



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

Tula Rasi: 28.1 Tithi 17 – 18

274483468

Routine Work Marana Yoga

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

**Gulika** 3:23PM – 5:03PM  
Yama 12:04PM – 1:44PM  
**Rahu** 5:03PM – 6:42PM

**Vishakha** Until 2:58PM  
Vyatipata\* Until 1:29AM Mon  
Vanija Until 9:53PM  
**Dvitiya** Until 10:31AM

**Ganesha:** Blue *Sunrise:* 5:26AM  
**Muruqa:** Yellow *Sunset:* 6:42PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Chaitra**

Tehran, Iran  
Sutra 7  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**1**

**Monday, April 22, 2019**

Vrischika Rasi: 11.49 Tithi 18 – 19

**Family Home Evening**

Creative Work Siddha Yoga

274483468

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

**Gulika** 1:44PM – 3:24PM  
Yama 10:24AM – 12:04PM  
**Rahu** 7:04AM – 8:44AM

**Anuradha** Until 2:43PM  
Variyan Until 11:53PM  
Bava Until 9:09PM  
**Tritiya** Until 9:24AM

**Ganesha:** Blue *Sunrise:* 5:24AM  
**Muruqa:** Yellow *Sunset:* 6:43PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Chaitra**

Tehran, Iran  
Sun 1  
Sutra 8  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**2**

**Tuesday, April 23, 2019**

Vrischika Rasi: 25.01 Tithi 19 – 20

Routine Work Marana Yoga

Until 3:05PM

Then Creative Work - Amrita Yoga

274483468

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

**Gulika** 12:04PM – 1:44PM  
Yama 8:43AM – 10:24AM  
**Rahu** 3:24PM – 5:04PM

**Jyeshtha\*** Until 3:05PM  
Parigha\* Until 10:57PM  
Kaulava Until 9:13PM  
**Chaturthi\*** Until 9:03AM

**Ganesha:** Blue *Sunrise:* 5:23AM  
**Muruqa:** Yellow *Sunset:* 6:44PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Chaitra**

Tehran, Iran  
Sun 2  
Sutra 9  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**3**

**Wednesday, April 24, 2019**

Dhanus Rasi: 7.48 Tithi 20 – 21

Routine Work Marana Yoga

Until 4:34PM

Then Creative Work - Amrita Yoga

284483468

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

**Gulika** 10:23AM – 12:03PM  
Yama 7:02AM – 8:43AM  
**Rahu** 12:03PM – 1:44PM

**Mula\*** Until 4:34PM  
Shiva Until 10:39PM  
Gara Until 10:06PM  
**Panchami** Until 9:32AM

**Ganesha:** Yellow *Sunrise:* 5:22AM  
**Muruqa:** Yellow *Sunset:* 6:45PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

Tehran, Iran  
Sun 3  
Sutra 10  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Sivaloka Day**

**4**

**Thursday, April 25, 2019**

Dhanus Rasi: 20.14 Tithi 21 – 22

Creative Work Siddha Yoga

Until 6:38PM

Then Routine Work - Marana Yoga

284483469

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

**Gulika** 8:42AM – 10:23AM  
Yama 5:21AM – 7:01AM  
**Rahu** 1:44PM – 3:24PM

**Purvashadha\*** Until 6:38PM  
Siddha Until 10:53PM  
Visti Until 11:42PM  
**Shashthi\*** Until 10:48AM

**Ganesha:** Yellow *Sunrise:* 5:21AM  
**Muruqa:** Yellow *Sunset:* 6:46PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra•Chaitra**

Tehran, Iran  
Sun 4  
Sutra 11  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**5**

**Friday, April 26, 2019**

**Retreat Star**

Makara Rasi: 2.23 Tithi 22 – 23

Routine Work Marana Yoga

284583469

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

**Gulika** 7:01AM – 8:41AM  
Yama 3:25PM – 5:06PM  
**Rahu** 10:22AM – 12:03PM

**Uttarashadha** Until 9:05PM  
Sadhya Until 11:34PM  
Balava Until 1:52AM Sat  
**Saptami** Until 12:43PM

**Ganesha:** Red *Sunrise:* 5:20AM  
**Muruqa:** Yellow *Sunset:* 6:46PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra•Chaitra**

Tehran, Iran  
Sun 5  
Sutra 12  
Vikarin 5121  
Moon 4 - Phase 2  
Ashtami

**Devaloka Day**

**Saturday, April 27, 2019**

**Retreat Star**

Makara Rasi: 14.19 Tithi 23 – 24

Creative Work Siddha Yoga

Until 12:14AM Sun

Then Routine Work - Marana Yoga

294583469

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

**Gulika** 5:19AM – 7:00AM  
Yama 1:44PM – 3:25PM  
**Rahu** 8:41AM – 10:22AM

**Shravana** Until 12:14AM Sun  
Subha Until 12:31AM Sun  
Taitila Until 4:21AM Sun  
**Ashtami\*** Until 3:04PM

**Ganesha:** Green *Sunrise:* 5:19AM  
**Muruqa:** Yellow *Sunset:* 6:47PM  
**Nataraja:** Clear  
Moon – Purple  
**Chaitra•Chaitra**

Tehran, Iran  
Sun 6  
Sutra 13  
Vikarin 5121  
Moon 4 - Phase 2  
Navami

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

<b>1 Sunday, April 28, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Dhanishtha Nakshatra Sukla Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Tehran, Iran Sun 7 Sutra 14 Vikarin 5121
Makara Rasi: 26.1	Tithi 24 – 25	<b>Gulika</b> 3:25PM – 5:07PM	<b>Dhanishtha</b> Until 3:18AM Mon	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:17AM	
		Yama 12:03PM – 1:44PM	Sukla Until 1:31AM Mon	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:48PM	Moon 4 - Phase 3
		294583469 <b>Rahu</b> 5:07PM – 6:48PM	Vanija Until 6:54AM Mon	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga		<b>Navami*</b> Until 5:36PM	Moon – Purple		<b>Bhuloka Day</b>
Until 3:18AM Mon				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>2 Monday, April 29, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yukhtayam Shatabhishak Nakshatra Brahma Yoga Vanija/Visti* Karana Dashamyam Titau				Tehran, Iran Sun 8 Sutra 15 Vikarin 5121
Kumbha Rasi: 7.59	Tithi 25	<b>Gulika</b> 1:44PM – 3:26PM	<b>Shatabhishak</b> Until 6:04AM Tue	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:16AM	
<b>Family Home Evening</b>		Yama 10:21AM – 12:03PM	Brahma Until 2:27AM Tue	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:49PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	294583469 <b>Rahu</b> 6:58AM – 8:39AM	Vanija Until 6:54AM	<b>Nataraja:</b> Clear		2nd Phase
Until 6:04AM Tue			<b>Dashami</b> Until 8:06PM	Moon – Purple		<b>Bhuloka Day</b>
Then Routine Work - Marana Yoga				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM

<b>3 Tuesday, April 30, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yukhtayam Shatabhishak/Purvaprosnthapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau				Tehran, Iran Sun 9 Sutra 16 Vikarin 5121
Kumbha Rasi: 19.52	Tithi 26	<b>Gulika</b> 12:02PM – 1:44PM	<b>Shatabhishak</b> Until 6:04AM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:15AM	
		Yama 8:39AM – 10:21AM	Indra Until 3:09AM Wed	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:50PM	Moon 4 - Phase 3
		294583469 <b>Rahu</b> 3:26PM – 5:08PM	Bava Until 9:16AM	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga		<b>Ekadashi*</b> Until 10:19PM	Moon – Purple		<b>Bhuloka Day</b>
Until 8:51AM				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>4 Wednesday, May 1, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yukhtayam Purvaprosnthapada*/Uttaraprosnthapada Nakshatra Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Tehran, Iran Sun 10 Sutra 17 Vikarin 5121
Meena Rasi: 1.53	Tithi 27	<b>Gulika</b> 10:20AM – 12:02PM	<b>Purvaprosnthapada*</b> Until 8:51AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:14AM	
		Yama 6:56AM – 8:38AM	Vaidhriti* Until 3:29AM Thu	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:51PM	Moon 4 - Phase 3
		214583469 <b>Rahu</b> 12:02PM – 1:44PM	Kaulava Until 11:17AM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Amrita Yoga		<b>Dvadashi*</b> Until 12:06AM Thu	Moon – Clear		<b>Bhuloka Day</b>
Until 8:51AM				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>5 Thursday, May 2, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yukhtayam Uttaraprosnthapada/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Tehran, Iran Sun 11 Sutra 18 Vikarin 5121
Meena Rasi: 14.04	Tithi 28	<b>Gulika</b> 8:38AM – 10:20AM	<b>Uttaraprosnthapada</b> Until 11:01AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:13AM	
		Yama 5:13AM – 6:55AM	Vishkambha* Until 3:26AM Fri	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:51PM	Moon 4 - Phase 3
		214583469 <b>Rahu</b> 1:45PM – 3:27PM	Gara Until 12:49PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 1:22AM Fri	Moon – Clear		<b>Bhuloka Day</b>
Until 12:31PM				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>6 Friday, May 3, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yukhtayam Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Tehran, Iran Sun 12 Sutra 19 Vikarin 5121
Meena Rasi: 26.29	Tithi 29	<b>Gulika</b> 6:55AM – 8:37AM	<b>Revati</b> Until 12:31PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:12AM	
		Yama 3:27PM – 5:10PM	Priti Until 2:58AM Sat	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:52PM	Moon 4 - Phase 3
		215583469 <b>Rahu</b> 10:20AM – 12:02PM	Visti Until 1:49PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 2:06AM Sat	Moon – Clear		<b>Bhuloka Day</b>
Until 12:31PM				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Tehran, Iran Sun 13 Sutra 20 Vikarin 5121
Mesha Rasi: 9.09	Tithi 30	<b>Gulika</b> 5:11AM – 6:54AM	<b>Ashvini</b> Until 1:48PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:11AM	
		Yama 1:45PM – 3:28PM	Ayushman Until 2:04AM Sun	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:53PM	Moon 4 - Phase 3
		225583469 <b>Rahu</b> 8:36AM – 10:19AM	Catuspada Until 2:17PM	<b>Nataraja:</b> Clear		Amavasya
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 2:17AM Sun	Moon – White		<b>Bhuloka Day</b>
Until 2:25PM				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Tehran, Iran Sun 14 Sutra 21 Vikarin 5121
Mesha Rasi: 22.04	Tithi 1	<b>Gulika</b> 3:28PM – 5:11PM	<b>Bharani</b> Until 2:25PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:10AM	
		Yama 12:02PM – 1:45PM	Saubhagya Until 12:48AM Mon	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:54PM	Moon 4 - Phase 3
		225583469 <b>Rahu</b> 5:11PM – 6:54PM	Kintughna Until 2:13PM	<b>Nataraja:</b> Clear		Prathama
Routine Work	Prabalarishta Yoga		<b>Prathama*</b> Until 2:00AM Mon	Moon – White		<b>Bhuloka Day</b>
Until 2:25PM				<b>Vaisaka+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

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

<b>Monday, May 6, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Tehran, Iran Sun 15 Sutra 22 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:45PM – 3:28PM	<b>Krittika</b> Until 2:28PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:09AM	
Vrishabha Rasi: 5.13	Tithi 2	Yama 10:19AM – 12:02PM	Sobhana Until 11:13PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:55PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	225583469	<b>Rahu</b> 6:52AM – 8:35AM	Balava Until 1:43PM	<b>Nataraja:</b> Clear		3rd Phase
Routine Work Marana Yoga			<b>Dvitiya</b> Until 1:19AM Tue	Moon – White	<b>Bhuloka Day</b>	
Until 2:28PM				<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

<b>Tuesday, May 7, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Tehran, Iran Sun 16 Sutra 23 Vikarin 5121
<b>2</b>		<b>Gulika</b> 12:02PM – 1:45PM	<b>Rohini</b> Until 2:26PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:08AM	
Vrishabha Rasi: 18.35	Tithi 3	Yama 8:35AM – 10:18AM	Athiganda* Until 9:20PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:56PM	Moon 4 - Phase 4
	235583469	<b>Rahu</b> 3:29PM – 5:12PM	Taitila Until 12:51PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Amrita Yoga			<b>Tritiya</b> Until 12:16AM Wed	Moon – Yellow	<b>Bhuloka Day</b>	
Until 2:26PM		<b>Akshaya Tritiya</b>		<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga						

<b>Wednesday, May 8, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau				Tehran, Iran Sun 17 Sutra 24 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:18AM – 12:02PM	<b>Mrigashira</b> Until 1:57PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:07AM	
Mithuna Rasi: 2.08	Tithi 4	Yama 6:51AM – 8:34AM	Sukarma Until 7:14PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:56PM	Moon 4 - Phase 4
	235583469	<b>Rahu</b> 12:02PM – 1:45PM	Vanija Until 11:40AM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Chaturthi*</b> Until 10:57PM	Moon – Yellow	<b>Bhuloka Day</b>	
				<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	

<b>Thursday, May 9, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Panchamyam Titau				Tehran, Iran Sun 18 Sutra 25 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:34AM – 10:18AM	<b>Ardra</b> Until 1:05PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:06AM	
Mithuna Rasi: 15.5	Tithi 5	Yama 5:06AM – 6:50AM	Dhriti Until 4:58PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:57PM	Moon 4 - Phase 4
	235583469	<b>Rahu</b> 1:46PM – 3:29PM	Bava Until 10:13AM	<b>Nataraja:</b> Clear		3rd Phase
Routine Work Marana Yoga			<b>Panchami</b> Until 9:24PM	Moon – Yellow	<b>Bhuloka Day</b>	
Until 1:05PM				<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

<b>Friday, May 10, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau				Tehran, Iran Sun 19 Sutra 26 Vikarin 5121
<b>5</b>		<b>Gulika</b> 6:49AM – 8:33AM	<b>Punarvasu</b> Until 12:18PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:05AM	
Mithuna Rasi: 29.4	Tithi 6	Yama 3:30PM – 5:14PM	Shula* Until 2:29PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:58PM	Moon 4 - Phase 4
	245583469	<b>Rahu</b> 10:17AM – 12:02PM	Kaulava Until 8:34AM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Shashthi*</b> Until 7:39PM	Moon – Blue	<b>Devaloka Day</b>	
Until 12:18PM				<b>Vaisaka-Chaitra</b>		
Then Routine Work - Marana Yoga						

<b>Saturday, May 11, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi Yoga Gara/Visti* Karana Saptami/Ashtamyam Titau				Tehran, Iran Sun 20 Sutra 27 Vikarin 5121
<b>6</b>		<b>Gulika</b> 5:04AM – 6:49AM	<b>Pushya</b> Until 11:10AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:04AM	
Kataka Rasi: 13.38	Tithi 7 – 8	Yama 1:46PM – 3:30PM	Ganda* Until 11:52AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:59PM	Moon 4 - Phase 4
	245583469	<b>Rahu</b> 8:33AM – 10:17AM	Gara Until 6:43AM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Saptami</b> Until 5:42PM	Moon – Blue	<b>Devaloka Day</b>	
Until 11:10AM				<b>Vaisaka-Chaitra</b>		
Then Routine Work - Marana Yoga						

<b>Sunday, May 12, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Tehran, Iran Sun 21 Sutra 28 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 3:31PM – 5:15PM	<b>Ashlesha*</b> Until 9:44AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:03AM	
Kataka Rasi: 27.43	Tithi 8 – 9	Yama 12:02PM – 1:46PM	Vridhhi Until 9:08AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:00PM	Moon 4 - Phase 4
	246583469	<b>Rahu</b> 5:15PM – 7:00PM	Balava Until 2:30AM Mon	<b>Nataraja:</b> Clear		Ashtami
Creative Work Siddha Yoga			<b>Ashtami*</b> Until 3:35PM	Moon – Blue	<b>Devaloka Day</b>	
Until 9:44AM		<b>Mother's Day</b>		<b>Vaisaka-Chaitra</b>		
Then Routine Work - Marana Yoga						

<b>Monday, May 13, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva*/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Tehran, Iran Sun 22 Sutra 29 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 1:46PM – 3:31PM	<b>Magha*</b> Until 8:25AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:03AM	
Simha Rasi: 11.53	Tithi 9 – 10	Yama 10:17AM – 12:01PM	Dhruva Until 6:14AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:00PM	Moon 4 - Phase 4
	256583469	<b>Rahu</b> 6:47AM – 8:32AM	Taitila Until 12:11AM Tue	<b>Nataraja:</b> Clear		Navami
<b>Family Home Evening</b>			<b>Navami*</b> Until 1:20PM	Moon – Red	<b>Bhuloka Day</b>	
Routine Work Marana Yoga				<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM	
Until 8:25AM						
Then Creative Work - Siddha Yoga						


<b>1</b>		<b>Tuesday, May 14, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Tehran, Iran
Simha Rasi: 26.08	Tithi 10 – 11	<b>Gulika</b>	<b>12:01PM – 1:46PM</b>	<b>Purvaphalguni Until 6:52AM</b>	<b>Ganesha: White</b>	<i>Sunrise: 5:02AM</i>	Sun 23	Sutra 30
		Yama	8:32AM – 10:17AM	Harshana Until 12:15AM Wed	<b>Muruqa: Yellow</b>	<i>Sunset: 7:01PM</i>		Vikarin 5121
		256583469 <b>Rahu</b>	<b>3:31PM – 5:16PM</b>	Vanija Until 9:49PM	<b>Nataraja: Clear</b>			Moon 4 - Phase 5
Creative Work	Siddha Yoga			<b>Dashami Until 10:59AM</b>	<b>Moon – Red</b>			4th Phase
Until 6:52AM					<b>Vaisaka-Chaitra</b>		<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga							Devaloka Time: 3:PM to 6:PM	

<b>2</b>		<b>Wednesday, May 15, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Tehran, Iran
Kanya Rasi: 10.26	Tithi 11 – 12	<b>Gulika</b>	<b>10:16AM – 12:01PM</b>	<b>Hasta Until 3:41AM Thu</b>	<b>Ganesha: Yellow</b>	<i>Sunrise: 5:01AM</i>	Sun 24	Sutra 31
		Yama	6:46AM – 8:31AM	Vajra* Until 9:14PM	<b>Muruqa: Yellow</b>	<i>Sunset: 7:02PM</i>		Vikarin 5121
		266583469 <b>Rahu</b>	<b>12:01PM – 1:47PM</b>	Bava Until 7:26PM	<b>Nataraja: Clear</b>			Moon 4 - Phase 5
Routine Work	Marana Yoga			<b>Ekadashi Until 8:36AM</b>	<b>Moon – Green</b>			4th Phase
Until 3:41AM Thu					<b>Vaisaka-Vaikasi</b>		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Thursday, May 16, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Siddhi Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau				Tehran, Iran
Kanya Rasi: 24.42	Tithi 12 – 13	<b>Gulika</b>	<b>8:31AM – 10:16AM</b>	<b>Chitra Until 2:15AM Fri</b>	<b>Ganesha: Yellow</b>	<i>Sunrise: 5:00AM</i>	Sun 25	Sutra 32
		Yama	5:00AM – 6:46AM	Siddhi Until 6:19PM	<b>Muruqa: Yellow</b>	<i>Sunset: 7:03PM</i>		Vikarin 5121
		266583469 <b>Rahu</b>	<b>1:47PM – 3:32PM</b>	Taitila Until 4:04AM Fri	<b>Nataraja: Clear</b>			Moon 4 - Phase 5
Creative Work	Siddha Yoga			<b>Dvadashi Until 6:15AM</b>	<b>Moon – Green</b>			4th Phase
					<b>Vaisaka-Vaikasi</b>		<b>Devaloka Day</b>	

*Pradosha Vrata*

<b>4</b>		<b>Friday, May 17, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Chaturdashyam Titau				Tehran, Iran
Tula Rasi: 8.52	Tithi 14	<b>Gulika</b>	<b>6:45AM – 8:30AM</b>	<b>Svati Until 12:56AM Sat</b>	<b>Ganesha: Yellow</b>	<i>Sunrise: 4:59AM</i>	Sun 26	Sutra 33
		Yama	3:33PM – 5:18PM	Vyatipata* Until 3:35PM	<b>Muruqa: Yellow</b>	<i>Sunset: 7:04PM</i>		Vikarin 5121
		266583469 <b>Rahu</b>	<b>10:16AM – 12:02PM</b>	Gara Until 3:05PM	<b>Nataraja: Clear</b>			Moon 4 - Phase 5
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 2:09AM Sat</b>	<b>Moon – Green</b>			4th Phase
					<b>Vaisaka-Vaikasi</b>		<b>Devaloka Day</b>	

		<b>Saturday, May 18, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau				Tehran, Iran
<b>Copper Retreat Star</b>		<b>Gulika</b>	<b>4:59AM – 6:44AM</b>	<b>Vishakha Until 12:18AM Sun</b>	<b>Ganesha: Blue</b>	<i>Sunrise: 4:59AM</i>	Sun 27	Sutra 34
Tula Rasi: 22.5	Tithi 15	Yama	1:47PM – 3:33PM	Variyan Until 1:07PM	<b>Muruqa: Yellow</b>	<i>Sunset: 7:04PM</i>		Vikarin 5121
		276583469 <b>Rahu</b>	<b>8:30AM – 10:16AM</b>	Visti Until 1:22PM	<b>Nataraja: Clear</b>			Moon 4 - Phase 5
Creative Work	Siddha Yoga			<b>Purnima* Until 12:39AM Sun</b>	<b>Moon – Orange</b>			Purnima
Until 12:18AM Sun					<b>Vaisaka-Vaikasi</b>		<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga							Devaloka Time: 3:PM to 6:PM	

<b>Sunday, May 19, 2019</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau				Tehran, Iran
<b>Silver Retreat Star</b>		<b>Gulika</b>	<b>3:33PM – 5:19PM</b>	<b>Anuradha Until 12:03AM Mon</b>	<b>Ganesha: Yellow</b>	<i>Sunrise: 4:58AM</i>	Sun 28	Sutra 35
Vrischika Rasi: 6.33	Tithi 16	Yama	12:02PM – 1:47PM	Parigha* Until 11:02AM	<b>Muruqa: Yellow</b>	<i>Sunset: 7:05PM</i>		Vikarin 5121
		277583469 <b>Rahu</b>	<b>5:19PM – 7:05PM</b>	Balava Until 12:06PM	<b>Nataraja: Clear</b>			Moon 4 - Phase 5
Routine Work	Marana Yoga			<b>Prathama* Until 11:40PM</b>	<b>Moon – Orange</b>			Prathama
Until 12:03AM Mon					<b>Vaisaka-Vaikasi</b>		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga								

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

All times are standard time

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

Vrischika Rasi: 19.56 Tithi 17  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 12:17AM Tue  
Then Creative Work - Amrita Yoga

277583469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Jyeshtha\* Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Dvitiyayam Titau  
**Gulika** 1:48PM – 3:34PM  
Yama 10:16AM – 12:02PM  
**Rahu** 6:43AM – 8:29AM  
**Jyeshtha\* Until 12:17AM Tue**  
Shiva Until 9:26AM  
Taitila Until 11:26AM  
**Dvitiya Until 11:19PM**

Tehran, Iran  
Sun 1  
Sutra 36  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase  
Ganesha: Yellow Sunrise: 4:57AM  
Muruga: Yellow Sunset: 7:06PM  
Nataraja: Clear  
Moon – Orange  
**Devaloka Day**  
Vaisaka-Vaikasi

**1**

**Tuesday, May 21, 2019**

Dhanus Rasi: 2.59 Tithi 18  
Creative Work Amrita Yoga

287583469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Mula\* Nakshatra Siddha/Sadhya Yoga Vanija/Visti\* Karana Tritiyayam Titau  
**Gulika** 12:02PM – 1:48PM  
Yama 8:29AM – 10:15AM  
**Rahu** 3:34PM – 5:20PM  
**Mula\* Until 1:29AM Wed**  
Siddha Until 8:20AM  
Vanija Until 11:25AM  
**Tritiya Until 11:40PM**

Tehran, Iran  
Sun 2  
Sutra 37  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase  
Ganesha: Blue Sunrise: 4:57AM  
Muruga: Yellow Sunset: 7:07PM  
Nataraja: Clear  
Moon – Light Blue  
**Sivaloka Day**  
Vaisaka-Vaikasi

**2**

**Wednesday, May 22, 2019**

Dhanus Rasi: 15.41 Tithi 19  
Creative Work Amrita Yoga  
Until 3:13AM Thu  
Then Routine Work - Marana Yoga

287683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam  
Purvashadha\* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Chaturthyam Titau  
**Gulika** 10:15AM – 12:02PM  
Yama 6:42AM – 8:29AM  
**Rahu** 12:02PM – 1:48PM  
**Purvashadha\* Until 3:13AM Thu**  
Sadhya Until 7:48AM  
Bava Until 12:07PM  
**Chaturthi\* Until 12:42AM Thu**

Tehran, Iran  
Sun 3  
Sutra 38  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase  
Ganesha: Red Sunrise: 4:56AM  
Muruga: Yellow Sunset: 7:07PM  
Nataraja: Clear  
Moon – Light Blue  
**Devaloka Day**  
Vaisaka-Vaikasi

**3**

**Thursday, May 23, 2019**

Dhanus Rasi: 28.05 Tithi 20  
Routine Work Marana Yoga

287683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam  
Uttarashadha Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Panchamyam Titau  
**Gulika** 8:29AM – 10:15AM  
Yama 4:55AM – 6:42AM  
**Rahu** 1:48PM – 3:35PM  
**Uttarashadha Until 5:22AM Fri**  
Subha Until 7:49AM  
Kaulava Until 1:29PM  
**Panchami Until 2:21AM Fri**

Tehran, Iran  
Sun 4  
Sutra 39  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase  
Ganesha: Red Sunrise: 4:55AM  
Muruga: Yellow Sunset: 7:08PM  
Nataraja: Clear  
Moon – Light Blue  
**Devaloka Day**  
Vaisaka-Vaikasi

**4**

**Friday, May 24, 2019**

Makara Rasi: 10.13 Tithi 21  
Routine Work Marana Yoga  
Until 8:17AM Sat  
Then Creative Work - Siddha Yoga

297683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Shravana Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Shashthyam Titau  
**Gulika** 6:42AM – 8:28AM  
Yama 3:35PM – 5:22PM  
**Rahu** 10:15AM – 12:02PM  
**Shravana Until 8:17AM Sat**  
Sukla Until 8:15AM  
Gara Until 3:24PM  
**Shashthi\* Until 4:29AM Sat**

Tehran, Iran  
Sun 5  
Sutra 40  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase  
Ganesha: Green Sunrise: 4:55AM  
Muruga: Yellow Sunset: 7:09PM  
Nataraja: Clear  
Moon – Purple  
**Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM  
Vaisaka-Vaikasi

**5**

**Saturday, May 25, 2019**

Makara Rasi: 22.11 Tithi 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 Visti\*/Bava Karana Saptamyam Titau  
**Gulika** 4:54AM – 6:41AM  
Yama 1:49PM – 3:36PM  
**Rahu** 8:28AM – 10:15AM  
**Shravana Until 8:17AM**  
Brahma Until 9:01AM  
Visti Until 5:41PM  
**Saptami Until 6:52AM Sun**

Tehran, Iran  
Sun 6  
Sutra 41  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase  
Ganesha: Green Sunrise: 4:54AM  
Muruga: Yellow Sunset: 7:10PM  
Nataraja: Clear  
Moon – Purple  
**Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM  
Vaisaka-Vaikasi

**D**

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

Kumbha Rasi: 4.04 Tithi 22 – 23  
Routine Work Marana Yoga  
Until 11:14AM  
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/Ashlamyam Titau  
**Gulika** 3:36PM – 5:23PM  
Yama 12:02PM – 1:49PM  
**Rahu** 5:23PM – 7:10PM  
**Dhanishtha Until 11:14AM**  
Indra Until 9:59AM  
Balava Until 8:07PM  
**Saptami Until 6:52AM**

Tehran, Iran  
Sun 7  
Sutra 42  
Vikarin 5121  
Moon 5 - Phase 6  
Ashtami  
Ganesha: Blue Sunrise: 4:54AM  
Muruga: Yellow Sunset: 7:10PM  
Nataraja: Clear  
Moon – Purple  
**Sivaloka Day**  
Vaisaka-Vaikasi

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

Kumbha Rasi: 15.56 Tithi 23 – 24  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 2:02PM  
Then Routine Work - Marana Yoga

398683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Shatabhishak/Purvaprossthapada\* Nakshatra Vaidhriti\*/Vishkambha\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau  
**Gulika** 1:49PM – 3:37PM  
Yama 10:15AM – 12:02PM  
**Rahu** 6:41AM – 8:28AM  
**Shatabhishak Until 2:02PM**  
Vaidhriti\* Until 10:55AM  
Taitila Until 10:27PM  
**Ashtami\* Until 9:17AM**

Tehran, Iran  
Sun 8  
Sutra 43  
Vikarin 5121  
Moon 5 - Phase 6  
Navami  
Ganesha: Blue Sunrise: 4:53AM  
Muruga: Yellow Sunset: 7:11PM  
Nataraja: Clear  
Moon – Purple  
**Sivaloka Day**  
Vaisaka-Vaikasi

<b>1</b>		Tuesday, May 28, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Viskambha/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Tehran, Iran
Kumbha Rasi: 27.51	Tithi 24 – 25	<b>Gulika</b>	12:02PM – 1:50PM	<b>Purvaproshtapada* Until 4:56PM</b>	<b>Ganesha:</b> Purple	Sunrise: 4:53AM	Sun 9 Sutra 44
		Yama	8:28AM – 10:15AM	Vishkambha* Until 11:42AM	<b>Muruqa:</b> Yellow	Sunset: 7:12PM	Vikarin 5121
		318683469 <b>Rahu</b>	3:37PM – 5:24PM	Vanija Until 12:30AM Wed	<b>Nataraja:</b> Clear		Moon 5 - Phase 7 2nd Phase
Routine Work	Marana Yoga			<b>Navami* Until 11:30AM</b>	<b>Vaisaka-Vaikasi</b>		<b>Sivaloka Day</b>
Until 4:56PM							
Then Creative Work - Amrita Yoga							

<b>2</b>		Wednesday, May 29, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti/Ayushman Yoga Visti/Bava Karana Dashami/Ekadashyam Titau	Tehran, Iran
Meena Rasi: 9.55	Tithi 25 – 26	<b>Gulika</b>	10:15AM – 12:02PM	<b>Uttaraproshtapada Until 7:15PM</b>	<b>Ganesha:</b> Purple	Sunrise: 4:52AM	Sun 10 Sutra 45
		Yama	6:40AM – 8:27AM	Priti Until 12:13PM	<b>Muruqa:</b> Yellow	Sunset: 7:12PM	Vikarin 5121
		318683469 <b>Rahu</b>	12:02PM – 1:50PM	Bava Until 2:04AM Thu	<b>Nataraja:</b> Clear		Moon 5 - Phase 7 2nd Phase
Creative Work	Siddha Yoga			<b>Dashami Until 1:20PM</b>	<b>Vaisaka-Vaikasi</b>		<b>Sivaloka Day</b>
Until 7:15PM							
Then Routine Work - Marana Yoga							

<b>3</b>		Thursday, May 30, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Tehran, Iran
Meena Rasi: 22.11	Tithi 26 – 27	<b>Gulika</b>	8:27AM – 10:15AM	<b>Revati Until 8:52PM</b>	<b>Ganesha:</b> Purple	Sunrise: 4:52AM	Sun 11 Sutra 46
		Yama	4:52AM – 6:40AM	Ayushman Until 12:17PM	<b>Muruqa:</b> Yellow	Sunset: 7:13PM	Vikarin 5121
		318683469 <b>Rahu</b>	1:50PM – 3:38PM	Kaulava Until 3:03AM Fri	<b>Nataraja:</b> Clear		Moon 5 - Phase 7 2nd Phase
Creative Work	Siddha Yoga			<b>Ekadashi* Until 2:37PM</b>	<b>Vaisaka-Vaikasi</b>		<b>Sivaloka Day</b>
Until 8:52PM							
Then Creative Work - Amrita Yoga							

<b>4</b>		Friday, May 31, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau	Tehran, Iran
Mesha Rasi: 4.42	Tithi 27 – 28	<b>Gulika</b>	6:39AM – 8:27AM	<b>Ashvini Until 10:12PM</b>	<b>Ganesha:</b> Clear	Sunrise: 4:52AM	Sun 12 Sutra 47
		Yama	3:38PM – 5:26PM	Saubhagya Until 11:53AM	<b>Muruqa:</b> Yellow	Sunset: 7:14PM	Vikarin 5121
		328683469 <b>Rahu</b>	10:15AM – 12:03PM	Gara Until 3:24AM Sat	<b>Nataraja:</b> Clear		Moon 5 - Phase 7 2nd Phase
Creative Work	Amrita Yoga			<b>Dvadashi* Until 3:17PM</b>	<b>Vaisaka-Vaikasi</b>		<b>Devaloka Day</b>
Until 10:12PM							
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		Saturday, June 1, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Tehran, Iran
Mesha Rasi: 17.31	Tithi 28 – 29	<b>Gulika</b>	4:51AM – 6:39AM	<b>Bharani Until 10:44PM</b>	<b>Ganesha:</b> White	Sunrise: 4:51AM	Sun 13 Sutra 48
		Yama	1:51PM – 3:39PM	Sobhana Until 11:00AM	<b>Muruqa:</b> Yellow	Sunset: 7:14PM	Vikarin 5121
		329683469 <b>Rahu</b>	8:27AM – 10:15AM	Visti Until 3:07AM Sun	<b>Nataraja:</b> Clear		Moon 5 - Phase 7 2nd Phase
Creative Work	Siddha Yoga			<b>Trayodashi* Until 3:19PM</b>	<b>Vaisaka-Vaikasi</b>		<b>Bhuloka Day</b>
Until 10:44PM							Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga							

<b>6</b>		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	Tehran, Iran
Vrishabha Rasi: 0.4	Tithi 29 – 30	<b>Gulika</b>	3:39PM – 5:27PM	<b>Krittika Until 10:32PM</b>	<b>Ganesha:</b> White	Sunrise: 4:51AM	Sun 14 Sutra 49
		Yama	12:03PM – 1:51PM	Athiganda* Until 9:35AM	<b>Muruqa:</b> Yellow	Sunset: 7:15PM	Vikarin 5121
		329683469 <b>Rahu</b>	5:27PM – 7:15PM	Catuspada Until 2:14AM Mon	<b>Nataraja:</b> Clear		Moon 5 - Phase 7 2nd Phase
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 2:44PM</b>	<b>Vaisaka-Vaikasi</b>		<b>Bhuloka Day</b>
							Devaloka Time: 3:PM to 6:PM

<b>Monday, June 3, 2019</b>		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	Tehran, Iran
Vrishabha Rasi: 14.07	Tithi 30 – 1	<b>Gulika</b>	1:51PM – 3:39PM	<b>Rohini Until 10:07PM</b>	<b>Ganesha:</b> Green	Sunrise: 4:51AM	Sun 15 Sutra 50
<b>Family Home Evening</b>		Yama	10:15AM – 12:03PM	Sukarma Until 7:44AM	<b>Muruqa:</b> Yellow	Sunset: 7:16PM	Vikarin 5121
Creative Work	Amrita Yoga	339683469 <b>Rahu</b>	6:39AM – 8:27AM	Kintughna Until 12:52AM Tue	<b>Nataraja:</b> Clear		Moon 5 - Phase 7 Amavasya
				<b>Amavasya* Until 1:35PM</b>	<b>Vaisaka-Vaikasi</b>		<b>Bhuloka Day</b>
							Devaloka Time: 3:PM to 6:PM

<b>Tuesday, June 4, 2019</b>		Retreat Star				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Tehran, Iran
Vrishabha Rasi: 27.52	Tithi 1 – 2	<b>Gulika</b>	12:03PM – 1:51PM	<b>Mrigashira Until 9:09PM</b>	<b>Ganesha:</b> Green	Sunrise: 4:50AM	Sun 16 Sutra 51
		Yama	8:27AM – 10:15AM	Shula* Until 2:58AM Wed	<b>Muruqa:</b> Yellow	Sunset: 7:16PM	Vikarin 5121
		339683469 <b>Rahu</b>	3:40PM – 5:28PM	Balava Until 11:05PM	<b>Nataraja:</b> Clear		Moon 5 - Phase 7 Prathama
Creative Work	Siddha Yoga			<b>Prathama* Until 12:00PM</b>	<b>Jyeshtha-Vaikasi</b>		<b>Bhuloka Day</b>
Until 9:09PM							Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga							

<b>1</b>	<b>Wednesday, June 5, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau				Tehran, Iran Sun 17 Sutra 52
	Mithuna Rasi: 11.5	Tithi 2 - 3	<b>Gulika</b> 10:15AM - 12:03PM	<b>Ardra Until 7:44PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:50AM	Vikarin 5121
			Yama 6:38AM - 8:27AM	Ganda* Until 12:12AM Thu	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:17PM	Moon 5 - Phase 8
	Creative Work	Siddha Yoga	339683461 <b>Rahu</b> 12:03PM - 1:52PM	Taitila Until 9:01PM	<b>Nataraja:</b> Yellow		3rd Phase
			<b>Dvitiya Until 10:04AM</b>	Moon - Yellow		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	

<b>2</b>	<b>Thursday, June 6, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau				Tehran, Iran Sun 18 Sutra 53
	Mithuna Rasi: 25.58	Tithi 3 - 4	<b>Gulika</b> 8:27AM - 10:15AM	<b>Punarvasu Until 6:25PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:50AM	Vikarin 5121
			Yama 4:50AM - 6:38AM	Vriddhi Until 9:18PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:17PM	Moon 5 - Phase 8
	Creative Work	Amrita Yoga	349683461 <b>Rahu</b> 1:52PM - 3:40PM	Vanija Until 6:45PM	<b>Nataraja:</b> Yellow		3rd Phase
			<b>Tritiya Until 7:53AM</b>	Moon - Blue		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	

<b>3</b>	<b>Friday, June 7, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau				Tehran, Iran Sun 19 Sutra 54
	Kataka Rasi: 10.12	Tithi 5	<b>Gulika</b> 6:38AM - 8:27AM	<b>Pushya Until 4:51PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:50AM	Vikarin 5121
			Yama 3:41PM - 5:29PM	Dhruva Until 6:19PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:18PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	349683461 <b>Rahu</b> 10:15AM - 12:04PM	Bava Until 4:24PM	<b>Nataraja:</b> Yellow		3rd Phase
			<b>Panchami Until 3:12AM Sat</b>	Moon - Blue		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	

<b>4</b>	<b>Saturday, June 8, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthiyam Titau				Tehran, Iran Sun 20 Sutra 55
	Kataka Rasi: 24.28	Tithi 6	<b>Gulika</b> 4:50AM - 6:38AM	<b>Ashlesha* Until 3:08PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:50AM	Vikarin 5121
			Yama 1:53PM - 3:41PM	Vyaghata* Until 3:20PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:18PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	349683461 <b>Rahu</b> 8:27AM - 10:15AM	Kaulava Until 2:02PM	<b>Nataraja:</b> Yellow		3rd Phase
			<b>Shashthi* Until 12:50AM Sun</b>	Moon - Blue		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	

<b>5</b>	<b>Sunday, June 9, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau				Tehran, Iran Sun 21 Sutra 56
	Simha Rasi: 8.44	Tithi 7	<b>Gulika</b> 3:41PM - 5:30PM	<b>Magha* Until 1:44PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:50AM	Vikarin 5121
			Yama 12:04PM - 1:53PM	Harshana Until 12:23PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:19PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	351683461 <b>Rahu</b> 5:30PM - 7:19PM	Gara Until 11:42AM	<b>Nataraja:</b> Yellow		3rd Phase
			<b>Saptami Until 10:33PM</b>	Moon - Red		<b>Devaloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>			

<b>Monday, June 10, 2019</b>	<b>Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau				Tehran, Iran Sun 22 Sutra 57
	Simha Rasi: 22.56	Tithi 8	<b>Gulika</b> 1:53PM - 3:42PM	<b>Purvaphalguni Until 12:18PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:49AM	Vikarin 5121
	<b>Family Home Evening</b>		Yama 10:16AM - 12:04PM	Vajra* Until 9:30AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:19PM	Moon 5 - Phase 8
	Creative Work	Siddha Yoga	351683461 <b>Rahu</b> 6:38AM - 8:27AM	Visti Until 9:28AM	<b>Nataraja:</b> Yellow		Ashtami
			<b>Ashtami* Until 8:22PM</b>	Moon - Red		<b>Devaloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>			


<b>Tuesday, June 11, 2019</b>	<b>Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddhi/Vyatalpata* Yoga Balava/Kaulava Karana Navamyam Titau				Tehran, Iran Sun 23 Sutra 58
	Kanya Rasi: 7.04	Tithi 9	<b>Gulika</b> 12:05PM - 1:53PM	<b>Uttaraphalguni Until 10:51AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:49AM	Vikarin 5121
			Yama 8:27AM - 10:16AM	Siddhi Until 6:44AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 7:20PM	Moon 5 - Phase 8
	Creative Work	Amrita Yoga	351683461 <b>Rahu</b> 3:42PM - 5:31PM	Balava Until 7:21AM	<b>Nataraja:</b> Yellow		Navami
			<b>Navami* Until 6:19PM</b>	Moon - Red		<b>Devaloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>			

<b>1</b>	<b>Wednesday, June 12, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Varyan Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau				Tehran, Iran
	Kanya Rasi: 21.05	Tithi 10 – 11	361683461	<b>Gulika</b> 10:16AM – 12:05PM Yama 6:38AM – 8:27AM <b>Rahu</b> 12:05PM – 1:54PM	<b>Hasta Until 9:51AM</b> Variyan Until 1:37AM Thu Vanija Until 3:38AM Thu <b>Dashami Until 4:28PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 4:49AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 7:20PM <b>Nataraja:</b> Yellow Moon – Green	Sun 24 Sutra 59 Vikarin 5121 Moon 5 - Phase 9 4th Phase
Routine Work Marana Yoga Until 9:51AM Then Creative Work - Siddha Yoga						<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	

<b>2</b>	<b>Thursday, June 13, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau				Tehran, Iran
	Tula Rasi: 4.59	Tithi 11 – 12	361683461	<b>Gulika</b> 8:27AM – 10:16AM Yama 4:49AM – 6:38AM <b>Rahu</b> 1:54PM – 3:43PM	<b>Chitra Until 8:55AM</b> Parigha* Until 11:21PM Bava Until 2:09AM Fri <b>Ekadashi Until 2:50PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 4:49AM <b>Muruqa:</b> Yellow <i>Sunset:</i> 7:21PM <b>Nataraja:</b> Yellow Moon – Green	Sun 25 Sutra 60 Vikarin 5121 Moon 5 - Phase 9 4th Phase
Creative Work Siddha Yoga Until 8:55AM Then Creative Work - Amrita Yoga						<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	

<b>3</b>	<b>Friday, June 14, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvodashi/Trayodashyam Titau				Tehran, Iran
	Tula Rasi: 18.42	Tithi 12 – 13	361693461	<b>Gulika</b> 6:38AM – 8:27AM Yama 3:43PM – 5:32PM <b>Rahu</b> 10:16AM – 12:05PM	<b>Svati Until 8:07AM</b> Shiva Until 9:22PM Kaulava Until 12:59AM Sat <b>Dvodashi Until 1:30PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 4:49AM <b>Muruqa:</b> Blue <i>Sunset:</i> 7:21PM <b>Nataraja:</b> Yellow Moon – Green	Sun 26 Sutra 61 Vikarin 5121 Moon 5 - Phase 9 4th Phase
Creative Work Siddha Yoga				<b>Vaikasi Visakam</b>	<i>Pradosha Vrata</i>	<b>Devaloka Day</b>	

<b>4</b>	<b>Saturday, June 15, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Tehran, Iran
	Vrischika Rasi: 2.14	Tithi 13 – 14	371693461	<b>Gulika</b> 4:49AM – 6:38AM Yama 1:54PM – 3:43PM <b>Rahu</b> 8:27AM – 10:16AM	<b>Vishakha Until 7:57AM</b> Siddha Until 7:39PM Gara Until 12:13AM Sun <b>Trayodashi Until 12:31PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:49AM <b>Muruqa:</b> Blue <i>Sunset:</i> 7:21PM <b>Nataraja:</b> Yellow Moon – Orange	Sun 27 Sutra 62 Vikarin 5121 Moon 5 - Phase 9 4th Phase
Creative Work Siddha Yoga						<b>Jyeshtha-Ani</b>	<b>Sivaloka Day</b>

	<b>Sunday, June 16, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Tehran, Iran
	<b>Copper Retreat Star</b>			<b>Gulika</b> 3:44PM – 5:33PM Yama 12:06PM – 1:55PM <b>Rahu</b> 5:33PM – 7:22PM	<b>Anuradha Until 8:03AM</b> Sadhya Until 6:19PM Visti Until 11:55PM <b>Chaturdashi* Until 11:59AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 4:49AM <b>Muruqa:</b> Blue <i>Sunset:</i> 7:22PM <b>Nataraja:</b> Yellow Moon – Orange	Sun 28 Sutra 63 Vikarin 5121 Moon 5 - Phase 9 Purnima
Routine Work Marana Yoga				<b>Father's Day</b>		<b>Jyeshtha-Ani</b>	<b>Subha Sivaloka Day</b>

<b>Monday, June 17, 2019</b>	<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha/Sukla Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Tehran, Iran
	Vrischika Rasi: 28.34	Tithi 15 – 16	371793461	<b>Gulika</b> 1:55PM – 3:44PM Yama 10:17AM – 12:06PM <b>Rahu</b> 6:39AM – 8:28AM	<b>Jyeshtha* Until 8:29AM</b> Subha Until 5:25PM Balava Until 12:09AM Tue <b>Purnima* Until 11:57AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 4:49AM <b>Muruqa:</b> Blue <i>Sunset:</i> 7:22PM <b>Nataraja:</b> Yellow Moon – Orange	Sun 29 Sutra 64 Vikarin 5121 Moon 5 - Phase 9 Prathama
Family Home Evening Creative Work Siddha Yoga						<b>Jyeshtha-Ani</b>	<b>Subha Sivaloka Day</b>

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

All times are standard time

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

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

Tehran, Iran  
Sutra 65  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Dhanus Rasi: 11.2    Tithi 16 - 17

381793461

**Gulika** 12:06PM - 1:55PM  
Yama 8:28AM - 10:17AM  
**Rahu** 3:44PM - 5:33PM

**Mula\* Until 9:46AM**  
Sukla Until 4:56PM  
Taitila Until 12:58AM Wed  
**Prathama\* Until 12:28PM**

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

**Sunrise:** 4:50AM  
**Sunset:** 7:22PM

**Sivaloka Day**

Creative Work Amrita Yoga  
Until 9:46AM  
Then Creative Work - Siddha Yoga

**1**

**Wednesday, June 19, 2019**

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

Tehran, Iran  
Sun 1  
Sutra 66  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Dhanus Rasi: 23.5    Tithi 17 - 18

382793461

**Gulika** 10:17AM - 12:06PM  
Yama 6:39AM - 8:28AM  
**Rahu** 12:06PM - 1:55PM

**Purvashadha\* Until 11:27AM**  
Brahma Until 4:54PM  
Vanija Until 2:19AM Thu  
**Dvitiya Until 1:33PM**

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

**Sunrise:** 4:50AM  
**Sunset:** 7:23PM

**Devaloka Day**

Creative Work Amrita Yoga

**2**

**Thursday, June 20, 2019**

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

Tehran, Iran  
Sun 2  
Sutra 67  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Makara Rasi: 6.07    Tithi 18 - 19

382793461

**Gulika** 8:28AM - 10:17AM  
Yama 4:50AM - 6:39AM  
**Rahu** 1:56PM - 3:45PM

**Uttarashadha Until 1:29PM**  
Indra Until 5:17PM  
Bava Until 4:10AM Fri  
**Tritya Until 3:10PM**

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

**Sunrise:** 4:50AM  
**Sunset:** 7:23PM

**Devaloka Day**

Routine Work Marana Yoga  
Until 1:29PM  
Then Creative Work - Siddha Yoga

**3**

**Friday, June 21, 2019**

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

Tehran, Iran  
Sun 3  
Sutra 68  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Makara Rasi: 18.12    Tithi 19 - 20

392793461

**Gulika** 6:39AM - 8:28AM  
Yama 3:45PM - 5:34PM  
**Rahu** 10:17AM - 12:07PM

**Shravana Until 4:16PM**  
Vaidhriti\* Until 5:57PM  
Kaulava Until 6:21AM Sat  
**Chaturthi\* Until 5:12PM**

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

**Sunrise:** 4:50AM  
**Sunset:** 7:23PM

**Sivaloka Day**

Routine Work Marana Yoga  
Until 4:16PM  
Then Creative Work - Siddha Yoga

**4**

**Saturday, June 22, 2019**

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

Tehran, Iran  
Sun 4  
Sutra 69  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Kumbha Rasi: 0.08    Tithi 20

392793461

**Gulika** 4:50AM - 6:39AM  
Yama 1:56PM - 3:45PM  
**Rahu** 8:29AM - 10:18AM

**Dhanishtha Until 7:09PM**  
Vishkambha\* Until 6:51PM  
Kaulava Until 6:21AM  
**Panchami Until 7:30PM**

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

**Sunrise:** 4:50AM  
**Sunset:** 7:23PM

**Sivaloka Day**

Creative Work Siddha Yoga  
Until 7:09PM  
Then Creative Work - Amrita Yoga

**5**

**Sunday, June 23, 2019**

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

Tehran, Iran  
Sun 5  
Sutra 70  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Kumbha Rasi: 12.01    Tithi 21

392793461

**Gulika** 3:45PM - 5:34PM  
Yama 12:07PM - 1:56PM  
**Rahu** 5:34PM - 7:24PM

**Shatabhishak Until 9:57PM**  
Priti Until 7:50PM  
Gara Until 8:43AM  
**Shashthi\* Until 9:54PM**

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

**Sunrise:** 4:51AM  
**Sunset:** 7:24PM

**Sivaloka Day**

Creative Work Siddha Yoga

**6**

**Monday, June 24, 2019**

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

Tehran, Iran  
Sun 6  
Sutra 71  
Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Kumbha Rasi: 23.53    Tithi 22

312793461

**Gulika** 1:56PM - 3:45PM  
Yama 10:18AM - 12:07PM  
**Rahu** 6:40AM - 8:29AM

**Purvaproshtapada\* Until 12:59AM Tue**  
Ayushman Until 8:42PM  
Visti Until 11:05AM  
**Saptami Until 12:11AM Tue**

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

**Sunrise:** 4:51AM  
**Sunset:** 7:24PM

**Sivaloka Day**

Family Home Evening  
Routine Work Marana Yoga  
Until 12:59AM Tue  
Then Creative Work - Amrita Yoga



**Tuesday, June 25, 2019**

**Retreat Star**

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

Tehran, Iran  
Sun 7  
Sutra 72  
Vikarin 5121  
Moon 6 - Phase 10  
Ashtami

Meena Rasi: 5.5    Tithi 23

312793461

**Gulika** 12:07PM - 1:57PM  
Yama 8:29AM - 10:18AM  
**Rahu** 3:46PM - 5:35PM

**Uttaraproshtapada Until 3:33AM Wed**  
Saubhagya Until 9:23PM  
Balava Until 1:15PM  
**Ashtami\* Until 2:10AM Wed**

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

**Sunrise:** 4:51AM  
**Sunset:** 7:24PM

**Sivaloka Day**

Creative Work Amrita Yoga  
Until 3:33AM Wed  
Then Routine Work - Marana Yoga

**Wednesday, June 26, 2019**

**Retreat Star**

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

Tehran, Iran  
Sun 8  
Sutra 73  
Vikarin 5121  
Moon 6 - Phase 10  
Navami

Meena Rasi: 17.54    Tithi 24

312793461

**Gulika** 10:19AM - 12:08PM  
Yama 6:40AM - 8:30AM  
**Rahu** 12:08PM - 1:57PM

**Revati Until 5:29AM Thu**  
Sobhana Until 9:44PM  
Taitila Until 3:01PM  
**Navami\* Until 3:40AM Thu**

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

**Sunrise:** 4:51AM  
**Sunset:** 7:24PM

**Sivaloka Day**

Routine Work Marana Yoga  
Until 5:29AM Thu  
Then Creative Work - Amrita Yoga

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

All times are standard time

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<b>1</b>		<b>Thursday, June 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Tehran, Iran Sun 9 Sutra 74 Vikarin 5121
Mesha Rasi: 0.1	Tithi 25	<b>Gulika</b> 8:30AM – 10:19AM	<b>Ashvini</b> Until 7:08AM Fri	<b>Ganesha:</b> Blue	<b>Sunrise:</b> 4:52AM	
		Yama 4:52AM – 6:41AM	Athiganda* Until 9:36PM	<b>Muruqa:</b> Blue	<b>Sunset:</b> 7:24PM	Moon 6 - Phase 11
		322793461 <b>Rahu</b> 1:57PM – 3:46PM	Vanija Until 4:13PM	<b>Nataraja:</b> Yellow		2nd Phase
Creative Work	Amrita Yoga		<b>Dashami</b> Until 4:34AM Fri	Moon – White		<b>Devaloka Day</b>
Until 7:08AM Fri				<b>Jyeshtha-Ani</b>		
Then Creative Work - Siddha Yoga						

<b>2</b>		<b>Friday, June 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau		Tehran, Iran Sun 10 Sutra 75 Vikarin 5121
Mesha Rasi: 12.43	Tithi 26	<b>Gulika</b> 6:41AM – 8:30AM	<b>Ashvini</b> Until 7:08AM	<b>Ganesha:</b> Blue	<b>Sunrise:</b> 4:52AM	
		Yama 3:46PM – 5:35PM	Sukarma Until 8:57PM	<b>Muruqa:</b> Blue	<b>Sunset:</b> 7:24PM	Moon 6 - Phase 11
		322793461 <b>Rahu</b> 10:19AM – 12:08PM	Bava Until 4:46PM	<b>Nataraja:</b> Yellow		2nd Phase
Creative Work	Amrita Yoga		<b>Ekadashi*</b> Until 4:45AM Sat	Moon – White		<b>Devaloka Day</b>
Until 7:08AM				<b>Jyeshtha-Ani</b>		
Then Creative Work - Siddha Yoga						

<b>3</b>		<b>Saturday, June 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvadashyam Titau		Tehran, Iran Sun 11 Sutra 76 Vikarin 5121
Mesha Rasi: 25.36	Tithi 27	<b>Gulika</b> 4:52AM – 6:41AM	<b>Bharani</b> Until 7:56AM	<b>Ganesha:</b> Blue	<b>Sunrise:</b> 4:52AM	
		Yama 1:57PM – 3:46PM	Dhriti Until 7:44PM	<b>Muruqa:</b> Blue	<b>Sunset:</b> 7:24PM	Moon 6 - Phase 11
		322793461 <b>Rahu</b> 8:30AM – 10:19AM	Kaulava Until 4:36PM	<b>Nataraja:</b> Yellow		2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 4:13AM Sun	Moon – White		<b>Devaloka Day</b>
Until 7:56AM				<b>Jyeshtha-Ani</b>		
Then Creative Work - Amrita Yoga						

<b>4</b>		<b>Sunday, June 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau		Tehran, Iran Sun 12 Sutra 77 Vikarin 5121
Vrishabha Rasi: 8.51	Tithi 28	<b>Gulika</b> 3:46PM – 5:35PM	<b>Krittika</b> Until 7:52AM	<b>Ganesha:</b> Blue	<b>Sunrise:</b> 4:53AM	
		Yama 12:08PM – 1:57PM	Shula* Until 5:55PM	<b>Muruqa:</b> Blue	<b>Sunset:</b> 7:24PM	Moon 6 - Phase 11
		322793461 <b>Rahu</b> 5:35PM – 7:24PM	Gara Until 3:42PM	<b>Nataraja:</b> Yellow		2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 2:59AM Mon	Moon – White		<b>Devaloka Day</b>
				<b>Jyeshtha-Ani</b>		
			<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Monday, July 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda*/Vridhdi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Tehran, Iran Sun 13 Sutra 78 Vikarin 5121
Vrishabha Rasi: 22.29	Tithi 29	<b>Gulika</b> 1:57PM – 3:46PM	<b>Rohini</b> Until 7:26AM	<b>Ganesha:</b> Blue	<b>Sunrise:</b> 4:53AM	
<b>Family Home Evening</b>		Yama 10:20AM – 12:09PM	Ganda* Until 3:36PM	<b>Muruqa:</b> Blue	<b>Sunset:</b> 7:24PM	Moon 6 - Phase 11
		322793461 <b>Rahu</b> 6:42AM – 8:31AM	Visti Until 2:09PM	<b>Nataraja:</b> Yellow		2nd Phase
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 1:09AM Tue	Moon – Yellow		<b>Devaloka Day</b>
				<b>Jyeshtha-Ani</b>		

		<b>Tuesday, July 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vridhdi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Tehran, Iran Sun 14 Sutra 79 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 12:09PM – 1:58PM	<b>Mrigashira</b> Until 6:16AM	<b>Ganesha:</b> Blue	<b>Sunrise:</b> 4:54AM	
Mithuna Rasi: 6.3	Tithi 30	Yama 8:31AM – 10:20AM	Vridhdi Until 12:50PM	<b>Muruqa:</b> Blue	<b>Sunset:</b> 7:24PM	Moon 6 - Phase 11
		322793461 <b>Rahu</b> 3:46PM – 5:35PM	Catuspada Until 12:03PM	<b>Nataraja:</b> Yellow		Amavasya
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 10:48PM	Moon – Yellow		<b>Devaloka Day</b>
Until 6:16AM				<b>Jyeshtha-Ani</b>		
Then Routine Work - Marana Yoga		<b>Total Solar Eclipse</b>				

<b>Wednesday, July 3, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau		Tehran, Iran Sun 15 Sutra 80 Vikarin 5121
Mithuna Rasi: 20.49	Tithi 1	<b>Gulika</b> 10:20AM – 12:09PM	<b>Punarvasu</b> Until 2:38AM Thu	<b>Ganesha:</b> Yellow	<b>Sunrise:</b> 4:54AM	
		Yama 6:43AM – 8:32AM	Dhruva Until 9:42AM	<b>Muruqa:</b> Blue	<b>Sunset:</b> 7:24PM	Moon 6 - Phase 11
		343793461 <b>Rahu</b> 12:09PM – 1:58PM	Kintughna Until 9:30AM	<b>Nataraja:</b> Yellow		Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 8:06PM	Moon – Blue		<b>Sivaloka Day</b>
Until 2:38AM Thu				<b>Ashada-Ani</b>		
Then Creative Work - Amrita Yoga						

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

<b>1</b>		<b>Thursday, July 4, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vyaghata/Harshana Yoga Balava/Tailita Karana Dvitiya/Triliyayam Titau	Tehran, Iran Sun 16 Sutra 81 Vikarin 5121
Kataka Rasi: 5.22	Tithi 2 – 3	<b>Gulika</b> 8:32AM – 10:21AM	<b>Pushya</b> Until 12:28AM Fri	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:55AM	Moon 6 - Phase 12	
		Yama 4:55AM – 6:43AM	Vyaghata* Until 6:19AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:24PM	3rd Phase	
		343793461 <b>Rahu</b> 1:58PM – 3:46PM	Balava Until 6:40AM	<b>Nataraja:</b> Yellow			
Creative Work	Amrita Yoga		Dvitiya Until 5:09PM	Moon – Blue		<b>Sivaloka Day</b>	
Until 12:28AM Fri				<b>Ashada*Ani</b>			
Then Routine Work - Marana Yoga							

<b>2</b>		<b>Friday, July 5, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Tehran, Iran Sun 17 Sutra 82 Vikarin 5121
Kataka Rasi: 20.02	Tithi 3 – 4	<b>Gulika</b> 6:44AM – 8:32AM	<b>Ashlesha*</b> Until 10:07PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:55AM	Moon 6 - Phase 12	
		Yama 3:46PM – 5:35PM	Vajra* Until 11:15PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:24PM	3rd Phase	
		343793461 <b>Rahu</b> 10:21AM – 12:09PM	Vanija Until 12:38AM Sat	<b>Nataraja:</b> Yellow			
Routine Work	Marana Yoga		Tritiya Until 2:07PM	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Ashada*Ani</b>			

<b>3</b>		<b>Saturday, July 6, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Tehran, Iran Sun 18 Sutra 83 Vikarin 5121
Simha Rasi: 4.43	Tithi 4 – 5	<b>Gulika</b> 4:56AM – 6:44AM	<b>Magha*</b> Until 8:07PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:56AM	Moon 6 - Phase 12	
		Yama 1:58PM – 3:46PM	Siddhi Until 7:47PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:23PM	3rd Phase	
		353793461 <b>Rahu</b> 8:33AM – 10:21AM	Bava Until 9:41PM	<b>Nataraja:</b> Yellow			
Creative Work	Amrita Yoga		Chaturthi* Until 11:07AM	Moon – Red		<b>Subha Sivaloka Day</b>	
Until 8:07PM				<b>Ashada*Ani</b>			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Sunday, July 7, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Vyatipata*/Variyan Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Tehran, Iran Sun 19 Sutra 84 Vikarin 5121
Simha Rasi: 19.19	Tithi 5 – 6	<b>Gulika</b> 3:46PM – 5:35PM	<b>Purvaphalguni</b> Until 6:10PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:56AM	Moon 6 - Phase 12	
		Yama 12:10PM – 1:58PM	Vyatipata* Until 4:29PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:23PM	3rd Phase	
		453793461 <b>Rahu</b> 5:35PM – 7:23PM	Kaulava Until 6:57PM	<b>Nataraja:</b> Yellow			
Creative Work	Siddha Yoga		Panchami Until 8:16AM	Moon – Red		<b>Sivaloka Day</b>	
Until 6:10PM				<b>Ashada*Ani</b>			
Then Creative Work - Amrita Yoga							

<b>5</b>		<b>Monday, July 8, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau	Tehran, Iran Sun 20 Sutra 85 Vikarin 5121
Kanya Rasi: 3.44	Tithi 7	<b>Gulika</b> 1:58PM – 3:46PM	<b>Uttaraphalguni</b> Until 4:22PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:57AM	Moon 6 - Phase 12	
<b>Family Home Evening</b>		Yama 10:22AM – 12:10PM	Variyan Until 1:23PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:23PM	3rd Phase	
		453793461 <b>Rahu</b> 6:45AM – 8:33AM	Gara Until 4:30PM	<b>Nataraja:</b> Yellow			
Creative Work	Siddha Yoga		Saptami Until 3:23AM Tue	Moon – Red		<b>Sivaloka Day</b>	
		<b>Chidambaram Abhishekam</b>		<b>Ashada*Ani</b>			

<b>Retreat Star</b>		<b>Tuesday, July 9, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau	Tehran, Iran Sun 21 Sutra 86 Vikarin 5121
Kanya Rasi: 17.56	Tithi 8	<b>Gulika</b> 12:10PM – 1:58PM	<b>Hasta</b> Until 3:13PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:57AM	Moon 6 - Phase 12	
		Yama 8:34AM – 10:22AM	Parigha* Until 10:36AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:23PM	Ashtami	
		463793461 <b>Rahu</b> 3:46PM – 5:35PM	Visti Until 2:24PM	<b>Nataraja:</b> Yellow			
Creative Work	Siddha Yoga		Ashtami* Until 1:30AM Wed	Moon – Green		<b>Subha Sivaloka Day</b>	
				<b>Ashada*Ani</b>			

<b>Retreat Star</b>		<b>Wednesday, July 10, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau	Tehran, Iran Sun 22 Sutra 87 Vikarin 5121
Tula Rasi: 1.52	Tithi 9	<b>Gulika</b> 10:22AM – 12:10PM	<b>Chitra</b> Until 2:20PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:58AM	Moon 6 - Phase 12	
		Yama 6:46AM – 8:34AM	Shiva Until 8:09AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:22PM	Navami	
		463893461 <b>Rahu</b> 12:10PM – 1:58PM	Balava Until 12:44PM	<b>Nataraja:</b> Yellow			
Creative Work	Siddha Yoga		Navami* Until 12:02AM Thu	Moon – Green		<b>Sivaloka Day</b>	
				<b>Ashada*Ani</b>			

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


<b>1</b>		<b>Thursday, July 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dashamyam Titau		Tehran, Iran Sun 23 Sutra 88 Vikarin 5121
Tula Rasi: 15.33	Tithi 10	<b>Gulika</b> 8:34AM – 10:22AM	<b>Svati</b> Until 1:45PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:58AM	
		Yama 4:58AM – 6:46AM	Siddha Until 6:02AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:22PM	Moon 6 - Phase 13
		463893461 <b>Rahu</b> 1:58PM – 3:46PM	Taitila Until 11:30AM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Amrita Yoga		<b>Dashami</b> Until 11:02PM	Moon – Green		<b>Sivaloka Day</b>
Until 1:45PM				<b>Ashada*Ani</b>		
Then Creative Work - Siddha Yoga						

<b>2</b>		<b>Friday, July 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Vanija/Visti* Karana Ekadashyam Titau		Tehran, Iran Sun 24 Sutra 89 Vikarin 5121
Tula Rasi: 28.57	Tithi 11	<b>Gulika</b> 6:47AM – 8:35AM	<b>Vishakha</b> Until 1:55PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:59AM	
		Yama 3:46PM – 5:34PM	Subha Until 2:58AM Sat	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:22PM	Moon 6 - Phase 13
		473893461 <b>Rahu</b> 10:23AM – 12:10PM	Vanija Until 10:43AM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 10:30PM	Moon – Orange		<b>Devaloka Day</b>
				<b>Ashada*Ani</b>		

<b>3</b>		<b>Saturday, July 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau		Tehran, Iran Sun 25 Sutra 90 Vikarin 5121
Vrischika Rasi: 12.06	Tithi 12	<b>Gulika</b> 5:00AM – 6:47AM	<b>Anuradha</b> Until 2:24PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:00AM	
		Yama 1:58PM – 3:46PM	Sukla Until 1:59AM Sun	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:21PM	Moon 6 - Phase 13
		473893461 <b>Rahu</b> 8:35AM – 10:23AM	Bava Until 10:26AM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 10:26PM	Moon – Orange		<b>Devaloka Day</b>
				<b>Ashada*Ani</b>		

<b>4</b>		<b>Sunday, July 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau		Tehran, Iran Sun 26 Sutra 91 Vikarin 5121
Vrischika Rasi: 25.01	Tithi 13	<b>Gulika</b> 3:46PM – 5:33PM	<b>Jyeshtha*</b> Until 3:13PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:00AM	
		Yama 12:11PM – 1:58PM	Brahma Until 1:23AM Mon	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:21PM	Moon 6 - Phase 13
		473893461 <b>Rahu</b> 5:33PM – 7:21PM	Kaulava Until 10:37AM	<b>Nataraja:</b> Yellow		4th Phase
Routine Work	Marana Yoga		<b>Trayodashi</b> Until 10:52PM	Moon – Orange		<b>Devaloka Day</b>
Until 3:13PM				<b>Ashada*Ani</b>		
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata</i>			

<b>5</b>		<b>Monday, July 15, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau		Tehran, Iran Sun 27 Sutra 92 Vikarin 5121
Dhanus Rasi: 7.41	Tithi 14	<b>Gulika</b> 1:58PM – 3:46PM	<b>Mula*</b> Until 4:48PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:01AM	
<b>Family Home Evening</b>		Yama 10:23AM – 12:11PM	Indra Until 1:11AM Tue	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:21PM	Moon 6 - Phase 13
		483893461 <b>Rahu</b> 6:48AM – 8:36AM	Gara Until 11:17AM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 11:46PM	Moon – Light Blue		<b>Sivaloka Day</b>
Until 4:48PM				<b>Ashada*Ani</b>		
Then Routine Work - Marana Yoga						

		<b>Tuesday, July 16, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau		Tehran, Iran Sun 28 Sutra 93 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 12:11PM – 1:58PM	<b>Purvashadha*</b> Until 6:40PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:02AM	
Dhanus Rasi: 20.09	Tithi 15	Yama 8:36AM – 10:23AM	Vaidhriti* Until 1:18AM Wed	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:20PM	Moon 6 - Phase 13
		483893461 <b>Rahu</b> 3:45PM – 5:33PM	Visti* Until 12:24PM	<b>Nataraja:</b> Yellow		Purnima
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 1:07AM Wed	Moon – Light Blue		<b>Sivaloka Day</b>
Until 6:40PM				<b>Ashada*Ani</b>		
Then Routine Work - Prabalarishta Yoga		<b>Partial Lunar Eclipse</b> <b>Satguru Purnima</b>				

<b>Wednesday, July 17, 2019</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau		Tehran, Iran Sun 29 Sutra 94 Vikarin 5121
Makara Rasi: 2.25	Tithi 16	<b>Gulika</b> 10:24AM – 12:11PM	<b>Uttarashadha</b> Until 8:48PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:02AM	
		Yama 6:49AM – 8:37AM	Vishkambha* Until 1:44AM Thu	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:20PM	Moon 6 - Phase 13
		484893462 <b>Rahu</b> 12:11PM – 1:58PM	Balava Until 1:58PM	<b>Nataraja:</b> White		Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 2:53AM Thu	Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>
Until 8:48PM				<b>Ashada*Ani</b>		
Then Creative Work - Siddha Yoga						



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

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

Tehran, Iran  
Sun 1  
Sutra 95

Makara Rasi: 14.32 Tithi 17

494893462 Rahu 1:58PM – 3:45PM

Gulika 8:37AM – 10:24AM  
Yama 5:03AM – 6:50AM

**Shravana Until 11:35PM**  
Priti Until 2:27AM Fri  
Taitila Until 3:54PM  
Dvitiya Until 4:58AM Fri

Ganesha: Clear Sunrise: 5:03AM

Muruqa: Blue Sunset: 7:19PM

Nataraja: White  
Moon – Purple

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

**1**

**Friday, July 19, 2019**

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

Tehran, Iran  
Sun 2  
Sutra 96

Makara Rasi: 26.31 Tithi 18

494893462 Rahu 10:24AM – 12:11PM

Gulika 6:50AM – 8:37AM  
Yama 3:45PM – 5:32PM

**Dhanishtha Until 2:27AM Sat**  
Ayushman Until 3:19AM Sat  
Vanija Until 6:07PM  
Tritiya Until 7:17AM Sat

Ganesha: Clear Sunrise: 5:04AM

Muruqa: Blue Sunset: 7:19PM

Nataraja: White  
Moon – Purple

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

Until 2:27AM Sat  
Then Creative Work - Amrita Yoga

**2**

**Saturday, July 20, 2019**

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

Tehran, Iran  
Sun 3  
Sutra 97

Kumbha Rasi: 8.25 Tithi 18 – 19

494893462 Rahu 8:38AM – 10:24AM

Gulika 5:04AM – 6:51AM  
Yama 1:58PM – 3:45PM

**Shatabhishak Until 5:15AM Sun**  
Saubhagya Until 4:18AM Sun  
Bava Until 8:30PM  
Tritiya Until 7:17AM

Ganesha: Clear Sunrise: 5:04AM

Muruqa: Blue Sunset: 7:18PM

Nataraja: White  
Moon – Purple

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

Creative Work Amrita Yoga

Until 5:15AM Sun  
Then Creative Work - Siddha Yoga

**3**

**Sunday, July 21, 2019**

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

Tehran, Iran  
Sun 4  
Sutra 98

Kumbha Rasi: 20.16 Tithi 19 – 20

414893462 Rahu 5:31PM – 7:17PM

Gulika 3:44PM – 5:31PM  
Yama 12:11PM – 1:58PM

**Purvaprossthapada\* Until 8:23AM Mon**  
Sobhana Until 5:16AM Mon  
Kaulava Until 10:55PM  
Chaturthi\* Until 9:42AM

Ganesha: Clear Sunrise: 5:05AM

Muruqa: Blue Sunset: 7:17PM

Nataraja: White  
Moon – Clear

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

**4**

**Monday, July 22, 2019**

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

Tehran, Iran  
Sun 5  
Sutra 99

Meena Rasi: 2.08 Tithi 20 – 21

414893462 Rahu 6:52AM – 8:38AM

Gulika 1:58PM – 3:44PM  
Yama 10:25AM – 12:11PM

**Purvaprossthapada\* Until 8:23AM**  
Athiganda\* Until 6:05AM Tue  
Gara Until 1:12AM Tue  
Panchami Until 12:04PM

Ganesha: Clear Sunrise: 5:06AM

Muruqa: Blue Sunset: 7:17PM

Nataraja: White  
Moon – Clear

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

Routine Work Marana Yoga

Until 8:23AM  
Then Creative Work - Siddha Yoga

**5**

**Tuesday, July 23, 2019**

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

Tehran, Iran  
Sun 6  
Sutra 100

Meena Rasi: 14.04 Tithi 21 – 22

414893462 Rahu 3:44PM – 5:30PM

Gulika 12:11PM – 1:57PM  
Yama 8:39AM – 10:25AM

**Uttaraprossthapada Until 11:10AM**  
Athiganda\* Until 6:05AM  
Visti Until 3:12AM Wed  
Shashthi\* Until 2:14PM

Ganesha: Clear Sunrise: 5:06AM

Muruqa: Blue Sunset: 7:16PM

Nataraja: White  
Moon – Clear

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

Creative Work Amrita Yoga

Until 11:10AM  
Then Creative Work - Siddha Yoga

**6**

**Wednesday, July 24, 2019**

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

Tehran, Iran  
Sun 7  
Sutra 101

Meena Rasi: 26.07 Tithi 22 – 23

414893462 Rahu 12:11PM – 1:57PM

Gulika 10:25AM – 12:11PM  
Yama 6:53AM – 8:39AM

**Revati Until 1:27PM**  
Sukarma Until 6:41AM  
Balava Until 4:46AM Thu  
Saptami Until 4:02PM

Ganesha: Clear Sunrise: 5:07AM

Muruqa: Blue Sunset: 7:15PM

Nataraja: White  
Moon – Clear

**Subha Sivaloka Day**

Moon 7 - Phase 14  
1st Phase

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/Bharani Nakshatra Dhriti/Shula\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Tehran, Iran  
Sun 8  
Sutra 102

Mesha Rasi: 8.22 Tithi 23 – 24

424893462 Rahu 1:57PM – 3:43PM

Gulika 8:40AM – 10:25AM  
Yama 5:08AM – 6:54AM

**Ashvini Until 3:34PM**  
Dhriti Until 6:56AM  
Taitila Until 5:43AM Fri  
Ashtami\* Until 5:18PM

Ganesha: White Sunrise: 5:08AM

Muruqa: Blue Sunset: 7:15PM

Nataraja: White  
Moon – White

**Subha Subha Sivaloka Day**

Moon 7 - Phase 14  
Ashtami

Creative Work Amrita Yoga

Until 3:34PM  
Then Creative Work - Siddha Yoga

**Friday, July 26, 2019**

**Retreat Star**

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

Tehran, Iran  
Sun 9  
Sutra 103

Mesha Rasi: 20.52 Tithi 24 – 25

424893462 Rahu 10:26AM – 12:11PM

Gulika 6:54AM – 8:40AM  
Yama 3:43PM – 5:28PM

**Bharani Until 4:53PM**  
Shula\* Until 6:40AM  
Vanija Until 5:57AM Sat  
Navami\* Until 5:55PM

Ganesha: White Sunrise: 5:09AM

Muruqa: Blue Sunset: 7:14PM

Nataraja: White  
Moon – White

**Subha Subha Sivaloka Day**

Moon 7 - Phase 14  
Navami

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

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<b>1</b>	<b>Saturday, July 27, 2019</b>	Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi Yoga Visti*/Bava Karana Dashami/Ekodashyam Titau	Tehran, Iran Sun 10 Sutra 104 Vikarin 5121
	Wrishabha Rasi: 3.43 Tithi 25 – 26	<b>Gulika</b> 5:09AM – 6:55AM <b>Yama</b> 1:57PM – 3:42PM <b>Rahu</b> 8:40AM – 10:26AM	<b>Krittika Until 5:19PM</b> Vriddhi Until 4:27AM Sun Bava Until 5:25AM Sun Dashami Until 5:46PM
	424893462	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – White	<b>Sunrise:</b> 5:09AM <b>Sunset:</b> 7:13PM Moon 7 - Phase 15 2nd Phase Subha Subha Sivaloka Day Ashada*Adi
	Creative Work Amrita Yoga		

<b>2</b>	<b>Sunday, July 28, 2019</b>	Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Tehran, Iran Sun 11 Sutra 105 Vikarin 5121
	Wrishabha Rasi: 16.57 Tithi 26 – 27	<b>Gulika</b> 3:42PM – 5:27PM <b>Yama</b> 12:11PM – 1:57PM <b>Rahu</b> 5:27PM – 7:12PM	<b>Rohini Until 5:17PM</b> Dhruva Until 2:23AM Mon Kaulava Until 4:06AM Mon Ekadashi* Until 4:50PM
	434893462	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Yellow	<b>Sunrise:</b> 5:10AM <b>Sunset:</b> 7:12PM Moon 7 - Phase 15 2nd Phase Subha Sivaloka Day Ashada*Adi
	Creative Work Siddha Yoga		

<b>3</b>	<b>Monday, July 29, 2019</b>	Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau	Tehran, Iran Sun 12 Sutra 106 Vikarin 5121
	Mithuna Rasi: 0.37 Tithi 27 – 28	<b>Gulika</b> 1:56PM – 3:41PM <b>Yama</b> 10:26AM – 12:11PM <b>Rahu</b> 6:56AM – 8:41AM	<b>Mrigashira Until 4:21PM</b> Vyaghata* Until 11:44PM Gara Until 2:05AM Tue Dvadashi* Until 3:09PM
	435893462	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Yellow	<b>Sunrise:</b> 5:11AM <b>Sunset:</b> 7:12PM Moon 7 - Phase 15 2nd Phase Sivaloka Day Ashada*Adi
	Family Home Evening Creative Work Amrita Yoga Until 4:21PM Then Creative Work - Siddha Yoga		

<b>4</b>	<b>Tuesday, July 30, 2019</b>	Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Tehran, Iran Sun 13 Sutra 107 Vikarin 5121
	Mithuna Rasi: 14.44 Tithi 28 – 29	<b>Gulika</b> 12:11PM – 1:56PM <b>Yama</b> 8:41AM – 10:26AM <b>Rahu</b> 3:41PM – 5:26PM	<b>Ardra Until 2:37PM</b> Harshana Until 8:37PM Visti Until 11:27PM Trayodashi* Until 12:49PM
	435893462	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Yellow	<b>Sunrise:</b> 5:12AM <b>Sunset:</b> 7:11PM Moon 7 - Phase 15 2nd Phase Sivaloka Day Ashada*Adi
	Routine Work Marana Yoga Until 2:37PM Then Creative Work - Siddha Yoga		

	<b>Wednesday, July 31, 2019</b>	Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra*/Siddhi Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Tehran, Iran Sun 14 Sutra 108 Vikarin 5121
	<b>Retreat Star</b> Mithuna Rasi: 29.14 Tithi 29 – 30	<b>Gulika</b> 10:26AM – 12:11PM <b>Yama</b> 6:57AM – 8:42AM <b>Rahu</b> 12:11PM – 1:56PM	<b>Punarvasu Until 12:39PM</b> Vajra* Until 5:03PM Catuspada Until 8:22PM Chaturdashi* Until 9:57AM
	445893462	<b>Ganesha:</b> Green <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Blue	<b>Sunrise:</b> 5:12AM <b>Sunset:</b> 7:10PM Moon 7 - Phase 15 Amavasya Sivaloka Day Ashada*Adi
	Creative Work Siddha Yoga		

<b>Retreat Star</b>	<b>Thursday, August 1, 2019</b>	Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Naga*/Bava Karana Amavasya/Prathamayam Titau	Tehran, Iran Sun 15 Sutra 109 Vikarin 5121
	Kataka Rasi: 14.04 Tithi 30 – 1	<b>Gulika</b> 8:42AM – 10:27AM <b>Yama</b> 5:13AM – 6:58AM <b>Rahu</b> 1:56PM – 3:40PM	<b>Pushya Until 10:10AM</b> Siddhi Until 1:13PM Bava Until 3:11AM Fri Amavasya* Until 6:41AM
	445893462	<b>Ganesha:</b> Green <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Blue	<b>Sunrise:</b> 5:13AM <b>Sunset:</b> 7:09PM Moon 7 - Phase 15 Prathama Sivaloka Day Sravana*Adi
	Creative Work Amrita Yoga Until 10:10AM 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

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<b>1</b>		<b>Friday, August 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvitiyayam Titau		Sun 16		Tehran, Iran Sutra 110 Vikarin 5121
Kataka Rasi: 29.04	Tithi 2	<b>Gulika</b> 6:58AM – 8:42AM	<b>Ashlesha* Until 7:20AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:14AM			
		Yama 3:40PM – 5:24PM	Vyatipata* Until 9:15AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:08PM		Moon 7 - Phase 16	
		445893462 <b>Rahu</b> 10:27AM – 12:11PM	Balava Until 1:25PM	<b>Nataraja:</b> White			3rd Phase	
Routine Work	Marana Yoga		<b>Dvitiya Until 11:37PM</b>	Moon – Blue			<b>Sivaloka Day</b>	
				<b>Sravana*Adi</b>				

<b>2</b>		<b>Saturday, August 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Parigha* Yoga Tailila/Gara Karana Tritiyayam Titau		Sun 17		Tehran, Iran Sutra 111 Vikarin 5121
Simha Rasi: 14.07	Tithi 3	<b>Gulika</b> 5:15AM – 6:59AM	<b>Purvaphalguni Until 2:06AM Sun</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:15AM			
		Yama 1:55PM – 3:39PM	Parigha* Until 1:19AM Sun	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:07PM		Moon 7 - Phase 16	
		455893462 <b>Rahu</b> 8:43AM – 10:27AM	Taitila Until 9:52AM	<b>Nataraja:</b> White			3rd Phase	
Creative Work	Siddha Yoga		<b>Tritiya Until 8:07PM</b>	Moon – Red			<b>Sivaloka Day</b>	
Until 2:06AM Sun				<b>Sravana*Adi</b>				
Then Creative Work - Amrita Yoga								

<b>3</b>		<b>Sunday, August 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Vanija/Bava Karana Chaturthi/Panchamyam Titau		Sun 18		Tehran, Iran Sutra 112 Vikarin 5121
Simha Rasi: 29.05	Tithi 4 – 5	<b>Gulika</b> 3:39PM – 5:22PM	<b>Uttaraphalguni Until 11:36PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:15AM			
		Yama 12:11PM – 1:55PM	Shiva Until 9:38PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:06PM		Moon 7 - Phase 16	
		455993462 <b>Rahu</b> 5:22PM – 7:06PM	Vanija Until 6:27AM	<b>Nataraja:</b> White			3rd Phase	
Creative Work	Amrita Yoga		<b>Chaturthi* Until 4:50PM</b>	Moon – Red			<b>Subha Sivaloka Day</b>	
				<b>Sravana*Adi</b>				

<b>4</b>		<b>Monday, August 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Sun 19		Tehran, Iran Sutra 113 Vikarin 5121
Kanya Rasi: 13.48	Tithi 5 – 6	<b>Gulika</b> 1:54PM – 3:38PM	<b>Hasta Until 9:47PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:16AM			
<b>Family Home Evening</b>		Yama 10:27AM – 12:11PM	Siddha Until 6:15PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:05PM		Moon 7 - Phase 16	
Creative Work	Siddha Yoga	465993462 <b>Rahu</b> 7:00AM – 8:43AM	Kaulava Until 12:40AM Tue	<b>Nataraja:</b> White			3rd Phase	
Until 9:47PM			<b>Panchami Until 1:56PM</b>	Moon – Green			<b>Subha Subha Sivaloka Day</b>	
Then Routine Work - Prabalarishta Yoga		<b>Nag Panchami</b>		<b>Sravana*Adi</b>				

<b>5</b>		<b>Tuesday, August 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Sadhya/Subha Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau		Sun 20		Tehran, Iran Sutra 114 Vikarin 5121
Kanya Rasi: 28.13	Tithi 6 – 7	<b>Gulika</b> 12:11PM – 1:54PM	<b>Chitra Until 8:22PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:17AM			
		Yama 8:44AM – 10:27AM	Sadhya Until 3:18PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:04PM		Moon 7 - Phase 16	
		465993462 <b>Rahu</b> 3:38PM – 5:21PM	Gara Until 10:32PM	<b>Nataraja:</b> White			3rd Phase	
Creative Work	Siddha Yoga		<b>Shashthi* Until 11:30AM</b>	Moon – Green			<b>Subha Subha Sivaloka Day</b>	
				<b>Sravana*Adi</b>				

<b>Retreat Star</b>		<b>Wednesday, August 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Vanija/Vistil* Karana Saptami/Ashtamyam Titau		Sun 21		Tehran, Iran Sutra 115 Vikarin 5121
Tula Rasi: 12.14	Tithi 7 – 8	<b>Gulika</b> 10:27AM – 12:11PM	<b>Svati Until 7:24PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:18AM			
		Yama 7:01AM – 8:44AM	Subha Until 12:51PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:03PM		Moon 7 - Phase 16	
		465993462 <b>Rahu</b> 12:11PM – 1:54PM	Vistil Until 9:00PM	<b>Nataraja:</b> White			Ashtami	
Creative Work	Siddha Yoga		<b>Saptami Until 9:40AM</b>	Moon – Green			<b>Subha Subha Sivaloka Day</b>	
				<b>Sravana*Adi</b>				

<b>Retreat Star</b>		<b>Thursday, August 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Sun 22		Tehran, Iran Sutra 116 Vikarin 5121
Tula Rasi: 25.52	Tithi 8 – 9	<b>Gulika</b> 8:44AM – 10:27AM	<b>Vishakha Until 7:24PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:18AM			
		Yama 5:18AM – 7:01AM	Sukla Until 10:55AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:02PM		Moon 7 - Phase 16	
		476993462 <b>Rahu</b> 1:53PM – 3:36PM	Balava Until 8:09PM	<b>Nataraja:</b> White			Navami	
Creative Work	Siddha Yoga		<b>Ashtami* Until 8:29AM</b>	Moon – Orange			<b>Sivaloka Day</b>	
				<b>Sravana*Adi</b>				

Where men move at will, in the threefold sphere, in the third heaven of heavens, where are realms full of light, in that radiant world make me immortal. Rig Veda Samhita

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1	<b>Friday, August 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Tehran, Iran Sun 23 Sutra 117 Vikarin 5121
	Wrischika Rasi: 9.08	Tithi 9 – 10	<b>Gulika</b> 7:02AM – 8:45AM	<b>Anuradha</b> Until 7:54PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:19AM	
			Yama 3:36PM – 5:19PM	Brahma Until 9:32AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:01PM	Moon 7 - Phase 17
	476993462	<b>Rahu</b> 10:27AM – 12:10PM		Taitila Until 7:58PM	<b>Nataraja:</b> White		4th Phase
Creative Work Siddha Yoga			<b>Navami*</b> Until 7:58AM	Moon – Orange		<b>Sivaloka Day</b>	
Until 7:54PM				<b>Sravana*Adi</b>			
Then Routine Work - Marana Yoga							

2	<b>Saturday, August 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Tehran, Iran Sun 24 Sutra 118 Vikarin 5121
	Wrischika Rasi: 22.03	Tithi 10 – 11	<b>Gulika</b> 5:20AM – 7:03AM	<b>Jyeshtha*</b> Until 8:52PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:20AM	
			Yama 1:53PM – 3:35PM	Indra Until 8:40AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:00PM	Moon 7 - Phase 17
	476993462	<b>Rahu</b> 8:45AM – 10:28AM		Vanija Until 8:25PM	<b>Nataraja:</b> White		4th Phase
Creative Work Siddha Yoga			<b>Dashami</b> Until 8:06AM	Moon – Orange		<b>Sivaloka Day</b>	
				<b>Sravana*Adi</b>			

3	<b>Sunday, August 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Tehran, Iran Sun 25 Sutra 119 Vikarin 5121
	Dhanus Rasi: 4.41	Tithi 11 – 12	<b>Gulika</b> 3:35PM – 5:17PM	<b>Mula*</b> Until 10:42PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:21AM	
			Yama 12:10PM – 1:52PM	Vaidhriti* Until 8:15AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:59PM	Moon 7 - Phase 17
	486993462	<b>Rahu</b> 5:17PM – 6:59PM		Bava Until 9:26PM	<b>Nataraja:</b> White		4th Phase
Creative Work Amrita Yoga			<b>Ekadashi</b> Until 8:50AM	Moon – Light Blue		<b>Subha Sivaloka Day</b>	
Until 10:42PM				<b>Sravana*Adi</b>			
Then Creative Work - Siddha Yoga							

4	<b>Monday, August 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Tehran, Iran Sun 26 Sutra 120 Vikarin 5121
	Dhanus Rasi: 17.04	Tithi 12 – 13	<b>Gulika</b> 1:52PM – 3:34PM	<b>Purvashadha*</b> Until 12:50AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:22AM	
			Yama 10:28AM – 12:10PM	Vishkambha* Until 8:16AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:58PM	Moon 7 - Phase 17
	486993462	<b>Rahu</b> 7:04AM – 8:46AM		Kaulava Until 10:55PM	<b>Nataraja:</b> White		4th Phase
<b>Family Home Evening</b>			<b>Dvadashi</b> Until 10:06AM	Moon – Light Blue		<b>Subha Sivaloka Day</b>	
Routine Work Marana Yoga				<b>Sravana*Adi</b>			
Until 12:50AM Tue							
Then Routine Work - Prabalarishta Yoga							
						<i>Pradosha Vrata</i>	

5	<b>Tuesday, August 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Tehran, Iran Sun 27 Sutra 121 Vikarin 5121
	Dhanus Rasi: 29.16	Tithi 13 – 14	<b>Gulika</b> 12:10PM – 1:51PM	<b>Uttarashadha</b> Until 3:08AM Wed	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:22AM	
			Yama 8:46AM – 10:28AM	Priti Until 8:37AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:57PM	Moon 7 - Phase 17
	486993462	<b>Rahu</b> 3:33PM – 5:15PM		Gara Until 12:46AM Wed	<b>Nataraja:</b> White		4th Phase
Routine Work Prabalarishta Yoga			<b>Trayodashi</b> Until 11:47AM	Moon – Light Blue		<b>Subha Sivaloka Day</b>	
Until 3:08AM Wed				<b>Sravana*Adi</b>			
Then Creative Work - Siddha Yoga							

○	<b>Wednesday, August 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Tehran, Iran Sutra 122 Vikarin 5121
	<b>Copper Retreat Star</b>		<b>Gulika</b> 10:28AM – 12:09PM	<b>Shravana</b> Until 6:03AM Thu	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:23AM	
	Makara Rasi: 11.2	Tithi 14 – 15	Yama 7:05AM – 8:46AM	Ayushman Until 9:12AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:56PM	Moon 7 - Phase 17
	496993462	<b>Rahu</b> 12:09PM – 1:51PM		Visti Until 2:55AM Thu	<b>Nataraja:</b> White		Purnima
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 1:48PM	Moon – Purple		<b>Sivaloka Day</b>	
				<b>Sravana*Adi</b>			

○	<b>Thursday, August 15, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Tehran, Iran Sutra 123 Vikarin 5121
	<b>Silver Retreat Star</b>		<b>Gulika</b> 8:47AM – 10:28AM	<b>Shravana</b> Until 6:03AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:24AM	
	Makara Rasi: 23.18	Tithi 15 – 16	Yama 5:24AM – 7:05AM	Saubhagya Until 9:59AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:55PM	Moon 7 - Phase 17
	497993462	<b>Rahu</b> 1:51PM – 3:32PM		Balava Until 5:14AM Fri	<b>Nataraja:</b> White		Prathama
Creative Work Siddha Yoga			<b>Purnima*</b> Until 4:02PM	Moon – Purple		<b>Subha Sivaloka Day</b>	
				<b>Sravana*Adi</b>			





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

Kumbha Rasi: 5.11      Tilthi 16  
Creative Work    Siddha Yoga

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

**Gulika**      7:06AM – 8:47AM  
Yama          3:31PM – 5:12PM  
497993462 **Rahu**      10:28AM – 12:09PM

Tehran, Iran  
Sutra 124  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Ganesha:** Yellow      *Sunrise:* 5:25AM  
**Muruqa:** Blue        *Sunset:* 6:53PM  
**Nataraja:** White  
Moon – Purple  
**Subha Sivaloka Day**  
Sravana-Adi

**Dhanishtha** Until 8:57AM  
Sobhana Until 10:54AM  
Kaulava Until 6:25PM  
**Prathama\*** Until 6:25PM

**1**

**Saturday, August 17, 2019**

Kumbha Rasi: 17.03      Tilthi 17  
Creative Work    Amrita Yoga  
Until 11:46AM  
Then Routine Work - Marana Yoga

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

**Gulika**      5:25AM – 7:06AM  
Yama          1:50PM – 3:31PM  
497993462 **Rahu**      8:47AM – 10:28AM

Tehran, Iran  
Sun 1  
Sutra 125  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Ganesha:** Yellow      *Sunrise:* 5:25AM  
**Muruqa:** Blue        *Sunset:* 6:52PM  
**Nataraja:** White  
Moon – Purple  
**Subha Sivaloka Day**  
Sravana-Avani

**Shatabhishak** Until 11:46AM  
Athiganda\* Until 11:51AM  
Taitila Until 7:40AM  
**Dvitiya** Until 8:51PM

**2**

**Sunday, August 18, 2019**

Kumbha Rasi: 28.55      Tilthi 18  
Creative Work    Siddha Yoga  
Until 2:55PM  
Then Creative Work - Amrita Yoga

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

**Gulika**      3:30PM – 5:10PM  
Yama          12:09PM – 1:49PM  
517993462 **Rahu**      5:10PM – 6:51PM

Tehran, Iran  
Sun 2  
Sutra 126  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Ganesha:** White      *Sunrise:* 5:26AM  
**Muruqa:** Blue        *Sunset:* 6:51PM  
**Nataraja:** White  
Moon – Clear  
**Subha Subha Sivaloka Day**  
Sravana-Avani

**Purvaproshtapada\*** Until 2:55PM  
Sukarma Until 12:48PM  
Vanija Until 10:05AM  
**Tritiya** Until 11:15PM

**3**

**Monday, August 19, 2019**

Meena Rasi: 10.48      Tilthi 19  
**Family Home Evening**  
Creative Work    Siddha Yoga

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

**Gulika**      1:49PM – 3:29PM  
Yama          10:28AM – 12:08PM  
517993462 **Rahu**      7:07AM – 8:48AM

Tehran, Iran  
Sun 3  
Sutra 127  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Ganesha:** White      *Sunrise:* 5:27AM  
**Muruqa:** Blue        *Sunset:* 6:50PM  
**Nataraja:** White  
Moon – Clear  
**Subha Subha Sivaloka Day**  
Sravana-Avani

**Uttaraproshtapada** Until 5:46PM  
Dhriti Until 1:42PM  
Bava Until 12:25PM  
**Chaturthi\*** Until 1:30AM Tue

**4**

**Tuesday, August 20, 2019**

Meena Rasi: 22.45      Tilthi 20  
Creative Work    Siddha Yoga

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

**Gulika**      12:08PM – 1:48PM  
Yama          8:48AM – 10:28AM  
517993462 **Rahu**      3:28PM – 5:09PM

Tehran, Iran  
Sun 4  
Sutra 128  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Ganesha:** White      *Sunrise:* 5:28AM  
**Muruqa:** Blue        *Sunset:* 6:49PM  
**Nataraja:** White  
Moon – Clear  
**Subha Subha Sivaloka Day**  
Sravana-Avani

**Revati** Until 8:16PM  
Shula\* Until 2:24PM  
Kaulava Until 2:33PM  
**Panchami** Until 3:29AM Wed

**5**

**Wednesday, August 21, 2019**

Mesha Rasi: 4.49      Tilthi 21  
Routine Work    Marana Yoga  
Until 10:44PM  
Then Creative Work - Siddha Yoga

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

**Gulika**      10:28AM – 12:08PM  
Yama          7:08AM – 8:48AM  
527993462 **Rahu**      12:08PM – 1:48PM

Tehran, Iran  
Sun 5  
Sutra 129  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Ganesha:** Clear      *Sunrise:* 5:28AM  
**Muruqa:** Blue        *Sunset:* 6:47PM  
**Nataraja:** White  
Moon – White  
**Subha Sivaloka Day**  
Sravana-Avani

**Ashvini** Until 10:44PM  
Ganda\* Until 2:52PM  
Gara Until 4:22PM  
**Shashthi\*** Until 5:05AM Thu

**6**

**Thursday, August 22, 2019**

Mesha Rasi: 17.02      Tilthi 22  
Creative Work    Siddha Yoga

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

**Gulika**      8:48AM – 10:28AM  
Yama          5:29AM – 7:09AM  
528993462 **Rahu**      1:47PM – 3:27PM

Tehran, Iran  
Sun 6  
Sutra 130  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

**Ganesha:** White      *Sunrise:* 5:29AM  
**Muruqa:** Blue        *Sunset:* 6:46PM  
**Nataraja:** White  
Moon – White  
**Sivaloka Day**  
Sravana-Avani

**Bharani** Until 12:34AM Fri  
Vridhhi Until 3:00PM  
Visti Until 5:43PM  
**Saptami** Until 6:09AM Fri

**D**

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

Mesha Rasi: 29.3      Tilthi 22 – 23  
Creative Work    Siddha Yoga  
Until 1:37AM Sat  
Then Creative Work - Amrita Yoga

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

**Gulika**      7:09AM – 8:49AM  
Yama          3:26PM – 5:06PM  
528993462 **Rahu**      10:28AM – 12:07PM

Tehran, Iran  
Sun 7  
Sutra 131  
Vikarin 5121  
Moon 8 - Phase 18  
Ashtami

**Ganesha:** White      *Sunrise:* 5:30AM  
**Muruqa:** Blue        *Sunset:* 6:45PM  
**Nataraja:** White  
Moon – White  
**Sivaloka Day**  
Sravana-Avani

**Krittika** Until 1:37AM Sat  
Dhruva Until 2:39PM  
Balava Until 6:28PM  
**Saptami** Until 6:09AM

**Saturday, August 24, 2019**

**Retreat Star**

Vrshabha Rasi: 12.16      Tilthi 23 – 24  
Creative Work    Amrita Yoga  
Until 2:15AM Sun  
Then Creative Work - Siddha Yoga

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

**Gulika**      5:31AM – 7:10AM  
Yama          1:46PM – 3:25PM  
538993462 **Rahu**      8:49AM – 10:28AM

Tehran, Iran  
Sun 8  
Sutra 132  
Vikarin 5121  
Moon 8 - Phase 18  
Navami

**Ganesha:** Clear      *Sunrise:* 5:31AM  
**Muruqa:** Blue        *Sunset:* 6:44PM  
**Nataraja:** White  
Moon – Yellow  
**Subha Sivaloka Day**  
Sravana-Avani

**Rohini** Until 2:15AM Sun  
Vyaghata\* Until 1:46PM  
Taitila Until 6:30PM  
**Ashtami\*** Until 6:33AM

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

All times are standard time

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<b>1</b>		<b>Sunday, August 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Gara/Visti* Karana Navami/Dashmyam Titau	Tehran, Iran Sun 9 Sutra 133 Vikarin 5121
Wishabha Rasi: 25.24	Tithi 24 – 25	<b>Gulika</b> 3:25PM – 5:03PM	<b>Mrigashira</b> Until 1:57AM Mon	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:31AM	
		Yama 12:07PM – 1:46PM	Harshana Until 12:16PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:42PM	Moon 8 - Phase 19
		538993462 <b>Rahu</b> 5:03PM – 6:42PM	Visti Until 5:03AM Mon	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Navami* Until 6:12AM</b>	Moon – Yellow	<b>Subha Sivaloka Day</b>
				<b>Sravana-Avani</b>	

<b>2</b>		<b>Monday, August 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Ekadashyam Titau	Tehran, Iran Sun 10 Sutra 134 Vikarin 5121
Mithuna Rasi: 8.58	Tithi 26	<b>Gulika</b> 1:45PM – 3:24PM	<b>Ardra</b> Until 12:45AM Tue	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:32AM	
<b>Family Home Evening</b>		Yama 10:28AM – 12:07PM	Vajra* Until 10:07AM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:41PM	Moon 8 - Phase 19
		538993462 <b>Rahu</b> 7:11AM – 8:49AM	Bava Until 4:12PM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi* Until 3:08AM Tue</b>	Moon – Yellow	<b>Subha Sivaloka Day</b>
				<b>Sravana-Avani</b>	

<b>3</b>		<b>Tuesday, August 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau	Tehran, Iran Sun 11 Sutra 135 Vikarin 5121
Mithuna Rasi: 23.01	Tithi 27	<b>Gulika</b> 12:06PM – 1:45PM	<b>Punarvasu</b> Until 11:09PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:33AM	
		Yama 8:50AM – 10:28AM	Siddhi Until 7:22AM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:40PM	Moon 8 - Phase 19
		548993462 <b>Rahu</b> 3:23PM – 5:01PM	Kaulava Until 1:56PM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi* Until 12:33AM Wed</b>	Moon – Blue	<b>Sivaloka Day</b>
				<b>Sravana-Avani</b>	

<b>4</b>		<b>Wednesday, August 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Variyan Yoga Gara/Vanija Karana Trayodashyam Titau	Tehran, Iran Sun 12 Sutra 136 Vikarin 5121
Kataka Rasi: 7.3	Tithi 28	<b>Gulika</b> 10:28AM – 12:06PM	<b>Pushya</b> Until 8:50PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:34AM	
		Yama 7:12AM – 8:50AM	Variyan Until 12:21AM Thu	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:38PM	Moon 8 - Phase 19
		549993463 <b>Rahu</b> 12:06PM – 1:44PM	Gara Until 11:04AM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi* Until 9:25PM</b>	Moon – Blue	<b>Devaloka Day</b>
				<b>Sravana-Avani</b>	
			<i>Pradosha Vrata (Fasting)</i>		

<b>5</b>		<b>Thursday, August 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Parigha* Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Tehran, Iran Sun 13 Sutra 137 Vikarin 5121
Kataka Rasi: 22.22	Tithi 29 – 30	<b>Gulika</b> 8:50AM – 10:28AM	<b>Ashlesha*</b> Until 5:59PM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:35AM	
		Yama 5:35AM – 7:12AM	Parigha* Until 8:19PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:37PM	Moon 8 - Phase 19
		549193463 <b>Rahu</b> 1:44PM – 3:21PM	Visti Until 7:42AM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 5:53PM</b>	Moon – Blue	<b>Sivaloka Day</b>
Until 5:59PM				<b>Sravana-Avani</b>	
Then Creative Work - Amrita Yoga					

<b>Retreat Star</b>		<b>Friday, August 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva/Siddha Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Tehran, Iran Sun 14 Sutra 138 Vikarin 5121
Simha Rasi: 7.31	Tithi 30 – 1	<b>Gulika</b> 7:13AM – 8:50AM	<b>Magha*</b> Until 3:09PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:35AM	
		Yama 3:21PM – 4:58PM	Shiva Until 4:06PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:36PM	Moon 8 - Phase 19
		559193463 <b>Rahu</b> 10:28AM – 12:05PM	Kintughna Until 12:11AM Sat	<b>Nataraja:</b> Clear	Amavasya
Routine Work	Marana Yoga		<b>Amavasya* Until 2:06PM</b>	Moon – Red	<b>Sivaloka Day</b>
Until 3:09PM				<b>Sravana-Avani</b>	
Then Creative Work - Siddha Yoga		<b>Varalakshmi Vratam</b>			

<b>Retreat Star</b>		<b>Saturday, August 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Tehran, Iran Sun 15 Sutra 139 Vikarin 5121
Simha Rasi: 22.46	Tithi 1 – 2	<b>Gulika</b> 5:36AM – 7:13AM	<b>Purvaphalguni</b> Until 12:07PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:36AM	
		Yama 1:42PM – 3:20PM	Siddha Until 11:48AM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:34PM	Moon 8 - Phase 19
		559193463 <b>Rahu</b> 8:51AM – 10:28AM	Balava Until 8:22PM	<b>Nataraja:</b> Clear	Prathama
Creative Work	Siddha Yoga		<b>Prathama* Until 10:15AM</b>	Moon – Red	<b>Sivaloka Day</b>
Until 12:07PM				<b>Bhadrapada-Avani</b>	
Then Routine Work - Marana Yoga					

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

<b>1</b>	<b>Sunday, September 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau				Tehran, Iran
	Kanya Rasi: 7.58	Tithi 2 - 3	<b>Gulika</b> 3:19PM - 4:56PM	<b>Uttaraphalguni</b> Until 9:05AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:37AM	Sun 16 Sutra 140
			Yama 12:05PM - 1:42PM	Sadhya Until 7:37AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:33PM	Vikarin 5121
	559193463		<b>Rahu</b> 4:56PM - 6:33PM	Gara Until 3:01AM Mon	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Amrita Yoga		<b>Dvitiya</b> Until 6:30AM	Moon - Red		3rd Phase	
				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	

<b>2</b>	<b>Monday, September 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturtham Titau				Tehran, Iran
	Kanya Rasi: 22.57	Tithi 4	<b>Gulika</b> 1:41PM - 3:18PM	<b>Hasta</b> Until 6:36AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:38AM	Sun 17 Sutra 141
	<b>Family Home Evening</b>		Yama 10:28AM - 12:04PM	Sukla Until 12:05AM Tue	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:31PM	Vikarin 5121
	559193463		<b>Rahu</b> 7:14AM - 8:51AM	Vanija Until 1:27PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Chaturthi*</b> Until 11:58PM	Moon - Green		3rd Phase	
Until 6:36AM		<b>Ganesha Chaturthi</b>		<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	
Then Routine Work - Prabararishta Yoga							

<b>3</b>	<b>Tuesday, September 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Tehran, Iran
	Tula Rasi: 8	Tithi 5	<b>Gulika</b> 12:04PM - 1:41PM	<b>Svati</b> Until 2:45AM Wed	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:38AM	Sun 18 Sutra 142
			Yama 8:51AM - 10:28AM	Brahma Until 8:58PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:30PM	Vikarin 5121
	559193463		<b>Rahu</b> 3:17PM - 4:54PM	Bava Until 10:40AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Panchami</b> Until 9:30PM	Moon - Green		3rd Phase	
				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	

<b>4</b>	<b>Wednesday, September 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra Yoga Kaulava/Taila Karana Shashthiyam Titau				Tehran, Iran
	Tula Rasi: 21.48	Tithi 6	<b>Gulika</b> 10:28AM - 12:04PM	<b>Vishakha</b> Until 2:05AM Thu	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:39AM	Sun 19 Sutra 143
			Yama 7:15AM - 8:51AM	Indra Until 6:27PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:29PM	Vikarin 5121
	559193463		<b>Rahu</b> 12:04PM - 1:40PM	Kaulava Until 8:32AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 7:44PM	Moon - Orange		3rd Phase	
				<b>Bhadrapada-Avani</b>		<b>Subha Sivaloka Day</b>	

<b>5</b>	<b>Thursday, September 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Saptamyam Titau				Tehran, Iran
	Vrischika Rasi: 5.32	Tithi 7	<b>Gulika</b> 8:52AM - 10:28AM	<b>Anuradha</b> Until 2:05AM Fri	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:40AM	Sun 20 Sutra 144
			Yama 5:40AM - 7:16AM	Vaidhriti* Until 4:34PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:27PM	Vikarin 5121
	559193463		<b>Rahu</b> 1:39PM - 3:15PM	Gara Until 7:11AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Saptami</b> Until 6:47PM	Moon - Orange		3rd Phase	
Until 2:05AM Fri				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>	<b>Friday, September 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Ashtamyam Titau				Tehran, Iran
	Vrischika Rasi: 18.47	Tithi 8	<b>Gulika</b> 7:16AM - 8:52AM	<b>Jyeshtha*</b> Until 2:43AM Sat	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:41AM	Sun 21 Sutra 145
			Yama 3:15PM - 4:50PM	Vishkambha* Until 3:20PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:26PM	Vikarin 5121
	559193463		<b>Rahu</b> 10:28AM - 12:03PM	Visti Until 6:38AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Routine Work	Marana Yoga		<b>Ashtami*</b> Until 6:40PM	Moon - Orange		Ashtami	
Until 2:43AM Sat				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							

<b>Retreat Star</b>	<b>Saturday, September 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Navamyam Titau				Tehran, Iran
	Dhanus Rasi: 1.38	Tithi 9	<b>Gulika</b> 5:41AM - 7:17AM	<b>Mula*</b> Until 4:26AM Sun	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:41AM	Sun 22 Sutra 146
			Yama 1:38PM - 3:14PM	Priti Until 2:45PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:24PM	Vikarin 5121
	581193463		<b>Rahu</b> 8:52AM - 10:27AM	Balava Until 6:55AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Navami*</b> Until 7:19PM	Moon - Light Blue		Navami	
				<b>Bhadrapada-Avani</b>		<b>Devaloka Day</b>	

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

<b>1 Sunday, September 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dashamyam Titau				Tehran, Iran Sun 23 Sutra 147 Vikarin 5121
Dhanus Rasi: 14.08	Tithi 10	<b>Gulika</b> 3:13PM – 4:48PM	<b>Purvashadha* Until 6:35AM Mon</b>	<b>Ganesha:</b> Green <i>Sunrise: 5:42AM</i>	<b>Muruqa:</b> Blue <i>Sunset: 6:23PM</i>	Moon 8 - Phase 21 4th Phase
581193463	<b>Rahu</b> 4:48PM – 6:23PM	Yama 12:02PM – 1:38PM	Ayushman Until 2:41PM	<b>Nataraja:</b> Clear		
Creative Work Siddha Yoga			Taitila Until 7:57AM	Moon – Light Blue	<b>Devaloka Day</b>	
Until 6:35AM Mon		<b>Grandparent's Day</b>	<b>Dashami Until 8:40PM</b>	<b>Bhadrapada-Avani</b>		
Then Routine Work - Marana Yoga						

<b>2 Monday, September 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau				Tehran, Iran Sun 24 Sutra 148 Vikarin 5121
Dhanus Rasi: 26.22	Tithi 11	<b>Gulika</b> 1:37PM – 3:12PM	<b>Purvashadha* Until 6:35AM</b>	<b>Ganesha:</b> Green <i>Sunrise: 5:43AM</i>	<b>Muruqa:</b> Blue <i>Sunset: 6:22PM</i>	Moon 8 - Phase 21 4th Phase
581193463	<b>Rahu</b> 7:18AM – 8:52AM	Yama 10:27AM – 12:02PM	Saubhagya Until 3:04PM	<b>Nataraja:</b> Clear		
Family Home Evening			Vanija Until 9:35AM	Moon – Light Blue	<b>Devaloka Day</b>	
Routine Work Marana Yoga			<b>Ekadashi Until 10:33PM</b>	<b>Bhadrapada-Avani</b>		

<b>3 Tuesday, September 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Dvadashyam Titau				Tehran, Iran Sun 25 Sutra 149 Vikarin 5121
Makara Rasi: 8.25	Tithi 12	<b>Gulika</b> 12:02PM – 1:36PM	<b>Uttarashadha Until 9:00AM</b>	<b>Ganesha:</b> Green <i>Sunrise: 5:43AM</i>	<b>Muruqa:</b> Blue <i>Sunset: 6:20PM</i>	Moon 8 - Phase 21 4th Phase
581193463	<b>Rahu</b> 3:11PM – 4:46PM	Yama 8:53AM – 10:27AM	Sobhana Until 3:46PM	<b>Nataraja:</b> Clear		
Routine Work Prabalarishta Yoga			Bava Until 11:39AM	Moon – Light Blue	<b>Devaloka Day</b>	
Until 9:00AM			<b>Dvadashi Until 12:46AM Wed</b>	<b>Bhadrapada-Avani</b>		
Then Creative Work - Siddha Yoga						

<b>4 Wednesday, September 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Tehran, Iran Sun 26 Sutra 150 Vikarin 5121
Makara Rasi: 20.2	Tithi 13	<b>Gulika</b> 10:27AM – 12:01PM	<b>Shravana Until 12:02PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 5:44AM</i>	<b>Muruqa:</b> Blue <i>Sunset: 6:19PM</i>	Moon 8 - Phase 21 4th Phase
591193463	<b>Rahu</b> 12:01PM – 1:36PM	Yama 7:19AM – 8:53AM	Athiganda* Until 4:37PM	<b>Nataraja:</b> Clear		
Creative Work Siddha Yoga			Kaulava Until 1:59PM	Moon – Purple	<b>Sivaloka Day</b>	
Until 12:02PM		<b>Avani Avittam</b>	<b>Trayodashi Until 3:11AM Thu</b>	<b>Bhadrapada-Avani</b>		
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>			

<b>5 Thursday, September 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau				Tehran, Iran Sun 27 Sutra 151 Vikarin 5121
Kumbha Rasi: 2.12	Tithi 14	<b>Gulika</b> 8:53AM – 10:27AM	<b>Dhanishtha Until 3:01PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 5:45AM</i>	<b>Muruqa:</b> Blue <i>Sunset: 6:17PM</i>	Moon 8 - Phase 21 4th Phase
591193463	<b>Rahu</b> 1:35PM – 3:09PM	Yama 5:45AM – 7:19AM	Sukarma Until 5:34PM	<b>Nataraja:</b> Clear		
Creative Work Siddha Yoga			Gara Until 4:27PM	Moon – Purple	<b>Sivaloka Day</b>	
		<b>Chidambaram Abhishekam</b>	<b>Chaturdashi* Until 5:39AM Fri</b>	<b>Bhadrapada-Avani</b>		

<b>Friday, September 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Dhriti Yoga Visti* Karana Purnimayam Titau				Tehran, Iran Sutra 152 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 7:19AM – 8:53AM	<b>Shatabhishak Until 5:50PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 5:46AM</i>	<b>Muruqa:</b> Purple <i>Sunset: 6:16PM</i>	Moon 8 - Phase 21 Purnima
Kumbha Rasi: 14.04	Tithi 15	Yama 3:08PM – 4:42PM	Dhriti Until 6:31PM	<b>Nataraja:</b> Clear		
591113463	<b>Rahu</b> 10:27AM – 12:01PM		Visti Until 6:54PM	Moon – Purple	<b>Sivaloka Day</b>	
Creative Work Siddha Yoga			<b>Purnima* Until 8:06AM Sat</b>	<b>Bhadrapada-Avani</b>		

<b>Saturday, September 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Tehran, Iran Sutra 153 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 5:46AM – 7:20AM	<b>Purvaproshtapada* Until 8:55PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 5:46AM</i>	<b>Muruqa:</b> Purple <i>Sunset: 6:14PM</i>	Moon 8 - Phase 21 Prathama
Kumbha Rasi: 25.55	Tithi 15 – 16	Yama 1:34PM – 3:07PM	Shula* Until 7:23PM	<b>Nataraja:</b> Clear		
511113463	<b>Rahu</b> 8:53AM – 10:27AM		Balava Until 9:18PM	Moon – Clear	<b>Sivaloka Day</b>	
Routine Work Marana Yoga			<b>Purnima* Until 8:06AM</b>	<b>Bhadrapada-Avani</b>		
Until 8:55PM						
Then Creative Work - Siddha Yoga						

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



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

Meena Rasi: 7.5 Tithi 16 – 17

512113463

Creative Work Amrita Yoga

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

**Gulika** 3:06PM – 4:40PM  
Yama 12:00PM – 1:33PM  
**Rahu** 4:40PM – 6:13PM

**Uttaraproshtapada** Until 11:43PM  
Ganda\* Until 8:10PM  
Taitila Until 11:33PM  
Prathama\* Until 10:25AM

Tehran, Iran  
Sutra 154  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

**Ganesha:** Yellow **Sunrise:** 5:47AM  
**Muruqa:** Purple **Sunset:** 6:13PM

**Nataraja:** Clear  
Moon – Clear

**Sivaloka Day**  
Bhadrapada\*Avani

**1**

**Monday, September 16, 2019**

Meena Rasi: 19.48 Tithi 17 – 18

512113463

Creative Work Siddha Yoga

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

**Gulika** 1:33PM – 3:06PM  
Yama 10:27AM – 12:00PM  
**Rahu** 7:21AM – 8:54AM

**Revati** Until 2:09AM Tue  
Vriddhi Until 8:50PM  
Vanija Until 1:36AM Tue  
Dvitiya Until 12:35PM

Tehran, Iran  
Sun 1  
Sutra 155  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

**Ganesha:** Yellow **Sunrise:** 5:48AM  
**Muruqa:** Purple **Sunset:** 6:11PM

**Nataraja:** Clear  
Moon – Clear

**Sivaloka Day**  
Bhadrapada\*Avani

**2**

**Tuesday, September 17, 2019**

Mesha Rasi: 1.5 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 Tritya/Chaturthyam Titau

**Gulika** 11:59AM – 1:32PM  
Yama 8:54AM – 10:27AM  
**Rahu** 3:05PM – 4:37PM

**Ashvini** Until 4:41AM Wed  
Dhruva Until 9:16PM  
Bava Until 3:25AM Wed  
Tritya Until 2:32PM

Tehran, Iran  
Sun 2  
Sutra 156  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

**Ganesha:** White **Sunrise:** 5:49AM  
**Muruqa:** Purple **Sunset:** 6:10PM

**Nataraja:** Clear  
Moon – White

**Devaloka Day**  
Bhadrapada\*Puratasi

**3**

**Wednesday, September 18, 2019**

Mesha Rasi: 13.59 Tithi 19 – 20

522113463

Creative Work Siddha Yoga

Until 6:43AM Thu  
Then Routine Work - Marana Yoga

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

**Gulika** 10:27AM – 11:59AM  
Yama 7:22AM – 8:54AM  
**Rahu** 11:59AM – 1:31PM

**Bharani** Until 6:43AM Thu  
Vyaghata\* Until 9:29PM  
Kaulava Until 4:53AM Thu  
Chaturthi\* Until 4:11PM

Tehran, Iran  
Sun 3  
Sutra 157  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

**Ganesha:** White **Sunrise:** 5:49AM  
**Muruqa:** Purple **Sunset:** 6:09PM

**Nataraja:** Clear  
Moon – White

**Devaloka Day**  
Bhadrapada\*Puratasi

**4**

**Thursday, September 19, 2019**

Mesha Rasi: 26.17 Tithi 20 – 21

522113463

Creative Work Siddha Yoga

Until 6:43AM  
Then Routine Work - Marana Yoga

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

**Gulika** 8:54AM – 10:26AM  
Yama 5:50AM – 7:22AM  
**Rahu** 1:31PM – 3:03PM

**Bharani** Until 6:43AM  
Harshana Until 9:25PM  
Gara Until 5:56AM Fri  
Panchami Until 5:27PM

Tehran, Iran  
Sun 4  
Sutra 158  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

**Ganesha:** White **Sunrise:** 5:50AM  
**Muruqa:** Purple **Sunset:** 6:07PM

**Nataraja:** Clear  
Moon – White

**Devaloka Day**  
Bhadrapada\*Puratasi

**5**

**Friday, September 20, 2019**

Vishabha Rasi: 8.46 Tithi 21

522113463

Creative Work Siddha Yoga

Until 8:09AM  
Then Routine Work - Marana Yoga

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

**Gulika** 7:23AM – 8:55AM  
Yama 3:02PM – 4:34PM  
**Rahu** 10:26AM – 11:58AM

**Krittika** Until 8:09AM  
Vajra\* Until 8:54PM  
Vanija Until 6:14PM  
Shashthi\* Until 6:14PM

Tehran, Iran  
Sun 5  
Sutra 159  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

**Ganesha:** White **Sunrise:** 5:51AM  
**Muruqa:** Purple **Sunset:** 6:06PM

**Nataraja:** Clear  
Moon – White

**Devaloka Day**  
Bhadrapada\*Puratasi

**6**

**Saturday, September 21, 2019**

Vishabha Rasi: 21.31 Tithi 22

532113463

Creative Work Amrita Yoga

Until 9:22AM  
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** 5:52AM – 7:23AM  
Yama 1:29PM – 3:01PM  
**Rahu** 8:55AM – 10:26AM

**Rohini** Until 9:22AM  
Siddhi Until 7:56PM  
Visti Until 6:25AM  
Saptami Until 6:24PM

Tehran, Iran  
Sun 6  
Sutra 160  
Vikarin 5121  
Moon 9 - Phase 22  
1st Phase

**Ganesha:** Clear **Sunrise:** 5:52AM  
**Muruqa:** Purple **Sunset:** 6:04PM

**Nataraja:** Clear  
Moon – Yellow

**Sivaloka Day**  
Bhadrapada\*Puratasi

**●**

**Sunday, September 22, 2019**

**Retreat Star**

Mithuna Rasi: 4.34 Tithi 23 – 24

532213463

Creative Work Siddha Yoga

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

**Gulika** 3:00PM – 4:31PM  
Yama 11:58AM – 1:29PM  
**Rahu** 4:31PM – 6:03PM

**Mrigashira** Until 9:47AM  
Vyatipata\* Until 6:25PM  
Balava Until 6:15AM  
Ashtami\* Until 5:53PM

Tehran, Iran  
Sun 7  
Sutra 161  
Vikarin 5121  
Moon 9 - Phase 22  
Ashtami

**Ganesha:** Orange **Sunrise:** 5:52AM  
**Muruqa:** Purple **Sunset:** 6:03PM

**Nataraja:** Clear  
Moon – Yellow

**Sivaloka Day**  
Bhadrapada\*Puratasi

**Monday, September 23, 2019**

**Retreat Star**

Mithuna Rasi: 18 Tithi 24 – 25

532213463

Creative Work Siddha Yoga

Until 9:20AM  
Then Creative Work - Amrita Yoga

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

**Gulika** 1:28PM – 2:59PM  
Yama 10:26AM – 11:57AM  
**Rahu** 7:24AM – 8:55AM

**Ardra** Until 9:20AM  
Variyan Until 4:18PM  
Vanija Until 3:46AM Tue  
Navami\* Until 4:38PM

Tehran, Iran  
Sun 8  
Sutra 162  
Vikarin 5121  
Moon 9 - Phase 22  
Navami

**Ganesha:** Orange **Sunrise:** 5:53AM  
**Muruqa:** Purple **Sunset:** 6:01PM

**Nataraja:** Clear  
Moon – Yellow

**Sivaloka Day**  
Bhadrapada\*Puratasi

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

All times are standard time

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1	<b>Tuesday, September 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Parigha/Shiva Yoga Visti/Bava Karana Dashami/Ekadashyam Titau				Teheran, Iran
	Kataka Rasi: 1.52	Tithi 25 – 26	542213463	<b>Gulika</b> 11:57AM – 1:28PM	<b>Punarvasu</b> Until 8:29AM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:54AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:00PM	Sun 9 Sutra 163 Vikarin 5121
	Creative Work	Siddha Yoga		Yama 8:55AM – 10:26AM	Parigha* Until 1:38PM		Moon 9 - Phase 23
				<b>Rahu</b> 2:58PM – 4:29PM	Bava Until 1:29AM Wed	<b>Nataraja:</b> Clear Moon – Blue	2nd Phase <b>Devaloka Day</b>
				<b>Dashami</b> Until 2:41PM	<b>Bhadrapada•Puratasi</b>		

2	<b>Wednesday, September 25, 2019</b>		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				Teheran, Iran
	Kataka Rasi: 16.1	Tithi 26 – 27	542213463	<b>Gulika</b> 10:26AM – 11:56AM	<b>Pushya</b> Until 6:48AM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:55AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:58PM	Sun 10 Sutra 164 Vikarin 5121
	Creative Work	Siddha Yoga		Yama 7:25AM – 8:56AM	Shiva Until 10:26AM		Moon 9 - Phase 23
				<b>Rahu</b> 11:56AM – 1:27PM	Kaulava Until 10:37PM	<b>Nataraja:</b> Clear Moon – Blue	2nd Phase <b>Devaloka Day</b>
				<b>Ekadashi*</b> Until 12:06PM	<b>Bhadrapada•Puratasi</b>		

3	<b>Thursday, September 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Magha Nakshatra Siddha/Sadhya Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau				Teheran, Iran
	Simha Rasi: 0.52	Tithi 27 – 28	552213463	<b>Gulika</b> 8:56AM – 10:26AM	<b>Magha*</b> Until 1:56AM Fri	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:55AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:57PM	Sun 11 Sutra 165 Vikarin 5121
	Creative Work	Amrita Yoga		Yama 5:55AM – 7:26AM	Siddha Until 6:47AM		Moon 9 - Phase 23
	Until 1:56AM Fri	Then Creative Work - Siddha Yoga		<b>Rahu</b> 1:26PM – 2:56PM	Gara Until 7:17PM	<b>Nataraja:</b> Clear Moon – Red	2nd Phase <b>Devaloka Day</b>
				<b>Dvadashi*</b> Until 8:59AM	<b>Bhadrapada•Puratasi</b>		
				<i>Pradosha Vrata (Fasting)</i>			

4	<b>Friday, September 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Visti/Sakuni Karana Chaturdashyam Titau				Teheran, Iran
	Simha Rasi: 15.53	Tithi 29	552213463	<b>Gulika</b> 7:26AM – 8:56AM	<b>Purvaphalguni</b> Until 11:01PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:56AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:55PM	Sun 12 Sutra 166 Vikarin 5121
	Creative Work	Siddha Yoga		Yama 2:56PM – 4:25PM	Subha Until 10:37PM		Moon 9 - Phase 23
				<b>Rahu</b> 10:26AM – 11:56AM	Visti Until 3:39PM	<b>Nataraja:</b> Clear Moon – Red	2nd Phase <b>Devaloka Day</b>
				<b>Chaturdashi*</b> Until 1:45AM Sat	<b>Bhadrapada•Puratasi</b>		

●	<b>Saturday, September 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada/Naga Karana Amavasyayam Titau				Teheran, Iran
	<b>Retreat Star</b>			<b>Gulika</b> 5:57AM – 7:27AM	<b>Uttaraphalguni</b> Until 7:54PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:57AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:54PM	Sun 13 Sutra 167 Vikarin 5121
	Kanya Rasi: 1.05	Tithi 30	652213463	Yama 1:25PM – 2:55PM	Sukla Until 6:21PM		Moon 9 - Phase 23
	Routine Work	Marana Yoga		<b>Rahu</b> 8:56AM – 10:26AM	Catuspada Until 11:52AM	<b>Nataraja:</b> Clear Moon – Red	Amavasya <b>Devaloka Day</b>
			<b>Mahalaya Amavasai (Tamil Nadu)</b>	<b>Amavasya*</b> Until 9:58PM	<b>Bhadrapada•Puratasi</b>		

●	<b>Sunday, September 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Brahma/Indra Yoga Kintughna/Bava Karana Prathamayam Titau				Teheran, Iran
	<b>Retreat Star</b>			<b>Gulika</b> 2:54PM – 4:23PM	<b>Hasta</b> Until 5:09PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:58AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:53PM	Sun 14 Sutra 168 Vikarin 5121
	Kanya Rasi: 16.18	Tithi 1	663213463	Yama 11:55AM – 1:24PM	Brahma Until 2:09PM		Moon 9 - Phase 23
	Creative Work	Amrita Yoga		<b>Rahu</b> 4:23PM – 5:53PM	Kintughna Until 8:07AM	<b>Nataraja:</b> Clear Moon – Green	Prathama <b>Devaloka Day</b>
Until 5:09PM	Then Creative Work - Siddha Yoga		<b>Navaratri Begins</b>	<b>Prathama*</b> Until 6:17PM	<b>Ashvina•Puratasi</b>		

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

All times are standard time

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<b>Monday, September 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau			Tehran, Iran Sun 15 Sutra 169 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:24PM – 2:53PM	<b>Chitra</b> <b>Until 2:32PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 5:59AM</i>	
Tula Rasi: 1.22	Tithi 2 – 3	Yama 10:26AM – 11:55AM	Indra <b>Until 10:11AM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:51PM</i>	Moon 9 - Phase 24
<b>Family Home Evening</b>	663213463	<b>Rahu</b> 7:28AM – 8:57AM	Taitila <b>Until 1:24AM Tue</b>	<b>Nataraja:</b> Clear	3rd Phase
Routine Work Prabalarishta Yoga			<b>Dvitiya</b> <b>Until 2:54PM</b>	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>
Until 2:32PM					
Then Creative Work - Amrita Yoga					

<b>Tuesday, October 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau			Tehran, Iran Sun 16 Sutra 170 Vikarin 5121
<b>2</b>		<b>Gulika</b> 11:54AM – 1:23PM	<b>Svati</b> <b>Until 12:15PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 5:59AM</i>	
Tula Rasi: 16.07	Tithi 3 – 4	Yama 8:57AM – 10:26AM	Vaidhriti* <b>Until 6:33AM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:50PM</i>	Moon 9 - Phase 24
663213463		<b>Rahu</b> 2:52PM – 4:21PM	Vanija <b>Until 10:47PM</b>	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Tritiya</b> <b>Until 12:00PM</b>	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>
Until 12:15PM					
Then Routine Work - Marana Yoga					

<b>Wednesday, October 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Tehran, Iran Sun 17 Sutra 171 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:26AM – 11:54AM	<b>Vishakha</b> <b>Until 10:53AM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:00AM</i>	
Vrischika Rasi: 0.28	Tithi 4 – 5	Yama 7:29AM – 8:57AM	Priti <b>Until 12:52AM Thu</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:48PM</i>	Moon 9 - Phase 24
673213463		<b>Rahu</b> 11:54AM – 1:23PM	Bava <b>Until 8:52PM</b>	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Chaturthi*</b> <b>Until 9:43AM</b>	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>

<b>Thursday, October 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Tehran, Iran Sun 18 Sutra 172 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:57AM – 10:26AM	<b>Anuradha</b> <b>Until 10:08AM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:01AM</i>	
Vrischika Rasi: 14.19	Tithi 5 – 6	Yama 6:01AM – 7:29AM	Ayushman <b>Until 10:59PM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:47PM</i>	Moon 9 - Phase 24
673213463		<b>Rahu</b> 1:22PM – 2:50PM	Kaulava <b>Until 7:47PM</b>	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Panchami</b> <b>Until 8:12AM</b>	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>
Until 10:08AM					
Then Routine Work - Prabalarishta Yoga					

<b>Friday, October 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau			Tehran, Iran Sun 19 Sutra 173 Vikarin 5121
<b>5</b>		<b>Gulika</b> 7:30AM – 8:58AM	<b>Jyeshtha*</b> <b>Until 10:06AM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:02AM</i>	
Vrischika Rasi: 27.4	Tithi 6 – 7	Yama 2:49PM – 4:17PM	Saubhagya <b>Until 9:49PM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:45PM</i>	Moon 9 - Phase 24
673213463		<b>Rahu</b> 10:26AM – 11:54AM	Gara <b>Until 7:36PM</b>	<b>Nataraja:</b> Clear	3rd Phase
Routine Work Marana Yoga			<b>Shashthi*</b> <b>Until 7:33AM</b>	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>
Until 10:06AM					
Then Creative Work - Amrita Yoga					

<b>Saturday, October 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Tehran, Iran Sun 20 Sutra 174 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 6:02AM – 7:30AM	<b>Mula*</b> <b>Until 11:15AM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:02AM</i>	
Dhanus Rasi: 10.34	Tithi 7 – 8	Yama 1:21PM – 2:49PM	Sobhana <b>Until 9:21PM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:44PM</i>	Moon 9 - Phase 24
683213463		<b>Rahu</b> 8:58AM – 10:26AM	Visti <b>Until 8:17PM</b>	<b>Nataraja:</b> Clear	Ashtami
Creative Work Siddha Yoga			<b>Saptami</b> <b>Until 7:49AM</b>	<b>Ashvina+Puratasi</b>	<b>Sivaloka Day</b>
		<b>Durga Ashtami</b>			

<b>Sunday, October 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Tehran, Iran Sun 21 Sutra 175 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 2:48PM – 4:15PM	<b>Purvashadha*</b> <b>Until 1:02PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:03AM</i>	
Dhanus Rasi: 23.03	Tithi 8 – 9	Yama 11:53AM – 1:20PM	Athiganda* <b>Until 9:25PM</b>	<b>Muruqa:</b> Purple <i>Sunset: 5:43PM</i>	Moon 9 - Phase 24
683213463		<b>Rahu</b> 4:15PM – 5:43PM	Balava <b>Until 9:44PM</b>	<b>Nataraja:</b> Clear	Navami
Creative Work Siddha Yoga			<b>Ashtami*</b> <b>Until 8:54AM</b>	<b>Ashvina+Puratasi</b>	<b>Sivaloka Day</b>
Until 1:02PM		<b>Saraswathi Puja (Tamil Nadu)</b>			
Then Creative Work - Amrita Yoga					

<b>Monday, October 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Tehran, Iran Sun 22 Sutra 176 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:20PM – 2:47PM	<b>Uttarashadha</b> Until 3:16PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:04AM	
Makara Rasi: 5.15	Tithi 9 – 10	Yama 10:26AM – 11:53AM	Sukarma Until 9:58PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:41PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	683213463	<b>Rahu</b> 7:31AM – 8:58AM	Taitila Until 11:47PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga			Moon – Light Blue		<b>Sivaloka Day</b>
Until 3:16PM			<b>Navami* Until 10:41AM</b>	<b>Ashvina+Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>Tuesday, October 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau				Tehran, Iran Sun 23 Sutra 177 Vikarin 5121
<b>2</b>		<b>Gulika</b> 11:52AM – 1:19PM	<b>Shravana</b> Until 6:15PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:05AM	
Makara Rasi: 17.15	Tithi 10 – 11	Yama 8:59AM – 10:25AM	Dhriti Until 10:48PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:40PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 2:46PM – 4:13PM	Vanija Until 2:10AM Wed	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga			Moon – Purple		<b>Sivaloka Day</b>
		<b>Vijaya Dasami</b>	<b>Dashami</b> Until 12:55PM	<b>Ashvina+Puratasi</b>		

<b>Wednesday, October 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Tehran, Iran Sun 24 Sutra 178 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:25AM – 11:52AM	<b>Dhanishtha</b> Until 9:16PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:06AM	
Makara Rasi: 29.08	Tithi 11 – 12	Yama 7:32AM – 8:59AM	Shula* Until 11:43PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:38PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 11:52AM – 1:19PM	Bava Until 4:43AM Thu	<b>Nataraja:</b> Purple		4th Phase
Routine Work	Prabalarishta Yoga			Moon – Purple		<b>Sivaloka Day</b>
Until 9:16PM			<b>Ekadashi</b> Until 3:25PM	<b>Ashvina+Puratasi</b>		
Then Creative Work - Siddha Yoga						

<b>Thursday, October 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Tehran, Iran Sun 25 Sutra 179 Vikarin 5121
<b>4</b>		<b>Gulika</b> 8:59AM – 10:25AM	<b>Shatabhishak</b> Until 12:06AM Fri	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:07AM	
Kumbha Rasi: 10.58	Tithi 12 – 13	Yama 6:07AM – 7:33AM	Ganda* Until 12:39AM Fri	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:37PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 1:18PM – 2:44PM	Kaulava Until 7:13AM Fri	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga			Moon – Purple		<b>Sivaloka Day</b>
		<b>Kadaitswami Mahasamadhi</b>	<b>Dvadashi</b> Until 5:57PM	<b>Ashvina+Puratasi</b>		
						<i>Pradosha Vrata</i>

<b>Friday, October 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Trayodashyam Titau				Tehran, Iran Sun 26 Sutra 180 Vikarin 5121
<b>5</b>		<b>Gulika</b> 7:33AM – 8:59AM	<b>Purvaproshtapada*</b> Until 3:10AM Sat	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:07AM	
Kumbha Rasi: 22.49	Tithi 13	Yama 2:44PM – 4:10PM	Vriddhi Until 1:30AM Sat	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:36PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	613213464	<b>Rahu</b> 10:25AM – 11:52AM	Kaulava Until 7:13AM	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga			Moon – Clear		<b>Sivaloka Day</b>
		<b>Chidambaram Abhishekam</b>	<b>Trayodashi</b> Until 8:23PM	<b>Ashvina+Puratasi</b>		

<b>Saturday, October 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau				Tehran, Iran Sun 27 Sutra 181 Vikarin 5121
<b>6</b>		<b>Gulika</b> 6:08AM – 7:34AM	<b>Uttaraproshtapada</b> Until 5:51AM Sun	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:08AM	
Meena Rasi: 4.44	Tithi 14	Yama 1:17PM – 2:43PM	Dhruva Until 2:10AM Sun	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:34PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	613213464	<b>Rahu</b> 9:00AM – 10:26AM	Gara Until 9:34AM	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga			Moon – Clear		<b>Sivaloka Day</b>
Until 5:51AM Sun			<b>Chaturdashi*</b> Until 10:38PM	<b>Ashvina+Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>Sunday, October 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Tehran, Iran Sun 28 Sutra 182 Vikarin 5121
<b>7</b>		<b>Gulika</b> 2:42PM – 4:08PM	<b>Revati</b> Until 8:08AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:09AM	
Meena Rasi: 16.44	Tithi 15	Yama 11:51AM – 1:17PM	Vyaghata* Until 2:38AM Mon	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:33PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	614213464	<b>Rahu</b> 4:08PM – 5:33PM	Visti Until 11:41AM	<b>Nataraja:</b> Purple		Purnima
Creative Work	Amrita Yoga			Moon – Clear		<b>Subha Sivaloka Day</b>
Until 8:08AM Mon			<b>Purnima*</b> Until 12:37AM Mon	<b>Ashvina+Puratasi</b>		
Then Creative Work - Siddha Yoga						

<b>Monday, October 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Tehran, Iran Sun 29 Sutra 183 Vikarin 5121
<b>8</b>		<b>Gulika</b> 1:16PM – 2:41PM	<b>Revati</b> Until 8:08AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:10AM	
Meena Rasi: 28.5	Tithi 16	Yama 10:26AM – 11:51AM	Harshana Until 2:55AM Tue	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:32PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	614213464	<b>Rahu</b> 7:35AM – 9:00AM	Balava Until 1:32PM	<b>Nataraja:</b> Purple		Prathama
Creative Work	Siddha Yoga			Moon – Clear		<b>Subha Sivaloka Day</b>
			<b>Prathama*</b> Until 2:20AM Tue	<b>Ashvina+Puratasi</b>		

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





Tuesday, October 15, 2019

Gold Retreat Star

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

Tehran, Iran

Sutra 184

Vikarin 5121

Mesha Rasi: 11.02      Tithi 17

624213464

**Gulika** 11:51AM – 1:16PM  
**Yama** 9:01AM – 10:26AM  
**Rahu** 2:41PM – 4:05PM

**Ashvini Until 10:27AM**  
Vajra\* Until 2:55AM Wed  
Taitila Until 3:05PM  
**Dvitiya Until 3:43AM Wed**

**Ganesha:** White      *Sunrise:* 6:11AM  
**Muruqa:** Purple      *Sunset:* 5:30PM  
**Nataraja:** Purple  
Moon – White      **Subha Subha Sivaloka Day**  
**Ashvina+Puratasi**

Creative Work      Siddha Yoga

1

Wednesday, October 16, 2019

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

Tehran, Iran

Sutra 185

Vikarin 5121

Mesha Rasi: 23.23      Tithi 18

624213464

**Gulika** 10:26AM – 11:50AM  
**Yama** 7:36AM – 9:01AM  
**Rahu** 11:50AM – 1:15PM

**Bharani Until 12:18PM**  
Siddhi Until 2:41AM Thu  
Vanija Until 4:19PM  
**Tritiya Until 4:47AM Thu**

**Ganesha:** White      *Sunrise:* 6:12AM  
**Muruqa:** Purple      *Sunset:* 5:29PM  
**Nataraja:** Purple  
Moon – White      **Subha Subha Sivaloka Day**  
**Ashvina+Puratasi**

Creative Work      Siddha Yoga

Until 12:18PM

Then Creative Work - Amrita Yoga

2

Thursday, October 17, 2019

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

Tehran, Iran

Sutra 186

Vikarin 5121

Vrishabha Rasi: 5.53      Tithi 19

624313464

**Gulika** 9:01AM – 10:26AM  
**Yama** 6:12AM – 7:37AM  
**Rahu** 1:15PM – 2:39PM

**Krittika Until 1:39PM**  
Vyatipata\* Until 2:10AM Fri  
Bava Until 5:12PM  
**Chaturthi\* Until 5:28AM Fri**

**Ganesha:** Yellow      *Sunrise:* 6:12AM  
**Muruqa:** Purple      *Sunset:* 5:29PM  
**Nataraja:** Purple  
Moon – White      **Subha Sivaloka Day**  
**Ashvina+Aipasi**

Routine Work      Marana Yoga

3

Friday, October 18, 2019

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

Tehran, Iran

Sutra 187

Vikarin 5121

Vrishabha Rasi: 18.33      Tithi 20

634313464

**Gulika** 7:37AM – 9:02AM  
**Yama** 2:38PM – 4:02PM  
**Rahu** 10:26AM – 11:50AM

**Rohini Until 2:57PM**  
Variyan Until 1:19AM Sat  
Kaulava Until 5:41PM  
**Panchami Until 5:44AM Sat**

**Ganesha:** White      *Sunrise:* 6:13AM  
**Muruqa:** Purple      *Sunset:* 5:27PM  
**Nataraja:** Purple  
Moon – Yellow      **Sivaloka Day**  
**Ashvina+Aipasi**

Routine Work      Marana Yoga

Until 2:57PM

Then Creative Work - Siddha Yoga

4

Saturday, October 19, 2019

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

Tehran, Iran

Sutra 188

Vikarin 5121

Mithuna Rasi: 1.25      Tithi 21

634313464

**Gulika** 6:14AM – 7:38AM  
**Yama** 1:14PM – 2:38PM  
**Rahu** 9:02AM – 10:26AM

**Mrigashira Until 3:39PM**  
Parigha\* Until 12:06AM Sun  
Gara Until 5:43PM  
**Shashthi\* Until 5:31AM Sun**

**Ganesha:** White      *Sunrise:* 6:14AM  
**Muruqa:** Purple      *Sunset:* 5:25PM  
**Nataraja:** Purple  
Moon – Yellow      **Sivaloka Day**  
**Ashvina+Aipasi**

Creative Work      Siddha Yoga

5

Sunday, October 20, 2019

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

Tehran, Iran

Sutra 189

Vikarin 5121

Mithuna Rasi: 14.31      Tithi 22

634313464

**Gulika** 2:37PM – 4:00PM  
**Yama** 11:50AM – 1:13PM  
**Rahu** 4:00PM – 5:24PM

**Ardra Until 3:42PM**  
Shiva Until 10:29PM  
Visti Until 5:14PM  
**Saptami Until 4:45AM Mon**

**Ganesha:** White      *Sunrise:* 6:15AM  
**Muruqa:** Purple      *Sunset:* 5:24PM  
**Nataraja:** Purple  
Moon – Yellow      **Sivaloka Day**  
**Ashvina+Aipasi**

Creative Work      Siddha Yoga

D

Monday, October 21, 2019

Retreat Star

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

Tehran, Iran

Sutra 190

Vikarin 5121

Mithuna Rasi: 27.55      Tithi 23

644313464

**Gulika** 1:13PM – 2:36PM  
**Yama** 10:26AM – 11:49AM  
**Rahu** 7:39AM – 9:03AM

**Punarvasu Until 3:31PM**  
Siddha Until 8:24PM  
Balava Until 4:11PM  
**Ashtami\* Until 3:26AM Tue**

**Ganesha:** Clear      *Sunrise:* 6:16AM  
**Muruqa:** Purple      *Sunset:* 5:23PM  
**Nataraja:** Purple  
Moon – Blue      **Subha Sivaloka Day**  
**Ashvina+Aipasi**

Creative Work      Amrita Yoga

Until 3:31PM

Then Creative Work - Siddha Yoga

Tuesday, October 22, 2019

Retreat Star

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

Tehran, Iran

Sutra 191

Vikarin 5121

Kataka Rasi: 11.39      Tithi 24

644313464

**Gulika** 11:49AM – 1:12PM  
**Yama** 9:03AM – 10:26AM  
**Rahu** 2:35PM – 3:59PM

**Pushya Until 2:37PM**  
Sadhya Until 5:51PM  
Taitila Until 2:34PM  
**Navami\* Until 1:32AM Wed**

**Ganesha:** Clear      *Sunrise:* 6:17AM  
**Muruqa:** Purple      *Sunset:* 5:22PM  
**Nataraja:** Purple  
Moon – Blue      **Subha Sivaloka Day**  
**Ashvina+Aipasi**

Creative Work      Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

<b>1</b>		<b>Wednesday, October 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha* /Magha* Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 8		Tehran, Iran Sutra 192
Kataka Rasi: 25.43	Tithi 25	<b>Gulika</b> 10:26AM – 11:49AM	<b>Ashlesha* Until 1:02PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:18AM			Vikarin 5121
		Yama 7:41AM – 9:03AM	Subha Until 2:54PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:21PM		Moon 10 - Phase 27	
Creative Work	Siddha Yoga	644313464 <b>Rahu</b> 11:49AM – 1:12PM	Vanija Until 12:25PM	<b>Nataraja:</b> Purple			2nd Phase	
			<b>Dashami Until 11:08PM</b>	Moon – Blue			<b>Subha Sivaloka Day</b>	
				<b>Ashvina•Aipasi</b>				

<b>2</b>		<b>Thursday, October 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau		Sun 9		Tehran, Iran Sutra 193
Simha Rasi: 10.08	Tithi 26	<b>Gulika</b> 9:04AM – 10:26AM	<b>Magha* Until 11:15AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:19AM			Vikarin 5121
		Yama 6:19AM – 7:41AM	Sukla Until 11:32AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:19PM		Moon 10 - Phase 27	
Creative Work	Amrita Yoga	654313464 <b>Rahu</b> 1:12PM – 2:34PM	Bava Until 9:46AM	<b>Nataraja:</b> Purple			2nd Phase	
Until 11:15AM			<b>Ekadashi* Until 8:17PM</b>	Moon – Red			<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Ashvina•Aipasi</b>				

<b>3</b>		<b>Friday, October 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Kaulava/Gara Karana Dvadashti/Trayodashyam Titau		Sun 10		Tehran, Iran Sutra 194
Simha Rasi: 24.5	Tithi 27 – 28	<b>Gulika</b> 7:42AM – 9:04AM	<b>Purvaphalguni Until 8:57AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:20AM			Vikarin 5121
		Yama 2:34PM – 3:56PM	Brahma Until 7:52AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:18PM		Moon 10 - Phase 27	
Creative Work	Siddha Yoga	655313464 <b>Rahu</b> 10:27AM – 11:49AM	Kaulava Until 6:45AM	<b>Nataraja:</b> Purple			2nd Phase	
			<b>Dvadashti* Until 5:08PM</b>	Moon – Red			<b>Subha Sivaloka Day</b>	
				<b>Ashvina•Aipasi</b>				
				<i>Pradosha Vrata (Fasting)</i>				

<b>4</b>		<b>Saturday, October 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Sun 11		Tehran, Iran Sutra 195
Kanya Rasi: 9.43	Tithi 28 – 29	<b>Gulika</b> 6:20AM – 7:42AM	<b>Uttaraphalguni Until 6:18AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:20AM			Vikarin 5121
		Yama 1:11PM – 2:33PM	Vaidhriti* Until 12:04AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:17PM		Moon 10 - Phase 27	
Routine Work	Marana Yoga	655313464 <b>Rahu</b> 9:05AM – 10:27AM	Visti Until 12:07AM Sun	<b>Nataraja:</b> Purple			2nd Phase	
			<b>Trayodashi* Until 1:47PM</b>	Moon – Red			<b>Subha Sivaloka Day</b>	
				<b>Ashvina•Aipasi</b>				
				<b>Deepavali Hindu Solidarity Day</b>				

<b>●</b>		<b>Sunday, October 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Sun 12		Tehran, Iran Sutra 196
<b>Retreat Star</b>		<b>Gulika</b> 2:32PM – 3:54PM	<b>Chitra Until 1:18AM Mon</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:21AM			Vikarin 5121
Kanya Rasi: 24.41	Tithi 29 – 30	Yama 11:49AM – 1:10PM	Vishkambha* Until 8:10PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:16PM		Moon 10 - Phase 27	
Creative Work	Siddha Yoga	665313464 <b>Rahu</b> 3:54PM – 5:16PM	Catuspada Until 8:48PM	<b>Nataraja:</b> Purple			Amavasya	
Until 1:18AM Mon			<b>Chaturdashi* Until 10:25AM</b>	Moon – Green			<b>Subha Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				<b>Ashvina•Aipasi</b>				
				<b>Subramuniyaswami Mahasamadhi</b>				

<b>Monday, October 28, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti/Ayushman Yoga Naga*/Bava Karana Amavasya/Prathamayam Titau		Sun 13		Tehran, Iran Sutra 197
Tula Rasi: 9.33	Tithi 30 – 1	<b>Gulika</b> 1:10PM – 2:32PM	<b>Svati Until 10:54PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:22AM			Vikarin 5121
<b>Family Home Evening</b>		Yama 10:27AM – 11:49AM	Priti Until 4:27PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:15PM		Moon 10 - Phase 27	
Creative Work	Amrita Yoga	665313464 <b>Rahu</b> 7:44AM – 9:05AM	Bava Until 4:17AM Tue	<b>Nataraja:</b> Purple			Prathama	
Until 10:54PM			<b>Amavasya* Until 7:12AM</b>	Moon – Green			<b>Subha Sivaloka Day</b>	
Then Routine Work - Marana Yoga				<b>Kartika•Aipasi</b>				
				<b>Skanda Shasthi Begins</b>				

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

<b>1</b>		<b>Tuesday, October 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvitiyayam Titau	Tehran, Iran Sun 14 Sutra 198 Vikarin 5121
Tula Rasi: 24.13	Tithi 2	<b>Gulika</b> 11:48AM – 1:10PM	<b>Vishakha</b> Until 9:12PM	<b>Ganesha:</b> Clear <i>Sunrise: 6:23AM</i>	
		Yama 9:06AM – 10:27AM	Ayushman Until 1:02PM	<b>Muruqa:</b> Purple <i>Sunset: 5:14PM</i>	Moon 10 - Phase 28
		675313464 <b>Rahu</b> 2:31PM – 3:52PM	Balava Until 3:01PM	<b>Nataraja:</b> Purple	3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya</b> Until 1:51AM Wed	Moon – Orange	<b>Subha Sivaloka Day</b>
Until 9:12PM				<b>Kartika•Aipasi</b>	
Then Creative Work - Siddha Yoga					

<b>2</b>		<b>Wednesday, October 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau	Tehran, Iran Sun 15 Sutra 199 Vikarin 5121
Virshika Rasi: 8.31	Tithi 3	<b>Gulika</b> 10:27AM – 11:48AM	<b>Anuradha</b> Until 7:59PM	<b>Ganesha:</b> Clear <i>Sunrise: 6:24AM</i>	
		Yama 7:45AM – 9:06AM	Saubhagya Until 10:04AM	<b>Muruqa:</b> Purple <i>Sunset: 5:13PM</i>	Moon 10 - Phase 28
		675313464 <b>Rahu</b> 11:48AM – 1:09PM	Taitila Until 12:52PM	<b>Nataraja:</b> Purple	3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya</b> Until 12:03AM Thu	Moon – Orange	<b>Subha Sivaloka Day</b>
				<b>Kartika•Aipasi</b>	

<b>3</b>		<b>Thursday, October 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthyam Titau	Tehran, Iran Sun 16 Sutra 200 Vikarin 5121
Virshika Rasi: 22.23	Tithi 4	<b>Gulika</b> 9:07AM – 10:28AM	<b>Jyeshtha*</b> Until 7:21PM	<b>Ganesha:</b> Clear <i>Sunrise: 6:25AM</i>	
		Yama 6:25AM – 7:46AM	Sobhana Until 7:41AM	<b>Muruqa:</b> Purple <i>Sunset: 5:12PM</i>	Moon 10 - Phase 28
		675313464 <b>Rahu</b> 1:09PM – 2:30PM	Vanija Until 11:27AM	<b>Nataraja:</b> Purple	3rd Phase
Routine Work	Prabalarishta Yoga		<b>Chaturthi*</b> Until 11:01PM	Moon – Orange	<b>Subha Sivaloka Day</b>
Until 7:21PM				<b>Kartika•Aipasi</b>	
Then Creative Work - Siddha Yoga					

<b>4</b>		<b>Friday, November 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Sukarma Yoga Bava/Balava Karana Panchamyam Titau	Tehran, Iran Sun 17 Sutra 201 Vikarin 5121
Dhanus Rasi: 5.48	Tithi 5	<b>Gulika</b> 7:47AM – 9:07AM	<b>Mula*</b> Until 7:50PM	<b>Ganesha:</b> Purple <i>Sunrise: 6:26AM</i>	
		Yama 2:29PM – 3:50PM	Sukarma Until 4:48AM Sat	<b>Muruqa:</b> Purple <i>Sunset: 5:11PM</i>	Moon 10 - Phase 28
		685313464 <b>Rahu</b> 10:28AM – 11:48AM	Bava Until 10:51AM	<b>Nataraja:</b> Purple	3rd Phase
Creative Work	Amrita Yoga		<b>Panchami</b> Until 10:51PM	Moon – Light Blue	<b>Subha Subha Sivaloka Day</b>
Until 7:50PM				<b>Kartika•Aipasi</b>	
Then Routine Work - Prabalarishta Yoga					

<b>5</b>		<b>Saturday, November 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau	Tehran, Iran Sun 18 Sutra 202 Vikarin 5121
Dhanus Rasi: 18.46	Tithi 6	<b>Gulika</b> 6:27AM – 7:47AM	<b>Purvashadha*</b> Until 9:01PM	<b>Ganesha:</b> Purple <i>Sunrise: 6:27AM</i>	
		Yama 1:09PM – 2:29PM	Dhriti Until 4:23AM Sun	<b>Muruqa:</b> Purple <i>Sunset: 5:10PM</i>	Moon 10 - Phase 28
		685313464 <b>Rahu</b> 9:08AM – 10:28AM	Kaulava Until 11:07AM	<b>Nataraja:</b> Purple	3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 11:32PM	Moon – Light Blue	<b>Subha Subha Sivaloka Day</b>
Until 9:01PM		<b>Skanda Shasthi</b>		<b>Kartika•Aipasi</b>	
Then Routine Work - Marana Yoga					

<b>6</b>		<b>Sunday, November 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Shula* Yoga Gara/Vanija Karana Saptamyam Titau	Tehran, Iran Sun 19 Sutra 203 Vikarin 5121
Makara Rasi: 1.19	Tithi 7	<b>Gulika</b> 2:29PM – 3:49PM	<b>Uttarashadha</b> Until 10:46PM	<b>Ganesha:</b> Purple <i>Sunrise: 6:28AM</i>	
		Yama 11:48AM – 1:08PM	Shula* Until 4:29AM Mon	<b>Muruqa:</b> Purple <i>Sunset: 5:09PM</i>	Moon 10 - Phase 28
		685313464 <b>Rahu</b> 3:49PM – 5:09PM	Gara Until 12:12PM	<b>Nataraja:</b> Purple	3rd Phase
Creative Work	Amrita Yoga		<b>Saptami</b> Until 1:00AM Mon	Moon – Light Blue	<b>Subha Subha Sivaloka Day</b>
				<b>Kartika•Aipasi</b>	

<b>Retreat Star</b>		<b>Monday, November 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau	Tehran, Iran Sun 20 Sutra 204 Vikarin 5121
Makara Rasi: 13.34	Tithi 8	<b>Gulika</b> 1:08PM – 2:28PM	<b>Shravana</b> Until 1:27AM Tue	<b>Ganesha:</b> Purple <i>Sunrise: 6:29AM</i>	
<b>Family Home Evening</b>		Yama 10:28AM – 11:48AM	Ganda* Until 5:02AM Tue	<b>Muruqa:</b> Purple <i>Sunset: 5:08PM</i>	Moon 10 - Phase 28
Creative Work	Amrita Yoga	696313464 <b>Rahu</b> 7:49AM – 9:09AM	Visti Until 1:59PM	<b>Nataraja:</b> Purple	Ashtami
Until 1:27AM Tue			<b>Ashtami*</b> Until 3:03AM Tue	Moon – Purple	<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga				<b>Kartika•Aipasi</b>	

<b>Retreat Star</b>		<b>Tuesday, November 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Balava/Kaulava Karana Navamyam Titau	Tehran, Iran Sun 21 Sutra 205 Vikarin 5121
Makara Rasi: 25.35	Tithi 9	<b>Gulika</b> 11:48AM – 1:08PM	<b>Dhanishtha</b> Until 4:19AM Wed	<b>Ganesha:</b> Purple <i>Sunrise: 6:30AM</i>	
		Yama 9:09AM – 10:29AM	Vriddhi Until 5:51AM Wed	<b>Muruqa:</b> Purple <i>Sunset: 5:07PM</i>	Moon 10 - Phase 28
		696313464 <b>Rahu</b> 2:28PM – 3:47PM	Balava Until 4:15PM	<b>Nataraja:</b> Purple	Navami
Creative Work	Siddha Yoga		<b>Navami*</b> Until 5:28AM Wed	Moon – Purple	<b>Sivaloka Day</b>
				<b>Kartika•Aipasi</b>	

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

<b>1</b>	<b>Wednesday, November 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Taitila Karana Dashamyam Titau		Tehran, Iran Sun 22 Sutra 206 Vikarin 5121
	Kumbha Rasi: 7.29	Tithi 10	<b>Gulika</b> 10:29AM – 11:48AM	<b>Shatabhishak</b> <b>Until 7:09AM Thu</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:31AM
			Yama 7:50AM – 9:10AM	Dhruva Until 6:44AM Thu	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:06PM
	696313464	<b>Rahu</b> 11:48AM – 1:08PM		Taitila Until 6:46PM	<b>Nataraja:</b> Purple Moon – Purple
Creative Work	Siddha Yoga		<b>Dashami</b> <b>Until 8:01AM Thu</b>	<b>Sivaloka Day</b> <b>Kartika-Aipasi</b>	


<b>2</b>	<b>Thursday, November 7, 2019</b>		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		Tehran, Iran Sun 23 Sutra 207 Vikarin 5121
	Kumbha Rasi: 19.2	Tithi 10 – 11	<b>Gulika</b> 9:10AM – 10:29AM	<b>Shatabhishak</b> <b>Until 7:09AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:32AM
			Yama 6:32AM – 7:51AM	Dhruva Until 6:44AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:05PM
	796313464	<b>Rahu</b> 1:08PM – 2:27PM		Vanija Until 9:17PM	<b>Nataraja:</b> Purple Moon – Purple
Creative Work	Siddha Yoga		<b>Dashami</b> <b>Until 8:01AM</b>	<b>Subha Sivaloka Day</b> <b>Kartika-Aipasi</b>	


<b>3</b>	<b>Friday, November 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vyaghata/Harshana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau		Tehran, Iran Sun 24 Sutra 208 Vikarin 5121
	Meena Rasi: 1.13	Tithi 11 – 12	<b>Gulika</b> 7:52AM – 9:11AM	<b>Purvaproshtapada*</b> <b>Until 10:14AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:33AM
			Yama 2:26PM – 3:45PM	Vyaghata* Until 7:34AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:04PM
	716313464	<b>Rahu</b> 10:30AM – 11:48AM		Bava Until 11:38PM	<b>Nataraja:</b> Purple Moon – Clear
Creative Work	Siddha Yoga		<b>Ekadashi</b> <b>Until 10:28AM</b>	<b>Subha Sivaloka Day</b> <b>Kartika-Aipasi</b>	

<b>4</b>	<b>Saturday, November 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Tehran, Iran Sun 25 Sutra 209 Vikarin 5121
	Meena Rasi: 13.11	Tithi 12 – 13	<b>Gulika</b> 6:34AM – 7:52AM	<b>Uttaraproshtapada</b> <b>Until 12:55PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:34AM
			Yama 1:07PM – 2:26PM	Harshana Until 8:14AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:03PM
	716313464	<b>Rahu</b> 9:11AM – 10:30AM		Kaulava Until 1:42AM Sun	<b>Nataraja:</b> Purple Moon – Clear
Creative Work	Siddha Yoga		<b>Dvadashi</b> <b>Until 12:41PM</b>	<b>Subha Sivaloka Day</b> <b>Kartika-Aipasi</b>	
Until 12:55PM				<i>Pradosha Vrata</i>	
Then Routine Work - Prabararishta Yoga					

<b>5</b>	<b>Sunday, November 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Tehran, Iran Sun 26 Sutra 210 Vikarin 5121
	Meena Rasi: 25.16	Tithi 13 – 14	<b>Gulika</b> 2:26PM – 3:44PM	<b>Revati</b> <b>Until 3:07PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:35AM
			Yama 11:49AM – 1:07PM	Vajra* Until 8:38AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:03PM
	716313464	<b>Rahu</b> 3:44PM – 5:03PM		Gara Until 3:22AM Mon	<b>Nataraja:</b> Purple Moon – Clear
Creative Work	Amrita Yoga		<b>Trayodashi</b> <b>Until 2:33PM</b>	<b>Subha Sivaloka Day</b> <b>Kartika-Aipasi</b>	
Until 3:07PM					
Then Creative Work - Siddha Yoga					

<b>6</b>	<b>Monday, November 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Tehran, Iran Sun 27 Sutra 211 Vikarin 5121
	Mesha Rasi: 7.31	Tithi 14 – 15	<b>Gulika</b> 1:07PM – 2:25PM	<b>Ashvini</b> <b>Until 5:15PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:36AM
			Yama 10:30AM – 11:49AM	Siddhi Until 8:45AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:02PM
	727313464	<b>Rahu</b> 7:54AM – 9:12AM		Visti Until 4:37AM Tue	<b>Nataraja:</b> Purple Moon – White
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> <b>Until 4:02PM</b>	<b>Subha Sivaloka Day</b> <b>Kartika-Aipasi</b>	

	<b>Tuesday, November 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Tehran, Iran Sun 28 Sutra 212 Vikarin 5121
	<b>Copper Retreat Star</b>		<b>Gulika</b> 11:49AM – 1:07PM	<b>Bharani</b> <b>Until 6:49PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:37AM
	Mesha Rasi: 19.56	Tithi 15 – 16	Yama 9:13AM – 10:31AM	Vyatipata* Until 8:33AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:01PM
	727413464	<b>Rahu</b> 2:25PM – 3:43PM		Balava Until 5:27AM Wed	<b>Nataraja:</b> Purple Moon – White
Creative Work	Siddha Yoga		<b>Purnima*</b> <b>Until 5:04PM</b>	<b>Sivaloka Day</b> <b>Kartika-Aipasi</b>	

	<b>Wednesday, November 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau		Tehran, Iran Sun 29 Sutra 213 Vikarin 5121
	<b>Silver Retreat Star</b>		<b>Gulika</b> 10:31AM – 11:49AM	<b>Krittika</b> <b>Until 7:49PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:38AM
	Vrishabha Rasi: 2.33	Tithi 16 – 17	Yama 7:56AM – 9:13AM	Variyan Until 8:00AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:00PM
	727413464	<b>Rahu</b> 11:49AM – 1:07PM		Taitila Until 5:52AM Thu	<b>Nataraja:</b> Purple Moon – White
Creative Work	Amrita Yoga		<b>Prathama*</b> <b>Until 5:41PM</b>	<b>Sivaloka Day</b> <b>Kartika-Aipasi</b>	
Until 7:49PM					
Then Creative Work - Siddha Yoga					

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



Thursday, November 14, 2019

Gold Retreat Star

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

Tehran, Iran

Sun 1 Sutra 214

Vikarin 5121

Virshabha Rasi: 15.22 Tithi 17 - 18

737413464

Gulika

9:14AM - 10:32AM

Yama

6:39AM - 7:56AM

Rahu

1:07PM - 2:24PM

Rohini Until 8:44PM

Parigha\* Until 7:09AM

Vanija Until 5:53AM Fri

Dvitiya Until 5:54PM

Ganesha: Clear

Sunrise: 6:39AM

Muruqa: Purple

Sunset: 5:00PM

Nataraja: Purple

Moon - Yellow

Subha Sivaloka Day

Karttika-Aipasi

Routine Work Marana Yoga

Friday, November 15, 2019

1

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

Tehran, Iran

Sun 2 Sutra 215

Vikarin 5121

Virshabha Rasi: 28.22 Tithi 18 - 19

737413464

Gulika

7:57AM - 9:14AM

Yama

2:24PM - 3:42PM

Rahu

10:32AM - 11:49AM

Mrigashira Until 9:08PM

Shiva Until 6:01AM

Bava Until 5:32AM Sat

Tritiya Until 5:44PM

Ganesha: Clear

Sunrise: 6:40AM

Muruqa: Purple

Sunset: 4:59PM

Nataraja: Purple

Moon - Yellow

Subha Sivaloka Day

Karttika-Aipasi

Creative Work Siddha Yoga

Saturday, November 16, 2019

2

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

Tehran, Iran

Sun 3 Sutra 216

Vikarin 5121

Mithuna Rasi: 11.33 Tithi 19 - 20

737413464

Gulika

6:41AM - 7:58AM

Yama

1:07PM - 2:24PM

Rahu

9:15AM - 10:32AM

Ardra Until 9:02PM

Sadhya Until 2:49AM Sun

Kaulava Until 4:50AM Sun

Chaturthi\* Until 5:12PM

Ganesha: Clear

Sunrise: 6:41AM

Muruqa: Purple

Sunset: 4:58PM

Nataraja: Purple

Moon - Yellow

Subha Sivaloka Day

Karttika-Kartikai

Creative Work Siddha Yoga

Sunday, November 17, 2019

3

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

Tehran, Iran

Sun 4 Sutra 217

Vikarin 5121

Mithuna Rasi: 24.55 Tithi 20 - 21

747413465

Gulika

2:24PM - 3:41PM

Yama

11:50AM - 1:07PM

Rahu

3:41PM - 4:58PM

Punarvasu Until 8:54PM

Subha Until 12:50AM Mon

Gara Until 3:47AM Mon

Panchami Until 4:20PM

Ganesha: Purple

Sunrise: 6:42AM

Muruqa: Purple

Sunset: 4:58PM

Nataraja: Clear

Moon - Blue

Devaloka Day

Karttika-Kartikai

Creative Work Siddha Yoga

Monday, November 18, 2019

4

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

Tehran, Iran

Sun 5 Sutra 218

Vikarin 5121

Kataka Rasi: 8.29 Tithi 21 - 22

748413465

Gulika

1:07PM - 2:24PM

Yama

10:33AM - 11:50AM

Rahu

7:59AM - 9:16AM

Pushya Until 8:16PM

Sukla Until 10:33PM

Visti Until 2:23AM Tue

Shashthi\* Until 3:07PM

Ganesha: Clear

Sunrise: 6:43AM

Muruqa: Purple

Sunset: 4:57PM

Nataraja: Clear

Moon - Blue

Sivaloka Day

Karttika-Kartikai

Creative Work Siddha Yoga

Tuesday, November 19, 2019

Retreat Star

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

Tehran, Iran

Sun 6 Sutra 219

Vikarin 5121

Kataka Rasi: 22.16 Tithi 22 - 23

748413465

Gulika

11:50AM - 1:07PM

Yama

9:17AM - 10:33AM

Rahu

2:23PM - 3:40PM

Ashlesha\* Until 7:10PM

Brahma Until 8:01PM

Balava Until 12:40AM Wed

Saptami Until 1:33PM

Ganesha: Clear

Sunrise: 6:44AM

Muruqa: Purple

Sunset: 4:57PM

Nataraja: Clear

Moon - Blue

Sivaloka Day

Karttika-Kartikai

Creative Work Siddha Yoga

Wednesday, November 20, 2019

Retreat Star

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

Tehran, Iran

Sun 7 Sutra 220

Vikarin 5121

Simha Rasi: 6.14 Tithi 23 - 24

758413465

Gulika

10:34AM - 11:50AM

Yama

8:01AM - 9:17AM

Rahu

11:50AM - 1:07PM

Magha\* Until 6:02PM

Indra Until 5:14PM

Taitila Until 10:38PM

Ashtami\* Until 11:40AM

Ganesha: White

Sunrise: 6:45AM

Muruqa: Purple

Sunset: 4:56PM

Nataraja: Clear

Moon - Red

Subha Sivaloka Day

Karttika-Kartikai

Creative Work Siddha Yoga

Until 6:02PM

Then Creative Work - Amrita Yoga

<b>1</b>		<b>Thursday, November 21, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhrili*/Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Tehran, Iran
Simha Rasi: 20.25	Tithi 24 – 25	758413465	<b>Gulika</b> 9:18AM – 10:34AM <b>Yama</b> 6:46AM – 8:02AM <b>Rahu</b> 1:07PM – 2:23PM	<b>Purvaphalguni Until 4:29PM</b> Vaidhrili* Until 2:12PM Vanija Until 8:19PM Navami* Until 9:29AM	Sun 8 Sutra 221 Vikarin 5121 Moon 11 - Phase 31 2nd Phase
Creative Work	Siddha Yoga			Ganesha: White Muruga: Purple Nataraja: Clear Moon – Red	Sunrise: 6:46AM Sunset: 4:56PM Subha Sivaloka Day Karttika-Karttikai

<b>2</b>		<b>Friday, November 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Visti*/Balava Karana Dashami/Ekadashyam Titau	Tehran, Iran
Kanya Rasi: 4.46	Tithi 25 – 26	758413465	<b>Gulika</b> 8:03AM – 9:19AM <b>Yama</b> 2:23PM – 3:39PM <b>Rahu</b> 10:35AM – 11:51AM	<b>Uttaraphalguni Until 2:33PM</b> Vishkambha* Until 10:59AM Balava Until 4:27AM Sat Dashami Until 7:03AM	Sun 9 Sutra 222 Vikarin 5121 Moon 11 - Phase 31 2nd Phase
Creative Work	Siddha Yoga			Ganesha: White Muruga: Purple Nataraja: Clear Moon – Red	Sunrise: 6:47AM Sunset: 4:55PM Subha Sivaloka Day Karttika-Karttikai
Until 2:33PM					
Then Creative Work - Amrita Yoga					

<b>3</b>		<b>Saturday, November 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Dvadashyam Titau	Tehran, Iran
Kanya Rasi: 19.13	Tithi 27	768413465	<b>Gulika</b> 6:48AM – 8:03AM <b>Yama</b> 1:07PM – 2:23PM <b>Rahu</b> 9:19AM – 10:35AM	<b>Hasta Until 12:46PM</b> Priti Until 7:39AM Kaulava Until 3:09PM Dvadashi* Until 1:47AM Sun	Sun 10 Sutra 223 Vikarin 5121 Moon 11 - Phase 31 2nd Phase
Routine Work	Marana Yoga			Ganesha: Yellow Muruga: Purple Nataraja: Clear Moon – Green	Sunrise: 6:48AM Sunset: 4:55PM Sivaloka Day Karttika-Karttikai

<b>4</b>		<b>Sunday, November 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau	Tehran, Iran
Tula Rasi: 3.44	Tithi 28	769413465	<b>Gulika</b> 2:23PM – 3:39PM <b>Yama</b> 11:51AM – 1:07PM <b>Rahu</b> 3:39PM – 4:54PM	<b>Chitra Until 10:50AM</b> Saubhagya Until 12:55AM Mon Gara Until 12:29PM Trayodashi* Until 11:10PM	Sun 11 Sutra 224 Vikarin 5121 Moon 11 - Phase 31 2nd Phase
Creative Work	Siddha Yoga			Ganesha: Blue Muruga: Purple Nataraja: Clear Moon – Green	Sunrise: 6:48AM Sunset: 4:54PM Devaloka Day Karttika-Karttikai
					Pradosha Vrata (Fasting)

<b>5</b>		<b>Monday, November 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Tehran, Iran
Tula Rasi: 18.12	Tithi 29	769413465	<b>Gulika</b> 1:07PM – 2:23PM <b>Yama</b> 10:36AM – 11:52AM <b>Rahu</b> 8:05AM – 9:21AM	<b>Svati Until 8:51AM</b> Sobhana Until 9:45PM Visti Until 9:56AM Chaturdashi* Until 8:44PM	Sun 12 Sutra 225 Vikarin 5121 Moon 11 - Phase 31 2nd Phase
Family Home Evening				Ganesha: Blue Muruga: Purple Nataraja: Clear Moon – Green	Sunrise: 6:49AM Sunset: 4:54PM Devaloka Day Karttika-Karttikai
Creative Work	Amrita Yoga				
Until 8:51AM					
Then Routine Work - Marana Yoga					

<b>Retreat Star</b>		<b>Tuesday, November 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Tehran, Iran
Vrischika Rasi: 2.3	Tithi 30	779413465	<b>Gulika</b> 11:52AM – 1:07PM <b>Yama</b> 9:21AM – 10:37AM <b>Rahu</b> 2:23PM – 3:38PM	<b>Vishakha Until 7:24AM</b> Athiganda* Until 6:50PM Catuspada Until 7:39AM Amavasya* Until 6:38PM	Sun 13 Sutra 226 Vikarin 5121 Moon 11 - Phase 31 Amavasya
Routine Work	Marana Yoga			Ganesha: Blue Muruga: Purple Nataraja: Clear Moon – Orange	Sunrise: 6:50AM Sunset: 4:54PM Devaloka Day Karttika-Karttikai
Until 7:24AM					
Then Creative Work - Siddha Yoga					

<b>Retreat Star</b>		<b>Wednesday, November 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukarma/Dhrili Yoga Bava/Balava Karana Prathama/Dvityayam Titau	Tehran, Iran
Vrischika Rasi: 16.32	Tithi 1 – 2	779413465	<b>Gulika</b> 10:37AM – 11:52AM <b>Yama</b> 8:07AM – 9:22AM <b>Rahu</b> 11:52AM – 1:08PM	<b>Anuradha Until 6:12AM</b> Sukarma Until 4:19PM Balava Until 4:25AM Thu Prathama* Until 5:00PM	Sun 14 Sutra 227 Vikarin 5121 Moon 11 - Phase 31 Prathama
Creative Work	Siddha Yoga			Ganesha: Blue Muruga: Purple Nataraja: Clear Moon – Orange	Sunrise: 6:51AM Sunset: 4:53PM Devaloka Day Margasira-Karttikai

<b>1</b>		<b>Thursday, November 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Tehran, Iran Sun 15 Sutra 228 Vikarin 5121
Dhanus Rasi: 0.15	Tithi 2 – 3	<b>Gulika</b> 9:22AM – 10:38AM	<b>Mula* Until 5:32AM Fri</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:52AM	
		<b>Yama</b> 6:52AM – 8:07AM	<b>Dhriti Until 2:17PM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:53PM	Moon 11 - Phase 32
		<b>Rahu</b> 1:08PM – 2:23PM	<b>Taitila Until 3:45AM Fri</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya Until 3:59PM</b>	Moon – Light Blue		<b>Devaloka Day</b>
Until 5:32AM Fri				<b>Margasira-Karttikai</b>		
Then Routine Work - Prabalarishta Yoga						

<b>2</b>		<b>Friday, November 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Tehran, Iran Sun 16 Sutra 229 Vikarin 5121
Dhanus Rasi: 13.35	Tithi 3 – 4	<b>Gulika</b> 8:08AM – 9:23AM	<b>Purvashadha* Until 6:15AM Sat</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:53AM	
		<b>Yama</b> 2:23PM – 3:38PM	<b>Shula* Until 12:46PM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:53PM	Moon 11 - Phase 32
		<b>Rahu</b> 10:38AM – 11:53AM	<b>Vanija Until 3:49AM Sat</b>	<b>Nataraja:</b> Clear		3rd Phase
Routine Work	Prabalarishta Yoga		<b>Tritiya Until 3:40PM</b>	Moon – Light Blue		<b>Devaloka Day</b>
Until 6:15AM Sat				<b>Margasira-Karttikai</b>		
Then Routine Work - Marana Yoga						

<b>3</b>		<b>Saturday, November 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda*/Vridhi* Yoga Visli*/Bava Karana Chaturthi/Panchamyam Titau		Tehran, Iran Sun 17 Sutra 230 Vikarin 5121
Dhanus Rasi: 26.31	Tithi 4 – 5	<b>Gulika</b> 6:54AM – 8:09AM	<b>Purvashadha* Until 6:15AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:54AM	
		<b>Yama</b> 1:08PM – 2:23PM	<b>Ganda* Until 11:51AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:53PM	Moon 11 - Phase 32
		<b>Rahu</b> 9:24AM – 10:39AM	<b>Bava Until 4:38AM Sun</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi* Until 4:07PM</b>	Moon – Light Blue		<b>Devaloka Day</b>
Until 6:15AM				<b>Margasira-Karttikai</b>		
Then Routine Work - Marana Yoga						

<b>4</b>		<b>Sunday, December 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vridhi/Dhruva* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Tehran, Iran Sun 18 Sutra 231 Vikarin 5121
Makara Rasi: 9.07	Tithi 5 – 6	<b>Gulika</b> 2:23PM – 3:38PM	<b>Uttarashadha Until 7:31AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:55AM	
		<b>Yama</b> 11:54AM – 1:08PM	<b>Vridhi Until 11:31AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 32
		<b>Rahu</b> 3:38PM – 4:52PM	<b>Kaulava Until 6:09AM Mon</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Amrita Yoga		<b>Panchami Until 5:17PM</b>	Moon – Light Blue		<b>Devaloka Day</b>
				<b>Margasira-Karttikai</b>		

<b>5</b>		<b>Monday, December 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau		Tehran, Iran Sun 19 Sutra 232 Vikarin 5121
Makara Rasi: 21.25	Tithi 6	<b>Gulika</b> 1:09PM – 2:23PM	<b>Shravana Until 9:46AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:56AM	
<b>Family Home Evening</b>		<b>Yama</b> 10:40AM – 11:54AM	<b>Dhruva Until 11:39AM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 32
		<b>Rahu</b> 8:10AM – 9:25AM	<b>Kaulava Until 6:09AM</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Amrita Yoga		<b>Shashthi* Until 7:05PM</b>	Moon – Purple		<b>Sivaloka Day</b>
Until 9:46AM				<b>Margasira-Karttikai</b>		
Then Creative Work - Siddha Yoga						

<b>6</b>		<b>Tuesday, December 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana* Yoga Gara/Vanija Karana Saptamyam Titau		Tehran, Iran Sun 20 Sutra 233 Vikarin 5121
Kumbha Rasi: 3.29	Tithi 7	<b>Gulika</b> 11:55AM – 1:09PM	<b>Dhanishtha Until 12:21PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:57AM	
		<b>Yama</b> 9:26AM – 10:40AM	<b>Vyaghata* Until 12:11PM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 32
		<b>Rahu</b> 2:23PM – 3:38PM	<b>Gara Until 8:12AM</b>	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Saptami Until 9:21PM</b>	Moon – Purple		<b>Sivaloka Day</b>
Until 12:21PM				<b>Margasira-Karttikai</b>		
Then Routine Work - Marana Yoga						

<b>Retreat Star</b>		<b>Wednesday, December 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak*/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visli*/Bava Karana Ashlamyam Titau		Tehran, Iran Sun 21 Sutra 234 Vikarin 5121
Kumbha Rasi: 15.25	Tithi 8	<b>Gulika</b> 10:41AM – 11:55AM	<b>Shatabhishak Until 3:03PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:58AM	
		<b>Yama</b> 8:12AM – 9:26AM	<b>Harshana Until 12:57PM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 32
		<b>Rahu</b> 11:55AM – 1:09PM	<b>Visti Until 10:35AM</b>	<b>Nataraja:</b> Clear		Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 11:49PM</b>	Moon – Purple		<b>Sivaloka Day</b>
Until 3:03PM				<b>Margasira-Karttikai</b>		
Then Creative Work - Amrita Yoga						

<b>Retreat Star</b>		<b>Thursday, December 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra*/Siddhi* Yoga Balava/Kaulava Karana Navamyam Titau		Tehran, Iran Sun 22 Sutra 235 Vikarin 5121
Kumbha Rasi: 27.18	Tithi 9	<b>Gulika</b> 9:27AM – 10:41AM	<b>Purvaproshtapada* Until 6:09PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:59AM	
		<b>Yama</b> 6:59AM – 8:13AM	<b>Vajra* Until 1:45PM</b>	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 32
		<b>Rahu</b> 1:10PM – 2:24PM	<b>Balava Until 1:06PM</b>	<b>Nataraja:</b> Clear		Navami
Creative Work	Siddha Yoga		<b>Navami* Until 2:18AM Fri</b>	Moon – Clear		<b>Sivaloka Day</b>
				<b>Margasira-Karttikai</b>		

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


<b>1</b>		<b>Friday, December 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Dashamyam Titau		Tehran, Iran Sun 23 Sutra 236 Vikarin 5121
Meena Rasi: 9.12	Tithi 10	<b>Gulika</b> 8:13AM – 9:28AM	<b>Uttaraproshtapada</b> Until 8:57PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:59AM	
		Yama 2:24PM – 3:38PM	Siddhi Until 2:29PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 33
		711413465 <b>Rahu</b> 10:42AM – 11:56AM	Taitila Until 3:30PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 4:35AM Sat	Moon – Clear		<b>Sivaloka Day</b>
				<b>Margasira-Karttikai</b>		

<b>2</b>		<b>Saturday, December 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau		Tehran, Iran Sun 24 Sutra 237 Vikarin 5121
Meena Rasi: 21.11	Tithi 11	<b>Gulika</b> 7:00AM – 8:14AM	<b>Revati</b> Until 11:16PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 7:00AM	
		Yama 1:10PM – 2:24PM	Vyatipata* Until 3:01PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 33
		711513465 <b>Rahu</b> 9:28AM – 10:42AM	Vanija Until 5:37PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Prabalarishta Yoga		<b>Ekadashi</b> Until 6:29AM Sun	Moon – Clear		<b>Subha Sivaloka Day</b>
Until 11:16PM				<b>Margasira-Karttikai</b>		
Then Creative Work - Siddha Yoga						

<b>3</b>		<b>Sunday, December 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Tehran, Iran Sun 25 Sutra 238 Vikarin 5121
Mesha Rasi: 3.19	Tithi 11 – 12	<b>Gulika</b> 2:24PM – 3:38PM	<b>Ashvini</b> Until 1:29AM Mon	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:01AM	
		Yama 11:57AM – 1:11PM	Variyan Until 3:13PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 33
		721513465 <b>Rahu</b> 3:38PM – 4:52PM	Bava Until 7:17PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 6:29AM	Moon – White		<b>Sivaloka Day</b>
				<b>Margasira-Karttikai</b>		

<b>4</b>		<b>Monday, December 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Tehran, Iran Sun 26 Sutra 239 Vikarin 5121
Mesha Rasi: 15.4	Tithi 12 – 13	<b>Gulika</b> 1:11PM – 2:25PM	<b>Bharani</b> Until 3:00AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:02AM	
<b>Family Home Evening</b>		Yama 10:43AM – 11:57AM	Parigha* Until 3:01PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 33
		721513465 <b>Rahu</b> 8:16AM – 9:29AM	Kaulava Until 8:25PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 7:54AM	Moon – White		<b>Sivaloka Day</b>
				<b>Margasira-Karttikai</b>		
				<i>Pradosha Vrata</i>		

<b>5</b>		<b>Tuesday, December 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Tehran, Iran Sun 27 Sutra 240 Vikarin 5121
Mesha Rasi: 28.14	Tithi 13 – 14	<b>Gulika</b> 11:58AM – 1:11PM	<b>Krittika</b> Until 3:48AM Wed	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:03AM	
		Yama 9:30AM – 10:44AM	Shiva Until 2:24PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 33
		721513465 <b>Rahu</b> 2:25PM – 3:39PM	Gara Until 8:59PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 8:45AM	Moon – White		<b>Sivaloka Day</b>
		<b>Krittika Deepam</b>		<b>Margasira-Karttikai</b>		

		<b>Wednesday, December 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Tehran, Iran Sutra 241 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:44AM – 11:58AM	<b>Rohini</b> Until 4:22AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:03AM	
Vrishabha Rasi: 11.05	Tithi 14 – 15	Yama 8:17AM – 9:31AM	Siddha Until 1:19PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:53PM	Moon 11 - Phase 33
		731523465 <b>Rahu</b> 11:58AM – 1:12PM	Visti Until 8:58PM	<b>Nataraja:</b> Clear		Purnima
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 9:01AM	Moon – Yellow		<b>Sivaloka Day</b>
Until 4:22AM Thu				<b>Margasira-Karttikai</b>		
Then Routine Work - Marana Yoga						

<b>Thursday, December 12, 2019</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Tehran, Iran Sutra 242 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 9:31AM – 10:45AM	<b>Mrigashira</b> Until 4:18AM Fri	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:04AM	
Vrishabha Rasi: 24.13	Tithi 15 – 16	Yama 7:04AM – 8:18AM	Sadhya Until 11:50AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:53PM	Moon 11 - Phase 33
		732523465 <b>Rahu</b> 1:12PM – 2:26PM	Balava Until 8:25PM	<b>Nataraja:</b> Clear		Prathama
Routine Work	Marana Yoga		<b>Purnima*</b> Until 8:44AM	Moon – Yellow		<b>Devaloka Day</b>
Until 4:18AM Fri		<b>Vinayaga Viratam Begins</b>		<b>Margasira-Karttikai</b>		
Then Creative Work - Siddha Yoga						

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





Friday, December 13, 2019

Gold Retreat Star

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

Tehran, Iran

Sutra 243

Vikarin 5121

Mithuna Rasi: 7.37 Tithi 16 - 17

732523465

**Gulika** 8:18AM - 9:32AM  
**Yama** 2:26PM - 3:39PM  
**Rahu** 10:45AM - 11:59AM

**Ardra Until 3:39AM Sat**

Subha Until 9:58AM

Taitila Until 7:26PM

**Prathama\* Until 7:57AM**

**Ganesha:** Clear *Sunrise:* 7:05AM

**Muruqa:** Clear *Sunset:* 4:53PM

**Nataraja:** Clear

Moon - Yellow

**Margasira-Karttikai**

**Devaloka Day**

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

Tehran, Iran

Sun 1 Sutra 244

Vikarin 5121

Mithuna Rasi: 21.15 Tithi 17 - 18

742523465

**Gulika** 7:06AM - 8:19AM  
**Yama** 1:13PM - 2:26PM  
**Rahu** 9:32AM - 10:46AM

**Punarvasu Until 2:59AM Sun**

Sukla Until 7:45AM

Vanija Until 6:04PM

**Dvitiya Until 6:46AM**

**Ganesha:** Purple *Sunrise:* 7:06AM

**Muruqa:** Clear *Sunset:* 4:53PM

**Nataraja:** Clear

Moon - Blue

**Margasira-Karttikai**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

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

Tehran, Iran

Sun 2 Sutra 245

Vikarin 5121

Kataka Rasi: 5.04 Tithi 19

742523465

**Gulika** 2:27PM - 3:40PM  
**Yama** 12:00PM - 1:13PM  
**Rahu** 3:40PM - 4:54PM

**Pushya Until 1:55AM Mon**

Indra Until 2:41AM Mon

Bava Until 4:25PM

**Chaturthi\* Until 3:30AM Mon**

**Ganesha:** Purple *Sunrise:* 7:06AM

**Muruqa:** Clear *Sunset:* 4:54PM

**Nataraja:** Clear

Moon - Blue

**Margasira-Karttikai**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

3

Monday, December 16, 2019

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

Tehran, Iran

Sun 3 Sutra 246

Vikarin 5121

Kataka Rasi: 19.02 Tithi 20

742523465

Family Home Evening

Creative Work Siddha Yoga

**Gulika** 1:14PM - 2:27PM  
**Yama** 10:47AM - 12:00PM  
**Rahu** 8:20AM - 9:34AM

**Ashlesha\* Until 12:32AM Tue**

Vaidhriti\* Until 11:54PM

Kaulava Until 2:34PM

**Panchami Until 1:34AM Tue**

**Ganesha:** Purple *Sunrise:* 7:07AM

**Muruqa:** Clear *Sunset:* 4:54PM

**Nataraja:** Clear

Moon - Blue

**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

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 Shashthiyam Titau

Tehran, Iran

Sun 4 Sutra 247

Vikarin 5121

Simha Rasi: 3.07 Tithi 21

852523465

Creative Work Siddha Yoga

**Gulika** 12:01PM - 1:14PM  
**Yama** 9:34AM - 10:48AM  
**Rahu** 2:28PM - 3:41PM

**Magha\* Until 11:20PM**

Vishkambha\* Until 9:03PM

Gara Until 12:36PM

**Shashthi\* Until 11:33PM**

**Ganesha:** Purple *Sunrise:* 7:08AM

**Muruqa:** Clear *Sunset:* 4:54PM

**Nataraja:** Clear

Moon - Red

**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

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

Tehran, Iran

Sun 5 Sutra 248

Vikarin 5121

Simha Rasi: 17.15 Tithi 22

852523465

Creative Work Amrita Yoga

**Gulika** 10:48AM - 12:01PM  
**Yama** 8:21AM - 9:35AM  
**Rahu** 12:01PM - 1:15PM

**Purvaphalguni Until 9:57PM**

Priti Until 6:10PM

Visti Until 10:32AM

**Saptami Until 9:29PM**

**Ganesha:** Purple *Sunrise:* 7:08AM

**Muruqa:** Clear *Sunset:* 4:55PM

**Nataraja:** Clear

Moon - Red

**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

D

Thursday, December 19, 2019

Retreat Star

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

Tehran, Iran

Sun 6 Sutra 249

Vikarin 5121

Kanya Rasi: 1.24 Tithi 23

852523465

Amrita Yoga

Until 8:25PM

Then Routine Work - Marana Yoga

**Gulika** 9:35AM - 10:49AM  
**Yama** 7:09AM - 8:22AM  
**Rahu** 1:15PM - 2:28PM

**Uttaraphalguni Until 8:25PM**

Ayushman Until 3:14PM

Balava Until 8:27AM

**Ashtami\* Until 7:24PM**

**Ganesha:** Purple *Sunrise:* 7:09AM

**Muruqa:** Clear *Sunset:* 4:55PM

**Nataraja:** Clear

Moon - Red

**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

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/Vanija Karana Navami/Dashamyam Titau

Tehran, Iran

Sun 7 Sutra 250

Vikarin 5121

Kanya Rasi: 15.34 Tithi 24 - 25

862523465

Creative Work Amrita Yoga

Until 7:11PM

Then Creative Work - Siddha Yoga

**Gulika** 8:23AM - 9:36AM  
**Yama** 2:29PM - 3:42PM  
**Rahu** 10:49AM - 12:02PM

**Hasta Until 7:11PM**

Saubhagya Until 12:20PM

Taitila Until 6:23AM

**Navami\* Until 5:20PM**

**Ganesha:** Clear *Sunrise:* 7:09AM

**Muruqa:** Clear *Sunset:* 4:55PM

**Nataraja:** Clear

Moon - Green

**Margasira-Markali**

**Devaloka Day**

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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<b>1</b>		<b>Saturday, December 21, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Sun 8		Tehran, Iran Sutra 251 Vikarin 5121
Kanya Rasi: 29.41	Tithi 25 – 26	862523465	<b>Gulika</b> 7:10AM – 8:23AM <b>Yama</b> 1:16PM – 2:29PM <b>Rahu</b> 9:36AM – 10:50AM	<b>Chitra</b> Until 5:52PM Sobhana Until 9:29AM Bava Until 2:24AM Sun	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Green	<b>Sunrise:</b> 7:10AM <b>Sunset:</b> 4:56PM	Moon 12 - Phase 35 2nd Phase	
Routine Work	Marana Yoga		<b>Day 1 of Pancha Ganapati</b>	<b>Dashami</b> Until 3:21PM	<b>Margasira-Markali</b>	<b>Devaloka Day</b>		
Until 5:52PM								
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Sunday, December 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Sun 9		Tehran, Iran Sutra 252 Vikarin 5121
Tula Rasi: 13.45	Tithi 26 – 27	862523465	<b>Gulika</b> 2:30PM – 3:43PM <b>Yama</b> 12:03PM – 1:17PM <b>Rahu</b> 3:43PM – 4:56PM	<b>Svati</b> Until 4:33PM Athiganda* Until 6:42AM Kaulava Until 12:37AM Mon	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Green	<b>Sunrise:</b> 7:10AM <b>Sunset:</b> 4:56PM	Moon 12 - Phase 35 2nd Phase	
Creative Work	Siddha Yoga		<b>Day 2 of Pancha Ganapati</b>	<b>Ekadashi*</b> Until 1:28PM	<b>Margasira-Markali</b>	<b>Devaloka Day</b>		
Until 4:33PM								
Then Routine Work - Marana Yoga								

<b>3</b>		<b>Monday, December 23, 2019</b>		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Sun 10		Tehran, Iran Sutra 253 Vikarin 5121
Tula Rasi: 27.43	Tithi 27 – 28	872523465	<b>Gulika</b> 1:17PM – 2:30PM <b>Yama</b> 10:51AM – 12:04PM <b>Rahu</b> 8:24AM – 9:37AM	<b>Vishakha</b> Until 3:43PM Dhriti Until 1:37AM Tue Gara Until 11:04PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 7:11AM <b>Sunset:</b> 4:57PM	Moon 12 - Phase 35 2nd Phase	
Family Home Evening	Marana Yoga		<b>Day 3 of Pancha Ganapati</b>	<b>Dvadashi*</b> Until 11:47AM	<b>Margasira-Markali</b>	<b>Bhuloka Day</b>		
Until 4:33PM						<b>Devaloka Time: 3:PM to 6:PM</b>		
Then Creative Work - Siddha Yoga								
<i>Pradosha Vrata (Fasting)</i>								

<b>4</b>		<b>Tuesday, December 24, 2019</b>		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Sun 11		Tehran, Iran Sutra 254 Vikarin 5121
Vrischika Rasi: 11.31	Tithi 28 – 29	872523465	<b>Gulika</b> 12:04PM – 1:18PM <b>Yama</b> 9:38AM – 10:51AM <b>Rahu</b> 2:31PM – 3:44PM	<b>Anuradha</b> Until 3:01PM Shula* Until 11:24PM Visti Until 9:49PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 7:11AM <b>Sunset:</b> 4:57PM	Moon 12 - Phase 35 2nd Phase	
Creative Work	Siddha Yoga		<b>Day 4 of Pancha Ganapati</b>	<b>Trayodashi*</b> Until 10:22AM	<b>Margasira-Markali</b>	<b>Bhuloka Day</b>		
Until 3:01PM						<b>Devaloka Time: 3:PM to 6:PM</b>		
Then Routine Work - Marana Yoga								

		<b>Wednesday, December 25, 2019</b>		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Sun 12		Tehran, Iran Sutra 255 Vikarin 5121
<b>Retreat Star</b>			<b>Gulika</b> 10:52AM – 12:05PM <b>Yama</b> 8:25AM – 9:38AM <b>Rahu</b> 12:05PM – 1:18PM	<b>Jyeshtha*</b> Until 2:32PM Ganda* Until 9:32PM Catuspada Until 8:59PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 7:12AM <b>Sunset:</b> 4:58PM	Moon 12 - Phase 35 Amavasya	
Vrischika Rasi: 25.07	Tithi 29 – 30	872523465	<b>Day 5 of Pancha Ganapati</b>	<b>Chaturdashi*</b> Until 9:19AM	<b>Margasira-Markali</b>	<b>Bhuloka Day</b>		
Until 2:32PM						<b>Devaloka Time: 3:PM to 6:PM</b>		
Then Routine Work - Marana Yoga								

<b>Thursday, December 26, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Sun 13		Tehran, Iran Sutra 256 Vikarin 5121
Dhanus Rasi: 8.29	Tithi 30 – 1	883523465	<b>Gulika</b> 9:39AM – 10:52AM <b>Yama</b> 7:12AM – 8:25AM <b>Rahu</b> 1:19PM – 2:32PM	<b>Mula*</b> Until 2:49PM Vriddhi Until 8:04PM Kintughna Until 8:39PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 7:12AM <b>Sunset:</b> 4:59PM	Moon 12 - Phase 35 Prathama	
Creative Work	Siddha Yoga		<b>Annular Solar Eclipse</b>	<b>Amavasya*</b> Until 8:44AM	<b>Pausha-Markali</b>	<b>Devaloka Day</b>		

<b>1</b>		<b>Friday, December 27, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Tehran, Iran Sun 14 Sutra 257 Vikarin 5121
Dhanus Rasi: 21.34	Tithi 1 – 2	<b>Gulika</b> 8:26AM – 9:39AM	<b>Purvashadha* Until 3:29PM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 7:13AM	
		Yama 2:33PM – 3:46PM	Dhruva Until 7:01PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:59PM	Moon 12 - Phase 36
		883523466 <b>Rahu</b> 10:53AM – 12:06PM	Balava Until 8:52PM	<b>Nataraja:</b> Orange	3rd Phase
Routine Work	Prabalarishta Yoga		<b>Prathama* Until 8:40AM</b>	<b>Moon – Light Blue</b>	<b>Devaloka Day</b>
Until 3:29PM				<b>Pausha-Markali</b>	
Then Routine Work - Marana Yoga					

<b>2</b>		<b>Saturday, December 28, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Tehran, Iran Sun 15 Sutra 258 Vikarin 5121
Makara Rasi: 4.22	Tithi 2 – 3	<b>Gulika</b> 7:13AM – 8:26AM	<b>Uttarashadha Until 4:34PM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 7:13AM	
		Yama 1:20PM – 2:33PM	Vyaghata* Until 6:26PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:00PM	Moon 12 - Phase 36
		883523466 <b>Rahu</b> 9:40AM – 10:53AM	Taitila Until 9:42PM	<b>Nataraja:</b> Orange	3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya Until 9:12AM</b>	<b>Moon – Light Blue</b>	<b>Devaloka Day</b>
Until 4:34PM				<b>Pausha-Markali</b>	
Then Creative Work - Siddha Yoga					

<b>3</b>		<b>Sunday, December 29, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Harshana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Tehran, Iran Sun 16 Sutra 259 Vikarin 5121
Makara Rasi: 16.53	Tithi 3 – 4	<b>Gulika</b> 2:34PM – 3:47PM	<b>Shravana Until 6:32PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:13AM	
		Yama 12:07PM – 1:20PM	Harshana Until 6:18PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:01PM	Moon 12 - Phase 36
		893523466 <b>Rahu</b> 3:47PM – 5:01PM	Vanija Until 11:07PM	<b>Nataraja:</b> Orange	3rd Phase
Creative Work	Amrita Yoga		<b>Tritiya Until 10:19AM</b>	<b>Moon – Purple</b>	<b>Devaloka Day</b>
Until 6:32PM				<b>Pausha-Markali</b>	
Then Routine Work - Marana Yoga					

<b>4</b>		<b>Monday, December 30, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vajra* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Tehran, Iran Sun 17 Sutra 260 Vikarin 5121
Makara Rasi: 29.1	Tithi 4 – 5	<b>Gulika</b> 1:21PM – 2:34PM	<b>Dhanishtha Until 8:50PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:13AM	
		Yama 10:54AM – 12:07PM	Vajra* Until 6:33PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:01PM	Moon 12 - Phase 36
<b>Family Home Evening</b>		893523466 <b>Rahu</b> 8:27AM – 9:40AM	Bava Until 1:01AM Tue	<b>Nataraja:</b> Orange	3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi* Until 11:59AM</b>	<b>Moon – Purple</b>	<b>Devaloka Day</b>
				<b>Pausha-Markali</b>	

<b>5</b>		<b>Tuesday, December 31, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Tehran, Iran Sun 18 Sutra 261 Vikarin 5121
Kumbha Rasi: 11.16	Tithi 5 – 6	<b>Gulika</b> 12:08PM – 1:21PM	<b>Shatabhishak Until 11:20PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:14AM	
		Yama 9:41AM – 10:54AM	Siddhi Until 7:06PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:02PM	Moon 12 - Phase 36
		893523466 <b>Rahu</b> 2:35PM – 3:48PM	Kaulava Until 3:18AM Wed	<b>Nataraja:</b> Orange	3rd Phase
Routine Work	Marana Yoga		<b>Panchami Until 2:06PM</b>	<b>Moon – Purple</b>	<b>Devaloka Day</b>
				<b>Pausha-Markali</b>	

<b>6</b>		<b>Wednesday, January 1, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosarthpada* Nakshatra Vyatipata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Tehran, Iran Sun 19 Sutra 262 Vikarin 5121
Kumbha Rasi: 23.13	Tithi 6 – 7	<b>Gulika</b> 10:55AM – 12:09PM	<b>Purvaprosarthpada* Until 2:24AM Thu</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:14AM	
		Yama 8:28AM – 9:41AM	Vyatipata* Until 7:51PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:04PM	Moon 12 - Phase 36
		813623466 <b>Rahu</b> 12:09PM – 1:22PM	Gara Until 5:47AM Thu	<b>Nataraja:</b> Orange	3rd Phase
Creative Work	Amrita Yoga		<b>Shashthi* Until 4:31PM</b>	<b>Moon – Clear</b>	<b>Bhuloka Day</b>
Until 2:24AM Thu				<b>Pausha-Markali</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga		<b>Vinayaga Viratam Ends</b>			

<b>Retreat Star</b>		<b>Thursday, January 2, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosarthpada Nakshatra Varyan Yoga Vanija Karana Saplamyam Titau	Tehran, Iran Sun 20 Sutra 263 Vikarin 5121
Meena Rasi: 5.07	Tithi 7	<b>Gulika</b> 9:42AM – 10:56AM	<b>Uttaraprosarthpada Until 5:18AM Fri</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:14AM	
		Yama 7:14AM – 8:28AM	Variyan Until 8:38PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:04PM	Moon 12 - Phase 36
		813623466 <b>Rahu</b> 1:23PM – 2:37PM	Vanija Until 7:01PM	<b>Nataraja:</b> Orange	3rd Phase
Creative Work	Siddha Yoga		<b>Saptami Until 7:01PM</b>	<b>Moon – Clear</b>	<b>Bhuloka Day</b>
				<b>Pausha-Markali</b>	Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Friday, January 3, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Parigha* Yoga Visti*/Bava Karana Ashtamyam Titau	Tehran, Iran Sun 21 Sutra 264 Vikarin 5121
Meena Rasi: 17	Tithi 8	<b>Gulika</b> 8:28AM – 9:42AM	<b>Revati Until 7:53AM Sat</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:14AM	
		Yama 2:37PM – 3:51PM	Parigha* Until 9:21PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:05PM	Moon 12 - Phase 36
		813623466 <b>Rahu</b> 10:56AM – 12:10PM	Visti Until 8:16AM	<b>Nataraja:</b> Orange	Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 9:25PM</b>	<b>Moon – Clear</b>	<b>Bhuloka Day</b>
				<b>Pausha-Markali</b>	Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Saturday, January 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau	Tehran, Iran Sun 22 Sutra 265 Vikarin 5121
Meena Rasi: 28.58	Tithi 9	<b>Gulika</b> 7:15AM – 8:28AM	<b>Revati Until 7:53AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:15AM	
		Yama 1:24PM – 2:38PM	Shiva Until 9:51PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:06PM	Moon 12 - Phase 36
		813623466 <b>Rahu</b> 9:42AM – 10:56AM	Balava Until 10:32AM	<b>Nataraja:</b> Orange	Navami
Routine Work	Prabalarishta Yoga		<b>Navami* Until 11:31PM</b>	<b>Moon – Clear</b>	<b>Bhuloka Day</b>
Until 7:53AM				<b>Pausha-Markali</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

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

1 Sunday, January 5, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau				Tehran, Iran
Mesha Rasi: 11.04	Tithi 10	Gulika 2:39PM - 3:53PM	Ashvini Until 10:24AM	Ganesha: Yellow	Sunrise: 7:15AM	Sun 23 Sutra 266
		Yama 12:11PM - 1:25PM	Siddha Until 9:57PM	Muruqa: Clear	Sunset: 5:07PM	Vikarin 5121
	823623466	Rahu 3:53PM - 5:07PM	Taitila Until 12:24PM	Nataraja: Orange		Moon 12 - Phase 37
Creative Work	Siddha Yoga			Moon - White		4th Phase
Until 10:24AM		Subramuniyaswami Jayanti	Dashami Until 1:06AM Mon	Pausha-Markali		Devaloka Day
Then Routine Work - Prabalarishta Yoga						

2 Monday, January 6, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau				Tehran, Iran
Mesha Rasi: 23.25	Tithi 11	Gulika 1:25PM - 2:39PM	Bharani Until 12:14PM	Ganesha: Yellow	Sunrise: 7:15AM	Sun 24 Sutra 267
Family Home Evening		Yama 10:57AM - 12:11PM	Sadhya Until 9:36PM	Muruqa: Clear	Sunset: 5:08PM	Vikarin 5121
Creative Work	Siddha Yoga	823623466 Rahu 8:29AM - 9:43AM	Vanija Until 1:41PM	Nataraja: Orange		Moon 12 - Phase 37
Until 12:14PM		Vaikuntha Ekadasi	Ekadashi Until 2:03AM Tue	Moon - White		4th Phase
Then Routine Work - Marana Yoga				Pausha-Markali		Devaloka Day

3 Tuesday, January 7, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau				Tehran, Iran
Vrishabha Rasi: 6.02	Tithi 12	Gulika 12:12PM - 1:26PM	Krittika Until 1:15PM	Ganesha: Yellow	Sunrise: 7:15AM	Sun 25 Sutra 268
		Yama 9:43AM - 10:57AM	Subha Until 8:43PM	Muruqa: Clear	Sunset: 5:08PM	Vikarin 5121
	823623466	Rahu 2:40PM - 3:54PM	Bava Until 2:17PM	Nataraja: Orange		Moon 12 - Phase 37
Creative Work	Siddha Yoga			Moon - White		4th Phase
Until 1:15PM			Dvadashi Until 2:17AM Wed	Pausha-Markali		Devaloka Day
Then Creative Work - Amrita Yoga						

4 Wednesday, January 8, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau				Tehran, Iran
Vrishabha Rasi: 18.59	Tithi 13	Gulika 10:58AM - 12:12PM	Rohini Until 1:52PM	Ganesha: White	Sunrise: 7:15AM	Sun 26 Sutra 269
		Yama 8:29AM - 9:43AM	Sukla Until 7:14PM	Muruqa: Clear	Sunset: 5:09PM	Vikarin 5121
	833623466	Rahu 12:12PM - 1:26PM	Kaulava Until 2:08PM	Nataraja: Orange		Moon 12 - Phase 37
Creative Work	Siddha Yoga			Moon - Yellow		4th Phase
			Trayodashi Until 1:47AM Thu	Pausha-Markali		Bhuloka Day
						Devaloka Time: 3:PM to 6:PM
			Pradosha Vrata			

5 Thursday, January 9, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Tehran, Iran
Mithuna Rasi: 2.2	Tithi 14	Gulika 9:43AM - 10:58AM	Mrigashira Until 1:39PM	Ganesha: Yellow	Sunrise: 7:15AM	Sun 27 Sutra 270
		Yama 7:15AM - 8:29AM	Brahma Until 5:14PM	Muruqa: Clear	Sunset: 5:10PM	Vikarin 5121
	834623466	Rahu 1:27PM - 2:41PM	Gara Until 1:18PM	Nataraja: Orange		Moon 12 - Phase 37
Routine Work	Marana Yoga			Moon - Yellow		4th Phase
			Chaturdashi* Until 12:37AM Fri	Pausha-Markali		Devaloka Day

Friday, January 10, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Tehran, Iran
Mithuna Rasi: 16.02	Tithi 15	Gulika 8:29AM - 9:44AM	Ardra Until 12:40PM	Ganesha: Yellow	Sunrise: 7:14AM	Sutra 271
		Yama 2:42PM - 3:57PM	Indra Until 2:46PM	Muruqa: Clear	Sunset: 5:11PM	Vikarin 5121
	834623466	Rahu 10:58AM - 12:13PM	Visti Until 11:49AM	Nataraja: Orange		Moon 12 - Phase 37
Creative Work	Siddha Yoga			Moon - Yellow		Purnima
		Penumbral Lunar Eclipse	Purnima* Until 10:52PM	Pausha-Markali		Devaloka Day
		Ardra Darshanam				

Saturday, January 11, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Tehran, Iran
Kataka Rasi: 0.05	Tithi 16	Gulika 7:14AM - 8:29AM	Punarvasu Until 11:29AM	Ganesha: White	Sunrise: 7:14AM	Sutra 272
		Yama 1:28PM - 2:43PM	Vaidhriti* Until 11:52AM	Muruqa: Clear	Sunset: 5:12PM	Vikarin 5121
	844623466	Rahu 9:44AM - 10:58AM	Balava Until 9:50AM	Nataraja: Orange		Moon 12 - Phase 37
Creative Work	Siddha Yoga			Moon - Blue		Prathama
			Prathama* Until 8:40PM	Pausha-Markali		Sivaloka Day

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

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Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 14.23 Tithi 17

844623466

Creative Work Siddha Yoga

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

Tehran, Iran Sun 1 Sutra 273

Vikarin 5121

Gulika 2:43PM – 3:58PM

Pushya Until 9:47AM

Ganesha: White Sunrise: 7:14AM

Yama 12:14PM – 1:28PM

Vishkambha\* Until 8:42AM

Muruqa: Clear Sunset: 5:13PM

Rahu 3:58PM – 5:13PM

Taitila Until 7:28AM

Nataraja: Orange

Moon 1 - Phase 38

1st Phase

Dvitiya Until 6:10PM

Moon – Blue  
Pausha-Markali

Sivaloka Day

Monday, January 13, 2020

1

Kataka Rasi: 28.52 Tithi 18 – 19

Family Home Evening

844623466

Creative Work Siddha Yoga

Until 7:43AM

Then Routine Work - Marana Yoga

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

Tehran, Iran Sun 2 Sutra 274

Vikarin 5121

Gulika 1:29PM – 2:44PM

Ashlesha\* Until 7:43AM

Ganesha: White Sunrise: 7:14AM

Yama 10:59AM – 12:14PM

Ayushman Until 1:54AM Tue

Muruqa: Clear Sunset: 5:14PM

Rahu 8:29AM – 9:44AM

Bava Until 2:09AM Tue

Nataraja: Orange

Moon 1 - Phase 38

1st Phase

Tritiya Until 3:29PM

Moon – Blue  
Pausha-Markali

Sivaloka Day

Tuesday, January 14, 2020

2

Simha Rasi: 13.25 Tithi 19 – 20

Creative Work Siddha Yoga

Until 3:53AM Wed

Then Creative Work - Amrita Yoga

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

Tehran, Iran Sun 3 Sutra 275

Vikarin 5121

Gulika 12:14PM – 1:30PM

Purvaphalguni Until 3:53AM Wed

Ganesha: Clear Sunrise: 7:14AM

Yama 9:44AM – 10:59AM

Saubhagya Until 10:28PM

Muruqa: Clear Sunset: 5:15PM

Rahu 2:45PM – 4:00PM

Kaulava Until 11:27PM

Nataraja: Orange

Moon 1 - Phase 38

1st Phase

Chaturthi\* Until 12:46PM

Moon – Red  
Pausha-Markali

Devaloka Day

Wednesday, January 15, 2020

3

Simha Rasi: 27.56 Tithi 20 – 21

Creative Work Amrita Yoga

Until 1:56AM Thu

Then Routine Work - Marana Yoga

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

Tehran, Iran Sun 4 Sutra 276

Vikarin 5121

Gulika 10:59AM – 12:15PM

Uttaraphalguni Until 1:56AM Thu

Ganesha: Clear Sunrise: 7:13AM

Yama 8:29AM – 9:44AM

Sobhana Until 7:10PM

Muruqa: Clear Sunset: 5:16PM

Rahu 12:15PM – 1:30PM

Gara Until 8:54PM

Nataraja: Orange

Moon 1 - Phase 38

1st Phase

Panchami Until 10:08AM

Moon – Red  
Pausha-Thai

Devaloka Day

Thursday, January 16, 2020

4

Kanya Rasi: 12.2 Tithi 21 – 22

Routine Work Marana Yoga

Until 12:30AM Fri

Then Creative Work - Siddha Yoga

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

Tehran, Iran Sun 5 Sutra 277

Vikarin 5121

Gulika 9:44AM – 11:00AM

Hasta Until 12:30AM Fri

Ganesha: Purple Sunrise: 7:13AM

Yama 7:13AM – 8:29AM

Athiganda\* Until 4:00PM

Muruqa: Clear Sunset: 5:17PM

Rahu 1:31PM – 2:46PM

Visti Until 6:34PM

Nataraja: Orange

Moon 1 - Phase 38

1st Phase

Shashthi\* Until 7:41AM

Moon – Green  
Pausha-Thai

Sivaloka Day

Friday, January 17, 2020

5

Retreat Star

Kanya Rasi: 26.34 Tithi 23

Creative Work Siddha Yoga

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

Tehran, Iran Sun 6 Sutra 278

Vikarin 5121

Gulika 8:28AM – 9:44AM

Chitra Until 11:13PM

Ganesha: Purple Sunrise: 7:13AM

Yama 2:47PM – 4:02PM

Sukarma Until 1:05PM

Muruqa: Clear Sunset: 5:18PM

Rahu 11:00AM – 12:15PM

Balava Until 4:31PM

Nataraja: Orange

Moon 1 - Phase 38

Ashtami

Ashtami\* Until 3:36AM Sat

Moon – Green  
Pausha-Thai

Sivaloka Day

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 10.35 Tithi 24

Creative Work Siddha Yoga

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

Tehran, Iran Sun 7 Sutra 279

Vikarin 5121

Gulika 7:13AM – 8:28AM

Svati Until 10:09PM

Ganesha: Purple Sunrise: 7:13AM

Yama 1:32PM – 2:47PM

Dhriti Until 10:26AM

Muruqa: Clear Sunset: 5:19PM

Rahu 9:44AM – 11:00AM

Taitila Until 2:49PM

Nataraja: Orange

Moon 1 - Phase 38

Navami

Navami\* Until 2:05AM Sun

Moon – Green  
Pausha-Thai

Sivaloka Day


<b>1</b>		<b>Sunday, January 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visli* Karana Dashamyam Titau		Tehran, Iran Sun 8 Sutra 280 Vikarin 5121	
Tula Rasi: 24.24	Tithi 25	<b>Gulika</b> Yama	<b>2:48PM – 4:04PM</b> 12:16PM – 1:32PM	<b>Vishakha Until 9:44PM</b> Shula* Until 8:03AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear	<b>Sunrise:</b> 7:12AM <b>Sunset:</b> 5:20PM	Moon 1 - Phase 39 2nd Phase
Routine Work	Marana Yoga	874623466 <b>Rahu</b>	<b>4:04PM – 5:20PM</b>	Vanija Until 1:28PM Dashami Until 12:56AM Mon	Nataraja: Orange Moon – Orange	<b>Devaloka Day</b> Pausha*Thai	

<b>2</b>		<b>Monday, January 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Ganda*/Vridhi Yoga Bava/Balava Karana Ekadashyam Titau		Tehran, Iran Sun 9 Sutra 281 Vikarin 5121	
Vrischika Rasi: 7.59	Tithi 26	<b>Gulika</b> Yama	<b>1:32PM – 2:49PM</b> 11:00AM – 12:16PM	<b>Anuradha Until 9:32PM</b> Ganda* Until 6:00AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear	<b>Sunrise:</b> 7:12AM <b>Sunset:</b> 5:21PM	Moon 1 - Phase 39 2nd Phase
Family Home Evening		874623466 <b>Rahu</b>	<b>8:28AM – 9:44AM</b>	Bava Until 12:31PM Ekadashi* Until 12:10AM Tue	Nataraja: Orange Moon – Orange	<b>Devaloka Day</b> Pausha*Thai	
Creative Work	Siddha Yoga						

<b>3</b>		<b>Tuesday, January 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Dhruva Yoga Kaulava/Tailita Karana Dvadashyam Titau		Tehran, Iran Sun 10 Sutra 282 Vikarin 5121	
Vrischika Rasi: 21.2	Tithi 27	<b>Gulika</b> Yama	<b>12:17PM – 1:33PM</b> 9:44AM – 11:00AM	<b>Jyeshtha* Until 9:35PM</b> Dhruva Until 2:47AM Wed	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear	<b>Sunrise:</b> 7:11AM <b>Sunset:</b> 5:22PM	Moon 1 - Phase 39 2nd Phase
Routine Work	Marana Yoga	875623466 <b>Rahu</b>	<b>2:49PM – 4:06PM</b>	Kaulava Until 11:57AM Dvadashi* Until 11:48PM	Nataraja: Orange Moon – Orange	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Until 9:35PM							
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Wednesday, January 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau		Tehran, Iran Sun 11 Sutra 283 Vikarin 5121	
Dhanus Rasi: 4.29	Tithi 28	<b>Gulika</b> Yama	<b>11:00AM – 12:17PM</b> 8:27AM – 9:44AM	<b>Mula* Until 10:21PM</b> Vyaghata* Until 1:40AM Thu	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear	<b>Sunrise:</b> 7:11AM <b>Sunset:</b> 5:23PM	Moon 1 - Phase 39 2nd Phase
Routine Work	Marana Yoga	885623466 <b>Rahu</b>	<b>12:17PM – 1:33PM</b>	Gara Until 11:48AM Trayodashi* Until 11:51PM	Nataraja: Orange Moon – Light Blue	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Until 10:21PM							
Then Creative Work - Amrita Yoga							
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Thursday, January 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Tehran, Iran Sun 12 Sutra 284 Vikarin 5121	
Dhanus Rasi: 17.26	Tithi 29	<b>Gulika</b> Yama	<b>9:44AM – 11:00AM</b> 7:10AM – 8:27AM	<b>Purvashadha* Until 11:21PM</b> Harshana Until 12:53AM Fri	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear	<b>Sunrise:</b> 7:10AM <b>Sunset:</b> 5:24PM	Moon 1 - Phase 39 2nd Phase
Creative Work	Siddha Yoga	885623466 <b>Rahu</b>	<b>1:34PM – 2:51PM</b>	Visti* Until 12:04PM Chaturdashi* Until 12:20AM Fri	Nataraja: Orange Moon – Light Blue	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Until 11:21PM							
Then Routine Work - Marana Yoga							

		<b>Friday, January 24, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Tehran, Iran Sun 13 Sutra 285 Vikarin 5121	
<b>Retreat Star</b>		<b>Gulika</b> Yama	<b>8:27AM – 9:44AM</b> 2:51PM – 4:08PM	<b>Uttarashadha Until 12:37AM Sat</b> Vajra* Until 12:24AM Sat	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear	<b>Sunrise:</b> 7:10AM <b>Sunset:</b> 5:25PM	Moon 1 - Phase 39 Amavasya
Makara Rasi: 0.1	Tithi 30	885623466 <b>Rahu</b>	<b>11:00AM – 12:17PM</b>	Catuspada Until 12:45PM Amavasya* Until 1:14AM Sat	Nataraja: Orange Moon – Light Blue	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Routine Work	Marana Yoga						
Until 12:37AM Sat							
Then Creative Work - Siddha Yoga							

<b>Retreat Star</b>		<b>Saturday, January 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau		Tehran, Iran Sun 14 Sutra 286 Vikarin 5121	
Makara Rasi: 12.42	Tithi 1	<b>Gulika</b> Yama	<b>7:09AM – 8:26AM</b> 1:35PM – 2:52PM	<b>Shravana Until 2:38AM Sun</b> Siddhi Until 12:16AM Sun	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear	<b>Sunrise:</b> 7:09AM <b>Sunset:</b> 5:26PM	Moon 1 - Phase 39 Prathama
Creative Work	Siddha Yoga	995623466 <b>Rahu</b>	<b>9:43AM – 11:01AM</b>	Kintughna Until 1:53PM Prathama* Until 2:35AM Sun	Nataraja: Orange Moon – Purple	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Until 2:38AM Sun							
Then Routine Work - Marana Yoga							

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

<b>1</b>		<b>Sunday, January 26, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Tehran, Iran
Makara Rasi: 25.03	Tithi 2	<b>Gulika</b>	<b>2:52PM – 4:10PM</b>	<b>Dhanishtha Until 4:51AM Mon</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:09AM	Sun 15	Sutra 287
		Yama	12:18PM – 1:35PM	Vyatipata* Until 12:27AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:27PM		Vikarin 5121
		995723466 <b>Rahu</b>	<b>4:10PM – 5:27PM</b>	Balava Until 3:26PM	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Routine Work	Marana Yoga			<b>Dvitiya Until 4:20AM Mon</b>	Moon – Purple		<b>Devaloka Day</b>	
Until 4:51AM Mon					<b>Magha-Thai</b>			
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Monday, January 27, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau				Tehran, Iran
Kumbha Rasi: 7.14	Tithi 3	<b>Gulika</b>	<b>1:36PM – 2:53PM</b>	<b>Shatabhishak Until 7:15AM Tue</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:08AM	Sun 16	Sutra 288
<b>Family Home Evening</b>		Yama	11:01AM – 12:18PM	Variyan Until 12:53AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:28PM		Vikarin 5121
Creative Work	Siddha Yoga	995723466 <b>Rahu</b>	<b>8:25AM – 9:43AM</b>	Taitila Until 5:22PM	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Until 7:15AM Tue				<b>Tritiya Until 6:26AM Tue</b>	Moon – Purple		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga					<b>Magha-Thai</b>			

<b>3</b>		<b>Tuesday, January 28, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaprosnthapada* Nakshatra Parigha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Tehran, Iran
Kumbha Rasi: 19.17	Tithi 3 – 4	<b>Gulika</b>	<b>12:18PM – 1:36PM</b>	<b>Shatabhishak Until 7:15AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:07AM	Sun 17	Sutra 289
		Yama	9:43AM – 11:00AM	Parigha* Until 1:32AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:29PM		Vikarin 5121
		995723466 <b>Rahu</b>	<b>2:54PM – 4:11PM</b>	Vanija Until 7:36PM	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Routine Work	Marana Yoga			<b>Tritiya Until 6:26AM</b>	Moon – Purple		<b>Devaloka Day</b>	
					<b>Magha-Thai</b>			

<b>4</b>		<b>Wednesday, January 29, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosnthapada*Uttaraprosnthapada Nakshatra Shiva Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau				Tehran, Iran
Meena Rasi: 1.13	Tithi 4 – 5	<b>Gulika</b>	<b>11:00AM – 12:18PM</b>	<b>Purvaprosnthapada* Until 10:14AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 7:07AM	Sun 18	Sutra 290
		Yama	8:25AM – 9:43AM	Shiva Until 2:21AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:30PM		Vikarin 5121
		915723466 <b>Rahu</b>	<b>12:18PM – 1:36PM</b>	Bava Until 10:04PM	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Creative Work	Amrita Yoga			<b>Chaturthi* Until 8:48AM</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 10:14AM					<b>Magha-Thai</b>			
Then Creative Work - Siddha Yoga								

<b>5</b>		<b>Thursday, January 30, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosnthapada/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau				Tehran, Iran
Meena Rasi: 13.07	Tithi 5 – 6	<b>Gulika</b>	<b>9:42AM – 11:00AM</b>	<b>Uttaraprosnthapada Until 1:11PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 7:06AM	Sun 19	Sutra 291
		Yama	7:06AM – 8:24AM	Siddha Until 3:10AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:31PM		Vikarin 5121
		915723466 <b>Rahu</b>	<b>1:37PM – 2:55PM</b>	Kaulava Until 12:36AM Fri	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Creative Work	Siddha Yoga			<b>Panchami Until 11:19AM</b>	Moon – Clear		<b>Sivaloka Day</b>	
					<b>Magha-Thai</b>			

<b>6</b>		<b>Friday, January 31, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Tehran, Iran
Meena Rasi: 24.59	Tithi 6 – 7	<b>Gulika</b>	<b>8:24AM – 9:42AM</b>	<b>Revati Until 3:56PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:05AM	Sun 20	Sutra 292
		Yama	2:55PM – 4:14PM	Sadhya Until 3:55AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:32PM		Vikarin 5121
		916723466 <b>Rahu</b>	<b>11:00AM – 12:19PM</b>	Gara Until 3:02AM Sat	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Creative Work	Siddha Yoga			<b>Shashthi* Until 1:49PM</b>	Moon – Clear		<b>Devaloka Day</b>	
Until 3:56PM					<b>Magha-Thai</b>			
Then Creative Work - Amrita Yoga								

<b>Retreat Star</b>		<b>Saturday, February 1, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Subha Yoga Vanija/Vistil* Karana Saptami/Ashtamyam Titau				Tehran, Iran
Mesha Rasi: 6.54	Tithi 7 – 8	<b>Gulika</b>	<b>7:05AM – 8:24AM</b>	<b>Ashvini Until 6:50PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 7:05AM	Sun 21	Sutra 293
		Yama	1:37PM – 2:55PM	Subha Until 4:27AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:32PM		Vikarin 5121
		926723466 <b>Rahu</b>	<b>9:42AM – 11:00AM</b>	Vistil Until 5:10AM Sun	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Creative Work	Siddha Yoga			<b>Saptami Until 4:08PM</b>	Moon – White		<b>Bhuloka Day</b>	
					<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>Retreat Star</b>		<b>Sunday, February 2, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Sukla Yoga Bava Karana Ashtamyam Titau				Tehran, Iran
Mesha Rasi: 18.57	Tithi 8	<b>Gulika</b>	<b>2:56PM – 4:15PM</b>	<b>Bharani Until 9:09PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 7:04AM	Sun 22	Sutra 294
		Yama	12:19PM – 1:37PM	Sukla Until 4:35AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:33PM		Vikarin 5121
		926723466 <b>Rahu</b>	<b>4:15PM – 5:33PM</b>	Bava Until 6:02PM	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	Ashtami
Routine Work	Prabalarishta Yoga			<b>Ashtami* Until 6:02PM</b>	Moon – White		<b>Bhuloka Day</b>	
Until 9:09PM					<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Creative Work - Siddha Yoga								


<b>Retreat Star</b>		<b>Monday, February 3, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Tehran, Iran
Vrshabha Rasi: 1.12	Tithi 9	<b>Gulika</b>	<b>1:38PM – 2:57PM</b>	<b>Krittika Until 10:42PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 7:04AM	Sun 23	Sutra 295
<b>Family Home Evening</b>		Yama	11:00AM – 12:19PM	Brahma Until 4:12AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:34PM		Vikarin 5121
Routine Work	Marana Yoga	926723466 <b>Rahu</b>	<b>8:22AM – 9:41AM</b>	Balava Until 6:48AM	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	Navami
Until 10:42PM				<b>Navami* Until 7:20PM</b>	Moon – White		<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga					<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>1</b>	<b>Tuesday, February 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam				Tehran, Iran
	Rohini Nakshatra Indra Yoga Taitila/Gara Karana Dashamyam Titau						Sun 24
	Wishabha Rasi: 13.46	Tithi 10	<b>Gulika</b> 12:19PM – 1:38PM	<b>Rohini</b> Until 11:50PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:03AM	Vikarin 5121
	936723467		Yama 9:41AM – 11:00AM	Indra Until 3:14AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:35PM	Moon 1 - Phase 41
		<b>Rahu</b> 2:57PM – 4:16PM	Taitila Until 7:43AM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Amrita Yoga		<b>Dashami</b> Until 7:51PM	Moon – Yellow		<b>Devaloka Day</b>	
Until 11:50PM				<b>Magha-Thai</b>			
Then Creative Work - Siddha Yoga							

<b>2</b>	<b>Wednesday, February 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam				Tehran, Iran
	Mrigashira Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau						Sun 25
	Wishabha Rasi: 26.41	Tithi 11	<b>Gulika</b> 11:00AM – 12:19PM	<b>Mrigashira</b> Until 11:59PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:02AM	Vikarin 5121
	936723467		Yama 8:21AM – 9:41AM	Vaidhriti* Until 1:35AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:36PM	Moon 1 - Phase 41
		<b>Rahu</b> 12:19PM – 1:38PM	Vanija Until 7:49AM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 7:32PM	Moon – Yellow		<b>Devaloka Day</b>	
				<b>Magha-Thai</b>			

<b>3</b>	<b>Thursday, February 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam				Tehran, Iran
	Ardra Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvadashyam Titau						Sun 26
	Mithuna Rasi: 10.03	Tithi 12	<b>Gulika</b> 9:40AM – 11:00AM	<b>Ardra</b> Until 11:11PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:01AM	Vikarin 5121
	936723467		Yama 7:01AM – 8:21AM	Vishkambha* Until 11:18PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:37PM	Moon 1 - Phase 41
		<b>Rahu</b> 1:39PM – 2:58PM	Bava Until 7:05AM	<b>Nataraja:</b> Clear		4th Phase	
Routine Work	Marana Yoga		<b>Dvadashi</b> Until 6:24PM	Moon – Yellow		<b>Devaloka Day</b>	
Until 11:11PM				<b>Magha-Thai</b>			
Then Creative Work - Amrita Yoga							

<b>4</b>	<b>Friday, February 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam				Tehran, Iran
	Punarvasu Nakshatra Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau						Sun 27
	Mithuna Rasi: 23.53	Tithi 13 – 14	<b>Gulika</b> 8:20AM – 9:40AM	<b>Punarvasu</b> Until 9:58PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:00AM	Vikarin 5121
	947723467		Yama 2:59PM – 4:19PM	Priti Until 8:27PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:38PM	Moon 1 - Phase 41
		<b>Rahu</b> 11:00AM – 12:19PM	Gara Until 3:20AM Sat	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 4:30PM	Moon – Blue		<b>Bhuloka Day</b>	
Until 9:58PM				<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Routine Work - Marana Yoga							

	<b>Saturday, February 8, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam				Tehran, Iran
	Pushya Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau						Sun 28
	Kataka Rasi: 8.08	Tithi 14 – 15	<b>Gulika</b> 6:59AM – 8:19AM	<b>Pushya</b> Until 8:01PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:59AM	Vikarin 5121
	947723467		Yama 1:39PM – 2:59PM	Ayushman Until 5:06PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:39PM	Moon 1 - Phase 41
		<b>Rahu</b> 9:39AM – 10:59AM	Visti Until 12:33AM Sun	<b>Nataraja:</b> Clear		Purnima	
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 1:59PM	Moon – Blue		<b>Bhuloka Day</b>	
Until 8:01PM		<b>Thai Pusam</b>		<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Routine Work - Marana Yoga							

<b>5</b>	<b>Sunday, February 9, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam				Tehran, Iran
	Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau						Sun 29
	Kataka Rasi: 22.47	Tithi 15 – 16	<b>Gulika</b> 3:00PM – 4:20PM	<b>Ashlesha*</b> Until 5:31PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:58AM	Vikarin 5121
	947723467		Yama 12:19PM – 1:40PM	Saubhagya Until 1:24PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:40PM	Moon 1 - Phase 41
		<b>Rahu</b> 4:20PM – 5:40PM	Balava Until 9:24PM	<b>Nataraja:</b> Clear		Prathama	
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 11:00AM	Moon – Blue		<b>Bhuloka Day</b>	
Until 5:31PM				<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Routine Work - Marana Yoga							





Monday, February 10, 2020

Gold Retreat Star

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

Tehran, Iran

Sutra 302

Vikarin 5121

Simha Rasi: 7.4 Tithi 16 - 17

Family Home Evening

957723467

Gulika

1:40PM - 3:00PM

Magha\* Until 3:03PM

Ganesha: Red

Sunrise: 6:57AM

Yama

10:59AM - 12:19PM

Sobhana Until 9:29AM

Muruqa: Clear

Sunset: 5:41PM

Moon 2 - Phase 42

Routine Work Marana Yoga

Rahu

8:18AM - 9:38AM

Taitila Until 6:01PM

Nataraja: Clear

Devaloka Day

Until 3:03PM

Then Creative Work - Siddha Yoga

Moon - Red

Magha\*Thai

Tuesday, February 11, 2020

1

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

Tehran, Iran

Sun 1

Sutra 303

Vikarin 5121

Simha Rasi: 22.4 Tithi 18

Creative Work Siddha Yoga

Until 12:22PM

Then Creative Work - Amrita Yoga

957723467

Gulika

12:19PM - 1:40PM

Purvaphalguni Until 12:22PM

Ganesha: Red

Sunrise: 6:57AM

Yama

9:38AM - 10:59AM

Sukarma Until 1:27AM Wed

Muruqa: Clear

Sunset: 5:42PM

Moon 2 - Phase 42

Wednesday, February 12, 2020

2

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

Tehran, Iran

Sun 2

Sutra 304

Vikarin 5121

Kanya Rasi: 7.39 Tithi 19

Creative Work Amrita Yoga

Until 9:38AM

Then Routine Work - Marana Yoga

957723467

Gulika

10:58AM - 12:19PM

Uttaraphalguni Until 9:38AM

Ganesha: Red

Sunrise: 6:56AM

Yama

8:17AM - 9:37AM

Dhriti Until 9:37PM

Muruqa: Clear

Sunset: 5:43PM

Moon 2 - Phase 42

Thursday, February 13, 2020

3

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

Tehran, Iran

Sun 3

Sutra 305

Vikarin 5121

Kanya Rasi: 22.27 Tithi 20

Routine Work Marana Yoga

Until 7:26AM

Then Creative Work - Siddha Yoga

967723467

Gulika

9:37AM - 10:58AM

Hasta Until 7:26AM

Ganesha: Green

Sunrise: 6:55AM

Yama

6:55AM - 8:16AM

Shula\* Until 6:02PM

Muruqa: Clear

Sunset: 5:44PM

Moon 2 - Phase 42

Friday, February 14, 2020

4

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

Tehran, Iran

Sun 4

Sutra 306

Vikarin 5121

Tula Rasi: 6.58 Tithi 21 - 22

Creative Work Siddha Yoga

968723467

Gulika

8:15AM - 9:36AM

Svati Until 3:53AM Sat

Ganesha: White

Sunrise: 6:53AM

Yama

3:02PM - 4:24PM

Ganda\* Until 2:50PM

Muruqa: Clear

Sunset: 5:45PM

Moon 2 - Phase 42

Saturday, February 15, 2020

Retreat Star

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

Tehran, Iran

Sun 5

Sutra 307

Vikarin 5121

Tula Rasi: 21.08 Tithi 22 - 23

Creative Work Siddha Yoga

Until 3:09AM Sun

Then Routine Work - Marana Yoga

978723467

Gulika

6:52AM - 8:14AM

Vishakha Until 3:09AM Sun

Ganesha: Clear

Sunrise: 6:52AM

Yama

1:41PM - 3:03PM

Vridhdi Until 12:05PM

Muruqa: Clear

Sunset: 5:46PM

Moon 2 - Phase 42

Sunday, February 16, 2020

Retreat Star

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

Tehran, Iran

Sun 6

Sutra 308

Vikarin 5121

Vrischika Rasi: 4.56 Tithi 23 - 24

Routine Work Marana Yoga

Until 2:53AM Mon

Then Creative Work - Siddha Yoga

978723467

Gulika

3:03PM - 4:25PM

Anuradha Until 2:53AM Mon

Ganesha: Clear

Sunrise: 6:51AM

Yama

12:19PM - 1:41PM

Dhruva Until 9:47AM

Muruqa: Clear

Sunset: 5:47PM

Moon 2 - Phase 42

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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<b>1</b>	<b>Monday, February 17, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Tehran, Iran
	Gulika	1:42PM – 3:04PM	<b>Jyeshtha* Until 3:03AM Tue</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:50AM	Sun 7	Sutra 309
	Yama	10:57AM – 12:19PM	Vyaghata* Until 8:00AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:48PM		Vikarin 5121
	Rahu	8:13AM – 9:35AM	Vanija Until 12:31AM Tue	<b>Nataraja:</b> Clear		Moon 2 - Phase 43	2nd Phase
Vrischika Rasi: 18.23 Tithi 24 – 25			<b>Navami* Until 12:36PM</b>	<b>Moon – Orange</b>		<b>Devaloka Day</b>	
<b>Family Home Evening</b> 988723467				<b>Magha-Masi</b>			
Creative Work Siddha Yoga							
Until 3:03AM Tue							
Then Creative Work - Amrita Yoga							

<b>2</b>	<b>Tuesday, February 18, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Tehran, Iran
	Gulika	12:19PM – 1:42PM	<b>Mula* Until 4:06AM Wed</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:49AM	Sun 8	Sutra 310
	Yama	9:34AM – 10:57AM	Harshana Until 6:42AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:49PM		Vikarin 5121
	Rahu	3:04PM – 4:27PM	Bava Until 12:46AM Wed	<b>Nataraja:</b> Clear		Moon 2 - Phase 43	2nd Phase
Dhanus Rasi: 1.3 Tithi 25 – 26			<b>Dashami Until 12:33PM</b>	<b>Moon – Light Blue</b>		<b>Bhuloka Day</b>	
988723467				<b>Magha-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Creative Work Amrita Yoga							


<b>3</b>	<b>Wednesday, February 19, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Tehran, Iran
	Gulika	10:56AM – 12:19PM	<b>Purvashadha* Until 5:28AM Thu</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:48AM	Sun 9	Sutra 311
	Yama	8:11AM – 9:34AM	Siddhi Until 5:19AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:50PM		Vikarin 5121
	Rahu	12:19PM – 1:42PM	Kaulava Until 1:31AM Thu	<b>Nataraja:</b> Clear		Moon 2 - Phase 43	2nd Phase
Dhanus Rasi: 14.2 Tithi 26 – 27			<b>Ekadashi* Until 1:04PM</b>	<b>Moon – Light Blue</b>		<b>Bhuloka Day</b>	
988723467				<b>Magha-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Creative Work Amrita Yoga							
Until 5:28AM Thu							
Then Routine Work - Marana Yoga							

<b>4</b>	<b>Thursday, February 20, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Vyatipata* Yoga Tautila/Gara Karana Dvadashi/Trayodashyam Titau				Tehran, Iran
	Gulika	9:33AM – 10:56AM	<b>Uttarashadha Until 7:05AM Fri</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:47AM	Sun 10	Sutra 312
	Yama	6:47AM – 8:10AM	Vyatipata* Until 5:10AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:51PM		Vikarin 5121
	Rahu	1:42PM – 3:05PM	Gara Until 2:42AM Fri	<b>Nataraja:</b> Clear		Moon 2 - Phase 43	2nd Phase
Dhanus Rasi: 26.56 Tithi 27 – 28			<b>Dvadashi* Until 2:02PM</b>	<b>Moon – Light Blue</b>		<b>Bhuloka Day</b>	
989823467				<b>Magha-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Routine Work Marana Yoga							

Pradosha Vrata (Fasting)

<b>5</b>	<b>Friday, February 21, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Tehran, Iran
	Gulika	8:09AM – 9:32AM	<b>Uttarashadha Until 7:05AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:46AM	Sun 11	Sutra 313
	Yama	3:06PM – 4:29PM	Variyan Until 5:15AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:52PM		Vikarin 5121
	Rahu	10:56AM – 12:19PM	Visti Until 4:15AM Sat	<b>Nataraja:</b> Clear		Moon 2 - Phase 43	2nd Phase
Makara Rasi: 9.2 Tithi 28 – 29			<b>Trayodashi* Until 3:25PM</b>	<b>Moon – Light Blue</b>		<b>Bhuloka Day</b>	
989823467				<b>Magha-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Routine Work Marana Yoga							
		<b>Mahasivaratri (Lunar)</b>					
		<b>Mahasivaratri (Solar)</b>					

<b>6</b>	<b>Saturday, February 22, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Tehran, Iran
	Gulika	6:45AM – 8:08AM	<b>Shravana Until 9:22AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:45AM	Sun 12	Sutra 314
	Yama	1:42PM – 3:06PM	Parigha* Until 5:34AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:53PM		Vikarin 5121
	Rahu	9:32AM – 10:55AM	Catuspada Until 6:06AM Sun	<b>Nataraja:</b> Clear		Moon 2 - Phase 43	2nd Phase
Makara Rasi: 21.37 Tithi 29 – 30			<b>Chaturdashi* Until 5:07PM</b>	<b>Moon – Purple</b>		<b>Bhuloka Day</b>	
999823467				<b>Magha-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Creative Work Siddha Yoga							

	<b>Sunday, February 23, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Shiva Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Tehran, Iran	
	<b>Retreat Star</b>		<b>Gulika</b>	3:06PM – 4:30PM	<b>Dhanishtha Until 11:46AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:43AM	Sun 13
	Kumbha Rasi: 3.45 Tithi 30		Yama	12:19PM – 1:43PM	Shiva Until 6:06AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:54PM	
	999823467		Rahu	4:30PM – 5:54PM	Catuspada Until 6:06AM	<b>Nataraja:</b> Clear		Moon 2 - Phase 43
Routine Work Marana Yoga				<b>Amavasya* Until 7:06PM</b>	<b>Moon – Purple</b>		<b>Bhuloka Day</b>	
Until 11:46AM					<b>Magha-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Creative Work - Siddha Yoga								

<b>Monday, February 24, 2020</b>	<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shalabhishak/Purvaprosarthapada* Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau				Tehran, Iran	
	<b>Gulika</b>		1:43PM – 3:07PM	<b>Shatabhishak Until 2:13PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:42AM	Sun 14	
	Kumbha Rasi: 15.48 Tithi 1		Yama	10:54AM – 12:19PM	Shiva Until 6:06AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:55PM	
	999823467		Rahu	8:06AM – 9:30AM	Kintughna Until 8:12AM	<b>Nataraja:</b> Clear		
<b>Family Home Evening</b>				<b>Prathama* Until 9:18PM</b>	<b>Moon – Purple</b>		<b>Bhuloka Day</b>	
Creative Work Siddha Yoga					<b>Phalgun-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Until 2:13PM								
Then Routine Work - Marana Yoga								

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

All times are standard time

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<b>1</b>	<b>Tuesday, February 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau				Tehran, Iran
	Kumbha Rasi: 27.46	Tithi 2	<b>Gulika</b> 12:18PM – 1:43PM	<b>Purvaproshtapada* Until 5:11PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:41AM	Sun 15 Sutra 317
	919823467	Rahu	Yama 9:30AM – 10:54AM	Siddha Until 6:45AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:56PM	Vikarin 5121
Routine Work Marana Yoga			Balava Until 10:30AM	<b>Nataraja:</b> Clear		Moon 2 - Phase 44	
Until 5:11PM			<b>Dvitiya Until 11:41PM</b>	Moon – Clear		3rd Phase	
Then Creative Work - Amrita Yoga				<b>Phalguna-Masi</b>		<b>Devaloka Day</b>	

<b>2</b>	<b>Wednesday, February 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Trityayam Titau				Tehran, Iran
	Meena Rasi: 9.4	Tithi 3	<b>Gulika</b> 10:54AM – 12:18PM	<b>Uttaraproshtapada Until 8:06PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:40AM	Sun 16 Sutra 318
	919823467	Rahu	Yama 8:04AM – 9:29AM	Sadhya Until 7:32AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:57PM	Vikarin 5121
Creative Work Siddha Yoga			Taitila Until 12:57PM	<b>Nataraja:</b> Clear		Moon 2 - Phase 44	
Until 8:06PM			<b>Tritiya Until 2:11AM Thu</b>	Moon – Clear		3rd Phase	
Then Routine Work - Marana Yoga				<b>Phalguna-Masi</b>		<b>Devaloka Day</b>	

<b>3</b>	<b>Thursday, February 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Tehran, Iran
	Meena Rasi: 21.32	Tithi 4	<b>Gulika</b> 9:28AM – 10:53AM	<b>Revati Until 10:55PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:38AM	Sun 17 Sutra 319
	919823467	Rahu	Yama 6:38AM – 8:03AM	Subha Until 8:25AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:58PM	Vikarin 5121
Creative Work Siddha Yoga			Vanija Until 3:28PM	<b>Nataraja:</b> Clear		Moon 2 - Phase 44	
Until 10:55PM			<b>Chaturthi* Until 4:42AM Fri</b>	Moon – Clear		3rd Phase	
Then Creative Work - Amrita Yoga		<b>Subramuniyaswami Siva Vision Day</b>		<b>Phalguna-Masi</b>		<b>Devaloka Day</b>	

<b>4</b>	<b>Friday, February 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Tehran, Iran
	Mesha Rasi: 3.25	Tithi 5	<b>Gulika</b> 8:02AM – 9:28AM	<b>Ashvini Until 1:59AM Sat</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:37AM	Sun 18 Sutra 320
	921823467	Rahu	Yama 3:08PM – 4:34PM	Sukla Until 9:15AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:59PM	Vikarin 5121
Creative Work Amrita Yoga			Bava Until 5:57PM	<b>Nataraja:</b> Clear		Moon 2 - Phase 44	
Until 1:59AM Sat			<b>Panchami Until 7:07AM Sat</b>	Moon – White		3rd Phase	
Then Creative Work - Siddha Yoga				<b>Phalguna-Masi</b>		<b>Bhuloka Day</b>	
						Devaloka Time: 3:PM to 6:PM	

<b>5</b>	<b>Saturday, February 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Tehran, Iran
	Mesha Rasi: 15.19	Tithi 5 – 6	<b>Gulika</b> 6:36AM – 8:01AM	<b>Bharani Until 4:40AM Sun</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:36AM	Sun 19 Sutra 321
	921823467	Rahu	Yama 1:43PM – 3:09PM	Brahma Until 10:01AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:00PM	Vikarin 5121
Creative Work Siddha Yoga			Kaulava Until 8:15PM	<b>Nataraja:</b> Clear		Moon 2 - Phase 44	
			<b>Panchami Until 7:07AM</b>	Moon – White		3rd Phase	
				<b>Phalguna-Masi</b>		<b>Bhuloka Day</b>	
						Devaloka Time: 3:PM to 6:PM	

<b>6</b>	<b>Sunday, March 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Tehran, Iran
	Mesha Rasi: 27.2	Tithi 6 – 7	<b>Gulika</b> 3:09PM – 4:35PM	<b>Krittika Until 6:46AM Mon</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:33AM	Sun 20 Sutra 322
	921833467	Rahu	Yama 12:17PM – 1:43PM	Indra Until 10:35AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:01PM	Vikarin 5121
Creative Work Siddha Yoga			Gara Until 10:11PM	<b>Nataraja:</b> Clear		Moon 2 - Phase 44	
Until 6:46AM Mon			<b>Shashthi* Until 9:15AM</b>	Moon – White		3rd Phase	
Then Creative Work - Amrita Yoga				<b>Phalguna-Masi</b>		<b>Bhuloka Day</b>	
						Devaloka Time: 3:PM to 6:PM	

<b>D</b>	<b>Monday, March 2, 2020</b>		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				Tehran, Iran
	<b>Retreat Star</b>		<b>Gulika</b> 1:43PM – 3:10PM	<b>Krittika Until 6:46AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:32AM	Sun 21 Sutra 323
	Vrishabha Rasi: 9.31	Tithi 7 – 8	Yama 10:51AM – 12:17PM	Vaidhriti* Until 10:44AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:02PM	Vikarin 5121
<b>Family Home Evening</b>		921833467	Rahu 7:58AM – 9:25AM	Visti Until 11:31PM	<b>Nataraja:</b> Clear	Moon 2 - Phase 44	
Routine Work Marana Yoga				<b>Saptami Until 10:55AM</b>	Moon – White	Ashtami	
Until 6:46AM					<b>Phalguna-Masi</b>	<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga						Devaloka Time: 3:PM to 6:PM	

<b>D</b>	<b>Tuesday, March 3, 2020</b>		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				Tehran, Iran
	<b>Retreat Star</b>		<b>Gulika</b> 12:17PM – 1:43PM	<b>Rohini Until 8:34AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:31AM	Sun 22 Sutra 324
	Vrishabha Rasi: 21.58	Tithi 8 – 9	Yama 9:24AM – 10:50AM	Vishkambha* Until 10:24AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:03PM	Vikarin 5121
Creative Work Amrita Yoga		931833467	Rahu 3:10PM – 4:37PM	Balava Until 12:06AM Wed	<b>Nataraja:</b> Clear	Moon 2 - Phase 44	
Until 8:34AM				<b>Ashtami* Until 11:53AM</b>	Moon – Yellow	Navami	
Then Creative Work - Siddha Yoga					<b>Phalguna-Masi</b>	<b>Devaloka Day</b>	

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

<b>1</b>		<b>Wednesday, March 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Tehran, Iran Sutra 325
Mithuna Rasi: 4.47	Tithi 9 – 10	<b>Gulika</b> 10:50AM – 12:17PM	<b>Mrigashira</b> Until 9:25AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	Vikarin 5121
		Yama 7:56AM – 9:23AM	Priti Until 9:27AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:04PM	Moon 2 - Phase 45
931833467	<b>Rahu</b> 12:17PM – 1:44PM		Taitila Until 11:49PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Navami*</b> Until 12:03PM	Moon – Yellow		<b>Devaloka Day</b>
				<b>Phalgun-Masi</b>		

<b>2</b>		<b>Thursday, March 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Tehran, Iran Sutra 326
Mithuna Rasi: 18.03	Tithi 10 – 11	<b>Gulika</b> 9:22AM – 10:49AM	<b>Ardra</b> Until 9:17AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:28AM	Vikarin 5121
		Yama 6:28AM – 7:55AM	Ayushman Until 7:48AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:05PM	Moon 2 - Phase 45
131833467	<b>Rahu</b> 1:44PM – 3:11PM		Vanija Until 10:39PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 11:19AM	Moon – Yellow		<b>Devaloka Day</b>
Until 9:17AM				<b>Phalgun-Masi</b>		
Then Creative Work - Amrita Yoga						

<b>3</b>		<b>Friday, March 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Tehran, Iran Sutra 327
Kataka Rasi: 1.49	Tithi 11 – 12	<b>Gulika</b> 7:54AM – 9:21AM	<b>Punarvasu</b> Until 8:35AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:27AM	Vikarin 5121
		Yama 3:11PM – 4:38PM	Sobhana Until 2:30AM Sat	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:06PM	Moon 2 - Phase 45
141833467	<b>Rahu</b> 10:49AM – 12:16PM		Bava Until 8:40PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 9:44AM	Moon – Blue		<b>Bhuloka Day</b>
Until 8:35AM				<b>Phalgun-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>
Then Routine Work - Marana Yoga						

<b>4</b>		<b>Saturday, March 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Athiganda* Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau		Tehran, Iran Sutra 328
Kataka Rasi: 16.04	Tithi 12 – 13	<b>Gulika</b> 6:25AM – 7:53AM	<b>Pushya</b> Until 6:59AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:25AM	Vikarin 5121
		Yama 1:44PM – 3:11PM	Athiganda* Until 10:59PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:07PM	Moon 2 - Phase 45
141833467	<b>Rahu</b> 9:21AM – 10:48AM		Taitila Until 4:24AM Sun	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 7:23AM	Moon – Blue		<b>Bhuloka Day</b>
Until 6:59AM				<b>Phalgun-Masi</b>		<b>Devaloka Time: 3:PM to 6:PM</b>
Then Routine Work - Marana Yoga						
						<i>Pradosha Vrata</i>

<b>5</b>		<b>Sunday, March 8, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Sukarma Yoga Gara/Vanija Karana Chaturdashyam Titau		Tehran, Iran Sutra 329
Simha Rasi: 0.46	Tithi 14	<b>Gulika</b> 3:12PM – 4:40PM	<b>Magha*</b> Until 2:03AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:24AM	Vikarin 5121
		Yama 12:16PM – 1:44PM	Sukarma Until 7:04PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:08PM	Moon 2 - Phase 45
151833467	<b>Rahu</b> 4:40PM – 6:08PM		Gara Until 2:45PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 12:57AM Mon	Moon – Red		<b>Devaloka Day</b>
Until 2:03AM Mon		<b>Chidambaram Abhishekam</b>		<b>Phalgun-Masi</b>		
Then Creative Work - Siddha Yoga						

<b>○</b>		<b>Monday, March 9, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau		Tehran, Iran Sutra 330
<b>Copper Retreat Star</b>		<b>Gulika</b> 1:44PM – 3:12PM	<b>Purvaphalguni</b> Until 11:04PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:22AM	Vikarin 5121
Simha Rasi: 15.49	Tithi 15	Yama 10:47AM – 12:15PM	Dhriti Until 2:53PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:08PM	Moon 2 - Phase 45
<b>Family Home Evening</b>	152833467	<b>Rahu</b> 7:51AM – 9:19AM	Visti Until 11:08AM	<b>Nataraja:</b> Clear		Purnima
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 9:13PM	Moon – Red		<b>Sivaloka Day</b>
		<b>Holi</b>		<b>Phalgun-Masi</b>		

<b>○</b>		<b>Tuesday, March 10, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Balava/Taitila Karana Prathama/Dvityayam Titau		Tehran, Iran Sutra 331
<b>Silver Retreat Star</b>		<b>Gulika</b> 12:15PM – 1:44PM	<b>Uttaraphalguni</b> Until 7:52PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:21AM	Vikarin 5121
Kanya Rasi: 1.04	Tithi 16 – 17	Yama 9:18AM – 10:47AM	Shula* Until 10:31AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:09PM	Moon 2 - Phase 45
152833467	<b>Rahu</b> 3:12PM – 4:41PM		Balava Until 7:19AM	<b>Nataraja:</b> Clear		Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 5:23PM	Moon – Red		<b>Sivaloka Day</b>
Until 7:52PM				<b>Phalgun-Masi</b>		
Then Creative Work - Siddha Yoga						



Wednesday, March 11, 2020

Gold Retreat Star

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

Tehran, Iran

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 16.2 Tithi 17 - 18

162833467

Gulika

10:46AM - 12:15PM

Hasta Until 5:01PM

Ganesha: Clear Sunrise: 6:20AM

Yama

7:49AM - 9:17AM

Ganda\* Until 6:11AM

Muruqa: Orange Sunset: 6:10PM

Rahu

12:15PM - 1:44PM

Vanija Until 11:48PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Routine Work Marana Yoga

Until 5:01PM

Then Creative Work - Siddha Yoga

1 Thursday, March 12, 2020

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

Tehran, Iran

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 1.29 Tithi 18 - 19

162833467

Gulika

9:16AM - 10:46AM

Chitra Until 2:19PM

Ganesha: Clear Sunrise: 6:18AM

Yama

6:18AM - 7:47AM

Dhruva Until 10:06PM

Muruqa: Orange Sunset: 6:11PM

Rahu

1:44PM - 3:13PM

Bava Until 8:27PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Creative Work Siddha Yoga

Until 2:19PM

Then Creative Work - Amrita Yoga

2 Friday, March 13, 2020

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

Tehran, Iran

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 16.19 Tithi 19 - 20

162833467

Gulika

7:46AM - 9:16AM

Svati Until 11:54AM

Ganesha: Clear Sunrise: 6:17AM

Yama

3:13PM - 4:42PM

Vyaghata\* Until 6:36PM

Muruqa: Orange Sunset: 6:12PM

Rahu

10:45AM - 12:14PM

Taitila Until 4:20AM Sat

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Creative Work Siddha Yoga

Until 2:19PM

Then Creative Work - Amrita Yoga

3 Saturday, March 14, 2020

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

Tehran, Iran

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 0.45 Tithi 21

172833467

Gulika

6:16AM - 7:45AM

Vishakha Until 10:21AM

Ganesha: Purple Sunrise: 6:16AM

Yama

1:44PM - 3:13PM

Harshana Until 3:38PM

Muruqa: Orange Sunset: 6:13PM

Rahu

9:15AM - 10:44AM

Gara Until 3:19PM

Nataraja: Clear

Moon - Orange

Sivaloka Day

Phalguna-Panguni

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

Shashthi\* Until 2:26AM Sun

4 Sunday, March 15, 2020

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

Tehran, Iran

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 14.44 Tithi 22

172833468

Gulika

3:14PM - 4:44PM

Anuradha Until 9:22AM

Ganesha: Purple Sunrise: 6:14AM

Yama

12:14PM - 1:44PM

Vajra\* Until 1:14PM

Muruqa: Orange Sunset: 6:13PM

Rahu

4:44PM - 6:13PM

Visti Until 1:47PM

Nataraja: Purple

Moon - Orange

Subha Sivaloka Day

Phalguna-Panguni

Routine Work Marana Yoga

Until 9:43AM

Then Creative Work - Siddha Yoga

Monday, March 16, 2020

Retreat Star

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

Tehran, Iran

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Vrischika Rasi: 28.14 Tithi 23

172933468

Gulika

1:44PM - 3:14PM

Jyeshtha\* Until 9:01AM

Ganesha: Clear Sunrise: 6:13AM

Yama

10:43AM - 12:14PM

Siddhi Until 11:28AM

Muruqa: Orange Sunset: 6:14PM

Rahu

7:43AM - 9:13AM

Balava Until 1:03PM

Nataraja: Purple

Moon - Orange

Sivaloka Day

Phalguna-Panguni

Creative Work Siddha Yoga

Ashtami\* Until 12:58AM Tue

Tuesday, March 17, 2020

Retreat Star

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

Tehran, Iran

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 11.2 Tithi 24

182933468

Gulika

12:13PM - 1:44PM

Mula\* Until 9:43AM

Ganesha: Purple Sunrise: 6:11AM

Yama

9:12AM - 10:43AM

Vyatipata\* Until 10:20AM

Muruqa: Orange Sunset: 6:15PM

Rahu

3:14PM - 4:45PM

Taitila Until 1:06PM

Nataraja: Purple

Moon - Light Blue

Devaloka Day

Phalguna-Panguni

Creative Work Amrita Yoga

Until 9:43AM

Then Creative Work - Siddha Yoga

Navami\* Until 1:22AM Wed

<b>1</b>		<b>Wednesday, March 18, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau		Tehran, Iran
Dhanus Rasi: 24.03	Tithi 25	182933468	<b>Gulika</b> 10:42AM – 12:13PM <b>Yama</b> 7:41AM – 9:11AM <b>Rahu</b> 12:13PM – 1:44PM	<b>Purvashadha* Until 10:59AM</b> Variyan Until 9:44AM Vanija Until 1:51PM <b>Dashami Until 2:27AM Thu</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Light Blue <b>Phalguna-Panguni</b>	Sun 8 Sutra 339 Vikarin 5121 Moon 3 - Phase 47 2nd Phase <b>Devaloka Day</b>
Creative Work Amrita Yoga						

<b>2</b>		<b>Thursday, March 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau		Tehran, Iran
Makara Rasi: 6.29	Tithi 26	182933468	<b>Gulika</b> 9:11AM – 10:42AM <b>Yama</b> 6:08AM – 7:39AM <b>Rahu</b> 1:44PM – 3:15PM	<b>Uttarashadha Until 12:40PM</b> Parigha* Until 9:37AM Bava Until 3:12PM <b>Ekadashi* Until 4:02AM Fri</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Light Blue <b>Phalguna-Panguni</b>	Sun 9 Sutra 340 Vikarin 5121 Moon 3 - Phase 47 2nd Phase <b>Devaloka Day</b>
Routine Work Marana Yoga Until 12:40PM Then Creative Work - Siddha Yoga						

<b>3</b>		<b>Friday, March 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau		Tehran, Iran
Makara Rasi: 18.43	Tithi 27	192933468	<b>Gulika</b> 7:38AM – 9:10AM <b>Yama</b> 3:15PM – 4:46PM <b>Rahu</b> 10:41AM – 12:12PM	<b>Shravana Until 3:07PM</b> Shiva Until 9:53AM Kaulava Until 5:00PM <b>Dvadashi* Until 5:59AM Sat</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Purple <b>Phalguna-Panguni</b>	Sun 10 Sutra 341 Vikarin 5121 Moon 3 - Phase 47 2nd Phase <b>Sivaloka Day</b>
Routine Work Marana Yoga Until 3:07PM Then Creative Work - Siddha Yoga						

<b>4</b>		<b>Saturday, March 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Siddha/Sadhya Yoga Gara Karana Trayodashyam Titau		Tehran, Iran
Kumbha Rasi: 0.48	Tithi 28	192933468	<b>Gulika</b> 6:06AM – 7:37AM <b>Yama</b> 1:44PM – 3:15PM <b>Rahu</b> 9:09AM – 10:40AM	<b>Dhanishtha Until 5:42PM</b> Siddha Until 10:23AM Gara Until 7:06PM <b>Trayodashi* Until 8:12AM Sun</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Purple <b>Phalguna-Panguni</b>	Sun 11 Sutra 342 Vikarin 5121 Moon 3 - Phase 47 2nd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 5:42PM Then Creative Work - Amrita Yoga		<i>Pradosha Vrata (Fasting)</i>				

<b>5</b>		<b>Sunday, March 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Tehran, Iran
Kumbha Rasi: 12.47	Tithi 28 – 29	192933468	<b>Gulika</b> 3:16PM – 4:47PM <b>Yama</b> 12:12PM – 1:44PM <b>Rahu</b> 4:47PM – 6:19PM	<b>Shatabhishak Until 8:18PM</b> Sadhya Until 11:04AM Visti Until 9:23PM <b>Trayodashi* Until 8:12AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Purple <b>Phalguna-Panguni</b>	Sun 12 Sutra 343 Vikarin 5121 Moon 3 - Phase 47 2nd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga						

<b>Monday, March 23, 2020</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtpada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Tehran, Iran
Kumbha Rasi: 24.43	Tithi 29 – 30	113933468	<b>Gulika</b> 1:44PM – 3:16PM <b>Yama</b> 10:39AM – 12:11PM <b>Rahu</b> 7:35AM – 9:07AM	<b>Purvaproshtpada* Until 11:21PM</b> Subha Until 11:52AM Catuspada Until 11:47PM <b>Chaturdashi* Until 10:33AM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Clear <b>Phalguna-Panguni</b>	Sun 13 Sutra 344 Vikarin 5121 Moon 3 - Phase 47 Amavasya <b>Sivaloka Day</b>
Family Home Evening Routine Work Marana Yoga Until 11:21PM Then Creative Work - Siddha Yoga						

<b>Tuesday, March 24, 2020</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtpada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Tehran, Iran
Meena Rasi: 6.37	Tithi 30 – 1	113933468	<b>Gulika</b> 12:11PM – 1:44PM <b>Yama</b> 9:06AM – 10:39AM <b>Rahu</b> 3:16PM – 4:48PM	<b>Uttaraproshtpada Until 2:17AM Wed</b> Sukla Until 12:42PM Kintughna Until 2:13AM Wed <b>Amavasya* Until 12:58PM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Clear <b>Chaitra-Panguni</b>	Sun 14 Sutra 345 Vikarin 5121 Moon 3 - Phase 47 Prathama <b>Sivaloka Day</b>
Creative Work Amrita Yoga Until 2:17AM Wed Then Routine Work - Marana Yoga		Yugadhi				

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

All times are standard time

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<b>1</b>		<b>Wednesday, March 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Tehran, Iran
Meena Rasi: 18.29	Tithi 1 – 2	113933468	<b>Gulika</b> 10:38AM – 12:11PM Yama 7:33AM – 9:05AM <b>Rahu</b> 12:11PM – 1:44PM	<b>Revati Until 5:03AM Thu</b> Brahma Until 1:34PM Balava Until 4:40AM Thu Prathama* Until 3:25PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Clear	Sun 15 Sutra 346 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b>
Routine Work Marana Yoga						
Until 5:03AM Thu						
Then Creative Work - Amrita Yoga						

<b>2</b>		<b>Thursday, March 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Tehran, Iran
Mesha Rasi: 0.22	Tithi 2 – 3	123933468	<b>Gulika</b> 9:04AM – 10:37AM Yama 5:58AM – 7:31AM <b>Rahu</b> 1:44PM – 3:17PM	<b>Ashvini Until 8:06AM Fri</b> Indra Until 2:25PM Taitila Until 7:03AM Fri Dvitiya Until 5:51PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – White	Sun 16 Sutra 347 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b>
Creative Work Amrita Yoga						
Until 8:06AM Fri						
Then Creative Work - Siddha Yoga						

<b>3</b>		<b>Friday, March 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Taitila/Gara Karana Tritiyayam Titau		Tehran, Iran
Mesha Rasi: 12.17	Tithi 3	123933468	<b>Gulika</b> 7:30AM – 9:04AM Yama 3:17PM – 4:50PM <b>Rahu</b> 10:37AM – 12:10PM	<b>Ashvini Until 8:06AM</b> Vaidhriti* Until 3:11PM Taitila Until 7:03AM Tritiya Until 8:10PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – White	Sun 17 Sutra 348 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b>
Creative Work Amrita Yoga						
Until 8:06AM						
Then Creative Work - Siddha Yoga						

<b>4</b>		<b>Saturday, March 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Chaturthyam Titau		Tehran, Iran
Mesha Rasi: 24.14	Tithi 4	123933468	<b>Gulika</b> 5:56AM – 7:29AM Yama 1:43PM – 3:17PM <b>Rahu</b> 9:03AM – 10:36AM	<b>Bharani Until 10:49AM</b> Vishkambha* Until 3:50PM Vanija Until 9:17AM Chaturthi* Until 10:17PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – White	Sun 18 Sutra 349 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga						
Until 10:49AM						
Then Creative Work - Amrita Yoga						

<b>5</b>		<b>Sunday, March 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Panchamyam Titau		Tehran, Iran
Vrishabha Rasi: 6.18	Tithi 5	123933468	<b>Gulika</b> 3:17PM – 4:51PM Yama 12:10PM – 1:43PM <b>Rahu</b> 4:51PM – 6:25PM	<b>Krittika Until 1:07PM</b> Priti Until 4:16PM Bava Until 11:14AM Panchami Until 12:03AM Mon	<b>Ganesha:</b> Red <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – White	Sun 19 Sutra 350 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga						

<b>6</b>		<b>Monday, March 30, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushmani/Saubhagya Yoga Kaulava/Taitila Karana Shashthyam Titau		Tehran, Iran
Vrishabha Rasi: 18.31	Tithi 6	133933468	<b>Gulika</b> 1:43PM – 3:18PM Yama 10:35AM – 12:09PM <b>Rahu</b> 7:27AM – 9:01AM	<b>Rohini Until 3:20PM</b> Ayushman Until 4:20PM Kaulava Until 12:46PM Shashthi* Until 1:19AM Tue	<b>Ganesha:</b> Blue <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Yellow	Sun 20 Sutra 351 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Subha Sivaloka Day</b>
Family Home Evening						
Creative Work Amrita Yoga						

<b>Retreat Star</b>		<b>Tuesday, March 31, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau		Tehran, Iran
Mithuna Rasi: 0.58	Tithi 7	133933468	<b>Gulika</b> 12:09PM – 1:43PM Yama 9:00AM – 10:35AM <b>Rahu</b> 3:18PM – 4:52PM	<b>Mrigashira Until 4:47PM</b> Saubhagya Until 3:56PM Gara Until 1:43PM Saptami Until 1:55AM Wed	<b>Ganesha:</b> Blue <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Yellow	Sun 21 Sutra 352 Vikarin 5121 Moon 3 - Phase 48 3rd Phase <b>Subha Sivaloka Day</b>
Creative Work Siddha Yoga						
Until 4:47PM						
Then Routine Work - Marana Yoga						

<b>Retreat Star</b>		<b>Wednesday, April 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana/Alhiganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Tehran, Iran
Mithuna Rasi: 13.43	Tithi 8	133933468	<b>Gulika</b> 10:35AM – 12:09PM Yama 7:26AM – 9:00AM <b>Rahu</b> 12:09PM – 1:43PM	<b>Ardra Until 5:23PM</b> Sobhana Until 2:59PM Visti Until 1:56PM Ashtami* Until 1:44AM Thu	<b>Ganesha:</b> Blue <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Yellow	Sun 22 Sutra 353 Vikarin 5121 Moon 3 - Phase 48 Ashtami <b>Subha Sivaloka Day</b>
Creative Work Siddha Yoga						

<b>Retreat Star</b>		<b>Thursday, April 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau		Tehran, Iran
Mithuna Rasi: 26.52	Tithi 9	143933468	<b>Gulika</b> 8:59AM – 10:34AM Yama 5:50AM – 7:25AM <b>Rahu</b> 1:43PM – 3:18PM	<b>Punarvasu Until 5:29PM</b> Athiganda* Until 1:22PM Balava Until 1:21PM Navami* Until 12:43AM Fri	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Orange <b>Nataraja:</b> Purple Moon – Blue	Sun 23 Sutra 354 Vikarin 5121 Moon 3 - Phase 48 Navami <b>Sivaloka Day</b>
Creative Work Amrita Yoga						
		Sri Rama Navami				


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

<b>1</b>	<b>Friday, April 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau				Tehran, Iran Sun 24 Sutra 355 Vikarin 5121
	Kataka Rasi: 10.29	Tithi 10	<b>Gulika</b> 7:24AM – 8:59AM	<b>Pushya</b> Until 4:38PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:49AM	
			Yama 3:18PM – 4:53PM	Sukarma Until 11:07AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:28PM	Moon 3 - Phase 49
	Routine Work	Marana Yoga	143933468 <b>Rahu</b> 10:33AM – 12:08PM	Taitila Until 11:56AM	<b>Nataraja:</b> Purple		4th Phase
			<b>Dashami</b> Until 10:55PM	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Chaitra•Panguni</b>			

<b>2</b>	<b>Saturday, April 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Dhriti/Shula* Yoga Vanija/Visli* Karana Ekadashyam Titau				Tehran, Iran Sun 25 Sutra 356 Vikarin 5121
	Kataka Rasi: 24.34	Tithi 11	<b>Gulika</b> 5:47AM – 7:22AM	<b>Ashlesha*</b> Until 2:54PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:47AM	
			Yama 1:43PM – 3:19PM	Dhriti Until 8:16AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:29PM	Moon 3 - Phase 49
	Routine Work	Marana Yoga	143933468 <b>Rahu</b> 8:58AM – 10:33AM	Vanija Until 9:45AM	<b>Nataraja:</b> Purple		4th Phase
Until 2:54PM			<b>Ekadashi</b> Until 8:24PM	Moon – Blue		<b>Sivaloka Day</b>	
Then Creative Work - Amrita Yoga		<b>Yogaswami Mahasamadhi</b>		<b>Chaitra•Panguni</b>			

<b>3</b>	<b>Sunday, April 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Ganda* Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau				Tehran, Iran Sun 26 Sutra 357 Vikarin 5121
	Simha Rasi: 9.07	Tithi 12 – 13	<b>Gulika</b> 3:19PM – 4:54PM	<b>Magha*</b> Until 12:49PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:46AM	
			Yama 12:08PM – 1:43PM	Ganda* Until 12:59AM Mon	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:30PM	Moon 3 - Phase 49
	Routine Work	Marana Yoga	153933468 <b>Rahu</b> 4:54PM – 6:30PM	Bava Until 6:55AM	<b>Nataraja:</b> Purple		4th Phase
Until 12:49PM			<b>Dvadashi</b> Until 5:17PM	Moon – Red		<b>Subha Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Chaitra•Panguni</b>			
				<i>Pradosha Vrata</i>			

<b>4</b>	<b>Monday, April 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Tehran, Iran Sun 27 Sutra 358 Vikarin 5121
	Simha Rasi: 24.03	Tithi 13 – 14	<b>Gulika</b> 1:43PM – 3:19PM	<b>Purvaphalguni</b> Until 10:08AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:44AM	
	<b>Family Home Evening</b>		Yama 10:32AM – 12:08PM	Vriddhi Until 8:51PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:31PM	Moon 3 - Phase 49
	Creative Work	Siddha Yoga	154933468 <b>Rahu</b> 7:20AM – 8:56AM	Gara Until 11:53PM	<b>Nataraja:</b> Purple		4th Phase
			<b>Trayodashi</b> Until 1:45PM	Moon – Red		<b>Sivaloka Day</b>	
				<b>Chaitra•Panguni</b>			

	<b>Tuesday, April 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visli* Karana Chaturdashi/Purnimayam Titau				Tehran, Iran Sun 28 Sutra 359 Vikarin 5121
	<b>Copper Retreat Star</b>		<b>Gulika</b> 12:07PM – 1:43PM	<b>Uttaraphalguni</b> Until 7:02AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:43AM	
	Kanya Rasi: 9.15	Tithi 14 – 15	Yama 8:55AM – 10:31AM	Dhruva Until 4:31PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:31PM	Moon 3 - Phase 49
			154933468 <b>Rahu</b> 3:19PM – 4:55PM	Visti Until 8:01PM	<b>Nataraja:</b> Purple		Purnima
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 9:57AM	Moon – Red		<b>Sivaloka Day</b>	
Until 7:02AM		<b>Panguni Uttiram</b>		<b>Chaitra•Panguni</b>			
Then Creative Work - Siddha Yoga		<b>Hanuman Jayanti</b>					

<b>5</b>	<b>Wednesday, April 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Chitra Nakshatra Vyaghata*/Harshana Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau				Tehran, Iran Sun 29 Sutra 360 Vikarin 5121
	<b>Silver Retreat Star</b>		<b>Gulika</b> 10:31AM – 12:07PM	<b>Chitra</b> Until 1:03AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:42AM	
	Kanya Rasi: 24.33	Tithi 15 – 16	Yama 7:18AM – 8:54AM	Vyaghata* Until 12:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:32PM	Moon 3 - Phase 49
			164934468 <b>Rahu</b> 12:07PM – 1:43PM	Kaulava Until 2:15AM Thu	<b>Nataraja:</b> Purple		Prathama
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 6:03AM	Moon – Green		<b>Devaloka Day</b>	
Until 1:03AM Thu				<b>Chaitra•Panguni</b>			
Then Creative Work - Amrita Yoga							





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

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

Tehran, Iran  
Sutra 361  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 9.47 Tithi 17  
164134468  
Creative Work Amrita Yoga  
Until 10:09PM  
Then Creative Work - Siddha Yoga

**Gulika** 8:54AM – 10:30AM  
Yama 5:40AM – 7:17AM  
**Rahu** 1:43PM – 3:20PM

**Svati Until 10:09PM**  
Harshana Until 7:57AM  
Taitila Until 12:27PM  
**Dvitiya Until 10:42PM**

**Ganesha:** White *Sunrise:* 5:40AM  
**Muruqa:** Clear *Sunset:* 6:33PM  
**Nataraja:** Purple  
Moon – Green  
**Chaitra•Panguni**

**Devaloka Day**

**1**

**Friday, April 10, 2020**

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

Tehran, Iran  
Sun 1  
Sutra 362  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 24.46 Tithi 18  
174134468  
Creative Work Siddha Yoga

**Gulika** 7:16AM – 8:53AM  
Yama 3:20PM – 4:57PM  
**Rahu** 10:30AM – 12:06PM

**Vishakha Until 7:57PM**  
Siddhi Until 12:24AM Sat  
Vanija Until 9:06AM  
**Tritiya Until 7:36PM**

**Ganesha:** Yellow *Sunrise:* 5:39AM  
**Muruqa:** Clear *Sunset:* 6:33PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Panguni**

**Sivaloka Day**

**2**

**Saturday, April 11, 2020**

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

Tehran, Iran  
Sun 2  
Sutra 363  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Virchika Rasi: 9.23 Tithi 19 – 20  
174134468  
Creative Work Siddha Yoga

**Gulika** 5:38AM – 7:15AM  
Yama 1:43PM – 3:20PM  
**Rahu** 8:52AM – 10:29AM

**Anuradha Until 6:13PM**  
Vyatipata\* Until 9:21PM  
Bava Until 6:16AM  
**Chaturthi\* Until 5:04PM**

**Ganesha:** Yellow *Sunrise:* 5:38AM  
**Muruqa:** Clear *Sunset:* 6:35PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Panguni**

**Sivaloka Day**

**3**

**Sunday, April 12, 2020**

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

Tehran, Iran  
Sun 3  
Sutra 364  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Virchika Rasi: 23.33 Tithi 20 – 21  
174134468  
Routine Work Marana Yoga  
Until 5:03PM  
Then Creative Work - Amrita Yoga

**Gulika** 3:21PM – 4:58PM  
Yama 12:06PM – 1:43PM  
**Rahu** 4:58PM – 6:36PM

**Jyeshtha\* Until 5:03PM**  
Variyan Until 6:53PM  
Gara Until 2:42AM Mon  
**Panchami Until 3:17PM**

**Ganesha:** Yellow *Sunrise:* 5:36AM  
**Muruqa:** Clear *Sunset:* 6:36PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Panguni**

**Sivaloka Day**

**4**

**Monday, April 13, 2020**

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

Tehran, Iran  
Sun 4  
Sutra 1  
Sarvari 5122  
Moon 4 - Phase 50  
1st Phase

Dhanus Rasi: 7.13 Tithi 21 – 22  
184134468  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 5:01PM  
Then Routine Work - Marana Yoga

**Gulika** 1:43PM – 3:21PM  
Yama 10:28AM – 12:06PM  
**Rahu** 7:13AM – 8:50AM

**Mula\* Until 5:01PM**  
Parigha\* Until 5:06PM  
Visti Until 2:09AM Tue  
**Shashthi\* Until 2:18PM**

**Ganesha:** Blue *Sunrise:* 5:35AM  
**Muruqa:** Clear *Sunset:* 6:36PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

**Devaloka Day**

**D**

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

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

Tehran, Iran  
Sun 5  
Sutra 2  
Sarvari 5122  
Moon 4 - Phase 50  
Ashtami

Dhanus Rasi: 20.25 Tithi 22 – 23  
284134468  
Creative Work Siddha Yoga  
Until 5:39PM  
Then Routine Work - Prabalarishta Yoga

**Gulika** 12:05PM – 1:43PM  
Yama 8:50AM – 10:27AM  
**Rahu** 3:21PM – 4:59PM

**Purvashadha\* Until 5:39PM**  
Shiva Until 4:00PM  
Balava Until 2:27AM Wed  
**Saptami Until 2:11PM**

**Ganesha:** Yellow *Sunrise:* 5:34AM  
**Muruqa:** Clear *Sunset:* 6:37PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

**Sivaloka Day**

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

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

Tehran, Iran  
Sun 6  
Sutra 3  
Sarvari 5122  
Moon 4 - Phase 50  
Navami

Makara Rasi: 3.11 Tithi 23 – 24  
284134468  
Creative Work Amrita Yoga  
Until 6:54PM  
Then Creative Work - Siddha Yoga

**Gulika** 10:27AM – 12:05PM  
Yama 7:11AM – 8:49AM  
**Rahu** 12:05PM – 1:43PM

**Uttarashadha Until 6:54PM**  
Siddha Until 3:30PM  
Taitila Until 3:29AM Thu  
**Ashtami\* Until 2:52PM**

**Ganesha:** Yellow *Sunrise:* 5:32AM  
**Muruqa:** Clear *Sunset:* 6:38PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

**Sivaloka Day**

<b>1</b>	<b>Thursday, April 16, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam				Tehran, Iran
	Makara Rasi: 15.37    Tithi 24 – 25		Shravana Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Sun 7    Sutra 4
	294134468	<b>Gulika</b> 8:48AM – 10:26AM <b>Yama</b> 5:31AM – 7:10AM <b>Rahu</b> 1:43PM – 3:22PM	<b>Shravana Until 9:06PM</b> Sadhya Until 3:32PM Vanija Until 5:08AM Fri	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:31AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:39PM	Moon 4 - Phase 1 2nd Phase		
	Creative Work    Siddha Yoga	Chidambaram Abhishekam	Navami* Until 4:14PM	Chaitra*Chaitra	Devaloka Day		


<b>2</b>	<b>Friday, April 17, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam				Tehran, Iran
	Makara Rasi: 27.49    Tithi 25		Dhanishtha Nakshatra Subha/Sukla Yoga Visti* Karana Dashamyam Titau				Sun 8    Sutra 5
	294134468	<b>Gulika</b> 7:08AM – 8:47AM <b>Yama</b> 3:22PM – 5:01PM <b>Rahu</b> 10:26AM – 12:05PM	<b>Dhanishtha Until 11:37PM</b> Subha Until 4:00PM Visti Until 6:07PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:30AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:40PM	Moon 4 - Phase 1 2nd Phase		
	Creative Work    Siddha Yoga		Dashami Until 6:07PM	Chaitra*Chaitra	Devaloka Day		

<b>3</b>	<b>Saturday, April 18, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam				Tehran, Iran
	Kumbha Rasi: 9.5    Tithi 26		Shatabhishak Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau				Sun 9    Sutra 6
	295134468	<b>Gulika</b> 5:28AM – 7:07AM <b>Yama</b> 1:43PM – 3:22PM <b>Rahu</b> 8:46AM – 10:25AM	<b>Shatabhishak Until 2:16AM Sun</b> Sukla Until 4:42PM Bava Until 7:13AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:28AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:40PM	Moon 4 - Phase 1 2nd Phase		
	Creative Work    Amrita Yoga Until 2:16AM Sun Then Creative Work - Siddha Yoga		Ekadashi* Until 8:21PM	Chaitra*Chaitra	Sivaloka Day		

<b>4</b>	<b>Sunday, April 19, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam				Tehran, Iran
	Kumbha Rasi: 21.46    Tithi 27		Purvaproshtapada* Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Dvadashyam Titau				Sun 10    Sutra 7
	215134468	<b>Gulika</b> 3:23PM – 5:02PM <b>Yama</b> 12:04PM – 1:43PM <b>Rahu</b> 5:02PM – 6:41PM	<b>Purvaproshtapada* Until 5:23AM Mon</b> Brahma Until 5:34PM Kaulava Until 9:33AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:27AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:41PM	Moon 4 - Phase 1 2nd Phase		
	Creative Work    Siddha Yoga		Dvadashi* Until 10:45PM	Chaitra*Chaitra	Sivaloka Day		

<b>5</b>	<b>Monday, April 20, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam				Tehran, Iran
	Meena Rasi: 3.38    Tithi 28		Uttaraproshtapada Nakshatra Indra Yoga Gara/Vanija Karana Trayodashyam Titau				Sun 11    Sutra 8
	215134468	<b>Gulika</b> 1:44PM – 3:23PM <b>Yama</b> 10:25AM – 12:04PM <b>Rahu</b> 7:05AM – 8:45AM	<b>Uttaraproshtapada Until 8:21AM Tue</b> Indra Until 6:30PM Gara Until 12:00PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:26AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:42PM	Moon 4 - Phase 1 2nd Phase		
	Creative Work    Siddha Yoga		Trayodashi* Until 1:12AM Tue <i>Pradosha Vrata (Fasting)</i>	Chaitra*Chaitra	Sivaloka Day		

<b>6</b>	<b>Tuesday, April 21, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam				Tehran, Iran
	Meena Rasi: 15.29    Tithi 29		Uttaraproshtapada/Revati Nakshatra Vaidhriti* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Sun 12    Sutra 9
	215134468	<b>Gulika</b> 12:04PM – 1:44PM <b>Yama</b> 8:44AM – 10:24AM <b>Rahu</b> 3:23PM – 5:03PM	<b>Uttaraproshtapada Until 8:21AM</b> Vaidhriti* Until 7:23PM Visti Until 2:26PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:25AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:43PM	Moon 4 - Phase 1 2nd Phase		
	Creative Work    Amrita Yoga Until 8:21AM Then Creative Work - Siddha Yoga		Chaturdashi* Until 3:36AM Wed	Chaitra*Chaitra	Sivaloka Day		

	<b>Wednesday, April 22, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam				Tehran, Iran
	<b>Retreat Star</b>		Revati/Ashvini Nakshatra Vishkambha* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Sun 13    Sutra 10
	Meena Rasi: 27.23    Tithi 30	<b>Gulika</b> 10:24AM – 12:04PM <b>Yama</b> 7:04AM – 8:44AM <b>Rahu</b> 12:04PM – 1:44PM	<b>Revati Until 11:05AM</b> Vishkambha* Until 8:13PM Catuspada Until 4:47PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:24AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:44PM	Moon 4 - Phase 1 Amavasya		
	Routine Work    Marana Yoga		Amavasya* Until 5:53AM Thu	Chaitra*Chaitra	Sivaloka Day		

<b>Retreat Star</b>	<b>Thursday, April 23, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam				Tehran, Iran
	Mesha Rasi: 9.19    Tithi 1		Ashvini/Bharani Nakshatra Priti Yoga Kintughna* Karana Prathamayam Titau				Sun 14    Sutra 11
	225134468	<b>Gulika</b> 8:43AM – 10:23AM <b>Yama</b> 5:22AM – 7:03AM <b>Rahu</b> 1:44PM – 3:24PM	<b>Ashvini Until 2:01PM</b> Priti Until 8:57PM Kintughna Until 6:59PM	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:22AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:45PM	Moon 4 - Phase 1 Prathama		
	Creative Work    Amrita Yoga Until 2:01PM Then Creative Work - Siddha Yoga		Prathama* Until 7:59AM Fri	Vaisaka*Chaitra	Sivaloka Day		

<b>1</b>	<b>Friday, April 24, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Tehran, Iran Sun 15 Sutra 12
	Mesha Rasi: 21.19	Tithi 1 – 2	<b>Gulika</b> 7:02AM – 8:42AM	<b>Bharani Until 4:36PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:21AM	Sarvari 5122
			Yama 3:24PM – 5:05PM	Ayushman Until 9:29PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:45PM	Moon 4 - Phase 2
	Creative Work	Siddha Yoga	225134469 <b>Rahu</b> 10:23AM – 12:03PM	Balava Until 8:58PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Prathama* Until 7:59AM</b>	Moon – White		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>2</b>	<b>Saturday, April 25, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Tehran, Iran Sun 16 Sutra 13
	Wrishabha Rasi: 3.25	Tithi 2 – 3	<b>Gulika</b> 5:20AM – 7:01AM	<b>Krittika Until 6:46PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:20AM	Sarvari 5122
			Yama 1:44PM – 3:25PM	Saubhagya Until 9:49PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:46PM	Moon 4 - Phase 2
	Creative Work	Amrita Yoga	225134469 <b>Rahu</b> 8:42AM – 10:22AM	Taitila Until 10:41PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Dvitiya Until 9:51AM</b>	Moon – White		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>3</b>	<b>Sunday, April 26, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Tehran, Iran Sun 17 Sutra 14
	Wrishabha Rasi: 15.38	Tithi 3 – 4	<b>Gulika</b> 3:25PM – 5:06PM	<b>Rohini Until 8:56PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:19AM	Sarvari 5122
			Yama 12:03PM – 1:44PM	Sobhana Until 9:54PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:47PM	Moon 4 - Phase 2
	Creative Work	Siddha Yoga	235134469 <b>Rahu</b> 5:06PM – 6:47PM	Vanija Until 12:02AM Mon	<b>Nataraja:</b> Clear		3rd Phase
			<b>Tritiya Until 11:23AM</b>	Moon – Yellow		<b>Devaloka Day</b>	
			<b>Akshaya Tritiya</b>	<b>Vaisaka-Chaitra</b>			

<b>4</b>	<b>Monday, April 27, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Tehran, Iran Sun 18 Sutra 15
	Wrishabha Rasi: 28.01	Tithi 4 – 5	<b>Gulika</b> 1:44PM – 3:25PM	<b>Mrigashira Until 10:30PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:18AM	Sarvari 5122
	<b>Family Home Evening</b>		Yama 10:21AM – 12:03PM	Athiganda* Until 9:37PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:48PM	Moon 4 - Phase 2
	Creative Work	Amrita Yoga	235134469 <b>Rahu</b> 6:59AM – 8:40AM	Bava Until 12:57AM Tue	<b>Nataraja:</b> Clear		3rd Phase
			<b>Chaturthi* Until 12:32PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
			<b>Adi Sankara Jayanthi</b>	<b>Vaisaka-Chaitra</b>			

<b>5</b>	<b>Tuesday, April 28, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Tehran, Iran Sun 19 Sutra 16
	Mithuna Rasi: 10.37	Tithi 5 – 6	<b>Gulika</b> 12:03PM – 1:44PM	<b>Ardra Until 11:25PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:17AM	Sarvari 5122
			Yama 8:40AM – 10:21AM	Sukarma Until 8:57PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:49PM	Moon 4 - Phase 2
	Routine Work	Marana Yoga	236134469 <b>Rahu</b> 3:26PM – 5:07PM	Kaulava Until 1:19AM Wed	<b>Nataraja:</b> Clear		3rd Phase
			<b>Panchami Until 1:11PM</b>	Moon – Yellow		<b>Bhuloka Day</b>	
				<b>Vaisaka-Chaitra</b>		Devaloka Time: 3:PM to 6:PM	

<b>6</b>	<b>Wednesday, April 29, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Tehran, Iran Sun 20 Sutra 17
	Mithuna Rasi: 23.27	Tithi 6 – 7	<b>Gulika</b> 10:21AM – 12:02PM	<b>Punarvasu Until 12:03AM Thu</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:15AM	Sarvari 5122
			Yama 6:57AM – 8:39AM	Dhriti Until 7:49PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:50PM	Moon 4 - Phase 2
	Creative Work	Siddha Yoga	246134469 <b>Rahu</b> 12:02PM – 1:44PM	Gara Until 1:04AM Thu	<b>Nataraja:</b> Clear		3rd Phase
			<b>Shashthi* Until 1:15PM</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>D</b>	<b>Thursday, April 30, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Tehran, Iran Sun 21 Sutra 18
	<b>Retreat Star</b>		<b>Gulika</b> 8:38AM – 10:20AM	<b>Pushya Until 11:53PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:14AM	Sarvari 5122
	Kataka Rasi: 6.37	Tithi 7 – 8	Yama 5:14AM – 6:56AM	Shula* Until 6:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:50PM	Moon 4 - Phase 2
	Creative Work	Amrita Yoga	246134469 <b>Rahu</b> 1:44PM – 3:26PM	Visti Until 12:10AM Fri	<b>Nataraja:</b> Clear		Ashtami
			<b>Saptami Until 12:41PM</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>D</b>	<b>Friday, May 1, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda*/Vridhidi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Tehran, Iran Sun 22 Sutra 19
	<b>Retreat Star</b>		<b>Gulika</b> 6:55AM – 8:37AM	<b>Ashlesha* Until 10:54PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:12AM	Sarvari 5122
	Kataka Rasi: 20.08	Tithi 8 – 9	Yama 3:27PM – 5:10PM	Ganda* Until 3:57PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:52PM	Moon 4 - Phase 2
	Routine Work	Marana Yoga	246134469 <b>Rahu</b> 10:20AM – 12:02PM	Balava Until 10:36PM	<b>Nataraja:</b> Clear		Navami
			<b>Ashtami* Until 11:27AM</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

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


<b>1</b>		<b>Saturday, May 2, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau				Tehran, Iran Sun 23 Sutra 20
Simha Rasi: 4.04	Tithi 9 – 10	<b>Gulika</b> 5:11AM – 6:54AM	<b>Magha* Until 9:36PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:11AM			Sarvari 5122
		Yama 1:45PM – 3:27PM	Vriddhi Until 1:15PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM			Moon 4 - Phase 3
		256134469 <b>Rahu</b> 8:37AM – 10:19AM	Taitila Until 8:25PM	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Amrita Yoga		<b>Navami* Until 9:34AM</b>	Moon – Red			<b>Bhuloka Day</b>	
Until 9:36PM				<b>Vaisaka*Chaitra</b>			Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Sunday, May 3, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Gara/Visli* Karana Dashami/Ekadashyam Titau				Tehran, Iran Sun 24 Sutra 21
Simha Rasi: 18.22	Tithi 10 – 11	<b>Gulika</b> 3:28PM – 5:11PM	<b>Purvaphalguni Until 7:38PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:10AM			Sarvari 5122
		Yama 12:02PM – 1:45PM	Dhruva Until 10:04AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:54PM			Moon 4 - Phase 3
		256134469 <b>Rahu</b> 5:11PM – 6:54PM	Visti Until 4:08AM Mon	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Siddha Yoga		<b>Dashami Until 7:06AM</b>	Moon – Red			<b>Bhuloka Day</b>	
Until 7:38PM				<b>Vaisaka*Chaitra</b>			Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga								

<b>3</b>		<b>Monday, May 4, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Tehran, Iran Sun 25 Sutra 22
Kanya Rasi: 3.02	Tithi 12	<b>Gulika</b> 1:45PM – 3:28PM	<b>Uttaraphalguni Until 5:06PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:09AM			Sarvari 5122
<b>Family Home Evening</b>		Yama 10:19AM – 12:02PM	Vyaghata* Until 6:30AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:54PM			Moon 4 - Phase 3
		256234469 <b>Rahu</b> 6:52AM – 8:35AM	Bava Until 2:32PM	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi Until 12:50AM Tue</b>	Moon – Red			<b>Devaloka Day</b>	
				<b>Vaisaka*Chaitra</b>				

<b>4</b>		<b>Tuesday, May 5, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Tehran, Iran Sun 26 Sutra 23
Kanya Rasi: 17.56	Tithi 13	<b>Gulika</b> 12:02PM – 1:45PM	<b>Hasta Until 2:35PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:08AM			Sarvari 5122
		Yama 8:35AM – 10:18AM	Vajra* Until 10:39PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:55PM			Moon 4 - Phase 3
		267234469 <b>Rahu</b> 3:28PM – 5:12PM	Kaulava Until 11:06AM	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 9:18PM</b>	Moon – Green			<b>Devaloka Day</b>	
				<b>Vaisaka*Chaitra</b>				
				<i>Pradosha Vrata</i>				

<b>5</b>		<b>Wednesday, May 6, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi Yoga Gara/Visli* Karana Chaturdashi/Purnimayam Titau				Tehran, Iran Sun 27 Sutra 24
Tula Rasi: 3	Tithi 14 – 15	<b>Gulika</b> 10:18AM – 12:02PM	<b>Chitra Until 11:49AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:07AM			Sarvari 5122
		Yama 6:51AM – 8:34AM	Siddhi Until 6:36PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:56PM			Moon 4 - Phase 3
		267234469 <b>Rahu</b> 12:02PM – 1:45PM	Gara Until 7:32AM	<b>Nataraja:</b> Clear				4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 5:44PM</b>	Moon – Green			<b>Devaloka Day</b>	
				<b>Vaisaka*Chaitra</b>				

		<b>Thursday, May 7, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Tehran, Iran Sun 28 Sutra 25
Tula Rasi: 18.03	Tithi 15 – 16	<b>Gulika</b> 8:34AM – 10:18AM	<b>Svati Until 8:58AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:06AM			Sarvari 5122
		Yama 5:06AM – 6:50AM	Vyatipata* Until 2:39PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:57PM			Moon 4 - Phase 3
		267234469 <b>Rahu</b> 1:45PM – 3:29PM	Balava Until 12:37AM Fri	<b>Nataraja:</b> Clear				Purnima
Creative Work	Amrita Yoga		<b>Purnima* Until 2:15PM</b>	Moon – Green			<b>Devaloka Day</b>	
Until 8:58AM				<b>Vaisaka*Chaitra</b>				
Then Creative Work - Siddha Yoga								

<b>Friday, May 8, 2020</b>		<b>Silver Retreat Star</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Tehran, Iran Sun 29 Sutra 26
Vrischika Rasi: 2.56	Tithi 16 – 17	<b>Gulika</b> 6:49AM – 8:33AM	<b>Vishakha Until 6:38AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:05AM			Sarvari 5122
		Yama 3:30PM – 5:14PM	Variyan Until 10:55AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:58PM			Moon 4 - Phase 3
		277234469 <b>Rahu</b> 10:17AM – 12:02PM	Taitila Until 9:37PM	<b>Nataraja:</b> Clear				Prathama
Creative Work	Siddha Yoga		<b>Prathama* Until 11:03AM</b>	Moon – Orange			<b>Bhuloka Day</b>	
				<b>Vaisaka*Chaitra</b>			Devaloka Time: 3:PM to 6:PM	

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