



Tuesday, May 1, 2018
Gold Retreat Star

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Vyatipata/Variyan Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Kathmandu, Nepal
Sutra 16

Tula Rasi: 28.07 Tithi 16 – 17

273832369

Gulika 11:47AM – 1:26PM
Yama 8:29AM – 10:08AM
Rahu 3:05PM – 4:43PM

Vishakha Until 3:53PM
Vyatipata* Until 9:36AM
Taitila Until 7:10PM
Prathama* Until 6:47AM

Ganesha: Purple
Muruqa: White
Nataraja: Purple
Moon – Orange
Vaisaka-Chaitra

Sunrise: 5:11AM
Sunset: 6:22PM

Vilamba 5120
Moon 4 - Phase 3
1st Phase

Routine Work Marana Yoga
Until 3:53PM
Then Creative Work - Siddha Yoga

Bhuloka Day

1
Wednesday, May 2, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Kathmandu, Nepal
Sun 1 Sutra 17

Virshika Rasi: 10.41 Tithi 17 – 18

273832369

Gulika 10:07AM – 11:46AM
Yama 6:49AM – 8:28AM
Rahu 11:46AM – 1:26PM

Anuradha Until 5:35PM
Variyan Until 9:18AM
Vanija Until 8:19PM
Dvitiya Until 7:39AM

Ganesha: Purple
Muruqa: White
Nataraja: Purple
Moon – Orange
Vaisaka-Chaitra

Sunrise: 5:10AM
Sunset: 6:23PM

Vilamba 5120
Moon 4 - Phase 3
1st Phase

Creative Work Siddha Yoga

Bhuloka Day

2
Thursday, May 3, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Parigha/Shiva Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Kathmandu, Nepal
Sun 2 Sutra 18

Virshika Rasi: 23 Tithi 18 – 19

274832369

Gulika 8:28AM – 10:07AM
Yama 5:09AM – 6:48AM
Rahu 1:26PM – 3:05PM

Jyeshtha* Until 7:38PM
Parigha* Until 9:26AM
Bava Until 10:00PM
Tritiya Until 9:04AM

Ganesha: Clear
Muruqa: White
Nataraja: Purple
Moon – Orange
Vaisaka-Chaitra

Sunrise: 5:09AM
Sunset: 6:24PM

Vilamba 5120
Moon 4 - Phase 3
1st Phase

Routine Work Prabalarishta Yoga
Until 7:38PM
Then Creative Work - Siddha Yoga

Bhuloka Day
Devaloka Time: 9:AM to 12:PM

3
Friday, May 4, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Kathmandu, Nepal
Sun 3 Sutra 19

Dhanus Rasi: 5.07 Tithi 19 – 20

284832369

Gulika 6:48AM – 8:27AM
Yama 3:05PM – 4:45PM
Rahu 10:07AM – 11:46AM

Mula* Until 10:29PM
Shiva Until 9:58AM
Kaulava Until 12:09AM Sat
Chaturthi* Until 11:00AM

Ganesha: White
Muruqa: White
Nataraja: Purple
Moon – Light Blue
Vaisaka-Chaitra

Sunrise: 5:08AM
Sunset: 6:24PM

Vilamba 5120
Moon 4 - Phase 3
1st Phase

Creative Work Amrita Yoga
Until 10:29PM
Then Routine Work - Prabalarishta Yoga

Devaloka Day

4
Saturday, May 5, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mantla Vasara Yuktayam Purvashadha* Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Kathmandu, Nepal
Sun 4 Sutra 20

Dhanus Rasi: 17.03 Tithi 20 – 21

284832369

Gulika 5:08AM – 6:47AM
Yama 1:26PM – 3:05PM
Rahu 8:27AM – 10:07AM

Purvashadha* Until 1:29AM Sun
Siddha Until 10:47AM
Gara Until 2:37AM Sun
Panchami Until 1:20PM

Ganesha: White
Muruqa: White
Nataraja: Purple
Moon – Light Blue
Vaisaka-Chaitra

Sunrise: 5:08AM
Sunset: 6:25PM

Vilamba 5120
Moon 4 - Phase 3
1st Phase

Creative Work Siddha Yoga
Until 1:29AM Sun
Then Creative Work - Amrita Yoga

Devaloka Day

5
Sunday, May 6, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Kathmandu, Nepal
Sun 5 Sutra 21

Dhanus Rasi: 28.53 Tithi 21 – 22

284832369

Gulika 3:06PM – 4:45PM
Yama 11:46AM – 1:26PM
Rahu 4:45PM – 6:25PM

Uttarashadha Until 4:25AM Mon
Sadhya Until 11:48AM
Visti Until 5:12AM Mon
Shashthi* Until 3:53PM

Ganesha: White
Muruqa: White
Nataraja: Purple
Moon – Light Blue
Vaisaka-Chaitra

Sunrise: 5:07AM
Sunset: 6:25PM

Vilamba 5120
Moon 4 - Phase 3
1st Phase

Creative Work Amrita Yoga

Devaloka Day

6
Monday, May 7, 2018

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Shravana Nakshatra Subha/Sukla Yoga Bava Karana Saptamyam Titau

Kathmandu, Nepal
Sun 6 Sutra 22

Makara Rasi: 10.41 Tithi 22

294832369

Gulika 1:26PM – 3:06PM
Yama 10:06AM – 11:46AM
Rahu 6:46AM – 8:26AM

Shravana Until 7:34AM Tue
Subha Until 12:52PM
Bava Until 6:26PM
Saptami Until 6:26PM

Ganesha: Yellow
Muruqa: White
Nataraja: Purple
Moon – Purple
Vaisaka-Chaitra

Sunrise: 5:06AM
Sunset: 6:26PM

Vilamba 5120
Moon 4 - Phase 3
1st Phase

Family Home Evening
Creative Work Amrita Yoga
Until 7:34AM Tue
Then Creative Work - Siddha Yoga

Bhuloka Day
Devaloka Time: 9:AM to 12:PM

Tuesday, May 8, 2018
Retreat Star

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ashtamyam Titau

Kathmandu, Nepal
Sun 7 Sutra 23

Makara Rasi: 22.32 Tithi 23

294832369

Gulika 11:46AM – 1:26PM
Yama 8:26AM – 10:06AM
Rahu 3:06PM – 4:46PM

Shravana Until 7:34AM
Sukla Until 1:44PM
Balava Until 7:38AM
Ashtami* Until 8:42PM

Ganesha: Yellow
Muruqa: White
Nataraja: Purple
Moon – Purple
Vaisaka-Chaitra

Sunrise: 5:05AM
Sunset: 6:26PM

Vilamba 5120
Moon 4 - Phase 3
Ashtami

Creative Work Siddha Yoga

Chidambaram Abhishekam

Bhuloka Day
Devaloka Time: 9:AM to 12:PM

Wednesday, May 9, 2018
Retreat Star

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Navamyam Titau

Kathmandu, Nepal
Sun 8 Sutra 24

Kumbha Rasi: 4.33 Tithi 24

294832369

Gulika 10:06AM – 11:46AM
Yama 6:45AM – 8:25AM
Rahu 11:46AM – 1:26PM

Dhanishtha Until 10:10AM
Brahma Until 2:16PM
Taitila Until 9:40AM
Navami* Until 10:27PM

Ganesha: Yellow
Muruqa: White
Nataraja: Purple
Moon – Purple
Vaisaka-Chaitra

Sunrise: 5:05AM
Sunset: 6:27PM

Vilamba 5120
Moon 4 - Phase 3
Navami

Routine Work Prabalarishta Yoga
Until 10:10AM
Then Creative Work - Siddha Yoga

Bhuloka Day
Devaloka Time: 9:AM to 12:PM

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

1 Thursday, May 10, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Dashamyam Titau				Kathmandu, Nepal Sun 9 Sutra 25
Kumbha Rasi: 16.47	Tithi 25	Gulika 8:25AM – 10:05AM	Shatabhishak Until 12:00PM	Ganesha: Yellow	<i>Sunrise:</i> 5:04AM	Vilamba 5120
		Yama 5:04AM – 6:44AM	Indra Until 2:19PM	Muruqa: White	<i>Sunset:</i> 6:28PM	Moon 4 - Phase 4
294832369		Rahu 1:26PM – 3:07PM	Vanija Until 11:05AM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga		Dashami Until 11:30PM	Moon – Purple		
				Vaisaka-Chaitra		Bhuloka Day
						Devaloka Time: 9:AM to12:PM

2 Friday, May 11, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Ekadashyam Titau				Kathmandu, Nepal Sun 10 Sutra 26
Kumbha Rasi: 29.22	Tithi 26	Gulika 6:44AM – 8:25AM	Purvaproshtapada* Until 1:25PM	Ganesha: Yellow	<i>Sunrise:</i> 5:03AM	Vilamba 5120
		Yama 3:07PM – 4:48PM	Vaidhriti* Until 1:44PM	Muruqa: White	<i>Sunset:</i> 6:28PM	Moon 4 - Phase 4
214832369		Rahu 10:05AM – 11:46AM	Bava Until 11:44AM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 11:44PM	Moon – Clear		
				Vaisaka-Chaitra		Bhuloka Day
						Devaloka Time: 9:AM to12:PM

3 Saturday, May 12, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vishkambha*/Priti Yoga Kaulava/Taitila Karana Dvadashyam Titau				Kathmandu, Nepal Sun 11 Sutra 27
Meena Rasi: 12.19	Tithi 27	Gulika 5:03AM – 6:43AM	Uttaraproshtapada Until 1:52PM	Ganesha: Blue	<i>Sunrise:</i> 5:03AM	Vilamba 5120
		Yama 1:26PM – 3:07PM	Vishkambha* Until 12:31PM	Muruqa: White	<i>Sunset:</i> 6:29PM	Moon 4 - Phase 4
214932369		Rahu 8:24AM – 10:05AM	Kaulava Until 11:33AM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 11:09PM	Moon – Clear		
Until 1:52PM				Vaisaka-Chaitra		Bhuloka Day
Then Routine Work - Prabalarishta Yoga						

4 Sunday, May 13, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Trayodashyam Titau				Kathmandu, Nepal Sun 12 Sutra 28
Meena Rasi: 25.42	Tithi 28	Gulika 3:08PM – 4:48PM	Revati Until 1:23PM	Ganesha: Blue	<i>Sunrise:</i> 5:02AM	Vilamba 5120
		Yama 11:46AM – 1:27PM	Priti Until 10:40AM	Muruqa: White	<i>Sunset:</i> 6:29PM	Moon 4 - Phase 4
214932369		Rahu 4:48PM – 6:29PM	Gara Until 10:35AM	Nataraja: Purple		2nd Phase
Creative Work	Amrita Yoga		Trayodashi* Until 9:48PM	Moon – Clear		
Until 1:23PM		Mother's Day		Vaisaka-Chaitra		Bhuloka Day
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>			

5 Monday, May 14, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Ayushman/Saubhagya Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 13 Sutra 29
Mesha Rasi: 9.3	Tithi 29	Gulika 1:27PM – 3:08PM	Ashvini Until 12:31PM	Ganesha: Blue	<i>Sunrise:</i> 5:02AM	Vilamba 5120
Family Home Evening		Yama 10:05AM – 11:46AM	Ayushman Until 8:15AM	Muruqa: White	<i>Sunset:</i> 6:30PM	Moon 4 - Phase 4
224932369		Rahu 6:43AM – 8:24AM	Visti* Until 8:54AM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 7:50PM	Moon – White		
				Vaisaka-Chaitra		Bhuloka Day

● Tuesday, May 15, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Sobhana Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal Sun 14 Sutra 30
Retreat Star		Gulika 11:46AM – 1:27PM	Bharani Until 10:58AM	Ganesha: Blue	<i>Sunrise:</i> 5:01AM	Vilamba 5120
Mesha Rasi: 23.41	Tithi 30 – 1	Yama 8:23AM – 10:05AM	Sobhana Until 2:07AM Wed	Muruqa: White	<i>Sunset:</i> 6:30PM	Moon 4 - Phase 4
224932369		Rahu 3:08PM – 4:49PM	Catuspada Until 6:39AM	Nataraja: Purple		Amavasya
Creative Work	Siddha Yoga		Amavasya* Until 5:21PM	Moon – White		
				Vaisaka-Vaikasi		Bhuloka Day

Wednesday, May 16, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Athiganda* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Kathmandu, Nepal Sun 15 Sutra 31
Retreat Star		Gulika 10:04AM – 11:46AM	Krittika Until 8:52AM	Ganesha: Red	<i>Sunrise:</i> 5:00AM	Vilamba 5120
Vrishabha Rasi: 8.1	Tithi 1 – 2	Yama 6:42AM – 8:23AM	Athiganda* Until 10:38PM	Muruqa: White	<i>Sunset:</i> 6:31PM	Moon 4 - Phase 4
225932369		Rahu 11:46AM – 1:27PM	Balava Until 1:03AM Thu	Nataraja: Purple		Prathama
Creative Work	Amrita Yoga		Prathama* Until 2:31PM	Moon – White		
Until 8:52AM				Jyeshtha Adhika-Vaikasi		Bhuloka Day
Then Creative Work - Siddha Yoga						Devaloka Time: 9:AM to12:PM

1	Thursday, May 17, 2018	Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukarma Yoga Kaulava/Taitila Karana Dvitiya/Trilyayam Titau			Kathmandu, Nepal Sun 16 Sutra 32 Vilamba 5120
	Vrishabha Rasi: 22.49 Tithi 2 - 3	Gulika 8:23AM - 10:04AM Yama 5:00AM - 6:41AM Rahu 1:27PM - 3:09PM	Rohini Until 6:50AM Sukarma Until 7:04PM Taitila Until 10:00PM Dvitiya Until 11:31AM	Ganesha: Yellow <i>Sunrise:</i> 5:00AM Muruqa: White <i>Sunset:</i> 6:32PM Nataraja: Purple Moon - Yellow	Moon 4 - Phase 5 3rd Phase
	Routine Work Marana Yoga				Bhuloka Day Devaloka Time: 9:AM to 12:PM

2	Friday, May 18, 2018	Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau			Kathmandu, Nepal Sun 17 Sutra 33 Vilamba 5120
	Mithuna Rasi: 7.31 Tithi 3 - 4	Gulika 6:41AM - 8:23AM Yama 3:09PM - 4:51PM Rahu 10:04AM - 11:46AM	Ardra Until 2:16AM Sat Dhriti Until 3:30PM Vanija Until 6:59PM Tritiya Until 8:28AM	Ganesha: Yellow <i>Sunrise:</i> 4:59AM Muruqa: White <i>Sunset:</i> 6:32PM Nataraja: Purple Moon - Yellow	Moon 4 - Phase 5 3rd Phase
	Creative Work Siddha Yoga				Bhuloka Day Devaloka Time: 9:AM to 12:PM

3	Saturday, May 19, 2018	Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Panchamyam Titau			Kathmandu, Nepal Sun 18 Sutra 34 Vilamba 5120
	Mithuna Rasi: 22.11 Tithi 5	Gulika 4:59AM - 6:41AM Yama 1:28PM - 3:09PM Rahu 8:22AM - 10:04AM	Punarvasu Until 12:25AM Sun Shula* Until 12:02PM Bava Until 4:07PM Panchami Until 2:45AM Sun	Ganesha: White <i>Sunrise:</i> 4:59AM Muruqa: White <i>Sunset:</i> 6:33PM Nataraja: Purple Moon - Blue	Moon 4 - Phase 5 3rd Phase
	Creative Work Siddha Yoga				Devaloka Day

4	Sunday, May 20, 2018	Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Ganda*/Vridhi Yoga Kaulava/Taitila Karana Shashtham Titau			Kathmandu, Nepal Sun 19 Sutra 35 Vilamba 5120
	Kataka Rasi: 6.41 Tithi 6	Gulika 3:10PM - 4:51PM Yama 11:46AM - 1:28PM Rahu 4:51PM - 6:33PM	Pushya Until 10:43PM Ganda* Until 8:46AM Kaulava Until 1:30PM Shashthi* Until 12:18AM Mon	Ganesha: White <i>Sunrise:</i> 4:58AM Muruqa: White <i>Sunset:</i> 6:33PM Nataraja: Purple Moon - Blue	Moon 4 - Phase 5 3rd Phase
	Creative Work Siddha Yoga				Devaloka Day

5	Monday, May 21, 2018	Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha* Nakshatra Dhruva Yoga Gara/Vanija Karana Saptamyam Titau			Kathmandu, Nepal Sun 20 Sutra 36 Vilamba 5120
	Kataka Rasi: 20.58 Tithi 7 Family Home Evening	Gulika 1:28PM - 3:10PM Yama 10:04AM - 11:46AM Rahu 6:40AM - 8:22AM	Ashlesha* Until 9:14PM Dhruva Until 3:05AM Tue Gara Until 11:13AM Saptami Until 10:12PM	Ganesha: White <i>Sunrise:</i> 4:58AM Muruqa: White <i>Sunset:</i> 6:34PM Nataraja: Purple Moon - Blue	Moon 4 - Phase 5 3rd Phase
	Creative Work Siddha Yoga Until 9:14PM Then Routine Work - Marana Yoga				Devaloka Day

6	Tuesday, May 22, 2018	Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ashtamyam Titau			Kathmandu, Nepal Sun 21 Sutra 37 Vilamba 5120
	Retreat Star	Gulika 11:46AM - 1:28PM Yama 8:22AM - 10:04AM Rahu 3:10PM - 4:52PM	Magha* Until 8:25PM Vyaghata* Until 12:43AM Wed Visti Until 9:19AM Ashtami* Until 8:30PM	Ganesha: Clear <i>Sunrise:</i> 4:58AM Muruqa: White <i>Sunset:</i> 6:34PM Nataraja: Purple Moon - Red	Moon 4 - Phase 5 Ashtami
	Simha Rasi: 5 Tithi 8				Bhuloka Day Devaloka Time: 9:AM to 12:PM
	Creative Work Siddha Yoga				

7	Wednesday, May 23, 2018	Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni Nakshatra Harshana Yoga Balava/Kaulava Karana Navamyam Titau			Kathmandu, Nepal Sun 22 Sutra 38 Vilamba 5120
	Retreat Star	Gulika 10:04AM - 11:46AM Yama 6:39AM - 8:22AM Rahu 11:46AM - 1:28PM	Purvaphalguni Until 7:53PM Harshana Until 10:42PM Balava Until 7:49AM Navami* Until 7:12PM	Ganesha: Clear <i>Sunrise:</i> 4:57AM Muruqa: White <i>Sunset:</i> 6:35PM Nataraja: Purple Moon - Red	Moon 4 - Phase 5 Navami
	Simha Rasi: 18.47 Tithi 9				Bhuloka Day Devaloka Time: 9:AM to 12:PM
	Creative Work Amrita Yoga				

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

All times are standard time

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1		Thursday, May 24, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni Nakshatra Vajra* Yoga Tailila/Gara Karana Dashamyam Titau		Kathmandu, Nepal Sun 23 Sutra 39	
Kanya Rasi: 2.2	Tithi 10	Gulika 8:21AM – 10:04AM	Uttaraphalguni Until 7:35PM	Ganesha: Clear	<i>Sunrise:</i> 4:57AM	Vilamba 5120	
		Yama 4:57AM – 6:39AM	Vajra* Until 8:58PM	Muruqa: White	<i>Sunset:</i> 6:36PM	Moon 4 - Phase 6	
	Amrita Yoga	255932369 Rahu 1:28PM – 3:11PM	Taitila Until 6:43AM	Nataraja: Purple		4th Phase	
Until 7:35PM			Dashami Until 6:18PM	Moon – Red		Bhuloka Day	
Then Routine Work - Marana Yoga				Jyeshtha Adhika-Vaikasi		Devaloka Time: 9:AM to 12:PM	

2		Friday, May 25, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta Nakshatra Siddhi Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau		Kathmandu, Nepal Sun 24 Sutra 40	
Kanya Rasi: 15.4	Tithi 11 – 12	Gulika 6:39AM – 8:21AM	Hasta Until 7:58PM	Ganesha: Clear	<i>Sunrise:</i> 4:56AM	Vilamba 5120	
		Yama 3:11PM – 4:54PM	Siddhi Until 7:34PM	Muruqa: White	<i>Sunset:</i> 6:36PM	Moon 4 - Phase 6	
	Amrita Yoga	266932369 Rahu 10:04AM – 11:46AM	Vanija Until 6:01AM	Nataraja: Purple		4th Phase	
Creative Work			Ekadashi Until 5:48PM	Moon – Green		Bhuloka Day	
Until 7:58PM				Jyeshtha Adhika-Vaikasi		Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga							

3		Saturday, May 26, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Kathmandu, Nepal Sun 25 Sutra 41	
Kanya Rasi: 28.47	Tithi 12 – 13	Gulika 4:56AM – 6:39AM	Chitra Until 8:35PM	Ganesha: Purple	<i>Sunrise:</i> 4:56AM	Vilamba 5120	
		Yama 1:29PM – 3:11PM	Vyatipata* Until 6:29PM	Muruqa: White	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 6	
	Marana Yoga	366932369 Rahu 8:21AM – 10:04AM	Kaulava Until 5:47AM Sun	Nataraja: Purple		4th Phase	
Routine Work			Dvadashi Until 5:41PM	Moon – Green		Bhuloka Day	
Until 8:35PM				Jyeshtha Adhika-Vaikasi			
Then Creative Work - Siddha Yoga							

4		Sunday, May 27, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Varyan/Parigha* Yoga Tailila/Gara Karana Trayodashi/Chaturdashyam Titau		Kathmandu, Nepal Sun 26 Sutra 42	
Tula Rasi: 11.42	Tithi 13 – 14	Gulika 3:12PM – 4:54PM	Svati Until 9:26PM	Ganesha: Purple	<i>Sunrise:</i> 4:56AM	Vilamba 5120	
		Yama 11:46AM – 1:29PM	Variyan Until 5:41PM	Muruqa: White	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 6	
	Siddha Yoga	366932369 Rahu 4:54PM – 6:37PM	Gara Until 6:16AM Mon	Nataraja: Purple		4th Phase	
Creative Work			Trayodashi Until 5:57PM	Moon – Green		Bhuloka Day	
Until 9:26PM				Jyeshtha Adhika-Vaikasi			
Then Routine Work - Marana Yoga							

5		Monday, May 28, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Vishakha Nakshatra Parigha*/Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau		Kathmandu, Nepal Sun 27 Sutra 43	
Tula Rasi: 24.26	Tithi 14	Gulika 1:29PM – 3:12PM	Vishakha Until 11:00PM	Ganesha: Clear	<i>Sunrise:</i> 4:55AM	Vilamba 5120	
		Yama 10:04AM – 11:47AM	Parigha* Until 5:14PM	Muruqa: White	<i>Sunset:</i> 6:38PM	Moon 4 - Phase 6	
Family Home Evening		376932369 Rahu 6:38AM – 8:21AM	Gara Until 6:16AM	Nataraja: Purple		4th Phase	
Routine Work			Chaturdashi* Until 6:39PM	Moon – Orange		Bhuloka Day	
Until 11:00PM				Jyeshtha Adhika-Vaikasi		Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga		Vaikasi Visakam					

		Tuesday, May 29, 2018		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Shiva/Siddha Yoga Visti*/Bava Karana Purnimayam Titau		Kathmandu, Nepal Sun 28 Sutra 44	
Copper Retreat Star		Gulika 11:47AM – 1:30PM	Anuradha Until 12:52AM Wed	Ganesha: Clear	<i>Sunrise:</i> 4:55AM	Vilamba 5120	
Vrischika Rasi: 6.57	Tithi 15	Yama 8:21AM – 10:04AM	Shiva Until 5:09PM	Muruqa: White	<i>Sunset:</i> 6:38PM	Moon 4 - Phase 6	
		376932369 Rahu 3:12PM – 4:55PM	Visti Until 7:11AM	Nataraja: Purple		Purnima	
Creative Work			Purnima* Until 7:47PM	Moon – Orange		Bhuloka Day	
Until 11:00PM				Jyeshtha Adhika-Vaikasi		Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga							

Wednesday, May 30, 2018		Silver Retreat Star		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Prathamayam Titau		Kathmandu, Nepal Sun 29 Sutra 45	
Vrischika Rasi: 19.17	Tithi 16	Gulika 10:04AM – 11:47AM	Jyeshtha* Until 2:59AM Thu	Ganesha: Clear	<i>Sunrise:</i> 4:55AM	Vilamba 5120	
		Yama 6:38AM – 8:21AM	Siddha Until 5:23PM	Muruqa: White	<i>Sunset:</i> 6:39PM	Moon 4 - Phase 6	
		376932369 Rahu 11:47AM – 1:30PM	Balava Until 8:33AM	Nataraja: Purple		Prathama	
Creative Work			Prathama* Until 9:22PM	Moon – Orange		Bhuloka Day	
Until 11:00PM				Jyeshtha Adhika-Vaikasi		Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga							



Thursday, May 31, 2018
Gold Retreat Star

Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam
Mula* Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Dvitiyayam Titau

Kathmandu, Nepal
Sun 1 Sutra 46
Vilamba 5120

Dhanus Rasi: 1.26 Tithi 17

Gulika 8:21AM – 10:04AM
Yama 4:55AM – 6:38AM
386932369 **Rahu** 1:30PM – 3:13PM

Mula* Until 5:49AM Fri
Sadhya Until 5:57PM
Taitila Until 10:21AM
Dvitiya Until 11:23PM

Ganesha: White *Sunrise:* 4:55AM
Muruqa: White *Sunset:* 6:39PM
Nataraja: Purple
Moon – Light Blue
Jyeshtha Adhika-Vaikasi

Bhuloka Day

Creative Work Siddha Yoga

Until 5:49AM Fri

Then Routine Work - Prabalarishta Yoga

1

Friday, June 1, 2018

Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvashadha* Nakshatra Subha Yoga Vanija/Visti* Karana Tritiyayam Titau

Kathmandu, Nepal
Sun 2 Sutra 47
Vilamba 5120

Dhanus Rasi: 13.25 Tithi 18

Gulika 6:38AM – 8:21AM
Yama 3:13PM – 4:57PM
387932369 **Rahu** 10:04AM – 11:47AM

Purvashadha* Until 8:47AM Sat
Subha Until 6:48PM
Vanija Until 12:32PM
Tritiya Until 1:43AM Sat

Ganesha: Yellow *Sunrise:* 4:54AM
Muruqa: White *Sunset:* 6:40PM
Nataraja: Purple
Moon – Light Blue
Jyeshtha Adhika-Vaikasi

Bhuloka Day

Devaloka Time: 9:AM to12:PM

Routine Work Prabalarishta Yoga

Until 8:47AM Sat

Then Routine Work - Marana Yoga

2

Saturday, June 2, 2018

Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam
Purvashadha*/Uttarashadha Nakshatra Sukla Yoga Bava/Balava Karana Chaturthayam Titau

Kathmandu, Nepal
Sun 3 Sutra 48
Vilamba 5120

Dhanus Rasi: 25.17 Tithi 19

Gulika 4:54AM – 6:37AM
Yama 1:30PM – 3:14PM
387932369 **Rahu** 8:21AM – 10:04AM

Purvashadha* Until 8:47AM
Sukla Until 7:50PM
Bava Until 3:00PM
Chaturthi* Until 4:17AM Sun

Ganesha: Yellow *Sunrise:* 4:54AM
Muruqa: White *Sunset:* 6:40PM
Nataraja: Purple
Moon – Light Blue
Jyeshtha Adhika-Vaikasi

Bhuloka Day

Devaloka Time: 9:AM to12:PM

Creative Work Siddha Yoga

Until 8:47AM

Then Routine Work - Marana Yoga

3

Sunday, June 3, 2018

Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Uttarashadha/Shravana Nakshatra Brahma Yoga Kaulava/Taitila Karana Panchamyam Titau

Kathmandu, Nepal
Sun 4 Sutra 49
Vilamba 5120

Makara Rasi: 7.05 Tithi 20

Gulika 3:14PM – 4:57PM
Yama 11:47AM – 1:31PM
387932369 **Rahu** 4:57PM – 6:41PM

Uttarashadha Until 11:45AM
Brahma Until 8:57PM
Kaulava Until 5:36PM
Panchami Until 6:52AM Mon

Ganesha: Yellow *Sunrise:* 4:54AM
Muruqa: White *Sunset:* 6:41PM
Nataraja: Purple
Moon – Light Blue
Jyeshtha Adhika-Vaikasi

Bhuloka Day

Devaloka Time: 9:AM to12:PM

Creative Work Amrita Yoga

4

Monday, June 4, 2018

Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
Shravana/Dhanishtha Nakshatra Indra Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Kathmandu, Nepal
Sun 5 Sutra 50
Vilamba 5120

Makara Rasi: 18.52 Tithi 20 – 21

Family Home Evening

Gulika 1:31PM – 3:14PM
Yama 10:04AM – 11:48AM
397932369 **Rahu** 6:37AM – 8:21AM

Shravana Until 3:02PM
Indra Until 10:00PM
Gara Until 8:07PM
Panchami Until 6:52AM

Ganesha: Blue *Sunrise:* 4:54AM
Muruqa: White *Sunset:* 6:41PM
Nataraja: Purple
Moon – Purple
Jyeshtha Adhika-Vaikasi

Devaloka Day

Creative Work Amrita Yoga

Until 3:02PM

Then Creative Work - Siddha Yoga

5

Tuesday, June 5, 2018

Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam
Dhanishtha/Shatabhishak Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Kathmandu, Nepal
Sun 6 Sutra 51
Vilamba 5120

Kumbha Rasi: 0.43 Tithi 21 – 22

Gulika 11:48AM – 1:31PM
Yama 8:21AM – 10:04AM
397132361 **Rahu** 3:15PM – 4:58PM

Dhanishtha Until 5:55PM
Vaidhriti* Until 10:47PM
Visti Until 10:21PM
Shashthi* Until 9:16AM

Ganesha: Purple *Sunrise:* 4:54AM
Muruqa: White *Sunset:* 6:42PM
Nataraja: White
Moon – Purple
Jyeshtha Adhika-Vaikasi

Devaloka Day

Creative Work Siddha Yoga

Until 5:55PM

Then Routine Work - Marana Yoga

D

Wednesday, June 6, 2018

Retreat Star

Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam
Shatabhishak Nakshatra Vishkambha* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Kathmandu, Nepal
Sun 7 Sutra 52
Vilamba 5120

Kumbha Rasi: 12.43 Tithi 22 – 23

Gulika 10:04AM – 11:48AM
Yama 6:37AM – 8:21AM
397132361 **Rahu** 11:48AM – 1:31PM

Shatabhishak Until 8:09PM
Vishkambha* Until 11:11PM
Balava Until 12:03AM Thu
Saptami Until 11:15AM

Ganesha: Purple *Sunrise:* 4:54AM
Muruqa: White *Sunset:* 6:42PM
Nataraja: White
Moon – Purple
Jyeshtha Adhika-Vaikasi

Devaloka Day

Creative Work Siddha Yoga

Until 8:09PM

Then Creative Work - Amrita Yoga

Thursday, June 7, 2018

Retreat Star

Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam
Purvaproshtapada* Nakshatra Priti Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Kathmandu, Nepal
Sun 8 Sutra 53
Vilamba 5120

Kumbha Rasi: 24.58 Tithi 23 – 24

Gulika 8:21AM – 10:04AM
Yama 4:54AM – 6:37AM
317132361 **Rahu** 1:32PM – 3:15PM

Purvaproshtapada* Until 10:03PM
Priti Until 11:03PM
Taitila Until 1:03AM Fri
Ashtami* Until 12:38PM

Ganesha: Blue *Sunrise:* 4:54AM
Muruqa: White *Sunset:* 6:42PM
Nataraja: White
Moon – Clear
Jyeshtha Adhika-Vaikasi

Devaloka Day

Creative Work Siddha Yoga

1		Friday, June 8, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Ayushman Yoga Gara/Vanija Karana Navami/Dashmyam Titau				Kathmandu, Nepal Sun 9 Sutra 54
Meena Rasi: 7.31	Tithi 24 – 25	Gulika 6:37AM – 8:21AM	Uttaraproshtapada Until 11:01PM	Ganesha: Red	<i>Sunrise:</i> 4:54AM			Vilamba 5120
		Yama 3:16PM – 4:59PM	Ayushman Until 10:15PM	Muruqa: White	<i>Sunset:</i> 6:43PM			Moon 5 - Phase 8
318132361		Rahu 10:05AM – 11:48AM	Vanija Until 1:14AM Sat	Nataraja: White				2nd Phase
Creative Work	Siddha Yoga		Navami* Until 1:14PM	Moon – Clear			Bhuloka Day	
				Jyeshtha Adhika-Vaikasi			Devaloka Time: 6:AM to 9:AM	

2		Saturday, June 9, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Revati Nakshatra Saubhagya Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 10 Sutra 55
Meena Rasi: 20.28	Tithi 25 – 26	Gulika 4:53AM – 6:37AM	Revati Until 10:59PM	Ganesha: Red	<i>Sunrise:</i> 4:53AM			Vilamba 5120
		Yama 1:32PM – 3:16PM	Saubhagya Until 8:48PM	Muruqa: White	<i>Sunset:</i> 6:43PM			Moon 5 - Phase 8
318132361		Rahu 8:21AM – 10:05AM	Bava Until 12:34AM Sun	Nataraja: White				2nd Phase
Routine Work	Prabalarishta Yoga		Dashami Until 12:59PM	Moon – Clear			Bhuloka Day	
Until 10:59PM				Jyeshtha Adhika-Vaikasi			Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga								

3		Sunday, June 10, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Sobhana Yoga Balava*/Kaulava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal Sun 11 Sutra 56
Mesha Rasi: 3.52	Tithi 26 – 27	Gulika 3:16PM – 5:00PM	Ashvini Until 10:28PM	Ganesha: Green	<i>Sunrise:</i> 4:53AM			Vilamba 5120
		Yama 11:49AM – 1:32PM	Sobhana Until 6:43PM	Muruqa: White	<i>Sunset:</i> 6:44PM			Moon 5 - Phase 8
328132361		Rahu 5:00PM – 6:44PM	Kaulava Until 11:06PM	Nataraja: White				2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 11:55AM	Moon – White			Bhuloka Day	
Until 10:28PM				Jyeshtha Adhika-Vaikasi				
Then Routine Work - Prabalarishta Yoga								

4		Monday, June 11, 2018		Vilamba Nama Samvatsare Ularayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Bharani Nakshatra Alhiganda*/Sukarma Yoga Talila*/Gara Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 12 Sutra 57
Mesha Rasi: 17.43	Tithi 27 – 28	Gulika 1:33PM – 3:16PM	Bharani Until 9:05PM	Ganesha: Green	<i>Sunrise:</i> 4:53AM			Vilamba 5120
		Yama 10:05AM – 11:49AM	Athiganda* Until 4:00PM	Muruqa: White	<i>Sunset:</i> 6:44PM			Moon 5 - Phase 8
328132361		Rahu 6:37AM – 8:21AM	Gara Until 8:55PM	Nataraja: White				2nd Phase
Family Home Evening	Siddha Yoga		Dvadashi* Until 10:04AM	Moon – White			Bhuloka Day	
Until 9:05PM				Jyeshtha Adhika-Vaikasi				
Then Routine Work - Marana Yoga								

5		Tuesday, June 12, 2018		Vilamba Nama Samvatsare Ularayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Sukarma/Dhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 13 Sutra 58
Vrishabha Rasi: 2.01	Tithi 28 – 29	Gulika 11:49AM – 1:33PM	Krittika Until 6:59PM	Ganesha: Green	<i>Sunrise:</i> 4:53AM			Vilamba 5120
		Yama 8:21AM – 10:05AM	Sukarma Until 12:48PM	Muruqa: White	<i>Sunset:</i> 6:44PM			Moon 5 - Phase 8
328132361		Rahu 3:17PM – 5:01PM	Visti Until 6:10PM	Nataraja: White				2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 7:35AM	Moon – White			Bhuloka Day	
Until 6:59PM				Jyeshtha Adhika-Vaikasi				
Then Creative Work - Amrita Yoga								

Retreat Star		Wednesday, June 13, 2018		Vilamba Nama Samvatsare Ularayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti/Shula* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Kathmandu, Nepal Sun 14 Sutra 59
Vrishabha Rasi: 16.4	Tithi 30	Gulika 10:05AM – 11:49AM	Rohini Until 4:45PM	Ganesha: White	<i>Sunrise:</i> 4:54AM			Vilamba 5120
		Yama 6:37AM – 8:21AM	Dhriti Until 9:13AM	Muruqa: White	<i>Sunset:</i> 6:45PM			Moon 5 - Phase 8
338132361		Rahu 11:49AM – 1:33PM	Catuspada Until 3:00PM	Nataraja: White				Amavasya
Creative Work	Siddha Yoga		Amavasya* Until 1:17AM Thu	Moon – Yellow			Bhuloka Day	
				Jyeshtha Adhika-Vaikasi				

Retreat Star		Thursday, June 14, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Ganda* Yoga Kintughna*/Bava Karana Prathamayam Titau				Kathmandu, Nepal Sun 15 Sutra 60
Mithuna Rasi: 1.35	Tithi 1	Gulika 8:21AM – 10:05AM	Mrigashira Until 2:07PM	Ganesha: White	<i>Sunrise:</i> 4:54AM			Vilamba 5120
		Yama 4:54AM – 6:38AM	Ganda* Until 1:23AM Fri	Muruqa: White	<i>Sunset:</i> 6:45PM			Moon 5 - Phase 8
338132361		Rahu 1:33PM – 3:17PM	Kintughna Until 11:33AM	Nataraja: White				Prathama
Routine Work	Marana Yoga		Prathama* Until 9:46PM	Moon – Yellow			Bhuloka Day	
				Jyeshtha-Vaikasi				

1	Friday, June 15, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Vriddhi Yoga Balava/Kaulava Karana Dvitiyayam Titau				Kathmandu, Nepal Sun 16 Sutra 61 Vilamba 5120
	Mithuna Rasi: 16.36	Tithi 2	Gulika 6:38AM – 8:22AM	Ardra Until 11:16AM	Ganesha: Clear	<i>Sunrise:</i> 4:54AM	
			Yama 3:18PM – 5:02PM	Vriddhi Until 9:26PM	Muruqa: White	<i>Sunset:</i> 6:46PM	Moon 5 - Phase 9
	Creative Work	Siddha Yoga	339132361 Rahu 10:06AM – 11:50AM	Balava Until 8:01AM	Nataraja: White		3rd Phase
			Dvitiya Until 6:14PM	Moon – Yellow			
				Jyeshtha-Ani		Bhuloka Day Devaloka Time: 9:AM to12:PM	

2	Saturday, June 16, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau				Kathmandu, Nepal Sun 17 Sutra 62 Vilamba 5120
	Kataka Rasi: 2	Tithi 3 – 4	Gulika 4:54AM – 6:38AM	Punarvasu Until 8:46AM	Ganesha: Orange	<i>Sunrise:</i> 4:54AM	
			Yama 1:34PM – 3:18PM	Dhruva Until 5:35PM	Muruqa: White	<i>Sunset:</i> 6:46PM	Moon 5 - Phase 9
	Creative Work	Siddha Yoga	349132361 Rahu 8:22AM – 10:06AM	Vanija Until 1:14AM Sun	Nataraja: White		3rd Phase
			Tritiya Until 2:50PM	Moon – Blue			
				Jyeshtha-Ani		Bhuloka Day Devaloka Time: 9:AM to12:PM	

3	Sunday, June 17, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Kathmandu, Nepal Sun 18 Sutra 63 Vilamba 5120
	Kataka Rasi: 16.26	Tithi 4 – 5	Gulika 3:18PM – 5:02PM	Pushya Until 6:21AM	Ganesha: Orange	<i>Sunrise:</i> 4:54AM	
			Yama 11:50AM – 1:34PM	Vyaghata* Until 1:58PM	Muruqa: White	<i>Sunset:</i> 6:46PM	Moon 5 - Phase 9
	Creative Work	Siddha Yoga	349132361 Rahu 5:02PM – 6:46PM	Bava Until 10:16PM	Nataraja: White		3rd Phase
				Moon – Blue			
		Father's Day	Chaturthi* Until 11:41AM	Jyeshtha-Ani		Bhuloka Day Devaloka Time: 9:AM to12:PM	

4	Monday, June 18, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Kathmandu, Nepal Sun 19 Sutra 64 Vilamba 5120
	Simha Rasi: 1	Tithi 5 – 6	Gulika 1:34PM – 3:18PM	Magha* Until 2:44AM Tue	Ganesha: Green	<i>Sunrise:</i> 4:54AM	
	Family Home Evening		Yama 10:06AM – 11:50AM	Harshana Until 10:43AM	Muruqa: White	<i>Sunset:</i> 6:46PM	Moon 5 - Phase 9
	Routine Work	Marana Yoga	359132361 Rahu 6:38AM – 8:22AM	Kaulava Until 7:45PM	Nataraja: White		3rd Phase
			Panchami Until 8:56AM	Moon – Red			
				Jyeshtha-Ani		Devaloka Day	

5	Tuesday, June 19, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra*/Siddhi Yoga Taaitla/Vanija Karana Shashthi/Saptamyam Titau				Kathmandu, Nepal Sun 20 Sutra 65 Vilamba 5120
	Simha Rasi: 15.14	Tithi 6 – 7	Gulika 11:50AM – 1:34PM	Purvaphalguni Until 1:42AM Wed	Ganesha: Green	<i>Sunrise:</i> 4:54AM	
			Yama 8:22AM – 10:06AM	Vajra* Until 7:50AM	Muruqa: White	<i>Sunset:</i> 6:47PM	Moon 5 - Phase 9
	Creative Work	Siddha Yoga	359132361 Rahu 3:19PM – 5:03PM	Vanija Until 4:57AM Wed	Nataraja: White		3rd Phase
			Shashthi* Until 6:39AM	Moon – Red			
				Jyeshtha-Ani		Devaloka Day	

☾	Wednesday, June 20, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Vyatipata* Yoga Visti*/Bava Karana Ashtamyam Titau				Kathmandu, Nepal Sun 21 Sutra 66 Vilamba 5120
	Retreat Star		Gulika 10:07AM – 11:51AM	Uttaraphalguni Until 1:06AM Thu	Ganesha: Green	<i>Sunrise:</i> 4:54AM	
	Simha Rasi: 29.07	Tithi 8	Yama 6:38AM – 8:23AM	Vyatipata* Until 3:31AM Thu	Muruqa: White	<i>Sunset:</i> 6:47PM	Moon 5 - Phase 9
	Creative Work	Amrita Yoga	359132361 Rahu 11:51AM – 1:35PM	Visti Until 4:19PM	Nataraja: White		Ashtami
			Ashtami* Until 3:49AM Thu	Moon – Red			
		Chidambaram Abhishekam		Jyeshtha-Ani		Devaloka Day	

☽	Thursday, June 21, 2018		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta Nakshatra Variyan Yoga Balava/Kaulava Karana Navamyam Titau				Kathmandu, Nepal Sun 22 Sutra 67 Vilamba 5120
	Retreat Star		Gulika 8:23AM – 10:07AM	Hasta Until 1:24AM Fri	Ganesha: Red	<i>Sunrise:</i> 4:55AM	
	Kanya Rasi: 12.38	Tithi 9	Yama 4:55AM – 6:39AM	Variyan Until 2:03AM Fri	Muruqa: White	<i>Sunset:</i> 6:47PM	Moon 5 - Phase 9
	Routine Work	Marana Yoga	369132361 Rahu 1:35PM – 3:19PM	Balava Until 3:30PM	Nataraja: White		Navami
			Navami* Until 3:17AM Fri	Moon – Green			
				Jyeshtha-Ani		Bhuloka Day Devaloka Time: 9:AM to12:PM	

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

All times are standard time

www.gurudeva.org/panchang

1		Friday, June 22, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Parigha* Yoga Taitila/Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 68 Vilamba 5120	
Kanya Rasi: 25.5	Tithi 10	Gulika 6:39AM – 8:23AM	Chitra Until 2:05AM Sat	Ganesha: Green	<i>Sunrise:</i> 4:55AM			Moon 5 - Phase 10	
		Yama 3:19PM – 5:03PM	Parigha* Until 1:02AM Sat	Muruqa: White	<i>Sunset:</i> 6:47PM			4th Phase	
361132361		Rahu 10:07AM – 11:51AM	Taitila Until 3:15PM	Nataraja: White					
Creative Work	Siddha Yoga		Dashami Until 3:19AM Sat	Moon – Green				Bhuloka Day	
				Jyeshtha-Ani					
2		Saturday, June 23, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Shiva Yoga Vanija/Visti* Karana Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 69 Vilamba 5120	
Tula Rasi: 8.44	Tithi 11	Gulika 4:55AM – 6:39AM	Svati Until 3:08AM Sun	Ganesha: Green	<i>Sunrise:</i> 4:55AM			Moon 5 - Phase 10	
		Yama 1:35PM – 3:19PM	Shiva Until 12:28AM Sun	Muruqa: White	<i>Sunset:</i> 6:48PM			4th Phase	
361132361		Rahu 8:23AM – 10:07AM	Vanija Until 3:33PM	Nataraja: White					
Creative Work	Siddha Yoga		Ekadashi Until 3:51AM Sun	Moon – Green				Bhuloka Day	
Until 3:08AM Sun				Jyeshtha-Ani					
Then Routine Work - Marana Yoga									
3		Sunday, June 24, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Siddha Yoga Bava/Balava Karana Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 70 Vilamba 5120	
Tula Rasi: 21.24	Tithi 12	Gulika 3:20PM – 5:04PM	Vishakha Until 4:58AM Mon	Ganesha: Red	<i>Sunrise:</i> 4:55AM			Moon 5 - Phase 10	
		Yama 11:52AM – 1:36PM	Siddha Until 12:15AM Mon	Muruqa: White	<i>Sunset:</i> 6:48PM			4th Phase	
371132361		Rahu 5:04PM – 6:48PM	Bava Until 4:20PM	Nataraja: White					
Routine Work	Marana Yoga		Dvadashi Until 4:53AM Mon	Moon – Orange				Bhuloka Day	
Until 4:58AM Mon				Jyeshtha-Ani				Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga									
4		Monday, June 25, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Sadhya Yoga Kaulava/Taitila Karana Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 71 Vilamba 5120	
Vrischika Rasi: 3.51	Tithi 13	Gulika 1:36PM – 3:20PM	Anuradha Until 7:03AM Tue	Ganesha: Red	<i>Sunrise:</i> 4:56AM			Moon 5 - Phase 10	
Family Home Evening		Yama 10:08AM – 11:52AM	Sadhya Until 12:22AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:48PM			4th Phase	
371142361		Rahu 6:40AM – 8:24AM	Kaulava Until 5:35PM	Nataraja: White					
Creative Work	Siddha Yoga		Trayodashi Until 6:20AM Tue	Moon – Orange				Devaloka Day	
Until 7:03AM Tue				Jyeshtha-Ani					
Then Routine Work - Marana Yoga									
5		Tuesday, June 26, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Subha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 72 Vilamba 5120	
Vrischika Rasi: 16.07	Tithi 13 – 14	Gulika 11:52AM – 1:36PM	Anuradha Until 7:03AM	Ganesha: Red	<i>Sunrise:</i> 4:56AM			Moon 5 - Phase 10	
		Yama 8:24AM – 10:08AM	Subha Until 12:50AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:48PM			4th Phase	
371142361		Rahu 3:20PM – 5:04PM	Gara Until 7:14PM	Nataraja: White					
Creative Work	Siddha Yoga		Trayodashi Until 6:20AM	Moon – Orange				Devaloka Day	
Until 7:03AM				Jyeshtha-Ani					
Then Routine Work - Marana Yoga									
○		Wednesday, June 27, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Kathmandu, Nepal Sutra 73 Vilamba 5120	
Copper Retreat Star		Gulika 10:08AM – 11:52AM	Jyeshtha* Until 9:21AM	Ganesha: Red	<i>Sunrise:</i> 4:56AM			Moon 5 - Phase 10	
Vrischika Rasi: 28.14	Tithi 14 – 15	Yama 6:40AM – 8:24AM	Sukla Until 1:31AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:48PM			Purnima	
371142361		Rahu 11:52AM – 1:36PM	Visti Until 9:15PM	Nataraja: White					
Creative Work	Siddha Yoga		Chaturdashi* Until 8:10AM	Moon – Orange				Devaloka Day	
Until 9:21AM				Jyeshtha-Ani					
Then Routine Work - Marana Yoga									
Thursday, June 28, 2018		Silver Retreat Star		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Brahma Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal Sutra 74 Vilamba 5120	
Dhanus Rasi: 10.12	Tithi 15 – 16	Gulika 8:24AM – 10:08AM	Mula* Until 12:18PM	Ganesha: Blue	<i>Sunrise:</i> 4:56AM			Moon 5 - Phase 10	
		Yama 4:56AM – 6:40AM	Brahma Until 2:27AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:48PM			Prathama	
381142361		Rahu 1:36PM – 3:20PM	Balava Until 11:33PM	Nataraja: White					
Creative Work	Siddha Yoga		Purnima* Until 10:21AM	Moon – Light Blue				Bhuloka Day	
				Jyeshtha-Ani				Devaloka Time: 12:PM to 3:PM	



Friday, June 29, 2018
Gold Retreat Star

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvashadha/Uttarashadha Nakshatra Indra Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Kathmandu, Nepal
Sutra 75

Dhanus Rasi: 22.04 Tithi 16 – 17

381142361

Gulika 6:41AM – 8:25AM
Yama 3:20PM – 5:04PM
Rahu 10:09AM – 11:53AM

Purvashadha* Until 3:19PM
Indra Until 3:32AM Sat
Taitila Until 2:04AM Sat
Prathama* Until 12:46PM

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

Sunrise: 4:57AM
Sunset: 6:48PM

Vilamba 5120
Moon 6 - Phase 11
1st Phase

Routine Work Prabalarishta Yoga
Until 3:19PM
Then Routine Work - Marana Yoga

Bhuloka Day
Devaloka Time: 12:PM to 3:PM

1

Saturday, June 30, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam
Uttarashadha Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Kathmandu, Nepal
Sun 1 Sutra 76

Makara Rasi: 3.52 Tithi 17 – 18

381242361

Gulika 4:57AM – 6:41AM
Yama 1:37PM – 3:21PM
Rahu 8:25AM – 10:09AM

Uttarashadha Until 6:17PM
Vaidhriti* Until 4:39AM Sun
Vanija Until 4:40AM Sun
Dvitiya Until 3:21PM

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

Sunrise: 4:57AM
Sunset: 6:48PM

Vilamba 5120
Moon 6 - Phase 11
1st Phase

Routine Work Marana Yoga
Until 6:17PM
Then Creative Work - Siddha Yoga

Bhuloka Day
Devaloka Time: 12:PM to 3:PM

2

Sunday, July 1, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam
Shravana Nakshatra Vishkambha* Yoga Visti*/Bava Karana Tritiya/Chaturchyam Titau

Kathmandu, Nepal
Sun 2 Sutra 77

Makara Rasi: 15.39 Tithi 18 – 19

391242361

Gulika 3:21PM – 5:05PM
Yama 11:53AM – 1:37PM
Rahu 5:05PM – 6:48PM

Shravana Until 9:36PM
Vishkambha* Until 5:44AM Mon
Bava Until 7:13AM Mon
Tritiya Until 5:56PM

Ganesha: Red
Muruqa: Clear
Nataraja: White
Moon – Purple
Jyeshtha-Ani

Sunrise: 4:57AM
Sunset: 6:48PM

Vilamba 5120
Moon 6 - Phase 11
1st Phase

Creative Work Amrita Yoga
Until 9:36PM
Then Routine Work - Marana Yoga

Devaloka Day

3

Monday, July 2, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam
Dhanishtha Nakshatra Priti Yoga Bava/Balava Karana Chaturchyam Titau

Kathmandu, Nepal
Sun 3 Sutra 78

Makara Rasi: 27.28 Tithi 19

391242361

Gulika 1:37PM – 3:21PM
Yama 10:09AM – 11:53AM
Rahu 6:42AM – 8:25AM

Dhanishtha Until 12:35AM Tue
Priti Until 6:40AM Tue
Bava Until 7:13AM
Chaturchi* Until 8:23PM

Ganesha: Red
Muruqa: Clear
Nataraja: White
Moon – Purple
Jyeshtha-Ani

Sunrise: 4:58AM
Sunset: 6:48PM

Vilamba 5120
Moon 6 - Phase 11
1st Phase

Family Home Evening
Creative Work Siddha Yoga
Until 12:35AM Tue
Then Routine Work - Marana Yoga

Devaloka Day

4

Tuesday, July 3, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam
Shatabhishak Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Panchamyam Titau

Kathmandu, Nepal
Sun 4 Sutra 79

Kumbha Rasi: 9.21 Tithi 20

392242361

Gulika 11:53AM – 1:37PM
Yama 8:26AM – 10:10AM
Rahu 3:21PM – 5:05PM

Shatabhishak Until 3:04AM Wed
Priti Until 6:40AM
Kaulava Until 9:31AM
Panchami Until 10:30PM

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

Sunrise: 4:58AM
Sunset: 6:48PM

Vilamba 5120
Moon 6 - Phase 11
1st Phase

Routine Work Marana Yoga
Until 3:04AM Wed
Then Creative Work - Amrita Yoga

Devaloka Day

5

Wednesday, July 4, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam
Purvaproshtapada* Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Shashthyam Titau

Kathmandu, Nepal
Sun 5 Sutra 80

Kumbha Rasi: 21.23 Tithi 21

312242361

Gulika 10:10AM – 11:53AM
Yama 6:42AM – 8:26AM
Rahu 11:53AM – 1:37PM

Purvaproshtapada* Until 5:23AM Thu
Ayushman Until 7:16AM
Gara Until 11:25AM
Shashthi* Until 12:08AM Thu

Ganesha: Orange
Muruqa: Clear
Nataraja: White
Moon – Clear
Jyeshtha-Ani

Sunrise: 4:59AM
Sunset: 6:48PM

Vilamba 5120
Moon 6 - Phase 11
1st Phase

Creative Work Amrita Yoga
Until 5:23AM Thu
Then Creative Work - Siddha Yoga

Devaloka Day

6

Thursday, July 5, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam
Uttaraproshtapada Nakshatra Saubhagya/Sobhana Yoga Visti*/Bava Karana Saptamyam Titau

Kathmandu, Nepal
Sun 6 Sutra 81

Meena Rasi: 3.38 Tithi 22

312242361

Gulika 8:26AM – 10:10AM
Yama 4:59AM – 6:43AM
Rahu 1:37PM – 3:21PM

Uttaraproshtapada Until 6:53AM Fri
Saubhagya Until 7:28AM
Visti Until 12:45PM
Saptami Until 1:08AM Fri

Ganesha: Orange
Muruqa: Clear
Nataraja: White
Moon – Clear
Jyeshtha-Ani

Sunrise: 4:59AM
Sunset: 6:48PM

Vilamba 5120
Moon 6 - Phase 11
1st Phase

Creative Work Siddha Yoga

Devaloka Day

Friday, July 6, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam
Uttaraproshtapada/Revati Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Ashtamyam Titau

Kathmandu, Nepal
Sun 7 Sutra 82

Meena Rasi: 16.11 Tithi 23

312242361

Gulika 6:43AM – 8:27AM
Yama 3:21PM – 5:05PM
Rahu 10:10AM – 11:54AM

Uttaraproshtapada Until 6:53AM
Sobhana Until 7:09AM
Balava Until 1:23PM
Ashtami* Until 1:24AM Sat

Ganesha: Orange
Muruqa: Clear
Nataraja: White
Moon – Clear
Jyeshtha-Ani

Sunrise: 4:59AM
Sunset: 6:48PM

Vilamba 5120
Moon 6 - Phase 11
Ashtami

Creative Work Siddha Yoga

Devaloka Day

Saturday, July 7, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam
Revati/Ashvini Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Navamyam Titau

Kathmandu, Nepal
Sun 8 Sutra 83

Meena Rasi: 29.05 Tithi 24

412242361

Gulika 5:00AM – 6:43AM
Yama 1:38PM – 3:21PM
Rahu 8:27AM – 10:10AM

Revati Until 7:29AM
Athiganda* Until 6:13AM
Taitila Until 1:14PM
Navami* Until 12:51AM Sun

Ganesha: Green
Muruqa: Clear
Nataraja: White
Moon – Clear
Jyeshtha-Ani

Sunrise: 5:00AM
Sunset: 6:48PM

Vilamba 5120
Moon 6 - Phase 11
Navami

Routine Work Prabalarishta Yoga
Until 7:29AM
Then Creative Work - Siddha Yoga

Bhuloka Day
Devaloka Time: 12:PM to 3:PM

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

1 Sunday, July 8, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Dhriti Yoga Vanija/Visti* Karana Dashamyam Titau				Kathmandu, Nepal Sun 9 Sutra 84 Vilamba 5120
Mesha Rasi: 12.25	Tithi 25	Gulika 3:21PM – 5:05PM	Ashvini Until 7:37AM	Ganesha: Orange	<i>Sunrise:</i> 5:00AM	
		Yama 11:54AM – 1:38PM	Dhriti Until 2:28AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 12
	422242361	Rahu 5:05PM – 6:48PM	Vanija Until 12:18PM	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Dashami Until 11:31PM	Moon – White		Devaloka Day
Until 7:37AM				Jyeshtha-Ani		
Then Routine Work - Prabalarishta Yoga						

2 Monday, July 9, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Shula* Yoga Bava/Balava Karana Ekadashyam Titau				Kathmandu, Nepal Sun 10 Sutra 85 Vilamba 5120
Mesha Rasi: 26.11	Tithi 26	Gulika 1:38PM – 3:21PM	Bharani Until 6:48AM	Ganesha: Orange	<i>Sunrise:</i> 5:01AM	
Family Home Evening		Yama 10:11AM – 11:54AM	Shula* Until 11:40PM	Muruqa: Clear	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 12
Creative Work	Siddha Yoga	422242361 Rahu 6:44AM – 8:27AM	Bava Until 10:35AM	Nataraja: White		2nd Phase
Until 6:48AM			Ekadashi* Until 9:27PM	Moon – White		Devaloka Day
Then Routine Work - Marana Yoga				Jyeshtha-Ani		

3 Tuesday, July 10, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Kathmandu, Nepal Sun 11 Sutra 86 Vilamba 5120
Vrishabha Rasi: 10.24	Tithi 27	Gulika 11:54AM – 1:38PM	Rohini Until 3:14AM Wed	Ganesha: Light Blue	<i>Sunrise:</i> 5:01AM	
		Yama 8:28AM – 10:11AM	Ganda* Until 8:22PM	Muruqa: Clear	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 12
	432242361	Rahu 3:21PM – 5:04PM	Kaulava Until 8:11AM	Nataraja: White		2nd Phase
Creative Work	Amrita Yoga		Dvadashi* Until 6:45PM	Moon – Yellow		Bhuloka Day
Until 3:14AM Wed				Jyeshtha-Ani		Devaloka Time: 12:PM to 3:PM
Then Creative Work - Siddha Yoga						

4 Wednesday, July 11, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Vridhhi/Dhruva Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 12 Sutra 87 Vilamba 5120
Vrishabha Rasi: 25.02	Tithi 28 – 29	Gulika 10:11AM – 11:55AM	Mrigashira Until 12:42AM Thu	Ganesha: Light Blue	<i>Sunrise:</i> 5:02AM	
		Yama 6:45AM – 8:28AM	Vridhhi Until 4:41PM	Muruqa: Clear	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 12
	432242361	Rahu 11:55AM – 1:38PM	Visti Until 1:52AM Thu	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 3:34PM	Moon – Yellow		Bhuloka Day
Until 12:42AM Thu				Jyeshtha-Ani		Devaloka Time: 12:PM to 3:PM
Then Routine Work - Marana Yoga			<i>Pradosha Vrata (Fasting)</i>			

Thursday, July 12, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ardra Nakshatra Dhruva/Vyaghata* Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Kathmandu, Nepal Sun 13 Sutra 88 Vilamba 5120
Retreat Star		Gulika 8:28AM – 10:12AM	Ardra Until 9:47PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:02AM	
Mithuna Rasi: 9.58	Tithi 29 – 30	Yama 5:02AM – 6:45AM	Dhruva Until 12:42PM	Muruqa: Clear	<i>Sunset:</i> 6:47PM	Moon 6 - Phase 12
	432242361	Rahu 1:38PM – 3:21PM	Catuspada Until 10:13PM	Nataraja: White		Amavasya
Routine Work	Marana Yoga		Chaturdashi* Until 12:03PM	Moon – Yellow		Bhuloka Day
Until 9:47PM				Jyeshtha-Ani		Devaloka Time: 12:PM to 3:PM
Then Creative Work - Amrita Yoga						

Friday, July 13, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vyaghata*/Harshana Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal Sun 14 Sutra 89 Vilamba 5120
Retreat Star		Gulika 6:46AM – 8:29AM	Punarvasu Until 7:00PM	Ganesha: Purple	<i>Sunrise:</i> 5:03AM	
Mithuna Rasi: 25.06	Tithi 30 – 1	Yama 3:21PM – 5:04PM	Vyaghata* Until 8:34AM	Muruqa: Clear	<i>Sunset:</i> 6:47PM	Moon 6 - Phase 12
	442242361	Rahu 10:12AM – 11:55AM	Kintughna Until 6:28PM	Nataraja: White		Prathama
Creative Work	Siddha Yoga		Amavasya* Until 8:20AM	Moon – Blue		Bhuloka Day
Until 7:00PM		Partial Solar Eclipse		Ashada-Ani		Devaloka Time: 12:PM to 3:PM
Then Routine Work - Marana Yoga						

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

1		Saturday, July 14, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Vajra* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Kathmandu, Nepal Sun 15 Sutra 90	
Kataka Rasi: 10.16	Tithi 2	Gulika 5:03AM – 6:46AM	Pushya Until 4:08PM	Ganesha: Purple	<i>Sunrise:</i> 5:03AM			Vilamba 5120	
		Yama 1:38PM – 3:21PM	Vajra* Until 12:21AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:47PM			Moon 6 - Phase 13	
		442242361 Rahu 8:29AM – 10:12AM	Balava Until 2:46PM	Nataraja: White				3rd Phase	
Creative Work	Siddha Yoga	Dvitiya Until 12:58AM Sun		Moon – Blue			Bhuloka Day	Devaloka Time: 12:PM to 3:PM	
Until 4:08PM				Ashada*Ani					
Then Routine Work - Marana Yoga									

2		Sunday, July 15, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Siddhi Yoga Taitila/Gara Karana Tritiyayam Titau				Kathmandu, Nepal Sun 16 Sutra 91	
Kataka Rasi: 25.2	Tithi 3	Gulika 3:21PM – 5:04PM	Ashlesha* Until 1:21PM	Ganesha: Purple	<i>Sunrise:</i> 5:03AM			Vilamba 5120	
		Yama 11:55AM – 1:38PM	Siddhi Until 8:32PM	Muruqa: Clear	<i>Sunset:</i> 6:47PM			Moon 6 - Phase 13	
		442242361 Rahu 5:04PM – 6:47PM	Taitila Until 11:16AM	Nataraja: White				3rd Phase	
Creative Work	Siddha Yoga	Tritiya Until 9:37PM		Moon – Blue			Bhuloka Day	Devaloka Time: 12:PM to 3:PM	
Until 1:21PM				Ashada*Ani					
Then Routine Work - Marana Yoga									

3		Monday, July 16, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vyatipata*/Varyan Yoga Vanija/Visti* Karana Chaturthyam Titau				Kathmandu, Nepal Sun 17 Sutra 92	
Simha Rasi: 10.09	Tithi 4	Gulika 1:38PM – 3:21PM	Magha* Until 11:13AM	Ganesha: Purple	<i>Sunrise:</i> 5:04AM			Vilamba 5120	
Family Home Evening		Yama 10:12AM – 11:55AM	Vyatipata* Until 5:04PM	Muruqa: Clear	<i>Sunset:</i> 6:46PM			Moon 6 - Phase 13	
		453242361 Rahu 6:47AM – 8:30AM	Vanija Until 8:07AM	Nataraja: White				3rd Phase	
Routine Work	Marana Yoga	Chaturthi* Until 6:42PM		Moon – Red			Bhuloka Day	Devaloka Time: 12:PM to 3:PM	
Until 11:13AM				Ashada*Adi					
Then Creative Work - Siddha Yoga									

4		Tuesday, July 17, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Varyan/Parigha* Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau				Kathmandu, Nepal Sun 18 Sutra 93	
Simha Rasi: 24.37	Tithi 5 – 6	Gulika 11:55AM – 1:38PM	Purvaphalguni Until 9:26AM	Ganesha: Purple	<i>Sunrise:</i> 5:04AM			Vilamba 5120	
		Yama 8:30AM – 10:13AM	Varyan Until 2:01PM	Muruqa: Clear	<i>Sunset:</i> 6:46PM			Moon 6 - Phase 13	
		453242362 Rahu 3:21PM – 5:03PM	Kaulava Until 3:23AM Wed	Nataraja: Clear				3rd Phase	
Creative Work	Siddha Yoga	Panchami Until 4:19PM		Moon – Red			Devaloka Day		
Until 9:26AM				Ashada*Adi					
Then Creative Work - Amrita Yoga									

5		Wednesday, July 18, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Kathmandu, Nepal Sun 19 Sutra 94	
Kanya Rasi: 8.4	Tithi 6 – 7	Gulika 10:13AM – 11:55AM	Uttaraphalguni Until 8:09AM	Ganesha: Purple	<i>Sunrise:</i> 5:05AM			Vilamba 5120	
		Yama 6:48AM – 8:30AM	Parigha* Until 11:31AM	Muruqa: Clear	<i>Sunset:</i> 6:46PM			Moon 6 - Phase 13	
		453242362 Rahu 11:55AM – 1:38PM	Gara Until 2:01AM Thu	Nataraja: Clear				3rd Phase	
Creative Work	Amrita Yoga	Shashthi* Until 2:36PM		Moon – Red			Devaloka Day		
Until 8:09AM				Ashada*Adi					
Then Routine Work - Marana Yoga									

Retreat Star		Thursday, July 19, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Kathmandu, Nepal Sun 20 Sutra 95	
Kanya Rasi: 22.17	Tithi 7 – 8	Gulika 8:30AM – 10:13AM	Hasta Until 7:50AM	Ganesha: Clear	<i>Sunrise:</i> 5:06AM			Vilamba 5120	
		Yama 5:06AM – 6:48AM	Shiva Until 9:36AM	Muruqa: Clear	<i>Sunset:</i> 6:45PM			Moon 6 - Phase 13	
		463242362 Rahu 1:38PM – 3:20PM	Visti Until 1:22AM Fri	Nataraja: Clear				Ashtami	
Routine Work	Marana Yoga	Saptami Until 1:35PM		Moon – Green			Sivaloka Day		
Until 7:50AM				Ashada*Adi					
Then Creative Work - Siddha Yoga									

Retreat Star		Friday, July 20, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Kathmandu, Nepal Sun 21 Sutra 96	
Tula Rasi: 5.31	Tithi 8 – 9	Gulika 6:48AM – 8:31AM	Chitra Until 8:07AM	Ganesha: Clear	<i>Sunrise:</i> 5:06AM			Vilamba 5120	
		Yama 3:20PM – 5:02PM	Siddha Until 8:15AM	Muruqa: Clear	<i>Sunset:</i> 6:45PM			Moon 6 - Phase 13	
		463242362 Rahu 10:13AM – 11:55AM	Balava Until 1:27AM Sat	Nataraja: Clear				Navami	
Creative Work	Siddha Yoga	Ashtami* Until 1:18PM		Moon – Green			Sivaloka Day		
				Ashada*Adi					

1	Saturday, July 21, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya/Subha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 22 Sutra 97
	Tula Rasi: 18.22	Tithi 9 – 10	Gulika 5:07AM – 6:49AM Yama 1:38PM – 3:20PM 463242362 Rahu 8:31AM – 10:13AM	Svati Until 8:56AM Sadhya Until 7:28AM Taitila Until 2:12AM Sun Navami* Until 1:43PM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Green	Sunrise: 5:07AM Sunset: 6:44PM	Vilamba 5120 Moon 6 - Phase 14 4th Phase
Creative Work Siddha Yoga				Sivaloka Day			


2	Sunday, July 22, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha/Sukla Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 23 Sutra 98
	Vrischika Rasi: 0.54	Tithi 10 – 11	Gulika 3:20PM – 5:02PM Yama 11:56AM – 1:38PM 473242362 Rahu 5:02PM – 6:44PM	Vishakha Until 10:42AM Subha Until 7:14AM Vanija Until 3:32AM Mon Dashami Until 2:47PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Orange	Sunrise: 5:07AM Sunset: 6:44PM	Vilamba 5120 Moon 6 - Phase 14 4th Phase
Routine Work Marana Yoga				Devaloka Day			


3	Monday, July 23, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 99
	Vrischika Rasi: 13.11	Tithi 11 – 12	Gulika 1:38PM – 3:20PM Yama 10:14AM – 11:56AM 473242362 Rahu 6:50AM – 8:32AM	Anuradha Until 12:50PM Sukla Until 7:24AM Bava Until 5:22AM Tue Ekadashi Until 4:22PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Orange	Sunrise: 5:08AM Sunset: 6:44PM	Vilamba 5120 Moon 6 - Phase 14 4th Phase
Family Home Evening Creative Work Siddha Yoga				Devaloka Day			

4	Tuesday, July 24, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma/Indra Yoga Balava Karana Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 100
	Vrischika Rasi: 25.17	Tithi 12	Gulika 11:56AM – 1:37PM Yama 8:32AM – 10:14AM 473242362 Rahu 3:19PM – 5:01PM	Jyeshtha* Until 3:15PM Brahma Until 7:56AM Balava Until 6:24PM Dvadashi Until 6:24PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Orange	Sunrise: 5:08AM Sunset: 6:43PM	Vilamba 5120 Moon 6 - Phase 14 4th Phase
Routine Work Marana Yoga Until 3:15PM Then Creative Work - Amrita Yoga				Devaloka Day			

5	Wednesday, July 25, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Mula* Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 101
	Dhanus Rasi: 7.14	Tithi 13	Gulika 10:14AM – 11:56AM Yama 6:50AM – 8:32AM 483342362 Rahu 11:56AM – 1:37PM	Mula* Until 6:18PM Indra Until 8:46AM Kaulava Until 7:33AM Trayodashi Until 8:44PM	Ganesha: Red Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 5:09AM Sunset: 6:43PM	Vilamba 5120 Moon 6 - Phase 14 4th Phase
Routine Work Marana Yoga Until 6:18PM Then Creative Work - Amrita Yoga				Sivaloka Day			

6	Thursday, July 26, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 102
	Dhanus Rasi: 19.05	Tithi 14	Gulika 8:32AM – 10:14AM Yama 5:09AM – 6:51AM 483342362 Rahu 1:37PM – 3:19PM	Purvashadha* Until 9:23PM Vaidhriti* Until 9:45AM Gara Until 10:00AM Chaturdashi* Until 11:16PM	Ganesha: Red Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 5:09AM Sunset: 6:42PM	Vilamba 5120 Moon 6 - Phase 14 4th Phase
Creative Work Siddha Yoga Until 9:23PM Then Routine Work - Marana Yoga				Sivaloka Day			

	Friday, July 27, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Purnimayam Titau				Kathmandu, Nepal Sutra 103
	Copper Retreat Star		Gulika 6:51AM – 8:33AM Yama 3:19PM – 5:00PM 483342362 Rahu 10:14AM – 11:56AM	Uttarashadha Until 12:22AM Sat Vishkambha* Until 10:51AM Visti Until 12:35PM Purnima* Until 1:51AM Sat	Ganesha: Red Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 5:10AM Sunset: 6:41PM	Vilamba 5120 Moon 6 - Phase 14 Purnima
Routine Work Marana Yoga Until 12:22AM Sat Then Creative Work - Siddha Yoga		Total Lunar Eclipse Satguru Purnima		Sivaloka Day			

	Saturday, July 28, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Prathamayam Titau				Kathmandu, Nepal Sutra 104
	Silver Retreat Star		Gulika 5:10AM – 6:52AM Yama 1:37PM – 3:18PM 493342362 Rahu 8:33AM – 10:14AM	Shravana Until 3:38AM Sun Priti Until 11:59AM Balava Until 3:09PM Prathama* Until 4:23AM Sun	Ganesha: Blue Muruqa: Clear Nataraja: Clear Moon – Purple	Sunrise: 5:10AM Sunset: 6:41PM	Vilamba 5120 Moon 6 - Phase 14 Prathama
Creative Work Siddha Yoga Until 3:38AM Sun Then Routine Work - Marana Yoga				Devaloka 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



Sunday, July 29, 2018
Gold Retreat Star

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam
Dhanishtha Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dvityayam Titau

Kathmandu, Nepal
Sutra 105
Vilamba 5120
Moon 7 - Phase 15
1st Phase

Makara Rasi: 24.29 Tithi 17

Gulika 3:18PM – 4:59PM
Yama 11:56AM – 1:37PM
493342362 **Rahu** 4:59PM – 6:40PM

Dhanishtha Until 6:33AM Mon
Ayushman Until 12:59PM
Taitila Until 5:36PM
Dvitiya Until 6:44AM Mon

Ganesha: Blue *Sunrise: 5:11AM*
Muruqa: Clear *Sunset: 6:40PM*
Nataraja: Clear
Moon – Purple

Devaloka Day

Routine Work Marana Yoga

Until 6:33AM Mon

Then Creative Work - Siddha Yoga

1

Monday, July 30, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam
Dhanishtha/Shatabhishak Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Dvitya/Tritiyayam Titau

Kathmandu, Nepal
Sun 1 Sutra 106
Vilamba 5120
Moon 7 - Phase 15
1st Phase

Kumbha Rasi: 6.23 Tithi 17 – 18

Family Home Evening

Creative Work Siddha Yoga

Gulika 1:37PM – 3:18PM
Yama 10:14AM – 11:56AM
494342362 **Rahu** 6:52AM – 8:33AM

Dhanishtha Until 6:33AM
Saubhagya Until 1:50PM
Vanija Until 7:49PM
Dvitiya Until 6:44AM

Ganesha: Blue *Sunrise: 5:11AM*
Muruqa: Clear *Sunset: 6:40PM*
Nataraja: Clear
Moon – Purple

Devaloka Day

Ashada-Adi

2

Tuesday, July 31, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam
Shatabhishak/Purvaprosnthapada Nakshatra Sobhana/Athiganda Yoga Visti/Bava Karana Tritiya/Chaturthyam Titau

Kathmandu, Nepal
Sun 2 Sutra 107
Vilamba 5120
Moon 7 - Phase 15
1st Phase

Kumbha Rasi: 18.23 Tithi 18 – 19

Routine Work Marana Yoga

Gulika 11:55AM – 1:36PM
Yama 8:34AM – 10:15AM
494342362 **Rahu** 3:17PM – 4:58PM

Shatabhishak Until 9:02AM
Sobhana Until 2:28PM
Bava Until 9:41PM
Tritiya Until 8:47AM

Ganesha: Blue *Sunrise: 5:12AM*
Muruqa: Clear *Sunset: 6:39PM*
Nataraja: Clear
Moon – Purple

Devaloka Day

Ashada-Adi

3

Wednesday, August 1, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam
Purvaprosnthapada Nakshatra Athiganda/Sukarma Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Kathmandu, Nepal
Sun 3 Sutra 108
Vilamba 5120
Moon 7 - Phase 15
1st Phase

Meena Rasi: 0.32 Tithi 19 – 20

Creative Work Amrita Yoga

Until 11:27AM

Then Creative Work - Siddha Yoga

Gulika 10:15AM – 11:55AM
Yama 6:53AM – 8:34AM
414342362 **Rahu** 11:55AM – 1:36PM

Purvaprosnthapada* Until 11:27AM
Athiganda* Until 2:44PM
Kaulava Until 11:06PM
Chaturthi* Until 10:26AM

Ganesha: White *Sunrise: 5:12AM*
Muruqa: Clear *Sunset: 6:38PM*
Nataraja: Clear
Moon – Clear

Devaloka Day

Ashada-Adi

4

Thursday, August 2, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam
Uttaraprosnthapada/Revati Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Kathmandu, Nepal
Sun 4 Sutra 109
Vilamba 5120
Moon 7 - Phase 15
1st Phase

Meena Rasi: 12.53 Tithi 20 – 21

Creative Work Siddha Yoga

Gulika 8:34AM – 10:15AM
Yama 5:13AM – 6:54AM
414342362 **Rahu** 1:36PM – 3:17PM

Uttaraprosnthapada Until 1:13PM
Sukarma Until 2:37PM
Gara Until 11:59PM
Panchami Until 11:36AM

Ganesha: White *Sunrise: 5:13AM*
Muruqa: Clear *Sunset: 6:38PM*
Nataraja: Clear
Moon – Clear

Devaloka Day

Ashada-Adi

5

Friday, August 3, 2018

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam
Revati/Ashvini Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Shashthi/Saplamyam Titau

Kathmandu, Nepal
Sun 5 Sutra 110
Vilamba 5120
Moon 7 - Phase 15
1st Phase

Meena Rasi: 25.29 Tithi 21 – 22

Creative Work Siddha Yoga

Until 2:16PM

Then Creative Work - Amrita Yoga

Gulika 6:54AM – 8:34AM
Yama 3:16PM – 4:57PM
414342362 **Rahu** 10:15AM – 11:55AM

Revati Until 2:16PM
Dhriti Until 2:04PM
Visti Until 12:15AM Sat
Shashthi* Until 12:11PM

Ganesha: White *Sunrise: 5:13AM*
Muruqa: Clear *Sunset: 6:37PM*
Nataraja: Clear
Moon – Clear

Devaloka Day

Ashada-Adi

D

Saturday, August 4, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam
Ashvini/Bharani Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Saplam/Ashtamyam Titau

Kathmandu, Nepal
Sun 6 Sutra 111
Vilamba 5120
Moon 7 - Phase 15
Ashtami

Mesha Rasi: 8.24 Tithi 22 – 23

Creative Work Siddha Yoga

Gulika 5:14AM – 6:54AM
Yama 1:36PM – 3:16PM
424342362 **Rahu** 8:35AM – 10:15AM

Ashvini Until 3:00PM
Shula* Until 12:58PM
Balava Until 11:51PM
Saptami Until 12:07PM

Ganesha: Clear *Sunrise: 5:14AM*
Muruqa: Clear *Sunset: 6:36PM*
Nataraja: Clear
Moon – White

Sivaloka Day

Ashada-Adi

Sunday, August 5, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam
Bharani/Krittika Nakshatra Ganda*/Vridhhi Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Kathmandu, Nepal
Sun 7 Sutra 112
Vilamba 5120
Moon 7 - Phase 15
Navami

Mesha Rasi: 21.39 Tithi 23 – 24

Routine Work Prabalarishta Yoga

Until 2:54PM

Then Creative Work - Siddha Yoga

Gulika 3:15PM – 4:56PM
Yama 11:55AM – 1:35PM
424342362 **Rahu** 4:56PM – 6:36PM

Bharani Until 2:54PM
Ganda* Until 11:20AM
Taitila Until 10:46PM
Ashtami* Until 11:23AM

Ganesha: Clear *Sunrise: 5:14AM*
Muruqa: Clear *Sunset: 6:36PM*
Nataraja: Clear
Moon – White

Sivaloka Day

Ashada-Adi

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

All times are standard time

www.gurudeva.org/panchang

Monday, August 6, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 8 Sutra 113 Vilamba 5120
1	Vrishabha Rasi: 5.17 Family Home Evening Routine Work Marana Yoga Until 1:59PM Then Creative Work - Amrita Yoga	424342362	Gulika 1:35PM – 3:15PM Yama 10:15AM – 11:55AM Rahu 6:55AM – 8:35AM	Krittika Until 1:59PM Vriddhi Until 9:11AM Vanija Until 9:01PM Navami* Until 9:58AM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – White Ashada-Adi	Sunrise: 5:15AM Sunset: 6:35PM Moon 7 - Phase 16 2nd Phase Sivaloka Day

Tuesday, August 7, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 9 Sutra 114 Vilamba 5120
2	Vrishabha Rasi: 19.19 Creative Work Amrita Yoga Until 12:43PM Then Creative Work - Siddha Yoga	434342362	Gulika 11:55AM – 1:35PM Yama 8:35AM – 10:15AM Rahu 3:15PM – 4:54PM	Rohini Until 12:43PM Dhruva Until 6:27AM Bava Until 6:40PM Dashami Until 7:54AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Yellow Ashada-Adi	Sunrise: 5:16AM Sunset: 6:34PM Moon 7 - Phase 16 2nd Phase Devaloka Day

Wednesday, August 8, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvadashyam Titau				Kathmandu, Nepal Sun 10 Sutra 115 Vilamba 5120
3	Mithuna Rasi: 3.45 Creative Work Siddha Yoga	434342362	Gulika 10:15AM – 11:55AM Yama 6:56AM – 8:35AM Rahu 11:55AM – 1:34PM	Mrigashira Until 10:46AM Harshana Until 11:43PM Kaulava Until 3:47PM Dvadashi* Until 2:10AM Thu	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Yellow Ashada-Adi	Sunrise: 5:16AM Sunset: 6:33PM Moon 7 - Phase 16 2nd Phase Devaloka Day

Thursday, August 9, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Vajra* Yoga Gara/Vanija Karana Trayodashyam Titau				Kathmandu, Nepal Sun 11 Sutra 116 Vilamba 5120
4	Mithuna Rasi: 18.31 Routine Work Marana Yoga Until 8:15AM Then Creative Work - Amrita Yoga	434342362	Gulika 8:36AM – 10:15AM Yama 5:17AM – 6:56AM Rahu 1:34PM – 3:14PM	Ardra Until 8:15AM Vajra* Until 7:51PM Gara Until 12:30PM Trayodashi* Until 10:44PM <i>Pradosha Vrata (Fasting)</i>	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Yellow Ashada-Adi	Sunrise: 5:17AM Sunset: 6:33PM Moon 7 - Phase 16 2nd Phase Devaloka Day

Friday, August 10, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Siddhi/Vyatipata* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 12 Sutra 117 Vilamba 5120
5	Kataka Rasi: 3.31 Routine Work Marana Yoga	444342362	Gulika 6:56AM – 8:36AM Yama 3:13PM – 4:52PM Rahu 10:15AM – 11:54AM	Pushya Until 2:52AM Sat Siddhi Until 3:48PM Visti Until 8:58AM Chaturdashi* Until 7:07PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Blue Ashada-Adi	Sunrise: 5:17AM Sunset: 6:32PM Moon 7 - Phase 16 2nd Phase Devaloka Day

Saturday, August 11, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Vyatipata*/Variyan Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal Sun 13 Sutra 118 Vilamba 5120
Retreat Star	Kataka Rasi: 18.38 Routine Work Marana Yoga Until 11:55PM Then Creative Work - Amrita Yoga	444342362	Gulika 5:18AM – 6:57AM Yama 1:33PM – 3:13PM Rahu 8:36AM – 10:15AM Partial Solar Eclipse	Ashlesha* Until 11:55PM Vyatipata* Until 11:42AM Kintughna Until 1:40AM Sun Amavasya* Until 3:27PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Blue Ashada-Adi	Sunrise: 5:18AM Sunset: 6:31PM Moon 7 - Phase 16 Amavasya Devaloka Day

Sunday, August 12, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Kathmandu, Nepal Sun 14 Sutra 119 Vilamba 5120
Retreat Star	Simha Rasi: 3.43 Routine Work Marana Yoga Until 9:26PM Then Creative Work - Siddha Yoga	455342362	Gulika 3:12PM – 4:51PM Yama 11:54AM – 1:33PM Rahu 4:51PM – 6:30PM	Magha* Until 9:26PM Variyan Until 7:40AM Balava Until 10:14PM Prathama* Until 11:54AM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Red Sravana-Adi	Sunrise: 5:18AM Sunset: 6:30PM Moon 7 - Phase 16 Prathama Sivaloka Day

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

Monday, August 13, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Shiva Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau				Kathmandu, Nepal Sun 15 Sutra 120 Vilamba 5120
1	Simha Rasi: 18.37 Family Home Evening Creative Work Siddha Yoga	Tithi 2 - 3 455342362	Gulika 1:33PM - 3:12PM Yama 10:15AM - 11:54AM Rahu 6:58AM - 8:36AM	Purvaphalguni Until 7:08PM Shiva Until 12:19AM Tue Taitila Until 7:09PM Dvitiya Until 8:37AM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon - Red	<i>Sunrise:</i> 5:19AM <i>Sunset:</i> 6:29PM Moon 7 - Phase 17 3rd Phase Sivaloka Day Savana-Adi

Tuesday, August 14, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddha Yoga Vanija/Visti* Karana Chaturthyam Titau				Kathmandu, Nepal Sun 16 Sutra 121 Vilamba 5120
2	Kanya Rasi: 3.13 Creative Work Amrita Yoga Until 5:12PM Then Creative Work - Siddha Yoga	Tithi 4 455342362	Gulika 11:54AM - 1:32PM Yama 8:36AM - 10:15AM Rahu 3:11PM - 4:50PM	Uttaraphalguni Until 5:12PM Siddha Until 9:14PM Vanija Until 4:33PM Chaturthi* Until 3:28AM Wed	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon - Red	<i>Sunrise:</i> 5:19AM <i>Sunset:</i> 6:29PM Moon 7 - Phase 17 3rd Phase Sivaloka Day Savana-Adi

Wednesday, August 15, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Sadhya Yoga Bava/Balava Karana Panchamyam Titau				Kathmandu, Nepal Sun 17 Sutra 122 Vilamba 5120
3	Kanya Rasi: 17.25 Routine Work Marana Yoga Until 4:12PM Then Creative Work - Siddha Yoga	Tithi 5 465342362	Gulika 10:15AM - 11:54AM Yama 6:58AM - 8:37AM Rahu 11:54AM - 1:32PM	Hasta Until 4:12PM Sadhya Until 6:42PM Bava Until 2:35PM Panchami Until 1:52AM Thu	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Green	<i>Sunrise:</i> 5:20AM <i>Sunset:</i> 6:28PM Moon 7 - Phase 17 3rd Phase Subha Sivaloka Day Savana-Adi

Thursday, August 16, 2018		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Shashthyam Titau				Kathmandu, Nepal Sun 18 Sutra 123 Vilamba 5120
4	Tula Rasi: 1.11 Creative Work Siddha Yoga Until 3:47PM Then Creative Work - Amrita Yoga	Tithi 6 465342362	Gulika 8:37AM - 10:15AM Yama 5:20AM - 6:59AM Rahu 1:32PM - 3:10PM	Chitra Until 3:47PM Subha Until 4:47PM Kaulava Until 1:22PM Shashthi* Until 1:02AM Fri	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Green	<i>Sunrise:</i> 5:20AM <i>Sunset:</i> 6:27PM Moon 7 - Phase 17 3rd Phase Subha Sivaloka Day Savana-Adi

Friday, August 17, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Saplamyam Titau				Kathmandu, Nepal Sun 19 Sutra 124 Vilamba 5120
5	Tula Rasi: 14.29 Creative Work Siddha Yoga	Tithi 7 465342362	Gulika 6:59AM - 8:37AM Yama 3:09PM - 4:48PM Rahu 10:15AM - 11:53AM	Svati Until 4:00PM Sukla Until 3:30PM Gara Until 12:56PM Saptami Until 1:01AM Sat	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Green	<i>Sunrise:</i> 5:21AM <i>Sunset:</i> 6:26PM Moon 7 - Phase 17 3rd Phase Subha Sivaloka Day Savana-Avani

Saturday, August 18, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha/Anuradha Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Ashtamyam Titau				Kathmandu, Nepal Sun 20 Sutra 125 Vilamba 5120
Retreat Star	Tula Rasi: 27.22 Creative Work Siddha Yoga	Tithi 8 575342362	Gulika 5:21AM - 6:59AM Yama 1:31PM - 3:09PM Rahu 8:37AM - 10:15AM	Vishakha Until 5:19PM Brahma Until 2:51PM Visti Until 1:20PM Ashtami* Until 1:47AM Sun	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Orange	<i>Sunrise:</i> 5:21AM <i>Sunset:</i> 6:25PM Moon 7 - Phase 17 Ashtami Subha Sivaloka Day Savana-Avani

Sunday, August 19, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Navamyam Titau				Kathmandu, Nepal Sun 21 Sutra 126 Vilamba 5120
Retreat Star	Vrischika Rasi: 9.54 Routine Work Marana Yoga	Tithi 9 575442362	Gulika 3:08PM - 4:46PM Yama 11:53AM - 1:31PM Rahu 4:46PM - 6:24PM	Anuradha Until 7:12PM Indra Until 2:48PM Balava Until 2:28PM Navami* Until 3:15AM Mon	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon - Orange	<i>Sunrise:</i> 5:22AM <i>Sunset:</i> 6:24PM Moon 7 - Phase 17 Navami Sivaloka Day Savana-Avani

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

Monday, August 20, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Vaidhriti*/Vishkambha* Yoga Tailila/Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 22 Sutra 127 Vilamba 5120
1	Vrischika Rasi: 22.08 Tithi 10 Family Home Evening Creative Work Siddha Yoga	Gulika 1:30PM – 3:08PM Yama 10:15AM – 11:53AM Rahu 7:00AM – 8:37AM	Jyeshtha* Until 9:30PM Vaidhriti* Until 3:12PM Tailila Until 4:14PM Dashami Until 5:17AM Tue	Ganesha: Clear Muruga: Clear Nataraja: Clear Moon – Orange	Sunrise: 5:22AM Sunset: 6:23PM	Moon 7 - Phase 18 4th Phase Sivaloka Day

Tuesday, August 21, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Vishkambha*/Priti Yoga Vanija Karana Ekadashyam Titau				Kathmandu, Nepal Sun 23 Sutra 128 Vilamba 5120
2	Dhanus Rasi: 4.08 Tithi 11 Creative Work Amrita Yoga	Gulika 11:52AM – 1:30PM Yama 8:37AM – 10:15AM Rahu 3:07PM – 4:45PM	Mula* Until 12:32AM Wed Vishkambha* Until 3:59PM Vanija Until 6:28PM Ekadashi Until 7:41AM Wed	Ganesha: Clear Muruga: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 5:23AM Sunset: 6:22PM	Moon 7 - Phase 18 4th Phase Sivaloka Day

Wednesday, August 22, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 129 Vilamba 5120
3	Dhanus Rasi: 16.01 Tithi 11 – 12 Creative Work Amrita Yoga Until 3:38AM Thu Then Routine Work - Marana Yoga	Gulika 10:15AM – 11:52AM Yama 7:00AM – 8:38AM Rahu 11:52AM – 1:29PM	Purvashadha* Until 3:38AM Thu Priti Until 5:01PM Bava Until 8:59PM Ekadashi Until 7:41AM	Ganesha: Clear Muruga: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 5:23AM Sunset: 6:21PM	Moon 7 - Phase 18 4th Phase Sivaloka Day

Thursday, August 23, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Ayushman Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 25 Sutra 130 Vilamba 5120
4	Dhanus Rasi: 27.49 Tithi 12 – 13 Routine Work Marana Yoga	Gulika 8:38AM – 10:15AM Yama 5:24AM – 7:01AM Rahu 1:29PM – 3:06PM	Uttarashadha Until 6:37AM Fri Ayushman Until 6:05PM Kaulava Until 11:36PM Dvadashi Until 10:16AM	Ganesha: Clear Muruga: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 5:24AM Sunset: 6:20PM	Moon 7 - Phase 18 4th Phase Sivaloka Day

Pradosha Vrata

Friday, August 24, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Saubhagya Yoga Tailila/Gara Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 26 Sutra 131 Vilamba 5120
5	Makara Rasi: 10 Tithi 13 – 14 Routine Work Marana Yoga	Gulika 7:01AM – 8:38AM Yama 3:05PM – 4:42PM Rahu 10:15AM – 11:52AM	Uttarashadha Until 6:37AM Saubhagya Until 7:09PM Gara Until 2:08AM Sat Trayodashi Until 12:52PM	Ganesha: Clear Muruga: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 5:24AM Sunset: 6:19PM	Moon 7 - Phase 18 4th Phase Sivaloka Day

Chidambaram Abhishekam

Saturday, August 25, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sobhana Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Kathmandu, Nepal Sun 27 Sutra 132 Vilamba 5120
6	Makara Rasi: 21.26 Tithi 14 – 15 Creative Work Siddha Yoga	Gulika 5:25AM – 7:01AM Yama 1:28PM – 3:05PM Rahu 8:38AM – 10:15AM	Shravana Until 9:49AM Sobhana Until 8:06PM Visti Until 4:28AM Sun Chaturdashi* Until 3:19PM	Ganesha: White Muruga: Clear Nataraja: Clear Moon – Purple	Sunrise: 5:25AM Sunset: 6:18PM	Moon 7 - Phase 18 4th Phase Subha Sivaloka Day

Avani Avittam

Sunday, August 26, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Athiganda* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal Sutra 133 Vilamba 5120
○	Copper Retreat Star Kumbha Rasi: 3.21 Tithi 15 – 16 Routine Work Marana Yoga Until 12:37PM Then Creative Work - Siddha Yoga	Gulika 3:04PM – 4:40PM Yama 11:51AM – 1:27PM Rahu 4:40PM – 6:17PM	Dhanishtha Until 12:37PM Athiganda* Until 8:47PM Balava Until 6:28AM Mon Purnima* Until 5:29PM	Ganesha: White Muruga: Clear Nataraja: Clear Moon – Purple	Sunrise: 5:25AM Sunset: 6:17PM	Moon 7 - Phase 18 Purnima Subha Sivaloka Day

Raksha Bandhan

Monday, August 27, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Sukarma Yoga Balava/Kaulava Karana Prathamayam Titau				Kathmandu, Nepal Sutra 134 Vilamba 5120
○	Silver Retreat Star Kumbha Rasi: 15.23 Tithi 16 Family Home Evening Creative Work Siddha Yoga Until 2:55PM Then Routine Work - Marana Yoga	Gulika 1:27PM – 3:03PM Yama 10:14AM – 11:51AM Rahu 7:02AM – 8:38AM	Shatabhishak Until 2:55PM Sukarma Until 9:13PM Balava Until 6:28AM Prathama* Until 7:18PM	Ganesha: White Muruga: Clear Nataraja: Clear Moon – Purple	Sunrise: 5:26AM Sunset: 6:16PM	Moon 7 - Phase 18 Prathama Subha Sivaloka Day

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

All times are standard time

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1	Wednesday, September 5, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Siddhi/Vyalipala* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 9 Sutra 143
	Mithuna Rasi: 13.14	Tithi 25 – 26	Gulika 10:13AM – 11:48AM	Ardra Until 5:07PM	Ganesha: White	<i>Sunrise:</i> 5:30AM	Vilamba 5120
			Yama 7:04AM – 8:39AM	Siddhi Until 8:46AM	Muruqa: Purple	<i>Sunset:</i> 6:06PM	Moon 8 - Phase 20
	Creative Work	Siddha Yoga	538452363 Rahu 11:48AM – 1:22PM	Bava Until 1:43AM Thu	Nataraja: Purple		2nd Phase
			Dashami Until 3:03PM	Moon – Yellow		Devaloka Day	
				Sravana-Avani			

2	Thursday, September 6, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Variyan Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal Sun 10 Sutra 144
	Mithuna Rasi: 27.42	Tithi 26 – 27	Gulika 8:39AM – 10:13AM	Punarvasu Until 3:13PM	Ganesha: Yellow	<i>Sunrise:</i> 5:30AM	Vilamba 5120
			Yama 5:30AM – 7:05AM	Variyan Until 1:57AM Fri	Muruqa: Purple	<i>Sunset:</i> 6:05PM	Moon 8 - Phase 20
	Creative Work	Amrita Yoga	548452363 Rahu 1:22PM – 2:56PM	Kaulava Until 10:47PM	Nataraja: Purple		2nd Phase
			Ekadashi* Until 12:16PM	Moon – Blue		Bhuloka Day	
				Sravana-Avani		Devaloka Time: 9:AM to12:PM	

3	Friday, September 7, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Parigha* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 11 Sutra 145
	Kataka Rasi: 12.23	Tithi 27 – 28	Gulika 7:05AM – 8:39AM	Pushya Until 12:54PM	Ganesha: Yellow	<i>Sunrise:</i> 5:31AM	Vilamba 5120
			Yama 2:56PM – 4:30PM	Parigha* Until 10:13PM	Muruqa: Purple	<i>Sunset:</i> 6:04PM	Moon 8 - Phase 20
	Routine Work	Marana Yoga	548452363 Rahu 10:13AM – 11:47AM	Gara Until 7:37PM	Nataraja: Purple		2nd Phase
			Dvadashi* Until 9:12AM	Moon – Blue		Bhuloka Day	
				Sravana-Avani		Devaloka Time: 9:AM to12:PM	
				<i>Pradosha Vrata (Fasting)</i>			

4	Saturday, September 8, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Shiva Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 12 Sutra 146
	Kataka Rasi: 27.14	Tithi 29	Gulika 5:31AM – 7:05AM	Ashlesha* Until 10:19AM	Ganesha: Yellow	<i>Sunrise:</i> 5:31AM	Vilamba 5120
			Yama 1:21PM – 2:55PM	Shiva Until 6:26PM	Muruqa: Purple	<i>Sunset:</i> 6:03PM	Moon 8 - Phase 20
	Routine Work	Marana Yoga	548452363 Rahu 8:39AM – 10:13AM	Visti Until 4:20PM	Nataraja: Purple		2nd Phase
			Chaturdashi* Until 2:41AM Sun	Moon – Blue		Bhuloka Day	
				Sravana-Avani		Devaloka Time: 9:AM to12:PM	
				<i>Pradosha Vrata (Fasting)</i>			

	Sunday, September 9, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddha/Sadhya Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Kathmandu, Nepal Sun 13 Sutra 147
	Retreat Star		Gulika 2:54PM – 4:28PM	Magha* Until 7:58AM	Ganesha: Red	<i>Sunrise:</i> 5:32AM	Vilamba 5120
	Simha Rasi: 12.06	Tithi 30	Yama 11:47AM – 1:20PM	Siddha Until 2:39PM	Muruqa: Purple	<i>Sunset:</i> 6:02PM	Moon 8 - Phase 20
	Routine Work	Marana Yoga	548452363 Rahu 4:28PM – 6:02PM	Catuspada Until 1:05PM	Nataraja: Purple		Amavasya
			Amavasya* Until 11:30PM	Moon – Red		Bhuloka Day	
				Sravana-Avani		Devaloka Time: 9:AM to12:PM	
				Grandparent's Day			

Monday, September 10, 2018	Retreat Star		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya/Subha Yoga Kintughna*/Bava Karana Prathamayam Titau				Kathmandu, Nepal Sun 14 Sutra 148
	Family Home Evening		Gulika 1:20PM – 2:53PM	Uttaraphalguni Until 3:28AM Tue	Ganesha: Blue	<i>Sunrise:</i> 5:32AM	Vilamba 5120
	Simha Rasi: 26.53	Tithi 1	Yama 10:13AM – 11:46AM	Sadhya Until 11:02AM	Muruqa: Purple	<i>Sunset:</i> 6:00PM	Moon 8 - Phase 20
	Creative Work	Siddha Yoga	559452363 Rahu 7:06AM – 8:39AM	Kintughna Until 10:01AM	Nataraja: Purple		Prathama
			Prathama* Until 8:34PM	Moon – Red		Bhuloka Day	
				Bhadrapada-Avani			

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

1		Tuesday, September 11, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Dvitiyayam Titau		Kathmandu, Nepal Sun 15 Sutra 149 Vilamba 5120	
Kanya Rasi: 11.25	Tithi 2	Gulika 11:46AM – 1:19PM	Hasta Until 2:03AM Wed	Ganesha: Blue	<i>Sunrise:</i> 5:32AM	Muruqa: Purple	<i>Sunset:</i> 5:59PM
		Yama 8:39AM – 10:12AM	Subha Until 7:44AM	Nataraja: Purple		Moon 8 - Phase 21	3rd Phase
		569452363 Rahu 2:53PM – 4:26PM	Balava Until 7:16AM	Moon – Green		Bhuloka Day	
Creative Work	Siddha Yoga		Dvitiya Until 6:04PM	Bhadrapada-Avani			

2		Wednesday, September 12, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Brahma Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Kathmandu, Nepal Sun 16 Sutra 150 Vilamba 5120	
Kanya Rasi: 25.38	Tithi 3 – 4	Gulika 10:12AM – 11:45AM	Chitra Until 1:05AM Thu	Ganesha: Blue	<i>Sunrise:</i> 5:33AM	Muruqa: Purple	<i>Sunset:</i> 5:59PM
		Yama 7:06AM – 8:39AM	Brahma Until 2:23AM Thu	Nataraja: Purple		Moon 8 - Phase 21	3rd Phase
		569452363 Rahu 11:45AM – 1:19PM	Vanija Until 3:24AM Thu	Moon – Green		Bhuloka Day	
Creative Work	Siddha Yoga		Tritiya Until 4:07PM	Bhadrapada-Avani			
Until 1:05AM Thu							
Then Creative Work - Amrita Yoga							

3		Thursday, September 13, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Indra Yoga Vistri/Bava Karana Chaturthi/Panchamyam Titau		Kathmandu, Nepal Sun 17 Sutra 151 Vilamba 5120	
Tula Rasi: 9.27	Tithi 4 – 5	Gulika 8:39AM – 10:12AM	Svati Until 12:42AM Fri	Ganesha: Blue	<i>Sunrise:</i> 5:33AM	Muruqa: Purple	<i>Sunset:</i> 5:57PM
		Yama 5:33AM – 7:06AM	Indra Until 12:34AM Fri	Nataraja: Purple		Moon 8 - Phase 21	3rd Phase
		569452363 Rahu 1:18PM – 2:51PM	Bava Until 2:32AM Fri	Moon – Green		Bhuloka Day	
Creative Work	Amrita Yoga		Chaturthi* Until 2:51PM	Bhadrapada-Avani			
Until 12:42AM Fri							
Then Creative Work - Siddha Yoga							

4		Friday, September 14, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Kathmandu, Nepal Sun 18 Sutra 152 Vilamba 5120	
Tula Rasi: 22.49	Tithi 5 – 6	Gulika 7:07AM – 8:39AM	Vishakha Until 1:26AM Sat	Ganesha: White	<i>Sunrise:</i> 5:34AM	Muruqa: Purple	<i>Sunset:</i> 5:56PM
		Yama 2:50PM – 4:23PM	Vaidhriti* Until 11:23PM	Nataraja: Purple		Moon 8 - Phase 21	3rd Phase
		579552363 Rahu 10:12AM – 11:45AM	Kaulava Until 2:29AM Sat	Moon – Orange		Devaloka Day	
Creative Work	Siddha Yoga		Panchami Until 2:23PM	Bhadrapada-Avani			

5		Saturday, September 15, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vishkambha* Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau		Kathmandu, Nepal Sun 19 Sutra 153 Vilamba 5120	
Vrischika Rasi: 5.45	Tithi 6 – 7	Gulika 5:34AM – 7:07AM	Anuradha Until 2:48AM Sun	Ganesha: White	<i>Sunrise:</i> 5:34AM	Muruqa: Purple	<i>Sunset:</i> 5:55PM
		Yama 1:17PM – 2:50PM	Vishkambha* Until 10:52PM	Nataraja: Purple		Moon 8 - Phase 21	3rd Phase
		579552363 Rahu 8:39AM – 10:12AM	Gara Until 3:16AM Sun	Moon – Orange		Devaloka Day	
Creative Work	Siddha Yoga		Shashthi* Until 2:45PM	Bhadrapada-Avani			
Until 2:48AM Sun							
Then Routine Work - Marana Yoga							

6		Sunday, September 16, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Priti Yoga Vanija/Vistri* Karana Saptami/Ashtamyam Titau		Kathmandu, Nepal Sun 20 Sutra 154 Vilamba 5120	
Vrischika Rasi: 18.19	Tithi 7 – 8	Gulika 2:49PM – 4:21PM	Jyeshtha* Until 4:44AM Mon	Ganesha: White	<i>Sunrise:</i> 5:35AM	Muruqa: Purple	<i>Sunset:</i> 5:53PM
		Yama 11:44AM – 1:16PM	Priti Until 10:57PM	Nataraja: Purple		Moon 8 - Phase 21	3rd Phase
		579552363 Rahu 4:21PM – 5:53PM	Vistri Until 4:47AM Mon	Moon – Orange		Devaloka Day	
Routine Work	Marana Yoga		Saptami Until 3:55PM	Bhadrapada-Avani			
Until 4:44AM Mon							
Then Creative Work - Siddha Yoga							

Retreat Star		Monday, September 17, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Ayushman Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Kathmandu, Nepal Sun 21 Sutra 155 Vilamba 5120	
Dhanus Rasi: 0.32	Tithi 8 – 9	Gulika 1:16PM – 2:48PM	Mula* Until 7:34AM Tue	Ganesha: Clear	<i>Sunrise:</i> 5:35AM	Muruqa: Purple	<i>Sunset:</i> 5:52PM
Family Home Evening		Yama 10:12AM – 11:44AM	Ayushman Until 11:29PM	Nataraja: Purple		Moon 8 - Phase 21	Ashtami
		589552363 Rahu 7:07AM – 8:39AM	Balava Until 6:54AM Tue	Moon – Light Blue		Bhuloka Day	
Creative Work	Siddha Yoga		Ashtami* Until 5:46PM	Bhadrapada-Puratasi		Devaloka Time: 9:AM to12:PM	

Retreat Star		Tuesday, September 18, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Saubhagya Yoga Balava/Kaulava Karana Navamyam Titau		Kathmandu, Nepal Sun 22 Sutra 156 Vilamba 5120	
Dhanus Rasi: 12.32	Tithi 9	Gulika 11:43AM – 1:15PM	Mula* Until 7:34AM	Ganesha: Clear	<i>Sunrise:</i> 5:36AM	Muruqa: Purple	<i>Sunset:</i> 5:51PM
		Yama 8:39AM – 10:11AM	Saubhagya Until 12:22AM Wed	Nataraja: Purple		Moon 8 - Phase 21	Navami
		581552363 Rahu 2:47PM – 4:19PM	Balava Until 6:54AM	Moon – Light Blue		Bhuloka Day	
Creative Work	Amrita Yoga		Navami* Until 8:06PM	Bhadrapada-Puratasi		Devaloka Time: 9:AM to12:PM	
Until 7:34AM							
Then Creative Work - Siddha Yoga							

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

1	Wednesday, September 19, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Sobhana Yoga Taitila/Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 157 Vilamba 5120
	Dhanus Rasi: 24.23	Tithi 10	Gulika 10:11AM – 11:43AM	Purvashadha* Until 10:36AM	Ganesha: Clear	<i>Sunrise:</i> 5:36AM	
			Yama 7:08AM – 8:40AM	Sobhana Until 1:26AM Thu	Muruqa: Purple	<i>Sunset:</i> 5:50PM	Moon 8 - Phase 22
	581552363	Rahu 11:43AM – 1:15PM		Taitila Until 9:24AM	Nataraja: Purple		4th Phase
Creative Work	Amrita Yoga		Dashami Until 10:42PM	Moon – Light Blue		Bhuloka Day Devaloka Time: 9:AM to12:PM	
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2	Thursday, September 20, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Athiganda* Yoga Vanija/Visti* Karana Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 158 Vilamba 5120
	Makara Rasi: 6.11	Tithi 11	Gulika 8:40AM – 10:11AM	Uttarashadha Until 1:34PM	Ganesha: Clear	<i>Sunrise:</i> 5:36AM	
			Yama 5:36AM – 7:08AM	Athiganda* Until 2:28AM Fri	Muruqa: Purple	<i>Sunset:</i> 5:49PM	Moon 8 - Phase 22
	581552363	Rahu 1:14PM – 2:46PM		Vanija Until 12:02PM	Nataraja: Purple		4th Phase
Routine Work	Marana Yoga		Ekadashi Until 1:18AM Fri	Moon – Light Blue		Bhuloka Day Devaloka Time: 9:AM to12:PM	
Until 1:34PM				Bhadrapada*Puratasi			
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3	Friday, September 21, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sukarma Yoga Bava/Balava Karana Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 159 Vilamba 5120
	Makara Rasi: 18	Tithi 12	Gulika 7:08AM – 8:40AM	Shravana Until 4:46PM	Ganesha: Purple	<i>Sunrise:</i> 5:37AM	
			Yama 2:45PM – 4:16PM	Sukarma Until 3:21AM Sat	Muruqa: Purple	<i>Sunset:</i> 5:48PM	Moon 8 - Phase 22
	591552363	Rahu 10:11AM – 11:42AM		Bava Until 2:34PM	Nataraja: Purple		4th Phase
Routine Work	Marana Yoga		Dvadashi Until 3:43AM Sat	Moon – Purple		Devaloka Day	
Until 4:46PM				Bhadrapada*Puratasi			
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4	Saturday, September 22, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Dhriti Yoga Kaulava/Taitila Karana Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 160 Vilamba 5120
	Makara Rasi: 29.53	Tithi 13	Gulika 5:37AM – 7:09AM	Dhanishtha Until 7:31PM	Ganesha: Purple	<i>Sunrise:</i> 5:37AM	
			Yama 1:13PM – 2:44PM	Dhriti Until 3:58AM Sun	Muruqa: Purple	<i>Sunset:</i> 5:46PM	Moon 8 - Phase 22
	591552363	Rahu 8:40AM – 10:11AM		Kaulava Until 4:49PM	Nataraja: Purple		4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 5:46AM Sun	Moon – Purple		Devaloka Day	
Until 7:31PM				Bhadrapada*Puratasi			
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5	Sunday, September 23, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Shula* Yoga Gara Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 161 Vilamba 5120
	Kumbha Rasi: 11.56	Tithi 14	Gulika 2:43PM – 4:14PM	Shatabhishak Until 9:41PM	Ganesha: Purple	<i>Sunrise:</i> 5:38AM	
			Yama 11:42AM – 1:13PM	Shula* Until 4:12AM Mon	Muruqa: Purple	<i>Sunset:</i> 5:45PM	Moon 8 - Phase 22
	591552363	Rahu 4:14PM – 5:45PM		Gara Until 6:39PM	Nataraja: Purple		4th Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 7:21AM Mon	Moon – Purple		Devaloka Day	
		Kadaitswami Mahasamadhi		Bhadrapada*Puratasi			
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O	Monday, September 24, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Ganda* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Kathmandu, Nepal Sutra 162 Vilamba 5120
	Copper Retreat Star		Gulika 1:12PM – 2:43PM	Purvaproshtapada* Until 11:41PM	Ganesha: Purple	<i>Sunrise:</i> 5:38AM	
	Kumbha Rasi: 24.1	Tithi 14 – 15	Yama 10:10AM – 11:41AM	Ganda* Until 4:04AM Tue	Muruqa: Purple	<i>Sunset:</i> 5:44PM	Moon 8 - Phase 22
	511552363	Rahu 7:09AM – 8:40AM		Visti Until 7:58PM	Nataraja: Purple		Purnima
Routine Work	Marana Yoga		Chaturdashi* Until 7:21AM	Moon – Clear		Devaloka Day	
Until 11:41PM		Chidambaram Abhishekam		Bhadrapada*Puratasi			
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O	Tuesday, September 25, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Vriddhi Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal Sutra 163 Vilamba 5120
	Silver Retreat Star		Gulika 11:41AM – 1:11PM	Uttaraproshtapada Until 1:01AM Wed	Ganesha: Purple	<i>Sunrise:</i> 5:39AM	
	Meena Rasi: 6.37	Tithi 15 – 16	Yama 8:40AM – 10:10AM	Vriddhi Until 3:32AM Wed	Muruqa: Purple	<i>Sunset:</i> 5:43PM	Moon 8 - Phase 22
	511552363	Rahu 2:42PM – 4:12PM		Balava Until 8:46PM	Nataraja: Purple		Prathama
Creative Work	Amrita Yoga		Purnima* Until 8:25AM	Moon – Clear		Devaloka Day	
Until 1:01AM Wed				Bhadrapada*Puratasi			
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Wednesday, September 26, 2018

Gold Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam
Revati Nakshatra Dhruva Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Kathmandu, Nepal
Sutra 164

Meena Rasi: 19.18 Tithi 16 – 17

Gulika 10:10AM – 11:41AM
Yama 7:10AM – 8:40AM
511552363 Rahu 11:41AM – 1:11PM

Revati Until 1:44AM Thu
Dhruva Until 2:36AM Thu
Taitila Until 9:05PM
Prathama* Until 8:58AM

Ganesha: Purple Sunrise: 5:39AM
Muruga: Purple Sunset: 5:42PM
Nataraja: Purple
Moon – Clear

Vilamba 5120
Moon 9 - Phase 23
1st Phase

Routine Work Marana Yoga
Until 1:44AM Thu
Then Creative Work - Amrita Yoga

Devaloka Day
Bhadrapada-Puratasi

1

Thursday, September 27, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam
Ashvini Nakshatra Vyaghata* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Kathmandu, Nepal
Sun 1 Sutra 165

Mesha Rasi: 2.13 Tithi 17 – 18

Gulika 8:40AM – 10:10AM
Yama 5:40AM – 7:10AM
521552363 Rahu 1:10PM – 2:40PM

Ashvini Until 2:20AM Fri
Vyaghata* Until 1:21AM Fri
Vanija Until 8:58PM
Dvitiya Until 9:03AM

Ganesha: Clear Sunrise: 5:40AM
Muruga: Purple Sunset: 5:41PM
Nataraja: Purple
Moon – White

Vilamba 5120
Moon 9 - Phase 23
1st Phase

Creative Work Amrita Yoga
Until 2:20AM Fri
Then Creative Work - Siddha Yoga

Bhuloka Day
Devaloka Time: 9:AM to 12:PM
Bhadrapada-Puratasi

2

Friday, September 28, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam
Bharani Nakshatra Harshana Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Kathmandu, Nepal
Sun 2 Sutra 166

Mesha Rasi: 15.2 Tithi 18 – 19

Gulika 7:10AM – 8:40AM
Yama 2:40PM – 4:10PM
621552363 Rahu 10:10AM – 11:40AM

Bharani Until 2:25AM Sat
Harshana Until 11:49PM
Bava Until 8:27PM
Tritiya Until 8:44AM

Ganesha: Purple Sunrise: 5:40AM
Muruga: Purple Sunset: 5:40PM
Nataraja: Purple
Moon – White

Vilamba 5120
Moon 9 - Phase 23
1st Phase

Creative Work Siddha Yoga
Until 2:25AM Sat
Then Creative Work - Amrita Yoga

Devaloka Day
Bhadrapada-Puratasi

3

Saturday, September 29, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam
Krittika Nakshatra Vajra* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Kathmandu, Nepal
Sun 3 Sutra 167

Mesha Rasi: 28.39 Tithi 19 – 20

Gulika 5:41AM – 7:10AM
Yama 1:09PM – 2:39PM
622552363 Rahu 8:40AM – 10:10AM

Krittika Until 2:02AM Sun
Vajra* Until 9:59PM
Kaulava Until 7:36PM
Chaturthi* Until 8:03AM

Ganesha: Clear Sunrise: 5:41AM
Muruga: Purple Sunset: 5:38PM
Nataraja: Purple
Moon – White

Vilamba 5120
Moon 9 - Phase 23
1st Phase

Creative Work Amrita Yoga
Until 2:02AM Sun
Then Creative Work - Siddha Yoga

Bhuloka Day
Devaloka Time: 6:AM to 9:AM
Bhadrapada-Puratasi

4

Sunday, September 30, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam
Rohini Nakshatra Siddhi Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Kathmandu, Nepal
Sun 4 Sutra 168

Vrishabha Rasi: 12.08 Tithi 20 – 21

Gulika 2:38PM – 4:08PM
Yama 11:39AM – 1:09PM
632552363 Rahu 4:08PM – 5:37PM

Rohini Until 1:39AM Mon
Siddhi Until 7:56PM
Gara Until 6:27PM
Panchami Until 7:03AM

Ganesha: Purple Sunrise: 5:41AM
Muruga: Purple Sunset: 5:37PM
Nataraja: Purple
Moon – Yellow

Vilamba 5120
Moon 9 - Phase 23
1st Phase

Creative Work Siddha Yoga
Until 1:39AM Mon
Then Creative Work - Amrita Yoga

Bhuloka Day
Bhadrapada-Puratasi

5

Monday, October 1, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam
Mrigashira Nakshatra Vyalipata*/Variyan Yoga Visti*/Bava Karana Saptamyam Titau

Kathmandu, Nepal
Sun 5 Sutra 169

Vrishabha Rasi: 25.49 Tithi 22

Family Home Evening

Gulika 1:08PM – 2:38PM
Yama 10:10AM – 11:39AM
632552363 Rahu 7:11AM – 8:40AM

Mrigashira Until 12:51AM Tue
Vyalipata* Until 5:39PM
Visti Until 5:01PM
Saptami Until 4:10AM Tue

Ganesha: Purple Sunrise: 5:42AM
Muruga: Purple Sunset: 5:36PM
Nataraja: Purple
Moon – Yellow

Vilamba 5120
Moon 9 - Phase 23
1st Phase

Creative Work Amrita Yoga
Until 12:51AM Tue
Then Routine Work - Marana Yoga

Bhuloka Day
Bhadrapada-Puratasi

D

Tuesday, October 2, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam
Ardra Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Ashtamyam Titau

Kathmandu, Nepal
Sun 6 Sutra 170

Mithuna Rasi: 9.38 Tithi 23

Gulika 11:39AM – 1:08PM
Yama 8:40AM – 10:09AM
632552363 Rahu 2:37PM – 4:06PM

Ardra Until 11:37PM
Variyan Until 3:08PM
Balava Until 3:18PM
Ashtami* Until 2:19AM Wed

Ganesha: Purple Sunrise: 5:42AM
Muruga: Purple Sunset: 5:35PM
Nataraja: Purple
Moon – Yellow

Vilamba 5120
Moon 9 - Phase 23
Ashtami

Routine Work Marana Yoga
Until 11:37PM
Then Creative Work - Siddha Yoga

Bhuloka Day
Bhadrapada-Puratasi

Wednesday, October 3, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam
Punarvasu Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Navamyam Titau

Kathmandu, Nepal
Sun 7 Sutra 171

Mithuna Rasi: 23.39 Tithi 24

Gulika 10:09AM – 11:38AM
Yama 7:11AM – 8:40AM
642552363 Rahu 11:38AM – 1:07PM

Punarvasu Until 10:24PM
Parigha* Until 12:24PM
Taitila Until 1:19PM
Navami* Until 12:12AM Thu

Ganesha: Clear Sunrise: 5:43AM
Muruga: Purple Sunset: 5:34PM
Nataraja: Purple
Moon – Blue

Vilamba 5120
Moon 9 - Phase 23
Navami

Creative Work Siddha Yoga

Bhuloka Day
Devaloka Time: 6:AM to 9:AM
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 marga. Tirumantiram 1502

All times are standard time


www.gurudeva.org/panchang

1	Thursday, October 4, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Dashamyam Titau				Kathmandu, Nepal Sun 8 Sutra 172 Vilamba 5120
	Kataka Rasi: 7.49	Tithi 25	Gulika 8:40AM – 10:09AM	Pushya Until 8:49PM	Ganesha: Clear	<i>Sunrise:</i> 5:43AM	
			Yama 5:43AM – 7:12AM	Shiva Until 9:28AM	Muruqa: Purple	<i>Sunset:</i> 5:33PM	Moon 9 - Phase 24
	642552363	Rahu 1:07PM – 2:35PM	Vanija Until 11:05AM	Nataraja: Purple	Moon – Blue		2nd Phase
Creative Work	Amrita Yoga		Dashami Until 9:51PM	Bhadrapada•Puratasi		Bhuloka Day Devaloka Time: 6:AM to 9:AM	
Until 8:49PM							
Then Creative Work - Siddha Yoga							

2	Friday, October 5, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Ekadashyam Titau				Kathmandu, Nepal Sun 9 Sutra 173 Vilamba 5120
	Kataka Rasi: 22.09	Tithi 26	Gulika 7:12AM – 8:41AM	Ashlesha* Until 6:54PM	Ganesha: Clear	<i>Sunrise:</i> 5:44AM	
			Yama 2:35PM – 4:03PM	Siddha Until 6:20AM	Muruqa: Purple	<i>Sunset:</i> 5:32PM	Moon 9 - Phase 24
	642552363	Rahu 10:09AM – 11:38AM	Bava Until 8:38AM	Nataraja: Purple	Moon – Blue		2nd Phase
Routine Work	Marana Yoga		Ekadashi* Until 7:19PM	Bhadrapada•Puratasi		Bhuloka Day Devaloka Time: 6:AM to 9:AM	

3	Saturday, October 6, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Subha Yoga Kaulava/Gara Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 10 Sutra 174 Vilamba 5120
	Simha Rasi: 6.35	Tithi 27 – 28	Gulika 5:44AM – 7:12AM	Magha* Until 5:10PM	Ganesha: White	<i>Sunrise:</i> 5:44AM	
			Yama 1:06PM – 2:34PM	Subha Until 11:48PM	Muruqa: Purple	<i>Sunset:</i> 5:31PM	Moon 9 - Phase 24
	652552363	Rahu 8:41AM – 10:09AM	Kaulava Until 6:02AM	Nataraja: Purple	Moon – Red		2nd Phase
Creative Work	Amrita Yoga		Dvadashi* Until 4:41PM	Bhadrapada•Puratasi		Bhuloka Day	
Until 5:10PM			<i>Pradosha Vrata (Fasting)</i>				
Then Creative Work - Siddha Yoga							

4	Sunday, October 7, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Sukla Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 11 Sutra 175 Vilamba 5120
	Simha Rasi: 21.04	Tithi 28 – 29	Gulika 2:33PM – 4:01PM	Purvaphalguni Until 3:17PM	Ganesha: White	<i>Sunrise:</i> 5:45AM	
			Yama 11:37AM – 1:05PM	Sukla Until 8:31PM	Muruqa: Purple	<i>Sunset:</i> 5:29PM	Moon 9 - Phase 24
	652552363	Rahu 4:01PM – 5:29PM	Visti Until 12:47AM Mon	Nataraja: Purple	Moon – Red		2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 2:03PM	Bhadrapada•Puratasi		Bhuloka Day	
Until 3:17PM							
Then Creative Work - Amrita Yoga							

	Monday, October 8, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Brahma/Indra Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Kathmandu, Nepal Sun 12 Sutra 176 Vilamba 5120
	Retreat Star		Gulika 1:05PM – 2:33PM	Uttaraphalguni Until 1:23PM	Ganesha: White	<i>Sunrise:</i> 5:45AM	
	Kanya Rasi: 5.29	Tithi 29 – 30	Yama 10:09AM – 11:37AM	Brahma Until 5:22PM	Muruqa: Purple	<i>Sunset:</i> 5:28PM	Moon 9 - Phase 24
	652552364	Rahu 7:13AM – 8:41AM	Catuspada Until 10:22PM	Nataraja: Clear	Moon – Red		Amavasya
Family Home Evening		Mahalaya Amavasai (Tamil Nadu)	Chaturdashi* Until 11:32AM	Bhadrapada•Puratasi		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
Creative Work	Siddha Yoga						

Retreat Star	Tuesday, October 9, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Indra/Vaidhriti* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal Sun 13 Sutra 177 Vilamba 5120
	Kanya Rasi: 19.46	Tithi 30 – 1	Gulika 11:36AM – 1:04PM	Hasta Until 12:02PM	Ganesha: Red	<i>Sunrise:</i> 5:46AM	
			Yama 8:41AM – 10:09AM	Indra Until 2:29PM	Muruqa: Purple	<i>Sunset:</i> 5:27PM	Moon 9 - Phase 24
	662652364	Rahu 2:32PM – 4:00PM	Kintughna Until 8:18PM	Nataraja: Clear	Moon – Green		Prathama
Creative Work	Siddha Yoga	Navaratri Begins	Amavasya* Until 9:16AM	Ashvina•Puratasi		Devaloka Day	

1	Wednesday, October 10, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Vaidhriti/Vishkambha* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Kathmandu, Nepal Sun 14 Sutra 178
	Tula Rasi: 3.47	Titithi 1 – 2	662652364	Gulika 10:09AM – 11:36AM Yama 7:14AM – 8:41AM Rahu 11:36AM – 1:04PM	Chitra Until 10:58AM Vaidhriti* Until 11:55AM Balava Until 6:42PM Prathama* Until 7:24AM	Ganesha: Red Muruqa: Purple Nataraja: Clear Moon – Green	Sunrise: 5:46AM Sunset: 5:26PM Moon 9 - Phase 25 3rd Phase
	Creative Work Siddha Yoga		Devaloka Day				Ashvina+Puratasi

2	Thursday, October 11, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vishkambha*/Priti Yoga Kaulava/Gara Karana Dvitiya/Triliyayam Titau				Kathmandu, Nepal Sun 15 Sutra 179
	Tula Rasi: 17.29	Titithi 2 – 3	662652364	Gulika 8:41AM – 10:09AM Yama 5:47AM – 7:14AM Rahu 1:03PM – 2:31PM	Svati Until 10:19AM Vishkambha* Until 9:49AM Gara Until 5:27AM Fri Dvitiya Until 6:06AM	Ganesha: Red Muruqa: Purple Nataraja: Clear Moon – Green	Sunrise: 5:47AM Sunset: 5:25PM Moon 9 - Phase 25 3rd Phase
	Creative Work Amrita Yoga Until 10:19AM Then Creative Work - Siddha Yoga		Devaloka Day				Ashvina+Puratasi

3	Friday, October 12, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti/Ayushman Yoga Vanija/Visti* Karana Chaturthayam Titau				Kathmandu, Nepal Sun 16 Sutra 180
	Vrischika Rasi: 0.48	Titithi 4	673652364	Gulika 7:14AM – 8:41AM Yama 2:30PM – 3:57PM Rahu 10:09AM – 11:36AM	Vishakha Until 10:38AM Priti Until 8:17AM Vanija Until 5:26PM Chaturthi* Until 5:34AM Sat	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Orange	Sunrise: 5:47AM Sunset: 5:24PM Moon 9 - Phase 25 3rd Phase
	Creative Work Siddha Yoga		Bhuloka Day				Ashvina+Puratasi
	Devaloka Time: 6:PM to 9:PM						

4	Saturday, October 13, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Bava/Balava Karana Panchamyam Titau				Kathmandu, Nepal Sun 17 Sutra 181
	Vrischika Rasi: 13.43	Titithi 5	673652364	Gulika 5:48AM – 7:15AM Yama 1:02PM – 2:29PM Rahu 8:42AM – 10:08AM	Anuradha Until 11:33AM Ayushman Until 7:19AM Bava Until 5:57PM Panchami Until 6:28AM Sun	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Orange	Sunrise: 5:48AM Sunset: 5:23PM Moon 9 - Phase 25 3rd Phase
	Creative Work Siddha Yoga		Bhuloka Day				Ashvina+Puratasi
	Devaloka Time: 6:PM to 9:PM						

5	Sunday, October 14, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Kathmandu, Nepal Sun 18 Sutra 182
	Vrischika Rasi: 26.16	Titithi 5 – 6	673652364	Gulika 2:29PM – 3:55PM Yama 11:35AM – 1:02PM Rahu 3:55PM – 5:22PM	Jyeshtha* Until 1:03PM Saubhagya Until 6:58AM Kaulava Until 7:13PM Panchami Until 6:28AM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Orange	Sunrise: 5:48AM Sunset: 5:22PM Moon 9 - Phase 25 3rd Phase
	Routine Work Marana Yoga Until 1:03PM Then Creative Work - Amrita Yoga		Bhuloka Day				Ashvina+Puratasi
	Devaloka Time: 6:PM to 9:PM						

6	Monday, October 15, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Tailita/Gara Karana Shashthi/Saptamyam Titau				Kathmandu, Nepal Sun 19 Sutra 183
	Dhanus Rasi: 8.31	Titithi 6 – 7	683652364	Gulika 1:01PM – 2:28PM Yama 10:08AM – 11:35AM Rahu 7:15AM – 8:42AM	Mula* Until 3:33PM Sobhana Until 7:11AM Gara Until 9:10PM Shashthi* Until 8:06AM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – Light Blue	Sunrise: 5:49AM Sunset: 5:21PM Moon 9 - Phase 25 3rd Phase
	Family Home Evening Creative Work Siddha Yoga Until 3:33PM Then Routine Work - Marana Yoga		Devaloka Day				Ashvina+Puratasi

D	Tuesday, October 16, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Kathmandu, Nepal Sun 20 Sutra 184
	Retreat Star						
	Dhanus Rasi: 20.31	Titithi 7 – 8	683652364	Gulika 11:35AM – 1:01PM Yama 8:42AM – 10:08AM Rahu 2:27PM – 3:54PM	Purvashadha* Until 6:24PM Athiganda* Until 7:49AM Visti Until 11:35PM Saptami Until 10:19AM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – Light Blue	Sunrise: 5:49AM Sunset: 5:20PM Moon 9 - Phase 25 Ashtami
	Creative Work Siddha Yoga Until 6:24PM Then Routine Work - Prabalarishta Yoga		Devaloka Day				Ashvina+Puratasi

D	Wednesday, October 17, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Kathmandu, Nepal Sun 21 Sutra 185
	Retreat Star						
	Makara Rasi: 2.22	Titithi 8 – 9	683652364	Gulika 10:08AM – 11:35AM Yama 7:16AM – 8:42AM Rahu 11:35AM – 1:01PM	Uttarashadha Until 9:19PM Sukarma Until 8:45AM Balava Until 2:14AM Thu Ashtami* Until 12:53PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – Light Blue	Sunrise: 5:50AM Sunset: 5:19PM Moon 9 - Phase 25 Navami
	Creative Work Amrita Yoga Until 9:19PM Then Creative Work - Siddha Yoga		Devaloka Day				Ashvina+Puratsi

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		Thursday, October 18, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 22 Sutra 186	
Makara Rasi: 14.1	Tithi 9 – 10	Gulika 8:42AM – 10:08AM	Shravana Until 12:35AM Fri	Ganesha: Purple	<i>Sunrise:</i> 5:51AM			Vilamba 5120	
		Yama 5:51AM – 7:16AM	Dhriti Until 9:47AM	Muruqa: Purple	<i>Sunset:</i> 5:18PM			Moon 9 - Phase 26	
		693652364 Rahu 1:00PM – 2:26PM	Taitila Until 4:50AM Fri	Nataraja: Clear				4th Phase	
Creative Work	Siddha Yoga		Vijaya Dasami	Moon – Purple				Bhuloka Day	
			Navami* Until 3:32PM	Ashvina-Aipasi				Devaloka Time: 6:PM to 9:PM	

2		Friday, October 19, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Shula*/Ganda* Yoga Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 187	
Makara Rasi: 26	Tithi 10	Gulika 7:17AM – 8:43AM	Dhanishtha Until 3:25AM Sat	Ganesha: Purple	<i>Sunrise:</i> 5:51AM			Vilamba 5120	
		Yama 2:26PM – 3:51PM	Shula* Until 10:42AM	Muruqa: Purple	<i>Sunset:</i> 5:17PM			Moon 9 - Phase 26	
		693652364 Rahu 10:08AM – 11:34AM	Gara Until 6:00PM	Nataraja: Clear				4th Phase	
Creative Work	Siddha Yoga		Dashami Until 6:00PM	Moon – Purple				Bhuloka Day	
Until 3:25AM Sat				Ashvina-Aipasi				Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga									

3		Saturday, October 20, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Shatabhishak Nakshatra Ganda*/Vridhhi Yoga Vanija/Visti* Karana Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 188	
Kumbha Rasi: 7.57	Tithi 11	Gulika 5:52AM – 7:17AM	Shatabhishak Until 5:39AM Sun	Ganesha: Purple	<i>Sunrise:</i> 5:52AM			Vilamba 5120	
		Yama 1:00PM – 2:25PM	Ganda* Until 11:22AM	Muruqa: Purple	<i>Sunset:</i> 5:16PM			Moon 9 - Phase 26	
		693652364 Rahu 8:43AM – 10:08AM	Vanija Until 7:07AM	Nataraja: Clear				4th Phase	
Creative Work	Amrita Yoga		Ekadashi Until 8:04PM	Moon – Purple				Bhuloka Day	
Until 5:39AM Sun				Ashvina-Aipasi				Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Siddha Yoga									

4		Sunday, October 21, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaprosarthpada* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 189	
Kumbha Rasi: 20.05	Tithi 12	Gulika 2:25PM – 3:50PM	Purvaprosarthpada* Until 7:37AM Mon	Ganesha: White	<i>Sunrise:</i> 5:52AM			Vilamba 5120	
		Yama 11:34AM – 12:59PM	Vridhhi Until 11:39AM	Muruqa: Purple	<i>Sunset:</i> 5:15PM			Moon 9 - Phase 26	
		613652364 Rahu 3:50PM – 5:15PM	Bava Until 8:55AM	Nataraja: Clear				4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 9:34PM	Moon – Clear				Bhuloka Day	
				Ashvina-Aipasi				Devaloka Time: 6:PM to 9:PM	

5		Monday, October 22, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Purvaprosarthpada*/Uttaraprosarthpada Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 190	
Meena Rasi: 2.28	Tithi 13	Gulika 12:59PM – 2:24PM	Purvaprosarthpada* Until 7:37AM	Ganesha: White	<i>Sunrise:</i> 5:53AM			Vilamba 5120	
Family Home Evening		Yama 10:08AM – 11:34AM	Dhruva Until 11:26AM	Muruqa: Purple	<i>Sunset:</i> 5:14PM			Moon 9 - Phase 26	
Routine Work	Marana Yoga	613652364 Rahu 7:18AM – 8:43AM	Kaulava Until 10:06AM	Nataraja: Clear				4th Phase	
Until 7:37AM			Trayodashi Until 10:26PM	Moon – Clear				Bhuloka Day	
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>	Ashvina-Aipasi				Devaloka Time: 6:PM to 9:PM	

6		Tuesday, October 23, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraprosarthpada*/Revati Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 191	
Meena Rasi: 15.09	Tithi 14	Gulika 11:33AM – 12:58PM	Uttaraprosarthpada Until 8:49AM	Ganesha: White	<i>Sunrise:</i> 5:53AM			Vilamba 5120	
		Yama 8:43AM – 10:08AM	Vyaghata* Until 10:44AM	Muruqa: Purple	<i>Sunset:</i> 5:13PM			Moon 9 - Phase 26	
		613652364 Rahu 2:23PM – 3:48PM	Gara Until 10:38AM	Nataraja: Clear				4th Phase	
Creative Work	Amrita Yoga		Chaturdashi* Until 10:39PM	Moon – Clear				Bhuloka Day	
Until 8:49AM				Ashvina-Aipasi				Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Siddha Yoga									

○		Wednesday, October 24, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Purnimayam Titau				Kathmandu, Nepal Sutra 192	
Copper Retreat Star		Gulika 10:09AM – 11:33AM	Revati Until 9:14AM	Ganesha: White	<i>Sunrise:</i> 5:54AM			Vilamba 5120	
Meena Rasi: 28.08	Tithi 15	Yama 7:19AM – 8:44AM	Harshana Until 9:33AM	Muruqa: Purple	<i>Sunset:</i> 5:13PM			Moon 9 - Phase 26	
		613652364 Rahu 11:33AM – 12:58PM	Visti Until 10:34AM	Nataraja: Clear				Purnima	
Routine Work	Marana Yoga		Purnima* Until 10:17PM	Moon – Clear				Bhuloka Day	
				Ashvina-Aipasi				Devaloka Time: 6:PM to 9:PM	

Thursday, October 25, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Prathamayam Titau				Kathmandu, Nepal Sutra 193			
Silver Retreat Star		Gulika 8:44AM – 10:09AM	Ashvini Until 9:26AM	Ganesha: Clear	<i>Sunrise:</i> 5:55AM			Vilamba 5120	
Mesha Rasi: 11.24	Tithi 16	Yama 5:55AM – 7:19AM	Vajra* Until 7:55AM	Muruqa: Purple	<i>Sunset:</i> 5:12PM			Moon 9 - Phase 26	
		623652364 Rahu 12:58PM – 2:22PM	Balava Until 9:56AM	Nataraja: Clear				Prathama	
Creative Work	Amrita Yoga		Prathama* Until 9:26PM	Moon – White				Devaloka Day	
Until 9:26AM				Ashvina-Aipasi					
Then Creative Work - Siddha Yoga									

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



Friday, October 26, 2018

Gold Retreat Star

Mesha Rasi: 24.55 Tithi 17

Creative Work Siddha Yoga

624652364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam
Bharani/Krittika Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dvitiyayam Titau

Gulika 7:20AM – 8:44AM
Yama 2:22PM – 3:46PM
Rahu 10:09AM – 11:33AM

Bharani Until 9:02AM
Vyatipata* Until 3:41AM Sat
Taitila Until 8:51AM
Dvitiya Until 8:10PM

Ganesha: White *Sunrise:* 5:55AM
Muruqa: Purple *Sunset:* 5:11PM
Nataraja: Clear
Moon – White
Ashvina-Aipasi

Sivaloka Day

Kathmandu, Nepal
Sun 1 Sutra 194
Vilamba 5120
Moon 10 - Phase 27
1st Phase

1

Saturday, October 27, 2018

Vrishabha Rasi: 8.4 Tithi 18

Creative Work Amrita Yoga

624652364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam
Krittika/Rohini Nakshatra Variyan Yoga Vanija/Visti* Karana Tritiyayam Titau

Gulika 5:56AM – 7:20AM
Yama 12:57PM – 2:22PM
Rahu 8:44AM – 10:09AM

Krittika Until 8:10AM
Variyan Until 1:12AM Sun
Vanija Until 7:26AM
Tritiya Until 6:37PM

Ganesha: White *Sunrise:* 5:56AM
Muruqa: Purple *Sunset:* 5:10PM
Nataraja: Clear
Moon – White
Ashvina-Aipasi

Sivaloka Day

Kathmandu, Nepal
Sun 2 Sutra 195
Vilamba 5120
Moon 10 - Phase 27
1st Phase

2

Sunday, October 28, 2018

Vrishabha Rasi: 22.32 Tithi 19 – 20

Creative Work Siddha Yoga

634652364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam
Rohini/Mrigashira Nakshatra Parigha* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Gulika 2:21PM – 3:45PM
Yama 11:33AM – 12:57PM
Rahu 3:45PM – 5:09PM

Rohini Until 7:20AM
Parigha* Until 10:36PM
Kaulava Until 3:59AM Mon
Chaturthi* Until 4:53PM

Ganesha: Clear *Sunrise:* 5:57AM
Muruqa: Purple *Sunset:* 5:09PM
Nataraja: Clear
Moon – Yellow
Ashvina-Aipasi

Sivaloka Day

Kathmandu, Nepal
Sun 3 Sutra 196
Vilamba 5120
Moon 10 - Phase 27
1st Phase

3

Monday, October 29, 2018

Mithuna Rasi: 6.31 Tithi 20 – 21

Family Home Evening
Creative Work Amrita Yoga

Until 6:14AM

Then Creative Work - Siddha Yoga

634652364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam
Mrigashira/Ardra Nakshatra Shiva Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Gulika 12:57PM – 2:21PM
Yama 10:09AM – 11:33AM
Rahu 7:21AM – 8:45AM

Mrigashira Until 6:14AM
Shiva Until 7:55PM
Gara Until 2:05AM Tue
Panchami Until 3:01PM

Ganesha: Clear *Sunrise:* 5:57AM
Muruqa: Purple *Sunset:* 5:08PM
Nataraja: Clear
Moon – Yellow
Ashvina-Aipasi

Devaloka Day

Kathmandu, Nepal
Sun 4 Sutra 197
Vilamba 5120
Moon 10 - Phase 27
1st Phase

4

Tuesday, October 30, 2018

Mithuna Rasi: 20.33 Tithi 21 – 22

Creative Work Siddha Yoga

644652364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam
Punarvasu Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Gulika 11:33AM – 12:56PM
Yama 8:45AM – 10:09AM
Rahu 2:20PM – 3:44PM

Punarvasu Until 3:47AM Wed
Siddha Until 5:10PM
Visti Until 12:08AM Wed
Shashthi* Until 1:06PM

Ganesha: Purple *Sunrise:* 5:58AM
Muruqa: Purple *Sunset:* 5:08PM
Nataraja: Clear
Moon – Blue
Ashvina-Aipasi

Sivaloka Day

Kathmandu, Nepal
Sun 5 Sutra 198
Vilamba 5120
Moon 10 - Phase 27
1st Phase

D

Wednesday, October 31, 2018

Retreat Star

Kataka Rasi: 4.37 Tithi 22 – 23

Creative Work Siddha Yoga

644662364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam
Pushya Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Gulika 10:09AM – 11:33AM
Yama 7:22AM – 8:46AM
Rahu 11:33AM – 12:56PM

Pushya Until 2:31AM Thu
Sadhya Until 2:25PM
Balava Until 10:10PM
Saptami Until 11:08AM

Ganesha: Purple *Sunrise:* 5:59AM
Muruqa: Clear *Sunset:* 5:07PM
Nataraja: Clear
Moon – Blue
Ashvina-Aipasi

Subha Sivaloka Day

Kathmandu, Nepal
Sun 6 Sutra 199
Vilamba 5120
Moon 10 - Phase 27
Ashtami

Thursday, November 1, 2018

Retreat Star

Kataka Rasi: 18.41 Tithi 23 – 24

Creative Work Siddha Yoga

Until 1:06AM Fri

Then Routine Work - Marana Yoga

644662364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam
Ashlesha* Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Gulika 8:46AM – 10:09AM
Yama 5:59AM – 7:23AM
Rahu 12:56PM – 2:19PM

Ashlesha* Until 1:06AM Fri
Subha Until 11:39AM
Taitila Until 8:11PM
Ashtami* Until 9:09AM

Ganesha: Purple *Sunrise:* 5:59AM
Muruqa: Clear *Sunset:* 5:06PM
Nataraja: Clear
Moon – Blue
Ashvina-Aipasi

Subha Sivaloka Day

Kathmandu, Nepal
Sun 7 Sutra 200
Vilamba 5120
Moon 10 - Phase 27
Navami

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

All times are standard time

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1		Friday, November 2, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Kathmandu, Nepal Sun 8 Sutra 201 Vilamba 5120	
Simha Rasi: 2.46	Tithi 24 – 25	654662364	Gulika 7:23AM – 8:46AM Yama 2:19PM – 3:42PM Rahu 10:09AM – 11:33AM	Magha* Until 11:59PM Sukla Until 8:51AM Vanija Until 6:12PM Navami* Until 7:10AM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Red	Sunrise: 6:00AM Sunset: 5:05PM	Moon 10 - Phase 28 2nd Phase
Routine Work Marana Yoga Until 11:59PM Then Creative Work - Siddha Yoga						Sivaloka Day	
2		Saturday, November 3, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ekadashyam Titau		Kathmandu, Nepal Sun 9 Sutra 202 Vilamba 5120	
Simha Rasi: 16.51	Tithi 26	654762364	Gulika 6:01AM – 7:24AM Yama 12:56PM – 2:19PM Rahu 8:47AM – 10:10AM	Purvaphalguni Until 10:44PM Brahma Until 6:04AM Bava Until 4:15PM Ekadashi* Until 3:16AM Sun	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Red	Sunrise: 6:01AM Sunset: 5:05PM	Moon 10 - Phase 28 2nd Phase
Creative Work Siddha Yoga Until 10:44PM Then Routine Work - Marana Yoga						Devaloka Day	
3		Sunday, November 4, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Kathmandu, Nepal Sun 10 Sutra 203 Vilamba 5120	
Kanya Rasi: 0.54	Tithi 27	654762364	Gulika 2:18PM – 3:41PM Yama 11:33AM – 12:55PM Rahu 3:41PM – 5:04PM	Uttaraphalguni Until 9:27PM Vaidhriti* Until 12:41AM Mon Kaulava Until 2:22PM Dvadashi* Until 1:27AM Mon	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Red	Sunrise: 6:01AM Sunset: 5:04PM	Moon 10 - Phase 28 2nd Phase
Creative Work Amrita Yoga						Devaloka Day	
4		Monday, November 5, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Hasta Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau		Kathmandu, Nepal Sun 11 Sutra 204 Vilamba 5120	
Kanya Rasi: 14.52	Tithi 28	664762364	Gulika 12:55PM – 2:18PM Yama 10:10AM – 11:33AM Rahu 7:25AM – 8:47AM	Hasta Until 8:37PM Vishkambha* Until 10:10PM Gara Until 12:37PM Trayodashi* Until 11:49PM	Ganesha: Green Muruqa: Clear Nataraja: Clear Moon – Green	Sunrise: 6:02AM Sunset: 5:03PM	Moon 10 - Phase 28 2nd Phase
Family Home Evening Creative Work Siddha Yoga Until 8:37PM Then Routine Work - Prabalarishta Yoga						Devaloka Day	
5		Tuesday, November 6, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Kathmandu, Nepal Sun 12 Sutra 205 Vilamba 5120	
Kanya Rasi: 28.43	Tithi 29	664762364	Gulika 11:33AM – 12:55PM Yama 8:48AM – 10:10AM Rahu 2:18PM – 3:40PM	Chitra Until 7:54PM Priti Until 7:54PM Visti Until 11:07AM Chaturdashi* Until 10:28PM	Ganesha: Green Muruqa: Clear Nataraja: Clear Moon – Green	Sunrise: 6:03AM Sunset: 5:03PM	Moon 10 - Phase 28 2nd Phase
Creative Work Siddha Yoga		Subramuniyaswami Mahasamadhi Deepavali Hindu Solidarity Day				Devaloka Day	
6		Wednesday, November 7, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Svati Nakshatra Ayushman/Saubhagya Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Kathmandu, Nepal Sun 13 Sutra 206 Vilamba 5120	
Tula Rasi: 12.22	Tithi 30	764762364	Gulika 10:10AM – 11:33AM Yama 7:26AM – 8:48AM Rahu 11:33AM – 12:55PM	Svati Until 7:26PM Ayushman Until 5:55PM Catuspada Until 9:58AM Amavasya* Until 9:32PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Green	Sunrise: 6:03AM Sunset: 5:02PM	Moon 10 - Phase 28 Amavasya
Creative Work Siddha Yoga		Retreat Star				Devaloka Day	
7		Thursday, November 8, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Saubhagya/Sobhana Yoga Kintughna*/Bava Karana Prathamayam Titau		Kathmandu, Nepal Sun 14 Sutra 207 Vilamba 5120	
Tula Rasi: 25.46	Tithi 1	775762364	Gulika 8:49AM – 10:11AM Yama 6:04AM – 7:26AM Rahu 12:55PM – 2:17PM	Vishakha Until 7:46PM Saubhagya Until 4:20PM Kintughna Until 9:16AM Prathama* Until 9:07PM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Orange	Sunrise: 6:04AM Sunset: 5:01PM	Moon 10 - Phase 28 Prathama
Creative Work Siddha Yoga		Skanda Shasthi Begins				Sivaloka Day	

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

All times are standard time

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1		Friday, November 9, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dviliyayam Titau	Kathmandu, Nepal Sun 15 Sutra 208 Vilamba 5120
Wrischika Rasi: 8.52	Tithi 2	Gulika 7:27AM – 8:49AM	Anuradha Until 8:32PM	Ganesha: Orange <i>Sunrise:</i> 6:05AM	
		Yama 2:17PM – 3:39PM	Sobhana Until 3:15PM	Muruqa: Clear <i>Sunset:</i> 5:01PM	Moon 10 - Phase 29
		775762364 Rahu 10:11AM – 11:33AM	Balava Until 9:09AM	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 9:19PM	Kartika-Aipasi	Sivaloka Day
Until 8:32PM					
Then Routine Work - Marana Yoga					

2		Saturday, November 10, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Tailila/Gara Karana Triliyayam Titau	Kathmandu, Nepal Sun 16 Sutra 209 Vilamba 5120
Wrischika Rasi: 21.4	Tithi 3	Gulika 6:06AM – 7:27AM	Jyeshtha* Until 9:48PM	Ganesha: Orange <i>Sunrise:</i> 6:06AM	
		Yama 12:55PM – 2:17PM	Athiganda* Until 2:38PM	Muruqa: Clear <i>Sunset:</i> 5:00PM	Moon 10 - Phase 29
		775762364 Rahu 8:49AM – 10:11AM	Taitila Until 9:42AM	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 10:12PM	Kartika-Aipasi	Sivaloka Day

3		Sunday, November 11, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturthyam Titau	Kathmandu, Nepal Sun 17 Sutra 210 Vilamba 5120
Dhanus Rasi: 4.08	Tithi 4	Gulika 2:16PM – 3:38PM	Mula* Until 12:01AM Mon	Ganesha: Clear <i>Sunrise:</i> 6:06AM	
		Yama 11:33AM – 12:55PM	Sukarma Until 2:33PM	Muruqa: Clear <i>Sunset:</i> 5:00PM	Moon 10 - Phase 29
		785762364 Rahu 3:38PM – 5:00PM	Vanija Until 10:55AM	Nataraja: Clear	3rd Phase
Creative Work	Amrita Yoga		Chaturthi* Until 11:45PM	Kartika-Aipasi	Sivaloka Day
Until 12:01AM Mon					
Then Routine Work - Marana Yoga					

4		Monday, November 12, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Panchamyam Titau	Kathmandu, Nepal Sun 18 Sutra 211 Vilamba 5120
Dhanus Rasi: 16.2	Tithi 5	Gulika 12:55PM – 2:16PM	Purvashadha* Until 2:38AM Tue	Ganesha: Clear <i>Sunrise:</i> 6:07AM	
Family Home Evening		Yama 10:12AM – 11:33AM	Dhriti Until 2:58PM	Muruqa: Clear <i>Sunset:</i> 4:59PM	Moon 10 - Phase 29
Routine Work	Marana Yoga	785762364 Rahu 7:29AM – 8:50AM	Bava Until 12:47PM	Nataraja: Clear	3rd Phase
Until 2:38AM Tue			Panchami Until 1:53AM Tue	Kartika-Aipasi	Sivaloka Day
Then Routine Work - Prabalarishta Yoga					

5		Tuesday, November 13, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau	Kathmandu, Nepal Sun 19 Sutra 212 Vilamba 5120
Dhanus Rasi: 28.19	Tithi 6	Gulika 11:33AM – 12:55PM	Uttarashadha Until 5:28AM Wed	Ganesha: Clear <i>Sunrise:</i> 6:08AM	
		Yama 8:51AM – 10:12AM	Shula* Until 3:42PM	Muruqa: Clear <i>Sunset:</i> 4:59PM	Moon 10 - Phase 29
		785762364 Rahu 2:16PM – 3:37PM	Kaulava Until 3:08PM	Nataraja: Clear	3rd Phase
Routine Work	Prabalarishta Yoga		Shashthi* Until 4:25AM Wed	Kartika-Aipasi	Sivaloka Day
Until 5:28AM Wed		Skanda Shasthi			
Then Creative Work - Siddha Yoga					

6		Wednesday, November 14, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ganda*/Vridhhi Yoga Gara/Vanija Karana Saptamyam Titau	Kathmandu, Nepal Sun 20 Sutra 213 Vilamba 5120
Makara Rasi: 10.1	Tithi 7	Gulika 10:12AM – 11:33AM	Shravana Until 8:46AM Thu	Ganesha: Purple <i>Sunrise:</i> 6:09AM	
		Yama 7:30AM – 8:51AM	Ganda* Until 4:40PM	Muruqa: Clear <i>Sunset:</i> 4:58PM	Moon 10 - Phase 29
		795762364 Rahu 11:33AM – 12:55PM	Gara Until 5:48PM	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Saptami Until 7:08AM Thu	Kartika-Aipasi	Subha Sivaloka Day

Retreat Star		Thursday, November 15, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Vridhhi/Dhruva Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Kathmandu, Nepal Sun 21 Sutra 214 Vilamba 5120
Makara Rasi: 21.58	Tithi 7 – 8	Gulika 8:52AM – 10:13AM	Shravana Until 8:46AM	Ganesha: Purple <i>Sunrise:</i> 6:09AM	
		Yama 6:09AM – 7:30AM	Vridhhi Until 5:40PM	Muruqa: Clear <i>Sunset:</i> 4:58PM	Moon 10 - Phase 29
		795762364 Rahu 12:55PM – 2:16PM	Visti Until 8:29PM	Nataraja: Clear	Ashtami
Creative Work	Siddha Yoga		Saptami Until 7:08AM	Kartika-Aipasi	Subha Sivaloka Day

Retreat Star		Friday, November 16, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Kathmandu, Nepal Sun 22 Sutra 215 Vilamba 5120
Kumbha Rasi: 3.47	Tithi 8 – 9	Gulika 7:31AM – 8:52AM	Dhanishtha Until 11:48AM	Ganesha: Purple <i>Sunrise:</i> 6:10AM	
		Yama 2:16PM – 3:37PM	Dhruva Until 6:29PM	Muruqa: Clear <i>Sunset:</i> 4:57PM	Moon 10 - Phase 29
		795762364 Rahu 10:13AM – 11:34AM	Balava Until 10:55PM	Nataraja: Clear	Navami
Creative Work	Siddha Yoga		Ashtami* Until 9:43AM	Kartika-Kartikai	Subha Sivaloka Day

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


1	Saturday, November 17, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Kathmandu, Nepal
	Kumbha Rasi: 15.44	Tithi 9 – 10	796762365	Gulika 6:11AM – 7:32AM Yama 12:55PM – 2:16PM Rahu 8:52AM – 10:13AM	Shatabhishak Until 2:17PM Vyaghata* Until 6:59PM Taitila Until 12:53AM Sun Navami* Until 11:57AM	Ganesha: Clear Muruqa: Clear Nataraja: White Moon – Purple	Sun 23 Sutra 216 Vilamba 5120 Moon 10 - Phase 30 4th Phase
Creative Work Amrita Yoga Until 2:17PM Then Routine Work - Marana Yoga				Devaloka Day Karttika-Karttikai			


2	Sunday, November 18, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal
	Kumbha Rasi: 27.54	Tithi 10 – 11	716762365	Gulika 2:15PM – 3:36PM Yama 11:34AM – 12:55PM Rahu 3:36PM – 4:57PM	Purvaproshtapada* Until 4:32PM Harshana Until 7:02PM Vanija Until 2:11AM Mon Dashami Until 1:36PM	Ganesha: Red Muruqa: Clear Nataraja: White Moon – Clear	Sun 24 Sutra 217 Vilamba 5120 Moon 10 - Phase 30 4th Phase
Creative Work Siddha Yoga Until 4:32PM Then Creative Work - Amrita Yoga				Devaloka Day Karttika-Karttikai			

3	Monday, November 19, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal
	Meena Rasi: 10.21	Tithi 11 – 12	716762365	Gulika 12:55PM – 2:15PM Yama 10:14AM – 11:34AM Rahu 7:33AM – 8:53AM	Uttaraproshtapada Until 5:55PM Vajra* Until 6:30PM Bava Until 2:45AM Tue Ekadashi Until 2:32PM	Ganesha: Red Muruqa: Clear Nataraja: White Moon – Clear	Sun 25 Sutra 218 Vilamba 5120 Moon 10 - Phase 30 4th Phase
Creative Work Siddha Yoga				Devaloka Day Karttika-Karttikai			

4	Tuesday, November 20, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Revati Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal
	Meena Rasi: 23.08	Tithi 12 – 13	716762365	Gulika 11:35AM – 12:55PM Yama 8:54AM – 10:14AM Rahu 2:15PM – 3:36PM	Revati Until 6:26PM Siddhi Until 5:23PM Kaulava Until 2:33AM Wed Dvadashi Until 2:43PM	Ganesha: Red Muruqa: Clear Nataraja: White Moon – Clear	Sun 26 Sutra 219 Vilamba 5120 Moon 10 - Phase 30 4th Phase
Creative Work Siddha Yoga				Devaloka Day Karttika-Karttikai			
<i>Pradosha Vrata</i>							

5	Wednesday, November 21, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Ashvini Nakshatra Vyatipata*/Varyan Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal
	Mesha Rasi: 6.17	Tithi 13 – 14	726762365	Gulika 10:15AM – 11:35AM Yama 7:34AM – 8:54AM Rahu 11:35AM – 12:55PM	Ashvini Until 6:33PM Vyatipata* Until 3:43PM Gara Until 1:40AM Thu Trayodashi Until 2:10PM	Ganesha: Blue Muruqa: Clear Nataraja: White Moon – White	Sun 27 Sutra 220 Vilamba 5120 Moon 10 - Phase 30 4th Phase
Routine Work Marana Yoga Until 6:33PM Then Creative Work - Siddha Yoga				Bhuloka Day Devaloka Time: 12:PM to 3:PM			

	Thursday, November 22, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Bharani/Krittika Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Kathmandu, Nepal
	Mesha Rasi: 19.49	Tithi 14 – 15	726762365	Gulika 8:55AM – 10:15AM Yama 6:15AM – 7:35AM Rahu 12:55PM – 2:15PM	Bharani Until 5:53PM Variyan Until 1:31PM Visti Until 12:10AM Fri Chaturdashi* Until 12:58PM	Ganesha: Blue Muruqa: Clear Nataraja: White Moon – White	Sun 28 Sutra 221 Vilamba 5120 Moon 10 - Phase 30 Purnima
Creative Work Siddha Yoga Until 5:53PM Then Routine Work - Marana Yoga				Bhuloka Day Devaloka Time: 12:PM to 3:PM			

	Friday, November 23, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Krittika/Rohini Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal
	Vrishabha Rasi: 3.42	Tithi 15 – 16	726762365	Gulika 7:35AM – 8:55AM Yama 2:15PM – 3:35PM Rahu 10:15AM – 11:35AM	Krittika Until 4:35PM Parigha* Until 10:55AM Balava Until 10:12PM Purnima* Until 11:13AM	Ganesha: Blue Muruqa: Clear Nataraja: White Moon – White	Sun 29 Sutra 222 Vilamba 5120 Moon 10 - Phase 30 Prathama
Creative Work Siddha Yoga Until 4:35PM Then Routine Work - Marana Yoga				Bhuloka Day Devaloka Time: 12:PM to 3:PM			
		Krittika Deepam Vinayaga Viratam Begins					

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

All times are standard time

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Saturday, November 24, 2018

Gold Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Manta Vasara Yuktayam
Rohini/Mrigashira Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Kathmandu, Nepal

Sutra 223

Vilamba 5120

Vrishabha Rasi: 17.5 Tithi 16 - 17

737762365

Gulika 6:16AM - 7:36AM
Yama 12:56PM - 2:15PM
Rahu 8:56AM - 10:16AM

Rohini Until 3:12PM
Shiva Until 7:59AM
Taitila Until 7:55PM
Prathama* Until 9:04AM

Ganesha: Red *Sunrise: 6:16AM*
Muruqa: Clear *Sunset: 4:55PM*

Moon 11 - Phase 31
1st Phase

Creative Work Amrita Yoga

Until 3:12PM

Then Creative Work - Siddha Yoga

Nataraja: White
Moon - Yellow
Devaloka Day
Karttika-Karttikai

1 Sunday, November 25, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Bhanu Vasara Yuktayam
Mrigashira/Ardra Nakshatra Sadhya Yoga Gara/Visiti* Karana Dvitiya/Tritiyayam Titau

Kathmandu, Nepal

Sun 1 Sutra 224

Mithuna Rasi: 2.11 Tithi 17 - 18

737762365

Gulika 2:15PM - 3:35PM
Yama 11:36AM - 12:56PM
Rahu 3:35PM - 4:55PM

Mrigashira Until 1:26PM
Sadhya Until 1:32AM Mon
Visiti Until 4:07AM Mon
Dvitiya Until 6:40AM

Ganesha: Red *Sunrise: 6:17AM*
Muruqa: Clear *Sunset: 4:55PM*

Moon 11 - Phase 31
1st Phase

Creative Work Siddha Yoga

Until 3:12PM

Then Creative Work - Siddha Yoga

Nataraja: White
Moon - Yellow
Devaloka Day
Karttika-Karttikai

2 Monday, November 26, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Indu Vasara Yuktayam
Ardra/Punarvasu Nakshatra Subha Yoga Bava/Balava Karana Chaturthyam Titau

Kathmandu, Nepal

Sun 2 Sutra 225

Mithuna Rasi: 16.37 Tithi 19

737762365

Gulika 12:56PM - 2:16PM
Yama 10:17AM - 11:36AM
Rahu 7:37AM - 8:57AM

Ardra Until 11:27AM
Subha Until 10:15PM
Bava Until 2:51PM
Chaturthi* Until 1:34AM Tue

Ganesha: Red *Sunrise: 6:18AM*
Muruqa: Clear *Sunset: 4:55PM*

Moon 11 - Phase 31
1st Phase

Creative Work Siddha Yoga

Until 11:27AM

Then Creative Work - Amrita Yoga

Nataraja: White
Moon - Yellow
Devaloka Day
Karttika-Karttikai

3 Tuesday, November 27, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Mangala Vasara Yuktayam
Punarvasu/Pushya Nakshatra Sukla Yoga Kaulava/Taitila Karana Panchamyam Titau

Kathmandu, Nepal

Sun 3 Sutra 226

Kataka Rasi: 1.04 Tithi 20

747762365

Gulika 11:37AM - 12:56PM
Yama 8:58AM - 10:17AM
Rahu 2:16PM - 3:35PM

Punarvasu Until 9:46AM
Sukla Until 7:00PM
Kaulava Until 12:20PM
Panchami Until 11:06PM

Ganesha: Green *Sunrise: 6:19AM*
Muruqa: Clear *Sunset: 4:55PM*

Moon 11 - Phase 31
1st Phase

Creative Work Siddha Yoga

Until 11:27AM

Then Creative Work - Amrita Yoga

Nataraja: White
Moon - Blue
Bhuloka Day
Karttika-Karttikai
Devaloka Time: 12:PM to 3:PM

4 Wednesday, November 28, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Budha Vasara Yuktayam
Pushya/Ashlesha* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Shashthyam Titau

Kathmandu, Nepal

Sun 4 Sutra 227

Kataka Rasi: 15.25 Tithi 21

747862365

Gulika 10:18AM - 11:37AM
Yama 7:39AM - 8:58AM
Rahu 11:37AM - 12:56PM

Pushya Until 8:04AM
Brahma Until 3:53PM
Gara Until 9:56AM
Shashthi* Until 8:47PM

Ganesha: White *Sunrise: 6:19AM*
Muruqa: Clear *Sunset: 4:55PM*

Moon 11 - Phase 31
1st Phase

Creative Work Siddha Yoga

Until 6:25AM

Then Creative Work - Siddha Yoga

Nataraja: White
Moon - Blue
Bhuloka Day
Karttika-Karttikai
Devaloka Time: 12:PM to 3:PM

5 Thursday, November 29, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Guru Vasara Yuktayam
Ashlesha*/Magha* Nakshatra Indra/Vaidhriti* Yoga Visiti*/Bava Karana Saptamyam Titau

Kathmandu, Nepal

Sun 5 Sutra 228

Kataka Rasi: 29.4 Tithi 22

747863365

Gulika 8:59AM - 10:18AM
Yama 6:20AM - 7:39AM
Rahu 12:57PM - 2:16PM

Ashlesha* Until 6:25AM
Indra Until 12:57PM
Visiti Until 7:44AM
Saptami Until 6:42PM

Ganesha: White *Sunrise: 6:20AM*
Muruqa: Purple *Sunset: 4:54PM*

Moon 11 - Phase 31
1st Phase

Creative Work Siddha Yoga

Until 6:25AM

Then Creative Work - Amrita Yoga

Nataraja: White
Moon - Blue
Bhuloka Day
Karttika-Karttikai

Retreat Star Friday, November 30, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvaphalguni Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Kathmandu, Nepal

Sun 6 Sutra 229

Simha Rasi: 13.45 Tithi 23 - 24

757863365

Gulika 7:40AM - 8:59AM
Yama 2:16PM - 3:35PM
Rahu 10:18AM - 11:38AM

Purvaphalguni Until 4:15AM Sat
Vaidhriti* Until 10:11AM
Taitila Until 4:05AM Sat
Ashtami* Until 4:52PM

Ganesha: Clear *Sunrise: 6:21AM*
Muruqa: Purple *Sunset: 4:54PM*

Moon 11 - Phase 31
Ashtami

Creative Work Siddha Yoga

Until 4:15AM Sat

Then Routine Work - Marana Yoga

Nataraja: White
Moon - Red
Bhuloka Day
Karttika-Karttikai
Devaloka Time: 6:AM to 9:AM

Retreat Star Saturday, December 1, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscchika Mase Krishna Pakshe Manta Vasara Yuktayam
Uttaraphalguni Nakshatra Vishkambha*/Prili* Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Kathmandu, Nepal

Sun 7 Sutra 230

Simha Rasi: 27.4 Tithi 24 - 25

758863365

Gulika 6:22AM - 7:41AM
Yama 12:57PM - 2:16PM
Rahu 9:00AM - 10:19AM

Uttaraphalguni Until 3:20AM Sun
Vishkambha* Until 7:38AM
Vanija Until 2:39AM Sun
Navami* Until 3:19PM

Ganesha: Orange *Sunrise: 6:22AM*
Muruqa: Purple *Sunset: 4:54PM*

Moon 11 - Phase 31
Navami

Routine Work Marana Yoga

Until 3:20AM Sun

Then Creative Work - Amrita Yoga

Nataraja: White
Moon - Red
Bhuloka Day
Karttika-Karttikai
Devaloka Time: 6:AM to 9:AM

1		Sunday, December 2, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Hashta Nakshatra Ayushman Yoga Vistri/Bava Karana Dashami/Ekadashyam Titau	Kathmandu, Nepal Sun 8 Sutra 231 Vilamba 5120
Kanya Rasi: 11.25	Tithi 25 – 26	Gulika 2:16PM – 3:35PM	Hasta Until 3:00AM Mon	Ganesha: Light Blue <i>Sunrise:</i> 6:22AM	
		Yama 11:38AM – 12:57PM	Ayushman Until 3:13AM Mon	Muruqa: Purple <i>Sunset:</i> 4:54PM	Moon 11 - Phase 32
	768863365	Rahu 3:35PM – 4:54PM	Bava Until 1:31AM Mon	Nataraja: White	2nd Phase
Creative Work	Amrita Yoga		Dashami Until 2:01PM	Moon – Green	Bhuloka Day
Until 3:00AM Mon				Karttika-Karttikai	
Then Routine Work - Prabalarishta Yoga					

2		Monday, December 3, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Kathmandu, Nepal Sun 9 Sutra 232 Vilamba 5120
Kanya Rasi: 25.01	Tithi 26 – 27	Gulika 12:58PM – 2:17PM	Chitra Until 2:50AM Tue	Ganesha: Light Blue <i>Sunrise:</i> 6:23AM	
Family Home Evening		Yama 10:20AM – 11:39AM	Saubhagya Until 1:22AM Tue	Muruqa: Purple <i>Sunset:</i> 4:54PM	Moon 11 - Phase 32
Routine Work	Prabalarishta Yoga	Rahu 7:42AM – 9:01AM	Kaulava Until 12:41AM Tue	Nataraja: White	2nd Phase
Until 2:50AM Tue			Ekadashi* Until 1:02PM	Moon – Green	Bhuloka Day
Then Creative Work - Siddha Yoga				Karttika-Karttikai	

3		Tuesday, December 4, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Sobhana Yoga Talita/Gara Karana Dvadashi/Trayodashyam Titau	Kathmandu, Nepal Sun 10 Sutra 233 Vilamba 5120
Tula Rasi: 8.25	Tithi 27 – 28	Gulika 11:39AM – 12:58PM	Svati Until 2:51AM Wed	Ganesha: Light Blue <i>Sunrise:</i> 6:24AM	
		Yama 9:02AM – 10:20AM	Sobhana Until 11:47PM	Muruqa: Purple <i>Sunset:</i> 4:55PM	Moon 11 - Phase 32
	768863365	Rahu 2:17PM – 3:36PM	Gara Until 12:11AM Wed	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 12:22PM	Moon – Green	Bhuloka Day
				Karttika-Karttikai	
				<i>Pradosha Vrata (Fasting)</i>	

4		Wednesday, December 5, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Athiganda* Yoga Vanja/Vistri* Karana Trayodashi/Chaturdashyam Titau	Kathmandu, Nepal Sun 11 Sutra 234 Vilamba 5120
Tula Rasi: 21.38	Tithi 28 – 29	Gulika 10:21AM – 11:40AM	Vishakha Until 3:33AM Thu	Ganesha: Purple <i>Sunrise:</i> 6:25AM	
		Yama 7:43AM – 9:02AM	Athiganda* Until 10:30PM	Muruqa: Purple <i>Sunset:</i> 4:55PM	Moon 11 - Phase 32
	778863365	Rahu 11:40AM – 12:58PM	Visti Until 12:06AM Thu	Nataraja: White	2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 12:04PM	Moon – Orange	Bhuloka Day
				Karttika-Karttikai	

●		Thursday, December 6, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Kathmandu, Nepal Sun 12 Sutra 235 Vilamba 5120
Retreat Star		Gulika 9:03AM – 10:21AM	Anuradha Until 4:34AM Fri	Ganesha: Purple <i>Sunrise:</i> 6:25AM	
Vrischika Rasi: 4.38	Tithi 29 – 30	Yama 6:25AM – 7:44AM	Sukarma Until 9:34PM	Muruqa: Purple <i>Sunset:</i> 4:55PM	Moon 11 - Phase 32
	778863365	Rahu 12:59PM – 2:17PM	Catuspada Until 12:29AM Fri	Nataraja: White	Amavasya
Creative Work	Siddha Yoga		Chaturdashi* Until 12:12PM	Moon – Orange	Bhuloka Day
Until 4:34AM Fri				Karttika-Karttikai	
Then Routine Work - Marana Yoga					

Retreat Star		Friday, December 7, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Kathmandu, Nepal Sun 13 Sutra 236 Vilamba 5120
Vrischika Rasi: 17.25	Tithi 30 – 1	Gulika 7:45AM – 9:03AM	Jyeshtha* Until 5:55AM Sat	Ganesha: Light Blue <i>Sunrise:</i> 6:26AM	
		Yama 2:18PM – 3:36PM	Dhriti Until 9:03PM	Muruqa: Purple <i>Sunset:</i> 4:55PM	Moon 11 - Phase 32
	779863365	Rahu 10:22AM – 11:40AM	Kintughna Until 1:22AM Sat	Nataraja: White	Prathama
Routine Work	Marana Yoga		Amavasya* Until 12:50PM	Moon – Orange	Bhuloka Day
Until 5:55AM Sat				Margasira-Karttikai	
Then Creative Work - Siddha Yoga					

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

1		Saturday, December 8, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Kathmandu, Nepal Sun 14 Sutra 237 Vilamba 5120		
Vrischika Rasi: 29.57	Tithi 1 – 2	Gulika 6:27AM – 7:45AM	Mula* Until 8:06AM Sun	Ganesha: Light Blue	Sunrise: 6:27AM	Muruqa: Purple	Sunset: 4:55PM	Moon 11 - Phase 33 3rd Phase
Creative Work	Siddha Yoga	Yama 12:59PM – 2:18PM	Shula* Until 8:54PM	Nataraja: White				Bhuloka Day
		799863365 Rahu 9:04AM – 10:22AM	Balava Until 2:48AM Sun	Moon – Orange				Margasira-Karttikai
			Prathama* Until 1:59PM					
2		Sunday, December 9, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Kathmandu, Nepal Sun 15 Sutra 238 Vilamba 5120		
Dhanus Rasi: 12.15	Tithi 2 – 3	Gulika 2:18PM – 3:37PM	Mula* Until 8:06AM	Ganesha: Purple	Sunrise: 6:27AM	Muruqa: Purple	Sunset: 4:55PM	Moon 11 - Phase 33 3rd Phase
Creative Work	Amrita Yoga	Yama 11:41AM – 1:00PM	Ganda* Until 9:11PM	Nataraja: White				Bhuloka Day
Until 8:06AM		789863365 Rahu 3:37PM – 4:55PM	Taitila Until 4:45AM Mon	Moon – Light Blue				Margasira-Karttikai
Then Creative Work - Siddha Yoga			Dvitiya Until 3:41PM					
3		Monday, December 10, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Kathmandu, Nepal Sun 16 Sutra 239 Vilamba 5120		
Dhanus Rasi: 24.21	Tithi 3 – 4	Gulika 1:00PM – 2:19PM	Purvashadha* Until 10:37AM	Ganesha: Purple	Sunrise: 6:28AM	Muruqa: Purple	Sunset: 4:55PM	Moon 11 - Phase 33 3rd Phase
Family Home Evening		Yama 10:23AM – 11:42AM	Vriddhi Until 9:48PM	Nataraja: White				Bhuloka Day
Routine Work	Marana Yoga	789863365 Rahu 7:47AM – 9:05AM	Vanija Until 7:08AM Tue	Moon – Light Blue				Margasira-Karttikai
			Tritiya Until 5:52PM					
4		Tuesday, December 11, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturthyam Titau		Kathmandu, Nepal Sun 17 Sutra 240 Vilamba 5120		
Makara Rasi: 6.17	Tithi 4	Gulika 11:42AM – 1:01PM	Uttarashadha Until 1:21PM	Ganesha: Purple	Sunrise: 6:29AM	Muruqa: Purple	Sunset: 4:56PM	Moon 11 - Phase 33 3rd Phase
Routine Work	Prabalarishta Yoga	Yama 9:06AM – 10:24AM	Dhruva Until 10:40PM	Nataraja: White				Bhuloka Day
Until 1:21PM		789863365 Rahu 2:19PM – 3:37PM	Vanija Until 7:08AM	Moon – Light Blue				Margasira-Karttikai
Then Creative Work - Siddha Yoga			Chaturthi* Until 8:25PM					
5		Wednesday, December 12, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Vyaghata* Yoga Bava/Balava Karana Panchamyam Titau		Kathmandu, Nepal Sun 18 Sutra 241 Vilamba 5120		
Makara Rasi: 18.06	Tithi 5	Gulika 10:24AM – 11:43AM	Shravana Until 4:38PM	Ganesha: Clear	Sunrise: 6:29AM	Muruqa: Purple	Sunset: 4:56PM	Moon 11 - Phase 33 3rd Phase
Creative Work	Siddha Yoga	Yama 7:48AM – 9:06AM	Vyaghata* Until 11:40PM	Nataraja: White				Bhuloka Day
Until 4:38PM		799863365 Rahu 11:43AM – 1:01PM	Bava Until 9:48AM	Moon – Purple				Margasira-Karttikai
Then Routine Work - Prabalarishta Yoga			Panchami Until 11:10PM					Devaloka Time: 6:AM to 9:AM
6		Thursday, December 13, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau		Kathmandu, Nepal Sun 19 Sutra 242 Vilamba 5120		
Makara Rasi: 29.53	Tithi 6	Gulika 9:07AM – 10:25AM	Dhanishtha Until 7:47PM	Ganesha: Clear	Sunrise: 6:30AM	Muruqa: Purple	Sunset: 4:56PM	Moon 11 - Phase 33 3rd Phase
Creative Work	Siddha Yoga	Yama 6:30AM – 7:48AM	Harshana Until 12:39AM Fri	Nataraja: White				Bhuloka Day
		799863365 Rahu 1:01PM – 2:20PM	Kaulava Until 12:33PM	Moon – Purple				Margasira-Karttikai
			Shashthi* Until 1:52AM Fri					Devaloka Time: 6:AM to 9:AM
Vinayaga Viratam Ends								
7		Friday, December 14, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Vajra* Yoga Gara/Vanija Karana Saptamyam Titau		Kathmandu, Nepal Sun 20 Sutra 243 Vilamba 5120		
Retreat Star		Gulika 7:49AM – 9:07AM	Shatabhishak Until 10:34PM	Ganesha: Clear	Sunrise: 6:31AM	Muruqa: Purple	Sunset: 4:57PM	Moon 11 - Phase 33 3rd Phase
Kumbha Rasi: 11.41	Tithi 7	Yama 2:20PM – 3:38PM	Vajra* Until 1:25AM Sat	Nataraja: White				Bhuloka Day
Creative Work	Siddha Yoga	799863365 Rahu 10:25AM – 11:44AM	Gara Until 3:10PM	Moon – Purple				Margasira-Karttikai
			Saptami Until 4:19AM Sat					Devaloka Time: 6:AM to 9:AM
8		Saturday, December 15, 2018		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau		Kathmandu, Nepal Sun 21 Sutra 244 Vilamba 5120		
Retreat Star		Gulika 6:31AM – 7:50AM	Purvaproshtapada* Until 1:15AM Sun	Ganesha: Clear	Sunrise: 6:31AM	Muruqa: Purple	Sunset: 4:57PM	Moon 11 - Phase 33 Ashtami
Kumbha Rasi: 23.37	Tithi 8	Yama 1:02PM – 2:21PM	Siddhi Until 1:51AM Sun	Nataraja: White				Bhuloka Day
Routine Work	Marana Yoga	711863365 Rahu 9:08AM – 10:26AM	Visti Until 5:23PM	Moon – Clear				Margasira-Karttikai
Until 1:15AM Sun			Ashtami* Until 6:15AM Sun					Devaloka Time: 6:AM to 9:AM
Then Creative Work - Amrita Yoga								
9		Sunday, December 16, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada Nakshatra Vyatipata* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Kathmandu, Nepal Sun 22 Sutra 245 Vilamba 5120		
Retreat Star		Gulika 2:21PM – 3:39PM	Uttaraproshtapada Until 3:08AM Mon	Ganesha: Clear	Sunrise: 6:32AM	Muruqa: Purple	Sunset: 4:57PM	Moon 11 - Phase 33 Navami
Meena Rasi: 5.44	Tithi 8 – 9	Yama 11:45AM – 1:03PM	Vyatipata* Until 1:48AM Mon	Nataraja: White				Bhuloka Day
Creative Work	Amrita Yoga	711863365 Rahu 3:39PM – 4:57PM	Balava Until 7:00PM	Moon – Clear				Margasira-Markali
Until 3:08AM Mon			Ashtami* Until 6:15AM					Devaloka Time: 6:AM to 9:AM
Then Creative Work - Siddha Yoga		Markali Pillaiyar						

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

Monday, December 17, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam		Kathmandu, Nepal	
1		Revati Nakshatra Variyan Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Sun 23	Sutra 246
Meena Rasi: 18.09	Tithi 9 – 10	Gulika 1:03PM – 2:21PM	Revati Until 4:08AM Tue	Ganesha: Purple	<i>Sunrise:</i> 6:33AM
Family Home Evening	821863365	Yama 10:27AM – 11:45AM	Variyan Until 1:08AM Tue	Muruqa: Purple	<i>Sunset:</i> 4:58PM
Creative Work Siddha Yoga		Rahu 7:51AM – 9:09AM	Taitila Until 7:52PM	Nataraja: White	Moon 11 - Phase 34
			Navami* Until 7:31AM	Moon – Clear	Bhuloka Day
				Margasira*Markali	


Tuesday, December 18, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam		Kathmandu, Nepal	
2		Ashvini Nakshatra Parigha* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Sun 24	Sutra 247
Mesha Rasi: 0.55	Tithi 10 – 11	Gulika 11:46AM – 1:04PM	Ashvini Until 4:39AM Wed	Ganesha: Clear	<i>Sunrise:</i> 6:33AM
	821863365	Yama 9:09AM – 10:27AM	Parigha* Until 11:51PM	Muruqa: Purple	<i>Sunset:</i> 4:58PM
Creative Work Siddha Yoga		Rahu 2:22PM – 3:40PM	Vanija Until 7:56PM	Nataraja: White	Moon 11 - Phase 34
			Dashami Until 7:59AM	Moon – White	Bhuloka Day
		Gita Jayanthi		Margasira*Markali	Devaloka Time: 6:AM to 9:AM

Wednesday, December 19, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam		Kathmandu, Nepal	
3		Bharani Nakshatra Shiva Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Sun 25	Sutra 248
Mesha Rasi: 14.05	Tithi 11 – 12	Gulika 10:28AM – 11:46AM	Bharani Until 4:13AM Thu	Ganesha: Clear	<i>Sunrise:</i> 6:34AM
	821863365	Yama 7:52AM – 9:10AM	Shiva Until 9:56PM	Muruqa: Purple	<i>Sunset:</i> 4:58PM
Creative Work Siddha Yoga		Rahu 11:46AM – 1:04PM	Bava Until 7:10PM	Nataraja: White	Moon 11 - Phase 34
Until 4:13AM Thu			Ekadashi Until 7:38AM	Moon – White	Bhuloka Day
Then Routine Work - Marana Yoga				Margasira*Markali	Devaloka Time: 6:AM to 9:AM

Thursday, December 20, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam		Kathmandu, Nepal	
4		Krittika Nakshatra Siddha Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau		Sun 26	Sutra 249
Mesha Rasi: 27.41	Tithi 12 – 13	Gulika 9:10AM – 10:29AM	Krittika Until 2:58AM Fri	Ganesha: Clear	<i>Sunrise:</i> 6:34AM
	821863365	Yama 6:34AM – 7:52AM	Siddha Until 7:26PM	Muruqa: Purple	<i>Sunset:</i> 4:59PM
Routine Work Marana Yoga		Rahu 1:05PM – 2:23PM	Taitila Until 4:38AM Fri	Nataraja: White	Moon 11 - Phase 34
			Dvadashi Until 6:29AM	Moon – White	Bhuloka Day
				Margasira*Markali	Devaloka Time: 6:AM to 9:AM

Pradosha Vrata

Friday, December 21, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam		Kathmandu, Nepal	
5		Rohini Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Chaturdashyam Titau		Sun 27	Sutra 250
Vrishabha Rasi: 11.42	Tithi 14	Gulika 7:53AM – 9:11AM	Rohini Until 1:24AM Sat	Ganesha: White	<i>Sunrise:</i> 6:35AM
	831863365	Yama 2:23PM – 3:41PM	Sadhya Until 4:26PM	Muruqa: Purple	<i>Sunset:</i> 4:59PM
Routine Work Marana Yoga		Rahu 10:29AM – 11:47AM	Gara Until 3:30PM	Nataraja: White	Moon 11 - Phase 34
Until 1:24AM Sat		Day 1 of Pancha Ganapati	Chaturdashi* Until 2:13AM Sat	Moon – Yellow	Bhuloka Day
Then Creative Work - Siddha Yoga				Margasira*Markali	

Saturday, December 22, 2018		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam		Kathmandu, Nepal	
		Mrigashira Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Purnimayam Titau		Sutra 251	
Copper Retreat Star					
Vrishabha Rasi: 26.06	Tithi 15	Gulika 6:35AM – 7:53AM	Mrigashira Until 11:17PM	Ganesha: White	<i>Sunrise:</i> 6:35AM
	831863365	Yama 1:06PM – 2:24PM	Subha Until 1:02PM	Muruqa: Purple	<i>Sunset:</i> 5:00PM
Creative Work Siddha Yoga		Rahu 9:11AM – 10:30AM	Visti Until 12:51PM	Nataraja: White	Moon 11 - Phase 34
		Day 2 of Pancha Ganapati	Purnima* Until 11:22PM	Moon – Yellow	Bhuloka Day
				Margasira*Markali	

Sunday, December 23, 2018		Vilamba Nama Samvatsare Uтарыne Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam		Kathmandu, Nepal	
Silver Retreat Star		Ardra Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Prathamayam Titau		Sutra 252	
Mithuna Rasi: 10.47	Tithi 16	Gulika 2:24PM – 3:42PM	Ardra Until 8:45PM	Ganesha: Yellow	<i>Sunrise:</i> 6:36AM
	831963365	Yama 11:48AM – 1:06PM	Sukla Until 9:21AM	Muruqa: Purple	<i>Sunset:</i> 5:00PM
Creative Work Siddha Yoga		Rahu 3:42PM – 5:00PM	Balava Until 9:51AM	Nataraja: White	Moon 11 - Phase 34
		Day 3 of Pancha Ganapati	Prathama* Until 8:15PM	Moon – Yellow	Bhuloka Day
		Ardra Darshanam		Margasira*Markali	Devaloka Time: 9:AM to 12:PM

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

All times are standard time

www.gurudeva.org/panchang



Monday, December 24, 2018

Gold Retreat Star

Mithuna Rasi: 25.38 Tithi 17 – 18

Family Home Evening 841963365

Creative Work Amrita Yoga

Until 6:23PM

Then Creative Work - Siddha Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam
Punarvasu Nakshatra Indra Yoga Taitila/Vanija Karana Dvitiya/Tritiyayam Titau

Gulika 1:07PM – 2:25PM Punarvasu Until 6:23PM

Yama 10:31AM – 11:49AM

Rahu 7:54AM – 9:12AM

Day 4 of Pancha Ganapati

Indra Until 1:37AM Tue

Taitila Until 6:39AM

Dvitiya Until 5:01PM

Ganesha: Blue Sunrise: 6:36AM

Muruḡa: Purple Sunset: 5:01PM

Nataraja: White

Moon – Blue

Margasira-Markali

Devaloka Day

Kathmandu, Nepal

Sun 1 Sutra 253

Vilamba 5120

Moon 12 - Phase 35

1st Phase

1

Tuesday, December 25, 2018

Kataka Rasi: 10.32 Tithi 18 – 19

841963365

Creative Work Siddha Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam
Pushya/Ashlesha* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Tritiya/Chaturchyam Titau

Gulika 11:49AM – 1:07PM Pushya Until 3:55PM

Yama 9:13AM – 10:31AM

Rahu 2:25PM – 3:43PM

Day 5 of Pancha Ganapati

Vaidhriti* Until 9:48PM

Bava Until 12:17AM Wed

Tritiya Until 1:49PM

Ganesha: Blue Sunrise: 6:37AM

Muruḡa: Purple Sunset: 5:01PM

Nataraja: White

Moon – Blue

Margasira-Markali

Devaloka Day

Kathmandu, Nepal

Sun 2 Sutra 254

Vilamba 5120

Moon 12 - Phase 35

1st Phase

2

Wednesday, December 26, 2018

Kataka Rasi: 25.2 Tithi 19 – 20

842963366

Creative Work Siddha Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam
Ashlesha*/Magha* Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Chaturchi/Panchamyam Titau

Gulika 10:32AM – 11:50AM Ashlesha* Until 1:29PM

Yama 7:55AM – 9:13AM

Rahu 11:50AM – 1:08PM

Day 5 of Pancha Ganapati

Vishkambha* Until 6:09PM

Kaulava Until 9:22PM

Chaturchi* Until 10:46AM

Ganesha: Yellow Sunrise: 6:37AM

Muruḡa: Purple Sunset: 5:02PM

Nataraja: Green

Moon – Blue

Margasira-Markali

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Kathmandu, Nepal

Sun 3 Sutra 255

Vilamba 5120

Moon 12 - Phase 35

1st Phase

3

Thursday, December 27, 2018

Simha Rasi: 9.56 Tithi 20 – 21

852963366

Creative Work Amrita Yoga

Until 11:38AM

Then Creative Work - Siddha Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam
Magha*/Purvaphalguni Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Gulika 9:14AM – 10:32AM Magha* Until 11:38AM

Yama 6:38AM – 7:56AM

Rahu 1:08PM – 2:26PM

Day 5 of Pancha Ganapati

Priti Until 2:47PM

Gara Until 6:48PM

Panchami Until 8:01AM

Ganesha: Blue Sunrise: 6:38AM

Muruḡa: Purple Sunset: 5:03PM

Nataraja: Green

Moon – Red

Margasira-Markali

Bhuloka Day

Kathmandu, Nepal

Sun 4 Sutra 256

Vilamba 5120

Moon 12 - Phase 35

1st Phase

4

Friday, December 28, 2018

Simha Rasi: 24.16 Tithi 22

852963366

Creative Work Siddha Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvaphalguni/Uttaraphalguni Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Saptamyam Titau

Gulika 7:56AM – 9:14AM Purvaphalguni Until 10:03AM

Yama 2:27PM – 3:45PM

Rahu 10:32AM – 11:51AM

Day 5 of Pancha Ganapati

Ayushman Until 11:44AM

Visti Until 4:40PM

Saptami Until 3:46AM Sat

Ganesha: Blue Sunrise: 6:38AM

Muruḡa: Purple Sunset: 5:03PM

Nataraja: Green

Moon – Red

Margasira-Markali

Bhuloka Day

Kathmandu, Nepal

Sun 5 Sutra 257

Vilamba 5120

Moon 12 - Phase 35

1st Phase

D

Saturday, December 29, 2018

Retreat Star

Kanya Rasi: 8.18 Tithi 23

852963366

Routine Work Marana Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam
Uttaraphalguni/Hasta Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Ashtamyam Titau

Gulika 6:38AM – 7:57AM Uttaraphalguni Until 8:47AM

Yama 1:09PM – 2:27PM

Rahu 9:15AM – 10:33AM

Day 5 of Pancha Ganapati

Saubhagya Until 9:05AM

Balava Until 3:02PM

Ashtami* Until 2:24AM Sun

Ganesha: Blue Sunrise: 6:38AM

Muruḡa: Purple Sunset: 5:04PM

Nataraja: Green

Moon – Red

Margasira-Markali

Bhuloka Day

Kathmandu, Nepal

Sun 6 Sutra 258

Vilamba 5120

Moon 12 - Phase 35

Ashtami

Sunday, December 30, 2018

Retreat Star

Kanya Rasi: 22 Tithi 24

862963366

Creative Work Amrita Yoga

Until 8:20AM

Then Creative Work - Siddha Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam
Hasta/Chitra Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Navamyam Titau

Gulika 2:28PM – 3:46PM Hasta Until 8:20AM

Yama 11:52AM – 1:10PM

Rahu 3:46PM – 5:05PM

Day 5 of Pancha Ganapati

Sobhana Until 6:52AM

Taitila Until 1:56PM

Navami* Until 1:34AM Mon

Ganesha: Red Sunrise: 6:39AM

Muruḡa: Purple Sunset: 5:05PM

Nataraja: Green

Moon – Green

Margasira-Markali

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Kathmandu, Nepal

Sun 7 Sutra 259

Vilamba 5120

Moon 12 - Phase 35

Navami

Monday, December 31, 2018		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yukhtayam Chitra/Svati Nakshatra Sukarma Yoga Vanija/Visti* Karana Dashamyam Titau		Kathmandu, Nepal Sun 8 Sutra 260 Vilamba 5120	
1		Gulika 1:10PM – 2:29PM	Chitra Until 8:16AM	Ganesha: Red <i>Sunrise:</i> 6:39AM	
Tula Rasi: 5.25	Tithi 25	Yama 10:34AM – 11:52AM	Sukarma Until 3:39AM Tue	Muruqa: Purple <i>Sunset:</i> 5:05PM	Moon 12 - Phase 36
Family Home Evening	862963366	Rahu 7:57AM – 9:16AM	Vanija Until 1:22PM	Nataraja: Green	2nd Phase
Routine Work	Prabalarishta Yoga		Dashami Until 1:15AM Tue	Moon – Green	
Until 8:16AM				Margasira*Markali	Bhuloka Day
Then Creative Work - Amrita Yoga					Devaloka Time: 6:AM to 9:AM

Tuesday, January 1, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yukhtayam Svati/Vishakha Nakshatra Dhriti Yoga Bava/Balava Karana Ekadashyam Titau		Kathmandu, Nepal Sun 9 Sutra 261 Vilamba 5120	
2		Gulika 11:53AM – 1:11PM	Svati Until 8:33AM	Ganesha: Red <i>Sunrise:</i> 6:39AM	
Tula Rasi: 18.32	Tithi 26	Yama 9:16AM – 10:34AM	Dhriti Until 2:39AM Wed	Muruqa: Purple <i>Sunset:</i> 5:06PM	Moon 12 - Phase 36
	862963366	Rahu 2:29PM – 3:48PM	Bava Until 1:19PM	Nataraja: Green	2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 1:28AM Wed	Moon – Green	
Until 8:33AM				Margasira*Markali	Bhuloka Day
Then Routine Work - Marana Yoga					Devaloka Time: 6:AM to 9:AM

Wednesday, January 2, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yukhtayam Vishakha/Anuradha Nakshatra Shula* Yoga Kaulava/Taitila Karana Dvadashtyam Titau		Kathmandu, Nepal Sun 10 Sutra 262 Vilamba 5120	
3		Gulika 10:35AM – 11:53AM	Vishakha Until 9:38AM	Ganesha: Green <i>Sunrise:</i> 6:40AM	
Vrischika Rasi: 1.24	Tithi 27	Yama 7:58AM – 9:16AM	Shula* Until 2:01AM Thu	Muruqa: Purple <i>Sunset:</i> 5:07PM	Moon 12 - Phase 36
	872963366	Rahu 11:53AM – 1:11PM	Kaulava Until 1:47PM	Nataraja: Green	2nd Phase
Creative Work	Siddha Yoga		Dvadashti* Until 2:10AM Thu	Moon – Orange	
				Margasira*Markali	Bhuloka Day

Thursday, January 3, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yukhtayam Anuradha/Jyeshtha* Nakshatra Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau		Kathmandu, Nepal Sun 11 Sutra 263 Vilamba 5120	
4		Gulika 9:17AM – 10:35AM	Anuradha Until 11:01AM	Ganesha: Green <i>Sunrise:</i> 6:40AM	
Vrischika Rasi: 14.02	Tithi 28	Yama 6:40AM – 7:58AM	Ganda* Until 1:44AM Fri	Muruqa: Purple <i>Sunset:</i> 5:07PM	Moon 12 - Phase 36
	872963366	Rahu 1:12PM – 2:30PM	Gara Until 2:43PM	Nataraja: Green	2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 3:21AM Fri	Moon – Orange	
Until 11:01AM				Margasira*Markali	Bhuloka Day
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata (Fasting)</i>		

Friday, January 4, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yukhtayam Jyeshtha*/Mula* Nakshatra Vriddhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Kathmandu, Nepal Sun 12 Sutra 264 Vilamba 5120	
5		Gulika 7:59AM – 9:17AM	Jyeshtha* Until 12:42PM	Ganesha: Green <i>Sunrise:</i> 6:40AM	
Vrischika Rasi: 26.28	Tithi 29	Yama 2:31PM – 3:49PM	Vriddhi Until 1:49AM Sat	Muruqa: Purple <i>Sunset:</i> 5:08PM	Moon 12 - Phase 36
	872963366	Rahu 10:35AM – 11:54AM	Visti Until 4:07PM	Nataraja: Green	2nd Phase
Routine Work	Marana Yoga		Chaturdashi* Until 4:58AM Sat	Moon – Orange	
Until 12:42PM				Margasira*Markali	Bhuloka Day
Then Creative Work - Amrita Yoga					

Saturday, January 5, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yukhtayam Mula*/Purvashadha* Nakshatra Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Kathmandu, Nepal Sun 13 Sutra 265 Vilamba 5120	
Retreat Star		Gulika 6:40AM – 7:59AM	Mula* Until 3:06PM	Ganesha: White <i>Sunrise:</i> 6:40AM	
Dhanus Rasi: 8.43	Tithi 30	Yama 1:13PM – 2:32PM	Dhruva Until 2:10AM Sun	Muruqa: Purple <i>Sunset:</i> 5:09PM	Moon 12 - Phase 36
	882963366	Rahu 9:17AM – 10:36AM	Catuspada Until 5:57PM	Nataraja: Green	Amavasya
Creative Work	Siddha Yoga		Amavasya* Until 6:59AM Sun	Moon – Light Blue	
		Subramuniyaswami Jayanti		Margasira*Markali	Bhuloka Day

Sunday, January 6, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yukhtayam Purvashadha*/Uttarashadha Nakshatra Vyaghata* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Kathmandu, Nepal Sun 14 Sutra 266 Vilamba 5120	
Retreat Star		Gulika 2:32PM – 3:51PM	Purvashadha* Until 5:43PM	Ganesha: White <i>Sunrise:</i> 6:40AM	
Dhanus Rasi: 20.49	Tithi 30 – 1	Yama 11:55AM – 1:14PM	Vyaghata* Until 2:48AM Mon	Muruqa: Clear <i>Sunset:</i> 5:09PM	Moon 12 - Phase 36
	882973366	Rahu 3:51PM – 5:09PM	Kintughna Until 8:09PM	Nataraja: Green	Prathama
Creative Work	Siddha Yoga		Amavasya* Until 6:59AM	Moon – Light Blue	
Until 5:43PM		Partial Solar Eclipse		Pausha*Markali	Bhuloka Day
Then Creative Work - Amrita Yoga					Devaloka Time: 12:PM to 3:PM

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

Monday, January 7, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Harshana Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Kathmandu, Nepal Sun 15 Sutra 267 Vilamba 5120
1	Makara Rasi: 2.46 Tithi 1 – 2 Family Home Evening Routine Work Marana Yoga Until 8:26PM Then Creative Work - Amrita Yoga	Gulika 1:14PM – 2:33PM Yama 10:37AM – 11:55AM Rahu 7:59AM – 9:18AM	Uttarashadha Until 8:26PM Harshana Until 3:39AM Tue Balava Until 10:39PM Prathama* Until 9:20AM	Ganesha: White Muruqa: Clear Nataraja: Green Moon – Light Blue	Sunrise: 6:41AM Sunset: 5:10PM	Moon 12 - Phase 37 3rd Phase Bhuloka Day Devaloka Time: 12:PM to 3:PM

Tuesday, January 8, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Vajra* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Kathmandu, Nepal Sun 16 Sutra 268 Vilamba 5120
2	Makara Rasi: 14.37 Tithi 2 – 3 Creative Work Siddha Yoga	Gulika 11:56AM – 1:15PM Yama 9:18AM – 10:37AM Rahu 2:33PM – 3:52PM	Shravana Until 11:42PM Vajra* Until 4:36AM Wed Taitila Until 1:20AM Wed Dvitiya Until 11:57AM	Ganesha: Red Muruqa: Clear Nataraja: Green Moon – Purple	Sunrise: 6:41AM Sunset: 5:11PM	Moon 12 - Phase 37 3rd Phase Devaloka Day

Wednesday, January 9, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Siddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Kathmandu, Nepal Sun 17 Sutra 269 Vilamba 5120
3	Makara Rasi: 26.25 Tithi 3 – 4 Routine Work Prabalarishta Yoga Until 2:52AM Thu Then Creative Work - Siddha Yoga	Gulika 10:37AM – 11:56AM Yama 8:00AM – 9:18AM Rahu 11:56AM – 1:15PM	Dhanishtha Until 2:52AM Thu Siddhi Until 5:36AM Thu Vanija Until 4:06AM Thu Tritiya Until 2:42PM	Ganesha: Red Muruqa: Clear Nataraja: Green Moon – Purple	Sunrise: 6:41AM Sunset: 5:12PM	Moon 12 - Phase 37 3rd Phase Devaloka Day

Thursday, January 10, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Vyatipata* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Kathmandu, Nepal Sun 18 Sutra 270 Vilamba 5120
4	Kumbha Rasi: 8.12 Tithi 4 – 5 Creative Work Siddha Yoga	Gulika 9:19AM – 10:38AM Yama 6:41AM – 8:00AM Rahu 1:16PM – 2:34PM	Shatabhishak Until 5:46AM Fri Vyatipata* Until 6:31AM Fri Bava Until 6:45AM Fri Chaturthi* Until 5:25PM	Ganesha: Red Muruqa: Clear Nataraja: Green Moon – Purple	Sunrise: 6:41AM Sunset: 5:12PM	Moon 12 - Phase 37 3rd Phase Devaloka Day

Friday, January 11, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaprossthapada* Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Panchamyam Titau				Kathmandu, Nepal Sun 19 Sutra 271 Vilamba 5120
5	Kumbha Rasi: 20.01 Tithi 5 Creative Work Siddha Yoga	Gulika 8:00AM – 9:19AM Yama 2:35PM – 3:54PM Rahu 10:38AM – 11:57AM	Purvaprossthapada* Until 8:44AM Sat Vyatipata* Until 6:31AM Bava Until 6:45AM Panchami Until 7:57PM	Ganesha: Clear Muruqa: Clear Nataraja: Green Moon – Clear	Sunrise: 6:41AM Sunset: 5:13PM	Moon 12 - Phase 37 3rd Phase Devaloka Day

Saturday, January 12, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manita Vasara Yuktayam Purvaprossthapada*/Uttaraprossthapada Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Shashthyam Titau				Kathmandu, Nepal Sun 20 Sutra 272 Vilamba 5120
6	Meena Rasi: 1.57 Tithi 6 Routine Work Marana Yoga Until 8:44AM Then Creative Work - Siddha Yoga	Gulika 6:41AM – 8:00AM Yama 1:17PM – 2:36PM Rahu 9:19AM – 10:38AM	Purvaprossthapada* Until 8:44AM Variyan Until 7:13AM Kaulava Until 9:07AM Shashthi* Until 10:07PM	Ganesha: Clear Muruqa: Clear Nataraja: Green Moon – Clear	Sunrise: 6:41AM Sunset: 5:14PM	Moon 12 - Phase 37 3rd Phase Devaloka Day

Sunday, January 13, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraprossthapada/Revati Nakshatra Parigha*/Shiva Yoga Gara/Vanija Karana Saptamyam Titau				Kathmandu, Nepal Sun 21 Sutra 273 Vilamba 5120
Retreat Star		Gulika 2:36PM – 3:55PM Yama 11:58AM – 1:17PM Rahu 3:55PM – 5:15PM	Uttaraprossthapada Until 11:07AM Parigha* Until 7:36AM Gara Until 11:02AM Saptami Until 11:45PM	Ganesha: Clear Muruqa: Clear Nataraja: Green Moon – Clear	Sunrise: 6:41AM Sunset: 5:15PM	Moon 12 - Phase 37 3rd Phase Devaloka Day

Monday, January 14, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Shiva/Siddha Yoga Visti*/Bava Karana Ashtamyam Titau				Kathmandu, Nepal Sun 22 Sutra 274 Vilamba 5120
Retreat Star		Gulika 1:18PM – 2:37PM Yama 10:39AM – 11:58AM Rahu 8:00AM – 9:20AM	Revati Until 12:44PM Shiva Until 7:32AM Visti Until 12:19PM Ashtami* Until 12:40AM Tue	Ganesha: Clear Muruqa: Clear Nataraja: Green Moon – Clear	Sunrise: 6:41AM Sunset: 5:15PM	Moon 12 - Phase 37 Ashtami Devaloka Day

Tuesday, January 15, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Navamyam Titau				Kathmandu, Nepal Sun 23 Sutra 275 Vilamba 5120
Retreat Star		Gulika 11:59AM – 1:18PM Yama 9:20AM – 10:39AM Rahu 2:37PM – 3:57PM	Ashvini Until 1:58PM Siddha Until 6:53AM Balava Until 12:51PM Navami* Until 12:48AM Wed	Ganesha: Purple Muruqa: Clear Nataraja: Green Moon – White	Sunrise: 6:41AM Sunset: 5:16PM	Moon 12 - Phase 37 Navami Sivaloka Day


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

1		Wednesday, January 16, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Bharani/Krittika Nakshatra Subha Yoga Taitila/Gara Karana Dashamyam Titau		Kathmandu, Nepal Sun 24 Sutra 276 Vilamba 5120	
Mesha Rasi: 22.05	Tithi 10	Gulika 10:39AM – 11:59AM	Bharani Until 2:13PM	Ganesha: Blue	<i>Sunrise:</i> 6:41AM		
		Yama 8:00AM – 9:20AM	Subha Until 3:45AM Thu	Muruqa: Clear	<i>Sunset:</i> 5:17PM	Moon 12 - Phase 38	
		823173366 Rahu 11:59AM – 1:18PM	Taitila Until 12:34PM	Nataraja: Green		4th Phase	
Creative Work	Siddha Yoga		Dashami Until 12:06AM Thu	Moon – White		Sivaloka Day	
Until 2:13PM				Pausha -Thai			
Then Creative Work - Amrita Yoga							

2		Thursday, January 17, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Krittika/Rohini Nakshatra Sukla Yoga Vanija/Visli* Karana Ekadashyam Titau		Kathmandu, Nepal Sun 25 Sutra 277 Vilamba 5120	
Vrishabha Rasi: 5.34	Tithi 11	Gulika 9:20AM – 10:40AM	Krittika Until 1:32PM	Ganesha: Blue	<i>Sunrise:</i> 6:41AM		
		Yama 6:41AM – 8:00AM	Sukla Until 1:13AM Fri	Muruqa: Clear	<i>Sunset:</i> 5:18PM	Moon 12 - Phase 38	
		823173366 Rahu 1:19PM – 2:39PM	Vanija Until 11:27AM	Nataraja: Green		4th Phase	
Routine Work	Marana Yoga		Ekadashi Until 10:35PM	Moon – White		Sivaloka Day	
				Pausha -Thai			

3		Friday, January 18, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini/Mrigashira Nakshatra Brahma Yoga Bava/Balava Karana Dvadashyam Titau		Kathmandu, Nepal Sun 26 Sutra 278 Vilamba 5120	
Vrishabha Rasi: 19.31	Tithi 12	Gulika 8:00AM – 9:20AM	Rohini Until 12:24PM	Ganesha: Yellow	<i>Sunrise:</i> 6:41AM		
		Yama 2:39PM – 3:59PM	Brahma Until 10:07PM	Muruqa: Clear	<i>Sunset:</i> 5:19PM	Moon 12 - Phase 38	
		823173366 Rahu 10:40AM – 12:00PM	Bava Until 9:35AM	Nataraja: Green		4th Phase	
Routine Work	Marana Yoga		Dvadashi Until 8:22PM	Moon – Yellow		Devaloka Day	
Until 12:24PM				Pausha -Thai			
Then Creative Work - Siddha Yoga							

4		Saturday, January 19, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Mrigashira/Ardra Nakshatra Indra Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau		Kathmandu, Nepal Sun 27 Sutra 279 Vilamba 5120	
Mithuna Rasi: 3.55	Tithi 13 – 14	Gulika 6:40AM – 8:00AM	Mrigashira Until 10:29AM	Ganesha: Yellow	<i>Sunrise:</i> 6:40AM		
		Yama 1:20PM – 2:40PM	Indra Until 6:35PM	Muruqa: Clear	<i>Sunset:</i> 5:19PM	Moon 12 - Phase 38	
		823173366 Rahu 9:20AM – 10:40AM	Kaulava Until 7:03AM	Nataraja: Green		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 5:33PM	Moon – Yellow		Devaloka Day	
				Pausha -Thai			
				<i>Pradosha Vrata</i>			

		Sunday, January 20, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Ardra/Punarvasu Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visli* Karana Chaturdashi/Purnimayam Titau		Kathmandu, Nepal Sutra 280 Vilamba 5120	
Copper Retreat Star		Gulika 2:40PM – 4:00PM	Ardra Until 7:57AM	Ganesha: Yellow	<i>Sunrise:</i> 6:40AM		
Mithuna Rasi: 18.41	Tithi 14 – 15	Yama 12:00PM – 1:20PM	Vaidhriti* Until 2:39PM	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 12 - Phase 38	
		823173366 Rahu 4:00PM – 5:20PM	Visti Until 12:34AM Mon	Nataraja: Green		Purnima	
Creative Work	Siddha Yoga		Chaturdashi* Until 2:18PM	Moon – Yellow		Devaloka Day	
				Pausha -Thai			

Monday, January 21, 2019		Silver Retreat Star		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Pushya Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Kathmandu, Nepal Sutra 281 Vilamba 5120	
Kataka Rasi: 3.44	Tithi 15 – 16	Gulika 1:21PM – 2:41PM	Pushya Until 2:25AM Tue	Ganesha: White	<i>Sunrise:</i> 6:40AM		
Family Home Evening		Yama 10:40AM – 12:01PM	Vishkambha* Until 10:31AM	Muruqa: Clear	<i>Sunset:</i> 5:21PM	Moon 12 - Phase 38	
		843173366 Rahu 8:00AM – 9:20AM	Balava Until 8:56PM	Nataraja: Green		Prathama	
Creative Work	Siddha Yoga		Purnima* Until 10:45AM	Moon – Blue		Sivaloka Day	
				Pausha -Thai			
		Total Lunar Eclipse					
		Thai Pusam					



Tuesday, January 22, 2019
Gold Retreat Star

Kataka Rasi: 18.55 Tithi 16 – 17

844173366

Creative Work Siddha Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam
 Ashlesha* Nakshatra Priti/Ayushman Yoga Kaulava/Gara Karana Prathama/Dvityayam Titau

Gulika 12:01PM – 1:21PM
Ashlesha* Until 11:23PM
 Yama 9:20AM – 10:41AM
 Priti Until 6:16AM
Rahu 2:41PM – 4:02PM
 Gara Until 3:26AM Wed
Prathama* Until 7:04AM

Ganesha: Clear *Sunrise: 6:40AM*
Muruqa: Clear *Sunset: 5:22PM*
Nataraja: Green
 Moon – Blue
Pausha*Thai

Kathmandu, Nepal
 Sutra 282
 Vilamba 5120
 Moon 1 - Phase 39
 1st Phase

Devaloka Day

1

Wednesday, January 23, 2019

Simha Rasi: 4.05 Tithi 18

854173366

Creative Work Siddha Yoga

Until 8:46PM

Then Creative Work - Amrita Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam
 Magha* Nakshatra Saubhagya Yoga Vanija/Visiti* Karana Tritiyayam Titau

Gulika 10:41AM – 12:01PM
Magha* Until 8:46PM
 Yama 8:00AM – 9:20AM
 Saubhagya Until 9:57PM
Rahu 12:01PM – 1:21PM
 Vanija Until 1:42PM
Tritiya Until 11:59PM

Ganesha: Purple *Sunrise: 6:39AM*
Muruqa: Clear *Sunset: 5:23PM*
Nataraja: Green
 Moon – Red
Pausha*Thai

Kathmandu, Nepal
 Sun 1 Sutra 283
 Vilamba 5120
 Moon 1 - Phase 39
 1st Phase

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

2

Thursday, January 24, 2019

Simha Rasi: 19.04 Tithi 19

854173366

Creative Work Siddha Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam
 Purvaphalguni Nakshatra Sobhana Yoga Bava/Balava Karana Chaturthyam Titau

Gulika 9:20AM – 10:41AM
Purvaphalguni Until 6:20PM
 Yama 6:39AM – 8:00AM
 Sobhana Until 6:10PM
Rahu 1:22PM – 2:42PM
 Bava Until 10:24AM
Chaturthi* Until 8:54PM

Ganesha: Purple *Sunrise: 6:39AM*
Muruqa: Clear *Sunset: 5:23PM*
Nataraja: Green
 Moon – Red
Pausha*Thai

Kathmandu, Nepal
 Sun 2 Sutra 284
 Vilamba 5120
 Moon 1 - Phase 39
 1st Phase

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

3

Friday, January 25, 2019

Kanya Rasi: 3.45 Tithi 20

954173366

Creative Work Siddha Yoga

Until 4:15PM

Then Creative Work - Amrita Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam
 Uttaraphalguni/Hasta Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Panchamyam Titau

Gulika 8:00AM – 9:20AM
Uttaraphalguni Until 4:15PM
 Yama 2:43PM – 4:04PM
 Athiganda* Until 2:44PM
Rahu 10:41AM – 12:02PM
 Kaulava Until 7:33AM
Panchami Until 6:17PM

Ganesha: Clear *Sunrise: 6:39AM*
Muruqa: Clear *Sunset: 5:24PM*
Nataraja: Green
 Moon – Red
Pausha*Thai

Kathmandu, Nepal
 Sun 3 Sutra 285
 Vilamba 5120
 Moon 1 - Phase 39
 1st Phase

Devaloka Day

4

Saturday, January 26, 2019

Kanya Rasi: 18.03 Tithi 21 – 22

964173366

Routine Work Marana Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam
 Hasta/Chitra Nakshatra Sukarma/Dhriti Yoga Vanija/Visiti* Karana Shashthi/Saptamyam Titau

Gulika 6:39AM – 7:59AM
Hasta Until 3:01PM
 Yama 1:23PM – 2:43PM
 Sukarma Until 11:48AM
Rahu 9:20AM – 10:41AM
 Vistit Until 3:34AM Sun
Shashthi* Until 4:18PM

Ganesha: Purple *Sunrise: 6:39AM*
Muruqa: Clear *Sunset: 5:25PM*
Nataraja: Green
 Moon – Green
Pausha*Thai

Kathmandu, Nepal
 Sun 4 Sutra 286
 Vilamba 5120
 Moon 1 - Phase 39
 1st Phase

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

5

Sunday, January 27, 2019

Tula Rasi: 1.56 Tithi 22 – 23

964173366

Creative Work Siddha Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam
 Chitra/Svati Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Gulika 2:44PM – 4:05PM
Chitra Until 2:21PM
 Yama 12:02PM – 1:23PM
 Dhriti Until 9:25AM
Rahu 4:05PM – 5:26PM
 Balava Until 2:38AM Mon
Saptami Until 3:00PM

Ganesha: Purple *Sunrise: 6:38AM*
Muruqa: Clear *Sunset: 5:26PM*
Nataraja: Green
 Moon – Green
Pausha*Thai

Kathmandu, Nepal
 Sun 5 Sutra 287
 Vilamba 5120
 Moon 1 - Phase 39
 1st Phase

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

D

Monday, January 28, 2019

Retreat Star

Tula Rasi: 15.23 Tithi 23 – 24

964173366

Family Home Evening

Creative Work Amrita Yoga

Until 2:14PM

Then Routine Work - Marana Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam
 Svati/Vishakha Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Gulika 1:23PM – 2:44PM
Svati Until 2:14PM
 Yama 10:41AM – 12:02PM
 Shula* Until 7:36AM
Rahu 7:59AM – 9:20AM
 Taitila Until 2:28AM Tue
Ashtami* Until 2:26PM

Ganesha: Purple *Sunrise: 6:38AM*
Muruqa: Clear *Sunset: 5:27PM*
Nataraja: Green
 Moon – Green
Pausha*Thai

Kathmandu, Nepal
 Sun 6 Sutra 288
 Vilamba 5120
 Moon 1 - Phase 39
 Ashtami

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

Tuesday, January 29, 2019

Retreat Star

Tula Rasi: 28.26 Tithi 24 – 25

974173366

Routine Work Marana Yoga

Until 3:10PM

Then Creative Work - Siddha Yoga

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam
 Vishakha/Anuradha Nakshatra Ganda*/Vridhha Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Gulika 12:02PM – 1:24PM
Vishakha Until 3:10PM
 Yama 9:20AM – 10:41AM
 Ganda* Until 6:22AM
Rahu 2:45PM – 4:06PM
 Vanija Until 3:00AM Wed
Navami* Until 2:37PM

Ganesha: Clear *Sunrise: 6:37AM*
Muruqa: Clear *Sunset: 5:27PM*
Nataraja: Green
 Moon – Orange
Pausha*Thai

Kathmandu, Nepal
 Sun 7 Sutra 289
 Vilamba 5120
 Moon 1 - Phase 39
 Navami

Devaloka Day

1		Wednesday, January 30, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Dhruva Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Kathmandu, Nepal Sun 8 Sutra 290 Vilamba 5120	
Wrischika Rasi: 11.08	Tithi 25 – 26	Gulika	10:41AM – 12:03PM	Anuradha Until 4:36PM	Ganesha: Clear	<i>Sunrise:</i> 6:37AM	
		Yama	7:58AM – 9:20AM	Dhruva Until 5:30AM Thu	Muruqa: Clear	<i>Sunset:</i> 5:28PM	Moon 1 - Phase 40
		974173366 Rahu	12:03PM – 1:24PM	Bava Until 4:12AM Thu	Nataraja: Green		2nd Phase
Creative Work	Siddha Yoga			Dashami Until 3:30PM	Moon – Orange		Devaloka Day
					Pausha*Thai		

2		Thursday, January 31, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Kathmandu, Nepal Sun 9 Sutra 291 Vilamba 5120	
Wrischika Rasi: 23.34	Tithi 26 – 27	Gulika	9:20AM – 10:41AM	Jyeshtha* Until 6:27PM	Ganesha: Clear	<i>Sunrise:</i> 6:36AM	
		Yama	6:36AM – 7:58AM	Vyaghata* Until 5:43AM Fri	Muruqa: Clear	<i>Sunset:</i> 5:29PM	Moon 1 - Phase 40
		974173366 Rahu	1:24PM – 2:46PM	Kaulava Until 5:57AM Fri	Nataraja: Green		2nd Phase
Routine Work	Prabalarishta Yoga			Ekadashi* Until 5:00PM	Moon – Orange		Devaloka Day
Until 6:27PM					Pausha*Thai		
Then Creative Work - Siddha Yoga							

3		Friday, February 1, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Harshana Yoga Taitila Karana Dvadashyam Titau		Kathmandu, Nepal Sun 10 Sutra 292 Vilamba 5120	
Dhanus Rasi: 5.45	Tithi 27	Gulika	7:58AM – 9:20AM	Mula* Until 9:05PM	Ganesha: White	<i>Sunrise:</i> 6:36AM	
		Yama	2:46PM – 4:07PM	Harshana Until 6:17AM Sat	Muruqa: Clear	<i>Sunset:</i> 5:29PM	Moon 1 - Phase 40
		984173366 Rahu	10:41AM – 12:03PM	Taitila Until 6:58PM	Nataraja: Green		2nd Phase
Creative Work	Amrita Yoga			Dvadashi* Until 6:58PM	Moon – Light Blue		Bhuloka Day
Until 9:05PM					Pausha*Thai		Devaloka Time: 12:PM to 3:PM
Then Routine Work - Prabalarishta Yoga							

4		Saturday, February 2, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Trayodashyam Titau		Kathmandu, Nepal Sun 11 Sutra 293 Vilamba 5120	
Dhanus Rasi: 17.46	Tithi 28	Gulika	6:36AM – 7:58AM	Purvashadha* Until 11:53PM	Ganesha: White	<i>Sunrise:</i> 6:36AM	
		Yama	1:25PM – 2:46PM	Harshana Until 6:17AM	Muruqa: Clear	<i>Sunset:</i> 5:30PM	Moon 1 - Phase 40
		984173366 Rahu	9:19AM – 10:41AM	Gara Until 8:08AM	Nataraja: Green		2nd Phase
Creative Work	Siddha Yoga			Trayodashi* Until 9:19PM	Moon – Light Blue		Bhuloka Day
Until 11:53PM					Pausha*Thai		Devaloka Time: 12:PM to 3:PM
Then Routine Work - Marana Yoga							
					<i>Pradosha Vrata (Fasting)</i>		

5		Sunday, February 3, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Vajra*/Siddhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Kathmandu, Nepal Sun 12 Sutra 294 Vilamba 5120	
Dhanus Rasi: 29.41	Tithi 29	Gulika	2:47PM – 4:09PM	Uttarashadha Until 2:45AM Mon	Ganesha: White	<i>Sunrise:</i> 6:35AM	
		Yama	12:03PM – 1:25PM	Vajra* Until 7:02AM	Muruqa: Clear	<i>Sunset:</i> 5:31PM	Moon 1 - Phase 40
		984173366 Rahu	4:09PM – 5:31PM	Visti Until 10:36AM	Nataraja: Green		2nd Phase
Creative Work	Amrita Yoga			Chaturdashi* Until 11:54PM	Moon – Light Blue		Bhuloka Day
					Pausha*Thai		Devaloka Time: 12:PM to 3:PM

Monday, February 4, 2019		Retreat Star		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Shravana Nakshatra Siddhi/Vyatipata* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Kathmandu, Nepal Sun 13 Sutra 295 Vilamba 5120	
Makara Rasi: 11.31	Tithi 30	Gulika	1:25PM – 2:47PM	Shravana Until 6:02AM Tue	Ganesha: Red	<i>Sunrise:</i> 6:35AM	
Family Home Evening		Yama	10:41AM – 12:03PM	Siddhi Until 7:57AM	Muruqa: Clear	<i>Sunset:</i> 5:31PM	Moon 1 - Phase 40
Creative Work	Amrita Yoga	995173367 Rahu	7:57AM – 9:19AM	Catuspada Until 1:16PM	Nataraja: White		Amavasya
Until 6:02AM Tue				Amavasya* Until 2:36AM Tue	Moon – Purple		Devaloka Day
Then Creative Work - Siddha Yoga					Pausha*Thai		

Tuesday, February 5, 2019		Retreat Star		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Vyatipata*/Varyan Yoga Kintughna*/Bava Karana Prathamayam Titau		Kathmandu, Nepal Sun 14 Sutra 296 Vilamba 5120	
Makara Rasi: 23.18	Tithi 1	Gulika	12:03PM – 1:26PM	Shravana Until 6:02AM	Ganesha: Red	<i>Sunrise:</i> 6:34AM	
		Yama	9:19AM – 10:41AM	Vyatipata* Until 8:57AM	Muruqa: Clear	<i>Sunset:</i> 5:32PM	Moon 1 - Phase 40
		995173367 Rahu	2:48PM – 4:10PM	Kintughna Until 3:59PM	Nataraja: White		Prathama
Creative Work	Siddha Yoga			Prathama* Until 5:18AM Wed	Moon – Purple		Devaloka Day
					Magha*Thai		

1	Wednesday, February 6, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shalabhshak Nakshatra Varyan/Parigha* Yoga Balava Karana Dviliyayam Titau				Kathmandu, Nepal Sun 15 Sutra 297 Vilamba 5120
	Kumbha Rasi: 5.06	Tithi 2	Gulika 10:41AM – 12:03PM	Dhanishtha Until 9:09AM	Ganesha: Red	<i>Sunrise:</i> 6:34AM	
		995173367	Yama 7:56AM – 9:19AM	Variyan Until 9:54AM	Muruqa: Clear	<i>Sunset:</i> 5:33PM	Moon 1 - Phase 41 3rd Phase
Routine Work Prabalarishta Yoga Until 9:09AM Then Creative Work - Siddha Yoga			Balava Until 6:39PM Dvitiya Until 7:55AM Thu		Nataraja: White Moon – Purple Magha-Thai		Devaloka Day

2	Thursday, February 7, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Dviliya/Triliyayam Titau				Kathmandu, Nepal Sun 16 Sutra 298 Vilamba 5120
	Kumbha Rasi: 16.56	Tithi 2 – 3	Gulika 9:18AM – 10:41AM	Shatabhishak Until 12:00PM	Ganesha: Red	<i>Sunrise:</i> 6:33AM	
		995173367	Yama 6:33AM – 7:56AM	Parigha* Until 10:48AM	Muruqa: Clear	<i>Sunset:</i> 5:34PM	Moon 1 - Phase 41 3rd Phase
Creative Work Siddha Yoga			Taitila Until 9:10PM Dvitiya Until 7:55AM		Nataraja: White Moon – Purple Magha-Thai		Devaloka Day

3	Friday, February 8, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Shiva/Siddha Yoga Gara/Vanija Karana Triliya/Chaturthyam Titau				Kathmandu, Nepal Sun 17 Sutra 299 Vilamba 5120
	Kumbha Rasi: 28.5	Tithi 3 – 4	Gulika 7:55AM – 9:18AM	Purvaproshtapada* Until 2:59PM	Ganesha: Blue	<i>Sunrise:</i> 6:33AM	
		915173367	Yama 2:49PM – 4:12PM	Shiva Until 11:33AM	Muruqa: Clear	<i>Sunset:</i> 5:34PM	Moon 1 - Phase 41 3rd Phase
Creative Work Siddha Yoga			Vanija Until 11:27PM Tritiya Until 10:20AM		Nataraja: White Moon – Clear Magha-Thai		Sivaloka Day

4	Saturday, February 9, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mantra Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Siddha/Sadhya Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Kathmandu, Nepal Sun 18 Sutra 300 Vilamba 5120
	Meena Rasi: 10.51	Tithi 4 – 5	Gulika 6:32AM – 7:55AM	Uttaraproshtapada Until 5:31PM	Ganesha: Blue	<i>Sunrise:</i> 6:32AM	
		915173367	Yama 1:26PM – 2:49PM	Siddha Until 12:03PM	Muruqa: Clear	<i>Sunset:</i> 5:35PM	Moon 1 - Phase 41 3rd Phase
Creative Work Siddha Yoga Until 5:31PM Then Routine Work - Prabalarishta Yoga			Bava Until 1:24AM Sun Chaturthi* Until 12:27PM		Nataraja: White Moon – Clear Magha-Thai		Sivaloka Day

5	Sunday, February 10, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Kathmandu, Nepal Sun 19 Sutra 301 Vilamba 5120
	Meena Rasi: 23	Tithi 5 – 6	Gulika 2:50PM – 4:13PM	Revati Until 7:29PM	Ganesha: Red	<i>Sunrise:</i> 6:31AM	
		915273367	Yama 12:04PM – 1:27PM	Sadhya Until 12:17PM	Muruqa: Clear	<i>Sunset:</i> 5:36PM	Moon 1 - Phase 41 3rd Phase
Creative Work Amrita Yoga Until 7:29PM Then Creative Work - Siddha Yoga			Kaulava Until 2:53AM Mon Panchami Until 2:11PM		Nataraja: White Moon – Clear Magha-Thai		Devaloka Day

6	Monday, February 11, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Subha/Sukla Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Kathmandu, Nepal Sun 20 Sutra 302 Vilamba 5120
	Mesha Rasi: 5.21	Tithi 6 – 7	Gulika 1:27PM – 2:50PM	Ashvini Until 9:15PM	Ganesha: Blue	<i>Sunrise:</i> 6:31AM	
	Family Home Evening	925273367	Yama 10:40AM – 12:04PM	Subha Until 12:08PM	Muruqa: Clear	<i>Sunset:</i> 5:37PM	Moon 1 - Phase 41 3rd Phase
Creative Work Siddha Yoga			Gara Until 3:48AM Tue Shashthi* Until 3:24PM		Nataraja: White Moon – White Magha-Thai		Bhuloka Day Devaloka Time: 12:PM to 3:PM

Tuesday, February 12, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Kathmandu, Nepal Sun 21 Sutra 303 Vilamba 5120	
Retreat Star		Gulika 12:04PM – 1:27PM	Bharani Until 10:14PM	Ganesha: Blue	<i>Sunrise:</i> 6:30AM		
Mesha Rasi: 17.57	Tithi 7 – 8	Yama 9:17AM – 10:40AM	Sukla Until 11:30AM	Muruqa: Clear	<i>Sunset:</i> 5:37PM	Moon 1 - Phase 41 3rd Phase	
Creative Work Siddha Yoga			Visti Until 4:02AM Wed Saptami Until 3:59PM		Nataraja: White Moon – White Magha-Thai		Bhuloka Day Devaloka Time: 12:PM to 3:PM

D	Wednesday, February 13, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Kathmandu, Nepal Sun 22 Sutra 304 Vilamba 5120
	Retreat Star		Gulika 10:40AM – 12:04PM	Krittika Until 10:22PM	Ganesha: Yellow	<i>Sunrise:</i> 6:29AM	
	Vrishabha Rasi: 0.52	Tithi 8 – 9	Yama 7:53AM – 9:16AM	Brahma Until 10:21AM	Muruqa: Clear	<i>Sunset:</i> 5:38PM	Moon 1 - Phase 41 Ashtami
Creative Work Amrita Yoga Until 10:22PM Then Creative Work - Siddha Yoga			Balava Until 3:32AM Thu Ashtami* Until 3:52PM		Nataraja: White Moon – White Magha-Masi		Devaloka Day

Thursday, February 14, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Rohini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 305 Vilamba 5120	
Retreat Star		Gulika 9:16AM – 10:40AM	Rohini Until 10:03PM	Ganesha: White	<i>Sunrise:</i> 6:28AM		
Vrishabha Rasi: 14.11	Tithi 9 – 10	Yama 6:28AM – 7:52AM	Indra Until 8:37AM	Muruqa: Clear	<i>Sunset:</i> 5:39PM	Moon 1 - Phase 41 Navami	
Routine Work Marana Yoga			Taitila Until 2:15AM Fri Navami* Until 2:58PM		Nataraja: White Moon – Yellow Magha-Masi		Sivaloka Day

1	Friday, February 15, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Mrigashira Nakshatra Vaidhriti* Vishkambha* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 306 Vilamba 5120
	Vrishabha Rasi: 27.55	Tithi 10 – 11	936273367	Gulika 7:52AM – 9:16AM Yama 2:52PM – 4:16PM Rahu 10:40AM – 12:04PM	Mrigashira Until 8:52PM Vaidhriti* Until 6:15AM Vanija Until 12:15AM Sat Dashami Until 1:19PM	Ganesha: White Muruqa: Clear Nataraja: White Moon – Yellow Magha-Masi	Sunrise: 6:28AM Sunset: 5:40PM Moon 1 - Phase 42 4th Phase Sivaloka Day
	Creative Work Siddha Yoga						

2	Saturday, February 16, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Ardra Nakshatra Priti Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 307 Vilamba 5120
	Mithuna Rasi: 12.07	Tithi 11 – 12	936273367	Gulika 6:27AM – 7:51AM Yama 1:28PM – 2:52PM Rahu 9:15AM – 10:39AM	Ardra Until 6:53PM Priti Until 11:56PM Bava Until 9:37PM Ekadashi Until 11:00AM	Ganesha: White Muruqa: Clear Nataraja: White Moon – Yellow Magha-Masi	Sunrise: 6:27AM Sunset: 5:40PM Moon 1 - Phase 42 4th Phase Sivaloka Day
	Creative Work Siddha Yoga						

3	Sunday, February 17, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu/Pushya Nakshatra Ayushman Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 308 Vilamba 5120
	Mithuna Rasi: 26.43	Tithi 12 – 13	946273367	Gulika 2:52PM – 4:17PM Yama 12:04PM – 1:28PM Rahu 4:17PM – 5:41PM	Punarvasu Until 4:39PM Ayushman Until 8:06PM Kaulava Until 6:28PM Dvadashi Until 8:05AM	Ganesha: Clear Muruqa: Clear Nataraja: White Moon – Blue Magha-Masi	Sunrise: 6:26AM Sunset: 5:41PM Moon 1 - Phase 42 4th Phase Devaloka Day
	Creative Work Siddha Yoga		<i>Pradosha Vrata</i>				

4	Monday, February 18, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 309 Vilamba 5120
	Kataka Rasi: 11.4	Tithi 14	946273367	Gulika 1:28PM – 2:53PM Yama 10:39AM – 12:04PM Rahu 7:50AM – 9:14AM	Pushya Until 1:54PM Saubhagya Until 3:59PM Gara Until 2:57PM Chaturdashi* Until 1:05AM Tue	Ganesha: Clear Muruqa: Clear Nataraja: White Moon – Blue Magha-Masi	Sunrise: 6:25AM Sunset: 5:42PM Moon 1 - Phase 42 4th Phase Devaloka Day
	Family Home Evening Creative Work Siddha Yoga		Chidambaram Abhishekam				

	Tuesday, February 19, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Purnimayam Titau				Kathmandu, Nepal Sutra 310 Vilamba 5120		
	Copper Retreat Star		Kataka Rasi: 26.51	Tithi 15	946273367	Gulika 12:03PM – 1:28PM Yama 9:14AM – 10:39AM Rahu 2:53PM – 4:18PM	Ashlesha* Until 10:48AM Sobhana Until 11:42AM Visti Until 11:13AM Purnima* Until 9:18PM	Ganesha: Clear Muruqa: Clear Nataraja: White Moon – Blue Magha-Masi	Sunrise: 6:25AM Sunset: 5:42PM Moon 1 - Phase 42 Purnima Devaloka Day
	Creative Work Siddha Yoga								

5	Wednesday, February 20, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Athiganda*/Sukarma Yoga Balava/Taitila Karana Prathama/Dvililyayam Titau				Kathmandu, Nepal Sutra 311 Vilamba 5120		
	Silver Retreat Star		Simha Rasi: 12.07	Tithi 16 – 17	957273367	Gulika 10:38AM – 12:03PM Yama 7:49AM – 9:14AM Rahu 12:03PM – 1:28PM	Magha* Until 7:54AM Athiganda* Until 7:22AM Balava Until 7:25AM Prathama* Until 5:33PM	Ganesha: Clear Muruqa: Clear Nataraja: White Moon – Red Magha-Masi	Sunrise: 6:24AM Sunset: 5:43PM Moon 1 - Phase 42 Prathama Devaloka Day
	Creative Work Siddha Yoga Until 7:54AM Then Creative Work - Amrita Yoga								



Thursday, February 21, 2019

Gold Retreat Star

Simha Rasi: 27.17 Tithi 17 - 18

957273367

Amrita Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam
Uttaraphalguni Nakshatra Dhriti Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Kathmandu, Nepal

Sun 1 Sutra 312

Vilamba 5120

Moon 2 - Phase 43

1st Phase

Gulika 9:13AM - 10:38AM
Yama 6:23AM - 7:48AM
Rahu 1:28PM - 2:53PM

Uttaraphalguni Until 2:16AM Fri
Dhriti Until 11:10PM
Vanija Until 12:23AM Fri
Dvitiya Until 2:00PM

Ganesha: Clear *Sunrise:* 6:23AM
Muruqa: Clear *Sunset:* 5:44PM
Nataraja: White
Moon - Red
Magha-Masi

Devaloka Day

1

Friday, February 22, 2019

Kanya Rasi: 12.12 Tithi 18 - 19

967273367

Creative Work Amrita Yoga

Until 12:17AM Sat

Then Routine Work - Marana Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam
Hasta Nakshatra Shula* Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Kathmandu, Nepal

Sun 2 Sutra 313

Vilamba 5120

Moon 2 - Phase 43

1st Phase

Gulika 7:47AM - 9:13AM
Yama 2:54PM - 4:19PM
Rahu 10:38AM - 12:03PM

Hasta Until 12:17AM Sat
Shula* Until 7:31PM
Bava Until 9:27PM
Tritiya Until 10:50AM

Ganesha: White *Sunrise:* 6:22AM
Muruqa: Clear *Sunset:* 5:44PM
Nataraja: White
Moon - Green
Magha-Masi

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

2

Saturday, February 23, 2019

Kanya Rasi: 26.45 Tithi 19 - 20

967273367

Routine Work Marana Yoga

Until 10:46PM

Then Creative Work - Siddha Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam
Chitra Nakshatra Ganda*/Vridhi Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Kathmandu, Nepal

Sun 3 Sutra 314

Vilamba 5120

Moon 2 - Phase 43

1st Phase

Gulika 6:21AM - 7:47AM
Yama 1:29PM - 2:54PM
Rahu 9:12AM - 10:38AM

Chitra Until 10:46PM
Ganda* Until 4:23PM
Kaulava Until 7:08PM
Chaturthi* Until 8:11AM

Ganesha: White *Sunrise:* 6:21AM
Muruqa: Clear *Sunset:* 5:45PM
Nataraja: White
Moon - Green
Magha-Masi

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

3

Sunday, February 24, 2019

Tula Rasi: 10.51 Tithi 20 - 21

967273367

Creative Work Siddha Yoga

Until 9:51PM

Then Routine Work - Marana Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Svati Nakshatra Vridhi/Dhruva Yoga Taitila/Vanija Karana Panchami/Shashthyam Titau

Kathmandu, Nepal

Sun 4 Sutra 315

Vilamba 5120

Moon 2 - Phase 43

1st Phase

Gulika 2:54PM - 4:20PM
Yama 12:03PM - 1:29PM
Rahu 4:20PM - 5:46PM

Svati Until 9:51PM
Vridhi Until 1:50PM
Vanija Until 5:03AM Mon
Panchami Until 6:13AM

Ganesha: White *Sunrise:* 6:20AM
Muruqa: Clear *Sunset:* 5:46PM
Nataraja: White
Moon - Green
Magha-Masi

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

4

Monday, February 25, 2019

Tula Rasi: 24.28 Tithi 22

977273367

Family Home Evening

Routine Work Marana Yoga

Until 10:04PM

Then Creative Work - Siddha Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam
Vishakha Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Saplamyam Titau

Kathmandu, Nepal

Sun 5 Sutra 316

Vilamba 5120

Moon 2 - Phase 43

1st Phase

Gulika 1:29PM - 2:55PM
Yama 10:37AM - 12:03PM
Rahu 7:45AM - 9:11AM

Vishakha Until 10:04PM
Dhruva Until 11:55AM
Visti Until 4:48PM
Saptami Until 4:44AM Tue

Ganesha: Yellow *Sunrise:* 6:19AM
Muruqa: Clear *Sunset:* 5:46PM
Nataraja: White
Moon - Orange
Magha-Masi

Devaloka Day

☾

Tuesday, February 26, 2019

Retreat Star

Vrischika Rasi: 7.37 Tithi 23

977273367

Creative Work Siddha Yoga

Until 10:59PM

Then Routine Work - Marana Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam
Anuradha Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Ashtamyam Titau

Kathmandu, Nepal

Sun 6 Sutra 317

Vilamba 5120

Moon 2 - Phase 43

Ashtami

Gulika 12:03PM - 1:29PM
Yama 9:10AM - 10:37AM
Rahu 2:55PM - 4:21PM

Anuradha Until 10:59PM
Vyaghata* Until 10:41AM
Balava Until 4:56PM
Ashtami* Until 5:17AM Wed

Ganesha: Yellow *Sunrise:* 6:18AM
Muruqa: Clear *Sunset:* 5:47PM
Nataraja: White
Moon - Orange
Magha-Masi

Devaloka Day

Wednesday, February 27, 2019

Retreat Star

Vrischika Rasi: 20.2 Tithi 24

978273367

Creative Work Siddha Yoga

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam
Jyeshtha* Nakshatra Harshana/Vajra* Yoga Taitila/Gara Karana Navamyam Titau

Kathmandu, Nepal

Sun 7 Sutra 318

Vilamba 5120

Moon 2 - Phase 43

Navami

Gulika 10:36AM - 12:02PM
Yama 7:44AM - 9:10AM
Rahu 12:02PM - 1:29PM

Jyeshtha* Until 12:31AM Thu
Harshana Until 10:09AM
Taitila Until 5:53PM
Navami* Until 6:38AM Thu

Ganesha: Blue *Sunrise:* 6:17AM
Muruqa: Clear *Sunset:* 5:48PM
Nataraja: White
Moon - Orange
Magha-Masi

Sivaloka Day

1		Thursday, February 28, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Kathmandu, Nepal Sun 8 Sutra 319	
Dhanus Rasi: 2.42	Tithi 24 – 25	Gulika 9:09AM – 10:36AM	Mula* Until 3:03AM Fri	Ganesha: Red	<i>Sunrise:</i> 6:16AM	Vilamba 5120	
		Yama 6:16AM – 7:43AM	Vajra* Until 10:09AM	Muruqa: Clear	<i>Sunset:</i> 5:48PM	Moon 2 - Phase 44	
		988273367 Rahu 1:29PM – 2:55PM	Vanija Until 7:35PM	Nataraja: White		2nd Phase	
Creative Work	Siddha Yoga		Navami* Until 6:38AM	Moon – Light Blue		Devaloka Day	
Until 3:03AM Fri				Magha-Masi			
Then Routine Work - Prabalarishta Yoga							

2		Friday, March 1, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Kathmandu, Nepal Sun 9 Sutra 320	
Dhanus Rasi: 14.48	Tithi 25 – 26	Gulika 7:41AM – 9:08AM	Purvashadha* Until 5:52AM Sat	Ganesha: Red	<i>Sunrise:</i> 6:14AM	Vilamba 5120	
		Yama 2:56PM – 4:23PM	Siddhi Until 10:39AM	Muruqa: Clear	<i>Sunset:</i> 5:49PM	Moon 2 - Phase 44	
		988273367 Rahu 10:35AM – 12:02PM	Bava Until 9:49PM	Nataraja: White		2nd Phase	
Routine Work	Prabalarishta Yoga		Dashami Until 8:37AM	Moon – Light Blue		Devaloka Day	
Until 5:52AM Sat				Magha-Masi			
Then Routine Work - Marana Yoga							

3		Saturday, March 2, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Vyalipata*/Variyan Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Kathmandu, Nepal Sun 10 Sutra 321	
Dhanus Rasi: 26.43	Tithi 26 – 27	Gulika 6:13AM – 7:41AM	Uttarashadha Until 8:49AM Sun	Ganesha: Red	<i>Sunrise:</i> 6:13AM	Vilamba 5120	
		Yama 1:29PM – 2:56PM	Vyatipata* Until 11:29AM	Muruqa: Clear	<i>Sunset:</i> 5:50PM	Moon 2 - Phase 44	
		988273367 Rahu 9:08AM – 10:35AM	Kaulava Until 12:25AM Sun	Nataraja: White		2nd Phase	
Routine Work	Marana Yoga		Ekadashi* Until 11:04AM	Moon – Light Blue		Devaloka Day	
Until 8:49AM Sun				Magha-Masi			
Then Creative Work - Amrita Yoga							

4		Sunday, March 3, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Variyan/Parigha* Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Kathmandu, Nepal Sun 11 Sutra 322	
Makara Rasi: 8.32	Tithi 27 – 28	Gulika 2:56PM – 4:23PM	Uttarashadha Until 8:49AM	Ganesha: Red	<i>Sunrise:</i> 6:12AM	Vilamba 5120	
		Yama 12:02PM – 1:29PM	Variyan Until 12:28PM	Muruqa: Clear	<i>Sunset:</i> 5:51PM	Moon 2 - Phase 44	
		988273367 Rahu 4:23PM – 5:51PM	Gara Until 3:09AM Mon	Nataraja: White		2nd Phase	
Creative Work	Amrita Yoga		Dvadashi* Until 1:45PM	Moon – Light Blue		Devaloka Day	
				Magha-Masi			

Pradosha Vrata (Fasting)

5		Monday, March 4, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Kathmandu, Nepal Sun 12 Sutra 323	
Makara Rasi: 20.17	Tithi 28 – 29	Gulika 1:29PM – 2:56PM	Shravana Until 12:10PM	Ganesha: Yellow	<i>Sunrise:</i> 6:11AM	Vilamba 5120	
Family Home Evening		Yama 10:34AM – 12:01PM	Parigha* Until 1:32PM	Muruqa: Clear	<i>Sunset:</i> 5:51PM	Moon 2 - Phase 44	
		998273367 Rahu 7:39AM – 9:06AM	Visti Until 5:52AM Tue	Nataraja: White		2nd Phase	
Creative Work	Amrita Yoga		Trayodashi* Until 4:30PM	Moon – Purple		Devaloka Day	
Until 12:10PM				Magha-Masi			
Then Creative Work - Siddha Yoga		Mahasivaratri (Lunar)					
		Mahasivaratri (Solar)					

6		Tuesday, March 5, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shiva/Siddha Yoga Sakuni* Karana Chaturdashyam Titau		Kathmandu, Nepal Sun 13 Sutra 324	
Kumbha Rasi: 2.05	Tithi 29	Gulika 12:01PM – 1:29PM	Dhanishtha Until 3:17PM	Ganesha: Clear	<i>Sunrise:</i> 6:10AM	Vilamba 5120	
		Yama 9:06AM – 10:33AM	Shiva Until 2:33PM	Muruqa: Clear	<i>Sunset:</i> 5:52PM	Moon 2 - Phase 44	
		199273367 Rahu 2:56PM – 4:24PM	Sakuni Until 7:09PM	Nataraja: White		2nd Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 7:09PM	Moon – Purple		Devaloka Day	
Until 3:17PM				Magha-Masi			
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, March 6, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Siddha/Sadhya Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Kathmandu, Nepal Sun 14 Sutra 325	
Kumbha Rasi: 13.55	Tithi 30	Gulika 10:33AM – 12:01PM	Shatabhishak Until 6:03PM	Ganesha: Clear	<i>Sunrise:</i> 6:09AM	Vilamba 5120	
		Yama 7:37AM – 9:05AM	Siddha Until 3:23PM	Muruqa: Clear	<i>Sunset:</i> 5:52PM	Moon 2 - Phase 44	
		199273367 Rahu 12:01PM – 1:29PM	Catuspada Until 8:26AM	Nataraja: White		Amavasya	
Creative Work	Siddha Yoga		Amavasya* Until 9:36PM	Moon – Purple		Devaloka Day	
Until 6:03PM				Magha-Masi			
Then Creative Work - Amrita Yoga							

Retreat Star		Thursday, March 7, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Kintughna*/Bava Karana Prathamayam Titau		Kathmandu, Nepal Sun 15 Sutra 326	
Kumbha Rasi: 25.52	Tithi 1	Gulika 9:05AM – 10:33AM	Purvaproshtapada* Until 8:54PM	Ganesha: Yellow	<i>Sunrise:</i> 6:08AM	Vilamba 5120	
		Yama 6:08AM – 7:36AM	Sadhya Until 4:02PM	Muruqa: Clear	<i>Sunset:</i> 5:53PM	Moon 2 - Phase 44	
		119373367 Rahu 1:29PM – 2:57PM	Kintughna Until 10:44AM	Nataraja: White		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 11:45PM	Moon – Clear		Devaloka Day	
				Phalgun-Masi			

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


1		Friday, March 8, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Dvitiyayam Titau			Kathmandu, Nepal Sun 16 Sutra 327	
Meena Rasi: 7.55	Tithi 2	Gulika 7:36AM – 9:04AM	Uttaraproshtapada Until 11:16PM	Ganesha: Yellow	<i>Sunrise:</i> 6:07AM		Vilamba 5120	
		Yama 2:57PM – 4:25PM	Subha Until 4:28PM	Muruqa: Clear	<i>Sunset:</i> 5:54PM		Moon 2 - Phase 45	
		119373367 Rahu 10:32AM – 12:00PM	Balava Until 12:43PM	Nataraja: White			3rd Phase	
Creative Work	Siddha Yoga		Dvitiya Until 1:34AM Sat	Moon – Clear		Devaloka Day		
						Phalguna-Masi		
2		Saturday, March 9, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Sukla/Brahma Yoga Taitila/Gara Karana Tritiyayam Titau			Kathmandu, Nepal Sun 17 Sutra 328	
Meena Rasi: 20.05	Tithi 3	Gulika 6:06AM – 7:35AM	Revati Until 1:08AM Sun	Ganesha: Yellow	<i>Sunrise:</i> 6:06AM		Vilamba 5120	
		Yama 1:29PM – 2:57PM	Sukla Until 4:37PM	Muruqa: Clear	<i>Sunset:</i> 5:54PM		Moon 2 - Phase 45	
		119373367 Rahu 9:03AM – 10:32AM	Taitila Until 2:23PM	Nataraja: White			3rd Phase	
Routine Work	Prabalarishta Yoga		Tritiya Until 3:03AM Sun	Moon – Clear		Devaloka Day		
Until 1:08AM Sun						Phalguna-Masi		
Then Creative Work - Siddha Yoga		Subramuniyaswami Siva Vision Day						
3		Sunday, March 10, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Brahma/Indra Yoga Vanija/Visi* Karana Chaturthyam Titau			Kathmandu, Nepal Sun 18 Sutra 329	
Mesha Rasi: 2.25	Tithi 4	Gulika 2:57PM – 4:26PM	Ashvini Until 2:57AM Mon	Ganesha: Red	<i>Sunrise:</i> 6:05AM		Vilamba 5120	
		Yama 12:00PM – 1:29PM	Brahma Until 4:29PM	Muruqa: Clear	<i>Sunset:</i> 5:55PM		Moon 2 - Phase 45	
		129373367 Rahu 4:26PM – 5:55PM	Vanija Until 3:39PM	Nataraja: White			3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 4:08AM Mon	Moon – White		Devaloka Day		
						Phalguna-Masi		
4		Monday, March 11, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Indra/Valdhriti* Yoga Bava/Balava Karana Panchamyam Titau			Kathmandu, Nepal Sun 19 Sutra 330	
Mesha Rasi: 14.55	Tithi 5	Gulika 1:29PM – 2:57PM	Bharani Until 4:11AM Tue	Ganesha: Red	<i>Sunrise:</i> 6:04AM		Vilamba 5120	
Family Home Evening		Yama 10:31AM – 12:00PM	Indra Until 4:04PM	Muruqa: Clear	<i>Sunset:</i> 5:55PM		Moon 2 - Phase 45	
		129373367 Rahu 7:33AM – 9:02AM	Bava Until 4:31PM	Nataraja: White			3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 4:46AM Tue	Moon – White		Devaloka Day		
						Phalguna-Masi		
5		Tuesday, March 12, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Shashthyam Titau			Kathmandu, Nepal Sun 20 Sutra 331	
Mesha Rasi: 27.37	Tithi 6	Gulika 11:59AM – 1:29PM	Krittika Until 4:47AM Wed	Ganesha: Red	<i>Sunrise:</i> 6:03AM		Vilamba 5120	
		Yama 9:01AM – 10:30AM	Vaidhriti* Until 3:15PM	Muruqa: Clear	<i>Sunset:</i> 5:56PM		Moon 2 - Phase 45	
		129373367 Rahu 2:58PM – 4:27PM	Kaulava Until 4:55PM	Nataraja: White			3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 4:54AM Wed	Moon – White		Devaloka Day		
						Phalguna-Masi		
6		Wednesday, March 13, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Saplamyam Titau			Kathmandu, Nepal Sun 21 Sutra 332	
Vrishabha Rasi: 10.34	Tithi 7	Gulika 10:30AM – 11:59AM	Rohini Until 5:09AM Thu	Ganesha: Purple	<i>Sunrise:</i> 6:02AM		Vilamba 5120	
		Yama 7:31AM – 9:01AM	Vishkambha* Until 2:03PM	Muruqa: Clear	<i>Sunset:</i> 5:56PM		Moon 2 - Phase 45	
		131373367 Rahu 11:59AM – 1:28PM	Gara Until 4:47PM	Nataraja: White			3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 4:29AM Thu	Moon – Yellow		Sivaloka Day		
Until 5:09AM Thu						Phalguna-Masi		
Then Routine Work - Marana Yoga								
D		Thursday, March 14, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Ashtamyam Titau			Kathmandu, Nepal Sun 22 Sutra 333	
Vrishabha Rasi: 23.48	Tithi 8	Gulika 9:00AM – 10:29AM	Mrigashira Until 4:45AM Fri	Ganesha: Purple	<i>Sunrise:</i> 6:01AM		Vilamba 5120	
		Yama 6:01AM – 7:30AM	Priti Until 12:24PM	Muruqa: Clear	<i>Sunset:</i> 5:57PM		Moon 2 - Phase 45	
		131373367 Rahu 1:28PM – 2:58PM	Visti Until 4:03PM	Nataraja: White			Ashtami	
Routine Work	Marana Yoga		Ashtami* Until 3:26AM Fri	Moon – Yellow		Sivaloka Day		
Until 4:45AM Fri						Phalguna-Masi		
Then Creative Work - Siddha Yoga								
Friday, March 15, 2019		Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Ayushmani/Saubhagya Yoga Balava/Kaulava Karana Navamyam Titau			Kathmandu, Nepal Sun 23 Sutra 334			
Mithuna Rasi: 7.22	Tithi 9	Gulika 7:29AM – 8:59AM	Ardra Until 3:37AM Sat	Ganesha: Purple	<i>Sunrise:</i> 6:00AM		Vilamba 5120	
		Yama 2:58PM – 4:28PM	Ayushman Until 10:14AM	Muruqa: Clear	<i>Sunset:</i> 5:57PM		Moon 2 - Phase 45	
		131373368 Rahu 10:29AM – 11:59AM	Balava Until 2:42PM	Nataraja: Clear			Navami	
Creative Work	Siddha Yoga		Navami* Until 1:47AM Sat	Moon – Yellow		Subha Sivaloka Day		
		Karadaiyan Nombu (Tamil Nadu)				Phalguna-Panguni		

1	Saturday, March 16, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 24 Sutra 335 Vilamba 5120
	Mithuna Rasi: 21.19	Tithi 10	Gulika 5:59AM – 7:29AM	Punarvasu Until 2:11AM Sun	Ganesha: Clear	<i>Sunrise:</i> 5:59AM	
			Yama 1:28PM – 2:58PM	Saubhagya Until 7:35AM	Muruqa: Clear	<i>Sunset:</i> 5:58PM	Moon 2 - Phase 46
	Creative Work	Siddha Yoga	141373368 Rahu 8:58AM – 10:28AM	Taitila Until 12:44PM	Nataraja: Clear		4th Phase
			Dashami Until 11:32PM	Moon – Blue		Sivaloka Day	
				Phalguna-Panguni			

2	Sunday, March 17, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Athiganda* Yoga Vanija/Visti* Karana Ekadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 336 Vilamba 5120
	Kataka Rasi: 5.38	Tithi 11	Gulika 2:58PM – 4:28PM	Pushya Until 12:06AM Mon	Ganesha: Clear	<i>Sunrise:</i> 5:58AM	
			Yama 11:58AM – 1:28PM	Athiganda* Until 12:59AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:58PM	Moon 2 - Phase 46
	Creative Work	Siddha Yoga	141373368 Rahu 4:28PM – 5:58PM	Vanija Until 10:14AM	Nataraja: Clear		4th Phase
			Ekadashi Until 8:46PM	Moon – Blue		Sivaloka Day	
				Phalguna-Panguni			

3	Monday, March 18, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha* Nakshatra Sukarma Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 337 Vilamba 5120
	Kataka Rasi: 20.17	Tithi 12 – 13	Gulika 1:28PM – 2:58PM	Ashlesha* Until 9:31PM	Ganesha: Clear	<i>Sunrise:</i> 5:56AM	
	Family Home Evening		Yama 10:27AM – 11:58AM	Sukarma Until 9:10PM	Muruqa: Clear	<i>Sunset:</i> 5:59PM	Moon 2 - Phase 46
	Creative Work	Siddha Yoga	141373368 Rahu 7:27AM – 8:57AM	Bava Until 7:15AM	Nataraja: Clear		4th Phase
Until 9:31PM		Yogaswami Mahasamadhi	Dvadashi Until 5:37PM	Moon – Blue		Sivaloka Day	
Then Routine Work - Marana Yoga			<i>Pradosha Vrata</i>	Phalguna-Panguni			

4	Tuesday, March 19, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Magha* Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 338 Vilamba 5120
	Simha Rasi: 5.12	Tithi 13 – 14	Gulika 11:57AM – 1:28PM	Magha* Until 6:57PM	Ganesha: White	<i>Sunrise:</i> 5:55AM	
			Yama 8:56AM – 10:27AM	Dhriti Until 5:10PM	Muruqa: Clear	<i>Sunset:</i> 6:00PM	Moon 2 - Phase 46
	Creative Work	Siddha Yoga	151373368 Rahu 2:58PM – 4:29PM	Gara Until 12:26AM Wed	Nataraja: Clear		4th Phase
			Trayodashi Until 2:11PM	Moon – Red		Subha Sivaloka Day	
				Phalguna-Panguni			

	Wednesday, March 20, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Kathmandu, Nepal Sun 28 Sutra 339 Vilamba 5120
	Simha Rasi: 20.16	Tithi 14 – 15	Gulika 10:26AM – 11:57AM	Purvaphalguni Until 4:10PM	Ganesha: White	<i>Sunrise:</i> 5:54AM	
			Yama 7:25AM – 8:56AM	Shula* Until 1:04PM	Muruqa: Clear	<i>Sunset:</i> 6:00PM	Moon 2 - Phase 46
	Creative Work	Amrita Yoga	151373368 Rahu 11:57AM – 1:28PM	Visti Until 8:53PM	Nataraja: Clear		Purnima
		Panguni Uttiram	Chaturdashi* Until 10:38AM	Moon – Red		Subha Sivaloka Day	
		Holi		Phalguna-Panguni			

Silver Retreat Star	Thursday, March 21, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Ganda*/Vridhhi Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal Sun 29 Sutra 340 Vilamba 5120
	Kanya Rasi: 5.19	Tithi 15 – 16	Gulika 8:55AM – 10:26AM	Uttaraphalguni Until 1:20PM	Ganesha: White	<i>Sunrise:</i> 5:53AM	
			Yama 5:53AM – 7:24AM	Ganda* Until 9:01AM	Muruqa: Clear	<i>Sunset:</i> 6:01PM	Moon 2 - Phase 46
	Amrita Yoga		151373368 Rahu 1:28PM – 2:59PM	Kaulava Until 3:49AM Fri	Nataraja: Clear		Prathama
Until 1:20PM			Purnima* Until 7:07AM	Moon – Red		Subha Sivaloka Day	
Then Routine Work - Marana Yoga				Phalguna-Panguni			

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



Friday, March 22, 2019
Gold Retreat Star

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam
Hasta/Chitra Nakshatra Dhruva Yoga Taitila/Gara Karana Dvitiyayam Titau

Kathmandu, Nepal
Sutra 341
Vilamba 5120
Moon 3 - Phase 47
1st Phase

Kanya Rasi: 20.13 Tilthi 17
161383368
Creative Work Amrita Yoga
Until 11:03AM
Then Creative Work - Siddha Yoga

Gulika 7:23AM – 8:54AM
Yama 2:59PM – 4:30PM
Rahu 10:25AM – 11:57AM

Hasta Until 11:03AM
Dhruva Until 1:38AM Sat
Taitila Until 2:19PM
Dvitiya Until 12:54AM Sat

Ganesha: Yellow *Sunrise:* 5:52AM
Muruqa: White *Sunset:* 6:01PM
Nataraja: Clear
Moon – Green
Phalguna-Panguni
Devaloka Day

1 **Saturday, March 23, 2019**

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam
Chitra/Svati Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Tritiyayam Titau

Kathmandu, Nepal
Sun 1 Sutra 342
Vilamba 5120
Moon 3 - Phase 47
1st Phase

Tula Rasi: 4.49 Tilthi 18
161383368
Routine Work Marana Yoga
Until 9:03AM
Then Creative Work - Siddha Yoga

Gulika 5:51AM – 7:22AM
Yama 1:28PM – 2:59PM
Rahu 8:54AM – 10:25AM

Chitra Until 9:03AM
Vyaghata* Until 10:33PM
Vanija Until 11:39AM
Tritiya Until 10:32PM

Ganesha: Yellow *Sunrise:* 5:51AM
Muruqa: White *Sunset:* 6:02PM
Nataraja: Clear
Moon – Green
Phalguna-Panguni
Devaloka Day

2 **Sunday, March 24, 2019**

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam
Svati/Vishakha Nakshatra Harshana Yoga Bava/Balava Karana Chaturtham Titau

Kathmandu, Nepal
Sun 2 Sutra 343
Vilamba 5120
Moon 3 - Phase 47
1st Phase

Tula Rasi: 19.01 Tilthi 19
162383368
Creative Work Siddha Yoga
Until 7:32AM
Then Routine Work - Marana Yoga

Gulika 2:59PM – 4:31PM
Yama 11:56AM – 1:28PM
Rahu 4:31PM – 6:02PM

Svati Until 7:32AM
Harshana Until 8:03PM
Bava Until 9:37AM
Chaturthi* Until 8:51PM

Ganesha: Blue *Sunrise:* 5:50AM
Muruqa: White *Sunset:* 6:02PM
Nataraja: Clear
Moon – Green
Phalguna-Panguni
Bhuloka Day
Devaloka Time: 6:PM to 9:PM

3 **Monday, March 25, 2019**

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam
Vishakha/Anuradha Nakshatra Vajra* Yoga Kaulava/Taitila Karana Panchamyam Titau

Kathmandu, Nepal
Sun 3 Sutra 344
Vilamba 5120
Moon 3 - Phase 47
1st Phase

Vrischika Rasi: 2.45 Tilthi 20
172383368
Family Home Evening
Routine Work Marana Yoga
Until 7:01AM
Then Creative Work - Siddha Yoga

Gulika 1:27PM – 2:59PM
Yama 10:24AM – 11:56AM
Rahu 7:20AM – 8:52AM

Vishakha Until 7:01AM
Vajra* Until 6:11PM
Kaulava Until 8:20AM
Panchami Until 7:59PM

Ganesha: Red *Sunrise:* 5:49AM
Muruqa: White *Sunset:* 6:03PM
Nataraja: Clear
Moon – Orange
Phalguna-Panguni
Devaloka Day

4 **Tuesday, March 26, 2019**

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Siddhi/Vyatipata* Yoga Gara/Vanija Karana Shashtham Titau

Kathmandu, Nepal
Sun 4 Sutra 345
Vilamba 5120
Moon 3 - Phase 47
1st Phase

Vrischika Rasi: 15.59 Tilthi 21
172383368
Creative Work Siddha Yoga
Until 7:13AM
Then Routine Work - Marana Yoga

Gulika 11:55AM – 1:27PM
Yama 8:51AM – 10:23AM
Rahu 2:59PM – 4:31PM

Anuradha Until 7:13AM
Siddhi Until 5:01PM
Gara Until 7:54AM
Shashthi* Until 8:00PM

Ganesha: Red *Sunrise:* 5:48AM
Muruqa: White *Sunset:* 6:03PM
Nataraja: Clear
Moon – Orange
Phalguna-Panguni
Devaloka Day

5 **Wednesday, March 27, 2019**

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam
Jyeshtha*/Mula* Nakshatra Vyatipata*/Variyan Yoga Visti*/Bava Karana Saplamyam Titau

Kathmandu, Nepal
Sun 5 Sutra 346
Vilamba 5120
Moon 3 - Phase 47
1st Phase

Vrischika Rasi: 28.47 Tilthi 22
172383368
Creative Work Siddha Yoga
Until 8:07AM
Then Routine Work - Marana Yoga

Gulika 10:23AM – 11:55AM
Yama 7:19AM – 8:51AM
Rahu 11:55AM – 1:27PM

Jyeshtha* Until 8:07AM
Vyatipata* Until 4:32PM
Visti Until 8:22AM
Saptami Until 8:54PM

Ganesha: Red *Sunrise:* 5:46AM
Muruqa: White *Sunset:* 6:04PM
Nataraja: Clear
Moon – Orange
Phalguna-Panguni
Devaloka Day

Retreat Star **Thursday, March 28, 2019**

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam
Mula*/Purvashadha* Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Ashtamyam Titau

Kathmandu, Nepal
Sun 6 Sutra 347
Vilamba 5120
Moon 3 - Phase 47
Ashtami

Dhanus Rasi: 11.13 Tilthi 23
182383368
Creative Work Siddha Yoga

Gulika 8:50AM – 10:22AM
Yama 5:45AM – 7:18AM
Rahu 1:27PM – 2:59PM

Mula* Until 10:08AM
Variyan Until 4:39PM
Balava Until 9:40AM
Ashtami* Until 10:34PM

Ganesha: Green *Sunrise:* 5:45AM
Muruqa: White *Sunset:* 6:04PM
Nataraja: Clear
Moon – Light Blue
Phalguna-Panguni
Bhuloka Day
Devaloka Time: 6:PM to 9:PM

Retreat Star **Friday, March 29, 2019**

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvashadha*/Uttarashadha Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Navamyam Titau

Kathmandu, Nepal
Sun 7 Sutra 348
Vilamba 5120
Moon 3 - Phase 47
Navami

Dhanus Rasi: 23.2 Tilthi 24
182383468
Routine Work Prabalarishta Yoga
Until 12:40PM
Then Routine Work - Marana Yoga

Gulika 7:17AM – 8:49AM
Yama 3:00PM – 4:32PM
Rahu 10:22AM – 11:54AM

Purvashadha* Until 12:40PM
Parigha* Until 5:15PM
Taitila Until 11:39AM
Navami* Until 12:49AM Sat

Ganesha: Green *Sunrise:* 5:44AM
Muruqa: Yellow *Sunset:* 6:05PM
Nataraja: Purple
Moon – Light Blue
Phalguna-Panguni
Devaloka Day

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

All times are standard time

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1		Saturday, March 30, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Shiva Yoga Vanija/Visli* Karana Dashamyam Titau		Kathmandu, Nepal Sun 8 Sutra 349 Vilamba 5120 Moon 3 - Phase 48 2nd Phase	
Makara Rasi: 5.15	Tithi 25	Gulika 5:43AM – 7:16AM	Uttarashadha Until 3:27PM	Ganesha: Green	<i>Sunrise:</i> 5:43AM		
		Yama 1:27PM – 3:00PM	Shiva Until 6:12PM	Muruqa: Yellow	<i>Sunset:</i> 6:05PM		
	182383468	Rahu 8:49AM – 10:21AM	Vanija Until 2:06PM	Nataraja: Purple			
Routine Work	Marana Yoga		Dashami Until 3:24AM Sun	Moon – Light Blue		Devaloka Day	
Until 3:27PM				Phalguna-Panguni			
Then Creative Work - Siddha Yoga							
2		Sunday, March 31, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Siddha Yoga Bava/Balava Karana Ekadashyam Titau		Kathmandu, Nepal Sun 9 Sutra 350 Vilamba 5120 Moon 3 - Phase 48 2nd Phase	
Makara Rasi: 17.03	Tithi 26	Gulika 3:00PM – 4:33PM	Shravana Until 6:47PM	Ganesha: Orange	<i>Sunrise:</i> 5:42AM		
		Yama 11:54AM – 1:27PM	Siddha Until 7:15PM	Muruqa: Yellow	<i>Sunset:</i> 6:06PM		
	192383468	Rahu 4:33PM – 6:06PM	Bava Until 4:47PM	Nataraja: Purple			
Creative Work	Amrita Yoga		Ekadashi* Until 6:06AM Mon	Moon – Purple		Sivaloka Day	
Until 6:47PM				Phalguna-Panguni			
Then Routine Work - Marana Yoga							
3		Monday, April 1, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Sadhya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Kathmandu, Nepal Sun 10 Sutra 351 Vilamba 5120 Moon 3 - Phase 48 2nd Phase	
Makara Rasi: 28.5	Tithi 26 – 27	Gulika 1:27PM – 3:00PM	Dhanishtha Until 9:55PM	Ganesha: Green	<i>Sunrise:</i> 5:42AM		
Family Home Evening		Yama 10:21AM – 11:54AM	Sadhya Until 8:17PM	Muruqa: Yellow	<i>Sunset:</i> 6:06PM		
	192483468	Rahu 7:15AM – 8:48AM	Kaulava Until 7:26PM	Nataraja: Purple			
Creative Work	Siddha Yoga		Ekadashi* Until 6:06AM	Moon – Purple		Subha Sivaloka Day	
				Phalguna-Panguni			
4		Tuesday, April 2, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Subha Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Kathmandu, Nepal Sun 11 Sutra 352 Vilamba 5120 Moon 3 - Phase 48 2nd Phase	
Kumbha Rasi: 10.39	Tithi 27 – 28	Gulika 11:54AM – 1:27PM	Shatabhishak Until 12:40AM Wed	Ganesha: Green	<i>Sunrise:</i> 5:41AM		
		Yama 8:47AM – 10:20AM	Subha Until 9:11PM	Muruqa: Yellow	<i>Sunset:</i> 6:06PM		
	192483468	Rahu 3:00PM – 4:33PM	Gara Until 9:53PM	Nataraja: Purple			
Routine Work	Marana Yoga		Dvadashi* Until 8:41AM	Moon – Purple		Subha Sivaloka Day	
Until 12:40AM Wed				Phalguna-Panguni			
Then Creative Work - Amrita Yoga							
						<i>Pradosha Vrata (Fasting)</i>	
5		Wednesday, April 3, 2019		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Sukla Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau		Kathmandu, Nepal Sun 12 Sutra 353 Vilamba 5120 Moon 3 - Phase 48 2nd Phase	
Kumbha Rasi: 22.34	Tithi 28 – 29	Gulika 10:20AM – 11:53AM	Purvaproshtapada* Until 3:25AM Thu	Ganesha: Orange	<i>Sunrise:</i> 5:40AM		
		Yama 7:13AM – 8:46AM	Sukla Until 9:47PM	Muruqa: Yellow	<i>Sunset:</i> 6:07PM		
	112483468	Rahu 11:53AM – 1:27PM	Visli Until 12:00AM Thu	Nataraja: Purple			
Creative Work	Amrita Yoga		Trayodashi* Until 10:58AM	Moon – Clear		Sivaloka Day	
Until 3:25AM Thu				Phalguna-Panguni			
Then Creative Work - Siddha Yoga							
Thursday, April 4, 2019		Retreat Star		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Brahma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Kathmandu, Nepal Sun 13 Sutra 354 Vilamba 5120 Moon 3 - Phase 48 Amavasya	
Meena Rasi: 4.38	Tithi 29 – 30	Gulika 8:46AM – 10:19AM	Uttaraproshtapada Until 5:36AM Fri	Ganesha: Orange	<i>Sunrise:</i> 5:39AM		
		Yama 5:39AM – 7:12AM	Brahma Until 10:06PM	Muruqa: Yellow	<i>Sunset:</i> 6:07PM		
	112483468	Rahu 1:27PM – 3:00PM	Catuspada Until 1:41AM Fri	Nataraja: Purple			
Creative Work	Siddha Yoga		Chaturdashi* Until 12:52PM	Moon – Clear		Sivaloka Day	
				Phalguna-Panguni			
Friday, April 5, 2019		Retreat Star		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Indra Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Kathmandu, Nepal Sun 14 Sutra 355 Vilamba 5120 Moon 3 - Phase 48 Prathama	
Meena Rasi: 16.52	Tithi 30 – 1	Gulika 7:11AM – 8:45AM	Revati Until 7:12AM Sat	Ganesha: Orange	<i>Sunrise:</i> 5:37AM		
		Yama 3:00PM – 4:34PM	Indra Until 10:07PM	Muruqa: Yellow	<i>Sunset:</i> 6:08PM		
	112483468	Rahu 10:19AM – 11:53AM	Kintughna Until 2:57AM Sat	Nataraja: Purple			
Creative Work	Siddha Yoga		Amavasya* Until 2:21PM	Moon – Clear		Sivaloka Day	
		Yugadhi		Chaitra-Panguni			

1		Saturday, April 6, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Vaidhriti* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Kathmandu, Nepal Sun 15 Sutra 356 Vilamba 5120
Meena Rasi: 29.17	Tithi 1 – 2	Gulika 5:36AM – 7:10AM	Revati Until 7:12AM	Ganesha: Light Blue	<i>Sunrise:</i> 5:36AM		
		Yama 1:26PM – 3:00PM	Vaidhriti* Until 9:45PM	Muruqa: Yellow	<i>Sunset:</i> 6:08PM	Moon 3 - Phase 49	
		113483468 Rahu 8:44AM – 10:18AM	Balava Until 3:47AM Sun	Nataraja: Purple		3rd Phase	
Routine Work	Prabalarishta Yoga		Prathama* Until 3:24PM	Moon – Clear		Devaloka Day	
Until 7:12AM		Chellappaswami Mahasamadhi		Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

2		Sunday, April 7, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Kathmandu, Nepal Sun 16 Sutra 357 Vilamba 5120
Mesha Rasi: 11.53	Tithi 2 – 3	Gulika 3:00PM – 4:35PM	Ashvini Until 8:43AM	Ganesha: Purple	<i>Sunrise:</i> 5:35AM		
		Yama 11:52AM – 1:26PM	Vishkambha* Until 9:06PM	Muruqa: Yellow	<i>Sunset:</i> 6:09PM	Moon 3 - Phase 49	
		123483468 Rahu 4:35PM – 6:09PM	Taitila Until 4:12AM Mon	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Dvitiya Until 4:01PM	Moon – White		Devaloka Day	
Until 8:43AM				Chaitra•Panguni			
Then Routine Work - Prabalarishta Yoga							

3		Monday, April 8, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Priti Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Kathmandu, Nepal Sun 17 Sutra 358 Vilamba 5120
Mesha Rasi: 24.4	Tithi 3 – 4	Gulika 1:26PM – 3:01PM	Bharani Until 9:42AM	Ganesha: Purple	<i>Sunrise:</i> 5:34AM		
Family Home Evening		Yama 10:17AM – 11:52AM	Priti Until 8:10PM	Muruqa: Yellow	<i>Sunset:</i> 6:09PM	Moon 3 - Phase 49	
		123483468 Rahu 7:09AM – 8:43AM	Vanija Until 4:15AM Tue	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Tritiya Until 4:15PM	Moon – White		Devaloka Day	
Until 9:42AM				Chaitra•Panguni			
Then Routine Work - Marana Yoga							

4		Tuesday, April 9, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Ayushman Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Kathmandu, Nepal Sun 18 Sutra 359 Vilamba 5120
Vrishabha Rasi: 7.38	Tithi 4 – 5	Gulika 11:51AM – 1:26PM	Krittika Until 10:09AM	Ganesha: Purple	<i>Sunrise:</i> 5:33AM		
		Yama 8:42AM – 10:17AM	Ayushman Until 6:55PM	Muruqa: Yellow	<i>Sunset:</i> 6:10PM	Moon 3 - Phase 49	
		123483468 Rahu 3:01PM – 4:35PM	Bava Until 3:56AM Wed	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 4:07PM	Moon – White		Devaloka Day	
Until 10:09AM				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

5		Wednesday, April 10, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Kathmandu, Nepal Sun 19 Sutra 360 Vilamba 5120
Vrishabha Rasi: 20.48	Tithi 5 – 6	Gulika 10:16AM – 11:51AM	Rohini Until 10:33AM	Ganesha: Clear	<i>Sunrise:</i> 5:32AM		
		Yama 7:07AM – 8:42AM	Saubhagya Until 5:23PM	Muruqa: Yellow	<i>Sunset:</i> 6:10PM	Moon 3 - Phase 49	
		133483468 Rahu 11:51AM – 1:26PM	Kaulava Until 3:14AM Thu	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 3:37PM	Moon – Yellow		Sivaloka Day	
				Chaitra•Panguni			

6		Thursday, April 11, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Kathmandu, Nepal Sun 20 Sutra 361 Vilamba 5120
Mithuna Rasi: 4.1	Tithi 6 – 7	Gulika 8:41AM – 10:16AM	Mrigashira Until 10:26AM	Ganesha: Clear	<i>Sunrise:</i> 5:31AM		
		Yama 5:31AM – 7:06AM	Sobhana Until 3:34PM	Muruqa: Yellow	<i>Sunset:</i> 6:11PM	Moon 3 - Phase 49	
		133483468 Rahu 1:26PM – 3:01PM	Gara Until 2:09AM Fri	Nataraja: Purple		3rd Phase	
Routine Work	Marana Yoga		Shashthi* Until 2:44PM	Moon – Yellow		Sivaloka Day	
				Chaitra•Panguni			

☾		Friday, April 12, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Kathmandu, Nepal Sun 21 Sutra 362 Vilamba 5120
Retreat Star		Gulika 7:05AM – 8:40AM	Ardra Until 9:46AM	Ganesha: Clear	<i>Sunrise:</i> 5:30AM		
Mithuna Rasi: 17.45	Tithi 7 – 8	Yama 3:01PM – 4:36PM	Athiganda* Until 1:23PM	Muruqa: Yellow	<i>Sunset:</i> 6:11PM	Moon 3 - Phase 49	
		133483468 Rahu 10:15AM – 11:51AM	Visti Until 12:38AM Sat	Nataraja: Purple		Ashtami	
Creative Work	Siddha Yoga		Saptami Until 1:26PM	Moon – Yellow		Sivaloka Day	
				Chaitra•Panguni			

☽		Saturday, April 13, 2019				Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Kathmandu, Nepal Sun 22 Sutra 363 Vilamba 5120
Retreat Star		Gulika 5:29AM – 7:04AM	Punarvasu Until 8:59AM	Ganesha: White	<i>Sunrise:</i> 5:29AM		
Kataka Rasi: 1.35	Tithi 8 – 9	Yama 1:26PM – 3:01PM	Sukarma Until 10:53AM	Muruqa: Yellow	<i>Sunset:</i> 6:12PM	Moon 3 - Phase 49	
		143483468 Rahu 8:40AM – 10:15AM	Balava Until 10:43PM	Nataraja: Purple		Navami	
Creative Work	Siddha Yoga		Ashtami* Until 11:43AM	Moon – Blue		Devaloka Day	
		Sri Rama Navami		Chaitra•Panguni			

1 Sunday, April 14, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 364
Kataka Rasi: 15.4	Tithi 9 – 10	Gulika 3:01PM – 4:37PM	Pushya Until 7:39AM	Ganesha: White <i>Sunrise:</i> 5:28AM		Vikarin 5121
		Yama 11:50AM – 1:26PM	Dhriti Until 8:05AM	Muruqa: Yellow <i>Sunset:</i> 6:12PM		Moon 3 - Phase 1
143483468	Rahu 4:37PM – 6:12PM		Taitila Until 8:25PM	Nataraja: Purple		4th Phase
Creative Work	Siddha Yoga			Moon – Blue	Devaloka Day	
		Tamil New Year	Navami* Until 9:36AM	Chaitra*Chaitra		

2 Monday, April 15, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Ganda* Yoga Gara/Visti* Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 1
Simha Rasi: 0.01	Tithi 10 – 11	Gulika 1:26PM – 3:01PM	Magha* Until 3:57AM Tue	Ganesha: White <i>Sunrise:</i> 5:27AM		Vikarin 5121
Family Home Evening	253483468	Yama 10:14AM – 11:50AM	Ganda* Until 1:35AM Tue	Muruqa: Yellow <i>Sunset:</i> 6:13PM		Moon 3 - Phase 1
Routine Work	Marana Yoga	Rahu 7:03AM – 8:38AM	Visti Until 4:20AM Tue	Nataraja: Purple		4th Phase
Until 3:57AM Tue			Dashami Until 7:07AM	Moon – Red	Devaloka Day	
Then Creative Work - Siddha Yoga				Chaitra*Chaitra		

3 Tuesday, April 16, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vriddhi Yoga Bava/Balava Karana Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 2
Simha Rasi: 14.34	Tithi 12	Gulika 11:50AM – 1:26PM	Purvaphalguni Until 1:46AM Wed	Ganesha: White <i>Sunrise:</i> 5:26AM		Vikarin 5121
		Yama 8:38AM – 10:14AM	Vriddhi Until 10:03PM	Muruqa: Yellow <i>Sunset:</i> 6:13PM		Moon 3 - Phase 1
253483468	Rahu 3:02PM – 4:38PM		Bava Until 2:53PM	Nataraja: Purple		4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 1:22AM Wed	Moon – Red	Devaloka Day	
Until 1:46AM Wed				Chaitra*Chaitra		
Then Creative Work - Amrita Yoga						

4 Wednesday, April 17, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Dhruva Yoga Kaulava/Taitila Karana Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 3
Simha Rasi: 29.15	Tithi 13	Gulika 10:13AM – 11:49AM	Uttaraphalguni Until 11:23PM	Ganesha: White <i>Sunrise:</i> 5:25AM		Vikarin 5121
		Yama 7:01AM – 8:37AM	Dhruva Until 6:26PM	Muruqa: Yellow <i>Sunset:</i> 6:14PM		Moon 3 - Phase 1
253483468	Rahu 11:49AM – 1:26PM		Kaulava Until 11:52AM	Nataraja: Purple		4th Phase
Creative Work	Amrita Yoga		Trayodashi Until 10:20PM	Moon – Red	Devaloka Day	
Until 11:23PM				Chaitra*Chaitra		
Then Routine Work - Marana Yoga			<i>Pradosha Vrata</i>			

5 Thursday, April 18, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Hasta Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 4
Kanya Rasi: 13.57	Tithi 14	Gulika 8:36AM – 10:13AM	Hasta Until 9:21PM	Ganesha: Yellow <i>Sunrise:</i> 5:24AM		Vikarin 5121
		Yama 5:24AM – 7:00AM	Vyaghata* Until 2:52PM	Muruqa: Yellow <i>Sunset:</i> 6:15PM		Moon 3 - Phase 1
263483468	Rahu 1:25PM – 3:02PM		Gara Until 8:52AM	Nataraja: Purple		4th Phase
Routine Work	Marana Yoga		Chaturdashi* Until 7:23PM	Moon – Green	Sivaloka Day	
Until 9:21PM				Chaitra*Chaitra		
Then Creative Work - Siddha Yoga						

Friday, April 19, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Harshana/Vajra* Yoga Visti*/Balava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal Sutra 5
Copper Retreat Star		Gulika 6:59AM – 8:36AM	Chitra Until 7:26PM	Ganesha: Yellow <i>Sunrise:</i> 5:23AM		Vikarin 5121
Kanya Rasi: 28.34	Tithi 15 – 16	Yama 3:02PM – 4:39PM	Harshana Until 11:29AM	Muruqa: Yellow <i>Sunset:</i> 6:15PM		Moon 3 - Phase 1
263483468	Rahu 10:12AM – 11:49AM		Balava Until 6:00AM	Nataraja: Purple		Purnima
Creative Work	Siddha Yoga		Purnima* Until 4:39PM	Moon – Green	Sivaloka Day	
		Chitra Purnima (Tamil Nadu)		Chaitra*Chaitra		
		Hanuman Jayanti				

Saturday, April 20, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Vajra*/Siddhi Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Kathmandu, Nepal Sutra 6
Silver Retreat Star		Gulika 5:22AM – 6:58AM	Svati Until 5:47PM	Ganesha: Red <i>Sunrise:</i> 5:22AM		Vikarin 5121
Tula Rasi: 12.57	Tithi 16 – 17	Yama 1:25PM – 3:02PM	Vajra* Until 8:21AM	Muruqa: Yellow <i>Sunset:</i> 6:16PM		Moon 3 - Phase 1
264483468	Rahu 8:35AM – 10:12AM		Taitila Until 1:21AM Sun	Nataraja: Purple		Prathama
Creative Work	Siddha Yoga		Prathama* Until 2:19PM	Moon – Green	Sivaloka Day	
				Chaitra*Chaitra		