Karana Ekadashyam Titau		Pyinmana, Myanmar Sun 8 Sutra 281	
Vrischika Rasi: 6.24	Tithi 26	Gulika 1:30PM – 2:54PM	Anuradha Until 12:20AM Tue	Ganesha: Clear	<i>Sunrise:</i> 6:26AM		Vikarin 5121
Family Home Evening		Yama 10:40AM – 12:05PM	Ganda* Until 8:48AM	Muruqa: Clear	<i>Sunset:</i> 5:44PM		Moon 1 - Phase 40
Creative Work	Siddha Yoga	874623466 Rahu 7:51AM – 9:15AM	Bava Until 3:19PM	Nataraja: Orange			2nd Phase
Until 12:20AM Tue			Ekadashi* Until 2:58AM Tue	Moon – Orange		Devaloka Day	
Then Routine Work - Marana Yoga				Magha*Thai			

3		Tuesday, January 21, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Vridhi/Dhruva Yoga Kaulava/Taitila Karana Dvodashyam Titau		Pyinmana, Myanmar Sun 9 Sutra 282	
Vrischika Rasi: 19.47	Tithi 27	Gulika 12:05PM – 1:30PM	Jyeshtha* Until 12:23AM Wed	Ganesha: Clear	<i>Sunrise:</i> 6:26AM		Vikarin 5121
		Yama 9:15AM – 10:40AM	Vridhi Until 7:03AM	Muruqa: Clear	<i>Sunset:</i> 5:44PM		Moon 1 - Phase 40
		874623466 Rahu 2:55PM – 4:20PM	Kaulava Until 2:45PM	Nataraja: Orange			2nd Phase
Routine Work	Marana Yoga		Dvadashi* Until 2:36AM Wed	Moon – Orange		Devaloka Day	
				Magha*Thai			

4		Wednesday, January 22, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau		Pyinmana, Myanmar Sun 10 Sutra 283	
Dhanus Rasi: 2.58	Tithi 28	Gulika 10:40AM – 12:05PM	Mula* Until 1:09AM Thu	Ganesha: Light Blue	<i>Sunrise:</i> 6:26AM		Vikarin 5121
		Yama 7:51AM – 9:16AM	Vyaghata* Until 4:28AM Thu	Muruqa: Clear	<i>Sunset:</i> 5:45PM		Moon 1 - Phase 40
		885623466 Rahu 12:05PM – 1:30PM	Gara Until 2:36PM	Nataraja: Orange			2nd Phase
Routine Work	Marana Yoga		Trayodashi* Until 2:39AM Thu	Moon – Light Blue		Bhuloka Day	
Until 1:09AM Thu				Magha*Thai		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>			

5		Thursday, January 23, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Pyinmana, Myanmar Sun 11 Sutra 284	
Dhanus Rasi: 15.56	Tithi 29	Gulika 9:16AM – 10:41AM	Purvashadha* Until 2:09AM Fri	Ganesha: Light Blue	<i>Sunrise:</i> 6:26AM		Vikarin 5121
		Yama 6:26AM – 7:51AM	Harshana Until 3:41AM Fri	Muruqa: Clear	<i>Sunset:</i> 5:46PM		Moon 1 - Phase 40
		885623466 Rahu 1:31PM – 2:56PM	Visti* Until 2:52PM	Nataraja: Orange			2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 3:08AM Fri	Moon – Light Blue		Bhuloka Day	
Until 2:09AM Fri		Mahasivaratri (Lunar)		Magha*Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

Retreat Star		Friday, January 24, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Pyinmana, Myanmar Sun 12 Sutra 285	
Dhanus Rasi: 28.41	Tithi 30	Gulika 7:51AM – 9:16AM	Uttarashadha Until 3:25AM Sat	Ganesha: Light Blue	<i>Sunrise:</i> 6:26AM		Vikarin 5121
		Yama 2:56PM – 4:21PM	Vajra* Until 3:12AM Sat	Muruqa: Clear	<i>Sunset:</i> 5:46PM		Moon 1 - Phase 40
		885623466 Rahu 10:41AM – 12:06PM	Catuspada Until 3:33PM	Nataraja: Orange			Amavasya
Routine Work	Marana Yoga		Amavasya* Until 4:02AM Sat	Moon – Light Blue		Bhuloka Day	
Until 3:25AM Sat				Magha*Thai		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

Retreat Star		Saturday, January 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau		Pyinmana, Myanmar Sun 13 Sutra 286	
Makara Rasi: 11.14	Tithi 1	Gulika 6:26AM – 7:51AM	Shravana Until 5:26AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 6:26AM		Vikarin 5121
		Yama 1:31PM – 2:56PM	Siddhi Until 3:04AM Sun	Muruqa: Clear	<i>Sunset:</i> 5:47PM		Moon 1 - Phase 40
		995623466 Rahu 9:16AM – 10:41AM	Kintughna Until 4:41PM	Nataraja: Orange			Prathama
Creative Work	Siddha Yoga		Prathama* Until 5:23AM Sun	Moon – Purple		Bhuloka Day	
Until 5:26AM Sun				Phalgun*Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

1	Sunday, January 26, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam				Pyinmana, Myanmar
	Makara Rasi: 23.37	Tithi 2	Dhanishtha Nakshatra Vyatipata* Yoga Balava Karana Dvityayam Titau				Sun 14 Sutra 287
		Gulika	2:57PM – 4:22PM	Dhanishtha Until 7:39AM Mon	Ganesha: Orange	Sunrise: 6:25AM	Vikarin 5121
		Yama	12:06PM – 1:32PM	Vyatipata* Until 3:15AM Mon	Muruqa: Clear	Sunset: 5:47PM	Moon 1 - Phase 41
	995723466	Rahu	4:22PM – 5:47PM	Balava Until 6:14PM	Nataraja: Orange		3rd Phase
Routine Work	Marana Yoga			Dvitiya Until 7:08AM Mon	Moon – Purple	Devaloka Day	
Until 7:39AM Mon					Phalguna-Thai		
Then Creative Work - Siddha Yoga							

2	Monday, January 27, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam				Pyinmana, Myanmar
	Kumbha Rasi: 5.49	Tithi 2 – 3	Dhanishtha/Shatabhishak Nakshatra Variyan Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Sun 15 Sutra 288
		Gulika	1:32PM – 2:57PM	Dhanishtha Until 7:39AM	Ganesha: Orange	Sunrise: 6:25AM	Vikarin 5121
		Yama	10:41AM – 12:07PM	Variyan Until 3:41AM Tue	Muruqa: Clear	Sunset: 5:48PM	Moon 1 - Phase 41
Family Home Evening	995723466	Rahu	7:51AM – 9:16AM	Taitila Until 8:10PM	Nataraja: Orange		3rd Phase
Creative Work	Siddha Yoga			Dvitiya Until 7:08AM	Moon – Purple	Devaloka Day	
					Phalguna-Thai		

3	Tuesday, January 28, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam				Pyinmana, Myanmar
	Kumbha Rasi: 17.53	Tithi 3 – 4	Shatabhishak/Purvaprosnthapada* Nakshatra Parigha* Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau				Sun 16 Sutra 289
		Gulika	12:07PM – 1:32PM	Shatabhishak Until 10:03AM	Ganesha: Orange	Sunrise: 6:25AM	Vikarin 5121
		Yama	9:16AM – 10:41AM	Parigha* Until 4:20AM Wed	Muruqa: Clear	Sunset: 5:48PM	Moon 1 - Phase 41
	995723466	Rahu	2:58PM – 4:23PM	Vanija Until 10:24PM	Nataraja: Orange		3rd Phase
Routine Work	Marana Yoga			Tritiya Until 9:14AM	Moon – Purple	Devaloka Day	
					Phalguna-Thai		

4	Wednesday, January 29, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam				Pyinmana, Myanmar
	Kumbha Rasi: 29.5	Tithi 4 – 5	Purvaprosnthapada* Nakshatra Shiva Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau				Sun 17 Sutra 290
		Gulika	10:41AM – 12:07PM	Purvaprosnthapada* Until 1:02PM	Ganesha: Green	Sunrise: 6:25AM	Vikarin 5121
		Yama	7:50AM – 9:16AM	Shiva Until 5:09AM Thu	Muruqa: Clear	Sunset: 5:49PM	Moon 1 - Phase 41
	915723466	Rahu	12:07PM – 1:32PM	Bava Until 12:52AM Thu	Nataraja: Orange		3rd Phase
Creative Work	Amrita Yoga			Chaturthi* Until 11:36AM	Moon – Clear	Sivaloka Day	
Until 1:02PM					Phalguna-Thai		
Then Creative Work - Siddha Yoga							

5	Thursday, January 30, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam				Pyinmana, Myanmar
	Meena Rasi: 11.43	Tithi 5 – 6	Uttaraprosnthapada/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Sun 18 Sutra 291
		Gulika	9:16AM – 10:42AM	Uttaraprosnthapada Until 3:59PM	Ganesha: Green	Sunrise: 6:25AM	Vikarin 5121
		Yama	6:25AM – 7:50AM	Siddha Until 5:58AM Fri	Muruqa: Clear	Sunset: 5:49PM	Moon 1 - Phase 41
	915723466	Rahu	1:33PM – 2:58PM	Kaulava Until 3:24AM Fri	Nataraja: Orange		3rd Phase
Creative Work	Siddha Yoga			Panchami Until 2:07PM	Moon – Clear	Sivaloka Day	
					Phalguna-Thai		

6	Friday, January 31, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam				Pyinmana, Myanmar
	Meena Rasi: 23.35	Tithi 6 – 7	Revati Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Sun 19 Sutra 292
		Gulika	7:50AM – 9:16AM	Revati Until 6:44PM	Ganesha: Orange	Sunrise: 6:25AM	Vikarin 5121
		Yama	2:59PM – 4:24PM	Sadhya Until 6:43AM Sat	Muruqa: Clear	Sunset: 5:50PM	Moon 1 - Phase 41
	916723466	Rahu	10:42AM – 12:07PM	Gara Until 5:50AM Sat	Nataraja: Orange		3rd Phase
Creative Work	Siddha Yoga			Shashthi* Until 4:37PM	Moon – Clear	Devaloka Day	
Until 6:44PM					Phalguna-Thai		
Then Creative Work - Amrita Yoga							

Saturday, February 1, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam				Pyinmana, Myanmar	
Retreat Star		Ashvini Nakshatra Sadhya/Subha Yoga Vanija Karana Saptamyam Titau				Sun 20 Sutra 293	
Mesha Rasi: 5.3	Tithi 7	Gulika	6:25AM – 7:50AM	Ashvini Until 9:38PM	Ganesha: Green	Sunrise: 6:25AM	Vikarin 5121
		Yama	1:33PM – 2:59PM	Sadhya Until 6:43AM	Muruqa: Clear	Sunset: 5:50PM	Moon 1 - Phase 41
	926723466	Rahu	9:16AM – 10:42AM	Vanija Until 6:56PM	Nataraja: Orange		3rd Phase
Creative Work	Siddha Yoga			Saptami Until 6:56PM	Moon – White	Bhuloka Day	
					Phalguna-Thai	Devaloka Time: 3:PM to 6:PM	

☾	Sunday, February 2, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam				Pyinmana, Myanmar
	Retreat Star		Bharani Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Sun 21 Sutra 294
Mesha Rasi: 17.32	Tithi 8	Gulika	2:59PM – 4:25PM	Bharani Until 11:57PM	Ganesha: Green	Sunrise: 6:24AM	Vikarin 5121
		Yama	12:07PM – 1:33PM	Subha Until 7:15AM	Muruqa: Clear	Sunset: 5:50PM	Moon 1 - Phase 41
	926723466	Rahu	4:25PM – 5:50PM	Visti Until 7:58AM	Nataraja: Orange		Ashtami
Routine Work	Prabalarishta Yoga			Ashtami* Until 8:50PM	Moon – White	Bhuloka Day	
Until 11:57PM					Phalguna-Thai	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

Monday, February 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam				Pyinmana, Myanmar	
Retreat Star		Krittika Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Sun 22 Sutra 295	
Mesha Rasi: 29.46	Tithi 9	Gulika	1:33PM – 2:59PM	Krittika Until 1:30AM Tue	Ganesha: Green	Sunrise: 6:24AM	Vikarin 5121
		Yama	10:42AM – 12:08PM	Sukla Until 7:23AM	Muruqa: Clear	Sunset: 5:51PM	Moon 1 - Phase 41
	926723466	Rahu	7:50AM – 9:16AM	Balava Until 9:36AM	Nataraja: Orange		Navami
Creative Work	Marana Yoga			Navami* Until 10:08PM	Moon – White	Bhuloka Day	
Until 1:30AM Tue					Phalguna-Thai	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

Parameshvara is the cause of the five manifest aspects: emanation, srishiti; preservation, sthiti; dissolution, samhara; concealment, tirobhava; and revelation, anugraha.
Raurava Agama Kriya Pada

1		Tuesday, February 4, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau		Pyinmana, Myanmar Sun 23 Sutra 296	
Wishabha Rasi: 12.16	Tithi 10	Gulika 12:08PM – 1:34PM	Rohini Until 2:38AM Wed	Ganesha: Red	Sunrise: 6:24AM	Vikarin 5121	
		Yama 9:16AM – 10:42AM	Brahma Until 7:00AM	Muruqa: Clear	Sunset: 5:51PM	Moon 1 - Phase 42	
	936723467	Rahu 2:59PM – 4:25PM	Taitila Until 10:31AM	Nataraja: Clear		4th Phase	
Creative Work	Amrita Yoga		Dashami Until 10:39PM	Moon – Yellow		Devaloka Day	
Until 2:38AM Wed				Phalguna-Thai			
Then Creative Work - Siddha Yoga							
2		Wednesday, February 5, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau		Pyinmana, Myanmar Sun 24 Sutra 297	
Wishabha Rasi: 25.09	Tithi 11	Gulika 10:42AM – 12:08PM	Mrigashira Until 2:47AM Thu	Ganesha: Red	Sunrise: 6:24AM	Vikarin 5121	
		Yama 7:50AM – 9:16AM	Indra Until 6:02AM	Muruqa: Clear	Sunset: 5:52PM	Moon 1 - Phase 42	
	936723467	Rahu 12:08PM – 1:34PM	Vanija Until 10:37AM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 10:20PM	Moon – Yellow		Devaloka Day	
Until 2:47AM Thu				Phalguna-Thai			
Then Routine Work - Marana Yoga							
3		Thursday, February 6, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvadashtyam Titau		Pyinmana, Myanmar Sun 25 Sutra 298	
Mithuna Rasi: 8.28	Tithi 12	Gulika 9:16AM – 10:42AM	Ardra Until 1:59AM Fri	Ganesha: Red	Sunrise: 6:23AM	Vikarin 5121	
		Yama 6:23AM – 7:49AM	Vishkambha* Until 2:06AM Fri	Muruqa: Clear	Sunset: 5:52PM	Moon 1 - Phase 42	
	936723467	Rahu 1:34PM – 3:00PM	Bava Until 9:53AM	Nataraja: Clear		4th Phase	
Routine Work	Marana Yoga		Dvadashti Until 9:12PM	Moon – Yellow		Devaloka Day	
Until 1:59AM Fri				Phalguna-Thai			
Then Creative Work - Siddha Yoga							
4		Friday, February 7, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti Yoga Kaulava/Taitila Karana Trayodashyam Titau		Pyinmana, Myanmar Sun 26 Sutra 299	
Mithuna Rasi: 22.14	Tithi 13	Gulika 7:49AM – 9:15AM	Punarvasu Until 12:46AM Sat	Ganesha: Blue	Sunrise: 6:23AM	Vikarin 5121	
		Yama 3:00PM – 4:27PM	Priti Until 11:15PM	Muruqa: Clear	Sunset: 5:53PM	Moon 1 - Phase 42	
	947723467	Rahu 10:42AM – 12:08PM	Kaulava Until 8:21AM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 7:18PM	Moon – Blue		Bhuloka Day	
				Phalguna-Thai		Devaloka Time: 3:PM to 6:PM	
						Pradosha Vrata	
5		Saturday, February 8, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Ayushman Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau		Pyinmana, Myanmar Sun 27 Sutra 300	
Kataka Rasi: 6.28	Tithi 14 – 15	Gulika 6:23AM – 7:49AM	Pushya Until 10:49PM	Ganesha: Blue	Sunrise: 6:23AM	Vikarin 5121	
		Yama 1:34PM – 3:01PM	Ayushman Until 7:54PM	Muruqa: Clear	Sunset: 5:53PM	Moon 1 - Phase 42	
	947723467	Rahu 9:15AM – 10:42AM	Gara Until 6:08AM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 4:47PM	Moon – Blue		Bhuloka Day	
Until 10:49PM		Thai Pusam		Phalguna-Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							
○		Sunday, February 9, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Pyinmana, Myanmar Sutra 301	
Copper Retreat Star		Gulika 3:01PM – 4:27PM	Ashlesha* Until 8:19PM	Ganesha: Blue	Sunrise: 6:22AM	Vikarin 5121	
Kataka Rasi: 21.03	Tithi 15 – 16	Yama 12:08PM – 1:34PM	Saubhagya Until 4:12PM	Muruqa: Clear	Sunset: 5:54PM	Moon 1 - Phase 42	
	947723467	Rahu 4:27PM – 5:54PM	Balava Until 12:12AM Mon	Nataraja: Clear		Purnima	
Creative Work	Siddha Yoga		Purnima* Until 1:48PM	Moon – Blue		Bhuloka Day	
Until 8:19PM		Holi		Phalguna-Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							
Monday, February 10, 2020		Silver Retreat Star		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sobhana/Alhiganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau		Pyinmana, Myanmar Sutra 302	
Simha Rasi: 5.55	Tithi 16 – 17	Gulika 1:34PM – 3:01PM	Magha* Until 5:51PM	Ganesha: Red	Sunrise: 6:22AM	Vikarin 5121	
Family Home Evening		Yama 10:41AM – 12:08PM	Sobhana Until 12:17PM	Muruqa: Clear	Sunset: 5:54PM	Moon 1 - Phase 42	
	957723467	Rahu 7:48AM – 9:15AM	Taitila Until 8:49PM	Nataraja: Clear		Prathama	
Routine Work	Marana Yoga		Prathama* Until 10:31AM	Moon – Red		Devaloka Day	
Until 5:51PM				Phalguna-Thai			
Then Creative Work - Siddha 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

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Tuesday, February 11, 2020

Gold Retreat Star

Simha Rasi: 20.55 Tithi 17 – 18

957723467

Gulika
Yama
Rahu

12:08PM – 1:35PM
9:15AM – 10:41AM
3:01PM – 4:28PM

Purvaphalguni Until 3:10PM

Athiganda* Until 8:14AM
Visti Until 3:42AM Wed

Dvitiya Until 7:05AM

Ganesha: Red

Muruqa: Clear

Nataraja: Clear

Moon – Red

Sunrise: 6:22AM

Sunset: 5:54PM

Devaloka Day

Phalguna-Thai

Pyinmana, Myanmar

Sun 1 Sutra 303

Vikarin 5121

Moon 2 - Phase 43

1st Phase

Creative Work Siddha Yoga

Until 3:10PM

Then Creative Work - Amrita Yoga

1

Wednesday, February 12, 2020

Kanya Rasi: 5.55 Tithi 19

957723467

Gulika
Yama
Rahu

10:41AM – 12:08PM
7:48AM – 9:15AM
12:08PM – 1:35PM

Uttaraphalguni Until 12:26PM

Dhriti Until 12:25AM Thu
Bava Until 2:05PM

Chaturthi* Until 12:29AM Thu

Ganesha: Red

Muruqa: Clear

Nataraja: Clear

Moon – Red

Sunrise: 6:21AM

Sunset: 5:55PM

Devaloka Day

Phalguna-Thai

Pyinmana, Myanmar

Sun 2 Sutra 304

Vikarin 5121

Moon 2 - Phase 43

1st Phase

Creative Work Amrita Yoga

Until 12:26PM

Then Routine Work - Marana Yoga

2

Thursday, February 13, 2020

Kanya Rasi: 20.44 Tithi 20

967723467

Gulika
Yama
Rahu

9:14AM – 10:41AM
6:21AM – 7:48AM
1:35PM – 3:02PM

Hasta Until 10:14AM

Shula* Until 8:50PM
Kaulava Until 11:01AM

Panchami Until 9:37PM

Ganesha: Green

Muruqa: Clear

Nataraja: Clear

Moon – Green

Sunrise: 6:21AM

Sunset: 5:55PM

Bhuloka Day

Phalguna-Masi

Devaloka Time: 3:PM to 6:PM

Pyinmana, Myanmar

Sun 3 Sutra 305

Vikarin 5121

Moon 2 - Phase 43

1st Phase

Routine Work Marana Yoga

Until 10:14AM

Then Creative Work - Siddha Yoga

3

Friday, February 14, 2020

Tula Rasi: 5.17 Tithi 21

968723467

Gulika
Yama
Rahu

7:47AM – 9:14AM
3:02PM – 4:29PM
10:41AM – 12:08PM

Chitra Until 8:16AM

Ganda* Until 5:38PM
Gara Until 8:21AM

Shashthi* Until 7:11PM

Ganesha: White

Muruqa: Clear

Nataraja: Clear

Moon – Green

Sunrise: 6:20AM

Sunset: 5:56PM

Bhuloka Day

Phalguna-Masi

Devaloka Time: 3:PM to 6:PM

Pyinmana, Myanmar

Sun 4 Sutra 306

Vikarin 5121

Moon 2 - Phase 43

1st Phase

Creative Work Siddha Yoga

4

Saturday, February 15, 2020

Tula Rasi: 19.31 Tithi 22 – 23

968723467

Gulika
Yama
Rahu

6:20AM – 7:47AM
1:35PM – 3:02PM
9:14AM – 10:41AM

Svati Until 6:41AM

Vridhhi Until 2:53PM
Visti Until 6:12AM

Saptami Until 5:19PM

Ganesha: White

Muruqa: Clear

Nataraja: Clear

Moon – Green

Sunrise: 6:20AM

Sunset: 5:56PM

Bhuloka Day

Phalguna-Masi

Devaloka Time: 3:PM to 6:PM

Pyinmana, Myanmar

Sun 5 Sutra 307

Vikarin 5121

Moon 2 - Phase 43

1st Phase

Creative Work Siddha Yoga

5

Sunday, February 16, 2020

Retreat Star

Vrischika Rasi: 3.21 Tithi 23 – 24

978723467

Gulika
Yama
Rahu

3:02PM – 4:29PM
12:08PM – 1:35PM
4:29PM – 5:56PM

Anuradha Until 5:41AM Mon

Dhruva Until 12:35PM
Taitila Until 3:40AM Mon

Ashtami* Until 4:02PM

Ganesha: Clear

Muruqa: Clear

Nataraja: Clear

Moon – Orange

Sunrise: 6:19AM

Sunset: 5:56PM

Devaloka Day

Phalguna-Masi

Pyinmana, Myanmar

Sun 6 Sutra 308

Vikarin 5121

Moon 2 - Phase 43

Ashtami

Routine Work Marana Yoga

Until 5:41AM Mon

Then Creative Work - Siddha Yoga

Monday, February 17, 2020

Retreat Star

Vrischika Rasi: 16.5 Tithi 24 – 25

978723467

Gulika
Yama
Rahu

1:35PM – 3:02PM
10:41AM – 12:08PM
7:46AM – 9:13AM

Jyeshtha* Until 5:51AM Tue

Vyaghata* Until 10:48AM
Vanija Until 3:19AM Tue

Navami* Until 3:24PM

Ganesha: Clear

Muruqa: Clear

Nataraja: Clear

Moon – Orange

Sunrise: 6:19AM

Sunset: 5:57PM

Devaloka Day

Phalguna-Masi

Pyinmana, Myanmar

Sun 7 Sutra 309

Vikarin 5121

Moon 2 - Phase 43

Navami

Creative Work Siddha Yoga

Until 5:51AM Tue

Then Creative Work - Amrita Yoga

1		Tuesday, February 18, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Pyinmana, Myanmar Sun 8 Sutra 310	
Whisrika Rasi: 29.59	Tithi 25 – 26	Gulika	12:08PM – 1:35PM	Mula* Until 6:54AM Wed	Ganesha: Clear	<i>Sunrise:</i> 6:18AM	Vikarin 5121
		Yama	9:13AM – 10:40AM	Harshana Until 9:30AM	Muruqa: Clear	<i>Sunset:</i> 5:57PM	Moon 2 - Phase 44
		98723467 Rahu	3:02PM – 4:30PM	Bava Until 3:34AM Wed	Nataraja: Clear		2nd Phase
Creative Work	Amrita Yoga			Dashami Until 3:21PM	Moon – Orange		Devaloka Day
					Phalguna-Masi		

2		Wednesday, February 19, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Pyinmana, Myanmar Sun 9 Sutra 311	
Dhanus Rasi: 12.5	Tithi 26 – 27	Gulika	10:40AM – 12:08PM	Mula* Until 6:54AM	Ganesha: Purple	<i>Sunrise:</i> 6:18AM	Vikarin 5121
		Yama	7:45AM – 9:13AM	Vajra* Until 8:37AM	Muruqa: Clear	<i>Sunset:</i> 5:57PM	Moon 2 - Phase 44
		988723467 Rahu	12:08PM – 1:35PM	Kaulava Until 4:19AM Thu	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga			Ekadashi* Until 3:52PM	Moon – Light Blue		Bhuloka Day
Until 6:54AM					Phalguna-Masi		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga							

3		Thursday, February 20, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Pyinmana, Myanmar Sun 10 Sutra 312	
Dhanus Rasi: 25.28	Tithi 27 – 28	Gulika	9:12AM – 10:40AM	Purvashadha* Until 8:16AM	Ganesha: Purple	<i>Sunrise:</i> 6:17AM	Vikarin 5121
		Yama	6:17AM – 7:45AM	Siddhi Until 8:07AM	Muruqa: Clear	<i>Sunset:</i> 5:58PM	Moon 2 - Phase 44
		989823467 Rahu	1:35PM – 3:03PM	Gara Until 5:30AM Fri	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga			Dvadashi* Until 4:50PM	Moon – Light Blue		Bhuloka Day
Until 8:16AM					Phalguna-Masi		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga				<i>Pradosha Vrata (Fasting)</i>			

4		Friday, February 21, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Vanija Karana Trayodashyam Titau		Pyinmana, Myanmar Sun 11 Sutra 313	
Makara Rasi: 7.54	Tithi 28	Gulika	7:44AM – 9:12AM	Uttarashadha Until 9:53AM	Ganesha: Purple	<i>Sunrise:</i> 6:17AM	Vikarin 5121
		Yama	3:03PM – 4:30PM	Vyatipata* Until 7:58AM	Muruqa: Clear	<i>Sunset:</i> 5:58PM	Moon 2 - Phase 44
		989823467 Rahu	10:40AM – 12:07PM	Vanija Until 6:13PM	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga			Trayodashi* Until 6:13PM	Moon – Light Blue		Bhuloka Day
					Phalguna-Masi		Devaloka Time: 3:PM to 6:PM
		Mahasivaratri (Solar)					

5		Saturday, February 22, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Pyinmana, Myanmar Sun 12 Sutra 314	
Makara Rasi: 20.11	Tithi 29	Gulika	6:16AM – 7:44AM	Shravana Until 12:10PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:16AM	Vikarin 5121
		Yama	1:35PM – 3:03PM	Variyan Until 8:03AM	Muruqa: Clear	<i>Sunset:</i> 5:58PM	Moon 2 - Phase 44
		999823467 Rahu	9:12AM – 10:40AM	Visti Until 7:03AM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga			Chaturdashi* Until 7:55PM	Moon – Purple		Bhuloka Day
					Phalguna-Masi		Devaloka Time: 3:PM to 6:PM

Retreat Star		Sunday, February 23, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Pyinmana, Myanmar Sun 13 Sutra 315	
Kumbha Rasi: 2.2	Tithi 30	Gulika	3:03PM – 4:31PM	Dhanishtha Until 2:34PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:16AM	Vikarin 5121
		Yama	12:07PM – 1:35PM	Parigha* Until 8:22AM	Muruqa: Clear	<i>Sunset:</i> 5:59PM	Moon 2 - Phase 44
		999823467 Rahu	4:31PM – 5:59PM	Catuspada Until 8:54AM	Nataraja: Clear		Amavasya
Routine Work	Marana Yoga			Amavasya* Until 9:54PM	Moon – Purple		Bhuloka Day
Until 2:34PM					Phalguna-Masi		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga							

Retreat Star		Monday, February 24, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaprosithapada* Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau		Pyinmana, Myanmar Sun 14 Sutra 316	
Kumbha Rasi: 14.24	Tithi 1	Gulika	1:35PM – 3:03PM	Shatabhishak Until 5:01PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:15AM	Vikarin 5121
Family Home Evening		Yama	10:39AM – 12:07PM	Shiva Until 8:54AM	Muruqa: Clear	<i>Sunset:</i> 5:59PM	Moon 2 - Phase 44
Creative Work	Siddha Yoga	999823467 Rahu	7:43AM – 9:11AM	Kintughna Until 11:00AM	Nataraja: Clear		Prathama
Until 5:01PM				Prathama* Until 12:06AM Tue	Moon – Purple		Bhuloka Day
Then Routine Work - Marana Yoga		Yugadhi			Chaitra-Masi		Devaloka Time: 3:PM to 6:PM

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

1		Tuesday, February 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau		Pyinmana, Myanmar Sun 15 Sutra 317 Vikarin 5121		
Kumbha Rasi: 26.23	Tithi 2	Gulika 12:07PM – 1:35PM	Purvaproshtapada* Until 7:59PM	Ganesha: Orange	Sunrise: 6:15AM	Muruqa: Clear	Sunset: 5:59PM	Moon 2 - Phase 45 3rd Phase
Routine Work	Marana Yoga	Yama 9:11AM – 10:39AM	Siddha Until 9:33AM	Nataraja: Clear		Moon – Clear		Devaloka Day
Until 7:59PM		919823467 Rahu 3:03PM – 4:31PM	Balava Until 1:18PM					
Then Creative Work - Amrita Yoga			Dvitiya Until 2:29AM Wed					Chaitra-Masi

2		Wednesday, February 26, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Trityayam Titau		Pyinmana, Myanmar Sun 16 Sutra 318 Vikarin 5121		
Meena Rasi: 8.17	Tithi 3	Gulika 10:39AM – 12:07PM	Uttaraproshtapada Until 10:54PM	Ganesha: Orange	Sunrise: 6:14AM	Muruqa: Clear	Sunset: 6:00PM	Moon 2 - Phase 45 3rd Phase
Creative Work	Siddha Yoga	Yama 7:42AM – 9:10AM	Sadhya Until 10:20AM	Nataraja: Clear		Moon – Clear		Devaloka Day
Until 10:54PM		919823467 Rahu 12:07PM – 1:35PM	Taitila Until 3:45PM					
Then Routine Work - Marana Yoga			Tritiya Until 4:59AM Thu					Chaitra-Masi

3		Thursday, February 27, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija Karana Chaturthyam Titau		Pyinmana, Myanmar Sun 17 Sutra 319 Vikarin 5121		
Meena Rasi: 20.1	Tithi 4	Gulika 9:10AM – 10:38AM	Revati Until 1:43AM Fri	Ganesha: Orange	Sunrise: 6:13AM	Muruqa: Clear	Sunset: 6:00PM	Moon 2 - Phase 45 3rd Phase
Creative Work	Siddha Yoga	Yama 6:13AM – 7:42AM	Subha Until 11:13AM	Nataraja: Clear		Moon – Clear		Devaloka Day
Until 1:43AM Fri		919823467 Rahu 1:35PM – 3:03PM	Vanija Until 6:16PM					
Then Creative Work - Amrita Yoga			Chaturthi* Until 7:30AM Fri					Chaitra-Masi
								Subramuniyaswami Siva Vision Day

4		Friday, February 28, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Pyinmana, Myanmar Sun 18 Sutra 320 Vikarin 5121		
Mesha Rasi: 2.01	Tithi 4 – 5	Gulika 7:41AM – 9:10AM	Ashvini Until 4:47AM Sat	Ganesha: Purple	Sunrise: 6:13AM	Muruqa: Clear	Sunset: 6:00PM	Moon 2 - Phase 45 3rd Phase
Creative Work	Amrita Yoga	Yama 3:03PM – 4:32PM	Sukla Until 12:03PM	Nataraja: Clear		Moon – White		Bhuloka Day
Until 4:47AM Sat		921823467 Rahu 10:38AM – 12:06PM	Bava Until 8:45PM					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga			Chaturthi* Until 7:30AM					Chaitra-Masi

5		Saturday, February 29, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Pyinmana, Myanmar Sun 19 Sutra 321 Vikarin 5121		
Mesha Rasi: 13.55	Tithi 5 – 6	Gulika 6:12AM – 7:41AM	Bharani Until 7:28AM Sun	Ganesha: Purple	Sunrise: 6:12AM	Muruqa: Clear	Sunset: 6:00PM	Moon 2 - Phase 45 3rd Phase
Creative Work	Siddha Yoga	Yama 1:35PM – 3:03PM	Brahma Until 12:49PM	Nataraja: Clear		Moon – White		Bhuloka Day
		921823467 Rahu 9:09AM – 10:38AM	Kaulava Until 11:03PM					Devaloka Time: 3:PM to 6:PM
			Panchami Until 9:55AM					Chaitra-Masi

6		Sunday, March 1, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Pyinmana, Myanmar Sun 20 Sutra 322 Vikarin 5121		
Mesha Rasi: 25.55	Tithi 6 – 7	Gulika 3:03PM – 4:32PM	Bharani Until 7:28AM	Ganesha: Purple	Sunrise: 6:11AM	Muruqa: Orange	Sunset: 6:01PM	Moon 2 - Phase 45 3rd Phase
Routine Work	Prabalarishta Yoga	Yama 12:06PM – 1:35PM	Indra Until 1:23PM	Nataraja: Clear		Moon – White		Bhuloka Day
Until 7:28AM		921833467 Rahu 4:32PM – 6:01PM	Gara Until 12:59AM Mon					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga			Shashthi* Until 12:03PM					Chaitra-Masi

Retreat Star		Monday, March 2, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Pyinmana, Myanmar Sun 21 Sutra 323 Vikarin 5121		
Vrishabha Rasi: 8.05	Tithi 7 – 8	Gulika 1:35PM – 3:03PM	Krittika Until 9:34AM	Ganesha: Purple	Sunrise: 6:10AM	Muruqa: Orange	Sunset: 6:01PM	Moon 2 - Phase 45 Ashtami
Family Home Evening		Yama 10:37AM – 12:06PM	Vaidhriti* Until 1:32PM	Nataraja: Clear		Moon – White		Bhuloka Day
Routine Work	Marana Yoga	921833467 Rahu 7:39AM – 9:08AM	Visti Until 2:19AM Tue					Devaloka Time: 3:PM to 6:PM
Until 9:34AM			Saptami Until 1:43PM					Chaitra-Masi
Then Creative Work - Amrita Yoga								

Retreat Star		Tuesday, March 3, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Pyinmana, Myanmar Sun 22 Sutra 324 Vikarin 5121		
Vrishabha Rasi: 20.3	Tithi 8 – 9	Gulika 12:05PM – 1:34PM	Rohini Until 11:22AM	Ganesha: Clear	Sunrise: 6:09AM	Muruqa: Orange	Sunset: 6:01PM	Moon 2 - Phase 45 Navami
Creative Work	Amrita Yoga	Yama 9:07AM – 10:36AM	Vishkambha* Until 1:12PM	Nataraja: Clear		Moon – Yellow		Devaloka Day
Until 11:22AM		931833467 Rahu 3:03PM – 4:32PM	Balava Until 2:54AM Wed					
Then Creative Work - Siddha Yoga			Ashtami* Until 2:41PM					Chaitra-Masi

1		Wednesday, March 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Pyinmana, Myanmar Sun 23 Sutra 325	
Mithuna Rasi: 3.16	Tithi 9 – 10	Gulika 10:36AM – 12:05PM	Mrigashira Until 12:13PM	Ganesha: Clear	<i>Sunrise:</i> 6:09AM		Vikarin 5121
		Yama 7:38AM – 9:07AM	Priti Until 12:15PM	Muruqa: Orange	<i>Sunset:</i> 6:02PM		Moon 2 - Phase 46
		931833467 Rahu 12:05PM – 1:34PM	Taitila Until 2:37AM Thu	Nataraja: Clear			4th Phase
Creative Work	Siddha Yoga		Navami* Until 2:51PM	Moon – Yellow		Devaloka Day	
				Chaitra-Masi			

2		Thursday, March 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Pyinmana, Myanmar Sun 24 Sutra 326	
Mithuna Rasi: 16.29	Tithi 10 – 11	Gulika 9:07AM – 10:36AM	Ardra Until 12:05PM	Ganesha: Red	<i>Sunrise:</i> 6:08AM		Vikarin 5121
		Yama 6:08AM – 7:37AM	Ayushman Until 10:36AM	Muruqa: Orange	<i>Sunset:</i> 6:02PM		Moon 2 - Phase 46
		131833467 Rahu 1:34PM – 3:03PM	Vanija Until 1:27AM Fri	Nataraja: Clear			4th Phase
Routine Work	Marana Yoga		Dashami Until 2:07PM	Moon – Yellow		Devaloka Day	
Until 12:05PM				Chaitra-Masi			
Then Creative Work - Amrita Yoga							

3		Friday, March 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau		Pyinmana, Myanmar Sun 25 Sutra 327	
Kataka Rasi: 0.11	Tithi 11 – 12	Gulika 7:37AM – 9:06AM	Punarvasu Until 11:23AM	Ganesha: Blue	<i>Sunrise:</i> 6:07AM		Vikarin 5121
		Yama 3:03PM – 4:33PM	Saubhagya Until 8:16AM	Muruqa: Orange	<i>Sunset:</i> 6:02PM		Moon 2 - Phase 46
		141833467 Rahu 10:35AM – 12:05PM	Bava Until 11:28PM	Nataraja: Clear			4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 12:32PM	Moon – Blue		Bhuloka Day	
Until 11:23AM				Chaitra-Masi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

4		Saturday, March 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Pyinmana, Myanmar Sun 26 Sutra 328	
Kataka Rasi: 14.22	Tithi 12 – 13	Gulika 6:07AM – 7:36AM	Pushya Until 9:47AM	Ganesha: Blue	<i>Sunrise:</i> 6:07AM		Vikarin 5121
		Yama 1:34PM – 3:03PM	Athiganda* Until 1:47AM Sun	Muruqa: Orange	<i>Sunset:</i> 6:02PM		Moon 2 - Phase 46
		141833467 Rahu 9:06AM – 10:35AM	Kaulava Until 8:47PM	Nataraja: Clear			4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 10:11AM	Moon – Blue		Bhuloka Day	
Until 9:47AM				Chaitra-Masi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

5		Sunday, March 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sukarma Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau		Pyinmana, Myanmar Sun 27 Sutra 329	
Kataka Rasi: 29.02	Tithi 13 – 14	Gulika 3:03PM – 4:33PM	Ashlesha* Until 7:25AM	Ganesha: Blue	<i>Sunrise:</i> 6:06AM		Vikarin 5121
		Yama 12:04PM – 1:34PM	Sukarma Until 9:52PM	Muruqa: Orange	<i>Sunset:</i> 6:03PM		Moon 2 - Phase 46
		141833467 Rahu 4:33PM – 6:03PM	Vanija Until 3:45AM Mon	Nataraja: Clear			4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 7:12AM	Moon – Blue		Bhuloka Day	
Until 7:25AM		Chidambaram Abhishekam		Chaitra-Masi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

○		Monday, March 9, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau		Pyinmana, Myanmar Sutra 330	
Copper Retreat Star		Gulika 1:34PM – 3:03PM	Purvaphalguni Until 1:52AM Tue	Ganesha: White	<i>Sunrise:</i> 6:05AM		Vikarin 5121
Simha Rasi: 14.03	Tithi 15	Yama 10:34AM – 12:04PM	Dhriti Until 5:41PM	Muruqa: Orange	<i>Sunset:</i> 6:03PM		Moon 2 - Phase 46
Family Home Evening		152833467 Rahu 7:35AM – 9:05AM	Visti Until 1:56PM	Nataraja: Clear			Purnima
Creative Work	Siddha Yoga		Purnima* Until 12:01AM Tue	Moon – Red		Sivaloka Day	
Until 1:52AM Tue				Chaitra-Masi			
Then Creative Work - Amrita Yoga		Hanuman Jayanti					

○		Tuesday, March 10, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Prathamayam Titau		Pyinmana, Myanmar Sutra 331	
Silver Retreat Star		Gulika 12:04PM – 1:34PM	Uttaraphalguni Until 10:40PM	Ganesha: White	<i>Sunrise:</i> 6:05AM		Vikarin 5121
Simha Rasi: 29.17	Tithi 16	Yama 9:04AM – 10:34AM	Shula* Until 1:19PM	Muruqa: Orange	<i>Sunset:</i> 6:03PM		Moon 2 - Phase 46
		152833467 Rahu 3:03PM – 4:33PM	Balava Until 10:07AM	Nataraja: Clear			Prathama
Creative Work	Amrita Yoga		Prathama* Until 8:11PM	Moon – Red		Sivaloka Day	
Until 10:40PM				Chaitra-Masi			
Then Creative Work - Siddha Yoga							

O learned people, may we with our ears listen to what is beneficial, may we see with our eyes what is beneficial. May we, engaged in your praises, enjoy with firm limbs and sound bodies, a full term of life dedicated to God. Rig Veda

All times are standard time

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Wednesday, March 11, 2020

Gold Retreat Star

Kanya Rasi: 14.34 Tithi 17 - 18

162833467

Gulika 10:34AM - 12:03PM
Yama 7:34AM - 9:04AM
Rahu 12:03PM - 1:33PM

Routine Work Marana Yoga
Until 7:49PM
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam
Hasla Nakshatra Ganda/Vridhhi Yoga Taitila/Vanjja Karana Dvitiya/Tritiyayam Titau

Hasta Until 7:49PM
Ganda* Until 8:59AM
Taitila Until 6:17AM
Dvitiya Until 4:24PM

Ganesha: Clear Sunrise: 6:04AM
Muruga: Orange Sunset: 6:03PM
Nataraja: Clear
Moon - Green
Chaitra-Masi

Devaloka Day

Pyinmana, Myanmar
Sun 1 Sutra 332
Vikarin 5121
Moon 3 - Phase 47
1st Phase

1

Thursday, March 12, 2020

Kanya Rasi: 29.43 Tithi 18 - 19

162833467

Gulika 9:03AM - 10:33AM
Yama 6:03AM - 7:33AM
Rahu 1:33PM - 3:03PM

Creative Work Siddha Yoga
Until 5:07PM
Then Creative Work - Amrita Yoga

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

Chitra Until 5:07PM
Dhruva Until 12:54AM Fri
Bava Until 11:15PM
Tritiya Until 12:51PM

Ganesha: Clear Sunrise: 6:03AM
Muruga: Orange Sunset: 6:03PM
Nataraja: Clear
Moon - Green
Chaitra-Masi

Devaloka Day

Pyinmana, Myanmar
Sun 2 Sutra 333
Vikarin 5121
Moon 3 - Phase 47
1st Phase

2

Friday, March 13, 2020

Tula Rasi: 15 Tithi 19 - 20

162833467

Gulika 7:32AM - 9:03AM
Yama 3:03PM - 4:33PM
Rahu 10:33AM - 12:03PM

Creative Work Siddha Yoga

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

Svati Until 2:42PM
Vyaghata* Until 9:24PM
Kaulava Until 8:22PM
Chaturthi* Until 9:43AM

Ganesha: Clear Sunrise: 6:02AM
Muruga: Orange Sunset: 6:04PM
Nataraja: Clear
Moon - Green
Chaitra-Masi

Devaloka Day

Pyinmana, Myanmar
Sun 3 Sutra 334
Vikarin 5121
Moon 3 - Phase 47
1st Phase

3

Saturday, March 14, 2020

Tula Rasi: 29.05 Tithi 20 - 21

172833467

Gulika 6:02AM - 7:32AM
Yama 1:33PM - 3:03PM
Rahu 9:02AM - 10:32AM

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam
Vishakha/Anuradha Nakshatra Harshana Yoga Taitila/Gara Karana Panchami/Shashtyam Titau

Vishakha Until 1:09PM
Harshana Until 6:26PM
Gara Until 6:07PM
Panchami Until 7:08AM

Ganesha: Purple Sunrise: 6:02AM
Muruga: Orange Sunset: 6:04PM
Nataraja: Clear
Moon - Orange
Chaitra-Panguni

Sivaloka Day

Pyinmana, Myanmar
Sun 4 Sutra 335
Vikarin 5121
Moon 3 - Phase 47
1st Phase

4

Sunday, March 15, 2020

Vrischika Rasi: 13.07 Tithi 22

172833468

Gulika 3:03PM - 4:34PM
Yama 12:02PM - 1:33PM
Rahu 4:34PM - 6:04PM

Routine Work Marana Yoga

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

Anuradha Until 12:10PM
Vajra* Until 4:02PM
Visti Until 4:35PM
Saptami Until 4:06AM Mon

Ganesha: Purple Sunrise: 6:01AM
Muruga: Orange Sunset: 6:04PM
Nataraja: Purple
Moon - Orange
Chaitra-Panguni

Subha Sivaloka Day

Pyinmana, Myanmar
Sun 5 Sutra 336
Vikarin 5121
Moon 3 - Phase 47
1st Phase

D

Monday, March 16, 2020

Retreat Star

Vrischika Rasi: 26.41 Tithi 23

Family Home Evening

172933468

Gulika 1:33PM - 3:03PM
Yama 10:32AM - 12:02PM
Rahu 7:31AM - 9:01AM

Creative Work Siddha Yoga

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

Jyeshtha* Until 11:49AM
Siddhi Until 2:16PM
Balava Until 3:51PM
Ashtami* Until 3:46AM Tue

Ganesha: Clear Sunrise: 6:00AM
Muruga: Orange Sunset: 6:04PM
Nataraja: Purple
Moon - Orange
Chaitra-Panguni

Sivaloka Day

Pyinmana, Myanmar
Sun 6 Sutra 337
Vikarin 5121
Moon 3 - Phase 47
Ashtami

Tuesday, March 17, 2020

Retreat Star

Dhanus Rasi: 9.49 Tithi 24

182933468

Gulika 12:02PM - 1:32PM
Yama 9:01AM - 10:31AM
Rahu 3:03PM - 4:34PM

Creative Work Amrita Yoga

Until 12:31PM

Then Creative Work - Siddha Yoga

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

Mula* Until 12:31PM
Vyatipata* Until 1:08PM
Taitila Until 3:54PM
Navami* Until 4:10AM Wed

Ganesha: Purple Sunrise: 5:59AM
Muruga: Orange Sunset: 6:04PM
Nataraja: Purple
Moon - Light Blue
Chaitra-Panguni

Devaloka Day

Pyinmana, Myanmar
Sun 7 Sutra 338
Vikarin 5121
Moon 3 - Phase 47
Navami

1	Wednesday, March 18, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau				Pynmana, Myanmar Sun 8 Sutra 339
	Dhanus Rasi: 22.35	Tithi 25	Gulika 10:31AM – 12:01PM	Purvashadha* Until 1:47PM	Ganesha: Purple	<i>Sunrise:</i> 5:59AM	Vikarin 5121
			Yama 7:29AM – 9:00AM	Variyan Until 12:32PM	Muruqa: Orange	<i>Sunset:</i> 6:04PM	Moon 3 - Phase 48
	182933468	Rahu 12:01PM – 1:32PM	Vaniya Until 4:39PM	Nataraja: Purple	Moon – Light Blue		2nd Phase
Creative Work	Amrita Yoga		Dashami Until 5:15AM Thu	Chaitra•Panguni		Devaloka Day	

2	Thursday, March 19, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava Karana Ekadashyam Titau				Pynmana, Myanmar Sun 9 Sutra 340
	Makara Rasi: 5.03	Tithi 26	Gulika 8:59AM – 10:30AM	Uttarashadha Until 3:28PM	Ganesha: Purple	<i>Sunrise:</i> 5:58AM	Vikarin 5121
			Yama 5:58AM – 7:29AM	Parigha* Until 12:25PM	Muruqa: Orange	<i>Sunset:</i> 6:05PM	Moon 3 - Phase 48
	182933468	Rahu 1:32PM – 3:03PM	Bava Until 6:00PM	Nataraja: Purple	Moon – Light Blue		2nd Phase
Routine Work	Marana Yoga		Ekadashi* Until 6:50AM Fri	Chaitra•Panguni		Devaloka Day	
Until 3:28PM							
Then Creative Work - Siddha Yoga							

3	Friday, March 20, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Pynmana, Myanmar Sun 10 Sutra 341
	Makara Rasi: 17.18	Tithi 26 – 27	Gulika 7:28AM – 8:59AM	Shravana Until 5:55PM	Ganesha: Clear	<i>Sunrise:</i> 5:57AM	Vikarin 5121
			Yama 3:03PM – 4:34PM	Shiva Until 12:41PM	Muruqa: Orange	<i>Sunset:</i> 6:05PM	Moon 3 - Phase 48
	192933468	Rahu 10:30AM – 12:01PM	Kaulava Until 7:48PM	Nataraja: Purple	Moon – Purple		2nd Phase
Routine Work	Marana Yoga		Ekadashi* Until 6:50AM	Chaitra•Panguni		Sivaloka Day	
Until 5:55PM							
Then Creative Work - Siddha Yoga							

4	Saturday, March 21, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Pynmana, Myanmar Sun 11 Sutra 342
	Makara Rasi: 29.24	Tithi 27 – 28	Gulika 5:56AM – 7:27AM	Dhanishtha Until 8:30PM	Ganesha: Clear	<i>Sunrise:</i> 5:56AM	Vikarin 5121
			Yama 1:32PM – 3:03PM	Siddha Until 1:11PM	Muruqa: Orange	<i>Sunset:</i> 6:05PM	Moon 3 - Phase 48
	192933468	Rahu 8:58AM – 10:29AM	Gara Until 9:54PM	Nataraja: Purple	Moon – Purple		2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 8:47AM	Chaitra•Panguni		Sivaloka Day	
Until 8:30PM							
Then Creative Work - Amrita Yoga							
			<i>Pradosha Vrata (Fasting)</i>				

5	Sunday, March 22, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Pynmana, Myanmar Sun 12 Sutra 343
	Kumbha Rasi: 11.23	Tithi 28 – 29	Gulika 3:03PM – 4:34PM	Shatabhishak Until 11:06PM	Ganesha: Clear	<i>Sunrise:</i> 5:55AM	Vikarin 5121
			Yama 12:00PM – 1:31PM	Sadhya Until 1:52PM	Muruqa: Orange	<i>Sunset:</i> 6:05PM	Moon 3 - Phase 48
	192933468	Rahu 4:34PM – 6:05PM	Visti Until 12:11AM Mon	Nataraja: Purple	Moon – Purple		2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 11:00AM	Chaitra•Panguni		Sivaloka Day	
Until 2:09AM Tue							
Then Creative Work - Amrita Yoga							

	Monday, March 23, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Pynmana, Myanmar Sun 13 Sutra 344
	Retreat Star		Gulika 1:31PM – 3:03PM	Purvaproshtapada* Until 2:09AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 5:55AM	Vikarin 5121
	Kumbha Rasi: 23.2	Tithi 29 – 30	Yama 10:29AM – 12:00PM	Subha Until 2:40PM	Muruqa: Orange	<i>Sunset:</i> 6:05PM	Moon 3 - Phase 48
	113933468	Rahu 7:26AM – 8:57AM	Catuspada Until 2:35AM Tue	Nataraja: Purple	Moon – Clear		Amavasya
Family Home Evening			Chaturdashi* Until 1:21PM	Chaitra•Panguni		Sivaloka Day	
Routine Work	Marana Yoga						
Until 2:09AM Tue							
Then Creative Work - Amrita Yoga							

Retreat Star	Tuesday, March 24, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Pynmana, Myanmar Sun 14 Sutra 345
	Meena Rasi: 5.13	Tithi 30 – 1	Gulika 12:00PM – 1:31PM	Uttaraproshtapada Until 5:05AM Wed	Ganesha: Yellow	<i>Sunrise:</i> 5:54AM	Vikarin 5121
			Yama 8:57AM – 10:28AM	Sukla Until 3:30PM	Muruqa: Orange	<i>Sunset:</i> 6:05PM	Moon 3 - Phase 48
	113933468	Rahu 3:03PM – 4:34PM	Kintughna Until 5:01AM Wed	Nataraja: Purple	Moon – Clear		Prathama
Creative Work	Amrita Yoga		Amavasya* Until 3:46PM	Vaisaka•Panguni		Sivaloka Day	
Until 5:05AM Wed							
Then Routine Work - Marana Yoga							

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


1		Wednesday, March 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava Karana Prathamayam Titau	Pyinmana, Myanmar Sun 15 Sutra 346
Meena Rasi: 17.06	Tithi 1	113933468	Gulika 10:28AM – 11:59AM Yama 7:25AM – 8:56AM Rahu 11:59AM – 1:31PM	Revati Until 7:51AM Thu Brahma Until 4:22PM Bava Until 6:13PM Prathama* Until 6:13PM	Ganesha: Yellow Sunrise: 5:53AM Muruqa: Orange Sunset: 6:06PM Nataraja: Purple Moon – Clear Sivaloka Day Vaisaka*Panguni
Routine Work Marana Yoga Until 7:51AM Thu Then Creative Work - Amrita Yoga					
2		Thursday, March 26, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Dvitiyayam Titau	Pyinmana, Myanmar Sun 16 Sutra 347
Meena Rasi: 28.59	Tithi 2	113933468	Gulika 8:56AM – 10:27AM Yama 5:52AM – 7:24AM Rahu 1:31PM – 3:02PM	Revati Until 7:51AM Indra Until 5:13PM Balava Until 7:28AM Dvitiya Until 8:39PM	Ganesha: Yellow Sunrise: 5:52AM Muruqa: Orange Sunset: 6:06PM Nataraja: Purple Moon – Clear Sivaloka Day Vaisaka*Panguni
Creative Work Siddha Yoga Until 7:51AM Then Creative Work - Amrita Yoga		Chellappaswami Mahasamadhi			
3		Friday, March 27, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Tailila/Gara Karana Tritiyayam Titau	Pyinmana, Myanmar Sun 17 Sutra 348
Mesha Rasi: 10.53	Tithi 3	123933468	Gulika 7:23AM – 8:55AM Yama 3:02PM – 4:34PM Rahu 10:27AM – 11:59AM	Ashvini Until 10:54AM Vaidhriti* Until 5:59PM Tailila Until 9:51AM Tritiya Until 10:58PM	Ganesha: Red Sunrise: 5:52AM Muruqa: Orange Sunset: 6:06PM Nataraja: Purple Moon – White Sivaloka Day Vaisaka*Panguni
Creative Work Amrita Yoga Until 10:54AM Then Creative Work - Siddha Yoga		Akshaya Tritiya			
4		Saturday, March 28, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Chaturthyam Titau	Pyinmana, Myanmar Sun 18 Sutra 349
Mesha Rasi: 22.5	Tithi 4	123933468	Gulika 5:51AM – 7:23AM Yama 1:30PM – 3:02PM Rahu 8:55AM – 10:27AM	Bharani Until 1:37PM Vishkambha* Until 6:38PM Vanija Until 12:05PM Chaturthi* Until 1:05AM Sun	Ganesha: Red Sunrise: 5:51AM Muruqa: Orange Sunset: 6:06PM Nataraja: Purple Moon – White Sivaloka Day Vaisaka*Panguni
Creative Work Siddha Yoga Until 1:37PM Then Creative Work - Amrita Yoga					
5		Sunday, March 29, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau	Pyinmana, Myanmar Sun 19 Sutra 350
Vrishabha Rasi: 4.53	Tithi 5	123933468	Gulika 3:02PM – 4:34PM Yama 11:58AM – 1:30PM Rahu 4:34PM – 6:06PM	Krittika Until 3:55PM Priti Until 7:04PM Bava Until 2:02PM Panchami Until 2:51AM Mon	Ganesha: Red Sunrise: 5:50AM Muruqa: Orange Sunset: 6:06PM Nataraja: Purple Moon – White Sivaloka Day Vaisaka*Panguni
Creative Work Siddha Yoga		Adi Sankara Jayanthi			
6		Monday, March 30, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Ayushman Yoga Kaulava/Tailila Karana Shashthyam Titau	Pyinmana, Myanmar Sun 20 Sutra 351
Vrishabha Rasi: 17.05	Tithi 6	133933468	Gulika 1:30PM – 3:02PM Yama 10:26AM – 11:58AM Rahu 7:21AM – 8:54AM	Rohini Until 6:08PM Ayushman Until 7:08PM Kaulava Until 3:34PM Shashthi* Until 4:07AM Tue	Ganesha: Blue Sunrise: 5:49AM Muruqa: Orange Sunset: 6:06PM Nataraja: Purple Moon – Yellow Subha Sivaloka Day Vaisaka*Panguni
Family Home Evening Creative Work Amrita Yoga					
Tuesday, March 31, 2020		Retreat Star		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau	Pyinmana, Myanmar Sun 21 Sutra 352
Vrishabha Rasi: 29.3	Tithi 7	133933468	Gulika 11:58AM – 1:30PM Yama 8:53AM – 10:25AM Rahu 3:02PM – 4:34PM	Mrigashira Until 7:35PM Saubhagya Until 6:44PM Gara Until 4:31PM Saptami Until 4:43AM Wed	Ganesha: Blue Sunrise: 5:49AM Muruqa: Orange Sunset: 6:07PM Nataraja: Purple Moon – Yellow Subha Sivaloka Day Vaisaka*Panguni
Creative Work Siddha Yoga Until 7:35PM Then Routine Work - Marana Yoga					
Wednesday, April 1, 2020		Retreat Star		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Ashtamyam Titau	Pyinmana, Myanmar Sun 22 Sutra 353
Mithuna Rasi: 12.13	Tithi 8	133933468	Gulika 10:25AM – 11:58AM Yama 7:21AM – 8:53AM Rahu 11:58AM – 1:30PM	Ardra Until 8:11PM Sobhana Until 5:47PM Visti Until 4:44PM Ashtami* Until 4:32AM Thu	Ganesha: Blue Sunrise: 5:49AM Muruqa: Orange Sunset: 6:07PM Nataraja: Purple Moon – Yellow Subha Sivaloka Day Vaisaka*Panguni
Creative Work Siddha Yoga					
Thursday, April 2, 2020		Retreat Star		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau	Pyinmana, Myanmar Sun 23 Sutra 354
Mithuna Rasi: 25.19	Tithi 9	143933468	Gulika 8:53AM – 10:25AM Yama 5:48AM – 7:20AM Rahu 1:30PM – 3:02PM	Punarvasu Until 8:17PM Athiganda* Until 4:10PM Balava Until 4:09PM Navami* Until 3:31AM Fri	Ganesha: Yellow Sunrise: 5:48AM Muruqa: Orange Sunset: 6:07PM Nataraja: Purple Moon – Blue Sivaloka Day Vaisaka*Panguni
Creative Work Amrita Yoga					

1	Friday, April 3, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam				Pyinmana, Myanmar
	Kataka Rasi: 8.52 Tithi 10		Pushya Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau				Sun 24 Sutra 355
	143933468	Gulika 7:20AM – 8:52AM	Pushya Until 7:26PM	Ganesha: Yellow <i>Sunrise:</i> 5:47AM			Vikarin 5121
		Yama 3:02PM – 4:34PM	Sukarma Until 1:55PM	Muruqa: Orange <i>Sunset:</i> 6:07PM			Moon 3 - Phase 50
Routine Work Marana Yoga	Rahu 10:24AM – 11:57AM	Taitila Until 2:44PM	Nataraja: Purple			4th Phase	
			Moon – Blue			Sivaloka Day	
			Dashami Until 1:43AM Sat	Vaisaka-Panguni			

2	Saturday, April 4, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam				Pyinmana, Myanmar
	Kataka Rasi: 22.53 Tithi 11		Ashlesha*/Magha* Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Ekadashyam Titau				Sun 25 Sutra 356
	143933468	Gulika 5:46AM – 7:19AM	Ashlesha* Until 5:42PM	Ganesha: Yellow <i>Sunrise:</i> 5:46AM			Vikarin 5121
		Yama 1:29PM – 3:02PM	Dhriti Until 11:04AM	Muruqa: Orange <i>Sunset:</i> 6:07PM			Moon 3 - Phase 50
Routine Work Marana Yoga	Rahu 8:51AM – 10:24AM	Vanija Until 12:33PM	Nataraja: Purple			4th Phase	
Until 5:42PM			Moon – Blue			Sivaloka Day	
Then Creative Work - Amrita Yoga	Yogaswami Mahasamadhi	Ekadashi Until 11:12PM	Vaisaka-Panguni				

3	Sunday, April 5, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam				Pyinmana, Myanmar
	Simha Rasi: 7.23 Tithi 12		Magha*/Purvaphalguni Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Dvadashyam Titau				Sun 26 Sutra 357
	153933468	Gulika 3:02PM – 4:35PM	Magha* Until 3:37PM	Ganesha: White <i>Sunrise:</i> 5:46AM			Vikarin 5121
		Yama 11:56AM – 1:29PM	Shula* Until 7:38AM	Muruqa: Orange <i>Sunset:</i> 6:07PM			Moon 3 - Phase 50
Routine Work Marana Yoga	Rahu 4:35PM – 6:07PM	Bava Until 9:43AM	Nataraja: Purple			4th Phase	
Until 3:37PM			Moon – Red			Subha Sivaloka Day	
Then Creative Work - Siddha Yoga		Dvadashi Until 8:05PM	Vaisaka-Panguni				

4	Monday, April 6, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam				Pyinmana, Myanmar
	Simha Rasi: 22.17 Tithi 13 – 14		Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau				Sun 27 Sutra 358
	154933468	Gulika 1:29PM – 3:02PM	Purvaphalguni Until 12:56PM	Ganesha: Clear <i>Sunrise:</i> 5:45AM			Vikarin 5121
		Yama 10:23AM – 11:56AM	Vriddhi Until 11:39PM	Muruqa: Orange <i>Sunset:</i> 6:07PM			Moon 3 - Phase 50
Family Home Evening	Rahu 7:18AM – 8:50AM	Kaulava Until 6:23AM	Nataraja: Purple			4th Phase	
Creative Work Siddha Yoga			Moon – Red			Sivaloka Day	
		Trayodashi Until 4:33PM	Vaisaka-Panguni				
			<i>Pradosha Vrata</i>				

	Tuesday, April 7, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam				Pyinmana, Myanmar
	Copper Retreat Star		Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashii/Purnimayam Titau				Sutra 359
	154933468	Gulika 11:56AM – 1:29PM	Uttaraphalguni Until 9:50AM	Ganesha: Clear <i>Sunrise:</i> 5:44AM			Vikarin 5121
		Yama 8:50AM – 10:23AM	Dhruva Until 7:19PM	Muruqa: Orange <i>Sunset:</i> 6:08PM			Moon 3 - Phase 50
Creative Work Amrita Yoga	Rahu 3:02PM – 4:35PM	Visti Until 10:49PM	Nataraja: Purple			Purnima	
Until 9:50AM			Moon – Red			Sivaloka Day	
Then Creative Work - Siddha Yoga	Panguni Uttiram	Chaturdashii* Until 12:45PM	Vaisaka-Panguni				

	Wednesday, April 8, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam				Pyinmana, Myanmar
	Silver Retreat Star		Hasta/Chitra Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Sutra 360
	164934468	Gulika 10:22AM – 11:56AM	Hasta Until 6:52AM	Ganesha: Purple <i>Sunrise:</i> 5:43AM			Vikarin 5121
		Yama 7:16AM – 8:49AM	Vyaghata* Until 2:58PM	Muruqa: Clear <i>Sunset:</i> 6:08PM			Moon 3 - Phase 50
Routine Work Marana Yoga	Rahu 11:56AM – 1:29PM	Balava Until 6:57PM	Nataraja: Purple			Prathama	
Until 6:52AM			Moon – Green			Devaloka Day	
Then Creative Work - Siddha Yoga		Purnima* Until 8:51AM	Vaisaka-Panguni				

By knowing Siva, the Auspicious One who is hidden in all things, exceedingly fine, like film arising from clarified butter, the One embracer of the universe—by realizing God, one is released from all fetters. Krishna Yajur Veda



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

Pyinmana, Myanmar
Sutra 361

Tula Rasi: 8.01 Tithi 17

Gulika 8:49AM – 10:22AM
Yama 5:43AM – 7:16AM
164934468 **Rahu** 1:28PM – 3:02PM

Svati Until 12:57AM Fri
Harshana Until 10:45AM
Taitila Until 3:15PM
Dvitiya Until 1:30AM Fri

Ganesha: Purple *Sunrise:* 5:43AM
Muruqa: Clear *Sunset:* 6:08PM
Nataraja: Purple
Moon – Green
Vaisaka•Panguni

Moon 4 - Phase 51
1st Phase

Creative Work Amrita Yoga
Until 12:57AM Fri
Then Creative Work - Siddha Yoga

Devaloka Day

1

Friday, April 10, 2020

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

Pyinmana, Myanmar
Sun 1 Sutra 362

Tula Rasi: 23.02 Tithi 18

Gulika 7:15AM – 8:48AM
Yama 3:02PM – 4:35PM
174134468 **Rahu** 10:22AM – 11:55AM

Vishakha Until 10:45PM
Vajra* Until 6:46AM
Vanija Until 11:54AM
Tritiya Until 10:24PM

Ganesha: Yellow *Sunrise:* 5:42AM
Muruqa: Clear *Sunset:* 6:08PM
Nataraja: Purple
Moon – Orange
Vaisaka•Panguni

Moon 4 - Phase 51
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

2

Saturday, April 11, 2020

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

Pyinmana, Myanmar
Sun 2 Sutra 363

Virschika Rasi: 7.43 Tithi 19

Gulika 5:41AM – 7:15AM
Yama 1:28PM – 3:01PM
174134468 **Rahu** 8:48AM – 10:21AM

Anuradha Until 9:01PM
Vyatipata* Until 12:09AM Sun
Bava Until 9:04AM
Chaturthi* Until 7:52PM

Ganesha: Yellow *Sunrise:* 5:41AM
Muruqa: Clear *Sunset:* 6:08PM
Nataraja: Purple
Moon – Orange
Vaisaka•Panguni

Moon 4 - Phase 51
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

3

Sunday, April 12, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam
Jyeshtha* Nakshatra Varyan Yoga Kaulava/Taitila Karana Panchamyam Titau

Pyinmana, Myanmar
Sun 3 Sutra 364

Virschika Rasi: 21.55 Tithi 20

Gulika 3:01PM – 4:35PM
Yama 11:54AM – 1:28PM
174134468 **Rahu** 4:35PM – 6:08PM

Jyeshtha* Until 7:51PM
Varyan Until 9:41PM
Kaulava Until 6:54AM
Panchami Until 6:05PM

Ganesha: Yellow *Sunrise:* 5:40AM
Muruqa: Clear *Sunset:* 6:08PM
Nataraja: Purple
Moon – Orange
Vaisaka•Panguni

Moon 4 - Phase 51
1st Phase

Routine Work Marana Yoga
Until 7:51PM
Then Creative Work - Amrita Yoga

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

Pyinmana, Myanmar
Sun 4 Sutra 1

Dhanus Rasi: 5.38 Tithi 21 – 22

Family Home Evening

Gulika 1:28PM – 3:01PM
Yama 10:21AM – 11:54AM
184134468 **Rahu** 7:13AM – 8:47AM

Mula* Until 7:49PM
Parigha* Until 7:54PM
Visti Until 4:57AM Tue
Shashthi* Until 5:06PM

Ganesha: Blue *Sunrise:* 5:40AM
Muruqa: Clear *Sunset:* 6:09PM
Nataraja: Purple
Moon – Light Blue
Vaisaka•Chaitra

Moon 4 - Phase 51
1st Phase

Creative Work Siddha Yoga
Until 7:49PM
Then Routine Work - Marana Yoga

Devaloka Day

Tamil New Year

5

Tuesday, April 14, 2020

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

Pyinmana, Myanmar
Sun 5 Sutra 2

Dhanus Rasi: 18.53 Tithi 22 – 23

Gulika 11:54AM – 1:28PM
Yama 8:47AM – 10:20AM
284134468 **Rahu** 3:01PM – 4:35PM

Purvashadha* Until 8:27PM
Shiva Until 6:48PM
Balava Until 5:15AM Wed
Saptami Until 4:59PM

Ganesha: Yellow *Sunrise:* 5:39AM
Muruqa: Clear *Sunset:* 6:09PM
Nataraja: Purple
Moon – Light Blue
Vaisaka•Chaitra

Moon 4 - Phase 51
1st Phase

Creative Work Siddha Yoga
Until 8:27PM
Then Routine Work - Prabalarishta Yoga

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 Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Pyinmana, Myanmar
Sun 6 Sutra 3

Makara Rasi: 1.43 Tithi 23 – 24

Gulika 10:20AM – 11:54AM
Yama 7:12AM – 8:46AM
284134468 **Rahu** 11:54AM – 1:28PM

Uttarashadha Until 9:42PM
Siddha Until 6:18PM
Taitila Until 6:17AM Thu
Ashtami* Until 5:40PM

Ganesha: Yellow *Sunrise:* 5:38AM
Muruqa: Clear *Sunset:* 6:09PM
Nataraja: Purple
Moon – Light Blue
Vaisaka•Chaitra

Moon 4 - Phase 51
Ashtami

Creative Work Amrita Yoga
Until 9:42PM
Then Creative Work - Siddha Yoga

Sivaloka Day

Thursday, April 16, 2020

Retreat Star

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

Pyinmana, Myanmar
Sun 7 Sutra 4

Makara Rasi: 14.11 Tithi 24

Gulika 8:46AM – 10:20AM
Yama 5:38AM – 7:12AM
294134468 **Rahu** 1:27PM – 3:01PM

Shravana Until 11:54PM
Sadhya Until 6:20PM
Taitila Until 6:17AM
Navami* Until 7:02PM

Ganesha: Blue *Sunrise:* 5:38AM
Muruqa: Clear *Sunset:* 6:09PM
Nataraja: Purple
Moon – Purple
Vaisaka•Chaitra

Moon 4 - Phase 51
Navami

Creative Work Siddha Yoga

Devaloka Day

Chidambaram Abhishekam


1		Friday, April 17, 2020				Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Vanija/Visti* Karana Dashamyam Titau		Pyinmana, Myanmar Sun 8 Sutra 5	
Makara Rasi: 26.24	Tithi 25	Gulika 7:11AM – 8:45AM	Dhanishtha Until 2:25AM Sat	Ganesha: Blue	<i>Sunrise:</i> 5:37AM			Sarvari 5122	
		Yama 3:01PM – 4:35PM	Subha Until 6:48PM	Muruqa: Clear	<i>Sunset:</i> 6:09PM		Moon 4 - Phase 1		
		294134468 Rahu 10:19AM – 11:53AM	Vanija Until 7:56AM	Nataraja: Purple			2nd Phase		
Creative Work	Siddha Yoga		Dashami Until 8:55PM	Moon – Purple			Devaloka Day		
Until 2:25AM Sat				Vaisaka-Chaitra					
Then Creative Work - Amrita Yoga									

2		Saturday, April 18, 2020				Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mantra Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Bava/Balava Karana Ekadashyam Titau		Pyinmana, Myanmar Sun 9 Sutra 6	
Kumbha Rasi: 8.26	Tithi 26	Gulika 5:36AM – 7:11AM	Shatabhishak Until 5:04AM Sun	Ganesha: Yellow	<i>Sunrise:</i> 5:36AM			Sarvari 5122	
		Yama 1:27PM – 3:01PM	Sukla Until 7:30PM	Muruqa: Clear	<i>Sunset:</i> 6:10PM		Moon 4 - Phase 1		
		295134468 Rahu 8:45AM – 10:19AM	Bava Until 10:01AM	Nataraja: Purple			2nd Phase		
Creative Work	Amrita Yoga		Ekadashi* Until 11:09PM	Moon – Purple			Sivaloka Day		
Until 5:04AM Sun				Vaisaka-Chaitra					
Then Creative Work - Siddha Yoga									

3		Sunday, April 19, 2020				Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Kaulava/Taitila Karana Dvadashyam Titau		Pyinmana, Myanmar Sun 10 Sutra 7	
Kumbha Rasi: 20.22	Tithi 27	Gulika 3:01PM – 4:36PM	Purvaproshtapada* Until 8:11AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:36AM			Sarvari 5122	
		Yama 11:53AM – 1:27PM	Brahma Until 8:22PM	Muruqa: Clear	<i>Sunset:</i> 6:10PM		Moon 4 - Phase 1		
		215134468 Rahu 4:36PM – 6:10PM	Kaulava Until 12:21PM	Nataraja: Purple			2nd Phase		
Creative Work	Siddha Yoga		Dvadashi* Until 1:33AM Mon	Moon – Clear			Sivaloka Day		
Until 8:11AM				Vaisaka-Chaitra					
Then Creative Work - Siddha Yoga									

4		Monday, April 20, 2020				Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Indra Yoga Gara/Vanija Karana Trayodashyam Titau		Pyinmana, Myanmar Sun 11 Sutra 8	
Meena Rasi: 2.14	Tithi 28	Gulika 1:27PM – 3:01PM	Purvaproshtapada* Until 8:11AM	Ganesha: Yellow	<i>Sunrise:</i> 5:35AM			Sarvari 5122	
Family Home Evening		Yama 10:18AM – 11:53AM	Indra Until 9:18PM	Muruqa: Clear	<i>Sunset:</i> 6:10PM		Moon 4 - Phase 1		
Routine Work	Marana Yoga	215134468 Rahu 7:09AM – 8:44AM	Gara Until 2:48PM	Nataraja: Purple			2nd Phase		
Until 8:11AM			Trayodashi* Until 4:00AM Tue	Moon – Clear			Sivaloka Day		
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>	Vaisaka-Chaitra					

5		Tuesday, April 21, 2020				Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada* Revati Nakshatra Vaidhriti* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Pyinmana, Myanmar Sun 12 Sutra 9	
Meena Rasi: 14.07	Tithi 29	Gulika 11:52AM – 1:27PM	Uttaraproshtapada Until 11:09AM	Ganesha: Yellow	<i>Sunrise:</i> 5:34AM			Sarvari 5122	
		Yama 8:43AM – 10:18AM	Vaidhriti* Until 10:11PM	Muruqa: Clear	<i>Sunset:</i> 6:10PM		Moon 4 - Phase 1		
		215134468 Rahu 3:01PM – 4:36PM	Visti Until 5:14PM	Nataraja: Purple			2nd Phase		
Creative Work	Amrita Yoga		Chaturdashi* Until 6:24AM Wed	Moon – Clear			Sivaloka Day		
Until 11:09AM				Vaisaka-Chaitra					
Then Creative Work - Siddha Yoga									

		Wednesday, April 22, 2020				Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Pyinmana, Myanmar Sun 13 Sutra 10	
Retreat Star		Gulika 10:18AM – 11:52AM	Revati Until 1:53PM	Ganesha: Yellow	<i>Sunrise:</i> 5:34AM			Sarvari 5122	
Meena Rasi: 25.59	Tithi 29 – 30	Yama 7:08AM – 8:43AM	Vishkambha* Until 11:01PM	Muruqa: Clear	<i>Sunset:</i> 6:11PM		Moon 4 - Phase 1		
		215134468 Rahu 11:52AM – 1:27PM	Catuspada Until 7:35PM	Nataraja: Purple			Amavasya		
Routine Work	Marana Yoga		Chaturdashi* Until 6:24AM	Moon – Clear			Sivaloka Day		
				Vaisaka-Chaitra					

Retreat Star		Thursday, April 23, 2020				Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Pyinmana, Myanmar Sun 14 Sutra 11	
Mesha Rasi: 7.55	Tithi 30 – 1	Gulika 8:43AM – 10:17AM	Ashvini Until 4:49PM	Ganesha: Red	<i>Sunrise:</i> 5:33AM			Sarvari 5122	
		Yama 5:33AM – 7:08AM	Priti Until 11:45PM	Muruqa: Clear	<i>Sunset:</i> 6:11PM		Moon 4 - Phase 1		
		225134468 Rahu 1:27PM – 3:01PM	Kintughna Until 9:47PM	Nataraja: Purple			Prathama		
Creative Work	Amrita Yoga		Amavasya* Until 8:41AM	Moon – White			Sivaloka Day		
Until 4:49PM				•Chaitra					
Then Creative Work - Siddha Yoga									

1	Friday, April 24, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Pynmana, Myanmar Sun 15 Sutra 12	
	Mesha Rasi: 19.55	Tithi 1 – 2	Gulika 7:07AM – 8:42AM	Bharani Until 7:24PM	Ganesha: Red	<i>Sunrise:</i> 5:33AM	Sarvari 5122	
			Yama 3:01PM – 4:36PM	Ayushman Until 12:17AM Sat	Muruqa: Clear	<i>Sunset:</i> 6:11PM	Moon 4 - Phase 2	
	Creative Work	Siddha Yoga	225134469 Rahu 10:17AM – 11:52AM	Balava Until 11:46PM	Nataraja: Clear		3rd Phase	
			Prathama* Until 10:47AM	Moon – White		Devaloka Day		
				-Chaitra				

2	Saturday, April 25, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Pynmana, Myanmar Sun 16 Sutra 13	
	Wrishabha Rasi: 2	Tithi 2 – 3	Gulika 5:32AM – 7:07AM	Krittika Until 9:34PM	Ganesha: Red	<i>Sunrise:</i> 5:32AM	Sarvari 5122	
			Yama 1:27PM – 3:01PM	Saubhagya Until 12:37AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:11PM	Moon 4 - Phase 2	
	Creative Work	Amrita Yoga	225134469 Rahu 8:42AM – 10:17AM	Taitila Until 1:29AM Sun	Nataraja: Clear		3rd Phase	
			Dvitiya Until 12:39PM	Moon – White		Devaloka Day		
				-Chaitra				

3	Sunday, April 26, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Pynmana, Myanmar Sun 17 Sutra 14	
	Wrishabha Rasi: 14.13	Tithi 3 – 4	Gulika 3:01PM – 4:36PM	Rohini Until 11:44PM	Ganesha: Yellow	<i>Sunrise:</i> 5:31AM	Sarvari 5122	
			Yama 11:51AM – 1:26PM	Sobhana Until 12:42AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:11PM	Moon 4 - Phase 2	
	Creative Work	Siddha Yoga	235134469 Rahu 4:36PM – 6:11PM	Vanija Until 2:50AM Mon	Nataraja: Clear		3rd Phase	
			Tritiya Until 2:11PM	Moon – Yellow		Devaloka Day		
				-Chaitra				

4	Monday, April 27, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Pynmana, Myanmar Sun 18 Sutra 15	
	Wrishabha Rasi: 26.34	Tithi 4 – 5	Gulika 1:26PM – 3:02PM	Mrigashira Until 1:18AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 5:31AM	Sarvari 5122	
	Family Home Evening		Yama 10:16AM – 11:51AM	Athiganda* Until 12:25AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:12PM	Moon 4 - Phase 2	
	Creative Work	Amrita Yoga	235134469 Rahu 7:06AM – 8:41AM	Bava Until 3:45AM Tue	Nataraja: Clear		3rd Phase	
			Chaturthi* Until 3:20PM	Moon – Yellow		Devaloka Day		
				-Chaitra				

5	Tuesday, April 28, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Pynmana, Myanmar Sun 19 Sutra 16	
	Mithuna Rasi: 9.08	Tithi 5 – 6	Gulika 11:51AM – 1:26PM	Ardra Until 2:13AM Wed	Ganesha: Blue	<i>Sunrise:</i> 5:30AM	Sarvari 5122	
			Yama 8:41AM – 10:16AM	Sukarma Until 11:45PM	Muruqa: Clear	<i>Sunset:</i> 6:12PM	Moon 4 - Phase 2	
	Routine Work	Marana Yoga	236134469 Rahu 3:02PM – 4:37PM	Kaulava Until 4:07AM Wed	Nataraja: Clear		3rd Phase	
			Panchami Until 3:59PM	Moon – Yellow		Bhuloka Day		
				-Chaitra		Devaloka Time: 3:PM to 6:PM		

6	Wednesday, April 29, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Pynmana, Myanmar Sun 20 Sutra 17	
	Mithuna Rasi: 21.56	Tithi 6 – 7	Gulika 10:16AM – 11:51AM	Punarvasu Until 2:51AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 5:30AM	Sarvari 5122	
			Yama 7:05AM – 8:40AM	Dhriti Until 10:37PM	Muruqa: Clear	<i>Sunset:</i> 6:12PM	Moon 4 - Phase 2	
	Creative Work	Siddha Yoga	246134469 Rahu 11:51AM – 1:26PM	Gara Until 3:52AM Thu	Nataraja: Clear		3rd Phase	
			Shashthi* Until 4:03PM	Moon – Blue		Devaloka Day		
				-Chaitra				

Retreat Star	Thursday, April 30, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Pynmana, Myanmar Sun 21 Sutra 18	
	Kataka Rasi: 5.04	Tithi 7 – 8	Gulika 8:40AM – 10:15AM	Pushya Until 2:41AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 5:29AM	Sarvari 5122	
			Yama 5:29AM – 7:05AM	Shula* Until 8:57PM	Muruqa: Clear	<i>Sunset:</i> 6:12PM	Moon 4 - Phase 2	
	Creative Work	Amrita Yoga	246134469 Rahu 1:26PM – 3:02PM	Visti Until 2:58AM Fri	Nataraja: Clear		3rd Phase	
			Saptami Until 3:29PM	Moon – Blue		Devaloka Day		
				-Chaitra				

Retreat Star	Friday, May 1, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Pynmana, Myanmar Sun 22 Sutra 19	
	Kataka Rasi: 18.32	Tithi 8 – 9	Gulika 7:04AM – 8:39AM	Ashlesha* Until 1:42AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 5:28AM	Sarvari 5122	
			Yama 3:02PM – 4:37PM	Ganda* Until 6:45PM	Muruqa: Clear	<i>Sunset:</i> 6:13PM	Moon 4 - Phase 2	
	Routine Work	Marana Yoga	246134469 Rahu 10:15AM – 11:51AM	Balava Until 1:24AM Sat	Nataraja: Clear		Ashtami	
			Ashtami* Until 2:15PM	Moon – Blue		Devaloka Day		
				-Chaitra				

Retreat Star	Saturday, May 2, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Pynmana, Myanmar Sun 23 Sutra 20	
	Simha Rasi: 2.25	Tithi 9 – 10	Gulika 5:28AM – 7:03AM	Magha* Until 12:24AM Sun	Ganesha: White	<i>Sunrise:</i> 5:28AM	Sarvari 5122	
			Yama 1:26PM – 3:02PM	Vriddhi Until 4:03PM	Muruqa: Clear	<i>Sunset:</i> 6:13PM	Moon 4 - Phase 2	
	Creative Work	Amrita Yoga	256134469 Rahu 8:39AM – 10:15AM	Taitila Until 11:13PM	Nataraja: Clear		Navami	
			Navami* Until 12:22PM	Moon – Red		Bhuloka Day		
				-Chaitra		Devaloka Time: 3:PM to 6:PM		

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

1 Sunday, May 3, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Pyinmana, Myanmar Sun 24 Sutra 21
Simha Rasi: 16.41	Tithi 10 - 11	Gulika 3:02PM - 4:38PM	Purvaphalguni Until 10:26PM	Ganesha: White	<i>Sunrise:</i> 5:27AM	Sarvari 5122
		Yama 11:50AM - 1:26PM	Dhruva Until 12:52PM	Muruqa: Clear	<i>Sunset:</i> 6:14PM	Moon 4 - Phase 3
	256134469	Rahu 4:38PM - 6:14PM	Vanija Until 8:29PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Dashami Until 9:54AM	Moon - Red		
Until 10:26PM				-Chaitra		Bhuloka Day
Then Creative Work - Amrita Yoga						Devaloka Time: 3:PM to 6:PM

2 Monday, May 4, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Visti*/Balava Karana Ekadashi/Dvadashyam Titau				Pyinmana, Myanmar Sun 25 Sutra 22
Kanya Rasi: 1.18	Tithi 11 - 12	Gulika 1:26PM - 3:02PM	Uttaraphalguni Until 7:54PM	Ganesha: Clear	<i>Sunrise:</i> 5:27AM	Sarvari 5122
Family Home Evening		Yama 10:14AM - 11:50AM	Vyaghata* Until 9:18AM	Muruqa: Clear	<i>Sunset:</i> 6:14PM	Moon 4 - Phase 3
	256234469	Rahu 7:03AM - 8:39AM	Balava Until 3:38AM Tue	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 6:56AM	Moon - Red		
				-Chaitra		Devaloka Day

3 Tuesday, May 5, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Pyinmana, Myanmar Sun 26 Sutra 23
Kanya Rasi: 16.11	Tithi 13	Gulika 11:50AM - 1:26PM	Hasta Until 5:23PM	Ganesha: Clear	<i>Sunrise:</i> 5:26AM	Sarvari 5122
		Yama 8:38AM - 10:14AM	Vajra* Until 1:27AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:14PM	Moon 4 - Phase 3
	267234469	Rahu 3:02PM - 4:38PM	Kaulava Until 1:54PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 12:06AM Wed	Moon - Green		
				-Chaitra		Devaloka Day
			<i>Pradosha Vrata</i>			

4 Wednesday, May 6, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Pyinmana, Myanmar Sun 27 Sutra 24
Tula Rasi: 1.14	Tithi 14	Gulika 10:14AM - 11:50AM	Chitra Until 2:37PM	Ganesha: Clear	<i>Sunrise:</i> 5:26AM	Sarvari 5122
		Yama 7:02AM - 8:38AM	Siddhi Until 9:24PM	Muruqa: Clear	<i>Sunset:</i> 6:14PM	Moon 4 - Phase 3
	267234469	Rahu 11:50AM - 1:26PM	Gara Until 10:20AM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 8:32PM	Moon - Green		
				-Chaitra		Devaloka Day

Thursday, May 7, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Visti*/Balava Karana Purnima/Prathamayam Titau				Pyinmana, Myanmar Sutra 25
Copper Retreat Star		Gulika 8:38AM - 10:14AM	Svati Until 11:46AM	Ganesha: Clear	<i>Sunrise:</i> 5:25AM	Sarvari 5122
Tula Rasi: 16.18	Tithi 15 - 16	Yama 5:25AM - 7:02AM	Vyatipata* Until 5:27PM	Muruqa: Clear	<i>Sunset:</i> 6:15PM	Moon 4 - Phase 3
	267234469	Rahu 1:26PM - 3:02PM	Visti Until 6:47AM	Nataraja: Clear		Purnima
Creative Work	Amrita Yoga		Purnima* Until 5:03PM	Moon - Green		
Until 11:46AM		Chitra Purnima (Tamil Nadu)		-Chaitra		Devaloka Day
Then Creative Work - Siddha Yoga						

Friday, May 8, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Pyinmana, Myanmar Sutra 26
Silver Retreat Star		Gulika 7:01AM - 8:38AM	Vishakha Until 9:26AM	Ganesha: Purple	<i>Sunrise:</i> 5:25AM	Sarvari 5122
Vrischika Rasi: 1.13	Tithi 16 - 17	Yama 3:03PM - 4:39PM	Variyan Until 1:43PM	Muruqa: Clear	<i>Sunset:</i> 6:15PM	Moon 4 - Phase 3
	277234469	Rahu 10:14AM - 11:50AM	Taitila Until 12:25AM Sat	Nataraja: Clear		Prathama
Creative Work	Siddha Yoga		Prathama* Until 1:51PM	Moon - Orange		
				-Chaitra		Bhuloka Day
						Devaloka Time: 3:PM to 6:PM