



Sunday, April 21, 2019
Gold Retreat Star

Tula Rasi: 29.37 Tithi 17 – 18

274483468

Routine Work Marana Yoga

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

Gulika 3:32PM – 5:16PM
Yama 12:05PM – 1:49PM
Rahu 5:16PM – 6:59PM

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

Ganesha: Blue *Sunrise: 5:11AM*
Muruqa: Yellow *Sunset: 6:59PM*
Nataraja: Purple
Moon – Orange
Chaitra+Chaitra

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

Devaloka Day

1

Monday, April 22, 2019

Vrischika Rasi: 13.12 Tithi 18 – 19

Family Home Evening

Creative Work Siddha Yoga

274483468

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

Gulika 1:49PM – 3:33PM
Yama 10:21AM – 12:05PM
Rahu 6:54AM – 8:37AM

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

Ganesha: Blue *Sunrise: 5:10AM*
Muruqa: Yellow *Sunset: 7:01PM*
Nataraja: Purple
Moon – Orange
Chaitra+Chaitra

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

Devaloka Day

2

Tuesday, April 23, 2019

Vrischika Rasi: 26.22 Tithi 19 – 20

Routine Work Marana Yoga

Until 12:35PM

Then Creative Work - Amrita Yoga

274483468

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

Gulika 12:05PM – 1:49PM
Yama 8:36AM – 10:21AM
Rahu 3:33PM – 5:18PM

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

Ganesha: Blue *Sunrise: 5:08AM*
Muruqa: Yellow *Sunset: 7:02PM*
Nataraja: Purple
Moon – Orange
Chaitra+Chaitra

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

Devaloka Day

3

Wednesday, April 24, 2019

Dhanus Rasi: 9.07 Tithi 20 – 21

Routine Work Marana Yoga

Until 2:04PM

Then Creative Work - Amrita Yoga

284483468

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

Gulika 10:20AM – 12:05PM
Yama 6:51AM – 8:36AM
Rahu 12:05PM – 1:49PM

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

Ganesha: Yellow *Sunrise: 5:06AM*
Muruqa: Yellow *Sunset: 7:03PM*
Nataraja: Purple
Moon – Light Blue
Chaitra+Chaitra

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

Sivaloka Day

4

Thursday, April 25, 2019

Dhanus Rasi: 21.31 Tithi 21 – 22

Creative Work Siddha Yoga

Until 4:08PM

Then Routine Work - Marana Yoga

284483469

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

Gulika 8:35AM – 10:20AM
Yama 5:05AM – 6:50AM
Rahu 1:50PM – 3:35PM

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

Ganesha: Yellow *Sunrise: 5:05AM*
Muruqa: Yellow *Sunset: 7:04PM*
Nataraja: Clear
Moon – Light Blue
Chaitra+Chaitra

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

Devaloka Day

5

Friday, April 26, 2019

Retreat Star

Makara Rasi: 3.38 Tithi 22 – 23

Routine Work Marana Yoga

284583469

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

Gulika 6:48AM – 8:34AM
Yama 3:35PM – 5:20PM
Rahu 10:19AM – 12:04PM

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

Ganesha: Red *Sunrise: 5:03AM*
Muruqa: Yellow *Sunset: 7:06PM*
Nataraja: Clear
Moon – Light Blue
Chaitra+Chaitra

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

Devaloka Day

Saturday, April 27, 2019

Retreat Star

Makara Rasi: 15.34 Tithi 23 – 24

Creative Work Siddha Yoga

294583469

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

Gulika 5:01AM – 6:47AM
Yama 1:50PM – 3:36PM
Rahu 8:33AM – 10:19AM

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

Ganesha: Green *Sunrise: 5:01AM*
Muruqa: Yellow *Sunset: 7:07PM*
Nataraja: Clear
Moon – Purple
Chaitra+Chaitra

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

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

1 Sunday, April 28, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Dhanishtha Nakshatra Sukla Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Trieste, Italy Sun 7 Sutra 14 Vikarin 5121
Makara Rasi: 27.23	Tithi 24 – 25	Gulika 3:36PM – 5:22PM	Dhanishtha Until 12:48AM Mon	Ganesha: Green	<i>Sunrise:</i> 5:00AM	
		Yama 12:04PM – 1:50PM	Sukla Until 11:01PM	Muruqa: Yellow	<i>Sunset:</i> 7:08PM	Moon 4 - Phase 3
	294583469	Rahu 5:22PM – 7:08PM	Vanija Until 4:24AM Mon	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga		Navami* Until 3:06PM	Moon – Purple		Bhuloka Day
Until 12:48AM Mon				Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

2 Monday, April 29, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yukhtayam Shatabhishak Nakshatra Brahma Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Trieste, Italy Sun 8 Sutra 15 Vikarin 5121
Kumbha Rasi: 9.13	Tithi 25 – 26	Gulika 1:50PM – 3:37PM	Shatabhishak Until 3:34AM Tue	Ganesha: Green	<i>Sunrise:</i> 4:58AM	
Family Home Evening		Yama 10:18AM – 12:04PM	Brahma Until 11:57PM	Muruqa: Yellow	<i>Sunset:</i> 7:10PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	294583469 Rahu 6:45AM – 8:31AM	Bava Until 6:46AM Tue	Nataraja: Clear		2nd Phase
Until 3:34AM Tue			Dashami Until 5:36PM	Moon – Purple		Bhuloka Day
Then Routine Work - Marana Yoga				Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM

3 Tuesday, April 30, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yukhtayam Purvaproshtapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau				Trieste, Italy Sun 9 Sutra 16 Vikarin 5121
Kumbha Rasi: 21.07	Tithi 26	Gulika 12:04PM – 1:51PM	Purvaproshtapada* Until 6:21AM Wed	Ganesha: Purple	<i>Sunrise:</i> 4:57AM	
		Yama 8:30AM – 10:17AM	Indra Until 12:39AM Wed	Muruqa: Yellow	<i>Sunset:</i> 7:11PM	Moon 4 - Phase 3
	214583469	Rahu 3:37PM – 5:24PM	Bava Until 6:46AM	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga		Ekadashi* Until 7:49PM	Moon – Clear		Bhuloka Day
Until 6:21AM Wed				Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

4 Wednesday, May 1, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yukhtayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vaidhriti* Yoga Kaulava/Taitilla Karana Dvadashyam Titau				Trieste, Italy Sun 10 Sutra 17 Vikarin 5121
Meena Rasi: 3.08	Tithi 27	Gulika 10:17AM – 12:04PM	Purvaproshtapada* Until 6:21AM	Ganesha: Purple	<i>Sunrise:</i> 4:55AM	
		Yama 6:42AM – 8:29AM	Vaidhriti* Until 12:59AM Thu	Muruqa: Yellow	<i>Sunset:</i> 7:12PM	Moon 4 - Phase 3
	214583469	Rahu 12:04PM – 1:51PM	Kaulava Until 8:47AM	Nataraja: Clear		2nd Phase
Creative Work	Amrita Yoga		Dvadashi* Until 9:36PM	Moon – Clear		Bhuloka Day
Until 6:21AM				Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

5 Thursday, May 2, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yukhtayam Uttaraproshtapada/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Trieste, Italy Sun 11 Sutra 18 Vikarin 5121
Meena Rasi: 15.22	Tithi 28	Gulika 8:29AM – 10:16AM	Uttaraproshtapada Until 8:31AM	Ganesha: Light Blue	<i>Sunrise:</i> 4:54AM	
		Yama 4:54AM – 6:41AM	Vishkambha* Until 12:56AM Fri	Muruqa: Yellow	<i>Sunset:</i> 7:13PM	Moon 4 - Phase 3
	215583469	Rahu 1:51PM – 3:38PM	Gara Until 10:19AM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 10:52PM	Moon – Clear		Bhuloka Day
Until 10:01AM				Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

Pradosha Vrata (Fasting)

6 Friday, May 3, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yukhtayam Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Trieste, Italy Sun 12 Sutra 19 Vikarin 5121
Meena Rasi: 27.48	Tithi 29	Gulika 6:40AM – 8:28AM	Revati Until 10:01AM	Ganesha: Light Blue	<i>Sunrise:</i> 4:52AM	
		Yama 3:39PM – 5:27PM	Priti Until 12:28AM Sat	Muruqa: Yellow	<i>Sunset:</i> 7:15PM	Moon 4 - Phase 3
	215583469	Rahu 10:16AM – 12:03PM	Visti Until 11:19AM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 11:36PM	Moon – Clear		Bhuloka Day
Until 10:01AM				Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

Retreat Star		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Trieste, Italy Sun 13 Sutra 20 Vikarin 5121
Mesha Rasi: 10.29	Tithi 30	Gulika 4:51AM – 6:39AM	Ashvini Until 11:18AM	Ganesha: Purple	<i>Sunrise:</i> 4:51AM	
		Yama 1:51PM – 3:40PM	Ayushman Until 11:34PM	Muruqa: Yellow	<i>Sunset:</i> 7:16PM	Moon 4 - Phase 3
	225583469	Rahu 8:27AM – 10:15AM	Catuspada Until 11:47AM	Nataraja: Clear		Amavasya
Creative Work	Siddha Yoga		Amavasya* Until 11:47PM	Moon – White		Bhuloka Day
Until 11:55AM				Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

Retreat Star		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Trieste, Italy Sun 14 Sutra 21 Vikarin 5121
Mesha Rasi: 23.26	Tithi 1	Gulika 3:40PM – 5:29PM	Bharani Until 11:55AM	Ganesha: Purple	<i>Sunrise:</i> 4:49AM	
		Yama 12:03PM – 1:52PM	Saubhagya Until 10:18PM	Muruqa: Yellow	<i>Sunset:</i> 7:17PM	Moon 4 - Phase 3
	225583469	Rahu 5:29PM – 7:17PM	Kintughna Until 11:43AM	Nataraja: Clear		Prathama
Routine Work	Prabalarishta Yoga		Prathama* Until 11:30PM	Moon – White		Bhuloka Day
Until 11:55AM				Vaisaka*Chaitra		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

Monday, May 6, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Trieste, Italy Sun 15 Sutra 22 Vikarin 5121
1		Gulika 1:52PM – 3:41PM	Krittika Until 11:58AM	Ganesha: Purple	<i>Sunrise:</i> 4:48AM	
Vrishabha Rasi: 7	Tithi 2	Yama 10:14AM – 12:03PM	Sobhana Until 8:43PM	Muruqa: Yellow	<i>Sunset:</i> 7:18PM	Moon 4 - Phase 4
Family Home Evening	225583469	Rahu 6:37AM – 8:26AM	Balava Until 11:13AM	Nataraja: Clear		3rd Phase
Routine Work Marana Yoga			Dvitiya Until 10:49PM	Moon – White		Bhuloka Day
Until 11:58AM				Vaisaka-Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

Tuesday, May 7, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Trieste, Italy Sun 16 Sutra 23 Vikarin 5121
2		Gulika 12:03PM – 1:52PM	Rohini Until 11:56AM	Ganesha: Light Blue	<i>Sunrise:</i> 4:47AM	
Vrishabha Rasi: 19.59	Tithi 3	Yama 8:25AM – 10:14AM	Athiganda* Until 6:50PM	Muruqa: Yellow	<i>Sunset:</i> 7:20PM	Moon 4 - Phase 4
235583469		Rahu 3:41PM – 5:30PM	Taitila Until 10:21AM	Nataraja: Clear		3rd Phase
Creative Work Amrita Yoga			Tritiya Until 9:46PM	Moon – Yellow		Bhuloka Day
Until 11:56AM		Akshaya Tritiya		Vaisaka-Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

Wednesday, May 8, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma/Dhriti* Yoga Vanija/Visti* Karana Chaturthyam Titau				Trieste, Italy Sun 17 Sutra 24 Vikarin 5121
3		Gulika 10:14AM – 12:03PM	Mrigashira Until 11:27AM	Ganesha: Light Blue	<i>Sunrise:</i> 4:45AM	
Mithuna Rasi: 3.33	Tithi 4	Yama 6:35AM – 8:24AM	Sukarma Until 4:44PM	Muruqa: Yellow	<i>Sunset:</i> 7:21PM	Moon 4 - Phase 4
235583469		Rahu 12:03PM – 1:52PM	Vanija Until 9:10AM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Chaturthi* Until 8:27PM	Moon – Yellow		Bhuloka Day
				Vaisaka-Chaitra		Devaloka Time: 3:PM to 6:PM

Thursday, May 9, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Panchamyam Titau				Trieste, Italy Sun 18 Sutra 25 Vikarin 5121
4		Gulika 8:23AM – 10:13AM	Ardra Until 10:35AM	Ganesha: Light Blue	<i>Sunrise:</i> 4:44AM	
Mithuna Rasi: 17.16	Tithi 5	Yama 4:44AM – 6:34AM	Dhriti Until 2:28PM	Muruqa: Yellow	<i>Sunset:</i> 7:22PM	Moon 4 - Phase 4
235583469		Rahu 1:53PM – 3:42PM	Bava Until 7:43AM	Nataraja: Clear		3rd Phase
Routine Work Marana Yoga			Panchami Until 6:54PM	Moon – Yellow		Bhuloka Day
Until 10:35AM				Vaisaka-Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

Friday, May 10, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Gara Karana Shashthi/Saplamyam Titau				Trieste, Italy Sun 19 Sutra 26 Vikarin 5121
5		Gulika 6:33AM – 8:23AM	Punarvasu Until 9:48AM	Ganesha: Orange	<i>Sunrise:</i> 4:43AM	
Kataka Rasi: 1.07	Tithi 6 – 7	Yama 3:43PM – 5:33PM	Shula* Until 11:59AM	Muruqa: Yellow	<i>Sunset:</i> 7:23PM	Moon 4 - Phase 4
245583469		Rahu 10:13AM – 12:03PM	Kaulava Until 6:04AM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Shashthi* Until 5:09PM	Moon – Blue		Devaloka Day
Until 9:48AM				Vaisaka-Chaitra		
Then Routine Work - Marana Yoga						

Saturday, May 11, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Trieste, Italy Sun 20 Sutra 27 Vikarin 5121
6		Gulika 4:41AM – 6:32AM	Pushya Until 8:40AM	Ganesha: Orange	<i>Sunrise:</i> 4:41AM	
Kataka Rasi: 15.05	Tithi 7 – 8	Yama 1:53PM – 3:44PM	Ganda* Until 9:22AM	Muruqa: Yellow	<i>Sunset:</i> 7:24PM	Moon 4 - Phase 4
245583469		Rahu 8:22AM – 10:12AM	Visti Until 2:11AM Sun	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Saptami Until 3:12PM	Moon – Blue		Devaloka Day
Until 8:40AM				Vaisaka-Chaitra		
Then Routine Work - Marana Yoga						

Sunday, May 12, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Trieste, Italy Sun 21 Sutra 28 Vikarin 5121
Retreat Star		Gulika 3:44PM – 5:35PM	Ashlesha* Until 7:14AM	Ganesha: Clear	<i>Sunrise:</i> 4:40AM	
Kataka Rasi: 29.11	Tithi 8 – 9	Yama 12:03PM – 1:54PM	Vridhhi Until 6:38AM	Muruqa: Yellow	<i>Sunset:</i> 7:26PM	Moon 4 - Phase 4
246583469		Rahu 5:35PM – 7:26PM	Balava Until 12:00AM Mon	Nataraja: Clear		Ashtami
Creative Work Siddha Yoga			Ashtami* Until 1:05PM	Moon – Blue		Devaloka Day
Until 7:14AM		Mother's Day		Vaisaka-Chaitra		
Then Routine Work - Marana Yoga						


Monday, May 13, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Trieste, Italy Sun 22 Sutra 29 Vikarin 5121
Retreat Star		Gulika 1:54PM – 3:45PM	Purvaphalguni Until 4:22AM Tue	Ganesha: White	<i>Sunrise:</i> 4:39AM	
Simha Rasi: 13.22	Tithi 9 – 10	Yama 10:12AM – 12:03PM	Vyaghata* Until 12:46AM Tue	Muruqa: Yellow	<i>Sunset:</i> 7:27PM	Moon 4 - Phase 4
256583469		Rahu 6:30AM – 8:21AM	Taitila Until 9:41PM	Nataraja: Clear		Navami
Creative Work Siddha Yoga			Navami* Until 10:50AM	Moon – Red		Bhuloka Day
Until 4:22AM Tue				Vaisaka-Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

1		Tuesday, May 14, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Trieste, Italy Sun 23 Sutra 30
Simha Rasi: 27.38	Tithi 10 – 11	Gulika	12:03PM – 1:54PM	Uttaraphalguni Until 2:37AM Wed	Ganesha: White	<i>Sunrise:</i> 4:38AM	Vikarin 5121	
		Yama	8:20AM – 10:11AM	Harshana Until 9:45PM	Muruqa: Yellow	<i>Sunset:</i> 7:28PM	Moon 4 - Phase 5	
		266583469 Rahu	3:45PM – 5:37PM	Vanija Until 7:19PM	Nataraja: Clear		4th Phase	
Creative Work	Amrita Yoga			Dashami Until 8:29AM	Moon – Red		Bhuloka Day	
Until 2:37AM Wed					Vaisaka-Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga								

2		Wednesday, May 15, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Vajra* Yoga Visti*/Balava Karana Ekadashi/Dvodashyam Titau				Trieste, Italy Sun 24 Sutra 31
Kanya Rasi: 11.55	Tithi 11 – 12	Gulika	10:11AM – 12:03PM	Hasta Until 1:11AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 4:36AM	Vikarin 5121	
		Yama	6:28AM – 8:20AM	Vajra* Until 6:44PM	Muruqa: Yellow	<i>Sunset:</i> 7:29PM	Moon 4 - Phase 5	
		266583469 Rahu	12:03PM – 1:54PM	Balava Until 3:45AM Thu	Nataraja: Clear		4th Phase	
Routine Work	Marana Yoga			Ekadashi Until 6:06AM	Moon – Green		Devaloka Day	
Until 1:11AM Thu					Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga								

3		Thursday, May 16, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Trieste, Italy Sun 25 Sutra 32
Kanya Rasi: 26.11	Tithi 13	Gulika	8:19AM – 10:11AM	Chitra Until 11:45PM	Ganesha: Yellow	<i>Sunrise:</i> 4:35AM	Vikarin 5121	
		Yama	4:35AM – 6:27AM	Siddhi Until 3:49PM	Muruqa: Yellow	<i>Sunset:</i> 7:30PM	Moon 4 - Phase 5	
		266583469 Rahu	1:55PM – 3:47PM	Kaulava Until 2:39PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga			Trayodashi Until 1:34AM Fri	Moon – Green		Devaloka Day	
Until 11:45PM					Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata</i>				

4		Friday, May 17, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Chaturdashyam Titau				Trieste, Italy Sun 26 Sutra 33
Tula Rasi: 10.19	Tithi 14	Gulika	6:26AM – 8:18AM	Svati Until 10:26PM	Ganesha: Yellow	<i>Sunrise:</i> 4:34AM	Vikarin 5121	
		Yama	3:47PM – 5:39PM	Vyatipata* Until 1:05PM	Muruqa: Yellow	<i>Sunset:</i> 7:31PM	Moon 4 - Phase 5	
		266583469 Rahu	10:11AM – 12:03PM	Gara Until 12:35PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga			Chaturdashi* Until 11:39PM	Moon – Green		Devaloka Day	
					Vaisaka-Vaikasi			

		Saturday, May 18, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau				Trieste, Italy Sun 27 Sutra 34
Copper Retreat Star		Gulika	4:33AM – 6:26AM	Vishakha Until 9:48PM	Ganesha: Blue	<i>Sunrise:</i> 4:33AM	Vikarin 5121	
Tula Rasi: 24.17	Tithi 15	Yama	1:55PM – 3:48PM	Variyan Until 10:37AM	Muruqa: Yellow	<i>Sunset:</i> 7:33PM	Moon 4 - Phase 5	
		276583469 Rahu	8:18AM – 10:10AM	Visti Until 10:52AM	Nataraja: Clear		Purnima	
Creative Work	Siddha Yoga			Purnima* Until 10:09PM	Moon – Orange		Bhuloka Day	
					Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM	

Sunday, May 19, 2019		Silver Retreat Star		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau				Trieste, Italy Sun 28 Sutra 35
Silver Retreat Star		Gulika	3:48PM – 5:41PM	Anuradha Until 9:33PM	Ganesha: Yellow	<i>Sunrise:</i> 4:32AM	Vikarin 5121	
Vrischika Rasi: 7.58	Tithi 16	Yama	12:03PM – 1:56PM	Parigha* Until 8:32AM	Muruqa: Yellow	<i>Sunset:</i> 7:34PM	Moon 4 - Phase 5	
		277583469 Rahu	5:41PM – 7:34PM	Balava Until 9:36AM	Nataraja: Clear		Prathama	
Routine Work	Marana Yoga			Prathama* Until 9:10PM	Moon – Orange		Devaloka Day	
					Vaisaka-Vaikasi			

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

All times are standard time

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Monday, May 20, 2019
Gold Retreat Star

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

277583469

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

Gulika 1:56PM – 3:49PM
Yama 10:10AM – 12:03PM
Rahu 6:24AM – 8:17AM

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

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

Ganesha: Yellow *Sunrise:* 4:31AM
Muruqa: Yellow *Sunset:* 7:35PM
Nataraja: Clear
Moon – Orange

Devaloka Day
Vaisaka-Vaikasi

1

Tuesday, May 21, 2019

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

287683469

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

Gulika 12:03PM – 1:56PM
Yama 8:16AM – 10:10AM
Rahu 3:49PM – 5:43PM

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

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

Ganesha: Red *Sunrise:* 4:30AM
Muruqa: Yellow *Sunset:* 7:36PM
Nataraja: Clear
Moon – Light Blue

Devaloka Day
Vaisaka-Vaikasi

2

Wednesday, May 22, 2019

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

287683469

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

Gulika 10:10AM – 12:03PM
Yama 6:23AM – 8:16AM
Rahu 12:03PM – 1:57PM

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

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

Ganesha: Red *Sunrise:* 4:29AM
Muruqa: Yellow *Sunset:* 7:37PM
Nataraja: Clear
Moon – Light Blue

Devaloka Day
Vaisaka-Vaikasi

3

Thursday, May 23, 2019

Dhanus Rasi: 29.21 Tithi 20
Routine Work Marana Yoga

287683469

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

Gulika 8:16AM – 10:09AM
Yama 4:28AM – 6:22AM
Rahu 1:57PM – 3:51PM

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

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

Ganesha: Red *Sunrise:* 4:28AM
Muruqa: Yellow *Sunset:* 7:38PM
Nataraja: Clear
Moon – Light Blue

Devaloka Day
Vaisaka-Vaikasi

4

Friday, May 24, 2019

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

297683469

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

Gulika 6:21AM – 8:15AM
Yama 3:51PM – 5:45PM
Rahu 10:09AM – 12:03PM

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

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

Ganesha: Green *Sunrise:* 4:27AM
Muruqa: Yellow *Sunset:* 7:39PM
Nataraja: Clear
Moon – Purple

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

5

Saturday, May 25, 2019

Makara Rasi: 23.26 Tithi 22
Creative Work Siddha Yoga

297683469

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

Gulika 4:26AM – 6:21AM
Yama 1:57PM – 3:52PM
Rahu 8:15AM – 10:09AM

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

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

Ganesha: Green *Sunrise:* 4:26AM
Muruqa: Yellow *Sunset:* 7:40PM
Nataraja: Clear
Moon – Purple

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

D

Sunday, May 26, 2019
Retreat Star

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

398683469

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

Gulika 3:52PM – 5:47PM
Yama 12:03PM – 1:58PM
Rahu 5:47PM – 7:41PM

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

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

Ganesha: Blue *Sunrise:* 4:26AM
Muruqa: Yellow *Sunset:* 7:41PM
Nataraja: Clear
Moon – Purple

Sivaloka Day
Vaisaka-Vaikasi

Monday, May 27, 2019
Retreat Star

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

398683469

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

Gulika 1:58PM – 3:53PM
Yama 10:09AM – 12:03PM
Rahu 6:19AM – 8:14AM

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

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

Ganesha: Blue *Sunrise:* 4:25AM
Muruqa: Yellow *Sunset:* 7:42PM
Nataraja: Clear
Moon – Purple

Sivaloka Day
Vaisaka-Vaikasi

1		Tuesday, May 28, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vishkambha/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Sun 9	Trieste, Italy Sutra 44
Kumbha Rasi: 29.06	Tithi 24 – 25	Gulika	12:04PM – 1:58PM	Purvaproshtapada* Until 2:26PM	Ganesha: Purple	<i>Sunrise:</i> 4:24AM	Vikarin 5121	
		Yama	8:14AM – 10:09AM	Vishkambha* Until 9:12AM	Muruqa: Yellow	<i>Sunset:</i> 7:43PM	Moon 5 - Phase 7	
		318683469 Rahu	3:53PM – 5:48PM	Vanija Until 10:00PM	Nataraja: Clear		2nd Phase	
Routine Work	Marana Yoga			Navami* Until 9:00AM	Moon – Clear		Sivaloka Day	
Until 2:26PM					Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga								

2		Wednesday, May 29, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Priti/Ayushman Yoga Visti/Bava Karana Dashami/Ekadashyam Titau	Sun 10	Trieste, Italy Sutra 45
Meena Rasi: 11.11	Tithi 25 – 26	Gulika	10:09AM – 12:04PM	Uttaraproshtapada Until 4:45PM	Ganesha: Purple	<i>Sunrise:</i> 4:23AM	Vikarin 5121	
		Yama	6:18AM – 8:14AM	Priti Until 9:43AM	Muruqa: Yellow	<i>Sunset:</i> 7:44PM	Moon 5 - Phase 7	
		318683469 Rahu	12:04PM – 1:59PM	Bava Until 11:34PM	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga			Dashami Until 10:50AM	Moon – Clear		Sivaloka Day	
Until 4:45PM					Vaisaka-Vaikasi			
Then Routine Work - Marana Yoga								

3		Thursday, May 30, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Sun 11	Trieste, Italy Sutra 46
Meena Rasi: 23.28	Tithi 26 – 27	Gulika	8:13AM – 10:09AM	Revati Until 6:22PM	Ganesha: Purple	<i>Sunrise:</i> 4:23AM	Vikarin 5121	
		Yama	4:23AM – 6:18AM	Ayushman Until 9:47AM	Muruqa: Yellow	<i>Sunset:</i> 7:45PM	Moon 5 - Phase 7	
		318683469 Rahu	1:59PM – 3:54PM	Kaulava Until 12:33AM Fri	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga			Ekadashi* Until 12:07PM	Moon – Clear		Sivaloka Day	
Until 6:22PM					Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga								

4		Friday, May 31, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau	Sun 12	Trieste, Italy Sutra 47
Mesha Rasi: 6.01	Tithi 27 – 28	Gulika	6:18AM – 8:13AM	Ashvini Until 7:42PM	Ganesha: Clear	<i>Sunrise:</i> 4:22AM	Vikarin 5121	
		Yama	3:55PM – 5:50PM	Saubhagya Until 9:23AM	Muruqa: Yellow	<i>Sunset:</i> 7:46PM	Moon 5 - Phase 7	
		328683469 Rahu	10:08AM – 12:04PM	Gara Until 12:54AM Sat	Nataraja: Clear		2nd Phase	
Creative Work	Amrita Yoga			Dvadashi* Until 12:47PM	Moon – White		Devaloka Day	
Until 7:42PM					Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga								
					<i>Pradosha Vrata (Fasting)</i>			

5		Saturday, June 1, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Sun 13	Trieste, Italy Sutra 48
Mesha Rasi: 18.53	Tithi 28 – 29	Gulika	4:21AM – 6:17AM	Bharani Until 8:14PM	Ganesha: White	<i>Sunrise:</i> 4:21AM	Vikarin 5121	
		Yama	2:00PM – 3:55PM	Sobhana Until 8:30AM	Muruqa: Yellow	<i>Sunset:</i> 7:47PM	Moon 5 - Phase 7	
		329683469 Rahu	8:13AM – 10:08AM	Visti Until 12:37AM Sun	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga			Trayodashi* Until 12:49PM	Moon – White		Bhuloka Day	
Until 8:14PM					Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga								

Retreat Star		Sunday, June 2, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda*/Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Sun 14	Trieste, Italy Sutra 49
Vrishabha Rasi: 2.03	Tithi 29 – 30	Gulika	3:56PM – 5:52PM	Krittika Until 8:02PM	Ganesha: White	<i>Sunrise:</i> 4:21AM	Vikarin 5121	
		Yama	12:04PM – 2:00PM	Athiganda* Until 7:05AM	Muruqa: Yellow	<i>Sunset:</i> 7:48PM	Moon 5 - Phase 7	
		329683469 Rahu	5:52PM – 7:48PM	Catuspada Until 11:44PM	Nataraja: Clear		Amavasya	
Creative Work	Siddha Yoga			Chaturdashi* Until 12:14PM	Moon – White		Bhuloka Day	
					Vaisaka-Vaikasi		Devaloka Time: 3:PM to 6:PM	

Retreat Star		Monday, June 3, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Sun 15	Trieste, Italy Sutra 50
Vrishabha Rasi: 15.32	Tithi 30 – 1	Gulika	2:00PM – 3:56PM	Rohini Until 7:37PM	Ganesha: Green	<i>Sunrise:</i> 4:20AM	Vikarin 5121	
Family Home Evening		Yama	10:08AM – 12:04PM	Dhriti Until 3:01AM Tue	Muruqa: Yellow	<i>Sunset:</i> 7:48PM	Moon 5 - Phase 7	
		339683469 Rahu	6:16AM – 8:12AM	Kintughna Until 10:22PM	Nataraja: Clear		Prathama	
Creative Work	Amrita Yoga			Amavasya* Until 11:05AM	Moon – Yellow		Bhuloka Day	
					Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

1		Tuesday, June 4, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Trieste, Italy Sun 16 Sutra 51 Vikarin 5121	
Vrishabha Rasi: 29.18	Tithi 1 – 2	Gulika 12:05PM – 2:01PM	Mrigashira Until 6:39PM	Ganesha: Green	<i>Sunrise:</i> 4:20AM	
		Yama 8:12AM – 10:08AM	Shula* Until 12:28AM Wed	Muruqa: Yellow	<i>Sunset:</i> 7:49PM	Moon 5 - Phase 8
		339683461 Rahu 3:57PM – 5:53PM	Balava Until 8:35PM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Prathama* Until 9:30AM	Moon – Yellow		Bhuloka Day
Until 6:39PM				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						

2		Wednesday, June 5, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Trieste, Italy Sun 17 Sutra 52 Vikarin 5121	
Mithuna Rasi: 13.17	Tithi 2 – 3	Gulika 10:08AM – 12:05PM	Ardra Until 5:14PM	Ganesha: Green	<i>Sunrise:</i> 4:19AM	
		Yama 6:16AM – 8:12AM	Ganda* Until 9:42PM	Muruqa: Yellow	<i>Sunset:</i> 7:50PM	Moon 5 - Phase 8
		339683461 Rahu 12:05PM – 2:01PM	Taitila Until 6:31PM	Nataraja: Yellow		3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 7:34AM	Moon – Yellow		Bhuloka Day
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM

3		Thursday, June 6, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Vridhi Yoga Vanija/Visti* Karana Chalurthyam Titau	Trieste, Italy Sun 18 Sutra 53 Vikarin 5121	
Mithuna Rasi: 27.26	Tithi 4	Gulika 8:12AM – 10:08AM	Punarvasu Until 3:55PM	Ganesha: White	<i>Sunrise:</i> 4:19AM	
		Yama 4:19AM – 6:15AM	Vridhi Until 6:48PM	Muruqa: Yellow	<i>Sunset:</i> 7:51PM	Moon 5 - Phase 8
		349683461 Rahu 2:01PM – 3:58PM	Vanija Until 4:15PM	Nataraja: Yellow		3rd Phase
Creative Work	Amrita Yoga		Chaturthi* Until 3:04AM Fri	Moon – Blue		Bhuloka Day
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM

4		Friday, June 7, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Panchamyam Titau	Trieste, Italy Sun 19 Sutra 54 Vikarin 5121	
Kataka Rasi: 11.41	Tithi 5	Gulika 6:15AM – 8:12AM	Pushya Until 2:21PM	Ganesha: White	<i>Sunrise:</i> 4:19AM	
		Yama 3:58PM – 5:55PM	Dhruva Until 3:49PM	Muruqa: Yellow	<i>Sunset:</i> 7:51PM	Moon 5 - Phase 8
		349683461 Rahu 10:08AM – 12:05PM	Bava Until 1:54PM	Nataraja: Yellow		3rd Phase
Routine Work	Marana Yoga		Panchami Until 12:42AM Sat	Moon – Blue		Bhuloka Day
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM

5		Saturday, June 8, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau	Trieste, Italy Sun 20 Sutra 55 Vikarin 5121	
Kataka Rasi: 25.58	Tithi 6	Gulika 4:18AM – 6:15AM	Ashlesha* Until 12:38PM	Ganesha: White	<i>Sunrise:</i> 4:18AM	
		Yama 2:02PM – 3:59PM	Vyaghata* Until 12:50PM	Muruqa: Yellow	<i>Sunset:</i> 7:52PM	Moon 5 - Phase 8
		349683461 Rahu 8:12AM – 10:09AM	Kaulava Until 11:32AM	Nataraja: Yellow		3rd Phase
Routine Work	Marana Yoga		Shashthi* Until 10:20PM	Moon – Blue		Bhuloka Day
Until 12:38PM				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

6		Sunday, June 9, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau	Trieste, Italy Sun 21 Sutra 56 Vikarin 5121	
Simha Rasi: 10.13	Tithi 7	Gulika 3:59PM – 5:56PM	Magha* Until 11:14AM	Ganesha: Yellow	<i>Sunrise:</i> 4:18AM	
		Yama 12:05PM – 2:02PM	Harshana Until 9:53AM	Muruqa: Yellow	<i>Sunset:</i> 7:53PM	Moon 5 - Phase 8
		351683461 Rahu 5:56PM – 7:53PM	Gara Until 9:12AM	Nataraja: Yellow		3rd Phase
Routine Work	Marana Yoga		Saptami Until 8:03PM	Moon – Red		Devaloka Day
Until 11:14AM				Jyeshtha-Vaikasi		
Then Creative Work - Siddha Yoga						

Retreat Star		Monday, June 10, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Balava Karana Ashtami/Navamyam Titau	Trieste, Italy Sun 22 Sutra 57 Vikarin 5121	
Simha Rasi: 24.25	Tithi 8 – 9	Gulika 2:03PM – 4:00PM	Purvaphalguni Until 9:48AM	Ganesha: Yellow	<i>Sunrise:</i> 4:18AM	
Family Home Evening		Yama 10:09AM – 12:06PM	Vajra* Until 7:00AM	Muruqa: Yellow	<i>Sunset:</i> 7:53PM	Moon 5 - Phase 8
		351683461 Rahu 6:15AM – 8:12AM	Visti Until 6:58AM	Nataraja: Yellow		Ashtami
Creative Work	Siddha Yoga		Ashtami* Until 5:52PM	Moon – Red		Devaloka Day
				Jyeshtha-Vaikasi		

Retreat Star		Tuesday, June 11, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau	Trieste, Italy Sun 23 Sutra 58 Vikarin 5121	
Kanya Rasi: 8.32	Tithi 9 – 10	Gulika 12:06PM – 2:03PM	Uttaraphalguni Until 8:21AM	Ganesha: Yellow	<i>Sunrise:</i> 4:18AM	
		Yama 8:12AM – 10:09AM	Vyatipata* Until 1:36AM Wed	Muruqa: Yellow	<i>Sunset:</i> 7:54PM	Moon 5 - Phase 8
		351683461 Rahu 4:00PM – 5:57PM	Taitila Until 2:53AM Wed	Nataraja: Yellow		Navami
Creative Work	Amrita Yoga		Navami* Until 3:49PM	Moon – Red		Devaloka Day
Until 8:21AM				Jyeshtha-Vaikasi		
Then Creative Work - Siddha Yoga						


Loose me from my sin as from a bond that binds me. May my life swell the stream of your river of Right. Rig Veda Samhita

1	Wednesday, June 12, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Varyan Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau				Trieste, Italy Sun 24 Sutra 59
	Kanya Rasi: 22.32	Tithi 10 - 11	Gulika 10:09AM - 12:06PM	Hasta Until 7:21AM	Ganesha: White	<i>Sunrise:</i> 4:17AM	Vikarin 5121
			Yama 6:15AM - 8:12AM	Variyan Until 11:07PM	Muruqa: Yellow	<i>Sunset:</i> 7:55PM	Moon 5 - Phase 9
		361683461	Rahu 12:06PM - 2:03PM	Vanija Until 1:08AM Thu	Nataraja: Yellow		4th Phase
Routine Work Marana Yoga			Dashami Until 1:58PM	Moon - Green	Bhuloka Day		
Until 7:21AM				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Siddha Yoga							

2	Thursday, June 13, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svatil Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau				Trieste, Italy Sun 25 Sutra 60
	Tula Rasi: 6.25	Tithi 11 - 12	Gulika 8:12AM - 10:09AM	Chitra Until 6:25AM	Ganesha: White	<i>Sunrise:</i> 4:17AM	Vikarin 5121
			Yama 4:17AM - 6:15AM	Parigha* Until 8:51PM	Muruqa: Yellow	<i>Sunset:</i> 7:55PM	Moon 5 - Phase 9
		361683461	Rahu 2:03PM - 4:01PM	Bava Until 11:39PM	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga			Ekadashi Until 12:20PM	Moon - Green	Bhuloka Day		
Until 6:25AM				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Amrita Yoga							

3	Friday, June 14, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvodashi/Trayodashyam Titau				Trieste, Italy Sun 26 Sutra 61
	Tula Rasi: 20.07	Tithi 12 - 13	Gulika 6:14AM - 8:12AM	Vishakha Until 5:27AM Sat	Ganesha: Clear	<i>Sunrise:</i> 4:17AM	Vikarin 5121
			Yama 4:01PM - 5:58PM	Shiva Until 6:52PM	Muruqa: Blue	<i>Sunset:</i> 7:55PM	Moon 5 - Phase 9
		371693461	Rahu 10:09AM - 12:06PM	Kaulava Until 10:29PM	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga			Dvodashi Until 11:00AM	Moon - Orange	Sivaloka Day		
		Vaikasi Visakam		Jyeshtha-Vaikasi			
			<i>Pradosha Vrata</i>				

4	Saturday, June 15, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Trieste, Italy Sun 27 Sutra 62
	Vrischika Rasi: 3.38	Tithi 13 - 14	Gulika 4:17AM - 6:14AM	Anuradha Until 5:33AM Sun	Ganesha: White	<i>Sunrise:</i> 4:17AM	Vikarin 5121
			Yama 2:04PM - 4:01PM	Siddha Until 5:09PM	Muruqa: Blue	<i>Sunset:</i> 7:56PM	Moon 5 - Phase 9
		371793461	Rahu 8:12AM - 10:09AM	Gara Until 9:43PM	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga			Trayodashi Until 10:01AM	Moon - Orange	Subha Sivaloka Day		
Until 5:33AM Sun				Jyeshtha-Ani			
Then Routine Work - Marana Yoga							

	Sunday, June 16, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Trieste, Italy Sutra 63
	Copper Retreat Star		Gulika 4:02PM - 5:59PM	Jyeshtha* Until 6:00AM Mon	Ganesha: White	<i>Sunrise:</i> 4:17AM	Vikarin 5121
	Vrischika Rasi: 16.54	Tithi 14 - 15	Yama 12:07PM - 2:04PM	Sadhya Until 3:49PM	Muruqa: Blue	<i>Sunset:</i> 7:56PM	Moon 5 - Phase 9
		371793461	Rahu 5:59PM - 7:56PM	Visti Until 9:25PM	Nataraja: Yellow		Purnima
Routine Work Marana Yoga			Chaturdashi* Until 9:29AM	Moon - Orange	Subha Sivaloka Day		
Until 6:00AM Mon		Father's Day		Jyeshtha-Ani			
Then Creative Work - Siddha Yoga							

Monday, June 17, 2019	Silver Retreat Star		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				Trieste, Italy Sutra 64
	Vrischika Rasi: 29.55	Tithi 15 - 16	Gulika 2:04PM - 4:02PM	Jyeshtha* Until 6:00AM	Ganesha: White	<i>Sunrise:</i> 4:17AM	Vikarin 5121
	Family Home Evening		Yama 10:10AM - 12:07PM	Subha Until 2:55PM	Muruqa: Blue	<i>Sunset:</i> 7:57PM	Moon 5 - Phase 9
		371793461	Rahu 6:15AM - 8:12AM	Balava Until 9:39PM	Nataraja: Yellow		Prathama
Creative Work Siddha Yoga			Purnima* Until 9:27AM	Moon - Orange	Subha Sivaloka Day		
Until 6:00AM				Jyeshtha-Ani			
Then Routine Work - Marana Yoga							

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

All times are standard time

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Tuesday, June 18, 2019
Gold Retreat Star

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

Trieste, Italy
Sutra 65

Dhanus Rasi: 12.39 Tithi 16 – 17

381793461

Gulika 12:07PM – 2:05PM
Yama 8:12AM – 10:10AM
Rahu 4:02PM – 6:00PM

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

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

Sunrise: 4:17AM
Sunset: 7:57PM

Moon 6 - Phase 10
1st Phase

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

Sivaloka Day

1

Wednesday, June 19, 2019

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

Trieste, Italy
Sun 1
Sutra 66

Dhanus Rasi: 25.08 Tithi 17 – 18

382793461

Gulika 10:10AM – 12:07PM
Yama 6:15AM – 8:12AM
Rahu 12:07PM – 2:05PM

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

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

Sunrise: 4:17AM
Sunset: 7:57PM

Moon 6 - Phase 10
1st Phase

Creative Work Amrita Yoga

Devaloka Day

2

Thursday, June 20, 2019

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

Trieste, Italy
Sun 2
Sutra 67

Makara Rasi: 7.23 Tithi 18 – 19

382793461

Gulika 8:13AM – 10:10AM
Yama 4:17AM – 6:15AM
Rahu 2:05PM – 4:03PM

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

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

Sunrise: 4:17AM
Sunset: 7:57PM

Moon 6 - Phase 10
1st Phase

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

Devaloka Day

3

Friday, June 21, 2019

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

Trieste, Italy
Sun 3
Sutra 68

Makara Rasi: 19.27 Tithi 19 – 20

392793461

Gulika 6:15AM – 8:13AM
Yama 4:03PM – 6:00PM
Rahu 10:10AM – 12:08PM

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

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

Sunrise: 4:18AM
Sunset: 7:58PM

Moon 6 - Phase 10
1st Phase

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

Sivaloka Day

4

Saturday, June 22, 2019

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

Trieste, Italy
Sun 4
Sutra 69

Kumbha Rasi: 1.23 Tithi 20 – 21

392793461

Gulika 4:18AM – 6:15AM
Yama 2:06PM – 4:03PM
Rahu 8:13AM – 10:10AM

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

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

Sunrise: 4:18AM
Sunset: 7:58PM

Moon 6 - Phase 10
1st Phase

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

Sivaloka Day

5

Sunday, June 23, 2019

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

Trieste, Italy
Sun 5
Sutra 70

Kumbha Rasi: 13.16 Tithi 21

392793461

Gulika 4:03PM – 6:01PM
Yama 12:08PM – 2:06PM
Rahu 6:01PM – 7:58PM

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

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

Sunrise: 4:18AM
Sunset: 7:58PM

Moon 6 - Phase 10
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

6

Monday, June 24, 2019

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

Trieste, Italy
Sun 6
Sutra 71

Kumbha Rasi: 25.08 Tithi 22

312793461

Gulika 2:06PM – 4:03PM
Yama 10:11AM – 12:08PM
Rahu 6:16AM – 8:13AM

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

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

Sunrise: 4:18AM
Sunset: 7:58PM

Moon 6 - Phase 10
1st Phase

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

Sivaloka Day

D

Tuesday, June 25, 2019

Retreat Star

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

Trieste, Italy
Sun 7
Sutra 72

Meena Rasi: 7.05 Tithi 23

312793461

Gulika 12:09PM – 2:06PM
Yama 8:14AM – 10:11AM
Rahu 4:04PM – 6:01PM

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

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

Sunrise: 4:19AM
Sunset: 7:59PM

Moon 6 - Phase 10
Ashtami

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

Sivaloka Day

Wednesday, June 26, 2019

Retreat Star

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

Trieste, Italy
Sun 8
Sutra 73

Meena Rasi: 19.1 Tithi 24

312793461

Gulika 10:11AM – 12:09PM
Yama 6:17AM – 8:14AM
Rahu 12:09PM – 2:06PM

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


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

Sunrise: 4:19AM
Sunset: 7:59PM

Moon 6 - Phase 10
Navami

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

Sivaloka Day

1		Thursday, June 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 9		Trieste, Italy Sutra 74	
Mesha Rasi: 1.28	Tithi 25	322793461	Gulika 8:14AM – 10:12AM Yama 4:19AM – 6:17AM Rahu 2:06PM – 4:04PM	Ashvini Until 4:38AM Fri Athiganda* Until 7:06PM Vanija Until 1:43PM Dashami Until 2:04AM Fri	Ganesha: Blue Muruqa: Blue Nataraja: Yellow Moon – White	Sunrise: 4:19AM Sunset: 7:59PM	Moon 6 - Phase 11	Devaloka Day	
Creative Work Amrita Yoga									
Until 4:38AM Fri									
Then Creative Work - Siddha Yoga									
2		Friday, June 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau		Sun 10		Trieste, Italy Sutra 75	
Mesha Rasi: 14.02	Tithi 26	322793461	Gulika 6:17AM – 8:15AM Yama 4:04PM – 6:01PM Rahu 10:12AM – 12:09PM	Bharani Until 5:26AM Sat Sukarma Until 6:27PM Bava Until 2:16PM Ekadashi* Until 2:15AM Sat	Ganesha: Blue Muruqa: Blue Nataraja: Yellow Moon – White	Sunrise: 4:20AM Sunset: 7:59PM	Moon 6 - Phase 11	Devaloka Day	
Creative Work Siddha Yoga									
Until 5:26AM Sat									
Then Creative Work - Amrita Yoga									
3		Saturday, June 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Sun 11		Trieste, Italy Sutra 76	
Mesha Rasi: 26.58	Tithi 27	322793461	Gulika 4:20AM – 6:18AM Yama 2:07PM – 4:04PM Rahu 8:15AM – 10:12AM	Krittika Until 5:22AM Sun Dhriti Until 5:14PM Kaulava Until 2:06PM Dvadashi* Until 1:43AM Sun	Ganesha: Blue Muruqa: Blue Nataraja: Yellow Moon – White	Sunrise: 4:20AM Sunset: 7:59PM	Moon 6 - Phase 11	Devaloka Day	
Creative Work Amrita Yoga									
Until 5:22AM Sun									
Then Creative Work - Siddha Yoga									
4		Sunday, June 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 12		Trieste, Italy Sutra 77	
Vrishabha Rasi: 10.15	Tithi 28	332793461	Gulika 4:04PM – 6:01PM Yama 12:10PM – 2:07PM Rahu 6:01PM – 7:58PM	Rohini Until 4:56AM Mon Shula* Until 3:25PM Gara Until 1:12PM Trayodashi* Until 12:29AM Mon	Ganesha: Blue Muruqa: Blue Nataraja: Yellow Moon – Yellow	Sunrise: 4:21AM Sunset: 7:58PM	Moon 6 - Phase 11	Devaloka Day	
Creative Work Siddha Yoga									
Until 4:56AM Mon									
Then Creative Work - Amrita Yoga									
5		Monday, July 1, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Ganda*/Vridhhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Sun 13		Trieste, Italy Sutra 78	
Vrishabha Rasi: 23.56	Tithi 29	332793461	Gulika 2:07PM – 4:04PM Yama 10:13AM – 12:10PM Rahu 6:19AM – 8:16AM	Mrigashira Until 3:46AM Tue Ganda* Until 1:06PM Visti Until 11:39AM Chaturdashi* Until 10:39PM	Ganesha: Blue Muruqa: Blue Nataraja: Yellow Moon – Yellow	Sunrise: 4:21AM Sunset: 7:58PM	Moon 6 - Phase 11	Devaloka Day	
Family Home Evening									
Creative Work Amrita Yoga									
Until 3:46AM Tue									
Then Routine Work - Marana Yoga									
		Tuesday, July 2, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vridhhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Sun 14		Trieste, Italy Sutra 79	
Mithuna Rasi: 7.59	Tithi 30	332793461	Gulika 12:10PM – 2:07PM Yama 8:16AM – 10:13AM Rahu 4:04PM – 6:01PM	Ardra Until 1:59AM Wed Vridhhi Until 10:20AM Catuspada Until 9:33AM Amavasya* Until 8:18PM	Ganesha: Blue Muruqa: Blue Nataraja: Yellow Moon – Yellow	Sunrise: 4:22AM Sunset: 7:58PM	Moon 6 - Phase 11	Devaloka Day	
Retreat Star									
Routine Work Marana Yoga									
Until 1:59AM Wed									
Then Creative Work - Siddha Yoga									
Retreat Star		Wednesday, July 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Balava Karana Prathama/Dvitiyayam Titau		Sun 15		Trieste, Italy Sutra 80	
Mithuna Rasi: 22.2	Tithi 1 – 2	343793461	Gulika 10:13AM – 12:10PM Yama 6:19AM – 8:16AM Rahu 12:10PM – 2:07PM	Punarvasu Until 12:08AM Thu Dhruva Until 7:12AM Kintughna Until 7:00AM Prathama* Until 5:36PM	Ganesha: Yellow Muruqa: Blue Nataraja: Yellow Moon – Blue	Sunrise: 4:23AM Sunset: 7:58PM	Moon 6 - Phase 11	Sivaloka Day	
Creative Work Siddha Yoga									
Until 12:08AM Thu									
Then Creative Work - Amrita Yoga									

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

1		Thursday, July 4, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Trieste, Italy Sun 16 Sutra 81
Kataka Rasi: 6.53	Tithi 2 – 3	Gulika 8:17AM – 10:14AM	Pushya Until 9:58PM	Ganesha: Yellow	<i>Sunrise:</i> 4:23AM			Vikarin 5121
		Yama 4:23AM – 6:20AM	Harshana Until 12:19AM Fri	Muruqa: Blue	<i>Sunset:</i> 7:58PM			Moon 6 - Phase 12
		343793461 Rahu 2:07PM – 4:04PM	Taitila Until 1:10AM Fri	Nataraja: Yellow				3rd Phase
Creative Work	Amrita Yoga		Dvitiya Until 2:39PM	Moon – Blue			Sivaloka Day	
Until 9:58PM				Ashada-Ani				
Then Creative Work - Siddha Yoga								

2		Friday, July 5, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Trieste, Italy Sun 17 Sutra 82
Kataka Rasi: 21.34	Tithi 3 – 4	Gulika 6:21AM – 8:17AM	Ashlesha* Until 7:37PM	Ganesha: Yellow	<i>Sunrise:</i> 4:24AM			Vikarin 5121
		Yama 4:04PM – 6:01PM	Vajra* Until 8:45PM	Muruqa: Blue	<i>Sunset:</i> 7:57PM			Moon 6 - Phase 12
		343793461 Rahu 10:14AM – 12:11PM	Vanija Until 10:08PM	Nataraja: Yellow				3rd Phase
Routine Work	Marana Yoga		Tritiya Until 11:37AM	Moon – Blue			Sivaloka Day	
				Ashada-Ani				

3		Saturday, July 6, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Trieste, Italy Sun 18 Sutra 83
Simha Rasi: 6.15	Tithi 4 – 5	Gulika 4:25AM – 6:21AM	Magha* Until 5:37PM	Ganesha: White	<i>Sunrise:</i> 4:25AM			Vikarin 5121
		Yama 2:07PM – 4:04PM	Siddhi Until 5:17PM	Muruqa: Blue	<i>Sunset:</i> 7:57PM			Moon 6 - Phase 12
		353793461 Rahu 8:18AM – 10:14AM	Bava Until 7:11PM	Nataraja: Yellow				3rd Phase
Creative Work	Amrita Yoga		Chaturthi* Until 8:37AM	Moon – Red			Subha Sivaloka Day	
Until 5:37PM				Ashada-Ani				
Then Creative Work - Siddha Yoga								

4		Sunday, July 7, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyatipata*/Varyan Yoga Kaulava/Taitila Karana Shashthyam Titau				Trieste, Italy Sun 19 Sutra 84
Simha Rasi: 20.5	Tithi 6	Gulika 4:04PM – 6:00PM	Purvaphalguni Until 3:40PM	Ganesha: Yellow	<i>Sunrise:</i> 4:25AM			Vikarin 5121
		Yama 12:11PM – 2:07PM	Vyatipata* Until 1:59PM	Muruqa: Blue	<i>Sunset:</i> 7:56PM			Moon 6 - Phase 12
		453793461 Rahu 6:00PM – 7:56PM	Kaulava Until 4:27PM	Nataraja: Yellow				3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 3:10AM Mon	Moon – Red			Sivaloka Day	
Until 3:40PM				Ashada-Ani				
Then Creative Work - Amrita Yoga								

5		Monday, July 8, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau				Trieste, Italy Sun 20 Sutra 85
Kanya Rasi: 5.14	Tithi 7	Gulika 2:07PM – 4:04PM	Uttaraphalguni Until 1:52PM	Ganesha: Yellow	<i>Sunrise:</i> 4:26AM			Vikarin 5121
Family Home Evening		Yama 10:15AM – 12:11PM	Varyan Until 10:53AM	Muruqa: Blue	<i>Sunset:</i> 7:56PM			Moon 6 - Phase 12
		453793461 Rahu 6:22AM – 8:18AM	Gara Until 2:00PM	Nataraja: Yellow				3rd Phase
Creative Work	Siddha Yoga		Saptami Until 12:53AM Tue	Moon – Red			Sivaloka Day	
		Chidambaram Abhishekam		Ashada-Ani				

Retreat Star		Tuesday, July 9, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau				Trieste, Italy Sun 21 Sutra 86
Kanya Rasi: 19.24	Tithi 8	Gulika 12:11PM – 2:07PM	Hasta Until 12:43PM	Ganesha: White	<i>Sunrise:</i> 4:27AM			Vikarin 5121
		Yama 8:19AM – 10:15AM	Parigha* Until 8:06AM	Muruqa: Blue	<i>Sunset:</i> 7:56PM			Moon 6 - Phase 12
		463793461 Rahu 4:03PM – 5:59PM	Visti Until 11:54AM	Nataraja: Yellow				Ashtami
Creative Work	Siddha Yoga		Ashtami* Until 11:00PM	Moon – Green			Subha Sivaloka Day	
				Ashada-Ani				

Retreat Star		Wednesday, July 10, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddha Yoga Balava/Kaulava Karana Navamyam Titau				Trieste, Italy Sun 22 Sutra 87
Tula Rasi: 3.19	Tithi 9	Gulika 10:15AM – 12:11PM	Chitra Until 11:50AM	Ganesha: Yellow	<i>Sunrise:</i> 4:28AM			Vikarin 5121
		Yama 6:23AM – 8:19AM	Siddha Until 3:32AM Thu	Muruqa: Blue	<i>Sunset:</i> 7:55PM			Moon 6 - Phase 12
		463893461 Rahu 12:11PM – 2:07PM	Balava Until 10:14AM	Nataraja: Yellow				Navami
Creative Work	Siddha Yoga		Navami* Until 9:32PM	Moon – Green			Sivaloka Day	
				Ashada-Ani				

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


1		Thursday, July 11, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Taitila/Gara Karana Dashamyam Titau				Trieste, Italy Sun 23 Sutra 88
Tula Rasi: 16.58	Tithi 10	Gulika 8:20AM – 10:16AM	Svati Until 11:15AM	Ganesha: Yellow	<i>Sunrise:</i> 4:28AM		Vikarin 5121	
		Yama 4:28AM – 6:24AM	Sadhya Until 1:48AM Fri	Muruqa: Blue	<i>Sunset:</i> 7:54PM		Moon 6 - Phase 13	
		463893461 Rahu 2:07PM – 4:03PM	Taitila Until 9:00AM	Nataraja: Yellow			4th Phase	
Creative Work	Amrita Yoga		Dashami Until 8:32PM	Moon – Green		Sivaloka Day		
Until 11:15AM				Ashada•Ani				
Then Creative Work - Siddha Yoga								

2		Friday, July 12, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Vanija/Visti* Karana Ekadashyam Titau				Trieste, Italy Sun 24 Sutra 89
Vrischika Rasi: 0.2	Tithi 11	Gulika 6:25AM – 8:20AM	Vishakha Until 11:25AM	Ganesha: White	<i>Sunrise:</i> 4:29AM		Vikarin 5121	
		Yama 4:03PM – 5:58PM	Subha Until 12:28AM Sat	Muruqa: Blue	<i>Sunset:</i> 7:54PM		Moon 6 - Phase 13	
		473893461 Rahu 10:16AM – 12:12PM	Vanija Until 8:13AM	Nataraja: Yellow			4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 8:00PM	Moon – Orange		Devaloka Day		
				Ashada•Ani				

3		Saturday, July 13, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau				Trieste, Italy Sun 25 Sutra 90
Vrischika Rasi: 13.28	Tithi 12	Gulika 4:30AM – 6:25AM	Anuradha Until 11:54AM	Ganesha: White	<i>Sunrise:</i> 4:30AM		Vikarin 5121	
		Yama 2:07PM – 4:02PM	Sukla Until 11:29PM	Muruqa: Blue	<i>Sunset:</i> 7:53PM		Moon 6 - Phase 13	
		473893461 Rahu 8:21AM – 10:16AM	Bava Until 7:56AM	Nataraja: Yellow			4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 7:56PM	Moon – Orange		Devaloka Day		
				Ashada•Ani				

4		Sunday, July 14, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Trieste, Italy Sun 26 Sutra 91
Vrischika Rasi: 26.2	Tithi 13	Gulika 4:02PM – 5:57PM	Jyeshtha* Until 12:43PM	Ganesha: White	<i>Sunrise:</i> 4:31AM		Vikarin 5121	
		Yama 12:12PM – 2:07PM	Brahma Until 10:53PM	Muruqa: Blue	<i>Sunset:</i> 7:53PM		Moon 6 - Phase 13	
		473893461 Rahu 5:57PM – 7:53PM	Kaulava Until 8:07AM	Nataraja: Yellow			4th Phase	
Routine Work	Marana Yoga		Trayodashi Until 8:22PM	Moon – Orange		Devaloka Day		
Until 12:43PM				Ashada•Ani				
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata</i>					

5		Monday, July 15, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Trieste, Italy Sun 27 Sutra 92
Dhanus Rasi: 9	Tithi 14	Gulika 2:07PM – 4:02PM	Mula* Until 2:18PM	Ganesha: Clear	<i>Sunrise:</i> 4:32AM		Vikarin 5121	
Family Home Evening		Yama 10:17AM – 12:12PM	Indra Until 10:41PM	Muruqa: Blue	<i>Sunset:</i> 7:52PM		Moon 6 - Phase 13	
		483893461 Rahu 6:27AM – 8:22AM	Gara Until 8:47AM	Nataraja: Yellow			4th Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 9:16PM	Moon – Light Blue		Sivaloka Day		
Until 2:18PM				Ashada•Ani				
Then Routine Work - Marana Yoga								

		Tuesday, July 16, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Trieste, Italy Sun 27 Sutra 92
Copper Retreat Star		Gulika 12:12PM – 2:07PM	Purvashadha* Until 4:10PM	Ganesha: Clear	<i>Sunrise:</i> 4:33AM		Vikarin 5121	
Dhanus Rasi: 21.26	Tithi 15	Yama 8:22AM – 10:17AM	Vaidhriti* Until 10:48PM	Muruqa: Blue	<i>Sunset:</i> 7:51PM		Moon 6 - Phase 13	
		483893461 Rahu 4:02PM – 5:56PM	Visti Until 9:54AM	Nataraja: Yellow			Purnima	
Creative Work	Siddha Yoga		Purnima* Until 10:37PM	Moon – Light Blue		Sivaloka Day		
Until 4:10PM				Ashada•Adi				
Then Routine Work - Prabalarishta Yoga		Partial Lunar Eclipse Satguru Purnima						

Wednesday, July 17, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Trieste, Italy Sun 27 Sutra 92		
Silver Retreat Star		Gulika 10:17AM – 12:12PM	Uttarashadha Until 6:18PM	Ganesha: Purple	<i>Sunrise:</i> 4:34AM		Vikarin 5121	
Makara Rasi: 3.41	Tithi 16	Yama 6:28AM – 8:23AM	Vishkambha* Until 11:14PM	Muruqa: Blue	<i>Sunset:</i> 7:50PM		Moon 6 - Phase 13	
		484893462 Rahu 12:12PM – 2:07PM	Balava Until 11:28AM	Nataraja: White			Prathama	
Creative Work	Amrita Yoga		Prathama* Until 12:23AM Thu	Moon – Light Blue		Subha Subha Sivaloka Day		
Until 6:18PM				Ashada•Adi				
Then Creative Work - Siddha Yoga								



Thursday, July 18, 2019
Gold Retreat Star

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

Trieste, Italy
Sutra 95

Makara Rasi: 15.47 Tithi 17
494893462 Rahu
Creative Work Siddha Yoga

Gulika 8:23AM – 10:18AM
Yama 4:35AM – 6:29AM
Rahu 2:06PM – 4:01PM

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

Ganesha: Clear *Sunrise: 4:35AM*
Muruqa: Blue *Sunset: 7:50PM*
Nataraja: White
Moon – Purple
Ashada-Adi

Sun 1
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

1

Friday, July 19, 2019

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

Trieste, Italy
Sutra 96

Makara Rasi: 27.46 Tithi 18
494893462 Rahu
Creative Work Siddha Yoga

Gulika 6:30AM – 8:24AM
Yama 4:00PM – 5:55PM
Rahu 10:18AM – 12:12PM

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

Ganesha: Clear *Sunrise: 4:36AM*
Muruqa: Blue *Sunset: 7:49PM*
Nataraja: White
Moon – Purple
Ashada-Adi

Sun 2
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

2

Saturday, July 20, 2019

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

Trieste, Italy
Sutra 97

Kumbha Rasi: 9.39 Tithi 19
494893462 Rahu
Creative Work Amrita Yoga
Until 2:45AM Sun
Then Creative Work - Siddha Yoga

Gulika 4:37AM – 6:31AM
Yama 2:06PM – 4:00PM
Rahu 8:24AM – 10:18AM

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

Ganesha: Clear *Sunrise: 4:37AM*
Muruqa: Blue *Sunset: 7:48PM*
Nataraja: White
Moon – Purple
Ashada-Adi

Sun 3
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

3

Sunday, July 21, 2019

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

Trieste, Italy
Sutra 98

Kumbha Rasi: 21.31 Tithi 19 – 20
414893462 Rahu
Creative Work Siddha Yoga

Gulika 4:00PM – 5:53PM
Yama 12:12PM – 2:06PM
Rahu 5:53PM – 7:47PM

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

Ganesha: Clear *Sunrise: 4:38AM*
Muruqa: Blue *Sunset: 7:47PM*
Nataraja: White
Moon – Clear
Ashada-Adi

Sun 4
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

4

Monday, July 22, 2019

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

Trieste, Italy
Sutra 99

Meena Rasi: 3.23 Tithi 20 – 21
414893462 Rahu
Family Home Evening
Creative Work Siddha Yoga

Gulika 2:06PM – 3:59PM
Yama 10:19AM – 12:12PM
Rahu 6:32AM – 8:26AM

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

Ganesha: Clear *Sunrise: 4:39AM*
Muruqa: Blue *Sunset: 7:46PM*
Nataraja: White
Moon – Clear
Ashada-Adi

Sun 5
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

5

Tuesday, July 23, 2019

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

Trieste, Italy
Sutra 100

Meena Rasi: 15.19 Tithi 21 – 22
414893462 Rahu
Creative Work Amrita Yoga
Until 8:40AM
Then Creative Work - Siddha Yoga

Gulika 12:12PM – 2:05PM
Yama 8:26AM – 10:19AM
Rahu 3:59PM – 5:52PM

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

Ganesha: Clear *Sunrise: 4:40AM*
Muruqa: Blue *Sunset: 7:45PM*
Nataraja: White
Moon – Clear
Ashada-Adi

Sun 6
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Subha Sivaloka Day

D

Wednesday, July 24, 2019
Retreat Star

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

Trieste, Italy
Sutra 101

Meena Rasi: 27.23 Tithi 22 – 23
414893462 Rahu
Routine Work Marana Yoga

Gulika 10:19AM – 12:12PM
Yama 6:34AM – 8:27AM
Rahu 12:12PM – 2:05PM

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

Ganesha: Clear *Sunrise: 4:41AM*
Muruqa: Blue *Sunset: 7:44PM*
Nataraja: White
Moon – Clear
Ashada-Adi

Sun 7
Vikarin 5121
Moon 7 - Phase 14
Ashtami

Subha Sivaloka Day

Thursday, July 25, 2019
Retreat Star

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

Trieste, Italy
Sutra 102

Mesha Rasi: 9.4 Tithi 23 – 24
424893462 Rahu
Creative Work Amrita Yoga
Until 1:04PM
Then Creative Work - Siddha Yoga

Gulika 8:27AM – 10:20AM
Yama 4:42AM – 6:35AM
Rahu 2:05PM – 3:58PM

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

Ganesha: White *Sunrise: 4:42AM*
Muruqa: Blue *Sunset: 7:43PM*
Nataraja: White
Moon – White
Ashada-Adi

Sun 8
Vikarin 5121
Moon 7 - Phase 14
Navami

Subha Subha Sivaloka Day

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


1		Friday, July 26, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Trieste, Italy Sun 9 Sutra 103 Vikarin 5121	
Mesha Rasi: 22.11	Tithi 24 – 25	Gulika 6:35AM – 8:28AM	Bharani Until 2:23PM	Ganesha: White	<i>Sunrise:</i> 4:43AM	Moon 7 - Phase 15	
		Yama 3:57PM – 5:49PM	Ganda* Until 3:22AM Sat	Muruqa: Blue	<i>Sunset:</i> 7:42PM	2nd Phase	
424893462	Rahu 10:20AM – 12:12PM		Vanija Until 3:27AM Sat	Nataraja: White		Subha Subha Sivaloka Day	
Creative Work	Siddha Yoga		Navami* Until 3:25PM	Moon – White		Ashada-Adi	

2		Saturday, July 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Trieste, Italy Sun 10 Sutra 104 Vikarin 5121	
Vrishabha Rasi: 5.04	Tithi 25 – 26	Gulika 4:44AM – 6:36AM	Krittika Until 2:49PM	Ganesha: White	<i>Sunrise:</i> 4:44AM	Moon 7 - Phase 15	
		Yama 2:04PM – 3:57PM	Vriddhi Until 1:57AM Sun	Muruqa: Blue	<i>Sunset:</i> 7:41PM	2nd Phase	
424893462	Rahu 8:28AM – 10:20AM		Bava Until 2:55AM Sun	Nataraja: White		Subha Subha Sivaloka Day	
Creative Work	Amrita Yoga		Dashami Until 3:16PM	Moon – White		Ashada-Adi	

3		Sunday, July 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Trieste, Italy Sun 11 Sutra 105 Vikarin 5121	
Vrishabha Rasi: 18.21	Tithi 26 – 27	Gulika 3:56PM – 5:48PM	Rohini Until 2:47PM	Ganesha: Yellow	<i>Sunrise:</i> 4:45AM	Moon 7 - Phase 15	
		Yama 12:12PM – 2:04PM	Dhruva Until 11:53PM	Muruqa: Blue	<i>Sunset:</i> 7:39PM	2nd Phase	
424893462	Rahu 5:48PM – 7:39PM		Kaulava Until 1:36AM Mon	Nataraja: White		Subha Sivaloka Day	
Creative Work	Siddha Yoga		Ekadashi* Until 2:20PM	Moon – Yellow		Ashada-Adi	

4		Monday, July 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Trieste, Italy Sun 12 Sutra 106 Vikarin 5121	
Mithuna Rasi: 2.04	Tithi 27 – 28	Gulika 2:04PM – 3:55PM	Mrigashira Until 1:51PM	Ganesha: White	<i>Sunrise:</i> 4:46AM	Moon 7 - Phase 15	
Family Home Evening		Yama 10:21AM – 12:12PM	Vyaghata* Until 9:14PM	Muruqa: Blue	<i>Sunset:</i> 7:38PM	2nd Phase	
435893462	Rahu 6:38AM – 8:29AM		Gara Until 11:35PM	Nataraja: White		Sivaloka Day	
Creative Work	Amrita Yoga		Dvadashi* Until 12:39PM	Moon – Yellow		Ashada-Adi	
Until 1:51PM						Pradosha Vrata (Fasting)	
Then Creative Work - Siddha Yoga							

5		Tuesday, July 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Trieste, Italy Sun 13 Sutra 107 Vikarin 5121	
Mithuna Rasi: 16.14	Tithi 28 – 29	Gulika 12:12PM – 2:03PM	Ardra Until 12:07PM	Ganesha: White	<i>Sunrise:</i> 4:47AM	Moon 7 - Phase 15	
		Yama 8:30AM – 10:21AM	Harshana Until 6:07PM	Muruqa: Blue	<i>Sunset:</i> 7:37PM	2nd Phase	
435893462	Rahu 3:55PM – 5:46PM		Visti Until 8:57PM	Nataraja: White		Sivaloka Day	
Routine Work	Marana Yoga		Trayodashi* Until 10:19AM	Moon – Yellow		Ashada-Adi	
Until 12:07PM							
Then Creative Work - Siddha Yoga							

		Wednesday, July 31, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra*/Siddhi Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau		Trieste, Italy Sun 14 Sutra 108 Vikarin 5121	
Retreat Star		Gulika 10:21AM – 12:12PM	Punarvasu Until 10:09AM	Ganesha: Green	<i>Sunrise:</i> 4:49AM	Moon 7 - Phase 15	
Kataka Rasi: 0.46	Tithi 29 – 30	Yama 6:39AM – 8:30AM	Vajra* Until 2:33PM	Muruqa: Blue	<i>Sunset:</i> 7:36PM	Amavasya	
445893462	Rahu 12:12PM – 2:03PM		Naga Until 4:11AM Thu	Nataraja: White		Sivaloka Day	
Creative Work	Siddha Yoga		Chaturdashi* Until 7:27AM	Moon – Blue		Ashada-Adi	

Retreat Star		Thursday, August 1, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Kintughna*/Bava Karana Prathamayam Titau		Trieste, Italy Sun 15 Sutra 109 Vikarin 5121	
Kataka Rasi: 15.37	Tithi 1	Gulika 8:31AM – 10:22AM	Pushya Until 7:40AM	Ganesha: Green	<i>Sunrise:</i> 4:50AM	Moon 7 - Phase 15	
		Yama 4:50AM – 6:40AM	Siddhi Until 10:43AM	Muruqa: Blue	<i>Sunset:</i> 7:35PM	Prathama	
445893462	Rahu 2:03PM – 3:53PM		Kintughna Until 2:28PM	Nataraja: White		Sivaloka Day	
Creative Work	Amrita Yoga		Prathama* Until 12:41AM Fri	Moon – Blue		Sravana-Adi	
Until 7:40AM							
Then Creative Work - Siddha Yoga							

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

1		Friday, August 2, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvitiyayam Titau		Trieste, Italy Sun 16 Sutra 110 Vikarin 5121	
Simha Rasi: 0.38	Tithi 2	Gulika 6:41AM – 8:31AM	Magha* Until 2:13AM Sat	Ganesha: White	<i>Sunrise:</i> 4:51AM		
		Yama 3:53PM – 5:43PM	Vyatipata* Until 6:45AM	Muruqa: Blue	<i>Sunset:</i> 7:33PM	Moon 7 - Phase 16	
		455893462 Rahu 10:22AM – 12:12PM	Balava Until 10:55AM	Nataraja: White		3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 9:07PM	Moon – Red		Sivaloka Day	
Until 2:13AM Sat				Sravana*Adi			
Then Creative Work - Siddha Yoga							

2		Saturday, August 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Parigha* Yoga Tailila/Vanija Karana Tritiya/Chaturthyam Titau		Trieste, Italy Sun 17 Sutra 111 Vikarin 5121	
Simha Rasi: 15.41	Tithi 3 – 4	Gulika 4:52AM – 6:42AM	Purvaphalguni Until 11:36PM	Ganesha: White	<i>Sunrise:</i> 4:52AM		
		Yama 2:02PM – 3:52PM	Parigha* Until 10:49PM	Muruqa: Blue	<i>Sunset:</i> 7:32PM	Moon 7 - Phase 16	
		455893462 Rahu 8:32AM – 10:22AM	Taitila Until 7:22AM	Nataraja: White		3rd Phase	
Creative Work	Siddha Yoga		Tritiya Until 5:37PM	Moon – Red		Sivaloka Day	
Until 11:36PM				Sravana*Adi			
Then Routine Work - Marana Yoga							

3		Sunday, August 4, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Trieste, Italy Sun 18 Sutra 112 Vikarin 5121	
Kanya Rasi: 0.37	Tithi 4 – 5	Gulika 3:51PM – 5:41PM	Uttaraphalguni Until 9:06PM	Ganesha: Yellow	<i>Sunrise:</i> 4:53AM		
		Yama 12:12PM – 2:02PM	Shiva Until 7:08PM	Muruqa: Blue	<i>Sunset:</i> 7:31PM	Moon 7 - Phase 16	
		455993462 Rahu 5:41PM – 7:31PM	Bava Until 12:51AM Mon	Nataraja: White		3rd Phase	
Creative Work	Amrita Yoga		Chaturthi* Until 2:20PM	Moon – Red		Subha Sivaloka Day	
		Nag Panchami		Sravana*Adi			

4		Monday, August 5, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Trieste, Italy Sun 19 Sutra 113 Vikarin 5121	
Kanya Rasi: 15.19	Tithi 5 – 6	Gulika 2:01PM – 3:51PM	Hasta Until 7:17PM	Ganesha: White	<i>Sunrise:</i> 4:54AM		
Family Home Evening		Yama 10:22AM – 12:12PM	Siddha Until 3:45PM	Muruqa: Blue	<i>Sunset:</i> 7:29PM	Moon 7 - Phase 16	
		465993462 Rahu 6:44AM – 8:33AM	Kaulava Until 10:10PM	Nataraja: White		3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 11:26AM	Moon – Green		Subha Subha Sivaloka Day	
Until 7:17PM				Sravana*Adi			
Then Routine Work - Prabalarishta Yoga							

5		Tuesday, August 6, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau		Trieste, Italy Sun 20 Sutra 114 Vikarin 5121	
Kanya Rasi: 29.41	Tithi 6 – 7	Gulika 12:12PM – 2:01PM	Chitra Until 5:52PM	Ganesha: White	<i>Sunrise:</i> 4:56AM		
		Yama 8:34AM – 10:23AM	Sadhya Until 12:48PM	Muruqa: Blue	<i>Sunset:</i> 7:28PM	Moon 7 - Phase 16	
		465993462 Rahu 3:50PM – 5:39PM	Gara Until 8:02PM	Nataraja: White		3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 9:00AM	Moon – Green		Subha Subha Sivaloka Day	
				Sravana*Adi			

Retreat Star		Wednesday, August 7, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Trieste, Italy Sun 21 Sutra 115 Vikarin 5121	
Tula Rasi: 13.41	Tithi 7 – 8	Gulika 10:23AM – 12:12PM	Svati Until 4:54PM	Ganesha: White	<i>Sunrise:</i> 4:57AM		
		Yama 6:45AM – 8:34AM	Subha Until 10:21AM	Muruqa: Blue	<i>Sunset:</i> 7:26PM	Moon 7 - Phase 16	
		465993462 Rahu 12:12PM – 2:00PM	Visti Until 6:30PM	Nataraja: White		Ashtami	
Creative Work	Siddha Yoga		Saptami Until 7:10AM	Moon – Green		Subha Subha Sivaloka Day	
				Sravana*Adi			

Retreat Star		Thursday, August 8, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau		Trieste, Italy Sun 22 Sutra 116 Vikarin 5121	
Tula Rasi: 27.16	Tithi 9	Gulika 8:35AM – 10:23AM	Vishakha Until 4:54PM	Ganesha: Purple	<i>Sunrise:</i> 4:58AM		
		Yama 4:58AM – 6:46AM	Sukla Until 8:25AM	Muruqa: Blue	<i>Sunset:</i> 7:25PM	Moon 7 - Phase 16	
		476993462 Rahu 2:00PM – 3:48PM	Balava Until 5:39PM	Nataraja: White		Navami	
Creative Work	Siddha Yoga		Navami* Until 5:28AM Fri	Moon – Orange		Sivaloka Day	
				Sravana*Adi			

1		Friday, August 9, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau		Trieste, Italy Sun 23 Sutra 117 Vikarin 5121	
Wrischika Rasi: 10.29	Tithi 10	Gulika 6:47AM – 8:35AM	Anuradha Until 5:24PM	Ganesha: Purple	<i>Sunrise:</i> 4:59AM	Muruqa: Blue	<i>Sunset:</i> 7:24PM
		Yama 3:47PM – 5:36PM	Brahma Until 7:02AM	Nataraja: White			Moon 7 - Phase 17
		476993462 Rahu 10:23AM – 12:11PM	Taitila Until 5:28PM	Moon – Orange			4th Phase
Creative Work	Siddha Yoga		Dashami Until 5:36AM Sat	Sivaloka Day			
Until 5:24PM				Sravana*Adi			
Then Routine Work - Marana Yoga							

2		Saturday, August 10, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Vanija/Visiti* Karana Ekadashyam Titau		Trieste, Italy Sun 24 Sutra 118 Vikarin 5121	
Wrischika Rasi: 23.23	Tithi 11	Gulika 5:00AM – 6:48AM	Jyeshtha* Until 6:22PM	Ganesha: Purple	<i>Sunrise:</i> 5:00AM	Muruqa: Blue	<i>Sunset:</i> 7:22PM
		Yama 1:59PM – 3:47PM	Indra Until 6:10AM	Nataraja: White			Moon 7 - Phase 17
		476993462 Rahu 8:36AM – 10:23AM	Vanija Until 5:55PM	Moon – Orange			4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 6:20AM Sun	Sivaloka Day			
				Sravana*Adi			

3		Sunday, August 11, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vishkambha* Yoga Visiti*/Bava Karana Ekadashi/Dvadashyam Titau		Trieste, Italy Sun 25 Sutra 119 Vikarin 5121	
Dhanus Rasi: 5.59	Tithi 11 – 12	Gulika 3:46PM – 5:33PM	Mula* Until 8:12PM	Ganesha: Clear	<i>Sunrise:</i> 5:02AM	Muruqa: Blue	<i>Sunset:</i> 7:21PM
		Yama 12:11PM – 1:58PM	Vishkambha* Until 5:46AM Mon	Nataraja: White			Moon 7 - Phase 17
		486993462 Rahu 5:33PM – 7:21PM	Bava Until 6:56PM	Moon – Light Blue			4th Phase
Creative Work	Amrita Yoga		Ekadashi Until 6:20AM	Subha Sivaloka Day			
Until 8:12PM				Sravana*Adi			
Then Creative Work - Siddha Yoga							

4		Monday, August 12, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Trieste, Italy Sun 26 Sutra 120 Vikarin 5121	
Dhanus Rasi: 18.21	Tithi 12 – 13	Gulika 1:58PM – 3:45PM	Purvashadha* Until 10:20PM	Ganesha: Clear	<i>Sunrise:</i> 5:03AM	Muruqa: Blue	<i>Sunset:</i> 7:19PM
Family Home Evening		Yama 10:24AM – 12:11PM	Priti Until 6:07AM Tue	Nataraja: White			Moon 7 - Phase 17
		486993462 Rahu 6:50AM – 8:37AM	Kaulava Until 8:25PM	Moon – Light Blue			4th Phase
Routine Work	Marana Yoga		Dvadashi Until 7:36AM	Subha Sivaloka Day			
				Sravana*Adi			
				<i>Pradosha Vrata</i>			

5		Tuesday, August 13, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Trieste, Italy Sun 27 Sutra 121 Vikarin 5121	
Makara Rasi: 0.32	Tithi 13 – 14	Gulika 12:11PM – 1:57PM	Uttarashadha Until 12:38AM Wed	Ganesha: Clear	<i>Sunrise:</i> 5:04AM	Muruqa: Blue	<i>Sunset:</i> 7:17PM
		Yama 8:37AM – 10:24AM	Priti Until 6:07AM	Nataraja: White			Moon 7 - Phase 17
		486993462 Rahu 3:44PM – 5:31PM	Gara Until 10:16PM	Moon – Light Blue			4th Phase
Routine Work	Prabalarishta Yoga		Trayodashi Until 9:17AM	Subha Sivaloka Day			
Until 12:38AM Wed				Sravana*Adi			
Then Creative Work - Siddha Yoga							

○		Wednesday, August 14, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visiti* Karana Chaturdashi/Purnimayam Titau		Trieste, Italy Sutra 122 Vikarin 5121	
Copper Retreat Star		Gulika 10:24AM – 12:11PM	Shravana Until 3:33AM Thu	Ganesha: White	<i>Sunrise:</i> 5:05AM	Muruqa: Blue	<i>Sunset:</i> 7:16PM
Makara Rasi: 12.35	Tithi 14 – 15	Yama 6:51AM – 8:38AM	Ayushman Until 6:42AM	Nataraja: White			Moon 7 - Phase 17
		496993462 Rahu 12:11PM – 1:57PM	Visiti Until 12:25AM Thu	Moon – Purple			Purnima
Creative Work	Siddha Yoga		Chaturdashi* Until 11:18AM	Sivaloka Day			
				Sravana*Adi			
		Raksha Bandhan					

Thursday, August 15, 2019		Silver Retreat Star		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Trieste, Italy Sutra 123 Vikarin 5121	
Makara Rasi: 24.32	Tithi 15 – 16	Gulika 8:38AM – 10:24AM	Dhanishtha Until 6:27AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 5:06AM	Muruqa: Blue	<i>Sunset:</i> 7:14PM
		Yama 5:06AM – 6:52AM	Saubhagya Until 7:29AM	Nataraja: White			Moon 7 - Phase 17
		497993462 Rahu 1:56PM – 3:42PM	Balava Until 2:44AM Fri	Moon – Purple			Prathama
Creative Work	Siddha Yoga		Purnima* Until 1:32PM	Subha Sivaloka Day			
				Sravana*Adi			



Friday, August 16, 2019
Gold Retreat Star

Kumbha Rasi: 6.26 Tilthi 16 – 17

497993462

Creative Work Siddha Yoga

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

Gulika 6:53AM – 8:39AM
Yama 3:41PM – 5:27PM
Rahu 10:24AM – 12:10PM

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

Ganesha: Yellow *Sunrise: 5:08AM*
Muruqa: Blue *Sunset: 7:13PM*
Nataraja: White
Moon – Purple

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

Subha Sivaloka Day

1 **Saturday, August 17, 2019**

Kumbha Rasi: 18.17 Tilthi 17

497993462

Creative Work Amrita Yoga

Until 9:16AM

Then Routine Work - Marana Yoga

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

Gulika 5:09AM – 6:54AM
Yama 1:55PM – 3:40PM
Rahu 8:39AM – 10:25AM

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

Ganesha: Yellow *Sunrise: 5:09AM*
Muruqa: Blue *Sunset: 7:11PM*
Nataraja: White
Moon – Purple

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

Subha Sivaloka Day

2 **Sunday, August 18, 2019**

Meena Rasi: 0.09 Tilthi 18

517993462

Creative Work Siddha Yoga

Until 12:25PM

Then Creative Work - Amrita Yoga

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

Gulika 3:40PM – 5:24PM
Yama 12:10PM – 1:55PM
Rahu 5:24PM – 7:09PM

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

Ganesha: White *Sunrise: 5:10AM*
Muruqa: Blue *Sunset: 7:09PM*
Nataraja: White
Moon – Clear

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

Subha Subha Sivaloka Day

3 **Monday, August 19, 2019**

Meena Rasi: 12.02 Tilthi 19

517993462

Family Home Evening

Creative Work Siddha Yoga

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

Gulika 1:54PM – 3:39PM
Yama 10:25AM – 12:09PM
Rahu 6:56AM – 8:40AM

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

Ganesha: White *Sunrise: 5:11AM*
Muruqa: Blue *Sunset: 7:08PM*
Nataraja: White
Moon – Clear

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

Subha Subha Sivaloka Day

4 **Tuesday, August 20, 2019**

Meena Rasi: 24 Tilthi 20

517993462

Creative Work Siddha Yoga

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

Gulika 12:09PM – 1:53PM
Yama 8:41AM – 10:25AM
Rahu 3:38PM – 5:22PM

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

Ganesha: White *Sunrise: 5:12AM*
Muruqa: Blue *Sunset: 7:06PM*
Nataraja: White
Moon – Clear

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

Subha Subha Sivaloka Day

5 **Wednesday, August 21, 2019**

Mesha Rasi: 6.05 Tilthi 21

527993462

Routine Work Marana Yoga

Until 8:14PM

Then Creative Work - Siddha Yoga

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

Gulika 10:25AM – 12:09PM
Yama 6:57AM – 8:41AM
Rahu 12:09PM – 1:53PM

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

Ganesha: Clear *Sunrise: 5:14AM*
Muruqa: Blue *Sunset: 7:04PM*
Nataraja: White
Moon – White

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

Subha Sivaloka Day

6 **Thursday, August 22, 2019**

Mesha Rasi: 18.2 Tilthi 22

528993462

Creative Work Siddha Yoga

Until 10:04PM

Then Routine Work - Marana Yoga

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

Gulika 8:42AM – 10:25AM
Yama 5:15AM – 6:58AM
Rahu 1:52PM – 3:36PM

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

Ganesha: White *Sunrise: 5:15AM*
Muruqa: Blue *Sunset: 7:03PM*
Nataraja: White
Moon – White

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

Sivaloka Day

Friday, August 23, 2019

Retreat Star

Vrishabha Rasi: 0.49 Tilthi 23

528993462

Creative Work Siddha Yoga

Until 11:07PM

Then Routine Work - Marana Yoga

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

Gulika 6:59AM – 8:42AM
Yama 3:35PM – 5:18PM
Rahu 10:25AM – 12:08PM

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

Ganesha: White *Sunrise: 5:16AM*
Muruqa: Blue *Sunset: 7:01PM*
Nataraja: White
Moon – White

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

Sivaloka Day

Saturday, August 24, 2019

Retreat Star

Vrishabha Rasi: 13.37 Tilthi 24

538993462

Creative Work Amrita Yoga

Until 11:45PM

Then Creative Work - Siddha Yoga

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

Gulika 5:17AM – 7:00AM
Yama 1:51PM – 3:34PM
Rahu 8:43AM – 10:25AM

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

Ganesha: Clear *Sunrise: 5:17AM*
Muruqa: Blue *Sunset: 6:59PM*
Nataraja: White
Moon – Yellow

Trieste, Italy
Sun 8
Sutra 132
Vikarin 5121
Moon 8 - Phase 18
Navami

Subha Sivaloka Day

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

All times are standard time

www.gurudeva.org/panchang

1		Sunday, August 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Vanija/Visli* Karana Dashamyam Titau		Trieste, Italy Sun 9 Sutra 133	
Wishabha Rasi: 26.47	Tithi 25	Gulika 3:33PM – 5:15PM	Mrigashira Until 11:27PM	Ganesha: Clear	<i>Sunrise:</i> 5:18AM		Vikarin 5121
		Yama 12:08PM – 1:50PM	Harshana Until 9:46AM	Muruqa: Blue	<i>Sunset:</i> 6:57PM		Moon 8 - Phase 19
		538993462 Rahu 5:15PM – 6:57PM	Vanija Until 3:14PM	Nataraja: White			2nd Phase
Creative Work	Siddha Yoga		Dashami Until 2:33AM Mon	Moon – Yellow		Subha Sivaloka Day	
						Sravana-Avani	

2		Monday, August 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Ekadashyam Titau		Trieste, Italy Sun 10 Sutra 134	
Mithuna Rasi: 10.25	Tithi 26	Gulika 1:50PM – 3:32PM	Ardra Until 10:15PM	Ganesha: Clear	<i>Sunrise:</i> 5:20AM		Vikarin 5121
Family Home Evening		Yama 10:26AM – 12:08PM	Vajra* Until 7:37AM	Muruqa: Blue	<i>Sunset:</i> 6:56PM		Moon 8 - Phase 19
Creative Work	Siddha Yoga	538993462 Rahu 7:02AM – 8:44AM	Bava Until 1:42PM	Nataraja: White			2nd Phase
Until 10:15PM			Ekadashi* Until 12:38AM Tue	Moon – Yellow		Subha Sivaloka Day	
Then Creative Work - Amrita Yoga						Sravana-Avani	

3		Tuesday, August 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Trieste, Italy Sun 11 Sutra 135	
Mithuna Rasi: 24.3	Tithi 27	Gulika 12:07PM – 1:49PM	Punarvasu Until 8:39PM	Ganesha: Purple	<i>Sunrise:</i> 5:21AM		Vikarin 5121
		Yama 8:44AM – 10:26AM	Vyatipata* Until 1:36AM Wed	Muruqa: Blue	<i>Sunset:</i> 6:54PM		Moon 8 - Phase 19
		548993462 Rahu 3:31PM – 5:12PM	Kaulava Until 11:26AM	Nataraja: White			2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 10:03PM	Moon – Blue		Sivaloka Day	
						Sravana-Avani	

4		Wednesday, August 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Varyan Yoga Gara/Vanija Karana Trayodashyam Titau		Trieste, Italy Sun 12 Sutra 136	
Kataka Rasi: 9.02	Tithi 28	Gulika 10:26AM – 12:07PM	Pushya Until 6:20PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:22AM		Vikarin 5121
		Yama 7:03AM – 8:45AM	Varyan Until 9:51PM	Muruqa: Blue	<i>Sunset:</i> 6:52PM		Moon 8 - Phase 19
		549993463 Rahu 12:07PM – 1:48PM	Gara Until 8:34AM	Nataraja: Clear			2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 6:55PM	Moon – Blue		Devaloka Day	
						Sravana-Avani	
						<i>Pradosha Vrata (Fasting)</i>	

5		Thursday, August 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Parigha*/Shiva Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Trieste, Italy Sun 13 Sutra 137	
Kataka Rasi: 23.56	Tithi 29 – 30	Gulika 8:45AM – 10:26AM	Ashlesha* Until 3:29PM	Ganesha: Orange	<i>Sunrise:</i> 5:23AM		Vikarin 5121
		Yama 5:23AM – 7:04AM	Parigha* Until 5:49PM	Muruqa: Blue	<i>Sunset:</i> 6:50PM		Moon 8 - Phase 19
		549193463 Rahu 1:48PM – 3:29PM	Catuspada Until 1:31AM Fri	Nataraja: Clear			2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 3:23PM	Moon – Blue		Sivaloka Day	
Until 3:29PM						Sravana-Avani	
Then Creative Work - Amrita Yoga							

Retreat Star		Friday, August 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva/Siddha Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Trieste, Italy Sun 14 Sutra 138	
Simha Rasi: 9.06	Tithi 30 – 1	Gulika 7:05AM – 8:46AM	Magha* Until 12:39PM	Ganesha: Clear	<i>Sunrise:</i> 5:25AM		Vikarin 5121
		Yama 3:27PM – 5:08PM	Shiva Until 1:36PM	Muruqa: Blue	<i>Sunset:</i> 6:48PM		Moon 8 - Phase 19
		559193463 Rahu 10:26AM – 12:06PM	Kintughna Until 9:41PM	Nataraja: Clear			Amavasya
Routine Work	Marana Yoga		Amavasya* Until 11:36AM	Moon – Red		Sivaloka Day	
Until 12:39PM		Varalakshmi Vratam				Sravana-Avani	
Then Creative Work - Siddha Yoga							

Retreat Star		Saturday, August 31, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau		Trieste, Italy Sun 15 Sutra 139	
Simha Rasi: 24.21	Tithi 1 – 2	Gulika 5:26AM – 7:06AM	Purvaphalguni Until 9:37AM	Ganesha: Clear	<i>Sunrise:</i> 5:26AM		Vikarin 5121
		Yama 1:46PM – 3:26PM	Siddha Until 9:18AM	Muruqa: Blue	<i>Sunset:</i> 6:47PM		Moon 8 - Phase 19
		559193463 Rahu 8:46AM – 10:26AM	Kaulava Until 4:00AM Sun	Nataraja: Clear			Prathama
Creative Work	Siddha Yoga		Prathama* Until 7:45AM	Moon – Red		Sivaloka Day	
Until 9:37AM						Bhadrapada-Avani	
Then Routine Work - Marana Yoga							

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

1	Sunday, September 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Subha Yoga Taitila/Gara Karana Trilayam Titau				Trieste, Italy Sun 16 Sutra 140
	Kanya Rasi: 9.32	Tithi 3	Gulika 3:25PM – 5:05PM	Uttaraphalguni Until 6:35AM	Ganesha: Clear	<i>Sunrise:</i> 5:27AM	Vikarin 5121
			Yama 12:06PM – 1:46PM	Subha Until 1:11AM Mon	Muruqa: Blue	<i>Sunset:</i> 6:45PM	Moon 8 - Phase 20
	Creative Work	Amrita Yoga	559193463 Rahu 5:05PM – 6:45PM	Taitila Until 2:14PM	Nataraja: Clear		3rd Phase
			Tritiya Until 12:31AM Mon	Moon – Red		Sivaloka Day	
				Bhadrapada-Avani			

2	Monday, September 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturtham Titau				Trieste, Italy Sun 17 Sutra 141
	Kanya Rasi: 24.3	Tithi 4	Gulika 1:45PM – 3:24PM	Chitra Until 1:56AM Tue	Ganesha: Orange	<i>Sunrise:</i> 5:28AM	Vikarin 5121
	Family Home Evening		Yama 10:26AM – 12:06PM	Sukla Until 9:35PM	Muruqa: Blue	<i>Sunset:</i> 6:43PM	Moon 8 - Phase 20
	Routine Work	Prabalarishta Yoga	569193463 Rahu 7:08AM – 8:47AM	Vanija Until 10:57AM	Nataraja: Clear		3rd Phase
			Ganesha Chaturthi	Chaturthi* Until 9:28PM	Moon – Green	Sivaloka Day	
				Bhadrapada-Avani			

3	Tuesday, September 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Trieste, Italy Sun 18 Sutra 142
	Tula Rasi: 9.06	Tithi 5	Gulika 12:05PM – 1:44PM	Svati Until 12:15AM Wed	Ganesha: Orange	<i>Sunrise:</i> 5:29AM	Vikarin 5121
			Yama 8:47AM – 10:26AM	Brahma Until 6:28PM	Muruqa: Blue	<i>Sunset:</i> 6:41PM	Moon 8 - Phase 20
	Creative Work	Siddha Yoga	569193463 Rahu 3:23PM – 5:02PM	Bava Until 8:10AM	Nataraja: Clear		3rd Phase
			Panchami Until 7:00PM	Moon – Green		Sivaloka Day	
				Bhadrapada-Avani			

4	Wednesday, September 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Kaulava/Gara Karana Shashthi/Saptamyam Titau				Trieste, Italy Sun 19 Sutra 143
	Tula Rasi: 23.15	Tithi 6 – 7	Gulika 10:26AM – 12:05PM	Vishakha Until 11:35PM	Ganesha: Green	<i>Sunrise:</i> 5:31AM	Vikarin 5121
			Yama 7:09AM – 8:48AM	Indra Until 3:57PM	Muruqa: Blue	<i>Sunset:</i> 6:39PM	Moon 8 - Phase 20
	Creative Work	Siddha Yoga	579193463 Rahu 12:05PM – 1:43PM	Kaulava Until 6:02AM	Nataraja: Clear		3rd Phase
			Shashthi* Until 5:14PM	Moon – Orange		Subha Sivaloka Day	
				Bhadrapada-Avani			

5	Thursday, September 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Trieste, Italy Sun 20 Sutra 144
	Vrischika Rasi: 6.56	Tithi 7 – 8	Gulika 8:48AM – 10:26AM	Anuradha Until 11:35PM	Ganesha: Orange	<i>Sunrise:</i> 5:32AM	Vikarin 5121
			Yama 5:32AM – 7:10AM	Vaidhriti* Until 2:04PM	Muruqa: Blue	<i>Sunset:</i> 6:37PM	Moon 8 - Phase 20
	Creative Work	Siddha Yoga	571193463 Rahu 1:43PM – 3:21PM	Visti Until 4:08AM Fri	Nataraja: Clear		3rd Phase
			Saptami Until 4:17PM	Moon – Orange		Sivaloka Day	
				Bhadrapada-Avani			

6	Friday, September 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Trieste, Italy Sun 21 Sutra 145
	Retreat Star		Gulika 7:11AM – 8:49AM	Jyeshtha* Until 12:13AM Sat	Ganesha: Orange	<i>Sunrise:</i> 5:33AM	Vikarin 5121
	Vrischika Rasi: 20.09	Tithi 8 – 9	Yama 3:20PM – 4:58PM	Vishkambha* Until 12:50PM	Muruqa: Blue	<i>Sunset:</i> 6:35PM	Moon 8 - Phase 20
	Routine Work	Marana Yoga	571193463 Rahu 10:26AM – 12:04PM	Balava Until 4:25AM Sat	Nataraja: Clear		Ashtami
			Ashtami* Until 4:10PM	Moon – Orange		Sivaloka Day	
				Bhadrapada-Avani			

7	Saturday, September 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Trieste, Italy Sun 22 Sutra 146
	Retreat Star		Gulika 5:34AM – 7:12AM	Mula* Until 1:56AM Sun	Ganesha: Green	<i>Sunrise:</i> 5:34AM	Vikarin 5121
	Dhanus Rasi: 2.57	Tithi 9 – 10	Yama 1:41PM – 3:19PM	Priti Until 12:15PM	Muruqa: Blue	<i>Sunset:</i> 6:34PM	Moon 8 - Phase 20
	Creative Work	Siddha Yoga	581193463 Rahu 8:49AM – 10:26AM	Taitila Until 5:27AM Sun	Nataraja: Clear		Navami
			Navami* Until 4:49PM	Moon – Light Blue		Devaloka Day	
				Bhadrapada-Avani			

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

1 Sunday, September 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Gara Karana Dashamyam Titau				Trieste, Italy Sun 23 Sutra 147 Vikarin 5121
Dhanus Rasi: 15.25	Tithi 10	Gulika 3:18PM – 4:55PM	Purvashadha* Until 4:05AM Mon	Ganesha: Green <i>Sunrise: 5:35AM</i>		
		Yama 12:04PM – 1:41PM	Ayushman Until 12:11PM	Muruqa: Blue <i>Sunset: 6:32PM</i>		Moon 8 - Phase 21
	581193463	Rahu 4:55PM – 6:32PM	Gara Until 6:10PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga			Moon – Light Blue	Devaloka Day	
Until 4:05AM Mon		Grandparent's Day	Dashami Until 6:10PM	Bhadrapada-Avani		
Then Routine Work - Marana Yoga						

2 Monday, September 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau				Trieste, Italy Sun 24 Sutra 148 Vikarin 5121
Dhanus Rasi: 27.38	Tithi 11	Gulika 1:40PM – 3:16PM	Uttarashadha Until 6:30AM Tue	Ganesha: Green <i>Sunrise: 5:37AM</i>		
Family Home Evening		Yama 10:27AM – 12:03PM	Saubhagya Until 12:34PM	Muruqa: Blue <i>Sunset: 6:30PM</i>		Moon 8 - Phase 21
Routine Work	Marana Yoga	Rahu 7:13AM – 8:50AM	Vanija Until 7:05AM	Nataraja: Clear		4th Phase
Until 6:30AM Tue			Ekadashi Until 8:03PM	Moon – Light Blue	Devaloka Day	
Then Creative Work - Siddha Yoga				Bhadrapada-Avani		

3 Tuesday, September 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Dvadashyam Titau				Trieste, Italy Sun 25 Sutra 149 Vikarin 5121
Makara Rasi: 9.4	Tithi 12	Gulika 12:03PM – 1:39PM	Uttarashadha Until 6:30AM	Ganesha: Green <i>Sunrise: 5:38AM</i>		
		Yama 8:50AM – 10:27AM	Sobhana Until 1:16PM	Muruqa: Blue <i>Sunset: 6:28PM</i>		Moon 8 - Phase 21
	581193463	Rahu 3:15PM – 4:52PM	Bava Until 9:09AM	Nataraja: Clear		4th Phase
Routine Work	Prabalarishta Yoga		Dvadashi Until 10:16PM	Moon – Light Blue	Devaloka Day	
Until 6:30AM				Bhadrapada-Avani		
Then Creative Work - Siddha Yoga						

4 Wednesday, September 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Trieste, Italy Sun 26 Sutra 150 Vikarin 5121
Makara Rasi: 21.34	Tithi 13	Gulika 10:27AM – 12:02PM	Shravana Until 9:32AM	Ganesha: Red <i>Sunrise: 5:39AM</i>		
		Yama 7:15AM – 8:51AM	Athiganda* Until 2:07PM	Muruqa: Blue <i>Sunset: 6:26PM</i>		Moon 8 - Phase 21
	591193463	Rahu 12:02PM – 1:38PM	Kaulava Until 11:29AM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 12:41AM Thu	Moon – Purple	Sivaloka Day	
Until 9:32AM		Avani Avittam		Bhadrapada-Avani		
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>			

5 Thursday, September 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau				Trieste, Italy Sun 27 Sutra 151 Vikarin 5121
Kumbha Rasi: 3.26	Tithi 14	Gulika 8:51AM – 10:27AM	Dhanishtha Until 12:31PM	Ganesha: Red <i>Sunrise: 5:40AM</i>		
		Yama 5:40AM – 7:16AM	Sukarma Until 3:04PM	Muruqa: Blue <i>Sunset: 6:24PM</i>		Moon 8 - Phase 21
	591193463	Rahu 1:38PM – 3:13PM	Gara Until 1:57PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 3:09AM Fri	Moon – Purple	Sivaloka Day	
		Chidambaram Abhishekam		Bhadrapada-Avani		

Friday, September 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau				Trieste, Italy Sutra 152 Vikarin 5121
Copper Retreat Star		Gulika 7:17AM – 8:52AM	Shatabhishak Until 3:20PM	Ganesha: Red <i>Sunrise: 5:42AM</i>		
Kumbha Rasi: 15.17	Tithi 15	Yama 3:12PM – 4:47PM	Dhriti Until 4:01PM	Muruqa: Purple <i>Sunset: 6:22PM</i>		Moon 8 - Phase 21
	591113463	Rahu 10:27AM – 12:02PM	Visti Until 4:24PM	Nataraja: Clear		Purnima
Creative Work	Siddha Yoga		Purnima* Until 5:36AM Sat	Moon – Purple	Sivaloka Day	
				Bhadrapada-Avani		

Saturday, September 14, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula*/Ganda* Yoga Balava Karana Prathamayam Titau				Trieste, Italy Sutra 153 Vikarin 5121
Silver Retreat Star		Gulika 5:43AM – 7:17AM	Purvaproshtapada* Until 6:25PM	Ganesha: Red <i>Sunrise: 5:43AM</i>		
Kumbha Rasi: 27.1	Tithi 16	Yama 1:36PM – 3:11PM	Shula* Until 4:53PM	Muruqa: Purple <i>Sunset: 6:20PM</i>		Moon 8 - Phase 21
	511113463	Rahu 8:52AM – 10:27AM	Balava Until 6:48PM	Nataraja: Clear		Prathama
Routine Work	Marana Yoga		Prathama* Until 7:55AM Sun	Moon – Clear	Sivaloka Day	
Until 6:25PM				Bhadrapada-Avani		
Then Creative Work - Siddha Yoga						

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



Sunday, September 15, 2019

Gold Retreat Star

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

Trieste, Italy

Sutra 154

Vikarin 5121

Meena Rasi: 9.04 Tithi 16 – 17

Gulika 3:10PM – 4:44PM

Uttaraproshtapada Until 9:13PM

Ganesha: Yellow Sunrise: 5:44AM

Moon 9 - Phase 22

Yama 12:01PM – 1:35PM

Ganda* Until 5:40PM

Muruqa: Purple Sunset: 6:18PM

1st Phase

Rahu 4:44PM – 6:18PM

Taitila Until 9:03PM

Nataraja: Clear

Sivaloka Day

Creative Work Amrita Yoga

Moon – Clear

Bhadrapada*Avani

1

Monday, September 16, 2019

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

Trieste, Italy

Sun 1

Sutra 155

Vikarin 5121

Meena Rasi: 21.03 Tithi 17 – 18

Gulika 1:35PM – 3:08PM

Revati Until 11:39PM

Ganesha: Yellow Sunrise: 5:45AM

Moon 9 - Phase 22

Yama 10:27AM – 12:01PM

Vridhdi Until 6:20PM

Muruqa: Purple Sunset: 6:16PM

1st Phase

Rahu 7:19AM – 8:53AM

Vanija Until 11:06PM

Nataraja: Clear

Sivaloka Day

Family Home Evening Creative Work Siddha Yoga

Moon – Clear

Bhadrapada*Avani

2

Tuesday, September 17, 2019

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

Trieste, Italy

Sun 2

Sutra 156

Vikarin 5121

Mesha Rasi: 3.06 Tithi 18 – 19

Gulika 12:00PM – 1:34PM

Ashvini Until 2:11AM Wed

Ganesha: White Sunrise: 5:46AM

Moon 9 - Phase 22

Yama 8:53AM – 10:27AM

Dhruva Until 6:46PM

Muruqa: Purple Sunset: 6:14PM

1st Phase

Rahu 3:07PM – 4:41PM

Bava Until 12:55AM Wed

Nataraja: Clear

Devaloka Day

Creative Work Siddha Yoga

Moon – White

Bhadrapada*Puratasi

3

Wednesday, September 18, 2019

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

Trieste, Italy

Sun 3

Sutra 157

Vikarin 5121

Mesha Rasi: 15.16 Tithi 19 – 20

Gulika 10:27AM – 12:00PM

Bharani Until 4:13AM Thu

Ganesha: White Sunrise: 5:48AM

Moon 9 - Phase 22

Yama 7:21AM – 8:54AM

Vyaghata* Until 6:59PM

Muruqa: Purple Sunset: 6:12PM

1st Phase

Rahu 12:00PM – 1:33PM

Kaulava Until 2:23AM Thu

Nataraja: Clear

Devaloka Day

Creative Work Siddha Yoga

Moon – White

Bhadrapada*Puratasi

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

4

Thursday, September 19, 2019

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

Trieste, Italy

Sun 4

Sutra 158

Vikarin 5121

Mesha Rasi: 27.35 Tithi 20 – 21

Gulika 8:54AM – 10:27AM

Krittika Until 5:39AM Fri

Ganesha: White Sunrise: 5:49AM

Moon 9 - Phase 22

Yama 5:49AM – 7:22AM

Harshana Until 6:55PM

Muruqa: Purple Sunset: 6:10PM

1st Phase

Rahu 1:32PM – 3:05PM

Gara Until 3:26AM Fri

Nataraja: Clear

Devaloka Day

Routine Work Marana Yoga

Moon – White

Bhadrapada*Puratasi

Panchami Until 2:57PM

5

Friday, September 20, 2019

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

Trieste, Italy

Sun 5

Sutra 159

Vikarin 5121

Vrishabha Rasi: 10.05 Tithi 21 – 22

Gulika 7:22AM – 8:55AM

Rohini Until 6:52AM Sat

Ganesha: Clear Sunrise: 5:50AM

Moon 9 - Phase 22

Yama 3:04PM – 4:36PM

Vajra* Until 6:24PM

Muruqa: Purple Sunset: 6:09PM

1st Phase

Rahu 10:27AM – 11:59AM

Visti Until 3:55AM Sat

Nataraja: Clear

Sivaloka Day

Routine Work Marana Yoga

Moon – Yellow

Bhadrapada*Puratasi

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

6

Saturday, September 21, 2019

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

Trieste, Italy

Sun 6

Sutra 160

Vikarin 5121

Vrishabha Rasi: 22.51 Tithi 22 – 23

Gulika 5:51AM – 7:23AM

Rohini Until 6:52AM

Ganesha: Clear Sunrise: 5:51AM

Moon 9 - Phase 22

Yama 1:31PM – 3:03PM

Siddhi Until 5:26PM

Muruqa: Purple Sunset: 6:07PM

1st Phase

Rahu 8:55AM – 10:27AM

Balava Until 3:45AM Sun

Nataraja: Clear

Sivaloka Day

Creative Work Amrita Yoga

Moon – Yellow

Bhadrapada*Puratasi

Until 6:52AM
Then Creative Work - Siddha Yoga

☾

Sunday, September 22, 2019

Retreat Star

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

Trieste, Italy

Sun 7

Sutra 161

Vikarin 5121

Mithuna Rasi: 5.56 Tithi 23 – 24

Gulika 3:02PM – 4:33PM

Mrigashira Until 7:17AM

Ganesha: Orange Sunrise: 5:53AM

Moon 9 - Phase 22

Yama 11:59AM – 1:30PM

Vyatiyata* Until 3:55PM

Muruqa: Purple Sunset: 6:05PM

Ashtami

Rahu 4:33PM – 6:05PM

Taitila Until 2:52AM Mon

Nataraja: Clear

Sivaloka Day

Creative Work Siddha Yoga

Moon – Yellow

Bhadrapada*Puratasi

Ashtami* Until 3:23PM

Monday, September 23, 2019

Retreat Star

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

Trieste, Italy

Sun 8

Sutra 162

Vikarin 5121

Mithuna Rasi: 19.25 Tithi 24 – 25

Gulika 1:29PM – 3:00PM

Ardra Until 6:50AM

Ganesha: Orange Sunrise: 5:54AM

Moon 9 - Phase 22

Yama 10:27AM – 11:58AM

Variyan Until 1:48PM

Muruqa: Purple Sunset: 6:03PM

Navami

Rahu 7:25AM – 8:56AM

Vanija Until 1:16AM Tue

Nataraja: Clear

Sivaloka Day

Family Home Evening Creative Work Siddha Yoga

Moon – Yellow

Bhadrapada*Puratasi

Until 6:50AM
Then Creative Work - Amrita Yoga

Navami* Until 2:08PM

1		Monday, September 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Trieste, Italy Sun 15 Sutra 169 Vikarin 5121	
Tula Rasi: 2.55	Tithi 2 – 3	Gulika	1:24PM – 2:53PM	Chitra Until 12:02PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:02AM	
Family Home Evening	663213463	Yama	10:27AM – 11:56AM	Indra Until 7:41AM	Muruqa: Purple	<i>Sunset:</i> 5:49PM	Moon 9 - Phase 24
Routine Work Prabalarishta Yoga		Rahu	7:31AM – 8:59AM	Taitila Until 10:54PM	Nataraja: Clear		3rd Phase
Until 12:02PM				Dvitiya Until 12:24PM	Moon – Green		Devaloka Day
Then Creative Work - Amrita Yoga					Ashvina+Puratasi		

2		Tuesday, October 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Trieste, Italy Sun 16 Sutra 170 Vikarin 5121	
Tula Rasi: 17.38	Tithi 3 – 4	Gulika	11:56AM – 1:23PM	Svati Until 9:45AM	Ganesha: Light Blue	<i>Sunrise:</i> 6:04AM	
	663213463	Yama	9:00AM – 10:28AM	Vishkambha* Until 12:54AM Wed	Muruqa: Purple	<i>Sunset:</i> 5:47PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		Rahu	2:51PM – 4:19PM	Vanija Until 8:17PM	Nataraja: Clear		3rd Phase
Until 9:45AM				Tritiya Until 9:30AM	Moon – Green		Devaloka Day
Then Routine Work - Marana Yoga					Ashvina+Puratasi		

3		Wednesday, October 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Trieste, Italy Sun 17 Sutra 171 Vikarin 5121	
Vrischika Rasi: 1.56	Tithi 4 – 5	Gulika	10:28AM – 11:55AM	Vishakha Until 8:23AM	Ganesha: Purple	<i>Sunrise:</i> 6:05AM	
	673213463	Yama	7:32AM – 9:00AM	Priti Until 10:22PM	Muruqa: Purple	<i>Sunset:</i> 5:46PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		Rahu	11:55AM – 1:23PM	Bava Until 6:22PM	Nataraja: Clear		3rd Phase
				Chaturthi* Until 7:13AM	Moon – Orange		Devaloka Day
					Ashvina+Puratasi		

4		Thursday, October 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau		Trieste, Italy Sun 18 Sutra 172 Vikarin 5121	
Vrischika Rasi: 15.44	Tithi 6	Gulika	9:01AM – 10:28AM	Anuradha Until 7:38AM	Ganesha: Purple	<i>Sunrise:</i> 6:06AM	
	673213463	Yama	6:06AM – 7:33AM	Ayushman Until 8:29PM	Muruqa: Purple	<i>Sunset:</i> 5:44PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		Rahu	1:22PM – 2:49PM	Kaulava Until 5:17PM	Nataraja: Clear		3rd Phase
Until 7:38AM				Shashthi* Until 5:03AM Fri	Moon – Orange		Devaloka Day
Then Routine Work - Prabalarishta Yoga					Ashvina+Puratasi		

5		Friday, October 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau		Trieste, Italy Sun 19 Sutra 173 Vikarin 5121	
Vrischika Rasi: 29.02	Tithi 7	Gulika	7:34AM – 9:01AM	Jyeshtha* Until 7:36AM	Ganesha: Purple	<i>Sunrise:</i> 6:07AM	
	673213463	Yama	2:48PM – 4:15PM	Saubhagya Until 7:19PM	Muruqa: Purple	<i>Sunset:</i> 5:42PM	Moon 9 - Phase 24
Routine Work Marana Yoga		Rahu	10:28AM – 11:55AM	Gara Until 5:06PM	Nataraja: Clear		3rd Phase
Until 7:36AM				Saptami Until 5:19AM Sat	Moon – Orange		Devaloka Day
Then Creative Work - Amrita Yoga					Ashvina+Puratasi		

Retreat Star		Saturday, October 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Visti*/Bava Karana Ashtamyam Titau		Trieste, Italy Sun 20 Sutra 174 Vikarin 5121	
Dhanus Rasi: 11.52	Tithi 8	Gulika	6:09AM – 7:35AM	Mula* Until 8:45AM	Ganesha: Clear	<i>Sunrise:</i> 6:09AM	
	683213463	Yama	1:21PM – 2:47PM	Sobhana Until 6:51PM	Muruqa: Purple	<i>Sunset:</i> 5:40PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		Rahu	9:01AM – 10:28AM	Visti Until 5:47PM	Nataraja: Clear		Ashtami
				Ashtami* Until 6:24AM Sun	Moon – Light Blue		Sivaloka Day
		Durga Ashtami			Ashvina+Puratasi		

Retreat Star		Sunday, October 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Trieste, Italy Sun 21 Sutra 175 Vikarin 5121	
Dhanus Rasi: 24.2	Tithi 8 – 9	Gulika	2:46PM – 4:12PM	Purvashadha* Until 10:32AM	Ganesha: Clear	<i>Sunrise:</i> 6:10AM	
	683213463	Yama	11:54AM – 1:20PM	Athiganda* Until 6:55PM	Muruqa: Purple	<i>Sunset:</i> 5:38PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		Rahu	4:12PM – 5:38PM	Balava Until 7:14PM	Nataraja: Clear		Navami
Until 10:32AM				Ashtami* Until 6:24AM	Moon – Light Blue		Sivaloka Day
Then Creative Work - Amrita Yoga		Saraswathi Puja (Tamil Nadu)			Ashvina+Puratasi		

Monday, October 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Trieste, Italy Sun 22 Sutra 176 Vikarin 5121
1	Makara Rasi: 6.31 Family Home Evening Routine Work Until 12:46PM Then Creative Work - Amrita Yoga	Tithi 9 - 10 683213463	Gulika 1:19PM - 2:45PM Yama 10:28AM - 11:54AM Rahu 7:37AM - 9:02AM	Uttarashadha Until 12:46PM Sukarma Until 7:28PM Taitila Until 9:17PM Navami* Until 8:11AM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon - Light Blue	Sunrise: 6:11AM Sunset: 5:36PM Moon 9 - Phase 25 4th Phase Sivaloka Day Ashvina+Puratasi

Tuesday, October 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Trieste, Italy Sun 23 Sutra 177 Vikarin 5121
2	Makara Rasi: 18.29 Creative Work Siddha Yoga	Tithi 10 - 11 693213464	Gulika 11:53AM - 1:19PM Yama 9:03AM - 10:28AM Rahu 2:44PM - 4:09PM	Shravana Until 3:45PM Dhriti Until 8:18PM Vanija Until 11:40PM Dashami Until 10:25AM	Ganesha: White Muruqa: Purple Nataraja: Purple Moon - Purple	Sunrise: 6:13AM Sunset: 5:34PM Moon 9 - Phase 25 4th Phase Sivaloka Day Ashvina+Puratasi

Wednesday, October 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Trieste, Italy Sun 24 Sutra 178 Vikarin 5121
3	Kumbha Rasi: 0.22 Routine Work Until 6:46PM Then Creative Work - Siddha Yoga	Tithi 11 - 12 693213464	Gulika 10:28AM - 11:53AM Yama 7:39AM - 9:03AM Rahu 11:53AM - 1:18PM	Dhanishtha Until 6:46PM Shula* Until 9:13PM Bava Until 2:13AM Thu Ekadashi Until 12:55PM	Ganesha: White Muruqa: Purple Nataraja: Purple Moon - Purple	Sunrise: 6:14AM Sunset: 5:32PM Moon 9 - Phase 25 4th Phase Sivaloka Day Ashvina+Puratasi

Thursday, October 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Trieste, Italy Sun 25 Sutra 179 Vikarin 5121
4	Kumbha Rasi: 12.12 Creative Work Siddha Yoga	Tithi 12 - 13 693213464	Gulika 9:04AM - 10:28AM Yama 6:15AM - 7:40AM Rahu 1:17PM - 2:42PM	Shatabhishak Until 9:36PM Ganda* Until 10:09PM Kaulava Until 4:43AM Fri Dvadashi Until 3:27PM	Ganesha: White Muruqa: Purple Nataraja: Purple Moon - Purple	Sunrise: 6:15AM Sunset: 5:31PM Moon 9 - Phase 25 4th Phase Sivaloka Day Ashvina+Puratasi

Pradosha Vrata

Friday, October 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Trieste, Italy Sun 26 Sutra 180 Vikarin 5121
5	Kumbha Rasi: 24.04 Creative Work Siddha Yoga	Tithi 13 - 14 613213464	Gulika 7:40AM - 9:05AM Yama 2:41PM - 4:05PM Rahu 10:29AM - 11:53AM	Purvaproshtapada* Until 12:40AM Sat Vriddhi Until 11:00PM Gara Until 7:04AM Sat Trayodashi Until 5:53PM	Ganesha: Blue Muruqa: Purple Nataraja: Purple Moon - Clear	Sunrise: 6:16AM Sunset: 5:29PM Moon 9 - Phase 25 4th Phase Sivaloka Day Ashvina+Puratasi

Saturday, October 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau				Trieste, Italy Sun 27 Sutra 181 Vikarin 5121
6	Meena Rasi: 5.58 Creative Work Until 3:21AM Sun Then Creative Work - Amrita Yoga	Tithi 14 613213464	Gulika 6:18AM - 7:41AM Yama 1:16PM - 2:40PM Rahu 9:05AM - 10:29AM	Uttaraproshtapada Until 3:21AM Sun Dhruva Until 11:40PM Gara Until 7:04AM Chaturdashi* Until 8:08PM	Ganesha: Blue Muruqa: Purple Nataraja: Purple Moon - Clear	Sunrise: 6:18AM Sunset: 5:27PM Moon 9 - Phase 25 4th Phase Sivaloka Day Ashvina+Puratasi

Sunday, October 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Trieste, Italy Sutra 182 Vikarin 5121
○	Meena Rasi: 17.59 Creative Work Until 5:38AM Mon Then Creative Work - Siddha Yoga	Tithi 15 614213464	Gulika 2:39PM - 4:02PM Yama 11:52AM - 1:15PM Rahu 4:02PM - 5:25PM	Revati Until 5:38AM Mon Vyaghata* Until 12:08AM Mon Visti Until 9:11AM Purnima* Until 10:07PM	Ganesha: Yellow Muruqa: Purple Nataraja: Purple Moon - Clear	Sunrise: 6:19AM Sunset: 5:25PM Moon 9 - Phase 25 Purnima Subha Sivaloka Day Ashvina+Puratasi

Monday, October 14, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Trieste, Italy Sutra 183 Vikarin 5121
○	Mesha Rasi: 0.05 Family Home Evening Creative Work Siddha Yoga	Tithi 16 624213464	Gulika 1:15PM - 2:38PM Yama 10:29AM - 11:52AM Rahu 7:43AM - 9:06AM	Ashvini Until 7:57AM Tue Harshana Until 12:25AM Tue Balava Until 11:02AM Prathama* Until 11:50PM	Ganesha: White Muruqa: Purple Nataraja: Purple Moon - White	Sunrise: 6:20AM Sunset: 5:23PM Moon 9 - Phase 25 Prathama Subha Subha Sivaloka Day Ashvina+Puratasi

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



Tuesday, October 15, 2019

Gold Retreat Star

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

Trieste, Italy
Sun 1
Sutra 184
Vikarin 5121

Mesha Rasi: 12.19 Tithi 17

624213464

Gulika 11:52AM – 1:14PM
Yama 9:07AM – 10:29AM
Rahu 2:37PM – 3:59PM

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

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

Trieste, Italy
Sun 2
Sutra 185
Vikarin 5121

Mesha Rasi: 24.41 Tithi 18

624213464

Gulika 10:29AM – 11:51AM
Yama 7:45AM – 9:07AM
Rahu 11:51AM – 1:14PM

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

Ganesha: White *Sunrise:* 6:23AM
Muruqa: Purple *Sunset:* 5:20PM
Nataraja: Purple
Moon – White **Subha Subha Sivaloka Day**
Ashvina•Puratasi

Creative Work Siddha Yoga

Until 9:48AM

Then Creative Work - Amrita Yoga

2

Thursday, October 17, 2019

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

Trieste, Italy
Sun 3
Sutra 186
Vikarin 5121

Vrishabha Rasi: 7.12 Tithi 19

624313464

Gulika 9:08AM – 10:29AM
Yama 6:24AM – 7:46AM
Rahu 1:13PM – 2:35PM

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

Ganesha: Yellow *Sunrise:* 6:24AM
Muruqa: Purple *Sunset:* 5:18PM
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

Trieste, Italy
Sun 4
Sutra 187
Vikarin 5121

Vrishabha Rasi: 19.53 Tithi 20

634313464

Gulika 7:47AM – 9:08AM
Yama 2:34PM – 3:55PM
Rahu 10:30AM – 11:51AM

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

Ganesha: White *Sunrise:* 6:26AM
Muruqa: Purple *Sunset:* 5:16PM
Nataraja: Purple
Moon – Yellow **Sivaloka Day**
Ashvina•Aipasi

Routine Work Marana Yoga

Until 12:27PM

Then Creative Work - Siddha Yoga

4

Saturday, October 19, 2019

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

Trieste, Italy
Sun 5
Sutra 188
Vikarin 5121

Mithuna Rasi: 2.46 Tithi 21

634313464

Gulika 6:27AM – 7:48AM
Yama 1:12PM – 2:33PM
Rahu 9:09AM – 10:30AM

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

Ganesha: White *Sunrise:* 6:27AM
Muruqa: Purple *Sunset:* 5:15PM
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

Trieste, Italy
Sun 6
Sutra 189
Vikarin 5121

Mithuna Rasi: 15.55 Tithi 22

634313464

Gulika 2:32PM – 3:52PM
Yama 11:51AM – 1:11PM
Rahu 3:52PM – 5:13PM

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

Ganesha: White *Sunrise:* 6:28AM
Muruqa: Purple *Sunset:* 5:13PM
Nataraja: Purple
Moon – Yellow **Sivaloka Day**
Ashvina•Aipasi

Creative Work Siddha Yoga

D

Monday, October 21, 2019

Retreat Star

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

Trieste, Italy
Sun 7
Sutra 190
Vikarin 5121

Mithuna Rasi: 29.2 Tithi 23

644313464

Gulika 1:11PM – 2:31PM
Yama 10:30AM – 11:50AM
Rahu 7:50AM – 9:10AM

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

Ganesha: Clear *Sunrise:* 6:30AM
Muruqa: Purple *Sunset:* 5:11PM
Nataraja: Purple
Moon – Blue **Subha Sivaloka Day**
Ashvina•Aipasi

Creative Work Amrita Yoga

Until 1:01PM

Then Creative Work - Siddha Yoga

Tuesday, October 22, 2019

Retreat Star

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

Trieste, Italy
Sun 8
Sutra 191
Vikarin 5121

Kataka Rasi: 13.05 Tithi 24

644313464

Gulika 11:50AM – 1:10PM
Yama 9:11AM – 10:30AM
Rahu 2:30PM – 3:50PM

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

Ganesha: Clear *Sunrise:* 6:31AM
Muruqa: Purple *Sunset:* 5:10PM
Nataraja: Purple
Moon – Blue **Subha Sivaloka Day**
Ashvina•Aipasi

Creative Work Siddha Yoga

1		Wednesday, October 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha* Magha* Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Dashamyam Titau		Trieste, Italy Sun 9 Sutra 192	
Kataka Rasi: 27.12	Tithi 25	Gulika 10:31AM – 11:50AM	Ashlesha* Until 10:32AM	Ganesha: Clear	<i>Sunrise:</i> 6:32AM	Vikarin 5121	
		Yama 7:52AM – 9:11AM	Subha Until 12:24PM	Muruqa: Purple	<i>Sunset:</i> 5:08PM	Moon 10 - Phase 27	
Creative Work	Siddha Yoga	644313464 Rahu 11:50AM – 1:10PM	Vanija Until 9:55AM	Nataraja: Purple		2nd Phase	
			Dashami Until 8:38PM	Moon – Blue		Subha Sivaloka Day	
				Ashvina•Aipasi			

2		Thursday, October 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau		Trieste, Italy Sun 10 Sutra 193	
Simha Rasi: 11.39	Tithi 26 – 27	Gulika 9:12AM – 10:31AM	Magha* Until 8:45AM	Ganesha: Purple	<i>Sunrise:</i> 6:34AM	Vikarin 5121	
		Yama 6:34AM – 7:53AM	Sukla Until 9:02AM	Muruqa: Purple	<i>Sunset:</i> 5:06PM	Moon 10 - Phase 27	
Creative Work	Amrita Yoga	654313464 Rahu 1:09PM – 2:28PM	Bava Until 7:16AM	Nataraja: Purple		2nd Phase	
Until 8:45AM			Ekadashi* Until 5:47PM	Moon – Red		Sivaloka Day	
Then Creative Work - Siddha Yoga				Ashvina•Aipasi			

3		Friday, October 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Indra Yoga Taillala/Gara Karana Dvadashi/Trayodashyam Titau		Trieste, Italy Sun 11 Sutra 194	
Simha Rasi: 26.22	Tithi 27 – 28	Gulika 7:54AM – 9:13AM	Purvaphalguni Until 6:27AM	Ganesha: Clear	<i>Sunrise:</i> 6:35AM	Vikarin 5121	
		Yama 2:27PM – 3:46PM	Indra Until 1:31AM Sat	Muruqa: Purple	<i>Sunset:</i> 5:05PM	Moon 10 - Phase 27	
Creative Work	Siddha Yoga	655313464 Rahu 10:31AM – 11:50AM	Gara Until 12:59AM Sat	Nataraja: Purple		2nd Phase	
			Dvadashi* Until 2:38PM	Moon – Red		Subha Sivaloka Day	
				Ashvina•Aipasi			
				<i>Pradosha Vrata (Fasting)</i>			

4		Saturday, October 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Hasta Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Trieste, Italy Sun 12 Sutra 195	
Kanya Rasi: 11.16	Tithi 28 – 29	Gulika 6:36AM – 7:55AM	Hasta Until 1:19AM Sun	Ganesha: Orange	<i>Sunrise:</i> 6:36AM	Vikarin 5121	
		Yama 1:08PM – 2:26PM	Vaidhriti* Until 9:34PM	Muruqa: Purple	<i>Sunset:</i> 5:03PM	Moon 10 - Phase 27	
Routine Work	Marana Yoga	665313464 Rahu 9:13AM – 10:31AM	Visti Until 9:37PM	Nataraja: Purple		2nd Phase	
Until 1:19AM Sun			Trayodashi* Until 11:17AM	Moon – Green		Subha Sivaloka Day	
Then Creative Work - Siddha Yoga		Deepavali Hindu Solidarity Day		Ashvina•Aipasi			

Retreat Star		Sunday, October 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Vishkambha*/Priti Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Trieste, Italy Sun 13 Sutra 196	
Kanya Rasi: 26.14	Tithi 29 – 30	Gulika 2:26PM – 3:44PM	Chitra Until 10:48PM	Ganesha: Orange	<i>Sunrise:</i> 6:38AM	Vikarin 5121	
		Yama 11:50AM – 1:08PM	Vishkambha* Until 5:40PM	Muruqa: Purple	<i>Sunset:</i> 5:02PM	Moon 10 - Phase 27	
Creative Work	Siddha Yoga	665313464 Rahu 3:44PM – 5:02PM	Catuspada Until 6:18PM	Nataraja: Purple		Amavasya	
			Chaturdashi* Until 7:55AM	Moon – Green		Subha Sivaloka Day	
		Subramuniyaswami Mahasamadhi		Ashvina•Aipasi			

Retreat Star		Monday, October 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti/Ayushman Yoga Kintughna*/Bava Karana Prathamayam Titau		Trieste, Italy Sun 14 Sutra 197	
Tula Rasi: 11.05	Tithi 1	Gulika 1:07PM – 2:25PM	Svati Until 8:24PM	Ganesha: Orange	<i>Sunrise:</i> 6:39AM	Vikarin 5121	
Family Home Evening		Yama 10:32AM – 11:50AM	Priti Until 1:57PM	Muruqa: Purple	<i>Sunset:</i> 5:00PM	Moon 10 - Phase 27	
Creative Work	Amrita Yoga	665313464 Rahu 7:57AM – 9:14AM	Kintughna Until 3:12PM	Nataraja: Purple		Prathama	
Until 8:24PM			Prathama* Until 1:47AM Tue	Moon – Green		Subha Sivaloka Day	
Then Routine Work - Marana Yoga		Skanda Shasthi Begins		Kartika•Aipasi			

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

1		Tuesday, October 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvitiyayam Titau		Trieste, Italy Sun 15 Sutra 198 Vikarin 5121	
Tula Rasi: 25.43	Tithi 2	Gulika 11:50AM – 1:07PM	Vishakha Until 6:42PM	Ganesha: Clear	<i>Sunrise:</i> 6:41AM	Moon 10 - Phase 28 3rd Phase	
Routine Work	Marana Yoga	Yama 9:15AM – 10:32AM	Ayushman Until 10:32AM	Muruqa: Purple	<i>Sunset:</i> 4:59PM	Subha Sivaloka Day	
Until 6:42PM		Rahu 2:24PM – 3:41PM	Balava Until 12:31PM	Nataraja: Purple		Moon – Orange	
Then Creative Work - Siddha Yoga			Dvitiya Until 11:21PM	Kartika•Aipasi			

2		Wednesday, October 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau		Trieste, Italy Sun 16 Sutra 199 Vikarin 5121	
Virshika Rasi: 9.59	Tithi 3	Gulika 10:33AM – 11:50AM	Anuradha Until 5:29PM	Ganesha: Clear	<i>Sunrise:</i> 6:42AM	Moon 10 - Phase 28 3rd Phase	
Routine Work	Siddha Yoga	Yama 7:59AM – 9:16AM	Saubhagya Until 7:34AM	Muruqa: Purple	<i>Sunset:</i> 4:57PM	Subha Sivaloka Day	
Until 6:42PM		Rahu 11:50AM – 1:06PM	Taitila Until 10:22AM	Nataraja: Purple		Moon – Orange	
Then Creative Work - Siddha Yoga			Tritiya Until 9:33PM	Kartika•Aipasi			

3		Thursday, October 31, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Athiganda* Yoga Vanija/Visti* Karana Chaturthayam Titau		Trieste, Italy Sun 17 Sutra 200 Vikarin 5121	
Virshika Rasi: 23.49	Tithi 4	Gulika 9:16AM – 10:33AM	Jyeshtha* Until 4:51PM	Ganesha: Clear	<i>Sunrise:</i> 6:43AM	Moon 10 - Phase 28 3rd Phase	
Routine Work	Prabalarishta Yoga	Yama 6:43AM – 8:00AM	Athiganda* Until 3:24AM Fri	Muruqa: Purple	<i>Sunset:</i> 4:56PM	Subha Sivaloka Day	
Until 4:51PM		Rahu 1:06PM – 2:23PM	Vanija Until 8:57AM	Nataraja: Purple		Moon – Orange	
Then Creative Work - Siddha Yoga			Chaturthi* Until 8:31PM	Kartika•Aipasi			

4		Friday, November 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukarma Yoga Bava/Balava Karana Panchamyam Titau		Trieste, Italy Sun 18 Sutra 201 Vikarin 5121	
Dhanus Rasi: 7.1	Tithi 5	Gulika 8:01AM – 9:17AM	Mula* Until 5:20PM	Ganesha: Purple	<i>Sunrise:</i> 6:45AM	Moon 10 - Phase 28 3rd Phase	
Routine Work	Amrita Yoga	Yama 2:22PM – 3:38PM	Sukarma Until 2:18AM Sat	Muruqa: Purple	<i>Sunset:</i> 4:54PM	Subha Subha Sivaloka Day	
Until 5:20PM		Rahu 10:33AM – 11:49AM	Bava Until 8:21AM	Nataraja: Purple		Moon – Light Blue	
Then Routine Work - Prabalarishta Yoga			Panchami Until 8:21PM	Kartika•Aipasi			

5		Saturday, November 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Dhriti Yoga Kaulava/Taitila Karana Shashthiyam Titau		Trieste, Italy Sun 19 Sutra 202 Vikarin 5121	
Dhanus Rasi: 20.05	Tithi 6	Gulika 6:46AM – 8:02AM	Purvashadha* Until 6:31PM	Ganesha: Purple	<i>Sunrise:</i> 6:46AM	Moon 10 - Phase 28 3rd Phase	
Routine Work	Siddha Yoga	Yama 1:05PM – 2:21PM	Dhriti Until 1:53AM Sun	Muruqa: Purple	<i>Sunset:</i> 4:53PM	Subha Subha Sivaloka Day	
Until 6:31PM		Rahu 9:18AM – 10:34AM	Kaulava Until 8:37AM	Nataraja: Purple		Moon – Light Blue	
Then Routine Work - Marana Yoga		Skanda Shasthi	Shashthi* Until 9:02PM	Kartika•Aipasi			

6		Sunday, November 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Shula* Yoga Gara/Vanija Karana Saptamyam Titau		Trieste, Italy Sun 20 Sutra 203 Vikarin 5121	
Makara Rasi: 2.37	Tithi 7	Gulika 2:20PM – 3:36PM	Uttarashadha Until 8:16PM	Ganesha: Purple	<i>Sunrise:</i> 6:48AM	Moon 10 - Phase 28 3rd Phase	
Routine Work	Amrita Yoga	Yama 11:49AM – 1:05PM	Shula* Until 1:59AM Mon	Muruqa: Purple	<i>Sunset:</i> 4:51PM	Subha Subha Sivaloka Day	
Until 6:31PM		Rahu 3:36PM – 4:51PM	Gara Until 9:42AM	Nataraja: Purple		Moon – Light Blue	
Then Routine Work - Marana Yoga			Saptami Until 10:30PM	Kartika•Aipasi			

Retreat Star		Monday, November 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Trieste, Italy Sun 21 Sutra 204 Vikarin 5121	
Makara Rasi: 14.49	Tithi 8	Gulika 1:05PM – 2:20PM	Shravana Until 10:57PM	Ganesha: Purple	<i>Sunrise:</i> 6:49AM	Moon 10 - Phase 28 Ashtami	
Family Home Evening		Yama 10:34AM – 11:49AM	Ganda* Until 2:32AM Tue	Muruqa: Purple	<i>Sunset:</i> 4:50PM	Sivaloka Day	
Creative Work	Amrita Yoga	Rahu 8:04AM – 9:19AM	Visti Until 11:29AM	Nataraja: Purple		Moon – Purple	
Until 10:57PM			Ashtami* Until 12:33AM Tue	Kartika•Aipasi			
Then Creative Work - Siddha Yoga							

Retreat Star		Tuesday, November 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Balava/Kaulava Karana Navamyam Titau		Trieste, Italy Sun 22 Sutra 205 Vikarin 5121	
Makara Rasi: 26.5	Tithi 9	Gulika 11:49AM – 1:04PM	Dhanishtha Until 1:49AM Wed	Ganesha: Purple	<i>Sunrise:</i> 6:50AM	Moon 10 - Phase 28 Navami	
Routine Work	Siddha Yoga	Yama 9:20AM – 10:35AM	Vriddhi Until 3:21AM Wed	Muruqa: Purple	<i>Sunset:</i> 4:49PM	Sivaloka Day	
Until 6:31PM		Rahu 2:19PM – 3:34PM	Balava Until 1:45PM	Nataraja: Purple		Moon – Purple	
Then Creative Work - Siddha Yoga			Navami* Until 2:58AM Wed	Kartika•Aipasi			


1	Wednesday, November 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Taitila/Gara Karana Dashamyam Titau				Trieste, Italy
	Kumbha Rasi: 8.43	Tithi 10	Gulika 10:35AM – 11:49AM	Shatabhishak Until 4:39AM Thu	Ganesha: Purple	<i>Sunrise:</i> 6:52AM	Sun 23 Sutra 206
			Yama 8:06AM – 9:21AM	Dhruva Until 4:14AM Thu	Muruqa: Purple	<i>Sunset:</i> 4:47PM	Vikarin 5121
	696313464	Rahu 11:49AM – 1:04PM		Taitila Until 4:16PM	Nataraja: Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		Dashami Until 5:31AM Thu	Moon – Purple		4th Phase	
				Kartika-Aipasi		Sivaloka Day	

2	Thursday, November 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Vanija Karana Ekadashyam Titau				Trieste, Italy
	Kumbha Rasi: 20.34	Tithi 11	Gulika 9:21AM – 10:35AM	Purvaproshtapada* Until 7:44AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 6:53AM	Sun 24 Sutra 207
			Yama 6:53AM – 8:07AM	Vyaghata* Until 5:04AM Fri	Muruqa: Purple	<i>Sunset:</i> 4:46PM	Vikarin 5121
	716313464	Rahu 1:04PM – 2:18PM		Vanija Until 6:47PM	Nataraja: Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		Ekadashi Until 7:58AM Fri	Moon – Clear		4th Phase	
				Kartika-Aipasi		Subha Sivaloka Day	

3	Friday, November 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Harshana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Trieste, Italy
	Meena Rasi: 2.28	Tithi 11 – 12	Gulika 8:08AM – 9:22AM	Purvaproshtapada* Until 7:44AM	Ganesha: Yellow	<i>Sunrise:</i> 6:55AM	Sun 25 Sutra 208
			Yama 2:17PM – 3:31PM	Harshana Until 5:44AM Sat	Muruqa: Purple	<i>Sunset:</i> 4:45PM	Vikarin 5121
	716313464	Rahu 10:36AM – 11:50AM		Bava Until 9:08PM	Nataraja: Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		Ekadashi Until 7:58AM	Moon – Clear		4th Phase	
				Kartika-Aipasi		Subha Sivaloka Day	

4	Saturday, November 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Trieste, Italy
	Meena Rasi: 14.26	Tithi 12 – 13	Gulika 6:56AM – 8:09AM	Uttaraproshtapada Until 10:25AM	Ganesha: Yellow	<i>Sunrise:</i> 6:56AM	Sun 26 Sutra 209
			Yama 1:03PM – 2:17PM	Vajra* Until 6:08AM Sun	Muruqa: Purple	<i>Sunset:</i> 4:43PM	Vikarin 5121
	716313464	Rahu 9:23AM – 10:36AM		Kaulava Until 11:12PM	Nataraja: Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		Dvadashi Until 10:11AM	Moon – Clear		4th Phase	
Until 10:25AM				Kartika-Aipasi		Subha Sivaloka Day	
Then Routine Work - Prabararishta Yoga			<i>Pradosha Vrata</i>				

5	Sunday, November 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Trieste, Italy
	Meena Rasi: 26.32	Tithi 13 – 14	Gulika 2:16PM – 3:29PM	Revati Until 12:37PM	Ganesha: Yellow	<i>Sunrise:</i> 6:57AM	Sun 27 Sutra 210
			Yama 11:50AM – 1:03PM	Vajra* Until 6:08AM	Muruqa: Purple	<i>Sunset:</i> 4:42PM	Vikarin 5121
	716313464	Rahu 3:29PM – 4:42PM		Gara Until 12:52AM Mon	Nataraja: Purple		Moon 10 - Phase 29
Creative Work	Amrita Yoga		Trayodashi Until 12:03PM	Moon – Clear		4th Phase	
Until 12:37PM				Kartika-Aipasi		Subha Sivaloka Day	
Then Creative Work - Siddha Yoga							

	Monday, November 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Trieste, Italy
	Mesha Rasi: 8.48	Tithi 14 – 15	Gulika 1:03PM – 2:15PM	Ashvini Until 2:45PM	Ganesha: Clear	<i>Sunrise:</i> 6:59AM	Sutra 211
	Family Home Evening		Yama 10:37AM – 11:50AM	Siddhi Until 6:15AM	Muruqa: Purple	<i>Sunset:</i> 4:41PM	Vikarin 5121
	727313464	Rahu 8:11AM – 9:24AM		Visti Until 2:07AM Tue	Nataraja: Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		Chaturdashi* Until 1:32PM	Moon – White		Purnima	
				Kartika-Aipasi		Subha Sivaloka Day	

6	Tuesday, November 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Vyatipata*/Varyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Trieste, Italy
	Mesha Rasi: 21.15	Tithi 15 – 16	Gulika 11:50AM – 1:02PM	Bharani Until 4:19PM	Ganesha: White	<i>Sunrise:</i> 7:00AM	Sutra 212
			Yama 9:25AM – 10:38AM	Vyatipata* Until 6:03AM	Muruqa: Purple	<i>Sunset:</i> 4:40PM	Vikarin 5121
	727413464	Rahu 2:15PM – 3:27PM		Balava Until 2:57AM Wed	Nataraja: Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		Purnima* Until 2:34PM	Moon – White		Prathama	
				Kartika-Aipasi		Sivaloka Day	

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



Wednesday, November 13, 2019

Gold Retreat Star

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

Trieste, Italy

Sutra 213

Vikarin 5121

Vrishabha Rasi: 3.53 Tithi 16 – 17

727413464

Gulika

10:38AM – 11:50AM

Krittika Until 5:19PM

Ganesha: White

Sunrise: 7:01AM

Yama

8:14AM – 9:26AM

Parigha* Until 4:39AM Thu

Muruqa: Purple

Sunset: 4:39PM

Moon 11 - Phase 30

1st Phase

Creative Work Amrita Yoga

Until 5:19PM

Then Creative Work - Siddha Yoga

Prathama* Until 3:11PM

Kartika-Aipasi

Sivaloka Day

1

Thursday, November 14, 2019

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

Trieste, Italy

Sutra 214

Vikarin 5121

Vrishabha Rasi: 16.43 Tithi 17 – 18

737413464

Gulika

9:27AM – 10:38AM

Rohini Until 6:14PM

Ganesha: Clear

Sunrise: 7:03AM

Yama

7:03AM – 8:15AM

Shiva Until 3:31AM Fri

Muruqa: Purple

Sunset: 4:38PM

Moon 11 - Phase 30

1st Phase

Routine Work Marana Yoga

Dvitiya Until 3:24PM

Kartika-Aipasi

Subha Sivaloka Day

2

Friday, November 15, 2019

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

Trieste, Italy

Sutra 215

Vikarin 5121

Vrishabha Rasi: 29.43 Tithi 18 – 19

737413464

Gulika

8:16AM – 9:27AM

Mrigashira Until 6:38PM

Ganesha: Clear

Sunrise: 7:04AM

Yama

2:14PM – 3:25PM

Siddha Until 2:03AM Sat

Muruqa: Purple

Sunset: 4:37PM

Moon 11 - Phase 30

1st Phase

Creative Work Siddha Yoga

Bava Until 3:02AM Sat

Nataraja: Purple

Subha Sivaloka Day

Tritiya Until 3:14PM

Kartika-Aipasi

3

Saturday, November 16, 2019

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

Trieste, Italy

Sutra 216

Vikarin 5121

Mithuna Rasi: 12.56 Tithi 19 – 20

737413464

Gulika

7:06AM – 8:17AM

Ardra Until 6:32PM

Ganesha: Clear

Sunrise: 7:06AM

Yama

1:02PM – 2:13PM

Sadhya Until 12:19AM Sun

Muruqa: Purple

Sunset: 4:36PM

Moon 11 - Phase 30

1st Phase

Creative Work Siddha Yoga

Kaulava Until 2:20AM Sun

Nataraja: Purple

Subha Sivaloka Day

Chaturthi* Until 2:42PM

Kartika-Kartikai

4

Sunday, November 17, 2019

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

Trieste, Italy

Sutra 217

Vikarin 5121

Mithuna Rasi: 26.2 Tithi 20 – 21

747413465

Gulika

2:13PM – 3:24PM

Punarvasu Until 6:24PM

Ganesha: Purple

Sunrise: 7:07AM

Yama

11:51AM – 1:02PM

Subha Until 10:20PM

Muruqa: Purple

Sunset: 4:35PM

Moon 11 - Phase 30

1st Phase

Creative Work Siddha Yoga

Gara Until 1:17AM Mon

Nataraja: Clear

Devaloka Day

Panchami Until 1:50PM

Kartika-Kartikai

5

Monday, November 18, 2019

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

Trieste, Italy

Sutra 218

Vikarin 5121

Kataka Rasi: 9.55 Tithi 21 – 22

748413465

Gulika

1:02PM – 2:12PM

Pushya Until 5:46PM

Ganesha: Clear

Sunrise: 7:08AM

Yama

10:40AM – 11:51AM

Sukla Until 8:03PM

Muruqa: Purple

Sunset: 4:34PM

Moon 11 - Phase 30

1st Phase

Family Home Evening

Creative Work Siddha Yoga

Visti Until 11:53PM

Nataraja: Clear

Sivaloka Day

Shashthi* Until 12:37PM

Kartika-Kartikai

D

Tuesday, November 19, 2019

Retreat Star

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

Trieste, Italy

Sutra 219

Vikarin 5121

Kataka Rasi: 23.43 Tithi 22 – 23

748413465

Gulika

11:51AM – 1:02PM

Ashlesha* Until 4:40PM

Ganesha: Clear

Sunrise: 7:10AM

Yama

9:30AM – 10:41AM

Brahma Until 5:31PM

Muruqa: Purple

Sunset: 4:33PM

Moon 11 - Phase 30

Ashtami

Creative Work Siddha Yoga

Balava Until 10:10PM

Nataraja: Clear

Sivaloka Day

Saptami Until 11:03AM

Kartika-Kartikai

Wednesday, November 20, 2019

Retreat Star

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

Trieste, Italy

Sutra 220

Vikarin 5121

Simha Rasi: 7.42 Tithi 23 – 24

758413465

Gulika

10:41AM – 11:51AM

Magha* Until 3:32PM

Ganesha: White

Sunrise: 7:11AM

Yama

8:21AM – 9:31AM

Indra Until 2:44PM

Muruqa: Purple

Sunset: 4:32PM

Moon 11 - Phase 30

Navami

Creative Work Siddha Yoga

Until 3:32PM

Then Creative Work - Amrita Yoga

Taitila Until 8:08PM

Nataraja: Clear

Subha Sivaloka Day

Ashtami* Until 9:10AM

Kartika-Kartikai

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

All times are standard time

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1		Thursday, November 21, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Visti* Karana Navami/Dashamyam Titau		Trieste, Italy Sun 8 Sutra 221 Vikarin 5121	
Simha Rasi: 21.54	Tithi 24 – 25	Gulika	9:32AM – 10:42AM	Purvaphalguni Until 1:59PM	Ganesha: White	Sunrise: 7:12AM	
		Yama	7:12AM – 8:22AM	Vaidhriti* Until 11:42AM	Muruqa: Purple	Sunset: 4:31PM	Moon 11 - Phase 31
		Rahu	1:02PM – 2:11PM	Visti Until 4:33AM Fri	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga			Navami* Until 6:59AM	Moon – Red		Subha Sivaloka Day
					Karttika-Karttikai		

2		Friday, November 22, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Prithi Yoga Bava/Balava Karana Ekadashyam Titau		Trieste, Italy Sun 9 Sutra 222 Vikarin 5121	
Kanya Rasi: 6.16	Tithi 26	Gulika	8:23AM – 9:33AM	Uttaraphalguni Until 12:03PM	Ganesha: White	Sunrise: 7:14AM	
		Yama	2:11PM – 3:21PM	Vishkambha* Until 8:29AM	Muruqa: Purple	Sunset: 4:30PM	Moon 11 - Phase 31
		Rahu	10:42AM – 11:52AM	Bava Until 3:17PM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga			Ekadashi* Until 1:57AM Sat	Moon – Red		Subha Sivaloka Day
Until 12:03PM					Karttika-Karttikai		
Then Creative Work - Amrita Yoga							

3		Saturday, November 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Ayushman Yoga Kaulava/Taitila Karana Dvadashyam Titau		Trieste, Italy Sun 10 Sutra 223 Vikarin 5121	
Kanya Rasi: 20.44	Tithi 27	Gulika	7:15AM – 8:24AM	Hasta Until 10:16AM	Ganesha: Yellow	Sunrise: 7:15AM	
		Yama	1:02PM – 2:11PM	Ayushman Until 1:45AM Sun	Muruqa: Purple	Sunset: 4:30PM	Moon 11 - Phase 31
		Rahu	9:34AM – 10:43AM	Kaulava Until 12:39PM	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga			Dvadashi* Until 11:17PM	Moon – Green		Sivaloka Day
					Karttika-Karttikai		

4		Sunday, November 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau		Trieste, Italy Sun 11 Sutra 224 Vikarin 5121	
Tula Rasi: 5.15	Tithi 28	Gulika	2:11PM – 3:20PM	Chitra Until 8:20AM	Ganesha: Blue	Sunrise: 7:16AM	
		Yama	11:53AM – 1:02PM	Saubhagya Until 10:25PM	Muruqa: Purple	Sunset: 4:29PM	Moon 11 - Phase 31
		Rahu	3:20PM – 4:29PM	Gara Until 9:59AM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga			Trayodashi* Until 8:40PM	Moon – Green		Devaloka Day
					Karttika-Karttikai		
					<i>Pradosha Vrata (Fasting)</i>		

5		Monday, November 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Trieste, Italy Sun 12 Sutra 225 Vikarin 5121	
Tula Rasi: 19.41	Tithi 29	Gulika	1:02PM – 2:10PM	Svati Until 6:21AM	Ganesha: Blue	Sunrise: 7:18AM	
Family Home Evening		Yama	10:44AM – 11:53AM	Sobhana Until 7:15PM	Muruqa: Purple	Sunset: 4:28PM	Moon 11 - Phase 31
		Rahu	8:26AM – 9:35AM	Visti Until 7:26AM	Nataraja: Clear		2nd Phase
Creative Work	Amrita Yoga			Chaturdashi* Until 6:14PM	Moon – Green		Devaloka Day
Until 6:21AM					Karttika-Karttikai		
Then Routine Work - Marana Yoga							

Retreat Star		Tuesday, November 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Athiganda*/Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Trieste, Italy Sun 13 Sutra 226 Vikarin 5121	
Vrischika Rasi: 3.58	Tithi 30 – 1	Gulika	11:53AM – 1:02PM	Anuradha Until 3:42AM Wed	Ganesha: Blue	Sunrise: 7:19AM	
		Yama	9:36AM – 10:45AM	Athiganda* Until 4:20PM	Muruqa: Purple	Sunset: 4:27PM	Moon 11 - Phase 31
		Rahu	2:10PM – 3:19PM	Kintughna Until 3:16AM Wed	Nataraja: Clear		Amavasya
Creative Work	Siddha Yoga			Amavasya* Until 4:08PM	Moon – Orange		Devaloka Day
					Karttika-Karttikai		

Retreat Star		Wednesday, November 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Sukarma/Dhriti* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Trieste, Italy Sun 14 Sutra 227 Vikarin 5121	
Vrischika Rasi: 17.59	Tithi 1 – 2	Gulika	10:45AM – 11:53AM	Jyeshtha* Until 2:53AM Thu	Ganesha: Blue	Sunrise: 7:20AM	
		Yama	8:28AM – 9:37AM	Sukarma Until 1:49PM	Muruqa: Purple	Sunset: 4:27PM	Moon 11 - Phase 31
		Rahu	11:53AM – 1:02PM	Balava Until 1:55AM Thu	Nataraja: Clear		Prathama
Creative Work	Siddha Yoga			Prathama* Until 2:30PM	Moon – Orange		Devaloka Day
					Margasira-Karttikai		

1		Thursday, November 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Trieste, Italy Sun 15 Sutra 228 Vikarin 5121	
Dhanus Rasi: 1.39	Tithi 2 – 3	Gulika	9:38AM – 10:46AM	Mula* Until 3:02AM Fri	Ganesha: Blue	Sunrise: 7:21AM	
		Yama	7:21AM – 8:29AM	Dhriti Until 11:47AM	Muruqa: Purple	Sunset: 4:26PM	Moon 11 - Phase 32
		789413465 Rahu	1:02PM – 2:10PM	Taitila Until 1:15AM Fri	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Dvitiya Until 1:29PM	Moon – Light Blue		Devaloka Day
Until 3:02AM Fri					Margasira•Karttikai		
Then Routine Work - Prabalarishta Yoga							

2		Friday, November 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau		Trieste, Italy Sun 16 Sutra 229 Vikarin 5121	
Dhanus Rasi: 14.56	Tithi 3 – 4	Gulika	8:30AM – 9:38AM	Purvashadha* Until 3:45AM Sat	Ganesha: Blue	Sunrise: 7:23AM	
		Yama	2:10PM – 3:18PM	Shula* Until 10:16AM	Muruqa: Purple	Sunset: 4:26PM	Moon 11 - Phase 32
		789413465 Rahu	10:46AM – 11:54AM	Vanija Until 1:19AM Sat	Nataraja: Clear		3rd Phase
Routine Work	Prabalarishta Yoga			Tritiya Until 1:10PM	Moon – Light Blue		Devaloka Day
Until 3:45AM Sat					Margasira•Karttikai		
Then Routine Work - Marana Yoga							

3		Saturday, November 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Ganda*/Vridhi* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Trieste, Italy Sun 17 Sutra 230 Vikarin 5121	
Dhanus Rasi: 27.51	Tithi 4 – 5	Gulika	7:24AM – 8:31AM	Uttarashadha Until 5:01AM Sun	Ganesha: Blue	Sunrise: 7:24AM	
		Yama	1:02PM – 2:10PM	Ganda* Until 9:21AM	Muruqa: Purple	Sunset: 4:25PM	Moon 11 - Phase 32
		789413465 Rahu	9:39AM – 10:47AM	Bava Until 2:08AM Sun	Nataraja: Clear		3rd Phase
Routine Work	Marana Yoga			Chaturthi* Until 1:37PM	Moon – Light Blue		Devaloka Day
Until 5:01AM Sun					Margasira•Karttikai		
Then Creative Work - Amrita Yoga							

4		Sunday, December 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Trieste, Italy Sun 18 Sutra 231 Vikarin 5121	
Makara Rasi: 10.25	Tithi 5 – 6	Gulika	2:10PM – 3:17PM	Shravana Until 7:16AM Mon	Ganesha: Yellow	Sunrise: 7:25AM	
		Yama	11:55AM – 1:02PM	Vridhi Until 9:01AM	Muruqa: Purple	Sunset: 4:25PM	Moon 11 - Phase 32
		799413465 Rahu	3:17PM – 4:25PM	Kaulava Until 3:39AM Mon	Nataraja: Clear		3rd Phase
Creative Work	Amrita Yoga			Panchami Until 2:47PM	Moon – Purple		Sivaloka Day
Until 7:16AM Mon					Margasira•Karttikai		
Then Creative Work - Siddha Yoga							

5		Monday, December 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Trieste, Italy Sun 19 Sutra 232 Vikarin 5121	
Makara Rasi: 22.41	Tithi 6 – 7	Gulika	1:03PM – 2:10PM	Shravana Until 7:16AM	Ganesha: Clear	Sunrise: 7:26AM	
Family Home Evening		Yama	10:48AM – 11:55AM	Dhruva Until 9:09AM	Muruqa: Purple	Sunset: 4:25PM	Moon 11 - Phase 32
		791413465 Rahu	8:33AM – 9:41AM	Gara Until 5:42AM Tue	Nataraja: Clear		3rd Phase
Creative Work	Amrita Yoga			Shashthi* Until 4:35PM	Moon – Purple		Sivaloka Day
Until 7:16AM					Margasira•Karttikai		
Then Creative Work - Siddha Yoga							

6		Tuesday, December 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vyaghata*/Harshana Yoga Vanija Karana Saptamyam Titau		Trieste, Italy Sun 20 Sutra 233 Vikarin 5121	
Kumbha Rasi: 4.44	Tithi 7	Gulika	11:56AM – 1:03PM	Dhanishtha Until 9:51AM	Ganesha: Clear	Sunrise: 7:27AM	
		Yama	9:41AM – 10:49AM	Vyaghata* Until 9:41AM	Muruqa: Purple	Sunset: 4:24PM	Moon 11 - Phase 32
		791413465 Rahu	2:10PM – 3:17PM	Vanija Until 6:51PM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Saptami Until 6:51PM	Moon – Purple		Sivaloka Day
Until 9:51AM					Margasira•Karttikai		
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, December 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau		Trieste, Italy Sun 21 Sutra 234 Vikarin 5121	
Kumbha Rasi: 16.4	Tithi 8	Gulika	10:49AM – 11:56AM	Shatabhishak Until 12:33PM	Ganesha: Clear	Sunrise: 7:28AM	
		Yama	8:35AM – 9:42AM	Harshana Until 10:27AM	Muruqa: Purple	Sunset: 4:24PM	Moon 11 - Phase 32
		791413465 Rahu	11:56AM – 1:03PM	Visti Until 8:05AM	Nataraja: Clear		Ashtami
Creative Work	Siddha Yoga			Ashtami* Until 9:19PM	Moon – Purple		Sivaloka Day
Until 12:33PM					Margasira•Karttikai		
Then Creative Work - Amrita Yoga							

Retreat Star		Thursday, December 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Navamyam Titau		Trieste, Italy Sun 22 Sutra 235 Vikarin 5121	
Kumbha Rasi: 28.32	Tithi 9	Gulika	9:43AM – 10:50AM	Purvaproshtapada* Until 3:39PM	Ganesha: Yellow	Sunrise: 7:29AM	
		Yama	7:29AM – 8:36AM	Vajra* Until 11:15AM	Muruqa: Purple	Sunset: 4:24PM	Moon 11 - Phase 32
		711413465 Rahu	1:03PM – 2:10PM	Balava Until 10:36AM	Nataraja: Clear		Navami
Creative Work	Siddha Yoga			Navami* Until 11:48PM	Moon – Clear		Sivaloka Day
					Margasira•Karttikai		

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


1		Friday, December 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi/Vyatlipata* Yoga Taitila/Gara Karana Dashamyam Titau				Trieste, Italy Sun 23 Sutra 236 Vikarin 5121
Meena Rasi: 10.27	Tithi 10	Gulika 8:37AM – 9:44AM	Uttaraproshtapada Until 6:27PM	Ganesha: Yellow	<i>Sunrise:</i> 7:30AM			
		Yama 2:10PM – 3:17PM	Siddhi Until 11:59AM	Muruqa: Purple	<i>Sunset:</i> 4:23PM		Moon 11 - Phase 33	4th Phase
		711413465 Rahu 10:50AM – 11:57AM	Taitila Until 1:00PM	Nataraja: Clear				
Creative Work	Siddha Yoga		Dashami Until 2:05AM Sat	Moon – Clear			Sivaloka Day	
								Margasira-Karttikai

2		Saturday, December 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Trieste, Italy Sun 24 Sutra 237 Vikarin 5121
Meena Rasi: 22.27	Tithi 11	Gulika 7:31AM – 8:38AM	Revati Until 8:46PM	Ganesha: White	<i>Sunrise:</i> 7:31AM			
		Yama 1:04PM – 2:10PM	Vyatipata* Until 12:31PM	Muruqa: Purple	<i>Sunset:</i> 4:23PM		Moon 11 - Phase 33	4th Phase
		711513465 Rahu 9:44AM – 10:51AM	Vanija Until 3:07PM	Nataraja: Clear				
Routine Work	Prabalarishta Yoga		Ekadashi Until 3:59AM Sun	Moon – Clear			Subha Sivaloka Day	
Until 8:46PM								Margasira-Karttikai
Then Creative Work - Siddha Yoga								

3		Sunday, December 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan/Parigha* Yoga Bava/Balava Karana Dvodashyam Titau				Trieste, Italy Sun 25 Sutra 238 Vikarin 5121
Mesha Rasi: 5	Tithi 12	Gulika 2:10PM – 3:17PM	Ashvini Until 10:59PM	Ganesha: Clear	<i>Sunrise:</i> 7:33AM			
		Yama 11:58AM – 1:04PM	Varyan Until 12:43PM	Muruqa: Purple	<i>Sunset:</i> 4:23PM		Moon 11 - Phase 33	4th Phase
		721513465 Rahu 3:17PM – 4:23PM	Bava Until 4:47PM	Nataraja: Clear				
Creative Work	Siddha Yoga		Dvodashi Until 5:24AM Mon	Moon – White			Sivaloka Day	
Until 10:59PM								Margasira-Karttikai
Then Routine Work - Prabalarishta Yoga								

4		Monday, December 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Trayodashyam Titau				Trieste, Italy Sun 26 Sutra 239 Vikarin 5121
Mesha Rasi: 16.58	Tithi 13	Gulika 1:04PM – 2:11PM	Bharani Until 12:30AM Tue	Ganesha: Clear	<i>Sunrise:</i> 7:33AM			
Family Home Evening		Yama 10:52AM – 11:58AM	Parigha* Until 12:31PM	Muruqa: Purple	<i>Sunset:</i> 4:23PM		Moon 11 - Phase 33	4th Phase
		721513465 Rahu 8:40AM – 9:46AM	Kaulava Until 5:55PM	Nataraja: Clear				
Creative Work	Siddha Yoga		Trayodashi Until 6:15AM Tue	Moon – White			Sivaloka Day	
								Margasira-Karttikai
								<i>Pradosha Vrata</i>

5		Tuesday, December 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Trieste, Italy Sun 27 Sutra 240 Vikarin 5121
Mesha Rasi: 29.34	Tithi 13 – 14	Gulika 11:59AM – 1:05PM	Krittika Until 1:18AM Wed	Ganesha: Clear	<i>Sunrise:</i> 7:34AM			
		Yama 9:47AM – 10:53AM	Shiva Until 11:54AM	Muruqa: Purple	<i>Sunset:</i> 4:23PM		Moon 11 - Phase 33	4th Phase
		721513465 Rahu 2:11PM – 3:17PM	Gara Until 6:29PM	Nataraja: Clear				
Creative Work	Siddha Yoga		Trayodashi Until 6:15AM	Moon – White			Sivaloka Day	
								Margasira-Karttikai
		Krittika Deepam						

		Wednesday, December 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Trieste, Italy Sutra 241 Vikarin 5121
Copper Retreat Star		Gulika 10:53AM – 11:59AM	Rohini Until 1:52AM Thu	Ganesha: Purple	<i>Sunrise:</i> 7:35AM			
Vrishabha Rasi: 12.27	Tithi 14 – 15	Yama 8:41AM – 9:47AM	Siddha Until 10:49AM	Muruqa: Clear	<i>Sunset:</i> 4:23PM		Moon 11 - Phase 33	Purnima
		731523465 Rahu 11:59AM – 1:05PM	Visti Until 6:28PM	Nataraja: Clear				
Creative Work	Siddha Yoga		Chaturdashi* Until 6:31AM	Moon – Yellow			Sivaloka Day	
Until 1:52AM Thu								Margasira-Karttikai
Then Routine Work - Marana Yoga								

Thursday, December 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau				Trieste, Italy Sutra 242 Vikarin 5121		
Silver Retreat Star		Gulika 9:48AM – 10:54AM	Mrigashira Until 1:48AM Fri	Ganesha: Clear	<i>Sunrise:</i> 7:36AM			
Vrishabha Rasi: 25.36	Tithi 15 – 16	Yama 7:36AM – 8:42AM	Sadhya Until 9:20AM	Muruqa: Clear	<i>Sunset:</i> 4:23PM		Moon 11 - Phase 33	Prathama
		732523465 Rahu 1:06PM – 2:11PM	Kaulava Until 5:27AM Fri	Nataraja: Clear				
Routine Work	Marana Yoga		Purnima* Until 6:14AM	Moon – Yellow			Devaloka Day	
Until 1:48AM Fri								Margasira-Karttikai
Then Creative Work - Siddha Yoga		Vinayaga Viratam Begins						

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



Friday, December 13, 2019

Gold Retreat Star

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

Trieste, Italy

Sutra 243

Vikarin 5121

Mithuna Rasi: 9.01 Tithi 17

732523465

Gulika 8:43AM – 9:49AM
Yama 2:12PM – 3:17PM
Rahu 10:54AM – 12:00PM

Ardra Until 1:09AM Sat

Subha Until 7:28AM

Taitila Until 4:56PM

Dvitiya Until 4:16AM Sat

Ganesha: Clear **Sunrise:** 7:37AM

Muruqa: Clear **Sunset:** 4:23PM

Nataraja: Clear

Moon – Yellow

Margasira-Karttikai

Devaloka Day

Creative Work Siddha Yoga

1 Saturday, December 14, 2019

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

Trieste, Italy

Sutra 244

Vikarin 5121

Mithuna Rasi: 22.41 Tithi 18

742523465

Gulika 7:38AM – 8:44AM
Yama 1:06PM – 2:12PM
Rahu 9:49AM – 10:55AM

Punarvasu Until 12:29AM Sun

Brahma Until 2:49AM Sun

Vanija Until 3:34PM

Tritiya Until 2:45AM Sun

Ganesha: Purple **Sunrise:** 7:38AM

Muruqa: Clear **Sunset:** 4:23PM

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 Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam
Pushya Nakshatra Indra Yoga Bava/Balava Karana Chaturthayam Titau

Trieste, Italy

Sutra 245

Vikarin 5121

Kataka Rasi: 6.31 Tithi 19

742523465

Gulika 2:12PM – 3:18PM
Yama 12:01PM – 1:07PM
Rahu 3:18PM – 4:24PM

Pushya Until 11:25PM

Indra Until 12:11AM Mon

Bava Until 1:55PM

Chaturthi* Until 1:00AM Mon

Ganesha: Purple **Sunrise:** 7:39AM

Muruqa: Clear **Sunset:** 4:24PM

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

Trieste, Italy

Sutra 246

Vikarin 5121

Kataka Rasi: 20.31 Tithi 20

742523465

Gulika 1:07PM – 2:13PM
Yama 10:56AM – 12:02PM
Rahu 8:45AM – 9:51AM

Ashlesha* Until 10:02PM

Vaidhriti* Until 9:24PM

Kaulava Until 12:04PM

Panchami Until 11:04PM

Ganesha: Purple **Sunrise:** 7:39AM

Muruqa: Clear **Sunset:** 4:24PM

Nataraja: Clear

Moon – Blue

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Family Home Evening

Until 10:02PM

Then Routine Work - Marana Yoga

4 Tuesday, December 17, 2019

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

Trieste, Italy

Sutra 247

Vikarin 5121

Simha Rasi: 4.35 Tithi 21

852523465

Gulika 12:02PM – 1:08PM
Yama 9:51AM – 10:57AM
Rahu 2:13PM – 3:19PM

Magha* Until 8:50PM

Vishkambha* Until 6:33PM

Gara Until 10:06AM

Shashthi* Until 9:03PM

Ganesha: Purple **Sunrise:** 7:40AM

Muruqa: Clear **Sunset:** 4:24PM

Nataraja: Clear

Moon – Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

5 Wednesday, December 18, 2019

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

Trieste, Italy

Sutra 248

Vikarin 5121

Simha Rasi: 18.43 Tithi 22

852523465

Gulika 10:57AM – 12:03PM
Yama 8:46AM – 9:52AM
Rahu 12:03PM – 1:08PM

Purvaphalguni Until 7:27PM

Priti Until 3:40PM

Visti Until 8:02AM

Saptami Until 6:59PM

Ganesha: Purple **Sunrise:** 7:41AM

Muruqa: Clear **Sunset:** 4:24PM

Nataraja: Clear

Moon – Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

Retreat Star Thursday, December 19, 2019

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

Trieste, Italy

Sutra 249

Vikarin 5121

Kanya Rasi: 2.53 Tithi 23 – 24

852523465

Gulika 9:52AM – 10:58AM
Yama 7:41AM – 8:47AM
Rahu 1:09PM – 2:14PM

Uttaraphalguni Until 5:55PM

Ayushman Until 12:44PM

Taitila Until 3:53AM Fri

Ashtami* Until 4:54PM

Ganesha: Purple **Sunrise:** 7:41AM

Muruqa: Clear **Sunset:** 4:25PM

Nataraja: Clear

Moon – Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Until 5:55PM

Then Routine Work - Marana Yoga

Retreat Star Friday, December 20, 2019

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

Trieste, Italy

Sutra 250

Vikarin 5121

Kanya Rasi: 17.02 Tithi 24 – 25

862523465

Gulika 8:47AM – 9:53AM
Yama 2:14PM – 3:20PM
Rahu 10:58AM – 12:04PM

Hasta Until 4:41PM

Saubhagya Until 9:50AM

Vanija Until 1:51AM Sat

Navami* Until 2:50PM

Ganesha: Clear **Sunrise:** 7:42AM

Muruqa: Clear **Sunset:** 4:25PM

Nataraja: Clear

Moon – Green

Margasira-Markali

Devaloka Day

Creative Work Amrita Yoga

Until 4:41PM

Then Creative Work - Siddha Yoga

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

All times are standard time


www.gurudeva.org/panchang

1		Saturday, December 21, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau	Sun 8	Trieste, Italy Sutra 251 Vikarin 5121
Tula Rasi: 1.09	Tithi 25 – 26	Gulika 7:43AM – 8:48AM	Chitra Until 3:22PM	Ganesha: Clear <i>Sunrise:</i> 7:43AM		
		Yama 1:10PM – 2:15PM	Sobhana Until 6:59AM	Muruqa: Clear <i>Sunset:</i> 4:26PM		Moon 12 - Phase 35
	862523465	Rahu 9:53AM – 10:59AM	Bava Until 11:54PM	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga			Moon – Green		Devaloka Day
Until 3:22PM		Day 1 of Pancha Ganapati	Dashami Until 12:51PM	Margasira*Markali		
Then Creative Work - Siddha Yoga						

2		Sunday, December 22, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Sun 9	Trieste, Italy Sutra 252 Vikarin 5121
Tula Rasi: 15.13	Tithi 26 – 27	Gulika 2:15PM – 3:21PM	Svati Until 2:03PM	Ganesha: Clear <i>Sunrise:</i> 7:43AM		
		Yama 12:05PM – 1:10PM	Sukarma Until 1:33AM Mon	Muruqa: Clear <i>Sunset:</i> 4:26PM		Moon 12 - Phase 35
	862523465	Rahu 3:21PM – 4:26PM	Kaulava Until 10:07PM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga			Moon – Green		Devaloka Day
Until 2:03PM		Day 2 of Pancha Ganapati	Ekadashi* Until 10:58AM	Margasira*Markali		
Then Routine Work - Marana Yoga						

3		Monday, December 23, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Tailla/Gara Karana Dvadashi/Trayodashyam Titau	Sun 10	Trieste, Italy Sutra 253 Vikarin 5121
Tula Rasi: 29.1	Tithi 27 – 28	Gulika 1:11PM – 2:16PM	Vishakha Until 1:13PM	Ganesha: White <i>Sunrise:</i> 7:44AM		
Family Home Evening		Yama 11:00AM – 12:05PM	Dhriti Until 11:07PM	Muruqa: Clear <i>Sunset:</i> 4:27PM		Moon 12 - Phase 35
	872523465	Rahu 8:49AM – 9:54AM	Gara Until 8:34PM	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga			Moon – Orange		Bhuloka Day
Until 1:13PM		Day 3 of Pancha Ganapati	Dvadashi* Until 9:17AM	Margasira*Markali		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>			

4		Tuesday, December 24, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Sun 11	Trieste, Italy Sutra 254 Vikarin 5121
Vrischika Rasi: 12.57	Tithi 28 – 29	Gulika 12:06PM – 1:11PM	Anuradha Until 12:31PM	Ganesha: White <i>Sunrise:</i> 7:44AM		
		Yama 9:55AM – 11:00AM	Shula* Until 8:54PM	Muruqa: Clear <i>Sunset:</i> 4:27PM		Moon 12 - Phase 35
	872523465	Rahu 2:16PM – 3:22PM	Visti Until 7:19PM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga			Moon – Orange		Bhuloka Day
Until 12:31PM		Day 4 of Pancha Ganapati	Trayodashi* Until 7:52AM	Margasira*Markali		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						

		Wednesday, December 25, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Sun 12	Trieste, Italy Sutra 255 Vikarin 5121
Retreat Star		Gulika 11:01AM – 12:06PM	Jyeshtha* Until 12:02PM	Ganesha: White <i>Sunrise:</i> 7:44AM		
Vrischika Rasi: 26.32	Tithi 29 – 30	Yama 8:50AM – 9:55AM	Ganda* Until 7:02PM	Muruqa: Clear <i>Sunset:</i> 4:28PM		Moon 12 - Phase 35
	872523465	Rahu 12:06PM – 1:12PM	Catuspada Until 6:29PM	Nataraja: Clear		Amavasya
Creative Work	Siddha Yoga			Moon – Orange		Bhuloka Day
Until 12:02PM		Day 5 of Pancha Ganapati	Chaturdashi* Until 6:49AM	Margasira*Markali		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						

Thursday, December 26, 2019		Retreat Star		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi/Dhruva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Sun 13	Trieste, Italy Sutra 256 Vikarin 5121
Dhanus Rasi: 9.52	Tithi 30 – 1	Gulika 9:56AM – 11:01AM	Mula* Until 12:19PM	Ganesha: Orange <i>Sunrise:</i> 7:45AM		
		Yama 7:45AM – 8:50AM	Vriddhi Until 5:34PM	Muruqa: Clear <i>Sunset:</i> 4:29PM		Moon 12 - Phase 35
	883523465	Rahu 1:12PM – 2:18PM	Kintughna Until 6:09PM	Nataraja: Clear		Prathama
Creative Work	Siddha Yoga			Moon – Light Blue		Devaloka Day
		Annular Solar Eclipse	Amavasya* Until 6:14AM	Pausha*Markali		

1		Friday, December 27, 2019				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*Uttarashadha Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dviliyayam Titau	Trieste, Italy Sun 14 Sutra 257 Vikarin 5121
Dhanus Rasi: 22.55	Tithi 1 – 2	Gulika 8:51AM – 9:56AM	Purvashadha* Until 12:59PM	Ganesha: Orange	<i>Sunrise:</i> 7:45AM		
		Yama 2:18PM – 3:24PM	Dhruva Until 4:31PM	Muruqa: Clear	<i>Sunset:</i> 4:29PM	Moon 12 - Phase 36	
		883523466 Rahu 11:02AM – 12:07PM	Balava Until 6:22PM	Nataraja: Orange		3rd Phase	
Routine Work	Prabalarishta Yoga		Prathama* Until 6:10AM	Moon – Light Blue		Devaloka Day	
Until 12:59PM				Pausha-Markali			
Then Routine Work - Marana Yoga							

2		Saturday, December 28, 2019				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dviliya/Triliyayam Titau	Trieste, Italy Sun 15 Sutra 258 Vikarin 5121
Makara Rasi: 5.41	Tithi 2 – 3	Gulika 7:45AM – 8:51AM	Uttarashadha Until 2:04PM	Ganesha: Orange	<i>Sunrise:</i> 7:45AM		
		Yama 1:13PM – 2:19PM	Vyaghata* Until 3:56PM	Muruqa: Clear	<i>Sunset:</i> 4:30PM	Moon 12 - Phase 36	
		883523466 Rahu 9:57AM – 11:02AM	Taitila Until 7:12PM	Nataraja: Orange		3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 6:42AM	Moon – Light Blue		Devaloka Day	
Until 2:04PM				Pausha-Markali			
Then Creative Work - Siddha Yoga							

3		Sunday, December 29, 2019				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Triliya/Chaturthyam Titau	Trieste, Italy Sun 16 Sutra 259 Vikarin 5121
Makara Rasi: 18.1	Tithi 3 – 4	Gulika 2:19PM – 3:25PM	Shravana Until 4:02PM	Ganesha: Clear	<i>Sunrise:</i> 7:46AM		
		Yama 12:08PM – 1:14PM	Harshana Until 3:48PM	Muruqa: Clear	<i>Sunset:</i> 4:31PM	Moon 12 - Phase 36	
		893523466 Rahu 3:25PM – 4:31PM	Vanija Until 8:37PM	Nataraja: Orange		3rd Phase	
Creative Work	Amrita Yoga		Tritiya Until 7:49AM	Moon – Purple		Devaloka Day	
Until 4:02PM				Pausha-Markali			
Then Routine Work - Marana Yoga							

4		Monday, December 30, 2019				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Trieste, Italy Sun 17 Sutra 260 Vikarin 5121
Kumbha Rasi: 0.26	Tithi 4 – 5	Gulika 1:14PM – 2:20PM	Dhanishtha Until 6:20PM	Ganesha: Clear	<i>Sunrise:</i> 7:46AM		
		Yama 11:03AM – 12:09PM	Vajra* Until 4:03PM	Muruqa: Clear	<i>Sunset:</i> 4:32PM	Moon 12 - Phase 36	
		893523466 Rahu 8:51AM – 9:57AM	Bava Until 10:31PM	Nataraja: Orange		3rd Phase	
Family Home Evening			Chaturthi* Until 9:29AM	Moon – Purple		Devaloka Day	
Creative Work	Siddha Yoga			Pausha-Markali			

5		Tuesday, December 31, 2019				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Trieste, Italy Sun 18 Sutra 261 Vikarin 5121
Kumbha Rasi: 12.31	Tithi 5 – 6	Gulika 12:09PM – 1:15PM	Shatabhishak Until 8:50PM	Ganesha: Clear	<i>Sunrise:</i> 7:46AM		
		Yama 9:58AM – 11:03AM	Siddhi Until 4:36PM	Muruqa: Clear	<i>Sunset:</i> 4:32PM	Moon 12 - Phase 36	
		893523466 Rahu 2:21PM – 3:27PM	Kaulava Until 12:48AM Wed	Nataraja: Orange		3rd Phase	
Routine Work	Marana Yoga		Panchami Until 11:36AM	Moon – Purple		Devaloka Day	
				Pausha-Markali			

6		Wednesday, January 1, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosarthpada* Nakshatra Vyatipata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Trieste, Italy Sun 19 Sutra 262 Vikarin 5121
Kumbha Rasi: 24.27	Tithi 6 – 7	Gulika 11:04AM – 12:10PM	Purvaprosarthpada* Until 11:54PM	Ganesha: Blue	<i>Sunrise:</i> 7:46AM		
		Yama 8:52AM – 9:58AM	Vyatipata* Until 5:21PM	Muruqa: Clear	<i>Sunset:</i> 4:34PM	Moon 12 - Phase 36	
		813623466 Rahu 12:10PM – 1:16PM	Gara Until 3:17AM Thu	Nataraja: Orange		3rd Phase	
Creative Work	Amrita Yoga		Shashthi* Until 2:01PM	Moon – Clear		Bhuloka Day	
Until 11:54PM				Pausha-Markali		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga		Vinayaga Viratam Ends					

Retreat Star		Thursday, January 2, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosarthpada Nakshatra Variyan Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Trieste, Italy Sun 20 Sutra 263 Vikarin 5121
Meena Rasi: 6.2	Tithi 7 – 8	Gulika 9:58AM – 11:04AM	Uttaraprosarthpada Until 2:48AM Fri	Ganesha: Blue	<i>Sunrise:</i> 7:46AM		
		Yama 7:46AM – 8:52AM	Variyan Until 6:08PM	Muruqa: Clear	<i>Sunset:</i> 4:35PM	Moon 12 - Phase 36	
		813623466 Rahu 1:17PM – 2:23PM	Visti Until 5:46AM Fri	Nataraja: Orange		3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 4:31PM	Moon – Clear		Bhuloka Day	
				Pausha-Markali		Devaloka Time: 3:PM to 6:PM	

Retreat Star		Friday, January 3, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Parigha* Yoga Bava Karana Ashtamyam Titau	Trieste, Italy Sun 21 Sutra 264 Vikarin 5121
Meena Rasi: 18.14	Tithi 8	Gulika 8:52AM – 9:59AM	Revati Until 5:23AM Sat	Ganesha: Blue	<i>Sunrise:</i> 7:46AM		
		Yama 2:24PM – 3:30PM	Parigha* Until 6:51PM	Muruqa: Clear	<i>Sunset:</i> 4:36PM	Moon 12 - Phase 36	
		813623466 Rahu 11:05AM – 12:11PM	Bava Until 6:55PM	Nataraja: Orange		Ashtami	
Creative Work	Siddha Yoga		Ashtami* Until 6:55PM	Moon – Clear		Bhuloka Day	
				Pausha-Markali		Devaloka Time: 3:PM to 6:PM	

Retreat Star		Saturday, January 4, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau	Trieste, Italy Sun 22 Sutra 265 Vikarin 5121
Mesha Rasi: 0.13	Tithi 9	Gulika 7:46AM – 8:52AM	Ashvini Until 7:54AM Sun	Ganesha: Yellow	<i>Sunrise:</i> 7:46AM		
		Yama 1:18PM – 2:24PM	Shiva Until 7:21PM	Muruqa: Clear	<i>Sunset:</i> 4:37PM	Moon 12 - Phase 36	
		823623466 Rahu 9:59AM – 11:05AM	Balava Until 8:02AM	Nataraja: Orange		Navami	
Creative Work	Siddha Yoga		Navami* Until 9:01PM	Moon – White		Devaloka Day	
Until 7:54AM Sun				Pausha-Markali			
Then Routine Work - Prabalarishta Yoga							

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

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				Trieste, Italy Sun 23 Sutra 266 Vikarin 5121
Mesha Rasi: 12.21	Tithi 10	Gulika 2:25PM – 3:32PM	Ashvini Until 7:54AM	Ganesha: Yellow <i>Sunrise:</i> 7:46AM	<i>Sunset:</i> 4:38PM	Moon 12 - Phase 37
		Yama 12:12PM – 1:19PM	Siddha Until 7:27PM	Muruqa: Clear		4th Phase
	823623466	Rahu 3:32PM – 4:38PM	Taitila Until 9:54AM	Nataraja: Orange		
Creative Work	Siddha Yoga			Moon – White		Devaloka Day
Until 7:54AM		Subramuniyaswami Jayanti	Dashami Until 10:36PM	Pausha-Markali		
Then Routine Work - Prabararishta 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				Trieste, Italy Sun 24 Sutra 267 Vikarin 5121
Mesha Rasi: 24.43	Tithi 11	Gulika 1:19PM – 2:26PM	Bharani Until 9:44AM	Ganesha: Yellow <i>Sunrise:</i> 7:46AM	<i>Sunset:</i> 4:39PM	Moon 12 - Phase 37
Family Home Evening		Yama 11:06AM – 12:12PM	Sadhya Until 7:06PM	Muruqa: Clear		4th Phase
Creative Work	Siddha Yoga	Rahu 8:52AM – 9:59AM	Vanija Until 11:11AM	Nataraja: Orange		
Until 9:44AM				Moon – White		Devaloka Day
Then Routine Work - Marana Yoga		Vaikuntha Ekadasi	Ekadashi Until 11:33PM	Pausha-Markali		

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				Trieste, Italy Sun 25 Sutra 268 Vikarin 5121
Vrishabha Rasi: 7.22	Tithi 12	Gulika 12:13PM – 1:20PM	Krittika Until 10:45AM	Ganesha: Yellow <i>Sunrise:</i> 7:45AM	<i>Sunset:</i> 4:40PM	Moon 12 - Phase 37
		Yama 9:59AM – 11:06AM	Subha Until 6:13PM	Muruqa: Clear		4th Phase
	823623466	Rahu 2:27PM – 3:33PM	Bava Until 11:47AM	Nataraja: Orange		
Creative Work	Siddha Yoga			Moon – White		Devaloka Day
Until 10:45AM			Dvadashi Until 11:47PM	Pausha-Markali		
Then Creative Work - Amrita Yoga						

4 Wednesday, January 8, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Trieste, Italy Sun 26 Sutra 269 Vikarin 5121
Vrishabha Rasi: 20.22	Tithi 13	Gulika 11:06AM – 12:13PM	Rohini Until 11:22AM	Ganesha: White <i>Sunrise:</i> 7:45AM	<i>Sunset:</i> 4:41PM	Moon 12 - Phase 37
		Yama 8:52AM – 9:59AM	Sukla Until 4:44PM	Muruqa: Clear		4th Phase
	833623466	Rahu 12:13PM – 1:20PM	Kaulava Until 11:38AM	Nataraja: Orange		
Creative Work	Siddha Yoga			Moon – Yellow		Bhuloka Day
			Trayodashi Until 11:17PM	Pausha-Markali		Devaloka Time: 3:PM to 6:PM
						<i>Pradosha Vrata</i>

5 Thursday, January 9, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Trieste, Italy Sun 27 Sutra 270 Vikarin 5121
Mithuna Rasi: 3.44	Tithi 14	Gulika 9:59AM – 11:06AM	Mrigashira Until 11:09AM	Ganesha: Yellow <i>Sunrise:</i> 7:45AM	<i>Sunset:</i> 4:43PM	Moon 12 - Phase 37
		Yama 7:45AM – 8:52AM	Brahma Until 2:44PM	Muruqa: Clear		4th Phase
	834623466	Rahu 1:21PM – 2:28PM	Gara Until 10:48AM	Nataraja: Orange		
Routine Work	Marana Yoga			Moon – Yellow		Devaloka Day
			Chaturdashi* Until 10:07PM	Pausha-Markali		

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				Trieste, Italy Sutra 271 Vikarin 5121
Copper Retreat Star		Gulika 8:52AM – 9:59AM	Ardra Until 10:10AM	Ganesha: Yellow <i>Sunrise:</i> 7:44AM	<i>Sunset:</i> 4:44PM	Moon 12 - Phase 37
Mithuna Rasi: 17.29	Tithi 15	Yama 2:29PM – 3:36PM	Indra Until 12:16PM	Muruqa: Clear		Purnima
		Rahu 11:07AM – 12:14PM	Visti Until 9:19AM	Nataraja: Orange		
Creative Work	Siddha Yoga			Moon – Yellow		Devaloka Day
		Penumbral Lunar Eclipse	Purnima* Until 8:22PM	Pausha-Markali		
		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				Trieste, Italy Sutra 272 Vikarin 5121
Silver Retreat Star		Gulika 7:44AM – 8:52AM	Punarvasu Until 8:59AM	Ganesha: White <i>Sunrise:</i> 7:44AM	<i>Sunset:</i> 4:45PM	Moon 12 - Phase 37
Kataka Rasi: 1.34	Tithi 16	Yama 1:22PM – 2:30PM	Vaidhriti* Until 9:22AM	Muruqa: Clear		Prathama
		Rahu 9:59AM – 11:07AM	Balava Until 7:20AM	Nataraja: Orange		
Creative Work	Siddha Yoga			Moon – Blue		Sivaloka Day
			Prathama* Until 6:10PM	Pausha-Markali		



Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 15.53 Tithi 17 - 18

844623466

Creative Work Siddha Yoga

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

Gulika 2:31PM - 3:38PM
Yama 12:15PM - 1:23PM
Rahu 3:38PM - 4:46PM

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

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

Sunrise: 7:44AM
Sunset: 4:46PM

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

Sivaloka Day

1

Monday, January 13, 2020

Simha Rasi: 0.23 Tithi 18 - 19

854623466

Family Home Evening

Routine Work Marana Yoga

Until 3:21AM Tue

Then Creative Work - Siddha Yoga

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

Gulika 1:23PM - 2:31PM
Yama 11:07AM - 12:15PM
Rahu 8:51AM - 9:59AM

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

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

Sunrise: 7:43AM
Sunset: 4:47PM

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

Devaloka Day

2

Tuesday, January 14, 2020

Simha Rasi: 14.56 Tithi 19 - 20

854623466

Creative Work Siddha Yoga

Until 1:23AM Wed

Then Creative Work - Amrita Yoga

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

Gulika 12:16PM - 1:24PM
Yama 9:59AM - 11:07AM
Rahu 2:32PM - 3:40PM

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

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

Sunrise: 7:43AM
Sunset: 4:49PM

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

Devaloka Day

3

Wednesday, January 15, 2020

Simha Rasi: 29.26 Tithi 20 - 21

854623466

Creative Work Amrita Yoga

Until 11:26PM

Then Routine Work - Marana Yoga

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

Gulika 11:08AM - 12:16PM
Yama 8:51AM - 9:59AM
Rahu 12:16PM - 1:25PM

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

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

Sunrise: 7:42AM
Sunset: 4:50PM

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

Devaloka Day

4

Thursday, January 16, 2020

Kanya Rasi: 13.5 Tithi 22

864623466

Routine Work Marana Yoga

Until 10:00PM

Then Creative Work - Siddha Yoga

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

Gulika 9:59AM - 11:08AM
Yama 7:41AM - 8:50AM
Rahu 1:25PM - 2:34PM

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

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

Sunrise: 7:41AM
Sunset: 4:51PM

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

Sivaloka Day

5

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 28.02 Tithi 23

864623466

Creative Work Siddha Yoga

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

Gulika 8:50AM - 9:59AM
Yama 2:35PM - 3:44PM
Rahu 11:08AM - 12:17PM

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

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

Sunrise: 7:41AM
Sunset: 4:53PM

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

Sivaloka Day

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 12.02 Tithi 24

864623466

Creative Work Siddha Yoga

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

Gulika 7:40AM - 8:49AM
Yama 1:26PM - 2:35PM
Rahu 9:59AM - 11:08AM

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

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

Sunrise: 7:40AM
Sunset: 4:54PM

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

Sivaloka Day

1		Sunday, January 19, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 8		Trieste, Italy Sutra 280 Vikarin 5121
Tula Rasi: 25.49	Tithi 25	Gulika 2:36PM – 3:46PM	Vishakha Until 7:14PM	Ganesha: Clear	<i>Sunrise:</i> 7:39AM			
		Yama 12:17PM – 1:27PM	Ganda* Until 3:30AM Mon	Muruqa: Clear	<i>Sunset:</i> 4:55PM	Moon 1 - Phase 39		
Routine Work	Marana Yoga	Rahu 3:46PM – 4:55PM	Vanija Until 10:58AM	Nataraja: Orange		Moon – Orange		Devaloka Day
			Dashami Until 10:26PM	Moon – Orange				Pausha*Thai

2		Monday, January 20, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Vriddhi Yoga Bava/Balava Karana Ekadashyam Titau		Sun 9		Trieste, Italy Sutra 281 Vikarin 5121
Vrischika Rasi: 9.23	Tithi 26	Gulika 1:27PM – 2:37PM	Anuradha Until 7:02PM	Ganesha: Clear	<i>Sunrise:</i> 7:39AM			
Family Home Evening		Yama 11:08AM – 12:18PM	Vriddhi Until 1:45AM Tue	Muruqa: Clear	<i>Sunset:</i> 4:57PM	Moon 1 - Phase 39		
Creative Work	Siddha Yoga	Rahu 8:48AM – 9:58AM	Bava Until 10:01AM	Nataraja: Orange		Moon – Orange		Devaloka Day
			Ekadashi* Until 9:40PM	Moon – Orange				Pausha*Thai

3		Tuesday, January 21, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Dhruva Yoga Kaulava/Tailita Karana Dvadashyam Titau		Sun 10		Trieste, Italy Sutra 282 Vikarin 5121
Vrischika Rasi: 22.43	Tithi 27	Gulika 12:18PM – 1:28PM	Jyeshtha* Until 7:05PM	Ganesha: Purple	<i>Sunrise:</i> 7:38AM			
		Yama 9:58AM – 11:08AM	Dhruva Until 12:17AM Wed	Muruqa: Clear	<i>Sunset:</i> 4:58PM	Moon 1 - Phase 39		
Routine Work	Marana Yoga	Rahu 2:38PM – 3:48PM	Kaulava Until 9:27AM	Nataraja: Orange		Moon – Orange		Bhuloka Day
Until 7:05PM			Dvadashi* Until 9:18PM	Moon – Orange				Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga				Pausha*Thai				

4		Wednesday, January 22, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 11		Trieste, Italy Sutra 283 Vikarin 5121
Dhanus Rasi: 5.5	Tithi 28	Gulika 11:08AM – 12:18PM	Mula* Until 7:51PM	Ganesha: Light Blue	<i>Sunrise:</i> 7:37AM			
		Yama 8:47AM – 9:58AM	Vyaghata* Until 11:10PM	Muruqa: Clear	<i>Sunset:</i> 4:59PM	Moon 1 - Phase 39		
Routine Work	Marana Yoga	Rahu 12:18PM – 1:28PM	Gara Until 9:18AM	Nataraja: Orange		Moon – Light Blue		Bhuloka Day
Until 7:51PM			Trayodashi* Until 9:21PM	Moon – Light Blue				Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga				Pausha*Thai				Pradosha Vrata (Fasting)

5		Thursday, January 23, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Sun 12		Trieste, Italy Sutra 284 Vikarin 5121
Dhanus Rasi: 18.46	Tithi 29	Gulika 9:57AM – 11:08AM	Purvashadha* Until 8:51PM	Ganesha: Light Blue	<i>Sunrise:</i> 7:36AM			
		Yama 7:36AM – 8:47AM	Harshana Until 10:23PM	Muruqa: Clear	<i>Sunset:</i> 5:01PM	Moon 1 - Phase 39		
Creative Work	Siddha Yoga	Rahu 1:29PM – 2:40PM	Visti* Until 9:34AM	Nataraja: Orange		Moon – Light Blue		Bhuloka Day
Until 8:51PM			Chaturdashi* Until 9:50PM	Moon – Light Blue				Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga				Pausha*Thai				

Retreat Star		Friday, January 24, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Sun 13		Trieste, Italy Sutra 285 Vikarin 5121
Makara Rasi: 1.28	Tithi 30	Gulika 8:46AM – 9:57AM	Uttarashadha Until 10:07PM	Ganesha: Light Blue	<i>Sunrise:</i> 7:35AM			
		Yama 2:40PM – 3:51PM	Vajra* Until 9:54PM	Muruqa: Clear	<i>Sunset:</i> 5:02PM	Moon 1 - Phase 39		
Routine Work	Marana Yoga	Rahu 11:08AM – 12:19PM	Catuspada Until 10:15AM	Nataraja: Orange		Moon – Light Blue		Bhuloka Day
			Amavasya* Until 10:44PM	Moon – Light Blue				Devaloka Time: 3:PM to 6:PM
				Pausha*Thai				

Retreat Star		Saturday, January 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau		Sun 14		Trieste, Italy Sutra 286 Vikarin 5121
Makara Rasi: 13.59	Tithi 1	Gulika 7:34AM – 8:45AM	Shravana Until 12:08AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 7:34AM			
		Yama 1:30PM – 2:41PM	Siddhi Until 9:46PM	Muruqa: Clear	<i>Sunset:</i> 5:04PM	Moon 1 - Phase 39		
Creative Work	Siddha Yoga	Rahu 9:57AM – 11:08AM	Kintughna Until 11:23AM	Nataraja: Orange		Moon – Purple		Bhuloka Day
Until 12:08AM Sun			Prathama* Until 12:05AM Sun	Moon – Purple				Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga				Magha*Thai				

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

1		Sunday, January 26, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Trieste, Italy
Makara Rasi: 26.19	Tithi 2	Gulika	2:42PM – 3:54PM	Dhanishtha Until 2:21AM Mon	Ganesha: Orange	Sunrise: 7:33AM	Sun 15	Sutra 287
		Yama	12:19PM – 1:31PM	Vyatipata* Until 9:57PM	Muruqa: Clear	Sunset: 5:05PM		Vikarin 5121
		995723466 Rahu	3:54PM – 5:05PM	Balava Until 12:56PM	Nataraja: Orange		Moon 1 - Phase 40	3rd Phase
Routine Work	Marana Yoga			Dvitiya Until 1:50AM Mon	Moon – Purple			Devaloka Day
Until 2:21AM Mon					Magha-Thai			
Then Creative Work - Siddha Yoga								

2		Monday, January 27, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau				Trieste, Italy
Kumbha Rasi: 8.29	Tithi 3	Gulika	1:31PM – 2:43PM	Shatabhishak Until 4:45AM Tue	Ganesha: Orange	Sunrise: 7:32AM	Sun 16	Sutra 288
Family Home Evening		Yama	11:08AM – 12:19PM	Variyan Until 10:23PM	Muruqa: Clear	Sunset: 5:06PM		Vikarin 5121
Creative Work	Siddha Yoga	995723466 Rahu	8:44AM – 9:56AM	Taitila Until 2:52PM	Nataraja: Orange		Moon 1 - Phase 40	3rd Phase
Until 4:45AM Tue				Tritiya Until 3:56AM Tue	Moon – Purple			Devaloka Day
Then Routine Work - Marana Yoga					Magha-Thai			

3		Tuesday, January 28, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaprossthapada* Nakshatra Parigha* Yoga Vanija/Visti* Karana Chaturthyam Titau				Trieste, Italy
Kumbha Rasi: 20.32	Tithi 4	Gulika	12:20PM – 1:32PM	Purvaprossthapada* Until 7:44AM Wed	Ganesha: Green	Sunrise: 7:31AM	Sun 17	Sutra 289
		Yama	9:55AM – 11:07AM	Parigha* Until 11:02PM	Muruqa: Clear	Sunset: 5:08PM		Vikarin 5121
		915723466 Rahu	2:44PM – 3:56PM	Vanija Until 5:06PM	Nataraja: Orange		Moon 1 - Phase 40	3rd Phase
Routine Work	Marana Yoga			Chaturthi* Until 6:18AM Wed	Moon – Clear			Sivaloka Day
Until 7:44AM Wed					Magha-Thai			
Then Creative Work - Siddha Yoga								

4		Wednesday, January 29, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprossthapada*/Uttaraprossthapada Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Trieste, Italy
Meena Rasi: 2.28	Tithi 4 – 5	Gulika	11:07AM – 12:20PM	Purvaprossthapada* Until 7:44AM	Ganesha: Green	Sunrise: 7:30AM	Sun 18	Sutra 290
		Yama	8:43AM – 9:55AM	Shiva Until 11:51PM	Muruqa: Clear	Sunset: 5:09PM		Vikarin 5121
		915723466 Rahu	12:20PM – 1:32PM	Bava Until 7:34PM	Nataraja: Orange		Moon 1 - Phase 40	3rd Phase
Creative Work	Amrita Yoga			Chaturthi* Until 6:18AM	Moon – Clear			Sivaloka Day
Until 7:44AM					Magha-Thai			
Then Creative Work - Siddha Yoga								

5		Thursday, January 30, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprossthapada*/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Trieste, Italy
Meena Rasi: 14.2	Tithi 5 – 6	Gulika	9:54AM – 11:07AM	Uttaraprossthapada Until 10:41AM	Ganesha: Green	Sunrise: 7:29AM	Sun 19	Sutra 291
		Yama	7:29AM – 8:42AM	Siddha Until 12:40AM Fri	Muruqa: Clear	Sunset: 5:11PM		Vikarin 5121
		915723466 Rahu	1:33PM – 2:45PM	Kaulava Until 10:06PM	Nataraja: Orange		Moon 1 - Phase 40	3rd Phase
Creative Work	Siddha Yoga			Panchami Until 8:49AM	Moon – Clear			Sivaloka Day
Until 7:44AM					Magha-Thai			
Then Creative Work - Siddha Yoga								

6		Friday, January 31, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Trieste, Italy
Meena Rasi: 26.13	Tithi 6 – 7	Gulika	8:41AM – 9:54AM	Revati Until 1:26PM	Ganesha: Orange	Sunrise: 7:28AM	Sun 20	Sutra 292
		Yama	2:46PM – 3:59PM	Sadhya Until 1:25AM Sat	Muruqa: Clear	Sunset: 5:12PM		Vikarin 5121
		916723466 Rahu	11:07AM – 12:20PM	Gara Until 12:32AM Sat	Nataraja: Orange		Moon 1 - Phase 40	3rd Phase
Creative Work	Siddha Yoga			Shashthi* Until 11:19AM	Moon – Clear			Devaloka Day
Until 1:26PM					Magha-Thai			
Then Creative Work - Amrita Yoga								

Retreat Star		Saturday, February 1, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Trieste, Italy
Mesha Rasi: 8.09	Tithi 7 – 8	Gulika	7:28AM – 8:41AM	Ashvini Until 4:20PM	Ganesha: Green	Sunrise: 7:28AM	Sun 21	Sutra 293
		Yama	1:33PM – 2:46PM	Subha Until 1:57AM Sun	Muruqa: Clear	Sunset: 5:12PM		Vikarin 5121
		926723466 Rahu	9:54AM – 11:07AM	Visti Until 2:40AM Sun	Nataraja: Orange		Moon 1 - Phase 40	Ashtami
Creative Work	Siddha Yoga			Saptami Until 1:38PM	Moon – White			Bhuloka Day
Until 6:39PM					Magha-Thai			Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga								

Retreat Star		Sunday, February 2, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Trieste, Italy
Mesha Rasi: 20.13	Tithi 8 – 9	Gulika	2:47PM – 4:00PM	Bharani Until 6:39PM	Ganesha: Green	Sunrise: 7:27AM	Sun 22	Sutra 294
		Yama	12:20PM – 1:34PM	Sukla Until 2:05AM Mon	Muruqa: Clear	Sunset: 5:14PM		Vikarin 5121
		926723466 Rahu	4:00PM – 5:14PM	Balava Until 4:18AM Mon	Nataraja: Orange		Moon 1 - Phase 40	Navami
Routine Work	Prabalarishta Yoga			Ashtami* Until 3:32PM	Moon – White			Bhuloka Day
Until 6:39PM					Magha-Thai			Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga								

Monday, February 3, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Trieste, Italy Sun 23 Sutra 295 Vikarin 5121
1		Gulika 1:34PM – 2:48PM	Krittika Until 8:12PM	Ganesha: Green <i>Sunrise:</i> 7:26AM
Vrishabha Rasi: 2.3	Tithi 9 – 10	Yama 11:07AM – 12:20PM	Brahma Until 1:42AM Tue	Muruḡa: Clear <i>Sunset:</i> 5:15PM
Family Home Evening	926723466	Rahu 8:39AM – 9:53AM	Taitila Until 5:13AM Tue	Nataraja: Orange
Routine Work Marana Yoga			Navami* Until 4:50PM	Moon – White
Until 8:12PM				Magha-Thai
Then Creative Work - Amrita Yoga				Bhuloka Day Devaloka Time: 3:PM to 6:PM

Tuesday, February 4, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Indra Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau		Trieste, Italy Sun 24 Sutra 296 Vikarin 5121
2		Gulika 12:20PM – 1:34PM	Rohini Until 9:20PM	Ganesha: Red <i>Sunrise:</i> 7:24AM
Vrishabha Rasi: 15.05	Tithi 10 – 11	Yama 9:52AM – 11:06AM	Indra Until 12:44AM Wed	Muruḡa: Clear <i>Sunset:</i> 5:16PM
	936723467	Rahu 2:48PM – 4:02PM	Vanija Until 5:19AM Wed	Nataraja: Clear
Creative Work Amrita Yoga			Dashami Until 5:21PM	Moon – Yellow
Until 9:20PM				Magha-Thai
Then Creative Work - Siddha Yoga				Devaloka Day

Wednesday, February 5, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Trieste, Italy Sun 25 Sutra 297 Vikarin 5121
3		Gulika 11:06AM – 12:20PM	Mrigashira Until 9:29PM	Ganesha: Red <i>Sunrise:</i> 7:23AM
Vrishabha Rasi: 28.04	Tithi 11 – 12	Yama 8:37AM – 9:52AM	Vaidhriti* Until 11:05PM	Muruḡa: Clear <i>Sunset:</i> 5:18PM
	936723467	Rahu 12:20PM – 1:35PM	Bava Until 4:35AM Thu	Nataraja: Clear
Creative Work Siddha Yoga			Ekadashi Until 5:02PM	Moon – Yellow
				Magha-Thai
				Devaloka Day

Thursday, February 6, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Trieste, Italy Sun 26 Sutra 298 Vikarin 5121
4		Gulika 9:51AM – 11:06AM	Ardra Until 8:41PM	Ganesha: Red <i>Sunrise:</i> 7:22AM
Mithuna Rasi: 11.28	Tithi 12 – 13	Yama 7:22AM – 8:36AM	Vishkambha* Until 8:48PM	Muruḡa: Clear <i>Sunset:</i> 5:19PM
	936723467	Rahu 1:35PM – 2:50PM	Kaulava Until 3:03AM Fri	Nataraja: Clear
Routine Work Marana Yoga			Dvadashi Until 3:54PM	Moon – Yellow
Until 8:41PM				Magha-Thai
Then Creative Work - Amrita Yoga				Devaloka Day
				<i>Pradosha Vrata</i>

Friday, February 7, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Trieste, Italy Sun 27 Sutra 299 Vikarin 5121
5		Gulika 8:35AM – 9:51AM	Punarvasu Until 7:28PM	Ganesha: Blue <i>Sunrise:</i> 7:20AM
Mithuna Rasi: 25.2	Tithi 13 – 14	Yama 2:51PM – 4:06PM	Priti Until 5:57PM	Muruḡa: Clear <i>Sunset:</i> 5:21PM
	947723467	Rahu 11:06AM – 12:21PM	Gara Until 12:50AM Sat	Nataraja: Clear
Creative Work Siddha Yoga			Trayodashi Until 2:00PM	Moon – Blue
Until 7:28PM				Magha-Thai
Then Routine Work - Marana Yoga				Bhuloka Day Devaloka Time: 3:PM to 6:PM

Saturday, February 8, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushmani/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Trieste, Italy Sun 28 Sutra 300 Vikarin 5121
○	Copper Retreat Star	Gulika 7:19AM – 8:34AM	Pushya Until 5:31PM	Ganesha: Blue <i>Sunrise:</i> 7:19AM
Kataka Rasi: 9.39	Tithi 14 – 15	Yama 1:36PM – 2:52PM	Ayushman Until 2:36PM	Muruḡa: Clear <i>Sunset:</i> 5:22PM
	947723467	Rahu 9:50AM – 11:05AM	Visti Until 10:03PM	Nataraja: Clear
Creative Work Siddha Yoga			Chaturdashi* Until 11:29AM	Moon – Blue
Until 5:31PM		Thai Pusam		Magha-Thai
Then Routine Work - Marana Yoga				Bhuloka Day Devaloka Time: 3:PM to 6:PM

Sunday, February 9, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Trieste, Italy Sun 29 Sutra 301 Vikarin 5121
○	Silver Retreat Star	Gulika 2:52PM – 4:08PM	Ashlesha* Until 3:01PM	Ganesha: Blue <i>Sunrise:</i> 7:18AM
Kataka Rasi: 24.19	Tithi 15 – 16	Yama 12:21PM – 1:36PM	Saubhagya Until 10:54AM	Muruḡa: Clear <i>Sunset:</i> 5:24PM
	947723467	Rahu 4:08PM – 5:24PM	Balava Until 6:54PM	Nataraja: Clear
Creative Work Siddha Yoga			Purnima* Until 8:30AM	Moon – Blue
Until 3:01PM				Magha-Thai
Then Routine Work - Marana Yoga				Bhuloka Day Devaloka Time: 3:PM to 6:PM



Monday, February 10, 2020

Gold Retreat Star

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam
Magha*/Purvaphalguni Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Dvitiyayam Titau

Trieste, Italy

Sutra 302

Vikarin 5121

Simha Rasi: 9.14 Tithi 17

Gulika 1:37PM - 2:53PM

Magha* Until 12:33PM

Ganesha: Red Sunrise: 7:16AM

Family Home Evening 957723467

Yama 11:05AM - 12:21PM

Sobhana Until 6:59AM

Muruqa: Clear Sunset: 5:25PM

Moon 2 - Phase 42

Routine Work Marana Yoga

Rahu 8:32AM - 9:49AM

Taitila Until 3:31PM

Nataraja: Clear

1st Phase

Until 12:33PM

Dvitiya Until 1:47AM Tue

Moon - Red

Devaloka Day

Then Creative Work - Siddha Yoga

Magha*Thai

Tuesday, February 11, 2020

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

Trieste, Italy

Sun 1

Sutra 303

Vikarin 5121

1 Simha Rasi: 24.14 Tithi 18

Gulika 12:21PM - 1:37PM

Purvaphalguni Until 9:52AM

Ganesha: Red Sunrise: 7:15AM

957723467

Yama 9:48AM - 11:04AM

Sukarma Until 10:57PM

Muruqa: Clear Sunset: 5:27PM

Moon 2 - Phase 42

Creative Work Siddha Yoga

Rahu 2:54PM - 4:10PM

Vanija Until 12:06PM

Nataraja: Clear

1st Phase

Until 9:52AM

Tritiya Until 10:24PM

Moon - Red

Devaloka Day

Then Creative Work - Amrita Yoga

Magha*Thai

Wednesday, February 12, 2020

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

Trieste, Italy

Sun 2

Sutra 304

Vikarin 5121

2 Kanya Rasi: 9.12 Tithi 19

Gulika 11:04AM - 12:21PM

Uttaraphalguni Until 7:08AM

Ganesha: Red Sunrise: 7:13AM

957723467

Yama 8:30AM - 9:47AM

Dhriti Until 7:07PM

Muruqa: Clear Sunset: 5:28PM

Moon 2 - Phase 42

Creative Work Amrita Yoga

Rahu 12:21PM - 1:38PM

Bava Until 8:47AM

Nataraja: Clear

1st Phase

Until 7:08AM

Chaturthi* Until 7:11PM

Moon - Red

Devaloka Day

Then Routine Work - Marana Yoga

Maha Sankatahara Chaturthi

Magha*Thai

Thursday, February 13, 2020

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

Trieste, Italy

Sun 3

Sutra 305

Vikarin 5121

3 Kanya Rasi: 23.58 Tithi 20 - 21

Gulika 9:46AM - 11:04AM

Chitra Until 2:58AM Fri

Ganesha: Green Sunrise: 7:12AM

967723467

Yama 7:12AM - 8:29AM

Shula* Until 3:32PM

Muruqa: Clear Sunset: 5:30PM

Moon 2 - Phase 42

Creative Work Siddha Yoga

Rahu 1:38PM - 2:55PM

Gara Until 3:03AM Fri

Nataraja: Clear

1st Phase

Panchami Until 4:19PM

Moon - Green

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Magha*Masi

Friday, February 14, 2020

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

Trieste, Italy

Sun 4

Sutra 306

Vikarin 5121

4 Tula Rasi: 8.28 Tithi 21 - 22

Gulika 8:28AM - 9:46AM

Svati Until 1:23AM Sat

Ganesha: White Sunrise: 7:10AM

968723467

Yama 2:56PM - 4:13PM

Ganda* Until 12:20PM

Muruqa: Clear Sunset: 5:31PM

Moon 2 - Phase 42

Creative Work Siddha Yoga

Rahu 11:03AM - 12:21PM

Vistii Until 12:54AM Sat

Nataraja: Clear

1st Phase

Shashthi* Until 1:53PM

Moon - Green

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Magha*Masi

Saturday, February 15, 2020

Retreat Star

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

Trieste, Italy

Sun 5

Sutra 307

Vikarin 5121

Tula Rasi: 22.36 Tithi 22 - 23

Gulika 7:09AM - 8:27AM

Vishakha Until 12:39AM Sun

Ganesha: Clear Sunrise: 7:09AM

978723467

Yama 1:39PM - 2:57PM

Vridhhi Until 9:35AM

Muruqa: Clear Sunset: 5:32PM

Moon 2 - Phase 42

Creative Work Siddha Yoga

Rahu 9:45AM - 11:03AM

Balava Until 11:19PM

Nataraja: Clear

Ashtami

Saptami Until 12:01PM

Moon - Orange

Devaloka Day

Magha*Masi

Sunday, February 16, 2020

Retreat Star

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

Trieste, Italy

Sun 6

Sutra 308

Vikarin 5121

Vrischika Rasi: 6.22 Tithi 23 - 24

Gulika 2:57PM - 4:16PM

Anuradha Until 12:23AM Mon

Ganesha: Clear Sunrise: 7:07AM

978723467

Yama 12:21PM - 1:39PM

Dhruva Until 7:17AM

Muruqa: Clear Sunset: 5:34PM

Moon 2 - Phase 42

Routine Work Marana Yoga

Rahu 4:16PM - 5:34PM

Taitila Until 10:22PM

Nataraja: Clear

Navami

Ashtami* Until 10:44AM

Moon - Orange

Devaloka Day

Magha*Masi

Until 12:23AM Mon

Then Creative Work - Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

Monday, February 17, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Trieste, Italy Sun 7 Sutra 309 Vikarin 5121
1	Vrischika Rasi: 19.46 Tithi 24 – 25 Family Home Evening Creative Work Siddha Yoga Until 12:33AM Tue Then Creative Work - Amrita Yoga	978723467	Gulika 1:39PM – 2:58PM Yama 11:02AM – 12:21PM Rahu 8:25AM – 9:43AM	Jyeshtha* Until 12:33AM Tue Harshana Until 4:12AM Tue Vanija Until 10:01PM Navami* Until 10:06AM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Orange Magha-Masi	Sunrise: 7:06AM Sunset: 5:35PM Moon 2 - Phase 43 2nd Phase Devaloka Day

Tuesday, February 18, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Trieste, Italy Sun 8 Sutra 310 Vikarin 5121
2	Dhanus Rasi: 2.5 Tithi 25 – 26 Creative Work Amrita Yoga	988723467	Gulika 12:21PM – 1:40PM Yama 9:42AM – 11:01AM Rahu 2:59PM – 4:18PM	Mula* Until 1:36AM Wed Vajra* Until 3:19AM Wed Bava Until 10:16PM Dashami Until 10:03AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue Magha-Masi	Sunrise: 7:04AM Sunset: 5:37PM Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Wednesday, February 19, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Trieste, Italy Sun 9 Sutra 311 Vikarin 5121
3	Dhanus Rasi: 15.39 Tithi 26 – 27 Creative Work Amrita Yoga Until 2:58AM Thu Then Routine Work - Marana Yoga	988723467	Gulika 11:01AM – 12:20PM Yama 8:22AM – 9:42AM Rahu 12:20PM – 1:40PM	Purvashadha* Until 2:58AM Thu Siddhi Until 2:49AM Thu Kaulava Until 11:01PM Ekadashi* Until 10:34AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue Magha-Masi	Sunrise: 7:03AM Sunset: 5:38PM Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Thursday, February 20, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Vyatipata* Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau				Trieste, Italy Sun 10 Sutra 312 Vikarin 5121
4	Dhanus Rasi: 28.14 Tithi 27 – 28 Routine Work Marana Yoga	989823467	Gulika 9:41AM – 11:01AM Yama 7:01AM – 8:21AM Rahu 1:40PM – 3:00PM	Uttarashadha Until 4:35AM Fri Vyatipata* Until 2:40AM Fri Gara Until 12:12AM Fri Dvadashi* Until 11:32AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue Magha-Masi	Sunrise: 7:01AM Sunset: 5:40PM Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Pradosha Vrata (Fasting)

Friday, February 21, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Trieste, Italy Sun 11 Sutra 313 Vikarin 5121
5	Makara Rasi: 10.38 Tithi 28 – 29 Routine Work Marana Yoga Until 6:52AM Sat Then Creative Work - Siddha Yoga	999823467	Gulika 8:20AM – 9:40AM Yama 3:01PM – 4:21PM Rahu 11:00AM – 12:20PM	Shravana Until 6:52AM Sat Variyan Until 2:45AM Sat Visti Until 1:45AM Sat Trayodashi* Until 12:55PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple Magha-Masi	Sunrise: 6:59AM Sunset: 5:41PM Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Saturday, February 22, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Trieste, Italy Sun 12 Sutra 314 Vikarin 5121
Retreat Star	Makara Rasi: 22.53 Tithi 29 – 30 Creative Work Siddha Yoga	999823467	Gulika 6:58AM – 8:18AM Yama 1:41PM – 3:01PM Rahu 9:39AM – 11:00AM	Shravana Until 6:52AM Parigha* Until 3:04AM Sun Catuspada Until 3:36AM Sun Chaturdashi* Until 2:37PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple Magha-Masi	Sunrise: 6:58AM Sunset: 5:42PM Moon 2 - Phase 43 Amavasya Bhuloka Day Devaloka Time: 3:PM to 6:PM

Sunday, February 23, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Trieste, Italy Sun 13 Sutra 315 Vikarin 5121
Retreat Star	Kumbha Rasi: 5.01 Tithi 30 – 1 Routine Work Marana Yoga Until 9:16AM Then Creative Work - Siddha Yoga	999823467	Gulika 3:02PM – 4:23PM Yama 12:20PM – 1:41PM Rahu 4:23PM – 5:44PM	Dhanishtha Until 9:16AM Shiva Until 3:36AM Mon Kintughna Until 5:42AM Mon Amavasya* Until 4:36PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple Phalgun-Masi	Sunrise: 6:56AM Sunset: 5:44PM Moon 2 - Phase 43 Prathama Bhuloka Day Devaloka Time: 3:PM to 6:PM

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

Monday, February 24, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Siddha Yoga Bava Karana Prathamayam Titau				Trieste, Italy Sun 14 Sutra 316 Vikarin 5121
1	Kumbha Rasi: 17.03 Family Home Evening Creative Work Siddha Yoga Until 11:43AM Then Routine Work - Marana Yoga	Tithi 1 999823467	Gulika 1:41PM – 3:03PM Yama 10:59AM – 12:20PM Rahu 8:16AM – 9:37AM	Shatabhishak Until 11:43AM Siddha Until 4:15AM Tue Bava Until 6:48PM Prathama* Until 6:48PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple	Sunrise: 6:54AM Sunset: 5:45PM Moon 2 - Phase 44 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Tuesday, February 25, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Sadhya Yoga Balava/Kaulava Karana Dvilyayam Titau				Trieste, Italy Sun 15 Sutra 317 Vikarin 5121
2	Kumbha Rasi: 29.01 Routine Work Marana Yoga Until 2:41PM Then Creative Work - Amrita Yoga	Tithi 2 919823467	Gulika 12:20PM – 1:41PM Yama 9:36AM – 10:58AM Rahu 3:03PM – 4:25PM	Purvaproshtapada* Until 2:41PM Sadhya Until 5:02AM Wed Balava Until 8:00AM Dvitiya Until 9:11PM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear	Sunrise: 6:53AM Sunset: 5:47PM Moon 2 - Phase 44 3rd Phase Devaloka Day

Wednesday, February 26, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Subha Yoga Tailila/Gara Karana Tritiyayam Titau				Trieste, Italy Sun 16 Sutra 318 Vikarin 5121
3	Meena Rasi: 10.55 Creative Work Siddha Yoga Until 5:36PM Then Routine Work - Marana Yoga	Tithi 3 919823467	Gulika 10:57AM – 12:20PM Yama 8:13AM – 9:35AM Rahu 12:20PM – 1:42PM	Uttaraproshtapada Until 5:36PM Subha Until 5:55AM Thu Tailila Until 10:27AM Tritiya Until 11:41PM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear	Sunrise: 6:51AM Sunset: 5:48PM Moon 2 - Phase 44 3rd Phase Devaloka Day

Thursday, February 27, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Trieste, Italy Sun 17 Sutra 319 Vikarin 5121
4	Meena Rasi: 22.47 Creative Work Siddha Yoga Until 8:25PM Then Creative Work - Amrita Yoga	Tithi 4 919823467	Gulika 9:34AM – 10:57AM Yama 6:49AM – 8:12AM Rahu 1:42PM – 3:04PM	Revati Until 8:25PM Sukla Until 6:45AM Fri Vanija Until 12:58PM Chaturthi* Until 2:12AM Fri	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear	Sunrise: 6:49AM Sunset: 5:49PM Moon 2 - Phase 44 3rd Phase Devaloka Day

Friday, February 28, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Trieste, Italy Sun 18 Sutra 320 Vikarin 5121
5	Mesha Rasi: 4.39 Creative Work Amrita Yoga Until 11:29PM Then Creative Work - Siddha Yoga	Tithi 5 921823467	Gulika 8:10AM – 9:33AM Yama 3:05PM – 4:28PM Rahu 10:56AM – 12:19PM	Ashvini Until 11:29PM Sukla Until 6:45AM Bava Until 3:27PM Panchami Until 4:37AM Sat	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – White	Sunrise: 6:48AM Sunset: 5:51PM Moon 2 - Phase 44 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Saturday, February 29, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Tailila Karana Shashthyam Titau				Trieste, Italy Sun 19 Sutra 321 Vikarin 5121
6	Mesha Rasi: 16.34 Creative Work Siddha Yoga	Tithi 6 921823467	Gulika 6:46AM – 8:09AM Yama 1:42PM – 3:06PM Rahu 9:32AM – 10:56AM	Bharani Until 2:10AM Sun Brahma Until 7:31AM Kaulava Until 5:45PM Shashthi* Until 6:45AM Sun	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – White	Sunrise: 6:46AM Sunset: 5:52PM Moon 2 - Phase 44 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Sunday, March 1, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau				Trieste, Italy Sun 20 Sutra 322 Vikarin 5121
Retreat Star			Gulika 3:07PM – 4:31PM Yama 12:19PM – 1:43PM Rahu 4:31PM – 5:55PM	Krittika Until 4:16AM Mon Indra Until 8:05AM Gara Until 7:41PM Shashthi* Until 6:45AM	Ganesha: Purple Muruqa: Orange Nataraja: Clear Moon – White	Sunrise: 6:42AM Sunset: 5:55PM Moon 2 - Phase 44 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Monday, March 2, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Trieste, Italy Sun 21 Sutra 323 Vikarin 5121
Retreat Star			Gulika 1:43PM – 3:07PM Yama 10:54AM – 12:18PM Rahu 8:05AM – 9:29AM	Rohini Until 6:04AM Tue Vaidhriti* Until 8:14AM Visti Until 9:01PM Saptami Until 8:25AM	Ganesha: Clear Muruqa: Orange Nataraja: Clear Moon – Yellow	Sunrise: 6:40AM Sunset: 5:58PM Moon 2 - Phase 44 Ashtami Devaloka Day

Tuesday, March 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Trieste, Italy Sun 22 Sutra 324 Vikarin 5121
Retreat Star			Gulika 12:18PM – 1:43PM Yama 9:28AM – 10:53AM Rahu 3:08PM – 4:33PM	Rohini Until 6:04AM Vishkambha* Until 7:54AM Balava Until 9:36PM Ashtami* Until 9:23AM	Ganesha: Clear Muruqa: Orange Nataraja: Clear Moon – Yellow	Sunrise: 6:39AM Sunset: 5:58PM Moon 2 - Phase 44 Navami Devaloka Day

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

1		Wednesday, March 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Trieste, Italy Sun 23 Sutra 325	
Mithuna Rasi: 6.09	Tithi 9 – 10	Gulika 10:53AM – 12:18PM	Mrigashira Until 6:55AM	Ganesha: Clear	<i>Sunrise:</i> 6:37AM	Vikarin 5121	
		Yama 8:02AM – 9:27AM	Priti Until 6:57AM	Muruqa: Orange	<i>Sunset:</i> 5:59PM	Moon 2 - Phase 45	
931833467	Rahu 12:18PM – 1:43PM		Taitila Until 9:19PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Navami* Until 9:33AM	Moon – Yellow		Devaloka Day	
				Phalguna-Masi			

2		Thursday, March 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Trieste, Italy Sun 24 Sutra 326	
Mithuna Rasi: 19.28	Tithi 10 – 11	Gulika 9:26AM – 10:52AM	Ardra Until 6:47AM	Ganesha: Red	<i>Sunrise:</i> 6:35AM	Vikarin 5121	
		Yama 6:35AM – 8:01AM	Saubhagya Until 2:58AM Fri	Muruqa: Orange	<i>Sunset:</i> 6:00PM	Moon 2 - Phase 45	
131833467	Rahu 1:43PM – 3:09PM		Vanija Until 8:09PM	Nataraja: Clear		4th Phase	
Routine Work	Marana Yoga		Dashami Until 8:49AM	Moon – Yellow		Devaloka Day	
Until 6:47AM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

3		Friday, March 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau		Trieste, Italy Sun 25 Sutra 327	
Kataka Rasi: 3.16	Tithi 11 – 12	Gulika 7:59AM – 9:25AM	Punarvasu Until 6:05AM	Ganesha: Blue	<i>Sunrise:</i> 6:33AM	Vikarin 5121	
		Yama 3:10PM – 4:36PM	Sobhana Until 12:00AM Sat	Muruqa: Orange	<i>Sunset:</i> 6:02PM	Moon 2 - Phase 45	
141833467	Rahu 10:51AM – 12:17PM		Bava Until 6:10PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 7:14AM	Moon – Blue		Bhuloka Day	
Until 6:05AM				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

4		Saturday, March 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Trieste, Italy Sun 26 Sutra 328	
Kataka Rasi: 17.34	Tithi 13	Gulika 6:31AM – 7:58AM	Ashlesha* Until 2:07AM Sun	Ganesha: Blue	<i>Sunrise:</i> 6:31AM	Vikarin 5121	
		Yama 1:44PM – 3:10PM	Athiganda* Until 8:29PM	Muruqa: Orange	<i>Sunset:</i> 6:03PM	Moon 2 - Phase 45	
141833467	Rahu 9:24AM – 10:51AM		Kaulava Until 3:29PM	Nataraja: Clear		4th Phase	
Routine Work	Marana Yoga		Trayodashi Until 1:54AM Sun	Moon – Blue		Bhuloka Day	
				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM	

Pradosha Vrata

5		Sunday, March 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau		Trieste, Italy Sun 27 Sutra 329	
Simha Rasi: 2.19	Tithi 14	Gulika 3:11PM – 4:38PM	Magha* Until 11:33PM	Ganesha: Yellow	<i>Sunrise:</i> 6:30AM	Vikarin 5121	
		Yama 12:17PM – 1:44PM	Sukarma Until 4:34PM	Muruqa: Orange	<i>Sunset:</i> 6:04PM	Moon 2 - Phase 45	
151833467	Rahu 4:38PM – 6:04PM		Gara Until 12:15PM	Nataraja: Clear		4th Phase	
Routine Work	Marana Yoga		Chaturdashi* Until 10:27PM	Moon – Red		Devaloka Day	
Until 11:33PM		Chidambaram Abhishekam		Phalguna-Masi			
Then Creative Work - Siddha Yoga							

○		Monday, March 9, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau		Trieste, Italy Sun 28 Sutra 330	
Copper Retreat Star		Gulika 1:44PM – 3:11PM	Purvaphalguni Until 8:34PM	Ganesha: White	<i>Sunrise:</i> 6:28AM	Vikarin 5121	
Simha Rasi: 17.24	Tithi 15	Yama 10:49AM – 12:17PM	Dhriti Until 12:23PM	Muruqa: Orange	<i>Sunset:</i> 6:06PM	Moon 2 - Phase 45	
Family Home Evening	152833467	Rahu 7:55AM – 9:22AM	Visti Until 8:38AM	Nataraja: Clear		Purnima	
Creative Work	Siddha Yoga		Purnima* Until 6:43PM	Moon – Red		Sivaloka Day	
		Holi		Phalguna-Masi			

○		Tuesday, March 10, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau		Trieste, Italy Sun 29 Sutra 331	
Silver Retreat Star		Gulika 12:16PM – 1:44PM	Uttaraphalguni Until 5:22PM	Ganesha: White	<i>Sunrise:</i> 6:26AM	Vikarin 5121	
Kanya Rasi: 2.4	Tithi 16 – 17	Yama 9:21AM – 10:49AM	Shula* Until 8:01AM	Muruqa: Orange	<i>Sunset:</i> 6:07PM	Moon 2 - Phase 45	
152833467	Rahu 3:12PM – 4:39PM		Taitila Until 12:59AM Wed	Nataraja: Clear		Prathama	
Creative Work	Amrita Yoga		Prathama* Until 2:53PM	Moon – Red		Sivaloka Day	
Until 5:22PM				Phalguna-Masi			
Then Creative Work - Siddha Yoga							



Wednesday, March 11, 2020

Gold Retreat Star

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

Trieste, Italy

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 17.56 Tithi 17 - 18

162833467

Gulika 10:48AM - 12:16PM
Yama 7:52AM - 9:20AM
Rahu 12:16PM - 1:44PM

Hasta **Until 2:31PM**
Vriddhi **Until 11:31PM**
Vanija **Until 9:18PM**
Dvitiya **Until 11:06AM**

Ganesha: Clear *Sunrise: 6:24AM*
Muruqa: Orange *Sunset: 6:08PM*
Nataraja: Clear
Moon - Green
Phalguna-Masi

Devaloka Day

Routine Work Marana Yoga

Until 2:31PM

Then Creative Work - Siddha Yoga

1

Thursday, March 12, 2020

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

Trieste, Italy

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 3.02 Tithi 18 - 19

162833467

Gulika 9:19AM - 10:47AM
Yama 6:22AM - 7:51AM
Rahu 1:44PM - 3:13PM

Chitra **Until 11:49AM**
Dhruva **Until 7:36PM**
Balava **Until 4:25AM Fri**
Tritiya **Until 7:33AM**

Ganesha: Clear *Sunrise: 6:22AM*
Muruqa: Orange *Sunset: 6:10PM*
Nataraja: Clear
Moon - Green
Phalguna-Masi

Devaloka Day

Creative Work Siddha Yoga

Until 11:49AM

Then Creative Work - Amrita Yoga

2

Friday, March 13, 2020

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

Trieste, Italy

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 17.5 Tithi 20

162833467

Gulika 7:49AM - 9:18AM
Yama 3:13PM - 4:42PM
Rahu 10:47AM - 12:16PM

Svati **Until 9:24AM**
Vyaghata* **Until 4:06PM**
Kaulava **Until 3:04PM**
Panchami **Until 1:50AM Sat**

Ganesha: Clear *Sunrise: 6:20AM*
Muruqa: Orange *Sunset: 6:11PM*
Nataraja: Clear
Moon - Green
Phalguna-Masi

Devaloka Day

Creative Work Siddha Yoga

3

Saturday, March 14, 2020

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

Trieste, Italy

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 2.14 Tithi 21

172833467

Gulika 6:18AM - 7:48AM
Yama 1:45PM - 3:14PM
Rahu 9:17AM - 10:46AM

Vishakha **Until 7:51AM**
Harshana **Until 1:08PM**
Gara **Until 12:49PM**
Shashthi* **Until 11:56PM**

Ganesha: Purple *Sunrise: 6:18AM*
Muruqa: Orange *Sunset: 6:12PM*
Nataraja: Clear
Moon - Orange
Phalguna-Panguni

Sivaloka Day

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

4

Sunday, March 15, 2020

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

Trieste, Italy

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 16.1 Tithi 22

172833468

Gulika 3:14PM - 4:44PM
Yama 12:15PM - 1:45PM
Rahu 4:44PM - 6:14PM

Anuradha **Until 6:52AM**
Vajra* **Until 10:44AM**
Visti **Until 11:17AM**
Saptami **Until 10:48PM**

Ganesha: Purple *Sunrise: 6:16AM*
Muruqa: Orange *Sunset: 6:14PM*
Nataraja: Purple
Moon - Orange
Phalguna-Panguni

Subha Sivaloka Day

Routine Work Marana Yoga

D

Monday, March 16, 2020

Retreat Star

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

Trieste, Italy

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Vrischika Rasi: 29.37 Tithi 23

172933468

Gulika 1:45PM - 3:15PM
Yama 10:45AM - 12:15PM
Rahu 7:45AM - 9:15AM

Jyeshtha* **Until 6:31AM**
Siddhi **Until 8:58AM**
Balava **Until 10:33AM**
Ashtami* **Until 10:28PM**

Ganesha: Clear *Sunrise: 6:15AM*
Muruqa: Orange *Sunset: 6:15PM*
Nataraja: Purple
Moon - Orange
Phalguna-Panguni

Sivaloka Day

Creative Work Siddha Yoga

Family Home Evening

Tuesday, March 17, 2020

Retreat Star

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

Trieste, Italy

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 12.4 Tithi 24

182933468

Gulika 12:15PM - 1:45PM
Yama 9:14AM - 10:44AM
Rahu 3:15PM - 4:46PM

Mula* **Until 7:13AM**
Vyatipata* **Until 7:50AM**
Taitila **Until 10:36AM**
Navami* **Until 10:52PM**

Ganesha: Purple *Sunrise: 6:13AM*
Muruqa: Orange *Sunset: 6:16PM*
Nataraja: Purple
Moon - Light Blue
Phalguna-Panguni

Devaloka Day

Creative Work Amrita Yoga

Until 7:13AM

Then Creative Work - Siddha Yoga

1		Wednesday, March 18, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau		Trieste, Italy Sun 8 Sutra 339	
Dhanus Rasi: 25.22	Tithi 25	Gulika 10:43AM – 12:14PM	Purvashadha* Until 8:29AM	Ganesha: Purple	<i>Sunrise:</i> 6:11AM	Vikarin 5121	
		Yama 7:42AM – 9:12AM	Variyan Until 7:14AM	Muruqa: Orange	<i>Sunset:</i> 6:18PM	Moon 3 - Phase 47	
182933468	Rahu 12:14PM – 1:45PM		Vanija Until 11:21AM	Nataraja: Purple		2nd Phase	
Creative Work	Amrita Yoga		Dashami Until 11:57PM	Moon – Light Blue			Devaloka Day
				Phalguna-Panguni			

2		Thursday, March 19, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau		Trieste, Italy Sun 9 Sutra 340	
Makara Rasi: 7.46	Tithi 26	Gulika 9:11AM – 10:43AM	Uttarashadha Until 10:10AM	Ganesha: Purple	<i>Sunrise:</i> 6:09AM	Vikarin 5121	
		Yama 6:09AM – 7:40AM	Parigha* Until 7:07AM	Muruqa: Orange	<i>Sunset:</i> 6:19PM	Moon 3 - Phase 47	
182933468	Rahu 1:45PM – 3:16PM		Bava Until 12:42PM	Nataraja: Purple		2nd Phase	
Routine Work	Marana Yoga		Ekadashi* Until 1:32AM Fri	Moon – Light Blue			Devaloka Day
Until 10:10AM				Phalguna-Panguni			
Then Creative Work - Siddha Yoga							

3		Friday, March 20, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau		Trieste, Italy Sun 10 Sutra 341	
Makara Rasi: 19.59	Tithi 27	Gulika 7:39AM – 9:10AM	Shravana Until 12:37PM	Ganesha: Clear	<i>Sunrise:</i> 6:07AM	Vikarin 5121	
		Yama 3:17PM – 4:49PM	Shiva Until 7:23AM	Muruqa: Orange	<i>Sunset:</i> 6:20PM	Moon 3 - Phase 47	
192933468	Rahu 10:42AM – 12:14PM		Kaulava Until 2:30PM	Nataraja: Purple		2nd Phase	
Routine Work	Marana Yoga		Dvadashi* Until 3:29AM Sat	Moon – Purple			Sivaloka Day
Until 12:37PM				Phalguna-Panguni			
Then Creative Work - Siddha Yoga							

4		Saturday, March 21, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau		Trieste, Italy Sun 11 Sutra 342	
Kumbha Rasi: 2.03	Tithi 28	Gulika 6:05AM – 7:37AM	Dhanishtha Until 3:12PM	Ganesha: Clear	<i>Sunrise:</i> 6:05AM	Vikarin 5121	
		Yama 1:45PM – 3:17PM	Siddha Until 7:53AM	Muruqa: Orange	<i>Sunset:</i> 6:22PM	Moon 3 - Phase 47	
192933468	Rahu 9:09AM – 10:41AM		Gara Until 4:36PM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 5:42AM Sun	Moon – Purple			Sivaloka Day
Until 3:12PM				Phalguna-Panguni			
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>				

5		Sunday, March 22, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak/Purvaproshtpada* Nakshatra Sadhya/Subha Yoga Visti* Karana Chaturdashyam Titau		Trieste, Italy Sun 12 Sutra 343	
Kumbha Rasi: 14.02	Tithi 29	Gulika 3:18PM – 4:50PM	Shatabhishak Until 5:48PM	Ganesha: Clear	<i>Sunrise:</i> 6:03AM	Vikarin 5121	
		Yama 12:13PM – 1:45PM	Sadhya Until 8:34AM	Muruqa: Orange	<i>Sunset:</i> 6:23PM	Moon 3 - Phase 47	
192933468	Rahu 4:50PM – 6:23PM		Visti Until 6:53PM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 8:03AM Mon	Moon – Purple			Sivaloka Day
				Phalguna-Panguni			

Monday, March 23, 2020		Retreat Star		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtpada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Trieste, Italy Sun 13 Sutra 344	
Kumbha Rasi: 25.58	Tithi 29 – 30	Gulika 1:46PM – 3:18PM	Purvaproshtpada* Until 8:51PM	Ganesha: Yellow	<i>Sunrise:</i> 6:01AM	Vikarin 5121	
Family Home Evening	113933468	Yama 10:40AM – 12:13PM	Subha Until 9:22AM	Muruqa: Orange	<i>Sunset:</i> 6:24PM	Moon 3 - Phase 47	
Routine Work	Marana Yoga	Rahu 7:34AM – 9:07AM	Catuspada Until 9:17PM	Nataraja: Purple		Amavasya	
Until 8:51PM			Chaturdashi* Until 8:03AM	Moon – Clear			Sivaloka Day
Then Creative Work - Siddha Yoga				Phalguna-Panguni			

Tuesday, March 24, 2020		Retreat Star		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtpada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Trieste, Italy Sun 14 Sutra 345	
Meena Rasi: 7.51	Tithi 30 – 1	Gulika 12:12PM – 1:46PM	Uttaraproshtpada Until 11:47PM	Ganesha: Yellow	<i>Sunrise:</i> 5:59AM	Vikarin 5121	
		Yama 9:06AM – 10:39AM	Sukla Until 10:12AM	Muruqa: Orange	<i>Sunset:</i> 6:25PM	Moon 3 - Phase 47	
113933468	Rahu 3:19PM – 4:52PM		Kintughna Until 11:43PM	Nataraja: Purple		Prathama	
Creative Work	Amrita Yoga		Amavasya* Until 10:28AM	Moon – Clear			Sivaloka Day
Until 11:47PM		Yugadhi		Chaitra-Panguni			
Then Creative Work - Siddha Yoga							

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

All times are standard time

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1		Wednesday, March 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Trieste, Italy Sun 15 Sutra 346	
Meena Rasi: 19.44	Tithi 1 – 2	Gulika 10:38AM – 12:12PM	Revati Until 2:33AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 5:57AM		Vikarin 5121
		Yama 7:31AM – 9:05AM	Brahma Until 11:04AM	Muruqa: Orange	<i>Sunset:</i> 6:27PM	Moon 3 - Phase 48	
		113933468 Rahu 12:12PM – 1:46PM	Balava Until 2:10AM Thu	Nataraja: Purple		3rd Phase	
Routine Work	Marana Yoga		Prathama* Until 12:55PM	Moon – Clear		Sivaloka Day	
Until 2:33AM Thu				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

2		Thursday, March 26, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Trieste, Italy Sun 16 Sutra 347	
Mesha Rasi: 1.37	Tithi 2 – 3	Gulika 9:04AM – 10:38AM	Ashvini Until 5:36AM Fri	Ganesha: Red	<i>Sunrise:</i> 5:56AM		Vikarin 5121
		Yama 5:56AM – 7:30AM	Indra Until 11:55AM	Muruqa: Orange	<i>Sunset:</i> 6:28PM	Moon 3 - Phase 48	
		123933468 Rahu 1:46PM – 3:20PM	Taitila Until 4:33AM Fri	Nataraja: Purple		3rd Phase	
Creative Work	Amrita Yoga		Dvitiya Until 3:21PM	Moon – White		Sivaloka Day	
Until 5:36AM Fri		Chellappaswami Mahasamadhi		Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

3		Friday, March 27, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Trieste, Italy Sun 17 Sutra 348	
Mesha Rasi: 13.31	Tithi 3 – 4	Gulika 7:28AM – 9:03AM	Bharani Until 8:19AM Sat	Ganesha: Red	<i>Sunrise:</i> 5:54AM		Vikarin 5121
		Yama 3:20PM – 4:55PM	Vaidhriti* Until 12:41PM	Muruqa: Orange	<i>Sunset:</i> 6:29PM	Moon 3 - Phase 48	
		123933468 Rahu 10:37AM – 12:11PM	Vanija Until 6:47AM Sat	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Tritiya Until 5:40PM	Moon – White		Sivaloka Day	
Until 8:19AM Sat				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

4		Saturday, March 28, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Chaturthyam Titau		Trieste, Italy Sun 18 Sutra 349	
Mesha Rasi: 25.29	Tithi 4	Gulika 5:52AM – 7:27AM	Bharani Until 8:19AM	Ganesha: Red	<i>Sunrise:</i> 5:52AM		Vikarin 5121
		Yama 1:46PM – 3:21PM	Vishkambha* Until 1:20PM	Muruqa: Orange	<i>Sunset:</i> 6:31PM	Moon 3 - Phase 48	
		123933468 Rahu 9:01AM – 10:36AM	Vanija Until 6:47AM	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 7:47PM	Moon – White		Sivaloka Day	
Until 8:19AM				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

5		Sunday, March 29, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Panchamyam Titau		Trieste, Italy Sun 19 Sutra 350	
Shrabha Rasi: 7.34	Tithi 5	Gulika 3:21PM – 4:57PM	Krittika Until 10:37AM	Ganesha: Red	<i>Sunrise:</i> 5:50AM		Vikarin 5121
		Yama 12:11PM – 1:46PM	Priti Until 1:46PM	Muruqa: Orange	<i>Sunset:</i> 6:32PM	Moon 3 - Phase 48	
		123933468 Rahu 4:57PM – 6:32PM	Bava Until 8:44AM	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 9:33PM	Moon – White		Sivaloka Day	
				Chaitra•Panguni			

6		Monday, March 30, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Shashthyam Titau		Trieste, Italy Sun 20 Sutra 351	
Shrabha Rasi: 19.48	Tithi 6	Gulika 1:46PM – 3:22PM	Rohini Until 12:50PM	Ganesha: Blue	<i>Sunrise:</i> 5:48AM		Vikarin 5121
Family Home Evening		Yama 10:35AM – 12:11PM	Ayushman Until 1:50PM	Muruqa: Orange	<i>Sunset:</i> 6:33PM	Moon 3 - Phase 48	
		133933468 Rahu 7:24AM – 8:59AM	Kaulava Until 10:16AM	Nataraja: Purple		3rd Phase	
Creative Work	Amrita Yoga		Shashthi* Until 10:49PM	Moon – Yellow		Subha Sivaloka Day	
				Chaitra•Panguni			

Retreat Star		Tuesday, March 31, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau		Trieste, Italy Sun 21 Sutra 352	
Mithuna Rasi: 2.16	Tithi 7	Gulika 12:10PM – 1:46PM	Mrigashira Until 2:17PM	Ganesha: Blue	<i>Sunrise:</i> 5:46AM		Vikarin 5121
		Yama 8:58AM – 10:34AM	Saubhagya Until 1:26PM	Muruqa: Orange	<i>Sunset:</i> 6:35PM	Moon 3 - Phase 48	
		133933468 Rahu 3:22PM – 4:58PM	Gara Until 11:13AM	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 11:25PM	Moon – Yellow		Subha Sivaloka Day	
Until 2:17PM				Chaitra•Panguni			
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, April 1, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana/Alhiganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Trieste, Italy Sun 22 Sutra 353	
Mithuna Rasi: 15.04	Tithi 8	Gulika 10:34AM – 12:10PM	Ardra Until 2:53PM	Ganesha: Blue	<i>Sunrise:</i> 5:46AM		Vikarin 5121
		Yama 7:22AM – 8:58AM	Sobhana Until 12:29PM	Muruqa: Orange	<i>Sunset:</i> 6:35PM	Moon 3 - Phase 48	
		133933468 Rahu 12:10PM – 1:46PM	Visti Until 11:26AM	Nataraja: Purple		Ashtami	
Creative Work	Siddha Yoga		Ashtami* Until 11:14PM	Moon – Yellow		Subha Sivaloka Day	
				Chaitra•Panguni			

Retreat Star		Thursday, April 2, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau		Trieste, Italy Sun 23 Sutra 354	
Mithuna Rasi: 28.16	Tithi 9	Gulika 8:57AM – 10:34AM	Punarvasu Until 2:59PM	Ganesha: Yellow	<i>Sunrise:</i> 5:44AM		Vikarin 5121
		Yama 5:44AM – 7:21AM	Athiganda* Until 10:52AM	Muruqa: Orange	<i>Sunset:</i> 6:36PM	Moon 3 - Phase 48	
		143933468 Rahu 1:46PM – 3:23PM	Balava Until 10:51AM	Nataraja: Purple		Navami	
Creative Work	Amrita Yoga		Navami* Until 10:13PM	Moon – Blue		Sivaloka Day	
		Sri Rama Navami		Chaitra•Panguni			


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

1		Friday, April 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau				Trieste, Italy
Kataka Rasi: 11.55	Tithi 10	Gulika 7:19AM – 8:56AM	Pushya Until 2:08PM	Ganesha: Yellow	<i>Sunrise:</i> 5:42AM	Sun 24	Sutra 355	Vikarin 5121
		Yama 3:23PM – 5:00PM	Sukarma Until 8:37AM	Muruqa: Orange	<i>Sunset:</i> 6:37PM			Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 Rahu 10:33AM – 12:10PM	Taitila Until 9:26AM	Nataraja: Purple				4th Phase
				Moon – Blue		Sivaloka Day		
		Yogaswami Mahasamadhi	Dashami Until 8:25PM	Chaitra•Panguni				

2		Saturday, April 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Shula* Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau				Trieste, Italy
Kataka Rasi: 26.04	Tithi 11 – 12	Gulika 5:40AM – 7:18AM	Ashlesha* Until 12:24PM	Ganesha: Yellow	<i>Sunrise:</i> 5:40AM	Sun 25	Sutra 356	Vikarin 5121
		Yama 1:47PM – 3:24PM	Shula* Until 2:20AM Sun	Muruqa: Orange	<i>Sunset:</i> 6:38PM			Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 Rahu 8:55AM – 10:32AM	Vanija Until 7:15AM	Nataraja: Purple				4th Phase
Until 12:24PM				Moon – Blue		Sivaloka Day		
Then Creative Work - Amrita Yoga			Ekadashi Until 5:54PM	Chaitra•Panguni				

3		Sunday, April 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Trieste, Italy
Simha Rasi: 10.39	Tithi 12 – 13	Gulika 3:24PM – 5:02PM	Magha* Until 10:19AM	Ganesha: White	<i>Sunrise:</i> 5:39AM	Sun 26	Sutra 357	Vikarin 5121
		Yama 12:09PM – 1:47PM	Ganda* Until 10:29PM	Muruqa: Orange	<i>Sunset:</i> 6:40PM			Moon 3 - Phase 49
Routine Work	Marana Yoga	153933468 Rahu 5:02PM – 6:40PM	Kaulava Until 1:05AM Mon	Nataraja: Purple				4th Phase
Until 10:19AM				Moon – Red		Subha Sivaloka Day		
Then Creative Work - Siddha Yoga			Dvadashi Until 2:47PM	Chaitra•Panguni				
			<i>Pradosha Vrata</i>					

4		Monday, April 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Trieste, Italy
Simha Rasi: 25.37	Tithi 13 – 14	Gulika 1:47PM – 3:25PM	Purvaphalguni Until 7:38AM	Ganesha: Clear	<i>Sunrise:</i> 5:37AM	Sun 27	Sutra 358	Vikarin 5121
Family Home Evening		Yama 10:31AM – 12:09PM	Vriddhi Until 6:21PM	Muruqa: Orange	<i>Sunset:</i> 6:41PM			Moon 3 - Phase 49
Creative Work	Siddha Yoga	154933468 Rahu 7:15AM – 8:53AM	Gara Until 9:23PM	Nataraja: Purple				4th Phase
				Moon – Red		Sivaloka Day		
			Trayodashi Until 11:15AM	Chaitra•Panguni				

		Tuesday, April 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Dhruva/Vyaghata* Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau				Trieste, Italy
Copper Retreat Star		Gulika 12:09PM – 1:47PM	Hasta Until 1:34AM Wed	Ganesha: Purple	<i>Sunrise:</i> 5:35AM	Sun 28	Sutra 359	Vikarin 5121
Kanya Rasi: 10.5	Tithi 14 – 15	Yama 8:52AM – 10:30AM	Dhruva Until 2:01PM	Muruqa: Orange	<i>Sunset:</i> 6:42PM			Moon 3 - Phase 49
		164933468 Rahu 3:25PM – 5:04PM	Bava Until 3:33AM Wed	Nataraja: Purple				Purnima
Creative Work	Siddha Yoga			Moon – Green		Devaloka Day		
		Panguni Uttiram	Chaturdashi* Until 7:27AM	Chaitra•Panguni				
		Hanuman Jayanti						

5		Wednesday, April 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Chitra Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Trieste, Italy
Silver Retreat Star		Gulika 10:29AM – 12:08PM	Chitra Until 10:33PM	Ganesha: Purple	<i>Sunrise:</i> 5:33AM	Sun 29	Sutra 360	Vikarin 5121
Kanya Rasi: 26.08	Tithi 16	Yama 7:12AM – 8:51AM	Vyaghata* Until 9:40AM	Muruqa: Clear	<i>Sunset:</i> 6:44PM			Moon 3 - Phase 49
		164934468 Rahu 12:08PM – 1:47PM	Balava Until 1:39PM	Nataraja: Purple				Prathama
Creative Work	Siddha Yoga			Moon – Green		Devaloka Day		
			Prathama* Until 11:45PM	Chaitra•Panguni				



Thursday, April 9, 2020
Gold Retreat Star

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

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

Tula Rasi: 11.21 Tithi 17

164134468

Gulika 8:50AM – 10:29AM
Yama 5:31AM – 7:10AM
Rahu 1:47PM – 3:26PM

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

Ganesha: White *Sunrise:* 5:31AM
Muruqa: Clear *Sunset:* 6:45PM
Nataraja: Purple
Moon – Green
Chaitra•Panguni

Devaloka Day

Creative Work Amrita Yoga

Until 7:39PM

Then Creative Work - Siddha Yoga

1

Friday, April 10, 2020

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

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

Tula Rasi: 26.19 Tithi 18 – 19

174134468

Gulika 7:09AM – 8:49AM
Yama 3:27PM – 5:06PM
Rahu 10:28AM – 12:08PM

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

Ganesha: Yellow *Sunrise:* 5:29AM
Muruqa: Clear *Sunset:* 6:46PM
Nataraja: Purple
Moon – Orange
Chaitra•Panguni

Sivaloka Day

Creative Work Siddha Yoga

2

Saturday, April 11, 2020

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

Trieste, Italy
Sun 2
Sutra 363
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Virchika Rasi: 10.53 Tithi 19 – 20

174134468

Gulika 5:28AM – 7:08AM
Yama 1:47PM – 3:27PM
Rahu 8:47AM – 10:27AM

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

Ganesha: Yellow *Sunrise:* 5:28AM
Muruqa: Clear *Sunset:* 6:47PM
Nataraja: Purple
Moon – Orange
Chaitra•Panguni

Sivaloka Day

Creative Work Siddha Yoga

3

Sunday, April 12, 2020

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

Trieste, Italy
Sun 3
Sutra 364
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Virchika Rasi: 24.59 Tithi 20 – 21

174134468

Gulika 3:28PM – 5:08PM
Yama 12:07PM – 1:48PM
Rahu 5:08PM – 6:49PM

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

Ganesha: Yellow *Sunrise:* 5:26AM
Muruqa: Clear *Sunset:* 6:49PM
Nataraja: Purple
Moon – Orange
Chaitra•Panguni

Sivaloka Day

Routine Work Marana Yoga

Until 2:33PM

Then Creative Work - Amrita Yoga

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

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

Dhanus Rasi: 8.37 Tithi 21 – 22

184134468

Gulika 1:48PM – 3:28PM
Yama 10:26AM – 12:07PM
Rahu 7:05AM – 8:45AM

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

Ganesha: Blue *Sunrise:* 5:24AM
Muruqa: Clear *Sunset:* 6:50PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Devaloka Day

Creative Work Siddha Yoga

Until 2:31PM

Then Routine Work - Marana Yoga

Tamil New Year

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

Trieste, Italy
Sun 5
Sutra 2
Sarvari 5122
Moon 4 - Phase 50
Ashtami

Dhanus Rasi: 21.46 Tithi 22 – 23

284134468

Gulika 12:07PM – 1:48PM
Yama 8:44AM – 10:26AM
Rahu 3:29PM – 5:10PM

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

Ganesha: Yellow *Sunrise:* 5:22AM
Muruqa: Clear *Sunset:* 6:51PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Sivaloka Day

Creative Work Siddha Yoga

Until 3:09PM

Then Routine Work - Prabalarishta Yoga

Wednesday, April 15, 2020

Retreat Star

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

Trieste, Italy
Sun 6
Sutra 3
Sarvari 5122
Moon 4 - Phase 50
Navami

Makara Rasi: 4.29 Tithi 23 – 24

284134468

Gulika 10:25AM – 12:06PM
Yama 7:02AM – 8:43AM
Rahu 12:06PM – 1:48PM

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

Ganesha: Yellow *Sunrise:* 5:20AM
Muruqa: Clear *Sunset:* 6:53PM
Nataraja: Purple
Moon – Light Blue
Chaitra•Chaitra

Sivaloka Day

Creative Work Amrita Yoga

Until 4:24PM

Then Creative Work - Siddha Yoga

1	Thursday, April 16, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam				Trieste, Italy
			Shravana Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Sun 7 Sutra 4
	Makara Rasi: 16.54	Tithi 24 – 25	Gulika 8:42AM – 10:24AM	Shravana Until 6:36PM	Ganesha: Blue	<i>Sunrise:</i> 5:19AM	Sarvari 5122
	294134468	Rahu 1:48PM – 3:30PM	Yama 5:19AM – 7:01AM	Sadhya Until 1:02PM	Muruqa: Clear	<i>Sunset:</i> 6:54PM	Moon 4 - Phase 1
Creative Work	Siddha Yoga	Chidambaram Abhishekam		Nataraja: Purple		2nd Phase	
			Navami* Until 1:44PM	Moon – Purple		Devaloka Day	
				Chaitra*Chaitra			


2	Friday, April 17, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam				Trieste, Italy
			Dhanishtha Nakshatra Subha/Sukla Yoga Visti/Bava Karana Dashami/Ekadashyam Titau				Sun 8 Sutra 5
	Makara Rasi: 29.04	Tithi 25 – 26	Gulika 6:59AM – 8:41AM	Dhanishtha Until 9:07PM	Ganesha: Blue	<i>Sunrise:</i> 5:17AM	Sarvari 5122
	294134468	Rahu 10:24AM – 12:06PM	Yama 3:31PM – 5:13PM	Subha Until 1:30PM	Muruqa: Clear	<i>Sunset:</i> 6:55PM	Moon 4 - Phase 1
Creative Work	Siddha Yoga	Bava Until 4:43AM Sat		Nataraja: Purple		2nd Phase	
			Dashami Until 3:37PM	Moon – Purple		Devaloka Day	
				Chaitra*Chaitra			

3	Saturday, April 18, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam				Trieste, Italy
			Shatabhishak Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Sun 9 Sutra 6
	Kumbha Rasi: 11.05	Tithi 26 – 27	Gulika 5:15AM – 6:58AM	Shatabhishak Until 11:46PM	Ganesha: Yellow	<i>Sunrise:</i> 5:15AM	Sarvari 5122
	295134468	Rahu 8:40AM – 10:23AM	Yama 1:48PM – 3:31PM	Sukla Until 2:12PM	Muruqa: Clear	<i>Sunset:</i> 6:56PM	Moon 4 - Phase 1
Creative Work	Amrita Yoga	Kaulava Until 7:03AM Sun		Nataraja: Purple		2nd Phase	
Until 11:46PM			Ekadashi* Until 5:51PM	Moon – Purple		Sivaloka Day	
Then Routine Work - Marana Yoga				Chaitra*Chaitra			

4	Sunday, April 19, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam				Trieste, Italy
			Purvaproshtapada* Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Dvadashyam Titau				Sun 10 Sutra 7
	Kumbha Rasi: 22.59	Tithi 27	Gulika 3:32PM – 5:15PM	Purvaproshtapada* Until 2:53AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:13AM	Sarvari 5122
	215134468	Rahu 5:15PM – 6:58PM	Yama 12:06PM – 1:49PM	Brahma Until 3:04PM	Muruqa: Clear	<i>Sunset:</i> 6:58PM	Moon 4 - Phase 1
Creative Work	Siddha Yoga	Kaulava Until 7:03AM		Nataraja: Purple		2nd Phase	
			Dvadashi* Until 8:15PM	Moon – Clear		Sivaloka Day	
				Chaitra*Chaitra			

5	Monday, April 20, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam				Trieste, Italy
			Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Trayodashyam Titau				Sun 11 Sutra 8
	Meena Rasi: 4.52	Tithi 28	Gulika 1:49PM – 3:32PM	Uttaraproshtapada Until 5:51AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 5:12AM	Sarvari 5122
	215134468	Rahu 6:55AM – 8:39AM	Yama 10:22AM – 12:05PM	Indra Until 4:00PM	Muruqa: Clear	<i>Sunset:</i> 6:59PM	Moon 4 - Phase 1
Family Home Evening			Gara Until 9:30AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga	Trayodashi* Until 10:42PM		Moon – Clear		Sivaloka Day	
				Chaitra*Chaitra			
				<i>Pradosha Vrata (Fasting)</i>			

6	Tuesday, April 21, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam				Trieste, Italy
			Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Sun 12 Sutra 9
	Meena Rasi: 16.44	Tithi 29	Gulika 12:05PM – 1:49PM	Revati Until 8:35AM Wed	Ganesha: Yellow	<i>Sunrise:</i> 5:10AM	Sarvari 5122
	215134468	Rahu 3:33PM – 5:16PM	Yama 8:38AM – 10:21AM	Vaidhriti* Until 4:53PM	Muruqa: Clear	<i>Sunset:</i> 7:00PM	Moon 4 - Phase 1
Creative Work	Siddha Yoga	Visti Until 11:56AM		Nataraja: Purple		2nd Phase	
Until 8:35AM Wed			Chaturdashi* Until 1:06AM Wed	Moon – Clear		Sivaloka Day	
Then Routine Work - Marana Yoga				Chaitra*Chaitra			

	Wednesday, April 22, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam				Trieste, Italy
	Retreat Star		Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Sun 13 Sutra 10
	Meena Rasi: 28.37	Tithi 30	Gulika 10:21AM – 12:05PM	Revati Until 8:35AM	Ganesha: Yellow	<i>Sunrise:</i> 5:08AM	Sarvari 5122
	215134468	Rahu 12:05PM – 1:49PM	Yama 6:52AM – 8:37AM	Vishkambha* Until 5:43PM	Muruqa: Clear	<i>Sunset:</i> 7:01PM	Moon 4 - Phase 1
Routine Work	Marana Yoga	Catuspada Until 2:17PM		Nataraja: Purple		Amavasya	
			Amavasya* Until 3:23AM Thu	Moon – Clear		Sivaloka Day	
				Chaitra*Chaitra			

Retreat Star	Thursday, April 23, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam				Trieste, Italy
			Ashvini/Bharani Nakshatra Priti Yoga Kintughna*/Bava Karana Prathamayam Titau				Sun 14 Sutra 11
	Mesha Rasi: 10.34	Tithi 1	Gulika 8:36AM – 10:20AM	Ashvini Until 11:31AM	Ganesha: Red	<i>Sunrise:</i> 5:07AM	Sarvari 5122
	225134468	Rahu 1:49PM – 3:34PM	Yama 5:07AM – 6:51AM	Priti Until 6:27PM	Muruqa: Clear	<i>Sunset:</i> 7:03PM	Moon 4 - Phase 1
Creative Work	Amrita Yoga	Kintughna Until 4:29PM		Nataraja: Purple		Prathama	
Until 11:31AM			Prathama* Until 5:29AM Fri	Moon – White		Sivaloka Day	
Then Creative Work - Siddha Yoga				Vaisaka*Chaitra			

1		Friday, April 24, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ayushman Yoga Balava Karana Dvitiyayam Titau		Trieste, Italy Sun 15 Sutra 12	
Mesha Rasi: 22.35	Tithi 2	Gulika 6:50AM – 8:35AM	Bharani Until 2:06PM	Ganesha: Red	<i>Sunrise:</i> 5:05AM	Sarvari 5122	
		Yama 3:34PM – 5:19PM	Ayushman Until 6:59PM	Muruqa: Clear	<i>Sunset:</i> 7:04PM	Moon 4 - Phase 2	
225134469	Rahu 10:20AM – 12:05PM		Balava Until 6:28PM	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Dvitiya Until 7:21AM Sat	Moon – White		Devaloka Day	
				Vaisaka-Chaitra			

2		Saturday, April 25, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Trityayam Titau		Trieste, Italy Sun 16 Sutra 13	
Vrishabha Rasi: 4.41	Tithi 2 – 3	Gulika 5:03AM – 6:49AM	Krittika Until 4:16PM	Ganesha: Red	<i>Sunrise:</i> 5:03AM	Sarvari 5122	
		Yama 1:50PM – 3:35PM	Saubhagya Until 7:19PM	Muruqa: Clear	<i>Sunset:</i> 7:05PM	Moon 4 - Phase 2	
225134469	Rahu 8:34AM – 10:19AM		Taitila Until 8:11PM	Nataraja: Clear		3rd Phase	
Creative Work	Amrita Yoga		Dvitiya Until 7:21AM	Moon – White		Devaloka Day	
				Vaisaka-Chaitra			

3		Sunday, April 26, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Trieste, Italy Sun 17 Sutra 14	
Vrishabha Rasi: 16.55	Tithi 3 – 4	Gulika 3:35PM – 5:21PM	Rohini Until 6:26PM	Ganesha: Yellow	<i>Sunrise:</i> 5:02AM	Sarvari 5122	
		Yama 12:04PM – 1:50PM	Sobhana Until 7:24PM	Muruqa: Clear	<i>Sunset:</i> 7:07PM	Moon 4 - Phase 2	
235134469	Rahu 5:21PM – 7:07PM		Vanija Until 9:32PM	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Tritiya Until 8:53AM	Moon – Yellow		Devaloka Day	
		Akshaya Tritiya		Vaisaka-Chaitra			

4		Monday, April 27, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Trieste, Italy Sun 18 Sutra 15	
Vrishabha Rasi: 29.19	Tithi 4 – 5	Gulika 1:50PM – 3:36PM	Mrigashira Until 8:00PM	Ganesha: Yellow	<i>Sunrise:</i> 5:00AM	Sarvari 5122	
Family Home Evening		Yama 10:18AM – 12:04PM	Athiganda* Until 7:07PM	Muruqa: Clear	<i>Sunset:</i> 7:08PM	Moon 4 - Phase 2	
235134469	Rahu 6:46AM – 8:32AM		Bava Until 10:27PM	Nataraja: Clear		3rd Phase	
Creative Work	Amrita Yoga		Chaturthi* Until 10:02AM	Moon – Yellow		Devaloka Day	
Until 8:00PM		Adi Sankara Jayanthi		Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga							

5		Tuesday, April 28, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Trieste, Italy Sun 19 Sutra 16	
Mithuna Rasi: 11.56	Tithi 5 – 6	Gulika 12:04PM – 1:50PM	Ardra Until 8:55PM	Ganesha: Blue	<i>Sunrise:</i> 4:59AM	Sarvari 5122	
		Yama 8:31AM – 10:18AM	Sukarma Until 6:27PM	Muruqa: Clear	<i>Sunset:</i> 7:09PM	Moon 4 - Phase 2	
236134469	Rahu 3:37PM – 5:23PM		Kaulava Until 10:49PM	Nataraja: Clear		3rd Phase	
Routine Work	Marana Yoga		Panchami Until 10:41AM	Moon – Yellow		Bhuloka Day	
Until 8:55PM				Vaisaka-Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

6		Wednesday, April 29, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Trieste, Italy Sun 20 Sutra 17	
Mithuna Rasi: 24.49	Tithi 6 – 7	Gulika 10:17AM – 12:04PM	Punarvasu Until 9:33PM	Ganesha: Yellow	<i>Sunrise:</i> 4:57AM	Sarvari 5122	
		Yama 6:44AM – 8:30AM	Dhriti Until 5:19PM	Muruqa: Clear	<i>Sunset:</i> 7:10PM	Moon 4 - Phase 2	
246134469	Rahu 12:04PM – 1:50PM		Gara Until 10:34PM	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 10:45AM	Moon – Blue		Devaloka Day	
				Vaisaka-Chaitra			

Retreat Star		Thursday, April 30, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Trieste, Italy Sun 21 Sutra 18	
Kataka Rasi: 8.01	Tithi 7 – 8	Gulika 8:30AM – 10:17AM	Pushya Until 9:23PM	Ganesha: Yellow	<i>Sunrise:</i> 4:56AM	Sarvari 5122	
		Yama 4:56AM – 6:43AM	Shula* Until 3:39PM	Muruqa: Clear	<i>Sunset:</i> 7:12PM	Moon 4 - Phase 2	
246134469	Rahu 1:51PM – 3:38PM		Visti Until 9:40PM	Nataraja: Clear		Ashtami	
Creative Work	Amrita Yoga		Saptami Until 10:11AM	Moon – Blue		Devaloka Day	
Until 9:23PM				Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga							

Retreat Star		Friday, May 1, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda*/Vridhithi Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Trieste, Italy Sun 22 Sutra 19	
Kataka Rasi: 21.34	Tithi 8 – 9	Gulika 6:40AM – 8:28AM	Ashlesha* Until 8:24PM	Ganesha: Yellow	<i>Sunrise:</i> 4:53AM	Sarvari 5122	
		Yama 3:39PM – 5:26PM	Ganda* Until 1:27PM	Muruqa: Clear	<i>Sunset:</i> 7:14PM	Moon 4 - Phase 2	
246134469	Rahu 10:16AM – 12:03PM		Balava Until 8:06PM	Nataraja: Clear		Navami	
Routine Work	Marana Yoga		Ashtami* Until 8:57AM	Moon – Blue		Devaloka Day	
				Vaisaka-Chaitra			

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

1		Saturday, May 2, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Gara Karana Navami/Dashamyam Titau				Trieste, Italy Sun 23 Sutra 20
Simha Rasi: 5.32	Tithi 9 – 10	Gulika 4:51AM – 6:39AM	Magha* Until 7:06PM	Ganesha: White	<i>Sunrise:</i> 4:51AM			Sarvari 5122
		Yama 1:51PM – 3:39PM	Vriddhi Until 10:45AM	Muruqa: Clear	<i>Sunset:</i> 7:15PM			Moon 4 - Phase 3
		256134469 Rahu 8:27AM – 10:15AM	Gara Until 4:36AM Sun	Nataraja: Clear				4th Phase
Creative Work	Amrita Yoga		Navami* Until 7:04AM	Moon – Red			Bhuloka Day	
Until 7:06PM				Vaisaka*Chaitra			Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga								

2		Sunday, May 3, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visli* Karana Ekadashyam Titau				Trieste, Italy Sun 24 Sutra 21
Simha Rasi: 19.53	Tithi 11	Gulika 3:40PM – 5:28PM	Purvaphalguni Until 5:08PM	Ganesha: White	<i>Sunrise:</i> 4:50AM			Sarvari 5122
		Yama 12:03PM – 1:52PM	Dhruva Until 7:34AM	Muruqa: Clear	<i>Sunset:</i> 7:17PM			Moon 4 - Phase 3
		256134469 Rahu 5:28PM – 7:17PM	Vanija Until 3:11PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 1:38AM Mon	Moon – Red			Bhuloka Day	
Until 5:08PM				Vaisaka*Chaitra			Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga								

3		Monday, May 4, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Trieste, Italy Sun 25 Sutra 22
Kanya Rasi: 4.34	Tithi 12	Gulika 1:52PM – 3:40PM	Uttaraphalguni Until 2:36PM	Ganesha: Clear	<i>Sunrise:</i> 4:48AM			Sarvari 5122
Family Home Evening		Yama 10:14AM – 12:03PM	Harshana Until 12:10AM Tue	Muruqa: Clear	<i>Sunset:</i> 7:18PM			Moon 4 - Phase 3
		256234469 Rahu 6:37AM – 8:26AM	Bava Until 12:02PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 10:20PM	Moon – Red			Devaloka Day	
				Vaisaka*Chaitra				

4		Tuesday, May 5, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Trieste, Italy Sun 26 Sutra 23
Kanya Rasi: 19.31	Tithi 13	Gulika 12:03PM – 1:52PM	Hasta Until 12:05PM	Ganesha: Clear	<i>Sunrise:</i> 4:47AM			Sarvari 5122
		Yama 8:25AM – 10:14AM	Vajra* Until 8:09PM	Muruqa: Clear	<i>Sunset:</i> 7:19PM			Moon 4 - Phase 3
		267234469 Rahu 3:41PM – 5:30PM	Kaulava Until 8:36AM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 6:48PM	Moon – Green			Devaloka Day	
				Vaisaka*Chaitra				
				<i>Pradosha Vrata</i>				

5		Wednesday, May 6, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visli* Karana Chaturdashi/Purnimayam Titau				Trieste, Italy Sun 27 Sutra 24
Tula Rasi: 4.34	Tithi 14 – 15	Gulika 10:14AM – 12:03PM	Chitra Until 9:19AM	Ganesha: Clear	<i>Sunrise:</i> 4:45AM			Sarvari 5122
		Yama 6:35AM – 8:24AM	Siddhi Until 4:06PM	Muruqa: Clear	<i>Sunset:</i> 7:20PM			Moon 4 - Phase 3
		267234469 Rahu 12:03PM – 1:52PM	Visli Until 1:29AM Thu	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 3:14PM	Moon – Green			Devaloka Day	
				Vaisaka*Chaitra				

○		Thursday, May 7, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Trieste, Italy Sun 28 Sutra 25
Copper Retreat Star		Gulika 8:24AM – 10:13AM	Svati Until 6:28AM	Ganesha: Clear	<i>Sunrise:</i> 4:44AM			Sarvari 5122
Tula Rasi: 19.37	Tithi 15 – 16	Yama 4:44AM – 6:34AM	Vyatipata* Until 12:09PM	Muruqa: Clear	<i>Sunset:</i> 7:22PM			Moon 4 - Phase 3
		267234469 Rahu 1:53PM – 3:42PM	Balava Until 10:07PM	Nataraja: Clear				Purnima
Creative Work	Amrita Yoga		Purnima* Until 11:45AM	Moon – Green			Devaloka Day	
Until 6:28AM				Vaisaka*Chaitra				
Then Creative Work - Siddha Yoga		Budha Purnima (Tamil Nadu)						

○		Friday, May 8, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Trieste, Italy Sun 29 Sutra 26
Silver Retreat Star		Gulika 6:33AM – 8:23AM	Anuradha Until 2:03AM Sat	Ganesha: Purple	<i>Sunrise:</i> 4:43AM			Sarvari 5122
Vrischika Rasi: 4.28	Tithi 16 – 17	Yama 3:43PM – 5:33PM	Variyan Until 8:25AM	Muruqa: Clear	<i>Sunset:</i> 7:23PM			Moon 4 - Phase 3
		277234469 Rahu 10:13AM – 12:03PM	Taitila Until 7:07PM	Nataraja: Clear				Prathama
Creative Work	Siddha Yoga		Prathama* Until 8:33AM	Moon – Orange			Bhuloka Day	
				Vaisaka*Chaitra			Devaloka Time: 3:PM to 6:PM	

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