



Sunday, April 21, 2019
Gold Retreat Star

Tula Rasi: 26.26 Tithi 17 – 18

274483468

Routine Work Marana Yoga

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

Gulika 3:13PM – 4:48PM
Yama 12:05PM – 1:39PM
Rahu 4:48PM – 6:22PM

Vishakha **Until 5:58PM**
Siddhi **Until 6:39AM**
Vanija **Until 12:53AM Mon**
Dvitiya **Until 1:31PM**

Ganesha: Blue *Sunrise:* 5:47AM
Muruqa: Yellow *Sunset:* 6:22PM
Nataraja: Purple
Moon – Orange

Chaitra•Chaitra

Yangon, Myanmar
Sutra 7
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

1

Monday, April 22, 2019

Vrischika Rasi: 10.08 Tithi 18 – 19

Family Home Evening

Creative Work Siddha Yoga

274483468

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

Gulika 1:39PM – 3:13PM
Yama 10:30AM – 12:04PM
Rahu 7:21AM – 8:55AM

Anuradha **Until 5:43PM**
Variyan **Until 2:53AM Tue**
Bava **Until 12:09AM Tue**
Tritiya **Until 12:24PM**

Ganesha: Blue *Sunrise:* 5:46AM
Muruqa: Yellow *Sunset:* 6:22PM
Nataraja: Purple
Moon – Orange

Chaitra•Chaitra

Yangon, Myanmar
Sun 1
Sutra 8
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

2

Tuesday, April 23, 2019

Vrischika Rasi: 23.23 Tithi 19 – 20

Routine Work Marana Yoga
Until 6:05PM
Then Creative Work - Amrita Yoga

274483468

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

Gulika 12:04PM – 1:39PM
Yama 8:55AM – 10:30AM
Rahu 3:13PM – 4:48PM

Jyeshtha* **Until 6:05PM**
Parigha* **Until 1:57AM Wed**
Kaulava **Until 12:13AM Wed**
Chaturthi* **Until 12:03PM**

Ganesha: Blue *Sunrise:* 5:46AM
Muruqa: Yellow *Sunset:* 6:23PM
Nataraja: Purple
Moon – Orange

Chaitra•Chaitra

Yangon, Myanmar
Sun 2
Sutra 9
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

3

Wednesday, April 24, 2019

Dhanus Rasi: 6.14 Tithi 20 – 21

Routine Work Marana Yoga
Until 7:34PM
Then Creative Work - Amrita Yoga

284483468

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

Gulika 10:29AM – 12:04PM
Yama 7:20AM – 8:55AM
Rahu 12:04PM – 1:39PM

Mula* **Until 7:34PM**
Shiva **Until 1:39AM Thu**
Gara **Until 1:06AM Thu**
Panchami **Until 12:32PM**

Ganesha: Yellow *Sunrise:* 5:45AM
Muruqa: Yellow *Sunset:* 6:23PM
Nataraja: Purple
Moon – Light Blue

Chaitra•Chaitra

Yangon, Myanmar
Sun 3
Sutra 10
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Sivaloka Day

4

Thursday, April 25, 2019

Dhanus Rasi: 18.42 Tithi 21 – 22

Creative Work Siddha Yoga
Until 9:38PM
Then Routine Work - Marana Yoga

284483469

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

Gulika 8:54AM – 10:29AM
Yama 5:44AM – 7:19AM
Rahu 1:39PM – 3:13PM

Purvashadha* **Until 9:38PM**
Siddha **Until 1:53AM Fri**
Visti **Until 2:42AM Fri**
Shashthi* **Until 1:48PM**

Ganesha: Yellow *Sunrise:* 5:44AM
Muruqa: Yellow *Sunset:* 6:23PM
Nataraja: Clear
Moon – Light Blue

Chaitra•Chaitra

Yangon, Myanmar
Sun 4
Sutra 11
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

5

Friday, April 26, 2019

Makara Rasi: 0.52 Tithi 22 – 23

Routine Work Marana Yoga
Until 12:05AM Sat
Then Creative Work - Siddha Yoga

284583469

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

Gulika 7:19AM – 8:54AM
Yama 3:13PM – 4:48PM
Rahu 10:29AM – 12:04PM

Uttarashadha **Until 12:05AM Sat**
Sadhya **Until 2:34AM Sat**
Balava **Until 4:52AM Sat**
Saptami **Until 3:43PM**

Ganesha: Red *Sunrise:* 5:44AM
Muruqa: Yellow *Sunset:* 6:23PM
Nataraja: Clear
Moon – Light Blue

Chaitra•Chaitra

Yangon, Myanmar
Sun 5
Sutra 12
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

D

Saturday, April 27, 2019
Retreat Star

Makara Rasi: 12.5 Tithi 23

Creative Work Siddha Yoga
Until 3:14AM Sun
Then Routine Work - Marana Yoga

294583469

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

Gulika 5:43AM – 7:18AM
Yama 1:38PM – 3:14PM
Rahu 8:53AM – 10:28AM

Shravana **Until 3:14AM Sun**
Subha **Until 3:31AM Sun**
Kaulava **Until 6:04PM**
Ashtami* **Until 6:04PM**

Ganesha: Green *Sunrise:* 5:43AM
Muruqa: Yellow *Sunset:* 6:24PM
Nataraja: Clear
Moon – Purple

Chaitra•Chaitra

Yangon, Myanmar
Sun 6
Sutra 13
Vikarin 5121
Moon 4 - Phase 2
Ashtami

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Sunday, April 28, 2019
Retreat Star

Makara Rasi: 24.41 Tithi 24

Routine Work Marana Yoga
Until 6:18AM Mon
Then Creative Work - Siddha Yoga

294583469

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

Gulika 3:14PM – 4:49PM
Yama 12:03PM – 1:38PM
Rahu 4:49PM – 6:24PM

Dhanishtha **Until 6:18AM Mon**
Sukla **Until 4:31AM Mon**
Taitila **Until 7:21AM**
Navami* **Until 8:36PM**

Ganesha: Green *Sunrise:* 5:43AM
Muruqa: Yellow *Sunset:* 6:24PM
Nataraja: Clear
Moon – Purple

Chaitra•Chaitra

Yangon, Myanmar
Sun 7
Sutra 14
Vikarin 5121
Moon 4 - Phase 2
Navami

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

1		Monday, April 29, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Brahma Yoga Vanija/Visli* Karana Dashamyam Titau		Yangon, Myanmar Sun 8 Sutra 15 Vikarin 5121	
Kumbha Rasi: 6.31	Tithi 25	Gulika	1:38PM – 3:14PM	Dhanishtha Until 6:18AM	Ganesha: Green	<i>Sunrise:</i> 5:42AM	
Family Home Evening	294583469	Yama	10:28AM – 12:03PM	Brahma Until 5:27AM Tue	Muruqa: Yellow	<i>Sunset:</i> 6:24PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	Rahu	7:17AM – 8:53AM	Vanija Until 9:54AM	Nataraja: Clear		2nd Phase
				Dashami Until 11:06PM	Moon – Purple		
					Chaitra*Chaitra		Bhuloka Day Devaloka Time: 3:PM to 6:PM

2		Tuesday, April 30, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau		Yangon, Myanmar Sun 9 Sutra 16 Vikarin 5121	
Kumbha Rasi: 18.23	Tithi 26	Gulika	12:03PM – 1:38PM	Shatabhishak Until 9:04AM	Ganesha: Green	<i>Sunrise:</i> 5:42AM	
	294583469	Yama	8:52AM – 10:28AM	Indra Until 6:09AM Wed	Muruqa: Yellow	<i>Sunset:</i> 6:24PM	Moon 4 - Phase 3
Routine Work	Marana Yoga	Rahu	3:14PM – 4:49PM	Bava Until 12:16PM	Nataraja: Clear		2nd Phase
				Ekadashi* Until 1:19AM Wed	Moon – Purple		
					Chaitra*Chaitra		Bhuloka Day Devaloka Time: 3:PM to 6:PM

3		Wednesday, May 1, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitilla Karana Dvadashyam Titau		Yangon, Myanmar Sun 10 Sutra 17 Vikarin 5121	
Meena Rasi: 0.22	Tithi 27	Gulika	10:27AM – 12:03PM	Purvaproshtapada* Until 11:51AM	Ganesha: Purple	<i>Sunrise:</i> 5:41AM	
	214583469	Yama	7:17AM – 8:52AM	Indra Until 6:09AM	Muruqa: Yellow	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
Creative Work	Amrita Yoga	Rahu	12:03PM – 1:38PM	Kaulava Until 2:17PM	Nataraja: Clear		2nd Phase
Until 11:51AM				Dvadashi* Until 3:06AM Thu	Moon – Clear		
Then Creative Work - Siddha Yoga					Chaitra*Chaitra		Bhuloka Day Devaloka Time: 3:PM to 6:PM

4		Thursday, May 2, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau		Yangon, Myanmar Sun 11 Sutra 18 Vikarin 5121	
Meena Rasi: 12.32	Tithi 28	Gulika	8:52AM – 10:27AM	Uttaraproshtapada Until 2:01PM	Ganesha: Purple	<i>Sunrise:</i> 5:41AM	
	214583469	Yama	5:41AM – 7:16AM	Vaidhriti* Until 6:29AM	Muruqa: Yellow	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	Rahu	1:38PM – 3:14PM	Gara Until 3:49PM	Nataraja: Clear		2nd Phase
				Trayodashi* Until 4:22AM Fri	Moon – Clear		
					Chaitra*Chaitra		Bhuloka Day Devaloka Time: 3:PM to 6:PM
				<i>Pradosha Vrata (Fasting)</i>			

5		Friday, May 3, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Yangon, Myanmar Sun 12 Sutra 19 Vikarin 5121	
Meena Rasi: 24.56	Tithi 29	Gulika	7:16AM – 8:51AM	Revati Until 3:31PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:40AM	
	215583469	Yama	3:14PM – 4:50PM	Vishkambha* Until 6:26AM	Muruqa: Yellow	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	Rahu	10:27AM – 12:03PM	Visti Until 4:49PM	Nataraja: Clear		2nd Phase
Until 3:31PM				Chaturdashi* Until 5:06AM Sat	Moon – Clear		
Then Creative Work - Amrita Yoga					Chaitra*Chaitra		Bhuloka Day Devaloka Time: 3:PM to 6:PM

Retreat Star		Saturday, May 4, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Yangon, Myanmar Sun 13 Sutra 20 Vikarin 5121	
Mesha Rasi: 7.34	Tithi 30	Gulika	5:40AM – 7:15AM	Ashvini Until 4:48PM	Ganesha: Purple	<i>Sunrise:</i> 5:40AM	
	225583469	Yama	1:38PM – 3:14PM	Ayushman Until 5:04AM Sun	Muruqa: Yellow	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	Rahu	8:51AM – 10:27AM	Catuspada Until 5:17PM	Nataraja: Clear		Amavasya
				Amavasya* Until 5:17AM Sun	Moon – White		
					Chaitra*Chaitra		Bhuloka Day Devaloka Time: 3:PM to 6:PM

Retreat Star		Sunday, May 5, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau		Yangon, Myanmar Sun 14 Sutra 21 Vikarin 5121	
Mesha Rasi: 20.26	Tithi 1	Gulika	3:14PM – 4:50PM	Bharani Until 5:25PM	Ganesha: Purple	<i>Sunrise:</i> 5:39AM	
	225583469	Yama	12:02PM – 1:38PM	Saubhagya Until 3:48AM Mon	Muruqa: Yellow	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 3
Routine Work	Prabalarishta Yoga	Rahu	4:50PM – 6:26PM	Kintughna Until 5:13PM	Nataraja: Clear		Prathama
Until 5:25PM				Prathama* Until 5:00AM Mon	Moon – White		
Then Creative Work - Siddha Yoga					Vaisaka*Chaitra		Bhuloka Day 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

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				Yangon, Myanmar Sun 15 Sutra 22
1		Gulika 1:38PM – 3:14PM	Krittika Until 5:28PM	Ganesha: Purple	<i>Sunrise:</i> 5:39AM	Vikarin 5121
Vrishabha Rasi: 3.34	Tithi 2	Yama 10:26AM – 12:02PM	Sobhana Until 2:13AM Tue	Muruḡa: Yellow	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 4
Family Home Evening	225583469	Rahu 7:15AM – 8:51AM	Balava Until 4:43PM	Nataraja: Clear		3rd Phase
Routine Work Marana Yoga			Dvitiya Until 4:19AM Tue	Moon – White	Bhuloka Day	
Until 5:28PM				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				Yangon, Myanmar Sun 16 Sutra 23
2		Gulika 12:02PM – 1:38PM	Rohini Until 5:26PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:38AM	Vikarin 5121
Vrishabha Rasi: 16.54	Tithi 3	Yama 8:50AM – 10:26AM	Athiganda* Until 12:20AM Wed	Muruḡa: Yellow	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 4
	235583469	Rahu 3:14PM – 4:50PM	Taitila Until 3:51PM	Nataraja: Clear		3rd Phase
Creative Work Amrita Yoga		Akshaya Tritiya	Tritiya Until 3:16AM Wed	Moon – Yellow	Bhuloka Day	
Until 5:26PM				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga						

Wednesday, May 8, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau				Yangon, Myanmar Sun 17 Sutra 24
3		Gulika 10:26AM – 12:02PM	Mrigashira Until 4:57PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:38AM	Vikarin 5121
Mithuna Rasi: 0.25	Tithi 4	Yama 7:14AM – 8:50AM	Sukarma Until 10:14PM	Muruḡa: Yellow	<i>Sunset:</i> 6:27PM	Moon 4 - Phase 4
	235583469	Rahu 12:02PM – 1:38PM	Vanija Until 2:40PM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Chaturthi* Until 1:57AM Thu	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 Yoga Bava/Balava Karana Panchamyam Titau				Yangon, Myanmar Sun 18 Sutra 25
4		Gulika 8:50AM – 10:26AM	Ardra Until 4:05PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:37AM	Vikarin 5121
Mithuna Rasi: 14.07	Tithi 5	Yama 5:37AM – 7:14AM	Dhriti Until 7:58PM	Muruḡa: Yellow	<i>Sunset:</i> 6:27PM	Moon 4 - Phase 4
	235583469	Rahu 1:38PM – 3:15PM	Bava Until 1:13PM	Nataraja: Clear		3rd Phase
Routine Work Marana Yoga		Adi Sankara Jayanthi	Panchami Until 12:24AM Fri	Moon – Yellow	Bhuloka Day	
Until 4:05PM				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

Friday, May 10, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau				Yangon, Myanmar Sun 19 Sutra 26
5		Gulika 7:13AM – 8:50AM	Punarvasu Until 3:18PM	Ganesha: Orange	<i>Sunrise:</i> 5:37AM	Vikarin 5121
Mithuna Rasi: 27.56	Tithi 6	Yama 3:15PM – 4:51PM	Shula* Until 5:29PM	Muruḡa: Yellow	<i>Sunset:</i> 6:27PM	Moon 4 - Phase 4
	245583469	Rahu 10:26AM – 12:02PM	Kaulava Until 11:34AM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Shashthi* Until 10:39PM	Moon – Blue	Devaloka Day	
Until 3:18PM				Vaisaka-Chaitra		
Then Routine Work - Marana Yoga						

Saturday, May 11, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi Yoga Gara/Vanija Karana Saplamyam Titau				Yangon, Myanmar Sun 20 Sutra 27
6		Gulika 5:37AM – 7:13AM	Pushya Until 2:10PM	Ganesha: Orange	<i>Sunrise:</i> 5:37AM	Vikarin 5121
Kataka Rasi: 11.53	Tithi 7	Yama 1:38PM – 3:15PM	Ganda* Until 2:52PM	Muruḡa: Yellow	<i>Sunset:</i> 6:28PM	Moon 4 - Phase 4
	245583469	Rahu 8:49AM – 10:26AM	Gara Until 9:43AM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Saptami Until 8:42PM	Moon – Blue	Devaloka Day	
Until 2:10PM				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 Visti*/Bava Karana Ashtamyam Titau				Yangon, Myanmar Sun 21 Sutra 28
Retreat Star		Gulika 3:15PM – 4:51PM	Ashlesha* Until 12:44PM	Ganesha: Clear	<i>Sunrise:</i> 5:36AM	Vikarin 5121
Kataka Rasi: 25.56	Tithi 8	Yama 12:02PM – 1:38PM	Vridhhi Until 12:08PM	Muruḡa: Yellow	<i>Sunset:</i> 6:28PM	Moon 4 - Phase 4
	246583469	Rahu 4:51PM – 6:28PM	Visti Until 7:41AM	Nataraja: Clear		Ashtami
Creative Work Siddha Yoga		Mother's Day	Ashtami* Until 6:35PM	Moon – Blue	Devaloka Day	
Until 12:44PM				Vaisaka-Chaitra		
Then Routine Work - Marana Yoga						


Monday, May 13, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva*/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Yangon, Myanmar Sun 22 Sutra 29
Retreat Star		Gulika 1:39PM – 3:15PM	Magha* Until 11:25AM	Ganesha: White	<i>Sunrise:</i> 5:36AM	Vikarin 5121
Simha Rasi: 10.07	Tithi 9 – 10	Yama 10:25AM – 12:02PM	Dhruva Until 9:14AM	Muruḡa: Yellow	<i>Sunset:</i> 6:28PM	Moon 4 - Phase 4
Family Home Evening	256583469	Rahu 7:12AM – 8:49AM	Taitila Until 3:11AM Tue	Nataraja: Clear		Navami
Routine Work Marana Yoga			Navami* Until 4:20PM	Moon – Red	Bhuloka Day	
Until 11:25AM				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga						

1		Tuesday, May 14, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau	Yangon, Myanmar Sun 23 Sutra 30
Simha Rasi: 24.21	Tithi 10 – 11	Gulika	12:02PM – 1:39PM	Purvaphalguni Until 9:52AM	Ganesha: White	<i>Sunrise:</i> 5:36AM	Vikarin 5121
		Yama	8:49AM – 10:25AM	Vyaghata* Until 6:16AM	Muruqa: Yellow	<i>Sunset:</i> 6:28PM	Moon 4 - Phase 5
		256583469 Rahu	3:15PM – 4:52PM	Vanija Until 12:49AM Wed	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga			Dashami Until 1:59PM	Moon – Red	Bhuloka Day	
Until 9:52AM					Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

2		Wednesday, May 15, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau	Yangon, Myanmar Sun 24 Sutra 31
Kanya Rasi: 8.38	Tithi 11 – 12	Gulika	10:25AM – 12:02PM	Uttaraphalguni Until 8:07AM	Ganesha: White	<i>Sunrise:</i> 5:35AM	Vikarin 5121
		Yama	7:12AM – 8:49AM	Vajra* Until 12:14AM Thu	Muruqa: Yellow	<i>Sunset:</i> 6:29PM	Moon 4 - Phase 5
		256583469 Rahu	12:02PM – 1:39PM	Bava Until 10:26PM	Nataraja: Clear		4th Phase
Creative Work	Amrita Yoga			Ekadashi Until 11:36AM	Moon – Red	Bhuloka Day	
Until 8:07AM					Vaisaka-Vaikasi	Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

3		Thursday, May 16, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Yangon, Myanmar Sun 25 Sutra 32
Kanya Rasi: 22.55	Tithi 12 – 13	Gulika	8:48AM – 10:25AM	Hasta Until 6:41AM	Ganesha: Yellow	<i>Sunrise:</i> 5:35AM	Vikarin 5121
		Yama	5:35AM – 7:12AM	Siddhi Until 9:19PM	Muruqa: Yellow	<i>Sunset:</i> 6:29PM	Moon 4 - Phase 5
		266583469 Rahu	1:39PM – 3:16PM	Kaulava Until 8:09PM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga			Dvadashi Until 9:15AM	Moon – Green	Devaloka Day	
Until 6:41AM					Vaisaka-Vaikasi		
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata</i>			

4		Friday, May 17, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau	Yangon, Myanmar Sun 26 Sutra 33
Tula Rasi: 7.06	Tithi 13 – 14	Gulika	7:11AM – 8:48AM	Svati Until 3:56AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 5:35AM	Vikarin 5121
		Yama	3:16PM – 4:53PM	Vyatipata* Until 6:35PM	Muruqa: Yellow	<i>Sunset:</i> 6:29PM	Moon 4 - Phase 5
		266583469 Rahu	10:25AM – 12:02PM	Gara Until 6:05PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga			Trayodashi Until 7:04AM	Moon – Green	Devaloka Day	
					Vaisaka-Vaikasi		

		Saturday, May 18, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau	Yangon, Myanmar Sun 27 Sutra 34
Copper Retreat Star		Gulika	5:34AM – 7:11AM	Vishakha Until 3:18AM Sun	Ganesha: Blue	<i>Sunrise:</i> 5:34AM	Vikarin 5121
Tula Rasi: 21.06	Tithi 15	Yama	1:39PM – 3:16PM	Variyan Until 4:07PM	Muruqa: Yellow	<i>Sunset:</i> 6:30PM	Moon 4 - Phase 5
		276583469 Rahu	8:48AM – 10:25AM	Visti Until 4:22PM	Nataraja: Clear		Purnima
Creative Work	Siddha Yoga			Purnima* Until 3:39AM Sun	Moon – Orange	Bhuloka Day	
Until 3:18AM Sun					Vaisaka-Vaikasi	Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga		Budha Purnima (Tamil Nadu)					

5		Sunday, May 19, 2019				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau	Yangon, Myanmar Sun 28 Sutra 35
Silver Retreat Star		Gulika	3:16PM – 4:53PM	Anuradha Until 3:03AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:34AM	Vikarin 5121
Vrischika Rasi: 4.51	Tithi 16	Yama	12:02PM – 1:39PM	Parigha* Until 2:02PM	Muruqa: Yellow	<i>Sunset:</i> 6:30PM	Moon 4 - Phase 5
		277583469 Rahu	4:53PM – 6:30PM	Balava Until 3:06PM	Nataraja: Clear		Prathama
Routine Work	Marana Yoga			Prathama* Until 2:40AM Mon	Moon – Orange	Devaloka Day	
Until 3:03AM Mon					Vaisaka-Vaikasi		
Then Creative Work - Siddha Yoga							

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

All times are standard time

www.gurudeva.org/panchang



Monday, May 20, 2019
Gold Retreat Star

Vrischika Rasi: 18.17 Tithi 17
Family Home Evening
Creative Work Siddha Yoga
Until 3:17AM Tue
Then Creative Work - Amrita Yoga

277583469

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

Gulika 1:39PM – 3:16PM
Yama 10:25AM – 12:02PM
Rahu 7:11AM – 8:48AM
Jyeshtha* Until 3:17AM Tue
Shiva Until 12:26PM
Taitila Until 2:26PM
Dvitiya Until 2:19AM Tue

Ganesha: Yellow *Sunrise:* 5:34AM
Muruqa: Yellow *Sunset:* 6:30PM
Nataraja: Clear
Moon – Orange
Vaisaka-Vaikasi

Devaloka Day

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

1

Tuesday, May 21, 2019

Dhanus Rasi: 1.22 Tithi 18
Creative Work Amrita Yoga

287583469

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

Gulika 12:02PM – 1:39PM
Yama 8:48AM – 10:25AM
Rahu 3:17PM – 4:54PM
Mula* Until 4:29AM Wed
Siddha Until 11:20AM
Vanija Until 2:25PM
Tritiya Until 2:40AM Wed

Ganesha: Blue *Sunrise:* 5:34AM
Muruqa: Yellow *Sunset:* 6:31PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Sivaloka Day

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

2

Wednesday, May 22, 2019

Dhanus Rasi: 14.07 Tithi 19
Creative Work Amrita Yoga
Until 6:13AM Thu
Then Routine Work - Marana Yoga

287683469

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

Gulika 10:25AM – 12:02PM
Yama 7:11AM – 8:48AM
Rahu 12:02PM – 1:39PM
Purvashadha* Until 6:13AM Thu
Sadhya Until 10:48AM
Bava Until 3:07PM
Chaturthi* Until 3:42AM Thu

Ganesha: Red *Sunrise:* 5:33AM
Muruqa: Yellow *Sunset:* 6:31PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Devaloka Day

Yangon, Myanmar
Sun 2 Sutra 38
Vikarin 5121
Moon 5 - Phase 6
1st Phase

3

Thursday, May 23, 2019

Dhanus Rasi: 26.32 Tithi 20
Creative Work Siddha Yoga
Until 6:13AM
Then Routine Work - Marana Yoga

287683469

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

Gulika 8:48AM – 10:25AM
Yama 5:33AM – 7:10AM
Rahu 1:40PM – 3:17PM
Purvashadha* Until 6:13AM
Subha Until 10:49AM
Kaulava Until 4:29PM
Panchami Until 5:21AM Fri

Ganesha: Red *Sunrise:* 5:33AM
Muruqa: Yellow *Sunset:* 6:32PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Devaloka Day

Yangon, Myanmar
Sun 3 Sutra 39
Vikarin 5121
Moon 5 - Phase 6
1st Phase

4

Friday, May 24, 2019

Makara Rasi: 8.43 Tithi 21
Routine Work Marana Yoga

287683469

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

Gulika 7:10AM – 8:48AM
Yama 3:17PM – 4:54PM
Rahu 10:25AM – 12:02PM
Uttarashadha Until 8:22AM
Sukla Until 11:15AM
Gara Until 6:24PM
Shashthi* Until 7:29AM Sat

Ganesha: Red *Sunrise:* 5:33AM
Muruqa: Yellow *Sunset:* 6:32PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Devaloka Day

Yangon, Myanmar
Sun 4 Sutra 40
Vikarin 5121
Moon 5 - Phase 6
1st Phase

5

Saturday, May 25, 2019

Makara Rasi: 20.42 Tithi 21 – 22
Creative Work Siddha Yoga

297683469

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

Gulika 5:33AM – 7:10AM
Yama 1:40PM – 3:17PM
Rahu 8:48AM – 10:25AM
Shravana Until 11:17AM
Brahma Until 12:01PM
Visti Until 8:41PM
Shashthi* Until 7:29AM

Ganesha: Green *Sunrise:* 5:33AM
Muruqa: Yellow *Sunset:* 6:32PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

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

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

D

Sunday, May 26, 2019
Retreat Star

Kumbha Rasi: 2.35 Tithi 22 – 23
Routine Work Marana Yoga
Until 2:14PM
Then Creative Work - Siddha Yoga

398683469

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

Gulika 3:18PM – 4:55PM
Yama 12:03PM – 1:40PM
Rahu 4:55PM – 6:33PM
Dhanishtha Until 2:14PM
Indra Until 12:59PM
Balava Until 11:07PM
Saptami Until 9:52AM

Ganesha: Blue *Sunrise:* 5:33AM
Muruqa: Yellow *Sunset:* 6:33PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Sivaloka Day

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

Monday, May 27, 2019
Retreat Star

Kumbha Rasi: 14.26 Tithi 23 – 24
Family Home Evening
Creative Work Siddha Yoga
Until 5:02PM
Then Routine Work - Marana Yoga

398683469

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

Gulika 1:40PM – 3:18PM
Yama 10:25AM – 12:03PM
Rahu 7:10AM – 8:48AM
Shatabhishak Until 5:02PM
Vaidhriti* Until 1:55PM
Taitila Until 1:27AM Tue
Ashtami* Until 12:17PM

Ganesha: Blue *Sunrise:* 5:33AM
Muruqa: Yellow *Sunset:* 6:33PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Sivaloka Day

Yangon, Myanmar
Sun 7 Sutra 43
Vikarin 5121
Moon 5 - Phase 6
Navami

1		Tuesday, May 28, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau			Yangon, Myanmar Sun 8 Sutra 44
Kumbha Rasi: 26.21	Tithi 24 – 25	Gulika Yama	12:03PM – 1:40PM 8:48AM – 10:25AM	Purvaproshtapada* Until 7:56PM Vishkambha* Until 2:42PM	Ganesha: Purple Muruqa: Yellow	Sunrise: 5:32AM Sunset: 6:33PM	Vikarin 5121 Moon 5 - Phase 7
Routine Work	Marana Yoga	Rahu 318683469	3:18PM – 4:56PM	Vanija Until 3:30AM Wed Navami* Until 2:30PM	Nataraja: Clear Moon – Clear	Sivaloka Day	2nd Phase
Until 7:56PM					Vaisaka-Vaikasi		
Then Creative Work - Amrita Yoga							

2		Wednesday, May 29, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Yangon, Myanmar Sun 9 Sutra 45
Meena Rasi: 8.23	Tithi 25 – 26	Gulika Yama	10:25AM – 12:03PM 7:10AM – 8:48AM	Uttaraproshtapada Until 10:15PM Priti Until 3:13PM	Ganesha: Purple Muruqa: Yellow	Sunrise: 5:32AM Sunset: 6:34PM	Vikarin 5121 Moon 5 - Phase 7
Creative Work	Siddha Yoga	Rahu 318683469	12:03PM – 1:41PM	Bava Until 5:04AM Thu Dashami Until 4:20PM	Nataraja: Clear Moon – Clear	Sivaloka Day	2nd Phase
Until 10:15PM					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			Yangon, Myanmar Sun 10 Sutra 46
Meena Rasi: 20.38	Tithi 26 – 27	Gulika Yama	8:48AM – 10:25AM 5:32AM – 7:10AM	Revati Until 11:52PM Ayushman Until 3:17PM	Ganesha: Purple Muruqa: Yellow	Sunrise: 5:32AM Sunset: 6:34PM	Vikarin 5121 Moon 5 - Phase 7
Creative Work	Siddha Yoga	Rahu 318683469	1:41PM – 3:19PM	Kaulava Until 6:03AM Fri Ekadashi* Until 5:37PM	Nataraja: Clear Moon – Clear	Sivaloka Day	2nd Phase
Until 11:52PM					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 Kaulava/Taitila Karana Dvadashyam Titau			Yangon, Myanmar Sun 11 Sutra 47
Mesha Rasi: 3.07	Tithi 27	Gulika Yama	7:10AM – 8:48AM 3:19PM – 4:57PM	Ashvini Until 1:12AM Sat Saubhagya Until 2:53PM	Ganesha: Clear Muruqa: Yellow	Sunrise: 5:32AM Sunset: 6:34PM	Vikarin 5121 Moon 5 - Phase 7
Creative Work	Amrita Yoga	Rahu 328683469	10:25AM – 12:03PM	Kaulava Until 6:03AM Dvadashi* Until 6:17PM	Nataraja: Clear Moon – White	Devaloka Day	2nd Phase
Until 1:12AM Sat					Vaisaka-Vaikasi		
Then Creative Work - Siddha Yoga							

5		Saturday, June 1, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Gara/Vanija Karana Trayodashyam Titau			Yangon, Myanmar Sun 12 Sutra 48
Mesha Rasi: 15.54	Tithi 28	Gulika Yama	5:32AM – 7:10AM 1:41PM – 3:19PM	Bharani Until 1:44AM Sun Sobhana Until 2:00PM	Ganesha: White Muruqa: Yellow	Sunrise: 5:32AM Sunset: 6:35PM	Vikarin 5121 Moon 5 - Phase 7
Creative Work	Siddha Yoga	Rahu 329683469	8:48AM – 10:26AM	Gara Until 6:24AM Trayodashi* Until 6:19PM	Nataraja: Clear Moon – White	Bhuloka Day	2nd Phase
					Vaisaka-Vaikasi	Devaloka Time: 3:PM to 6:PM	
<i>Pradosha Vrata (Fasting)</i>							

6		Sunday, June 2, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda*/Sukarma Yoga Visti*/Caluspada* Karana Chaturdashi/Amavasyayam Titau			Yangon, Myanmar Sun 13 Sutra 49
Mesha Rasi: 29.01	Tithi 29 – 30	Gulika Yama	3:19PM – 4:57PM 12:04PM – 1:41PM	Krittika Until 1:32AM Mon Athiganda* Until 12:35PM	Ganesha: White Muruqa: Yellow	Sunrise: 5:32AM Sunset: 6:35PM	Vikarin 5121 Moon 5 - Phase 7
Creative Work	Siddha Yoga	Rahu 329683469	4:57PM – 6:35PM	Visti Until 6:07AM Chaturdashi* Until 5:44PM	Nataraja: Clear Moon – White	Bhuloka Day	2nd Phase
Until 1:32AM Mon					Vaisaka-Vaikasi	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

●		Monday, June 3, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma/Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Yangon, Myanmar Sun 14 Sutra 50
Retreat Star		Gulika Yama	1:42PM – 3:19PM 10:26AM – 12:04PM	Rohini Until 1:07AM Tue Sukarma Until 10:44AM	Ganesha: Green Muruqa: Yellow	Sunrise: 5:32AM Sunset: 6:35PM	Vikarin 5121 Moon 5 - Phase 7
Vrishabha Rasi: 12.25	Tithi 30 – 1	Rahu 339683469	7:10AM – 8:48AM	Kintughna Until 3:52AM Tue Amavasya* Until 4:35PM	Nataraja: Clear Moon – Yellow	Bhuloka Day	Amavasya
Family Home Evening					Vaisaka-Vaikasi	Devaloka Time: 3:PM to 6:PM	
Creative Work	Amrita Yoga						
Until 1:07AM Tue							
Then Creative Work - Siddha Yoga							

●		Tuesday, June 4, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Prathama/Dvityayam Titau			Yangon, Myanmar Sun 15 Sutra 51
Retreat Star		Gulika Yama	12:04PM – 1:42PM 8:48AM – 10:26AM	Mrigashira Until 12:09AM Wed Dhriti Until 8:31AM	Ganesha: Green Muruqa: Yellow	Sunrise: 5:32AM Sunset: 6:36PM	Vikarin 5121 Moon 5 - Phase 7
Vrishabha Rasi: 26.08	Tithi 1 – 2	Rahu 339683469	3:20PM – 4:58PM	Balava Until 2:05AM Wed Prathama* Until 3:00PM	Nataraja: Clear Moon – Yellow	Bhuloka Day	Prathama
Creative Work	Siddha Yoga				Jyeshtha-Vaikasi	Devaloka Time: 3:PM to 6:PM	

1	Wednesday, June 5, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Yangon, Myanmar Sun 16
	Mithuna Rasi: 10.04	Tithi 2 – 3	Gulika 10:26AM – 12:04PM	Ardra Until 10:44PM	Ganesha: Green	<i>Sunrise:</i> 5:32AM	Vikarin 5121
			Yama 7:10AM – 8:48AM	Ganda* Until 3:12AM Thu	Muruqa: Yellow	<i>Sunset:</i> 6:36PM	Moon 5 - Phase 8
	Creative Work	Siddha Yoga	339683461 Rahu 12:04PM – 1:42PM	Taitila Until 12:01AM Thu	Nataraja: Clear		3rd Phase
			Dvitiya Until 1:04PM	Moon – Yellow		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

2	Thursday, June 6, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Yangon, Myanmar Sun 17
	Mithuna Rasi: 24.11	Tithi 3 – 4	Gulika 8:48AM – 10:26AM	Punarvasu Until 9:25PM	Ganesha: White	<i>Sunrise:</i> 5:32AM	Vikarin 5121
			Yama 5:32AM – 7:10AM	Vriddhi Until 12:18AM Fri	Muruqa: Yellow	<i>Sunset:</i> 6:36PM	Moon 5 - Phase 8
	Creative Work	Amrita Yoga	349683461 Rahu 1:42PM – 3:20PM	Vanija Until 9:45PM	Nataraja: Yellow		3rd Phase
			Tritiya Until 10:53AM	Moon – Blue		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

3	Friday, June 7, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Yangon, Myanmar Sun 18
	Kataka Rasi: 8.25	Tithi 4 – 5	Gulika 7:10AM – 8:48AM	Pushya Until 7:51PM	Ganesha: White	<i>Sunrise:</i> 5:32AM	Vikarin 5121
			Yama 3:21PM – 4:59PM	Dhruva Until 9:19PM	Muruqa: Yellow	<i>Sunset:</i> 6:37PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	349683461 Rahu 10:26AM – 12:04PM	Bava Until 7:24PM	Nataraja: Yellow		3rd Phase
			Chaturthi* Until 8:34AM	Moon – Blue		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

4	Saturday, June 8, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Balava/Taitila Karana Panchami/Shashthyam Titau				Yangon, Myanmar Sun 19
	Kataka Rasi: 22.41	Tithi 5 – 6	Gulika 5:32AM – 7:10AM	Ashlesha* Until 6:08PM	Ganesha: White	<i>Sunrise:</i> 5:32AM	Vikarin 5121
			Yama 1:43PM – 3:21PM	Vyaghata* Until 6:20PM	Muruqa: Yellow	<i>Sunset:</i> 6:37PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	349683461 Rahu 8:48AM – 10:26AM	Taitila Until 3:50AM Sun	Nataraja: Yellow		3rd Phase
			Panchami Until 6:12AM	Moon – Blue		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

5	Sunday, June 9, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau				Yangon, Myanmar Sun 20
	Simha Rasi: 6.57	Tithi 7	Gulika 3:21PM – 4:59PM	Magha* Until 4:44PM	Ganesha: Yellow	<i>Sunrise:</i> 5:32AM	Vikarin 5121
			Yama 12:05PM – 1:43PM	Harshana Until 3:23PM	Muruqa: Yellow	<i>Sunset:</i> 6:37PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	351683461 Rahu 4:59PM – 6:37PM	Gara Until 2:42PM	Nataraja: Yellow		3rd Phase
			Saptami Until 1:33AM Mon	Moon – Red		Devaloka Day	
				Jyeshtha-Vaikasi			

Monday, June 10, 2019	Retreat Star		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau				Yangon, Myanmar Sun 21
	Simha Rasi: 21.1	Tithi 8	Gulika 1:43PM – 3:21PM	Purvaphalguni Until 3:18PM	Ganesha: Yellow	<i>Sunrise:</i> 5:32AM	Vikarin 5121
	Family Home Evening		Yama 10:27AM – 12:05PM	Vajra* Until 12:30PM	Muruqa: Yellow	<i>Sunset:</i> 6:38PM	Moon 5 - Phase 8
	Creative Work	Siddha Yoga	351683461 Rahu 7:10AM – 8:49AM	Visti Until 12:28PM	Nataraja: Yellow		Ashtami
			Ashtami* Until 11:22PM	Moon – Red		Devaloka Day	
				Jyeshtha-Vaikasi			

Tuesday, June 11, 2019	Retreat Star		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddhi/Vyatalpata* Yoga Balava/Kaulava Karana Navamyam Titau				Yangon, Myanmar Sun 22
	Kanya Rasi: 5.18	Tithi 9	Gulika 12:05PM – 1:43PM	Uttaraphalguni Until 1:51PM	Ganesha: Yellow	<i>Sunrise:</i> 5:32AM	Vikarin 5121
			Yama 8:49AM – 10:27AM	Siddhi Until 9:44AM	Muruqa: Yellow	<i>Sunset:</i> 6:38PM	Moon 5 - Phase 8
	Creative Work	Amrita Yoga	351683461 Rahu 3:22PM – 5:00PM	Balava Until 10:21AM	Nataraja: Yellow		Navami
			Navami* Until 9:19PM	Moon – Red		Devaloka Day	
				Jyeshtha-Vaikasi			

1		Wednesday, June 12, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Vyatipata/Variyan Yoga Taitila/Gara Karana Dashamyam Titau		Yangon, Myanmar Sun 23 Sutra 59	
Kanya Rasi: 19.2	Tithi 10	Gulika 10:27AM – 12:05PM	Hasta Until 12:51PM	Ganesha: White	<i>Sunrise:</i> 5:32AM	Vikarin 5121	
		Yama 7:11AM – 8:49AM	Vyatipata* Until 7:06AM	Muruqa: Yellow	<i>Sunset:</i> 6:38PM	Moon 5 - Phase 9	
	361683461	Rahu 12:05PM – 1:44PM	Taitila Until 8:23AM	Nataraja: Yellow		4th Phase	
Routine Work	Marana Yoga		Dashami Until 7:28PM	Moon – Green		Bhuloka Day	
Until 12:51PM				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

2		Thursday, June 13, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Parigha* Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau		Yangon, Myanmar Sun 24 Sutra 60	
Tula Rasi: 3.15	Tithi 11 – 12	Gulika 8:49AM – 10:27AM	Chitra Until 11:55AM	Ganesha: White	<i>Sunrise:</i> 5:33AM	Vikarin 5121	
		Yama 5:33AM – 7:11AM	Parigha* Until 2:21AM Fri	Muruqa: Yellow	<i>Sunset:</i> 6:39PM	Moon 5 - Phase 9	
	361683461	Rahu 1:44PM – 3:22PM	Vanija Until 6:38AM	Nataraja: Yellow		4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 5:50PM	Moon – Green		Bhuloka Day	
Until 11:55AM				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

3		Friday, June 14, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Yangon, Myanmar Sun 25 Sutra 61	
Tula Rasi: 17	Tithi 12 – 13	Gulika 7:11AM – 8:49AM	Svati Until 11:07AM	Ganesha: White	<i>Sunrise:</i> 5:33AM	Vikarin 5121	
		Yama 3:22PM – 5:01PM	Shiva Until 12:22AM Sat	Muruqa: Blue	<i>Sunset:</i> 6:39PM	Moon 5 - Phase 9	
	361693461	Rahu 10:27AM – 12:06PM	Kaulava Until 3:59AM Sat	Nataraja: Yellow		4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 4:30PM	Moon – Green		Devaloka Day	
		Vaikasi Visakam		Jyeshtha-Vaikasi			
						<i>Pradosha Vrata</i>	

4		Saturday, June 15, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Yangon, Myanmar Sun 26 Sutra 62	
Vrischika Rasi: 0.33	Tithi 13 – 14	Gulika 5:33AM – 7:11AM	Vishakha Until 10:57AM	Ganesha: Clear	<i>Sunrise:</i> 5:33AM	Vikarin 5121	
		Yama 1:44PM – 3:23PM	Siddha Until 10:39PM	Muruqa: Blue	<i>Sunset:</i> 6:39PM	Moon 5 - Phase 9	
	371693461	Rahu 8:49AM – 10:28AM	Gara Until 3:13AM Sun	Nataraja: Yellow		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 3:31PM	Moon – Orange		Sivaloka Day	
				Jyeshtha-Ani			

5		Sunday, June 16, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Yangon, Myanmar Sun 27 Sutra 63	
Vrischika Rasi: 13.53	Tithi 14 – 15	Gulika 3:23PM – 5:01PM	Anuradha Until 11:03AM	Ganesha: White	<i>Sunrise:</i> 5:33AM	Vikarin 5121	
		Yama 12:06PM – 1:44PM	Sadhya Until 9:19PM	Muruqa: Blue	<i>Sunset:</i> 6:39PM	Moon 5 - Phase 9	
	371793461	Rahu 5:01PM – 6:39PM	Visti Until 2:55AM Mon	Nataraja: Yellow		4th Phase	
Routine Work	Marana Yoga		Chaturdashi* Until 2:59PM	Moon – Orange		Subha Sivaloka Day	
		Father's Day		Jyeshtha-Ani			

○		Monday, June 17, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Yangon, Myanmar Sutra 64	
Copper Retreat Star		Gulika 1:45PM – 3:23PM	Jyeshtha* Until 11:29AM	Ganesha: White	<i>Sunrise:</i> 5:33AM	Vikarin 5121	
Vrischika Rasi: 26.57	Tithi 15 – 16	Yama 10:28AM – 12:06PM	Subha Until 8:25PM	Muruqa: Blue	<i>Sunset:</i> 6:40PM	Moon 5 - Phase 9	
Family Home Evening		Rahu 7:11AM – 8:50AM	Balava Until 3:09AM Tue	Nataraja: Yellow		Purnima	
Creative Work	Siddha Yoga		Purnima* Until 2:57PM	Moon – Orange		Subha Sivaloka Day	
				Jyeshtha-Ani			

○		Tuesday, June 18, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau		Yangon, Myanmar Sutra 65	
Silver Retreat Star		Gulika 12:07PM – 1:45PM	Mula* Until 12:46PM	Ganesha: Clear	<i>Sunrise:</i> 5:33AM	Vikarin 5121	
Dhanus Rasi: 9.46	Tithi 16 – 17	Yama 8:50AM – 10:28AM	Sukla Until 7:56PM	Muruqa: Blue	<i>Sunset:</i> 6:40PM	Moon 5 - Phase 9	
	381793461	Rahu 3:23PM – 5:02PM	Taitila Until 3:58AM Wed	Nataraja: Yellow		Prathama	
Creative Work	Amrita Yoga		Prathama* Until 3:28PM	Moon – Light Blue		Sivaloka Day	
Until 12:46PM				Jyeshtha-Ani			
Then Creative Work - Siddha 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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Wednesday, June 19, 2019

Gold Retreat Star

Dhanus Rasi: 22.17 Tithi 17 - 18

382793461

Creative Work Amrita Yoga

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

Gulika 10:28AM - 12:07PM
Yama 7:12AM - 8:50AM
Rahu 12:07PM - 1:45PM

Purvashadha* Until 2:27PM
Brahma Until 7:54PM
Vanija Until 5:19AM Thu
Dvitiya Until 4:33PM

Ganesha: Clear *Sunrise:* 5:33AM
Muruqa: Blue *Sunset:* 6:40PM
Nataraja: Yellow
Moon - Light Blue
Jyeshtha-Ani

Sivaloka Day

Yangon, Myanmar
Sun 1 Sutra 66
Vikarin 5121
Moon 6 - Phase 10
1st Phase

1

Thursday, June 20, 2019

Makara Rasi: 4.35 Tithi 18

382793461

Routine Work Marana Yoga
Until 4:29PM
Then Creative Work - Siddha Yoga

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

Gulika 8:50AM - 10:29AM
Yama 5:34AM - 7:12AM
Rahu 1:45PM - 3:24PM

Uttarashadha Until 4:29PM
Indra Until 8:17PM
Visti Until 6:10PM
Tritiya Until 6:10PM

Ganesha: Purple *Sunrise:* 5:34AM
Muruqa: Blue *Sunset:* 6:40PM
Nataraja: Yellow
Moon - Light Blue
Jyeshtha-Ani

Devaloka Day

Yangon, Myanmar
Sun 2 Sutra 67
Vikarin 5121
Moon 6 - Phase 10
1st Phase

2

Friday, June 21, 2019

Makara Rasi: 16.42 Tithi 19

392793461

Routine Work Marana Yoga
Until 7:16PM
Then Creative Work - Siddha Yoga

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

Gulika 7:12AM - 8:51AM
Yama 3:24PM - 5:02PM
Rahu 10:29AM - 12:07PM

Shravana Until 7:16PM
Vaidhriti* Until 8:57PM
Bava Until 7:10AM
Chaturthi* Until 8:12PM

Ganesha: Clear *Sunrise:* 5:34AM
Muruqa: Blue *Sunset:* 6:41PM
Nataraja: Yellow
Moon - Purple
Jyeshtha-Ani

Sivaloka Day

Yangon, Myanmar
Sun 3 Sutra 68
Vikarin 5121
Moon 6 - Phase 10
1st Phase

3

Saturday, June 22, 2019

Makara Rasi: 28.4 Tithi 20

392793461

Creative Work Siddha Yoga
Until 10:09PM
Then Creative Work - Amrita Yoga

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

Gulika 5:34AM - 7:12AM
Yama 1:46PM - 3:24PM
Rahu 8:51AM - 10:29AM

Dhanishtha Until 10:09PM
Vishkambha* Until 9:51PM
Kaulava Until 9:21AM
Panchami Until 10:30PM

Ganesha: Clear *Sunrise:* 5:34AM
Muruqa: Blue *Sunset:* 6:41PM
Nataraja: Yellow
Moon - Purple
Jyeshtha-Ani

Sivaloka Day

Yangon, Myanmar
Sun 4 Sutra 69
Vikarin 5121
Moon 6 - Phase 10
1st Phase

4

Sunday, June 23, 2019

Kumbha Rasi: 10.32 Tithi 21

392793461

Creative Work Siddha Yoga
Until 12:57AM Mon
Then Routine Work - Marana Yoga

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

Gulika 3:24PM - 5:03PM
Yama 12:08PM - 1:46PM
Rahu 5:03PM - 6:41PM

Shatabhishak Until 12:57AM Mon
Priti Until 10:50PM
Gara Until 11:43AM
Shashthi* Until 12:54AM Mon

Ganesha: Clear *Sunrise:* 5:34AM
Muruqa: Blue *Sunset:* 6:41PM
Nataraja: Yellow
Moon - Purple
Jyeshtha-Ani

Sivaloka Day

Yangon, Myanmar
Sun 5 Sutra 70
Vikarin 5121
Moon 6 - Phase 10
1st Phase

5

Monday, June 24, 2019

Kumbha Rasi: 22.25 Tithi 22

312793461

Family Home Evening
Routine Work Marana Yoga
Until 3:59AM Tue
Then Creative Work - Amrita Yoga

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

Gulika 1:46PM - 3:25PM
Yama 10:30AM - 12:08PM
Rahu 7:13AM - 8:51AM

Purvaproshtapada* Until 3:59AM Tue
Ayushman Until 11:42PM
Visti Until 2:05PM
Saptami Until 3:11AM Tue

Ganesha: Yellow *Sunrise:* 5:35AM
Muruqa: Blue *Sunset:* 6:41PM
Nataraja: Yellow
Moon - Clear
Jyeshtha-Ani

Sivaloka Day

Yangon, Myanmar
Sun 6 Sutra 71
Vikarin 5121
Moon 6 - Phase 10
1st Phase

☾

Tuesday, June 25, 2019

Retreat Star

Meena Rasi: 4.2 Tithi 23

312793461

Creative Work Amrita Yoga
Until 6:33AM Wed
Then Routine Work - Marana Yoga

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

Gulika 12:08PM - 1:46PM
Yama 8:51AM - 10:30AM
Rahu 3:25PM - 5:03PM

Uttaraproshtapada Until 6:33AM Wed
Saubhagya Until 12:23AM Wed
Balava Until 4:15PM
Ashtami* Until 5:10AM Wed

Ganesha: Yellow *Sunrise:* 5:35AM
Muruqa: Blue *Sunset:* 6:41PM
Nataraja: Yellow
Moon - Clear
Jyeshtha-Ani

Sivaloka Day

Yangon, Myanmar
Sun 7 Sutra 72
Vikarin 5121
Moon 6 - Phase 10
Ashtami

Wednesday, June 26, 2019

Retreat Star

Meena Rasi: 16.23 Tithi 24

312793461

Creative Work Siddha Yoga
Until 6:33AM
Then Routine Work - Marana Yoga

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

Gulika 10:30AM - 12:08PM
Yama 7:13AM - 8:52AM
Rahu 12:08PM - 1:47PM

Uttaraproshtapada Until 6:33AM
Sobhana Until 12:44AM Thu
Taitila Until 6:01PM
Navami* Until 6:40AM Thu

Ganesha: Yellow *Sunrise:* 5:35AM
Muruqa: Blue *Sunset:* 6:42PM
Nataraja: Yellow
Moon - Clear
Jyeshtha-Ani

Sivaloka Day

Yangon, Myanmar
Sun 8 Sutra 73
Vikarin 5121
Moon 6 - Phase 10
Navami

1		Thursday, June 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Athiganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau			Yangon, Myanmar Sun 9 Sutra 74
Meena Rasi: 28.37	Tithi 24 – 25	Gulika 8:52AM – 10:30AM	Revati Until 8:29AM	Ganesha: Yellow	<i>Sunrise:</i> 5:35AM	Vikarin 5121	
		Yama 5:35AM – 7:14AM	Athiganda* Until 12:36AM Fri	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11	
		312793461 Rahu 1:47PM – 3:25PM	Vanija Until 7:13PM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Navami* Until 6:40AM	Moon – Clear		Sivaloka Day	
Until 8:29AM							
Then Creative Work - Amrita Yoga							

2		Friday, June 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Yangon, Myanmar Sun 10 Sutra 75
Mesha Rasi: 11.08	Tithi 25 – 26	Gulika 7:14AM – 8:52AM	Ashvini Until 10:08AM	Ganesha: Blue	<i>Sunrise:</i> 5:36AM	Vikarin 5121	
		Yama 3:25PM – 5:04PM	Sukarma Until 11:57PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11	
		322793461 Rahu 10:30AM – 12:09PM	Bava Until 7:46PM	Nataraja: Yellow		2nd Phase	
Creative Work	Amrita Yoga		Dashami Until 7:34AM	Moon – White		Devaloka Day	
Until 10:08AM							
Then Creative Work - Siddha Yoga							

3		Saturday, June 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Yangon, Myanmar Sun 11 Sutra 76
Mesha Rasi: 23.58	Tithi 26 – 27	Gulika 5:36AM – 7:14AM	Bharani Until 10:56AM	Ganesha: Blue	<i>Sunrise:</i> 5:36AM	Vikarin 5121	
		Yama 1:47PM – 3:25PM	Dhriti Until 10:44PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11	
		322793461 Rahu 8:52AM – 10:31AM	Kaulava Until 7:36PM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Ekadashi* Until 7:45AM	Moon – White		Devaloka Day	
Until 10:56AM							
Then Creative Work - Amrita Yoga							

4		Sunday, June 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau			Yangon, Myanmar Sun 12 Sutra 77
Vrishabha Rasi: 7.1	Tithi 27 – 28	Gulika 3:26PM – 5:04PM	Krittika Until 10:52AM	Ganesha: Blue	<i>Sunrise:</i> 5:36AM	Vikarin 5121	
		Yama 12:09PM – 1:47PM	Shula* Until 8:55PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11	
		322793461 Rahu 5:04PM – 6:42PM	Gara Until 6:42PM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Dvadashi* Until 7:13AM	Moon – White		Devaloka Day	

Pradosha Vrata (Fasting)

Monday, July 1, 2019		Retreat Star		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau			Yangon, Myanmar Sun 13 Sutra 78
Vrishabha Rasi: 20.46	Tithi 29	Gulika 1:48PM – 3:26PM	Rohini Until 10:26AM	Ganesha: Blue	<i>Sunrise:</i> 5:36AM	Vikarin 5121	
Family Home Evening		Yama 10:31AM – 12:09PM	Ganda* Until 6:36PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11	
		332793461 Rahu 7:15AM – 8:53AM	Sakuni Until 5:09PM	Nataraja: Yellow		Amavasya	
Creative Work	Amrita Yoga		Chaturdashi* Until 4:09AM Tue	Moon – Yellow		Devaloka Day	

Tuesday, July 2, 2019		Retreat Star		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau			Yangon, Myanmar Sun 14 Sutra 79
Mithuna Rasi: 4.44	Tithi 30	Gulika 12:09PM – 1:48PM	Mrigashira Until 9:16AM	Ganesha: Blue	<i>Sunrise:</i> 5:37AM	Vikarin 5121	
		Yama 8:53AM – 10:31AM	Vriddhi Until 3:50PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11	
		332793461 Rahu 3:26PM – 5:04PM	Catuspada Until 3:03PM	Nataraja: Yellow		Prathama	
Creative Work	Siddha Yoga		Amavasya* Until 1:48AM Wed	Moon – Yellow		Devaloka Day	
Until 9:16AM							
Then Routine Work - Marana Yoga		Total Solar Eclipse					

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

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1		Wednesday, July 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau				Yangon, Myanmar Sun 15 Sutra 80
Mithuna Rasi: 19.01	Tithi 1	Gulika 10:31AM – 12:10PM	Ardra Until 7:29AM	Ganesha: Red	<i>Sunrise:</i> 5:37AM		Vikarin 5121	
		Yama 7:15AM – 8:53AM	Dhruva Until 12:42PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 6 - Phase 12	
333793461		Rahu 12:10PM – 1:48PM	Kintughna Until 12:30PM	Nataraja: Yellow			3rd Phase	
Creative Work	Siddha Yoga		Prathama* Until 11:06PM	Moon – Yellow		Sivaloka Day		
				Jyeshtha-Ani				

2		Thursday, July 4, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Dvityayam Titau				Yangon, Myanmar Sun 16 Sutra 81
Kataka Rasi: 3.32	Tithi 2	Gulika 8:54AM – 10:32AM	Pushya Until 3:28AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 5:37AM		Vikarin 5121	
		Yama 5:37AM – 7:15AM	Vyaghata* Until 9:19AM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 6 - Phase 12	
343793461		Rahu 1:48PM – 3:26PM	Balava Until 9:40AM	Nataraja: Yellow			3rd Phase	
Creative Work	Amrita Yoga		Dvitiya Until 8:09PM	Moon – Blue		Sivaloka Day		
Until 3:28AM Fri				Jyeshtha-Ani				
Then Routine Work - Marana Yoga								

3		Friday, July 5, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Taitila/Vanija Karana Tritiya/Chaturchyam Titau				Yangon, Myanmar Sun 17 Sutra 82
Kataka Rasi: 18.12	Tithi 3 – 4	Gulika 7:16AM – 8:54AM	Ashlesha* Until 1:07AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 5:38AM		Vikarin 5121	
		Yama 3:26PM – 5:04PM	Vajra* Until 2:15AM Sat	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 6 - Phase 12	
343793461		Rahu 10:32AM – 12:10PM	Taitila Until 6:40AM	Nataraja: Yellow			3rd Phase	
Routine Work	Marana Yoga		Tritiya Until 5:07PM	Moon – Blue		Sivaloka Day		
Until 1:07AM Sat				Jyeshtha-Ani				
Then Creative Work - Amrita Yoga								

4		Saturday, July 6, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Yangon, Myanmar Sun 18 Sutra 83
Simha Rasi: 2.53	Tithi 4 – 5	Gulika 5:38AM – 7:16AM	Magha* Until 11:07PM	Ganesha: White	<i>Sunrise:</i> 5:38AM		Vikarin 5121	
		Yama 1:48PM – 3:26PM	Siddhi Until 10:47PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 6 - Phase 12	
353793461		Rahu 8:54AM – 10:32AM	Bava Until 12:41AM Sun	Nataraja: Yellow			3rd Phase	
Creative Work	Amrita Yoga		Chaturthi* Until 2:07PM	Moon – Red		Subha Sivaloka Day		
Until 11:07PM				Jyeshtha-Ani				
Then Creative Work - Siddha Yoga								

5		Sunday, July 7, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Yangon, Myanmar Sun 19 Sutra 84
Simha Rasi: 17.3	Tithi 5 – 6	Gulika 3:26PM – 5:04PM	Purvaphalguni Until 9:10PM	Ganesha: Yellow	<i>Sunrise:</i> 5:38AM		Vikarin 5121	
		Yama 12:10PM – 1:48PM	Vyatipata* Until 7:29PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 6 - Phase 12	
453793461		Rahu 5:04PM – 6:42PM	Kaulava Until 9:57PM	Nataraja: Yellow			3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 11:16AM	Moon – Red		Sivaloka Day		
Until 9:10PM				Jyeshtha-Ani				
Then Creative Work - Amrita Yoga								

6		Monday, July 8, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Variyan/Parigha* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Yangon, Myanmar Sun 20 Sutra 85
Kanya Rasi: 1.57	Tithi 6 – 7	Gulika 1:49PM – 3:27PM	Uttaraphalguni Until 7:22PM	Ganesha: Yellow	<i>Sunrise:</i> 5:39AM		Vikarin 5121	
		Yama 10:33AM – 12:11PM	Variyan Until 4:23PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 6 - Phase 12	
453793461		Rahu 7:17AM – 8:55AM	Gara Until 7:30PM	Nataraja: Yellow			3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 8:40AM	Moon – Red		Sivaloka Day		
		Chidambaram Abhishekam		Jyeshtha-Ani				

Retreat Star		Tuesday, July 9, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Parigha*/Shiva Yoga Vanija/Bava Karana Saptami/Ashtamyam Titau				Yangon, Myanmar Sun 21 Sutra 86
Kanya Rasi: 16.1	Tithi 7 – 8	Gulika 12:11PM – 1:49PM	Hasta Until 6:13PM	Ganesha: White	<i>Sunrise:</i> 5:39AM		Vikarin 5121	
		Yama 8:55AM – 10:33AM	Parigha* Until 1:36PM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 6 - Phase 12	
463793461		Rahu 3:27PM – 5:05PM	Bava Until 4:30AM Wed	Nataraja: Yellow			Ashtami	
Creative Work	Siddha Yoga		Saptami Until 6:23AM	Moon – Green		Subha Sivaloka Day		
				Jyeshtha-Ani				

Retreat Star		Wednesday, July 10, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau				Yangon, Myanmar Sun 22 Sutra 87
Tula Rasi: 0.09	Tithi 9	Gulika 10:33AM – 12:11PM	Chitra Until 5:20PM	Ganesha: White	<i>Sunrise:</i> 5:39AM		Vikarin 5121	
		Yama 7:17AM – 8:55AM	Shiva Until 11:09AM	Muruqa: Blue	<i>Sunset:</i> 6:42PM		Moon 6 - Phase 12	
463793461		Rahu 12:11PM – 1:49PM	Balava Until 3:44PM	Nataraja: Yellow			Navami	
Creative Work	Siddha Yoga		Navami* Until 3:02AM Thu	Moon – Green		Subha Sivaloka Day		
				Jyeshtha-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 Siddha/Sadhya Yoga Taitila/Gara Karana Dashamyam Titau			Yangon, Myanmar Sun 23 Sutra 88
Tula Rasi: 13.51	Tithi 10	Gulika 8:55AM – 10:33AM	Svati Until 4:45PM	Ganesha: Yellow	<i>Sunrise:</i> 5:39AM	Vikarin 5121	
		Yama 5:39AM – 7:17AM	Siddha Until 9:02AM	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		463893461 Rahu 1:49PM – 3:27PM	Taitila Until 2:30PM	Nataraja: Yellow		4th Phase	
Creative Work	Amrita Yoga		Dashami Until 2:02AM Fri	Moon – Green		Sivaloka Day	
Until 4:45PM				Jyeshtha-Ani			
Then Creative Work - Siddha Yoga							

2		Friday, July 12, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Ekadashyam Titau			Yangon, Myanmar Sun 24 Sutra 89
Tula Rasi: 27.17	Tithi 11	Gulika 7:18AM – 8:55AM	Vishakha Until 4:55PM	Ganesha: White	<i>Sunrise:</i> 5:40AM	Vikarin 5121	
		Yama 3:27PM – 5:05PM	Sadhya Until 7:18AM	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		473893461 Rahu 10:33AM – 12:11PM	Vanija Until 1:43PM	Nataraja: Yellow		4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 1:30AM Sat	Moon – Orange		Devaloka Day	
				Jyeshtha-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			Yangon, Myanmar Sun 25 Sutra 90
Vrischika Rasi: 10.28	Tithi 12	Gulika 5:40AM – 7:18AM	Anuradha Until 5:24PM	Ganesha: White	<i>Sunrise:</i> 5:40AM	Vikarin 5121	
		Yama 1:49PM – 3:27PM	Sukla Until 4:59AM Sun	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		473893461 Rahu 8:56AM – 10:33AM	Bava Until 1:26PM	Nataraja: Yellow		4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 1:26AM Sun	Moon – Orange		Devaloka Day	
				Jyeshtha-Ani			

4		Sunday, July 14, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau			Yangon, Myanmar Sun 26 Sutra 91
Vrischika Rasi: 23.25	Tithi 13	Gulika 3:27PM – 5:04PM	Jyeshtha* Until 6:13PM	Ganesha: White	<i>Sunrise:</i> 5:40AM	Vikarin 5121	
		Yama 12:11PM – 1:49PM	Brahma Until 4:23AM Mon	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		473893461 Rahu 5:04PM – 6:42PM	Kaulava Until 1:37PM	Nataraja: Yellow		4th Phase	
Routine Work	Marana Yoga		Trayodashi Until 1:52AM Mon	Moon – Orange		Devaloka Day	
Until 6:13PM				Jyeshtha-Ani			
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata</i>				

5		Monday, July 15, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau			Yangon, Myanmar Sun 27 Sutra 92
Dhanus Rasi: 6.07	Tithi 14	Gulika 1:49PM – 3:27PM	Mula* Until 7:48PM	Ganesha: Clear	<i>Sunrise:</i> 5:41AM	Vikarin 5121	
Family Home Evening		Yama 10:34AM – 12:11PM	Indra Until 4:11AM Tue	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		483893461 Rahu 7:18AM – 8:56AM	Gara Until 2:17PM	Nataraja: Yellow		4th Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 2:46AM Tue	Moon – Light Blue		Sivaloka Day	
Until 7:48PM				Jyeshtha-Ani			
Then Routine Work - Marana Yoga							

		Tuesday, July 16, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau			Yangon, Myanmar Sutra 93
Copper Retreat Star		Gulika 12:12PM – 1:49PM	Purvashadha* Until 9:40PM	Ganesha: Clear	<i>Sunrise:</i> 5:41AM	Vikarin 5121	
Dhanus Rasi: 18.36	Tithi 15	Yama 8:56AM – 10:34AM	Vaidhriti* Until 4:18AM Wed	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13	
		483893461 Rahu 3:27PM – 5:04PM	Visti Until 3:24PM	Nataraja: Yellow		Purnima	
Creative Work	Siddha Yoga		Purnima* Until 4:07AM Wed	Moon – Light Blue		Sivaloka Day	
Until 9:40PM				Jyeshtha-Ani			
Then Routine Work - Prabalarishta Yoga		Partial Lunar Eclipse Satguru Purnima					

Wednesday, July 17, 2019		Silver Retreat Star			Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau			Yangon, Myanmar Sutra 94
Makara Rasi: 0.54	Tithi 16	Gulika 10:34AM – 12:12PM	Uttarashadha Until 11:48PM	Ganesha: Purple	<i>Sunrise:</i> 5:41AM	Vikarin 5121		
		Yama 7:19AM – 8:57AM	Vishkambha* Until 4:44AM Thu	Muruqa: Blue	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 13		
		484893462 Rahu 12:12PM – 1:49PM	Balava Until 4:58PM	Nataraja: White		Prathama		
Creative Work	Amrita Yoga		Prathama* Until 5:53AM Thu	Moon – Light Blue		Sivaloka Day		
Until 11:48PM				Jyeshtha-Adi				
Then Creative Work - Siddha Yoga								



Thursday, July 18, 2019
Gold Retreat Star

Makara Rasi: 13.02 Tithi 17
494893462 Rahu
Creative Work Siddha Yoga

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

Gulika 8:57AM – 10:34AM
Yama 5:42AM – 7:19AM
Rahu 1:49PM – 3:27PM

Shravana Until 2:35AM Fri
Priti Until 5:27AM Fri
Tailila Until 6:54PM
Dvitiya Until 7:58AM Fri

Yangon, Myanmar
Sutra 95
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Ganesha: Clear Sunrise: 5:42AM
Muruqa: Blue Sunset: 6:42PM

Nataraja: White
Moon – Purple

Subha Sivaloka Day
Jyeshtha-Adi

1

Friday, July 19, 2019

Makara Rasi: 25.01 Tithi 17 – 18
494893462 Rahu
Creative Work Siddha Yoga
Until 5:27AM Sat
Then Creative Work - Amrita Yoga

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

Gulika 7:19AM – 8:57AM
Yama 3:27PM – 5:04PM
Rahu 10:34AM – 12:12PM

Dhanishtha Until 5:27AM Sat
Ayushman Until 6:19AM Sat
Vanija Until 9:07PM
Dvitiya Until 7:58AM

Yangon, Myanmar
Sun 1 Sutra 96
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Ganesha: Clear Sunrise: 5:42AM
Muruqa: Blue Sunset: 6:41PM

Nataraja: White
Moon – Purple

Subha Sivaloka Day
Jyeshtha-Adi

2

Saturday, July 20, 2019

Kumbha Rasi: 6.56 Tithi 18 – 19
494893462 Rahu
Creative Work Amrita Yoga
Until 8:15AM Sun
Then Creative Work - Siddha Yoga

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

Gulika 5:42AM – 7:20AM
Yama 1:49PM – 3:27PM
Rahu 8:57AM – 10:34AM

Shatabhishak Until 8:15AM Sun
Ayushman Until 6:19AM
Bava Until 11:30PM
Tritiya Until 10:17AM

Yangon, Myanmar
Sun 2 Sutra 97
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Ganesha: Clear Sunrise: 5:42AM
Muruqa: Blue Sunset: 6:41PM

Nataraja: White
Moon – Purple

Subha Sivaloka Day
Jyeshtha-Adi

3

Sunday, July 21, 2019

Kumbha Rasi: 18.47 Tithi 19 – 20
494893462 Rahu
Creative Work Siddha Yoga

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

Gulika 3:26PM – 5:04PM
Yama 12:12PM – 1:49PM
Rahu 5:04PM – 6:41PM

Shatabhishak Until 8:15AM
Saubhagya Until 7:18AM
Kaulava Until 1:55AM Mon
Chaturthi* Until 12:42PM

Yangon, Myanmar
Sun 3 Sutra 98
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Ganesha: Clear Sunrise: 5:43AM
Muruqa: Blue Sunset: 6:41PM

Nataraja: White
Moon – Purple

Subha Sivaloka Day
Jyeshtha-Adi

4

Monday, July 22, 2019

Meena Rasi: 0.39 Tithi 20 – 21
414893462 Rahu
Family Home Evening
Routine Work Marana Yoga
Until 11:23AM
Then Creative Work - Siddha Yoga

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

Gulika 1:49PM – 3:26PM
Yama 10:35AM – 12:12PM
Rahu 7:20AM – 8:57AM

Purvaproshtapada* Until 11:23AM
Sobhana Until 8:16AM
Gara Until 4:12AM Tue
Panchami Until 3:04PM

Yangon, Myanmar
Sun 4 Sutra 99
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Ganesha: Clear Sunrise: 5:43AM
Muruqa: Blue Sunset: 6:41PM

Nataraja: White
Moon – Clear

Subha Sivaloka Day
Jyeshtha-Adi

5

Tuesday, July 23, 2019

Meena Rasi: 12.34 Tithi 21 – 22
414893462 Rahu
Creative Work Amrita Yoga
Until 2:10PM
Then Creative Work - Siddha Yoga

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

Gulika 12:12PM – 1:49PM
Yama 8:58AM – 10:35AM
Rahu 3:26PM – 5:03PM

Uttaraproshtapada Until 2:10PM
Athiganda* Until 9:05AM
Visti Until 6:12AM Wed
Shashthi* Until 5:14PM

Yangon, Myanmar
Sun 5 Sutra 100
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Ganesha: Clear Sunrise: 5:43AM
Muruqa: Blue Sunset: 6:41PM

Nataraja: White
Moon – Clear

Subha Sivaloka Day
Jyeshtha-Adi

6

Wednesday, July 24, 2019

Meena Rasi: 24.37 Tithi 22
414893462 Rahu
Routine Work Marana Yoga

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

Gulika 10:35AM – 12:12PM
Yama 7:21AM – 8:58AM
Rahu 12:12PM – 1:49PM

Revati Until 4:27PM
Sukarma Until 9:41AM
Visti Until 6:12AM
Saptami Until 7:02PM

Yangon, Myanmar
Sun 6 Sutra 101
Vikarin 5121
Moon 7 - Phase 14
1st Phase

Ganesha: Clear Sunrise: 5:44AM
Muruqa: Blue Sunset: 6:40PM

Nataraja: White
Moon – Clear

Subha Sivaloka Day
Jyeshtha-Adi

D

Thursday, July 25, 2019
Retreat Star

Mesha Rasi: 6.49 Tithi 23
424893462 Rahu
Creative Work Amrita Yoga
Until 6:34PM
Then Creative Work - Siddha Yoga

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

Gulika 8:58AM – 10:35AM
Yama 5:44AM – 7:21AM
Rahu 1:49PM – 3:26PM

Ashvini Until 6:34PM
Dhriti Until 9:56AM
Balava Until 7:46AM
Ashtami* Until 8:18PM

Yangon, Myanmar
Sun 7 Sutra 102
Vikarin 5121
Moon 7 - Phase 14
Ashtami

Ganesha: White Sunrise: 5:44AM
Muruqa: Blue Sunset: 6:40PM

Nataraja: White
Moon – White

Subha Subha Sivaloka Day
Jyeshtha-Adi

Friday, July 26, 2019

Retreat Star

Mesha Rasi: 19.17 Tithi 24
424893462 Rahu
Creative Work Siddha Yoga

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

Gulika 7:21AM – 8:58AM
Yama 3:26PM – 5:03PM
Rahu 10:35AM – 12:12PM

Bharani Until 7:53PM
Shula* Until 9:40AM
Tailila Until 8:43AM
Navami* Until 8:55PM

Yangon, Myanmar
Sun 8 Sutra 103
Vikarin 5121
Moon 7 - Phase 14
Navami

Ganesha: White Sunrise: 5:44AM
Muruqa: Blue Sunset: 6:40PM

Nataraja: White
Moon – White

Subha Subha Sivaloka Day
Jyeshtha-Adi

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

1	Saturday, July 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ganda*Vridhi Yoga Vanija/Visti* Karana Dashamyam Titau				Yangon, Myanmar Sun 9 Sutra 104
	Vrishabha Rasi: 2.05	Tithi 25	424893462	Gulika 5:45AM – 7:21AM Yama 1:49PM – 3:26PM Rahu 8:58AM – 10:35AM	Krittika Until 8:19PM Ganda* Until 8:52AM Vanija Until 8:57AM Dashami Until 8:46PM	Ganesha: White Muruqa: Blue Nataraja: White Moon – White Jyeshtha-Adi	Sunrise: 5:45AM Sunset: 6:39PM Moon 7 - Phase 15 2nd Phase Subha Subha Sivaloka Day
	Creative Work Amrita Yoga						

2	Sunday, July 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Vriddhi/Dhruva Yoga Bava/Balava Karana Ekadashyam Titau				Yangon, Myanmar Sun 10 Sutra 105
	Vrishabha Rasi: 15.16	Tithi 26	434893462	Gulika 3:26PM – 5:02PM Yama 12:12PM – 1:49PM Rahu 5:02PM – 6:39PM	Rohini Until 8:17PM Vriddhi Until 7:27AM Bava Until 8:25AM Ekadashi* Until 7:50PM	Ganesha: Yellow Muruqa: Blue Nataraja: White Moon – Yellow Jyeshtha-Adi	Sunrise: 5:45AM Sunset: 6:39PM Moon 7 - Phase 15 2nd Phase Subha Sivaloka Day
	Creative Work Siddha Yoga						

3	Monday, July 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Yangon, Myanmar Sun 11 Sutra 106
	Vrishabha Rasi: 28.53	Tithi 27	434893462	Gulika 1:49PM – 3:25PM Yama 10:35AM – 12:12PM Rahu 7:22AM – 8:59AM	Mrigashira Until 7:21PM Vyaghata* Until 2:44AM Tue Kaulava Until 7:06AM Dvadashi* Until 6:09PM	Ganesha: Yellow Muruqa: Blue Nataraja: White Moon – Yellow Jyeshtha-Adi	Sunrise: 5:45AM Sunset: 6:39PM Moon 7 - Phase 15 2nd Phase Subha Sivaloka Day
	Family Home Evening						
	Creative Work Amrita Yoga						

4	Tuesday, July 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar Sun 12 Sutra 107
	Mithuna Rasi: 12.57	Tithi 28 – 29	435893462	Gulika 12:12PM – 1:49PM Yama 8:59AM – 10:35AM Rahu 3:25PM – 5:02PM	Ardra Until 5:37PM Harshana Until 11:37PM Visti Until 2:27AM Wed Trayodashi* Until 3:49PM	Ganesha: White Muruqa: Blue Nataraja: White Moon – Yellow Jyeshtha-Adi	Sunrise: 5:45AM Sunset: 6:38PM Moon 7 - Phase 15 2nd Phase Sivaloka Day
	Routine Work Marana Yoga						
	Until 5:37PM						

	Wednesday, July 31, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra* Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Yangon, Myanmar Sun 13 Sutra 108		
	Retreat Star		Mithuna Rasi: 27.25	Tithi 29 – 30	445893462	Gulika 10:35AM – 12:12PM Yama 7:22AM – 8:59AM Rahu 12:12PM – 1:48PM	Punarvasu Until 3:39PM Vajra* Until 8:03PM Catuspada Until 11:22PM Chaturdashi* Until 12:57PM	Ganesha: Green Muruqa: Blue Nataraja: White Moon – Blue Jyeshtha-Adi	Sunrise: 5:46AM Sunset: 6:38PM Moon 7 - Phase 15 Amavasya Sivaloka Day
	Creative Work Siddha Yoga								

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 Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Yangon, Myanmar Sun 14 Sutra 109
	Kataka Rasi: 12.11	Tithi 30 – 1	445893462	Gulika 8:59AM – 10:35AM Yama 5:46AM – 7:22AM Rahu 1:48PM – 3:25PM	Pushya Until 1:10PM Siddhi Until 4:13PM Kintughna Until 7:58PM Amavasya* Until 9:41AM	Ganesha: Green Muruqa: Blue Nataraja: White Moon – Blue Ashada-Adi	Sunrise: 5:46AM Sunset: 6:38PM Moon 7 - Phase 15 Prathama Sivaloka Day
	Creative Work Amrita Yoga						
	Until 1:10PM						

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1		Friday, August 2, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyatipala*/Variyan Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau		Yangon, Myanmar Sun 15 Sutra 110	
Kataka Rasi: 27.11	Tithi 1 – 2	Gulika	7:23AM – 8:59AM	Ashlesha* Until 10:20AM	Ganesha: Green	<i>Sunrise:</i> 5:46AM		Vikarin 5121	
		Yama	3:25PM – 5:01PM	Vyatipata* Until 12:15PM	Muruqa: Blue	<i>Sunset:</i> 6:37PM		Moon 7 - Phase 16	
		445893462 Rahu	10:35AM – 12:12PM	Kaulava Until 2:37AM Sat	Nataraja: White			3rd Phase	
Routine Work	Marana Yoga			Prathama* Until 6:11AM	Moon – Blue		Sivaloka Day		
					Ashada*Adi				

2		Saturday, August 3, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Variyan/Parigha* Yoga Taitila/Gara Karana Trityayam Titau		Yangon, Myanmar Sun 16 Sutra 111	
Simha Rasi: 12.14	Tithi 3	Gulika	5:47AM – 7:23AM	Magha* Until 7:43AM	Ganesha: White	<i>Sunrise:</i> 5:47AM		Vikarin 5121	
		Yama	1:48PM – 3:24PM	Variyan Until 8:13AM	Muruqa: Blue	<i>Sunset:</i> 6:37PM		Moon 7 - Phase 16	
		455893462 Rahu	8:59AM – 10:35AM	Taitila Until 12:52PM	Nataraja: White			3rd Phase	
Creative Work	Amrita Yoga			Tritiya Until 11:07PM	Moon – Red		Sivaloka Day		
Until 7:43AM					Ashada*Adi				
Then Creative Work - Siddha Yoga									

3		Sunday, August 4, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Vanija/Visti* Karana Chaturthiyam Titau		Yangon, Myanmar Sun 17 Sutra 112	
Simha Rasi: 27.13	Tithi 4	Gulika	3:24PM – 5:00PM	Uttaraphalguni Until 2:36AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:47AM		Vikarin 5121	
		Yama	12:12PM – 1:48PM	Shiva Until 12:38AM Mon	Muruqa: Blue	<i>Sunset:</i> 6:36PM		Moon 7 - Phase 16	
		455993462 Rahu	5:00PM – 6:36PM	Vanija Until 9:27AM	Nataraja: White			3rd Phase	
Creative Work	Amrita Yoga			Chaturthi* Until 7:50PM	Moon – Red		Subha Sivaloka Day		
Until 2:36AM Mon					Ashada*Adi				
Then Creative Work - Siddha Yoga									

4		Monday, August 5, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha Yoga Bava/Kaulava Karana Panchami/Shashthiyam Titau		Yangon, Myanmar Sun 18 Sutra 113	
Kanya Rasi: 11.59	Tithi 5 – 6	Gulika	1:48PM – 3:24PM	Hasta Until 12:47AM Tue	Ganesha: White	<i>Sunrise:</i> 5:47AM		Vikarin 5121	
Family Home Evening		Yama	10:35AM – 12:12PM	Siddha Until 9:15PM	Muruqa: Blue	<i>Sunset:</i> 6:36PM		Moon 7 - Phase 16	
		465993462 Rahu	7:23AM – 8:59AM	Bava Until 6:21AM	Nataraja: White			3rd Phase	
Creative Work	Siddha Yoga			Panchami Until 4:56PM	Moon – Green		Subha Subha Sivaloka Day		
					Ashada*Adi				

5		Tuesday, August 6, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Yangon, Myanmar Sun 19 Sutra 114	
Kanya Rasi: 26.26	Tithi 6 – 7	Gulika	12:11PM – 1:47PM	Chitra Until 11:22PM	Ganesha: White	<i>Sunrise:</i> 5:47AM		Vikarin 5121	
		Yama	8:59AM – 10:35AM	Sadhya Until 6:18PM	Muruqa: Blue	<i>Sunset:</i> 6:36PM		Moon 7 - Phase 16	
		465993462 Rahu	3:23PM – 4:59PM	Gara Until 1:32AM Wed	Nataraja: White			3rd Phase	
Creative Work	Siddha Yoga			Shashthi* Until 2:30PM	Moon – Green		Subha Subha Sivaloka Day		
					Ashada*Adi				

Retreat Star		Wednesday, August 7, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau		Yangon, Myanmar Sun 20 Sutra 115	
Tula Rasi: 10.31	Tithi 7 – 8	Gulika	10:35AM – 12:11PM	Svati Until 10:24PM	Ganesha: White	<i>Sunrise:</i> 5:48AM		Vikarin 5121	
		Yama	7:24AM – 8:59AM	Subha Until 3:51PM	Muruqa: Blue	<i>Sunset:</i> 6:35PM		Moon 7 - Phase 16	
		465993462 Rahu	12:11PM – 1:47PM	Visti Until 12:00AM Thu	Nataraja: White			Ashtami	
Creative Work	Siddha Yoga			Saptami Until 12:40PM	Moon – Green		Subha Subha Sivaloka Day		
					Ashada*Adi				

Retreat Star		Thursday, August 8, 2019				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Yangon, Myanmar Sun 21 Sutra 116	
Tula Rasi: 24.11	Tithi 8 – 9	Gulika	9:00AM – 10:35AM	Vishakha Until 10:24PM	Ganesha: Purple	<i>Sunrise:</i> 5:48AM		Vikarin 5121	
		Yama	5:48AM – 7:24AM	Sukla Until 1:55PM	Muruqa: Blue	<i>Sunset:</i> 6:35PM		Moon 7 - Phase 16	
		476993462 Rahu	1:47PM – 3:23PM	Balava Until 11:09PM	Nataraja: White			Navami	
Creative Work	Siddha Yoga			Ashtami* Until 11:29AM	Moon – Orange		Sivaloka Day		
					Ashada*Adi				

1		Friday, August 9, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau	Yangon, Myanmar Sun 22 Sutra 117 Vikarin 5121
Wrischika Rasi: 7.29	Tithi 9 – 10	Gulika 7:24AM – 9:00AM	Anuradha Until 10:54PM	Ganesha: Purple <i>Sunrise: 5:48AM</i>	
		Yama 3:23PM – 4:58PM	Brahma Until 12:32PM	Muruqa: Blue <i>Sunset: 6:34PM</i>	Moon 7 - Phase 17
		486993462 Rahu 10:35AM – 12:11PM	Taitila Until 10:58PM	Nataraja: White	4th Phase
Creative Work	Siddha Yoga		Navami* Until 10:58AM	Moon – Orange	Sivaloka Day
Until 10:54PM				Ashada*Adi	
Then Routine Work - Marana Yoga					

2		Saturday, August 10, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Dashami/Ekadasmyam Titau	Yangon, Myanmar Sun 23 Sutra 118 Vikarin 5121
Wrischika Rasi: 20.27	Tithi 10 – 11	Gulika 5:48AM – 7:24AM	Jyeshtha* Until 11:52PM	Ganesha: Purple <i>Sunrise: 5:48AM</i>	
		Yama 1:47PM – 3:22PM	Indra Until 11:40AM	Muruqa: Blue <i>Sunset: 6:34PM</i>	Moon 7 - Phase 17
		486993462 Rahu 9:00AM – 10:35AM	Vanija Until 11:25PM	Nataraja: White	4th Phase
Creative Work	Siddha Yoga		Dashami Until 11:06AM	Moon – Orange	Sivaloka Day
				Ashada*Adi	

3		Sunday, August 11, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ekadashi/Dvadashmyam Titau	Yangon, Myanmar Sun 24 Sutra 119 Vikarin 5121
Dhanus Rasi: 3.07	Tithi 11 – 12	Gulika 3:22PM – 4:57PM	Mula* Until 1:42AM Mon	Ganesha: Clear <i>Sunrise: 5:49AM</i>	
		Yama 12:11PM – 1:46PM	Vaidhriti* Until 11:15AM	Muruqa: Blue <i>Sunset: 6:33PM</i>	Moon 7 - Phase 17
		486993462 Rahu 4:57PM – 6:33PM	Bava Until 12:26AM Mon	Nataraja: White	4th Phase
Creative Work	Amrita Yoga		Ekadashi Until 11:50AM	Moon – Light Blue	Subha Sivaloka Day
Until 1:42AM Mon				Ashada*Adi	
Then Routine Work - Marana Yoga					

4		Monday, August 12, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashmyam Titau	Yangon, Myanmar Sun 25 Sutra 120 Vikarin 5121
Dhanus Rasi: 15.32	Tithi 12 – 13	Gulika 1:46PM – 3:22PM	Purvashadha* Until 3:50AM Tue	Ganesha: Clear <i>Sunrise: 5:49AM</i>	
Family Home Evening		Yama 10:35AM – 12:11PM	Vishkambha* Until 11:16AM	Muruqa: Blue <i>Sunset: 6:32PM</i>	Moon 7 - Phase 17
Routine Work	Marana Yoga	486993462 Rahu 7:24AM – 9:00AM	Kaulava Until 1:55AM Tue	Nataraja: White	4th Phase
Until 3:50AM Tue			Dvadashi Until 1:06PM	Moon – Light Blue	Subha Sivaloka Day
Then Routine Work - Prabalarishta Yoga				Ashada*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/Chaturdashmyam Titau	Yangon, Myanmar Sun 26 Sutra 121 Vikarin 5121
Dhanus Rasi: 27.45	Tithi 13 – 14	Gulika 12:10PM – 1:46PM	Uttarashadha Until 6:08AM Wed	Ganesha: Clear <i>Sunrise: 5:49AM</i>	
		Yama 9:00AM – 10:35AM	Priti Until 11:37AM	Muruqa: Blue <i>Sunset: 6:32PM</i>	Moon 7 - Phase 17
		486993462 Rahu 3:21PM – 4:57PM	Gara Until 3:46AM Wed	Nataraja: White	4th Phase
Routine Work	Prabalarishta Yoga		Trayodashi Until 2:47PM	Moon – Light Blue	Subha Sivaloka Day
Until 6:08AM Wed				Ashada*Adi	
Then Creative Work - Siddha Yoga					

6		Wednesday, August 14, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau	Yangon, Myanmar Sun 27 Sutra 122 Vikarin 5121
Makara Rasi: 9.5	Tithi 14 – 15	Gulika 10:35AM – 12:10PM	Uttarashadha Until 6:08AM	Ganesha: Clear <i>Sunrise: 5:49AM</i>	
		Yama 7:24AM – 9:00AM	Ayushman Until 12:12PM	Muruqa: Blue <i>Sunset: 6:31PM</i>	Moon 7 - Phase 17
		486993462 Rahu 12:10PM – 1:46PM	Visti Until 5:55AM Thu	Nataraja: White	4th Phase
Creative Work	Amrita Yoga		Chaturdashi* Until 4:48PM	Moon – Light Blue	Subha Sivaloka Day
Until 6:08AM				Ashada*Adi	
Then Creative Work - Siddha Yoga					

○		Thursday, August 15, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava Karana Purnimayam Titau	Yangon, Myanmar Sutra 123 Vikarin 5121
Copper Retreat Star		Gulika 9:00AM – 10:35AM	Shravana Until 9:03AM	Ganesha: Yellow <i>Sunrise: 5:49AM</i>	
Makara Rasi: 21.49	Tithi 15	Yama 5:49AM – 7:25AM	Saubhagya Until 12:59PM	Muruqa: Blue <i>Sunset: 6:31PM</i>	Moon 7 - Phase 17
		497993462 Rahu 1:45PM – 3:20PM	Bava Until 7:02PM	Nataraja: White	Purnima
Creative Work	Siddha Yoga		Purnima* Until 7:02PM	Moon – Purple	Subha Sivaloka Day
				Ashada*Adi	

Friday, August 16, 2019		Silver Retreat Star		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sobhana/Alhiganda* Yoga Balava/Kaulava Karana Prathamayam Titau	Yangon, Myanmar Sutra 124 Vikarin 5121
Kumbha Rasi: 3.43	Tithi 16	Gulika 7:25AM – 9:00AM	Dhanishtha Until 11:57AM	Ganesha: Yellow <i>Sunrise: 5:50AM</i>	
		Yama 3:20PM – 4:55PM	Sobhana Until 1:54PM	Muruqa: Blue <i>Sunset: 6:30PM</i>	Moon 7 - Phase 17
		497993462 Rahu 10:35AM – 12:10PM	Balava Until 8:14AM	Nataraja: White	Prathama
Creative Work	Siddha Yoga		Prathama* Until 9:25PM	Moon – Purple	Subha Sivaloka Day
				Ashada*Adi	



Saturday, August 17, 2019

Gold Retreat Star

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

Yangon, Myanmar

Sun 1 Sutra 125

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Kumbha Rasi: 15.34 Tithi 17

Gulika 5:50AM - 7:25AM
Yama 1:45PM - 3:20PM
Rahu 9:00AM - 10:35AM

Shatabhishak Until 2:46PM
Athiganda* Until 2:51PM
Taitila Until 10:40AM
Dvitiya Until 11:51PM

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

Sunrise: 5:50AM
Sunset: 6:29PM

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 2:46PM

Then Routine Work - Marana Yoga

1

Sunday, August 18, 2019

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

Yangon, Myanmar

Sun 2 Sutra 126

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Kumbha Rasi: 27.26 Tithi 18

Gulika 3:19PM - 4:54PM
Yama 12:09PM - 1:44PM
Rahu 4:54PM - 6:29PM

Purvaproshtapada* Until 5:55PM
Sukarma Until 3:48PM
Vanija Until 1:05PM
Tritiya Until 2:15AM Mon

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

Sunrise: 5:50AM
Sunset: 6:29PM

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Until 5:55PM

Then Creative Work - Amrita Yoga

2

Monday, August 19, 2019

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

Yangon, Myanmar

Sun 3 Sutra 127

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Meena Rasi: 9.19 Tithi 19

Family Home Evening

517993462 Rahu 7:25AM - 9:00AM

Uttaraproshtapada Until 8:46PM
Dhriti Until 4:42PM
Bava Until 3:25PM
Chaturthi* Until 4:30AM Tue

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

Sunrise: 5:50AM
Sunset: 6:28PM

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

3

Tuesday, August 20, 2019

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

Yangon, Myanmar

Sun 4 Sutra 128

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Meena Rasi: 21.16 Tithi 20

Gulika 12:09PM - 1:44PM
Yama 9:00AM - 10:34AM
Rahu 3:18PM - 4:53PM

Revati Until 11:16PM
Shula* Until 5:24PM
Kaulava Until 5:33PM
Panchami Until 6:29AM Wed

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

Sunrise: 5:50AM
Sunset: 6:28PM

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

4

Wednesday, August 21, 2019

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

Yangon, Myanmar

Sun 5 Sutra 129

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Mesha Rasi: 3.18 Tithi 20 - 21

527993462 Rahu 12:09PM - 1:43PM

Ashvini Until 1:44AM Thu
Ganda* Until 5:52PM
Gara Until 7:22PM
Panchami Until 6:29AM

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

Sunrise: 5:51AM
Sunset: 6:27PM

Subha Sivaloka Day

Routine Work Marana Yoga

Until 1:44AM Thu

Then Creative Work - Siddha Yoga

5

Thursday, August 22, 2019

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

Yangon, Myanmar

Sun 6 Sutra 130

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Mesha Rasi: 15.3 Tithi 21 - 22

528993462 Rahu 1:43PM - 3:17PM

Bharani Until 3:34AM Fri
Vridhhi Until 6:00PM
Visti Until 8:43PM
Shashthi* Until 8:05AM

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

Sunrise: 5:51AM
Sunset: 6:26PM

Sivaloka Day

Creative Work Siddha Yoga

D

Friday, August 23, 2019

Retreat Star

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

Yangon, Myanmar

Sun 7 Sutra 131

Vikarin 5121

Moon 8 - Phase 18

Ashtami

Mesha Rasi: 27.56 Tithi 22 - 23

528993462 Rahu 10:34AM - 12:08PM

Krittika Until 4:37AM Sat
Dhruva Until 5:39PM
Balava Until 9:28PM
Saptami Until 9:09AM

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

Sunrise: 5:51AM
Sunset: 6:26PM

Sivaloka Day

Creative Work Siddha Yoga

Until 4:37AM Sat

Then Creative Work - Amrita Yoga

Saturday, August 24, 2019

Retreat Star

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

Yangon, Myanmar

Sun 8 Sutra 132

Vikarin 5121

Moon 8 - Phase 18

Navami

Vrishabha Rasi: 10.38 Tithi 23 - 24

538993462 Rahu 9:00AM - 10:34AM

Rohini Until 5:15AM Sun
Vyaghata* Until 4:46PM
Taitila Until 9:30PM
Ashtami* Until 9:33AM

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

Sunrise: 5:51AM
Sunset: 6:25PM

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 5:15AM Sun

Then Creative Work - Siddha Yoga


1		Sunday, August 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Yangon, Myanmar Sun 9 Sutra 133 Vikarin 5121
Wishabha Rasi: 23.44	Tithi 24 – 25	Gulika 3:16PM – 4:50PM	Mrigashira Until 4:57AM Mon	Ganesha: Clear <i>Sunrise: 5:51AM</i>	
		Yama 12:08PM – 1:42PM	Harshana Until 3:16PM	Muruqa: Blue <i>Sunset: 6:24PM</i>	Moon 8 - Phase 19
	538993462	Rahu 4:50PM – 6:24PM	Vanija Until 8:44PM	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Navami* Until 9:12AM	Moon – Yellow	Subha Sivaloka Day
				Ashada-Avani	

2		Monday, August 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau	Yangon, Myanmar Sun 10 Sutra 134 Vikarin 5121
Mithuna Rasi: 7.15	Tithi 25 – 26	Gulika 1:41PM – 3:15PM	Ardra Until 3:45AM Tue	Ganesha: Clear <i>Sunrise: 5:51AM</i>	
Family Home Evening		Yama 10:33AM – 12:07PM	Vajra* Until 1:07PM	Muruqa: Blue <i>Sunset: 6:24PM</i>	Moon 8 - Phase 19
	538993462	Rahu 7:25AM – 8:59AM	Bava Until 7:12PM	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Dashami Until 8:03AM	Moon – Yellow	Subha Sivaloka Day
				Ashada-Avani	

3		Tuesday, August 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Siddhi/Vyatipata* Yoga Balava/Tailita Karana Ekadashi/Dvadashyam Titau	Yangon, Myanmar Sun 11 Sutra 135 Vikarin 5121
Mithuna Rasi: 21.14	Tithi 26 – 27	Gulika 12:07PM – 1:41PM	Punarvasu Until 2:09AM Wed	Ganesha: Purple <i>Sunrise: 5:52AM</i>	
		Yama 8:59AM – 10:33AM	Siddhi Until 10:22AM	Muruqa: Blue <i>Sunset: 6:23PM</i>	Moon 8 - Phase 19
	548993462	Rahu 3:15PM – 4:49PM	Taitila Until 3:33AM Wed	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 6:08AM	Moon – Blue	Sivaloka Day
				Ashada-Avani	

4		Wednesday, August 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Trayodashyam Titau	Yangon, Myanmar Sun 12 Sutra 136 Vikarin 5121
Kataka Rasi: 5.4	Tithi 28	Gulika 10:33AM – 12:07PM	Pushya Until 11:50PM	Ganesha: Light Blue <i>Sunrise: 5:52AM</i>	
		Yama 7:25AM – 8:59AM	Vyatipata* Until 7:06AM	Muruqa: Blue <i>Sunset: 6:22PM</i>	Moon 8 - Phase 19
	549993463	Rahu 12:07PM – 1:41PM	Gara Until 2:04PM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 12:25AM Thu	Moon – Blue	Devaloka Day
				Ashada-Avani	
				<i>Pradosha Vrata (Fasting)</i>	

5		Thursday, August 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Yangon, Myanmar Sun 13 Sutra 137 Vikarin 5121
Kataka Rasi: 20.3	Tithi 29	Gulika 8:59AM – 10:33AM	Ashlesha* Until 8:59PM	Ganesha: Orange <i>Sunrise: 5:52AM</i>	
		Yama 5:52AM – 7:25AM	Parigha* Until 11:19PM	Muruqa: Blue <i>Sunset: 6:21PM</i>	Moon 8 - Phase 19
	549193463	Rahu 1:40PM – 3:14PM	Visti Until 10:42AM	Nataraja: Clear	2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 8:53PM	Moon – Blue	Sivaloka Day
Until 8:59PM				Ashada-Avani	
Then Creative Work - Amrita Yoga					

		Friday, August 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Shiva Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau	Yangon, Myanmar Sun 14 Sutra 138 Vikarin 5121
Retreat Star		Gulika 7:26AM – 8:59AM	Magha* Until 6:09PM	Ganesha: Clear <i>Sunrise: 5:52AM</i>	
Simha Rasi: 5.37	Tithi 30 – 1	Yama 3:13PM – 4:47PM	Shiva Until 7:06PM	Muruqa: Blue <i>Sunset: 6:21PM</i>	Moon 8 - Phase 19
	559193463	Rahu 10:33AM – 12:06PM	Catuspada Until 7:01AM	Nataraja: Clear	Amavasya
Routine Work	Marana Yoga		Amavasya* Until 5:06PM	Moon – Red	Sivaloka Day
Until 6:09PM				Ashada-Avani	
Then Creative Work - Siddha Yoga					

6		Saturday, August 31, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Yangon, Myanmar Sun 15 Sutra 139 Vikarin 5121
Retreat Star		Gulika 5:52AM – 7:26AM	Purvaphalguni Until 3:07PM	Ganesha: Clear <i>Sunrise: 5:52AM</i>	
Simha Rasi: 20.52	Tithi 1 – 2	Yama 1:39PM – 3:13PM	Siddha Until 2:48PM	Muruqa: Blue <i>Sunset: 6:20PM</i>	Moon 8 - Phase 19
	559193463	Rahu 8:59AM – 10:32AM	Balava Until 11:22PM	Nataraja: Clear	Prathama
Creative Work	Siddha Yoga		Prathama* Until 1:15PM	Moon – Red	Sivaloka Day
Until 3:07PM				Sravana-Avani	
Then Routine Work - Marana Yoga					

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

1	Sunday, September 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau				Yangon, Myanmar
	Kanya Rasi: 6.04	Tithi 2 – 3	559193463	Gulika 3:12PM – 4:46PM Yama 12:06PM – 1:39PM Rahu 4:46PM – 6:19PM	Uttaraphalguni Until 12:05PM Sadhya Until 10:37AM Taitila Until 7:44PM Dvitiya Until 9:30AM	Ganesha: Clear Muruqa: Blue Nataraja: Clear Moon – Red Sravana-Avani	Sun 16 Sutra 140 Vikarin 5121 Moon 8 - Phase 20 3rd Phase Sivaloka Day
	Creative Work	Amrita Yoga					

2	Monday, September 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Subha/Sukla Yoga Gara/Visti* Karana Tritiya/Chaturtham Titau				Yangon, Myanmar
	Kanya Rasi: 21.06	Tithi 3 – 4	569193463	Gulika 1:39PM – 3:12PM Yama 10:32AM – 12:05PM Rahu 7:26AM – 8:59AM	Hasta Until 9:36AM Subha Until 6:41AM Visti Until 2:58AM Tue Tritiya Until 6:01AM	Ganesha: Orange Muruqa: Blue Nataraja: Clear Moon – Green Sravana-Avani	Sun 17 Sutra 141 Vikarin 5121 Moon 8 - Phase 20 3rd Phase Sivaloka Day
	Family Home Evening	Siddha Yoga					
	Until 9:36AM	Then Routine Work - Prabararishta Yoga					

3	Tuesday, September 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Yangon, Myanmar
	Tula Rasi: 5.47	Tithi 5	569193463	Gulika 12:05PM – 1:38PM Yama 8:59AM – 10:32AM Rahu 3:11PM – 4:44PM	Chitra Until 7:26AM Brahma Until 11:58PM Bava Until 1:40PM Panchami Until 12:30AM Wed	Ganesha: Orange Muruqa: Blue Nataraja: Clear Moon – Green Sravana-Avani	Sun 18 Sutra 142 Vikarin 5121 Moon 8 - Phase 20 3rd Phase Sivaloka Day
	Creative Work	Siddha Yoga					

4	Wednesday, September 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra Yoga Kaulava/Taitila Karana Shashtham Titau				Yangon, Myanmar
	Tula Rasi: 20.03	Tithi 6	579193463	Gulika 10:32AM – 12:05PM Yama 7:26AM – 8:59AM Rahu 12:05PM – 1:38PM	Vishakha Until 5:05AM Thu Indra Until 9:27PM Kaulava Until 11:32AM Shashthi* Until 10:44PM	Ganesha: Green Muruqa: Blue Nataraja: Clear Moon – Orange Sravana-Avani	Sun 19 Sutra 143 Vikarin 5121 Moon 8 - Phase 20 3rd Phase Subha Sivaloka Day
	Creative Work	Siddha Yoga					

5	Thursday, September 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Saptamyam Titau				Yangon, Myanmar
	Vrischika Rasi: 3.5	Tithi 7	571193463	Gulika 8:59AM – 10:31AM Yama 5:53AM – 7:26AM Rahu 1:37PM – 3:10PM	Anuradha Until 5:05AM Fri Vaidhriti* Until 7:34PM Gara Until 10:11AM Saptami Until 9:47PM	Ganesha: Orange Muruqa: Blue Nataraja: Clear Moon – Orange Sravana-Avani	Sun 20 Sutra 144 Vikarin 5121 Moon 8 - Phase 20 3rd Phase Sivaloka Day
	Creative Work	Siddha Yoga					
	Until 5:05AM Fri	Then Routine Work - Marana Yoga					

D	Friday, September 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Yangon, Myanmar
	Retreat Star		571193463	Gulika 7:26AM – 8:58AM Yama 3:10PM – 4:42PM Rahu 10:31AM – 12:04PM	Jyeshtha* Until 5:43AM Sat Vishkambha* Until 6:20PM Visti Until 9:38AM Ashtami* Until 9:40PM	Ganesha: Orange Muruqa: Blue Nataraja: Clear Moon – Orange Sravana-Avani	Sun 21 Sutra 145 Vikarin 5121 Moon 8 - Phase 20 Ashtami Sivaloka Day
	Vrischika Rasi: 17.1	Tithi 8					
	Routine Work	Marana Yoga					

D	Saturday, September 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Navamyam Titau				Yangon, Myanmar
	Retreat Star		581193463	Gulika 5:53AM – 7:26AM Yama 1:36PM – 3:09PM Rahu 8:58AM – 10:31AM	Mula* Until 7:26AM Sun Priti Until 5:45PM Balava Until 9:55AM Navami* Until 10:19PM	Ganesha: Green Muruqa: Blue Nataraja: Clear Moon – Light Blue Sravana-Avani	Sun 22 Sutra 146 Vikarin 5121 Moon 8 - Phase 20 Navami Devaloka Day
	Dhanus Rasi: 0.03	Tithi 9					
	Creative Work	Siddha Yoga					

1 Sunday, September 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dashamyam Titau				Yangon, Myanmar Sun 23 Sutra 147
Dhanus Rasi: 12.35	Tithi 10	Gulika 3:08PM – 4:41PM	Mula* Until 7:26AM	Ganesha: Green	<i>Sunrise:</i> 5:53AM	Vikarin 5121
		Yama 12:03PM – 1:36PM	Ayushman Until 5:41PM	Muruqa: Blue	<i>Sunset:</i> 6:14PM	Moon 8 - Phase 21
	581193463	Rahu 4:41PM – 6:14PM	Taitila Until 10:57AM	Nataraja: Clear		4th Phase
Creative Work Amrita Yoga			Dashami Until 11:40PM	Moon – Light Blue		Devaloka Day
Until 7:26AM		Grandparent's Day		Sravana•Avani		
Then Creative Work - Siddha Yoga						

2 Monday, September 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau				Yangon, Myanmar Sun 24 Sutra 148
Dhanus Rasi: 24.51	Tithi 11	Gulika 1:35PM – 3:08PM	Purvashadha* Until 9:35AM	Ganesha: Green	<i>Sunrise:</i> 5:53AM	Vikarin 5121
Family Home Evening		Yama 10:31AM – 12:03PM	Saubhagya Until 6:04PM	Muruqa: Blue	<i>Sunset:</i> 6:13PM	Moon 8 - Phase 21
	581193463	Rahu 7:26AM – 8:58AM	Vanija Until 12:35PM	Nataraja: Clear		4th Phase
Routine Work Marana Yoga			Ekadashi Until 1:33AM Tue	Moon – Light Blue		Devaloka Day
				Sravana•Avani		

3 Tuesday, September 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau				Yangon, Myanmar Sun 25 Sutra 149
Makara Rasi: 6.55	Tithi 12	Gulika 12:03PM – 1:35PM	Uttarashadha Until 12:00PM	Ganesha: Green	<i>Sunrise:</i> 5:53AM	Vikarin 5121
		Yama 8:58AM – 10:30AM	Sobhana Until 6:46PM	Muruqa: Blue	<i>Sunset:</i> 6:12PM	Moon 8 - Phase 21
	581193463	Rahu 3:07PM – 4:40PM	Bava Until 2:39PM	Nataraja: Clear		4th Phase
Routine Work Prabalarishta Yoga			Dvadashi Until 3:46AM Wed	Moon – Light Blue		Devaloka Day
Until 12:00PM				Sravana•Avani		
Then Creative Work - Siddha Yoga						

4 Wednesday, September 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Yangon, Myanmar Sun 26 Sutra 150
Makara Rasi: 18.51	Tithi 13	Gulika 10:30AM – 12:02PM	Shravana Until 3:02PM	Ganesha: Red	<i>Sunrise:</i> 5:53AM	Vikarin 5121
		Yama 7:26AM – 8:58AM	Athiganda* Until 7:37PM	Muruqa: Blue	<i>Sunset:</i> 6:11PM	Moon 8 - Phase 21
	591193463	Rahu 12:02PM – 1:35PM	Kaulava Until 4:59PM	Nataraja: Clear		4th Phase
Creative Work Siddha Yoga			Trayodashi Until 6:11AM Thu	Moon – Purple		Sivaloka Day
Until 3:02PM				Sravana•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 Nakshatra Sukarma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar Sun 27 Sutra 151
Kumbha Rasi: 0.43	Tithi 13 – 14	Gulika 8:58AM – 10:30AM	Dhanishtha Until 6:01PM	Ganesha: Red	<i>Sunrise:</i> 5:53AM	Vikarin 5121
		Yama 5:53AM – 7:26AM	Sukarma Until 8:34PM	Muruqa: Blue	<i>Sunset:</i> 6:10PM	Moon 8 - Phase 21
	591193463	Rahu 1:34PM – 3:06PM	Gara Until 7:27PM	Nataraja: Clear		4th Phase
Creative Work Siddha Yoga			Trayodashi Until 6:11AM	Moon – Purple		Sivaloka Day
		Chidambaram Abhishekam		Sravana•Avani		

Friday, September 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Dhriti Yoga Vanija/Visti* Karana Chaturdashy/Purnimayam Titau				Yangon, Myanmar Sutra 152
Copper Retreat Star		Gulika 7:26AM – 8:58AM	Shatabhishak Until 8:50PM	Ganesha: Red	<i>Sunrise:</i> 5:54AM	Vikarin 5121
Kumbha Rasi: 12.34	Tithi 14 – 15	Yama 3:06PM – 4:38PM	Dhriti Until 9:31PM	Muruqa: Purple	<i>Sunset:</i> 6:10PM	Moon 8 - Phase 21
	591113463	Rahu 10:30AM – 12:02PM	Visti Until 9:54PM	Nataraja: Clear		Purnima
Creative Work Siddha Yoga			Chaturdashi* Until 8:39AM	Moon – Purple		Sivaloka Day
		Varalakshmi Vratam		Sravana•Avani		

Saturday, September 14, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Yangon, Myanmar Sutra 153
Silver Retreat Star		Gulika 5:54AM – 7:26AM	Purvaproshtapada* Until 11:55PM	Ganesha: Red	<i>Sunrise:</i> 5:54AM	Vikarin 5121
Kumbha Rasi: 24.26	Tithi 15 – 16	Yama 1:33PM – 3:05PM	Shula* Until 10:23PM	Muruqa: Purple	<i>Sunset:</i> 6:09PM	Moon 8 - Phase 21
	511113463	Rahu 8:57AM – 10:29AM	Balava Until 12:18AM Sun	Nataraja: Clear		Prathama
Routine Work Marana Yoga			Purnima* Until 11:06AM	Moon – Clear		Sivaloka Day
Until 11:55PM				Sravana•Avani		
Then Creative Work - Siddha Yoga						

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



Sunday, September 15, 2019

Gold Retreat Star

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

Yangon, Myanmar

Sutra 154

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 6.2 Tithi 16 - 17

511113463

Gulika 3:04PM - 4:36PM
Yama 12:01PM - 1:33PM
Rahu 4:36PM - 6:08PM

Uttaraproshtapada Until 2:43AM Mon
Ganda* Until 11:10PM
Taitila Until 2:33AM Mon
Prathama* Until 1:25PM

Ganesha: Red *Sunrise:* 5:54AM
Muruqa: Purple *Sunset:* 6:08PM
Nataraja: Clear
Moon - Clear
Sravana-Avani

Sivaloka Day

Creative Work Amrita Yoga

Until 2:43AM Mon

Then Creative Work - Siddha Yoga

1

Monday, September 16, 2019

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

Yangon, Myanmar

Sun 1 Sutra 155

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 18.18 Tithi 17 - 18

512113463

Gulika 1:32PM - 3:04PM
Yama 10:29AM - 12:01PM
Rahu 7:26AM - 8:57AM

Revati Until 5:09AM Tue
Vriddhi Until 11:50PM
Vanija Until 4:36AM Tue
Dvitya Until 3:35PM

Ganesha: Yellow *Sunrise:* 5:54AM
Muruqa: Purple *Sunset:* 6:07PM
Nataraja: Clear
Moon - Clear
Sravana-Avani

Sivaloka Day

Family Home Evening

Creative Work Siddha Yoga

2

Tuesday, September 17, 2019

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

Yangon, Myanmar

Sun 2 Sutra 156

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 0.2 Tithi 18 - 19

522113463

Gulika 12:00PM - 1:32PM
Yama 8:57AM - 10:29AM
Rahu 3:03PM - 4:35PM

Ashvini Until 7:41AM Wed
Dhruva Until 12:16AM Wed
Bava Until 6:25AM Wed
Tritiya Until 5:32PM

Ganesha: White *Sunrise:* 5:54AM
Muruqa: Purple *Sunset:* 6:06PM
Nataraja: Clear
Moon - White
Sravana-Puratasi

Devaloka Day

Creative Work Siddha Yoga

3

Wednesday, September 18, 2019

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

Yangon, Myanmar

Sun 3 Sutra 157

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 12.28 Tithi 19

522113463

Gulika 10:28AM - 12:00PM
Yama 7:25AM - 8:57AM
Rahu 12:00PM - 1:31PM

Ashvini Until 7:41AM
Vyaghata* Until 12:29AM Thu
Bava Until 6:25AM
Chaturthi* Until 7:11PM

Ganesha: White *Sunrise:* 5:54AM
Muruqa: Purple *Sunset:* 6:06PM
Nataraja: Clear
Moon - White
Sravana-Puratasi

Devaloka Day

Routine Work Marana Yoga

Until 7:41AM

Then Creative Work - Siddha Yoga

4

Thursday, September 19, 2019

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

Yangon, Myanmar

Sun 4 Sutra 158

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 24.44 Tithi 20

522113463

Gulika 8:57AM - 10:28AM
Yama 5:54AM - 7:25AM
Rahu 1:31PM - 3:02PM

Bharani Until 9:43AM
Harshana Until 12:25AM Fri
Kaulava Until 7:53AM
Panchami Until 8:27PM

Ganesha: White *Sunrise:* 5:54AM
Muruqa: Purple *Sunset:* 6:05PM
Nataraja: Clear
Moon - White
Sravana-Puratasi

Devaloka Day

Creative Work Siddha Yoga

Until 9:43AM

Then Routine Work - Marana Yoga

5

Friday, September 20, 2019

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

Yangon, Myanmar

Sun 5 Sutra 159

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 7.12 Tithi 21

522113463

Gulika 7:25AM - 8:57AM
Yama 3:02PM - 4:33PM
Rahu 10:28AM - 11:59AM

Krittika Until 11:09AM
Vajra* Until 11:54PM
Gara Until 8:56AM
Shashti* Until 9:14PM

Ganesha: White *Sunrise:* 5:54AM
Muruqa: Purple *Sunset:* 6:04PM
Nataraja: Clear
Moon - White
Sravana-Puratasi

Devaloka Day

Creative Work Siddha Yoga

Until 11:09AM

Then Routine Work - Marana Yoga

6

Saturday, September 21, 2019

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

Yangon, Myanmar

Sun 6 Sutra 160

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 19.54 Tithi 22

532113463

Gulika 5:54AM - 7:25AM
Yama 1:30PM - 3:01PM
Rahu 8:57AM - 10:28AM

Rohini Until 12:22PM
Siddhi Until 10:56PM
Visti Until 9:25AM
Saptami Until 9:24PM

Ganesha: Clear *Sunrise:* 5:54AM
Muruqa: Purple *Sunset:* 6:03PM
Nataraja: Clear
Moon - Yellow
Sravana-Puratasi

Sivaloka Day

Creative Work Amrita Yoga

Until 12:22PM

Then Creative Work - Siddha Yoga

☾

Sunday, September 22, 2019

Retreat Star

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

Yangon, Myanmar

Sun 7 Sutra 161

Vikarin 5121

Moon 9 - Phase 22

Ashtami

Mithuna Rasi: 2.55 Tithi 23

532113463

Gulika 3:00PM - 4:31PM
Yama 11:58AM - 1:29PM
Rahu 4:31PM - 6:02PM

Mrigashira Until 12:47PM
Vyatipata* Until 9:25PM
Balava Until 9:15AM
Ashtami* Until 8:53PM

Ganesha: Clear *Sunrise:* 5:54AM
Muruqa: Purple *Sunset:* 6:02PM
Nataraja: Clear
Moon - Yellow
Sravana-Puratasi

Sivaloka Day

Creative Work Siddha Yoga

Krishna Janmashtami

Monday, September 23, 2019

Retreat Star

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

Yangon, Myanmar

Sun 8 Sutra 162

Vikarin 5121

Moon 9 - Phase 22

Navami

Mithuna Rasi: 16.18 Tithi 24

532213463

Gulika 1:29PM - 3:00PM
Yama 10:27AM - 11:58AM
Rahu 7:25AM - 8:56AM

Ardra Until 12:20PM
Variyan Until 7:18PM
Taitila Until 8:22AM
Navami* Until 7:38PM

Ganesha: Orange *Sunrise:* 5:55AM
Muruqa: Purple *Sunset:* 6:01PM
Nataraja: Clear
Moon - Yellow
Sravana-Puratasi

Sivaloka Day

Creative Work Siddha Yoga

Until 12:20PM

Then Creative Work - Amrita Yoga

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

All times are standard time

www.gurudeva.org/panchang

1	Tuesday, September 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Parigha/Shiva Yoga Vanija/Bava Karana Dashami/Ekadashyam Titau				Yangon, Myanmar Sun 9 Sutra 163
	Kataka Rasi: 0.07	Tithi 25 – 26	542213463	Gulika 11:58AM – 1:28PM Yama 8:56AM – 10:27AM Rahu 2:59PM – 4:30PM	Punarvasu Until 11:29AM Parigha* Until 4:38PM Vanija Until 6:46AM Dashami Until 5:41PM	Ganesha: Light Blue <i>Sunrise:</i> 5:55AM Muruqa: Purple <i>Sunset:</i> 6:01PM Nataraja: Clear Moon – Blue	Vikarin 5121 Moon 9 - Phase 23 2nd Phase Devaloka Day Sravana+Puratasi
	Creative Work Siddha Yoga						

2	Wednesday, September 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Yangon, Myanmar Sun 10 Sutra 164
	Kataka Rasi: 14.22	Tithi 26 – 27	542213463	Gulika 10:27AM – 11:57AM Yama 7:25AM – 8:56AM Rahu 11:57AM – 1:28PM	Pushya Until 9:48AM Shiva Until 1:26PM Kaulava Until 1:37AM Thu Ekadashi* Until 3:06PM	Ganesha: Light Blue <i>Sunrise:</i> 5:55AM Muruqa: Purple <i>Sunset:</i> 6:00PM Nataraja: Clear Moon – Blue	Vikarin 5121 Moon 9 - Phase 23 2nd Phase Devaloka Day Sravana+Puratasi
	Creative Work Siddha Yoga						

3	Thursday, September 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha/Magha* Nakshatra Siddha/Sadhya Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau				Yangon, Myanmar Sun 11 Sutra 165
	Kataka Rasi: 29.01	Tithi 27 – 28	542213463	Gulika 8:56AM – 10:26AM Yama 5:55AM – 7:25AM Rahu 1:28PM – 2:58PM	Ashlesha* Until 7:27AM Siddha Until 9:47AM Gara Until 10:17PM Dvadashi* Until 11:59AM <i>Pradosha Vrata (Fasting)</i>	Ganesha: Light Blue <i>Sunrise:</i> 5:55AM Muruqa: Purple <i>Sunset:</i> 5:59PM Nataraja: Clear Moon – Blue	Vikarin 5121 Moon 9 - Phase 23 2nd Phase Devaloka Day Sravana+Puratasi
	Creative Work Siddha Yoga Until 7:27AM Then Creative Work - Amrita Yoga						

4	Friday, September 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar Sun 12 Sutra 166
	Simha Rasi: 13.59	Tithi 28 – 29	552213463	Gulika 7:25AM – 8:56AM Yama 2:57PM – 4:28PM Rahu 10:26AM – 11:57AM	Purvaphalguni Until 2:01AM Sat Subha Until 1:37AM Sat Visti Until 6:39PM Trayodashi* Until 8:29AM	Ganesha: Purple <i>Sunrise:</i> 5:55AM Muruqa: Purple <i>Sunset:</i> 5:58PM Nataraja: Clear Moon – Red	Vikarin 5121 Moon 9 - Phase 23 2nd Phase Devaloka Day Sravana+Puratasi
	Creative Work Siddha Yoga Until 2:01AM Sat Then Routine Work - Marana Yoga						

●	Saturday, September 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Yangon, Myanmar Sun 13 Sutra 167
	Retreat Star		542213463	Gulika 5:55AM – 7:25AM Yama 1:27PM – 2:57PM Rahu 8:56AM – 10:26AM	Uttaraphalguni Until 10:54PM Sukla Until 9:21PM Catuspada Until 2:52PM Amavasya* Until 12:58AM Sun	Ganesha: Light Blue <i>Sunrise:</i> 5:55AM Muruqa: Purple <i>Sunset:</i> 5:57PM Nataraja: Clear Moon – Red	Vikarin 5121 Moon 9 - Phase 23 Amavasya Devaloka Day Sravana+Puratasi
	Routine Work Marana Yoga						

●	Sunday, September 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Brahma/Indra Yoga Kintughna*/Bava Karana Prathamayam Titau				Yangon, Myanmar Sun 14 Sutra 168
	Retreat Star		663213463	Gulika 2:56PM – 4:26PM Yama 11:56AM – 1:26PM Rahu 4:26PM – 5:57PM	Hasta Until 8:09PM Brahma Until 5:09PM Kintughna Until 11:07AM Prathama* Until 9:17PM	Ganesha: Light Blue <i>Sunrise:</i> 5:55AM Muruqa: Purple <i>Sunset:</i> 5:57PM Nataraja: Clear Moon – Green	Vikarin 5121 Moon 9 - Phase 23 Prathama Devaloka Day Bhadrapada+Puratasi
	Creative Work Amrita Yoga Until 8:09PM Then Creative Work - Siddha Yoga						

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

All times are standard time

www.gurudeva.org/panchang

Monday, September 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Balava/Taitila Karana Dvitiya/Tritiyam Titau			Yangon, Myanmar Sun 15 Sutra 169
1		Gulika 1:26PM – 2:56PM	Chitra Until 5:32PM	Ganesha: Light Blue <i>Sunrise:</i> 5:55AM	Vikarin 5121
Kanya Rasi: 29.29	Tithi 2 – 3	Yama 10:26AM – 11:56AM	Indra Until 1:11PM	Muruqa: Purple <i>Sunset:</i> 5:56PM	Moon 9 - Phase 24
Family Home Evening	663213463	Rahu 7:25AM – 8:56AM	Balava Until 7:34AM	Nataraja: Clear	3rd Phase
Routine Work Prabalarishta Yoga			Dvitiya Until 5:54PM	Bhadrapada-Puratasi	Devaloka Day
Until 5:32PM					
Then Creative Work - Amrita Yoga					

Tuesday, October 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau			Yangon, Myanmar Sun 16 Sutra 170
2		Gulika 11:55AM – 1:25PM	Svati Until 3:15PM	Ganesha: Light Blue <i>Sunrise:</i> 5:56AM	Vikarin 5121
Tula Rasi: 14.18	Tithi 3 – 4	Yama 8:55AM – 10:25AM	Vaidhriti* Until 9:33AM	Muruqa: Purple <i>Sunset:</i> 5:55PM	Moon 9 - Phase 24
663213463		Rahu 2:55PM – 4:25PM	Vanija Until 1:47AM Wed	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Tritiya Until 3:00PM	Bhadrapada-Puratasi	Devaloka Day
Until 3:15PM					
Then Routine Work - Marana Yoga					

Wednesday, October 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Vishkambha*/Prili Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Yangon, Myanmar Sun 17 Sutra 171
3		Gulika 10:25AM – 11:55AM	Vishakha Until 1:53PM	Ganesha: Purple <i>Sunrise:</i> 5:56AM	Vikarin 5121
Tula Rasi: 28.42	Tithi 4 – 5	Yama 7:26AM – 8:55AM	Vishkambha* Until 6:24AM	Muruqa: Purple <i>Sunset:</i> 5:54PM	Moon 9 - Phase 24
673213463		Rahu 11:55AM – 1:25PM	Bava Until 11:52PM	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Chaturthi Until 12:43PM	Bhadrapada-Puratasi	Devaloka Day
		Ganesha Chaturthi			

Thursday, October 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau			Yangon, Myanmar Sun 18 Sutra 172
4		Gulika 8:55AM – 10:25AM	Anuradha Until 1:08PM	Ganesha: Purple <i>Sunrise:</i> 5:56AM	Vikarin 5121
Vrischika Rasi: 12.37	Tithi 5 – 6	Yama 5:56AM – 7:26AM	Ayushman Until 1:59AM Fri	Muruqa: Purple <i>Sunset:</i> 5:54PM	Moon 9 - Phase 24
673213463		Rahu 1:24PM – 2:54PM	Kaulava Until 10:47PM	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Panchami Until 11:12AM	Bhadrapada-Puratasi	Devaloka Day
Until 1:08PM					
Then Routine Work - Prabalarishta Yoga					

Friday, October 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau			Yangon, Myanmar Sun 19 Sutra 173
5		Gulika 7:26AM – 8:55AM	Jyeshtha* Until 1:06PM	Ganesha: Purple <i>Sunrise:</i> 5:56AM	Vikarin 5121
Vrischika Rasi: 26.01	Tithi 6 – 7	Yama 2:54PM – 4:23PM	Saubhagya Until 12:49AM Sat	Muruqa: Purple <i>Sunset:</i> 5:53PM	Moon 9 - Phase 24
673213463		Rahu 10:25AM – 11:54AM	Gara Until 10:36PM	Nataraja: Clear	3rd Phase
Routine Work Marana Yoga			Shashthi* Until 10:33AM	Bhadrapada-Puratasi	Devaloka Day
Until 1:06PM					
Then Creative Work - Amrita Yoga					

Saturday, October 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Yangon, Myanmar Sun 20 Sutra 174
Retreat Star		Gulika 5:56AM – 7:26AM	Mula* Until 2:15PM	Ganesha: Clear <i>Sunrise:</i> 5:56AM	Vikarin 5121
Dhanus Rasi: 8.58	Tithi 7 – 8	Yama 1:24PM – 2:53PM	Sobhana Until 12:21AM Sun	Muruqa: Purple <i>Sunset:</i> 5:52PM	Moon 9 - Phase 24
683213463		Rahu 8:55AM – 10:25AM	Visti Until 11:17PM	Nataraja: Clear	Ashtami
Creative Work Siddha Yoga			Saptami Until 10:49AM	Bhadrapada-Puratasi	Sivaloka Day

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			Yangon, Myanmar Sun 21 Sutra 175
Retreat Star		Gulika 2:53PM – 4:22PM	Purvashadha* Until 4:02PM	Ganesha: Clear <i>Sunrise:</i> 5:56AM	Vikarin 5121
Dhanus Rasi: 21.31	Tithi 8 – 9	Yama 11:54AM – 1:23PM	Athiganda* Until 12:25AM Mon	Muruqa: Purple <i>Sunset:</i> 5:51PM	Moon 9 - Phase 24
683213463		Rahu 4:22PM – 5:51PM	Balava Until 12:44AM Mon	Nataraja: Clear	Navami
Creative Work Siddha Yoga			Ashtami* Until 11:54AM	Bhadrapada-Puratasi	Sivaloka Day
Until 4:02PM					
Then Creative Work - Amrita Yoga					

Monday, October 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Yangon, Myanmar Sun 22 Sutra 176 Vikarin 5121
1		Gulika 1:23PM – 2:52PM	Uttarashadha Until 6:16PM	Ganesha: Clear <i>Sunrise:</i> 5:56AM	
Makara Rasi: 3.44	Tithi 9 – 10	Yama 10:24AM – 11:53AM	Sukarma Until 12:58AM Tue	Muruqa: Purple <i>Sunset:</i> 5:51PM	Moon 9 - Phase 25
Family Home Evening	693213463	Rahu 7:26AM – 8:55AM	Taitila Until 2:47AM Tue	Nataraja: Clear	4th Phase
Routine Work Marana Yoga			Navami* Until 1:41PM	Moon – Light Blue	Sivaloka Day
Until 6:16PM				Bhadrapada-Puratasi	
Then Creative Work - Amrita Yoga					

Tuesday, October 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau			Yangon, Myanmar Sun 23 Sutra 177 Vikarin 5121
2		Gulika 11:53AM – 1:22PM	Shravana Until 9:15PM	Ganesha: White <i>Sunrise:</i> 5:57AM	
Makara Rasi: 15.46	Tithi 10 – 11	Yama 8:55AM – 10:24AM	Dhriti Until 1:48AM Wed	Muruqa: Purple <i>Sunset:</i> 5:50PM	Moon 9 - Phase 25
693213464		Rahu 2:51PM – 4:21PM	Vanija Until 5:10AM Wed	Nataraja: Purple	4th Phase
Creative Work Siddha Yoga			Dashami Until 3:55PM	Moon – Purple	Sivaloka Day
				Bhadrapada-Puratasi	

Wednesday, October 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti* Karana Ekodashyam Titau			Yangon, Myanmar Sun 24 Sutra 178 Vikarin 5121
3		Gulika 10:24AM – 11:53AM	Dhanishtha Until 12:16AM Thu	Ganesha: White <i>Sunrise:</i> 5:57AM	
Makara Rasi: 27.38	Tithi 11	Yama 7:26AM – 8:55AM	Shula* Until 2:43AM Thu	Muruqa: Purple <i>Sunset:</i> 5:49PM	Moon 9 - Phase 25
693213464		Rahu 11:53AM – 1:22PM	Visti Until 6:25PM	Nataraja: Purple	4th Phase
Routine Work Prabalarishta Yoga			Ekadashi Until 6:25PM	Moon – Purple	Sivaloka Day
Until 12:16AM Thu				Bhadrapada-Puratasi	
Then Creative Work - Siddha Yoga					

Thursday, October 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Bava/Balava Karana Dvadashyam Titau			Yangon, Myanmar Sun 25 Sutra 179 Vikarin 5121
4		Gulika 8:55AM – 10:24AM	Shatabhishak Until 3:06AM Fri	Ganesha: White <i>Sunrise:</i> 5:57AM	
Kumbha Rasi: 9.29	Tithi 12	Yama 5:57AM – 7:26AM	Ganda* Until 3:39AM Fri	Muruqa: Purple <i>Sunset:</i> 5:48PM	Moon 9 - Phase 25
693213464		Rahu 1:22PM – 2:50PM	Bava Until 7:43AM	Nataraja: Purple	4th Phase
Creative Work Siddha Yoga			Dvadashi Until 8:57PM	Moon – Purple	Sivaloka Day
		Kadaitswami Mahasamadhi		Bhadrapada-Puratasi	

Friday, October 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaprossthapada* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Trayodashyam Titau			Yangon, Myanmar Sun 26 Sutra 180 Vikarin 5121
5		Gulika 7:26AM – 8:55AM	Purvaprossthapada* Until 6:10AM Sat	Ganesha: Blue <i>Sunrise:</i> 5:57AM	
Kumbha Rasi: 21.2	Tithi 13	Yama 2:50PM – 4:19PM	Vriddhi Until 4:30AM Sat	Muruqa: Purple <i>Sunset:</i> 5:48PM	Moon 9 - Phase 25
613213464		Rahu 10:24AM – 11:52AM	Kaulava Until 10:13AM	Nataraja: Purple	4th Phase
Creative Work Siddha Yoga			Trayodashi Until 11:23PM	Moon – Clear	Sivaloka Day
		Chidambaram Abhishekam		Bhadrapada-Puratasi	
			<i>Pradosha Vrata</i>		

Saturday, October 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantra Vasara Yuktayam Purvaprossthapada*/Uttaraprossthapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau			Yangon, Myanmar Sun 27 Sutra 181 Vikarin 5121
6		Gulika 5:57AM – 7:26AM	Purvaprossthapada* Until 6:10AM	Ganesha: Blue <i>Sunrise:</i> 5:57AM	
Meena Rasi: 3.14	Tithi 14	Yama 1:21PM – 2:50PM	Dhruva Until 5:10AM Sun	Muruqa: Purple <i>Sunset:</i> 5:47PM	Moon 9 - Phase 25
613213464		Rahu 8:55AM – 10:23AM	Gara Until 12:34PM	Nataraja: Purple	4th Phase
Routine Work Marana Yoga			Chaturdashi* Until 1:38AM Sun	Moon – Clear	Sivaloka Day
Until 6:10AM				Bhadrapada-Puratasi	
Then Creative Work - Siddha Yoga					

Sunday, October 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraprossthapada/Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau			Yangon, Myanmar Sutra 182 Vikarin 5121
○		Gulika 2:49PM – 4:18PM	Uttaraprossthapada Until 8:51AM	Ganesha: Yellow <i>Sunrise:</i> 5:58AM	
Meena Rasi: 15.13	Tithi 15	Yama 11:52AM – 1:20PM	Vyaghata* Until 5:38AM Mon	Muruqa: Purple <i>Sunset:</i> 5:46PM	Moon 9 - Phase 25
614213464		Rahu 4:18PM – 5:46PM	Visti Until 2:41PM	Nataraja: Purple	Purnima
Creative Work Amrita Yoga			Purnima* Until 3:37AM Mon	Moon – Clear	Subha Sivaloka Day
				Bhadrapada-Puratasi	

Monday, October 14, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau			Yangon, Myanmar Sutra 183 Vikarin 5121
○		Gulika 1:20PM – 2:49PM	Revati Until 11:08AM	Ganesha: Yellow <i>Sunrise:</i> 5:58AM	
Meena Rasi: 27.19	Tithi 16	Yama 10:23AM – 11:52AM	Harshana Until 5:55AM Tue	Muruqa: Purple <i>Sunset:</i> 5:46PM	Moon 9 - Phase 25
614213464		Rahu 7:26AM – 8:55AM	Balava Until 4:32PM	Nataraja: Purple	Prathama
Family Home Evening			Prathama* Until 5:20AM Tue	Moon – Clear	Subha Sivaloka Day
Creative Work Siddha Yoga				Bhadrapada-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 Karana Dvitiyayam Titau

Yangon, Myanmar

Sutra 184

Vikarin 5121

Mesha Rasi: 9.31 Tithi 17

624213464

Gulika 11:51AM – 1:20PM
Yama 8:55AM – 10:23AM
Rahu 2:48PM – 4:16PM

Ashvini Until 1:27PM
Vajra* Until 5:55AM Wed
Taitila Until 6:05PM
Dvitiya Until 6:43AM Wed

Ganesha: White *Sunrise:* 5:58AM

Muruqa: Purple *Sunset:* 5:45PM

Nataraja: Purple

Moon – White

Subha Subha Sivaloka Day

Bhadrapada-Puratasi

Creative Work Siddha Yoga

Wednesday, October 16, 2019

1

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

Yangon, Myanmar

Sun 1 Sutra 185

Vikarin 5121

Mesha Rasi: 21.5 Tithi 17 – 18

624213464

Gulika 10:23AM – 11:51AM
Yama 7:26AM – 8:55AM
Rahu 11:51AM – 1:19PM

Bharani Until 3:18PM
Siddhi Until 5:41AM Thu
Vanija Until 7:19PM
Dvitiya Until 6:43AM

Ganesha: White *Sunrise:* 5:58AM

Muruqa: Purple *Sunset:* 5:44PM

Nataraja: Purple

Moon – White

Subha Subha Sivaloka Day

Bhadrapada-Puratasi

Creative Work Siddha Yoga

Until 3:18PM

Then Creative Work - Amrita Yoga

Thursday, October 17, 2019

2

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

Yangon, Myanmar

Sun 2 Sutra 186

Vikarin 5121

Vrishabha Rasi: 4.19 Tithi 18 – 19

624213464

Gulika 8:55AM – 10:23AM
Yama 5:58AM – 7:27AM
Rahu 1:19PM – 2:47PM

Krittika Until 4:39PM
Vyatipata* Until 5:10AM Fri
Bava Until 8:12PM
Tritiya Until 7:47AM

Ganesha: White *Sunrise:* 5:58AM

Muruqa: Purple *Sunset:* 5:44PM

Nataraja: Purple

Moon – White

Subha Subha Sivaloka Day

Bhadrapada-Puratasi

Routine Work Marana Yoga

Friday, October 18, 2019

3

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

Yangon, Myanmar

Sun 3 Sutra 187

Vikarin 5121

Vrishabha Rasi: 16.58 Tithi 19 – 20

634313464

Gulika 7:27AM – 8:55AM
Yama 2:47PM – 4:15PM
Rahu 10:23AM – 11:51AM

Rohini Until 5:57PM
Variyan Until 4:19AM Sat
Kaulava Until 8:41PM
Chaturthi* Until 8:28AM

Ganesha: White *Sunrise:* 5:59AM

Muruqa: Purple *Sunset:* 5:43PM

Nataraja: Purple

Moon – Yellow

Sivaloka Day

Bhadrapada-Aipasi

Routine Work Marana Yoga

Until 5:57PM

Then Creative Work - Siddha Yoga

Saturday, October 19, 2019

4

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

Yangon, Myanmar

Sun 4 Sutra 188

Vikarin 5121

Vrishabha Rasi: 29.48 Tithi 20 – 21

634313464

Gulika 5:59AM – 7:27AM
Yama 1:19PM – 2:46PM
Rahu 8:55AM – 10:23AM

Mrigashira Until 6:39PM
Parigha* Until 3:06AM Sun
Gara Until 8:43PM
Panchami Until 8:44AM

Ganesha: White *Sunrise:* 5:59AM

Muruqa: Purple *Sunset:* 5:42PM

Nataraja: Purple

Moon – Yellow

Sivaloka Day

Bhadrapada-Aipasi

Creative Work Siddha Yoga

Sunday, October 20, 2019

5

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

Yangon, Myanmar

Sun 5 Sutra 189

Vikarin 5121

Mithuna Rasi: 12.52 Tithi 21 – 22

634313464

Gulika 2:46PM – 4:14PM
Yama 11:50AM – 1:18PM
Rahu 4:14PM – 5:42PM

Ardra Until 6:42PM
Shiva Until 1:29AM Mon
Visti Until 8:14PM
Shashthi* Until 8:31AM

Ganesha: White *Sunrise:* 5:59AM

Muruqa: Purple *Sunset:* 5:42PM

Nataraja: Purple

Moon – Yellow

Sivaloka Day

Bhadrapada-Aipasi

Creative Work Siddha Yoga

Monday, October 21, 2019

D

Retreat Star

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

Yangon, Myanmar

Sun 6 Sutra 190

Vikarin 5121

Mithuna Rasi: 26.14 Tithi 22 – 23

644313464

Gulika 1:18PM – 2:46PM
Yama 10:23AM – 11:50AM
Rahu 7:27AM – 8:55AM

Punarvasu Until 6:31PM
Siddha Until 11:24PM
Balava Until 7:11PM
Saptami Until 7:45AM

Ganesha: Clear *Sunrise:* 5:59AM

Muruqa: Purple *Sunset:* 5:41PM

Nataraja: Purple

Moon – Blue

Subha Sivaloka Day

Bhadrapada-Aipasi

Creative Work Amrita Yoga

Until 6:31PM

Then Creative Work - Siddha Yoga

Tuesday, October 22, 2019

Retreat Star

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

Yangon, Myanmar

Sun 7 Sutra 191

Vikarin 5121

Kataka Rasi: 9.55 Tithi 23 – 24

644313464

Gulika 11:50AM – 1:18PM
Yama 8:55AM – 10:22AM
Rahu 2:45PM – 4:13PM

Pushya Until 5:37PM
Sadhya Until 8:51PM
Gara Until 4:32AM Wed
Ashtami* Until 6:26AM

Ganesha: Clear *Sunrise:* 6:00AM

Muruqa: Purple *Sunset:* 5:40PM

Nataraja: Purple

Moon – Blue

Subha Sivaloka Day

Bhadrapada-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/Visli* Karana Dashamyam Titau		Yangon, Myanmar Sun 8 Sutra 192 Vikarin 5121	
Kataka Rasi: 23.56	Tithi 25	Gulika 10:22AM – 11:50AM	Ashlesha* Until 4:02PM	Ganesha: Clear	<i>Sunrise:</i> 6:00AM		
		Yama 7:27AM – 8:55AM	Subha Until 5:54PM	Muruqa: Purple	<i>Sunset:</i> 5:40PM	Moon 10 - Phase 27	
Creative Work	Siddha Yoga	644313464 Rahu 11:50AM – 1:17PM	Vanija Until 3:25PM	Nataraja: Purple		2nd Phase	
			Dashami Until 2:08AM Thu	Moon – Blue		Subha Sivaloka Day	
				Bhadrapada-Aipasi			

2		Thursday, October 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau		Yangon, Myanmar Sun 9 Sutra 193 Vikarin 5121	
Simha Rasi: 8.19	Tithi 26	Gulika 8:55AM – 10:22AM	Magha* Until 2:15PM	Ganesha: Purple	<i>Sunrise:</i> 6:00AM		
		Yama 6:00AM – 7:28AM	Sukla Until 2:32PM	Muruqa: Purple	<i>Sunset:</i> 5:39PM	Moon 10 - Phase 27	
Creative Work	Amrita Yoga	654313464 Rahu 1:17PM – 2:45PM	Bava Until 12:46PM	Nataraja: Purple		2nd Phase	
Until 2:15PM			Ekadashi* Until 11:17PM	Moon – Red		Sivaloka Day	
Then Creative Work - Siddha Yoga				Bhadrapada-Aipasi			

3		Friday, October 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Kaulava/Talita Karana Dvodashyam Titau		Yangon, Myanmar Sun 10 Sutra 194 Vikarin 5121	
Simha Rasi: 22.59	Tithi 27	Gulika 7:28AM – 8:55AM	Purvaphalguni Until 11:57AM	Ganesha: Purple	<i>Sunrise:</i> 6:01AM		
		Yama 2:44PM – 4:12PM	Brahma Until 10:52AM	Muruqa: Purple	<i>Sunset:</i> 5:39PM	Moon 10 - Phase 27	
Creative Work	Siddha Yoga	654313464 Rahu 10:22AM – 11:50AM	Kaulava Until 9:45AM	Nataraja: Purple		2nd Phase	
			Dvadashi* Until 8:08PM	Moon – Red		Sivaloka Day	
				Bhadrapada-Aipasi			

4		Saturday, October 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mantra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhrili* Yoga Gara/Visli* Karana Trayodashi/Chaturdashyam Titau		Yangon, Myanmar Sun 11 Sutra 195 Vikarin 5121	
Kanya Rasi: 7.51	Tithi 28 – 29	Gulika 6:01AM – 7:28AM	Uttaraphalguni Until 9:18AM	Ganesha: Clear	<i>Sunrise:</i> 6:01AM		
		Yama 1:17PM – 2:44PM	Indra Until 7:01AM	Muruqa: Purple	<i>Sunset:</i> 5:38PM	Moon 10 - Phase 27	
Routine Work	Marana Yoga	655313464 Rahu 8:55AM – 10:22AM	Gara Until 6:29AM	Nataraja: Purple		2nd Phase	
			Trayodashi* Until 4:47PM	Moon – Red		Subha Sivaloka Day	
				Bhadrapada-Aipasi			
				<i>Pradosha Vrata (Fasting)</i>			

●		Sunday, October 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Yangon, Myanmar Sun 12 Sutra 196 Vikarin 5121	
Retreat Star		Gulika 2:44PM – 4:11PM	Hasta Until 6:49AM	Ganesha: Orange	<i>Sunrise:</i> 6:01AM		
Kanya Rasi: 22.49	Tithi 29 – 30	Yama 11:49AM – 1:17PM	Vishkambha* Until 11:10PM	Muruqa: Purple	<i>Sunset:</i> 5:38PM	Moon 10 - Phase 27	
Creative Work	Amrita Yoga	665313464 Rahu 4:11PM – 5:38PM	Catuspada Until 11:48PM	Nataraja: Purple		Amavasya	
Until 6:49AM			Chaturdashi* Until 1:25PM	Moon – Green		Subha Sivaloka Day	
Then Creative Work - Siddha Yoga		Subramuniyaswami Mahasamadhi		Bhadrapada-Aipasi			

Monday, October 28, 2019		Retreat Star		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Yangon, Myanmar Sun 13 Sutra 197 Vikarin 5121	
Tula Rasi: 7.42	Tithi 30 – 1	Gulika 1:16PM – 2:43PM	Svati Until 1:54AM Tue	Ganesha: Orange	<i>Sunrise:</i> 6:01AM		
Family Home Evening		Yama 10:22AM – 11:49AM	Priti Until 7:27PM	Muruqa: Purple	<i>Sunset:</i> 5:37PM	Moon 10 - Phase 27	
Creative Work	Amrita Yoga	665313464 Rahu 7:28AM – 8:55AM	Kintughna Until 8:42PM	Nataraja: Purple		Prathama	
Until 1:54AM Tue			Amavasya* Until 10:12AM	Moon – Green		Subha Sivaloka Day	
Then Routine Work - Marana Yoga		Navaratri Begins		Ashvina-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 Bava/Balava Karana Prathama/Dvitiyayam Titau				Yangon, Myanmar Sun 14 Sutra 198 Vikarin 5121
Tula Rasi: 22.23	Tithi 1 – 2	Gulika	11:49AM – 1:16PM	Vishakha Until 12:12AM Wed	Ganesha: Clear	<i>Sunrise: 6:02AM</i>		
		Yama	8:56AM – 10:22AM	Ayushman Until 4:02PM	Muruqa: Purple	<i>Sunset: 5:37PM</i>		Moon 10 - Phase 28
		675313464 Rahu	2:43PM – 4:10PM	Balava Until 6:01PM	Nataraja: Purple			3rd Phase
Routine Work	Marana Yoga			Prathama* Until 7:17AM	Moon – Orange		Subha Sivaloka Day	
Until 12:12AM Wed					Ashvina-Aipasi			
Then Creative Work - Siddha Yoga								

2		Wednesday, October 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau				Yangon, Myanmar Sun 15 Sutra 199 Vikarin 5121
Virshika Rasi: 6.45	Tithi 3	Gulika	10:22AM – 11:49AM	Anuradha Until 10:59PM	Ganesha: Clear	<i>Sunrise: 6:02AM</i>		
		Yama	7:29AM – 8:56AM	Saubhagya Until 1:04PM	Muruqa: Purple	<i>Sunset: 5:36PM</i>		Moon 10 - Phase 28
		675313464 Rahu	11:49AM – 1:16PM	Taitila Until 3:52PM	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga			Tritiya Until 3:03AM Thu	Moon – Orange		Subha Sivaloka Day	
					Ashvina-Aipasi			

3		Thursday, October 31, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthayam Titau				Yangon, Myanmar Sun 16 Sutra 200 Vikarin 5121
Virshika Rasi: 20.41	Tithi 4	Gulika	8:56AM – 10:22AM	Jyeshtha* Until 10:21PM	Ganesha: Clear	<i>Sunrise: 6:02AM</i>		
		Yama	6:02AM – 7:29AM	Sobhana Until 10:41AM	Muruqa: Purple	<i>Sunset: 5:36PM</i>		Moon 10 - Phase 28
		675313464 Rahu	1:16PM – 2:42PM	Vanija Until 2:27PM	Nataraja: Purple			3rd Phase
Routine Work	Prabalarishta Yoga			Chaturthi* Until 2:01AM Fri	Moon – Orange		Subha Sivaloka Day	
Until 10:21PM					Ashvina-Aipasi			
Then Creative Work - Siddha Yoga								

4		Friday, November 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau				Yangon, Myanmar Sun 17 Sutra 201 Vikarin 5121
Dhanus Rasi: 4.09	Tithi 5	Gulika	7:29AM – 8:56AM	Mula* Until 10:50PM	Ganesha: Purple	<i>Sunrise: 6:03AM</i>		
		Yama	2:42PM – 4:09PM	Athiganda* Until 8:54AM	Muruqa: Purple	<i>Sunset: 5:35PM</i>		Moon 10 - Phase 28
		685313464 Rahu	10:23AM – 11:49AM	Bava Until 1:51PM	Nataraja: Purple			3rd Phase
Creative Work	Amrita Yoga			Panchami Until 1:51AM Sat	Moon – Light Blue		Subha Subha Sivaloka Day	
Until 10:50PM					Ashvina-Aipasi			
Then Routine Work - Prabalarishta Yoga								

5		Saturday, November 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau				Yangon, Myanmar Sun 18 Sutra 202 Vikarin 5121
Dhanus Rasi: 17.1	Tithi 6	Gulika	6:03AM – 7:30AM	Purvashadha* Until 12:01AM Sun	Ganesha: Purple	<i>Sunrise: 6:03AM</i>		
		Yama	1:16PM – 2:42PM	Sukarma Until 7:48AM	Muruqa: Purple	<i>Sunset: 5:35PM</i>		Moon 10 - Phase 28
		685313464 Rahu	8:56AM – 10:23AM	Kaulava Until 2:07PM	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga			Shashthi* Until 2:32AM Sun	Moon – Light Blue		Subha Subha Sivaloka Day	
Until 12:01AM Sun					Ashvina-Aipasi			
Then Creative Work - Amrita Yoga								

6		Sunday, November 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptamyam Titau				Yangon, Myanmar Sun 19 Sutra 203 Vikarin 5121
Dhanus Rasi: 29.46	Tithi 7	Gulika	2:42PM – 4:08PM	Uttarashadha Until 1:46AM Mon	Ganesha: Purple	<i>Sunrise: 6:04AM</i>		
		Yama	11:49AM – 1:15PM	Dhriti Until 7:23AM	Muruqa: Purple	<i>Sunset: 5:35PM</i>		Moon 10 - Phase 28
		685313464 Rahu	4:08PM – 5:35PM	Gara Until 3:12PM	Nataraja: Purple			3rd Phase
Creative Work	Amrita Yoga			Saptami Until 4:00AM Mon	Moon – Light Blue		Subha Subha Sivaloka Day	
					Ashvina-Aipasi			

Monday, November 4, 2019		Retreat Star		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau				Yangon, Myanmar Sun 20 Sutra 204 Vikarin 5121
Makara Rasi: 12.03	Tithi 8	Gulika	1:15PM – 2:42PM	Shravana Until 4:27AM Tue	Ganesha: Purple	<i>Sunrise: 6:04AM</i>		
Family Home Evening		Yama	10:23AM – 11:49AM	Shula* Until 7:29AM	Muruqa: Purple	<i>Sunset: 5:34PM</i>		Moon 10 - Phase 28
		696313464 Rahu	7:30AM – 8:57AM	Visti Until 4:59PM	Nataraja: Purple			Ashtami
Creative Work	Amrita Yoga			Ashtami* Until 6:03AM Tue	Moon – Purple		Sivaloka Day	
Until 4:27AM Tue					Ashvina-Aipasi			
Then Creative Work - Siddha Yoga								

Tuesday, November 5, 2019		Retreat Star		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Ganda*/Vridhhi* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Yangon, Myanmar Sun 21 Sutra 205 Vikarin 5121
Makara Rasi: 24.05	Tithi 8 – 9	Gulika	11:49AM – 1:15PM	Dhanishtha Until 7:19AM Wed	Ganesha: Purple	<i>Sunrise: 6:04AM</i>		
		Yama	8:57AM – 10:23AM	Ganda* Until 8:02AM	Muruqa: Purple	<i>Sunset: 5:34PM</i>		Moon 10 - Phase 28
		696313464 Rahu	2:41PM – 4:08PM	Balava Until 7:15PM	Nataraja: Purple			Navami
Creative Work	Siddha Yoga			Ashtami* Until 6:03AM	Moon – Purple		Sivaloka Day	
					Ashvina-Aipasi			
		Saraswathi Puja (Tamil Nadu)						

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

1		Wednesday, November 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vriddhi/Dhruva Yoga Kaulava/Tailita Karana Navami/Dashamyam Titau	Yangon, Myanmar Sun 22 Sutra 206 Vikarin 5121
Kumbha Rasi: 6	Tithi 9 – 10	Gulika 10:23AM – 11:49AM	Dhanishtha Until 7:19AM	Ganesha: Purple <i>Sunrise: 6:05AM</i>	
		Yama 7:31AM – 8:57AM	Vriddhi Until 8:51AM	Muruqa: Purple <i>Sunset: 5:33PM</i>	Moon 10 - Phase 29
	696313464	Rahu 11:49AM – 1:15PM	Taitila Until 9:46PM	Nataraja: Purple	4th Phase
Routine Work	Prabalarishta Yoga			Moon – Purple	Sivaloka Day
Until 7:19AM		Vijaya Dasami	Navami* Until 8:28AM	Ashvina-Aipasi	
Then Creative Work - Siddha Yoga					


2		Thursday, November 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau	Yangon, Myanmar Sun 23 Sutra 207 Vikarin 5121
Kumbha Rasi: 17.52	Tithi 10 – 11	Gulika 8:57AM – 10:23AM	Shatabhishak Until 10:09AM	Ganesha: Clear <i>Sunrise: 6:05AM</i>	
		Yama 6:05AM – 7:31AM	Dhruva Until 9:44AM	Muruqa: Purple <i>Sunset: 5:33PM</i>	Moon 10 - Phase 29
	796313464	Rahu 1:15PM – 2:41PM	Vanija Until 12:17AM Fri	Nataraja: Purple	4th Phase
Creative Work	Siddha Yoga			Moon – Purple	Subha Sivaloka Day
			Dashami Until 11:01AM	Ashvina-Aipasi	

3		Friday, November 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vyaghata/Harshana Yoga Vistil/Bava Karana Ekadashi/Dvadashyam Titau	Yangon, Myanmar Sun 24 Sutra 208 Vikarin 5121
Kumbha Rasi: 29.44	Tithi 11 – 12	Gulika 7:32AM – 8:57AM	Purvaproshtapada* Until 1:14PM	Ganesha: Yellow <i>Sunrise: 6:06AM</i>	
		Yama 2:41PM – 4:07PM	Vyaghata* Until 10:34AM	Muruqa: Purple <i>Sunset: 5:33PM</i>	Moon 10 - Phase 29
	716313464	Rahu 10:23AM – 11:49AM	Bava Until 2:38AM Sat	Nataraja: Purple	4th Phase
Creative Work	Siddha Yoga			Moon – Clear	Subha Sivaloka Day
			Ekadashi Until 1:28PM	Ashvina-Aipasi	

4		Saturday, November 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Yangon, Myanmar Sun 25 Sutra 209 Vikarin 5121
Meena Rasi: 11.41	Tithi 12 – 13	Gulika 6:06AM – 7:32AM	Uttaraproshtapada Until 3:55PM	Ganesha: Yellow <i>Sunrise: 6:06AM</i>	
		Yama 1:15PM – 2:41PM	Harshana Until 11:14AM	Muruqa: Purple <i>Sunset: 5:33PM</i>	Moon 10 - Phase 29
	716313464	Rahu 8:58AM – 10:24AM	Kaulava Until 4:42AM Sun	Nataraja: Purple	4th Phase
Creative Work	Siddha Yoga			Moon – Clear	Subha Sivaloka Day
Until 3:55PM			Dvadashi Until 3:41PM	Ashvina-Aipasi	
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>		

5		Sunday, November 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vajra*/Siddhi Yoga Tailita/Gara Karana Trayodashi/Chaturdashyam Titau	Yangon, Myanmar Sun 26 Sutra 210 Vikarin 5121
Meena Rasi: 23.45	Tithi 13 – 14	Gulika 2:41PM – 4:07PM	Revati Until 6:07PM	Ganesha: Yellow <i>Sunrise: 6:07AM</i>	
		Yama 11:49AM – 1:15PM	Vajra* Until 11:38AM	Muruqa: Purple <i>Sunset: 5:32PM</i>	Moon 10 - Phase 29
	716313464	Rahu 4:07PM – 5:32PM	Gara Until 6:22AM Mon	Nataraja: Purple	4th Phase
Creative Work	Amrita Yoga			Moon – Clear	Subha Sivaloka Day
Until 6:07PM			Trayodashi Until 5:33PM	Ashvina-Aipasi	
Then Creative Work - Siddha Yoga					

6		Monday, November 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi/Vyatipata* Yoga Gara/Vanija Karana Chaturdashyam Titau	Yangon, Myanmar Sun 27 Sutra 211 Vikarin 5121
Mesha Rasi: 5.59	Tithi 14	Gulika 1:15PM – 2:41PM	Ashvini Until 8:15PM	Ganesha: Clear <i>Sunrise: 6:07AM</i>	
Family Home Evening		Yama 10:24AM – 11:50AM	Siddhi Until 11:45AM	Muruqa: Purple <i>Sunset: 5:32PM</i>	Moon 10 - Phase 29
	727313464	Rahu 7:33AM – 8:58AM	Gara Until 6:22AM	Nataraja: Purple	4th Phase
Creative Work	Siddha Yoga			Moon – White	Subha Sivaloka Day
			Chaturdashi* Until 7:02PM	Ashvina-Aipasi	

		Tuesday, November 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Varyan Yoga Vistil/Bava Karana Purnimayam Titau	Yangon, Myanmar Sutra 212 Vikarin 5121
Mesha Rasi: 18.23	Tithi 15	Gulika 11:50AM – 1:15PM	Bharani Until 9:49PM	Ganesha: White <i>Sunrise: 6:07AM</i>	
		Yama 8:59AM – 10:24AM	Vyatipata* Until 11:33AM	Muruqa: Purple <i>Sunset: 5:32PM</i>	Moon 10 - Phase 29
	727413464	Rahu 2:41PM – 4:06PM	Vistil Until 7:37AM	Nataraja: Purple	Purnima
Creative Work	Siddha Yoga			Moon – White	Sivaloka Day
			Purnima* Until 8:04PM	Ashvina-Aipasi	

○		Wednesday, November 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Varyan/Parigha* Yoga Balava/Kaulava Karana Prathamayam Titau	Yangon, Myanmar Sutra 213 Vikarin 5121
Mrishabha Rasi: 0.58	Tithi 16	Gulika 10:24AM – 11:50AM	Krittika Until 10:49PM	Ganesha: White <i>Sunrise: 6:08AM</i>	
		Yama 7:33AM – 8:59AM	Varyan Until 11:00AM	Muruqa: Purple <i>Sunset: 5:32PM</i>	Moon 10 - Phase 29
	727413464	Rahu 11:50AM – 1:15PM	Balava Until 8:27AM	Nataraja: Purple	Prathama
Creative Work	Amrita Yoga			Moon – White	Sivaloka Day
Until 10:49PM			Prathama* Until 8:41PM	Ashvina-Aipasi	
Then Creative Work - Siddha Yoga					

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



Thursday, November 14, 2019

Gold Retreat Star

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

Yangon, Myanmar

Sun 1 Sutra 214

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Vishabha Rasi: 13.45 Tithi 17

Gulika 8:59AM - 10:25AM

Yama 6:08AM - 7:34AM

Rahu 1:15PM - 2:41PM

Rohini Until 11:44PM

Parigha* Until 10:09AM

Taitila Until 8:52AM

Dvitiya Until 8:54PM

Ganesha: Clear Sunrise: 6:08AM

Muruga: Purple Sunset: 5:31PM

Nataraja: Purple

Moon - Yellow

Ashvina-Aipasi

Subha Sivaloka Day

Routine Work Marana Yoga

Friday, November 15, 2019

1

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

Yangon, Myanmar

Sun 2 Sutra 215

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Vishabha Rasi: 26.43 Tithi 18

Gulika 7:34AM - 8:59AM

Yama 2:41PM - 4:06PM

Rahu 10:25AM - 11:50AM

Mrigashira Until 12:08AM Sat

Shiva Until 9:01AM

Vanija Until 8:53AM

Tritiya Until 8:44PM

Ganesha: Clear Sunrise: 6:09AM

Muruga: Purple Sunset: 5:31PM

Nataraja: Purple

Moon - Yellow

Ashvina-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

Saturday, November 16, 2019

2

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

Yangon, Myanmar

Sun 3 Sutra 216

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Mithuna Rasi: 9.53 Tithi 19

Gulika 6:09AM - 7:35AM

Yama 1:15PM - 2:41PM

Rahu 9:00AM - 10:25AM

Ardra Until 12:02AM Sun

Siddha Until 7:33AM

Bava Until 8:32AM

Chaturthi* Until 8:12PM

Ganesha: Clear Sunrise: 6:09AM

Muruga: Purple Sunset: 5:31PM

Nataraja: Purple

Moon - Yellow

Ashvina-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

Sunday, November 17, 2019

3

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

Yangon, Myanmar

Sun 4 Sutra 217

Vikarin 5121

Moon 11 - Phase 30

1st Phase

747413465 Mithuna Rasi: 23.14 Tithi 20

Gulika 2:41PM - 4:06PM

Yama 11:50AM - 1:16PM

Rahu 4:06PM - 5:31PM

Punarvasu Until 11:54PM

Subha Until 3:50AM Mon

Kaulava Until 7:50AM

Panchami Until 7:20PM

Ganesha: Purple Sunrise: 6:10AM

Muruga: Purple Sunset: 5:31PM

Nataraja: Clear

Moon - Blue

Ashvina-Karttikai

Devaloka Day

Creative Work Siddha Yoga

Monday, November 18, 2019

4

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam
Pushya Nakshatra Sukla Yoga Gara/Vanija Karana Shashthyam Titau

Yangon, Myanmar

Sun 5 Sutra 218

Vikarin 5121

Moon 11 - Phase 30

1st Phase

748413465 Kataka Rasi: 6.47 Tithi 21

Gulika 1:16PM - 2:41PM

Yama 10:26AM - 11:51AM

Rahu 7:35AM - 9:01AM

Pushya Until 11:16PM

Sukla Until 1:33AM Tue

Gara Until 6:47AM

Shashthi* Until 6:07PM

Ganesha: Clear Sunrise: 6:10AM

Muruga: Purple Sunset: 5:31PM

Nataraja: Clear

Moon - Blue

Ashvina-Karttikai

Sivaloka Day

Creative Work Siddha Yoga

Family Home Evening

Tuesday, November 19, 2019

5

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

Yangon, Myanmar

Sun 6 Sutra 219

Vikarin 5121

Moon 11 - Phase 30

1st Phase

748413465 Kataka Rasi: 20.32 Tithi 22 - 23

Gulika 11:51AM - 1:16PM

Yama 9:01AM - 10:26AM

Rahu 2:41PM - 4:06PM

Ashlesha* Until 10:10PM

Brahma Until 11:01PM

Balava Until 3:40AM Wed

Saptami Until 4:33PM

Ganesha: Clear Sunrise: 6:11AM

Muruga: Purple Sunset: 5:31PM

Nataraja: Clear

Moon - Blue

Ashvina-Karttikai

Sivaloka Day

Creative Work Siddha Yoga

Wednesday, November 20, 2019

D

Retreat Star

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

Yangon, Myanmar

Sun 7 Sutra 220

Vikarin 5121

Moon 11 - Phase 30

Ashtami

758413465 Simha Rasi: 4.29 Tithi 23 - 24

Gulika 10:26AM - 11:51AM

Yama 7:36AM - 9:01AM

Rahu 11:51AM - 1:16PM

Magha* Until 9:02PM

Indra Until 8:14PM

Taitila Until 1:38AM Thu

Ashtami* Until 2:40PM

Ganesha: White Sunrise: 6:11AM

Muruga: Purple Sunset: 5:31PM

Nataraja: Clear

Moon - Red

Ashvina-Karttikai

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 9:02PM

Then Creative Work - Amrita Yoga

Thursday, November 21, 2019

Retreat Star

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

Yangon, Myanmar

Sun 8 Sutra 221

Vikarin 5121

Moon 11 - Phase 30

Navami

758413465 Simha Rasi: 18.38 Tithi 24 - 25

Gulika 9:02AM - 10:26AM

Yama 6:12AM - 7:37AM

Rahu 1:16PM - 2:41PM

Purvaphalguni Until 7:29PM

Vaidhriti* Until 5:12PM

Vanija Until 11:19PM

Navami* Until 12:29PM

Ganesha: White Sunrise: 6:12AM

Muruga: Purple Sunset: 5:31PM

Nataraja: Clear

Moon - Red

Ashvina-Karttikai

Subha Sivaloka Day


Creative Work Siddha Yoga

1		Friday, November 22, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha/Priti Yoga Visti/Bava Karana Dashami/Ekadashyam Titau	Yangon, Myanmar Sun 9 Sutra 222
Kanya Rasi: 2.58	Tithi 25 – 26	758413465	Gulika 7:37AM – 9:02AM Yama 2:41PM – 4:06PM Rahu 10:27AM – 11:52AM	Uttaraphalguni Until 5:33PM Vishkambha* Until 1:59PM Bava Until 8:47PM Dashami Until 10:03AM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Red	<i>Sunrise:</i> 6:13AM <i>Sunset:</i> 5:31PM	Vikarin 5121 Moon 11 - Phase 31 2nd Phase Subha Sivaloka Day Ashvina•Karttikai
Creative Work	Siddha Yoga						
Until 5:33PM							
Then Creative Work - Amrita Yoga							

2		Saturday, November 23, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Yangon, Myanmar Sun 10 Sutra 223
Kanya Rasi: 17.25	Tithi 26 – 27	768413465	Gulika 6:13AM – 7:38AM Yama 1:16PM – 2:41PM Rahu 9:02AM – 10:27AM	Hasta Until 3:46PM Priti Until 10:39AM Kaulava Until 6:09PM Ekadashi* Until 7:27AM	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon – Green	<i>Sunrise:</i> 6:13AM <i>Sunset:</i> 5:31PM	Vikarin 5121 Moon 11 - Phase 31 2nd Phase Sivaloka Day Ashvina•Karttikai
Routine Work	Marana Yoga						

3		Sunday, November 24, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau	Yangon, Myanmar Sun 11 Sutra 224
Tula Rasi: 1.55	Tithi 28	769413465	Gulika 2:41PM – 4:06PM Yama 11:52AM – 1:17PM Rahu 4:06PM – 5:31PM	Chitra Until 1:50PM Ayushman Until 7:15AM Gara Until 3:29PM Trayodashi* Until 2:10AM Mon <i>Pradosha Vrata (Fasting)</i>	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Green	<i>Sunrise:</i> 6:14AM <i>Sunset:</i> 5:31PM	Vikarin 5121 Moon 11 - Phase 31 2nd Phase Devaloka Day Ashvina•Karttikai
Creative Work	Siddha Yoga						

4		Monday, November 25, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti/Sakuni* Karana Chaturdashyam Titau	Yangon, Myanmar Sun 12 Sutra 225
Tula Rasi: 16.24	Tithi 29	769413465	Gulika 1:17PM – 2:41PM Yama 10:28AM – 11:52AM Rahu 7:39AM – 9:03AM	Svati Until 11:51AM Sobhana Until 12:45AM Tue Visti Until 12:56PM Chaturdashi* Until 11:44PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Green	<i>Sunrise:</i> 6:14AM <i>Sunset:</i> 5:31PM	Vikarin 5121 Moon 11 - Phase 31 2nd Phase Devaloka Day Ashvina•Karttikai
Family Home Evening	Amrita Yoga						
Until 11:51AM							
Then Routine Work - Marana Yoga							

		Tuesday, November 26, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Yangon, Myanmar Sun 13 Sutra 226
Retreat Star			Gulika 11:53AM – 1:17PM Yama 9:04AM – 10:28AM Rahu 2:42PM – 4:06PM	Vishakha Until 10:24AM Athiganda* Until 9:50PM Catuspada Until 10:39AM Amavasya* Until 9:38PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Orange	<i>Sunrise:</i> 6:15AM <i>Sunset:</i> 5:31PM	Vikarin 5121 Moon 11 - Phase 31 Amavasya Devaloka Day Ashvina•Karttikai
Vrischika Rasi: 0.43	Tithi 30	779413465					
Routine Work	Marana Yoga						
Until 10:24AM							
Then Creative Work - Siddha Yoga							

Retreat Star		Wednesday, November 27, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau	Yangon, Myanmar Sun 14 Sutra 227
Vrischika Rasi: 14.48	Tithi 1	779413465	Gulika 10:29AM – 11:53AM Yama 7:40AM – 9:04AM Rahu 11:53AM – 1:17PM	Anuradha Until 9:12AM Sukarma Until 7:19PM Kintughna Until 8:46AM Prathama* Until 8:00PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Orange	<i>Sunrise:</i> 6:15AM <i>Sunset:</i> 5:31PM	Vikarin 5121 Moon 11 - Phase 31 Prathama Devaloka Day Karttika•Karttikai
Creative Work	Siddha Yoga						
Skanda Shasthi Begins							

1		Thursday, November 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau	Yangon, Myanmar Sun 15 Sutra 228 Vikarin 5121
Wrischika Rasi: 28.33	Tithi 2	Gulika 9:05AM – 10:29AM	Jyeshtha* Until 8:23AM	Ganesha: Blue <i>Sunrise:</i> 6:16AM	
		Yama 6:16AM – 7:40AM	Dhriti Until 5:17PM	Muruqa: Purple <i>Sunset:</i> 5:31PM	Moon 11 - Phase 32
		779413465 Rahu 1:18PM – 2:42PM	Balava Until 7:25AM	Nataraja: Clear	3rd Phase
Routine Work Prabalarishta Yoga			Dvitiya Until 6:59PM	Moon – Orange	Devaloka Day
Until 8:23AM				Karttika-Karttikai	
Then Creative Work - Siddha Yoga					

2		Friday, November 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau	Yangon, Myanmar Sun 16 Sutra 229 Vikarin 5121
Dhanus Rasi: 11.56	Tithi 3	Gulika 7:41AM – 9:05AM	Mula* Until 8:32AM	Ganesha: Blue <i>Sunrise:</i> 6:16AM	
		Yama 2:42PM – 4:07PM	Shula* Until 3:46PM	Muruqa: Purple <i>Sunset:</i> 5:31PM	Moon 11 - Phase 32
		789413465 Rahu 10:29AM – 11:54AM	Taitila Until 6:45AM	Nataraja: Clear	3rd Phase
Creative Work Amrita Yoga			Tritiya Until 6:40PM	Moon – Light Blue	Devaloka Day
Until 8:32AM				Karttika-Karttikai	
Then Routine Work - Prabalarishta Yoga					

3		Saturday, November 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha* Nakshatra Ganda*/Vridhi* Yoga Vanija/Visti* Karana Chaturthiyam Titau	Yangon, Myanmar Sun 17 Sutra 230 Vikarin 5121
Dhanus Rasi: 24.55	Tithi 4	Gulika 6:17AM – 7:41AM	Purvashadha* Until 9:15AM	Ganesha: Blue <i>Sunrise:</i> 6:17AM	
		Yama 1:18PM – 2:43PM	Ganda* Until 2:51PM	Muruqa: Purple <i>Sunset:</i> 5:31PM	Moon 11 - Phase 32
		789413465 Rahu 9:06AM – 10:30AM	Vanija Until 6:49AM	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Chaturthi* Until 7:07PM	Moon – Light Blue	Devaloka Day
Until 9:15AM				Karttika-Karttikai	
Then Routine Work - Marana Yoga					

4		Sunday, December 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Panchamyam Titau	Yangon, Myanmar Sun 18 Sutra 231 Vikarin 5121
Makara Rasi: 7.34	Tithi 5	Gulika 2:43PM – 4:07PM	Uttarashadha Until 10:31AM	Ganesha: Blue <i>Sunrise:</i> 6:18AM	
		Yama 11:54AM – 1:19PM	Vridhi Until 2:31PM	Muruqa: Purple <i>Sunset:</i> 5:31PM	Moon 11 - Phase 32
		789413465 Rahu 4:07PM – 5:31PM	Bava Until 7:38AM	Nataraja: Clear	3rd Phase
Creative Work Amrita Yoga			Panchami Until 8:17PM	Moon – Light Blue	Devaloka Day
Until 9:15AM				Karttika-Karttikai	
Then Routine Work - Marana 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 Kaulava/Taitila Karana Shashthyam Titau	Yangon, Myanmar Sun 19 Sutra 232 Vikarin 5121
Makara Rasi: 19.53	Tithi 6	Gulika 1:19PM – 2:43PM	Shravana Until 12:46PM	Ganesha: Clear <i>Sunrise:</i> 6:18AM	
Family Home Evening		Yama 10:31AM – 11:55AM	Dhruva Until 2:39PM	Muruqa: Purple <i>Sunset:</i> 5:31PM	Moon 11 - Phase 32
		791413465 Rahu 7:42AM – 9:07AM	Kaulava Until 9:09AM	Nataraja: Clear	3rd Phase
Creative Work Amrita Yoga			Shashthi* Until 10:05PM	Moon – Purple	Sivaloka Day
Until 12:46PM		Skanda Shasthi		Karttika-Karttikai	
Then Creative Work - Siddha Yoga					

6		Tuesday, December 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana* Yoga Gara/Vanija Karana Saptamyam Titau	Yangon, Myanmar Sun 20 Sutra 233 Vikarin 5121
Kumbha Rasi: 1.59	Tithi 7	Gulika 11:55AM – 1:19PM	Dhanishtha Until 3:21PM	Ganesha: Clear <i>Sunrise:</i> 6:19AM	
		Yama 9:07AM – 10:31AM	Vyaghata* Until 3:11PM	Muruqa: Purple <i>Sunset:</i> 5:32PM	Moon 11 - Phase 32
		791413465 Rahu 2:43PM – 4:07PM	Gara Until 11:12AM	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Saptami Until 12:21AM Wed	Moon – Purple	Sivaloka Day
Until 3:21PM				Karttika-Karttikai	
Then Routine Work - Marana Yoga					

Retreat Star		Wednesday, December 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau	Yangon, Myanmar Sun 21 Sutra 234 Vikarin 5121
Kumbha Rasi: 13.56	Tithi 8	Gulika 10:32AM – 11:56AM	Shatabhishak Until 6:03PM	Ganesha: Clear <i>Sunrise:</i> 6:19AM	
		Yama 7:43AM – 9:07AM	Harshana Until 3:57PM	Muruqa: Purple <i>Sunset:</i> 5:32PM	Moon 11 - Phase 32
		791413465 Rahu 11:56AM – 1:20PM	Visti Until 1:35PM	Nataraja: Clear	Ashtami
Creative Work Siddha Yoga			Ashtami* Until 2:49AM Thu	Moon – Purple	Sivaloka Day
Until 6:03PM				Karttika-Karttikai	
Then Creative Work - Amrita Yoga					

Retreat Star		Thursday, December 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra*/Siddhi* Yoga Balava/Kaulava Karana Navamyam Titau	Yangon, Myanmar Sun 22 Sutra 235 Vikarin 5121
Kumbha Rasi: 25.49	Tithi 9	Gulika 9:08AM – 10:32AM	Purvaproshtapada* Until 9:09PM	Ganesha: Yellow <i>Sunrise:</i> 6:20AM	
		Yama 6:20AM – 7:44AM	Vajra* Until 4:45PM	Muruqa: Purple <i>Sunset:</i> 5:32PM	Moon 11 - Phase 32
		711413465 Rahu 1:20PM – 2:44PM	Balava Until 4:06PM	Nataraja: Clear	Navami
Creative Work Siddha Yoga			Navami* Until 5:18AM Fri	Moon – Clear	Sivaloka Day
Until 6:03PM				Karttika-Karttikai	
Then Creative Work - Amrita Yoga					

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

1		Friday, December 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi/Vyatiyata* Yoga Taitila Karana Dashamyam Titau				Yangon, Myanmar Sun 23 Sutra 236 Vikarin 5121
Meena Rasi: 7.43	Tithi 10	Gulika 7:45AM – 9:08AM	Uttaraproshtapada Until 11:57PM	Ganesha: Yellow	<i>Sunrise:</i> 6:21AM			
		Yama 2:44PM – 4:08PM	Siddhi Until 5:29PM	Muruqa: Purple	<i>Sunset:</i> 5:32PM			Moon 11 - Phase 33
		711413465 Rahu 10:32AM – 11:56AM	Taitila Until 6:30PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Dashami Until 7:35AM Sat	Moon – Clear			Sivaloka Day	
							Karttika-Karttikai	

2		Saturday, December 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Yangon, Myanmar Sun 24 Sutra 237 Vikarin 5121
Meena Rasi: 19.41	Tithi 10 – 11	Gulika 6:21AM – 7:45AM	Revati Until 2:16AM Sun	Ganesha: White	<i>Sunrise:</i> 6:21AM			
		Yama 1:21PM – 2:45PM	Vyatipata* Until 6:01PM	Muruqa: Purple	<i>Sunset:</i> 5:32PM			Moon 11 - Phase 33
		711513465 Rahu 9:09AM – 10:33AM	Vanija Until 8:37PM	Nataraja: Clear				4th Phase
Routine Work	Prabalarishta Yoga		Dashami Until 7:35AM	Moon – Clear			Subha Sivaloka Day	
Until 2:16AM Sun							Karttika-Karttikai	
Then Creative Work - Siddha Yoga								

3		Sunday, December 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Variyan Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Yangon, Myanmar Sun 25 Sutra 238 Vikarin 5121
Mesha Rasi: 1.48	Tithi 11 – 12	Gulika 2:45PM – 4:09PM	Ashvini Until 4:29AM Mon	Ganesha: Clear	<i>Sunrise:</i> 6:22AM			
		Yama 11:57AM – 1:21PM	Variyan Until 6:13PM	Muruqa: Purple	<i>Sunset:</i> 5:33PM			Moon 11 - Phase 33
		721513465 Rahu 4:09PM – 5:33PM	Bava Until 10:17PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 9:29AM	Moon – White			Sivaloka Day	
							Karttika-Karttikai	

4		Monday, December 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Yangon, Myanmar Sun 26 Sutra 239 Vikarin 5121
Mesha Rasi: 14.07	Tithi 12 – 13	Gulika 1:22PM – 2:45PM	Bharani Until 6:00AM Tue	Ganesha: Clear	<i>Sunrise:</i> 6:22AM			
Family Home Evening		Yama 10:34AM – 11:58AM	Parigha* Until 6:01PM	Muruqa: Purple	<i>Sunset:</i> 5:33PM			Moon 11 - Phase 33
		721513465 Rahu 7:46AM – 9:10AM	Kaulava Until 11:25PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 10:54AM	Moon – White			Sivaloka Day	
							Karttika-Karttikai	
							<i>Pradosha Vrata</i>	

5		Tuesday, December 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar Sun 27 Sutra 240 Vikarin 5121
Mesha Rasi: 26.39	Tithi 13 – 14	Gulika 11:58AM – 1:22PM	Bharani Until 6:00AM	Ganesha: Clear	<i>Sunrise:</i> 6:23AM			
		Yama 9:11AM – 10:34AM	Shiva Until 5:24PM	Muruqa: Purple	<i>Sunset:</i> 5:33PM			Moon 11 - Phase 33
		721513465 Rahu 2:46PM – 4:10PM	Gara Until 11:59PM	Nataraja: Clear				4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 11:45AM	Moon – White			Sivaloka Day	
							Karttika-Karttikai	
							Krittika Deepam	

○		Wednesday, December 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Yangon, Myanmar Sutra 241 Vikarin 5121
Copper Retreat Star		Gulika 10:35AM – 11:59AM	Krittika Until 6:48AM	Ganesha: Clear	<i>Sunrise:</i> 6:23AM			
Vrishabha Rasi: 9.28	Tithi 14 – 15	Yama 7:47AM – 9:11AM	Siddha Until 4:19PM	Muruqa: Clear	<i>Sunset:</i> 5:34PM			Moon 11 - Phase 33
		721523465 Rahu 11:59AM – 1:22PM	Visti Until 11:58PM	Nataraja: Clear				Purnima
Creative Work	Amrita Yoga		Chaturdashi* Until 12:01PM	Moon – White			Devaloka Day	
Until 6:48AM							Karttika-Karttikai	
Then Creative Work - Siddha Yoga								

Thursday, December 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Yangon, Myanmar Sutra 242 Vikarin 5121		
Silver Retreat Star		Gulika 9:12AM – 10:35AM	Rohini Until 7:22AM	Ganesha: Purple	<i>Sunrise:</i> 6:24AM			
Vrishabha Rasi: 22.34	Tithi 15 – 16	Yama 6:24AM – 7:48AM	Sadhya Until 2:50PM	Muruqa: Clear	<i>Sunset:</i> 5:34PM			Moon 11 - Phase 33
		731523465 Rahu 1:23PM – 2:47PM	Balava Until 11:25PM	Nataraja: Clear				Prathama
Routine Work	Marana Yoga		Purnima* Until 11:44AM	Moon – Yellow			Sivaloka Day	
							Karttika-Karttikai	
							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

Mithuna Rasi: 5.56 Tithi 16 - 17

732523465

Creative Work Siddha Yoga

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

Yangon, Myanmar

Sutra 243

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Gulika 7:48AM - 9:12AM

Yama 2:47PM - 4:11PM

Rahu 10:36AM - 12:00PM

Mrigashira Until 7:18AM

Subha Until 12:58PM

Taitila Until 10:26PM

Prathama* Until 10:57AM

Ganesha: Clear

Muruga: Clear

Nataraja: Clear

Moon - Yellow

Karttika-Karttikai

Sunrise: 6:25AM

Sunset: 5:34PM

Devaloka Day

1

Saturday, December 14, 2019

Mithuna Rasi: 19.32 Tithi 17 - 18

732523465

Creative Work Siddha Yoga

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

Yangon, Myanmar

Sun 1 Sutra 244

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Gulika 6:25AM - 7:49AM

Yama 1:24PM - 2:47PM

Rahu 9:13AM - 10:36AM

Ardra Until 6:39AM

Sukla Until 10:45AM

Vanija Until 9:04PM

Dvitiya Until 9:46AM

Ganesha: Clear

Muruga: Clear

Nataraja: Clear

Moon - Yellow

Karttika-Karttikai

Sunrise: 6:25AM

Sunset: 5:35PM

Devaloka Day

2

Sunday, December 15, 2019

Kataka Rasi: 3.2 Tithi 18 - 19

742523465

Creative Work Siddha Yoga

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

Yangon, Myanmar

Sun 2 Sutra 245

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Gulika 2:48PM - 4:12PM

Yama 12:00PM - 1:24PM

Rahu 4:12PM - 5:35PM

Pushya Until 4:55AM Mon

Brahma Until 8:19AM

Bava Until 7:25PM

Tritiya Until 8:15AM

Ganesha: Purple

Muruga: Clear

Nataraja: Clear

Moon - Blue

Karttika-Karttikai

Sunrise: 6:26AM

Sunset: 5:35PM

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

3

Monday, December 16, 2019

Kataka Rasi: 17.17 Tithi 19 - 20

742523465

Family Home Evening

Creative Work Siddha Yoga

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

Yangon, Myanmar

Sun 3 Sutra 246

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Gulika 1:25PM - 2:48PM

Yama 10:37AM - 12:01PM

Rahu 7:50AM - 9:14AM

Ashlesha* Until 3:32AM Tue

Vaidhriti* Until 2:54AM Tue

Taitila Until 4:34AM Tue

Chaturthi* Until 6:30AM

Ganesha: Purple

Muruga: Clear

Nataraja: Clear

Moon - Blue

Karttika-Markali

Sunrise: 6:26AM

Sunset: 5:36PM

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Markali Pillaiyar

4

Tuesday, December 17, 2019

Simha Rasi: 1.21 Tithi 21

852523465

Creative Work Siddha Yoga

Until 2:20AM Wed

Then Creative Work - Amrita Yoga

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

Yangon, Myanmar

Sun 4 Sutra 247

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Gulika 12:01PM - 1:25PM

Yama 9:14AM - 10:38AM

Rahu 2:49PM - 4:12PM

Magha* Until 2:20AM Wed

Vishkambha* Until 12:03AM Wed

Gara Until 3:36PM

Shashthi* Until 2:33AM Wed

Ganesha: Purple

Muruga: Clear

Nataraja: Clear

Moon - Red

Karttika-Markali

Sunrise: 6:27AM

Sunset: 5:36PM

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

5

Wednesday, December 18, 2019

Simha Rasi: 15.29 Tithi 22

852523465

Creative Work Amrita Yoga

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

Yangon, Myanmar

Sun 5 Sutra 248

Vikarin 5121

Moon 12 - Phase 34

1st Phase

Gulika 10:38AM - 12:02PM

Yama 7:51AM - 9:15AM

Rahu 12:02PM - 1:26PM

Purvaphalguni Until 12:57AM Thu

Priti Until 9:10PM

Visti Until 1:32PM

Saptami Until 12:29AM Thu

Ganesha: Purple

Muruga: Clear

Nataraja: Clear

Moon - Red

Karttika-Markali

Sunrise: 6:27AM

Sunset: 5:37PM

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

D

Thursday, December 19, 2019

Retreat Star

Simha Rasi: 29.38 Tithi 23

852523465

Amrita Yoga

Until 11:25PM

Then Routine Work - Marana Yoga

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

Yangon, Myanmar

Sun 6 Sutra 249

Vikarin 5121

Moon 12 - Phase 34

Ashtami

Gulika 9:15AM - 10:39AM

Yama 6:28AM - 7:52AM

Rahu 1:26PM - 2:50PM

Uttaraphalguni Until 11:25PM

Ayushman Until 6:14PM

Balava Until 11:27AM

Ashtami* Until 10:24PM

Ganesha: Purple

Muruga: Clear

Nataraja: Clear

Moon - Red

Karttika-Markali

Sunrise: 6:28AM

Sunset: 5:37PM

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Friday, December 20, 2019

Retreat Star

Kanya Rasi: 13.47 Tithi 24

862523465

Creative Work Amrita Yoga

Until 10:11PM

Then Creative Work - Siddha Yoga

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

Yangon, Myanmar

Sun 7 Sutra 250

Vikarin 5121

Moon 12 - Phase 34

Navami

Gulika 7:52AM - 9:16AM

Yama 2:50PM - 4:14PM

Rahu 10:39AM - 12:03PM

Hasta Until 10:11PM

Saubhagya Until 3:20PM

Taitila Until 9:23AM

Navami* Until 8:20PM

Ganesha: Clear

Muruga: Clear

Nataraja: Clear

Moon - Green

Karttika-Markali

Sunrise: 6:28AM

Sunset: 5:37PM

Devaloka Day

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

All times are standard time


www.gurudeva.org/panchang

1	Saturday, December 21, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau				Yangon, Myanmar
	Kanya Rasi: 27.55	Tithi 25	862523465	Gulika 6:29AM – 7:53AM Yama 1:27PM – 2:51PM Rahu 9:16AM – 10:40AM	Chitra Until 8:52PM Sobhana Until 12:29PM Vanija Until 7:21AM Day 1 of Pancha Ganapati	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Green	Sun 8 Sutra 251 Vikarin 5121 Moon 12 - Phase 35 2nd Phase Devaloka Day
	Routine Work	Marana Yoga					Karttika-Markali
	Until 8:52PM						
	Then Creative Work - Siddha Yoga						

2	Sunday, December 22, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Athiganda/Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Yangon, Myanmar
	Tula Rasi: 12	Tithi 26 – 27	862523465	Gulika 2:51PM – 4:15PM Yama 12:04PM – 1:28PM Rahu 4:15PM – 5:38PM	Svati Until 7:33PM Athiganda* Until 9:42AM Kaulava Until 3:37AM Mon Ekadashi* Until 4:28PM Day 2 of Pancha Ganapati	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Green	Sun 9 Sutra 252 Vikarin 5121 Moon 12 - Phase 35 2nd Phase Devaloka Day
	Creative Work	Siddha Yoga					Karttika-Markali
	Until 7:33PM						
	Then Routine Work - Marana Yoga						

3	Monday, December 23, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha Nakshatra Sukarma/Dhriti Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau				Yangon, Myanmar
	Tula Rasi: 25.58	Tithi 27 – 28	872523465	Gulika 1:28PM – 2:52PM Yama 10:41AM – 12:04PM Rahu 7:54AM – 9:17AM	Vishakha Until 6:43PM Sukarma Until 7:03AM Gara Until 2:04AM Tue Dvadashi* Until 2:47PM <i>Pradosha Vrata (Fasting)</i>	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Orange	Sun 10 Sutra 253 Vikarin 5121 Moon 12 - Phase 35 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Family Home Evening	Marana Yoga					Karttika-Markali
	Until 6:43PM						
	Then Creative Work - Siddha Yoga						

4	Tuesday, December 24, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar
	Vrischika Rasi: 9.48	Tithi 28 – 29	872523465	Gulika 12:05PM – 1:29PM Yama 9:18AM – 10:41AM Rahu 2:52PM – 4:16PM	Anuradha Until 6:01PM Shula* Until 2:24AM Wed Visti Until 12:49AM Wed Trayodashi* Until 1:22PM Day 4 of Pancha Ganapati	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Orange	Sun 11 Sutra 254 Vikarin 5121 Moon 12 - Phase 35 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Creative Work	Siddha Yoga					Karttika-Markali
	Until 6:01PM						
	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				Yangon, Myanmar
	Vrischika Rasi: 23.26	Tithi 29 – 30	872523465	Gulika 10:42AM – 12:05PM Yama 7:55AM – 9:18AM Rahu 12:05PM – 1:29PM	Jyeshtha* Until 5:32PM Ganda* Until 12:32AM Thu Catuspada Until 11:59PM Chaturdashi* Until 12:19PM Day 5 of Pancha Ganapati	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Orange	Sun 12 Sutra 255 Vikarin 5121 Moon 12 - Phase 35 Amavasya Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Retreat Star	Siddha Yoga					Karttika-Markali
	Until 5:32PM						
	Then Routine Work - Marana Yoga						

Retreat Star	Thursday, December 26, 2019		Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Yangon, Myanmar
	Dhanus Rasi: 6.5	Tithi 30 – 1	883523465	Gulika 9:19AM – 10:42AM Yama 6:31AM – 7:55AM Rahu 1:30PM – 2:53PM	Mula* Until 5:49PM Vriddhi Until 11:04PM Kintughna Until 11:39PM Amavasya* Until 11:44AM Annular Solar Eclipse	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sun 13 Sutra 256 Vikarin 5121 Moon 12 - Phase 35 Prathama Devaloka Day
	Creative Work	Siddha Yoga					Margasira-Markali

1		Friday, December 27, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Yangon, Myanmar Sun 14 Sutra 257 Vikarin 5121		
Dhanus Rasi: 19.56	Tithi 1 – 2	Gulika 7:55AM – 9:19AM	Purvashadha* Until 6:29PM	Ganesha: Orange	<i>Sunrise:</i> 6:32AM	Muruqa: Clear	<i>Sunset:</i> 5:41PM	Moon 12 - Phase 36 3rd Phase
Routine Work	Prabalarishta Yoga	Yama 2:54PM – 4:17PM	Dhruva Until 10:01PM	Nataraja: Orange		Moon – Light Blue		Devaloka Day
Until 6:29PM		Rahu 10:43AM – 12:06PM	Balava Until 11:52PM					
Then Routine Work - Marana Yoga			Prathama* Until 11:40AM	Margasira*Markali				

2		Saturday, December 28, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Yangon, Myanmar Sun 15 Sutra 258 Vikarin 5121		
Makara Rasi: 2.46	Tithi 2 – 3	Gulika 6:32AM – 7:56AM	Uttarashadha Until 7:34PM	Ganesha: Orange	<i>Sunrise:</i> 6:32AM	Muruqa: Clear	<i>Sunset:</i> 5:42PM	Moon 12 - Phase 36 3rd Phase
Routine Work	Marana Yoga	Yama 1:31PM – 2:54PM	Vyaghata* Until 9:26PM	Nataraja: Orange		Moon – Light Blue		Devaloka Day
Until 7:34PM		Rahu 9:20AM – 10:43AM	Taitila Until 12:42AM Sun					
Then Creative Work - Siddha Yoga			Dvitiya Until 12:12PM	Margasira*Markali				

3		Sunday, December 29, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Harshana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Yangon, Myanmar Sun 16 Sutra 259 Vikarin 5121		
Makara Rasi: 15.2	Tithi 3 – 4	Gulika 2:55PM – 4:18PM	Shravana Until 9:32PM	Ganesha: Clear	<i>Sunrise:</i> 6:33AM	Muruqa: Clear	<i>Sunset:</i> 5:42PM	Moon 12 - Phase 36 3rd Phase
Creative Work	Amrita Yoga	Yama 12:07PM – 1:31PM	Harshana Until 9:18PM	Nataraja: Orange		Moon – Purple		Devaloka Day
Until 9:32PM		Rahu 4:18PM – 5:42PM	Vanija Until 2:07AM Mon					
Then Routine Work - Marana Yoga			Tritiya Until 1:19PM	Margasira*Markali				

4		Monday, December 30, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vajra* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Yangon, Myanmar Sun 17 Sutra 260 Vikarin 5121		
Makara Rasi: 27.38	Tithi 4 – 5	Gulika 1:32PM – 2:55PM	Dhanishtha Until 11:50PM	Ganesha: Clear	<i>Sunrise:</i> 6:33AM	Muruqa: Clear	<i>Sunset:</i> 5:43PM	Moon 12 - Phase 36 3rd Phase
Family Home Evening		Yama 10:44AM – 12:08PM	Vajra* Until 9:33PM	Nataraja: Orange		Moon – Purple		Devaloka Day
Creative Work	Siddha Yoga	Rahu 7:57AM – 9:21AM	Bava Until 4:01AM Tue					
			Chaturthi* Until 2:59PM	Margasira*Markali				

5		Tuesday, December 31, 2019		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Yangon, Myanmar Sun 18 Sutra 261 Vikarin 5121		
Kumbha Rasi: 9.45	Tithi 5 – 6	Gulika 12:08PM – 1:32PM	Shatabhishak Until 2:20AM Wed	Ganesha: Clear	<i>Sunrise:</i> 6:33AM	Muruqa: Clear	<i>Sunset:</i> 5:43PM	Moon 12 - Phase 36 3rd Phase
Routine Work	Marana Yoga	Yama 9:21AM – 10:45AM	Siddhi Until 10:06PM	Nataraja: Orange		Moon – Purple		Devaloka Day
Until 2:20AM Wed		Rahu 2:56PM – 4:20PM	Kaulava Until 6:18AM Wed					
Then Creative Work - Amrita Yoga			Panchami Until 5:06PM	Margasira*Markali				

6		Wednesday, January 1, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Shashthyam Titau		Yangon, Myanmar Sun 19 Sutra 262 Vikarin 5121		
Kumbha Rasi: 21.43	Tithi 6	Gulika 10:46AM – 12:09PM	Purvaproshtapada* Until 5:24AM Thu	Ganesha: Blue	<i>Sunrise:</i> 6:34AM	Muruqa: Clear	<i>Sunset:</i> 5:44PM	Moon 12 - Phase 36 3rd Phase
Creative Work	Amrita Yoga	Yama 7:58AM – 9:22AM	Vyatipata* Until 10:51PM	Nataraja: Orange		Moon – Clear		Bhuloka Day
Until 5:24AM Thu		Rahu 12:09PM – 1:33PM	Kaulava Until 6:18AM					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga			Shashthi* Until 7:31PM	Margasira*Markali				
		Vinayaga Viratam Ends						

Retreat Star		Thursday, January 2, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Variyan Yoga Gara/Vanija Karana Saptamyam Titau		Yangon, Myanmar Sun 20 Sutra 263 Vikarin 5121		
Meena Rasi: 3.37	Tithi 7	Gulika 9:22AM – 10:46AM	Uttaraproshtapada Until 8:18AM Fri	Ganesha: Blue	<i>Sunrise:</i> 6:35AM	Muruqa: Clear	<i>Sunset:</i> 5:45PM	Moon 12 - Phase 36 3rd Phase
Creative Work	Siddha Yoga	Yama 6:35AM – 7:58AM	Variyan Until 11:38PM	Nataraja: Orange		Moon – Clear		Bhuloka Day
Until 8:18AM Fri		Rahu 1:34PM – 2:57PM	Gara Until 8:47AM					Devaloka Time: 3:PM to 6:PM
			Saptami Until 10:01PM	Margasira*Markali				

Retreat Star		Friday, January 3, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Parigha* Yoga Visti*/Bava Karana Ashtamyam Titau		Yangon, Myanmar Sun 21 Sutra 264 Vikarin 5121		
Meena Rasi: 15.31	Tithi 8	Gulika 7:59AM – 9:23AM	Uttaraproshtapada Until 8:18AM	Ganesha: Blue	<i>Sunrise:</i> 6:35AM	Muruqa: Clear	<i>Sunset:</i> 5:46PM	Moon 12 - Phase 36 Ashtami
Creative Work	Siddha Yoga	Yama 2:58PM – 4:22PM	Parigha* Until 12:21AM Sat	Nataraja: Orange		Moon – Clear		Bhuloka Day
Until 8:18AM Sat		Rahu 10:46AM – 12:10PM	Visti Until 11:16AM					Devaloka Time: 3:PM to 6:PM
			Ashtami* Until 12:25AM Sat	Margasira*Markali				

Retreat Star		Saturday, January 4, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau		Yangon, Myanmar Sun 22 Sutra 265 Vikarin 5121		
Meena Rasi: 27.28	Tithi 9	Gulika 6:35AM – 7:59AM	Revati Until 10:53AM	Ganesha: Blue	<i>Sunrise:</i> 6:35AM	Muruqa: Clear	<i>Sunset:</i> 5:46PM	Moon 12 - Phase 36 Navami
Routine Work	Prabalarishta Yoga	Yama 1:35PM – 2:59PM	Shiva Until 12:51AM Sun	Nataraja: Orange		Moon – Clear		Bhuloka Day
Until 10:53AM		Rahu 9:23AM – 10:47AM	Balava Until 1:32PM					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga			Navami* Until 2:31AM Sun	Margasira*Markali				

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

1		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		Yangon, Myanmar Sun 23 Sutra 266 Vikarin 5121	
Mesha Rasi: 9.33	Tithi 10	Gulika 2:59PM – 4:23PM	Ashvini Until 1:24PM	Ganesha: Yellow	<i>Sunrise:</i> 6:36AM		
		Yama 12:11PM – 1:35PM	Siddha Until 12:57AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:47PM		Moon 12 - Phase 37
	823623466	Rahu 4:23PM – 5:47PM	Taitila Until 3:24PM	Nataraja: Orange			4th Phase
Creative Work	Siddha Yoga			Moon – White		Devaloka Day	
Until 1:24PM		Subramuniyaswami Jayanti	Dashami Until 4:06AM Mon	Margasira-Markali			
Then Routine Work - Prabalarishta Yoga							

2		Monday, January 6, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau		Yangon, Myanmar Sun 24 Sutra 267 Vikarin 5121	
Mesha Rasi: 21.51	Tithi 11	Gulika 1:36PM – 3:00PM	Bharani Until 3:14PM	Ganesha: Yellow	<i>Sunrise:</i> 6:36AM		
Family Home Evening		Yama 10:48AM – 12:12PM	Sadhya Until 12:36AM Tue	Muruqa: Clear	<i>Sunset:</i> 5:47PM		Moon 12 - Phase 37
Creative Work	Siddha Yoga	823623466 Rahu 8:00AM – 9:24AM	Vanija Until 4:41PM	Nataraja: Orange			4th Phase
Until 3:14PM		Gita Jayanthi	Ekadashi Until 5:03AM Tue	Moon – White		Devaloka Day	
Then Routine Work - Marana Yoga				Margasira-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		Yangon, Myanmar Sun 25 Sutra 268 Vikarin 5121	
Vrishabha Rasi: 4.26	Tithi 12	Gulika 12:12PM – 1:36PM	Krittika Until 4:15PM	Ganesha: Yellow	<i>Sunrise:</i> 6:36AM		
		Yama 9:24AM – 10:48AM	Subha Until 11:43PM	Muruqa: Clear	<i>Sunset:</i> 5:48PM		Moon 12 - Phase 37
	823623466	Rahu 3:00PM – 4:24PM	Bava Until 5:17PM	Nataraja: Orange			4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 5:17AM Wed	Moon – White		Devaloka Day	
Until 4:15PM				Margasira-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 Yoga Kaulava/Taitila Karana Trayodashyam Titau		Yangon, Myanmar Sun 26 Sutra 269 Vikarin 5121	
Vrishabha Rasi: 17.21	Tithi 13	Gulika 10:48AM – 12:13PM	Rohini Until 4:52PM	Ganesha: White	<i>Sunrise:</i> 6:36AM		
		Yama 8:00AM – 9:24AM	Sukla Until 10:14PM	Muruqa: Clear	<i>Sunset:</i> 5:49PM		Moon 12 - Phase 37
	833623466	Rahu 12:13PM – 1:37PM	Kaulava Until 5:08PM	Nataraja: Orange			4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 4:47AM Thu	Moon – Yellow		Bhuloka Day	
				Margasira-Markali		Devaloka Time: 3:PM to 6:PM	

Pradosha Vrata

5		Thursday, January 9, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau		Yangon, Myanmar Sun 27 Sutra 270 Vikarin 5121	
Mithuna Rasi: 0.38	Tithi 14	Gulika 9:25AM – 10:49AM	Mrigashira Until 4:39PM	Ganesha: Yellow	<i>Sunrise:</i> 6:37AM		
		Yama 6:37AM – 8:01AM	Brahma Until 8:14PM	Muruqa: Clear	<i>Sunset:</i> 5:49PM		Moon 12 - Phase 37
	834623466	Rahu 1:37PM – 3:01PM	Gara Until 4:18PM	Nataraja: Orange			4th Phase
Routine Work	Marana Yoga		Chaturdashi* Until 3:37AM Fri	Moon – Yellow		Devaloka Day	
				Margasira-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		Yangon, Myanmar Sutra 271 Vikarin 5121	
Copper Retreat Star		Gulika 8:01AM – 9:25AM	Ardra Until 3:40PM	Ganesha: Yellow	<i>Sunrise:</i> 6:37AM		
Mithuna Rasi: 14.18	Tithi 15	Yama 3:02PM – 4:26PM	Indra Until 5:46PM	Muruqa: Clear	<i>Sunset:</i> 5:50PM		Moon 12 - Phase 37
	834623466	Rahu 10:49AM – 12:13PM	Visti Until 2:49PM	Nataraja: Orange			Purnima
Creative Work	Siddha Yoga		Purnima* Until 1:52AM Sat	Moon – Yellow		Devaloka Day	
		Penumbral Lunar Eclipse		Margasira-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		Yangon, Myanmar Sutra 272 Vikarin 5121	
Silver Retreat Star		Gulika 6:37AM – 8:01AM	Punarvasu Until 2:29PM	Ganesha: White	<i>Sunrise:</i> 6:37AM		
Mithuna Rasi: 28.18	Tithi 16	Yama 1:38PM – 3:02PM	Vaidhriti* Until 2:52PM	Muruqa: Clear	<i>Sunset:</i> 5:51PM		Moon 12 - Phase 37
	844623466	Rahu 9:25AM – 10:50AM	Balava Until 12:50PM	Nataraja: Orange			Prathama
Creative Work	Siddha Yoga		Prathama* Until 11:40PM	Moon – Blue		Sivaloka Day	
				Margasira-Markali			

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

All times are standard time

www.gurudeva.org/panchang



Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 12.35 Tithi 17

844623466

Creative Work Siddha Yoga

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

Gulika 3:03PM - 4:27PM Pushya Until 12:47PM

Yama 12:14PM - 1:38PM Vishkambha* Until 11:42AM

Rahu 4:27PM - 5:51PM Taitila Until 10:28AM

Dvitiya Until 9:10PM

Ganesha: White Sunrise: 6:37AM

Muruqa: Clear Sunset: 5:51PM

Nataraja: Orange

Moon - Blue

Margasira-Markali

Yangon, Myanmar

Sutra 273

Vikarin 5121

Moon 1 - Phase 38

1st Phase

Sivaloka Day

1

Monday, January 13, 2020

Kataka Rasi: 27.03 Tithi 18

Family Home Evening

Creative Work Siddha Yoga

Until 10:43AM

Then Routine Work - Marana Yoga

844623466

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

Gulika 1:39PM - 3:03PM Ashlesha* Until 10:43AM

Yama 10:50AM - 12:14PM Priti Until 8:21AM

Rahu 8:02AM - 9:26AM Vanija Until 7:51AM

Tritiya Until 6:29PM

Ganesha: White Sunrise: 6:37AM

Muruqa: Clear Sunset: 5:52PM

Nataraja: Orange

Moon - Blue

Margasira-Markali

Yangon, Myanmar

Sun 1 Sutra 274

Vikarin 5121

Moon 1 - Phase 38

1st Phase

Sivaloka Day

2

Tuesday, January 14, 2020

Simha Rasi: 11.35 Tithi 19 - 20

Creative Work Siddha Yoga

854623466

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

Gulika 12:15PM - 1:39PM Magha* Until 8:51AM

Yama 9:26AM - 10:50AM Saubhagya Until 1:28AM Wed

Rahu 3:04PM - 4:28PM Kaulava Until 2:27AM Wed

Chaturthi* Until 3:46PM

Ganesha: Clear Sunrise: 6:37AM

Muruqa: Clear Sunset: 5:52PM

Nataraja: Orange

Moon - Red

Margasira-Markali

Yangon, Myanmar

Sun 2 Sutra 275

Vikarin 5121

Moon 1 - Phase 38

1st Phase

Devaloka Day

3

Wednesday, January 15, 2020

Simha Rasi: 26.07 Tithi 20 - 21

Creative Work Amrita Yoga

854623466

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

Gulika 10:51AM - 12:15PM Purvaphalguni Until 6:53AM

Yama 8:02AM - 9:26AM Sobhana Until 10:10PM

Rahu 12:15PM - 1:40PM Gara Until 11:54PM

Panchami Until 1:08PM

Ganesha: Clear Sunrise: 6:38AM

Muruqa: Clear Sunset: 5:53PM

Nataraja: Orange

Moon - Red

Margasira-Thai

Yangon, Myanmar

Sun 3 Sutra 276

Vikarin 5121

Moon 1 - Phase 38

1st Phase

Devaloka Day

4

Thursday, January 16, 2020

Kanya Rasi: 10.32 Tithi 21 - 22

Routine Work Marana Yoga

Until 3:30AM Fri

Then Creative Work - Siddha Yoga

864623466

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

Gulika 9:27AM - 10:51AM Hasta Until 3:30AM Fri

Yama 6:38AM - 8:02AM Athiganda* Until 7:00PM

Rahu 1:40PM - 3:05PM Visti Until 9:34PM

Shashthi* Until 10:41AM

Ganesha: Purple Sunrise: 6:38AM

Muruqa: Clear Sunset: 5:54PM

Nataraja: Orange

Moon - Green

Margasira-Thai

Yangon, Myanmar

Sun 4 Sutra 277

Vikarin 5121

Moon 1 - Phase 38

1st Phase

Sivaloka Day

5

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 24.48 Tithi 22 - 23

Creative Work Siddha Yoga

864623466

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

Gulika 8:02AM - 9:27AM Chitra Until 2:13AM Sat

Yama 3:05PM - 4:30PM Sukarma Until 4:05PM

Rahu 10:51AM - 12:16PM Balava Until 7:31PM

Saptami Until 8:29AM

Ganesha: Purple Sunrise: 6:38AM

Muruqa: Clear Sunset: 5:54PM

Nataraja: Orange

Moon - Green

Margasira-Thai

Yangon, Myanmar

Sun 5 Sutra 278

Vikarin 5121

Moon 1 - Phase 38

Ashtami

Sivaloka Day

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 8.51 Tithi 23 - 24

Creative Work Siddha Yoga

Until 1:09AM Sun

Then Routine Work - Marana Yoga

864623466

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

Gulika 6:38AM - 8:02AM Svati Until 1:09AM Sun

Yama 1:41PM - 3:05PM Dhriti Until 1:26PM

Rahu 9:27AM - 10:52AM Gara Until 5:05AM Sun

Ashtami* Until 6:36AM

Ganesha: Purple Sunrise: 6:38AM

Muruqa: Clear Sunset: 5:55PM

Nataraja: Orange

Moon - Green

Margasira-Thai

Yangon, Myanmar

Sun 6 Sutra 279

Vikarin 5121

Moon 1 - Phase 38

Navami

Sivaloka Day


1		Sunday, January 19, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visli* Karana Dashamyam Titau		Yangon, Myanmar Sun 7 Sutra 280 Vikarin 5121	
Tula Rasi: 22.41	Tithi 25	Gulika 3:06PM – 4:31PM	Vishakha Until 12:44AM Mon	Ganesha: Clear	<i>Sunrise:</i> 6:38AM	Moon 1 - Phase 39	
		Yama 12:17PM – 1:41PM	Shula* Until 11:03AM	Muruqa: Clear	<i>Sunset:</i> 5:55PM	2nd Phase	
		874623466 Rahu 4:31PM – 5:55PM	Vanija Until 4:28PM	Nataraja: Orange		Devaloka Day	
Routine Work	Marana Yoga		Dashami Until 3:56AM Mon	Moon – Orange		Margasira-Thai	
Until 12:44AM Mon							
Then Creative Work - Siddha Yoga							

2		Monday, January 20, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Ganda*/Vridhhi Yoga Bava/Balava Karana Ekadashyam Titau		Yangon, Myanmar Sun 8 Sutra 281 Vikarin 5121	
Vrischika Rasi: 6.17	Tithi 26	Gulika 1:42PM – 3:06PM	Anuradha Until 12:32AM Tue	Ganesha: Clear	<i>Sunrise:</i> 6:38AM	Moon 1 - Phase 39	
Family Home Evening		Yama 10:52AM – 12:17PM	Ganda* Until 9:00AM	Muruqa: Clear	<i>Sunset:</i> 5:56PM	2nd Phase	
Creative Work	Siddha Yoga	874623466 Rahu 8:03AM – 9:27AM	Bava Until 3:31PM	Nataraja: Orange		Devaloka Day	
Until 12:32AM Tue			Ekadashi* Until 3:10AM Tue	Moon – Orange		Margasira-Thai	
Then Routine Work - Marana Yoga							

3		Tuesday, January 21, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Dvadashyam Titau		Yangon, Myanmar Sun 9 Sutra 282 Vikarin 5121	
Vrischika Rasi: 19.41	Tithi 27	Gulika 12:17PM – 1:42PM	Jyeshtha* Until 12:35AM Wed	Ganesha: Clear	<i>Sunrise:</i> 6:38AM	Moon 1 - Phase 39	
		Yama 9:27AM – 10:52AM	Vriddhi Until 7:15AM	Muruqa: Clear	<i>Sunset:</i> 5:56PM	2nd Phase	
		874623466 Rahu 3:07PM – 4:32PM	Kaulava Until 2:57PM	Nataraja: Orange		Devaloka Day	
Routine Work	Marana Yoga		Dvadashi* Until 2:48AM Wed	Moon – Orange		Margasira-Thai	
Until 12:32AM Tue							
Then Routine Work - Marana Yoga							

4		Wednesday, January 22, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau		Yangon, Myanmar Sun 10 Sutra 283 Vikarin 5121	
Dhanus Rasi: 2.51	Tithi 28	Gulika 10:52AM – 12:17PM	Mula* Until 1:21AM Thu	Ganesha: Light Blue	<i>Sunrise:</i> 6:38AM	Moon 1 - Phase 39	
		Yama 8:03AM – 9:28AM	Vyaghata* Until 4:40AM Thu	Muruqa: Clear	<i>Sunset:</i> 5:57PM	2nd Phase	
		885623466 Rahu 12:17PM – 1:42PM	Gara Until 2:48PM	Nataraja: Orange		Bhuloka Day	
Routine Work	Marana Yoga		Trayodashi* Until 2:51AM Thu	Moon – Light Blue		Devaloka Time: 3:PM to 6:PM	
Until 1:21AM Thu							
Then Creative Work - Siddha Yoga						<i>Pradosha Vrata (Fasting)</i>	

5		Thursday, January 23, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Yangon, Myanmar Sun 11 Sutra 284 Vikarin 5121	
Dhanus Rasi: 15.49	Tithi 29	Gulika 9:28AM – 10:53AM	Purvashadha* Until 2:21AM Fri	Ganesha: Light Blue	<i>Sunrise:</i> 6:38AM	Moon 1 - Phase 39	
		Yama 6:38AM – 8:03AM	Harshana Until 3:53AM Fri	Muruqa: Clear	<i>Sunset:</i> 5:58PM	2nd Phase	
		885623466 Rahu 1:43PM – 3:08PM	Visti* Until 3:04PM	Nataraja: Orange		Bhuloka Day	
Creative Work	Siddha Yoga		Chaturdashi* Until 3:20AM Fri	Moon – Light Blue		Devaloka Time: 3:PM to 6:PM	
Until 2:21AM Fri							
Then Routine Work - Marana Yoga							

		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		Yangon, Myanmar Sun 12 Sutra 285 Vikarin 5121	
Retreat Star		Gulika 8:03AM – 9:28AM	Uttarashadha Until 3:37AM Sat	Ganesha: Light Blue	<i>Sunrise:</i> 6:38AM	Moon 1 - Phase 39	
Dhanus Rasi: 28.35	Tithi 30	Yama 3:08PM – 4:33PM	Vajra* Until 3:24AM Sat	Muruqa: Clear	<i>Sunset:</i> 5:58PM	Amavasya	
		885623466 Rahu 10:53AM – 12:18PM	Catuspada Until 3:45PM	Nataraja: Orange		Bhuloka Day	
Routine Work	Marana Yoga		Amavasya* Until 4:14AM Sat	Moon – Light Blue		Devaloka Time: 3:PM to 6:PM	
Until 3:37AM Sat							
Then Creative Work - Siddha Yoga						Hanumath Jayanthi (Tamil Nadu)	

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		Yangon, Myanmar Sun 13 Sutra 286 Vikarin 5121	
Makara Rasi: 11.08	Tithi 1	Gulika 6:38AM – 8:03AM	Shravana Until 5:38AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 6:38AM	Moon 1 - Phase 39	
		Yama 1:43PM – 3:08PM	Siddhi Until 3:16AM Sun	Muruqa: Clear	<i>Sunset:</i> 5:59PM	Prathama	
		995623466 Rahu 9:28AM – 10:53AM	Kintughna Until 4:53PM	Nataraja: Orange		Bhuloka Day	
Creative Work	Siddha Yoga		Prathama* Until 5:35AM Sun	Moon – Purple		Devaloka Time: 3:PM to 6:PM	
Until 5:38AM Sun							
Then Routine Work - Marana Yoga						Pausha-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 Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava Karana Dvilyayam Titau				Yangon, Myanmar Sun 14 Sutra 287 Vikarin 5121
Makara Rasi: 23.31	Tithi 2	Gulika	3:09PM – 4:34PM	Dhanishtha Until 7:51AM Mon	Ganesha: Orange	<i>Sunrise:</i> 6:37AM		
		Yama	12:18PM – 1:44PM	Vyatipata* Until 3:27AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:59PM	Moon 1 - Phase 40	
		995723466 Rahu	4:34PM – 5:59PM	Balava Until 6:26PM	Nataraja: Orange		3rd Phase	
Routine Work	Marana Yoga			Dvitiya Until 7:20AM Mon	Moon – Purple			Devaloka Day
Until 7:51AM Mon					Pausha-Thai			
Then Creative Work - Siddha Yoga								

2		Monday, January 27, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Variyan Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Yangon, Myanmar Sun 15 Sutra 288 Vikarin 5121
Kumbha Rasi: 5.43	Tithi 2 – 3	Gulika	1:44PM – 3:09PM	Dhanishtha Until 7:51AM	Ganesha: Orange	<i>Sunrise:</i> 6:37AM		
Family Home Evening		Yama	10:53AM – 12:19PM	Variyan Until 3:53AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:00PM	Moon 1 - Phase 40	
		995723466 Rahu	8:03AM – 9:28AM	Taitila Until 8:22PM	Nataraja: Orange		3rd Phase	
Creative Work	Siddha Yoga			Dvitiya Until 7:20AM	Moon – Purple			Devaloka Day
					Pausha-Thai			

3		Tuesday, January 28, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Parigha* Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau				Yangon, Myanmar Sun 16 Sutra 289 Vikarin 5121
Kumbha Rasi: 17.47	Tithi 3 – 4	Gulika	12:19PM – 1:44PM	Shatabhishak Until 10:15AM	Ganesha: Orange	<i>Sunrise:</i> 6:37AM		
		Yama	9:28AM – 10:53AM	Parigha* Until 4:32AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:00PM	Moon 1 - Phase 40	
		995723466 Rahu	3:09PM – 4:35PM	Vanija Until 10:36PM	Nataraja: Orange		3rd Phase	
Routine Work	Marana Yoga			Tritiya Until 9:26AM	Moon – Purple			Devaloka Day
					Pausha-Thai			

4		Wednesday, January 29, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada*Uttaraproshtapada Nakshatra Shiva Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau				Yangon, Myanmar Sun 17 Sutra 290 Vikarin 5121
Kumbha Rasi: 29.44	Tithi 4 – 5	Gulika	10:53AM – 12:19PM	Purvaproshtapada* Until 1:14PM	Ganesha: Green	<i>Sunrise:</i> 6:37AM		
		Yama	8:02AM – 9:28AM	Shiva Until 5:21AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:01PM	Moon 1 - Phase 40	
		915723466 Rahu	12:19PM – 1:44PM	Bava Until 1:04AM Thu	Nataraja: Orange		3rd Phase	
Creative Work	Amrita Yoga			Chaturthi* Until 11:48AM	Moon – Clear			Sivaloka Day
Until 1:14PM					Pausha-Thai			
Then Creative Work - Siddha Yoga								

5		Thursday, January 30, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau				Yangon, Myanmar Sun 18 Sutra 291 Vikarin 5121
Meena Rasi: 11.37	Tithi 5 – 6	Gulika	9:28AM – 10:53AM	Uttaraproshtapada Until 4:11PM	Ganesha: Green	<i>Sunrise:</i> 6:37AM		
		Yama	6:37AM – 8:02AM	Siddha Until 6:10AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:01PM	Moon 1 - Phase 40	
		915723466 Rahu	1:45PM – 3:10PM	Kaulava Until 3:36AM Fri	Nataraja: Orange		3rd Phase	
Creative Work	Siddha Yoga			Panchami Until 2:19PM	Moon – Clear			Sivaloka Day
					Pausha-Thai			

6		Friday, January 31, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Yangon, Myanmar Sun 19 Sutra 292 Vikarin 5121
Meena Rasi: 23.29	Tithi 6 – 7	Gulika	8:02AM – 9:28AM	Revati Until 6:56PM	Ganesha: Orange	<i>Sunrise:</i> 6:37AM		
		Yama	3:11PM – 4:36PM	Siddha Until 6:10AM	Muruqa: Clear	<i>Sunset:</i> 6:02PM	Moon 1 - Phase 40	
		916723466 Rahu	10:54AM – 12:19PM	Gara Until 6:02AM Sat	Nataraja: Orange		3rd Phase	
Creative Work	Siddha Yoga			Shashthi* Until 4:49PM	Moon – Clear			Devaloka Day
Until 6:56PM					Pausha-Thai			
Then Creative Work - Amrita Yoga								

Retreat Star		Saturday, February 1, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau				Yangon, Myanmar Sun 20 Sutra 293 Vikarin 5121
Mesha Rasi: 5.24	Tithi 7	Gulika	6:37AM – 8:02AM	Ashvini Until 9:50PM	Ganesha: Green	<i>Sunrise:</i> 6:37AM		
		Yama	1:45PM – 3:11PM	Sadhya Until 6:55AM	Muruqa: Clear	<i>Sunset:</i> 6:02PM	Moon 1 - Phase 40	
		926723466 Rahu	9:28AM – 10:54AM	Gara Until 6:02AM	Nataraja: Orange		3rd Phase	
Creative Work	Siddha Yoga			Saptami Until 7:08PM	Moon – White			Bhuloka Day
					Pausha-Thai			Devaloka Time: 3:PM to 6:PM

Retreat Star		Sunday, February 2, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Yangon, Myanmar Sun 21 Sutra 294 Vikarin 5121
Mesha Rasi: 17.26	Tithi 8	Gulika	3:11PM – 4:37PM	Bharani Until 12:09AM Mon	Ganesha: Green	<i>Sunrise:</i> 6:36AM		
		Yama	12:19PM – 1:45PM	Subha Until 7:27AM	Muruqa: Clear	<i>Sunset:</i> 6:02PM	Moon 1 - Phase 40	
		926723466 Rahu	4:37PM – 6:02PM	Visti Until 8:10AM	Nataraja: Orange		Ashtami	
Routine Work	Prabalarishta Yoga			Ashtami* Until 9:02PM	Moon – White			Bhuloka Day
Until 12:09AM Mon					Pausha-Thai			Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga								

Retreat Star		Monday, February 3, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Yangon, Myanmar Sun 22 Sutra 295 Vikarin 5121
Mesha Rasi: 29.4	Tithi 9	Gulika	1:45PM – 3:11PM	Krittika Until 1:42AM Tue	Ganesha: Green	<i>Sunrise:</i> 6:36AM		
Family Home Evening		Yama	10:54AM – 12:19PM	Sukla Until 7:35AM	Muruqa: Clear	<i>Sunset:</i> 6:03PM	Moon 1 - Phase 40	
		926723466 Rahu	8:02AM – 9:28AM	Balava Until 9:48AM	Nataraja: Orange		Navami	
Routine Work	Marana Yoga			Navami* Until 10:20PM	Moon – White			Bhuloka Day
Until 1:42AM Tue					Pausha-Thai			Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga								

1		Tuesday, February 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau			Yangon, Myanmar Sun 23 Sutra 296
Wishabha Rasi: 12.1	Tithi 10	Gulika 12:20PM – 1:46PM	Rohini Until 2:50AM Wed	Ganesha: Red	<i>Sunrise:</i> 6:36AM	Vikarin 5121	
		Yama 9:28AM – 10:54AM	Brahma Until 7:12AM	Muruqa: Clear	<i>Sunset:</i> 6:03PM	Moon 1 - Phase 41	
	936723467	Rahu 3:11PM – 4:37PM	Taitila Until 10:43AM	Nataraja: Clear		4th Phase	
Creative Work Amrita Yoga			Dashami Until 10:51PM	Moon – Yellow		Devaloka Day	
Until 2:50AM Wed				Pausha-Thai			
Then Creative Work - Siddha Yoga							

2		Wednesday, February 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau			Yangon, Myanmar Sun 24 Sutra 297
Wishabha Rasi: 25.03	Tithi 11	Gulika 10:54AM – 12:20PM	Mrigashira Until 2:59AM Thu	Ganesha: Red	<i>Sunrise:</i> 6:36AM	Vikarin 5121	
		Yama 8:02AM – 9:28AM	Indra Until 6:14AM	Muruqa: Clear	<i>Sunset:</i> 6:04PM	Moon 1 - Phase 41	
	936723467	Rahu 12:20PM – 1:46PM	Vanija Until 10:49AM	Nataraja: Clear		4th Phase	
Creative Work Siddha Yoga			Ekadashi Until 10:32PM	Moon – Yellow		Devaloka Day	
Until 2:59AM Thu				Pausha-Thai			
Then Routine Work - Marana Yoga							

3		Thursday, February 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvadashyam Titau			Yangon, Myanmar Sun 25 Sutra 298
Mithuna Rasi: 8.22	Tithi 12	Gulika 9:28AM – 10:54AM	Ardra Until 2:11AM Fri	Ganesha: Red	<i>Sunrise:</i> 6:35AM	Vikarin 5121	
		Yama 6:35AM – 8:01AM	Vishkambha* Until 2:18AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:04PM	Moon 1 - Phase 41	
	936723467	Rahu 1:46PM – 3:12PM	Bava Until 10:05AM	Nataraja: Clear		4th Phase	
Routine Work Marana Yoga			Dvadashi Until 9:24PM	Moon – Yellow		Devaloka Day	
Until 2:11AM Fri				Pausha-Thai			
Then Creative Work - Siddha Yoga							

4		Friday, February 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti Yoga Kaulava/Taitila Karana Trayodashyam Titau			Yangon, Myanmar Sun 26 Sutra 299
Mithuna Rasi: 22.07	Tithi 13	Gulika 8:01AM – 9:27AM	Punarvasu Until 12:58AM Sat	Ganesha: Blue	<i>Sunrise:</i> 6:35AM	Vikarin 5121	
		Yama 3:12PM – 4:38PM	Priti Until 11:27PM	Muruqa: Clear	<i>Sunset:</i> 6:05PM	Moon 1 - Phase 41	
	947723467	Rahu 10:54AM – 12:20PM	Kaulava Until 8:33AM	Nataraja: Clear		4th Phase	
Creative Work Siddha Yoga			Trayodashi Until 7:30PM	Moon – Blue		Bhuloka Day	
				Pausha-Thai		Devaloka Time: 3:PM to 6:PM	
						<i>Pradosha Vrata</i>	

5		Saturday, February 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Ayushman Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau			Yangon, Myanmar Sun 27 Sutra 300
Kataka Rasi: 6.2	Tithi 14 – 15	Gulika 6:35AM – 8:01AM	Pushya Until 11:01PM	Ganesha: Blue	<i>Sunrise:</i> 6:35AM	Vikarin 5121	
		Yama 1:46PM – 3:12PM	Ayushman Until 8:06PM	Muruqa: Clear	<i>Sunset:</i> 6:05PM	Moon 1 - Phase 41	
	947723467	Rahu 9:27AM – 10:54AM	Gara Until 6:20AM	Nataraja: Clear		4th Phase	
Creative Work Siddha Yoga			Chaturdashi* Until 4:59PM	Moon – Blue		Bhuloka Day	
Until 11:01PM		Thai Pusam		Pausha-Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

○		Sunday, February 9, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Yangon, Myanmar Sutra 301
Copper Retreat Star		Gulika 3:13PM – 4:39PM	Ashlesha* Until 8:31PM	Ganesha: Blue	<i>Sunrise:</i> 6:34AM	Vikarin 5121	
Kataka Rasi: 20.56	Tithi 15 – 16	Yama 12:20PM – 1:46PM	Saubhagya Until 4:24PM	Muruqa: Clear	<i>Sunset:</i> 6:06PM	Moon 1 - Phase 41	
	947723467	Rahu 4:39PM – 6:06PM	Balava Until 12:24AM Mon	Nataraja: Clear		Purnima	
Creative Work Siddha Yoga			Purnima* Until 2:00PM	Moon – Blue		Bhuloka Day	
Until 8:31PM				Pausha-Thai		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

○		Monday, February 10, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sobhana/Alhiganda* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau			Yangon, Myanmar Sutra 302
Silver Retreat Star		Gulika 1:46PM – 3:13PM	Magha* Until 6:03PM	Ganesha: Red	<i>Sunrise:</i> 6:34AM	Vikarin 5121	
Simha Rasi: 5.48	Tithi 16 – 17	Yama 10:53AM – 12:20PM	Sobhana Until 12:29PM	Muruqa: Clear	<i>Sunset:</i> 6:06PM	Moon 1 - Phase 41	
Family Home Evening	957723467	Rahu 8:00AM – 9:27AM	Taitila Until 9:01PM	Nataraja: Clear		Prathama	
Routine Work Marana Yoga			Prathama* Until 10:43AM	Moon – Red		Devaloka Day	
Until 6:03PM				Pausha-Thai			
Then Creative Work - Siddha Yoga							



Tuesday, February 11, 2020

Gold Retreat Star

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

Yangon, Myanmar

Sun 1 Sutra 303

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Simha Rasi: 20.48 Tithi 17 - 18

957723467

Gulika

12:20PM - 1:47PM

Yama

9:27AM - 10:53AM

Rahu

3:13PM - 4:40PM

Purvaphalguni Until 3:22PM

Athiganda* Until 8:26AM

Visti Until 3:54AM Wed

Dvitiya Until 7:17AM

Ganesha: Red

Sunrise: 6:34AM

Muruqa: Clear

Sunset: 6:06PM

Nataraja: Clear

Moon - Red

Pausha*Thai

Devaloka Day

Creative Work Siddha Yoga

Until 3:22PM

Then Creative Work - Amrita Yoga

1

Wednesday, February 12, 2020

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

Yangon, Myanmar

Sun 2 Sutra 304

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 5.47 Tithi 19

957723467

Gulika

10:53AM - 12:20PM

Yama

8:00AM - 9:27AM

Rahu

12:20PM - 1:47PM

Uttaraphalguni Until 12:38PM

Dhriti Until 12:37AM Thu

Bava Until 2:17PM

Chaturthi* Until 12:41AM Thu

Ganesha: Red

Sunrise: 6:33AM

Muruqa: Clear

Sunset: 6:07PM

Nataraja: Clear

Moon - Red

Pausha*Thai

Devaloka Day

Creative Work Amrita Yoga

Until 12:38PM

Then Routine Work - Marana Yoga

2

Thursday, February 13, 2020

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

Yangon, Myanmar

Sun 3 Sutra 305

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 20.37 Tithi 20

967723467

Gulika

9:26AM - 10:53AM

Yama

6:33AM - 8:00AM

Rahu

1:47PM - 3:14PM

Hasta Until 10:26AM

Shula* Until 9:02PM

Kaulava Until 11:13AM

Panchami Until 9:49PM

Ganesha: Green

Sunrise: 6:33AM

Muruqa: Clear

Sunset: 6:07PM

Nataraja: Clear

Moon - Green

Pausha*Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Routine Work Marana Yoga

Until 10:26AM

Then Creative Work - Siddha Yoga

3

Friday, February 14, 2020

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

Yangon, Myanmar

Sun 4 Sutra 306

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Tula Rasi: 5.1 Tithi 21

968723467

Gulika

7:59AM - 9:26AM

Yama

3:14PM - 4:41PM

Rahu

10:53AM - 12:20PM

Chitra Until 8:28AM

Ganda* Until 5:50PM

Gara Until 8:33AM

Shashthi* Until 7:23PM

Ganesha: White

Sunrise: 6:32AM

Muruqa: Clear

Sunset: 6:08PM

Nataraja: Clear

Moon - Green

Pausha*Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

4

Saturday, February 15, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam
Svati/Vishakha Nakshatra Vridhhi/Dhruva Yoga Visti*/Balava Karana Saptami/Ashtamyam Titau

Yangon, Myanmar

Sun 5 Sutra 307

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Tula Rasi: 19.23 Tithi 22 - 23

968723467

Gulika

6:32AM - 7:59AM

Yama

1:47PM - 3:14PM

Rahu

9:26AM - 10:53AM

Svati Until 6:53AM

Vridhhi Until 3:05PM

Visti Until 6:24AM

Saptami Until 5:31PM

Ganesha: White

Sunrise: 6:32AM

Muruqa: Clear

Sunset: 6:08PM

Nataraja: Clear

Moon - Green

Pausha*Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

5

Sunday, February 16, 2020

Retreat Star

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

Yangon, Myanmar

Sun 6 Sutra 308

Vikarin 5121

Moon 2 - Phase 42

Ashtami

Vrischika Rasi: 3.14 Tithi 23 - 24

978723467

Gulika

3:14PM - 4:41PM

Yama

12:20PM - 1:47PM

Rahu

4:41PM - 6:08PM

Vishakha Until 6:09AM

Dhruva Until 12:47PM

Taitila Until 3:52AM Mon

Ashtami* Until 4:14PM

Ganesha: Clear

Sunrise: 6:31AM

Muruqa: Clear

Sunset: 6:08PM

Nataraja: Clear

Moon - Orange

Pausha*Masi

Devaloka Day

Routine Work Marana Yoga

Monday, February 17, 2020

Retreat Star

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

Yangon, Myanmar

Sun 7 Sutra 309

Vikarin 5121

Moon 2 - Phase 42

Navami

Vrischika Rasi: 16.43 Tithi 24 - 25

978723467

Gulika

1:47PM - 3:14PM

Yama

10:53AM - 12:20PM

Rahu

7:58AM - 9:25AM

Jyeshtha* Until 6:03AM Tue

Vyaghata* Until 11:00AM

Vanija Until 3:31AM Tue

Navami* Until 3:36PM

Ganesha: Clear

Sunrise: 6:31AM

Muruqa: Clear

Sunset: 6:09PM

Nataraja: Clear

Moon - Orange

Pausha*Masi

Devaloka Day

Creative Work Siddha Yoga

Until 6:03AM Tue

Then Creative Work - Amrita Yoga

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

All times are standard time

www.gurudeva.org/panchang

1		Tuesday, February 18, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Yangon, Myanmar Sun 8 Sutra 310 Vikarin 5121	
Virschika Rasi: 29.52	Tithi 25 – 26	Gulika	12:20PM – 1:47PM	Jyeshtha* Until 6:03AM	Ganesha: Clear	<i>Sunrise:</i> 6:30AM			
		Yama	9:25AM – 10:52AM	Harshana Until 9:42AM	Muruqa: Clear	<i>Sunset:</i> 6:09PM		Moon 2 - Phase 43	2nd Phase
		988723467 Rahu	3:14PM – 4:42PM	Bava Until 3:46AM Wed	Nataraja: Clear				
Routine Work	Marana Yoga			Dashami Until 3:33PM	Moon – Orange			Devaloka Day	
Until 6:03AM					Pausha-Masi				
Then Creative Work - Amrita Yoga									

2		Wednesday, February 19, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau		Yangon, Myanmar Sun 9 Sutra 311 Vikarin 5121	
Dhanus Rasi: 12.44	Tithi 26 – 27	Gulika	10:52AM – 12:20PM	Mula* Until 7:06AM	Ganesha: Purple	<i>Sunrise:</i> 6:30AM			
		Yama	7:57AM – 9:25AM	Vajra* Until 8:49AM	Muruqa: Clear	<i>Sunset:</i> 6:09PM		Moon 2 - Phase 43	2nd Phase
		988723467 Rahu	12:20PM – 1:47PM	Kaulava Until 4:31AM Thu	Nataraja: Clear				
Routine Work	Marana Yoga			Ekadashi* Until 4:04PM	Moon – Light Blue			Bhuloka Day	
Until 7:06AM					Pausha-Masi			Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga									

3		Thursday, February 20, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Dvadashti/Trayodashyam Titau		Yangon, Myanmar Sun 10 Sutra 312 Vikarin 5121	
Dhanus Rasi: 25.22	Tithi 27 – 28	Gulika	9:24AM – 10:52AM	Purvashadha* Until 8:28AM	Ganesha: Purple	<i>Sunrise:</i> 6:29AM			
		Yama	6:29AM – 7:57AM	Siddhi Until 8:19AM	Muruqa: Clear	<i>Sunset:</i> 6:10PM		Moon 2 - Phase 43	2nd Phase
		989823467 Rahu	1:47PM – 3:15PM	Gara Until 5:42AM Fri	Nataraja: Clear				
Creative Work	Siddha Yoga			Dvadashti* Until 5:02PM	Moon – Light Blue			Bhuloka Day	
Until 8:28AM					Pausha-Masi			Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga									

4		Friday, February 21, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Vanija Karana Trayodashyam Titau		Yangon, Myanmar Sun 11 Sutra 313 Vikarin 5121	
Makara Rasi: 7.48	Tithi 28	Gulika	7:56AM – 9:24AM	Uttarashadha Until 10:05AM	Ganesha: Purple	<i>Sunrise:</i> 6:29AM			
		Yama	3:15PM – 4:42PM	Vyatipata* Until 8:10AM	Muruqa: Clear	<i>Sunset:</i> 6:10PM		Moon 2 - Phase 43	2nd Phase
		989823467 Rahu	10:52AM – 12:19PM	Vanija Until 6:25PM	Nataraja: Clear				
Routine Work	Marana Yoga			Trayodashi* Until 6:25PM	Moon – Light Blue			Bhuloka Day	
					Pausha-Masi			Devaloka Time: 3:PM to 6:PM	
		Mahasivaratri (Solar)							

5		Saturday, February 22, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Yangon, Myanmar Sun 12 Sutra 314 Vikarin 5121	
Makara Rasi: 20.05	Tithi 29	Gulika	6:28AM – 7:56AM	Shravana Until 12:22PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:28AM			
		Yama	1:47PM – 3:15PM	Variyan Until 8:15AM	Muruqa: Clear	<i>Sunset:</i> 6:10PM		Moon 2 - Phase 43	2nd Phase
		999823467 Rahu	9:24AM – 10:52AM	Visti Until 7:15AM	Nataraja: Clear				
Creative Work	Siddha Yoga			Chaturdashi* Until 8:07PM	Moon – Purple			Bhuloka Day	
					Pausha-Masi			Devaloka Time: 3:PM to 6:PM	

Retreat Star		Sunday, February 23, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Yangon, Myanmar Sun 13 Sutra 315 Vikarin 5121	
Kumbha Rasi: 2.14	Tithi 30	Gulika	3:15PM – 4:43PM	Dhanishtha Until 2:46PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:28AM			
		Yama	12:19PM – 1:47PM	Parigha* Until 8:34AM	Muruqa: Clear	<i>Sunset:</i> 6:11PM		Moon 2 - Phase 43	Amavasya
		999823467 Rahu	4:43PM – 6:11PM	Catuspada Until 9:06AM	Nataraja: Clear				
Routine Work	Marana Yoga			Amavasya* Until 10:06PM	Moon – Purple			Bhuloka Day	
Until 2:46PM					Pausha-Masi			Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga									

Retreat Star		Monday, February 24, 2020				Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau		Yangon, Myanmar Sun 14 Sutra 316 Vikarin 5121	
Kumbha Rasi: 14.18	Tithi 1	Gulika	1:47PM – 3:15PM	Shatabhishak Until 5:13PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:27AM			
Family Home Evening		Yama	10:51AM – 12:19PM	Shiva Until 9:06AM	Muruqa: Clear	<i>Sunset:</i> 6:11PM		Moon 2 - Phase 43	Prathama
		999823467 Rahu	7:55AM – 9:23AM	Kintughna Until 11:12AM	Nataraja: Clear				
Creative Work	Siddha Yoga			Prathama* Until 12:18AM Tue	Moon – Purple			Bhuloka Day	
Until 5:13PM					Magha-Masi			Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga									

1	Tuesday, February 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam				Yangon, Myanmar
	Kumbha Rasi: 26.17 Tithi 2		Purvaproshtapada* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau				Sun 15 Sutra 317
	919823467	Gulika 12:19PM – 1:47PM Yama 9:23AM – 10:51AM Rahu 3:15PM – 4:43PM	Purvaproshtapada* Until 8:11PM Siddha Until 9:45AM Balava Until 1:30PM Dvitiya Until 2:41AM Wed	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear	Sunrise: 6:27AM Sunset: 6:11PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase	Devaloka Day

Routine Work Marana Yoga
Until 8:11PM
Then Creative Work - Amrita Yoga

2	Wednesday, February 26, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam				Yangon, Myanmar
	Meena Rasi: 8.11 Tithi 3		Uttaraproshtapada* Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Trityayam Titau				Sun 16 Sutra 318
	919823467	Gulika 10:51AM – 12:19PM Yama 7:54AM – 9:22AM Rahu 12:19PM – 1:47PM	Uttaraproshtapada Until 11:06PM Sadhya Until 10:32AM Taitila Until 3:57PM Tritiya Until 5:11AM Thu	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear	Sunrise: 6:26AM Sunset: 6:12PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase	Devaloka Day

Creative Work Siddha Yoga
Until 11:06PM
Then Routine Work - Marana Yoga

3	Thursday, February 27, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam				Yangon, Myanmar
	Meena Rasi: 20.04 Tithi 4		Revati Nakshatra Subha/Sukla Yoga Vanija Karana Chaturthyam Titau				Sun 17 Sutra 319
	919823467	Gulika 9:22AM – 10:50AM Yama 6:25AM – 7:54AM Rahu 1:47PM – 3:15PM	Revati Until 1:55AM Fri Subha Until 11:25AM Vanija Until 6:28PM Chaturthi* Until 7:42AM Fri	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear	Sunrise: 6:25AM Sunset: 6:12PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase	Devaloka Day

Creative Work Siddha Yoga
Until 1:55AM Fri
Then Creative Work - Amrita Yoga **Subramuniyaswami Siva Vision Day**

4	Friday, February 28, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam				Yangon, Myanmar
	Mesha Rasi: 1.56 Tithi 4 – 5		Ashvini Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Sun 18 Sutra 320
	921823467	Gulika 7:53AM – 9:22AM Yama 3:15PM – 4:44PM Rahu 10:50AM – 12:18PM	Ashvini Until 4:59AM Sat Sukla Until 12:15PM Bava Until 8:57PM Chaturthi* Until 7:42AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – White	Sunrise: 6:25AM Sunset: 6:12PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase	Bhuloka Day Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga
Until 4:59AM Sat
Then Creative Work - Siddha Yoga

5	Saturday, February 29, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam				Yangon, Myanmar
	Mesha Rasi: 13.49 Tithi 5 – 6		Bharani Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Sun 19 Sutra 321
	921823467	Gulika 6:24AM – 7:53AM Yama 1:47PM – 3:15PM Rahu 9:21AM – 10:50AM	Bharani Until 7:40AM Sun Brahma Until 1:01PM Kaulava Until 11:15PM Panchami Until 10:07AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – White	Sunrise: 6:24AM Sunset: 6:12PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase	Bhuloka Day Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

6	Sunday, March 1, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam				Yangon, Myanmar
	Mesha Rasi: 25.49 Tithi 6 – 7		Bharani/Krittika Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Sun 20 Sutra 322
	921833467	Gulika 3:15PM – 4:44PM Yama 12:18PM – 1:47PM Rahu 4:44PM – 6:13PM	Bharani Until 7:40AM Indra Until 1:35PM Gara Until 1:11AM Mon Shashthi* Until 12:15PM	Ganesha: Purple Muruqa: Orange Nataraja: Clear Moon – White	Sunrise: 6:23AM Sunset: 6:13PM	Vikarin 5121 Moon 2 - Phase 44 3rd Phase	Bhuloka Day Devaloka Time: 3:PM to 6:PM

Routine Work Prabalarishta Yoga
Until 7:40AM
Then Creative Work - Siddha Yoga

D	Monday, March 2, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam				Yangon, Myanmar
	Retreat Star		Krittika/Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Sun 21 Sutra 323
	921833467	Gulika 1:47PM – 3:15PM Yama 10:49AM – 12:18PM Rahu 7:51AM – 9:20AM	Krittika Until 9:46AM Vaidhriti* Until 1:44PM Visti Until 2:31AM Tue Saptami Until 1:55PM	Ganesha: Purple Muruqa: Orange Nataraja: Clear Moon – White	Sunrise: 6:22AM Sunset: 6:13PM	Vikarin 5121 Moon 2 - Phase 44 Ashtami	Bhuloka Day Devaloka Time: 3:PM to 6:PM

Vrshabha Rasi: 7.59 Tithi 7 – 8
Family Home Evening
Routine Work Marana Yoga
Until 9:46AM
Then Creative Work - Amrita Yoga

D	Tuesday, March 3, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam				Yangon, Myanmar
	Retreat Star		Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Sun 22 Sutra 324
	931833467	Gulika 12:17PM – 1:46PM Yama 9:19AM – 10:48AM Rahu 3:15PM – 4:44PM	Rohini Until 11:34AM Vishkambha* Until 1:24PM Balava Until 3:06AM Wed Ashtami* Until 2:53PM	Ganesha: Clear Muruqa: Orange Nataraja: Clear Moon – Yellow	Sunrise: 6:21AM Sunset: 6:13PM	Vikarin 5121 Moon 2 - Phase 44 Navami	Devaloka Day

Vrshabha Rasi: 20.24 Tithi 8 – 9
Creative Work Amrita Yoga
Until 11:34AM
Then Creative Work - Siddha Yoga

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


1	Wednesday, March 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Yangon, Myanmar
	Mithuna Rasi: 3.1	Tithi 9 – 10	Gulika 10:48AM – 12:17PM	Mrigashira Until 12:25PM	Ganesha: Clear	<i>Sunrise:</i> 6:21AM	Sun 23 Sutra 325
			Yama 7:50AM – 9:19AM	Priti Until 12:27PM	Muruqa: Orange	<i>Sunset:</i> 6:14PM	Vikarin 5121
	931833467	Rahu 12:17PM – 1:46PM	Taitila Until 2:49AM Thu	Navami* Until 3:03PM	Nataraja: Clear		Moon 2 - Phase 45 4th Phase
Creative Work	Siddha Yoga			Moon – Yellow		Devaloka Day	

2	Thursday, March 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Yangon, Myanmar
	Mithuna Rasi: 16.22	Tithi 10 – 11	Gulika 9:18AM – 10:48AM	Ardra Until 12:17PM	Ganesha: Red	<i>Sunrise:</i> 6:20AM	Sun 24 Sutra 326
			Yama 6:20AM – 7:49AM	Ayushman Until 10:48AM	Muruqa: Orange	<i>Sunset:</i> 6:14PM	Vikarin 5121
	131833467	Rahu 1:46PM – 3:15PM	Vanija Until 1:39AM Fri	Dashami Until 2:19PM	Nataraja: Clear		Moon 2 - Phase 45 4th Phase
Routine Work	Marana Yoga			Moon – Yellow		Devaloka Day	
Until 12:17PM				Magha-Masi			
Then Creative Work - Amrita Yoga							

3	Friday, March 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Yangon, Myanmar
	Kataka Rasi: 0.04	Tithi 11 – 12	Gulika 7:49AM – 9:18AM	Punarvasu Until 11:35AM	Ganesha: Blue	<i>Sunrise:</i> 6:19AM	Sun 25 Sutra 327
			Yama 3:15PM – 4:45PM	Saubhagya Until 8:28AM	Muruqa: Orange	<i>Sunset:</i> 6:14PM	Vikarin 5121
	141833467	Rahu 10:47AM – 12:17PM	Bava Until 11:40PM	Ekadashi Until 12:44PM	Nataraja: Clear		Moon 2 - Phase 45 4th Phase
Creative Work	Siddha Yoga			Moon – Blue		Bhuloka Day	
Until 11:35AM				Magha-Masi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

4	Saturday, March 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Yangon, Myanmar
	Kataka Rasi: 14.15	Tithi 12 – 13	Gulika 6:19AM – 7:48AM	Pushya Until 9:59AM	Ganesha: Blue	<i>Sunrise:</i> 6:19AM	Sun 26 Sutra 328
			Yama 1:46PM – 3:15PM	Athiganda* Until 1:59AM Sun	Muruqa: Orange	<i>Sunset:</i> 6:14PM	Vikarin 5121
	141833467	Rahu 9:18AM – 10:47AM	Kaulava Until 8:59PM	Dvadashi Until 10:23AM	Nataraja: Clear		Moon 2 - Phase 45 4th Phase
Creative Work	Siddha Yoga			Moon – Blue		Bhuloka Day	
Until 9:59AM				Magha-Masi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							
				<i>Pradosha Vrata</i>			

5	Sunday, March 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sukarma Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar
	Kataka Rasi: 28.55	Tithi 13 – 14	Gulika 3:15PM – 4:45PM	Ashlesha* Until 7:37AM	Ganesha: Blue	<i>Sunrise:</i> 6:18AM	Sun 27 Sutra 329
			Yama 12:16PM – 1:46PM	Sukarma Until 10:04PM	Muruqa: Orange	<i>Sunset:</i> 6:15PM	Vikarin 5121
	141833467	Rahu 4:45PM – 6:15PM	Vanija Until 3:57AM Mon	Trayodashi Until 7:24AM	Nataraja: Clear		Moon 2 - Phase 45 4th Phase
Creative Work	Siddha Yoga			Moon – Blue		Bhuloka Day	
Until 7:37AM		Chidambaram Abhishekam		Magha-Masi		Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

	Monday, March 9, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau				Yangon, Myanmar
	Copper Retreat Star		Gulika 1:46PM – 3:15PM	Purvaphalguni Until 2:04AM Tue	Ganesha: White	<i>Sunrise:</i> 6:17AM	Sutra 330
	Simha Rasi: 13.55	Tithi 15	Yama 10:46AM – 12:16PM	Dhriti Until 5:53PM	Muruqa: Orange	<i>Sunset:</i> 6:15PM	Vikarin 5121
	Family Home Evening	152833467	Rahu 7:47AM – 9:17AM	Visti Until 2:08PM	Nataraja: Clear		Moon 2 - Phase 45 Purnima
Creative Work	Siddha Yoga		Purnima* Until 12:13AM Tue	Moon – Red		Sivaloka Day	
Until 2:04AM Tue				Magha-Masi			
Then Creative Work - Amrita Yoga							

○	Tuesday, March 10, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Prathamayam Titau				Yangon, Myanmar
	Silver Retreat Star		Gulika 12:16PM – 1:45PM	Uttaraphalguni Until 10:52PM	Ganesha: White	<i>Sunrise:</i> 6:16AM	Sutra 331
	Simha Rasi: 29.09	Tithi 16	Yama 9:16AM – 10:46AM	Shula* Until 1:31PM	Muruqa: Orange	<i>Sunset:</i> 6:15PM	Vikarin 5121
	152833467	Rahu 3:15PM – 4:45PM	Balava Until 10:19AM	Prathama* Until 8:23PM	Nataraja: Clear		Moon 2 - Phase 45 Prathama
Creative Work	Amrita Yoga			Moon – Red		Sivaloka Day	
Until 10:52PM				Magha-Masi			
Then Creative Work - Siddha Yoga							

The birth of the world, its maintenance, its destruction, the soul's obscuration and liberation are the five acts of His dance. Mrigendra Agama Jnana Pada



Wednesday, March 11, 2020

Gold Retreat Star

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

Yangon, Myanmar

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 14.26 Tithi 17 - 18

162833467

Gulika 10:46AM - 12:15PM
Yama 7:46AM - 9:16AM
Rahu 12:15PM - 1:45PM

Hasta Until 8:01PM

Ganda* Until 9:11AM

Taitila Until 6:29AM

Dvitiya Until 4:36PM

Ganesha: Clear *Sunrise: 6:16AM*

Muruqa: Orange *Sunset: 6:15PM*

Nataraja: Clear

Moon - Green

Magha-Masi

Devaloka Day

Routine Work Marana Yoga

Until 8:01PM

Then Creative Work - Siddha Yoga

1

Thursday, March 12, 2020

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

Yangon, Myanmar

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 29.36 Tithi 18 - 19

162833467

Gulika 9:15AM - 10:45AM
Yama 6:15AM - 7:45AM
Rahu 1:45PM - 3:15PM

Chitra Until 5:19PM

Dhruva Until 1:06AM Fri

Bava Until 11:27PM

Tritiya Until 1:03PM

Ganesha: Clear *Sunrise: 6:15AM*

Muruqa: Orange *Sunset: 6:15PM*

Nataraja: Clear

Moon - Green

Magha-Masi

Devaloka Day

Creative Work Siddha Yoga

Until 5:19PM

Then Creative Work - Amrita Yoga

Maha Sankatahara Chaturthi

2

Friday, March 13, 2020

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

Yangon, Myanmar

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 14.29 Tithi 19 - 20

162833467

Gulika 7:44AM - 9:15AM
Yama 3:15PM - 4:45PM
Rahu 10:45AM - 12:15PM

Svati Until 2:54PM

Vyaghata* Until 9:36PM

Kaulava Until 8:34PM

Chaturthi* Until 9:55AM

Ganesha: Clear *Sunrise: 6:14AM*

Muruqa: Orange *Sunset: 6:15PM*

Nataraja: Clear

Moon - Green

Magha-Masi

Devaloka Day

Creative Work Siddha Yoga

3

Saturday, March 14, 2020

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

Yangon, Myanmar

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 28.58 Tithi 20 - 21

172833467

Gulika 6:14AM - 7:44AM
Yama 1:45PM - 3:15PM
Rahu 9:14AM - 10:44AM

Vishakha Until 1:21PM

Harshana Until 6:38PM

Gara Until 6:19PM

Panchami Until 7:20AM

Ganesha: Purple *Sunrise: 6:14AM*

Muruqa: Orange *Sunset: 6:16PM*

Nataraja: Clear

Moon - Orange

Magha-Panguni

Sivaloka Day

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

4

Sunday, March 15, 2020

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

Yangon, Myanmar

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 13.01 Tithi 22

172833468

Gulika 3:15PM - 4:45PM
Yama 12:14PM - 1:45PM
Rahu 4:45PM - 6:16PM

Anuradha Until 12:22PM

Vajra* Until 4:14PM

Visti Until 4:47PM

Saptami Until 4:18AM Mon

Ganesha: Purple *Sunrise: 6:13AM*

Muruqa: Orange *Sunset: 6:16PM*

Nataraja: Purple

Moon - Orange

Magha-Panguni

Subha Sivaloka Day

Routine Work Marana Yoga

D

Monday, March 16, 2020

Retreat Star

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

Yangon, Myanmar

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Vrischika Rasi: 26.35 Tithi 23

172933468

Gulika 1:45PM - 3:15PM
Yama 10:44AM - 12:14PM
Rahu 7:43AM - 9:13AM

Jyeshtha* Until 12:01PM

Siddhi Until 2:28PM

Balava Until 4:03PM

Ashtami* Until 3:58AM Tue

Ganesha: Clear *Sunrise: 6:12AM*

Muruqa: Orange *Sunset: 6:16PM*

Nataraja: Purple

Moon - Orange

Magha-Panguni

Sivaloka Day

Creative Work Siddha Yoga

Family Home Evening

Tuesday, March 17, 2020

Retreat Star

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

Yangon, Myanmar

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 9.43 Tithi 24

182933468

Gulika 12:14PM - 1:44PM
Yama 9:12AM - 10:43AM
Rahu 3:15PM - 4:46PM

Mula* Until 12:43PM

Vyatipata* Until 1:20PM

Taitila Until 4:06PM

Navami* Until 4:22AM Wed

Ganesha: Purple *Sunrise: 6:11AM*

Muruqa: Orange *Sunset: 6:16PM*

Nataraja: Purple

Moon - Light Blue

Magha-Panguni

Devaloka Day

Creative Work Amrita Yoga

Until 12:43PM

Then Creative Work - Siddha Yoga


1	Wednesday, March 18, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau				Yangon, Myanmar
	Dhanus Rasi: 22.29	Tithi 25	Gulika 10:43AM – 12:13PM	Purvashadha* Until 1:59PM	Ganesha: Purple	<i>Sunrise:</i> 6:10AM	Sun 8 Sutra 339
			Yama 7:41AM – 9:12AM	Variyan Until 12:44PM	Muruqa: Orange	<i>Sunset:</i> 6:16PM	Vikarin 5121
	182933468	Rahu 12:13PM – 1:44PM	Vaniya Until 4:51PM	Nataraja: Purple	Moon – Light Blue		Moon 3 - Phase 47
Creative Work	Amrita Yoga		Dashami Until 5:27AM Thu	Magha+Panguni		2nd Phase	
						Devaloka Day	

2	Thursday, March 19, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava Karana Ekadashyam Titau				Yangon, Myanmar
	Makara Rasi: 4.57	Tithi 26	Gulika 9:11AM – 10:42AM	Uttarashadha Until 3:40PM	Ganesha: Purple	<i>Sunrise:</i> 6:10AM	Sun 9 Sutra 340
			Yama 6:10AM – 7:41AM	Parigha* Until 12:37PM	Muruqa: Orange	<i>Sunset:</i> 6:17PM	Vikarin 5121
	182933468	Rahu 1:44PM – 3:15PM	Bava Until 6:12PM	Nataraja: Purple	Moon – Light Blue		Moon 3 - Phase 47
Routine Work	Marana Yoga		Ekadashi* Until 7:02AM Fri	Magha+Panguni		2nd Phase	
Until 3:40PM						Devaloka Day	
Then Creative Work - Siddha Yoga							

3	Friday, March 20, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Yangon, Myanmar
	Makara Rasi: 17.12	Tithi 26 – 27	Gulika 7:40AM – 9:11AM	Shravana Until 6:07PM	Ganesha: Clear	<i>Sunrise:</i> 6:09AM	Sun 10 Sutra 341
			Yama 3:15PM – 4:46PM	Shiva Until 12:53PM	Muruqa: Orange	<i>Sunset:</i> 6:17PM	Vikarin 5121
	192933468	Rahu 10:42AM – 12:13PM	Kaulava Until 8:00PM	Nataraja: Purple	Moon – Purple		Moon 3 - Phase 47
Routine Work	Marana Yoga		Ekadashi* Until 7:02AM	Magha+Panguni		2nd Phase	
Until 6:07PM						Sivaloka Day	
Then Creative Work - Siddha Yoga							

4	Saturday, March 21, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Yangon, Myanmar
	Makara Rasi: 29.18	Tithi 27 – 28	Gulika 6:08AM – 7:39AM	Dhanishtha Until 8:42PM	Ganesha: Clear	<i>Sunrise:</i> 6:08AM	Sun 11 Sutra 342
			Yama 1:44PM – 3:15PM	Siddha Until 1:23PM	Muruqa: Orange	<i>Sunset:</i> 6:17PM	Vikarin 5121
	192933468	Rahu 9:10AM – 10:41AM	Gara Until 10:06PM	Nataraja: Purple	Moon – Purple		Moon 3 - Phase 47
Creative Work	Siddha Yoga		Dvadashi* Until 8:59AM	Magha+Panguni		2nd Phase	
Until 8:42PM						Sivaloka Day	
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>				

5	Sunday, March 22, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar
	Kumbha Rasi: 11.17	Tithi 28 – 29	Gulika 3:15PM – 4:46PM	Shatabhishak Until 11:18PM	Ganesha: Clear	<i>Sunrise:</i> 6:07AM	Sun 12 Sutra 343
			Yama 12:12PM – 1:43PM	Sadhya Until 2:04PM	Muruqa: Orange	<i>Sunset:</i> 6:17PM	Vikarin 5121
	192933468	Rahu 4:46PM – 6:17PM	Visti Until 12:23AM Mon	Nataraja: Purple	Moon – Purple		Moon 3 - Phase 47
Creative Work	Siddha Yoga		Trayodashi* Until 11:12AM	Magha+Panguni		2nd Phase	
Until 2:21AM Tue						Sivaloka Day	
Then Creative Work - Amrita Yoga		Mahasivaratri (Lunar)					

	Monday, March 23, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Yangon, Myanmar
	Retreat Star		Gulika 1:43PM – 3:15PM	Purvaproshtapada* Until 2:21AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 6:07AM	Sun 13 Sutra 344
	Kumbha Rasi: 23.14	Tithi 29 – 30	Yama 10:41AM – 12:12PM	Subha Until 2:52PM	Muruqa: Orange	<i>Sunset:</i> 6:17PM	Vikarin 5121
	113933468	Rahu 7:38AM – 9:09AM	Catuspada Until 2:47AM Tue	Nataraja: Purple	Moon – Clear		Moon 3 - Phase 47
Family Home Evening			Chaturdashi* Until 1:33PM	Magha+Panguni		Amavasya	
Routine Work	Marana Yoga					Sivaloka Day	
Until 2:21AM Tue							
Then Creative Work - Amrita Yoga							

	Tuesday, March 24, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Yangon, Myanmar
	Retreat Star		Gulika 12:12PM – 1:43PM	Uttaraproshtapada Until 5:17AM Wed	Ganesha: Yellow	<i>Sunrise:</i> 6:06AM	Sun 14 Sutra 345
	Meena Rasi: 5.08	Tithi 30 – 1	Yama 9:09AM – 10:40AM	Sukla Until 3:42PM	Muruqa: Orange	<i>Sunset:</i> 6:17PM	Vikarin 5121
	113933468	Rahu 3:15PM – 4:46PM	Kintughna Until 5:13AM Wed	Nataraja: Purple	Moon – Clear		Moon 3 - Phase 47
Creative Work	Amrita Yoga		Amavasya* Until 3:58PM	Phalgun+Panguni		Prathama	
Until 5:17AM Wed						Sivaloka Day	
Then Routine Work - Marana Yoga							

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

All times are standard time

www.gurudeva.org/panchang

1		Wednesday, March 25, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava Karana Prathamayam Titau		Yangon, Myanmar Sun 15 Sutra 346	
Meena Rasi: 17.01	Tithi 1	113933468	Gulika 10:40AM – 12:11PM Yama 7:37AM – 9:08AM Rahu 12:11PM – 1:43PM	Revati Until 8:03AM Thu Brahma Until 4:34PM Bava Until 6:25PM Prathama* Until 6:25PM	Ganesha: Yellow <i>Sunrise:</i> 6:05AM Muruqa: Orange <i>Sunset:</i> 6:18PM Nataraja: Purple Moon – Clear	<i>Sunrise:</i> 6:05AM <i>Sunset:</i> 6:18PM	Vikarin 5121 Moon 3 - Phase 48 3rd Phase Sivaloka Day
Routine Work Marana Yoga Until 8:03AM Thu Then Creative Work - Amrita Yoga							
2		Thursday, March 26, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Dvitiyayam Titau		Yangon, Myanmar Sun 16 Sutra 347	
Meena Rasi: 28.53	Tithi 2	113933468	Gulika 9:08AM – 10:39AM Yama 6:04AM – 7:36AM Rahu 1:43PM – 3:14PM	Revati Until 8:03AM Indra Until 5:25PM Balava Until 7:40AM Dvitiya Until 8:51PM	Ganesha: Yellow <i>Sunrise:</i> 6:04AM Muruqa: Orange <i>Sunset:</i> 6:18PM Nataraja: Purple Moon – Clear	<i>Sunrise:</i> 6:04AM <i>Sunset:</i> 6:18PM	Vikarin 5121 Moon 3 - Phase 48 3rd Phase Sivaloka Day
Creative Work Siddha Yoga Until 8:03AM Then Creative Work - Amrita Yoga							
3		Friday, March 27, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Tailila/Gara Karana Tritiyayam Titau		Yangon, Myanmar Sun 17 Sutra 348	
Mesha Rasi: 10.47	Tithi 3	123933468	Gulika 7:35AM – 9:07AM Yama 3:14PM – 4:46PM Rahu 10:39AM – 12:11PM	Ashvini Until 11:06AM Vaidhriti* Until 6:11PM Tailila Until 10:03AM Tritiya Until 11:10PM	Ganesha: Red <i>Sunrise:</i> 6:04AM Muruqa: Orange <i>Sunset:</i> 6:18PM Nataraja: Purple Moon – White	<i>Sunrise:</i> 6:04AM <i>Sunset:</i> 6:18PM	Vikarin 5121 Moon 3 - Phase 48 3rd Phase Sivaloka Day
Creative Work Amrita Yoga Until 11:06AM Then Creative Work - Siddha Yoga							
4		Saturday, March 28, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Chaturthyam Titau		Yangon, Myanmar Sun 18 Sutra 349	
Mesha Rasi: 22.44	Tithi 4	123933468	Gulika 6:03AM – 7:35AM Yama 1:42PM – 3:14PM Rahu 9:07AM – 10:39AM	Bharani Until 1:49PM Vishkambha* Until 6:50PM Vanija Until 12:17PM Chaturthi* Until 1:17AM Sun	Ganesha: Red <i>Sunrise:</i> 6:03AM Muruqa: Orange <i>Sunset:</i> 6:18PM Nataraja: Purple Moon – White	<i>Sunrise:</i> 6:03AM <i>Sunset:</i> 6:18PM	Vikarin 5121 Moon 3 - Phase 48 3rd Phase Sivaloka Day
Creative Work Siddha Yoga Until 1:49PM Then Creative Work - Amrita Yoga							
5		Sunday, March 29, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau		Yangon, Myanmar Sun 19 Sutra 350	
Virshabha Rasi: 4.47	Tithi 5	123933468	Gulika 3:14PM – 4:46PM Yama 12:10PM – 1:42PM Rahu 4:46PM – 6:18PM	Krittika Until 4:07PM Priti Until 7:16PM Bava Until 2:14PM Panchami Until 3:03AM Mon	Ganesha: Red <i>Sunrise:</i> 6:02AM Muruqa: Orange <i>Sunset:</i> 6:18PM Nataraja: Purple Moon – White	<i>Sunrise:</i> 6:02AM <i>Sunset:</i> 6:18PM	Vikarin 5121 Moon 3 - Phase 48 3rd Phase Sivaloka Day
Creative Work Siddha Yoga							
6		Monday, March 30, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Ayushman Yoga Kaulava/Tailila Karana Shashthyam Titau		Yangon, Myanmar Sun 20 Sutra 351	
Virshabha Rasi: 16.59	Tithi 6	133933468	Gulika 1:42PM – 3:14PM Yama 10:38AM – 12:10PM Rahu 7:33AM – 9:06AM	Rohini Until 6:20PM Ayushman Until 7:20PM Kaulava Until 3:46PM Shashthi* Until 4:19AM Tue	Ganesha: Blue <i>Sunrise:</i> 6:01AM Muruqa: Orange <i>Sunset:</i> 6:18PM Nataraja: Purple Moon – Yellow	<i>Sunrise:</i> 6:01AM <i>Sunset:</i> 6:18PM	Vikarin 5121 Moon 3 - Phase 48 3rd Phase Subha Sivaloka Day
Family Home Evening Creative Work Amrita Yoga							
Tuesday, March 31, 2020		Retreat Star		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau		Yangon, Myanmar Sun 21 Sutra 352	
Virshabha Rasi: 29.23	Tithi 7	133933468	Gulika 12:10PM – 1:42PM Yama 9:05AM – 10:37AM Rahu 3:14PM – 4:46PM	Mrigashira Until 7:47PM Saubhagya Until 6:56PM Gara Until 4:43PM Saptami Until 4:55AM Wed	Ganesha: Blue <i>Sunrise:</i> 6:01AM Muruqa: Orange <i>Sunset:</i> 6:19PM Nataraja: Purple Moon – Yellow	<i>Sunrise:</i> 6:01AM <i>Sunset:</i> 6:19PM	Vikarin 5121 Moon 3 - Phase 48 3rd Phase Subha Sivaloka Day
Creative Work Siddha Yoga Until 7:47PM Then Routine Work - Marana Yoga							
Wednesday, April 1, 2020		Retreat Star		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Yangon, Myanmar Sun 22 Sutra 353	
Mithuna Rasi: 12.07	Tithi 8	133933468	Gulika 10:37AM – 12:10PM Yama 7:33AM – 9:05AM Rahu 12:10PM – 1:42PM	Ardra Until 8:23PM Sobhana Until 5:59PM Visti Until 4:56PM Ashtami* Until 4:44AM Thu	Ganesha: Blue <i>Sunrise:</i> 6:01AM Muruqa: Orange <i>Sunset:</i> 6:19PM Nataraja: Purple Moon – Yellow	<i>Sunrise:</i> 6:01AM <i>Sunset:</i> 6:19PM	Vikarin 5121 Moon 3 - Phase 48 Ashtami Subha Sivaloka Day
Creative Work Siddha Yoga							
Thursday, April 2, 2020		Retreat Star		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau		Yangon, Myanmar Sun 23 Sutra 354	
Mithuna Rasi: 25.12	Tithi 9	143933468	Gulika 9:04AM – 10:37AM Yama 6:00AM – 7:32AM Rahu 1:42PM – 3:14PM	Punarvasu Until 8:29PM Athiganda* Until 4:22PM Balava Until 4:21PM Navami* Until 3:43AM Fri	Ganesha: Yellow <i>Sunrise:</i> 6:00AM Muruqa: Orange <i>Sunset:</i> 6:19PM Nataraja: Purple Moon – Blue	<i>Sunrise:</i> 6:00AM <i>Sunset:</i> 6:19PM	Vikarin 5121 Moon 3 - Phase 48 Navami Sivaloka Day
Creative Work Amrita Yoga							


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

1	Friday, April 3, 2020	Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau	Yangon, Myanmar Sun 24 Sutra 355
	Kataka Rasi: 8.45 Tithi 10	Gulika 7:31AM – 9:04AM Pushya Until 7:38PM	Ganesha: Yellow <i>Sunrise:</i> 5:59AM Vikarin 5121
	143933468	Yama 3:14PM – 4:46PM Sukarma Until 2:07PM	Muruqa: Orange <i>Sunset:</i> 6:19PM Moon 3 - Phase 49
	Routine Work Marana Yoga	Rahu 10:36AM – 12:09PM Taitila Until 2:56PM	Nataraja: Purple 4th Phase
		Dashami Until 1:55AM Sat	Phalguna-Panguni Sivaloka Day

2	Saturday, April 4, 2020	Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Ekadashyam Titau	Yangon, Myanmar Sun 25 Sutra 356
	Kataka Rasi: 22.46 Tithi 11	Gulika 5:58AM – 7:31AM Ashlesha* Until 5:54PM	Ganesha: Yellow <i>Sunrise:</i> 5:58AM Vikarin 5121
	143933468	Yama 1:41PM – 3:14PM Dhriti Until 11:16AM	Muruqa: Orange <i>Sunset:</i> 6:19PM Moon 3 - Phase 49
	Routine Work Marana Yoga	Rahu 9:03AM – 10:36AM Vanija Until 12:45PM	Nataraja: Purple 4th Phase
Until 5:54PM	Yogaswami Mahasamadhi	Ekadashi Until 11:24PM	Phalguna-Panguni Sivaloka Day
Then Creative Work - Amrita Yoga			

3	Sunday, April 5, 2020	Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Dvadashyam Titau	Yangon, Myanmar Sun 26 Sutra 357
	Simha Rasi: 7.16 Tithi 12	Gulika 3:14PM – 4:46PM Magha* Until 3:49PM	Ganesha: White <i>Sunrise:</i> 5:58AM Vikarin 5121
	153933468	Yama 12:08PM – 1:41PM Shula* Until 7:50AM	Muruqa: Orange <i>Sunset:</i> 6:19PM Moon 3 - Phase 49
	Routine Work Marana Yoga	Rahu 4:46PM – 6:19PM Bava Until 9:55AM	Nataraja: Purple 4th Phase
Until 3:49PM		Dvadashi Until 8:17PM	Phalguna-Panguni Subha Sivaloka Day
Then Creative Work - Siddha Yoga			

4	Monday, April 6, 2020	Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau	Yangon, Myanmar Sun 27 Sutra 358
	Simha Rasi: 22.1 Tithi 13 – 14	Gulika 1:41PM – 3:14PM Purvaphalguni Until 1:08PM	Ganesha: Clear <i>Sunrise:</i> 5:57AM Vikarin 5121
	Family Home Evening	Yama 10:35AM – 12:08PM Vriddhi Until 11:51PM	Muruqa: Orange <i>Sunset:</i> 6:19PM Moon 3 - Phase 49
	Creative Work Siddha Yoga	Rahu 7:30AM – 9:02AM Kaulava Until 6:35AM	Nataraja: Purple 4th Phase
		Trayodashi Until 4:45PM	Phalguna-Panguni Sivaloka Day
			<i>Pradosha Vrata</i>

	Tuesday, April 7, 2020	Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau	Yangon, Myanmar Sutra 359
	Copper Retreat Star	Gulika 12:08PM – 1:41PM Uttaraphalguni Until 10:02AM	Ganesha: Clear <i>Sunrise:</i> 5:56AM Vikarin 5121
	Kanya Rasi: 7.2 Tithi 14 – 15	Yama 9:02AM – 10:35AM Dhruva Until 7:31PM	Muruqa: Orange <i>Sunset:</i> 6:20PM Moon 3 - Phase 49
	154933468	Rahu 3:14PM – 4:47PM Visti Until 11:01PM	Nataraja: Purple Purnima
Creative Work Amrita Yoga	Panguni Uttiram	Chaturdashi* Until 12:57PM	Phalguna-Panguni Sivaloka Day
Until 10:02AM	Holi		
Then Creative Work - Siddha Yoga			

○	Wednesday, April 8, 2020	Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Purnima/Prathamayam Titau	Yangon, Myanmar Sutra 360
	Silver Retreat Star	Gulika 10:34AM – 12:07PM Hasta Until 7:04AM	Ganesha: Purple <i>Sunrise:</i> 5:55AM Vikarin 5121
	Kanya Rasi: 22.38 Tithi 15 – 16	Yama 7:28AM – 9:01AM Vyaghata* Until 3:10PM	Muruqa: Clear <i>Sunset:</i> 6:20PM Moon 3 - Phase 49
	164934468	Rahu 12:07PM – 1:41PM Balava Until 7:09PM	Nataraja: Purple Prathama
Routine Work Marana Yoga		Purnima* Until 9:03AM	Phalguna-Panguni Devaloka Day
Until 7:04AM			
Then Creative Work - Siddha Yoga			



Thursday, April 9, 2020
Gold Retreat Star

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

Yangon, Myanmar
Sutra 361
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Tula Rasi: 7.53 Tithi 17
164934468
Creative Work Amrita Yoga
Until 1:09AM Fri
Then Creative Work - Siddha Yoga

Gulika 9:01AM – 10:34AM
Yama 5:55AM – 7:28AM
Rahu 1:40PM – 3:14PM

Svati Until 1:09AM Fri
Harshana Until 10:57AM
Taitila Until 3:27PM
Dvitiya Until 1:42AM Fri

Ganesha: Purple *Sunrise:* 5:55AM
Muruqa: Clear *Sunset:* 6:20PM
Nataraja: Purple
Moon – Green
Phalguna-Panguni

Devaloka Day

1

Friday, April 10, 2020

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

Yangon, Myanmar
Sun 1 Sutra 362
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Tula Rasi: 22.55 Tithi 18
174134468
Creative Work Siddha Yoga

Gulika 7:27AM – 9:00AM
Yama 3:13PM – 4:47PM
Rahu 10:34AM – 12:07PM

Vishakha Until 10:57PM
Vajra* Until 6:58AM
Vanija Until 12:06PM
Tritiya Until 10:36PM

Ganesha: Yellow *Sunrise:* 5:54AM
Muruqa: Clear *Sunset:* 6:20PM
Nataraja: Purple
Moon – Orange
Phalguna-Panguni

Sivaloka Day

2

Saturday, April 11, 2020

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

Yangon, Myanmar
Sun 2 Sutra 363
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Virschika Rasi: 7.35 Tithi 19
174134468
Creative Work Siddha Yoga

Gulika 5:53AM – 7:27AM
Yama 1:40PM – 3:13PM
Rahu 9:00AM – 10:33AM

Anuradha Until 9:13PM
Vyatipata* Until 12:21AM Sun
Bava Until 9:16AM
Chaturthi* Until 8:04PM

Ganesha: Yellow *Sunrise:* 5:53AM
Muruqa: Clear *Sunset:* 6:20PM
Nataraja: Purple
Moon – Orange
Phalguna-Panguni

Sivaloka Day

3

Sunday, April 12, 2020

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

Yangon, Myanmar
Sun 3 Sutra 364
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Virschika Rasi: 21.48 Tithi 20
174134468
Routine Work Marana Yoga
Until 8:03PM
Then Creative Work - Amrita Yoga

Gulika 3:13PM – 4:47PM
Yama 12:06PM – 1:40PM
Rahu 4:47PM – 6:20PM

Jyeshtha* Until 8:03PM
Varyan Until 9:53PM
Kaulava Until 7:06AM
Panchami Until 6:17PM

Ganesha: Yellow *Sunrise:* 5:52AM
Muruqa: Clear *Sunset:* 6:20PM
Nataraja: Purple
Moon – Orange
Phalguna-Panguni

Sivaloka Day

4

Monday, April 13, 2020

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

Yangon, Myanmar
Sun 4 Sutra 1
Sarvari 5122
Moon 4 - Phase 50
1st Phase

Dhanus Rasi: 5.32 Tithi 21 – 22
184134468
Family Home Evening
Creative Work Siddha Yoga
Until 8:01PM
Then Routine Work - Marana Yoga

Gulika 1:40PM – 3:13PM
Yama 10:33AM – 12:06PM
Rahu 7:25AM – 8:59AM

Mula* Until 8:01PM
Parigha* Until 8:06PM
Visti Until 5:09AM Tue
Shashthi* Until 5:18PM

Ganesha: Blue *Sunrise:* 5:52AM
Muruqa: Clear *Sunset:* 6:21PM
Nataraja: Purple
Moon – Light Blue
Phalguna-Chaitra

Devaloka Day

Tamil New Year

5

Tuesday, April 14, 2020

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

Yangon, Myanmar
Sun 5 Sutra 2
Sarvari 5122
Moon 4 - Phase 50
1st Phase

Dhanus Rasi: 18.47 Tithi 22 – 23
284134468
Creative Work Siddha Yoga
Until 8:39PM
Then Routine Work - Prabalarishta Yoga

Gulika 12:06PM – 1:40PM
Yama 8:58AM – 10:32AM
Rahu 3:13PM – 4:47PM

Purvashadha* Until 8:39PM
Shiva Until 7:00PM
Balava Until 5:27AM Wed
Saptami Until 5:11PM

Ganesha: Yellow *Sunrise:* 5:51AM
Muruqa: Clear *Sunset:* 6:21PM
Nataraja: Purple
Moon – Light Blue
Phalguna-Chaitra

Sivaloka Day

D

Wednesday, April 15, 2020
Retreat Star

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

Yangon, Myanmar
Sun 6 Sutra 3
Sarvari 5122
Moon 4 - Phase 50
Ashtami

Makara Rasi: 1.37 Tithi 23 – 24
284134468
Creative Work Amrita Yoga
Until 9:54PM
Then Creative Work - Siddha Yoga

Gulika 10:32AM – 12:06PM
Yama 7:24AM – 8:58AM
Rahu 12:06PM – 1:39PM

Uttarashadha Until 9:54PM
Siddha Until 6:30PM
Taitila Until 6:29AM Thu
Ashtami* Until 5:52PM

Ganesha: Yellow *Sunrise:* 5:50AM
Muruqa: Clear *Sunset:* 6:21PM
Nataraja: Purple
Moon – Light Blue
Phalguna-Chaitra

Sivaloka Day

Thursday, April 16, 2020
Retreat Star

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

Yangon, Myanmar
Sun 7 Sutra 4
Sarvari 5122
Moon 4 - Phase 50
Navami

Makara Rasi: 14.05 Tithi 24
294134468
Creative Work Siddha Yoga

Gulika 8:58AM – 10:31AM
Yama 5:50AM – 7:24AM
Rahu 1:39PM – 3:13PM

Shravana Until 12:06AM Fri
Sadhya Until 6:32PM
Taitila Until 6:29AM
Navami* Until 7:14PM

Ganesha: Blue *Sunrise:* 5:50AM
Muruqa: Clear *Sunset:* 6:21PM
Nataraja: Purple
Moon – Purple
Phalguna-Chaitra

Devaloka Day

Chidambaram Abhishekam

1		Friday, April 17, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Vanija/Visti* Karana Dashamyam Titau		Yangon, Myanmar Sun 8 Sutra 5	
Makara Rasi: 26.18	Tithi 25	Gulika 7:23AM – 8:57AM	Dhanishtha Until 2:37AM Sat	Ganesha: Blue	<i>Sunrise:</i> 5:49AM	Sarvari 5122	
		Yama 3:13PM – 4:47PM	Subha Until 7:00PM	Muruqa: Clear	<i>Sunset:</i> 6:21PM	Moon 4 - Phase 1	
		294134468 Rahu 10:31AM – 12:05PM	Vanija Until 8:08AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Dashami Until 9:07PM	Moon – Purple		Devaloka Day	
Until 2:37AM Sat				Phalguna-Chaitra			
Then Creative Work - Amrita Yoga							
2		Saturday, April 18, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mantra Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Bava/Balava Karana Ekadashyam Titau		Yangon, Myanmar Sun 9 Sutra 6	
Kumbha Rasi: 8.2	Tithi 26	Gulika 5:48AM – 7:22AM	Shatabhishak Until 5:16AM Sun	Ganesha: Blue	<i>Sunrise:</i> 5:48AM	Sarvari 5122	
		Yama 1:39PM – 3:13PM	Sukla Until 7:42PM	Muruqa: Clear	<i>Sunset:</i> 6:22PM	Moon 4 - Phase 1	
		294134468 Rahu 8:57AM – 10:31AM	Bava Until 10:13AM	Nataraja: Purple		2nd Phase	
Creative Work	Amrita Yoga		Ekadashi* Until 11:21PM	Moon – Purple		Devaloka Day	
Until 5:16AM Sun				Phalguna-Chaitra			
Then Creative Work - Siddha Yoga							
3		Sunday, April 19, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Kaulava/Taitila Karana Dvadashyam Titau		Yangon, Myanmar Sun 10 Sutra 7	
Kumbha Rasi: 20.16	Tithi 27	Gulika 3:13PM – 4:48PM	Purvaproshtapada* Until 8:23AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:48AM	Sarvari 5122	
		Yama 12:05PM – 1:39PM	Brahma Until 8:34PM	Muruqa: Clear	<i>Sunset:</i> 6:22PM	Moon 4 - Phase 1	
		215134468 Rahu 4:48PM – 6:22PM	Kaulava Until 12:33PM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Dvadashi* Until 1:45AM Mon	Moon – Clear		Sivaloka Day	
Until 8:23AM				Phalguna-Chaitra			
Then Creative Work - Siddha Yoga							
4		Monday, April 20, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada*Uttaraproshtapada Nakshatra Indra Yoga Gara/Vanija Karana Trayodashyam Titau		Yangon, Myanmar Sun 11 Sutra 8	
Meena Rasi: 2.09	Tithi 28	Gulika 1:39PM – 3:13PM	Purvaproshtapada* Until 8:23AM	Ganesha: Yellow	<i>Sunrise:</i> 5:47AM	Sarvari 5122	
Family Home Evening		Yama 10:30AM – 12:05PM	Indra Until 9:30PM	Muruqa: Clear	<i>Sunset:</i> 6:22PM	Moon 4 - Phase 1	
Routine Work	Marana Yoga	215134468 Rahu 7:21AM – 8:56AM	Gara Until 3:00PM	Nataraja: Purple		2nd Phase	
Until 8:23AM			Trayodashi* Until 4:12AM Tue	Moon – Clear		Sivaloka Day	
Then Creative Work - Siddha Yoga				Phalguna-Chaitra			
			<i>Pradosha Vrata (Fasting)</i>				
5		Tuesday, April 21, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada*Revati Nakshatra Vaidhriti* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Yangon, Myanmar Sun 12 Sutra 9	
Meena Rasi: 14.01	Tithi 29	Gulika 12:04PM – 1:39PM	Uttaraproshtapada Until 11:21AM	Ganesha: Yellow	<i>Sunrise:</i> 5:46AM	Sarvari 5122	
		Yama 8:55AM – 10:30AM	Vaidhriti* Until 10:23PM	Muruqa: Clear	<i>Sunset:</i> 6:22PM	Moon 4 - Phase 1	
		215134468 Rahu 3:13PM – 4:48PM	Visti Until 5:26PM	Nataraja: Purple		2nd Phase	
Creative Work	Amrita Yoga		Chaturdashi* Until 6:36AM Wed	Moon – Clear		Sivaloka Day	
Until 11:21AM				Phalguna-Chaitra			
Then Creative Work - Siddha Yoga							
Retreat Star		Wednesday, April 22, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Yangon, Myanmar Sun 13 Sutra 10	
Meena Rasi: 25.53	Tithi 29 – 30	Gulika 10:30AM – 12:04PM	Revati Until 2:05PM	Ganesha: Yellow	<i>Sunrise:</i> 5:46AM	Sarvari 5122	
		Yama 7:20AM – 8:55AM	Vishkambha* Until 11:13PM	Muruqa: Clear	<i>Sunset:</i> 6:22PM	Moon 4 - Phase 1	
		215134468 Rahu 12:04PM – 1:39PM	Catuspada Until 7:47PM	Nataraja: Purple		Amavasya	
Routine Work	Marana Yoga		Chaturdashi* Until 6:36AM	Moon – Clear		Sivaloka Day	
				Phalguna-Chaitra			
Retreat Star		Thursday, April 23, 2020		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Yangon, Myanmar Sun 14 Sutra 11	
Mesha Rasi: 7.49	Tithi 30 – 1	Gulika 8:55AM – 10:29AM	Ashvini Until 5:01PM	Ganesha: Red	<i>Sunrise:</i> 5:45AM	Sarvari 5122	
		Yama 5:45AM – 7:20AM	Priti Until 11:57PM	Muruqa: Clear	<i>Sunset:</i> 6:23PM	Moon 4 - Phase 1	
		225134468 Rahu 1:39PM – 3:13PM	Kintughna Until 9:59PM	Nataraja: Purple		Prathama	
Creative Work	Amrita Yoga		Amavasya* Until 8:53AM	Moon – White		Sivaloka Day	
Until 5:01PM		Yugadhi		Chaitra-Chaitra			
Then Creative Work - Siddha Yoga							

1		Friday, April 24, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Yangon, Myanmar Sun 15 Sutra 12	
Mesha Rasi: 19.49	Tithi 1 – 2	Gulika 7:19AM – 8:54AM	Bharani Until 7:36PM	Ganesha: Red	<i>Sunrise:</i> 5:45AM		Sarvari 5122
		Yama 3:13PM – 4:48PM	Ayushman Until 12:29AM Sat	Muruqa: Clear	<i>Sunset:</i> 6:23PM		Moon 4 - Phase 2
		225134469 Rahu 10:29AM – 12:04PM	Balava Until 11:58PM	Nataraja: Clear			3rd Phase
Creative Work	Siddha Yoga		Prathama* Until 10:59AM	Moon – White		Devaloka Day	
				Chaitra*Chaitra			
2		Saturday, April 25, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Yangon, Myanmar Sun 16 Sutra 13	
Virshabha Rasi: 1.54	Tithi 2 – 3	Gulika 5:44AM – 7:19AM	Krittika Until 9:46PM	Ganesha: Red	<i>Sunrise:</i> 5:44AM		Sarvari 5122
		Yama 1:38PM – 3:13PM	Saubhagya Until 12:49AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:23PM		Moon 4 - Phase 2
		225134469 Rahu 8:54AM – 10:29AM	Taitila Until 1:41AM Sun	Nataraja: Clear			3rd Phase
Creative Work	Amrita Yoga		Dvitiya Until 12:51PM	Moon – White		Devaloka Day	
				Chaitra*Chaitra			
3		Sunday, April 26, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Yangon, Myanmar Sun 17 Sutra 14	
Virshabha Rasi: 14.06	Tithi 3 – 4	Gulika 3:13PM – 4:48PM	Rohini Until 11:56PM	Ganesha: Yellow	<i>Sunrise:</i> 5:43AM		Sarvari 5122
		Yama 12:03PM – 1:38PM	Sobhana Until 12:54AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:23PM		Moon 4 - Phase 2
		235134469 Rahu 4:48PM – 6:23PM	Vanija Until 3:02AM Mon	Nataraja: Clear			3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 2:23PM	Moon – Yellow		Devaloka Day	
				Chaitra*Chaitra			
4		Monday, April 27, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Yangon, Myanmar Sun 18 Sutra 15	
Virshabha Rasi: 26.28	Tithi 4 – 5	Gulika 1:38PM – 3:13PM	Mrigashira Until 1:30AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 5:43AM		Sarvari 5122
Family Home Evening		Yama 10:28AM – 12:03PM	Athiganda* Until 12:37AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:24PM		Moon 4 - Phase 2
Creative Work	Amrita Yoga	235134469 Rahu 7:18AM – 8:53AM	Bava Until 3:57AM Tue	Nataraja: Clear			3rd Phase
Until 1:30AM Tue			Chaturthi* Until 3:32PM	Moon – Yellow		Devaloka Day	
Then Routine Work - Marana Yoga				Chaitra*Chaitra			
5		Tuesday, April 28, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Yangon, Myanmar Sun 19 Sutra 16	
Mithuna Rasi: 9.01	Tithi 5 – 6	Gulika 12:03PM – 1:38PM	Ardra Until 2:25AM Wed	Ganesha: Blue	<i>Sunrise:</i> 5:42AM		Sarvari 5122
		Yama 8:53AM – 10:28AM	Sukarma Until 11:57PM	Muruqa: Clear	<i>Sunset:</i> 6:24PM		Moon 4 - Phase 2
		236134469 Rahu 3:14PM – 4:49PM	Kaulava Until 4:19AM Wed	Nataraja: Clear			3rd Phase
Routine Work	Marana Yoga		Panchami Until 4:11PM	Moon – Yellow		Bhuloka Day	
Until 2:25AM Wed				Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							
6		Wednesday, April 29, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Yangon, Myanmar Sun 20 Sutra 17	
Mithuna Rasi: 21.5	Tithi 6 – 7	Gulika 10:28AM – 12:03PM	Punarvasu Until 3:03AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 5:42AM		Sarvari 5122
		Yama 7:17AM – 8:52AM	Dhriti Until 10:49PM	Muruqa: Clear	<i>Sunset:</i> 6:24PM		Moon 4 - Phase 2
		246134469 Rahu 12:03PM – 1:38PM	Gara Until 4:04AM Thu	Nataraja: Clear			3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 4:15PM	Moon – Blue		Devaloka Day	
Until 3:03AM Thu				Chaitra*Chaitra			
Then Creative Work - Amrita Yoga							
Retreat Star		Thursday, April 30, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Yangon, Myanmar Sun 21 Sutra 18	
Kataka Rasi: 4.57	Tithi 7 – 8	Gulika 8:52AM – 10:27AM	Pushya Until 2:53AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 5:41AM		Sarvari 5122
		Yama 5:41AM – 7:17AM	Shula* Until 9:09PM	Muruqa: Clear	<i>Sunset:</i> 6:24PM		Moon 4 - Phase 2
		246134469 Rahu 1:38PM – 3:14PM	Visti Until 3:10AM Fri	Nataraja: Clear			3rd Phase
Creative Work	Amrita Yoga		Saptami Until 3:41PM	Moon – Blue		Devaloka Day	
Until 2:53AM Fri				Chaitra*Chaitra			
Then Routine Work - Marana Yoga							
Retreat Star		Friday, May 1, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Yangon, Myanmar Sun 22 Sutra 19	
Kataka Rasi: 18.26	Tithi 8 – 9	Gulika 7:16AM – 8:51AM	Ashlesha* Until 1:54AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 5:40AM		Sarvari 5122
		Yama 3:14PM – 4:49PM	Ganda* Until 6:57PM	Muruqa: Clear	<i>Sunset:</i> 6:25PM		Moon 4 - Phase 2
		246134469 Rahu 10:27AM – 12:03PM	Balava Until 1:36AM Sat	Nataraja: Clear			Ashtami
Routine Work	Marana Yoga		Ashtami* Until 2:27PM	Moon – Blue		Devaloka Day	
Until 1:54AM Sat				Chaitra*Chaitra			
Then Creative Work - Amrita Yoga							
Retreat Star		Saturday, May 2, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Yangon, Myanmar Sun 23 Sutra 20	
Simha Rasi: 2.18	Tithi 9 – 10	Gulika 5:40AM – 7:15AM	Magha* Until 12:36AM Sun	Ganesha: White	<i>Sunrise:</i> 5:40AM		Sarvari 5122
		Yama 1:38PM – 3:14PM	Vriddhi Until 4:15PM	Muruqa: Clear	<i>Sunset:</i> 6:25PM		Moon 4 - Phase 2
		256134469 Rahu 8:51AM – 10:27AM	Taitila Until 11:25PM	Nataraja: Clear			Navami
Creative Work	Amrita Yoga		Navami* Until 12:34PM	Moon – Red		Bhuloka Day	
Until 12:36AM Sun		Sri Rama Navami		Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

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

1 Sunday, May 3, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Yangon, Myanmar Sun 24 Sutra 21
Simha Rasi: 16.34	Tithi 10 – 11	Gulika 3:14PM – 4:50PM	Purvaphalguni Until 10:38PM	Ganesha: White	<i>Sunrise:</i> 5:39AM	Sarvari 5122
		Yama 12:02PM – 1:38PM	Dhruva Until 1:04PM	Muruqa: Clear	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 3
	256134469	Rahu 4:50PM – 6:26PM	Vanija Until 8:41PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Dashami Until 10:06AM	Moon – Red		Bhuloka Day
Until 10:38PM				Chaitra•Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

2 Monday, May 4, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Visti*/Balava Karana Ekadashi/Dvadashyam Titau				Yangon, Myanmar Sun 25 Sutra 22
Kanya Rasi: 1.11	Tithi 11 – 12	Gulika 1:38PM – 3:14PM	Uttaraphalguni Until 8:06PM	Ganesha: Clear	<i>Sunrise:</i> 5:39AM	Sarvari 5122
Family Home Evening		Yama 10:26AM – 12:02PM	Vyaghata* Until 9:30AM	Muruqa: Clear	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 3
	256234469	Rahu 7:15AM – 8:51AM	Balava Until 3:50AM Tue	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 7:08AM	Moon – Red		Devaloka Day
				Chaitra•Chaitra		

3 Tuesday, May 5, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Yangon, Myanmar Sun 26 Sutra 23
Kanya Rasi: 16.04	Tithi 13	Gulika 12:02PM – 1:38PM	Hasta Until 5:35PM	Ganesha: Clear	<i>Sunrise:</i> 5:38AM	Sarvari 5122
		Yama 8:50AM – 10:26AM	Vajra* Until 1:39AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 3
	267234469	Rahu 3:14PM – 4:50PM	Kaulava Until 2:06PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 12:18AM Wed	Moon – Green		Devaloka Day
				Chaitra•Chaitra		
				<i>Pradosha Vrata</i>		

4 Wednesday, May 6, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Yangon, Myanmar Sun 27 Sutra 24
Tula Rasi: 1.07	Tithi 14	Gulika 10:26AM – 12:02PM	Chitra Until 2:49PM	Ganesha: Clear	<i>Sunrise:</i> 5:38AM	Sarvari 5122
		Yama 7:14AM – 8:50AM	Siddhi Until 9:36PM	Muruqa: Clear	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 3
	267234469	Rahu 12:02PM – 1:38PM	Gara Until 10:32AM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 8:44PM	Moon – Green		Devaloka Day
				Chaitra•Chaitra		

Thursday, May 7, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Visti*/Balava Karana Purnima/Prathamayam Titau				Yangon, Myanmar Sutra 25
Copper Retreat Star		Gulika 8:50AM – 10:26AM	Svati Until 11:58AM	Ganesha: Clear	<i>Sunrise:</i> 5:37AM	Sarvari 5122
Tula Rasi: 16.1	Tithi 15 – 16	Yama 5:37AM – 7:14AM	Vyatipata* Until 5:39PM	Muruqa: Clear	<i>Sunset:</i> 6:27PM	Moon 4 - Phase 3
	267234469	Rahu 1:38PM – 3:14PM	Visti Until 6:59AM	Nataraja: Clear		Purnima
Creative Work	Amrita Yoga		Purnima* Until 5:15PM	Moon – Green		Devaloka Day
Until 11:58AM		Chitra Purnima (Tamil Nadu)		Chaitra•Chaitra		
Then Creative Work - Siddha Yoga		Hanuman Jayanti				

Friday, May 8, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Yangon, Myanmar Sutra 26
Silver Retreat Star		Gulika 7:13AM – 8:50AM	Vishakha Until 9:38AM	Ganesha: Purple	<i>Sunrise:</i> 5:37AM	Sarvari 5122
Vrischika Rasi: 1.05	Tithi 16 – 17	Yama 3:15PM – 4:51PM	Variyan Until 1:55PM	Muruqa: Clear	<i>Sunset:</i> 6:27PM	Moon 4 - Phase 3
	277234469	Rahu 10:26AM – 12:02PM	Taitila Until 12:37AM Sat	Nataraja: Clear		Prathama
Creative Work	Siddha Yoga		Prathama* Until 2:03PM	Moon – Orange		Bhuloka Day
				Chaitra•Chaitra		Devaloka Time: 3:PM to 6:PM