



Sunday, May 7, 2023 Gold Retreat Star

Vrischika Rasi: 10.57 Tithi 17 – 18

Routine Work Marana Yoga

272196579
Rahu

Gulika
Yama

4:21PM – 6:24PM
12:15PM – 2:18PM
6:24PM – 8:27PM

Anuradha* Until 3:50PM
Parigha* Until 10:20PM
Vanija Until 2:49AM Mon
Dvitiya Until 3:45PM

Ganesha: White
Muruga: Clear
Nataraja: Purple
Moon – Orange
Vaisaka*Chaitra

Sunrise: 4:04AM
Sunset: 8:27PM

Oslo, Norway
Sutra 20
Sobhana 5125
Moon 5 - Phase 4 - 1st Phase

Devaloka Day

1

Monday, May 8, 2023

Vrischika Rasi: 24.55 Tithi 18 – 19

Family Home Evening

Creative Work Siddha Yoga

272196579

Gulika
Yama
Rahu

2:19PM – 4:22PM
10:12AM – 12:15PM
6:05AM – 8:08AM

Jyeshtha* Until 2:29PM
Shiva Until 7:36PM
Bava Until 12:44AM Tue
Tritiya Until 1:47PM

Ganesha: Blue
Muruga: Clear
Nataraja: Purple
Moon – Orange
Vaisaka*Chaitra

Sunrise: 4:01AM
Sunset: 8:29PM

Oslo, Norway
Sun 1 Sutra 21
Sobhana 5125
Moon 5 - Phase 4 - 1st Phase

Devaloka Day

2

Tuesday, May 9, 2023

Dhanus Rasi: 9.04 Tithi 19 – 20

Creative Work Amrita Yoga

Until 1:12PM

Then Creative Work - Siddha Yoga

282196579

Gulika
Yama
Rahu

12:15PM – 2:19PM
8:07AM – 10:11AM
4:24PM – 6:28PM

Mula* Until 1:12PM
Siddha Until 4:42PM
Kaulava Until 10:29PM
Chaturthi* Until 11:37AM

Ganesha: Red
Muruga: Clear
Nataraja: Purple
Moon – Light Blue
Vaisaka*Chaitra

Sunrise: 3:59AM
Sunset: 8:32PM

Oslo, Norway
Sun 2 Sutra 22
Sobhana 5125
Moon 5 - Phase 4 - 2 1st Phase

Sivaloka Day

3

Wednesday, May 10, 2023

Dhanus Rasi: 23.17 Tithi 20 – 21

Creative Work Amrita Yoga

283196579

Gulika
Yama
Rahu

10:10AM – 12:15PM
6:01AM – 8:06AM
12:15PM – 2:20PM

Purvashadha* Until 11:40AM
Sadhya Until 1:44PM
Gara Until 8:10PM
Panchami Until 9:19AM

Ganesha: Blue
Muruga: Clear
Nataraja: Purple
Moon – Light Blue
Vaisaka*Chaitra

Sunrise: 3:56AM
Sunset: 8:34PM

Oslo, Norway
Sun 3 Sutra 23
Sobhana 5125
Moon 5 - Phase 4 - 3 1st Phase

Subha Sivaloka Day

4

Thursday, May 11, 2023

Makara Rasi: 7.32 Tithi 21 – 22

Routine Work Marana Yoga

Until 9:58AM

Then Creative Work - Siddha Yoga

283196579

Gulika
Yama
Rahu

8:05AM – 10:10AM
3:54AM – 5:59AM
2:21PM – 4:26PM

Uttarashadha* Until 9:58AM
Subha Until 10:46AM
Bava Until 4:40AM Fri
Shashthi* Until 6:59AM

Ganesha: Blue
Muruga: Clear
Nataraja: Purple
Moon – Light Blue
Vaisaka*Chaitra

Sunrise: 3:54AM
Sunset: 8:37PM

Oslo, Norway
Sun 4 Sutra 24
Sobhana 5125
Moon 5 - Phase 4 - 4 1st Phase

Subha Sivaloka Day

D

Friday, May 12, 2023

Retreat Star

Makara Rasi: 21.47 Tithi 23

Routine Work Marana Yoga

Until 8:35AM

Then Creative Work - Siddha Yoga

293196579

Gulika
Yama
Rahu

5:57AM – 8:03AM
4:27PM – 6:33PM
10:09AM – 12:15PM

Shravana Until 8:35AM
Sukla Until 7:48AM
Balava Until 3:34PM
Ashtami* Until 2:26AM Sat

Ganesha: Red
Muruga: Clear
Nataraja: Purple
Moon – Purple
Vaisaka*Chaitra

Sunrise: 3:51AM
Sunset: 8:39PM

Oslo, Norway
Sun 5 Sutra 25
Sobhana 5125
Moon 5 - Phase 4 - 5 Ashtami

Sivaloka Day

Saturday, May 13, 2023

Retreat Star

Kumbha Rasi: 5.58 Tithi 24

Creative Work Siddha Yoga

Until 7:09AM

Then Creative Work - Amrita Yoga

293196579

Gulika
Yama
Rahu

3:49AM – 5:56AM
2:22PM – 4:28PM
8:02AM – 10:09AM

Dhanishtha Until 7:09AM
Indra Until 2:10AM Sun
Taitila Until 1:23PM
Navami* Until 12:20AM Sun

Ganesha: Red
Muruga: Clear
Nataraja: Purple
Moon – Purple
Vaisaka*Chaitra

Sunrise: 3:49AM
Sunset: 8:41PM

Oslo, Norway
Sun 6 Sutra 26
Sobhana 5125
Moon 5 - Phase 4 - 6 Navami

Sivaloka Day

1	Sunday, May 14, 2023		Sobhana Nama Samvatsare Uтарыane Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Dashamyam Titau				Oslo, Norway Sun 7 Sutra 27	
	Kumbha Rasi: 20.04	Tithi 25	Gulika 4:29PM – 6:36PM	Purvaproshtapada* Until 4:43AM Mon	Ganesha: Clear	<i>Sunrise:</i> 3:47AM	Sobhana 5125	
			Yama 12:15PM – 2:22PM	Vaidhriti* Until 11:31PM	Muruga: Clear	<i>Sunset:</i> 8:43PM	Moon 5 - Phase 5 - 7	
	213196579	Rahu 6:36PM – 8:43PM		Vanija Until 11:21AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga				Moon – Clear		Sivaloka Day	
			Mother's Day	Dashami Until 10:23PM	Vaisaka*Chaitra			
2	Monday, May 15, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraproshtapada Nakshatra Vishkambha* Yoga Bava/Balava Karana Ekadashyam Titau				Oslo, Norway Sun 8 Sutra 28	
	Meena Rasi: 4.04	Tithi 26	Gulika 2:23PM – 4:30PM	Uttaraproshtapada Until 3:49AM Tue	Ganesha: Clear	<i>Sunrise:</i> 3:44AM	Sobhana 5125	
			Yama 10:07AM – 12:15PM	Vishkambha* Until 9:03PM	Muruga: Clear	<i>Sunset:</i> 8:46PM	Moon 5 - Phase 5 - 8	
	Family Home Evening	213196579	Rahu 5:52AM – 8:00AM	Bava Until 9:31AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga			Ekadashi* Until 8:39PM	Moon – Clear		Sivaloka Day	
					Vaisaka*Vaikasi			
3	Tuesday, May 16, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Revati Nakshatra Priti Yoga Kaulava/Taitila Karana Dvadashyam Titau				Oslo, Norway Sun 9 Sutra 29	
	Meena Rasi: 17.55	Tithi 27	Gulika 12:15PM – 2:23PM	Revati Until 3:02AM Wed	Ganesha: Clear	<i>Sunrise:</i> 3:42AM	Sobhana 5125	
			Yama 7:59AM – 10:07AM	Priti Until 6:48PM	Muruga: Clear	<i>Sunset:</i> 8:48PM	Moon 5 - Phase 5 - 9	
	213196579	Rahu 4:32PM – 6:40PM		Kaulava Until 7:54AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga			Dvadashi* Until 7:10PM	Moon – Clear		Sivaloka Day	
	Until 3:02AM Wed				Vaisaka*Vaikasi			
	Then Routine Work - Marana Yoga							
4	Wednesday, May 17, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Ashvini Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau				Oslo, Norway Sun 10 Sutra 30	
	Mesha Rasi: 1.35	Tithi 28	Gulika 10:06AM – 12:15PM	Ashvini Until 2:52AM Thu	Ganesha: Orange	<i>Sunrise:</i> 3:40AM	Sobhana 5125	
			Yama 5:49AM – 7:58AM	Ayushman Until 4:47PM	Muruga: Clear	<i>Sunset:</i> 8:50PM	Moon 5 - Phase 5 - 10	
	223196579	Rahu 12:15PM – 2:24PM		Gara Until 6:34AM	Nataraja: Purple		2nd Phase	
Routine Work	Marana Yoga			Trayodashi* Until 6:00PM	Moon – White		Sivaloka Day	
	Until 2:52AM Thu				Vaisaka*Vaikasi			
	Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>				
5	Thursday, May 18, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Bharani Nakshatra Saubhagya/Sobhana Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Oslo, Norway Sun 11 Sutra 31	
	Mesha Rasi: 15.04	Tithi 29 – 30	Gulika 7:56AM – 10:06AM	Bharani Until 2:58AM Fri	Ganesha: Orange	<i>Sunrise:</i> 3:38AM	Sobhana 5125	
			Yama 3:38AM – 5:47AM	Saubhagya Until 3:05PM	Muruga: Clear	<i>Sunset:</i> 8:53PM	Moon 5 - Phase 5 - 11	
	223196579	Rahu 2:24PM – 4:34PM		Catuspada Until 5:00AM Fri	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga			Chaturdashi* Until 5:13PM	Moon – White		Sivaloka Day	
					Vaisaka*Vaikasi			
	Friday, May 19, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Krittika Nakshatra Sobhana/Athiganda* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Oslo, Norway Sun 12 Sutra 32	
	Retreat Star		Gulika 5:45AM – 7:55AM	Krittika Until 3:22AM Sat	Ganesha: Orange	<i>Sunrise:</i> 3:36AM	Sobhana 5125	
	Mesha Rasi: 28.19	Tithi 30 – 1	Yama 4:35PM – 6:45PM	Sobhana Until 1:45PM	Muruga: Clear	<i>Sunset:</i> 8:55PM	Moon 5 - Phase 5 - 12	
	223196579	Rahu 10:05AM – 12:15PM		Kintughna Until 4:54AM Sat	Nataraja: Purple		Amavasya	
Creative Work	Siddha Yoga			Amavasya* Until 4:52PM	Moon – White		Sivaloka Day	
	Until 3:22AM Sat				Vaisaka*Vaikasi			
	Then Creative Work - Amrita Yoga							
Saturday, May 20, 2023	Retreat Star		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Rohini Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Oslo, Norway Sun 13 Sutra 33	
	Vrishabha Rasi: 11.19	Tithi 1 – 2	Gulika 3:33AM – 5:44AM	Rohini Until 4:35AM Sun	Ganesha: Clear	<i>Sunrise:</i> 3:33AM	Sobhana 5125	
			Yama 2:26PM – 4:36PM	Athiganda* Until 12:46PM	Muruga: Clear	<i>Sunset:</i> 8:57PM	Moon 5 - Phase 5 - 13	
	233196579	Rahu 7:54AM – 10:05AM		Balava Until 5:19AM Sun	Nataraja: Purple		Prathama	
Creative Work	Amrita Yoga			Prathama* Until 5:01PM	Moon – Yellow		Sivaloka Day	
	Until 4:35AM Sun				Jyeshtha*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. Calculated for Oslo, Norway on 1/18/22

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1	Sunday, May 21, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Oslo, Norway	
	Vrishabha Rasi: 24.04 Tithi 2 – 3		Gulika	4:37PM – 6:48PM	Mrigashira Until 6:08AM Mon	Ganesha: Clear	Sunrise: 3:31AM	Sun 14 Sutra 34
	Creative Work Siddha Yoga		Yama	12:15PM – 2:26PM	Sukarma Until 12:13PM	Muruga: Clear	Sunset: 8:59PM	Sobhana 5125
			233196579 Rahu	6:48PM – 8:59PM	Taitila Until 6:14AM Mon	Nataraja: Purple		Moon 5 - Phase 6 - 14
					Dvitiya Until 5:42PM	Moon – Yellow		3rd Phase
						Jyeshtha*Vaikasi	Sivaloka Day	
2	Monday, May 22, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Tritiyayam Titau				Oslo, Norway	
	Mithuna Rasi: 6.35 Tithi 3		Gulika	2:27PM – 4:38PM	Mrigashira Until 6:08AM	Ganesha: Clear	Sunrise: 3:29AM	Sun 15 Sutra 35
	Family Home Evening		Yama	10:04AM – 12:15PM	Dhriti Until 12:05PM	Muruga: Clear	Sunset: 9:01PM	Sobhana 5125
	Creative Work Amrita Yoga		233196579 Rahu	5:41AM – 7:52AM	Taitila Until 6:14AM	Nataraja: Purple		Moon 5 - Phase 6 - 15
	Until 6:08AM				Tritiya Until 6:52PM	Moon – Yellow		3rd Phase
	Then Creative Work - Siddha Yoga					Jyeshtha*Vaikasi	Sivaloka Day	
3	Tuesday, May 23, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Chaturthayam Titau				Oslo, Norway	
	Mithuna Rasi: 18.53 Tithi 4		Gulika	12:15PM – 2:27PM	Ardra Until 8:01AM	Ganesha: Clear	Sunrise: 3:27AM	Sun 16 Sutra 36
	Routine Work Marana Yoga		Yama	7:51AM – 10:03AM	Shula* Until 12:18PM	Muruga: Clear	Sunset: 9:03PM	Sobhana 5125
	Until 8:01AM		233196579 Rahu	4:39PM – 6:51PM	Vanija Until 7:40AM	Nataraja: Purple		Moon 5 - Phase 6 - 16
	Then Creative Work - Siddha Yoga				Chaturthi* Until 8:31PM	Moon – Yellow		3rd Phase
						Jyeshtha*Vaikasi	Sivaloka Day	
4	Wednesday, May 24, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Ganda*/Vridhdi Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway	
	Kataka Rasi: 1 Tithi 5		Gulika	10:03AM – 12:15PM	Punarvasu Until 10:37AM	Ganesha: Purple	Sunrise: 3:26AM	Sun 17 Sutra 37
	Creative Work Siddha Yoga		Yama	5:38AM – 7:51AM	Ganda* Until 12:50PM	Muruga: Clear	Sunset: 9:05PM	Sobhana 5125
			243196579 Rahu	12:15PM – 2:28PM	Bava Until 9:30AM	Nataraja: Purple		Moon 5 - Phase 6 - 17
					Panchami Until 10:32PM	Moon – Blue		3rd Phase
						Jyeshtha*Vaikasi	Subha Sivaloka Day	
5	Thursday, May 25, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Vridhdi/Dhruva Yoga Kaulava/Taitila Karana Shashthyam Titau				Oslo, Norway	
	Kataka Rasi: 12.59 Tithi 6		Gulika	7:50AM – 10:03AM	Pushya Until 1:22PM	Ganesha: Clear	Sunrise: 3:24AM	Sun 18 Sutra 38
	Creative Work Amrita Yoga		Yama	3:24AM – 5:37AM	Vridhdi Until 1:37PM	Muruga: Clear	Sunset: 9:07PM	Sobhana 5125
	Until 1:22PM		244196579 Rahu	2:29PM – 4:41PM	Kaulava Until 11:40AM	Nataraja: Purple		Moon 5 - Phase 6 - 18
	Then Creative Work - Siddha Yoga				Shashthi* Until 12:48AM Fri	Moon – Blue		3rd Phase
						Jyeshtha*Vaikasi	Sivaloka Day	
6	Friday, May 26, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Saptamyam Titau				Oslo, Norway	
	Kataka Rasi: 24.55 Tithi 7		Gulika	5:35AM – 7:49AM	Ashlesha* Until 4:05PM	Ganesha: White	Sunrise: 3:22AM	Sun 19 Sutra 39
	Routine Work Marana Yoga		Yama	4:43PM – 6:56PM	Dhruva Until 2:29PM	Muruga: Clear	Sunset: 9:09PM	Sobhana 5125
			344196579 Rahu	10:02AM – 12:16PM	Gara Until 1:59PM	Nataraja: Purple		Moon 5 - Phase 6 - 19
					Saptami Until 3:08AM Sat	Moon – Blue		3rd Phase
						Jyeshtha*Vaikasi	Devaloka Day	
D	Saturday, May 27, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Ashtamyam Titau				Oslo, Norway	
	Retreat Star		Gulika	3:20AM – 5:34AM	Magha* Until 7:07PM	Ganesha: Clear	Sunrise: 3:20AM	Sun 20 Sutra 40
	Simha Rasi: 6.48 Tithi 8		Yama	2:30PM – 4:44PM	Vyaghata* Until 3:21PM	Muruga: Clear	Sunset: 9:11PM	Sobhana 5125
	Creative Work Amrita Yoga		354196579 Rahu	7:48AM – 10:02AM	Visti Until 4:18PM	Nataraja: Purple		Moon 5 - Phase 6 - 20
	Until 7:07PM				Ashtami* Until 5:21AM Sun	Moon – Red		Ashtami
	Then Creative Work - Siddha Yoga					Jyeshtha*Vaikasi	Sivaloka Day	
D	Sunday, May 28, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Harshana/Vajra* Yoga Balava Karana Navamyam Titau				Oslo, Norway	
	Retreat Star		Gulika	4:45PM – 6:59PM	Purvaphalguni Until 9:44PM	Ganesha: Clear	Sunrise: 3:18AM	Sun 21 Sutra 41
	Simha Rasi: 18.45 Tithi 9		Yama	12:16PM – 2:30PM	Harshana Until 4:04PM	Muruga: Clear	Sunset: 9:13PM	Sobhana 5125
	Creative Work Siddha Yoga		354196579 Rahu	6:59PM – 9:13PM	Balava Until 6:22PM	Nataraja: Purple		Moon 5 - Phase 6 - 21
	Until 9:44PM				Navami* Until 7:14AM Mon	Moon – Red		Navami
	Then Creative Work - Amrita Yoga					Jyeshtha*Vaikasi	Sivaloka Day	

The mind is said to be twofold: the pure and also the impure; impure by union with desire—pure when from desire completely free! Krishna Yajur Veda

1	Monday, May 29, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Oslo, Norway Sun 22 Sutra 42	
	Kanya Rasi: 0.5	Tithi 9 – 10	Gulika	2:31PM – 4:46PM	Uttaraphalguni Until 11:45PM	Ganesha: Clear	<i>Sunrise:</i> 3:17AM	Sobhana 5125
	Family Home Evening		Yama	10:01AM – 12:16PM	Vajra* Until 4:26PM	Muruga: Clear	<i>Sunset:</i> 9:15PM	Moon 5 - Phase 7 - 22
	Creative Work	Siddha Yoga	364196579 Rahu	5:32AM – 7:46AM	Taitila Until 8:01PM	Nataraja: Purple		4th Phase
					Navami* Until 7:14AM	Moon – Red	Sivaloka Day	
						Jyeshtha*Vaikasi		
2	Tuesday, May 30, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Siddhi/Vyatipata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Oslo, Norway Sun 23 Sutra 43	
	Kanya Rasi: 13.08	Tithi 10 – 11	Gulika	12:16PM – 2:31PM	Hasta Until 1:29AM Wed	Ganesha: Purple	<i>Sunrise:</i> 3:15AM	Sobhana 5125
			Yama	7:46AM – 10:01AM	Siddhi Until 4:22PM	Muruga: Clear	<i>Sunset:</i> 9:17PM	Moon 5 - Phase 7 - 23
			364196579 Rahu	4:47PM – 7:02PM	Vanija Until 9:03PM	Nataraja: Purple		4th Phase
	Creative Work	Siddha Yoga			Dashami Until 8:36AM	Moon – Green	Devaloka Day	
						Jyeshtha*Vaikasi		
3	Wednesday, May 31, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Vyatipata*/Variyan Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway Sun 24 Sutra 44	
	Kanya Rasi: 25.43	Tithi 11 – 12	Gulika	10:01AM – 12:16PM	Chitra Until 2:19AM Thu	Ganesha: Purple	<i>Sunrise:</i> 3:14AM	Sobhana 5125
			Yama	5:29AM – 7:45AM	Vyatipata* Until 3:45PM	Muruga: Clear	<i>Sunset:</i> 9:19PM	Moon 5 - Phase 7 - 24
			364196579 Rahu	12:16PM – 2:32PM	Bava Until 9:21PM	Nataraja: Purple		4th Phase
	Creative Work	Siddha Yoga			Ekadashi Until 9:16AM	Moon – Green	Devaloka Day	
	Until 2:19AM Thu					Jyeshtha*Vaikasi		
	Then Creative Work - Amrita Yoga							
4	Thursday, June 1, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Oslo, Norway Sun 25 Sutra 45	
	Tula Rasi: 8.4	Tithi 12 – 13	Gulika	7:44AM – 10:00AM	Svati Until 2:15AM Fri	Ganesha: Purple	<i>Sunrise:</i> 3:12AM	Sobhana 5125
			Yama	3:12AM – 5:28AM	Variyan Until 2:30PM	Muruga: Clear	<i>Sunset:</i> 9:21PM	Moon 5 - Phase 7 - 25
			364196579 Rahu	2:32PM – 4:48PM	Kaulava Until 8:53PM	Nataraja: Purple		4th Phase
	Creative Work	Amrita Yoga			Dvadashi Until 9:11AM	Moon – Green	Devaloka Day	
	Until 2:15AM Fri					Jyeshtha*Vaikasi		
	Then Creative Work - Siddha Yoga							
						Pradosha Vrata		
5	Friday, June 2, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway Sun 26 Sutra 46	
	Tula Rasi: 22.01	Tithi 13 – 14	Gulika	5:27AM – 7:44AM	Vishakha Until 1:47AM Sat	Ganesha: White	<i>Sunrise:</i> 3:11AM	Sobhana 5125
			Yama	4:49PM – 7:06PM	Parigha* Until 12:40PM	Muruga: Clear	<i>Sunset:</i> 9:22PM	Moon 5 - Phase 7 - 26
			374296579 Rahu	10:00AM – 12:16PM	Gara Until 7:41PM	Nataraja: Purple		4th Phase
	Creative Work	Siddha Yoga			Trayodashi Until 8:21AM	Moon – Orange	Subha Sivaloka Day	
			Vaikasi Visakam			Jyeshtha*Vaikasi		
	Saturday, June 3, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Shiva/Siddha Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau				Oslo, Norway Sun 27 Sutra 47	
	Copper Retreat Star		Gulika	3:09AM – 5:26AM	Anuradha Until 12:34AM Sun	Ganesha: White	<i>Sunrise:</i> 3:09AM	Sobhana 5125
	Vrischika Rasi: 5.46	Tithi 14 – 15	Yama	2:33PM – 4:50PM	Shiva Until 10:19AM	Muruga: Clear	<i>Sunset:</i> 9:24PM	Moon 5 - Phase 7 - 27
			374296579 Rahu	7:43AM – 10:00AM	Bava Until 4:43AM Sun	Nataraja: Purple		Purnima
	Creative Work	Siddha Yoga			Chaturdashi* Until 6:49AM	Moon – Orange	Subha Sivaloka Day	
	Until 12:34AM Sun					Jyeshtha*Vaikasi		
	Then Routine Work - Marana Yoga							
	Sunday, June 4, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Prathamayam Titau				Oslo, Norway Sutra 48	
	Silver Retreat Star		Gulika	4:51PM – 7:08PM	Jyeshtha* Until 10:45PM	Ganesha: White	<i>Sunrise:</i> 3:08AM	Sobhana 5125
	Vrischika Rasi: 19.53	Tithi 16	Yama	12:17PM – 2:34PM	Siddha Until 7:28AM	Muruga: Clear	<i>Sunset:</i> 9:25PM	Moon 5 - Phase 7 -
			374296579 Rahu	7:08PM – 9:25PM	Balava Until 3:30PM	Nataraja: Purple		Prathama
	Routine Work	Marana Yoga			Prathama* Until 2:10AM Mon	Moon – Orange	Subha Sivaloka Day	
	Until 10:45PM					Jyeshtha*Vaikasi		
	Then Creative Work - Amrita Yoga							

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

All times are standard time. Calculated for Oslo, Norway on 1/18/22

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**Monday, June 5, 2023****Gold Retreat Star**

Dhanus Rasi: 4.17 Tithi 17
Family Home Evening
 Creative Work Siddha Yoga
 Until 8:53PM
 Then Routine Work - Marana Yoga

384296571
 Rahu

Gulika 2:34PM – 4:52PM
 Yama 9:59AM – 12:17PM
Rahu 5:24AM – 7:42AM

Sobhana Nama Samvatsare Uтарыane Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
 Mula* Nakshatra Subha Yoga Taitila/Gara Karana Dvitiyayam Titau

Mula* Until 8:53PM
 Subha Until 12:55AM Tue
 Taitila Until 12:48PM
Dvitiya Until 11:20PM

Ganesha: Yellow *Sunrise:* 3:07AM
Muruga: Clear *Sunset:* 9:27PM
Nataraja: Blue
 Moon – Light Blue
Jyeshtha*Vaikasi

Sivaloka Day

Oslo, Norway
 Sutra 49
 Sobhana 5125
 Moon 6 - Phase 8 -
 1st Phase

1**Tuesday, June 6, 2023**

Dhanus Rasi: 18.53 Tithi 18
 Creative Work Siddha Yoga
 Until 6:44PM
 Then Routine Work - Prabalarishta Yoga

385296571
 Rahu

Gulika 12:17PM – 2:35PM
 Yama 7:41AM – 9:59AM
Rahu 4:53PM – 7:11PM

Sobhana Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam
 Purvashadha* Nakshatra Sukla Yoga Vanija/Visti* Karana Tritiyayam Titau

Purvashadha* Until 6:44PM
 Sukla Until 9:24PM
 Vanija Until 9:53AM
Tritiya Until 8:22PM

Ganesha: White *Sunrise:* 3:06AM
Muruga: Clear *Sunset:* 9:28PM
Nataraja: Blue
 Moon – Light Blue
Jyeshtha*Vaikasi

Devaloka Day

Oslo, Norway
 Sun 1 Sutra 50
 Sobhana 5125
 Moon 6 - Phase 8 - 1
 1st Phase

2**Wednesday, June 7, 2023**

Makara Rasi: 3.32 Tithi 19 – 20
 Creative Work Amrita Yoga
 Until 4:26PM
 Then Creative Work - Siddha Yoga

385296571
 Rahu

Gulika 9:59AM – 12:17PM
 Yama 5:23AM – 7:41AM
Rahu 12:17PM – 2:35PM

Sobhana Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam
 Uttarashadha/Shravana Nakshatra Brahma/Indra Yoga Bava/Kaulava Karana Chaturthi/Panchamyam Titau

Uttarashadha Until 4:26PM
 Brahma Until 5:54PM
 Bava Until 6:53AM
Chaturthi* Until 5:23PM

Ganesha: White *Sunrise:* 3:05AM
Muruga: Clear *Sunset:* 9:30PM
Nataraja: Blue
 Moon – Light Blue
Jyeshtha*Vaikasi

Devaloka Day

Oslo, Norway
 Sun 2 Sutra 51
 Sobhana 5125
 Moon 6 - Phase 8 - 2
 1st Phase

3**Thursday, June 8, 2023**

Makara Rasi: 18.1 Tithi 20 – 21
 Creative Work Siddha Yoga

395296571
 Rahu

Gulika 7:41AM – 9:59AM
 Yama 3:04AM – 5:22AM
Rahu 2:36PM – 4:54PM

Sobhana Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam
 Shrivana/Dhanishtha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Shrivana Until 2:31PM
 Indra Until 2:31PM
 Gara Until 1:13AM Fri
Panchami Until 2:32PM

Ganesha: Yellow *Sunrise:* 3:04AM
Muruga: Clear *Sunset:* 9:31PM
Nataraja: Blue
 Moon – Purple
Jyeshtha*Vaikasi

Sivaloka Day

Oslo, Norway
 Sun 3 Sutra 52
 Sobhana 5125
 Moon 6 - Phase 8 - 3
 1st Phase

4**Friday, June 9, 2023**

Kumbha Rasi: 2.38 Tithi 21 – 22
 Creative Work Siddha Yoga

395296571
 Rahu

Gulika 5:22AM – 7:40AM
 Yama 4:55PM – 7:14PM
Rahu 9:59AM – 12:18PM

Sobhana Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam
 Dhanishtha/Shatabhishak Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Dhanishtha Until 12:42PM
 Vaidhriti* Until 11:18AM
 Visti Until 10:44PM
Shashthi* Until 11:55AM

Ganesha: Yellow *Sunrise:* 3:03AM
Muruga: Clear *Sunset:* 9:32PM
Nataraja: Blue
 Moon – Purple
Jyeshtha*Vaikasi

Sivaloka Day

Oslo, Norway
 Sun 4 Sutra 53
 Sobhana 5125
 Moon 6 - Phase 8 - 4
 1st Phase

D**Saturday, June 10, 2023****Retreat Star**

Kumbha Rasi: 16.55 Tithi 22 – 23
 Creative Work Amrita Yoga
 Until 11:04AM
 Then Routine Work - Marana Yoga

395296571
 Rahu

Gulika 3:02AM – 5:21AM
 Yama 2:37PM – 4:56PM
Rahu 7:40AM – 9:59AM

Sobhana Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam
 Shatabhishak/Purvaproshtapada* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Shatabhishak Until 11:04AM
 Vishkambha* Until 8:21AM
 Balava Until 8:37PM
Saptami Until 9:36AM

Ganesha: Yellow *Sunrise:* 3:02AM
Muruga: Clear *Sunset:* 9:33PM
Nataraja: Blue
 Moon – Purple
Jyeshtha*Vaikasi

Sivaloka Day

Oslo, Norway
 Sun 5 Sutra 54
 Sobhana 5125
 Moon 6 - Phase 8 - 5
 Ashtami

Sunday, June 11, 2023**Retreat Star**

Meena Rasi: 0.58 Tithi 23 – 24
 Creative Work Siddha Yoga
 Until 10:05AM
 Then Creative Work - Amrita Yoga

315296571
 Rahu

Gulika 4:56PM – 7:15PM
 Yama 12:18PM – 2:37PM
Rahu 7:15PM – 9:34PM

Sobhana Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam
 Purvaproshtapada*/Uttaraproshtapada Nakshatra Ayushman Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Purvaproshtapada* Until 10:05AM
 Ayushman Until 3:24AM Mon
 Taitila Until 6:53PM
Ashtami* Until 7:40AM

Ganesha: Clear *Sunrise:* 3:01AM
Muruga: Clear *Sunset:* 9:34PM
Nataraja: Blue
 Moon – Clear
Jyeshtha*Vaikasi

Sivaloka Day

Oslo, Norway
 Sun 6 Sutra 55
 Sobhana 5125
 Moon 6 - Phase 8 - 6
 Navami

1	Monday, June 12, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Saubhagya Yoga Gara/Visti* Karana Navami/Dashamyam Titau						Oslo, Norway	
			Gulika	2:37PM – 4:57PM	Uttaraproshtapada Until 9:22AM	Ganesha: Clear	Sunrise: 3:01AM	Sun 7	Sutra 56	
	Meena Rasi: 14.44	Tithi 24 – 25	Yama	9:59AM – 12:18PM	Saubhagya Until 1:26AM Tue	Muruga: Clear	Sunset: 9:36PM	Moon 6 - Phase 9 - 7	Sobhana 5125	
	Family Home Evening	315296571	Rahu	5:20AM – 7:39AM	Visti Until 5:02AM Tue	Nataraja: Blue		2nd Phase		
Creative Work		Siddha Yoga			Navami* Until 6:09AM	Moon – Clear	Sivaloka Day			
					Jyeshtha*Vaikasi					
2	Tuesday, June 13, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Revati/Ashvini Nakshatra Sobhana Yoga Bava/Balava Karana Ekadashyam Titau						Oslo, Norway	
			Gulika	12:18PM – 2:38PM	Revati Until 8:55AM	Ganesha: Clear	Sunrise: 3:00AM	Sun 8	Sutra 57	
	Meena Rasi: 28.17	Tithi 26	Yama	7:39AM – 9:59AM	Sobhana Until 11:49PM	Muruga: Clear	Sunset: 9:36PM	Moon 6 - Phase 9 - 8	Sobhana 5125	
		315296571	Rahu	4:57PM – 7:17PM	Bava Until 4:39PM	Nataraja: Blue		2nd Phase		
Creative Work		Siddha Yoga			Ekadashi* Until 4:20AM Wed	Moon – Clear	Sivaloka Day			
					Jyeshtha*Vaikasi					
3	Wednesday, June 14, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Ashvini/Bharani Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Dvadashyam Titau						Oslo, Norway	
			Gulika	9:59AM – 12:19PM	Ashvini Until 9:10AM	Ganesha: White	Sunrise: 3:00AM	Sun 9	Sutra 58	
	Mesha Rasi: 11.35	Tithi 27	Yama	5:19AM – 7:39AM	Athiganda* Until 10:30PM	Muruga: Clear	Sunset: 9:37PM	Moon 6 - Phase 9 - 9	Sobhana 5125	
		325296571	Rahu	12:19PM – 2:38PM	Kaulava Until 4:10PM	Nataraja: Blue		2nd Phase		
Routine Work		Marana Yoga			Dvadashi* Until 4:03AM Thu	Moon – White	Devaloka Day			
Until 9:10AM					Jyeshtha*Vaikasi					
Then Creative Work - Siddha Yoga										
4	Thursday, June 15, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Bharani/Krittika Nakshatra Sukarma Yoga Gara/Vanija Karana Trayodashyam Titau						Oslo, Norway	
			Gulika	7:39AM – 9:59AM	Bharani Until 9:41AM	Ganesha: Yellow	Sunrise: 2:59AM	Sun 10	Sutra 59	
	Mesha Rasi: 24.4	Tithi 28	Yama	2:59AM – 5:19AM	Sukarma Until 9:31PM	Muruga: Clear	Sunset: 9:38PM	Moon 6 - Phase 9 - 10	Sobhana 5125	
		326296571	Rahu	2:39PM – 4:58PM	Gara Until 4:05PM	Nataraja: Blue		2nd Phase		
Creative Work		Siddha Yoga			Trayodashi* Until 4:10AM Fri	Moon – White	Sivaloka Day			
Until 9:41AM					Jyeshtha*Ani					
Then Routine Work - Marana Yoga					Pradosha Vrata (Fasting)					
5	Friday, June 16, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Krittika/Rohini Nakshatra Dhriti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau						Oslo, Norway	
			Gulika	5:19AM – 7:39AM	Krittika Until 10:27AM	Ganesha: Yellow	Sunrise: 2:59AM	Sun 11	Sutra 60	
	Vrishabha Rasi: 7.32	Tithi 29	Yama	4:59PM – 7:19PM	Dhriti Until 8:52PM	Muruga: Clear	Sunset: 9:39PM	Moon 6 - Phase 9 - 11	Sobhana 5125	
		326296571	Rahu	9:59AM – 12:19PM	Visti Until 4:24PM	Nataraja: Blue		2nd Phase		
Creative Work		Siddha Yoga			Chaturdashi* Until 4:42AM Sat	Moon – White	Sivaloka Day			
Until 10:27AM					Jyeshtha*Ani					
Then Routine Work - Marana Yoga										
●	Saturday, June 17, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Rohini/Mrigashira Nakshatra Shula* Yoga Catuspada*/Naga* Karana Amavasyayam Titau						Oslo, Norway	
	Retreat Star		Gulika	2:59AM – 5:19AM	Rohini Until 11:55AM	Ganesha: Red	Sunrise: 2:59AM	Sun 12	Sutra 61	
	Vrishabha Rasi: 20.14	Tithi 30	Yama	2:39PM – 4:59PM	Shula* Until 8:31PM	Muruga: Clear	Sunset: 9:39PM	Moon 6 - Phase 9 - 12	Sobhana 5125	
		336296571	Rahu	7:39AM – 9:59AM	Catuspada Until 5:08PM	Nataraja: Blue		Amavasya		
Creative Work		Amrita Yoga			Amavasya* Until 5:38AM Sun	Moon – Yellow	Sivaloka Day			
Until 11:55AM					Jyeshtha*Ani					
Then Creative Work - Siddha Yoga										
	Sunday, June 18, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Mrigashira/Ardra Nakshatra Ganda* Yoga Kintughna* Karana Prathamayam Titau						Oslo, Norway	
	Retreat Star		Gulika	5:00PM – 7:20PM	Mrigashira Until 1:36PM	Ganesha: Red	Sunrise: 2:59AM	Sun 13	Sutra 62	
	Mithuna Rasi: 2.44	Tithi 1	Yama	12:19PM – 2:39PM	Ganda* Until 8:29PM	Muruga: Yellow	Sunset: 9:40PM	Moon 6 - Phase 9 - 13	Sobhana 5125	
		336216571	Rahu	7:20PM – 9:40PM	Kintughna Until 6:16PM	Nataraja: Blue		Prathama		
Creative Work		Siddha Yoga			Prathama* Until 6:57AM Mon	Moon – Yellow	Sivaloka Day			
			Father's Day		Ashada*Ani					

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

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1	Monday, June 19, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Ardra/Punarvasu Nakshatra Vriddhi Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Oslo, Norway Sun 14 Sutra 63	
	Mithuna Rasi: 15.04	Tithi 1 – 2	Gulika	2:40PM – 5:00PM	Ardra Until 3:31PM	Ganesha: Red	Sunrise: 2:59AM	Sobhana 5125
	Family Home Evening	336216571	Yama	9:59AM – 12:19PM	Vriddhi Until 8:46PM	Muruga: Yellow	Sunset: 9:40PM	Moon 6 - Phase 10 - 14
	Creative Work Siddha Yoga		Rahu	5:19AM – 7:39AM	Balava Until 7:47PM	Nataraja: Blue		3rd Phase
	Until 3:31PM				Prathama* Until 6:57AM	Moon – Yellow	Sivaloka Day	
	Then Creative Work - Amrita Yoga					Ashada*Ani		
2	Tuesday, June 20, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Dhruva Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Oslo, Norway Sun 15 Sutra 64	
	Mithuna Rasi: 27.14	Tithi 2 – 3	Gulika	12:20PM – 2:40PM	Punarvasu Until 6:07PM	Ganesha: Yellow	Sunrise: 2:59AM	Sobhana 5125
		346216571	Yama	7:39AM – 9:59AM	Dhruva Until 9:17PM	Muruga: Yellow	Sunset: 9:41PM	Moon 6 - Phase 10 - 15
	Creative Work Siddha Yoga		Rahu	5:00PM – 7:20PM	Taitila Until 9:38PM	Nataraja: Blue		3rd Phase
					Dvitiya Until 8:39AM	Moon – Blue	Sivaloka Day	
						Ashada*Ani		
3	Wednesday, June 21, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Pushya Nakshatra Vyaghata* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Oslo, Norway Sun 16 Sutra 65	
	Kataka Rasi: 9.16	Tithi 3 – 4	Gulika	10:00AM – 12:20PM	Pushya Until 8:49PM	Ganesha: Yellow	Sunrise: 2:59AM	Sobhana 5125
		346216571	Yama	5:19AM – 7:39AM	Vyaghata* Until 10:03PM	Muruga: Yellow	Sunset: 9:41PM	Moon 6 - Phase 10 - 16
	Creative Work Siddha Yoga		Rahu	12:20PM – 2:40PM	Vanija Until 11:48PM	Nataraja: Blue		3rd Phase
					Tritiya Until 10:40AM	Moon – Blue	Sivaloka Day	
						Ashada*Ani		
4	Thursday, June 22, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Harshana Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Oslo, Norway Sun 17 Sutra 66	
	Kataka Rasi: 21.13	Tithi 4 – 5	Gulika	7:40AM – 10:00AM	Ashlesha* Until 11:34PM	Ganesha: Yellow	Sunrise: 2:59AM	Sobhana 5125
		346216571	Yama	2:59AM – 5:19AM	Harshana Until 10:59PM	Muruga: Yellow	Sunset: 9:41PM	Moon 6 - Phase 10 - 17
	Creative Work Siddha Yoga		Rahu	2:40PM – 5:01PM	Bava Until 2:09AM Fri	Nataraja: Blue		3rd Phase
	Until 11:34PM				Chaturthi* Until 12:56PM	Moon – Blue	Sivaloka Day	
	Then Creative Work - Amrita Yoga					Ashada*Ani		
5	Friday, June 23, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Vajra* Yoga Balava/Kaulava Karana Panchami/Shashtnyam Titau				Oslo, Norway Sun 18 Sutra 67	
	Simha Rasi: 3.05	Tithi 5 – 6	Gulika	5:20AM – 7:40AM	Magha* Until 2:43AM Sat	Ganesha: Yellow	Sunrise: 2:59AM	Sobhana 5125
		357216571	Yama	5:01PM – 7:21PM	Vajra* Until 11:56PM	Muruga: Yellow	Sunset: 9:41PM	Moon 6 - Phase 10 - 18
	Routine Work Marana Yoga		Rahu	10:00AM – 12:20PM	Kaulava Until 4:33AM Sat	Nataraja: Blue		3rd Phase
	Until 2:43AM Sat				Panchami Until 3:20PM	Moon – Red	Sivaloka Day	
	Then Creative Work - Siddha Yoga					Ashada*Ani		
6	Saturday, June 24, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Siddhi Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Oslo, Norway Sun 19 Sutra 68	
	Simha Rasi: 14.57	Tithi 6 – 7	Gulika	3:00AM – 5:20AM	Purvaphalguni Until 5:35AM Sun	Ganesha: Yellow	Sunrise: 3:00AM	Sobhana 5125
		357216571	Yama	2:41PM – 5:01PM	Siddhi Until 12:50AM Sun	Muruga: Yellow	Sunset: 9:41PM	Moon 6 - Phase 10 - 19
	Creative Work Siddha Yoga		Rahu	7:40AM – 10:00AM	Gara Until 6:50AM Sun	Nataraja: Blue		3rd Phase
	Until 5:35AM Sun				Shashthi* Until 5:42PM	Moon – Red	Sivaloka Day	
	Then Creative Work - Amrita Yoga					Ashada*Ani		
D	Sunday, June 25, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Vyatipata* Yoga Gara/Vanija Karana Saptamyam Titau				Oslo, Norway Sun 20 Sutra 69	
	Retreat Star		Gulika	5:01PM – 7:21PM	Uttaraphalguni Until 7:59AM Mon	Ganesha: Yellow	Sunrise: 3:00AM	Sobhana 5125
	Simha Rasi: 26.52	Tithi 7	Yama	12:21PM – 2:41PM	Vyatipata* Until 1:32AM Mon	Muruga: Yellow	Sunset: 9:41PM	Moon 6 - Phase 10 - 20
	Creative Work Amrita Yoga	357216571	Rahu	7:21PM – 9:41PM	Gara Until 6:50AM	Nataraja: Blue		3rd Phase
	Until 7:59AM Mon				Saptami Until 7:50PM	Moon – Red	Sivaloka Day	
	Then Creative Work - Siddha Yoga					Ashada*Ani		
D	Monday, June 26, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Variyan Yoga Visti*/Bava Karana Ashtamyam Titau				Oslo, Norway Sun 21 Sutra 70	
	Retreat Star		Gulika	2:41PM – 5:01PM	Uttaraphalguni Until 7:59AM	Ganesha: Yellow	Sunrise: 3:01AM	Sobhana 5125
	Kanya Rasi: 8.54	Tithi 8	Yama	10:01AM – 12:21PM	Variyan Until 1:49AM Tue	Muruga: Yellow	Sunset: 9:41PM	Moon 6 - Phase 10 - 21
	Family Home Evening	357216571	Rahu	5:21AM – 7:41AM	Visti Until 8:46AM	Nataraja: Blue		Ashtami
	Creative Work Siddha Yoga				Ashtami* Until 9:31PM	Moon – Red	Sivaloka Day	
			Chidambaram Abhishekam			Ashada*Ani		
D	Tuesday, June 27, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha* Yoga Balava/Kaulava Karana Navamyam Titau				Oslo, Norway Sun 22 Sutra 71	
	Retreat Star		Gulika	12:21PM – 2:41PM	Hasta Until 10:10AM	Ganesha: Clear	Sunrise: 3:01AM	Sobhana 5125
	Kanya Rasi: 21.1	Tithi 9	Yama	7:41AM – 10:01AM	Parigha* Until 1:35AM Wed	Muruga: Yellow	Sunset: 9:41PM	Moon 6 - Phase 10 - 22
	Creative Work Siddha Yoga	367316571	Rahu	5:01PM – 7:21PM	Balava Until 10:09AM	Nataraja: Blue		Navami
					Navami* Until 10:33PM	Moon – Green	Sivaloka Day	
						Ashada*Ani		

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

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1	Wednesday, June 28, 2023		Sobhana Nama Samvatsare Dakshinaya Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Shiva Yoga Taitila/Gara Karana Dashamyam Titau				Oslo, Norway Sun 23 Sutra 72	
	Tula Rasi: 3.44	Tithi 10	Gulika 10:01AM – 12:21PM	Chitra Until 11:29AM	Ganesha: Clear	<i>Sunrise:</i> 3:02AM	Sobhana 5125	
			Yama 5:22AM – 7:42AM	Shiva Until 12:44AM Thu	Muruga: Yellow	<i>Sunset:</i> 9:40PM	Moon 6 - Phase 11 - 23	
	367316571	Rahu 12:21PM – 2:41PM		Taitila Until 10:48AM	Nataraja: Blue		4th Phase	
Creative Work	Siddha Yoga			Dashami Until 10:48PM	Moon – Green		Sivaloka Day	
					Ashada*Ani			
2	Thursday, June 29, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Vishakha Nakshatra Siddha Yoga Vanija/Visti* Karana Ekadashyam Titau				Oslo, Norway Sun 24 Sutra 73	
	Tula Rasi: 16.41	Tithi 11	Gulika 7:42AM – 10:02AM	Svati Until 11:49AM	Ganesha: White	<i>Sunrise:</i> 3:03AM	Sobhana 5125	
			Yama 3:03AM – 5:23AM	Siddha Until 11:11PM	Muruga: Yellow	<i>Sunset:</i> 9:40PM	Moon 6 - Phase 11 - 24	
	368316571	Rahu 2:41PM – 5:01PM		Vanija Until 10:37AM	Nataraja: Blue		4th Phase	
Creative Work	Amrita Yoga			Ekadashi Until 10:11PM	Moon – Green		Devaloka Day	
Until 11:49AM					Ashada*Ani			
Then Creative Work - Siddha Yoga								
3	Friday, June 30, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Sadhya Yoga Bava/Balava Karana Dvadashyam Titau				Oslo, Norway Sun 25 Sutra 74	
	Vrischika Rasi: 0.06	Tithi 12	Gulika 5:23AM – 7:43AM	Vishakha Until 11:38AM	Ganesha: Clear	<i>Sunrise:</i> 3:04AM	Sobhana 5125	
			Yama 5:00PM – 7:20PM	Sadhya Until 8:59PM	Muruga: Yellow	<i>Sunset:</i> 9:39PM	Moon 6 - Phase 11 - 25	
	378316571	Rahu 10:02AM – 12:22PM		Bava Until 9:35AM	Nataraja: Blue		4th Phase	
Creative Work	Siddha Yoga			Dvadashi Until 8:45PM	Moon – Orange		Sivaloka Day	
					Ashada*Ani			
4	Saturday, July 1, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Subha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Oslo, Norway Sun 26 Sutra 75	
	Vrischika Rasi: 13.59	Tithi 13	Gulika 3:05AM – 5:24AM	Anuradha Until 10:32AM	Ganesha: Clear	<i>Sunrise:</i> 3:05AM	Sobhana 5125	
			Yama 2:41PM – 5:00PM	Subha Until 6:12PM	Muruga: Yellow	<i>Sunset:</i> 9:39PM	Moon 6 - Phase 11 - 26	
	378316571	Rahu 7:43AM – 10:03AM		Kaulava Until 7:47AM	Nataraja: Blue		4th Phase	
Creative Work	Siddha Yoga			Trayodashi Until 6:36PM	Moon – Orange		Sivaloka Day	
					Ashada*Ani			
					<i>Pradosha Vrata</i>			
5	Sunday, July 2, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Oslo, Norway Sun 27 Sutra 76	
	Vrischika Rasi: 28.19	Tithi 14 – 15	Gulika 5:00PM – 7:19PM	Jyeshtha* Until 8:38AM	Ganesha: Clear	<i>Sunrise:</i> 3:06AM	Sobhana 5125	
			Yama 12:22PM – 2:41PM	Sukla Until 2:54PM	Muruga: Yellow	<i>Sunset:</i> 9:38PM	Moon 6 - Phase 11 - 27	
	378316571	Rahu 7:19PM – 9:38PM		Visti Until 2:18AM Mon	Nataraja: Blue		4th Phase	
Routine Work	Marana Yoga			Chaturdashi* Until 3:50PM	Moon – Orange		Sivaloka Day	
Until 8:38AM					Ashada*Ani			
Then Creative Work - Amrita Yoga								
	Monday, July 3, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Oslo, Norway Sutra 77	
	Copper Retreat Star		Gulika 2:41PM – 5:00PM	Mula* Until 6:31AM	Ganesha: Purple	<i>Sunrise:</i> 3:07AM	Sobhana 5125	
	Dhanus Rasi: 13	Tithi 15 – 16	Yama 10:03AM – 12:22PM	Brahma Until 11:14AM	Muruga: Yellow	<i>Sunset:</i> 9:37PM	Moon 6 - Phase 11 -	
	Family Home Evening	388316571	Rahu 5:26AM – 7:45AM	Balava Until 10:57PM	Nataraja: Blue		Purnima	
Creative Work	Siddha Yoga			Purnima* Until 12:39PM	Moon – Light Blue		Devaloka Day	
Until 6:31AM					Ashada*Ani			
Then Routine Work - Marana Yoga			Satguru Purnima					
	Tuesday, July 4, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Oslo, Norway Sutra 78	
	Silver Retreat Star		Gulika 12:22PM – 2:41PM	Uttarashadha Until 1:05AM Wed	Ganesha: Purple	<i>Sunrise:</i> 3:08AM	Sobhana 5125	
	Dhanus Rasi: 27.56	Tithi 16 – 17	Yama 7:45AM – 10:04AM	Indra Until 7:21AM	Muruga: Yellow	<i>Sunset:</i> 9:36PM	Moon 6 - Phase 11 -	
	388316571	Rahu 4:59PM – 7:18PM		Taitila Until 7:25PM	Nataraja: Blue		Prathama	
Routine Work	Prabalarishta Yoga			Prathama* Until 9:11AM	Moon – Light Blue		Devaloka Day	
Until 1:05AM Wed					Ashada*Ani			
Then Creative Work - Siddha Yoga								

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

All times are standard time. Calculated for Oslo, Norway on 1/18/22

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Wednesday, July 5, 2023

Gold Retreat Star

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam
Shravana Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Tritiyayam Titau

Oslo, Norway

Sun 1 Sutra 79

Makara Rasi: 12.59 Tithi 18

Gulika

10:04AM – 12:22PM

Shravana Until 10:31PM

Ganesha: Clear

Sunrise: 3:09AM

Sobhana 5125

Yama

5:28AM – 7:46AM

Vishkambha* Until 11:23PM

Muruga: Yellow

Sunset: 9:35PM

Moon 7 - Phase 12 - 1

Creative Work Siddha Yoga

398316571

Rahu

12:22PM – 2:41PM

Vanija Until 3:52PM

Nataraja: Blue

Sivaloka Day

Until 10:31PM

Moon – Purple

Ashada*Ani

Then Routine Work - Prabalarishta Yoga

1 Thursday, July 6, 2023Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam
Dhanishtha Nakshatra Priti Yoga Bava/Balava Karana Chaturthyam Titau

Oslo, Norway

Sun 2 Sutra 80

Makara Rasi: 27.59 Tithi 19

Gulika

7:47AM – 10:05AM

Dhanishtha Until 8:01PM

Ganesha: Purple

Sunrise: 3:11AM

Sobhana 5125

Yama

3:11AM – 5:29AM

Priti Until 7:36PM

Muruga: Yellow

Sunset: 9:34PM

Moon 7 - Phase 12 - 2

Creative Work Siddha Yoga

398316571

Rahu

2:41PM – 4:58PM

Bava Until 12:27PM

Nataraja: Blue

Subha Sivaloka Day

Chaturthi* Until 10:50PM

Moon – Purple

Ashada*Ani

2 Friday, July 7, 2023Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam
Shatabhishak/Purvaproshtapada* Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Panchamyam Titau

Oslo, Norway

Sun 3 Sutra 81

Kumbha Rasi: 12.47 Tithi 20

Gulika

5:30AM – 7:47AM

Shatabhishak Until 5:43PM

Ganesha: Clear

Sunrise: 3:12AM

Sobhana 5125

Yama

4:58PM – 7:16PM

Ayushman Until 4:04PM

Muruga: Yellow

Sunset: 9:33PM

Moon 7 - Phase 12 - 3

Creative Work Siddha Yoga

499316571

Rahu

10:05AM – 12:23PM

Kaulava Until 9:20AM

Nataraja: Blue

Sivaloka Day

Panchami Until 7:54PM

Moon – Purple

Ashada*Ani

3 Saturday, July 8, 2023Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam
Purvaproshtapada*/Uttaraproshtapada Nakshatra Saubhagya/Sobhana Yoga Gara/Visti* Karana Shashthi/Saptamyam Titau

Oslo, Norway

Sun 4 Sutra 82

Kumbha Rasi: 27.17 Tithi 21 – 22

Gulika

3:14AM – 5:31AM

Purvaproshtapada* Until 4:09PM

Ganesha: Yellow

Sunrise: 3:14AM

Sobhana 5125

Yama

2:40PM – 4:58PM

Saubhagya Until 12:56PM

Muruga: Yellow

Sunset: 9:32PM

Moon 7 - Phase 12 - 4

Routine Work Marana Yoga

419316571

Rahu

7:48AM – 10:06AM

Gara Until 6:37AM

Nataraja: Blue

Sivaloka Day

Shashthi* Until 5:26PM

Moon – Clear

Ashada*Ani

Until 4:09PM

Then Creative Work - Siddha Yoga

4 Sunday, July 9, 2023Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam
Uttaraproshtapada/Revati Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Oslo, Norway

Sun 5 Sutra 83

Meena Rasi: 11.26 Tithi 22 – 23

Gulika

4:57PM – 7:14PM

Uttaraproshtapada Until 3:01PM

Ganesha: Yellow

Sunrise: 3:15AM

Sobhana 5125

Yama

12:23PM – 2:40PM

Sobhana Until 10:15AM

Muruga: Yellow

Sunset: 9:31PM

Moon 7 - Phase 12 - 5

Creative Work Amrita Yoga

419316571

Rahu

7:14PM – 9:31PM

Balava Until 2:50AM Mon

Nataraja: Blue

Sivaloka Day

Saptami Until 3:32PM

Moon – Clear

Ashada*Ani

D Monday, July 10, 2023

Retreat Star

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam
Revati/Ashvini Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Oslo, Norway

Sun 6 Sutra 84

Meena Rasi: 25.13 Tithi 23 – 24

Gulika

2:40PM – 4:56PM

Revati Until 2:20PM

Ganesha: Yellow

Sunrise: 3:17AM

Sobhana 5125

Yama

10:06AM – 12:23PM

Athiganda* Until 8:02AM

Muruga: Yellow

Sunset: 9:30PM

Moon 7 - Phase 12 - 6

Family Home Evening

419316571

Rahu

5:33AM – 7:50AM

Taitila Until 1:51AM Tue

Nataraja: Blue

Sivaloka Day

Ashtami* Until 2:15PM

Moon – Clear

Ashada*Ani

Creative Work Siddha Yoga

Tuesday, July 11, 2023

Retreat Star

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam
Ashvini/Bharani Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Oslo, Norway

Sun 7 Sutra 85

Mesha Rasi: 8.37 Tithi 24 – 25

Gulika

12:23PM – 2:39PM

Ashvini Until 2:33PM

Ganesha: Blue

Sunrise: 3:18AM

Sobhana 5125

Yama

7:51AM – 10:07AM

Sukarma Until 6:21AM

Muruga: Yellow

Sunset: 9:28PM

Moon 7 - Phase 12 - 7

Creative Work Siddha Yoga

429316571

Rahu

4:56PM – 7:12PM

Vanija Until 1:29AM Wed

Nataraja: Blue

Subha Sivaloka Day

Navami* Until 1:34PM

Moon – White

Ashada*Ani

1	Wednesday, July 12, 2023		Sobhana Nama Samvatsare Dakshinaya Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Bharani/Krittika Nakshatra Shula* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau						Oslo, Norway	
			Gulika	10:07AM – 12:23PM	Bharani Until 3:12PM		Ganesha: Blue	Sunrise: 3:20AM	Sun 8	Sutra 86
	Mesha Rasi: 21.43	Tithi 25 – 26	Yama	5:36AM – 7:52AM	Shula* Until 4:21AM Thu		Muruga: Yellow	Sunset: 9:27PM	Sobhana 5125	
	429316571		Rahu	12:23PM – 2:39PM	Bava Until 1:40AM Thu		Nataraja: Blue	Moon 7 - Phase 13 - 8		
	Creative Work	Siddha Yoga			Dashami Until 1:29PM		Moon – White	Subha Sivaloka Day		
Until 3:12PM		Ashada*Ani								
Then Creative Work - Amrita Yoga										

2	Thursday, July 13, 2023			Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Kritika/Rohini Nakshatra Ganda* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau						Oslo, Norway	
				Gulika	7:53AM – 10:08AM	Krittika Until 4:12PM	Ganesha: Purple	Sunrise: 3:22AM	Sun 9	Sutra 87	
	Mrishabha Rasi: 4.32	Tithi 26 – 27		Yama	3:22AM – 5:37AM	Ganda* Until 3:56AM Fri	Muruga: Yellow	Sunset: 9:25PM	Moon 7 - Phase 13 - 9	Sobhana 5125	
	421316571			Rahu	2:39PM – 4:54PM	Kaulava Until 2:20AM Fri	Nataraja: Blue	2nd Phase			
	Routine Work	Marana Yoga					Moon – White	Subha Sivaloka Day			
						Ekadashi* Until 1:55PM	Ashada*Ani				

3	Friday, July 14, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Rohini/Mrigashira Nakshatra Vriddhi Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau					Oslo, Norway
			Gulika	5:38AM – 7:53AM	Rohini Until 5:56PM	Ganesha: Clear	Sunrise: 3:23AM	Sun 10 Sutra 88
	Mrishabha Rasi: 17.08	Tithi 27 – 28	Yama	4:54PM – 7:09PM	Vriddhi Until 3:51AM Sat	Muruga: Yellow	Sunset: 9:24PM	Sobhana 5125
	431316571		Rahu	10:09AM – 12:24PM	Gara Until 3:24AM Sat	Nataraja: Blue	Moon 7 - Phase 13 - 10	
							2nd Phase	
Routine Work		Marana Yoga						Sivaloka Day
Until 5:56PM								
Then Creative Work - Siddha Yoga		Pradosha Vrata (Fasting)						

4	Saturday, July 15, 2023			Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Mrigashira Nakshatra Dhruva Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau						Oslo, Norway		
				Gulika	3:25AM – 5:40AM	Mrigashira Until 7:53PM			Ganesha: Clear	Sunrise: 3:25AM	Sun 11	Sutra 89
	Vrishabha Rasi: 29.32 Tithi 28 – 29			Yama	2:38PM – 4:53PM	Dhruva Until 4:02AM Sun			Muruga: Yellow	Sunset: 9:22PM	Moon 7 - Phase 13 - 11	Sobhana 5125
	431316571			Rahu	7:54AM – 10:09AM	Visti Until 4:50AM Sun			Nataraja: Blue	2nd Phase		
	Creative Work Siddha Yoga						Travodashi* Until 4:04PM			Ashada*Ani	Sivaloka Day	

5	Sunday, July 16, 2023			Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Ardra Nakshatra Vyaghata* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau						Oslo, Norway
				Gulika	4:52PM – 7:06PM	Ardra Until 9:59PM	Ganesha: Clear	Sunrise: 3:27AM	Sun 12	Sutra 90
	Mithuna Rasi: 11.49	Tithi 29 – 30		Yama	12:24PM – 2:38PM	Vyaghata* Until 4:27AM Mon	Muruga: Yellow	Sunset: 9:20PM	Moon 7 -	Sobhana 5125
	431316571			Rahu	7:06PM – 9:20PM	Catuspada Until 6:35AM Mon	Nataraja: Blue	Phase 13 - 12		
	Creative Work	Siddha Yoga					Moon – Yellow	2nd Phase		
				Chaturdashi* Until 5:39PM			Ashada*Adi			
							Sivaloka Day			

	Monday, July 17, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Punarvasu Nakshatra Harshana Yoga Catuspada*/Naga* Karana Amavasyayam Titau						Oslo, Norway
	Retreat Star		Gulika	2:38PM – 4:51PM	Punarvasu Until 12:40AM Tue	Ganesha: Orange	<i>Sunrise:</i> 3:29AM	Sun 13	Sutra 91
	Mithuna Rasi: 23.57	Tithi 30	Yama	10:10AM – 12:24PM	Harshana Until 5:05AM Tue	Muruga: Yellow	<i>Sunset:</i> 9:19PM	Moon 7 - Phase 13 - 13	Sobhana 5125
	Family Home Evening		441316572	Rahu	5:43AM – 7:56AM	Catuspada Until 6:35AM	Nataraja: Yellow	Amavasya	
	Creative Work	Amrita Yoga					Moon – Blue	Devaloka Day	
Until 12:40AM Tue				Amavasya* Until 7:32PM		Ashada*Adi			
Then Creative Work - Siddha Yoga									

Tuesday, July 18, 2023				Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam						Oslo, Norway	
Retreat Star				Pushya Nakshatra Vajra* Yoga Kintughna*/Bava Karana Prathamayam Titau						Sun 14 Sutra 92	
Kataka Rasi: 5.59		Tithi 1		Gulika	12:24PM – 2:37PM	Pushya Until 3:26AM Wed		Ganesha: Orange	Sunrise: 3:31AM	Sobhana 5125	
				Yama	7:57AM – 10:11AM	Vajra* Until 5:53AM Wed		Muruga: Yellow	Sunset: 9:17PM	Moon 7 - Phase 13 - 14	
		441316572		Rahu	4:50PM – 7:04PM	Kintughna Until 8:35AM		Nataraja: Yellow	Prathama		
Creative Work		Siddha Yoga				Prathama* Until 9:39PM		Moon – Blue	Devaloka Day		
						Sraavana Adhika*Adi					

1	Wednesday, July 19, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Siddhi Yoga Balava/Kaulava Karana Dvitiyayam Titau				Oslo, Norway Sun 15 Sutra 93	
	Kataka Rasi: 17.56	Tithi 2	Gulika Yama	10:11AM – 12:24PM 5:46AM – 7:58AM	Ashlesha* Until 6:12AM Thu Siddhi Until 6:49AM Thu Balava Until 10:49AM Dvitiya Until 11:59PM	Ganesha: Orange Muruga: Yellow Nataraja: Yellow Moon – Blue Savana Adhika•Adi	Sunrise: 3:33AM Sunset: 9:15PM	Sobhana 5125 Moon 7 - Phase 14 - 15 3rd Phase
	Creative Work	Siddha Yoga	441316572	Rahu				Devaloka Day
	Until 6:12AM Thu	Then Creative Work - Amrita Yoga						
2	Thursday, July 20, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Tritiyayam Titau				Oslo, Norway Sun 16 Sutra 94	
	Kataka Rasi: 29.49	Tithi 3	Gulika Yama	7:59AM – 10:12AM 3:35AM – 5:47AM	Ashlesha* Until 6:12AM Siddhi Until 6:49AM Taitila Until 1:13PM Tritiya Until 2:25AM Fri	Ganesha: Orange Muruga: Yellow Nataraja: Yellow Moon – Blue Savana Adhika•Adi	Sunrise: 3:35AM Sunset: 9:13PM	Sobhana 5125 Moon 7 - Phase 14 - 16 3rd Phase
	Creative Work	Siddha Yoga	441316572	Rahu				Devaloka Day
	Until 6:12AM	Then Creative Work - Amrita Yoga						
3	Friday, July 21, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Chaturthyam Titau				Oslo, Norway Sun 17 Sutra 95	
	Simha Rasi: 11.39	Tithi 4	Gulika Yama	5:49AM – 8:00AM 4:48PM – 6:59PM	Magha* Until 9:24AM Vyatipata* Until 7:51AM Vanija Until 3:41PM Chaturthi* Until 4:53AM Sat	Ganesha: Clear Muruga: Yellow Nataraja: Yellow Moon – Red Savana Adhika•Adi	Sunrise: 3:37AM Sunset: 9:11PM	Sobhana 5125 Moon 7 - Phase 14 - 17 3rd Phase
	Routine Work	Marana Yoga	451316572	Rahu				Devaloka Day
	Until 9:24AM	Then Creative Work - Siddha Yoga						
4	Saturday, July 22, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Variyan/Parigha* Yoga Bava Karana Panchamyam Titau				Oslo, Norway Sun 18 Sutra 96	
	Simha Rasi: 23.29	Tithi 5	Gulika Yama	3:39AM – 5:50AM 2:35PM – 4:47PM	Purvaphalguni Until 12:24PM Variyan Until 8:50AM Bava Until 6:05PM Panchami Until 7:12AM Sun	Ganesha: White Muruga: Yellow Nataraja: Yellow Moon – Red Savana Adhika•Adi	Sunrise: 3:39AM Sunset: 9:09PM	Sobhana 5125 Moon 7 - Phase 14 - 18 3rd Phase
	Creative Work	Siddha Yoga	451416572	Rahu				Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Until 12:24PM	Then Routine Work - Marana Yoga						
5	Sunday, July 23, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Oslo, Norway Sun 19 Sutra 97	
	Kanya Rasi: 5.23	Tithi 5 – 6	Gulika Yama	4:46PM – 6:56PM 12:24PM – 2:35PM	Uttaraphalguni Until 3:03PM Parigha* Until 9:42AM Kaulava Until 8:16PM Panchami Until 7:12AM	Ganesha: White Muruga: Yellow Nataraja: Yellow Moon – Red Savana Adhika•Adi	Sunrise: 3:41AM Sunset: 9:07PM	Sobhana 5125 Moon 7 - Phase 14 - 19 3rd Phase
	Creative Work	Amrita Yoga	451416572	Rahu				Bhuloka Day Devaloka Time: 3:PM to 6:PM
6	Monday, July 24, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Oslo, Norway Sun 20 Sutra 98	
	Kanya Rasi: 17.25	Tithi 6 – 7	Gulika Yama	2:34PM – 4:45PM 10:14AM – 12:24PM	Hasta Until 5:40PM Shiva Until 10:19AM Gara Until 10:00PM Shashthi* Until 9:11AM	Ganesha: Purple Muruga: Yellow Nataraja: Yellow Moon – Green Savana Adhika•Adi	Sunrise: 3:43AM Sunset: 9:05PM	Sobhana 5125 Moon 7 - Phase 14 - 20 3rd Phase
	Family Home Evening		462416572	Rahu				Sivaloka Day
	Creative Work	Siddha Yoga						
D	Tuesday, July 25, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Oslo, Norway Sun 21 Sutra 99	
	Kanya Rasi: 29.38	Tithi 7 – 8	Gulika Yama	12:24PM – 2:34PM 8:05AM – 10:14AM	Chitra Until 7:32PM Siddha Until 10:30AM Visti Until 11:07PM Saptami Until 10:38AM	Ganesha: Purple Muruga: Yellow Nataraja: Yellow Moon – Green Savana Adhika•Adi	Sunrise: 3:45AM Sunset: 9:03PM	Sobhana 5125 Moon 7 - Phase 14 - 21 Ashtami
	Creative Work	Siddha Yoga	462416572	Rahu				Sivaloka Day
	Wednesday, July 26, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Oslo, Norway Sun 22 Sutra 100	
	Tula Rasi: 12.1	Tithi 8 – 9	Gulika Yama	10:15AM – 12:24PM 5:57AM – 8:06AM	Svati Until 8:29PM Sadhya Until 10:07AM Balava Until 11:27PM Ashtami* Until 11:22AM	Ganesha: Purple Muruga: Yellow Nataraja: Yellow Moon – Green Savana Adhika•Adi	Sunrise: 3:48AM Sunset: 9:01PM	Sobhana 5125 Moon 7 - Phase 14 - 22 Navami
	Creative Work	Siddha Yoga	462416572	Rahu				Sivaloka Day

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

All times are standard time. Calculated for Oslo, Norway on 1/18/22

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1	Thursday, July 27, 2023		Sobhana Nama Samvatsare Dakshinaya Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Oslo, Norway Sun 23 Sutra 101 Sobhana 5125	
	Tula Rasi: 25.04	Tithi 9 – 10	Gulika	8:07AM – 10:16AM	Vishakha Until 8:55PM	Ganesha: Clear	<i>Sunrise:</i> 3:50AM	
			Yama	3:50AM – 5:58AM	Subha Until 9:07AM	Muruga: Yellow	<i>Sunset:</i> 8:59PM	Moon 7 - Phase 15 - 23
	Creative Work	Siddha Yoga	472416572 Rahu	2:33PM – 4:41PM	Taitila Until 10:55PM	Nataraja: Yellow		4th Phase
					Navami* Until 11:16AM	Moon – Orange	Devaloka Day	
						Sravana Adhika•Adi		
2	Friday, July 28, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Subha/Brahma Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau				Oslo, Norway Sun 24 Sutra 102 Sobhana 5125	
	Vrischika Rasi: 8.26	Tithi 10 – 11	Gulika	6:00AM – 8:08AM	Anuradha Until 8:21PM	Ganesha: Clear	<i>Sunrise:</i> 3:52AM	
			Yama	4:40PM – 6:48PM	Sukla Until 7:23AM	Muruga: Yellow	<i>Sunset:</i> 8:56PM	Moon 7 - Phase 15 - 24
	Creative Work	Siddha Yoga	472416572 Rahu	10:16AM – 12:24PM	Vanija Until 9:31PM	Nataraja: Yellow		4th Phase
	Until 8:21PM				Dashami Until 10:18AM	Moon – Orange	Devaloka Day	
	Then Routine Work - Marana Yoga					Sravana Adhika•Adi		
3	Saturday, July 29, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway Sun 25 Sutra 103 Sobhana 5125	
	Vrischika Rasi: 22.17	Tithi 11 – 12	Gulika	3:54AM – 6:02AM	Jyeshtha* Until 6:51PM	Ganesha: Clear	<i>Sunrise:</i> 3:54AM	
			Yama	2:32PM – 4:39PM	Indra Until 1:59AM Sun	Muruga: Yellow	<i>Sunset:</i> 8:54PM	Moon 7 - Phase 15 - 25
	Creative Work	Siddha Yoga	472416572 Rahu	8:09AM – 10:17AM	Bava Until 7:21PM	Nataraja: Yellow		4th Phase
					Ekadashi Until 8:31AM	Moon – Orange	Devaloka Day	
						Sravana Adhika•Adi		
4	Sunday, July 30, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vaidhriti* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Oslo, Norway Sun 26 Sutra 104 Sobhana 5125	
	Dhanus Rasi: 6.37	Tithi 13	Gulika	4:38PM – 6:45PM	Mula* Until 4:58PM	Ganesha: White	<i>Sunrise:</i> 3:56AM	
			Yama	12:24PM – 2:31PM	Vaidhriti* Until 10:27PM	Muruga: Yellow	<i>Sunset:</i> 8:52PM	Moon 7 - Phase 15 - 26
	Creative Work	Amrita Yoga	482416572 Rahu	6:45PM – 8:52PM	Taitila Until 4:31PM	Nataraja: Yellow		4th Phase
	Until 4:58PM				Trayodashi Until 2:53AM Mon	Moon – Light Blue	Sivaloka Day	
	Then Creative Work - Siddha Yoga				<i>Pradosha Vrata</i>	Sravana Adhika•Adi		
5	Monday, July 31, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vishkambha* Yoga Gara/Vanija Karana Chaturdashyam Titau				Oslo, Norway Sun 27 Sutra 105 Sobhana 5125	
	Dhanus Rasi: 21.23	Tithi 14	Gulika	2:30PM – 4:37PM	Purvashadha* Until 2:25PM	Ganesha: White	<i>Sunrise:</i> 3:59AM	
	Family Home Evening		Yama	10:18AM – 12:24PM	Vishkambha* Until 6:32PM	Muruga: Yellow	<i>Sunset:</i> 8:49PM	Moon 7 - Phase 15 - 27
	Routine Work	Marana Yoga	482416572 Rahu	6:05AM – 8:11AM	Gara Until 1:11PM	Nataraja: Yellow		4th Phase
					Chaturdashi* Until 11:21PM	Moon – Light Blue	Sivaloka Day	
						Sravana Adhika•Adi		
	Tuesday, August 1, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Purnimayam Titau				Oslo, Norway Sutra 106 Sobhana 5125	
	Copper Retreat Star		Gulika	12:24PM – 2:30PM	Uttarashadha Until 11:25AM	Ganesha: White	<i>Sunrise:</i> 4:01AM	
	Makara Rasi: 6.28	Tithi 15	Yama	8:12AM – 10:18AM	Priti Until 2:23PM	Muruga: Yellow	<i>Sunset:</i> 8:47PM	Moon 7 - Phase 15 -
			482416572 Rahu	4:35PM – 6:41PM	Visti Until 9:30AM	Nataraja: Yellow		Purnima
	Routine Work	Prabalarishta Yoga			Purnima* Until 7:34PM	Moon – Light Blue	Sivaloka Day	
	Until 11:25AM					Sravana Adhika•Adi		
	Then Creative Work - Siddha Yoga							
	Wednesday, August 2, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Oslo, Norway Sutra 107 Sobhana 5125	
	Silver Retreat Star		Gulika	10:19AM – 12:24PM	Shravana Until 8:32AM	Ganesha: Yellow	<i>Sunrise:</i> 4:03AM	
	Makara Rasi: 21.43	Tithi 16 – 17	Yama	6:08AM – 8:14AM	Ayushman Until 10:06AM	Muruga: Yellow	<i>Sunset:</i> 8:44PM	Moon 7 - Phase 15 -
			492416572 Rahu	12:24PM – 2:29PM	Taitila Until 1:48AM Thu	Nataraja: Yellow		Prathama
	Creative Work	Siddha Yoga			Prathama* Until 3:42PM	Moon – Purple	Devaloka Day	
	Until 8:32AM					Sravana Adhika•Adi		
	Then Routine Work - Prabalarishta Yoga							

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

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**Thursday, August 3, 2023****Gold Retreat Star**

Kumbha Rasi: 6.57

Tithi 17 – 18

492416572

Creative Work Siddha Yoga

Gulika**8:15AM – 10:19AM**

Yama

4:06AM – 6:10AM

Rahu**2:28PM – 4:33PM**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam
Shatabhishak Nakshatra Sobhana Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Oslo, Norway

Sun 1 Sutra 108

Sobhana 5125

Moon 8 - Phase 16 - 1

1st Phase

Ganesha: Yellow

Sunrise: 4:06AM

Muruga: Yellow

Sunset: 8:42PM

Nataraja: Yellow

Moon – Purple

Sravana Adhika•Adi

Devaloka Day**1****Friday, August 4, 2023**

Kumbha Rasi: 22.01

Tithi 18 – 19

412416572

Creative Work Siddha Yoga

Gulika**6:12AM – 8:16AM**

Yama

4:32PM – 6:36PM

Rahu**10:20AM – 12:24PM**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvaproshtapada* Nakshatra Athiganda* Yoga Visti*/Bava Karana Tritiya/Chaturthayam Titau

Oslo, Norway

Sun 2 Sutra 109

Sobhana 5125

Moon 8 - Phase 16 - 2

1st Phase

Ganesha: Clear

Sunrise: 4:08AM

Muruga: Yellow

Sunset: 8:40PM

Nataraja: Yellow

Moon – Clear

Sravana Adhika•Adi

Devaloka Day**2****Saturday, August 5, 2023**

Meena Rasi: 6.46

Tithi 20

412416572

Creative Work Siddha Yoga

Until 10:28PM

Then Routine Work - Prabalarishta Yoga

Gulika**4:10AM – 6:14AM**

Yama

2:27PM – 4:30PM

Rahu**8:17AM – 10:20AM**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam
Uttaraproshtapada Nakshatra Sukarma Yoga Kaulava/Taitila Karana Panchamyam Titau

Oslo, Norway

Sun 3 Sutra 110

Sobhana 5125

Moon 8 - Phase 16 - 3

1st Phase

Ganesha: Clear

Sunrise: 4:10AM

Muruga: Yellow

Sunset: 8:37PM

Nataraja: Yellow

Moon – Clear

Sravana Adhika•Adi

Devaloka Day**3****Sunday, August 6, 2023**

Meena Rasi: 21.07

Tithi 21

413416572

Creative Work Amrita Yoga

Until 9:05PM

Then Creative Work - Siddha Yoga

Gulika**4:29PM – 6:32PM**

Yama

12:23PM – 2:26PM

Rahu**6:32PM – 8:34PM**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam
Revati Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Shashthyam Titau

Oslo, Norway

Sun 4 Sutra 111

Sobhana 5125

Moon 8 - Phase 16 - 4

1st Phase

Ganesha: White

Sunrise: 4:12AM

Muruga: Yellow

Sunset: 8:34PM

Nataraja: Yellow

Moon – Clear

Sravana Adhika•Adi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

4**Monday, August 7, 2023**

Mesha Rasi: 5.01

Tithi 22

423416572

Family Home Evening

Creative Work Siddha Yoga

Gulika**2:26PM – 4:28PM**

Yama

10:21AM – 12:23PM

Rahu**6:17AM – 8:19AM**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam
Ashvini Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Saptamyam Titau

Oslo, Norway

Sun 5 Sutra 112

Sobhana 5125

Moon 8 - Phase 16 - 5

1st Phase

Ganesha: Clear

Sunrise: 4:15AM

Muruga: Yellow

Sunset: 8:32PM

Nataraja: Yellow

Moon – White

Sravana Adhika•Adi

Devaloka Day**D****Tuesday, August 8, 2023****Retreat Star**

Mesha Rasi: 18.28

Tithi 23

423416572

Creative Work Siddha Yoga

Gulika**12:23PM – 2:25PM**

Yama

8:20AM – 10:22AM

Rahu**4:26PM – 6:28PM**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam
Bharani Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Ashtamyam Titau

Oslo, Norway

Sun 6 Sutra 113

Sobhana 5125

Moon 8 - Phase 16 - 6

Ashtami

Ganesha: Clear

Sunrise: 4:17AM

Muruga: Yellow

Sunset: 8:29PM

Nataraja: Yellow

Moon – White

Sravana Adhika•Adi

Devaloka Day**Wednesday, August 9, 2023****Retreat Star**

Vrishabha Rasi: 1.31

Tithi 24

423416572

Creative Work Amrita Yoga

Until 9:47PM

Then Creative Work - Siddha Yoga

Gulika**10:22AM – 12:23PM**

Yama

6:20AM – 8:21AM

Rahu**12:23PM – 2:24PM**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam
Krittika Nakshatra Vridhhi/Dhruva Yoga Taitila/Gara Karana Navamyam Titau

Oslo, Norway

Sun 7 Sutra 114

Sobhana 5125

Moon 8 - Phase 16 - 7

Navami

Ganesha: Clear

Sunrise: 4:19AM

Muruga: Yellow

Sunset: 8:27PM

Nataraja: Yellow

Moon – White

Sravana Adhika•Adi

Devaloka Day

1	Thursday, August 10, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Rohini Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visti* Karana Dashamyam Titau				Oslo, Norway Sun 8 Sutra 115	
	433416572	Gulika Yama	8:22AM – 10:23AM 4:22AM – 6:22AM	Rohini Until 11:30PM Dhruva Until 10:38AM	Ganesha: Purple Muruga: Yellow	Sunrise: 4:22AM Sunset: 8:24PM	Sobhana 5125 Moon 8 - Phase 17 - 8	
		Rahu	2:23PM – 4:24PM	Vanija Until 12:06PM	Nataraja: Yellow Moon – Yellow		2nd Phase	
	Routine Work Marana Yoga			Dashami Until 12:37AM Fri	Sravana Adhika•Adi	Bhuloka Day Devaloka Time: 3:PM to 6:PM		
2	Friday, August 11, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Mrigashira Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Ekadashyam Titau				Oslo, Norway Sun 9 Sutra 116	
	433416572	Gulika Yama	6:24AM – 8:23AM 4:22PM – 6:22PM	Mrigashira Until 1:33AM Sat Vyaghata* Until 10:35AM	Ganesha: Purple Muruga: Yellow	Sunrise: 4:24AM Sunset: 8:21PM	Sobhana 5125 Moon 8 - Phase 17 - 9	
		Rahu	10:23AM – 12:23PM	Bava Until 1:18PM	Nataraja: Yellow Moon – Yellow		2nd Phase	
	Creative Work Siddha Yoga			Ekadashi* Until 2:03AM Sat	Sravana Adhika•Adi	Bhuloka Day Devaloka Time: 3:PM to 6:PM		
3	Saturday, August 12, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Ardra Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Oslo, Norway Sun 10 Sutra 117	
	433416572	Gulika Yama	4:27AM – 6:26AM 2:22PM – 4:21PM	Ardra Until 3:47AM Sun Harshana Until 10:53AM	Ganesha: Purple Muruga: Yellow	Sunrise: 4:27AM Sunset: 8:19PM	Sobhana 5125 Moon 8 - Phase 17 - 10	
		Rahu	8:25AM – 10:24AM	Kaulava Until 2:56PM	Nataraja: Yellow Moon – Yellow		2nd Phase	
	Creative Work Siddha Yoga			Dvadashi* Until 3:52AM Sun	Sravana Adhika•Adi	Bhuloka Day Devaloka Time: 3:PM to 6:PM		
4	Sunday, August 13, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Punarvasu Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Trayodashyam Titau				Oslo, Norway Sun 11 Sutra 118	
	443416572	Gulika Yama	4:19PM – 6:18PM 12:22PM – 2:21PM	Punarvasu Until 6:36AM Mon Vajra* Until 11:25AM	Ganesha: Light Blue Muruga: Yellow	Sunrise: 4:29AM Sunset: 8:16PM	Sobhana 5125 Moon 8 - Phase 17 - 11	
		Rahu	6:18PM – 8:16PM	Gara Until 4:53PM	Nataraja: Yellow Moon – Blue		2nd Phase	
	Creative Work Siddha Yoga			Trayodashi* Until 5:56AM Mon	Sravana Adhika•Adi	Bhuloka Day Devaloka Time: 3:PM to 6:PM		
							Pradosha Vrata (Fasting)	
5	Monday, August 14, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Punarvasu/Pushya Nakshatra Siddhi/Vyatipata* Yoga Visti* Karana Chaturdashyam Titau				Oslo, Norway Sun 12 Sutra 119	
	443416572	Gulika Yama	2:20PM – 4:18PM 10:25AM – 12:22PM	Punarvasu Until 6:36AM Siddhi Until 12:08PM	Ganesha: Light Blue Muruga: Yellow	Sunrise: 4:31AM Sunset: 8:13PM	Sobhana 5125 Moon 8 - Phase 17 - 12	
		Rahu	6:29AM – 8:27AM	Visti Until 7:04PM	Nataraja: Yellow Moon – Blue		2nd Phase	
	Kataka Rasi: 3.01 Family Home Evening Creative Work Amrita Yoga Until 6:36AM Then Creative Work - Siddha Yoga			Chaturdashi* Until 8:12AM Tue	Sravana Adhika•Adi	Bhuloka Day Devaloka Time: 3:PM to 6:PM		
	Tuesday, August 15, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Pushya/Ashlesha* Nakshatra Vyatipata*/Variyan Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Oslo, Norway Sun 13 Sutra 120	
	443416572	Gulika Yama	12:22PM – 2:19PM 8:28AM – 10:25AM	Pushya Until 9:26AM Vyatipata* Until 1:01PM	Ganesha: Light Blue Muruga: Yellow	Sunrise: 4:34AM Sunset: 8:11PM	Sobhana 5125 Moon 8 - Phase 17 - 13	
		Rahu	4:16PM – 6:13PM	Catuspada Until 9:24PM	Nataraja: Yellow Moon – Blue		Amavasya	
	Creative Work Siddha Yoga			Chaturdashi* Until 8:12AM	Sravana Adhika•Adi	Bhuloka Day Devaloka Time: 3:PM to 6:PM		
	Wednesday, August 16, 2023		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Ashlesha*/Magha* Nakshatra Variyan/Parigha* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Oslo, Norway Sun 14 Sutra 121	
	443516572	Gulika Yama	10:25AM – 12:22PM 6:32AM – 8:29AM	Ashlesha* Until 12:14PM Variyan Until 1:56PM	Ganesha: Orange Muruga: Yellow	Sunrise: 4:36AM Sunset: 8:08PM	Sobhana 5125 Moon 8 - Phase 17 - 14	
		Rahu	12:22PM – 2:18PM	Kintughna Until 11:50PM	Nataraja: Yellow Moon – Blue		Prathama	
	Creative Work Siddha Yoga			Amavasya* Until 10:35AM	Sravana•Adi	Devaloka Day		

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

1	Thursday, August 17, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Oslo, Norway	
	Simha Rasi: 8.41	Tithi 1 – 2	Gulika	8:30AM – 10:26AM	Magha* Until 3:24PM	Ganesha: Clear	Sunrise: 4:38AM	Sun 15 Sutra 122
			Yama	4:38AM – 6:34AM	Parigha* Until 2:55PM	Muruga: Yellow	Sunset: 8:05PM	Sobhana 5125
	453516572		Rahu	2:18PM – 4:13PM	Balava Until 2:17AM Fri	Nataraja: Yellow		Moon 8 - Phase 18 - 15
Creative Work		Amrita Yoga			Prathama* Until 1:03PM	Moon – Red	Devaloka Day	
Until 3:24PM						Sravana*Avani		
Then Creative Work - Siddha Yoga								
2	Friday, August 18, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Oslo, Norway	
	Simha Rasi: 20.32	Tithi 2 – 3	Gulika	6:36AM – 8:31AM	Purvaphalguni Until 6:23PM	Ganesha: Orange	Sunrise: 4:41AM	Sun 16 Sutra 123
			Yama	4:12PM – 6:07PM	Shiva Until 3:54PM	Muruga: Yellow	Sunset: 8:02PM	Sobhana 5125
	553516572		Rahu	10:26AM – 12:21PM	Taitila Until 4:41AM Sat	Nataraja: Yellow		Moon 8 - Phase 18 - 16
Creative Work		Siddha Yoga			Dvitiya Until 3:29PM	Moon – Red	Devaloka Day	
						Sravana*Avani		
3	Saturday, August 19, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Oslo, Norway	
	Kanya Rasi: 2.25	Tithi 3 – 4	Gulika	4:43AM – 6:38AM	Uttaraphalguni Until 9:05PM	Ganesha: Orange	Sunrise: 4:43AM	Sun 17 Sutra 124
			Yama	2:16PM – 4:10PM	Siddha Until 4:45PM	Muruga: Yellow	Sunset: 7:59PM	Sobhana 5125
	553516572		Rahu	8:32AM – 10:27AM	Vanija Until 6:54AM Sun	Nataraja: Yellow		Moon 8 - Phase 18 - 17
Routine Work		Marana Yoga			Tritiya Until 5:48PM	Moon – Red	Devaloka Day	
						Sravana*Avani		
4	Sunday, August 20, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Chaturthyam Titau				Oslo, Norway	
	Kanya Rasi: 14.22	Tithi 4	Gulika	4:09PM – 6:03PM	Hasta Until 11:51PM	Ganesha: Clear	Sunrise: 4:45AM	Sun 18 Sutra 125
			Yama	12:21PM – 2:15PM	Sadhya Until 5:26PM	Muruga: Yellow	Sunset: 7:57PM	Sobhana 5125
	563516572		Rahu	6:03PM – 7:57PM	Vanija Until 6:54AM	Nataraja: Yellow		Moon 8 - Phase 18 - 18
Creative Work		Amrita Yoga			Chaturthi* Until 7:52PM	Moon – Green	Devaloka Day	
Until 11:51PM						Sravana*Avani		
Then Creative Work - Siddha Yoga								
5	Monday, August 21, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Chitra Nakshatra Subha/Sukla Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway	
	Kanya Rasi: 26.26	Tithi 5	Gulika	2:14PM – 4:07PM	Chitra Until 2:02AM Tue	Ganesha: Purple	Sunrise: 4:48AM	Sun 19 Sutra 126
	Family Home Evening		Yama	10:27AM – 12:21PM	Subha Until 5:50PM	Muruga: Yellow	Sunset: 7:54PM	Sobhana 5125
	564516572		Rahu	6:41AM – 8:34AM	Bava Until 8:47AM	Nataraja: Yellow		Moon 8 - Phase 18 - 19
Routine Work		Prabalarishta Yoga			Panchami Until 9:31PM	Moon – Green	Bhuloka Day	
Until 2:02AM Tue			Nag Panchami			Sravana*Avani	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga								
6	Tuesday, August 22, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Svati Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Shashthyam Titau				Oslo, Norway	
	Tula Rasi: 8.42	Tithi 6	Gulika	12:20PM – 2:13PM	Svati Until 3:29AM Wed	Ganesha: Purple	Sunrise: 4:50AM	Sun 20 Sutra 127
			Yama	8:35AM – 10:28AM	Sukla Until 5:48PM	Muruga: Yellow	Sunset: 7:51PM	Sobhana 5125
	564516572		Rahu	4:06PM – 5:58PM	Kaulava Until 10:11AM	Nataraja: Yellow		Moon 8 - Phase 18 - 20
Creative Work		Siddha Yoga			Shashthi* Until 10:38PM	Moon – Green	Bhuloka Day	
						Sravana*Avani	Devaloka Time: 3:PM to 6:PM	
D	Wednesday, August 23, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Saptamyam Titau				Oslo, Norway	
	Retreat Star		Gulika	10:28AM – 12:20PM	Vishakha Until 4:34AM Thu	Ganesha: Clear	Sunrise: 4:52AM	Sun 21 Sutra 128
	Tula Rasi: 21.14	Tithi 7	Yama	6:44AM – 8:36AM	Brahma Until 5:14PM	Muruga: Yellow	Sunset: 7:48PM	Sobhana 5125
	574516572		Rahu	12:20PM – 2:12PM	Gara Until 10:57AM	Nataraja: Yellow		Moon 8 - Phase 18 - 21
Creative Work		Siddha Yoga			Saptami Until 11:02PM	Moon – Orange	Devaloka Day	
						Sravana*Avani		
D	Thursday, August 24, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ashtamyam Titau				Oslo, Norway	
	Retreat Star		Gulika	8:37AM – 10:29AM	Anuradha Until 4:42AM Fri	Ganesha: Clear	Sunrise: 4:55AM	Sun 22 Sutra 129
	Vrischika Rasi: 4.06	Tithi 8	Yama	4:55AM – 6:46AM	Indra Until 4:06PM	Muruga: Yellow	Sunset: 7:45PM	Sobhana 5125
	574516572		Rahu	2:11PM – 4:03PM	Visti Until 10:58AM	Nataraja: Yellow		Moon 8 - Phase 18 - 22
Creative Work		Siddha Yoga			Ashtami* Until 10:40PM	Moon – Orange	Devaloka Day	
Until 4:42AM Fri						Sravana*Avani		
Then Routine Work - Marana Yoga								
D	Friday, August 25, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Navamyam Titau				Oslo, Norway	
	Retreat Star		Gulika	6:48AM – 8:38AM	Jyeshtha* Until 3:55AM Sat	Ganesha: Clear	Sunrise: 4:57AM	Sun 23 Sutra 130
	Vrischika Rasi: 17.23	Tithi 9	Yama	4:01PM – 5:52PM	Vaidhriti* Until 2:17PM	Muruga: Yellow	Sunset: 7:42PM	Sobhana 5125
	574516572		Rahu	10:29AM – 12:20PM	Balava Until 10:12AM	Nataraja: Yellow		Moon 8 - Phase 18 - 23
Routine Work		Marana Yoga			Navami* Until 9:30PM	Moon – Orange	Devaloka Day	
Until 3:55AM Sat			Varalakshmi Vratam			Sravana*Avani		
Then Creative Work - Siddha Yoga								

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

All times are standard time. Calculated for Oslo, Norway on 1/18/22

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1	Saturday, August 26, 2023		Sobhana Nama Samvatsare Dakshinaya Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Dashamyam Titau				Oslo, Norway Sun 24 Sutra 131	
	Dhanus Rasi: 1.07	Tithi 10	Gulika	4:59AM – 6:49AM	Mula* Until 2:41AM Sun	Ganesha: White	<i>Sunrise:</i> 4:59AM	Sobhana 5125
			Yama	2:09PM – 3:59PM	Vishkambha* Until 11:52AM	Muruga: Yellow	<i>Sunset:</i> 7:40PM	Moon 8 - Phase 19 - 24
	Creative Work	Siddha Yoga	584516572 Rahu	8:39AM – 10:29AM	Taitila Until 8:39AM	Nataraja: Yellow		4th Phase
					Dashami Until 7:34PM	Moon – Light Blue	Bhuloka Day	
						Sravana*Avani	Devaloka Time: 3:PM to 6:PM	
2	Sunday, August 27, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Priti/Ayushman Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway Sun 25 Sutra 132	
	Dhanus Rasi: 15.19	Tithi 11 – 12	Gulika	3:58PM – 5:47PM	Purvashadha* Until 12:40AM Mon	Ganesha: White	<i>Sunrise:</i> 5:02AM	Sobhana 5125
			Yama	12:19PM – 2:09PM	Priti Until 8:52AM	Muruga: Yellow	<i>Sunset:</i> 7:37PM	Moon 8 - Phase 19 - 25
			584516572 Rahu	5:47PM – 7:37PM	Vanija Until 6:22AM	Nataraja: Yellow		4th Phase
	Creative Work	Siddha Yoga			Ekadashi Until 4:58PM	Moon – Light Blue	Bhuloka Day	
	Until 12:40AM Mon					Sravana*Avani	Devaloka Time: 3:PM to 6:PM	
	Then Routine Work - Marana Yoga							
3	Monday, August 28, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Saubhagya Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Oslo, Norway Sun 26 Sutra 133	
	Dhanus Rasi: 29.56	Tithi 12 – 13	Gulika	2:08PM – 3:56PM	Uttarashadha Until 10:02PM	Ganesha: White	<i>Sunrise:</i> 5:04AM	Sobhana 5125
	Family Home Evening		Yama	10:30AM – 12:19PM	Saubhagya Until 1:28AM Tue	Muruga: Yellow	<i>Sunset:</i> 7:34PM	Moon 8 - Phase 19 - 26
			584516573 Rahu	6:53AM – 8:41AM	Kaulava Until 12:07AM Tue	Nataraja: White		4th Phase
	Routine Work	Marana Yoga			Dvadashi Until 1:49PM	Moon – Light Blue	Devaloka Day	
	Until 10:02PM					Sravana*Avani		
	Then Creative Work - Amrita Yoga				<i>Pradosha Vrata</i>			
4	Tuesday, August 29, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Sobhana Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway Sun 27 Sutra 134	
	Makara Rasi: 14.55	Tithi 13 – 14	Gulika	12:19PM – 2:07PM	Shravana Until 7:19PM	Ganesha: Yellow	<i>Sunrise:</i> 5:06AM	Sobhana 5125
			Yama	8:42AM – 10:30AM	Sobhana Until 9:20PM	Muruga: Yellow	<i>Sunset:</i> 7:31PM	Moon 8 - Phase 19 - 27
			594516573 Rahu	3:55PM – 5:43PM	Gara Until 8:26PM	Nataraja: White		4th Phase
	Creative Work	Siddha Yoga			Trayodashi Until 10:17AM	Moon – Purple	Sivaloka Day	
			Chidambaram Abhishekam			Sravana*Avani		
○	Wednesday, August 30, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Athiganda*/Sukarma Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau				Oslo, Norway Sutra 135	
	Copper Retreat Star		Gulika	10:31AM – 12:18PM	Dhanishtha Until 4:19PM	Ganesha: Yellow	<i>Sunrise:</i> 5:09AM	Sobhana 5125
	Kumbha Rasi: 0.06	Tithi 14 – 15	Yama	6:56AM – 8:43AM	Athiganda* Until 5:04PM	Muruga: Yellow	<i>Sunset:</i> 7:28PM	Moon 8 - Phase 19 -
			594516573 Rahu	12:18PM – 2:06PM	Bava Until 2:40AM Thu	Nataraja: White		Purnima
	Routine Work	Prabalarishta Yoga			Chaturdashi* Until 6:30AM	Moon – Purple	Sivaloka Day	
	Until 4:19PM		Avani Avittam			Sravana*Avani		
	Then Creative Work - Siddha Yoga							
	Thursday, August 31, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Prathamayam Titau				Oslo, Norway Sutra 136	
	Silver Retreat Star		Gulika	8:44AM – 10:31AM	Shatabhishak Until 1:11PM	Ganesha: Yellow	<i>Sunrise:</i> 5:11AM	Sobhana 5125
	Kumbha Rasi: 15.21	Tithi 16	Yama	5:11AM – 6:58AM	Sukarma Until 12:49PM	Muruga: Yellow	<i>Sunset:</i> 7:25PM	Moon 8 - Phase 19 -
			594516573 Rahu	2:05PM – 3:51PM	Balava Until 12:47PM	Nataraja: White		Prathama
	Creative Work	Siddha Yoga			Prathama* Until 10:55PM	Moon – Purple	Sivaloka Day	
						Sravana*Avani		

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

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Friday, September 1, 2023

Gold Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvaproshtapada/Uttaraproshtapada Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Dvitiyayam Titau

Oslo, Norway

Sun 1 Sutra 137

Meena Rasi: 0.29

Tithi 17

Gulika

6:59AM – 8:45AM

Purvaproshtapada* Until 10:31AM

Ganesha: Yellow

Sunrise: 5:13AM

Sobhana 5125

Yama

3:50PM – 5:36PM

Dhriti Until 8:44AM

Muruga: Yellow

Sunset: 7:22PM

Moon 9 - Phase 20 - 1

Rahu

10:32AM – 12:18PM

Taitila Until 9:10AM

Nataraja: White

1st Phase

Creative Work

Siddha Yoga

Dvitiya Until 7:27PM

Sravana*Avani

Sivaloka Day

1

Saturday, September 2, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam
Uttaraproshtapada/Revati Nakshatra Ganda* Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Oslo, Norway

Sun 2 Sutra 138

Meena Rasi: 15.23

Tithi 18 – 19

Gulika

5:16AM – 7:01AM

Uttaraproshtapada Until 8:05AM

Ganesha: Red

Sunrise: 5:16AM

Sobhana 5125

Yama

2:03PM – 3:48PM

Ganda* Until 1:33AM Sun

Muruga: Yellow

Sunset: 7:19PM

Moon 9 - Phase 20 - 2

Rahu

8:46AM – 10:32AM

Bava Until 3:07AM Sun

Nataraja: White

1st Phase

Creative Work

Siddha Yoga

Tritiya Until 4:25PM

Sravana*Avani

Sivaloka Day

Until 8:05AM

Then Routine Work - Prabalarishta Yoga

2

Sunday, September 3, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bharu Vasara Yuktayam
Revati/Ashvini Nakshatra Vriddhi Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Oslo, Norway

Sun 3 Sutra 139

Meena Rasi: 29.53

Tithi 19 – 20

Gulika

3:47PM – 5:31PM

Revati Until 6:02AM

Ganesha: Red

Sunrise: 5:18AM

Sobhana 5125

Yama

12:17PM – 2:02PM

Vriddhi Until 10:42PM

Muruga: Yellow

Sunset: 7:16PM

Moon 9 - Phase 20 - 3

Rahu

5:31PM – 7:16PM

Kaulava Until 1:00AM Mon

Nataraja: White

1st Phase

Creative Work

Amrita Yoga

Chaturthi* Until 1:57PM

Sravana*Avani

Sivaloka Day

Until 6:02AM

Then Creative Work - Siddha Yoga

3

Monday, September 4, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam
Bharani Nakshatra Dhruva Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Oslo, Norway

Sun 4 Sutra 140

Mesha Rasi: 13.56

Tithi 20 – 21

Gulika

2:01PM – 3:45PM

Bharani Until 4:28AM Tue

Ganesha: Green

Sunrise: 5:20AM

Sobhana 5125

Yama

10:33AM – 12:17PM

Dhruva Until 8:26PM

Muruga: Yellow

Sunset: 7:13PM

Moon 9 - Phase 20 - 4

Family Home Evening

525516573

Rahu

7:04AM – 8:48AM

Gara Until 11:39PM

Nataraja: White

1st Phase

Creative Work

Siddha Yoga

Panchami Until 12:12PM

Sravana*Avani

Devaloka Day

4

Tuesday, September 5, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam
Krittika Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Oslo, Norway

Sun 5 Sutra 141

Mesha Rasi: 27.31

Tithi 21 – 22

Gulika

12:16PM – 2:00PM

Krittika Until 4:38AM Wed

Ganesha: Green

Sunrise: 5:22AM

Sobhana 5125

Yama

8:49AM – 10:33AM

Vyaghata* Until 6:50PM

Muruga: Yellow

Sunset: 7:10PM

Moon 9 - Phase 20 - 5

Rahu

3:43PM – 5:27PM

Visti Until 11:06PM

Nataraja: White

1st Phase

Creative Work

Siddha Yoga

Shashthi* Until 11:15AM

Sravana*Avani

Devaloka Day

D

Wednesday, September 6, 2023

Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam
Rohini Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Oslo, Norway

Sun 6 Sutra 142

Virshabha Rasi: 10.38

Tithi 22 – 23

Gulika

10:33AM – 12:16PM

Rohini Until 5:54AM Thu

Ganesha: Orange

Sunrise: 5:25AM

Sobhana 5125

Yama

7:08AM – 8:50AM

Harshana Until 5:54PM

Muruga: Yellow

Sunset: 7:07PM

Moon 9 - Phase 20 - 6

Rahu

12:16PM – 1:59PM

Balava Until 11:22PM

Nataraja: White

Ashtami

Creative Work

Siddha Yoga

Saptami Until 11:07AM

Sravana*Avani

Sivaloka Day

Until 5:54AM Thu

Then Routine Work - Marana Yoga

Krishna Janmashtami

Thursday, September 7, 2023

Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam
Mrigashira Nakshatra Vajra*/Siddhi Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Oslo, Norway

Sun 7 Sutra 143

Virshabha Rasi: 23.23

Tithi 23 – 24

Gulika

8:51AM – 10:34AM

Mrigashira Until 7:40AM Fri

Ganesha: Orange

Sunrise: 5:27AM

Sobhana 5125

Yama

5:27AM – 7:09AM

Vajra* Until 5:30PM

Muruga: Yellow

Sunset: 7:04PM

Moon 9 - Phase 20 - 7

Rahu

1:58PM – 3:40PM

Taitila Until 12:21AM Fri

Nataraja: White

Navami

Routine Work

Marana Yoga

Ashtami* Until 11:45AM

Sravana*Avani

Sivaloka Day

Until 7:40AM Fri

Then Creative Work - Siddha Yoga

1	Friday, September 8, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam Mrigashira/Ardra Nakshatra Siddhi/Vyatipata* Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Oslo, Norway	
	Mithuna Rasi: 5.48	Tithi 24 – 25	Gulika	7:11AM – 8:52AM	Mrigashira Until 7:40AM	Ganesha: Orange	Sunrise: 5:29AM	Sun 8 Sutra 144
			Yama	3:38PM – 5:20PM	Siddhi Until 5:37PM	Muruga: Yellow	Sunset: 7:01PM	Sobhana 5125
	535516573	Rahu	10:34AM – 12:15PM	Vanija Until 1:55AM Sat	Nataraja: White		Moon 9 - Phase 21 - 8	
Creative Work		Siddha Yoga		Navami* Until 1:03PM	Moon – Yellow		2nd Phase	
				Navami* Until 1:03PM	Sravana*Avani	Sivaloka Day		
2	Saturday, September 9, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Ardra/Punarvasu Nakshatra Vyatipata* Yoga Visti*/Bava Karana Dashami/Ekodashyam Titau				Oslo, Norway	
	Mithuna Rasi: 18	Tithi 25 – 26	Gulika	5:32AM – 7:13AM	Ardra Until 9:47AM	Ganesha: Orange	Sunrise: 5:32AM	Sun 9 Sutra 145
			Yama	1:56PM – 3:37PM	Vyatipata* Until 6:06PM	Muruga: Yellow	Sunset: 6:58PM	Sobhana 5125
	535516573	Rahu	8:53AM – 10:34AM	Bava Until 3:55AM Sun	Nataraja: White		Moon 9 - Phase 21 - 9	
Creative Work		Siddha Yoga		Dashami Until 2:51PM	Moon – Yellow		2nd Phase	
				Dashami Until 2:51PM	Sravana*Avani	Sivaloka Day		
3	Sunday, September 10, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Punarvasu/Pushya Nakshatra Variyan Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway	
	Kataka Rasi: 0.02	Tithi 26 – 27	Gulika	3:35PM – 5:15PM	Punarvasu Until 12:37PM	Ganesha: Purple	Sunrise: 5:34AM	Sun 10 Sutra 146
			Yama	12:15PM – 1:55PM	Variyan Until 6:48PM	Muruga: Yellow	Sunset: 6:55PM	Sobhana 5125
	545616573	Rahu	5:15PM – 6:55PM	Kaulava Until 6:11AM Mon	Nataraja: White		Moon 9 - Phase 21 - 10	
Creative Work		Siddha Yoga		Ekadashi* Until 5:00PM	Moon – Blue		2nd Phase	
			Grandparent's Day	Ekadashi* Until 5:00PM	Sravana*Avani	Devaloka Day		
4	Monday, September 11, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Parigha* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Oslo, Norway	
	Kataka Rasi: 11.58	Tithi 27	Gulika	1:54PM – 3:33PM	Pushya Until 3:29PM	Ganesha: Light Blue	Sunrise: 5:36AM	Sun 11 Sutra 147
	Family Home Evening		Yama	10:35AM – 12:14PM	Parigha* Until 7:41PM	Muruga: Yellow	Sunset: 6:52PM	Sobhana 5125
	546616573	Rahu	7:16AM – 8:55AM	Kaulava Until 6:11AM	Nataraja: White		Moon 9 - Phase 21 - 11	
Creative Work		Siddha Yoga		Dvadashi* Until 7:22PM	Moon – Blue		2nd Phase	
				Dvadashi* Until 7:22PM	Sravana*Avani	Devaloka Day		
5	Tuesday, September 12, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Ashlesha* Nakshatra Shiva Yoga Gara/Vanija Karana Trayodashyam Titau				Oslo, Norway	
	Kataka Rasi: 23.5	Tithi 28	Gulika	12:14PM – 1:53PM	Ashlesha* Until 6:18PM	Ganesha: Light Blue	Sunrise: 5:39AM	Sun 12 Sutra 148
			Yama	8:56AM – 10:35AM	Shiva Until 8:38PM	Muruga: Yellow	Sunset: 6:49PM	Sobhana 5125
	546616573	Rahu	3:32PM – 5:10PM	Gara Until 8:37AM	Nataraja: White		Moon 9 - Phase 21 - 12	
Creative Work		Siddha Yoga		Trayodashi* Until 9:49PM	Moon – Blue		2nd Phase	
				Trayodashi* Until 9:49PM	Sravana*Avani	Devaloka Day		
				Pradosha Vrata (Fasting)				
6	Wednesday, September 13, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Magha* Nakshatra Siddha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Oslo, Norway	
	Simha Rasi: 5.41	Tithi 29	Gulika	10:35AM – 12:14PM	Magha* Until 9:26PM	Ganesha: Purple	Sunrise: 5:41AM	Sun 13 Sutra 149
			Yama	7:19AM – 8:57AM	Siddha Until 9:33PM	Muruga: Yellow	Sunset: 6:46PM	Sobhana 5125
	556616573	Rahu	12:14PM – 1:52PM	Visti Until 11:04AM	Nataraja: White		Moon 9 - Phase 21 - 13	
Creative Work		Siddha Yoga		Chaturdashi* Until 12:16AM Thu	Moon – Red		2nd Phase	
Until 9:26PM				Chaturdashi* Until 12:16AM Thu	Sravana*Avani	Devaloka Day		
Then Creative Work - Amrita Yoga								
●	Thursday, September 14, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni Nakshatra Sadhya Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Oslo, Norway	
	Retreat Star		Gulika	8:58AM – 10:36AM	Purvaphalguni Until 12:20AM Fri	Ganesha: Purple	Sunrise: 5:43AM	Sun 14 Sutra 150
	Simha Rasi: 17.34	Tithi 30	Yama	5:43AM – 7:21AM	Sadhya Until 10:24PM	Muruga: Yellow	Sunset: 6:43PM	Sobhana 5125
	556616573	Rahu	1:51PM – 3:28PM	Catuspada Until 1:28PM	Nataraja: White		Moon 9 - Phase 21 - 14	
Creative Work		Siddha Yoga		Amavasya* Until 2:36AM Fri	Moon – Red		Amavasya	
				Amavasya* Until 2:36AM Fri	Sravana*Avani	Devaloka Day		
	Friday, September 15, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraphalguni Nakshatra Subha Yoga Kintughna*/Bava Karana Prathamayam Titau				Oslo, Norway	
	Retreat Star		Gulika	7:22AM – 8:59AM	Uttaraphalguni Until 2:53AM Sat	Ganesha: Purple	Sunrise: 5:45AM	Sun 15 Sutra 151
	Simha Rasi: 29.29	Tithi 1	Yama	3:27PM – 5:03PM	Subha Until 11:09PM	Muruga: White	Sunset: 6:40PM	Sobhana 5125
	556626573	Rahu	10:36AM – 12:13PM	Kintughna Until 3:44PM	Nataraja: White		Moon 9 - Phase 21 - 15	
Creative Work		Siddha Yoga		Prathama* Until 4:45AM Sat	Moon – Red		Prathama	
Until 2:53AM Sat				Prathama* Until 4:45AM Sat	Bhadrapada*Avani	Sivaloka Day		
Then Routine Work - Marana 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

All times are standard time. Calculated for Oslo, Norway on 1/18/22

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1	Saturday, September 16, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Hasta Nakshatra Sukla Yoga Balava/Kaulava Karana Dvitiyayam Titau				Oslo, Norway Sun 16 Sutra 152	
	Kanya Rasi: 11.28	Tithi 2	Gulika 5:48AM – 7:24AM Yama 1:49PM – 3:25PM 566626573 Rahu 9:00AM – 10:36AM	Hasta Until 5:30AM Sun Sukla Until 11:39PM Balava Until 5:46PM Dvitiya Until 6:38AM Sun		Ganesha: Light Blue Sunrise: 5:48AM Muruga: White Sunset: 6:37PM Nataraja: White Moon – Green Bhadrapada•Avani	Sobhana 5125 Moon 9 - Phase 22 - 16 3rd Phase Sivaloka Day	
	Routine Work	Marana Yoga						
	Until 5:30AM Sun	Then Creative Work - Siddha Yoga						
2	Sunday, September 17, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Brahma Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Oslo, Norway Sun 17 Sutra 153	
	Kanya Rasi: 23.34	Tithi 2 – 3	Gulika 3:23PM – 4:59PM Yama 12:12PM – 1:48PM 566626573 Rahu 4:59PM – 6:34PM	Chitra Until 7:37AM Mon Brahma Until 11:56PM Taitila Until 7:28PM Dvitiya Until 6:38AM		Ganesha: Light Blue Sunrise: 5:50AM Muruga: White Sunset: 6:34PM Nataraja: White Moon – Green Bhadrapada•Puratasi	Sobhana 5125 Moon 9 - Phase 22 - 17 3rd Phase Sivaloka Day	
	Creative Work	Siddha Yoga						
	Until 7:37AM Mon	Then Creative Work - Amrita Yoga						
3	Monday, September 18, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Oslo, Norway Sun 18 Sutra 154	
	Tula Rasi: 5.5	Tithi 3 – 4	Gulika 1:47PM – 3:22PM Yama 10:37AM – 12:12PM 566626573 Rahu 7:27AM – 9:02AM	Chitra Until 7:37AM Indra Until 11:53PM Vanija Until 8:47PM Tritiya Until 8:09AM		Ganesha: Light Blue Sunrise: 5:52AM Muruga: White Sunset: 6:31PM Nataraja: White Moon – Green Bhadrapada•Puratasi	Sobhana 5125 Moon 9 - Phase 22 - 18 3rd Phase Sivaloka Day	
	Family Home Evening							
	Routine Work	Prabalarishta Yoga						
4	Tuesday, September 19, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Oslo, Norway Sun 19 Sutra 155	
	Tula Rasi: 18.16	Tithi 4 – 5	Gulika 12:11PM – 1:46PM Yama 9:03AM – 10:37AM 567626573 Rahu 3:20PM – 4:54PM	Svati Until 9:08AM Vaidhriti* Until 11:26PM Bava Until 9:36PM Chaturthi* Until 9:14AM		Ganesha: Purple Sunrise: 5:55AM Muruga: White Sunset: 6:28PM Nataraja: White Moon – Green Bhadrapada•Puratasi	Sobhana 5125 Moon 9 - Phase 22 - 19 3rd Phase Sivaloka Day	
	Creative Work	Siddha Yoga						
	Until 9:08AM	Then Routine Work - Marana Yoga						
5	Wednesday, September 20, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Panchami/Shashtthyam Titau				Oslo, Norway Sun 20 Sutra 156	
	Vrischika Rasi: 0.56	Tithi 5 – 6	Gulika 10:38AM – 12:11PM Yama 7:30AM – 9:04AM 577626573 Rahu 12:11PM – 1:45PM	Vishakha Until 10:28AM Vishkambha* Until 10:34PM Kaulava Until 9:52PM Panchami Until 9:47AM		Ganesha: Clear Sunrise: 5:57AM Muruga: White Sunset: 6:25PM Nataraja: White Moon – Orange Bhadrapada•Puratasi	Sobhana 5125 Moon 9 - Phase 22 - 20 3rd Phase Subha Sivaloka Day	
	Creative Work	Siddha Yoga						
6	Thursday, September 21, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Priti Yoga Taitila/Gara Karana Shashti/Saptamyam Titau				Oslo, Norway Sun 21 Sutra 157	
	Vrischika Rasi: 13.53	Tithi 6 – 7	Gulika 9:05AM – 10:38AM Yama 5:59AM – 7:32AM 577626573 Rahu 1:44PM – 3:16PM	Anuradha Until 11:04AM Priti Until 9:13PM Gara Until 9:31PM Shashti* Until 9:45AM		Ganesha: Clear Sunrise: 5:59AM Muruga: White Sunset: 6:22PM Nataraja: White Moon – Orange Bhadrapada•Puratasi	Sobhana 5125 Moon 9 - Phase 22 - 21 3rd Phase Subha Sivaloka Day	
	Creative Work	Siddha Yoga						
	Until 11:04AM	Then Routine Work - Prabalarishta Yoga						
D	Friday, September 22, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ayushman Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Oslo, Norway Sun 22 Sutra 158	
	Retreat Star		Gulika 7:34AM – 9:06AM Yama 3:15PM – 4:47PM 577626573 Rahu 10:38AM – 12:10PM	Jyeshtha* Until 10:54AM Ayushman Until 7:20PM Visti Until 8:32PM Saptami Until 9:05AM		Ganesha: Clear Sunrise: 6:01AM Muruga: White Sunset: 6:19PM Nataraja: White Moon – Orange Bhadrapada•Puratasi	Sobhana 5125 Moon 9 - Phase 22 - 22 Ashtami Subha Sivaloka Day	
	Vrischika Rasi: 27.09	Tithi 7 – 8						
	Routine Work	Marana Yoga						
	Saturday, September 23, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Oslo, Norway Sun 23 Sutra 159	
	Retreat Star		Gulika 6:04AM – 7:35AM Yama 1:42PM – 3:13PM 587626573 Rahu 9:07AM – 10:38AM	Mula* Until 10:24AM Saubhagya Until 4:58PM Balava Until 6:55PM Ashtami* Until 7:47AM		Ganesha: White Sunrise: 6:04AM Muruga: White Sunset: 6:16PM Nataraja: White Moon – Light Blue Bhadrapada•Puratasi	Sobhana 5125 Moon 9 - Phase 22 - 23 Navami Sivaloka Day	
	Dhanus Rasi: 10.47	Tithi 8 – 9						
	Creative Work	Siddha Yoga						

1	Sunday, September 24, 2023			Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Dashamyam Titau						Oslo, Norway	
				Gulika	3:11PM – 4:42PM	Purvashadha* Until 9:10AM	Ganesha: White	Sunrise: 6:06AM	Sun 24	Sutra 160	
	Dhanus Rasi: 24.47	Tithi 10	Yama	12:10PM – 1:41PM	Sobhana Until 2:08PM	Muruga: White	Sunset: 6:13PM	Moon 9 - Phase 23 - 24	Sobhana 5125		
	587626573			Rahu	4:42PM – 6:13PM	Taitila Until 4:44PM	Nataraja: White	4th Phase			
	Creative Work	Siddha Yoga				Moon – Light Blue	Sivaloka Day				
	Until 9:10AM				Dashami Until 3:25AM Mon		Bhadrapada*Puratasi				
Then Creative Work - Amrita Yoga											

2	Monday, September 25, 2023			Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Ekadashyam Titau							Oslo, Norway	
				Sun 25		Sutra 161		Sobhana 5125				
	Makara Rasi: 9.09		Tithi 11	Moon 9 - Phase 23 - 25		4th Phase						
	Family Home Evening		588626573	Rahu		7:39AM – 9:09AM		Nataraja: White				
	Routine Work		Marana Yoga		Ekadashi Until 12:31AM Tue		Moon – Light Blue		Subha Sivaloka Day			
	Until 7:15AM						Bhadrapada*Puratasi					
	Then Creative Work - Amrita Yoga											

3	Tuesday, September 26, 2023			Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Dvadashyam Titau							Oslo, Norway				
						Sun 26		Sutra 162		Sobhana 5125					
	Makara Rasi: 23.49		Tithi 12					Moon 9 - Phase 23 - 26		4th Phase					
	Creative Work		Siddha Yoga		598626573										
				Gulika		12:09PM – 1:39PM		Dhanishtha Until 2:41AM Wed		Ganesha: White		Sunrise: 6:11AM			
				Yama		9:10AM – 10:39AM		Sukarma Until 7:15AM		Muruga: White		Sunset: 6:07PM			
				Rahu		3:08PM – 4:38PM		Bava Until 10:57AM		Nataraja: White					
								Dvadashi Until 9:17PM		Moon – Purple		Subha Subha Sivaloka Day		Bhadrapada*Puratasi	

4	Wednesday, September 27, 2023			Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Shula* Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau							Oslo, Norway
				Gulika	10:40AM – 12:09PM	Shatabhishak Until 11:53PM	Ganesha: White	Sunrise: 6:13AM			Sutra 163
	Kumbha Rasi: 8.43	Tithi 13 – 14		Yama	7:42AM – 9:11AM	Shula* Until 11:25PM	Muruga: White	Sunset: 6:04PM	Moon 9 - Phase 23 - 27	Sobhana 5125	
	598626573			Rahu	12:09PM – 1:38PM	Kaulava Until 7:36AM	Nataraja: White			4th Phase	
	Creative Work	Siddha Yoga					Moon – Purple	Subha Subha Sivaloka Day			
	Until 11:53PM				Trayodashi Until 5:51PM			Bhadrapada•Puratasi			
	Then Creative Work - Amrita Yoga							Pradosha Vrata			
				Chidambaram Abhishekam							
			Kadaitswami Mahasamadhi								

	Thursday, September 28, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Ganda* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau							Oslo, Norway
	Copper Retreat Star									Sutra 164
	Kumbha Rasi: 23.44	Tithi 14 – 15								Sobhana 5125
		618626573	Rahu	1:37PM – 3:05PM	Visti Until 12:42AM Fri					Purnima
	Creative Work	Siddha Yoga								

Friday, September 29, 2023				Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Vriddhi/Dhruva Yoga Bava/Balava Karana Purnima/Prathamayam Titau						Oslo, Norway					
Silver Retreat Star								Sun 29		Sutra 165					
Meena Rasi: 8.43		Tithi 15 – 16		Gulika		7:45AM – 9:13AM		Uttaraproshtapada Until 6:50PM		Ganesha: Yellow		Sunrise: 6:18AM		Sobhana 5125	
				Yama		3:03PM – 4:31PM		Vriddhi Until 3:35PM		Muruga: White		Sunset: 5:58PM		Moon 9 - Phase 23 - Prathama	
		618626573		Rahu		10:40AM – 12:08PM		Balava Until 9:26PM		Nataraja: White					
Creative Work		Siddha Yoga						Purnima* Until 11:01AM		Moon – Clear		Subha Sivaloka Day			
										Bhadrapada*Puratasi					

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 margas. Tirumantiram 1502

All times are standard time. Calculated for Oslo, Norway on 1/18/22

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Saturday, September 30, 2023

Gold Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam
Revati/Ashvini Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Oslo, Norway

Sutra 166

Sobhana 5125

Meena Rasi: 23.31 Tithi 16 – 17

Gulika 6:20AM – 7:47AM
Yama 1:35PM – 3:01PM
618626573 **Rahu** 9:14AM – 10:41AM

Revati Until 4:31PM
Dhruva Until 11:57AM
Taitila Until 6:32PM
Prathama* Until 7:55AM

Ganesha: Yellow *Sunrise:* 6:20AM
Muruga: White *Sunset:* 5:55PM
Nataraja: White
Moon – Clear
Bhadrapada*Puratasi

Moon 10 - Phase 24 - 1st Phase

Routine Work Prabalarishta Yoga
Until 4:31PM
Then Creative Work - Siddha Yoga

Subha Sivaloka Day

1 Sunday, October 1, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bharu Vasara Yuktayam
Ashvini/Bharani Nakshatra Vyaghata*Harshana Yoga Vanija/Visti* Karana Tritiyayam Titau

Oslo, Norway

Sun 1 Sutra 167

Sobhana 5125

Mesha Rasi: 8.01 Tithi 18

Gulika 3:00PM – 4:26PM
Yama 12:07PM – 1:34PM
628626573 **Rahu** 4:26PM – 5:52PM

Ashvini Until 2:57PM
Vyaghata* Until 8:43AM
Vanija Until 4:07PM
Tritiya Until 3:07AM Mon

Ganesha: White *Sunrise:* 6:22AM
Muruga: White *Sunset:* 5:52PM
Nataraja: White
Moon – White
Bhadrapada*Puratasi

Moon 10 - Phase 24 - 1st Phase

Creative Work Siddha Yoga
Until 2:57PM
Then Routine Work - Prabalarishta Yoga

Subha Subha Sivaloka Day

2 Monday, October 2, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam
Bharani/Krittika Nakshatra Vajra* Yoga Bava/Balava Karana Chaturthayam Titau

Oslo, Norway

Sun 2 Sutra 168

Sobhana 5125

Mesha Rasi: 22.07 Tithi 19

Family Home Evening

Gulika 1:33PM – 2:58PM
Yama 10:41AM – 12:07PM
629626573 **Rahu** 7:50AM – 9:16AM

Bharani Until 1:53PM
Vajra* Until 3:45AM Tue
Bava Until 2:20PM
Chaturthi* Until 1:42AM Tue

Ganesha: Clear *Sunrise:* 6:25AM
Muruga: White *Sunset:* 5:49PM
Nataraja: White
Moon – White
Bhadrapada*Puratasi

Moon 10 - Phase 24 - 2 1st Phase

Creative Work Siddha Yoga
Until 1:53PM
Then Routine Work - Marana Yoga

Subha Sivaloka Day

3 Tuesday, October 3, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam
Krittika/Rohini Nakshatra Siddhi Yoga Kaulava/Taitila Karana Panchamyam Titau

Oslo, Norway

Sun 3 Sutra 169

Sobhana 5125

Mrishabha Rasi: 5.47 Tithi 20

Gulika 12:07PM – 1:32PM
Yama 9:17AM – 10:42AM
629626573 **Rahu** 2:57PM – 4:21PM

Krittika Until 1:23PM
Siddhi Until 2:10AM Wed
Kaulava Until 1:17PM
Panchami Until 1:03AM Wed

Ganesha: Clear *Sunrise:* 6:27AM
Muruga: White *Sunset:* 5:46PM
Nataraja: White
Moon – White
Bhadrapada*Puratasi

Moon 10 - Phase 24 - 3 1st Phase

Creative Work Siddha Yoga
Until 1:23PM
Then Creative Work - Amrita Yoga

Subha Sivaloka Day

4 Wednesday, October 4, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam
Rohini/Mrigashira Nakshatra Vyatipata* Yoga Gara/Vanija Karana Shashthayam Titau

Oslo, Norway

Sun 4 Sutra 170

Sobhana 5125

Mrishabha Rasi: 19.01 Tithi 21

Gulika 10:42AM – 12:06PM
Yama 7:54AM – 9:18AM
639626573 **Rahu** 12:06PM – 1:31PM

Rohini Until 1:58PM
Vyatipata* Until 1:14AM Thu
Gara Until 1:03PM
Shashthi* Until 1:12AM Thu

Ganesha: Purple *Sunrise:* 6:29AM
Muruga: White *Sunset:* 5:43PM
Nataraja: White
Moon – Yellow
Bhadrapada*Puratasi

Moon 10 - Phase 24 - 4 1st Phase

Creative Work Siddha Yoga

Sivaloka Day

5 Thursday, October 5, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam
Mrigashira/Ardra Nakshatra Variyan Yoga Visti* Bava Karana Saptamyam Titau

Oslo, Norway

Sun 5 Sutra 171

Sobhana 5125

Mithuna Rasi: 1.51 Tithi 22

Gulika 9:19AM – 10:42AM
Yama 6:32AM – 7:55AM
639726573 **Rahu** 1:30PM – 2:53PM

Mrigashira Until 3:10PM
Variyan Until 12:52AM Fri
Visti Until 1:36PM
Saptami Until 2:07AM Fri

Ganesha: Clear *Sunrise:* 6:32AM
Muruga: White *Sunset:* 5:40PM
Nataraja: White
Moon – Yellow
Bhadrapada*Puratasi

Moon 10 - Phase 24 - 5 1st Phase

Routine Work Marana Yoga

Subha Sivaloka Day

Friday, October 6, 2023

Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam
Ardra/Punarvasu Nakshatra Parigha* Yoga Balava/Kaulava Karana Ashtamyam Titau

Oslo, Norway

Sun 6 Sutra 172

Sobhana 5125

Mithuna Rasi: 14.2 Tithi 23

Gulika 7:57AM – 9:20AM
Yama 2:52PM – 4:15PM
639726573 **Rahu** 10:43AM – 12:06PM

Ardra Until 4:53PM
Parigha* Until 1:00AM Sat
Balava Until 2:51PM
Ashtami* Until 3:42AM Sat

Ganesha: Clear *Sunrise:* 6:34AM
Muruga: White *Sunset:* 5:38PM
Nataraja: White
Moon – Yellow
Bhadrapada*Puratasi

Moon 10 - Phase 24 - 6 Ashtami

Creative Work Siddha Yoga

Subha Sivaloka Day

Saturday, October 7, 2023

Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam
Punarvasu Nakshatra Shiva Yoga Taitila/Gara Karana Navamyam Titau

Oslo, Norway

Sun 7 Sutra 173

Sobhana 5125

Mithuna Rasi: 26.34 Tithi 24

Gulika 6:36AM – 7:59AM
Yama 1:28PM – 2:50PM
649726573 **Rahu** 9:21AM – 10:43AM

Punarvasu Until 7:28PM
Shiva Until 1:33AM Sun
Taitila Until 4:42PM
Navami* Until 5:45AM Sun

Ganesha: Purple *Sunrise:* 6:36AM
Muruga: White *Sunset:* 5:35PM
Nataraja: White
Moon – Blue
Bhadrapada*Puratasi

Moon 10 - Phase 24 - 7 Navami

Creative Work Siddha Yoga

Subha Subha Sivaloka Day

1	Sunday, October 8, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Siddha Yoga Vanija Karana Dashamyam Titau				Oslo, Norway	
	Kataka Rasi: 8.35	Tithi 25	Sun 8		Sutra 174			
	649726574	Gulika Yama Rahu	2:48PM – 4:10PM 12:05PM – 1:27PM 4:10PM – 5:32PM	Pushya Until 10:14PM Siddha Until 2:19AM Mon Vanija Until 6:56PM Dashami Until 8:07AM Mon	Ganesha: Purple Muruga: White Nataraja: Clear Moon – Blue Bhadrapada•Puratasi	Sunrise: 6:39AM Sunset: 5:32PM Moon 10 - Phase 25 - 8 2nd Phase		
	Creative Work	Siddha Yoga	Subha Sivaloka Day					
2	Monday, October 9, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha* Nakshatra Sadhya Yoga Visti*/Bava Karana Dashami/Ekodashyam Titau				Oslo, Norway	
	Kataka Rasi: 20.3	Tithi 25 – 26	Sun 9		Sutra 175			
	641726574	Gulika Yama Rahu	1:26PM – 2:47PM 10:44AM – 12:05PM 8:02AM – 9:23AM	Ashlesha* Until 1:02AM Tue Sadhya Until 3:13AM Tue Bava Until 9:23PM Dashami Until 8:07AM	Ganesha: Blue Muruga: White Nataraja: Clear Moon – Blue Bhadrapada•Puratasi	Sunrise: 6:41AM Sunset: 5:29PM Moon 10 - Phase 25 - 9 2nd Phase		
	Family Home Evening Creative Work	Siddha Yoga	Subha Sivaloka Day					
3	Tuesday, October 10, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Magha* Nakshatra Subha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway	
	Simha Rasi: 2.22	Tithi 26 – 27	Sun 10		Sutra 176			
	651726574	Gulika Yama Rahu	12:05PM – 1:25PM 9:24AM – 10:44AM 2:45PM – 4:06PM	Magha* Until 4:11AM Wed Subha Until 4:08AM Wed Kaulava Until 11:53PM Ekadashi* Until 10:37AM	Ganesha: Red Muruga: White Nataraja: Clear Moon – Red Bhadrapada•Puratasi	Sunrise: 6:43AM Sunset: 5:26PM Moon 10 - Phase 25 - 10 2nd Phase		
	Creative Work Until 4:11AM Wed Then Creative Work - Amrita Yoga	Siddha Yoga	Sivaloka Day					
4	Wednesday, October 11, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Purvaphalguni Nakshatra Sukla Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Oslo, Norway	
	Simha Rasi: 14.13	Tithi 27 – 28	Sun 11		Sutra 177			
	651726574	Gulika Yama Rahu	10:45AM – 12:04PM 8:05AM – 9:25AM 12:04PM – 1:24PM	Purvaphalguni Until 7:02AM Thu Sukla Until 4:55AM Thu Gara Until 2:16AM Thu Dvadashi* Until 1:04PM Pradosha Vrata (Fasting)	Ganesha: Red Muruga: White Nataraja: Clear Moon – Red Bhadrapada•Puratasi	Sunrise: 6:46AM Sunset: 5:23PM Moon 10 - Phase 25 - 11 2nd Phase		
	Creative Work	Amrita Yoga	Sivaloka Day					
5	Thursday, October 12, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway	
	Simha Rasi: 26.08	Tithi 28 – 29	Sun 12		Sutra 178			
	651726574	Gulika Yama Rahu	9:26AM – 10:45AM 6:48AM – 8:07AM 1:23PM – 2:42PM	Purvaphalguni Until 7:02AM Brahma Until 5:31AM Fri Visti Until 4:24AM Fri Trayodashi* Until 3:21PM	Ganesha: Red Muruga: White Nataraja: Clear Moon – Red Bhadrapada•Puratasi	Sunrise: 6:48AM Sunset: 5:20PM Moon 10 - Phase 25 - 12 2nd Phase		
	Creative Work	Siddha Yoga	Sivaloka Day					
6	Friday, October 13, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Indra Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Oslo, Norway	
	Kanya Rasi: 8.1	Tithi 29 – 30	Sun 13		Sutra 179			
	651726574	Gulika Yama Rahu	8:09AM – 9:27AM 2:40PM – 3:59PM 10:46AM – 12:04PM	Uttaraphalguni Until 9:27AM Indra Until 5:52AM Sat Catuspada Until 6:11AM Sat Chaturdashi* Until 5:19PM	Ganesha: Red Muruga: White Nataraja: Clear Moon – Red Bhadrapada•Puratasi	Sunrise: 6:51AM Sunset: 5:17PM Moon 10 - Phase 25 - 13 2nd Phase		
	Creative Work Until 9:27AM Then Creative Work - Amrita Yoga	Siddha Yoga	Sivaloka Day					
●	Saturday, October 14, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Vaidhriti* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Oslo, Norway	
	Retreat Star		Sun 14		Sutra 180			
	Kanya Rasi: 20.2	Tithi 30	Moon 10 - Phase 25 - 14		Amavasya			
	661726574	Gulika Yama Rahu	6:53AM – 8:11AM 1:21PM – 2:39PM 9:28AM – 10:46AM	Hasta Until 11:52AM Vaidhriti* Until 5:52AM Sun Catuspada Until 6:11AM Amavasya* Until 6:54PM Mahalaya Amavasai (Tamil Nadu)	Ganesha: Yellow Muruga: White Nataraja: Clear Moon – Green Bhadrapada•Puratasi	Sunrise: 6:53AM Sunset: 5:14PM Moon 10 - Phase 25 - 14 2nd Phase		
Routine Work	Marana Yoga	Sivaloka Day						
	Sunday, October 15, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Vishkambha* Yoga Kintughna*/Bava Karana Prathamayam Titau				Oslo, Norway	
	Retreat Star		Sun 15		Sutra 181			
	Tula Rasi: 2.4	Tithi 1	Moon 10 - Phase 25 - 15		Prathama			
	661726574	Gulika Yama Rahu	2:37PM – 3:54PM 12:03PM – 1:20PM 3:54PM – 5:11PM	Chitra Until 1:41PM Vishkambha* Until 5:31AM Mon Kintughna Until 7:33AM Prathama* Until 8:02PM Navaratri Begins	Ganesha: Yellow Muruga: White Nataraja: Clear Moon – Green Ashvina•Puratasi	Sunrise: 6:55AM Sunset: 5:11PM Moon 10 - Phase 25 - 15 2nd Phase		
Creative Work	Siddha Yoga	Sivaloka Day						

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

1	Monday, October 16, 2023		Sobhana Nama Samvatsare Dakshinaya Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Priti Yoga Balava/Kaulava Karana Dvitiyayam Titau				Oslo, Norway Sun 16 Sutra 182	
	Tula Rasi: 15.12	Tithi 2	Gulika	1:20PM – 2:36PM	Svati Until 2:54PM	Ganesha: Yellow	<i>Sunrise:</i> 6:58AM	Sobhana 5125
	Family Home Evening		Yama	10:47AM – 12:03PM	Priti Until 4:50AM Tue	Muruga: White	<i>Sunset:</i> 5:09PM	Moon 10 - Phase 26 - 16
	Creative Work Amrita Yoga		Rahu	8:14AM – 9:31AM	Balava Until 8:27AM	Nataraja: Clear		3rd Phase
	Until 2:54PM				Dvitiya Until 8:43PM	Moon – Green		Sivaloka Day
Then Routine Work - Marana Yoga								
2	Tuesday, October 17, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Ayushman Yoga Taitila/Gara Karana Tritiyayam Titau				Oslo, Norway Sun 17 Sutra 183	
	Tula Rasi: 27.57	Tithi 3	Gulika	12:03PM – 1:19PM	Vishakha Until 3:58PM	Ganesha: Red	<i>Sunrise:</i> 7:00AM	Sobhana 5125
			Yama	9:32AM – 10:47AM	Ayushman Until 3:45AM Wed	Muruga: White	<i>Sunset:</i> 5:06PM	Moon 10 - Phase 26 - 17
			Rahu	2:34PM – 3:50PM	Taitila Until 8:53AM	Nataraja: Clear		3rd Phase
	Routine Work Marana Yoga				Tritiya Until 8:55PM	Moon – Orange		Sivaloka Day
Then Creative Work - Siddha Yoga								
3	Wednesday, October 18, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Saubhagya Yoga Vanija/Visti* Karana Chaturthyam Titau				Oslo, Norway Sun 18 Sutra 184	
	Vrischika Rasi: 10.56	Tithi 4	Gulika	10:48AM – 12:03PM	Anuradha Until 4:27PM	Ganesha: Red	<i>Sunrise:</i> 7:03AM	Sobhana 5125
			Yama	8:18AM – 9:33AM	Saubhagya Until 2:19AM Thu	Muruga: White	<i>Sunset:</i> 5:03PM	Moon 10 - Phase 26 - 18
			Rahu	12:03PM – 1:18PM	Vanija Until 8:52AM	Nataraja: Clear		3rd Phase
	Creative Work Siddha Yoga				Chaturthi* Until 8:40PM	Moon – Orange		Sivaloka Day
Then Routine Work - Marana Yoga								
4	Thursday, October 19, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sobhana Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway Sun 19 Sutra 185	
	Vrischika Rasi: 24.08	Tithi 5	Gulika	9:34AM – 10:48AM	Jyeshtha* Until 4:20PM	Ganesha: Red	<i>Sunrise:</i> 7:05AM	Sobhana 5125
			Yama	7:05AM – 8:19AM	Sobhana Until 12:34AM Fri	Muruga: White	<i>Sunset:</i> 5:00PM	Moon 10 - Phase 26 - 19
			Rahu	1:17PM – 2:31PM	Bava Until 8:23AM	Nataraja: Clear		3rd Phase
	Routine Work Prabalarishta Yoga				Panchami Until 7:58PM	Moon – Orange		Sivaloka Day
Then Creative Work - Siddha Yoga								
5	Friday, October 20, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Shashthyam Titau				Oslo, Norway Sun 20 Sutra 186	
	Dhanus Rasi: 7.35	Tithi 6	Gulika	8:21AM – 9:35AM	Mula* Until 4:07PM	Ganesha: Yellow	<i>Sunrise:</i> 7:08AM	Sobhana 5125
			Yama	2:30PM – 3:44PM	Athiganda* Until 10:28PM	Muruga: White	<i>Sunset:</i> 4:57PM	Moon 10 - Phase 26 - 20
			Rahu	10:49AM – 12:02PM	Kaulava Until 7:29AM	Nataraja: Clear		3rd Phase
	Creative Work Amrita Yoga				Shashthi* Until 6:52PM	Moon – Light Blue		Sivaloka Day
Then Routine Work - Prabalarishta Yoga								
6	Saturday, October 21, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Sukarma Yoga Gara/Visti* Karana Saptami/Ashtamyam Titau				Oslo, Norway Sun 21 Sutra 187	
	Dhanus Rasi: 21.16	Tithi 7 – 8	Gulika	7:10AM – 8:23AM	Purvashadha* Until 3:21PM	Ganesha: Yellow	<i>Sunrise:</i> 7:10AM	Sobhana 5125
			Yama	1:15PM – 2:28PM	Sukarma Until 8:04PM	Muruga: White	<i>Sunset:</i> 4:54PM	Moon 10 - Phase 26 - 21
			Rahu	9:36AM – 10:49AM	Gara Until 6:11AM	Nataraja: Clear		3rd Phase
	Creative Work Siddha Yoga				Saptami Until 5:22PM	Moon – Light Blue		Sivaloka Day
Then Routine Work - Marana Yoga								
D	Sunday, October 22, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhana Vasara Yuktayam Uttarashadha/Shravana Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Oslo, Norway Sun 22 Sutra 188	
	Retreat Star		Gulika	2:27PM – 3:39PM	Uttarashadha Until 2:05PM	Ganesha: Yellow	<i>Sunrise:</i> 7:12AM	Sobhana 5125
	Makara Rasi: 5.1	Tithi 8 – 9	Yama	12:02PM – 1:14PM	Dhriti Until 5:22PM	Muruga: White	<i>Sunset:</i> 4:52PM	Moon 10 - Phase 26 - 22
			Rahu	3:39PM – 4:52PM	Balava Until 2:27AM Mon	Nataraja: Clear		Ashtami
	Creative Work Amrita Yoga				Ashtami* Until 3:30PM	Moon – Light Blue		Sivaloka Day
Then Routine Work - Marana Yoga								
			Durga Ashtami					
1	Monday, October 23, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Oslo, Norway Sun 23 Sutra 189	
	Retreat Star		Gulika	1:14PM – 2:25PM	Shravana Until 12:45PM	Ganesha: White	<i>Sunrise:</i> 7:15AM	Sobhana 5125
	Makara Rasi: 19.18	Tithi 9 – 10	Yama	10:50AM – 12:02PM	Shula* Until 2:23PM	Muruga: White	<i>Sunset:</i> 4:49PM	Moon 10 - Phase 26 - 23
	Family Home Evening		Rahu	8:27AM – 9:38AM	Taitila Until 12:06AM Tue	Nataraja: Clear		Navami
	Creative Work Amrita Yoga				Navami* Until 1:17PM	Moon – Purple		Devaloka Day
Then Creative Work - Siddha Yoga								
			Saraswathi Puja (Tamil Nadu)					

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

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1	Tuesday, October 24, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Ganda*/Vridhhi Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau				Oslo, Norway	
	Kumbha Rasi: 3.38	Tithi 10 – 11	Gulika	12:02PM – 1:13PM	Dhanishtha Until 11:00AM	Ganesha: White	<i>Sunrise:</i> 7:17AM	Sun 24 Sutra 190
			Yama	9:40AM – 10:51AM	Ganda* Until 11:11AM	Muruga: White	<i>Sunset:</i> 4:46PM	Sobhana 5125
		692726574	Rahu	2:24PM – 3:35PM	Vanija Until 9:30PM	Nataraja: Clear		Moon 10 - Phase 27 - 24
	Creative Work	Siddha Yoga				Moon – Purple		4th Phase
	Until 11:00AM		Vijaya Dasami	Dashami Until 10:48AM		Ashvina•Aipasi	Devaloka Day	
	Then Routine Work - Marana Yoga							
2	Wednesday, October 25, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Vridhhi/Dhruva Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway	
	Kumbha Rasi: 18.08	Tithi 11 – 12	Gulika	10:51AM – 12:02PM	Shatabhishak Until 8:55AM	Ganesha: White	<i>Sunrise:</i> 7:20AM	Sun 25 Sutra 191
			Yama	8:30AM – 9:41AM	Vridhhi Until 7:50AM	Muruga: White	<i>Sunset:</i> 4:44PM	Sobhana 5125
		692726574	Rahu	12:02PM – 1:12PM	Bava Until 6:44PM	Nataraja: Clear		Moon 10 - Phase 27 - 25
	Creative Work	Siddha Yoga				Moon – Purple		4th Phase
	Until 8:55AM				Ekadashi Until 8:07AM	Ashvina•Aipasi	Devaloka Day	
	Then Creative Work - Amrita Yoga							
3	Thursday, October 26, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Oslo, Norway	
	Meena Rasi: 2.43	Tithi 13	Gulika	9:42AM – 10:52AM	Purvaproshtapada* Until 7:00AM	Ganesha: Purple	<i>Sunrise:</i> 7:22AM	Sun 26 Sutra 192
			Yama	7:22AM – 8:32AM	Vyaghata* Until 12:54AM Fri	Muruga: White	<i>Sunset:</i> 4:41PM	Sobhana 5125
		612726574	Rahu	1:11PM – 2:21PM	Kaulava Until 3:55PM	Nataraja: Clear		Moon 10 - Phase 27 - 26
	Creative Work	Siddha Yoga				Moon – Clear		4th Phase
					Trayodashi Until 2:31AM Fri	Ashvina•Aipasi	Devaloka Day	
					<i>Pradosha Vrata</i>			
4	Friday, October 27, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Harshana Yoga Gara/Vanija Karana Chaturdashyam Titau				Oslo, Norway	
	Meena Rasi: 17.17	Tithi 14	Gulika	8:34AM – 9:43AM	Revati Until 2:54AM Sat	Ganesha: Purple	<i>Sunrise:</i> 7:25AM	Sun 27 Sutra 193
			Yama	2:20PM – 3:29PM	Harshana Until 9:32PM	Muruga: White	<i>Sunset:</i> 4:38PM	Sobhana 5125
		612726574	Rahu	10:52AM – 12:01PM	Gara Until 1:10PM	Nataraja: Clear		Moon 10 - Phase 27 - 27
	Creative Work	Siddha Yoga				Moon – Clear		4th Phase
					Chaturdashi* Until 11:50PM	Ashvina•Aipasi	Devaloka Day	
	Saturday, October 28, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Vajra* Yoga Visti*/Bava Karana Purnimayam Titau				Oslo, Norway	
	Copper Retreat Star		Gulika	7:27AM – 8:36AM	Ashvini Until 1:24AM Sun	Ganesha: Clear	<i>Sunrise:</i> 7:27AM	Sutra 194
	Mesha Rasi: 1.46	Tithi 15	Yama	1:10PM – 2:18PM	Vajra* Until 6:21PM	Muruga: White	<i>Sunset:</i> 4:35PM	Sobhana 5125
		622726574	Rahu	9:44AM – 10:53AM	Visti Until 10:36AM	Nataraja: Clear		Moon 10 - Phase 27 -
	Creative Work	Siddha Yoga				Moon – White		Purnima
	Until 1:24AM Sun				Purnima* Until 9:25PM	Ashvina•Aipasi	Sivaloka Day	
	Then Routine Work - Prabalarishta Yoga							
	Sunday, October 29, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Prathamayam Titau				Oslo, Norway	
	Silver Retreat Star		Gulika	2:17PM – 3:25PM	Bharani Until 12:10AM Mon	Ganesha: Clear	<i>Sunrise:</i> 7:30AM	Sutra 195
	Mesha Rasi: 16.02	Tithi 16	Yama	12:01PM – 1:09PM	Siddhi Until 3:28PM	Muruga: White	<i>Sunset:</i> 4:33PM	Sobhana 5125
		622726574	Rahu	3:25PM – 4:33PM	Balava Until 8:21AM	Nataraja: Clear		Moon 10 - Phase 27 -
	Routine Work	Prabalarishta Yoga				Moon – White		Prathama
	Until 12:10AM Mon				Prathama* Until 7:23PM	Ashvina•Aipasi	Sivaloka Day	
	Then Routine Work - Marana Yoga							

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

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**Monday, October 30, 2023****Gold Retreat Star**

Vrishabha Rasi: 0.01 Tithi 17 – 18
Family Home Evening
 Routine Work Marana Yoga
 Until 11:20PM
 Then Creative Work - Amrita Yoga

Gulika **1:09PM – 2:16PM**
 Yama 10:54AM – 12:01PM
 622826574 **Rahu** **8:40AM – 9:47AM**

Sobhana Nama Samvatsare Dakshinaya Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam
 Kritika Nakshatra Vyatipata* Variyan Yoga Taitila/Vanija Karana Dvitiya/Tritiyayam Titau

Kritika Until 11:20PM
 Vyatipata* Until 1:01PM
 Taitila Until 6:34AM
Dvitiya Until 5:52PM

Ganesha: White *Sunrise:* 7:32AM
Muruga: White *Sunset:* 4:30PM
Nataraja: Clear
 Moon – White
Ashvina•Aipasi

Oslo, Norway
 Sun 1 Sutra 196
 Sobhana 5125
 Moon 11 - Phase 28 - 1
 1st Phase

Subha Sivaloka Day**1****Tuesday, October 31, 2023**

Vrishabha Rasi: 13.39 Tithi 18 – 19
 Creative Work Amrita Yoga
 Until 11:26PM
 Then Creative Work - Siddha Yoga

Gulika **12:01PM – 1:08PM**
 Yama 9:48AM – 10:55AM
 632826574 **Rahu** **2:14PM – 3:21PM**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam
 Rohini Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Rohini Until 11:26PM
 Variyan Until 11:01AM
 Bava Until 4:51AM Wed
Tritiya Until 5:00PM

Ganesha: Yellow *Sunrise:* 7:35AM
Muruga: White *Sunset:* 4:28PM
Nataraja: Clear
 Moon – Yellow
Ashvina•Aipasi

Oslo, Norway
 Sun 2 Sutra 197
 Sobhana 5125
 Moon 11 - Phase 28 - 2
 1st Phase

Sivaloka Day**2****Wednesday, November 1, 2023**

Vrishabha Rasi: 26.55 Tithi 19 – 20
 Creative Work Siddha Yoga
 Until 12:06AM Thu
 Then Routine Work - Marana Yoga

Gulika **10:55AM – 12:01PM**
 Yama 8:43AM – 9:49AM
 632826574 **Rahu** **12:01PM – 1:07PM**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam
 Mrigashira Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Mrigashira Until 12:06AM Thu
 Parigha* Until 9:34AM
 Kaulava Until 5:03AM Thu
Chaturthi* Until 4:50PM

Ganesha: Yellow *Sunrise:* 7:37AM
Muruga: White *Sunset:* 4:25PM
Nataraja: Clear
 Moon – Yellow
Ashvina•Aipasi

Oslo, Norway
 Sun 3 Sutra 198
 Sobhana 5125
 Moon 11 - Phase 28 - 3
 1st Phase

Sivaloka Day**3****Thursday, November 2, 2023**

Mithuna Rasi: 9.47 Tithi 20 – 21
 Routine Work Marana Yoga
 Until 1:18AM Fri
 Then Creative Work - Siddha Yoga

Gulika **9:51AM – 10:56AM**
 Yama 7:40AM – 8:45AM
 633826574 **Rahu** **1:06PM – 2:12PM**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam
 Ardra Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Ardra Until 1:18AM Fri
 Shiva Until 8:42AM
 Gara Until 5:58AM Fri
Panchami Until 5:24PM

Ganesha: White *Sunrise:* 7:40AM
Muruga: White *Sunset:* 4:22PM
Nataraja: Clear
 Moon – Yellow
Ashvina•Aipasi

Oslo, Norway
 Sun 4 Sutra 199
 Sobhana 5125
 Moon 11 - Phase 28 - 4
 1st Phase

Devaloka Day**4****Friday, November 3, 2023**

Mithuna Rasi: 22.2 Tithi 21
 Creative Work Siddha Yoga

Gulika **8:47AM – 9:52AM**
 Yama 2:11PM – 3:15PM
 643826574 **Rahu** **10:56AM – 12:01PM**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam
 Punarvasu Nakshatra Siddha/Sadhya Yoga Vanija Karana Shashthyam Titau

Punarvasu Until 3:28AM Sat
 Siddha Until 8:22AM
 Vanija Until 6:40PM
Shashthi* Until 6:40PM

Ganesha: Yellow *Sunrise:* 7:42AM
Muruga: White *Sunset:* 4:20PM
Nataraja: Clear
 Moon – Blue
Ashvina•Aipasi

Oslo, Norway
 Sun 5 Sutra 200
 Sobhana 5125
 Moon 11 - Phase 28 - 5
 1st Phase

Sivaloka Day**5****Saturday, November 4, 2023**

Kataka Rasi: 4.37 Tithi 22
 Creative Work Siddha Yoga

Gulika **7:45AM – 8:49AM**
 Yama 1:05PM – 2:09PM
 643826574 **Rahu** **9:53AM – 10:57AM**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam
 Pushya Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Saptamyam Titau

Pushya Until 5:59AM Sun
 Sadhya Until 8:32AM
 Visti Until 7:33AM
Saptami Until 8:31PM

Ganesha: Yellow *Sunrise:* 7:45AM
Muruga: White *Sunset:* 4:17PM
Nataraja: Clear
 Moon – Blue
Ashvina•Aipasi

Oslo, Norway
 Sun 6 Sutra 201
 Sobhana 5125
 Moon 11 - Phase 28 - 6
 1st Phase

Sivaloka Day**D****Sunday, November 5, 2023****Retreat Star**

Kataka Rasi: 16.4 Tithi 23
 Creative Work Siddha Yoga
 Until 8:40AM Mon
 Then Routine Work - Marana Yoga

Gulika **2:08PM – 3:12PM**
 Yama 12:01PM – 1:05PM
 643826574 **Rahu** **3:12PM – 4:15PM**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam
 Ashlesha* Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Ashtamyam Titau

Ashlesha* Until 8:40AM Mon
 Subha Until 9:05AM
 Balava Until 9:39AM
Ashtami* Until 10:48PM

Ganesha: Yellow *Sunrise:* 7:47AM
Muruga: White *Sunset:* 4:15PM
Nataraja: Clear
 Moon – Blue
Ashvina•Aipasi

Oslo, Norway
 Sun 7 Sutra 202
 Sobhana 5125
 Moon 11 - Phase 28 - 7
 Ashtami

Sivaloka Day**Monday, November 6, 2023****Retreat Star**

Kataka Rasi: 28.35 Tithi 24
Family Home Evening
 Creative Work Siddha Yoga
 Until 8:40AM
 Then Routine Work - Marana Yoga

Gulika **1:04PM – 2:07PM**
 Yama 10:58AM – 12:01PM
 643826574 **Rahu** **8:53AM – 9:56AM**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam
 Ashlesha*/Magha* Nakshatra Sukla/Brahma Yoga Taitila/Gara Karana Navamyam Titau

Ashlesha* Until 8:40AM
 Sukla Until 9:52AM
 Taitila Until 12:04PM
Navami* Until 1:19AM Tue

Ganesha: Yellow *Sunrise:* 7:50AM
Muruga: White *Sunset:* 4:13PM
Nataraja: Clear
 Moon – Blue
Ashvina•Aipasi

Oslo, Norway
 Sun 8 Sutra 203
 Sobhana 5125
 Moon 11 - Phase 28 - 8
 Navami

Sivaloka Day

1	Tuesday, November 7, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Brahma/Indra Yoga Vanija/Visti* Karana Dashamyam Titau						Oslo, Norway	
	Simha Rasi: 10.26	Tithi 25	Gulika	12:01PM – 1:04PM	Magha* Until 11:50AM	Ganesha: Yellow	Sunrise: 7:52AM	Sun 9	Sutra 204	
			Yama	9:57AM – 10:59AM	Brahma Until 10:45AM	Muruga: White	Sunset: 4:10PM	Moon 11 - Phase 29 - 9	Sobhana 5125	
	Creative Work	Siddha Yoga	753826574 Rahu	2:06PM – 3:08PM	Vanija Until 2:37PM	Nataraja: Clear		2nd Phase		
				Dashami Until 3:50AM Wed		Ashvina•Aipasi		Sivaloka Day		
2	Wednesday, November 8, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Indra/Vaidhriti* Yoga Bava/Balava Karana Ekadashyam Titau						Oslo, Norway	
	Simha Rasi: 22.19	Tithi 26	Gulika	11:00AM – 12:01PM	Purvaphalguni Until 2:45PM	Ganesha: Yellow	Sunrise: 7:55AM	Sun 10	Sutra 205	
			Yama	8:57AM – 9:58AM	Indra Until 11:36AM	Muruga: White	Sunset: 4:08PM	Moon 11 - Phase 29 - 10	Sobhana 5125	
	Creative Work	Amrita Yoga	753826574 Rahu	12:01PM – 1:03PM	Bava Until 5:03PM	Nataraja: Clear		2nd Phase		
				Ekadashi* Until 6:09AM Thu		Ashvina•Aipasi		Sivaloka Day		
3	Thursday, November 9, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau						Oslo, Norway	
	Kanya Rasi: 4.16	Tithi 26 – 27	Gulika	9:59AM – 11:00AM	Uttaraphalguni Until 5:13PM	Ganesha: Yellow	Sunrise: 7:57AM	Sun 11	Sutra 206	
			Yama	7:57AM – 8:58AM	Vaidhriti* Until 12:13PM	Muruga: White	Sunset: 4:05PM	Moon 11 - Phase 29 - 11	Sobhana 5125	
		Amrita Yoga	753826574 Rahu	1:02PM – 2:03PM	Kaulava Until 7:11PM	Nataraja: Clear		2nd Phase		
Until 5:13PM				Ekadashi* Until 6:09AM		Ashvina•Aipasi		Sivaloka Day		
Then Routine Work - Marana Yoga										
4	Friday, November 10, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Hasta Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau						Oslo, Norway	
	Kanya Rasi: 16.22	Tithi 27 – 28	Gulika	9:00AM – 10:01AM	Hasta Until 7:36PM	Ganesha: Blue	Sunrise: 8:00AM	Sun 12	Sutra 207	
			Yama	2:02PM – 3:03PM	Vishkambha* Until 12:32PM	Muruga: White	Sunset: 4:03PM	Moon 11 - Phase 29 - 12	Sobhana 5125	
	Creative Work	Amrita Yoga	763826574 Rahu	11:01AM – 12:02PM	Gara Until 8:52PM	Nataraja: Clear		2nd Phase		
Until 7:36PM				Dvadashi* Until 8:04AM		Ashvina•Aipasi		Devaloka Day		
Then Creative Work - Siddha Yoga				Pradosha Vrata (Fasting)						
5	Saturday, November 11, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Priti/Ayushman Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau						Oslo, Norway	
	Kanya Rasi: 28.41	Tithi 28 – 29	Gulika	8:02AM – 9:02AM	Chitra Until 9:16PM	Ganesha: Blue	Sunrise: 8:02AM	Sun 13	Sutra 208	
			Yama	1:01PM – 2:01PM	Priti Until 12:27PM	Muruga: White	Sunset: 4:01PM	Moon 11 - Phase 29 - 13	Sobhana 5125	
	Routine Work	Marana Yoga	763826574 Rahu	10:02AM – 11:02AM	Visti Until 9:58PM	Nataraja: Clear		2nd Phase		
Until 9:16PM				Trayodashi* Until 9:28AM		Ashvina•Aipasi		Devaloka Day		
Then Creative Work - Siddha Yoga										
	Sunday, November 12, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Ayushman/Saubhagya Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau						Oslo, Norway	
	Retreat Star		Gulika	2:00PM – 2:59PM	Svati Until 10:12PM	Ganesha: Blue	Sunrise: 8:05AM	Sun 14	Sutra 209	
	Tula Rasi: 11.16	Tithi 29 – 30	Yama	12:02PM – 1:01PM	Ayushman Until 11:53AM	Muruga: White	Sunset: 3:59PM	Moon 11 - Phase 29 - 14	Sobhana 5125	
			763826574 Rahu	2:59PM – 3:59PM	Catuspada Until 10:28PM	Nataraja: Clear		Amavasya		
Creative Work				Siddha Yoga		Moon – Green		Devaloka Day		
Until 10:12PM										
Then Routine Work - Marana Yoga										
	Monday, November 13, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Vishakha Nakshatra Saubhagya/Sobhana Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau						Oslo, Norway	
	Retreat Star		Gulika	1:01PM – 1:59PM	Vishakha Until 10:52PM	Ganesha: Blue	Sunrise: 8:07AM	Sun 15	Sutra 210	
	Tula Rasi: 24.07	Tithi 30 – 1	Yama	11:03AM – 12:02PM	Saubhagya Until 10:52AM	Muruga: White	Sunset: 3:56PM	Moon 11 - Phase 29 - 15	Sobhana 5125	
	Family Home Evening		773826574 Rahu	9:06AM – 10:05AM	Kintughna Until 10:22PM	Nataraja: Clear		Prathama		
Routine Work				Marana Yoga		Moon – Orange		Devaloka Day		
Until 10:52PM				Skanda Shasthi Begins		Amavasya* Until 10:28AM		Karttika•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

1	Tuesday, November 14, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Oslo, Norway Sun 16 Sutra 211	
	Vrischika Rasi: 7.16	Tithi 1 – 2	Gulika 12:02PM – 1:00PM	Anuradha Until 10:52PM	Ganesha: Blue	<i>Sunrise:</i> 8:10AM	Sobhana 5125	
			Yama 10:06AM – 11:04AM	Sobhana Until 9:25AM	Muruga: White	<i>Sunset:</i> 3:54PM	Moon 11 - Phase 30 - 16	
	Creative Work	Siddha Yoga	Rahu 1:58PM – 2:56PM	Balava Until 9:45PM	Nataraja: Clear		3rd Phase	
	Until 10:52PM			Prathama* Until 10:06AM	Moon – Orange		Devaloka Day	
	Then Routine Work - Marana Yoga			Karttika•Aipasi				
2	Wednesday, November 15, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Oslo, Norway Sun 17 Sutra 212	
	Vrischika Rasi: 20.4	Tithi 2 – 3	Gulika 11:05AM – 12:02PM	Jyeshtha* Until 10:18PM	Ganesha: Blue	<i>Sunrise:</i> 8:12AM	Sobhana 5125	
			Yama 9:10AM – 10:07AM	Athiganda* Until 7:34AM	Muruga: White	<i>Sunset:</i> 3:52PM	Moon 11 - Phase 30 - 17	
	Creative Work	Siddha Yoga	Rahu 12:02PM – 1:00PM	Taitila Until 8:42PM	Nataraja: Clear		3rd Phase	
	Until 10:18PM			Dvitiya Until 9:15AM	Moon – Orange		Devaloka Day	
	Then Routine Work - Marana Yoga			Karttika•Aipasi				
3	Thursday, November 16, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Dhriti Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Oslo, Norway Sun 18 Sutra 213	
	Dhanus Rasi: 4.18	Tithi 3 – 4	Gulika 10:09AM – 11:05AM	Mula* Until 9:41PM	Ganesha: Yellow	<i>Sunrise:</i> 8:15AM	Sobhana 5125	
			Yama 8:15AM – 9:12AM	Dhriti Until 3:01AM Fri	Muruga: White	<i>Sunset:</i> 3:50PM	Moon 11 - Phase 30 - 18	
	Creative Work	Siddha Yoga	Rahu 12:59PM – 1:56PM	Vanija Until 7:18PM	Nataraja: Clear		3rd Phase	
				Tritiya Until 8:01AM	Moon – Light Blue		Sivaloka Day	
					Karttika•Karttikai			
4	Friday, November 17, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Shula* Yoga Visti*/Balava Karana Chaturthi/Panchamyam Titau				Oslo, Norway Sun 19 Sutra 214	
	Dhanus Rasi: 18.07	Tithi 4 – 5	Gulika 9:14AM – 10:10AM	Purvashadha* Until 8:42PM	Ganesha: Yellow	<i>Sunrise:</i> 8:17AM	Sobhana 5125	
			Yama 1:55PM – 2:52PM	Shula* Until 12:25AM Sat	Muruga: White	<i>Sunset:</i> 3:48PM	Moon 11 - Phase 30 - 19	
	Routine Work	Prabalarishta Yoga	Rahu 11:06AM – 12:03PM	Balava Until 4:44AM Sat	Nataraja: Purple		3rd Phase	
	Until 8:42PM			Chaturthi* Until 6:29AM	Moon – Light Blue		Subha Sivaloka Day	
	Then Routine Work - Marana Yoga				Karttika•Karttikai			
5	Saturday, November 18, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau				Oslo, Norway Sun 20 Sutra 215	
	Makara Rasi: 2.04	Tithi 6	Gulika 8:20AM – 9:15AM	Uttarashadha Until 7:24PM	Ganesha: Yellow	<i>Sunrise:</i> 8:20AM	Sobhana 5125	
			Yama 12:59PM – 1:54PM	Ganda* Until 9:43PM	Muruga: White	<i>Sunset:</i> 3:46PM	Moon 11 - Phase 30 - 20	
	Routine Work	Marana Yoga	Rahu 10:11AM – 11:07AM	Kaulava Until 3:49PM	Nataraja: Purple		3rd Phase	
	Until 7:24PM		Skanda Shasthi	Shashthi* Until 2:51AM Sun	Moon – Light Blue		Subha Sivaloka Day	
	Then Creative Work - Siddha Yoga				Karttika•Karttikai			
6	Sunday, November 19, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vriddhi Yoga Gara/Vanija Karana Saptamyam Titau				Oslo, Norway Sun 21 Sutra 216	
	Makara Rasi: 16.07	Tithi 7	Gulika 1:54PM – 2:49PM	Shravana Until 6:17PM	Ganesha: White	<i>Sunrise:</i> 8:22AM	Sobhana 5125	
			Yama 12:03PM – 12:58PM	Vriddhi Until 6:56PM	Muruga: White	<i>Sunset:</i> 3:44PM	Moon 11 - Phase 30 - 21	
	Creative Work	Amrita Yoga	Rahu 2:49PM – 3:44PM	Gara Until 1:53PM	Nataraja: Purple		3rd Phase	
	Until 6:17PM			Saptami Until 12:52AM Mon	Moon – Purple		Subha Subha Sivaloka Day	
	Then Routine Work - Marana Yoga				Karttika•Karttikai			
D	Monday, November 20, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Ashtamyam Titau				Oslo, Norway Sun 22 Sutra 217	
	Retreat Star		Gulika 12:58PM – 1:53PM	Dhanishtha Until 4:56PM	Ganesha: White	<i>Sunrise:</i> 8:24AM	Sobhana 5125	
	Kumbha Rasi: 0.13	Tithi 8	Yama 11:09AM – 12:03PM	Dhruva Until 4:05PM	Muruga: White	<i>Sunset:</i> 3:42PM	Moon 11 - Phase 30 - 22	
	Family Home Evening		Rahu 9:19AM – 10:14AM	Visti Until 11:52AM	Nataraja: Purple		Ashtami	
	Creative Work	Siddha Yoga		Ashtami* Until 10:49PM	Moon – Purple		Subha Subha Sivaloka Day	
					Karttika•Karttikai			
	Tuesday, November 21, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Navamyam Titau				Oslo, Norway Sun 23 Sutra 218	
	Retreat Star		Gulika 12:04PM – 12:58PM	Shatabhishak Until 3:25PM	Ganesha: White	<i>Sunrise:</i> 8:27AM	Sobhana 5125	
	Kumbha Rasi: 14.21	Tithi 9	Yama 10:15AM – 11:09AM	Vyaghata* Until 1:12PM	Muruga: White	<i>Sunset:</i> 3:40PM	Moon 11 - Phase 30 - 23	
	Routine Work	Marana Yoga	Rahu 1:52PM – 2:46PM	Balava Until 9:48AM	Nataraja: Purple		Navami	
				Navami* Until 8:44PM	Moon – Purple		Subha Subha Sivaloka Day	
					Karttika•Karttikai			

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

1	Wednesday, November 22, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Harshana/Vajra* Yoga Taitila/Gara Karana Dashamyam Titau		Oslo, Norway Sun 24 Sutra 219 Sobhana 5125	
	Kumbha Rasi: 28.3	Tithi 10	Gulika 11:10AM – 12:04PM	Purvaproshtapada* Until 2:11PM	Ganesha: White <i>Sunrise: 8:29AM</i>	
			Yama 9:23AM – 10:16AM	Harshana Until 10:19AM	Muruga: White <i>Sunset: 3:39PM</i>	Moon 11 - Phase 31 - 24
		714826575	Rahu 12:04PM – 12:57PM	Taitila Until 7:43AM	Nataraja: Purple	4th Phase
	Creative Work Amrita Yoga Until 2:11PM Then Creative Work - Siddha Yoga			Dashami Until 6:40PM	Moon – Clear Karttika•Karttikai	Subha Subha Sivaloka Day
2	Thursday, November 23, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Oslo, Norway Sun 25 Sutra 220 Sobhana 5125	
	Meena Rasi: 12.38	Tithi 11 – 12	Gulika 10:18AM – 11:11AM	Uttaraproshtapada Until 12:50PM	Ganesha: White <i>Sunrise: 8:31AM</i>	
			Yama 8:31AM – 9:25AM	Vajra* Until 7:26AM	Muruga: White <i>Sunset: 3:37PM</i>	Moon 11 - Phase 31 - 25
		714826575	Rahu 12:57PM – 1:50PM	Bava Until 3:39AM Fri	Nataraja: Purple	4th Phase
	Creative Work Siddha Yoga			Ekadashi Until 4:37PM	Moon – Clear Karttika•Karttikai	Subha Subha Sivaloka Day
3	Friday, November 24, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Oslo, Norway Sun 26 Sutra 221 Sobhana 5125	
	Meena Rasi: 26.44	Tithi 12 – 13	Gulika 9:26AM – 10:19AM	Revati Until 11:25AM	Ganesha: Clear <i>Sunrise: 8:34AM</i>	
			Yama 1:50PM – 2:42PM	Vyatipata* Until 1:56AM Sat	Muruga: White <i>Sunset: 3:35PM</i>	Moon 11 - Phase 31 - 26
		714926575	Rahu 11:12AM – 12:04PM	Kaulava Until 1:48AM Sat	Nataraja: Purple	4th Phase
	Creative Work Siddha Yoga Until 11:25AM Then Creative Work - Amrita Yoga			Dvadashi Until 2:41PM	Moon – Clear Karttika•Karttikai	Subha Sivaloka Day
4	Saturday, November 25, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Variyan Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Oslo, Norway Sun 27 Sutra 222 Sobhana 5125	
	Mesha Rasi: 10.44	Tithi 13 – 14	Gulika 8:36AM – 9:28AM	Ashvini Until 10:27AM	Ganesha: Purple <i>Sunrise: 8:36AM</i>	
			Yama 12:57PM – 1:49PM	Variyan Until 11:22PM	Muruga: White <i>Sunset: 3:33PM</i>	Moon 11 - Phase 31 - 27
		724926575	Rahu 10:20AM – 11:12AM	Gara Until 12:09AM Sun	Nataraja: Purple	4th Phase
	Creative Work Siddha Yoga			Trayodashi Until 12:55PM	Moon – White Karttika•Karttikai	Sivaloka Day
	Sunday, November 26, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Parigha* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Oslo, Norway Sutra 223 Sobhana 5125	
	Copper Retreat Star		Gulika 1:48PM – 2:40PM	Bharani Until 9:35AM	Ganesha: Purple <i>Sunrise: 8:38AM</i>	
	Mesha Rasi: 24.36	Tithi 14 – 15	Yama 12:05PM – 12:57PM	Parigha* Until 9:05PM	Muruga: White <i>Sunset: 3:32PM</i>	Moon 11 - Phase 31 -
		724926575	Rahu 2:40PM – 3:32PM	Visti Until 10:48PM	Nataraja: Purple	Purnima
	Routine Work Prabalarishta Yoga Until 9:35AM Then Creative Work - Siddha Yoga		Krittika Deepam	Chaturdashi* Until 11:25AM	Moon – White Karttika•Karttikai	Sivaloka Day
	Monday, November 27, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Shiva Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Oslo, Norway Sutra 224 Sobhana 5125	
	Silver Retreat Star		Gulika 12:57PM – 1:48PM	Krittika Until 8:55AM	Ganesha: Purple <i>Sunrise: 8:40AM</i>	
	Virshabha Rasi: 8.16	Tithi 15 – 16	Yama 11:14AM – 12:05PM	Shiva Until 7:07PM	Muruga: White <i>Sunset: 3:30PM</i>	Moon 11 - Phase 31 -
	Family Home Evening	724926575	Rahu 9:32AM – 10:23AM	Balava Until 9:53PM	Nataraja: Purple	Prathama
	Routine Work Marana Yoga Until 8:55AM Then Creative Work - Amrita Yoga		Vinayaga Viratam Begins	Purnima* Until 10:16AM	Moon – White Karttika•Karttikai	Sivaloka Day

When the soul attains Self-knowledge, then it becomes one with Siva. The malas perish, birth's cycle ends and the lustrous light of wisdom dawns. Tirumantiram 2331



Tuesday, November 28, 2023

Gold Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam
Rohini/Mrigashira Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Oslo, Norway

Sutra 225

Sobhana 5125

Vrishabha Rasi: 21.4 Tithi 16 – 17

Gulika 12:06PM – 12:56PM
Yama 10:24AM – 11:15AM
Rahu 1:47PM – 2:38PM

Rohini Until 9:00AM

Siddha Until 5:31PM

Taitila Until 9:28PM

Prathama* Until 9:35AM

Ganesha: Clear Sunrise: 8:42AM

Muruga: White Sunset: 3:29PM

Nataraja: Purple

Moon – Yellow
Karttika*Karttikai

Moon 12 - Phase 32 -

1st Phase

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 9:00AM

Then Creative Work - Siddha Yoga

1

Wednesday, November 29, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam
Mrigashira/Ardra Nakshatra Siddha/Subha Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Oslo, Norway

Sun 1 Sutra 226

Sobhana 5125

Mithuna Rasi: 4.47 Tithi 17 – 18

Gulika 11:16AM – 12:06PM
Yama 9:35AM – 10:25AM
Rahu 12:06PM – 12:56PM

Mrigashira Until 9:28AM

Sadhya Until 4:23PM

Vanija Until 9:38PM

Dvitiya Until 9:27AM

Ganesha: Purple Sunrise: 8:44AM

Muruga: White Sunset: 3:28PM

Nataraja: Purple

Moon – Yellow
Karttika*Karttikai

Moon 12 - Phase 32 - 1

1st Phase

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

2

Thursday, November 30, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam
Ardra/Punarvasu Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Oslo, Norway

Sun 2 Sutra 227

Sobhana 5125

Mithuna Rasi: 17.37 Tithi 18 – 19

Gulika 10:26AM – 11:16AM
Yama 8:47AM – 9:37AM
Rahu 12:56PM – 1:46PM

Ardra Until 10:21AM

Subha Until 3:44PM

Bava Until 10:26PM

Tritiya Until 9:56AM

Ganesha: Purple Sunrise: 8:47AM

Muruga: White Sunset: 3:26PM

Nataraja: Purple

Moon – Yellow
Karttika*Karttikai

Moon 12 - Phase 32 - 2

1st Phase

Subha Subha Sivaloka Day

Routine Work Marana Yoga

Until 10:21AM

Then Creative Work - Amrita Yoga

3

Friday, December 1, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam
Punarvasu/Pushya Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Oslo, Norway

Sun 3 Sutra 228

Sobhana 5125

Kataka Rasi: 0.09 Tithi 19 – 20

Gulika 9:38AM – 10:28AM
Yama 1:46PM – 2:35PM
Rahu 11:17AM – 12:07PM

Punarvasu Until 12:10PM

Sukla Until 3:31PM

Kaulava Until 11:51PM

Chaturthi* Until 11:02AM

Ganesha: Clear Sunrise: 8:49AM

Muruga: White Sunset: 3:25PM

Nataraja: Purple

Moon – Blue
Karttika*Karttikai

Moon 12 - Phase 32 - 3

1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 12:10PM

Then Routine Work - Marana Yoga

4

Saturday, December 2, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam
Pushya/Ashlesha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Panchami/Shashtyayam Titau

Oslo, Norway

Sun 4 Sutra 229

Sobhana 5125

Kataka Rasi: 12.25 Tithi 20 – 21

Gulika 8:51AM – 9:40AM
Yama 12:56PM – 1:45PM
Rahu 10:29AM – 11:18AM

Pushya Until 2:23PM

Brahma Until 3:46PM

Gara Until 1:48AM Sun

Panchami Until 12:44PM

Ganesha: Clear Sunrise: 8:51AM

Muruga: White Sunset: 3:24PM

Nataraja: Purple

Moon – Blue
Karttika*Karttikai

Moon 12 - Phase 32 - 4

1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 2:23PM

Then Routine Work - Marana Yoga

5

Sunday, December 3, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bharu Vasara Yuktayam
Ashlesha*/Magha* Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Shashti/Saptamyam Titau

Oslo, Norway

Sun 5 Sutra 230

Sobhana 5125

Kataka Rasi: 24.29 Tithi 21 – 22

Gulika 1:45PM – 2:34PM
Yama 12:08PM – 12:56PM
Rahu 2:34PM – 3:23PM

Ashlesha* Until 4:53PM

Indra Until 4:23PM

Visti Until 4:11AM Mon

Shashti* Until 2:56PM

Ganesha: Clear Sunrise: 8:52AM

Muruga: White Sunset: 3:23PM

Nataraja: Purple

Moon – Blue
Karttika*Karttikai

Moon 12 - Phase 32 - 5

1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 4:53PM

Then Routine Work - Marana Yoga

6

Monday, December 4, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam
Magha* Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Oslo, Norway

Sun 6 Sutra 231

Sobhana 5125

Simha Rasi: 6.24 Tithi 22 – 23

Family Home Evening

Gulika 12:56PM – 1:45PM
Yama 11:20AM – 12:08PM
Rahu 9:43AM – 10:31AM

Magha* Until 8:01PM

Vaidhriti* Until 5:12PM

Balava Until 6:47AM Tue

Saptami Until 5:27PM

Ganesha: White Sunrise: 8:54AM

Muruga: White Sunset: 3:22PM

Nataraja: Purple

Moon – Red
Karttika*Karttikai

Moon 12 - Phase 32 - 6

1st Phase

Subha Subha Sivaloka Day

Routine Work Marana Yoga

Until 8:01PM

Then Creative Work - Siddha Yoga



Tuesday, December 5, 2023

Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam
Purvaphalguni Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Ashtamyam Titau

Oslo, Norway

Sun 7 Sutra 232

Sobhana 5125

Simha Rasi: 18.15 Tithi 23

Gulika 12:08PM – 12:56PM
Yama 10:32AM – 11:20AM
Rahu 1:45PM – 2:33PM

Purvaphalguni Until 11:03PM

Vishkambha* Until 6:06PM

Balava Until 6:47AM

Ashtami* Until 8:04PM

Ganesha: White Sunrise: 8:56AM

Muruga: Clear Sunset: 3:21PM

Nataraja: Purple

Moon – Red
Karttika*Karttikai

Moon 12 - Phase 32 - 7

Ashtami

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 11:03PM

Then Creative Work - Amrita Yoga

Wednesday, December 6, 2023

Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam
Uttaraphalguni Nakshatra Priti Yoga Taitila/Gara Karana Navamyam Titau

Oslo, Norway

Sun 8 Sutra 233

Sobhana 5125

Kanya Rasi: 0.05 Tithi 24

Gulika 11:21AM – 12:09PM
Yama 9:46AM – 10:33AM
Rahu 12:09PM – 12:57PM

Uttaraphalguni Until 1:44AM Thu

Priti Until 6:55PM

Taitila Until 9:21AM

Navami* Until 10:31PM

Ganesha: White Sunrise: 8:58AM

Muruga: Clear Sunset: 3:20PM

Nataraja: Purple

Moon – Red
Karttika*Karttikai

Moon 12 - Phase 32 - 8

Navami

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 1:44AM Thu

Then Routine Work - Marana 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

All times are standard time. Calculated for Oslo, Norway on 1/18/22

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1	Thursday, December 7, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Hasta Nakshatra Ayushman Yoga Vanija/Visti* Karana Dashamyam Titau				Oslo, Norway Sun 9 Sutra 234	
	Kanya Rasi: 12.02	Tithi 25	Gulika Yama 765936575	10:34AM – 11:22AM 9:00AM – 9:47AM 12:57PM – 1:44PM	Hasta Until 4:21AM Fri Ayushman Until 7:26PM Vanija Until 11:38AM Dashami Until 12:35AM Fri	Ganesha: Yellow Muruga: Clear Nataraja: Purple Moon – Green Karttika*Karttikai	Sunrise: 9:00AM Sunset: 3:19PM	Moon 12 - Phase 33 - 9 2nd Phase
	Routine Work	Marana Yoga					Sivaloka Day	
	Until 4:21AM Fri							
	Then Creative Work - Siddha Yoga							
2	Friday, December 8, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Saubhagya Yoga Bava/Balava Karana Ekadashyam Titau				Oslo, Norway Sun 10 Sutra 235	
	Kanya Rasi: 24.1	Tithi 26	Gulika Yama 766936575	9:48AM – 10:35AM 1:44PM – 2:31PM 11:23AM – 12:10PM	Chitra Until 6:12AM Sat Saubhagya Until 7:32PM Bava Until 1:25PM Ekadashi* Until 2:02AM Sat	Ganesha: White Muruga: Clear Nataraja: Purple Moon – Green Karttika*Karttikai	Sunrise: 9:01AM Sunset: 3:18PM	Moon 12 - Phase 33 - 10 2nd Phase
	Creative Work	Siddha Yoga					Devaloka Day	
3	Saturday, December 9, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Sobhana Yoga Kaulava/Taitila Karana Dvadashyam Titau				Oslo, Norway Sun 11 Sutra 236	
	Tula Rasi: 6.33	Tithi 27	Gulika Yama 766936575	9:03AM – 9:50AM 12:57PM – 1:44PM 10:36AM – 11:23AM	Chitra Until 6:12AM Sobhana Until 7:06PM Kaulava Until 2:30PM Dvadashi* Until 2:45AM Sun	Ganesha: White Muruga: Clear Nataraja: Purple Moon – Green Karttika*Karttikai	Sunrise: 9:03AM Sunset: 3:18PM	Moon 12 - Phase 33 - 11 2nd Phase
	Routine Work	Marana Yoga					Devaloka Day	
	Until 6:12AM							
	Then Creative Work - Siddha Yoga							
4	Sunday, December 10, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Athiganda* Yoga Gara/Vanija Karana Trayodashyam Titau				Oslo, Norway Sun 12 Sutra 237	
	Tula Rasi: 19.16	Tithi 28	Gulika Yama 766936575	1:44PM – 2:30PM 12:11PM – 12:57PM 2:30PM – 3:17PM	Svati Until 7:11AM Athiganda* Until 6:04PM Gara Until 2:50PM Trayodashi* Until 2:42AM Mon	Ganesha: White Muruga: Clear Nataraja: Purple Moon – Green Karttika*Karttikai	Sunrise: 9:04AM Sunset: 3:17PM	Moon 12 - Phase 33 - 12 2nd Phase
	Creative Work	Siddha Yoga					Devaloka Day	
	Until 7:11AM							
	Then Routine Work - Marana Yoga				Pradosha Vrata (Fasting)			
5	Monday, December 11, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukarna/Dhriti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Oslo, Norway Sun 13 Sutra 238	
	Vrishchika Rasi: 2.22	Tithi 29	Gulika Yama 776936575	12:57PM – 1:44PM 11:25AM – 12:11PM 9:52AM – 10:38AM	Vishakha Until 7:44AM Sukarna Until 4:28PM Visti Until 2:25PM Chaturdashi* Until 1:56AM Tue	Ganesha: Green Muruga: Clear Nataraja: Purple Moon – Orange Karttika*Karttikai	Sunrise: 9:06AM Sunset: 3:17PM	Moon 12 - Phase 33 - 13 2nd Phase
	Family Home Evening	Marana Yoga					Devaloka Day	
	Until 7:44AM							
	Then Creative Work - Siddha Yoga							
	Tuesday, December 12, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Dhriti/Shula* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Oslo, Norway Sun 14 Sutra 239	
	Retreat Star		Gulika Yama 776936575	12:12PM – 12:58PM 10:39AM – 11:25AM 1:44PM – 2:30PM	Anuradha Until 7:27AM Dhriti Until 2:21PM Catuspada Until 1:19PM Amavasya* Until 12:32AM Wed	Ganesha: Green Muruga: Clear Nataraja: Purple Moon – Orange Karttika*Karttikai	Sunrise: 9:07AM Sunset: 3:16PM	Moon 12 - Phase 33 - 14 Amavasya
	Vrishchika Rasi: 15.5	Tithi 30					Devaloka Day	
	Creative Work	Siddha Yoga						
	Until 7:27AM							
Then Routine Work - Marana Yoga								
	Wednesday, December 13, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Shula*/Ganda* Yoga Kintughna*/Bava Karana Prathamayam Titau				Oslo, Norway Sun 15 Sutra 240	
	Retreat Star		Gulika Yama 776936575	11:26AM – 12:12PM 9:54AM – 10:40AM 12:12PM – 12:58PM	Jyeshtha* Until 6:26AM Shula* Until 11:46AM Kintughna Until 11:40AM Prathama* Until 10:39PM	Ganesha: Green Muruga: Clear Nataraja: Purple Moon – Orange Margasira*Karttikai	Sunrise: 9:08AM Sunset: 3:16PM	Moon 12 - Phase 33 - 15 Prathama
	Vrishchika Rasi: 29.39	Tithi 1					Devaloka Day	
	Creative Work	Siddha Yoga						
	Until 6:26AM							
Then Routine Work - Marana Yoga								

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

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1	Thursday, December 14, 2023		Sobhana Nama Samvatsare Dakshinaya Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Ganda*Vridhi Yoga Balava/Kaulava Karana Dvitiyayam Titau		Oslo, Norway Sun 16 Sutra 241	
	Dhanus Rasi: 13.46	Tithi 2	Gulika 10:41AM – 11:27AM Yama 9:10AM – 9:55AM 786937575 Rahu 12:58PM – 1:44PM	Purvashadha* Until 3:38AM Fri Ganda* Until 8:52AM Balava Until 9:35AM Dvitiya Until 8:25PM	Ganesha: White <i>Sunrise:</i> 9:10AM Muruga: White <i>Sunset:</i> 3:16PM Nataraja: Purple Moon – Light Blue Margasira•Karttikai	Sobhana 5125 Moon 12 - Phase 34 - 16 3rd Phase
Creative Work Siddha Yoga		Sivaloka Day				
Until 3:38AM Fri						
Then Routine Work - Marana Yoga						
2	Friday, December 15, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Dhruva Yoga Taitila/Vanija Karana Tritiya/Chaturthyam Titau		Oslo, Norway Sun 17 Sutra 242	
	Dhanus Rasi: 28.04	Tithi 3 – 4	Gulika 9:56AM – 10:42AM Yama 1:44PM – 2:30PM 786937575 Rahu 11:27AM – 12:13PM	Uttarashadha Until 1:44AM Sat Dhruva Until 2:30AM Sat Taitila Until 7:14AM Tritiya Until 5:59PM	Ganesha: White <i>Sunrise:</i> 9:11AM Muruga: White <i>Sunset:</i> 3:15PM Nataraja: Purple Moon – Light Blue Margasira•Karttikai	Sobhana 5125 Moon 12 - Phase 34 - 17 3rd Phase
Routine Work Marana Yoga		Sivaloka Day				
Until 1:44AM Sat						
Then Creative Work - Siddha Yoga						
3	Saturday, December 16, 2023		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Vyaghata* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Oslo, Norway Sun 18 Sutra 243	
	Makara Rasi: 12.28	Tithi 4 – 5	Gulika 9:12AM – 9:57AM Yama 12:59PM – 1:45PM 797937575 Rahu 10:43AM – 11:28AM	Shravana Until 12:05AM Sun Vyaghata* Until 11:15PM Bava Until 2:16AM Sun Chaturthi* Until 3:29PM	Ganesha: Purple <i>Sunrise:</i> 9:12AM Muruga: White <i>Sunset:</i> 3:15PM Nataraja: Purple Moon – Purple Margasira•Markali	Sobhana 5125 Moon 12 - Phase 34 - 18 3rd Phase
Creative Work Siddha Yoga		Subha Subha Sivaloka Day				
Until 12:05AM Sun						
Then Routine Work - Marana Yoga						
4	Sunday, December 17, 2023		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Harshana Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Oslo, Norway Sun 19 Sutra 244	
	Makara Rasi: 26.52	Tithi 5 – 6	Gulika 1:45PM – 2:30PM Yama 12:14PM – 12:59PM 897937575 Rahu 2:30PM – 3:15PM	Dhanishtha Until 10:23PM Harshana Until 8:04PM Kaulava Until 11:53PM Panchami Until 1:02PM	Ganesha: Clear <i>Sunrise:</i> 9:13AM Muruga: White <i>Sunset:</i> 3:15PM Nataraja: Purple Moon – Purple Margasira•Markali	Sobhana 5125 Moon 12 - Phase 34 - 19 3rd Phase
Routine Work Marana Yoga		Subha Sivaloka Day				
Until 10:23PM						
Then Creative Work - Siddha Yoga						
5	Monday, December 18, 2023		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Shashti/Saptamyam Titau		Oslo, Norway Sun 20 Sutra 245	
	Kumbha Rasi: 11.11	Tithi 6 – 7	Gulika 1:00PM – 1:45PM Yama 11:29AM – 12:15PM 897937575 Rahu 9:59AM – 10:44AM	Shatabhishak Until 8:42PM Vajra* Until 5:00PM Gara Until 9:40PM Shashti* Until 10:44AM	Ganesha: Clear <i>Sunrise:</i> 9:14AM Muruga: White <i>Sunset:</i> 3:16PM Nataraja: Purple Moon – Purple Margasira•Markali	Sobhana 5125 Moon 12 - Phase 34 - 20 3rd Phase
Family Home Evening		Subha Sivaloka Day				
Creative Work Siddha Yoga						
Until 8:42PM						
Then Routine Work - Marana Yoga						
D	Tuesday, December 19, 2023		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaprosarthpada* Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Oslo, Norway Sun 21 Sutra 246	
	Kumbha Rasi: 25.23	Tithi 7 – 8	Gulika 12:15PM – 1:00PM Yama 10:45AM – 11:30AM 817137575 Rahu 1:45PM – 2:31PM	Purvaprosarthpada* Until 7:32PM Siddhi Until 2:07PM Visti Until 7:41PM Saptami Until 8:38AM	Ganesha: Clear <i>Sunrise:</i> 9:14AM Muruga: White <i>Sunset:</i> 3:16PM Nataraja: Purple Moon – Clear Margasira•Markali	Sobhana 5125 Moon 12 - Phase 34 - 21 Ashtami
Routine Work Marana Yoga		Subha Sivaloka Day				
Until 7:32PM						
Then Creative Work - Amrita Yoga						
D	Wednesday, December 20, 2023		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraprosarthpada Nakshatra Vyatipata*/Variyan Yoga Bava/Kaulava Karana Ashtami/Navamyam Titau		Oslo, Norway Sun 22 Sutra 247	
	Meena Rasi: 9.25	Tithi 8 – 9	Gulika 11:31AM – 12:16PM Yama 10:00AM – 10:45AM 817137575 Rahu 12:16PM – 1:01PM	Uttaraprosarthpada Until 6:29PM Vyatipata* Until 11:27AM Kaulava Until 5:10AM Thu Ashtami* Until 6:46AM	Ganesha: Clear <i>Sunrise:</i> 9:15AM Muruga: White <i>Sunset:</i> 3:16PM Nataraja: Purple Moon – Clear Margasira•Markali	Sobhana 5125 Moon 12 - Phase 34 - 22 Navami
Creative Work Siddha Yoga		Subha Sivaloka Day				
Until 6:29PM						
Then Routine Work - Marana Yoga						

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

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1	Thursday, December 21, 2023		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Variyan/Parigha* Yoga Taitila/Gara Karana Dashamyam Titau				Oslo, Norway Sun 23 Sutra 248	
	Meena Rasi: 23.18	Tithi 10	Gulika 10:46AM – 11:31AM	Revati Until 5:32PM	Ganesha: Clear	Sunrise: 9:16AM	Sobhana 5125	
			Yama 9:16AM – 10:01AM	Variyan Until 8:58AM	Muruga: White	Sunset: 3:17PM	Moon 12 - Phase 35 - 23	
		817137575	Rahu 1:01PM – 1:46PM	Taitila Until 4:29PM	Nataraja: Purple		4th Phase	
	Creative Work Siddha Yoga Until 5:32PM Then Creative Work - Amrita Yoga		Day 1 of Pancha Ganapati	Dashami Until 3:50AM Fri	Moon – Clear		Subha Sivaloka Day Margasira*Markali	
2	Friday, December 22, 2023		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Ekadashyam Titau				Oslo, Norway Sun 24 Sutra 249	
	Mesha Rasi: 7.01	Tithi 11	Gulika 10:01AM – 10:46AM	Ashvini Until 5:08PM	Ganesha: Clear	Sunrise: 9:16AM	Sobhana 5125	
			Yama 1:47PM – 2:32PM	Parigha* Until 6:42AM	Muruga: White	Sunset: 3:17PM	Moon 12 - Phase 35 - 24	
		828137575	Rahu 11:32AM – 12:17PM	Vanija Until 3:17PM	Nataraja: Purple		4th Phase	
	Creative Work Amrita Yoga Until 5:08PM Then Creative Work - Siddha Yoga		Vaikuntha Ekadasi Gita Jayanthi Day 2 of Pancha Ganapati	Ekadashi Until 2:46AM Sat	Moon – White		Subha Sivaloka Day Margasira*Markali	
3	Saturday, December 23, 2023		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Siddha Yoga Bava/Balava Karana Dvadashyam Titau				Oslo, Norway Sun 25 Sutra 250	
	Mesha Rasi: 20.34	Tithi 12	Gulika 9:17AM – 10:02AM	Bharani Until 4:51PM	Ganesha: Clear	Sunrise: 9:17AM	Sobhana 5125	
			Yama 1:02PM – 1:47PM	Siddha Until 2:48AM Sun	Muruga: White	Sunset: 3:18PM	Moon 12 - Phase 35 - 25	
		828137575	Rahu 10:47AM – 11:32AM	Bava Until 2:21PM	Nataraja: Purple		4th Phase	
	Creative Work Siddha Yoga Until 4:51PM Then Creative Work - Amrita Yoga		Day 3 of Pancha Ganapati	Dvadashi Until 1:58AM Sun	Moon – White		Subha Sivaloka Day Margasira*Markali	
4	Sunday, December 24, 2023		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Sadhya Yoga Kaulava/Taitila Karana Trayodashyam Titau				Oslo, Norway Sun 26 Sutra 251	
	Vrishabha Rasi: 3.59	Tithi 13	Gulika 1:48PM – 2:33PM	Krittika Until 4:42PM	Ganesha: Clear	Sunrise: 9:17AM	Sobhana 5125	
			Yama 12:18PM – 1:03PM	Sadhya Until 1:12AM Mon	Muruga: White	Sunset: 3:18PM	Moon 12 - Phase 35 - 26	
		828137575	Rahu 2:33PM – 3:18PM	Kaulava Until 1:42PM	Nataraja: Purple		4th Phase	
	Creative Work Siddha Yoga		Day 4 of Pancha Ganapati	Trayodashi Until 1:28AM Mon	Moon – White		Subha Sivaloka Day Margasira*Markali	
			Pradosha Vrata					
5	Monday, December 25, 2023		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Subha Yoga Gara/Vanija Karana Chaturdashyam Titau				Oslo, Norway Sun 27 Sutra 252	
	Vrishabha Rasi: 17.13	Tithi 14	Gulika 1:03PM – 1:49PM	Rohini Until 5:10PM	Ganesha: White	Sunrise: 9:17AM	Sobhana 5125	
	Family Home Evening		Yama 11:33AM – 12:18PM	Subha Until 11:53PM	Muruga: White	Sunset: 3:19PM	Moon 12 - Phase 35 - 27	
		838137575	Rahu 10:03AM – 10:48AM	Gara Until 1:22PM	Nataraja: Purple		4th Phase	
	Creative Work Amrita Yoga		Day 5 of Pancha Ganapati	Chaturdashi* Until 1:19AM Tue	Moon – Yellow		Sivaloka Day Margasira*Markali	
O	Tuesday, December 26, 2023		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukla Yoga Visti*/Bava Karana Purnimayam Titau				Oslo, Norway Sun 27 Sutra 253	
	Copper Retreat Star		Gulika 12:19PM – 1:04PM	Mrigashira Until 5:52PM	Ganesha: White	Sunrise: 9:18AM	Sobhana 5125	
	Mithuna Rasi: 0.17	Tithi 15	Yama 10:48AM – 11:33AM	Sukla Until 10:51PM	Muruga: White	Sunset: 3:20PM	Moon 12 - Phase 35 -	
		838137575	Rahu 1:49PM – 2:35PM	Visti Until 1:25PM	Nataraja: Purple		Purnima	
	Creative Work Siddha Yoga Until 5:52PM Then Routine Work - Marana Yoga			Purnima* Until 1:35AM Wed	Moon – Yellow		Sivaloka Day Margasira*Markali	
	Wednesday, December 27, 2023		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Ardra Nakshatra Brahma Yoga Balava/Kaulava Karana Prathamayam Titau				Oslo, Norway Sutra 254	
	Silver Retreat Star		Gulika 11:34AM – 12:19PM	Ardra Until 6:49PM	Ganesha: White	Sunrise: 9:18AM	Sobhana 5125	
	Mithuna Rasi: 13.08	Tithi 16	Yama 10:03AM – 10:48AM	Brahma Until 10:10PM	Muruga: White	Sunset: 3:21PM	Moon 12 - Phase 35 -	
		838137576	Rahu 12:19PM – 1:05PM	Balava Until 1:54PM	Nataraja: Clear		Prathama	
	Creative Work Siddha Yoga			Prathama* Until 2:18AM Thu	Moon – Yellow		Devaloka Day Margasira*Markali	
			Ardra Darshanam					



Thursday, December 28, 2023

Gold Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam
Pushya Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Tritiyayam Titau

Oslo, Norway

Sutra 255

Sobhana 5125

Mithuna Rasi: 25.46 Tithi 17

Gulika 10:49AM – 11:34AM
Yama 9:18AM – 10:03AM
848137576 **Rahu** 1:05PM – 1:51PM

Punarvasu Until 8:34PM

Indra Until 9:52PM

Taitila Until 2:51PM

Dvitiya Until 3:30AM Fri

Ganesha: Yellow *Sunrise:* 9:18AM

Muruga: White *Sunset:* 3:22PM

Nataraja: Clear

Moon – Blue

Margasira*Markali

Sivaloka Day

Moon 13 - Phase 36 - 1st Phase

Creative Work Amrita Yoga

1

Friday, December 29, 2023

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam
Pushya Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Tritiyayam Titau

Oslo, Norway

Sutra 256

Sobhana 5125

Kataka Rasi: 8.11 Tithi 18

Gulika 10:03AM – 10:49AM
Yama 1:52PM – 2:37PM
849137576 **Rahu** 11:35AM – 12:20PM

Pushya Until 10:38PM

Vaidhriti* Until 9:56PM

Vanija Until 4:19PM

Tritiya Until 5:13AM Sat

Ganesha: Blue *Sunrise:* 9:18AM

Muruga: White *Sunset:* 3:23PM

Nataraja: Clear

Moon – Blue

Margasira*Markali

Subha Sivaloka Day

Moon 13 - Phase 36 - 1st Phase

Routine Work Marana Yoga

2

Saturday, December 30, 2023

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam
Ashlesha* Nakshatra Vishkambha* Yoga Bava Karana Chaturthiyam Titau

Oslo, Norway

Sutra 257

Sobhana 5125

Kataka Rasi: 20.23 Tithi 19

Gulika 9:17AM – 10:03AM
Yama 1:07PM – 1:52PM
849137576 **Rahu** 10:49AM – 11:35AM

Ashlesha* Until 12:59AM Sun

Vishkambha* Until 10:22PM

Bava Until 6:17PM

Chaturthi* Until 7:24AM Sun

Ganesha: Blue *Sunrise:* 9:17AM

Muruga: White *Sunset:* 3:24PM

Nataraja: Clear

Moon – Blue

Margasira*Markali

Subha Sivaloka Day

Moon 13 - Phase 36 - 2nd Phase

Routine Work Marana Yoga

3

Sunday, December 31, 2023

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam
Magha* Nakshatra Priti Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Oslo, Norway

Sutra 258

Sobhana 5125

Simha Rasi: 2.25 Tithi 19 – 20

Gulika 1:53PM – 2:39PM
Yama 12:21PM – 1:07PM
859137576 **Rahu** 2:39PM – 3:25PM

Magha* Until 4:02AM Mon

Priti Until 11:06PM

Kaulava Until 8:39PM

Chaturthi* Until 7:24AM

Ganesha: Red *Sunrise:* 9:17AM

Muruga: White *Sunset:* 3:25PM

Nataraja: Clear

Moon – Red

Margasira*Markali

Sivaloka Day

Moon 13 - Phase 36 - 3rd Phase

Routine Work Marana Yoga

Until 4:02AM Mon

Then Creative Work - Siddha Yoga

4

Monday, January 1, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam
Purvaphalguni Nakshatra Ayushman Yoga Taitila/Gara Karana Panchami/Shashthiyam Titau

Oslo, Norway

Sutra 259

Sobhana 5125

Simha Rasi: 14.17 Tithi 20 – 21

Family Home Evening

Creative Work Siddha Yoga

Until 7:07AM Tue

Then Creative Work - Amrita Yoga

Gulika 1:09PM – 1:55PM
Yama 11:36AM – 12:22PM
859137576 **Rahu** 10:03AM – 10:49AM

Purvaphalguni Until 7:07AM Tue

Ayushman Until 12:00AM Tue

Gara Until 11:17PM

Panchami Until 9:55AM

Ganesha: Red *Sunrise:* 9:16AM

Muruga: White *Sunset:* 3:28PM

Nataraja: Clear

Moon – Red

Margasira*Markali

Sivaloka Day

Moon 13 - Phase 36 - 4th Phase

5

Tuesday, January 2, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam
Purvaphalguni/Uttaraphalguni Nakshatra Saubhagya Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Oslo, Norway

Sutra 260

Sobhana 5125

Simha Rasi: 26.06 Tithi 21 – 22

Gulika 12:23PM – 1:10PM
Yama 10:49AM – 11:36AM
859137576 **Rahu** 1:56PM – 2:43PM

Purvaphalguni Until 7:07AM

Saubhagya Until 12:57AM Wed

Visti Until 1:59AM Wed

Shashthi* Until 12:37PM

Ganesha: Red *Sunrise:* 9:16AM

Muruga: White *Sunset:* 3:30PM

Nataraja: Clear

Moon – Red

Margasira*Markali

Sivaloka Day

Moon 13 - Phase 36 - 5th Phase

Creative Work Siddha Yoga

Until 7:07AM

Then Creative Work - Amrita Yoga

6

Wednesday, January 3, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam
Uttaraphalguni/Hasta Nakshatra Sobhana Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Oslo, Norway

Sutra 261

Sobhana 5125

Kanya Rasi: 7.55 Tithi 22 – 23

Gulika 11:36AM – 12:23PM
Yama 10:02AM – 10:49AM
859137576 **Rahu** 12:23PM – 1:10PM

Uttaraphalguni Until 10:02AM

Sobhana Until 1:47AM Thu

Balava Until 4:30AM Thu

Saptami Until 3:16PM

Ganesha: Red *Sunrise:* 9:15AM

Muruga: White *Sunset:* 3:31PM

Nataraja: Clear

Moon – Red

Margasira*Markali

Sivaloka Day

Moon 13 - Phase 36 - 6th Phase

Creative Work Amrita Yoga

Until 10:02AM

Then Routine Work - Marana Yoga

D

Thursday, January 4, 2024

Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam
Hasta/Chitra Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Oslo, Norway

Sutra 262

Sobhana 5125

Kanya Rasi: 19.49 Tithi 23 – 24

Gulika 10:49AM – 11:36AM
Yama 9:15AM – 10:02AM
869137576 **Rahu** 1:11PM – 1:58PM

Hasta Until 1:01PM

Athiganda* Until 2:16AM Fri

Taitila Until 6:32AM Fri

Ashtami* Until 5:34PM

Ganesha: Green *Sunrise:* 9:15AM

Muruga: White *Sunset:* 3:33PM

Nataraja: Clear

Moon – Green

Margasira*Markali

Subha Sivaloka Day

Moon 13 - Phase 36 - 7th Phase

Routine Work Marana Yoga

Until 1:01PM

Then Creative Work - Siddha Yoga

Friday, January 5, 2024

Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam
Chitra/Svati Nakshatra Sukarma Yoga Taitila/Gara Karana Navamyam Titau

Oslo, Norway

Sutra 263

Sobhana 5125

Tula Rasi: 1.54 Tithi 24

Gulika 10:01AM – 10:49AM
Yama 1:59PM – 2:47PM
861137576 **Rahu** 11:37AM – 12:24PM

Chitra Until 3:18PM

Sukarma Until 2:16AM Sat

Taitila Until 6:32AM

Navami* Until 7:17PM

Ganesha: Orange *Sunrise:* 9:14AM

Muruga: White *Sunset:* 3:35PM

Nataraja: Clear

Moon – Green

Margasira*Markali

Sivaloka Day

Moon 13 - Phase 36 - 8th Phase

Creative Work Siddha Yoga

Subramuniyaswami Jayanti

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

All times are standard time. Calculated for Oslo, Norway on 1/18/22

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1	Saturday, January 6, 2024		Sobhana Nama Samvatsare Uтарыane Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Dhriti Yoga Vanija/Visti* Karana Dashamyam Titau				Oslo, Norway Sun 9 Sutra 264	
	Tula Rasi: 14.16	Tithi 25	Gulika 9:13AM – 10:01AM	Svati Until 4:44PM	Ganesha: Orange	<i>Sunrise:</i> 9:13AM	Sobhana 5125	
			Yama 1:13PM – 2:00PM	Dhriti Until 1:40AM Sun	Muruga: White	<i>Sunset:</i> 3:36PM	Moon 13 - Phase 37 - 9	
	Creative Work	Siddha Yoga	861137576 Rahu 10:49AM – 11:37AM	Vanija Until 7:53AM	Nataraja: Clear		2nd Phase	
				Dashami Until 8:13PM	Moon – Green		Sivaloka Day	
					Margasira*Markali			
2	Sunday, January 7, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Shula* Yoga Bava/Balava Karana Ekadashyam Titau				Oslo, Norway Sun 10 Sutra 265	
	Tula Rasi: 27	Tithi 26	Gulika 2:02PM – 2:50PM	Vishakha Until 5:38PM	Ganesha: Light Blue	<i>Sunrise:</i> 9:12AM	Sobhana 5125	
			Yama 12:25PM – 1:13PM	Shula* Until 12:21AM Mon	Muruga: White	<i>Sunset:</i> 3:38PM	Moon 13 - Phase 37 - 10	
			871137576 Rahu 2:50PM – 3:38PM	Bava Until 8:23AM	Nataraja: Clear		2nd Phase	
	Routine Work	Marana Yoga		Ekadashi* Until 8:17PM	Moon – Orange		Devaloka Day	
					Margasira*Markali			
3	Monday, January 8, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Oslo, Norway Sun 11 Sutra 266	
	Vrischika Rasi: 10.1	Tithi 27	Gulika 1:14PM – 2:03PM	Anuradha Until 5:32PM	Ganesha: Light Blue	<i>Sunrise:</i> 9:11AM	Sobhana 5125	
	Family Home Evening		Yama 11:37AM – 12:26PM	Ganda* Until 10:24PM	Muruga: White	<i>Sunset:</i> 3:40PM	Moon 13 - Phase 37 - 11	
			871137576 Rahu 10:00AM – 10:48AM	Kaulava Until 8:01AM	Nataraja: Clear		2nd Phase	
	Creative Work	Siddha Yoga		Dvadashi* Until 7:30PM	Moon – Orange		Devaloka Day	
					Margasira*Markali			
4	Tuesday, January 9, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vriddhi Yoga Gara/Visti* Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway Sun 12 Sutra 267	
	Vrischika Rasi: 23.47	Tithi 28 – 29	Gulika 12:26PM – 1:15PM	Jyeshtha* Until 4:32PM	Ganesha: Light Blue	<i>Sunrise:</i> 9:10AM	Sobhana 5125	
			Yama 10:48AM – 11:37AM	Vriddhi Until 7:51PM	Muruga: White	<i>Sunset:</i> 3:42PM	Moon 13 - Phase 37 - 12	
			871137576 Rahu 2:04PM – 2:53PM	Gara Until 6:49AM	Nataraja: Clear		2nd Phase	
	Routine Work	Marana Yoga		Trayodashi* Until 5:55PM	Moon – Orange		Devaloka Day	
	Until 4:32PM				Margasira*Markali			
	Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>				
5	Wednesday, January 10, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Dhruva/Vyaghata* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Oslo, Norway Sun 13 Sutra 268	
	Dhanus Rasi: 7.51	Tithi 29 – 30	Gulika 11:37AM – 12:26PM	Mula* Until 3:09PM	Ganesha: Purple	<i>Sunrise:</i> 9:09AM	Sobhana 5125	
			Yama 9:58AM – 10:48AM	Dhruva Until 4:46PM	Muruga: White	<i>Sunset:</i> 3:44PM	Moon 13 - Phase 37 - 13	
			881137576 Rahu 12:26PM – 1:16PM	Catuspada Until 2:24AM Thu	Nataraja: Clear		2nd Phase	
	Routine Work	Marana Yoga		Chaturdashi* Until 3:41PM	Moon – Light Blue		Devaloka Day	
	Until 3:09PM				Margasira*Markali			
	Then Creative Work - Amrita Yoga							
	Thursday, January 11, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vyaghata*/Harshana Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Oslo, Norway Sun 14 Sutra 269	
	Retreat Star		Gulika 10:47AM – 11:37AM	Purvashadha* Until 1:09PM	Ganesha: Purple	<i>Sunrise:</i> 9:08AM	Sobhana 5125	
	Dhanus Rasi: 22.18	Tithi 30 – 1	Yama 9:08AM – 9:57AM	Vyaghata* Until 1:18PM	Muruga: White	<i>Sunset:</i> 3:46PM	Moon 13 - Phase 37 - 14	
			881137576 Rahu 1:17PM – 2:06PM	Kintughna Until 11:30PM	Nataraja: Clear		Amavasya	
	Creative Work	Siddha Yoga		Amavasya* Until 12:58PM	Moon – Light Blue		Devaloka Day	
	Until 1:09PM		Hanumath Jayanthi (Tamil Nadu)		Margasira*Markali			
	Then Routine Work - Marana Yoga							
	Friday, January 12, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Oslo, Norway Sun 15 Sutra 270	
	Retreat Star		Gulika 9:57AM – 10:47AM	Uttarashadha Until 10:41AM	Ganesha: Light Blue	<i>Sunrise:</i> 9:06AM	Sobhana 5125	
	Makara Rasi: 7.01	Tithi 1 – 2	Yama 2:08PM – 2:58PM	Harshana Until 9:36AM	Muruga: White	<i>Sunset:</i> 3:48PM	Moon 13 - Phase 37 - 15	
			881237576 Rahu 11:37AM – 12:27PM	Balava Until 8:21PM	Nataraja: Clear		Prathama	
	Routine Work	Marana Yoga		Prathama* Until 9:56AM	Moon – Light Blue		Devaloka Day	
					Pausha*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. Calculated for Oslo, Norway on 1/18/22

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1	Saturday, January 13, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Siddhi Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau				Oslo, Norway Sun 16 Sutra 271	
	Makara Rasi: 21.52	Tithi 2 – 3	Gulika 9:05AM – 9:56AM	Shravana Until 8:21AM	Ganesha: Purple	<i>Sunrise:</i> 9:05AM	Sobhana 5125	
			Yama 1:18PM – 2:09PM	Siddhi Until 1:54AM Sun	Muruga: White	<i>Sunset:</i> 3:50PM	Moon 13 - Phase 38 - 16	
	891237576	Rahu 10:46AM – 11:37AM		Gara Until 3:33AM Sun	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga				Dvitiya Until 6:44AM	Moon – Purple		Devaloka Day	
					Pausha*Markali			
2	Sunday, January 14, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Chaturthiyam Titau				Oslo, Norway Sun 17 Sutra 272	
	Kumbha Rasi: 6.43	Tithi 4	Gulika 2:10PM – 3:01PM	Shatabhishak Until 3:30AM Mon	Ganesha: Purple	<i>Sunrise:</i> 9:04AM	Sobhana 5125	
			Yama 12:28PM – 1:19PM	Vyatipata* Until 10:11PM	Muruga: White	<i>Sunset:</i> 3:52PM	Moon 13 - Phase 38 - 17	
	891237576	Rahu 3:01PM – 3:52PM		Vanija Until 2:02PM	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga				Chaturthi* Until 12:32AM Mon	Moon – Purple		Devaloka Day	
Until 3:30AM Mon			Thai Pongal		Pausha*Thai			
Then Routine Work - Marana Yoga								
3	Monday, January 15, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Purvaprosarthapada* Nakshatra Variyan Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway Sun 18 Sutra 273	
	Kumbha Rasi: 21.26	Tithi 5	Gulika 1:20PM – 2:11PM	Purvaprosarthapada* Until 1:40AM Tue	Ganesha: Green	<i>Sunrise:</i> 9:02AM	Sobhana 5125	
	Family Home Evening		Yama 11:37AM – 12:28PM	Variyan Until 6:41PM	Muruga: White	<i>Sunset:</i> 3:55PM	Moon 13 - Phase 38 - 18	
	811237576	Rahu 9:54AM – 10:45AM		Bava Until 11:09AM	Nataraja: Clear		3rd Phase	
Routine Work Marana Yoga				Panchami Until 9:48PM	Moon – Clear		Devaloka Day	
Until 1:40AM Tue					Pausha*Thai			
Then Creative Work - Amrita Yoga								
4	Tuesday, January 16, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraprosarthapada Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Shashthyam Titau				Oslo, Norway Sun 19 Sutra 274	
	Meena Rasi: 5.55	Tithi 6	Gulika 12:29PM – 1:21PM	Uttaraprosarthapada Until 12:07AM Wed	Ganesha: White	<i>Sunrise:</i> 9:01AM	Sobhana 5125	
			Yama 10:45AM – 11:37AM	Parigha* Until 3:30PM	Muruga: White	<i>Sunset:</i> 3:57PM	Moon 13 - Phase 38 - 19	
	812237576	Rahu 2:13PM – 3:05PM		Kaulava Until 8:36AM	Nataraja: Clear		3rd Phase	
Creative Work Amrita Yoga				Shashthi* Until 7:28PM	Moon – Clear		Devaloka Day	
Until 12:07AM Wed					Pausha*Thai			
Then Routine Work - Marana Yoga								
5	Wednesday, January 17, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Shiva/Siddha Yoga Gara/Visti* Karana Saptami/Ashtamyam Titau				Oslo, Norway Sun 20 Sutra 275	
	Meena Rasi: 20.07	Tithi 7 – 8	Gulika 11:36AM – 12:29PM	Revati Until 10:53PM	Ganesha: White	<i>Sunrise:</i> 8:59AM	Sobhana 5125	
			Yama 9:51AM – 10:44AM	Shiva Until 12:41PM	Muruga: White	<i>Sunset:</i> 3:59PM	Moon 13 - Phase 38 - 20	
	812237576	Rahu 12:29PM – 1:21PM		Gara Until 6:29AM	Nataraja: Clear		3rd Phase	
Routine Work Marana Yoga				Saptami Until 5:36PM	Moon – Clear		Devaloka Day	
					Pausha*Thai			
D	Thursday, January 18, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Oslo, Norway Sun 21 Sutra 276	
	Retreat Star		Gulika 10:43AM – 11:36AM	Ashvini Until 10:26PM	Ganesha: Yellow	<i>Sunrise:</i> 8:57AM	Sobhana 5125	
	Mesha Rasi: 3.59	Tithi 8 – 9	Yama 8:57AM – 9:50AM	Siddha Until 10:15AM	Muruga: White	<i>Sunset:</i> 4:01PM	Moon 13 - Phase 38 - 21	
	822237576	Rahu 1:22PM – 2:15PM		Balava Until 3:45AM Fri	Nataraja: Clear		Ashtami	
Creative Work Amrita Yoga				Ashtami* Until 4:14PM	Moon – White		Sivaloka Day	
Until 10:26PM					Pausha*Thai			
Then Creative Work - Siddha Yoga								
	Friday, January 19, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sadhya/Subha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Oslo, Norway Sun 22 Sutra 277	
	Retreat Star		Gulika 9:49AM – 10:43AM	Bharani Until 10:19PM	Ganesha: Yellow	<i>Sunrise:</i> 8:56AM	Sobhana 5125	
	Mesha Rasi: 17.34	Tithi 9 – 10	Yama 2:17PM – 3:10PM	Sadhya Until 8:13AM	Muruga: White	<i>Sunset:</i> 4:04PM	Moon 13 - Phase 38 - 22	
	822237576	Rahu 11:36AM – 12:30PM		Taitila Until 3:08AM Sat	Nataraja: Clear		Navami	
Creative Work Siddha Yoga				Navami* Until 3:22PM	Moon – White		Sivaloka Day	
					Pausha*Thai			

1	Saturday, January 20, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Subha/Sukla Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Oslo, Norway		
	Sun 23		Sutra 278		Sobhana 5125				
	822237576		Moon 13 - Phase 39 - 23		4th Phase				
			Sivaloka Day						
Vrishabha Rasi: 0.53		Tithi 10 – 11		Gulika 8:54AM – 9:48AM		Krittika Until 10:30PM		Ganesha: Yellow	
				Yama 1:24PM – 2:18PM		Subha Until 6:35AM		Muruga: White	
				822237576 Rahu 10:42AM – 11:36AM		Vanija Until 2:57AM Sun		Nataraja: Clear	
Creative Work		Amrita Yoga				Dashami Until 2:58PM		Moon – White	
								Pausha*Thai	
2	Sunday, January 21, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Brahma Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway		
	Sun 24		Sutra 279		Sobhana 5125				
	832237576		Moon 13 - Phase 39 - 24		4th Phase				
			Devaloka Day						
Vrishabha Rasi: 13.58		Tithi 11 – 12		Gulika 2:19PM – 3:14PM		Rohini Until 11:24PM		Ganesha: Blue	
				Yama 12:30PM – 1:25PM		Brahma Until 4:17AM Mon		Muruga: White	
				832237576 Rahu 3:14PM – 4:08PM		Bava Until 3:11AM Mon		Nataraja: Clear	
Creative Work		Siddha Yoga				Ekadashi Until 3:00PM		Moon – Yellow	
								Pausha*Thai	
3	Monday, January 22, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Indra Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Oslo, Norway		
	Sun 25		Sutra 280		Sobhana 5125				
	832237576		Moon 13 - Phase 39 - 25		4th Phase				
			Devaloka Day						
Vrishabha Rasi: 26.5		Tithi 12 – 13		Gulika 1:26PM – 2:21PM		Mrigashira Until 12:30AM Tue		Ganesha: Blue	
Family Home Evening				Yama 11:35AM – 12:30PM		Indra Until 3:36AM Tue		Muruga: White	
				832237576 Rahu 9:45AM – 10:40AM		Kaulava Until 3:48AM Tue		Nataraja: Clear	
Creative Work		Amrita Yoga				Dvadashi Until 3:25PM		Moon – Yellow	
Until 12:30AM Tue								Pausha*Thai	
Then Routine Work - Marana Yoga									
4	Tuesday, January 23, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway		
	Sun 26		Sutra 281		Sobhana 5125				
	832237576		Moon 13 - Phase 39 - 26		4th Phase				
			Devaloka Day						
Mithuna Rasi: 9.33		Tithi 13 – 14		Gulika 12:31PM – 1:26PM		Ardra Until 1:48AM Wed		Ganesha: Blue	
				Yama 10:39AM – 11:35AM		Vaidhriti* Until 3:10AM Wed		Muruga: White	
				832237576 Rahu 2:22PM – 3:18PM		Gara Until 4:46AM Wed		Nataraja: Clear	
Routine Work		Marana Yoga				Trayodashi Until 4:13PM		Moon – Yellow	
Until 1:48AM Wed								Pausha*Thai	
Then Creative Work - Siddha Yoga									
5	Wednesday, January 24, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Oslo, Norway		
	Sun 27		Sutra 282		Sobhana 5125				
	842237576		Moon 13 - Phase 39 - 27		4th Phase				
			Sivaloka Day						
Mithuna Rasi: 22.05		Tithi 14 – 15		Gulika 11:35AM – 12:31PM		Punarvasu Until 3:47AM Thu		Ganesha: Red	
				Yama 9:42AM – 10:39AM		Vishkambha* Until 3:02AM Thu		Muruga: White	
				842237576 Rahu 12:31PM – 1:27PM		Visti Until 6:07AM Thu		Nataraja: Clear	
Creative Work		Siddha Yoga				Chaturdashi* Until 5:23PM		Moon – Blue	
Until 3:47AM Thu								Pausha*Thai	
Then Creative Work - Amrita Yoga									
O	Thursday, January 25, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Priti Yoga Visti*/Bava Karana Purnimayam Titau				Oslo, Norway		
	Sun 28		Sutra 283		Sobhana 5125				
	942237576		Moon 13 - Phase 39 - Purnima						
			Devaloka Day						
Kataka Rasi: 4.28		Tithi 15		Gulika 10:38AM – 11:34AM		Pushya Until 5:57AM Fri		Ganesha: Blue	
				Yama 8:44AM – 9:41AM		Priti Until 3:11AM Fri		Muruga: White	
				942237576 Rahu 1:28PM – 2:25PM		Visti Until 6:07AM		Nataraja: Clear	
Creative Work		Amrita Yoga				Purnima* Until 6:55PM		Moon – Blue	
Until 5:57AM Fri								Pausha*Thai	
Then Routine Work - Marana Yoga									
	Friday, January 26, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ayushman Yoga Balava/Kaulava Karana Prathamayam Titau				Oslo, Norway		
	Sun 29		Sutra 284		Sobhana 5125				
	942237576		Moon 13 - Phase 39 - Prathama						
			Devaloka Day						
Kataka Rasi: 16.41		Tithi 16		Gulika 9:40AM – 10:37AM		Ashlesha* Until 8:19AM Sat		Ganesha: Blue	
				Yama 2:26PM – 3:23PM		Ayushman Until 3:35AM Sat		Muruga: White	
				942237576 Rahu 11:34AM – 12:31PM		Balava Until 7:50AM		Nataraja: Clear	
Routine Work		Marana Yoga				Prathama* Until 8:49PM		Moon – Blue	
Until 8:19AM Sat								Pausha*Thai	
Then Creative Work - Amrita Yoga									

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

All times are standard time. Calculated for Oslo, Norway on 1/18/22

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Saturday, January 27, 2024

Gold Retreat Star

Kataka Rasi: 28.45 Tithi 17

942237576

Routine Work Marana Yoga
Until 8:19AM
Then Creative Work - Amrita Yoga

Gulika **8:40AM – 9:38AM**
Yama 1:30PM – 2:27PM
Rahu **10:36AM – 11:34AM**

Sobhana Nama Samvatsare Uтарыane Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam
Ashlesha*/Magha* Nakshatra Saubhagya Yoga Taitila/Gara Karana Dvitiyayam Titau

Ashlesha* Until 8:19AM
Saubhagya Until 4:16AM Sun
Taitila Until 9:56AM
Dvitiya Until 11:05PM

Ganesha: Blue *Sunrise:* 8:40AM
Muruga: White *Sunset:* 4:23PM
Nataraja: Clear
Moon – Blue
Pausha*Thai

Devaloka Day

Oslo, Norway
Sun 1 Sutra 285
Sobhana 5125
Moon 1 - Phase 40 - 1
1st Phase

1

Sunday, January 28, 2024

Simha Rasi: 10.41 Tithi 18

952237576

Routine Work Marana Yoga
Until 11:19AM
Then Creative Work - Siddha Yoga

Gulika **2:29PM – 3:27PM**
Yama 12:32PM – 1:30PM
Rahu **3:27PM – 4:26PM**

Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam
Magha*/Purvaphalguni Nakshatra Sobhana Yoga Vanija/Visti* Karana Tritiyayam Titau

Magha* Until 11:19AM
Sobhana Until 5:09AM Mon
Vanija Until 12:21PM
Tritiya Until 1:38AM Mon

Ganesha: Red *Sunrise:* 8:38AM
Muruga: White *Sunset:* 4:26PM
Nataraja: Clear
Moon – Red
Pausha*Thai

Sivaloka Day

Oslo, Norway
Sun 2 Sutra 286
Sobhana 5125
Moon 1 - Phase 40 - 2
1st Phase

2

Monday, January 29, 2024

Simha Rasi: 22.32 Tithi 19

953237576

Family Home Evening
Creative Work Siddha Yoga

Gulika **1:31PM – 2:30PM**
Yama 11:33AM – 12:32PM
Rahu **9:35AM – 10:34AM**

Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam
Purvaphalguni/Uttaraphalguni Nakshatra Athiganda* Yoga Bava/Balava Karana Chaturthyam Titau

Purvaphalguni Until 2:23PM
Athiganda* Until 6:08AM Tue
Bava Until 3:00PM
Chaturthi* Until 4:22AM Tue

Ganesha: Yellow *Sunrise:* 8:36AM
Muruga: White *Sunset:* 4:28PM
Nataraja: Clear
Moon – Red
Pausha*Thai

Sivaloka Day

Oslo, Norway
Sun 3 Sutra 287
Sobhana 5125
Moon 1 - Phase 40 - 3
1st Phase

3

Tuesday, January 30, 2024

Kanya Rasi: 4.19 Tithi 20

953237576

Creative Work Amrita Yoga
Until 5:22PM
Then Creative Work - Siddha Yoga

Gulika **12:32PM – 1:32PM**
Yama 10:33AM – 11:33AM
Rahu **2:32PM – 3:31PM**

Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam
Uttaraphalguni/Hasta Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Panchamyam Titau

Uttaraphalguni Until 5:22PM
Athiganda* Until 6:08AM
Kaulava Until 5:45PM
Panchami Until 7:05AM Wed

Ganesha: Yellow *Sunrise:* 8:34AM
Muruga: White *Sunset:* 4:31PM
Nataraja: Clear
Moon – Red
Pausha*Thai

Sivaloka Day

Oslo, Norway
Sun 4 Sutra 288
Sobhana 5125
Moon 1 - Phase 40 - 4
1st Phase

4

Wednesday, January 31, 2024

Kanya Rasi: 16.07 Tithi 20 – 21

963237576

Routine Work Marana Yoga
Until 8:36PM
Then Creative Work - Siddha Yoga

Gulika **11:32AM – 12:32PM**
Yama 9:32AM – 10:32AM
Rahu **12:32PM – 1:33PM**

Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam
Hasta Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Hasta Until 8:36PM
Sukarma Until 7:07AM
Gara Until 8:24PM
Panchami Until 7:05AM

Ganesha: White *Sunrise:* 8:31AM
Muruga: White *Sunset:* 4:33PM
Nataraja: Clear
Moon – Green
Pausha*Thai

Devaloka Day

Oslo, Norway
Sun 5 Sutra 289
Sobhana 5125
Moon 1 - Phase 40 - 5
1st Phase

5

Thursday, February 1, 2024

Kanya Rasi: 27.59 Tithi 21 – 22

963237576

Creative Work Siddha Yoga
Until 11:19PM
Then Creative Work - Amrita Yoga

Gulika **10:32AM – 11:32AM**
Yama 8:31AM – 9:32AM
Rahu **1:33PM – 2:33PM**

Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam
Chitra Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Chitra Until 11:19PM
Dhriti Until 7:56AM
Visti Until 10:41PM
Shashthi* Until 9:34AM

Ganesha: White *Sunrise:* 8:31AM
Muruga: White *Sunset:* 4:33PM
Nataraja: Clear
Moon – Green
Pausha*Thai

Devaloka Day

Oslo, Norway
Sun 6 Sutra 290
Sobhana 5125
Moon 1 - Phase 40 - 6
1st Phase

D

Friday, February 2, 2024

Retreat Star

Tula Rasi: 10.02 Tithi 22 – 23

963237576

Creative Work Siddha Yoga

Gulika **9:30AM – 10:31AM**
Yama 2:34PM – 3:35PM
Rahu **11:32AM – 12:32PM**

Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam
Svati Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Svati Until 1:19AM Sat
Shula* Until 8:24AM
Balava Until 12:22AM Sat
Saptami Until 11:35AM

Ganesha: White *Sunrise:* 8:29AM
Muruga: White *Sunset:* 4:36PM
Nataraja: Clear
Moon – Green
Pausha*Thai

Devaloka Day

Oslo, Norway
Sun 7 Sutra 291
Sobhana 5125
Moon 1 - Phase 40 - 7
Ashtami

Saturday, February 3, 2024

Retreat Star

Tula Rasi: 22.2 Tithi 23 – 24

973237576

Creative Work Siddha Yoga
Until 2:52AM Sun
Then Routine Work - Marana Yoga

Gulika **8:27AM – 9:28AM**
Yama 1:34PM – 2:36PM
Rahu **10:30AM – 11:31AM**

Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam
Vishakha Nakshatra Ganda*/Vridhi Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Vishakha Until 2:52AM Sun
Ganda* Until 8:22AM
Taitila Until 1:17AM Sun
Ashtami* Until 12:55PM

Ganesha: Clear *Sunrise:* 8:27AM
Muruga: White *Sunset:* 4:39PM
Nataraja: Clear
Moon – Orange
Pausha*Thai

Sivaloka Day

Oslo, Norway
Sun 8 Sutra 292
Sobhana 5125
Moon 1 - Phase 40 - 8
Navami

1	Sunday, February 4, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Oslo, Norway Sun 9 Sutra 293	
	Vrischika Rasi: 5	Tithi 24 – 25	Gulika 2:37PM – 3:39PM	Anuradha Until 3:24AM Mon	Ganesha: Clear	Sunrise: 8:24AM	Sobhana 5125	
			Yama 12:33PM – 1:35PM	Vriddhi Until 7:43AM	Muruga: White	Sunset: 4:41PM	Moon 1 - Phase 41 - 9	
		973237577	Rahu 3:39PM – 4:41PM	Vanija Until 1:17AM Mon	Nataraja: Orange		2nd Phase	
	Routine Work Marana Yoga Until 3:24AM Mon Then Creative Work - Siddha Yoga			Navami* Until 1:23PM	Pausha*Thai		Sivaloka Day	
2	Monday, February 5, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Dashami/Ekadaysyam Titau				Oslo, Norway Sun 10 Sutra 294	
	Vrischika Rasi: 18.05	Tithi 25 – 26	Gulika 1:36PM – 2:38PM	Jyeshtha* Until 2:55AM Tue	Ganesha: Clear	Sunrise: 8:22AM	Sobhana 5125	
	Family Home Evening		Yama 11:30AM – 12:33PM	Dhruva Until 6:21AM	Muruga: White	Sunset: 4:44PM	Moon 1 - Phase 41 - 10	
		973237577	Rahu 9:25AM – 10:27AM	Bava Until 12:24AM Tue	Nataraja: Orange		2nd Phase	
	Creative Work Siddha Yoga Until 2:55AM Tue Then Creative Work - Amrita Yoga			Dashami Until 12:56PM	Pausha*Thai		Sivaloka Day	
3	Tuesday, February 6, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Harshana Yoga Balava/Kaulava Karana Ekadashi/Dvadaysyam Titau				Oslo, Norway Sun 11 Sutra 295	
	Dhanus Rasi: 1.41	Tithi 26 – 27	Gulika 12:33PM – 1:36PM	Mula* Until 1:55AM Wed	Ganesha: Light Blue	Sunrise: 8:20AM	Sobhana 5125	
			Yama 10:26AM – 11:30AM	Harshana Until 1:36AM Wed	Muruga: White	Sunset: 4:46PM	Moon 1 - Phase 41 - 11	
		983337577	Rahu 2:40PM – 3:43PM	Kaulava Until 10:40PM	Nataraja: Orange		2nd Phase	
	Creative Work Amrita Yoga			Ekadashi* Until 11:37AM	Pausha*Thai		Devaloka Day	
4	Wednesday, February 7, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Vajra* Yoga Taitila/Gara Karana Dvadashti/Trayodashyam Titau				Oslo, Norway Sun 12 Sutra 296	
	Dhanus Rasi: 15.45	Tithi 27 – 28	Gulika 11:29AM – 12:33PM	Purvashadha* Until 12:04AM Thu	Ganesha: Light Blue	Sunrise: 8:17AM	Sobhana 5125	
			Yama 9:21AM – 10:25AM	Vajra* Until 10:19PM	Muruga: White	Sunset: 4:49PM	Moon 1 - Phase 41 - 12	
		983337577	Rahu 12:33PM – 1:37PM	Gara Until 8:13PM	Nataraja: Orange		2nd Phase	
	Creative Work Amrita Yoga Until 12:04AM Thu Then Routine Work - Marana Yoga			Dvadashti* Until 9:31AM	Pausha*Thai		Devaloka Day	
			Pradosha Vrata (Fasting)					
5	Thursday, February 8, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Siddhi Yoga Vanija/Sakuni* Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway Sun 13 Sutra 297	
	Makara Rasi: 0.17	Tithi 28 – 29	Gulika 10:24AM – 11:28AM	Uttarashadha Until 9:34PM	Ganesha: Light Blue	Sunrise: 8:15AM	Sobhana 5125	
			Yama 8:15AM – 9:19AM	Siddhi Until 6:37PM	Muruga: White	Sunset: 4:51PM	Moon 1 - Phase 41 - 13	
		983337577	Rahu 1:38PM – 2:42PM	Sakuni Until 3:32AM Fri	Nataraja: Orange		2nd Phase	
	Routine Work Marana Yoga Until 9:34PM Then Creative Work - Siddha Yoga			Trayodashi* Until 6:46AM	Pausha*Thai		Devaloka Day	
	Friday, February 9, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana Nakshatra Vyatipata*/Variyan Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Oslo, Norway Sun 14 Sutra 298	
	Retreat Star		Gulika 9:17AM – 10:23AM	Shravana Until 6:59PM	Ganesha: Purple	Sunrise: 8:12AM	Sobhana 5125	
	Makara Rasi: 15.1	Tithi 30	Yama 2:44PM – 3:49PM	Vyatipata* Until 2:36PM	Muruga: White	Sunset: 4:54PM	Moon 1 - Phase 41 - 14	
		993337577	Rahu 11:28AM – 12:33PM	Catuspada Until 1:49PM	Nataraja: Orange		Amavasya	
	Routine Work Marana Yoga Until 6:59PM Then Creative Work - Siddha Yoga			Amavasya* Until 12:00AM Sat	Pausha*Thai		Devaloka Day	
	Saturday, February 10, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Variyan/Parigha* Yoga Kintughna*/Bava Karana Prathamayam Titau				Oslo, Norway Sun 15 Sutra 299	
	Retreat Star		Gulika 8:10AM – 9:15AM	Dhanishtha Until 4:05PM	Ganesha: Purple	Sunrise: 8:10AM	Sobhana 5125	
	Kumbha Rasi: 0.16	Tithi 1	Yama 1:39PM – 2:45PM	Variyan Until 10:24AM	Muruga: White	Sunset: 4:57PM	Moon 1 - Phase 41 - 15	
		993337577	Rahu 10:21AM – 11:27AM	Kintughna Until 10:12AM	Nataraja: Orange		Prathama	
	Creative Work Siddha Yoga Until 4:05PM Then Creative Work - Amrita Yoga			Prathama* Until 8:21PM	Magha*Thai		Devaloka Day	

1	Sunday, February 11, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Parigha*/Shiva Yoga Balava/Taitila Karana Dvitiya/Tritiyayam Titau				Oslo, Norway	
	Kumbha Rasi: 15.26	Tithi 2 – 3	Gulika	2:46PM – 3:53PM	Shatabhishak Until 1:04PM	Ganesha: Purple	<i>Sunrise: 8:07AM</i>	Sun 16 Sutra 300
	993337577		Yama	12:33PM – 1:40PM	Parigha* Until 6:10AM	Muruga: White	<i>Sunset: 4:59PM</i>	Sobhana 5125
	Creative Work	Siddha Yoga	Rahu	3:53PM – 4:59PM	Balava Until 6:32AM	Nataraja: Orange		Moon 1 - Phase 42 - 16
					Dvitiya Until 4:44PM	Moon – Purple		3rd Phase
						Magha*Thai	Devaloka Day	
2	Monday, February 12, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Siddha Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau				Oslo, Norway	
	Meena Rasi: 0.31	Tithi 3 – 4	Gulika	1:40PM – 2:47PM	Purvaproshtapada* Until 10:29AM	Ganesha: Orange	<i>Sunrise: 8:04AM</i>	Sun 17 Sutra 301
	Family Home Evening		Yama	11:26AM – 12:33PM	Siddha Until 10:08PM	Muruga: White	<i>Sunset: 5:02PM</i>	Sobhana 5125
	914337577		Rahu	9:12AM – 10:19AM	Vanija Until 11:44PM	Nataraja: Orange		Moon 1 - Phase 42 - 17
	Routine Work	Marana Yoga			Tritiya Until 1:19PM	Moon – Clear		3rd Phase
	Until 10:29AM					Magha*Thai	Sivaloka Day	
	Then Creative Work - Siddha Yoga							
3	Tuesday, February 13, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Sadhya Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Oslo, Norway	
	Meena Rasi: 15.22	Tithi 4 – 5	Gulika	12:33PM – 1:41PM	Uttaraproshtapada Until 8:07AM	Ganesha: Orange	<i>Sunrise: 8:02AM</i>	Sun 18 Sutra 302
			Yama	10:17AM – 11:25AM	Sadhya Until 6:34PM	Muruga: White	<i>Sunset: 5:04PM</i>	Sobhana 5125
	914337577		Rahu	2:49PM – 3:57PM	Bava Until 8:54PM	Nataraja: Orange		Moon 1 - Phase 42 - 18
	Creative Work	Amrita Yoga			Chaturthi* Until 10:15AM	Moon – Clear		3rd Phase
	Until 8:07AM					Magha*Masi	Sivaloka Day	
	Then Creative Work - Siddha Yoga							
4	Wednesday, February 14, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Oslo, Norway	
	Meena Rasi: 29.52	Tithi 5 – 6	Gulika	11:25AM – 12:33PM	Revati Until 6:04AM	Ganesha: Orange	<i>Sunrise: 7:59AM</i>	Sun 19 Sutra 303
			Yama	9:08AM – 10:16AM	Subha Until 3:27PM	Muruga: Clear	<i>Sunset: 5:07PM</i>	Sobhana 5125
	914347577		Rahu	12:33PM – 1:42PM	Kaulava Until 6:37PM	Nataraja: Orange		Moon 1 - Phase 42 - 19
	Routine Work	Marana Yoga			Panchami Until 7:40AM	Moon – Clear		3rd Phase
						Magha*Masi	Devaloka Day	
5	Thursday, February 15, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Bharani Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Saptamyam Titau				Oslo, Norway	
	Mesha Rasi: 13.58	Tithi 7	Gulika	10:15AM – 11:24AM	Bharani Until 4:13AM Fri	Ganesha: Green	<i>Sunrise: 7:57AM</i>	Sun 20 Sutra 304
			Yama	7:57AM – 9:06AM	Sukla Until 12:49PM	Muruga: Clear	<i>Sunset: 5:09PM</i>	Sobhana 5125
	924347577		Rahu	1:42PM – 2:51PM	Gara Until 4:58PM	Nataraja: Orange		Moon 1 - Phase 42 - 20
	Creative Work	Siddha Yoga			Saptami Until 4:22AM Fri	Moon – White		3rd Phase
						Magha*Masi	Bhuloka Day	
							Devaloka Time: 3:PM to 6:PM	
D	Friday, February 16, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Krittika Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Ashtamyam Titau				Oslo, Norway	
	Retreat Star		Gulika	9:04AM – 10:13AM	Krittika Until 4:04AM Sat	Ganesha: Green	<i>Sunrise: 7:54AM</i>	Sun 21 Sutra 305
	Mesha Rasi: 27.4	Tithi 8	Yama	2:53PM – 4:02PM	Brahma Until 10:43AM	Muruga: Clear	<i>Sunset: 5:12PM</i>	Sobhana 5125
	924347577		Rahu	11:23AM – 12:33PM	Visti Until 3:59PM	Nataraja: Orange		Moon 1 - Phase 42 - 21
	Creative Work	Siddha Yoga			Ashtami* Until 3:44AM Sat	Moon – White		Ashtami
	Until 4:04AM Sat					Magha*Masi	Bhuloka Day	
	Then Creative Work - Amrita Yoga						Devaloka Time: 3:PM to 6:PM	
D	Saturday, February 17, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Rohini Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Navamyam Titau				Oslo, Norway	
	Retreat Star		Gulika	7:51AM – 9:02AM	Rohini Until 4:51AM Sun	Ganesha: Red	<i>Sunrise: 7:51AM</i>	Sun 22 Sutra 306
	Virshabha Rasi: 10.58	Tithi 9	Yama	1:43PM – 2:54PM	Indra Until 9:11AM	Muruga: Clear	<i>Sunset: 5:15PM</i>	Sobhana 5125
	934347577		Rahu	10:12AM – 11:23AM	Balava Until 3:41PM	Nataraja: Orange		Moon 1 - Phase 42 - 22
	Creative Work	Amrita Yoga			Navami* Until 3:45AM Sun	Moon – Yellow		Navami
	Until 4:51AM Sun					Magha*Masi	Devaloka Day	
	Then Creative Work - Siddha Yoga							

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

All times are standard time. Calculated for Oslo, Norway on 1/18/22

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1	Sunday, February 18, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Vaidhriti*/Vishkambha* Yoga Taitila/Gara Karana Dashamyam Titau						Oslo, Norway	
	934347577		Gulika 2:55PM – 4:06PM Yama 12:33PM – 1:44PM Rahu 4:06PM – 5:17PM	Mrigashira Until 6:03AM Mon Vaidhriti* Until 8:06AM Taitila Until 4:00PM Dashami Until 4:21AM Mon		Ganesha: Red Muruga: Clear Nataraja: Orange Moon – Yellow Magha•Masi		Sunrise: 7:49AM Sunset: 5:17PM Moon 1 - Phase 43 - 23 4th Phase		
	Vrishabha Rasi: 23.56 Tithi 10								Devaloka Day	
	Creative Work Siddha Yoga									
2	Monday, February 19, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Ekadashyam Titau						Oslo, Norway	
	934347577		Gulika 1:44PM – 2:56PM Yama 11:21AM – 12:33PM Rahu 8:58AM – 10:09AM	Mrigashira Until 6:03AM Vishkambha* Until 7:30AM Vanija Until 4:52PM Ekadashi Until 5:28AM Tue		Ganesha: Red Muruga: Clear Nataraja: Orange Moon – Yellow Magha•Masi		Sunrise: 7:46AM Sunset: 5:20PM Moon 1 - Phase 43 - 24 4th Phase		
	Mithuna Rasi: 6.38 Tithi 11								Devaloka Day	
	Family Home Evening Creative Work Amrita Yoga Until 6:03AM Then Creative Work - Siddha Yoga									
3	Tuesday, February 20, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Priti/Ayushman Yoga Bava Karana Dvadashyam Titau						Oslo, Norway	
	934347577		Gulika 12:33PM – 1:45PM Yama 10:08AM – 11:20AM Rahu 2:57PM – 4:10PM	Ardra Until 7:34AM Priti Until 7:16AM Bava Until 6:12PM Dvadashi Until 7:00AM Wed		Ganesha: Red Muruga: Clear Nataraja: Orange Moon – Yellow Magha•Masi		Sunrise: 7:43AM Sunset: 5:22PM Moon 1 - Phase 43 - 25 4th Phase		
	Mithuna Rasi: 19.06 Tithi 12								Devaloka Day	
	Routine Work Marana Yoga Until 7:34AM Then Creative Work - Siddha Yoga									
4	Wednesday, February 21, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau						Oslo, Norway	
	944347577		Gulika 11:20AM – 12:33PM Yama 8:53AM – 10:06AM Rahu 12:33PM – 1:46PM	Punarvasu Until 9:48AM Ayushman Until 7:20AM Kaulava Until 7:55PM Dvadashi Until 7:00AM		Ganesha: Blue Muruga: Clear Nataraja: Orange Moon – Blue Magha•Masi		Sunrise: 7:40AM Sunset: 5:25PM Moon 1 - Phase 43 - 26 4th Phase		
	Kataka Rasi: 1.23 Tithi 12 – 13								Bhuloka Day Devaloka Time: 3:PM to 6:PM	
	Creative Work Siddha Yoga		Pradosha Vrata							
5	Thursday, February 22, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau						Oslo, Norway	
	944347577		Gulika 10:05AM – 11:19AM Yama 7:38AM – 8:51AM Rahu 1:46PM – 3:00PM	Pushya Until 12:12PM Saubhagya Until 7:41AM Gara Until 9:57PM Trayodashi Until 8:53AM		Ganesha: Blue Muruga: Clear Nataraja: Orange Moon – Blue Magha•Masi		Sunrise: 7:38AM Sunset: 5:27PM Moon 1 - Phase 43 - 27 4th Phase		
	Kataka Rasi: 13.32 Tithi 13 – 14								Bhuloka Day Devaloka Time: 3:PM to 6:PM	
	Creative Work Amrita Yoga Until 12:12PM Then Creative Work - Siddha Yoga		Chidambaram Abhishekam							
O	Friday, February 23, 2024 Copper Retreat Star		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau						Oslo, Norway	
	944347577		Gulika 8:49AM – 10:04AM Yama 3:01PM – 4:15PM Rahu 11:18AM – 12:32PM	Ashlesha* Until 2:43PM Sobhana Until 8:16AM Visti Until 12:15AM Sat Chaturdashi* Until 11:03AM		Ganesha: Blue Muruga: Clear Nataraja: Orange Moon – Blue Magha•Masi		Sunrise: 7:35AM Sunset: 5:30PM Moon 1 - Phase 43 - Purnima		
	Kataka Rasi: 25.34 Tithi 14 – 15								Bhuloka Day Devaloka Time: 3:PM to 6:PM	
	Routine Work Marana Yoga									
	Saturday, February 24, 2024 Silver Retreat Star		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Purnima/Prathamayam Titau						Oslo, Norway	
	954347577		Gulika 7:32AM – 8:47AM Yama 1:47PM – 3:02PM Rahu 10:02AM – 11:17AM	Magha* Until 5:47PM Athiganda* Until 9:00AM Balava Until 2:46AM Sun Purnima* Until 1:28PM		Ganesha: Yellow Muruga: Clear Nataraja: Orange Moon – Red Magha•Masi		Sunrise: 7:32AM Sunset: 5:32PM Moon 1 - Phase 43 - Prathama		
	Simha Rasi: 7.29 Tithi 15 – 16								Devaloka Day	
	Creative Work Amrita Yoga Until 5:47PM Then Creative Work - Siddha Yoga									



Sunday, February 25, 2024

Gold Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Purvaphalguni Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Oslo, Norway

Sutra 314

Sobhana 5125

Simha Rasi: 19.21 Tithi 16 – 17

Gulika

3:03PM – 4:19PM

Purvaphalguni Until 8:50PM

Ganesha: White

Sunrise: 7:29AM

Moon 2 - Phase 44 -

955347577 **Rahu**

Yama 12:32PM – 1:48PM

Sukarma Until 9:54AM

Muruga: Clear

Sunset: 5:35PM

Creative Work Siddha Yoga

Until 8:50PM

Then Creative Work - Amrita Yoga

Yama 12:32PM – 1:48PM

Rahu 4:19PM – 5:35PM

Taitila Until 5:25AM Mon

Nataraja: Orange
Moon – Red

Sivaloka Day

1 Monday, February 26, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam
Uttaraphalguni Nakshatra Dhriti/Shula* Yoga Gara Karana Dvitiyayam Titau

Oslo, Norway

Sutra 315

Sobhana 5125

Kanya Rasi: 1.1 Tithi 17

Gulika

1:48PM – 3:05PM

Uttaraphalguni Until 11:47PM

Ganesha: White

Sunrise: 7:26AM

Moon 2 - Phase 44 - 1

Family Home Evening

955347577 **Rahu**

Yama 11:15AM – 12:32PM

Dhriti Until 10:53AM

Muruga: Clear

Sunset: 5:37PM

Creative Work Siddha Yoga

Gara Until 6:44PM

Nataraja: Orange
Moon – Red

Sivaloka Day

Dvitiya Until 6:44PM

2 Tuesday, February 27, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam
Hasta Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Tritiyayam Titau

Oslo, Norway

Sutra 316

Sobhana 5125

Kanya Rasi: 12.58 Tithi 18

Gulika

12:32PM – 1:49PM

Hasta Until 3:01AM Wed

Ganesha: Clear

Sunrise: 7:24AM

Moon 2 - Phase 44 - 2

Creative Work Siddha Yoga

955347577 **Rahu**

Yama 9:58AM – 11:15AM

Shula* Until 11:51AM

Muruga: Clear

Sunset: 5:40PM

Creative Work Siddha Yoga

Vanija Until 8:05AM

Nataraja: Orange
Moon – Green

Devaloka Day

Tritiya Until 9:23PM

3 Wednesday, February 28, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam
Chitra Nakshatra Ganda*/Vridhi Yoga Bava/Balava Karana Chaturthyam Titau

Oslo, Norway

Sutra 317

Sobhana 5125

Kanya Rasi: 24.48 Tithi 19

Gulika

11:14AM – 12:32PM

Chitra Until 5:52AM Thu

Ganesha: Clear

Sunrise: 7:21AM

Moon 2 - Phase 44 - 3

Creative Work Siddha Yoga

955347577 **Rahu**

Yama 8:38AM – 9:56AM

Ganda* Until 12:44PM

Muruga: Clear

Sunset: 5:42PM

Until 5:52AM Thu

Then Creative Work - Amrita Yoga

Maha Sankatahara Chaturthi

Bava Until 10:40AM

Nataraja: Orange
Moon – Green

Devaloka Day

Chaturthi* Until 11:50PM

4 Thursday, February 29, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam
Svati Nakshatra Vridhi/Dhruva Yoga Kaulava/Taitila Karana Panchamyam Titau

Oslo, Norway

Sutra 318

Sobhana 5125

Tula Rasi: 6.43 Tithi 20

Gulika

9:55AM – 11:13AM

Svati Until 8:11AM Fri

Ganesha: Clear

Sunrise: 7:18AM

Moon 2 - Phase 44 - 4

Creative Work Amrita Yoga

955347577 **Rahu**

Yama 7:18AM – 8:36AM

Vridhi Until 1:26PM

Muruga: Clear

Sunset: 5:45PM

Until 8:11AM Fri

Then Creative Work - Siddha Yoga

Yama 7:18AM – 8:36AM

Rahu 1:50PM – 3:08PM

Kaulava Until 12:57PM

Nataraja: Orange
Moon – Green

Devaloka Day

Panchami Until 1:56AM Fri

5 Friday, March 1, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam
Svati/Vishakha Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Shashthyam Titau

Oslo, Norway

Sutra 319

Sobhana 5125

Tula Rasi: 18.48 Tithi 21

Gulika

8:32AM – 9:52AM

Svati Until 8:11AM

Ganesha: Clear

Sunrise: 7:12AM

Moon 2 - Phase 44 - 5

Creative Work Siddha Yoga

955347577 **Rahu**

Yama 3:10PM – 4:30PM

Dhruva Until 1:45PM

Muruga: Clear

Sunset: 5:50PM

Creative Work Siddha Yoga

Gara Until 2:48PM

Nataraja: Orange
Moon – Green

Devaloka Day

Shashthi* Until 3:29AM Sat

6 Saturday, March 2, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam
Vishakha/Anuradha Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Saptamyam Titau

Oslo, Norway

Sutra 320

Sobhana 5125

Vrischika Rasi: 1.07 Tithi 22

Gulika

7:09AM – 8:30AM

Vishakha Until 10:15AM

Ganesha: Purple

Sunrise: 7:09AM

Moon 2 - Phase 44 - 6

Creative Work Siddha Yoga

975347577 **Rahu**

Yama 1:51PM – 3:11PM

Vyaghata* Until 1:38PM

Muruga: Clear

Sunset: 5:52PM

Creative Work Siddha Yoga

Visti Until 4:02PM

Nataraja: Orange
Moon – Orange

Sivaloka Day

Saptami Until 4:21AM Sun

D Sunday, March 3, 2024

Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Ashtamyam Titau

Oslo, Norway

Sutra 321

Sobhana 5125

Vrischika Rasi: 13.43 Tithi 23

Gulika

3:13PM – 4:34PM

Anuradha Until 11:28AM

Ganesha: Clear

Sunrise: 7:06AM

Moon 2 - Phase 44 - 7

Routine Work Marana Yoga

975447577 **Rahu**

Yama 12:31PM – 1:52PM

Harshana Until 12:57PM

Muruga: Clear

Sunset: 5:55PM

Routine Work Marana Yoga

Balava Until 4:30PM

Nataraja: Orange
Moon – Orange

Devaloka Day

Ashtami* Until 4:24AM Mon

Monday, March 4, 2024

Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam
Jyeshtha*/Mula* Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Navamyam Titau

Oslo, Norway

Sutra 322

Sobhana 5125

Vrischika Rasi: 26.44 Tithi 24

Gulika

1:52PM – 3:14PM

Jyeshtha* Until 11:45AM

Ganesha: Clear

Sunrise: 7:03AM

Moon 2 - Phase 44 - 8

Family Home Evening

975447577 **Rahu**

Yama 11:09AM – 12:30PM

Vajra* Until 11:37AM

Muruga: Clear

Sunset: 5:57PM

Creative Work Siddha Yoga

Taitila Until 4:08PM

Nataraja: Orange
Moon – Orange

Devaloka Day

Navami* Until 3:37AM Tue

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

All times are standard time. Calculated for Oslo, Norway on 1/18/22

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1	Tuesday, March 5, 2024		Sobhana Nama Samvatsare Uтарыane Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Dashamyam Titau						Oslo, Norway
	Dhanus Rasi: 10.1	Tithi 25	Gulika	12:30PM – 1:52PM	Mula* Until 11:30AM	Ganesha: Red	<i>Sunrise:</i> 7:00AM	Sun 9	Sutra 323
			Yama	9:45AM – 11:08AM	Siddhi Until 9:38AM	Muruga: Clear	<i>Sunset:</i> 6:00PM		Sobhana 5125
	186447577		Rahu	3:15PM – 4:37PM	Vanija Until 2:57PM	Nataraja: Orange		Moon 2 - Phase 45 - 9	2nd Phase
Creative Work Amrita Yoga					Dashami Until 2:02AM Wed	Moon – Light Blue		Devaloka Day	
Until 11:30AM						Magha*Masi			
Then Creative Work - Siddha Yoga									
2	Wednesday, March 6, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Ekadashyam Titau						Oslo, Norway
	Dhanus Rasi: 24.05	Tithi 26	Gulika	11:07AM – 12:30PM	Purvashadha* Until 10:21AM	Ganesha: Red	<i>Sunrise:</i> 6:58AM	Sun 10	Sutra 324
			Yama	8:21AM – 9:44AM	Vyatipata* Until 7:02AM	Muruga: Clear	<i>Sunset:</i> 6:02PM		Sobhana 5125
	186447577		Rahu	12:30PM – 1:53PM	Bava Until 12:59PM	Nataraja: Orange		Moon 2 - Phase 45 - 10	2nd Phase
Creative Work Amrita Yoga					Ekadashi* Until 11:43PM	Moon – Light Blue		Devaloka Day	
						Magha*Masi			
3	Thursday, March 7, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha* Yoga Kaulava/Taitila Karana Dvadashyam Titau						Oslo, Norway
	Makara Rasi: 8.28	Tithi 27	Gulika	9:42AM – 11:06AM	Uttarashadha Until 8:22AM	Ganesha: Red	<i>Sunrise:</i> 6:55AM	Sun 11	Sutra 325
			Yama	6:55AM – 8:18AM	Parigha* Until 12:12AM Fri	Muruga: Clear	<i>Sunset:</i> 6:05PM		Sobhana 5125
	186447577		Rahu	1:53PM – 3:17PM	Kaulava Until 10:21AM	Nataraja: Orange		Moon 2 - Phase 45 - 11	2nd Phase
Routine Work Marana Yoga					Dvadashi* Until 8:48PM	Moon – Light Blue		Devaloka Day	
Until 8:22AM						Magha*Masi			
Then Creative Work - Siddha Yoga									
4	Friday, March 8, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva Yoga Gara/Visti* Karana Trayodashi/Chaturdashyam Titau						Oslo, Norway
	Makara Rasi: 23.14	Tithi 28 – 29	Gulika	8:16AM – 9:40AM	Shravana Until 6:08AM	Ganesha: Green	<i>Sunrise:</i> 6:52AM	Sun 12	Sutra 326
			Yama	3:18PM – 4:43PM	Shiva Until 8:13PM	Muruga: Clear	<i>Sunset:</i> 6:07PM		Sobhana 5125
	196447577		Rahu	11:05AM – 12:29PM	Gara Until 7:11AM	Nataraja: Orange		Moon 2 - Phase 45 - 12	2nd Phase
Routine Work Marana Yoga					Trayodashi* Until 5:27PM	Moon – Purple		Sivaloka Day	
Until 6:08AM						Magha*Masi			
Then Creative Work - Siddha Yoga					<i>Pradosha Vrata (Fasting)</i>				
	Saturday, March 9, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak Nakshatra Siddha/Sadhya Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau						Oslo, Norway
	Retreat Star		Gulika	6:49AM – 8:14AM	Shatabhishak Until 12:17AM Sun	Ganesha: Green	<i>Sunrise:</i> 6:49AM	Sun 13	Sutra 327
	Kumbha Rasi: 8.19	Tithi 29 – 30	Yama	1:54PM – 3:19PM	Siddha Until 4:00PM	Muruga: Clear	<i>Sunset:</i> 6:09PM		Sobhana 5125
	196447577		Rahu	9:39AM – 11:04AM	Catuspada Until 11:56PM	Nataraja: Orange		Moon 2 - Phase 45 - 13	Amavasya
Creative Work Amrita Yoga					Chaturdashi* Until 1:48PM	Moon – Purple		Sivaloka Day	
Until 12:17AM Sun						Magha*Masi			
Then Creative Work - Siddha Yoga									
	Sunday, March 10, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau						Oslo, Norway
	Retreat Star		Gulika	3:20PM – 4:46PM	Purvaproshtapada* Until 9:25PM	Ganesha: Orange	<i>Sunrise:</i> 6:46AM	Sun 14	Sutra 328
	Kumbha Rasi: 23.32	Tithi 30 – 1	Yama	12:29PM – 1:55PM	Sadhya Until 11:42AM	Muruga: Clear	<i>Sunset:</i> 6:12PM		Sobhana 5125
	116447577		Rahu	4:46PM – 6:12PM	Kintughna Until 8:09PM	Nataraja: Orange		Moon 2 - Phase 45 - 14	Prathama
Creative Work Siddha Yoga					Amavasya* Until 10:01AM	Moon – Clear		Devaloka Day	
Until 9:25PM						Phalguna*Masi			
Then Creative Work - Amrita Yoga									

1	Monday, March 11, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraproshtpada Nakshatra Subha/Sukla Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau				Oslo, Norway Sun 15 Sutra 329	
	Meena Rasi: 8.45	Tithi 1 – 2	Gulika	1:55PM – 3:21PM	Uttaraproshtpada Until 6:33PM	Ganesha: Orange	<i>Sunrise:</i> 6:43AM	Sobhana 5125
	Family Home Evening		Yama	11:02AM – 12:29PM	Subha Until 7:28AM	Muruga: Clear	<i>Sunset:</i> 6:14PM	Moon 2 - Phase 46 - 15
	Creative Work	Siddha Yoga	116447577 Rahu	8:09AM – 9:36AM	Kaulava Until 2:45AM Tue	Nataraja: Orange		3rd Phase
						Moon – Clear	Devaloka Day	
						Phalguna•Masi		
2	Tuesday, March 12, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Revati/Ashvini Nakshatra Brahma Yoga Taitila/Gara Karana Tritiyayam Titau				Oslo, Norway Sun 16 Sutra 330	
	Meena Rasi: 23.48	Tithi 3	Gulika	12:28PM – 1:55PM	Revati Until 3:52PM	Ganesha: Orange	<i>Sunrise:</i> 6:40AM	Sobhana 5125
			Yama	9:34AM – 11:01AM	Brahma Until 11:37PM	Muruga: Clear	<i>Sunset:</i> 6:17PM	Moon 2 - Phase 46 - 16
			116447577 Rahu	3:22PM – 4:50PM	Taitila Until 1:08PM	Nataraja: Orange		3rd Phase
						Moon – Clear	Devaloka Day	
						Phalguna•Masi		
Subramuniyaswami Siva Vision Day								
3	Wednesday, March 13, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Ashvini/Bharani Nakshatra Indra Yoga Vanija/Visti* Karana Chaturthayam Titau				Oslo, Norway Sun 17 Sutra 331	
	Mesha Rasi: 8.33	Tithi 4	Gulika	11:00AM – 12:28PM	Ashvini Until 1:54PM	Ganesha: White	<i>Sunrise:</i> 6:37AM	Sobhana 5125
			Yama	8:05AM – 9:32AM	Indra Until 8:17PM	Muruga: Clear	<i>Sunset:</i> 6:19PM	Moon 2 - Phase 46 - 17
			127447577 Rahu	12:28PM – 1:56PM	Vanija Until 10:13AM	Nataraja: Orange		3rd Phase
						Moon – White	Bhuloka Day	
						Phalguna•Masi	Devaloka Time: 3:PM to 6:PM	
4	Thursday, March 14, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Bharani/Krittika Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway Sun 18 Sutra 332	
	Mesha Rasi: 22.54	Tithi 5	Gulika	9:31AM – 10:59AM	Bharani Until 12:24PM	Ganesha: White	<i>Sunrise:</i> 6:34AM	Sobhana 5125
			Yama	6:34AM – 8:02AM	Vaidhriti* Until 5:27PM	Muruga: Clear	<i>Sunset:</i> 6:21PM	Moon 2 - Phase 46 - 18
			127447577 Rahu	1:56PM – 3:25PM	Bava Until 7:52AM	Nataraja: Orange		3rd Phase
						Moon – White	Bhuloka Day	
						Phalguna•Panguni	Devaloka Time: 3:PM to 6:PM	
Karadaiyan Nombu (Tamil Nadu)								
5	Friday, March 15, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Krittika/Rohini Nakshatra Vishkambha*/Priti Yoga Kaulava/Gara Karana Shashthi/Saptamyam Titau				Oslo, Norway Sun 19 Sutra 333	
	Vrishabha Rasi: 6.49	Tithi 6 – 7	Gulika	8:00AM – 9:29AM	Krittika Until 11:27AM	Ganesha: White	<i>Sunrise:</i> 6:31AM	Sobhana 5125
			Yama	3:26PM – 4:55PM	Vishkambha* Until 3:12PM	Muruga: Clear	<i>Sunset:</i> 6:24PM	Moon 2 - Phase 46 - 19
			127447578 Rahu	10:58AM – 12:27PM	Kaulava Until 6:12AM	Nataraja: Clear		3rd Phase
						Moon – White	Bhuloka Day	
						Phalguna•Panguni	Devaloka Time: 3:PM to 6:PM	
6	Saturday, March 16, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Rohini/Mrigashira Nakshatra Priti/Ayushman Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Oslo, Norway Sun 20 Sutra 334	
	Vrishabha Rasi: 20.16	Tithi 7 – 8	Gulika	6:28AM – 7:58AM	Rohini Until 11:33AM	Ganesha: Clear	<i>Sunrise:</i> 6:28AM	Sobhana 5125
			Yama	1:57PM – 3:27PM	Priti Until 1:35PM	Muruga: Clear	<i>Sunset:</i> 6:26PM	Moon 2 - Phase 46 - 20
			137447578 Rahu	9:28AM – 10:57AM	Visti Until 5:11AM Sun	Nataraja: Clear		3rd Phase
						Moon – Yellow	Devaloka Day	
						Phalguna•Panguni		
D	Sunday, March 17, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Mrigashira/Ardra Nakshatra Ayushman/Saubhagya Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Oslo, Norway Sun 21 Sutra 335	
	Retreat Star		Gulika	3:28PM – 4:58PM	Mrigashira Until 12:15PM	Ganesha: Clear	<i>Sunrise:</i> 6:25AM	Sobhana 5125
	Mithuna Rasi: 3.19	Tithi 8 – 9	Yama	12:27PM – 1:57PM	Ayushman Until 12:33PM	Muruga: Clear	<i>Sunset:</i> 6:29PM	Moon 2 - Phase 46 - 21
			137447578 Rahu	4:58PM – 6:29PM	Balava Until 5:48AM Mon	Nataraja: Clear		Ashtami
						Moon – Yellow	Devaloka Day	
						Phalguna•Panguni		
	Monday, March 18, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Ardra/Punarvasu Nakshatra Saubhagya/Sobhana Yoga Kaulava Karana Navamyam Titau				Oslo, Norway Sun 22 Sutra 336	
	Retreat Star		Gulika	1:58PM – 3:29PM	Ardra Until 1:30PM	Ganesha: Clear	<i>Sunrise:</i> 6:22AM	Sobhana 5125
	Mithuna Rasi: 16	Tithi 9	Yama	10:55AM – 12:27PM	Saubhagya Until 12:05PM	Muruga: Clear	<i>Sunset:</i> 6:31PM	Moon 2 - Phase 46 - 22
	Family Home Evening		137447578 Rahu	7:53AM – 9:24AM	Kaulava Until 6:20PM	Nataraja: Clear		Navami
						Moon – Yellow	Devaloka Day	
						Phalguna•Panguni		
Then Creative Work - Amrita Yoga								

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

All times are standard time. Calculated for Oslo, Norway on 1/18/22

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1	Tuesday, March 19, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Dashamyam Titau						Oslo, Norway	
	Mithuna Rasi: 28.24	Tithi 10	Gulika	12:26PM – 1:58PM	Punarvasu Until 3:39PM	Ganesha: Clear	Sunrise: 6:19AM	Sun 23	Sutra 337	
			Yama	9:23AM – 10:54AM	Sobhana Until 12:06PM	Muruga: Clear	Sunset: 6:33PM	Moon 2 - Phase 47 - 23	Sobhana 5125	
	Creative Work	Siddha Yoga	148447578 Rahu	3:30PM – 5:02PM	Taitila Until 7:04AM	Nataraja: Clear		4th Phase		
			Dashami Until 7:53PM		Moon – Blue		Devaloka Day			
					Phalguna*Panguni					
2	Wednesday, March 20, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Pushya Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Ekadashyam Titau						Oslo, Norway	
	Kataka Rasi: 10.35	Tithi 11	Gulika	10:53AM – 12:26PM	Pushya Until 6:07PM	Ganesha: Clear	Sunrise: 6:16AM	Sun 24	Sutra 338	
			Yama	7:48AM – 9:21AM	Athiganda* Until 12:28PM	Muruga: Clear	Sunset: 6:36PM	Moon 2 - Phase 47 - 24	Sobhana 5125	
	Creative Work	Siddha Yoga	148447578 Rahu	12:26PM – 1:58PM	Vanija Until 8:51AM	Nataraja: Clear		4th Phase		
			Ekadashi Until 9:53PM		Moon – Blue		Devaloka Day			
					Phalguna*Panguni					
3	Thursday, March 21, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Dvadashyam Titau						Oslo, Norway	
	Kataka Rasi: 22.35	Tithi 12	Gulika	9:19AM – 10:52AM	Ashlesha* Until 8:44PM	Ganesha: Clear	Sunrise: 6:13AM	Sun 25	Sutra 339	
			Yama	6:13AM – 7:46AM	Sukarma Until 1:09PM	Muruga: Clear	Sunset: 6:38PM	Moon 2 - Phase 47 - 25	Sobhana 5125	
	Creative Work	Siddha Yoga	148447578 Rahu	1:59PM – 3:32PM	Bava Until 11:02AM	Nataraja: Clear		4th Phase		
			Yogaswami Mahasamadhi		Dvadashi Until 12:13AM Fri		Moon – Blue		Devaloka Day	
					Phalguna*Panguni					
4	Friday, March 22, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Trayodashyam Titau						Oslo, Norway	
	Simha Rasi: 4.29	Tithi 13	Gulika	7:44AM – 9:18AM	Magha* Until 11:54PM	Ganesha: Purple	Sunrise: 6:10AM	Sun 26	Sutra 340	
			Yama	3:33PM – 5:07PM	Dhriti Until 2:02PM	Muruga: Clear	Sunset: 6:41PM	Moon 2 - Phase 47 - 26	Sobhana 5125	
	Routine Work	Marana Yoga	158447578 Rahu	10:51AM – 12:25PM	Kaulava Until 1:30PM	Nataraja: Clear		4th Phase		
					Trayodashi Until 2:46AM Sat		Moon – Red		Sivaloka Day	
					Phalguna*Panguni					
					Pradosha Vrata					
5	Saturday, March 23, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Chaturdashyam Titau						Oslo, Norway	
	Simha Rasi: 16.19	Tithi 14	Gulika	6:07AM – 7:42AM	Purvaphalguni Until 3:00AM Sun	Ganesha: Purple	Sunrise: 6:07AM	Sun 27	Sutra 341	
			Yama	2:00PM – 3:34PM	Shula* Until 3:00PM	Muruga: Clear	Sunset: 6:43PM	Moon 2 - Phase 47 - 27	Sobhana 5125	
	Creative Work	Siddha Yoga	158447578 Rahu	9:16AM – 10:51AM	Gara Until 4:05PM	Nataraja: Clear		4th Phase		
					Chaturdashi* Until 5:23AM Sun		Moon – Red		Sivaloka Day	
					Phalguna*Panguni					
O	Sunday, March 24, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Ganda*/Vridhhi Yoga Visti* Karana Purnimayam Titau						Oslo, Norway	
	Copper Retreat Star		Gulika	3:35PM – 5:10PM	Uttaraphalguni Until 5:55AM Mon	Ganesha: Purple	Sunrise: 6:04AM	Sun 28	Sutra 342	
	Simha Rasi: 28.08	Tithi 15	Yama	12:25PM – 2:00PM	Ganda* Until 4:00PM	Muruga: Clear	Sunset: 6:45PM	Moon 2 - Phase 47 -	Sobhana 5125	
			158447578 Rahu	5:10PM – 6:45PM	Visti Until 6:43PM	Nataraja: Clear		Purnima		
			Panguni Uttiram		Purnima* Until 7:59AM Mon		Moon – Red		Sivaloka Day	
			Holi		Phalguna*Panguni					
	Monday, March 25, 2024		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Hasta Nakshatra Vriddhi/Dhruva Yoga Bava/Balava Karana Purnima/Prathamayam Titau						Oslo, Norway	
	Silver Retreat Star		Gulika	2:00PM – 3:36PM	Hasta Until 9:02AM Tue	Ganesha: Purple	Sunrise: 6:01AM	Sun 29	Sutra 343	
	Kanya Rasi: 9.57	Tithi 15 – 16	Yama	10:49AM – 12:24PM	Vriddhi Until 4:57PM	Muruga: Clear	Sunset: 6:48PM	Moon 2 - Phase 47 -	Sobhana 5125	
	Family Home Evening		158447578 Rahu	7:37AM – 9:13AM	Balava Until 9:15PM	Nataraja: Clear		Prathama		
					Purnima* Until 7:59AM		Moon – Red		Sivaloka Day	
					Phalguna*Panguni					

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

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Tuesday, March 26, 2024

Gold Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam
Hasta/Chitra Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Oslo, Norway

Sutra 344

Sobhana 5125

Kanya Rasi: 21.49 Tithi 16 – 17

Gulika 12:24PM – 2:01PM
Yama 9:11AM – 10:48AM
Rahu 3:37PM – 5:14PM

Hasta Until 9:02AM

Dhruva Until 5:45PM

Taitila Until 11:35PM

Prathama* Until 10:26AM

Ganesha: Purple Sunrise: 5:58AM

Muruga: Clear Sunset: 6:50PM

Nataraja: Clear

Moon – Green

Phalguna*Panguni

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 3 - Phase 48 -

1st Phase

Creative Work Siddha Yoga

1

Wednesday, March 27, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam
Chitra/Svati Nakshatra Vyaghata* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Oslo, Norway

Sun 1 Sutra 345

Sobhana 5125

Tula Rasi: 3.46 Tithi 17 – 18

Gulika 10:47AM – 12:24PM
Yama 7:32AM – 9:09AM
Rahu 12:24PM – 2:01PM

Chitra Until 11:45AM

Vyaghata* Until 6:22PM

Vanija Until 1:38AM Thu

Dvitiya Until 12:38PM

Ganesha: Purple Sunrise: 5:55AM

Muruga: Clear Sunset: 6:53PM

Nataraja: Clear

Moon – Green

Phalguna*Panguni

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 3 - Phase 48 - 1

1st Phase

Creative Work Siddha Yoga

2

Thursday, March 28, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam
Svati/Vishakha Nakshatra Harshana Yoga Visti*/Bava Karana Tritiya/Chaturthiyam Titau

Oslo, Norway

Sun 2 Sutra 346

Sobhana 5125

Tula Rasi: 15.51 Tithi 18 – 19

Gulika 9:08AM – 10:46AM
Yama 5:52AM – 7:30AM
Rahu 2:01PM – 3:39PM

Svati Until 1:59PM

Harshana Until 6:43PM

Bava Until 3:17AM Fri

Tritiya Until 2:29PM

Ganesha: Clear Sunrise: 5:52AM

Muruga: Clear Sunset: 6:55PM

Nataraja: Clear

Moon – Green

Phalguna*Panguni

Devaloka Day

Creative Work Amrita Yoga

Until 1:59PM

Then Creative Work - Siddha Yoga

3

Friday, March 29, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam
Vishakha/Anuradha Nakshatra Vajra* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Oslo, Norway

Sun 3 Sutra 347

Sobhana 5125

Tula Rasi: 28.06 Tithi 19 – 20

Gulika 7:28AM – 9:06AM
Yama 3:40PM – 5:19PM
Rahu 10:45AM – 12:23PM

Vishakha Until 4:07PM

Vajra* Until 6:42PM

Kaulava Until 4:27AM Sat

Chaturthi* Until 3:54PM

Ganesha: White Sunrise: 5:49AM

Muruga: Clear Sunset: 6:57PM

Nataraja: Clear

Moon – Orange

Phalguna*Panguni

Sivaloka Day

Creative Work Siddha Yoga

4

Saturday, March 30, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Siddhi Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Oslo, Norway

Sun 4 Sutra 348

Sobhana 5125

Vrischika Rasi: 10.33 Tithi 20 – 21

Gulika 5:46AM – 7:25AM
Yama 2:02PM – 3:41PM
Rahu 9:05AM – 10:44AM

Anuradha Until 5:36PM

Siddhi Until 6:17PM

Gara Until 5:03AM Sun

Panchami Until 4:48PM

Ganesha: White Sunrise: 5:46AM

Muruga: Clear Sunset: 7:00PM

Nataraja: Clear

Moon – Orange

Phalguna*Panguni

Sivaloka Day

Creative Work Siddha Yoga

5

Sunday, March 31, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam
Jyeshtha* Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Oslo, Norway

Sun 5 Sutra 349

Sobhana 5125

Vrischika Rasi: 23.15 Tithi 21 – 22

Gulika 3:42PM – 5:22PM
Yama 12:23PM – 2:02PM
Rahu 5:22PM – 7:02PM

Jyeshtha* Until 6:21PM

Vyatipata* Until 5:26PM

Visti Until 5:02AM Mon

Shashthi* Until 5:06PM

Ganesha: White Sunrise: 5:43AM

Muruga: Clear Sunset: 7:02PM

Nataraja: Clear

Moon – Orange

Phalguna*Panguni

Sivaloka Day

Routine Work Marana Yoga

Until 6:21PM

Then Creative Work - Amrita Yoga

6

Monday, April 1, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam
Mula* Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Oslo, Norway

Sun 6 Sutra 350

Sobhana 5125

Dhanus Rasi: 6.16 Tithi 22 – 23

Family Home Evening

Creative Work Siddha Yoga

Until 6:46PM

Then Routine Work - Marana Yoga

Gulika 2:02PM – 3:42PM
Yama 10:43AM – 12:23PM
Rahu 7:23AM – 9:03AM

Mula* Until 6:46PM

Variyan Until 4:02PM

Balava Until 4:21AM Tue

Saptami Until 4:46PM

Ganesha: Yellow Sunrise: 5:43AM

Muruga: Clear Sunset: 7:02PM

Nataraja: Clear

Moon – Light Blue

Phalguna*Panguni

Devaloka Day

Moon 3 - Phase 48 - 6

1st Phase



Tuesday, April 2, 2024

Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam
Purvashadha* Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Oslo, Norway

Sun 7 Sutra 351

Sobhana 5125

Dhanus Rasi: 19.37 Tithi 23 – 24

Gulika 12:22PM – 2:03PM
Yama 9:01AM – 10:42AM
Rahu 3:43PM – 5:24PM

Purvashadha* Until 6:22PM

Parigha* Until 2:07PM

Taitila Until 3:00AM Wed

Ashtami* Until 3:44PM

Ganesha: Yellow Sunrise: 5:40AM

Muruga: Clear Sunset: 7:04PM

Nataraja: Clear

Moon – Light Blue

Phalguna*Panguni

Devaloka Day

Creative Work Siddha Yoga

Until 6:22PM

Then Routine Work - Prabalarishta Yoga

Moon 3 - Phase 48 - 7

Ashtami

Wednesday, April 3, 2024

Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam
Uttarashadha/Shravana Nakshatra Shiva/Siddha Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Oslo, Norway

Sun 8 Sutra 352

Sobhana 5125

Makara Rasi: 3.22 Tithi 24 – 25

Gulika 10:41AM – 12:22PM
Yama 7:18AM – 9:00AM
Rahu 12:22PM – 2:03PM

Uttarashadha Until 5:12PM

Shiva Until 11:42AM

Vanija Until 1:01AM Thu

Navami* Until 2:04PM

Ganesha: Yellow Sunrise: 5:37AM

Muruga: Clear Sunset: 7:07PM

Nataraja: Clear

Moon – Light Blue

Phalguna*Panguni

Devaloka Day

Creative Work Amrita Yoga

Until 5:12PM

Then Creative Work - Siddha Yoga

Moon 3 - Phase 48 - 8

Navami

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

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1	Thursday, April 4, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Siddha/Sadhya Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau						Oslo, Norway	
	Makara Rasi: 17.29	Tithi 25 – 26	Gulika 8:58AM – 10:40AM	Shravana Until 3:43PM	Ganesha: Blue	Sunrise: 5:34AM	Sun 9	Sutra 353		
	191547578	Rahu 2:04PM – 3:45PM	Yama 5:34AM – 7:16AM	Siddha Until 8:46AM	Muruga: Clear	Sunset: 7:09PM	Moon 3 - Phase 49 - 9	Sobhana 5125		
	Creative Work	Siddha Yoga	Bava Until 10:29PM	Nataraja: Clear	Moon – Purple	Sivaloka Day				
			Dashami Until 11:48AM		Phalguna*Panguni					
2	Friday, April 5, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Subha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau						Oslo, Norway	
	Kumbha Rasi: 1.59	Tithi 26 – 27	Gulika 7:14AM – 8:56AM	Dhanishtha Until 1:37PM	Ganesha: Blue	Sunrise: 5:31AM	Sun 10	Sutra 354		
	191547578	Rahu 10:39AM – 12:21PM	Yama 3:47PM – 5:29PM	Subha Until 1:44AM Sat	Muruga: Clear	Sunset: 7:12PM	Moon 3 - Phase 49 - 10	Sobhana 5125		
	Creative Work	Siddha Yoga	Kaulava Until 7:29PM	Nataraja: Clear	Moon – Purple	Sivaloka Day				
			Ekadashi* Until 9:01AM		Phalguna*Panguni					
3	Saturday, April 6, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Sukla Yoga Gara/Vanija Karana Trayodashyam Titau						Oslo, Norway	
	Kumbha Rasi: 16.47	Tithi 28	Gulika 5:28AM – 7:11AM	Shatabhishak Until 11:00AM	Ganesha: Blue	Sunrise: 5:28AM	Sun 11	Sutra 355		
	191547578	Rahu 8:55AM – 10:38AM	Yama 2:04PM – 3:48PM	Sukla Until 9:47PM	Muruga: Clear	Sunset: 7:14PM	Moon 3 - Phase 49 - 11	Sobhana 5125		
	Creative Work	Amrita Yoga	Gara Until 4:09PM	Nataraja: Clear	Moon – Purple	Sivaloka Day				
			Trayodashi* Until 2:24AM Sun		Phalguna*Panguni					
			Pradosha Vrata (Fasting)							
4	Sunday, April 7, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Brahma/Indra Yoga Visti*/Sakuni* Karana Chaturdashyam Titau						Oslo, Norway	
	Meena Rasi: 1.47	Tithi 29	Gulika 3:49PM – 5:33PM	Purvaproshtapada* Until 8:27AM	Ganesha: Red	Sunrise: 5:25AM	Sun 12	Sutra 356		
	111547578	Rahu 5:33PM – 7:16PM	Yama 12:21PM – 2:05PM	Brahma Until 5:44PM	Muruga: Clear	Sunset: 7:16PM	Moon 3 - Phase 49 - 12	Sobhana 5125		
	Creative Work	Siddha Yoga	Visti Until 12:38PM	Nataraja: Clear	Moon – Clear	Devaloka Day				
			Chaturdashi* Until 10:51PM		Phalguna*Panguni					
●	Monday, April 8, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Revati Nakshatra Indra/Vaidhriti* Yoga Catuspada*/Naga* Karana Amavasyayam Titau						Oslo, Norway	
	Retreat Star		Gulika 2:05PM – 3:50PM	Revati Until 2:52AM Tue	Ganesha: Red	Sunrise: 5:22AM	Sun 13	Sutra 357		
	Meena Rasi: 16.52	Tithi 30	Yama 10:36AM – 12:21PM	Indra Until 1:42PM	Muruga: Clear	Sunset: 7:19PM	Moon 3 - Phase 49 - 13	Sobhana 5125		
	Family Home Evening	111547578	Rahu 7:07AM – 8:51AM	Catuspada Until 9:05AM	Nataraja: Clear	Moon – Clear	Amavasya			
			Amavasya* Until 7:20PM		Phalguna*Panguni		Devaloka Day			
Tuesday, April 9, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Ashvini Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau						Oslo, Norway		
Retreat Star		Gulika 12:20PM – 2:06PM	Ashvini Until 12:35AM Wed	Ganesha: Yellow	Sunrise: 5:19AM	Sun 14	Sutra 358			
Mesha Rasi: 1.51	Tithi 1 – 2	Yama 8:50AM – 10:35AM	Vaidhriti* Until 9:45AM	Muruga: Clear	Sunset: 7:21PM	Moon 3 - Phase 49 - 14	Sobhana 5125			
121547578	Rahu 3:51PM – 5:36PM	Balava Until 2:29AM Wed	Nataraja: Clear	Moon – White	Devaloka Day					
Creative Work	Siddha Yoga	Chellappaswami Mahasamadhi	Prathama* Until 4:00PM	Chaitra*Panguni						

1	Wednesday, April 10, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Bharani Nakshatra Vishkambha*/Priti Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau						Oslo, Norway
	Mesha Rasi: 16.38	Tithi 2 – 3	Gulika	10:34AM – 12:20PM	Bharani Until 10:34PM	Ganesha: Yellow	Sunrise: 5:16AM	Sun 15	Sutra 359
			Yama	7:02AM – 8:48AM	Vishkambha* Until 6:05AM	Muruga: Clear	Sunset: 7:24PM	Moon 3 - Phase 50 - 15	Sobhana 5125
			121547578 Rahu	12:20PM – 2:06PM	Taitila Until 11:44PM	Nataraja: Clear			3rd Phase
	Creative Work	Siddha Yoga							Devaloka Day
Until 10:34PM									
Then Creative Work - Amrita Yoga									

2	Thursday, April 11, 2024			Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Krittika Nakshatra Ayushman Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau						Oslo, Norway
	Vrishabha Rasi: 1.05		Tithi 3 – 4	Gulika	8:47AM – 10:33AM	Krittika Until 8:58PM	Ganesha: Yellow	Sunrise: 5:14AM	Sun 16	Sutra 360
				Yama	5:14AM – 7:00AM	Ayushman Until 11:57PM	Muruga: Clear	Sunset: 7:26PM	Moon 3 - Phase 50 - 16	Sobhana 5125
			121547578	Rahu	2:06PM – 3:53PM	Vanija Until 9:34PM	Nataraja: Clear			3rd Phase
	Routine Work		Marana Yoga							Devaloka Day
Tritiya Until 10:33AM										
Chaitra•Panguni										

3	Friday, April 12, 2024		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini Nakshatra Saubhagya Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau						Oslo, Norway
			Gulika	6:58AM – 8:45AM	Rohini Until 8:20PM	Ganesha: White	Sunrise: 5:11AM	Sun 17	Sutra 361
	Mrishabha Rasi: 15.08	Tithi 4 – 5	Yama	3:54PM – 5:41PM	Saubhagya Until 9:41PM	Muruga: Clear	Sunset: 7:28PM	Moon 3 - Phase 50 - 17	Sobhana 5125
			131547578 Rahu	10:32AM – 12:20PM	Bava Until 8:04PM	Nataraja: Clear			3rd Phase
	Routine Work	Marana Yoga				Moon – Yellow			
				Chaturthi* Until 8:42AM		Chaitra*Panguni		Sivaloka Day	
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4	Saturday, April 13, 2024		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Mrigashira Nakshatra Sobhana Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau						Oslo, Norway	
			Gulika	5:08AM – 6:56AM	Mrigashira Until 8:19PM	Ganesha: Clear	Sunrise: 5:08AM	Sun 18	Sutra 362	
	Vrishabha Rasi: 28.45 Tithi 5 – 6		Yama	2:07PM – 3:55PM	Sobhana Until 8:04PM	Muruga: Clear	Sunset: 7:31PM	Moon 3 - Phase 50 - 18	Sobhana 5125	
	132547578		Rahu	8:43AM – 10:31AM	Kaulava Until 7:20PM	Nataraja: Clear			3rd Phase	
	Creative Work	Siddha Yoga					Moon – Yellow	Devaloka Day		
				Panchami Until 7:35AM	Chaitra-Chaitra					

5	Sunday, April 14, 2024			Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ardra Nakshatra Athiganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau						Oslo, Norway
	Mithuna Rasi: 11.55		Tithi 6 – 7	Gulika	3:56PM – 5:45PM	Ardra Until 8:56PM	Ganesha: White	Sunrise: 5:05AM	Sun 19	Sutra 363
				Yama	12:19PM – 2:08PM	Athiganda* Until 7:02PM	Muruga: Clear	Sunset: 7:33PM	Moon 3 - Phase 50 - 19	Krodhin 5126
			232547578	Rahu	5:45PM – 7:33PM	Gara Until 7:25PM	Nataraja: Clear			3rd Phase
	Creative Work	Siddha Yoga					Moon – Yellow	Bhuloka Day		
				Tamil New Year	Shashthi* Until 7:16AM		Chaitra-Chaitra	Devaloka Time: 3PM to 6PM		

D	Monday, April 15, 2024		Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Punarvasu Nakshatra Sukarma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau					Oslo, Norway
	Retreat Star		Gulika	2:08PM – 3:57PM	Punarvasu Until 10:36PM	Ganesha: Clear	Sunrise: 5:02AM	Sun 20 Sutra 364
	Mithuna Rasi: 24.41	Tithi 7 – 8	Yama	10:30AM – 12:19PM	Sukarma Until 6:38PM	Muruga: Clear	Sunset: 7:36PM	Krodhin 5126
	Family Home Evening		242547578	Rahu	6:51AM – 8:40AM	Visti Until 8:16PM	Nataraja: Clear	Moon 3 - Phase 50 - 20
	Creative Work	Amrita Yoga					Devaloka Day	Ashtami
	Until 10:36PM							
	Then Creative Work - Siddha Yoga							

Tuesday, April 16, 2024				Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Pushya Nakshatra Dhriti Yoga Bava/Balava Karana Ashtami/Navamyam Titau					Oslo, Norway
Retreat Star				Gulika	12:19PM – 2:08PM	Pushya Until 12:45AM Wed	Ganesha: Clear	Sunrise: 4:59AM	Sun 21
Kataka Rasi: 7.08	Tithi 8 – 9		Yama	8:39AM – 10:29AM	Dhriti Until 6:46PM	Muruga: Clear	Sunset: 7:38PM	Krodhin 5126	Sutra 1
		242547578	Rahu	3:58PM – 5:48PM	Balava Until 9:47PM	Nataraja: Clear		Moon 3 - Phase 50 - 21	Navami
Creative Work	Siddha Yoga					Moon – Blue			
			Sri Rama Navami		Ashtami* Until 8:56AM	Chaitra-Chaitra		Devaloka Day	

