



Saturday, April 20, 2019
Gold Retreat Star

Tula Rasi: 19.09 Tithi 17
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam
Svati/Vishakha Nakshatra Siddhi Yoga Taitila/Gara Karana Dvitiyayam Titau

Gulika 4:51AM – 6:33AM
Yama 1:22PM – 3:05PM
264483468 **Rahu** 8:15AM – 9:58AM

Svati Until 7:17AM
Siddhi Until 7:09PM
Taitila Until 2:51PM
Dvitiya Until 2:01AM Sun

Ganesha: Red *Sunrise:* 4:51AM
Muruqa: Yellow *Sunset:* 6:29PM
Nataraja: Purple
Moon – Green

Sivaloka Day
Chaitra•Chaitra

Portland, ME
Sutra 6
Vikarin 5121
Moon 4 - Phase 2
1st Phase

1

Sunday, April 21, 2019

Vrischika Rasi: 3.03 Tithi 18
Routine Work Marana Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yukhtayam
Vishakha/Anuradha Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Trityayam Titau

Gulika 3:05PM – 4:48PM
Yama 11:40AM – 1:22PM
274483468 **Rahu** 4:48PM – 6:30PM

Vishakha Until 6:28AM
Vyatipata* Until 4:59PM
Vanija Until 1:23PM
Tritiya Until 12:54AM Mon

Ganesha: Blue *Sunrise:* 4:49AM
Muruqa: Yellow *Sunset:* 6:30PM
Nataraja: Purple
Moon – Orange

Devaloka Day
Chaitra•Chaitra

Portland, ME
Sun 1
Sutra 7
Vikarin 5121
Moon 4 - Phase 2
1st Phase

2

Monday, April 22, 2019

Vrischika Rasi: 16.32 Tithi 19
Family Home Evening
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yukhtayam
Anuradha/Jyeshtha* Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Chaturthyam Titau

Gulika 1:23PM – 3:06PM
Yama 9:56AM – 11:39AM
274483468 **Rahu** 6:30AM – 8:13AM

Anuradha Until 6:13AM
Variyan Until 3:23PM
Bava Until 12:39PM
Chaturthi* Until 12:33AM Tue

Ganesha: Blue *Sunrise:* 4:47AM
Muruqa: Yellow *Sunset:* 6:32PM
Nataraja: Purple
Moon – Orange

Devaloka Day
Chaitra•Chaitra

Portland, ME
Sun 2
Sutra 8
Vikarin 5121
Moon 4 - Phase 2
1st Phase

3

Tuesday, April 23, 2019

Vrischika Rasi: 29.35 Tithi 20
Routine Work Marana Yoga
Until 6:35AM
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yukhtayam
Jyeshtha*/Mula* Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Panchamyam Titau

Gulika 11:39AM – 1:23PM
Yama 8:13AM – 9:56AM
274483468 **Rahu** 3:06PM – 4:49PM

Jyeshtha* Until 6:35AM
Parigha* Until 2:27PM
Kaulava Until 12:43PM
Panchami Until 1:02AM Wed

Ganesha: Blue *Sunrise:* 4:46AM
Muruqa: Yellow *Sunset:* 6:33PM
Nataraja: Purple
Moon – Orange

Devaloka Day
Chaitra•Chaitra

Portland, ME
Sun 3
Sutra 9
Vikarin 5121
Moon 4 - Phase 2
1st Phase

4

Wednesday, April 24, 2019

Dhanus Rasi: 12.14 Tithi 21
Routine Work Marana Yoga
Until 8:04AM
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yukhtayam
Mula*/Purvashadha* Nakshatra Shiva/Siddha Yoga Gara/Vanija Karana Shashthyam Titau

Gulika 9:55AM – 11:39AM
Yama 6:28AM – 8:12AM
284483468 **Rahu** 11:39AM – 1:23PM

Mula* Until 8:04AM
Shiva Until 2:09PM
Gara Until 1:36PM
Shashthi* Until 2:18AM Thu

Ganesha: Yellow *Sunrise:* 4:44AM
Muruqa: Yellow *Sunset:* 6:34PM
Nataraja: Purple
Moon – Light Blue

Sivaloka Day
Chaitra•Chaitra

Portland, ME
Sun 4
Sutra 10
Vikarin 5121
Moon 4 - Phase 2
1st Phase

5

Thursday, April 25, 2019

Dhanus Rasi: 24.34 Tithi 22
Creative Work Siddha Yoga
Until 10:08AM
Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yukhtayam
Purvashadha*/Uttarashadha Nakshatra Siddha/Sadhya Yoga Visti*/Bava Karana Saptamyam Titau

Gulika 8:11AM – 9:55AM
Yama 4:43AM – 6:27AM
284483469 **Rahu** 1:23PM – 3:07PM

Purvashadha* Until 10:08AM
Siddha Until 2:23PM
Visti Until 3:12PM
Saptami Until 4:13AM Fri

Ganesha: Yellow *Sunrise:* 4:43AM
Muruqa: Yellow *Sunset:* 6:35PM
Nataraja: Clear
Moon – Light Blue

Devaloka Day
Chaitra•Chaitra

Portland, ME
Sun 5
Sutra 11
Vikarin 5121
Moon 4 - Phase 2
1st Phase

D

Friday, April 26, 2019
Retreat Star

Makara Rasi: 6.38 Tithi 23
Routine Work Marana Yoga

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yukhtayam
Uttarashadha/Shravana Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Ashtamyam Titau

Gulika 6:26AM – 8:10AM
Yama 3:08PM – 4:52PM
284583469 **Rahu** 9:54AM – 11:39AM

Uttarashadha Until 12:35PM
Sadhya Until 3:04PM
Balava Until 5:22PM
Ashtami* Until 6:34AM Sat

Ganesha: Red *Sunrise:* 4:41AM
Muruqa: Yellow *Sunset:* 6:36PM
Nataraja: Clear
Moon – Light Blue

Devaloka Day
Chaitra•Chaitra

Portland, ME
Sun 6
Sutra 12
Vikarin 5121
Moon 4 - Phase 2
Ashtami

Saturday, April 27, 2019
Retreat Star

Makara Rasi: 18.31 Tithi 23 – 24
Creative Work Siddha Yoga

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

Gulika 4:40AM – 6:24AM
Yama 1:23PM – 3:08PM
294583469 **Rahu** 8:09AM – 9:54AM

Shravana Until 3:44PM
Subha Until 4:01PM
Taitila Until 7:51PM
Ashtami* Until 6:34AM

Ganesha: Green *Sunrise:* 4:40AM
Muruqa: Yellow *Sunset:* 6:38PM
Nataraja: Clear
Moon – Purple

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

Portland, ME
Sun 7
Sutra 13
Vikarin 5121
Moon 4 - Phase 2
Navami

1 Sunday, April 28, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Navami/Dashmyam Titau				Portland, ME Sun 8 Sutra 14 Vikarin 5121
Kumbha Rasi: 0.21	Tithi 24 – 25	Gulika 3:09PM – 4:54PM	Dhanishtha Until 6:48PM	Ganesha: Green	<i>Sunrise:</i> 4:38AM	
		Yama 11:38AM – 1:24PM	Sukla Until 5:01PM	Muruqa: Yellow	<i>Sunset:</i> 6:39PM	Moon 4 - Phase 3
		294583469 Rahu 4:54PM – 6:39PM	Vanija Until 10:24PM	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga		Navami* Until 9:06AM	Moon – Purple		Bhuloka Day
Until 6:48PM				Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

2 Monday, April 29, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Portland, ME Sun 9 Sutra 15 Vikarin 5121
Kumbha Rasi: 12.11	Tithi 25 – 26	Gulika 1:24PM – 3:09PM	Shatabhishak Until 9:34PM	Ganesha: Green	<i>Sunrise:</i> 4:37AM	
Family Home Evening		Yama 9:53AM – 11:38AM	Brahma Until 5:57PM	Muruqa: Yellow	<i>Sunset:</i> 6:40PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	294583469 Rahu 6:22AM – 8:08AM	Bava Until 12:46AM Tue	Nataraja: Clear		2nd Phase
Until 9:34PM			Dashami Until 11:36AM	Moon – Purple		Bhuloka Day
Then Routine Work - Marana Yoga				Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM

3 Tuesday, April 30, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaprossthapada* Nakshatra Indra Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau				Portland, ME Sun 10 Sutra 16 Vikarin 5121
Kumbha Rasi: 24.06	Tithi 26 – 27	Gulika 11:38AM – 1:24PM	Purvaprossthapada* Until 12:21AM We	Ganesha: Purple	<i>Sunrise:</i> 4:35AM	
		Yama 8:07AM – 9:52AM	Indra Until 6:39PM	Muruqa: Yellow	<i>Sunset:</i> 6:41PM	Moon 4 - Phase 3
		214583469 Rahu 3:10PM – 4:55PM	Kaulava Until 2:47AM Wed	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga		Ekadashi* Until 1:49PM	Moon – Clear		Bhuloka Day
Until 12:21AM Wed				Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

4 Wednesday, May 1, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraprossthapada Nakshatra Vaidhriti* Yoga Taitilla/Gara Karana Dvadhshi/Trayodashyam Titau				Portland, ME Sun 11 Sutra 17 Vikarin 5121
Meena Rasi: 6.1	Tithi 27 – 28	Gulika 9:52AM – 11:38AM	Uttaraprossthapada Until 2:31AM Thu	Ganesha: Purple	<i>Sunrise:</i> 4:34AM	
		Yama 6:20AM – 8:06AM	Vaidhriti* Until 6:59PM	Muruqa: Yellow	<i>Sunset:</i> 6:42PM	Moon 4 - Phase 3
		214583469 Rahu 11:38AM – 1:24PM	Gara Until 4:19AM Thu	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga		Dvadhshi* Until 3:36PM	Moon – Clear		Bhuloka Day
				Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM
						<i>Pradosha Vrata (Fasting)</i>

5 Thursday, May 2, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Portland, ME Sun 12 Sutra 18 Vikarin 5121
Meena Rasi: 18.26	Tithi 28 – 29	Gulika 8:05AM – 9:52AM	Revati Until 4:01AM Fri	Ganesha: Light Blue	<i>Sunrise:</i> 4:33AM	
		Yama 4:33AM – 6:19AM	Vishkambha* Until 6:56PM	Muruqa: Yellow	<i>Sunset:</i> 6:43PM	Moon 4 - Phase 3
		215583469 Rahu 1:24PM – 3:11PM	Visti Until 5:19AM Fri	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 4:52PM	Moon – Clear		Bhuloka Day
Until 4:01AM Fri				Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

6 Friday, May 3, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Priti Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Portland, ME Sun 13 Sutra 19 Vikarin 5121
Mesha Rasi: 0.57	Tithi 29 – 30	Gulika 6:18AM – 8:04AM	Ashvini Until 5:18AM Sat	Ganesha: Purple	<i>Sunrise:</i> 4:31AM	
		Yama 3:11PM – 4:58PM	Priti Until 6:28PM	Muruqa: Yellow	<i>Sunset:</i> 6:44PM	Moon 4 - Phase 3
		225583469 Rahu 9:51AM – 11:38AM	Catuspada Until 5:47AM Sat	Nataraja: Clear		2nd Phase
Creative Work	Amrita Yoga		Chaturdashi* Until 5:36PM	Moon – White		Bhuloka Day
Until 5:18AM Sat				Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

Retreat Star		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Portland, ME Sun 14 Sutra 20 Vikarin 5121
Mesha Rasi: 13.42	Tithi 30 – 1	Gulika 4:30AM – 6:17AM	Bharani Until 5:55AM Sun	Ganesha: Purple	<i>Sunrise:</i> 4:30AM	
		Yama 1:25PM – 3:12PM	Ayushman Until 5:34PM	Muruqa: Yellow	<i>Sunset:</i> 6:46PM	Moon 4 - Phase 3
		225583469 Rahu 8:04AM – 9:51AM	Kintughna Until 5:43AM Sun	Nataraja: Clear		Amavasya
Creative Work	Siddha Yoga		Amavasya* Until 5:47PM	Moon – White		Bhuloka Day
				Chaitra+Chaitra		Devaloka Time: 3:PM to 6:PM

Retreat Star		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Portland, ME Sun 15 Sutra 21 Vikarin 5121
Mesha Rasi: 26.42	Tithi 1 – 2	Gulika 3:12PM – 4:59PM	Krittika Until 5:58AM Mon	Ganesha: Purple	<i>Sunrise:</i> 4:28AM	
		Yama 11:38AM – 1:25PM	Saubhagya Until 4:18PM	Muruqa: Yellow	<i>Sunset:</i> 6:47PM	Moon 4 - Phase 3
		225583469 Rahu 4:59PM – 6:47PM	Balava Until 5:13AM Mon	Nataraja: Clear		Prathama
Creative Work	Siddha Yoga		Prathama* Until 5:30PM	Moon – White		Bhuloka Day
Until 5:58AM Mon				Vaisaka+Chaitra		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

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

Monday, May 6, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau			Portland, ME Sun 16 Sutra 22 Vikarin 5121
1		Gulika 1:25PM – 3:13PM	Rohini Until 5:56AM Tue	Ganesha: Purple <i>Sunrise:</i> 4:27AM	
Vrishabha Rasi: 9.56	Tithi 2 – 3	Yama 9:50AM – 11:38AM	Sobhana Until 2:43PM	Muruqa: Yellow <i>Sunset:</i> 6:48PM	Moon 4 - Phase 4
Family Home Evening	225583469	Rahu 6:15AM – 8:02AM	Taitila Until 4:21AM Tue	Nataraja: Clear	3rd Phase
Creative Work Amrita Yoga			Dvitiya Until 4:49PM	Moon – White	Bhuloka Day
Until 5:56AM Tue				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

Tuesday, May 7, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau			Portland, ME Sun 17 Sutra 23 Vikarin 5121
2		Gulika 11:37AM – 1:25PM	Mrigashira Until 5:27AM Wed	Ganesha: Light Blue <i>Sunrise:</i> 4:26AM	
Vrishabha Rasi: 23.22	Tithi 3 – 4	Yama 8:02AM – 9:50AM	Athiganda* Until 12:50PM	Muruqa: Yellow <i>Sunset:</i> 6:49PM	Moon 4 - Phase 4
Family Home Evening	235583469	Rahu 3:13PM – 5:01PM	Vanija Until 3:10AM Wed	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Tritiya Until 3:46PM	Moon – Yellow	Bhuloka Day
		Akshaya Tritiya		Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM

Wednesday, May 8, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Portland, ME Sun 18 Sutra 24 Vikarin 5121
3		Gulika 9:49AM – 11:37AM	Ardra Until 4:35AM Thu	Ganesha: Light Blue <i>Sunrise:</i> 4:25AM	
Mithuna Rasi: 6.58	Tithi 4 – 5	Yama 6:13AM – 8:01AM	Sukarma Until 10:44AM	Muruqa: Yellow <i>Sunset:</i> 6:50PM	Moon 4 - Phase 4
Family Home Evening	235583469	Rahu 11:37AM – 1:26PM	Bava Until 1:43AM Thu	Nataraja: Clear	3rd Phase
Creative Work Siddha Yoga			Chaturthi* Until 2:27PM	Moon – Yellow	Bhuloka Day
Until 4:35AM Thu				Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

Thursday, May 9, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Portland, ME Sun 19 Sutra 25 Vikarin 5121
4		Gulika 8:00AM – 9:49AM	Punarvasu Until 3:48AM Fri	Ganesha: Orange <i>Sunrise:</i> 4:23AM	
Mithuna Rasi: 20.43	Tithi 5 – 6	Yama 4:23AM – 6:12AM	Dhriti Until 8:28AM	Muruqa: Yellow <i>Sunset:</i> 6:51PM	Moon 4 - Phase 4
Family Home Evening	245583469	Rahu 1:26PM – 3:14PM	Kaulava Until 12:04AM Fri	Nataraja: Clear	3rd Phase
Creative Work Amrita Yoga			Panchami Until 12:54PM	Moon – Blue	Devaloka Day
Until 3:48AM Fri				Vaisaka-Chaitra	
Then Routine Work - Marana Yoga					

Friday, May 10, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Ganda* Yoga Taitila/Gara Karana Shashthi/Saplamyam Titau			Portland, ME Sun 20 Sutra 26 Vikarin 5121
5		Gulika 6:11AM – 8:00AM	Pushya Until 2:40AM Sat	Ganesha: Orange <i>Sunrise:</i> 4:22AM	
Kataka Rasi: 5	Tithi 6 – 7	Yama 3:15PM – 5:04PM	Ganda* Until 6:00AM	Muruqa: Yellow <i>Sunset:</i> 6:52PM	Moon 4 - Phase 4
Family Home Evening	245583469	Rahu 9:49AM – 11:37AM	Gara Until 10:13PM	Nataraja: Clear	3rd Phase
Routine Work Marana Yoga			Shashthi* Until 11:09AM	Moon – Blue	Devaloka Day
				Vaisaka-Chaitra	

Saturday, May 11, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Vriddhi Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Portland, ME Sun 21 Sutra 27 Vikarin 5121
Retreat Star		Gulika 4:21AM – 6:10AM	Ashlesha* Until 1:14AM Sun	Ganesha: Orange <i>Sunrise:</i> 4:21AM	
Kataka Rasi: 18.36	Tithi 7 – 8	Yama 1:26PM – 3:15PM	Vriddhi Until 12:38AM Sun	Muruqa: Yellow <i>Sunset:</i> 6:54PM	Moon 4 - Phase 4
Family Home Evening	245583469	Rahu 7:59AM – 9:48AM	Visti Until 8:11PM	Nataraja: Clear	Ashtami
Routine Work Marana Yoga			Saptami Until 9:12AM	Moon – Blue	Devaloka Day
				Vaisaka-Chaitra	

Sunday, May 12, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Portland, ME Sun 22 Sutra 28 Vikarin 5121
Retreat Star		Gulika 3:16PM – 5:05PM	Magha* Until 11:55PM	Ganesha: White <i>Sunrise:</i> 4:20AM	
Simha Rasi: 2.43	Tithi 8 – 9	Yama 11:37AM – 1:27PM	Dhruva Until 9:44PM	Muruqa: Yellow <i>Sunset:</i> 6:55PM	Moon 4 - Phase 4
Family Home Evening	256583469	Rahu 5:05PM – 6:55PM	Balava Until 6:00PM	Nataraja: Clear	Navami
Routine Work Marana Yoga			Ashtami* Until 7:05AM	Moon – Red	Bhuloka Day
Until 11:55PM		Mother's Day		Vaisaka-Chaitra	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

Monday, May 13, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dashamyam Titau			Portland, ME Sun 23 Sutra 29
1	Simha Rasi: 16.56 Tithi 10 Family Home Evening Creative Work Siddha Yoga	Gulika 1:27PM – 3:16PM Yama 9:48AM – 11:37AM Rahu 6:08AM – 7:58AM	Purvaphalguni Until 10:22PM Vyaghata* Until 6:46PM Taitila Until 3:41PM Dashami Until 2:29AM Tue	Ganesha: White Muruqa: Yellow Nataraja: Clear Moon – Red Sunrise: 4:19AM Sunset: 6:56PM	Vikarin 5121 Moon 4 - Phase 5 4th Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Tuesday, May 14, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Harshana/Vajra* Yoga Vanija/Visli* Karana Ekadashyam Titau			Portland, ME Sun 24 Sutra 30
2	Kanya Rasi: 1.12 Tithi 11 Creative Work Amrita Yoga Until 8:37PM Then Creative Work - Siddha Yoga	Gulika 11:37AM – 1:27PM Yama 7:57AM – 9:47AM Rahu 3:17PM – 5:07PM	Uttaraphalguni Until 8:37PM Harshana Until 3:45PM Vanija Until 1:19PM Ekadashi Until 12:06AM Wed	Ganesha: White Muruqa: Yellow Nataraja: Clear Moon – Red Sunrise: 4:18AM Sunset: 6:57PM	Vikarin 5121 Moon 4 - Phase 5 4th Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Wednesday, May 15, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Dvodashyam Titau			Portland, ME Sun 25 Sutra 31
3	Kanya Rasi: 15.29 Tithi 12 Routine Work Marana Yoga Until 7:11PM Then Creative Work - Siddha Yoga	Gulika 9:47AM – 11:37AM Yama 6:07AM – 7:57AM Rahu 11:37AM – 1:27PM	Hasta Until 7:11PM Vajra* Until 12:44PM Bava Until 10:56AM Dvodashi Until 9:45PM	Ganesha: Yellow Muruqa: Yellow Nataraja: Clear Moon – Green Sunrise: 4:16AM Sunset: 6:58PM	Vikarin 5121 Moon 4 - Phase 5 4th Phase Devaloka Day

Thursday, May 16, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Portland, ME Sun 26 Sutra 32
4	Kanya Rasi: 29.44 Tithi 13 Creative Work Siddha Yoga Until 5:45PM Then Creative Work - Amrita Yoga	Gulika 7:56AM – 9:47AM Yama 4:15AM – 6:06AM Rahu 1:28PM – 3:18PM	Chitra Until 5:45PM Siddhi Until 9:49AM Kaulava Until 8:39AM Trayodashi Until 7:34PM <i>Pradosha Vrata</i>	Ganesha: Yellow Muruqa: Yellow Nataraja: Clear Moon – Green Sunrise: 4:15AM Sunset: 6:59PM	Vikarin 5121 Moon 4 - Phase 5 4th Phase Devaloka Day

Friday, May 17, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyana Yoga Gara/Visli* Karana Chaturdashi/Purnimayam Titau			Portland, ME Sun 27 Sutra 33
5	Tula Rasi: 13.5 Tithi 14 – 15 Creative Work Siddha Yoga	Gulika 6:05AM – 7:56AM Yama 3:19PM – 5:09PM Rahu 9:47AM – 11:37AM	Svati Until 4:26PM Vyatipata* Until 7:05AM Gara Until 6:35AM Chaturdashi* Until 5:39PM	Ganesha: Yellow Muruqa: Yellow Nataraja: Clear Moon – Green Sunrise: 4:14AM Sunset: 7:00PM	Vikarin 5121 Moon 4 - Phase 5 4th Phase Devaloka Day

Saturday, May 18, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Portland, ME Sun 28 Sutra 34
○	Copper Retreat Star Tula Rasi: 27.43 Tithi 15 – 16 Creative Work Siddha Yoga	Gulika 4:13AM – 6:04AM Yama 1:28PM – 3:19PM Rahu 7:55AM – 9:46AM	Vishakha Until 3:48PM Parigha* Until 2:32AM Sun Balava Until 3:36AM Sun Purnima* Until 4:09PM	Ganesha: Blue Muruqa: Yellow Nataraja: Clear Moon – Orange Sunrise: 4:13AM Sunset: 7:01PM	Vikarin 5121 Moon 4 - Phase 5 Purnima Bhuloka Day Devaloka Time: 3:PM to 6:PM

Sunday, May 19, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shiva Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau			Portland, ME Sun 29 Sutra 35
○	Silver Retreat Star Vrischika Rasi: 11.2 Tithi 16 – 17 Routine Work Marana Yoga	Gulika 3:20PM – 5:11PM Yama 11:37AM – 1:29PM Rahu 5:11PM – 7:02PM	Anuradha Until 3:33PM Shiva Until 12:56AM Mon Taitila Until 2:56AM Mon Prathama* Until 3:10PM	Ganesha: Yellow Muruqa: Yellow Nataraja: Clear Moon – Orange Sunrise: 4:12AM Sunset: 7:02PM	Vikarin 5121 Moon 4 - Phase 5 Prathama Devaloka Day

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

All times are standard time

www.gurudeva.org/panchang



Monday, May 20, 2019
Gold Retreat Star

Vrischika Rasi: 24.36 Tithi 17 – 18
Family Home Evening
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
Jyeshtha*/Mula* Nakshatra Siddha Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau
Gulika 1:29PM – 3:20PM
Yama 9:46AM – 11:37AM
Rahu 6:03AM – 7:54AM
Jyeshtha* Until 3:47PM
Siddha Until 11:50PM
Vanija Until 2:55AM Tue
Dvitiya Until 2:49PM

Portland, ME
Sun 1
Sutra 36
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Yellow *Sunrise:* 4:12AM
Muruqa: Yellow *Sunset:* 7:03PM
Nataraja: Clear
Moon – Orange
Devaloka Day
Vaisaka-Vaikasi

1

Tuesday, May 21, 2019

Dhanus Rasi: 7.31 Tithi 18 – 19
Creative Work Amrita Yoga
Until 4:59PM
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam
Mula*/Purvashadha* Nakshatra Sadhya Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau
Gulika 11:37AM – 1:29PM
Yama 7:54AM – 9:46AM
Rahu 3:21PM – 5:12PM
Mula* Until 4:59PM
Sadhya Until 11:18PM
Bava Until 3:37AM Wed
Tritiya Until 3:10PM

Portland, ME
Sun 2
Sutra 37
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Red *Sunrise:* 4:11AM
Muruqa: Yellow *Sunset:* 7:04PM
Nataraja: Clear
Moon – Light Blue
Devaloka Day
Vaisaka-Vaikasi

2

Wednesday, May 22, 2019

Dhanus Rasi: 20.07 Tithi 19 – 20
Creative Work Amrita Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam
Purvashadha* Nakshatra Subha Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau
Gulika 9:46AM – 11:37AM
Yama 6:02AM – 7:54AM
Rahu 11:37AM – 1:29PM
Purvashadha* Until 6:43PM
Subha Until 11:19PM
Kaulava Until 4:59AM Thu
Chaturthi* Until 4:12PM

Portland, ME
Sun 3
Sutra 38
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Red *Sunrise:* 4:10AM
Muruqa: Yellow *Sunset:* 7:05PM
Nataraja: Clear
Moon – Light Blue
Devaloka Day
Vaisaka-Vaikasi

3

Thursday, May 23, 2019

Makara Rasi: 2.24 Tithi 20 – 21
Routine Work Marana Yoga
Until 8:52PM
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam
Uttarashadha Nakshatra Sukla Yoga Taitila/Gara Karana Panchami/Shashthyam Titau
Gulika 7:53AM – 9:45AM
Yama 4:09AM – 6:01AM
Rahu 1:30PM – 3:22PM
Uttarashadha Until 8:52PM
Sukla Until 11:45PM
Gara Until 6:54AM Fri
Panchami Until 5:51PM

Portland, ME
Sun 4
Sutra 39
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Red *Sunrise:* 4:09AM
Muruqa: Yellow *Sunset:* 7:06PM
Nataraja: Clear
Moon – Light Blue
Devaloka Day
Vaisaka-Vaikasi

4

Friday, May 24, 2019

Makara Rasi: 14.29 Tithi 21
Routine Work Marana Yoga
Until 11:47PM
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam
Shravana Nakshatra Brahma Yoga Gara/Vanija Karana Shashthyam Titau
Gulika 6:00AM – 7:53AM
Yama 3:22PM – 5:15PM
Rahu 9:45AM – 11:38AM
Shravana Until 11:47PM
Brahma Until 12:31AM Sat
Gara Until 6:54AM
Shashthi* Until 7:59PM

Portland, ME
Sun 5
Sutra 40
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Green *Sunrise:* 4:08AM
Muruqa: Yellow *Sunset:* 7:07PM
Nataraja: Clear
Moon – Purple
Bhuloka Day
Vaisaka-Vaikasi
Devaloka Time: 3:PM to 6:PM

5

Saturday, May 25, 2019

Makara Rasi: 26.24 Tithi 22
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam
Dhanishtha Nakshatra Indra Yoga Visti*/Bava Karana Saptamyam Titau
Gulika 4:07AM – 6:00AM
Yama 1:30PM – 3:23PM
Rahu 7:53AM – 9:45AM
Dhanishtha Until 2:44AM Sun
Indra Until 1:29AM Sun
Visti Until 9:11AM
Saptami Until 10:22PM

Portland, ME
Sun 6
Sutra 41
Vikarin 5121
Moon 5 - Phase 6
1st Phase

Ganesha: Red *Sunrise:* 4:07AM
Muruqa: Yellow *Sunset:* 7:08PM
Nataraja: Clear
Moon – Purple
Devaloka Day
Vaisaka-Vaikasi

D

Sunday, May 26, 2019
Retreat Star

Kumbha Rasi: 8.16 Tithi 23
Creative Work Siddha Yoga
Until 5:32AM Mon
Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Shatabhishak Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Ashtamyam Titau
Gulika 3:23PM – 5:16PM
Yama 11:38AM – 1:31PM
Rahu 5:16PM – 7:09PM
Shatabhishak Until 5:32AM Mon
Vaidhriti* Until 2:25AM Mon
Balava Until 11:37AM
Ashtami* Until 12:47AM Mon

Portland, ME
Sun 7
Sutra 42
Vikarin 5121
Moon 5 - Phase 6
Ashtami

Ganesha: Blue *Sunrise:* 4:07AM
Muruqa: Yellow *Sunset:* 7:09PM
Nataraja: Clear
Moon – Purple
Sivaloka Day
Vaisaka-Vaikasi

Monday, May 27, 2019
Retreat Star

Kumbha Rasi: 20.08 Tithi 24
Family Home Evening
Routine Work Marana Yoga
Until 8:26AM Tue
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
Purvaproshtapada* Nakshatra Vishkambha* Yoga Taitila/Gara Karana Navamyam Titau
Gulika 1:31PM – 3:24PM
Yama 9:45AM – 11:38AM
Rahu 5:59AM – 7:52AM
Purvaproshtapada* Until 8:26AM Tue
Vishkambha* Until 3:12AM Tue
Taitila Until 1:57PM
Navami* Until 3:00AM Tue

Portland, ME
Sun 8
Sutra 43
Vikarin 5121
Moon 5 - Phase 6
Navami

Ganesha: Purple *Sunrise:* 4:06AM
Muruqa: Yellow *Sunset:* 7:10PM
Nataraja: Clear
Moon – Clear
Sivaloka Day
Vaisaka-Vaikasi


1		Tuesday, May 28, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Priti Yoga Vanija/Visti* Karana Dashamyam Titau				Portland, ME
Meena Rasi: 2.06	Tithi 25	Gulika	11:38AM – 1:31PM	Purvaproshtapada* Until 8:26AM	Ganesha: Purple	<i>Sunrise: 4:05AM</i>	Sun 9	Sutra 44
		Yama	7:52AM – 9:45AM	Priti Until 3:43AM Wed	Muruqa: Yellow	<i>Sunset: 7:11PM</i>		Vikarin 5121
		318683469 Rahu	3:24PM – 5:18PM	Vanija Until 4:00PM	Nataraja: Clear			Moon 5 - Phase 7
Routine Work	Marana Yoga			Dashami Until 4:50AM Wed	Moon – Clear			2nd Phase
Until 8:26AM					Vaisaka-Vaikasi			Sivaloka Day
Then Creative Work - Amrita Yoga								

2		Wednesday, May 29, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Ayushman Yoga Bava/Balava Karana Ekadashyam Titau				Portland, ME
Meena Rasi: 14.14	Tithi 26	Gulika	9:45AM – 11:38AM	Uttaraproshtapada Until 10:45AM	Ganesha: Purple	<i>Sunrise: 4:05AM</i>	Sun 10	Sutra 45
		Yama	5:58AM – 7:51AM	Ayushman Until 3:47AM Thu	Muruqa: Yellow	<i>Sunset: 7:12PM</i>		Vikarin 5121
		318683469 Rahu	11:38AM – 1:32PM	Bava Until 5:34PM	Nataraja: Clear			Moon 5 - Phase 7
Creative Work	Siddha Yoga			Ekadashi* Until 6:07AM Thu	Moon – Clear			2nd Phase
Until 10:45AM					Vaisaka-Vaikasi			Sivaloka Day
Then Routine Work - Marana Yoga								

3		Thursday, May 30, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Portland, ME
Meena Rasi: 26.35	Tithi 26 – 27	Gulika	7:51AM – 9:45AM	Revati Until 12:22PM	Ganesha: Purple	<i>Sunrise: 4:04AM</i>	Sun 11	Sutra 46
		Yama	4:04AM – 5:58AM	Saubhagya Until 3:23AM Fri	Muruqa: Yellow	<i>Sunset: 7:13PM</i>		Vikarin 5121
		318683469 Rahu	1:32PM – 3:25PM	Kaulava Until 6:33PM	Nataraja: Clear			Moon 5 - Phase 7
Creative Work	Siddha Yoga			Ekadashi* Until 6:07AM	Moon – Clear			2nd Phase
Until 12:22PM					Vaisaka-Vaikasi			Sivaloka Day
Then Creative Work - Amrita Yoga								

4		Friday, May 31, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sobhana Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Portland, ME
Mesha Rasi: 9.13	Tithi 27 – 28	Gulika	5:57AM – 7:51AM	Ashvini Until 1:42PM	Ganesha: Clear	<i>Sunrise: 4:03AM</i>	Sun 12	Sutra 47
		Yama	3:26PM – 5:20PM	Sobhana Until 2:30AM Sat	Muruqa: Yellow	<i>Sunset: 7:13PM</i>		Vikarin 5121
		328683469 Rahu	9:45AM – 11:38AM	Gara Until 6:54PM	Nataraja: Clear			Moon 5 - Phase 7
Creative Work	Amrita Yoga			Dvadashi* Until 6:47AM	Moon – White			2nd Phase
Until 1:42PM					Vaisaka-Vaikasi			Devaloka Day
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>				

5		Saturday, June 1, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Portland, ME
Mesha Rasi: 22.08	Tithi 28 – 29	Gulika	4:03AM – 5:57AM	Bharani Until 2:14PM	Ganesha: White	<i>Sunrise: 4:03AM</i>	Sun 13	Sutra 48
		Yama	1:32PM – 3:26PM	Athiganda* Until 1:05AM Sun	Muruqa: Yellow	<i>Sunset: 7:14PM</i>		Vikarin 5121
		329683469 Rahu	7:51AM – 9:45AM	Visti Until 6:37PM	Nataraja: Clear			Moon 5 - Phase 7
Creative Work	Siddha Yoga			Trayodashi* Until 6:49AM	Moon – White			2nd Phase
Until 2:14PM					Vaisaka-Vaikasi			Bhuloka Day
Then Creative Work - Amrita Yoga								Devaloka Time: 3:PM to 6:PM

		Sunday, June 2, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Sukarma Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau				Portland, ME
Retreat Star		Gulika	3:27PM – 5:21PM	Krittika Until 2:02PM	Ganesha: White	<i>Sunrise: 4:02AM</i>	Sun 14	Sutra 49
Vrishabha Rasi: 5.24	Tithi 29 – 30	Yama	11:39AM – 1:33PM	Sukarma Until 11:14PM	Muruqa: Yellow	<i>Sunset: 7:15PM</i>		Vikarin 5121
		329683469 Rahu	5:21PM – 7:15PM	Naga Until 5:05AM Mon	Nataraja: Clear			Moon 5 - Phase 7
Creative Work	Siddha Yoga			Chaturdashi* Until 6:14AM	Moon – White			Amavasya
					Vaisaka-Vaikasi			Bhuloka Day
								Devaloka Time: 3:PM to 6:PM

Monday, June 3, 2019		Retreat Star		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti Yoga Kintughna*/Bava Karana Prathamayam Titau				Portland, ME
Vrishabha Rasi: 18.58	Tithi 1	Gulika	1:33PM – 3:27PM	Rohini Until 1:37PM	Ganesha: Green	<i>Sunrise: 4:02AM</i>	Sun 15	Sutra 50
Family Home Evening		Yama	9:45AM – 11:39AM	Dhriti Until 9:01PM	Muruqa: Yellow	<i>Sunset: 7:16PM</i>		Vikarin 5121
		339683469 Rahu	5:56AM – 7:50AM	Kintughna Until 4:22PM	Nataraja: Clear			Moon 5 - Phase 7
Creative Work	Amrita Yoga			Prathama* Until 3:30AM Tue	Moon – Yellow			Prathama
					Jyeshtha-Vaikasi			Bhuloka Day
								Devaloka Time: 3:PM to 6:PM

1		Tuesday, June 4, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Portland, ME Sun 16 Sutra 51 Vikarin 5121
Mithuna Rasi: 2.47	Tithi 2	Gulika 11:39AM – 1:33PM	Mrigashira Until 12:39PM	Ganesha: Green	<i>Sunrise:</i> 4:02AM			
		Yama 7:50AM – 9:45AM	Shula* Until 6:28PM	Muruqa: Yellow	<i>Sunset:</i> 7:16PM			Moon 5 - Phase 8
		339683461 Rahu 3:28PM – 5:22PM	Balava Until 2:35PM	Nataraja: Clear				3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 1:34AM Wed	Moon – Yellow			Bhuloka Day	
Until 12:39PM				Jyeshtha-Vaikasi			Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga								

2		Wednesday, June 5, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda*/Vridhhi Yoga Taitila/Gara Karana Tritiyayam Titau				Portland, ME Sun 17 Sutra 52 Vikarin 5121
Mithuna Rasi: 16.49	Tithi 3	Gulika 9:45AM – 11:39AM	Ardra Until 11:14AM	Ganesha: Green	<i>Sunrise:</i> 4:01AM			
		Yama 5:56AM – 7:50AM	Ganda* Until 3:42PM	Muruqa: Yellow	<i>Sunset:</i> 7:17PM			Moon 5 - Phase 8
		339683461 Rahu 11:39AM – 1:34PM	Taitila Until 12:31PM	Nataraja: Yellow				3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 11:23PM	Moon – Yellow			Bhuloka Day	
				Jyeshtha-Vaikasi			Devaloka Time: 3:PM to 6:PM	

3		Thursday, June 6, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Vridhhi/Dhruva Yoga Vanija/Visti* Karana Chaturthyam Titau				Portland, ME Sun 18 Sutra 53 Vikarin 5121
Kataka Rasi: 1	Tithi 4	Gulika 7:50AM – 9:45AM	Punarvasu Until 9:55AM	Ganesha: White	<i>Sunrise:</i> 4:01AM			
		Yama 4:01AM – 5:55AM	Vridhhi Until 12:48PM	Muruqa: Yellow	<i>Sunset:</i> 7:18PM			Moon 5 - Phase 8
		349683461 Rahu 1:34PM – 3:29PM	Vanija Until 10:15AM	Nataraja: Yellow				3rd Phase
Creative Work	Amrita Yoga		Chaturthi* Until 9:04PM	Moon – Blue			Bhuloka Day	
				Jyeshtha-Vaikasi			Devaloka Time: 3:PM to 6:PM	

4		Friday, June 7, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Panchamyam Titau				Portland, ME Sun 19 Sutra 54 Vikarin 5121
Kataka Rasi: 15.15	Tithi 5	Gulika 5:55AM – 7:50AM	Pushya Until 8:21AM	Ganesha: White	<i>Sunrise:</i> 4:00AM			
		Yama 3:29PM – 5:24PM	Dhruva Until 9:49AM	Muruqa: Yellow	<i>Sunset:</i> 7:19PM			Moon 5 - Phase 8
		349683461 Rahu 9:45AM – 11:40AM	Bava Until 7:54AM	Nataraja: Yellow				3rd Phase
Routine Work	Marana Yoga		Panchami Until 6:42PM	Moon – Blue			Bhuloka Day	
				Jyeshtha-Vaikasi			Devaloka Time: 3:PM to 6:PM	

5		Saturday, June 8, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Portland, ME Sun 20 Sutra 55 Vikarin 5121
Kataka Rasi: 29.32	Tithi 6 – 7	Gulika 4:00AM – 5:55AM	Ashlesha* Until 6:38AM	Ganesha: White	<i>Sunrise:</i> 4:00AM			
		Yama 1:35PM – 3:29PM	Vyaghata* Until 6:50AM	Muruqa: Yellow	<i>Sunset:</i> 7:19PM			Moon 5 - Phase 8
		349683461 Rahu 7:50AM – 9:45AM	Gara Until 3:12AM Sun	Nataraja: Yellow				3rd Phase
Routine Work	Marana Yoga		Shashthi* Until 4:20PM	Moon – Blue			Bhuloka Day	
Until 6:38AM				Jyeshtha-Vaikasi			Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga								

Retreat Star		Sunday, June 9, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Portland, ME Sun 21 Sutra 56 Vikarin 5121
Simha Rasi: 13.46	Tithi 7 – 8	Gulika 3:30PM – 5:25PM	Purvaphalguni Until 3:48AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 4:00AM			
		Yama 11:40AM – 1:35PM	Vajra* Until 1:00AM Mon	Muruqa: Yellow	<i>Sunset:</i> 7:20PM			Moon 5 - Phase 8
		351683461 Rahu 5:25PM – 7:20PM	Visti Until 12:58AM Mon	Nataraja: Yellow				Ashtami
Creative Work	Siddha Yoga		Saptami Until 2:03PM	Moon – Red			Devaloka Day	
				Jyeshtha-Vaikasi				

Retreat Star		Monday, June 10, 2019		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Portland, ME Sun 22 Sutra 57 Vikarin 5121
Simha Rasi: 27.57	Tithi 8 – 9	Gulika 1:35PM – 3:30PM	Uttaraphalguni Until 2:21AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 4:00AM			
Family Home Evening		Yama 9:45AM – 11:40AM	Siddhi Until 10:14PM	Muruqa: Yellow	<i>Sunset:</i> 7:20PM			Moon 5 - Phase 8
		351683461 Rahu 5:55AM – 7:50AM	Balava Until 10:51PM	Nataraja: Yellow				Navami
Creative Work	Siddha Yoga		Ashtami* Until 11:52AM	Moon – Red			Devaloka Day	
				Jyeshtha-Vaikasi				

1	Tuesday, June 11, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasla Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Portland, ME Sun 23
	Kanya Rasi: 12.02	Tithi 9 – 10	Gulika 11:40AM – 1:35PM	Hasta Until 1:21AM Wed	Ganesha: White	<i>Sunrise:</i> 4:00AM	Vikarin 5121
			Yama 7:50AM – 9:45AM	Vyatipata* Until 7:36PM	Muruqa: Yellow	<i>Sunset:</i> 7:21PM	Moon 5 - Phase 9
	361683461	Rahu 3:31PM – 5:26PM		Taitila Until 8:53PM	Nataraja: Yellow		4th Phase
Creative Work	Siddha Yoga		Navami* Until 9:49AM	Moon – Green		Bhuloka Day	
				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	

2	Wednesday, June 12, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Portland, ME Sun 24
	Kanya Rasi: 26.01	Tithi 10 – 11	Gulika 9:45AM – 11:40AM	Chitra Until 12:25AM Thu	Ganesha: White	<i>Sunrise:</i> 3:59AM	Vikarin 5121
			Yama 5:55AM – 7:50AM	Variyan Until 5:07PM	Muruqa: Yellow	<i>Sunset:</i> 7:21PM	Moon 5 - Phase 9
	361683461	Rahu 11:40AM – 1:36PM		Vanija Until 7:08PM	Nataraja: Yellow		4th Phase
Creative Work	Siddha Yoga		Dashami Until 7:58AM	Moon – Green		Bhuloka Day	
Until 12:25AM Thu				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

3	Thursday, June 13, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Parigha/Shiva Yoga Visti*/Balava Karana Ekadashi/Dvadashyam Titau				Portland, ME Sun 25
	Tula Rasi: 9.52	Tithi 11 – 12	Gulika 7:50AM – 9:45AM	Svati Until 11:37PM	Ganesha: White	<i>Sunrise:</i> 3:59AM	Vikarin 5121
			Yama 3:59AM – 5:55AM	Parigha* Until 2:51PM	Muruqa: Yellow	<i>Sunset:</i> 7:22PM	Moon 5 - Phase 9
	361683461	Rahu 1:36PM – 3:31PM		Balava Until 5:00AM Fri	Nataraja: Yellow		4th Phase
Creative Work	Amrita Yoga		Ekadashi Until 6:20AM	Moon – Green		Bhuloka Day	
Until 11:37PM				Jyeshtha-Vaikasi		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

4	Friday, June 14, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Portland, ME Sun 26
	Tula Rasi: 23.31	Tithi 13	Gulika 5:55AM – 7:50AM	Vishakha Until 11:27PM	Ganesha: Clear	<i>Sunrise:</i> 3:59AM	Vikarin 5121
			Yama 3:32PM – 5:27PM	Shiva Until 12:52PM	Muruqa: Blue	<i>Sunset:</i> 7:22PM	Moon 5 - Phase 9
	371693461	Rahu 9:45AM – 11:41AM		Kaulava Until 4:29PM	Nataraja: Yellow		4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 4:01AM Sat	Moon – Orange		Sivaloka Day	
		Vaikasi Visakam		Jyeshtha-Vaikasi			
						<i>Pradosha Vrata</i>	

5	Saturday, June 15, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Chaturdashyam Titau				Portland, ME Sun 27
	Vrischika Rasi: 6.58	Tithi 14	Gulika 3:59AM – 5:55AM	Anuradha Until 11:33PM	Ganesha: White	<i>Sunrise:</i> 3:59AM	Vikarin 5121
			Yama 1:37PM – 3:32PM	Siddha Until 11:09AM	Muruqa: Blue	<i>Sunset:</i> 7:23PM	Moon 5 - Phase 9
	371793461	Rahu 7:50AM – 9:46AM		Gara Until 3:43PM	Nataraja: Yellow		4th Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 3:29AM Sun	Moon – Orange		Subha Sivaloka Day	
				Jyeshtha-Ani			

○	Sunday, June 16, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Purnimayam Titau				Portland, ME Sun 28
	Copper Retreat Star		Gulika 3:32PM – 5:28PM	Jyeshtha* Until 11:59PM	Ganesha: White	<i>Sunrise:</i> 3:59AM	Vikarin 5121
	Vrischika Rasi: 20.11	Tithi 15	Yama 11:41AM – 1:37PM	Sadhya Until 9:49AM	Muruqa: Blue	<i>Sunset:</i> 7:23PM	Moon 5 - Phase 9
	371793461	Rahu 5:28PM – 7:23PM		Visti Until 3:25PM	Nataraja: Yellow		Purnima
Routine Work	Marana Yoga		Purnima* Until 3:27AM Mon	Moon – Orange		Subha Sivaloka Day	
Until 11:59PM		Father's Day		Jyeshtha-Ani			
Then Creative Work - Amrita Yoga							

○	Monday, June 17, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Mula* Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Prathamayam Titau				Portland, ME Sun 29
	Silver Retreat Star		Gulika 1:37PM – 3:33PM	Mula* Until 1:16AM Tue	Ganesha: Clear	<i>Sunrise:</i> 3:59AM	Vikarin 5121
	Dhanus Rasi: 3.07	Tithi 16	Yama 9:46AM – 11:41AM	Subha Until 8:55AM	Muruqa: Blue	<i>Sunset:</i> 7:24PM	Moon 5 - Phase 9
	381793461	Rahu 5:55AM – 7:50AM		Balava Until 3:39PM	Nataraja: Yellow		Prathama
Family Home Evening	Siddha Yoga		Prathama* Until 3:58AM Tue	Moon – Light Blue		Sivaloka Day	
Creative Work				Jyeshtha-Ani			

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

All times are standard time

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Tuesday, June 18, 2019
Gold Retreat Star

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam
 Purvashadha* Nakshatra Sukla/Brahma Yoga Tailila/Gara Karana Dvitiyayam Titau

Portland, ME
 Sutra 65
 Vikarin 5121
 Moon 6 - Phase 10
 1st Phase

Dhanus Rasi: 15.48 Tithi 17
 381793461
 Creative Work Siddha Yoga
 Until 2:57AM Wed
 Then Creative Work - Amrita Yoga

Gulika 11:42AM – 1:37PM
 Yama 7:51AM – 9:46AM
Rahu 3:33PM – 5:28PM

Purvashadha* Until 2:57AM Wed
 Sukla Until 8:26AM
 Tailila Until 4:28PM
Dvitiya Until 5:03AM Wed

Ganesha: Clear *Sunrise: 3:59AM*
Muruqa: Blue *Sunset: 7:24PM*
Nataraja: Yellow
 Moon – Light Blue
Jyeshtha-Ani

Sivaloka Day

1

Wednesday, June 19, 2019

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

Portland, ME
 Sun 1
 Sutra 66
 Vikarin 5121
 Moon 6 - Phase 10
 1st Phase

Dhanus Rasi: 28.13 Tithi 18
 382793461
 Creative Work Amrita Yoga
 Until 4:59AM Thu
 Then Creative Work - Siddha Yoga

Gulika 9:46AM – 11:42AM
 Yama 5:55AM – 7:51AM
Rahu 11:42AM – 1:37PM

Uttarashadha Until 4:59AM Thu
 Brahma Until 8:24AM
 Vanija Until 5:49PM
Tritiya Until 6:40AM Thu

Ganesha: Purple *Sunrise: 4:00AM*
Muruqa: Blue *Sunset: 7:24PM*
Nataraja: Yellow
 Moon – Light Blue
Jyeshtha-Ani

Devaloka Day

2

Thursday, June 20, 2019

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam
 Shravana Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Portland, ME
 Sun 2
 Sutra 67
 Vikarin 5121
 Moon 6 - Phase 10
 1st Phase

Makara Rasi: 10.25 Tithi 18 – 19
 392793461
 Creative Work Siddha Yoga

Gulika 7:51AM – 9:47AM
 Yama 4:00AM – 5:55AM
Rahu 1:38PM – 3:33PM

Shravana Until 7:46AM Fri
 Indra Until 8:47AM
 Bava Until 7:40PM
Tritiya Until 6:40AM

Ganesha: Clear *Sunrise: 4:00AM*
Muruqa: Blue *Sunset: 7:24PM*
Nataraja: Yellow
 Moon – Purple
Jyeshtha-Ani

Sivaloka Day

3

Friday, June 21, 2019

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

Portland, ME
 Sun 3
 Sutra 68
 Vikarin 5121
 Moon 6 - Phase 10
 1st Phase

Makara Rasi: 22.26 Tithi 19 – 20
 392793461
 Routine Work Marana Yoga
 Until 7:46AM
 Then Creative Work - Siddha Yoga

Gulika 5:56AM – 7:51AM
 Yama 3:34PM – 5:29PM
Rahu 9:47AM – 11:42AM

Shravana Until 7:46AM
 Vaidhriti* Until 9:27AM
 Kaulava Until 9:51PM
Chaturthi* Until 8:42AM

Ganesha: Clear *Sunrise: 4:00AM*
Muruqa: Blue *Sunset: 7:25PM*
Nataraja: Yellow
 Moon – Purple
Jyeshtha-Ani

Sivaloka Day

4

Saturday, June 22, 2019

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

Portland, ME
 Sun 4
 Sutra 69
 Vikarin 5121
 Moon 6 - Phase 10
 1st Phase

Kumbha Rasi: 4.22 Tithi 20 – 21
 392793461
 Creative Work Siddha Yoga
 Until 10:39AM
 Then Creative Work - Amrita Yoga

Gulika 4:00AM – 5:56AM
 Yama 1:38PM – 3:34PM
Rahu 7:51AM – 9:47AM

Dhanishtha Until 10:39AM
 Vishkambha* Until 10:21AM
 Gara Until 12:13AM Sun
Panchami Until 11:00AM

Ganesha: Clear *Sunrise: 4:00AM*
Muruqa: Blue *Sunset: 7:25PM*
Nataraja: Yellow
 Moon – Purple
Jyeshtha-Ani

Sivaloka Day

5

Sunday, June 23, 2019

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam
 Shatabhishak/Purvaproshtapada* Nakshatra Priti/Ayushman Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Portland, ME
 Sun 5
 Sutra 70
 Vikarin 5121
 Moon 6 - Phase 10
 1st Phase

Kumbha Rasi: 16.13 Tithi 21 – 22
 392793461
 Creative Work Siddha Yoga

Gulika 3:34PM – 5:29PM
 Yama 11:43AM – 1:38PM
Rahu 5:29PM – 7:25PM

Shatabhishak Until 1:27PM
 Priti Until 11:20AM
 Visti Until 2:35AM Mon
Shashthi* Until 1:24PM

Ganesha: Clear *Sunrise: 4:00AM*
Muruqa: Blue *Sunset: 7:25PM*
Nataraja: Yellow
 Moon – Purple
Jyeshtha-Ani

Sivaloka Day

6

Monday, June 24, 2019

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam
 Purvaproshtapada*/Uttaraproshtapada Nakshatra Ayushman/Saubhagya Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Portland, ME
 Sun 6
 Sutra 71
 Vikarin 5121
 Moon 6 - Phase 10
 1st Phase

Kumbha Rasi: 28.07 Tithi 22 – 23
Family Home Evening
 Routine Work Marana Yoga
 Until 4:29PM
 Then Creative Work - Siddha Yoga

Gulika 1:38PM – 3:34PM
 Yama 9:47AM – 11:43AM
Rahu 5:56AM – 7:52AM

Purvaproshtapada* Until 4:29PM
 Ayushman Until 12:12PM
 Balava Until 4:45AM Tue
Saptami Until 3:41PM

Ganesha: Yellow *Sunrise: 4:01AM*
Muruqa: Blue *Sunset: 7:25PM*
Nataraja: Yellow
 Moon – Clear
Jyeshtha-Ani

Sivaloka Day

D

Tuesday, June 25, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam
 Uttaraproshtapada Nakshatra Saubhagya/Sobhana Yoga Kaulava/Tailila Karana Ashtami/Navamyam Titau

Portland, ME
 Sun 7
 Sutra 72
 Vikarin 5121
 Moon 6 - Phase 10
 Ashtami

Meena Rasi: 10.05 Tithi 23 – 24
 312793461
 Creative Work Amrita Yoga
 Until 7:03PM
 Then Creative Work - Siddha Yoga

Gulika 11:43AM – 1:39PM
 Yama 7:52AM – 9:48AM
Rahu 3:34PM – 5:30PM

Uttaraproshtapada Until 7:03PM
 Saubhagya Until 12:53PM
 Tailila Until 6:31AM Wed
Ashtami* Until 5:40PM

Ganesha: Yellow *Sunrise: 4:01AM*
Muruqa: Blue *Sunset: 7:25PM*
Nataraja: Yellow
 Moon – Clear
Jyeshtha-Ani

Sivaloka Day

Wednesday, June 26, 2019

Retreat Star

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

Portland, ME
 Sun 8
 Sutra 73
 Vikarin 5121
 Moon 6 - Phase 10
 Navami

Meena Rasi: 22.13 Tithi 24
 312793461
 Routine Work Marana Yoga

Gulika 9:48AM – 11:43AM
 Yama 5:57AM – 7:52AM
Rahu 11:43AM – 1:39PM

Revati Until 8:59PM
 Sobhana Until 1:14PM
 Tailila Until 6:31AM
Navami* Until 7:10PM

Ganesha: Yellow *Sunrise: 4:01AM*
Muruqa: Blue *Sunset: 7:25PM*
Nataraja: Yellow
 Moon – Clear
Jyeshtha-Ani

Sivaloka Day

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

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1		Thursday, June 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda/Sukarma Yoga Vanija/Visti* Karana Dashamyam Titau				Portland, ME Sun 9 Sutra 74 Vikarin 5121
Mesha Rasi: 4.35	Tithi 25	Gulika 7:53AM – 9:48AM	Ashvini Until 10:38PM	Ganesha: Blue	<i>Sunrise:</i> 4:02AM			
		Yama 4:02AM – 5:57AM	Athiganda* Until 1:06PM	Muruqa: Blue	<i>Sunset:</i> 7:25PM		Moon 6 - Phase 11	
		322793461 Rahu 1:39PM – 3:34PM	Vanija Until 7:43AM	Nataraja: Yellow			2nd Phase	
Creative Work	Amrita Yoga		Dashami Until 8:04PM	Moon – White		Devaloka Day		
Until 10:38PM				Jyeshtha-Ani				
Then Creative Work - Siddha Yoga								

2		Friday, June 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ekadashyam Titau				Portland, ME Sun 10 Sutra 75 Vikarin 5121
Mesha Rasi: 17.14	Tithi 26	Gulika 5:58AM – 7:53AM	Bharani Until 11:26PM	Ganesha: Blue	<i>Sunrise:</i> 4:02AM			
		Yama 3:35PM – 5:30PM	Sukarma Until 12:27PM	Muruqa: Blue	<i>Sunset:</i> 7:25PM		Moon 6 - Phase 11	
		322793461 Rahu 9:48AM – 11:44AM	Bava Until 8:16AM	Nataraja: Yellow			2nd Phase	
Creative Work	Siddha Yoga		Ekadashi* Until 8:15PM	Moon – White		Devaloka Day		
				Jyeshtha-Ani				

3		Saturday, June 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Portland, ME Sun 11 Sutra 76 Vikarin 5121
Vrishabha Rasi: 0.15	Tithi 27	Gulika 4:03AM – 5:58AM	Krittika Until 11:22PM	Ganesha: Blue	<i>Sunrise:</i> 4:03AM			
		Yama 1:39PM – 3:35PM	Dhriti Until 11:14AM	Muruqa: Blue	<i>Sunset:</i> 7:25PM		Moon 6 - Phase 11	
		322793461 Rahu 7:53AM – 9:49AM	Kaulava Until 8:06AM	Nataraja: Yellow			2nd Phase	
Creative Work	Amrita Yoga		Dvadashi* Until 7:43PM	Moon – White		Devaloka Day		
				Jyeshtha-Ani				

4		Sunday, June 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau				Portland, ME Sun 12 Sutra 77 Vikarin 5121
Vrishabha Rasi: 13.38	Tithi 28	Gulika 3:35PM – 5:30PM	Rohini Until 10:56PM	Ganesha: Blue	<i>Sunrise:</i> 4:03AM			
		Yama 11:44AM – 1:39PM	Shula* Until 9:25AM	Muruqa: Blue	<i>Sunset:</i> 7:25PM		Moon 6 - Phase 11	
		322793461 Rahu 5:30PM – 7:25PM	Gara Until 7:12AM	Nataraja: Yellow			2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 6:29PM	Moon – Yellow		Devaloka Day		
				Jyeshtha-Ani				
				<i>Pradosha Vrata (Fasting)</i>				

5		Monday, July 1, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Ganda*/Vridhni Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Portland, ME Sun 13 Sutra 78 Vikarin 5121
Vrishabha Rasi: 27.25	Tithi 29 – 30	Gulika 1:39PM – 3:35PM	Mrigashira Until 9:46PM	Ganesha: Blue	<i>Sunrise:</i> 4:04AM			
Family Home Evening		Yama 9:49AM – 11:44AM	Ganda* Until 7:06AM	Muruqa: Blue	<i>Sunset:</i> 7:25PM		Moon 6 - Phase 11	
		322793461 Rahu 5:59AM – 7:54AM	Catuspada Until 3:33AM Tue	Nataraja: Yellow			2nd Phase	
Creative Work	Amrita Yoga		Chaturdashi* Until 4:39PM	Moon – Yellow		Devaloka Day		
Until 9:46PM				Jyeshtha-Ani				
Then Creative Work - Siddha Yoga								

		Tuesday, July 2, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Dhruva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Portland, ME Sun 14 Sutra 79 Vikarin 5121
Retreat Star		Gulika 11:44AM – 1:40PM	Ardra Until 7:59PM	Ganesha: Red	<i>Sunrise:</i> 4:04AM			
Mithuna Rasi: 11.32	Tithi 30 – 1	Yama 7:54AM – 9:49AM	Dhruva Until 1:12AM Wed	Muruqa: Blue	<i>Sunset:</i> 7:25PM		Moon 6 - Phase 11	
		333793461 Rahu 3:35PM – 5:30PM	Kintughna Until 1:00AM Wed	Nataraja: Yellow			Amavasya	
Routine Work	Marana Yoga		Amavasya* Until 2:18PM	Moon – Yellow		Sivaloka Day		
Until 7:59PM				Jyeshtha-Ani				
Then Creative Work - Siddha Yoga								

Retreat Star		Wednesday, July 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Portland, ME Sun 15 Sutra 80 Vikarin 5121
Mithuna Rasi: 25.57	Tithi 1 – 2	Gulika 9:50AM – 11:45AM	Punarvasu Until 6:08PM	Ganesha: Yellow	<i>Sunrise:</i> 4:05AM			
		Yama 6:00AM – 7:55AM	Vyaghata* Until 9:49PM	Muruqa: Blue	<i>Sunset:</i> 7:25PM		Moon 6 - Phase 11	
		343793461 Rahu 11:45AM – 1:40PM	Balava Until 10:10PM	Nataraja: Yellow			Prathama	
Creative Work	Siddha Yoga		Prathama* Until 11:36AM	Moon – Blue		Sivaloka Day		
				Ashada-Ani				

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

1		Thursday, July 4, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvitiya/Trityayam Titau			Portland, ME Sun 16 Sutra 81 Vikarin 5121
Kataka Rasi: 10.34	Tithi 2 – 3	Gulika 7:55AM – 9:50AM	Pushya Until 3:58PM	Ganesha: Yellow	<i>Sunrise:</i> 4:05AM		
		Yama 4:05AM – 6:00AM	Harshana Until 6:19PM	Muruqa: Blue	<i>Sunset:</i> 7:24PM	Moon 6 - Phase 12	
		343793461 Rahu 1:40PM – 3:35PM	Taitila Until 7:10PM	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Dvitiya Until 8:39AM	Moon – Blue			Sivaloka Day
Until 3:58PM				Ashada*Ani			
Then Creative Work - Siddha Yoga							

2		Friday, July 5, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vajra*/Siddhi Yoga Vanija/Visli* Karana Chaturthyam Titau			Portland, ME Sun 17 Sutra 82 Vikarin 5121
Kataka Rasi: 25.14	Tithi 4	Gulika 6:01AM – 7:55AM	Ashlesha* Until 1:37PM	Ganesha: Yellow	<i>Sunrise:</i> 4:06AM		
		Yama 3:35PM – 5:29PM	Vajra* Until 2:45PM	Muruqa: Blue	<i>Sunset:</i> 7:24PM	Moon 6 - Phase 12	
		343793461 Rahu 9:50AM – 11:45AM	Vanija Until 4:08PM	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Chaturthi* Until 2:37AM Sat	Moon – Blue			Sivaloka Day
				Ashada*Ani			

3		Saturday, July 6, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Bava/Balava Karana Panchamyam Titau			Portland, ME Sun 18 Sutra 83 Vikarin 5121
Simha Rasi: 9.54	Tithi 5	Gulika 4:07AM – 6:01AM	Magha* Until 11:37AM	Ganesha: White	<i>Sunrise:</i> 4:07AM		
		Yama 1:40PM – 3:34PM	Siddhi Until 11:17AM	Muruqa: Blue	<i>Sunset:</i> 7:24PM	Moon 6 - Phase 12	
		353793461 Rahu 7:56AM – 9:51AM	Bava Until 1:11PM	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Panchami Until 11:46PM	Moon – Red			Subha Sivaloka Day
Until 11:37AM				Ashada*Ani			
Then Creative Work - Siddha Yoga							

4		Sunday, July 7, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Kaulava/Taitila Karana Shashthyam Titau			Portland, ME Sun 19 Sutra 84 Vikarin 5121
Simha Rasi: 24.27	Tithi 6	Gulika 3:34PM – 5:29PM	Purvaphalguni Until 9:40AM	Ganesha: Yellow	<i>Sunrise:</i> 4:07AM		
		Yama 11:45AM – 1:40PM	Vyatipata* Until 7:59AM	Muruqa: Blue	<i>Sunset:</i> 7:23PM	Moon 6 - Phase 12	
		453793461 Rahu 5:29PM – 7:23PM	Kaulava Until 10:27AM	Nataraja: Yellow		3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 9:10PM	Moon – Red			Sivaloka Day
Until 9:40AM				Ashada*Ani			
Then Creative Work - Amrita Yoga		Chidambaram Abhishekam					

5		Monday, July 8, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Parigha* Yoga Gara/Vanija Karana Saptamyam Titau			Portland, ME Sun 20 Sutra 85 Vikarin 5121
Kanya Rasi: 8.47	Tithi 7	Gulika 1:40PM – 3:34PM	Uttaraphalguni Until 7:52AM	Ganesha: Yellow	<i>Sunrise:</i> 4:08AM		
Family Home Evening		Yama 9:51AM – 11:45AM	Parigha* Until 2:06AM Tue	Muruqa: Blue	<i>Sunset:</i> 7:23PM	Moon 6 - Phase 12	
		453793461 Rahu 6:02AM – 7:57AM	Gara Until 8:00AM	Nataraja: Yellow		3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 6:53PM	Moon – Red			Sivaloka Day
				Ashada*Ani			

Retreat Star		Tuesday, July 9, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Portland, ME Sun 21 Sutra 86 Vikarin 5121
Kanya Rasi: 22.54	Tithi 8 – 9	Gulika 11:46AM – 1:40PM	Hasta Until 6:43AM	Ganesha: White	<i>Sunrise:</i> 4:09AM		
		Yama 7:57AM – 9:51AM	Shiva Until 11:39PM	Muruqa: Blue	<i>Sunset:</i> 7:23PM	Moon 6 - Phase 12	
		463793461 Rahu 3:34PM – 5:28PM	Balava Until 4:14AM Wed	Nataraja: Yellow		Ashtami	
Creative Work	Siddha Yoga		Ashtami* Until 5:00PM	Moon – Green			Subha Sivaloka Day
				Ashada*Ani			

Retreat Star		Wednesday, July 10, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Portland, ME Sun 22 Sutra 87 Vikarin 5121
Tula Rasi: 6.45	Tithi 9 – 10	Gulika 9:52AM – 11:46AM	Svati Until 5:15AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 4:09AM		
		Yama 6:04AM – 7:58AM	Siddha Until 9:32PM	Muruqa: Blue	<i>Sunset:</i> 7:22PM	Moon 6 - Phase 12	
		463893461 Rahu 11:46AM – 1:40PM	Taitila Until 3:00AM Thu	Nataraja: Yellow		Navami	
Creative Work	Siddha Yoga		Navami* Until 3:32PM	Moon – Green			Sivaloka Day
				Ashada*Ani			

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


1	Thursday, July 11, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Portland, ME Sun 23 Sutra 88
	Tula Rasi: 20.19	Tithi 10 – 11	Gulika 7:58AM – 9:52AM	Vishakha Until 5:25AM Fri	Ganesha: White	<i>Sunrise:</i> 4:10AM	Vikarin 5121
			Yama 4:10AM – 6:04AM	Sadhya Until 7:48PM	Muruqa: Blue	<i>Sunset:</i> 7:22PM	Moon 6 - Phase 13
	Creative Work	Siddha Yoga	473893461 Rahu 1:40PM – 3:34PM	Vanija Until 2:13AM Fri	Nataraja: Yellow		4th Phase
			Dashami Until 2:32PM	Ashada•Ani	Devaloka Day		

2	Friday, July 12, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Subha Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Portland, ME Sun 24 Sutra 89
	Vrischika Rasi: 3.38	Tithi 11 – 12	Gulika 6:05AM – 7:59AM	Anuradha Until 5:54AM Sat	Ganesha: White	<i>Sunrise:</i> 4:11AM	Vikarin 5121
			Yama 3:34PM – 5:27PM	Subha Until 6:28PM	Muruqa: Blue	<i>Sunset:</i> 7:21PM	Moon 6 - Phase 13
	Creative Work	Siddha Yoga	473893461 Rahu 9:52AM – 11:46AM	Bava Until 1:56AM Sat	Nataraja: Yellow		4th Phase
			Ekadashi Until 2:00PM	Ashada•Ani	Devaloka Day		

3	Saturday, July 13, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Portland, ME Sun 25 Sutra 90
	Vrischika Rasi: 16.42	Tithi 12 – 13	Gulika 4:12AM – 6:05AM	Jyeshtha* Until 6:43AM Sun	Ganesha: White	<i>Sunrise:</i> 4:12AM	Vikarin 5121
			Yama 1:40PM – 3:33PM	Sukla Until 5:29PM	Muruqa: Blue	<i>Sunset:</i> 7:20PM	Moon 6 - Phase 13
	Creative Work	Siddha Yoga	473893461 Rahu 7:59AM – 9:53AM	Kaulava Until 2:07AM Sun	Nataraja: Yellow		4th Phase
Until 6:43AM Sun Then Creative Work - Amrita Yoga			Dvadashi Until 1:56PM	Ashada•Ani	Devaloka Day		
<i>Pradosha Vrata</i>							

4	Sunday, July 14, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma/Indra Yoga Tailila/Gara Karana Trayodashi/Chaturdashyam Titau				Portland, ME Sun 26 Sutra 91
	Vrischika Rasi: 29.32	Tithi 13 – 14	Gulika 3:33PM – 5:26PM	Jyeshtha* Until 6:43AM	Ganesha: White	<i>Sunrise:</i> 4:13AM	Vikarin 5121
			Yama 11:46AM – 1:40PM	Brahma Until 4:53PM	Muruqa: Blue	<i>Sunset:</i> 7:20PM	Moon 6 - Phase 13
	Routine Work	Marana Yoga	473893461 Rahu 5:26PM – 7:20PM	Gara Until 2:47AM Mon	Nataraja: Yellow		4th Phase
Until 6:43AM Then Creative Work - Amrita Yoga			Trayodashi Until 2:22PM	Ashada•Ani	Devaloka Day		

5	Monday, July 15, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Portland, ME Sun 27 Sutra 92
	Dhanus Rasi: 12.08	Tithi 14 – 15	Gulika 1:40PM – 3:33PM	Mula* Until 8:18AM	Ganesha: Clear	<i>Sunrise:</i> 4:13AM	Vikarin 5121
	Family Home Evening		Yama 9:53AM – 11:46AM	Indra Until 4:41PM	Muruqa: Blue	<i>Sunset:</i> 7:19PM	Moon 6 - Phase 13
	Creative Work	Siddha Yoga	483893461 Rahu 6:07AM – 8:00AM	Visti Until 3:54AM Tue	Nataraja: Yellow		4th Phase
Until 8:18AM Then Routine Work - Marana Yoga			Chaturdashi* Until 3:16PM	Ashada•Ani	Sivaloka Day		

	Tuesday, July 16, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Portland, ME Sun 28 Sutra 93
	Dhanus Rasi: 24.31	Tithi 15 – 16	Gulika 11:46AM – 1:39PM	Purvashadha* Until 10:10AM	Ganesha: Clear	<i>Sunrise:</i> 4:14AM	Vikarin 5121
			Yama 8:00AM – 9:53AM	Vaidhriti* Until 4:48PM	Muruqa: Blue	<i>Sunset:</i> 7:19PM	Moon 6 - Phase 13
	Creative Work	Siddha Yoga	483893461 Rahu 3:32PM – 5:25PM	Balava Until 5:28AM Wed	Nataraja: Yellow		Purnima
Until 10:10AM Then Routine Work - Prabalarishta Yoga			Purnima* Until 4:37PM	Ashada•Adi	Sivaloka Day		
Partial Lunar Eclipse Satguru Purnima							

6	Wednesday, July 17, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha*/Priti Yoga Kaulava Karana Prathamayam Titau				Portland, ME Sun 29 Sutra 94
	Makara Rasi: 6.44	Tithi 16	Gulika 9:54AM – 11:47AM	Uttarashadha Until 12:18PM	Ganesha: Purple	<i>Sunrise:</i> 4:15AM	Vikarin 5121
			Yama 6:08AM – 8:01AM	Vishkambha* Until 5:14PM	Muruqa: Blue	<i>Sunset:</i> 7:18PM	Moon 6 - Phase 13
	Creative Work	Amrita Yoga	484893462 Rahu 11:47AM – 1:39PM	Kaulava Until 6:23PM	Nataraja: White		Prathama
Until 12:18PM Then Creative Work - Siddha Yoga			Prathama* Until 6:23PM	Ashada•Adi	Subha Subha Sivaloka Day		



Thursday, July 18, 2019
Gold Retreat Star

Makara Rasi: 18.47 Tithi 17
494893462
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam
Shravana/Dhanishtha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dvitiyayam Titau
Gulika 8:01AM – 9:54AM **Shravana Until 3:05PM**
Yama 4:16AM – 6:09AM Priti Until 5:57PM
Rahu 1:39PM – 3:32PM Taitila Until 7:24AM
Dvitiya Until 8:28PM

Portland, ME
Sun 1 Sutra 95
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 4:16AM
Muruga: Blue Sunset: 7:17PM
Nataraja: White
Moon – Purple
Subha Sivaloka Day
Ashada-Adi

1

Friday, July 19, 2019

Kumbha Rasi: 0.44 Tithi 18
494893462
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam
Dhanishtha/Shatabhishak Nakshatra Ayushman Yoga Vanija/Visti* Karana Tritiyayam Titau
Gulika 6:09AM – 8:02AM **Dhanishtha Until 5:57PM**
Yama 3:31PM – 5:24PM Ayushman Until 6:49PM
Rahu 9:54AM – 11:47AM Vanija Until 9:37AM
Tritiya Until 10:47PM

Portland, ME
Sun 2 Sutra 96
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 4:17AM
Muruga: Blue Sunset: 7:17PM
Nataraja: White
Moon – Purple
Subha Sivaloka Day
Ashada-Adi

2

Saturday, July 20, 2019

Kumbha Rasi: 12.37 Tithi 19
494893462
Creative Work Amrita Yoga
Until 8:45PM
Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam
Shatabhishak Nakshatra Saubhagya Yoga Bava/Balava Karana Chaturthyam Titau
Gulika 4:18AM – 6:10AM **Shatabhishak Until 8:45PM**
Yama 1:39PM – 3:31PM Saubhagya Until 7:48PM
Rahu 8:02AM – 9:55AM Bava Until 12:00PM
Chaturthi* Until 1:12AM Sun

Portland, ME
Sun 3 Sutra 97
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 4:18AM
Muruga: Blue Sunset: 7:15PM
Nataraja: White
Moon – Purple
Subha Sivaloka Day
Ashada-Adi

3

Sunday, July 21, 2019

Kumbha Rasi: 24.28 Tithi 20
414893462
Creative Work Siddha Yoga
Until 11:53PM
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam
Purvaproshtapada* Nakshatra Sobhana Yoga Kaulava/Taitila Karana Panchamyam Titau
Gulika 3:31PM – 5:23PM **Purvaproshtapada* Until 11:53PM**
Yama 11:47AM – 1:39PM Sobhana Until 8:46PM
Rahu 5:23PM – 7:15PM Kaulava Until 2:25PM
Panchami Until 3:34AM Mon

Portland, ME
Sun 4 Sutra 98
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 4:19AM
Muruga: Blue Sunset: 7:15PM
Nataraja: White
Moon – Clear
Subha Sivaloka Day
Ashada-Adi

4

Monday, July 22, 2019

Meena Rasi: 6.22 Tithi 21
414893462
Family Home Evening
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam
Uttaraproshtapada Nakshatra Athiganda* Yoga Gara/Vanija Karana Shashthyam Titau
Gulika 1:39PM – 3:30PM **Uttaraproshtapada Until 2:40AM Tue**
Yama 9:55AM – 11:47AM Athiganda* Until 9:35PM
Rahu 6:12AM – 8:03AM Gara Until 4:42PM
Shashthi* Until 5:44AM Tue

Portland, ME
Sun 5 Sutra 99
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 4:20AM
Muruga: Blue Sunset: 7:14PM
Nataraja: White
Moon – Clear
Subha Sivaloka Day
Ashada-Adi

5

Tuesday, July 23, 2019

Meena Rasi: 18.19 Tithi 22
414893462
Creative Work Siddha Yoga
Until 4:57AM Wed
Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam
Revati Nakshatra Sukarma Yoga Visti* Karana Saptamyam Titau
Gulika 11:47AM – 1:38PM **Revati Until 4:57AM Wed**
Yama 8:04AM – 9:55AM Sukarma Until 10:11PM
Rahu 3:30PM – 5:21PM Visti Until 6:42PM
Saptami Until 7:32AM Wed

Portland, ME
Sun 6 Sutra 100
Vikarin 5121
Moon 7 - Phase 14
1st Phase
Ganesha: Clear Sunrise: 4:21AM
Muruga: Blue Sunset: 7:13PM
Nataraja: White
Moon – Clear
Subha Sivaloka Day
Ashada-Adi

D

Wednesday, July 24, 2019
Retreat Star

Mesha Rasi: 0.26 Tithi 22 – 23
424893462
Routine Work Marana Yoga
Until 7:04AM Thu
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam
Ashvini Nakshatra Dhriti Yoga Bava/Balava Karana Saptami/Ashtamyam Titau
Gulika 9:56AM – 11:47AM **Ashvini Until 7:04AM Thu**
Yama 6:13AM – 8:04AM Dhriti Until 10:26PM
Rahu 11:47AM – 1:38PM Balava Until 8:16PM
Saptami Until 7:32AM

Portland, ME
Sun 7 Sutra 101
Vikarin 5121
Moon 7 - Phase 14
Ashtami
Ganesha: White Sunrise: 4:22AM
Muruga: Blue Sunset: 7:12PM
Nataraja: White
Moon – White
Subha Subha Sivaloka Day
Ashada-Adi

Thursday, July 25, 2019

Retreat Star

Mesha Rasi: 12.46 Tithi 23 – 24
424893462
Creative Work Amrita Yoga
Until 7:04AM
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam
Ashvini/Bharani Nakshatra Shula* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau
Gulika 8:05AM – 9:56AM **Ashvini Until 7:04AM**
Yama 4:23AM – 6:14AM Shula* Until 10:10PM
Rahu 1:38PM – 3:29PM Taitila Until 9:13PM
Ashtami* Until 8:48AM

Portland, ME
Sun 8 Sutra 102
Vikarin 5121
Moon 7 - Phase 14
Navami
Ganesha: White Sunrise: 4:23AM
Muruga: Blue Sunset: 7:11PM
Nataraja: White
Moon – White
Subha Subha Sivaloka Day
Ashada-Adi

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


1		Friday, July 26, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Portland, ME Sun 9 Sutra 103 Vikarin 5121
Mesha Rasi: 25.23	Tithi 24 – 25	Gulika 6:15AM – 8:05AM	Bharani Until 8:23AM	Ganesha: White	<i>Sunrise:</i> 4:24AM	
		Yama 3:28PM – 5:19PM	Ganda* Until 9:22PM	Muruqa: Blue	<i>Sunset:</i> 7:10PM	Moon 7 - Phase 15
		424893462 Rahu 9:56AM – 11:47AM	Vanija Until 9:27PM	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Navami* Until 9:25AM	Moon – White		Subha Subha Sivaloka Day
						Ashada*Adi

2		Saturday, July 27, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Portland, ME Sun 10 Sutra 104 Vikarin 5121
Wrishabha Rasi: 8.21	Tithi 25 – 26	Gulika 4:25AM – 6:15AM	Krittika Until 8:49AM	Ganesha: White	<i>Sunrise:</i> 4:25AM	
		Yama 1:37PM – 3:28PM	Vriddhi Until 7:57PM	Muruqa: Blue	<i>Sunset:</i> 7:09PM	Moon 7 - Phase 15
		424893462 Rahu 8:06AM – 9:56AM	Bava Until 8:55PM	Nataraja: White		2nd Phase
Creative Work	Amrita Yoga		Dashami Until 9:16AM	Moon – White		Subha Subha Sivaloka Day
						Ashada*Adi

3		Sunday, July 28, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Portland, ME Sun 11 Sutra 105 Vikarin 5121
Wrishabha Rasi: 21.44	Tithi 26 – 27	Gulika 3:27PM – 5:18PM	Rohini Until 8:47AM	Ganesha: Yellow	<i>Sunrise:</i> 4:26AM	
		Yama 11:47AM – 1:37PM	Dhruva Until 5:53PM	Muruqa: Blue	<i>Sunset:</i> 7:08PM	Moon 7 - Phase 15
		424893462 Rahu 5:18PM – 7:08PM	Kaulava Until 7:36PM	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 8:20AM	Moon – Yellow		Subha Sivaloka Day
						Ashada*Adi

4		Monday, July 29, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vyaghata*/Harshana Yoga Tailla/Vanija Karana Dvadashi/Trayodashyam Titau		Portland, ME Sun 12 Sutra 106 Vikarin 5121
Mithuna Rasi: 5.34	Tithi 27 – 28	Gulika 1:37PM – 3:27PM	Mrigashira Until 7:51AM	Ganesha: White	<i>Sunrise:</i> 4:27AM	
Family Home Evening		Yama 9:57AM – 11:47AM	Vyaghata* Until 3:14PM	Muruqa: Blue	<i>Sunset:</i> 7:07PM	Moon 7 - Phase 15
Creative Work	Amrita Yoga	435893462 Rahu 6:17AM – 8:07AM	Vanija Until 4:19AM Tue	Nataraja: White		2nd Phase
Until 7:51AM			Dvadashi* Until 6:39AM	Moon – Yellow		Sivaloka Day
Then Creative Work - Siddha Yoga						Ashada*Adi
						Pradosha Vrata (Fasting)

5		Tuesday, July 30, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana/Vajra* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Portland, ME Sun 13 Sutra 107 Vikarin 5121
Mithuna Rasi: 19.5	Tithi 29	Gulika 11:47AM – 1:36PM	Ardra Until 6:07AM	Ganesha: White	<i>Sunrise:</i> 4:28AM	
		Yama 8:07AM – 9:57AM	Harshana Until 12:07PM	Muruqa: Blue	<i>Sunset:</i> 7:06PM	Moon 7 - Phase 15
		435893462 Rahu 3:26PM – 5:16PM	Visti Until 2:57PM	Nataraja: White		2nd Phase
Routine Work	Marana Yoga		Chaturdashi* Until 1:27AM Wed	Moon – Yellow		Sivaloka Day
Until 6:07AM						Ashada*Adi
Then Creative Work - Siddha Yoga						

		Wednesday, July 31, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Vajra*/Siddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Portland, ME Sun 14 Sutra 108 Vikarin 5121
Retreat Star		Gulika 9:57AM – 11:47AM	Pushya Until 1:40AM Thu	Ganesha: Green	<i>Sunrise:</i> 4:29AM	
Kataka Rasi: 4.28	Tithi 30	Yama 6:18AM – 8:08AM	Vajra* Until 8:33AM	Muruqa: Blue	<i>Sunset:</i> 7:06PM	Moon 7 - Phase 15
		445893462 Rahu 11:47AM – 1:36PM	Catuspada Until 11:52AM	Nataraja: White		Amavasya
Creative Work	Siddha Yoga		Amavasya* Until 10:11PM	Moon – Blue		Sivaloka Day
						Ashada*Adi

Retreat Star		Thursday, August 1, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Vyatipata* Yoga Kintughna*/Bava Karana Prathamayam Titau		Portland, ME Sun 15 Sutra 109 Vikarin 5121
Kataka Rasi: 19.22	Tithi 1	Gulika 8:08AM – 9:57AM	Ashlesha* Until 10:50PM	Ganesha: Green	<i>Sunrise:</i> 4:30AM	
		Yama 4:30AM – 6:19AM	Vyatipata* Until 12:45AM Fri	Muruqa: Blue	<i>Sunset:</i> 7:03PM	Moon 7 - Phase 15
		445893462 Rahu 1:36PM – 3:25PM	Kintughna Until 8:28AM	Nataraja: White		Prathama
Creative Work	Siddha Yoga		Prathama* Until 6:41PM	Moon – Blue		Sivaloka Day
Until 10:50PM						Sravana*Adi
Then Creative Work - Amrita Yoga						

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

1		Friday, August 2, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Varyan Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Portland, ME Sun 16 Sutra 110 Vikarin 5121
Simha Rasi: 4.24	Tithi 2 – 3	Gulika 6:20AM – 8:09AM	Magha* Until 8:13PM	Ganesha: White	<i>Sunrise:</i> 4:31AM	
		Yama 3:24PM – 5:13PM	Variyan Until 8:43PM	Muruqa: Blue	<i>Sunset:</i> 7:02PM	Moon 7 - Phase 16
		455893462 Rahu 9:58AM – 11:47AM	Taitila Until 1:22AM Sat	Nataraja: White		3rd Phase
Routine Work	Marana Yoga		Dvitiya Until 3:07PM	Moon – Red		Sivaloka Day
Until 8:13PM				Sravana•Adi		
Then Creative Work - Siddha Yoga						

2		Saturday, August 3, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha*/Shiva Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau		Portland, ME Sun 17 Sutra 111 Vikarin 5121
Simha Rasi: 19.26	Tithi 3 – 4	Gulika 4:32AM – 6:21AM	Purvaphalguni Until 5:36PM	Ganesha: White	<i>Sunrise:</i> 4:32AM	
		Yama 1:35PM – 3:24PM	Parigha* Until 4:49PM	Muruqa: Blue	<i>Sunset:</i> 7:01PM	Moon 7 - Phase 16
		455893462 Rahu 8:09AM – 9:58AM	Vanija Until 9:57PM	Nataraja: White		3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 11:37AM	Moon – Red		Sivaloka Day
Until 5:36PM				Sravana•Adi		
Then Routine Work - Marana Yoga						

3		Sunday, August 4, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Portland, ME Sun 18 Sutra 112 Vikarin 5121
Kanya Rasi: 4.19	Tithi 4 – 5	Gulika 3:23PM – 5:11PM	Uttaraphalguni Until 3:06PM	Ganesha: Yellow	<i>Sunrise:</i> 4:33AM	
		Yama 11:46AM – 1:35PM	Shiva Until 1:08PM	Muruqa: Blue	<i>Sunset:</i> 6:59PM	Moon 7 - Phase 16
		455993462 Rahu 5:11PM – 6:59PM	Bava Until 6:51PM	Nataraja: White		3rd Phase
Creative Work	Amrita Yoga		Chaturthi* Until 8:20AM	Moon – Red		Subha Sivaloka Day
		Nag Panchami		Sravana•Adi		

4		Monday, August 5, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau		Portland, ME Sun 19 Sutra 113 Vikarin 5121
Kanya Rasi: 18.57	Tithi 6	Gulika 1:34PM – 3:22PM	Hasta Until 1:17PM	Ganesha: White	<i>Sunrise:</i> 4:34AM	
Family Home Evening		Yama 9:58AM – 11:46AM	Siddha Until 9:45AM	Muruqa: Blue	<i>Sunset:</i> 6:58PM	Moon 7 - Phase 16
Creative Work	Siddha Yoga	465993462 Rahu 6:22AM – 8:10AM	Kaulava Until 4:10PM	Nataraja: White		3rd Phase
Until 1:17PM			Shashthi* Until 3:00AM Tue	Moon – Green		Subha Subha Sivaloka Day
Then Routine Work - Prabalarishta Yoga				Sravana•Adi		

5		Tuesday, August 6, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saplamyam Titau		Portland, ME Sun 20 Sutra 114 Vikarin 5121
Tula Rasi: 3.13	Tithi 7	Gulika 11:46AM – 1:34PM	Chitra Until 11:52AM	Ganesha: White	<i>Sunrise:</i> 4:35AM	
		Yama 8:11AM – 9:58AM	Sadhya Until 6:48AM	Muruqa: Blue	<i>Sunset:</i> 6:57PM	Moon 7 - Phase 16
		465993462 Rahu 3:22PM – 5:09PM	Gara Until 2:02PM	Nataraja: White		3rd Phase
Creative Work	Siddha Yoga		Saptami Until 1:10AM Wed	Moon – Green		Subha Subha Sivaloka Day
				Sravana•Adi		

Retreat Star		Wednesday, August 7, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Sukla Yoga Visti*/Bava Karana Ashtamyam Titau		Portland, ME Sun 21 Sutra 115 Vikarin 5121
Tula Rasi: 17.07	Tithi 8	Gulika 9:59AM – 11:46AM	Svati Until 10:54AM	Ganesha: White	<i>Sunrise:</i> 4:37AM	
		Yama 6:24AM – 8:11AM	Sukla Until 2:25AM Thu	Muruqa: Blue	<i>Sunset:</i> 6:56PM	Moon 7 - Phase 16
		465993462 Rahu 11:46AM – 1:33PM	Visti Until 12:30PM	Nataraja: White		Ashtami
Creative Work	Siddha Yoga		Ashtami* Until 11:59PM	Moon – Green		Subha Subha Sivaloka Day
				Sravana•Adi		

Retreat Star		Thursday, August 8, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Brahma Yoga Balava/Kaulava Karana Navamyam Titau		Portland, ME Sun 22 Sutra 116 Vikarin 5121
Vrischika Rasi: 0.37	Tithi 9	Gulika 8:12AM – 9:59AM	Vishakha Until 10:54AM	Ganesha: Purple	<i>Sunrise:</i> 4:38AM	
		Yama 4:38AM – 6:25AM	Brahma Until 1:02AM Fri	Muruqa: Blue	<i>Sunset:</i> 6:54PM	Moon 7 - Phase 16
		476993462 Rahu 1:33PM – 3:20PM	Balava Until 11:39AM	Nataraja: White		Navami
Creative Work	Siddha Yoga		Navami* Until 11:28PM	Moon – Orange		Sivaloka Day
				Sravana•Adi		

1		Friday, August 9, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Indra Yoga Taitila/Gara Karana Dashamyam Titau		Portland, ME Sun 23 Sutra 117 Vikarin 5121
Wrischika Rasi: 13.44	Tithi 10	Gulika 6:25AM – 8:12AM	Anuradha Until 11:24AM	Ganesha: Purple	<i>Sunrise:</i> 4:39AM	
		Yama 3:19PM – 5:06PM	Indra Until 12:10AM Sat	Muruqa: Blue	<i>Sunset:</i> 6:53PM	Moon 7 - Phase 17
		476993462 Rahu 9:59AM – 11:46AM	Taitila Until 11:28AM	Nataraja: White		4th Phase
Creative Work	Siddha Yoga			Moon – Orange		Sivaloka Day
Until 11:24AM		Varalakshmi Vratam	Dashami Until 11:36PM	Sravana*Adi		
Then Routine Work - Marana Yoga						

2		Saturday, August 10, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau		Portland, ME Sun 24 Sutra 118 Vikarin 5121
Wrischika Rasi: 26.33	Tithi 11	Gulika 4:40AM – 6:26AM	Jyeshtha* Until 12:22PM	Ganesha: Purple	<i>Sunrise:</i> 4:40AM	
		Yama 1:32PM – 3:19PM	Vaidhriti* Until 11:45PM	Muruqa: Blue	<i>Sunset:</i> 6:51PM	Moon 7 - Phase 17
		476993462 Rahu 8:13AM – 9:59AM	Vanija Until 11:55AM	Nataraja: White		4th Phase
Creative Work	Siddha Yoga			Moon – Orange		Sivaloka Day
			Ekadashi Until 12:20AM Sun	Sravana*Adi		

3		Sunday, August 11, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvodashyam Titau		Portland, ME Sun 25 Sutra 119 Vikarin 5121
Dhanus Rasi: 9.05	Tithi 12	Gulika 3:18PM – 5:04PM	Mula* Until 2:12PM	Ganesha: Clear	<i>Sunrise:</i> 4:41AM	
		Yama 11:45AM – 1:32PM	Vishkambha* Until 11:46PM	Muruqa: Blue	<i>Sunset:</i> 6:50PM	Moon 7 - Phase 17
		486993462 Rahu 5:04PM – 6:50PM	Bava Until 12:56PM	Nataraja: White		4th Phase
Creative Work	Amrita Yoga			Moon – Light Blue		Subha Sivaloka Day
Until 2:12PM			Dvadashi Until 1:36AM Mon	Sravana*Adi		
Then Creative Work - Siddha Yoga						

4		Monday, August 12, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Priti Yoga Kaulava/Taitila Karana Trayodashyam Titau		Portland, ME Sun 26 Sutra 120 Vikarin 5121
Dhanus Rasi: 21.25	Tithi 13	Gulika 1:31PM – 3:17PM	Purvashadha* Until 4:20PM	Ganesha: Clear	<i>Sunrise:</i> 4:42AM	
Family Home Evening		Yama 9:59AM – 11:45AM	Priti Until 12:07AM Tue	Muruqa: Blue	<i>Sunset:</i> 6:49PM	Moon 7 - Phase 17
		486993462 Rahu 6:28AM – 8:14AM	Kaulava Until 2:25PM	Nataraja: White		4th Phase
Routine Work	Marana Yoga			Moon – Light Blue		Subha Sivaloka Day
			Trayodashi Until 3:17AM Tue	Sravana*Adi		
			<i>Pradosha Vrata</i>			

5		Tuesday, August 13, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Ayushman Yoga Gara/Vanija Karana Chaturdashyam Titau		Portland, ME Sun 27 Sutra 121 Vikarin 5121
Makara Rasi: 3.34	Tithi 14	Gulika 11:45AM – 1:31PM	Uttarashadha Until 6:38PM	Ganesha: Clear	<i>Sunrise:</i> 4:43AM	
		Yama 8:14AM – 10:00AM	Ayushman Until 12:42AM Wed	Muruqa: Blue	<i>Sunset:</i> 6:47PM	Moon 7 - Phase 17
		486993462 Rahu 3:16PM – 5:02PM	Gara Until 4:16PM	Nataraja: White		4th Phase
Routine Work	Prabalarishta Yoga			Moon – Light Blue		Subha Sivaloka Day
Until 6:38PM			Chaturdashi* Until 5:18AM Wed	Sravana*Adi		
Then Creative Work - Siddha Yoga						

○		Wednesday, August 14, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Saubhagya Yoga Visti* Karana Purnimayam Titau		Portland, ME Sutra 122 Vikarin 5121
Copper Retreat Star		Gulika 10:00AM – 11:45AM	Shravana Until 9:33PM	Ganesha: White	<i>Sunrise:</i> 4:44AM	
Makara Rasi: 15.35	Tithi 15	Yama 6:29AM – 8:15AM	Saubhagya Until 1:29AM Thu	Muruqa: Blue	<i>Sunset:</i> 6:46PM	Moon 7 - Phase 17
		496993462 Rahu 11:45AM – 1:30PM	Visti Until 6:25PM	Nataraja: White		Purnima
Creative Work	Siddha Yoga			Moon – Purple		Sivaloka Day
Until 9:33PM		Raksha Bandhan	Purnima* Until 7:32AM Thu	Sravana*Adi		
Then Routine Work - Prabalarishta Yoga						

○		Thursday, August 15, 2019		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Portland, ME Sutra 123 Vikarin 5121
Silver Retreat Star		Gulika 8:15AM – 10:00AM	Dhanishtha Until 12:27AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 4:45AM	
Makara Rasi: 27.31	Tithi 15 – 16	Yama 4:45AM – 6:30AM	Sobhana Until 2:24AM Fri	Muruqa: Blue	<i>Sunset:</i> 6:44PM	Moon 7 - Phase 17
		497993462 Rahu 1:30PM – 3:14PM	Balava Until 8:44PM	Nataraja: White		Prathama
Creative Work	Siddha Yoga			Moon – Purple		Subha Sivaloka Day
			Purnima* Until 7:32AM	Sravana*Adi		



Friday, August 16, 2019
Gold Retreat Star

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

Portland, ME
Sutra 124
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Kumbha Rasi: 9.24 Tithi 16 – 17

497993462

Gulika 6:31AM – 8:15AM
Yama 3:14PM – 4:58PM
Rahu 10:00AM – 11:45AM

Shatabhishak Until 3:16AM Sat
Athiganda* Until 3:21AM Sat
Taitila Until 11:10PM
Prathama* Until 9:55AM

Ganesha: Yellow *Sunrise:* 4:46AM
Muruqa: Blue *Sunset:* 6:43PM
Nataraja: White
Moon – Purple

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 3:16AM Sat

Then Routine Work - Marana Yoga

1

Saturday, August 17, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam
Purvaproshtapada* Nakshatra Sukarma Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Portland, ME
Sun 1 Sutra 125
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Kumbha Rasi: 21.15 Tithi 17 – 18

517993462

Gulika 4:48AM – 6:32AM
Yama 1:29PM – 3:13PM
Rahu 8:16AM – 10:00AM

Purvaproshtapada* Until 6:25AM Sun
Sukarma Until 4:18AM Sun
Vanija Until 1:35AM Sun
Dvitiya Until 12:21PM

Ganesha: White *Sunrise:* 4:48AM
Muruqa: Blue *Sunset:* 6:41PM
Nataraja: White
Moon – Clear

Subha Subha Sivaloka Day

Routine Work Marana Yoga

Until 6:25AM Sun

Then Creative Work - Amrita Yoga

2

Sunday, August 18, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Purvaproshtapada/Uttaraproshtapada Nakshatra Dhriti Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Portland, ME
Sun 2 Sutra 126
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Meena Rasi: 3.07 Tithi 18 – 19

517993462

Gulika 3:12PM – 4:56PM
Yama 11:44AM – 1:28PM
Rahu 4:56PM – 6:40PM

Purvaproshtapada* Until 6:25AM
Dhriti Until 5:12AM Mon
Bava Until 3:55AM Mon
Tritiya Until 2:45PM

Ganesha: White *Sunrise:* 4:49AM
Muruqa: Blue *Sunset:* 6:40PM
Nataraja: White
Moon – Clear

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Until 6:25AM

Then Creative Work - Amrita Yoga

3

Monday, August 19, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam
Uttaraproshtapada/Revati Nakshatra Shula* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Portland, ME
Sun 3 Sutra 127
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Meena Rasi: 15.02 Tithi 19 – 20

517993462

Gulika 1:27PM – 3:11PM
Yama 10:00AM – 11:44AM
Rahu 6:33AM – 8:17AM

Uttaraproshtapada Until 9:16AM
Shula* Until 5:54AM Tue
Kaulava Until 6:03AM Tue
Chaturthi* Until 5:00PM

Ganesha: White *Sunrise:* 4:50AM
Muruqa: Blue *Sunset:* 6:38PM
Nataraja: White
Moon – Clear

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Family Home Evening

Then Creative Work - Amrita Yoga

4

Tuesday, August 20, 2019

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

Portland, ME
Sun 4 Sutra 128
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Meena Rasi: 27.01 Tithi 20

517993462

Gulika 11:44AM – 1:27PM
Yama 8:17AM – 10:00AM
Rahu 3:10PM – 4:53PM

Revati Until 11:46AM
Ganda* Until 6:22AM Wed
Kaulava Until 6:03AM
Panchami Until 6:59PM

Ganesha: White *Sunrise:* 4:51AM
Muruqa: Blue *Sunset:* 6:36PM
Nataraja: White
Moon – Clear

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

5

Wednesday, August 21, 2019

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

Portland, ME
Sun 5 Sutra 129
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Mesha Rasi: 9.07 Tithi 21

528993462

Gulika 10:01AM – 11:43AM
Yama 6:35AM – 8:18AM
Rahu 11:43AM – 1:26PM

Ashvini Until 2:14PM
Ganda* Until 6:22AM
Gara Until 7:52AM
Shashthi* Until 8:35PM

Ganesha: White *Sunrise:* 4:52AM
Muruqa: Blue *Sunset:* 6:35PM
Nataraja: White
Moon – White

Sivaloka Day

Routine Work Marana Yoga

Until 2:14PM

Then Creative Work - Siddha Yoga

6

Thursday, August 22, 2019

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

Portland, ME
Sun 6 Sutra 130
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Mesha Rasi: 21.25 Tithi 22

528993462

Gulika 8:18AM – 10:01AM
Yama 4:53AM – 6:36AM
Rahu 1:26PM – 3:08PM

Bharani Until 4:04PM
Vridhhi Until 6:30AM
Visti Until 9:13AM
Saptami Until 9:39PM

Ganesha: White *Sunrise:* 4:53AM
Muruqa: Blue *Sunset:* 6:33PM
Nataraja: White
Moon – White

Sivaloka Day

Creative Work Siddha Yoga

Until 4:04PM

Then Routine Work - Marana Yoga

D

Friday, August 23, 2019
Retreat Star

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

Portland, ME
Sun 7 Sutra 131
Vikarin 5121
Moon 8 - Phase 18
Ashtami

Vrishabha Rasi: 3.59 Tithi 23

528993462

Gulika 6:36AM – 8:19AM
Yama 3:07PM – 4:49PM
Rahu 10:01AM – 11:43AM

Krittika Until 5:07PM
Dhruva Until 6:09AM
Balava Until 9:58AM
Ashtami* Until 10:03PM

Ganesha: White *Sunrise:* 4:54AM
Muruqa: Blue *Sunset:* 6:32PM
Nataraja: White
Moon – White

Sivaloka Day

Creative Work Siddha Yoga

Until 5:07PM

Then Routine Work - Marana Yoga

Saturday, August 24, 2019

Retreat Star

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

Portland, ME
Sun 8 Sutra 132
Vikarin 5121
Moon 8 - Phase 18
Navami

Vrishabha Rasi: 16.52 Tithi 24

538993462

Gulika 4:55AM – 6:37AM
Yama 1:24PM – 3:06PM
Rahu 8:19AM – 10:01AM

Rohini Until 5:45PM
Harshana Until 3:46AM Sun
Taitila Until 10:00AM
Navami* Until 9:42PM

Ganesha: Clear *Sunrise:* 4:55AM
Muruqa: Blue *Sunset:* 6:30PM
Nataraja: White
Moon – Yellow

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 5:45PM

Then Creative Work - Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

1 Sunday, August 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vajra* Yoga Vanija/Visti* Karana Dashamyam Titau				Portland, ME Sun 9 Sutra 133 Vikarin 5121
Mithuna Rasi: 0.09	Tithi 25	Gulika 3:05PM – 4:47PM	Mrigashira Until 5:27PM	Ganesha: Clear	<i>Sunrise:</i> 4:56AM	
		Yama 11:42AM – 1:24PM	Vajra* Until 1:37AM Mon	Muruqa: Blue	<i>Sunset:</i> 6:28PM	Moon 8 - Phase 19
		538993462 Rahu 4:47PM – 6:28PM	Vanija Until 9:14AM	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Dashami Until 8:33PM	Moon – Yellow		Subha Sivaloka Day
				Sravana-Avani		

2 Monday, August 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra/Punarvasu Nakshatra Siddhi Yoga Bava/Balava Karana Ekadashyam Titau				Portland, ME Sun 10 Sutra 134 Vikarin 5121
Mithuna Rasi: 13.53	Tithi 26	Gulika 1:23PM – 3:04PM	Ardra Until 4:15PM	Ganesha: Clear	<i>Sunrise:</i> 4:58AM	
Family Home Evening		Yama 10:01AM – 11:42AM	Siddhi Until 10:52PM	Muruqa: Blue	<i>Sunset:</i> 6:27PM	Moon 8 - Phase 19
Creative Work	Siddha Yoga	538993462 Rahu 6:39AM – 8:20AM	Bava Until 7:42AM	Nataraja: White		2nd Phase
Until 4:15PM			Ekadashi* Until 6:38PM	Moon – Yellow		Subha Sivaloka Day
Then Creative Work - Amrita Yoga				Sravana-Avani		

3 Tuesday, August 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Vyatipata* Yoga Tatilla/Gara Karana Dvadashi/Trayodashyam Titau				Portland, ME Sun 11 Sutra 135 Vikarin 5121
Mithuna Rasi: 28.06	Tithi 27 – 28	Gulika 11:42AM – 1:23PM	Punarvasu Until 2:39PM	Ganesha: Purple	<i>Sunrise:</i> 4:59AM	
		Yama 8:20AM – 10:01AM	Vyatipata* Until 7:36PM	Muruqa: Blue	<i>Sunset:</i> 6:25PM	Moon 8 - Phase 19
		548993462 Rahu 3:03PM – 4:44PM	Gara Until 2:34AM Wed	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 4:03PM	Moon – Blue		Sivaloka Day
				Sravana-Avani		
				<i>Pradosha Vrata (Fasting)</i>		

4 Wednesday, August 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Portland, ME Sun 12 Sutra 136 Vikarin 5121
Kataka Rasi: 12.44	Tithi 28 – 29	Gulika 10:01AM – 11:41AM	Pushya Until 12:20PM	Ganesha: Orange	<i>Sunrise:</i> 5:00AM	
		Yama 6:40AM – 8:21AM	Variyan Until 3:51PM	Muruqa: Blue	<i>Sunset:</i> 6:23PM	Moon 8 - Phase 19
		549193463 Rahu 11:41AM – 1:22PM	Visti Until 11:12PM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 12:55PM	Moon – Blue		Sivaloka Day
				Sravana-Avani		

Thursday, August 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Parigha*/Shiva Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Portland, ME Sun 13 Sutra 137 Vikarin 5121
Retreat Star		Gulika 8:21AM – 10:01AM	Ashlesha* Until 9:29AM	Ganesha: Orange	<i>Sunrise:</i> 5:01AM	
Kataka Rasi: 27.43	Tithi 29 – 30	Yama 5:01AM – 6:41AM	Parigha* Until 11:49AM	Muruqa: Blue	<i>Sunset:</i> 6:21PM	Moon 8 - Phase 19
		549193463 Rahu 1:21PM – 3:01PM	Catuspada Until 7:31PM	Nataraja: Clear		Amavasya
Creative Work	Siddha Yoga		Chaturdashi* Until 9:23AM	Moon – Blue		Sivaloka Day
Until 9:29AM				Sravana-Avani		
Then Creative Work - Amrita Yoga						

Friday, August 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau				Portland, ME Sun 14 Sutra 138 Vikarin 5121
Retreat Star		Gulika 6:42AM – 8:21AM	Magha* Until 6:39AM	Ganesha: Clear	<i>Sunrise:</i> 5:02AM	
Simha Rasi: 12.55	Tithi 1	Yama 3:00PM – 4:40PM	Shiva Until 7:36AM	Muruqa: Blue	<i>Sunset:</i> 6:20PM	Moon 8 - Phase 19
		559193463 Rahu 10:01AM – 11:41AM	Kintughna Until 3:41PM	Nataraja: Clear		Prathama
Routine Work	Marana Yoga		Prathama* Until 1:45AM Sat	Moon – Red		Sivaloka Day
Until 6:39AM				Bhadrapada-Avani		
Then Creative Work - Siddha Yoga						

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

All times are standard time

www.gurudeva.org/panchang

1 **Saturday, August 31, 2019** Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Portland, ME
 Uttaraaphalguni Nakshatra Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau Sun 15 Sutra 139
 Simha Rasi: 28.1 Tithi 2 **Gulika** 5:03AM – 6:42AM **Uttaraaphalguni Until 12:35AM Sun** **Ganesha:** Clear *Sunrise:* 5:03AM Vikarin 5121
 559193463 **Yama** 1:20PM – 2:59PM **Sadhya Until 11:07PM** **Muruqa:** Blue *Sunset:* 6:18PM Moon 8 - Phase 20
Rahu 8:22AM – 10:01AM **Balava Until 11:52AM** **Nataraja:** Clear 3rd Phase
 Routine Work Marana Yoga **Balava Until 11:52AM** **Moon – Red** **Sivaloka Day**
 Until 12:35AM Sun **Dvitiya Until 10:00PM** **Bhadrapada-Avani**
 Then Creative Work - Amrita Yoga

2 **Sunday, September 1, 2019** Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Portland, ME
 Hasta Nakshatra Subha Yoga Taitila/Gara Karana Tritiyayam Titau Sun 16 Sutra 140
 Kanya Rasi: 13.19 Tithi 3 **Gulika** 2:58PM – 4:37PM **Hasta Until 10:06PM** **Ganesha:** Orange *Sunrise:* 5:04AM Vikarin 5121
 569193463 **Yama** 11:40AM – 1:19PM **Subha Until 7:11PM** **Muruqa:** Blue *Sunset:* 6:16PM Moon 8 - Phase 20
Rahu 4:37PM – 6:16PM **Taitila Until 8:14AM** **Nataraja:** Clear 3rd Phase
 Creative Work Amrita Yoga **Taitila Until 8:14AM** **Moon – Green** **Sivaloka Day**
 Until 10:06PM **Tritiya Until 6:31PM** **Bhadrapada-Avani**
 Then Creative Work - Siddha Yoga

3 **Monday, September 2, 2019** Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Portland, ME
 Chitra Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau Sun 17 Sutra 141
 Kanya Rasi: 28.11 Tithi 4 – 5 **Gulika** 1:19PM – 2:57PM **Chitra Until 7:56PM** **Ganesha:** Orange *Sunrise:* 5:05AM Vikarin 5121
Family Home Evening 569193463 **Yama** 10:01AM – 11:40AM **Sukla Until 3:35PM** **Muruqa:** Blue *Sunset:* 6:15PM Moon 8 - Phase 20
Rahu 6:44AM – 8:23AM **Bava Until 2:10AM Tue** **Nataraja:** Clear 3rd Phase
 Routine Work Prabalarishta Yoga **Ganesha Chaturthi** **Chaturthi* Until 3:28PM** **Bhadrapada-Avani** **Sivaloka Day**
 Until 7:56PM **Chaturthi* Until 3:28PM**
 Then Creative Work - Amrita Yoga

4 **Tuesday, September 3, 2019** Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Portland, ME
 Svati Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau Sun 18 Sutra 142
 Tula Rasi: 12.41 Tithi 5 – 6 **Gulika** 11:40AM – 1:18PM **Svati Until 6:15PM** **Ganesha:** Orange *Sunrise:* 5:06AM Vikarin 5121
 569193463 **Yama** 8:23AM – 10:01AM **Brahma Until 12:28PM** **Muruqa:** Blue *Sunset:* 6:13PM Moon 8 - Phase 20
Rahu 2:56PM – 4:35PM **Kaulava Until 12:02AM Wed** **Nataraja:** Clear 3rd Phase
 Creative Work Siddha Yoga **Panchami Until 1:00PM** **Moon – Green** **Sivaloka Day**
 Until 6:15PM **Panchami Until 1:00PM** **Bhadrapada-Avani**
 Then Routine Work - Marana Yoga

5 **Wednesday, September 4, 2019** Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Portland, ME
 Vishakha/Anuradha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau Sun 19 Sutra 143
 Tula Rasi: 26.43 Tithi 6 – 7 **Gulika** 10:01AM – 11:39AM **Vishakha Until 5:35PM** **Ganesha:** Green *Sunrise:* 5:08AM Vikarin 5121
 579193463 **Yama** 6:45AM – 8:23AM **Indra Until 9:57AM** **Muruqa:** Blue *Sunset:* 6:11PM Moon 8 - Phase 20
Rahu 11:39AM – 1:17PM **Gara Until 10:41PM** **Nataraja:** Clear 3rd Phase
 Creative Work Siddha Yoga **Shashthi* Until 11:14AM** **Moon – Orange** **Subha Sivaloka Day**
Shashthi* Until 11:14AM **Bhadrapada-Avani**

Retreat Star **Thursday, September 5, 2019** Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Portland, ME
 Anuradha/Jyeshtha* Nakshatra Vaidhriti*/Vishkambha* Yoga Vanja/Visti* Karana Saptami/Ashtamyam Titau Sun 20 Sutra 144
 Vrischika Rasi: 10.17 Tithi 7 – 8 **Gulika** 8:24AM – 10:01AM **Anuradha Until 5:35PM** **Ganesha:** Orange *Sunrise:* 5:09AM Vikarin 5121
 571193463 **Yama** 5:09AM – 6:46AM **Vaidhriti* Until 8:04AM** **Muruqa:** Blue *Sunset:* 6:09PM Moon 8 - Phase 20
Rahu 1:17PM – 2:54PM **Visti Until 10:08PM** **Nataraja:** Clear Ashtami
 Creative Work Siddha Yoga **Saptami Until 10:17AM** **Moon – Orange** **Sivaloka Day**
 Until 5:35PM **Saptami Until 10:17AM** **Bhadrapada-Avani**
 Then Routine Work - Prabalarishta Yoga

Retreat Star **Friday, September 6, 2019** Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Portland, ME
 Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau Sun 21 Sutra 145
 Vrischika Rasi: 23.23 Tithi 8 – 9 **Gulika** 6:47AM – 8:24AM **Jyeshtha* Until 6:13PM** **Ganesha:** Orange *Sunrise:* 5:10AM Vikarin 5121
 571193463 **Yama** 2:53PM – 4:30PM **Vishkambha* Until 6:50AM** **Muruqa:** Blue *Sunset:* 6:07PM Moon 8 - Phase 20
Rahu 10:01AM – 11:39AM **Balava Until 10:25PM** **Nataraja:** Clear Navami
 Routine Work Marana Yoga **Ashtami* Until 10:10AM** **Moon – Orange** **Sivaloka Day**
 Until 6:13PM **Ashtami* Until 10:10AM** **Bhadrapada-Avani**
 Then Creative Work - Amrita Yoga

1	Saturday, September 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau				Portland, ME Sun 22
	Dhanus Rasi: 6.06	Tithi 9 – 10	581193463	Gulika 5:11AM – 6:48AM Yama 1:15PM – 2:52PM Rahu 8:25AM – 10:01AM	Mula* Until 7:56PM Priti Until 6:15AM Taitila Until 11:27PM Navami* Until 10:49AM	Ganesha: Green <i>Sunrise:</i> 5:11AM Muruqa: Blue <i>Sunset:</i> 6:06PM Nataraja: Clear Moon – Light Blue	Sutra 146 Vikarin 5121 Moon 8 - Phase 21 4th Phase
	Creative Work	Siddha Yoga				Devaloka Day	
						Bhadrapada-Avani	

2	Sunday, September 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Portland, ME Sun 23
	Dhanus Rasi: 18.29	Tithi 10 – 11	581193463	Gulika 2:51PM – 4:27PM Yama 11:38AM – 1:14PM Rahu 4:27PM – 6:04PM	Purvashadha* Until 10:05PM Ayushman Until 6:11AM Vanija Until 1:05AM Mon Dashami Until 12:10PM	Ganesha: Green <i>Sunrise:</i> 5:12AM Muruqa: Blue <i>Sunset:</i> 6:04PM Nataraja: Clear Moon – Light Blue	Sutra 147 Vikarin 5121 Moon 8 - Phase 21 4th Phase
	Creative Work	Siddha Yoga		Grandparent's Day		Devaloka Day	
	Until 10:05PM	Then Creative Work - Amrita Yoga				Bhadrapada-Avani	

3	Monday, September 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Portland, ME Sun 24
	Makara Rasi: 0.39	Tithi 11 – 12	581193463	Gulika 1:14PM – 2:50PM Yama 10:01AM – 11:38AM Rahu 6:49AM – 8:25AM	Uttarashadha Until 12:30AM Tue Saubhagya Until 6:34AM Bava Until 3:09AM Tue Ekadashi Until 2:03PM	Ganesha: Green <i>Sunrise:</i> 5:13AM Muruqa: Blue <i>Sunset:</i> 6:02PM Nataraja: Clear Moon – Light Blue	Sutra 148 Vikarin 5121 Moon 8 - Phase 21 4th Phase
	Family Home Evening	Marana Yoga				Devaloka Day	
	Until 12:30AM Tue	Then Creative Work - Siddha Yoga				Bhadrapada-Avani	

4	Tuesday, September 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Portland, ME Sun 25
	Makara Rasi: 12.38	Tithi 12 – 13	591193463	Gulika 11:37AM – 1:13PM Yama 8:26AM – 10:01AM Rahu 2:49PM – 4:25PM	Shravana Until 3:32AM Wed Sobhana Until 7:16AM Kaulava Until 5:29AM Wed Dvadashi Until 4:16PM	Ganesha: Red <i>Sunrise:</i> 5:14AM Muruqa: Blue <i>Sunset:</i> 6:00PM Nataraja: Clear Moon – Purple	Sutra 149 Vikarin 5121 Moon 8 - Phase 21 4th Phase
	Creative Work	Siddha Yoga				Sivaloka Day	
	Until 3:32AM Wed	Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>	Bhadrapada-Avani	

5	Wednesday, September 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Taitila Karana Trayodashyam Titau				Portland, ME Sun 26
	Makara Rasi: 24.32	Tithi 13	591193463	Gulika 10:01AM – 11:37AM Yama 6:51AM – 8:26AM Rahu 11:37AM – 1:12PM	Dhanishtha Until 6:31AM Thu Athiganda* Until 8:07AM Taitila Until 6:41PM Trayodashi Until 6:41PM	Ganesha: Red <i>Sunrise:</i> 5:15AM Muruqa: Blue <i>Sunset:</i> 5:59PM Nataraja: Clear Moon – Purple	Sutra 150 Vikarin 5121 Moon 8 - Phase 21 4th Phase
	Routine Work	Prabalarishta Yoga		Chidambaram Abhishekam		Sivaloka Day	
	Until 6:31AM Thu	Then Creative Work - Siddha Yoga				Bhadrapada-Avani	

6	Thursday, September 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau				Portland, ME Sun 27
	Kumbha Rasi: 6.24	Tithi 14	591193463	Gulika 8:26AM – 10:01AM Yama 5:16AM – 6:51AM Rahu 1:12PM – 2:47PM	Dhanishtha Until 6:31AM Sukarma Until 9:04AM Gara Until 7:57AM Chaturdashi* Until 9:09PM	Ganesha: Red <i>Sunrise:</i> 5:16AM Muruqa: Blue <i>Sunset:</i> 5:57PM Nataraja: Clear Moon – Purple	Sutra 151 Vikarin 5121 Moon 8 - Phase 21 4th Phase
	Creative Work	Siddha Yoga		Avani Avittam		Sivaloka Day	
						Bhadrapada-Avani	

O	Friday, September 13, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau				Portland, ME Sun 28
	Copper Retreat Star			Gulika 6:52AM – 8:27AM Yama 2:46PM – 4:20PM Rahu 10:01AM – 11:36AM	Shatabhishak Until 9:20AM Dhriti Until 10:01AM Visti Until 10:24AM Purnima* Until 11:36PM	Ganesha: Red <i>Sunrise:</i> 5:17AM Muruqa: Purple <i>Sunset:</i> 5:55PM Nataraja: Clear Moon – Purple	Sutra 152 Vikarin 5121 Moon 8 - Phase 21 Purnima
	Creative Work	Siddha Yoga				Sivaloka Day	
						Bhadrapada-Avani	

O	Saturday, September 14, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Prathamayam Titau				Portland, ME Sun 29
	Silver Retreat Star			Gulika 5:19AM – 6:53AM Yama 1:10PM – 2:44PM Rahu 8:27AM – 10:02AM	Purvaproshtapada* Until 12:25PM Shula* Until 10:53AM Balava Until 12:48PM Prathama* Until 1:55AM Sun	Ganesha: Red <i>Sunrise:</i> 5:19AM Muruqa: Purple <i>Sunset:</i> 5:53PM Nataraja: Clear Moon – Clear	Sutra 153 Vikarin 5121 Moon 8 - Phase 21 Prathama
	Routine Work	Marana Yoga				Sivaloka Day	
	Until 12:25PM	Then Creative Work - Siddha Yoga				Bhadrapada-Avani	

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



Sunday, September 15, 2019

Gold Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Uttaraproshtapada/Revati Nakshatra Ganda*/Vridhhi Yoga Tailila/Gara Karana Dvilyayam Titau

Portland, ME

Sun 1 Sutra 154

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Sivaloka Day

Bhadrapada-Avani

Meena Rasi: 12.04 Tithi 17

512113463

Gulika

2:43PM - 4:17PM

Uttaraproshtapada Until 3:13PM

Ganesha: Yellow

Sunrise: 5:20AM

Yama

11:35AM - 1:09PM

Ganda* Until 11:40AM

Muruqa: Purple

Sunset: 5:51PM

Rahu

4:17PM - 5:51PM

Taitila Until 3:03PM

Nataraja: Clear

Moon - Clear

Creative Work Amrita Yoga

Monday, September 16, 2019

1

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam
Revati/Ashvini Nakshatra Vridhhi/Dhruva Yoga Vanija/Visti* Karana Tritiyayam Titau

Portland, ME

Sun 2 Sutra 155

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Sivaloka Day

Bhadrapada-Avani

Meena Rasi: 24.03 Tithi 18

512113463

Gulika

1:09PM - 2:42PM

Revati Until 5:39PM

Ganesha: Yellow

Sunrise: 5:21AM

Yama

10:02AM - 11:35AM

Vridhhi Until 12:20PM

Muruqa: Purple

Sunset: 5:49PM

Rahu

6:54AM - 8:28AM

Vanija Until 5:06PM

Nataraja: Clear

Moon - Clear

Family Home Evening

Creative Work Siddha Yoga

Tuesday, September 17, 2019

2

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

Portland, ME

Sun 3 Sutra 156

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Devaloka Day

Bhadrapada-Puratasi

Mesha Rasi: 6.08 Tithi 18 - 19

522113463

Gulika

11:35AM - 1:08PM

Ashvini Until 8:11PM

Ganesha: White

Sunrise: 5:22AM

Yama

8:28AM - 10:02AM

Dhruva Until 12:46PM

Muruqa: Purple

Sunset: 5:48PM

Rahu

2:41PM - 4:14PM

Bava Until 6:55PM

Nataraja: Clear

Moon - White

Creative Work Siddha Yoga

Wednesday, September 18, 2019

3

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

Portland, ME

Sun 4 Sutra 157

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Devaloka Day

Bhadrapada-Puratasi


1		Monday, September 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Punarvasu Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Portland, ME Sun 9 Sutra 162 Vikarin 5121
Mithuna Rasi: 22.52	Tithi 24 – 25	Gulika	1:04PM – 2:35PM	Punarvasu Until 11:59PM	Ganesha: Light Blue <i>Sunrise:</i> 5:29AM	
Family Home Evening	542213463	Yama	10:02AM – 11:33AM	Variyan Until 7:48AM	Muruqa: Purple <i>Sunset:</i> 5:37PM	Moon 9 - Phase 23
Creative Work	Amrita Yoga	Rahu	7:00AM – 8:31AM	Vanija Until 7:16PM	Nataraja: Clear	2nd Phase
Until 11:59PM				Navami* Until 8:08AM	Moon – Blue	Devaloka Day
Then Creative Work - Siddha Yoga					Bhadrapada-Puratasi	

2		Tuesday, September 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Pushya Nakshatra Shiva Yoga Visti*/Balava Karana Dashami/Ekadashyam Titau		Portland, ME Sun 10 Sutra 163 Vikarin 5121
Kataka Rasi: 6.53	Tithi 25 – 26	Gulika	11:32AM – 1:03PM	Pushya Until 10:18PM	Ganesha: Light Blue <i>Sunrise:</i> 5:30AM	
	542213463	Yama	8:31AM – 10:02AM	Shiva Until 1:56AM Wed	Muruqa: Purple <i>Sunset:</i> 5:35PM	Moon 9 - Phase 23
Creative Work	Siddha Yoga	Rahu	2:34PM – 4:04PM	Balava Until 3:36AM Wed	Nataraja: Clear	2nd Phase
				Dashami Until 6:11AM	Moon – Blue	Devaloka Day
					Bhadrapada-Puratasi	

3		Wednesday, September 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau		Portland, ME Sun 11 Sutra 164 Vikarin 5121
Kataka Rasi: 21.2	Tithi 27	Gulika	10:02AM – 11:32AM	Ashlesha* Until 7:57PM	Ganesha: Light Blue <i>Sunrise:</i> 5:31AM	
	542213463	Yama	7:01AM – 8:31AM	Siddha Until 10:17PM	Muruqa: Purple <i>Sunset:</i> 5:33PM	Moon 9 - Phase 23
Creative Work	Siddha Yoga	Rahu	11:32AM – 1:02PM	Kaulava Until 2:07PM	Nataraja: Clear	2nd Phase
				Dvadashi* Until 12:29AM Thu	Moon – Blue	Devaloka Day
					Bhadrapada-Puratasi	

4		Thursday, September 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau		Portland, ME Sun 12 Sutra 165 Vikarin 5121
Simha Rasi: 6.1	Tithi 28	Gulika	8:32AM – 10:02AM	Magha* Until 5:26PM	Ganesha: Purple <i>Sunrise:</i> 5:32AM	
	552213463	Yama	5:32AM – 7:02AM	Sadhya Until 6:18PM	Muruqa: Purple <i>Sunset:</i> 5:31PM	Moon 9 - Phase 23
Creative Work	Amrita Yoga	Rahu	1:01PM – 2:31PM	Gara Until 10:47AM	Nataraja: Clear	2nd Phase
Until 5:26PM				Trayodashi* Until 8:59PM	Moon – Red	Devaloka Day
Then Creative Work - Siddha Yoga					Bhadrapada-Puratasi	
				<i>Pradosha Vrata (Fasting)</i>		

5		Friday, September 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Subha/Sukla Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Portland, ME Sun 13 Sutra 166 Vikarin 5121
Simha Rasi: 21.15	Tithi 29 – 30	Gulika	7:03AM – 8:32AM	Purvaphalguni Until 2:31PM	Ganesha: Purple <i>Sunrise:</i> 5:33AM	
	552213463	Yama	2:30PM – 4:00PM	Subha Until 2:07PM	Muruqa: Purple <i>Sunset:</i> 5:29PM	Moon 9 - Phase 23
Creative Work	Siddha Yoga	Rahu	10:02AM – 11:31AM	Visti Until 7:09AM	Nataraja: Clear	2nd Phase
				Chaturdashi* Until 5:15PM	Moon – Red	Devaloka Day
					Bhadrapada-Puratasi	

		Saturday, September 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Portland, ME Sun 14 Sutra 167 Vikarin 5121
Retreat Star		Gulika	5:34AM – 7:03AM	Uttaraphalguni Until 11:24AM	Ganesha: Purple <i>Sunrise:</i> 5:34AM	
Kanya Rasi: 6.29	Tithi 30 – 1	Yama	1:00PM – 2:29PM	Sukla Until 9:51AM	Muruqa: Purple <i>Sunset:</i> 5:28PM	Moon 9 - Phase 23
	653213463	Rahu	8:33AM – 10:02AM	Kintughna Until 11:37PM	Nataraja: Clear	Amavasya
Routine Work	Marana Yoga			Amavasya* Until 1:28PM	Moon – Red	Devaloka Day
		Mahalaya Amavasai (Tamil Nadu)			Bhadrapada-Puratasi	

Retreat Star		Sunday, September 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Portland, ME Sun 15 Sutra 168 Vikarin 5121
Kanya Rasi: 21.4	Tithi 1 – 2	Gulika	2:28PM – 3:57PM	Hasta Until 8:39AM	Ganesha: Light Blue <i>Sunrise:</i> 5:35AM	
	663213463	Yama	11:31AM – 12:59PM	Indra Until 1:41AM Mon	Muruqa: Purple <i>Sunset:</i> 5:26PM	Moon 9 - Phase 23
Creative Work	Amrita Yoga	Rahu	3:57PM – 5:26PM	Balava Until 8:04PM	Nataraja: Clear	Prathama
Until 8:39AM				Prathama* Until 9:47AM	Moon – Green	Devaloka Day
Then Creative Work - Siddha Yoga		Navaratri Begins			Ashvina-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

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Monday, September 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svatil Nakshatra Vaidhrili* Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau		Portland, ME Sun 16 Sutra 169 Vikarin 5121
1		Gulika 12:59PM – 2:27PM	Chitra Until 6:02AM	Ganesha: Light Blue <i>Sunrise:</i> 5:37AM
Tula Rasi: 6.38	Tithi 2 – 3	Yama 10:02AM – 11:30AM	Vaidhrili* Until 10:03PM	Muruqa: Purple <i>Sunset:</i> 5:24PM
Family Home Evening	663213463	Rahu 7:05AM – 8:33AM	Gara Until 3:30AM Tue	Nataraja: Clear
Routine Work Prabalarishta Yoga			Dvitiya Until 6:24AM	Moon – Green
Until 6:02AM				Devaloka Day
Then Creative Work - Amrita Yoga				Ashvina+Puratasi

Tuesday, October 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Vistil* Karana Chaturthyam Titau		Portland, ME Sun 17 Sutra 170 Vikarin 5121
2		Gulika 11:30AM – 12:58PM	Vishakha Until 2:23AM Wed	Ganesha: Purple <i>Sunrise:</i> 5:38AM
Tula Rasi: 21.16	Tithi 4	Yama 8:34AM – 10:02AM	Vishkambha* Until 6:54PM	Muruqa: Purple <i>Sunset:</i> 5:22PM
Routine Work Marana Yoga	673213463	Rahu 2:26PM – 3:54PM	Vanija Until 2:17PM	Nataraja: Clear
Until 2:23AM Wed			Chaturthi* Until 1:13AM Wed	Moon – Orange
Then Creative Work - Siddha Yoga				Devaloka Day
				Ashvina+Puratasi

Wednesday, October 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Panchamyam Titau		Portland, ME Sun 18 Sutra 171 Vikarin 5121
3		Gulika 10:02AM – 11:30AM	Anuradha Until 1:38AM Thu	Ganesha: Purple <i>Sunrise:</i> 5:39AM
Vrischika Rasi: 5.26	Tithi 5	Yama 7:07AM – 8:34AM	Priti Until 4:22PM	Muruqa: Purple <i>Sunset:</i> 5:20PM
Creative Work Siddha Yoga	673213463	Rahu 11:30AM – 12:57PM	Bava Until 12:22PM	Nataraja: Clear
Until 1:38AM Thu			Panchami Until 11:42PM	Moon – Orange
Then Routine Work - Prabalarishta Yoga				Devaloka Day
				Ashvina+Puratasi

Thursday, October 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Shashthyam Titau		Portland, ME Sun 19 Sutra 172 Vikarin 5121
4		Gulika 8:35AM – 10:02AM	Jyeshtha* Until 1:36AM Fri	Ganesha: Purple <i>Sunrise:</i> 5:40AM
Vrischika Rasi: 19.06	Tithi 6	Yama 5:40AM – 7:07AM	Ayushman Until 2:29PM	Muruqa: Purple <i>Sunset:</i> 5:19PM
Routine Work Prabalarishta Yoga	673213463	Rahu 12:57PM – 2:24PM	Kaulava Until 11:17AM	Nataraja: Clear
Until 1:36AM Fri			Shashthi* Until 11:03PM	Moon – Orange
Then Creative Work - Amrita Yoga				Devaloka Day
				Ashvina+Puratasi

Friday, October 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau		Portland, ME Sun 20 Sutra 173 Vikarin 5121
5		Gulika 7:08AM – 8:35AM	Mula* Until 2:45AM Sat	Ganesha: Clear <i>Sunrise:</i> 5:41AM
Dhanus Rasi: 2.17	Tithi 7	Yama 2:23PM – 3:50PM	Saubhagya Until 1:19PM	Muruqa: Purple <i>Sunset:</i> 5:17PM
Creative Work Amrita Yoga	683213463	Rahu 10:02AM – 11:29AM	Gara Until 11:06AM	Nataraja: Clear
Until 2:45AM Sat			Saptami Until 11:19PM	Moon – Light Blue
Then Creative Work - Siddha Yoga				Sivaloka Day
				Ashvina+Puratasi

Saturday, October 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Vistil*/Bava Karana Ashtamyam Titau		Portland, ME Sun 21 Sutra 174 Vikarin 5121
Retreat Star		Gulika 5:42AM – 7:09AM	Purvashadha* Until 4:32AM Sun	Ganesha: Clear <i>Sunrise:</i> 5:42AM
Dhanus Rasi: 15.01	Tithi 8	Yama 12:55PM – 2:22PM	Sobhana Until 12:51PM	Muruqa: Purple <i>Sunset:</i> 5:15PM
Creative Work Siddha Yoga	683213463	Rahu 8:35AM – 10:02AM	Vistil* Until 11:47AM	Nataraja: Clear
Until 4:32AM Sun			Ashtami* Until 12:24AM Sun	Moon – Light Blue
Then Creative Work - Amrita Yoga				Sivaloka Day
		Durga Ashtami		Ashvina+Puratasi

Sunday, October 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau		Portland, ME Sun 22 Sutra 175 Vikarin 5121
Retreat Star		Gulika 2:21PM – 3:47PM	Uttarashadha Until 6:46AM Mon	Ganesha: Clear <i>Sunrise:</i> 5:43AM
Dhanus Rasi: 27.24	Tithi 9	Yama 11:28AM – 12:55PM	Athiganda* Until 12:55PM	Muruqa: Purple <i>Sunset:</i> 5:13PM
Creative Work Amrita Yoga	683213463	Rahu 3:47PM – 5:13PM	Balava Until 1:14PM	Nataraja: Clear
			Navami* Until 2:11AM Mon	Moon – Light Blue
		Saraswathi Puja (Tamil Nadu)		Sivaloka Day
				Ashvina+Puratasi

1		Monday, October 7, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau	Portland, ME Sun 23 Sutra 176 Vikarin 5121
Makara Rasi: 9.31	Tithi 10	Gulika	12:54PM – 2:20PM	Uttarashadha Until 6:46AM	Ganesha: Clear	<i>Sunrise:</i> 5:45AM	
Family Home Evening	683213463	Yama	10:02AM – 11:28AM	Sukarma Until 1:28PM	Muruqa: Purple	<i>Sunset:</i> 5:12PM	
Routine Work	Marana Yoga	Rahu	7:11AM – 8:36AM	Taitila Until 3:17PM	Nataraja: Clear	Moon 9 - Phase 25	
Until 6:46AM				Dashami Until 4:25AM Tue	Moon – Light Blue	4th Phase	
Then Creative Work - Amrita Yoga					Ashvina+Puratasi	Sivaloka Day	


2		Tuesday, October 8, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti/Shula* Yoga Vanija/Vistil* Karana Ekadashyam Titau	Portland, ME Sun 24 Sutra 177 Vikarin 5121
Makara Rasi: 21.28	Tithi 11	Gulika	11:28AM – 12:53PM	Shravana Until 9:45AM	Ganesha: White	<i>Sunrise:</i> 5:46AM	
	693213464	Yama	8:37AM – 10:02AM	Dhriti Until 2:18PM	Muruqa: Purple	<i>Sunset:</i> 5:10PM	
Creative Work	Siddha Yoga	Rahu	2:19PM – 3:44PM	Vanija Until 5:40PM	Nataraja: Purple	Moon 9 - Phase 25	
				Vijaya Dasami	Moon – Purple	4th Phase	
				Ekadashi Until 6:55AM Wed	Ashvina+Puratasi	Sivaloka Day	

3		Wednesday, October 9, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shula*/Ganda* Yoga Vistil*/Bava Karana Ekadashi/Dvadashyam Titau	Portland, ME Sun 25 Sutra 178 Vikarin 5121
Kumbha Rasi: 3.19	Tithi 11 – 12	Gulika	10:02AM – 11:28AM	Dhanishtha Until 12:46PM	Ganesha: White	<i>Sunrise:</i> 5:47AM	
	693213464	Yama	7:12AM – 8:37AM	Shula* Until 3:13PM	Muruqa: Purple	<i>Sunset:</i> 5:08PM	
Routine Work	Prabalarishta Yoga	Rahu	11:28AM – 12:53PM	Bava Until 8:13PM	Nataraja: Purple	Moon 9 - Phase 25	
Until 12:46PM				Kadaitswami Mahasamadhi	Moon – Purple	4th Phase	
Then Creative Work - Siddha Yoga				Ekadashi Until 6:55AM	Ashvina+Puratasi	Sivaloka Day	

4		Thursday, October 10, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Portland, ME Sun 26 Sutra 179 Vikarin 5121
Kumbha Rasi: 15.1	Tithi 12 – 13	Gulika	8:38AM – 10:02AM	Shatabhishak Until 3:36PM	Ganesha: White	<i>Sunrise:</i> 5:48AM	
	693213464	Yama	5:48AM – 7:13AM	Ganda* Until 4:09PM	Muruqa: Purple	<i>Sunset:</i> 5:06PM	
Creative Work	Siddha Yoga	Rahu	12:52PM – 2:17PM	Kaulava Until 10:43PM	Nataraja: Purple	Moon 9 - Phase 25	
				Dvadashi Until 9:27AM	Moon – Purple	4th Phase	
					Ashvina+Puratasi	Sivaloka Day	

Pradosha Vrata

5		Friday, October 11, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vridhhi/Dhruva Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau	Portland, ME Sun 27 Sutra 180 Vikarin 5121
Kumbha Rasi: 27.02	Tithi 13 – 14	Gulika	7:14AM – 8:38AM	Purvaproshtapada* Until 6:40PM	Ganesha: Blue	<i>Sunrise:</i> 5:49AM	
	613213464	Yama	2:16PM – 3:40PM	Vridhhi Until 5:00PM	Muruqa: Purple	<i>Sunset:</i> 5:05PM	
Creative Work	Siddha Yoga	Rahu	10:03AM – 11:27AM	Gara Until 1:04AM Sat	Nataraja: Purple	Moon 9 - Phase 25	
				Chidambaram Abhishekam	Moon – Clear	4th Phase	
				Trayodashi Until 11:53AM	Ashvina+Puratasi	Sivaloka Day	

		Saturday, October 12, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva/Vyaghata* Yoga Vanija/Vistil* Karana Chaturdashi/Purnimayam Titau	Portland, ME Sun 28 Sutra 181 Vikarin 5121
Meena Rasi: 8.58	Tithi 14 – 15	Gulika	5:51AM – 7:15AM	Uttaraproshtapada Until 9:21PM	Ganesha: Blue	<i>Sunrise:</i> 5:51AM	
	613213464	Yama	12:51PM – 2:15PM	Dhruva Until 5:40PM	Muruqa: Purple	<i>Sunset:</i> 5:03PM	
Creative Work	Siddha Yoga	Rahu	8:39AM – 10:03AM	Vistil Until 3:11AM Sun	Nataraja: Purple	Moon 9 - Phase 25	
Until 9:21PM				Chaturdashi* Until 2:08PM	Moon – Clear	Purnima	
Then Routine Work - Prabalarishta Yoga					Ashvina+Puratasi	Sivaloka Day	

6		Sunday, October 13, 2019				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau	Portland, ME Sun 29 Sutra 182 Vikarin 5121
Meena Rasi: 21	Tithi 15 – 16	Gulika	2:14PM – 3:38PM	Revati Until 11:38PM	Ganesha: Yellow	<i>Sunrise:</i> 5:52AM	
	614213464	Yama	11:27AM – 12:50PM	Vyaghata* Until 6:08PM	Muruqa: Purple	<i>Sunset:</i> 5:01PM	
Creative Work	Amrita Yoga	Rahu	3:38PM – 5:01PM	Balava Until 5:02AM Mon	Nataraja: Purple	Moon 9 - Phase 25	
Until 11:38PM				Purnima* Until 4:07PM	Moon – Clear	Prathama	
Then Creative Work - Siddha Yoga					Ashvina+Puratasi	Subha Sivaloka Day	

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

All times are standard time

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Monday, October 14, 2019

Gold Retreat Star

Mesha Rasi: 3.08 Tithi 16 – 17

Family Home Evening

624213464

Creative Work Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam
Ashvini Nakshatra Harshana Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Gulika 12:50PM – 2:13PM
Yama 10:03AM – 11:26AM
Rahu 7:16AM – 8:40AM

Ashvini Until 1:57AM Tue
Harshana Until 6:25PM
Taitila Until 6:35AM Tue
Prathama* Until 5:50PM

Ganesha: White *Sunrise:* 5:53AM
Muruqa: Purple *Sunset:* 5:00PM
Nataraja: Purple
Moon – White Subha Subha Sivaloka Day
Ashvina•Puratasi

Portland, ME
Sutra 183
Vikarin 5121
Moon 10 - Phase 26
1st Phase

Tuesday, October 15, 2019

1

Mesha Rasi: 15.24 Tithi 17

Creative Work Siddha Yoga

Until 3:48AM Wed

Then Creative Work - Amrita Yoga

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

Gulika 11:26AM – 12:49PM
Yama 8:40AM – 10:03AM
Rahu 2:12PM – 3:35PM

Bharani Until 3:48AM Wed
Vajra* Until 6:25PM
Taitila Until 6:35AM
Dvitiya Until 7:13PM

Ganesha: White *Sunrise:* 5:54AM
Muruqa: Purple *Sunset:* 4:58PM
Nataraja: Purple
Moon – White Subha Subha Sivaloka Day
Ashvina•Puratasi

Portland, ME
Sun 1 Sutra 184
Vikarin 5121
Moon 10 - Phase 26
1st Phase

Wednesday, October 16, 2019

2

Mesha Rasi: 27.48 Tithi 18

Creative Work Amrita Yoga

Until 5:09AM Thu

Then Routine Work - Marana Yoga

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

Gulika 10:03AM – 11:26AM
Yama 7:18AM – 8:41AM
Rahu 11:26AM – 12:48PM

Krittika Until 5:09AM Thu
Siddhi Until 6:11PM
Vanija Until 7:49AM
Tritiya Until 8:17PM

Ganesha: White *Sunrise:* 5:55AM
Muruqa: Purple *Sunset:* 4:56PM
Nataraja: Purple
Moon – White Subha Subha Sivaloka Day
Ashvina•Puratasi

Portland, ME
Sun 2 Sutra 185
Vikarin 5121
Moon 10 - Phase 26
1st Phase

Thursday, October 17, 2019

3

Vrishabha Rasi: 10.21 Tithi 19

Routine Work Marana Yoga

Until 6:27AM Fri

Then Creative Work - Siddha Yoga

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

Gulika 8:41AM – 10:03AM
Yama 5:57AM – 7:19AM
Rahu 12:48PM – 2:10PM

Rohini Until 6:27AM Fri
Vyatipata* Until 5:40PM
Bava Until 8:42AM
Chaturthi* Until 8:58PM

Ganesha: White *Sunrise:* 5:57AM
Muruqa: Purple *Sunset:* 4:55PM
Nataraja: Purple
Moon – Yellow Sivaloka Day
Ashvina•Aipasi

Portland, ME
Sun 3 Sutra 186
Vikarin 5121
Moon 10 - Phase 26
1st Phase

Friday, October 18, 2019

4

Vrishabha Rasi: 23.05 Tithi 20

Routine Work Marana Yoga

Until 6:27AM

Then Creative Work - Siddha Yoga

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

Gulika 7:20AM – 8:42AM
Yama 2:09PM – 3:31PM
Rahu 10:04AM – 11:25AM

Rohini Until 6:27AM
Variyan Until 4:49PM
Kaulava Until 9:11AM
Panchami Until 9:14PM

Ganesha: White *Sunrise:* 5:58AM
Muruqa: Purple *Sunset:* 4:53PM
Nataraja: Purple
Moon – Yellow Sivaloka Day
Ashvina•Aipasi

Portland, ME
Sun 4 Sutra 187
Vikarin 5121
Moon 10 - Phase 26
1st Phase

Saturday, October 19, 2019

5

Mithuna Rasi: 6.02 Tithi 21

Creative Work Siddha Yoga

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

Gulika 5:59AM – 7:21AM
Yama 12:47PM – 2:08PM
Rahu 8:42AM – 10:04AM

Mrigashira Until 7:09AM
Parigha* Until 3:36PM
Gara Until 9:13AM
Shashthi* Until 9:01PM

Ganesha: White *Sunrise:* 5:59AM
Muruqa: Purple *Sunset:* 4:51PM
Nataraja: Purple
Moon – Yellow Sivaloka Day
Ashvina•Aipasi

Portland, ME
Sun 5 Sutra 188
Vikarin 5121
Moon 10 - Phase 26
1st Phase

Sunday, October 20, 2019

6

Mithuna Rasi: 19.14 Tithi 22

Creative Work Siddha Yoga

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

Gulika 2:07PM – 3:29PM
Yama 11:25AM – 12:46PM
Rahu 3:29PM – 4:50PM

Ardra Until 7:12AM
Shiva Until 1:59PM
Visti Until 8:44AM
Saptami Until 8:15PM

Ganesha: White *Sunrise:* 6:00AM
Muruqa: Purple *Sunset:* 4:50PM
Nataraja: Purple
Moon – Yellow Sivaloka Day
Ashvina•Aipasi

Portland, ME
Sun 6 Sutra 189
Vikarin 5121
Moon 10 - Phase 26
1st Phase

Monday, October 21, 2019

D

Retreat Star

Kataka Rasi: 2.44 Tithi 23

Family Home Evening

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Creative Work Amrita Yoga

Until 7:01AM

Then Creative Work - Siddha Yoga

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

Gulika 12:46PM – 2:07PM
Yama 10:04AM – 11:25AM
Rahu 7:22AM – 8:43AM

Punarvasu Until 7:01AM
Siddha Until 11:54AM
Balava Until 7:41AM
Ashtami* Until 6:56PM

Ganesha: Clear *Sunrise:* 6:02AM
Muruqa: Purple *Sunset:* 4:48PM
Nataraja: Purple
Moon – Blue Subha Sivaloka Day
Ashvina•Aipasi

Portland, ME
Sun 7 Sutra 190
Vikarin 5121
Moon 10 - Phase 26
Ashtami

Tuesday, October 22, 2019

Retreat Star

Kataka Rasi: 16.35 Tithi 24 – 25

Creative Work Siddha Yoga

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

Gulika 11:25AM – 12:45PM
Yama 8:44AM – 10:04AM
Rahu 2:06PM – 3:26PM

Pushya Until 6:07AM
Sadhya Until 9:21AM
Taitila Until 6:04AM
Navami* Until 5:02PM

Ganesha: Clear *Sunrise:* 6:03AM
Muruqa: Purple *Sunset:* 4:47PM
Nataraja: Purple
Moon – Blue Subha Sivaloka Day
Ashvina•Aipasi

Portland, ME
Sun 8 Sutra 191
Vikarin 5121
Moon 10 - Phase 26
Navami

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

All times are standard time


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1		Wednesday, October 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Portland, ME Sun 9 Sutra 192 Vikarin 5121
Simha Rasi: 0.47	Tithi 25 – 26	Gulika 10:04AM – 11:25AM	Magha* Until 2:45AM Thu	Ganesha: Purple	<i>Sunrise:</i> 6:04AM	
		Yama 7:24AM – 8:44AM	Subha Until 6:24AM	Muruqa: Purple	<i>Sunset:</i> 4:45PM	Moon 10 - Phase 27
	654313464	Rahu 11:25AM – 12:45PM	Bava Until 1:16AM Thu	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga		Dashami Until 2:38PM	Moon – Red		Sivaloka Day
				Ashvina-Aipasi		

2		Thursday, October 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni Nakshatra Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Portland, ME Sun 10 Sutra 193 Vikarin 5121
Simha Rasi: 15.19	Tithi 26 – 27	Gulika 8:45AM – 10:05AM	Purvaphalguni Until 12:27AM Fri	Ganesha: Purple	<i>Sunrise:</i> 6:05AM	
		Yama 6:05AM – 7:25AM	Brahma Until 11:22PM	Muruqa: Purple	<i>Sunset:</i> 4:44PM	Moon 10 - Phase 27
	654313464	Rahu 12:44PM – 2:04PM	Kaulava Until 10:15PM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 11:47AM	Moon – Red		Sivaloka Day
				Ashvina-Aipasi		

3		Friday, October 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni Nakshatra Indra Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Portland, ME Sun 11 Sutra 194 Vikarin 5121
Kanya Rasi: 0.05	Tithi 27 – 28	Gulika 7:26AM – 8:45AM	Uttaraphalguni Until 9:48PM	Ganesha: Clear	<i>Sunrise:</i> 6:07AM	
		Yama 2:03PM – 3:23PM	Indra Until 7:31PM	Muruqa: Purple	<i>Sunset:</i> 4:42PM	Moon 10 - Phase 27
	655313464	Rahu 10:05AM – 11:24AM	Gara Until 6:59PM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 8:38AM	Moon – Red		Subha Sivaloka Day
Until 9:48PM				Ashvina-Aipasi		
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>			

4		Saturday, October 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Hasta Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Portland, ME Sun 12 Sutra 195 Vikarin 5121
Kanya Rasi: 15.01	Tithi 29	Gulika 6:08AM – 7:27AM	Hasta Until 7:19PM	Ganesha: Orange	<i>Sunrise:</i> 6:08AM	
		Yama 12:43PM – 2:02PM	Vaidhriti* Until 3:34PM	Muruqa: Purple	<i>Sunset:</i> 4:41PM	Moon 10 - Phase 27
	665313464	Rahu 8:46AM – 10:05AM	Visti Until 3:37PM	Nataraja: Purple		2nd Phase
Routine Work	Marana Yoga		Chaturdashi* Until 1:55AM Sun	Moon – Green		Subha Sivaloka Day
		Deepavali Hindu Solidarity Day		Ashvina-Aipasi		

		Sunday, October 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Vishkambha*/Priti Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Portland, ME Sun 13 Sutra 196 Vikarin 5121
Retreat Star		Gulika 2:02PM – 3:20PM	Chitra Until 4:48PM	Ganesha: Orange	<i>Sunrise:</i> 6:09AM	
Kanya Rasi: 29.58	Tithi 30	Yama 11:24AM – 12:43PM	Vishkambha* Until 11:40AM	Muruqa: Purple	<i>Sunset:</i> 4:39PM	Moon 10 - Phase 27
	665313464	Rahu 3:20PM – 4:39PM	Catuspada Until 12:18PM	Nataraja: Purple		Amavasya
Creative Work	Siddha Yoga		Amavasya* Until 10:42PM	Moon – Green		Subha Sivaloka Day
		Subramuniyaswami Mahasamadhi		Ashvina-Aipasi		

Monday, October 28, 2019		Retreat Star		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Priti/Ayushman Yoga Kintughna*/Bava Karana Prathamayam Titau		Portland, ME Sun 14 Sutra 197 Vikarin 5121
Tula Rasi: 14.47	Tithi 1	Gulika 12:43PM – 2:01PM	Svati Until 2:24PM	Ganesha: Orange	<i>Sunrise:</i> 6:10AM	
Family Home Evening		Yama 10:06AM – 11:24AM	Priti Until 7:57AM	Muruqa: Purple	<i>Sunset:</i> 4:38PM	Moon 10 - Phase 27
	665313464	Rahu 7:29AM – 8:47AM	Kintughna Until 9:12AM	Nataraja: Purple		Prathama
Creative Work	Amrita Yoga		Prathama* Until 7:47PM	Moon – Green		Subha Sivaloka Day
Until 2:24PM		Skanda Shasthi Begins		Kartika-Aipasi		
Then Routine Work - Marana Yoga						

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

1		Tuesday, October 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Saubhagya Yoga Balava/Taitila Karana Dvitiya/Tritiyayam Titau		Portland, ME Sun 15 Sutra 198 Vikarin 5121
Tula Rasi: 29.19	Tithi 2 – 3	Gulika 11:24AM – 12:42PM	Vishakha Until 12:42PM	Ganesha: Clear	<i>Sunrise:</i> 6:12AM	
		Yama 8:48AM – 10:06AM	Saubhagya Until 1:34AM Wed	Muruqa: Purple	<i>Sunset:</i> 4:36PM	Moon 10 - Phase 28
		Rahu 2:00PM – 3:18PM	Balava Until 6:31AM	Nataraja: Purple		3rd Phase
Routine Work	Marana Yoga		Dvitiya Until 5:21PM	Moon – Orange		Subha Sivaloka Day
Until 12:42PM				Kartika•Aipasi		
Then Creative Work - Siddha Yoga						

2		Wednesday, October 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Portland, ME Sun 16 Sutra 199 Vikarin 5121
Virshika Rasi: 13.29	Tithi 3 – 4	Gulika 10:06AM – 11:24AM	Anuradha Until 11:29AM	Ganesha: Clear	<i>Sunrise:</i> 6:13AM	
		Yama 7:31AM – 8:48AM	Sobhana Until 11:11PM	Muruqa: Purple	<i>Sunset:</i> 4:35PM	Moon 10 - Phase 28
		Rahu 11:24AM – 12:42PM	Vanija Until 2:57AM Thu	Nataraja: Purple		3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 3:33PM	Moon – Orange		Subha Sivaloka Day
				Kartika•Aipasi		

3		Thursday, October 31, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Portland, ME Sun 17 Sutra 200 Vikarin 5121
Virshika Rasi: 27.11	Tithi 4 – 5	Gulika 8:49AM – 10:06AM	Jyeshtha* Until 10:51AM	Ganesha: Clear	<i>Sunrise:</i> 6:14AM	
		Yama 6:14AM – 7:32AM	Athiganda* Until 9:24PM	Muruqa: Purple	<i>Sunset:</i> 4:34PM	Moon 10 - Phase 28
		Rahu 12:41PM – 1:59PM	Bava Until 2:21AM Fri	Nataraja: Purple		3rd Phase
Routine Work	Prabalarishta Yoga		Chaturthi* Until 2:31PM	Moon – Orange		Subha Sivaloka Day
Until 10:51AM				Kartika•Aipasi		
Then Creative Work - Siddha Yoga						

4		Friday, November 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Portland, ME Sun 18 Sutra 201 Vikarin 5121
Dhanus Rasi: 10.26	Tithi 5 – 6	Gulika 7:33AM – 8:50AM	Mula* Until 11:20AM	Ganesha: Purple	<i>Sunrise:</i> 6:16AM	
		Yama 1:58PM – 3:15PM	Sukarma Until 8:18PM	Muruqa: Purple	<i>Sunset:</i> 4:32PM	Moon 10 - Phase 28
		Rahu 10:07AM – 11:24AM	Kaulava Until 2:37AM Sat	Nataraja: Purple		3rd Phase
Creative Work	Amrita Yoga		Panchami Until 2:21PM	Moon – Light Blue		Subha Subha Sivaloka Day
Until 11:20AM		Skanda Shasthi		Kartika•Aipasi		
Then Routine Work - Prabalarishta Yoga						

5		Saturday, November 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Portland, ME Sun 19 Sutra 202 Vikarin 5121
Dhanus Rasi: 23.15	Tithi 6 – 7	Gulika 6:17AM – 7:34AM	Purvashadha* Until 12:31PM	Ganesha: Purple	<i>Sunrise:</i> 6:17AM	
		Yama 12:41PM – 1:57PM	Dhriti Until 7:53PM	Muruqa: Purple	<i>Sunset:</i> 4:31PM	Moon 10 - Phase 28
		Rahu 8:50AM – 10:07AM	Gara Until 3:42AM Sun	Nataraja: Purple		3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 3:02PM	Moon – Light Blue		Subha Subha Sivaloka Day
Until 12:31PM				Kartika•Aipasi		
Then Routine Work - Marana Yoga						

6		Sunday, November 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Portland, ME Sun 20 Sutra 203 Vikarin 5121
Makara Rasi: 5.41	Tithi 7 – 8	Gulika 1:57PM – 3:13PM	Uttarashadha Until 2:16PM	Ganesha: Purple	<i>Sunrise:</i> 6:18AM	
		Yama 11:24AM – 12:40PM	Shula* Until 7:59PM	Muruqa: Purple	<i>Sunset:</i> 4:30PM	Moon 10 - Phase 28
		Rahu 3:13PM – 4:30PM	Visti* Until 5:29AM Mon	Nataraja: Purple		3rd Phase
Creative Work	Amrita Yoga		Saptami Until 4:30PM	Moon – Light Blue		Subha Subha Sivaloka Day
				Kartika•Aipasi		

Retreat Star		Monday, November 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Ganda* Yoga Bava Karana Ashtamyam Titau		Portland, ME Sun 21 Sutra 204 Vikarin 5121
Makara Rasi: 17.5	Tithi 8	Gulika 12:40PM – 1:56PM	Shravana Until 4:57PM	Ganesha: Purple	<i>Sunrise:</i> 6:19AM	
Family Home Evening		Yama 10:08AM – 11:24AM	Ganda* Until 8:32PM	Muruqa: Purple	<i>Sunset:</i> 4:28PM	Moon 10 - Phase 28
Creative Work	Amrita Yoga	Rahu 7:36AM – 8:52AM	Bava Until 6:33PM	Nataraja: Purple		Ashtami
Until 4:57PM			Ashtami* Until 6:33PM	Moon – Purple		Sivaloka Day
Then Creative Work - Siddha Yoga				Kartika•Aipasi		

Retreat Star		Tuesday, November 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Balava/Kaulava Karana Navamyam Titau		Portland, ME Sun 22 Sutra 205 Vikarin 5121
Makara Rasi: 29.49	Tithi 9	Gulika 11:24AM – 12:40PM	Dhanishtha Until 7:49PM	Ganesha: Purple	<i>Sunrise:</i> 6:21AM	
		Yama 8:52AM – 10:08AM	Vriddhi Until 9:21PM	Muruqa: Purple	<i>Sunset:</i> 4:27PM	Moon 10 - Phase 28
		Rahu 1:55PM – 3:11PM	Balava Until 7:45AM	Nataraja: Purple		Navami
Creative Work	Siddha Yoga		Navami* Until 8:58PM	Moon – Purple		Sivaloka Day
Until 7:49PM				Kartika•Aipasi		
Then Routine Work - Marana Yoga						

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

1 **Wednesday, November 6, 2019** Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Portland, ME
 Shatabhishak Nakshatra Dhruva Yoga Taitila/Gara Karana Dashamyam Titau Sun 23 Sutra 206
 Kumbha Rasi: 11.41 Tithi 10 **Gulika** 10:08AM – 11:24AM **Shatabhishak** **Until 10:39PM** **Ganesha:** Purple **Sunrise:** 6:22AM Vikarin 5121
 696313464 **Yama** 7:38AM – 8:53AM **Dhruva** **Until 10:14PM** **Muruqa:** Purple **Sunset:** 4:26PM Moon 10 - Phase 29
Rahu 11:24AM – 12:39PM **Taitila** **Until 10:16AM** **Nataraja:** Purple 4th Phase
 Creative Work Siddha Yoga **Moon – Purple** **Sivaloka Day**
 Until 10:39PM **Dashami** **Until 11:31PM** **Kartika•Aipasi**
 Then Creative Work - Amrita Yoga

2 **Thursday, November 7, 2019** Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Portland, ME
 Purvaproshtapada* Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau Sun 24 Sutra 207
 Kumbha Rasi: 23.32 Tithi 11 **Gulika** 8:54AM – 10:09AM **Purvaproshtapada*** **Until 1:44AM Fri** **Ganesha:** Yellow **Sunrise:** 6:23AM Vikarin 5121
 716313464 **Yama** 6:23AM – 7:38AM **Vyaghata*** **Until 11:04PM** **Muruqa:** Purple **Sunset:** 4:25PM Moon 10 - Phase 29
Rahu 12:39PM – 1:54PM **Vanija** **Until 12:47PM** **Nataraja:** Purple 4th Phase
 Creative Work Siddha Yoga **Moon – Clear** **Subha Sivaloka Day**
Ekadashi **Until 1:58AM Fri** **Kartika•Aipasi**

3 **Friday, November 8, 2019** Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Portland, ME
 Uttarproshtapada Nakshatra Harshana Yoga Bava/Balava Karana Dvadashyam Titau Sun 25 Sutra 208
 Meena Rasi: 5.26 Tithi 12 **Gulika** 7:39AM – 8:54AM **Uttarproshtapada** **Until 4:25AM Sat** **Ganesha:** Yellow **Sunrise:** 6:25AM Vikarin 5121
 716313464 **Yama** 1:54PM – 3:09PM **Harshana** **Until 11:44PM** **Muruqa:** Purple **Sunset:** 4:24PM Moon 10 - Phase 29
Rahu 10:09AM – 11:24AM **Bava** **Until 3:08PM** **Nataraja:** Purple 4th Phase
 Creative Work Siddha Yoga **Moon – Clear** **Subha Sivaloka Day**
 Until 4:25AM Sat **Dvadashi** **Until 4:11AM Sat** **Kartika•Aipasi**
 Then Routine Work - Prabalarishta Yoga

4 **Saturday, November 9, 2019** Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Portland, ME
 Revati Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau Sun 26 Sutra 209
 Meena Rasi: 17.27 Tithi 13 **Gulika** 6:26AM – 7:40AM **Revati** **Until 6:37AM Sun** **Ganesha:** Yellow **Sunrise:** 6:26AM Vikarin 5121
 716313464 **Yama** 12:39PM – 1:53PM **Vajra*** **Until 12:08AM Sun** **Muruqa:** Purple **Sunset:** 4:22PM Moon 10 - Phase 29
Rahu 8:55AM – 10:10AM **Kaulava** **Until 5:12PM** **Nataraja:** Purple 4th Phase
 Routine Work Prabalarishta Yoga **Moon – Clear** **Subha Sivaloka Day**
 Until 6:37AM Sun **Trayodashi** **Until 6:03AM Sun** **Kartika•Aipasi**
 Then Creative Work - Siddha Yoga **Pradosha Vrata**

5 **Sunday, November 10, 2019** Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Portland, ME
 Revati/Ashvini Nakshatra Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau Sun 27 Sutra 210
 Meena Rasi: 29.35 Tithi 13 – 14 **Gulika** 1:53PM – 3:07PM **Revati** **Until 6:37AM** **Ganesha:** Yellow **Sunrise:** 6:27AM Vikarin 5121
 716313464 **Yama** 11:24AM – 12:38PM **Siddhi** **Until 12:15AM Mon** **Muruqa:** Purple **Sunset:** 4:21PM Moon 10 - Phase 29
Rahu 3:07PM – 4:21PM **Gara** **Until 6:52PM** **Nataraja:** Purple 4th Phase
 Creative Work Amrita Yoga **Moon – Clear** **Subha Sivaloka Day**
 Until 6:37AM **Trayodashi** **Until 6:03AM** **Kartika•Aipasi**
 Then Creative Work - Siddha Yoga

Monday, November 11, 2019 Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Portland, ME
 Ashvini/Bharani Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau Sutra 211
Copper Retreat Star **Gulika** 12:38PM – 1:52PM **Ashvini** **Until 8:45AM** **Ganesha:** White **Sunrise:** 6:29AM Vikarin 5121
 Mesha Rasi: 11.54 Tithi 14 – 15 **Yama** 10:10AM – 11:24AM **Vyatipata*** **Until 12:03AM Tue** **Muruqa:** Purple **Sunset:** 4:20PM Moon 10 - Phase 29
Family Home Evening 727413464 **Rahu** 7:42AM – 8:56AM **Visti** **Until 8:07PM** **Nataraja:** Purple Purnima
 Creative Work Siddha Yoga **Moon – White** **Sivaloka Day**
Chaturdashi* **Until 7:32AM** **Kartika•Aipasi**

Tuesday, November 12, 2019 Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Portland, ME
 Bharani/Krittika Nakshatra Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau Sutra 212
Silver Retreat Star **Gulika** 11:24AM – 12:38PM **Bharani** **Until 10:19AM** **Ganesha:** White **Sunrise:** 6:30AM Vikarin 5121
 Mesha Rasi: 24.23 Tithi 15 – 16 **Yama** 8:57AM – 10:11AM **Variyan** **Until 11:30PM** **Muruqa:** Purple **Sunset:** 4:19PM Moon 10 - Phase 29
 727413464 **Rahu** 1:52PM – 3:05PM **Balava** **Until 8:57PM** **Nataraja:** Purple Prathama
 Creative Work Siddha Yoga **Moon – White** **Sivaloka Day**
Purnima* **Until 8:34AM** **Kartika•Aipasi**

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



Wednesday, November 13, 2019

Gold Retreat Star

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

Portland, ME

Sutra 213

Vikarin 5121

Virshabha Rasi: 7.04 Tithi 16 - 17

Gulika 10:11AM - 11:25AM
Yama 7:44AM - 8:58AM
Rahu 11:25AM - 12:38PM

Krittika Until 11:19AM

Parigha* Until 10:39PM

Taitila Until 9:22PM

Prathama* Until 9:11AM

Ganesha: White Sunrise: 6:31AM

Muruqa: Purple Sunset: 4:18PM

Nataraja: Purple

Moon - White

Kartika-Aipasi

Moon 11 - Phase 30

1st Phase

Sivaloka Day

Creative Work Amrita Yoga

Until 11:19AM

Then Creative Work - Siddha Yoga

1

Thursday, November 14, 2019

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

Portland, ME

Sun 1

Sutra 214

Vikarin 5121

Virshabha Rasi: 19.56 Tithi 17 - 18

737413464

Gulika 8:59AM - 10:12AM
Yama 6:32AM - 7:45AM
Rahu 12:38PM - 1:51PM

Rohini Until 12:14PM

Shiva Until 9:31PM

Vanija Until 9:23PM

Dvitiya Until 9:24AM

Ganesha: Clear Sunrise: 6:32AM

Muruqa: Purple Sunset: 4:17PM

Nataraja: Purple

Moon - Yellow

Kartika-Aipasi

Moon 11 - Phase 30

1st Phase

Subha Sivaloka Day

Routine Work Marana Yoga

2

Friday, November 15, 2019

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

Portland, ME

Sun 2

Sutra 215

Vikarin 5121

Mithuna Rasi: 3.01 Tithi 18 - 19

737413464

Gulika 7:46AM - 8:59AM
Yama 1:51PM - 3:03PM
Rahu 10:12AM - 11:25AM

Mrigashira Until 12:38PM

Siddha Until 8:03PM

Bava Until 9:02PM

Tritiya Until 9:14AM

Ganesha: Clear Sunrise: 6:34AM

Muruqa: Purple Sunset: 4:16PM

Nataraja: Purple

Moon - Yellow

Kartika-Aipasi

Moon 11 - Phase 30

1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

3

Saturday, November 16, 2019

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

Portland, ME

Sun 3

Sutra 216

Vikarin 5121

Mithuna Rasi: 16.16 Tithi 19 - 20

737413464

Gulika 6:35AM - 7:48AM
Yama 12:38PM - 1:50PM
Rahu 9:00AM - 10:13AM

Ardra Until 12:32PM

Sadhya Until 6:19PM

Kaulava Until 8:20PM

Chaturthi* Until 8:42AM

Ganesha: Clear Sunrise: 6:35AM

Muruqa: Purple Sunset: 4:15PM

Nataraja: Purple

Moon - Yellow

Kartika-Kartikai

Moon 11 - Phase 30

1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

4

Sunday, November 17, 2019

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

Portland, ME

Sun 4

Sutra 217

Vikarin 5121

Mithuna Rasi: 29.42 Tithi 20 - 21

748413465

Gulika 1:50PM - 3:02PM
Yama 11:25AM - 12:38PM
Rahu 3:02PM - 4:14PM

Punarvasu Until 12:24PM

Subha Until 4:20PM

Gara Until 7:17PM

Panchami Until 7:50AM

Ganesha: Clear Sunrise: 6:36AM

Muruqa: Purple Sunset: 4:14PM

Nataraja: Clear

Moon - Blue

Kartika-Kartikai

Moon 11 - Phase 30

1st Phase

Sivaloka Day

Creative Work Siddha Yoga

5

Monday, November 18, 2019

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

Portland, ME

Sun 5

Sutra 218

Vikarin 5121

Kataka Rasi: 13.21 Tithi 21 - 22

748413465

Gulika 12:38PM - 1:50PM
Yama 10:14AM - 11:26AM
Rahu 7:50AM - 9:02AM

Pushya Until 11:46AM

Sukla Until 2:03PM

Bava Until 5:03AM Tue

Shashthi* Until 6:37AM

Ganesha: Clear Sunrise: 6:38AM

Muruqa: Purple Sunset: 4:14PM

Nataraja: Clear

Moon - Blue

Kartika-Kartikai

Moon 11 - Phase 30

1st Phase

Sivaloka Day

Creative Work Siddha Yoga

Family Home Evening

D

Tuesday, November 19, 2019

Retreat Star

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

Portland, ME

Sun 6

Sutra 219

Vikarin 5121

Kataka Rasi: 27.11 Tithi 23

748413465

Gulika 11:26AM - 12:37PM
Yama 9:02AM - 10:14AM
Rahu 1:49PM - 3:01PM

Ashlesha* Until 10:40AM

Brahma Until 11:31AM

Balava Until 4:10PM

Ashtami* Until 3:10AM Wed

Ganesha: Clear Sunrise: 6:39AM

Muruqa: Purple Sunset: 4:13PM

Nataraja: Clear

Moon - Blue

Kartika-Kartikai

Moon 11 - Phase 30

Ashtami

Sivaloka Day

Creative Work Siddha Yoga

Wednesday, November 20, 2019

Retreat Star

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

Portland, ME

Sun 7

Sutra 220

Vikarin 5121

Simha Rasi: 11.14 Tithi 24

758413465

Gulika 10:14AM - 11:26AM
Yama 7:52AM - 9:03AM
Rahu 11:26AM - 12:37PM

Magha* Until 9:32AM

Indra Until 8:44AM

Taitila Until 2:08PM

Navami* Until 12:59AM Thu

Ganesha: White Sunrise: 6:40AM

Muruqa: Purple Sunset: 4:12PM

Nataraja: Clear

Moon - Red

Kartika-Kartikai

Moon 11 - Phase 30

Navami

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 9:32AM

Then Creative Work - Amrita Yoga

1		Thursday, November 21, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Dashamyam Titau		Portland, ME Sun 8 Sutra 221	
Simha Rasi: 25.28	Tithi 25	Gulika 9:04AM – 10:15AM	Purvaphalguni Until 7:59AM	Ganesha: White	<i>Sunrise:</i> 6:41AM	Vikarin 5121	
		Yama 6:41AM – 7:53AM	Vishkambha* Until 2:29AM Fri	Muruqa: Purple	<i>Sunset:</i> 4:11PM	Moon 11 - Phase 31	
Creative Work	Siddha Yoga	758413465 Rahu 12:37PM – 1:49PM	Vanija Until 11:49AM	Nataraja: Clear		2nd Phase	
			Dashami Until 10:33PM	Moon – Red		Subha Sivaloka Day	
				Karttika-Karttikai			

2		Friday, November 22, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Priti Yoga Bava/Balava Karana Ekadashyam Titau		Portland, ME Sun 9 Sutra 222	
Kanya Rasi: 9.52	Tithi 26	Gulika 7:54AM – 9:05AM	Uttaraphalguni Until 6:03AM	Ganesha: White	<i>Sunrise:</i> 6:43AM	Vikarin 5121	
		Yama 1:48PM – 2:59PM	Priti Until 11:09PM	Muruqa: Purple	<i>Sunset:</i> 4:10PM	Moon 11 - Phase 31	
Creative Work	Siddha Yoga	758413465 Rahu 10:16AM – 11:26AM	Bava Until 9:17AM	Nataraja: Clear		2nd Phase	
Until 6:03AM			Ekadashi* Until 7:57PM	Moon – Red		Subha Sivaloka Day	
Then Creative Work - Amrita Yoga				Karttika-Karttikai			

3		Saturday, November 23, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Ayushman Yoga Kaulava/Gara Karana Dvadashi/Trayodashyam Titau		Portland, ME Sun 10 Sutra 223	
Kanya Rasi: 24.22	Tithi 27 – 28	Gulika 6:44AM – 7:55AM	Chitra Until 2:20AM Sun	Ganesha: Yellow	<i>Sunrise:</i> 6:44AM	Vikarin 5121	
		Yama 12:38PM – 1:48PM	Ayushman Until 7:45PM	Muruqa: Purple	<i>Sunset:</i> 4:10PM	Moon 11 - Phase 31	
Routine Work	Marana Yoga	768413465 Rahu 9:05AM – 10:16AM	Kaulava Until 6:39AM	Nataraja: Clear		2nd Phase	
Until 2:20AM Sun			Dvadashi* Until 5:17PM	Moon – Green		Sivaloka Day	
Then Creative Work - Siddha Yoga				Karttika-Karttikai			
				<i>Pradosha Vrata (Fasting)</i>			

4		Sunday, November 24, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Portland, ME Sun 11 Sutra 224	
Tula Rasi: 8.52	Tithi 28 – 29	Gulika 1:48PM – 2:59PM	Svati Until 12:21AM Mon	Ganesha: Blue	<i>Sunrise:</i> 6:45AM	Vikarin 5121	
		Yama 11:27AM – 12:38PM	Saubhagya Until 4:25PM	Muruqa: Purple	<i>Sunset:</i> 4:09PM	Moon 11 - Phase 31	
Creative Work	Siddha Yoga	769413465 Rahu 2:59PM – 4:09PM	Visti Until 1:26AM Mon	Nataraja: Clear		2nd Phase	
Until 12:21AM Mon			Trayodashi* Until 2:40PM	Moon – Green		Devaloka Day	
Then Routine Work - Marana Yoga				Karttika-Karttikai			

Retreat Star		Monday, November 25, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha Nakshatra Sobhana/Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Portland, ME Sun 12 Sutra 225	
Tula Rasi: 23.17	Tithi 29 – 30	Gulika 12:38PM – 1:48PM	Vishakha Until 10:54PM	Ganesha: Blue	<i>Sunrise:</i> 6:46AM	Vikarin 5121	
Family Home Evening		Yama 10:17AM – 11:27AM	Sobhana Until 1:15PM	Muruqa: Purple	<i>Sunset:</i> 4:09PM	Moon 11 - Phase 31	
Routine Work	Marana Yoga	779413465 Rahu 7:56AM – 9:07AM	Catuspada Until 11:09PM	Nataraja: Clear		Amavasya	
Until 10:54PM			Chaturdashi* Until 12:14PM	Moon – Orange		Devaloka Day	
Then Creative Work - Siddha Yoga				Karttika-Karttikai			

Retreat Star		Tuesday, November 26, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Athiganda*/Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Portland, ME Sun 13 Sutra 226	
Vrischika Rasi: 7.3	Tithi 30 – 1	Gulika 11:28AM – 12:38PM	Anuradha Until 9:42PM	Ganesha: Blue	<i>Sunrise:</i> 6:47AM	Vikarin 5121	
		Yama 9:08AM – 10:18AM	Athiganda* Until 10:20AM	Muruqa: Purple	<i>Sunset:</i> 4:08PM	Moon 11 - Phase 31	
Creative Work	Siddha Yoga	779413465 Rahu 1:48PM – 2:58PM	Kintughna Until 9:16PM	Nataraja: Clear		Prathama	
Until 9:42PM			Amavasya* Until 10:08AM	Moon – Orange		Devaloka Day	
Then Routine Work - Marana Yoga				Margasira-Karttikai			

1		Wednesday, November 27, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Prathama/Dvityayam Titau		Portland, ME Sun 14 Sutra 227 Vikarin 5121
Wrischika Rasi: 21.26	Tithi 1 – 2	Gulika 10:18AM – 11:28AM	Jyeshtha* Until 8:53PM	Ganesha: Blue	<i>Sunrise:</i> 6:49AM	
		Yama 7:58AM – 9:08AM	Sukarma Until 7:49AM	Muruqa: Purple	<i>Sunset:</i> 4:08PM	Moon 11 - Phase 32
		779413465 Rahu 11:28AM – 12:38PM	Balava Until 7:55PM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Prathama* Until 8:30AM	Moon – Orange		Devaloka Day
Until 8:53PM				Margasira-Karttikai		
Then Routine Work - Marana Yoga						

2		Thursday, November 28, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Shula* Yoga Kaulava/Tailila Karana Dvitiya/Tritiyayam Titau		Portland, ME Sun 15 Sutra 228 Vikarin 5121
Dhanus Rasi: 5.01	Tithi 2 – 3	Gulika 9:09AM – 10:19AM	Mula* Until 9:02PM	Ganesha: Blue	<i>Sunrise:</i> 6:50AM	
		Yama 6:50AM – 7:59AM	Shula* Until 4:16AM Fri	Muruqa: Purple	<i>Sunset:</i> 4:07PM	Moon 11 - Phase 32
		789413465 Rahu 12:38PM – 1:48PM	Taitila Until 7:15PM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 7:29AM	Moon – Light Blue		Devaloka Day
				Margasira-Karttikai		

3		Friday, November 29, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturchayam Titau		Portland, ME Sun 16 Sutra 229 Vikarin 5121
Dhanus Rasi: 18.13	Tithi 3 – 4	Gulika 8:00AM – 9:10AM	Purvashadha* Until 9:45PM	Ganesha: Blue	<i>Sunrise:</i> 6:51AM	
		Yama 1:48PM – 2:57PM	Ganda* Until 3:21AM Sat	Muruqa: Purple	<i>Sunset:</i> 4:07PM	Moon 11 - Phase 32
		789413465 Rahu 10:19AM – 11:29AM	Vanija Until 7:19PM	Nataraja: Clear		3rd Phase
Routine Work	Prabalarishta Yoga		Tritiya Until 7:10AM	Moon – Light Blue		Devaloka Day
Until 9:45PM				Margasira-Karttikai		
Then Routine Work - Marana Yoga						

4		Saturday, November 30, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Vriddhi Yoga Visti* Bava Karana Chaturthi/Panchamyam Titau		Portland, ME Sun 17 Sutra 230 Vikarin 5121
Makara Rasi: 1.01	Tithi 4 – 5	Gulika 6:52AM – 8:01AM	Uttarashadha Until 11:01PM	Ganesha: Blue	<i>Sunrise:</i> 6:52AM	
		Yama 12:38PM – 1:48PM	Vriddhi Until 3:01AM Sun	Muruqa: Purple	<i>Sunset:</i> 4:06PM	Moon 11 - Phase 32
		789413465 Rahu 9:11AM – 10:20AM	Bava Until 8:08PM	Nataraja: Clear		3rd Phase
Routine Work	Marana Yoga		Chaturthi* Until 7:37AM	Moon – Light Blue		Devaloka Day
Until 11:01PM				Margasira-Karttikai		
Then Creative Work - Siddha Yoga						

5		Sunday, December 1, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Portland, ME Sun 18 Sutra 231 Vikarin 5121
Makara Rasi: 13.3	Tithi 5 – 6	Gulika 1:48PM – 2:57PM	Shravana Until 1:16AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 6:53AM	
		Yama 11:29AM – 12:39PM	Dhruva Until 3:09AM Mon	Muruqa: Purple	<i>Sunset:</i> 4:06PM	Moon 11 - Phase 32
		799413465 Rahu 2:57PM – 4:06PM	Kaulava Until 9:39PM	Nataraja: Clear		3rd Phase
Creative Work	Amrita Yoga		Panchami Until 8:47AM	Moon – Purple		Sivaloka Day
Until 1:16AM Mon				Margasira-Karttikai		
Then Creative Work - Siddha Yoga						

6		Monday, December 2, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyaghata* Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau		Portland, ME Sun 19 Sutra 232 Vikarin 5121
Makara Rasi: 25.43	Tithi 6 – 7	Gulika 12:39PM – 1:48PM	Dhanishtha Until 3:51AM Tue	Ganesha: Clear	<i>Sunrise:</i> 6:54AM	
Family Home Evening		Yama 10:21AM – 11:30AM	Vyaghata* Until 3:41AM Tue	Muruqa: Purple	<i>Sunset:</i> 4:06PM	Moon 11 - Phase 32
Creative Work	Siddha Yoga	791413465 Rahu 8:03AM – 9:12AM	Gara Until 11:42PM	Nataraja: Clear		3rd Phase
Until 3:51AM Tue			Shashthi* Until 10:35AM	Moon – Purple		Sivaloka Day
Then Routine Work - Marana Yoga				Margasira-Karttikai		

Retreat Star		Tuesday, December 3, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Harshana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Portland, ME Sun 20 Sutra 233 Vikarin 5121
Kumbha Rasi: 7.44	Tithi 7 – 8	Gulika 11:30AM – 12:39PM	Shatabhishak Until 6:33AM Wed	Ganesha: Clear	<i>Sunrise:</i> 6:55AM	
		Yama 9:13AM – 10:21AM	Harshana Until 4:27AM Wed	Muruqa: Purple	<i>Sunset:</i> 4:05PM	Moon 11 - Phase 32
		791413465 Rahu 1:48PM – 2:56PM	Visti Until 2:05AM Wed	Nataraja: Clear		Ashtami
Routine Work	Marana Yoga		Saptami Until 12:51PM	Moon – Purple		Sivaloka Day
Until 6:33AM Wed				Margasira-Karttikai		
Then Creative Work - Amrita Yoga						

Retreat Star		Wednesday, December 4, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Vajra* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Portland, ME Sun 21 Sutra 234 Vikarin 5121
Kumbha Rasi: 19.38	Tithi 8 – 9	Gulika 10:22AM – 11:31AM	Shatabhishak Until 6:33AM	Ganesha: Clear	<i>Sunrise:</i> 6:56AM	
		Yama 8:05AM – 9:13AM	Vajra* Until 5:15AM Thu	Muruqa: Purple	<i>Sunset:</i> 4:05PM	Moon 11 - Phase 32
		791413465 Rahu 11:31AM – 12:39PM	Balava Until 4:36AM Thu	Nataraja: Clear		Navami
Creative Work	Siddha Yoga		Ashtami* Until 3:19PM	Moon – Purple		Sivaloka Day
Until 6:33AM				Margasira-Karttikai		
Then Creative Work - Amrita Yoga						

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

1		Thursday, December 5, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Siddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Portland, ME
Meena Rasi: 1.31	Tithi 9 – 10	711413465	Gulika 9:14AM – 10:23AM Yama 6:57AM – 8:06AM Rahu 12:40PM – 1:48PM	Purvaproshtapada* Until 9:39AM Siddhi Until 5:59AM Fri Taitila Until 7:00AM Fri Navami* Until 5:48PM	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon – Clear	Sunrise: 6:57AM Sunset: 4:05PM	Sun 22	Sutra 235 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work Siddha Yoga						Sivaloka Day		

2		Friday, December 6, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dashamyam Titau				Portland, ME
Meena Rasi: 13.26	Tithi 10	711413465	Gulika 8:07AM – 9:15AM Yama 1:48PM – 2:56PM Rahu 10:23AM – 11:31AM	Uttaraproshtapada Until 12:27PM Vyatipata* Until 6:31AM Sat Taitila Until 7:00AM Dashami Until 8:05PM	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon – Clear	Sunrise: 6:58AM Sunset: 4:05PM	Sun 23	Sutra 236 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work Siddha Yoga						Sivaloka Day		

3		Saturday, December 7, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Portland, ME
Meena Rasi: 25.28	Tithi 11	711513465	Gulika 6:59AM – 8:07AM Yama 12:40PM – 1:48PM Rahu 9:16AM – 10:24AM	Revati Until 2:46PM Vyatipata* Until 6:31AM Vanija Until 9:07AM Ekadashi Until 9:59PM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Clear	Sunrise: 6:59AM Sunset: 4:05PM	Sun 24	Sutra 237 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Routine Work Prabalarishta Yoga Until 2:46PM Then Creative Work - Siddha Yoga				Gita Jayanthi		Subha Sivaloka Day		

4		Sunday, December 8, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Dvadashyam Titau				Portland, ME
Mesha Rasi: 7.4	Tithi 12	721513465	Gulika 1:48PM – 2:56PM Yama 11:32AM – 12:40PM Rahu 2:56PM – 4:05PM	Ashvini Until 4:59PM Variyan Until 6:43AM Bava Until 10:47AM Dvadashi Until 11:24PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – White	Sunrise: 7:00AM Sunset: 4:05PM	Sun 25	Sutra 238 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work Siddha Yoga Until 4:59PM Then Routine Work - Prabalarishta Yoga						Sivaloka Day		

5		Monday, December 9, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Trayodashyam Titau				Portland, ME
Mesha Rasi: 20.05	Tithi 13	721513465	Gulika 12:41PM – 1:49PM Yama 10:25AM – 11:33AM Rahu 8:09AM – 9:17AM	Bharani Until 6:30PM Parigha* Until 6:31AM Kaulava Until 11:55AM Trayodashi Until 12:15AM Tue	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – White	Sunrise: 7:01AM Sunset: 4:04PM	Sun 26	Sutra 239 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Family Home Evening Creative Work Siddha Yoga Until 6:30PM Then Routine Work - Marana Yoga						Sivaloka Day		

6		Tuesday, December 10, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Siddha Yoga Gara/Vanija Karana Chaturdashyam Titau				Portland, ME
Vrishabha Rasi: 2.46	Tithi 14	721513465	Gulika 11:33AM – 12:41PM Yama 9:18AM – 10:25AM Rahu 1:49PM – 2:57PM	Krittika Until 7:18PM Siddha Until 4:49AM Wed Gara Until 12:29PM Chaturdashi* Until 12:31AM Wed	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – White	Sunrise: 7:02AM Sunset: 4:04PM	Sun 27	Sutra 240 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work Siddha Yoga Until 7:18PM Then Creative Work - Amrita Yoga				Krittika Deepam		Sivaloka Day		

○		Wednesday, December 11, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Sadhya Yoga Visti*/Bava Karana Purnimayam Titau				Portland, ME
Copper Retreat Star								
Vrishabha Rasi: 15.43	Tithi 15	731523465	Gulika 10:26AM – 11:34AM Yama 8:11AM – 9:18AM Rahu 11:34AM – 12:41PM	Rohini Until 7:52PM Sadhya Until 3:20AM Thu Visti Until 12:28PM Purnima* Until 12:14AM Thu	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Yellow	Sunrise: 7:03AM Sunset: 4:05PM	Sun 28	Sutra 241 Vikarin 5121 Moon 11 - Phase 33 Purnima
Creative Work Siddha Yoga						Sivaloka Day		

Thursday, December 12, 2019		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Subha Yoga Balava/Kaulava Karana Prathamayam Titau				Portland, ME		
Silver Retreat Star								
Vrishabha Rasi: 28.56	Tithi 16	732523465	Gulika 9:19AM – 10:27AM Yama 7:04AM – 8:11AM Rahu 12:42PM – 1:49PM	Mrigashira Until 7:48PM Subha Until 1:28AM Fri Balava Until 11:55AM Prathama* Until 11:27PM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Yellow	Sunrise: 7:04AM Sunset: 4:05PM	Sun 29	Sutra 242 Vikarin 5121 Moon 11 - Phase 33 Prathama
Routine Work Marana Yoga						Devaloka Day		
		Vinayaga Viratam Begins						

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



Friday, December 13, 2019

Gold Retreat Star

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

Portland, ME

Sutra 243

Vikarin 5121

Mithuna Rasi: 12.25 Tithi 17

732523465

Gulika 8:12AM – 9:20AM
Yama 1:50PM – 2:57PM
Rahu 10:27AM – 11:35AM

Ardra Until 7:09PM
Sukla Until 11:15PM
Taitila Until 10:56AM
Dvitiya Until 10:16PM

Ganesha: Clear *Sunrise: 7:05AM*

Muruqa: Clear *Sunset: 4:05PM*

Nataraja: Clear

Moon – Yellow

Devaloka Day

Margasira-Karttikai

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

Portland, ME

Sutra 244

Vikarin 5121

Mithuna Rasi: 26.07 Tithi 18

742523465

Gulika 7:05AM – 8:13AM
Yama 12:43PM – 1:50PM
Rahu 9:20AM – 10:28AM

Punarvasu Until 6:29PM
Brahma Until 8:49PM
Vanija Until 9:34AM
Tritiya Until 8:45PM

Ganesha: Purple *Sunrise: 7:05AM*

Muruqa: Clear *Sunset: 4:05PM*

Nataraja: Clear

Moon – Blue

Bhuloka Day

Margasira-Karttikai

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

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

Portland, ME

Sutra 245

Vikarin 5121

Kataka Rasi: 10.01 Tithi 19

742523465

Gulika 1:50PM – 2:58PM
Yama 11:36AM – 12:43PM
Rahu 2:58PM – 4:05PM

Pushya Until 5:25PM
Indra Until 6:11PM
Bava Until 7:55AM
Chaturthi* Until 7:00PM

Ganesha: Purple *Sunrise: 7:06AM*

Muruqa: Clear *Sunset: 4:05PM*

Nataraja: Clear

Moon – Blue

Bhuloka Day

Margasira-Karttikai

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

3

Monday, December 16, 2019

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam
Ashlesha*/Magha* Nakshatra Vaidhrili*/Vishkambha* Yoga Kaulava/Gara Karana Panchami/Shashthyam Titau

Portland, ME

Sutra 246

Vikarin 5121

Kataka Rasi: 24.01 Tithi 20 – 21

842523465

Gulika 12:43PM – 1:51PM
Yama 10:29AM – 11:36AM
Rahu 8:14AM – 9:22AM

Ashlesha* Until 4:02PM
Vaidhrili* Until 3:24PM
Kaulava Until 6:04AM
Panchami Until 5:04PM

Ganesha: Clear *Sunrise: 7:07AM*

Muruqa: Clear *Sunset: 4:05PM*

Nataraja: Clear

Moon – Blue

Devaloka Day

Margasira-Markali

Creative Work Siddha Yoga

Until 4:02PM

Then Routine Work - Marana Yoga

4

Tuesday, December 17, 2019

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam
Magha*/Purvaphalguni Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Portland, ME

Sutra 247

Vikarin 5121

Simha Rasi: 8.07 Tithi 21 – 22

852523465

Gulika 11:37AM – 12:44PM
Yama 9:22AM – 10:29AM
Rahu 1:51PM – 2:59PM

Magha* Until 2:50PM
Vishkambha* Until 12:33PM
Visti Until 2:02AM Wed
Shashthi* Until 3:03PM

Ganesha: Purple *Sunrise: 7:08AM*

Muruqa: Clear *Sunset: 4:06PM*

Nataraja: Clear

Moon – Red

Bhuloka Day

Margasira-Markali

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

D

Wednesday, December 18, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam
Purvaphalguni/Uttaraphalguni Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Saptami/Ashlamiyam Titau

Portland, ME

Sutra 248

Vikarin 5121

Simha Rasi: 22.16 Tithi 22 – 23

852523465

Gulika 10:30AM – 11:37AM
Yama 8:15AM – 9:23AM
Rahu 11:37AM – 12:44PM

Purvaphalguni Until 1:27PM
Priti Until 9:40AM
Balava Until 11:57PM
Saptami Until 12:59PM

Ganesha: Purple *Sunrise: 7:08AM*

Muruqa: Clear *Sunset: 4:06PM*

Nataraja: Clear

Moon – Red

Bhuloka Day

Margasira-Markali

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

Thursday, December 19, 2019

Retreat Star

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

Portland, ME

Sutra 249

Vikarin 5121

Kanya Rasi: 6.25 Tithi 23 – 24

852523465

Gulika 9:23AM – 10:30AM
Yama 7:09AM – 8:16AM
Rahu 12:45PM – 1:52PM

Uttaraphalguni Until 11:55AM
Ayushman Until 6:44AM
Taitila Until 9:53PM
Ashtami* Until 10:54AM

Ganesha: Purple *Sunrise: 7:09AM*

Muruqa: Clear *Sunset: 4:07PM*

Nataraja: Clear

Moon – Red

Bhuloka Day

Margasira-Markali

Devaloka Time: 3:PM to 6:PM

Amrita Yoga

Until 11:55AM

Then Routine Work - Marana Yoga

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

All times are standard time

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1		Friday, December 20, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam Hasla/Chitra Nakshatra Sobhana Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Portland, ME Sun 7 Sutra 250 Vikarin 5121
Kanya Rasi: 20.34	Tithi 24 – 25	862523465	Gulika 8:17AM – 9:24AM Yama 1:53PM – 3:00PM Rahu 10:31AM – 11:38AM	Hasta Until 10:41AM Sobhana Until 12:59AM Sat Vanija Until 7:51PM Navami* Until 8:50AM	Ganesha: Clear <i>Sunrise: 7:09AM</i> Muruqa: Clear <i>Sunset: 4:07PM</i> Nataraja: Clear Moon – Green Devaloka Day Margasira*Markali
Creative Work	Amrita Yoga				
Until 10:41AM					
Then Creative Work - Siddha Yoga					
2		Saturday, December 21, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Visti*/Balava Karana Dashami/Ekadashyam Titau	Portland, ME Sun 8 Sutra 251 Vikarin 5121
Tula Rasi: 4.41	Tithi 25 – 26	862523465	Gulika 7:10AM – 8:17AM Yama 12:46PM – 1:53PM Rahu 9:24AM – 10:31AM	Chitra Until 9:22AM Athiganda* Until 10:12PM Balava Until 4:58AM Sun Dashami Until 6:51AM	Ganesha: Clear <i>Sunrise: 7:10AM</i> Muruqa: Clear <i>Sunset: 4:07PM</i> Nataraja: Clear Moon – Green Devaloka Day Margasira*Markali
Routine Work	Marana Yoga				
Until 9:22AM					
Then Creative Work - Siddha Yoga					
3		Sunday, December 22, 2019		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau	Portland, ME Sun 9 Sutra 252 Vikarin 5121
Tula Rasi: 18.43	Tithi 27	862523465	Gulika 1:54PM – 3:01PM Yama 11:39AM – 12:46PM Rahu 3:01PM – 4:08PM	Svati Until 8:03AM Sukarma Until 7:33PM Kaulava Until 4:07PM Dvadashi* Until 3:17AM Mon	Ganesha: Clear <i>Sunrise: 7:10AM</i> Muruqa: Clear <i>Sunset: 4:08PM</i> Nataraja: Clear Moon – Green Devaloka Day Margasira*Markali
Creative Work	Siddha Yoga				
Until 8:03AM					
Then Routine Work - Marana Yoga					
4		Monday, December 23, 2019		Vikarin Nama Samvatsare Utrarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Trayodashyam Titau	Portland, ME Sun 10 Sutra 253 Vikarin 5121
Vrischika Rasi: 2.37	Tithi 28	872523465	Gulika 12:47PM – 1:54PM Yama 10:32AM – 11:40AM Rahu 8:18AM – 9:25AM	Vishakha Until 7:13AM Dhriti Until 5:07PM Gara Until 2:34PM Trayodashi* Until 1:52AM Tue	Ganesha: White <i>Sunrise: 7:11AM</i> Muruqa: Clear <i>Sunset: 4:08PM</i> Nataraja: Clear Moon – Orange Bhuloka Day Margasira*Markali Devaloka Time: 3:PM to 6:PM
Family Home Evening	Marana Yoga				
Until 7:13AM					
Then Creative Work - Siddha Yoga					
5		Tuesday, December 24, 2019		Vikarin Nama Samvatsare Utrarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula*/Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Portland, ME Sun 11 Sutra 254 Vikarin 5121
Vrischika Rasi: 16.22	Tithi 29	872523465	Gulika 11:40AM – 12:47PM Yama 9:26AM – 10:33AM Rahu 1:55PM – 3:02PM	Anuradha Until 6:31AM Shula* Until 2:54PM Visti Until 1:19PM Chaturdashi* Until 12:49AM Wed	Ganesha: White <i>Sunrise: 7:11AM</i> Muruqa: Clear <i>Sunset: 4:09PM</i> Nataraja: Clear Moon – Orange Bhuloka Day Margasira*Markali Devaloka Time: 3:PM to 6:PM
Creative Work	Siddha Yoga				
Until 6:31AM					
Then Routine Work - Marana Yoga					
Retreat Star		Wednesday, December 25, 2019		Vikarin Nama Samvatsare Utrarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda*/Vridhi* Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Portland, ME Sun 12 Sutra 255 Vikarin 5121
Vrischika Rasi: 29.53	Tithi 30	873523465	Gulika 10:33AM – 11:41AM Yama 8:19AM – 9:26AM Rahu 11:41AM – 12:48PM	Jyeshtha* Until 6:02AM Ganda* Until 1:02PM Catuspada Until 12:29PM Amavasya* Until 12:14AM Thu	Ganesha: Clear <i>Sunrise: 7:12AM</i> Muruqa: Clear <i>Sunset: 4:10PM</i> Nataraja: Clear Moon – Orange Devaloka Day Margasira*Markali
Creative Work	Siddha Yoga				
Until 6:02AM					
Then Routine Work - Marana Yoga					
Retreat Star		Thursday, December 26, 2019		Vikarin Nama Samvatsare Utrarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vridhi/Dhruva Yoga Kintughna*/Bava Karana Prathamayam Titau	Portland, ME Sun 13 Sutra 256 Vikarin 5121
Dhanus Rasi: 13.09	Tithi 1	883523466	Gulika 9:27AM – 10:34AM Yama 7:12AM – 8:19AM Rahu 12:48PM – 1:56PM	Mula* Until 6:19AM Vridhi Until 11:34AM Kintughna Until 12:09PM Prathama* Until 12:10AM Fri	Ganesha: Orange <i>Sunrise: 7:12AM</i> Muruqa: Clear <i>Sunset: 4:10PM</i> Nataraja: Orange Moon – Light Blue Devaloka Day Pausha*Markali
Creative Work	Siddha Yoga				
Annular Solar Eclipse					

1		Friday, December 27, 2019				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva/Vyaghata* Yoga Balava/Kaulava Karana Dviliyayam Titau	Portland, ME Sun 14 Sutra 257 Vikarin 5121
Dhanus Rasi: 26.08	Tithi 2	Gulika 8:20AM – 9:27AM	Purvashadha* Until 6:59AM	Ganesha: Orange	<i>Sunrise:</i> 7:12AM	Moon 12 - Phase 36	
		Yama 1:56PM – 3:04PM	Dhruva Until 10:31AM	Muruqa: Clear	<i>Sunset:</i> 4:11PM	3rd Phase	
		883523466 Rahu 10:34AM – 11:42AM	Balava Until 12:22PM	Nataraja: Orange			
Routine Work	Prabalarishta Yoga		Dvitiya Until 12:42AM Sat	Moon – Light Blue		Devaloka Day	
Until 6:59AM				Pausha-Markali			
Then Routine Work - Marana Yoga							

2		Saturday, December 28, 2019				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata*/Harshana Yoga Taitila/Gara Karana Triliyayam Titau	Portland, ME Sun 15 Sutra 258 Vikarin 5121
Makara Rasi: 8.49	Tithi 3	Gulika 7:13AM – 8:20AM	Uttarashadha Until 8:04AM	Ganesha: Orange	<i>Sunrise:</i> 7:13AM	Moon 12 - Phase 36	
		Yama 12:50PM – 1:57PM	Vyaghata* Until 9:56AM	Muruqa: Clear	<i>Sunset:</i> 4:12PM	3rd Phase	
		883523466 Rahu 9:27AM – 10:35AM	Taitila Until 1:12PM	Nataraja: Orange			
Routine Work	Marana Yoga		Tritiya Until 1:49AM Sun	Moon – Light Blue		Devaloka Day	
Until 8:04AM				Pausha-Markali			
Then Creative Work - Siddha Yoga							

3		Sunday, December 29, 2019				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Chaturthiyam Titau	Portland, ME Sun 16 Sutra 259 Vikarin 5121
Makara Rasi: 21.16	Tithi 4	Gulika 1:58PM – 3:05PM	Shravana Until 10:02AM	Ganesha: Clear	<i>Sunrise:</i> 7:13AM	Moon 12 - Phase 36	
		Yama 11:43AM – 12:50PM	Harshana Until 9:48AM	Muruqa: Clear	<i>Sunset:</i> 4:13PM	3rd Phase	
		893523466 Rahu 3:05PM – 4:13PM	Vanija Until 2:37PM	Nataraja: Orange			
Creative Work	Amrita Yoga		Chaturthi* Until 3:29AM Mon	Moon – Purple		Devaloka Day	
Until 10:02AM				Pausha-Markali			
Then Routine Work - Marana Yoga							

4		Monday, December 30, 2019				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau	Portland, ME Sun 17 Sutra 260 Vikarin 5121
Kumbha Rasi: 3.28	Tithi 5	Gulika 12:51PM – 1:58PM	Dhanishtha Until 12:20PM	Ganesha: Clear	<i>Sunrise:</i> 7:13AM	Moon 12 - Phase 36	
Family Home Evening		Yama 10:36AM – 11:43AM	Vajra* Until 10:03AM	Muruqa: Clear	<i>Sunset:</i> 4:13PM	3rd Phase	
		893523466 Rahu 8:21AM – 9:28AM	Bava Until 4:31PM	Nataraja: Orange			
Creative Work	Siddha Yoga		Panchami Until 5:36AM Tue	Moon – Purple		Devaloka Day	
				Pausha-Markali			

5		Tuesday, December 31, 2019				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaprosarthapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava Karana Shashthiyam Titau	Portland, ME Sun 18 Sutra 261 Vikarin 5121
Kumbha Rasi: 15.3	Tithi 6	Gulika 11:44AM – 12:51PM	Shatabhishak Until 2:50PM	Ganesha: Clear	<i>Sunrise:</i> 7:13AM	Moon 12 - Phase 36	
		Yama 9:28AM – 10:36AM	Siddhi Until 10:36AM	Muruqa: Clear	<i>Sunset:</i> 4:14PM	3rd Phase	
		893523466 Rahu 1:59PM – 3:07PM	Kaulava Until 6:48PM	Nataraja: Orange			
Routine Work	Marana Yoga		Shashthi* Until 8:01AM Wed	Moon – Purple		Devaloka Day	
				Pausha-Markali			

6		Wednesday, January 1, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosarthapada*/Uttaraprosarthapada Nakshatra Vyatipata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Portland, ME Sun 19 Sutra 262 Vikarin 5121
Kumbha Rasi: 27.26	Tithi 6 – 7	Gulika 10:37AM – 11:45AM	Purvaprosarthapada* Until 5:54PM	Ganesha: Blue	<i>Sunrise:</i> 7:13AM	Moon 12 - Phase 36	
		Yama 8:21AM – 9:29AM	Vyatipata* Until 11:21AM	Muruqa: Clear	<i>Sunset:</i> 4:16PM	3rd Phase	
		813623466 Rahu 11:45AM – 12:52PM	Gara Until 9:17PM	Nataraja: Orange			
Creative Work	Amrita Yoga		Shashthi* Until 8:01AM	Moon – Clear		Bhuloka Day	
Until 5:54PM				Pausha-Markali		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga		Vinayaga Viratam Ends					

Retreat Star		Thursday, January 2, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosarthapada Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Portland, ME Sun 20 Sutra 263 Vikarin 5121
Meena Rasi: 9.19	Tithi 7 – 8	Gulika 9:29AM – 10:37AM	Uttaraprosarthapada Until 8:48PM	Ganesha: Blue	<i>Sunrise:</i> 7:13AM	Moon 12 - Phase 36	
		Yama 7:13AM – 8:21AM	Variyan Until 12:08PM	Muruqa: Clear	<i>Sunset:</i> 4:17PM	Ashtami	
		813623466 Rahu 12:53PM – 2:01PM	Visti Until 11:46PM	Nataraja: Orange			
Creative Work	Siddha Yoga		Saptami Until 10:31AM	Moon – Clear		Bhuloka Day	
				Pausha-Markali		Devaloka Time: 3:PM to 6:PM	

Retreat Star		Friday, January 3, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Portland, ME Sun 21 Sutra 264 Vikarin 5121
Meena Rasi: 21.13	Tithi 8 – 9	Gulika 8:21AM – 9:30AM	Revati Until 11:23PM	Ganesha: Blue	<i>Sunrise:</i> 7:13AM	Moon 12 - Phase 36	
		Yama 2:02PM – 3:10PM	Parigha* Until 12:51PM	Muruqa: Clear	<i>Sunset:</i> 4:18PM	Navami	
		813623466 Rahu 10:38AM – 11:46AM	Balava Until 2:02AM Sat	Nataraja: Orange			
Creative Work	Siddha Yoga		Ashtami* Until 12:55PM	Moon – Clear		Bhuloka Day	
Until 11:23PM				Pausha-Markali		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

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

1		Saturday, January 4, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau	Portland, ME Sun 22 Sutra 265 Vikarin 5121
Mesha Rasi: 3.14	Tithi 9 – 10	823623466	Gulika 7:13AM – 8:22AM Yama 12:54PM – 2:02PM Rahu 9:30AM – 10:38AM	Ashvini Until 1:54AM Sun Shiva Until 1:21PM Taitila Until 3:54AM Sun Navami* Until 3:01PM	Ganesha: Yellow Muruqa: Clear Nataraja: Orange Moon – White	Sunrise: 7:13AM Sunset: 4:19PM	Moon 12 - Phase 37 4th Phase Devaloka Day
Creative Work Siddha Yoga							
Until 1:54AM Sun							
Then Routine Work - Prabalarishta Yoga							

2		Sunday, January 5, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau	Portland, ME Sun 23 Sutra 266 Vikarin 5121
Mesha Rasi: 15.25	Tithi 10 – 11	823623466	Gulika 2:03PM – 3:11PM Yama 11:47AM – 12:55PM Rahu 3:11PM – 4:20PM	Bharani Until 3:44AM Mon Siddha Until 1:27PM Vanija Until 5:11AM Mon Dashami Until 4:36PM	Ganesha: Yellow Muruqa: Clear Nataraja: Orange Moon – White	Sunrise: 7:13AM Sunset: 4:20PM	Moon 12 - Phase 37 4th Phase Devaloka Day
Routine Work Prabalarishta Yoga							
Until 3:44AM Mon							
Then Routine Work - Marana Yoga							

3		Monday, January 6, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sadhya/Subha Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau	Portland, ME Sun 24 Sutra 267 Vikarin 5121
Mesha Rasi: 27.5	Tithi 11 – 12	823623466	Gulika 12:55PM – 2:04PM Yama 10:39AM – 11:47AM Rahu 8:22AM – 9:30AM	Krittika Until 4:45AM Tue Sadhya Until 1:06PM Bava Until 5:47AM Tue Ekadashi Until 5:33PM	Ganesha: Yellow Muruqa: Clear Nataraja: Orange Moon – White	Sunrise: 7:13AM Sunset: 4:21PM	Moon 12 - Phase 37 4th Phase Devaloka Day
Family Home Evening							
Routine Work Marana Yoga							
Until 4:45AM Tue							
Then Creative Work - Amrita Yoga							

4		Tuesday, January 7, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Portland, ME Sun 25 Sutra 268 Vikarin 5121
Vrishabha Rasi: 10.35	Tithi 12 – 13	833623466	Gulika 11:47AM – 12:56PM Yama 9:30AM – 10:39AM Rahu 2:05PM – 3:13PM	Rohini Until 5:22AM Wed Subha Until 12:13PM Kaulava Until 5:38AM Wed Dvadashi Until 5:47PM	Ganesha: White Muruqa: Clear Nataraja: Orange Moon – Yellow	Sunrise: 7:13AM Sunset: 4:22PM	Moon 12 - Phase 37 4th Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
Creative Work Amrita Yoga							
Until 5:22AM Wed							
Then Creative Work - Siddha Yoga							
<i>Pradosha Vrata</i>							

5		Wednesday, January 8, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Sukla/Brahma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau	Portland, ME Sun 26 Sutra 269 Vikarin 5121
Vrishabha Rasi: 23.4	Tithi 13 – 14	833623466	Gulika 10:39AM – 11:48AM Yama 8:22AM – 9:30AM Rahu 11:48AM – 12:57PM	Mrigashira Until 5:09AM Thu Sukla Until 10:44AM Gara Until 4:48AM Thu Trayodashi Until 5:17PM	Ganesha: White Muruqa: Clear Nataraja: Orange Moon – Yellow	Sunrise: 7:13AM Sunset: 4:23PM	Moon 12 - Phase 37 4th Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga							
Until 5:09AM Thu							
Then Routine Work - Marana Yoga							

6		Thursday, January 9, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Brahma/Indra Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau	Portland, ME Sun 27 Sutra 270 Vikarin 5121
Mithuna Rasi: 7.08	Tithi 14 – 15	834623466	Gulika 9:30AM – 10:39AM Yama 7:13AM – 8:21AM Rahu 12:57PM – 2:06PM	Ardra Until 4:10AM Fri Brahma Until 8:44AM Visti Until 3:19AM Fri Chaturdashi* Until 4:07PM	Ganesha: Yellow Muruqa: Clear Nataraja: Orange Moon – Yellow	Sunrise: 7:13AM Sunset: 4:24PM	Moon 12 - Phase 37 4th Phase Devaloka Day
Routine Work Marana Yoga							
Until 4:10AM Fri							
Then Creative Work - Siddha Yoga							
Ardra Darshanam							

○		Friday, January 10, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Indra/Vaidhriti* Yoga Bava/Balava Karana Purnima/Prathamayam Titau	Portland, ME Sutra 271 Vikarin 5121
Copper Retreat Star							
Mithuna Rasi: 20.58	Tithi 15 – 16	844623466	Gulika 8:21AM – 9:30AM Yama 2:07PM – 3:16PM Rahu 10:40AM – 11:49AM	Punarvasu Until 2:59AM Sat Indra Until 6:16AM Balava Until 1:20AM Sat Purnima* Until 2:22PM	Ganesha: White Muruqa: Clear Nataraja: Orange Moon – Blue	Sunrise: 7:12AM Sunset: 4:25PM	Moon 12 - Phase 37 Purnima Sivaloka Day
Creative Work Siddha Yoga							
Penumbra Lunar Eclipse							

○		Saturday, January 11, 2020				Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Pushya Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau	Portland, ME Sutra 272 Vikarin 5121
Silver Retreat Star							
Kataka Rasi: 5.07	Tithi 16 – 17	844623466	Gulika 7:12AM – 8:21AM Yama 12:58PM – 2:08PM Rahu 9:30AM – 10:40AM	Pushya Until 1:17AM Sun Vishkambha* Until 12:12AM Sun Taitila Until 10:58PM Prathama* Until 12:10PM	Ganesha: White Muruqa: Clear Nataraja: Orange Moon – Blue	Sunrise: 7:12AM Sunset: 4:26PM	Moon 12 - Phase 37 Prathama Sivaloka Day
Creative Work Siddha Yoga							
Pausha-Markali							

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

All times are standard time

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Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 19.3 Tithi 17 - 18

844623466

Gulika 2:08PM - 3:18PM
Yama 11:49AM - 12:59PM
Rahu 3:18PM - 4:27PM

Creative Work Siddha Yoga
Until 11:13PM
Then Routine Work - Marana Yoga

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

Portland, ME
Sun 1 Sutra 273
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Ganesha: White Sunrise: 7:11AM
Muruga: Clear Sunset: 4:27PM
Nataraja: Orange
Moon - Blue
Pausha-Markali

Sivaloka Day

1

Monday, January 13, 2020

Simha Rasi: 4.01 Tithi 18 - 19

844623466

Gulika 12:59PM - 2:09PM
Yama 10:40AM - 11:50AM
Rahu 8:21AM - 9:30AM

Family Home Evening
Routine Work Marana Yoga
Until 9:21PM
Then Creative Work - Siddha Yoga

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

Portland, ME
Sun 2 Sutra 274
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Magha* Until 9:21PM
Ayushman Until 5:24PM
Balava Until 4:16AM Tue
Tritiya Until 6:59AM

Ganesha: Clear Sunrise: 7:11AM
Muruga: Clear Sunset: 4:29PM
Nataraja: Orange
Moon - Red
Pausha-Markali

Devaloka Day

2

Tuesday, January 14, 2020

Simha Rasi: 18.34 Tithi 20

844623466

Gulika 11:50AM - 1:00PM
Yama 9:30AM - 10:40AM
Rahu 2:10PM - 3:20PM

Creative Work Siddha Yoga
Until 7:23PM
Then Creative Work - Amrita Yoga

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

Portland, ME
Sun 3 Sutra 275
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Purvaphalguni Until 7:23PM
Saubhagya Until 1:58PM
Kaulava Until 2:57PM
Panchami Until 1:38AM Wed

Ganesha: Clear Sunrise: 7:11AM
Muruga: Clear Sunset: 4:30PM
Nataraja: Orange
Moon - Red
Pausha-Thai

Devaloka Day

3

Wednesday, January 15, 2020

Kanya Rasi: 3.03 Tithi 21

844623466

Gulika 10:40AM - 11:51AM
Yama 8:20AM - 9:30AM
Rahu 11:51AM - 1:01PM

Creative Work Amrita Yoga
Until 5:26PM
Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam
Uttaraphalguni/Hasta Nakshatra Sobhana/Athiganda* Yoga Gara/Vanija Karana Shashthyam Titau

Portland, ME
Sun 4 Sutra 276
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Uttaraphalguni Until 5:26PM
Sobhana Until 10:40AM
Gara Until 12:24PM
Shashthi* Until 11:11PM

Ganesha: Clear Sunrise: 7:10AM
Muruga: Clear Sunset: 4:31PM
Nataraja: Orange
Moon - Red
Pausha-Thai

Devaloka Day

4

Thursday, January 16, 2020

Kanya Rasi: 17.24 Tithi 22

844623466

Gulika 9:30AM - 10:41AM
Yama 7:10AM - 8:20AM
Rahu 1:01PM - 2:12PM

Routine Work Marana Yoga
Until 4:00PM
Then Creative Work - Siddha Yoga

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

Portland, ME
Sun 5 Sutra 277
Vikarin 5121
Moon 1 - Phase 38
1st Phase

Hasta Until 4:00PM
Athiganda* Until 7:30AM
Visti Until 10:04AM
Saptami Until 8:59PM

Ganesha: Purple Sunrise: 7:10AM
Muruga: Clear Sunset: 4:32PM
Nataraja: Orange
Moon - Green
Pausha-Thai

Sivaloka Day

5

Friday, January 17, 2020

Retreat Star

Tula Rasi: 1.34 Tithi 23

844623466

Gulika 8:20AM - 9:30AM
Yama 2:12PM - 3:23PM
Rahu 10:41AM - 11:51AM

Creative Work Siddha Yoga

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

Portland, ME
Sun 6 Sutra 278
Vikarin 5121
Moon 1 - Phase 38
Ashtami

Chitra Until 2:43PM
Dhriti Until 1:56AM Sat
Balava Until 8:01AM
Ashtami* Until 7:06PM

Ganesha: Purple Sunrise: 7:09AM
Muruga: Clear Sunset: 4:33PM
Nataraja: Orange
Moon - Green
Pausha-Thai

Sivaloka Day

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 15.31 Tithi 24 - 25

844623466

Gulika 7:08AM - 8:19AM
Yama 1:02PM - 2:13PM
Rahu 9:30AM - 10:41AM

Creative Work Siddha Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam
Svati/Vishakha Nakshatra Shula* Yoga Taitila/Vanija Karana Navami/Dashamyam Titau

Portland, ME
Sun 7 Sutra 279
Vikarin 5121
Moon 1 - Phase 38
Navami

Svati Until 1:39PM
Shula* Until 11:33PM
Taitila Until 6:19AM
Navami* Until 5:35PM

Ganesha: Purple Sunrise: 7:08AM
Muruga: Clear Sunset: 4:35PM
Nataraja: Orange
Moon - Green
Pausha-Thai

Sivaloka Day


1		Sunday, January 19, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Ganda* Yoga Visti/Bava Karana Dashami/Ekadashyam Titau		Portland, ME Sun 8 Sutra 280 Vikarin 5121
Tula Rasi: 29.14	Tithi 25 – 26	Gulika	2:14PM – 3:25PM	Vishakha Until 1:14PM	Ganesha: Clear	<i>Sunrise:</i> 7:08AM
		Yama	11:52AM – 1:03PM	Ganda* Until 9:30PM	Muruqa: Clear	<i>Sunset:</i> 4:36PM
Routine Work	Marana Yoga	874623466 Rahu	3:25PM – 4:36PM	Bava Until 4:01AM Mon	Nataraja: Orange	Moon 1 - Phase 39
				Dashami Until 4:26PM	Moon – Orange	2nd Phase
					Pausha*Thai	Devaloka Day

2		Monday, January 20, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Portland, ME Sun 9 Sutra 281 Vikarin 5121
Vrischika Rasi: 12.44	Tithi 26 – 27	Gulika	1:03PM – 2:15PM	Anuradha Until 1:02PM	Ganesha: Clear	<i>Sunrise:</i> 7:07AM
Family Home Evening		Yama	10:41AM – 11:52AM	Vriddhi Until 7:45PM	Muruqa: Clear	<i>Sunset:</i> 4:37PM
Creative Work	Siddha Yoga	874623466 Rahu	8:18AM – 9:30AM	Kaulava Until 3:27AM Tue	Nataraja: Orange	Moon 1 - Phase 39
				Ekadashi* Until 3:40PM	Moon – Orange	2nd Phase
					Pausha*Thai	Devaloka Day

3		Tuesday, January 21, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhruva Yoga Talitla/Gara Karana Dvadashi/Trayodashyam Titau		Portland, ME Sun 10 Sutra 282 Vikarin 5121
Vrischika Rasi: 26.01	Tithi 27 – 28	Gulika	11:52AM – 1:04PM	Jyeshtha* Until 1:05PM	Ganesha: Purple	<i>Sunrise:</i> 7:06AM
		Yama	9:29AM – 10:41AM	Dhruva Until 6:17PM	Muruqa: Clear	<i>Sunset:</i> 4:38PM
Routine Work	Marana Yoga	875623466 Rahu	2:15PM – 3:27PM	Gara Until 3:18AM Wed	Nataraja: Orange	Moon 1 - Phase 39
Until 1:05PM				Dvadashi* Until 3:18PM	Moon – Orange	2nd Phase
Then Creative Work - Amrita Yoga					Pausha*Thai	Bhuloka Day
						Devaloka Time: 3:PM to 6:PM

4		Wednesday, January 22, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vyaghata/Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Portland, ME Sun 11 Sutra 283 Vikarin 5121
Dhanus Rasi: 9.05	Tithi 28 – 29	Gulika	10:41AM – 11:53AM	Mula* Until 1:51PM	Ganesha: Light Blue	<i>Sunrise:</i> 7:06AM
		Yama	8:17AM – 9:29AM	Vyaghata* Until 5:10PM	Muruqa: Clear	<i>Sunset:</i> 4:40PM
Routine Work	Marana Yoga	885623466 Rahu	11:53AM – 1:04PM	Visti Until 3:34AM Thu	Nataraja: Orange	Moon 1 - Phase 39
Until 1:51PM				Trayodashi* Until 3:21PM	Moon – Light Blue	2nd Phase
Then Creative Work - Amrita Yoga					Pausha*Thai	Bhuloka Day
						Devaloka Time: 3:PM to 6:PM

5		Thursday, January 23, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Portland, ME Sun 12 Sutra 284 Vikarin 5121
Dhanus Rasi: 21.58	Tithi 29 – 30	Gulika	9:29AM – 10:41AM	Purvashadha* Until 2:51PM	Ganesha: Light Blue	<i>Sunrise:</i> 7:05AM
		Yama	7:05AM – 8:17AM	Harshana Until 4:23PM	Muruqa: Clear	<i>Sunset:</i> 4:41PM
Creative Work	Siddha Yoga	885623466 Rahu	1:05PM – 2:17PM	Catuspada Until 4:15AM Fri	Nataraja: Orange	Moon 1 - Phase 39
Until 2:51PM				Chaturdashi* Until 3:50PM	Moon – Light Blue	2nd Phase
Then Routine Work - Marana Yoga					Pausha*Thai	Bhuloka Day
						Devaloka Time: 3:PM to 6:PM

		Friday, January 24, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vajra*/Siddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Portland, ME Sun 13 Sutra 285 Vikarin 5121
Retreat Star		Gulika	8:16AM – 9:29AM	Uttarashadha Until 4:07PM	Ganesha: Light Blue	<i>Sunrise:</i> 7:04AM
Makara Rasi: 4.37	Tithi 30 – 1	Yama	2:18PM – 3:30PM	Vajra* Until 3:54PM	Muruqa: Clear	<i>Sunset:</i> 4:42PM
Routine Work	Marana Yoga	885623466 Rahu	10:41AM – 11:53AM	Kintughna Until 5:23AM Sat	Nataraja: Orange	Moon 1 - Phase 39
				Amavasya* Until 4:44PM	Moon – Light Blue	Amavasya
					Pausha*Thai	Bhuloka Day
						Devaloka Time: 3:PM to 6:PM

Saturday, January 25, 2020		Retreat Star		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi/Vyatipata* Yoga Bava Karana Prathamayam Titau		Portland, ME Sun 14 Sutra 286 Vikarin 5121
Makara Rasi: 17.05	Tithi 1	Gulika	7:03AM – 8:16AM	Shravana Until 6:08PM	Ganesha: Light Blue	<i>Sunrise:</i> 7:03AM
		Yama	1:06PM – 2:19PM	Siddhi Until 3:46PM	Muruqa: Clear	<i>Sunset:</i> 4:44PM
Creative Work	Siddha Yoga	995623466 Rahu	9:28AM – 10:41AM	Bava Until 6:05PM	Nataraja: Orange	Moon 1 - Phase 39
				Prathama* Until 6:05PM	Moon – Purple	Prathama
					Magha*Thai	Bhuloka Day
						Devaloka Time: 3:PM to 6:PM

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

1		Sunday, January 26, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata* Variyan Yoga Balava/Kaulava Karana Dvilyayam Titau			Portland, ME Sun 15 Sutra 287 Vikarin 5121
Makara Rasi: 29.23	Tithi 2	Gulika 2:19PM – 3:32PM	Dhanishtha Until 8:21PM	Ganesha: Orange	<i>Sunrise:</i> 7:02AM		
		Yama 11:54AM – 1:06PM	Vyatipata* Until 3:57PM	Muruqa: Clear	<i>Sunset:</i> 4:45PM	Moon 1 - Phase 40	
		995723466 Rahu 3:32PM – 4:45PM	Balava Until 6:56AM	Nataraja: Orange		3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 7:50PM	Moon – Purple			Devaloka Day
Until 8:21PM				Magha-Thai			
Then Creative Work - Siddha Yoga							

2		Monday, January 27, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Variyan/Parigha* Yoga Taitila/Gara Karana Tritiyayam Titau			Portland, ME Sun 16 Sutra 288 Vikarin 5121
Kumbha Rasi: 11.31	Tithi 3	Gulika 1:07PM – 2:20PM	Shatabhishak Until 10:45PM	Ganesha: Orange	<i>Sunrise:</i> 7:01AM		
Family Home Evening		Yama 10:41AM – 11:54AM	Variyan Until 4:23PM	Muruqa: Clear	<i>Sunset:</i> 4:46PM	Moon 1 - Phase 40	
Creative Work	Siddha Yoga	995723466 Rahu 8:14AM – 9:28AM	Taitila Until 8:52AM	Nataraja: Orange		3rd Phase	
Until 10:45PM			Tritiya Until 9:56PM	Moon – Purple			Devaloka Day
Then Routine Work - Marana Yoga				Magha-Thai			

3		Tuesday, January 28, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Parigha* Shiva Yoga Vanija/Visti* Karana Chaturtham Titau			Portland, ME Sun 17 Sutra 289 Vikarin 5121
Kumbha Rasi: 23.31	Tithi 4	Gulika 11:54AM – 1:07PM	Purvaproshtapada* Until 1:44AM Wed	Ganesha: Green	<i>Sunrise:</i> 7:00AM		
		Yama 9:27AM – 10:41AM	Parigha* Until 5:02PM	Muruqa: Clear	<i>Sunset:</i> 4:48PM	Moon 1 - Phase 40	
		915723466 Rahu 2:21PM – 3:34PM	Vanija Until 11:06AM	Nataraja: Orange		3rd Phase	
Routine Work	Marana Yoga		Chaturthi* Until 12:18AM Wed	Moon – Clear			Sivaloka Day
Until 1:44AM Wed				Magha-Thai			
Then Creative Work - Siddha Yoga							

4		Wednesday, January 29, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau			Portland, ME Sun 18 Sutra 290 Vikarin 5121
Meena Rasi: 5.26	Tithi 5	Gulika 10:40AM – 11:54AM	Uttaraproshtapada Until 4:41AM Thu	Ganesha: Green	<i>Sunrise:</i> 6:59AM		
		Yama 8:13AM – 9:27AM	Shiva Until 5:51PM	Muruqa: Clear	<i>Sunset:</i> 4:49PM	Moon 1 - Phase 40	
		915723466 Rahu 11:54AM – 1:08PM	Bava Until 1:34PM	Nataraja: Orange		3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 2:49AM Thu	Moon – Clear			Sivaloka Day
				Magha-Thai			

5		Thursday, January 30, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Siddha Yoga Kaulava/Taitila Karana Shashtham Titau			Portland, ME Sun 19 Sutra 291 Vikarin 5121
Meena Rasi: 17.19	Tithi 6	Gulika 9:26AM – 10:40AM	Revati Until 7:26AM Fri	Ganesha: Orange	<i>Sunrise:</i> 6:58AM		
		Yama 6:58AM – 8:12AM	Siddha Until 6:40PM	Muruqa: Clear	<i>Sunset:</i> 4:50PM	Moon 1 - Phase 40	
		916723466 Rahu 1:08PM – 2:22PM	Kaulava Until 4:06PM	Nataraja: Orange		3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 5:19AM Fri	Moon – Clear			Devaloka Day
Until 7:26AM Fri				Magha-Thai			
Then Creative Work - Amrita Yoga							

6		Friday, January 31, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Gara Karana Saptamyam Titau			Portland, ME Sun 20 Sutra 292 Vikarin 5121
Meena Rasi: 29.11	Tithi 7	Gulika 8:12AM – 9:26AM	Revati Until 7:26AM	Ganesha: Orange	<i>Sunrise:</i> 6:57AM		
		Yama 2:23PM – 3:37PM	Sadhya Until 7:25PM	Muruqa: Clear	<i>Sunset:</i> 4:52PM	Moon 1 - Phase 40	
		916723466 Rahu 10:40AM – 11:54AM	Gara Until 6:32PM	Nataraja: Orange		3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 7:38AM Sat	Moon – Clear			Devaloka Day
Until 7:26AM				Magha-Thai			
Then Creative Work - Amrita Yoga							

Retreat Star		Saturday, February 1, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Portland, ME Sun 21 Sutra 293 Vikarin 5121
Mesha Rasi: 11.09	Tithi 7 – 8	Gulika 6:57AM – 8:12AM	Ashvini Until 10:20AM	Ganesha: Green	<i>Sunrise:</i> 6:57AM		
		Yama 1:09PM – 2:23PM	Subha Until 7:57PM	Muruqa: Clear	<i>Sunset:</i> 4:52PM	Moon 1 - Phase 40	
		926723466 Rahu 9:26AM – 10:40AM	Visti Until 8:40PM	Nataraja: Orange		Ashtami	
Creative Work	Siddha Yoga		Saptami Until 7:38AM	Moon – White			Bhuloka Day
				Magha-Thai			Devaloka Time: 3:PM to 6:PM

Retreat Star		Sunday, February 2, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Portland, ME Sun 22 Sutra 294 Vikarin 5121
Mesha Rasi: 23.16	Tithi 8 – 9	Gulika 2:24PM – 3:38PM	Bharani Until 12:39PM	Ganesha: Green	<i>Sunrise:</i> 6:56AM		
		Yama 11:55AM – 1:09PM	Sukla Until 8:05PM	Muruqa: Clear	<i>Sunset:</i> 4:53PM	Moon 1 - Phase 40	
		926723466 Rahu 3:38PM – 4:53PM	Balava Until 10:18PM	Nataraja: Orange		Navami	
Routine Work	Prabalarishta Yoga		Ashtami* Until 9:32AM	Moon – White			Bhuloka Day
Until 12:39PM				Magha-Thai			Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga							

Monday, February 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Portland, ME Sun 23 Sutra 295 Vikarin 5121
1		Gulika 1:10PM – 2:25PM	Krittika Until 2:12PM	Ganesha: Green	<i>Sunrise:</i> 6:55AM	
Vrishabha Rasi: 5.37	Tithi 9 – 10	Yama 10:40AM – 11:55AM	Brahma Until 7:42PM	Muruqa: Clear	<i>Sunset:</i> 4:54PM	Moon 1 - Phase 41
Family Home Evening	926723466	Rahu 8:10AM – 9:25AM	Taitila Until 11:13PM	Nataraja: Orange		4th Phase
Routine Work	Marana Yoga		Navami* Until 10:50AM	Moon – White		Bhuloka Day
Until 2:12PM				Magha-Thai		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

Tuesday, February 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Portland, ME Sun 24 Sutra 296 Vikarin 5121
2		Gulika 11:55AM – 1:10PM	Rohini Until 3:20PM	Ganesha: Red	<i>Sunrise:</i> 6:54AM	
Vrishabha Rasi: 18.17	Tithi 10 – 11	Yama 9:24AM – 10:40AM	Indra Until 6:44PM	Muruqa: Clear	<i>Sunset:</i> 4:56PM	Moon 1 - Phase 41
	936723467	Rahu 2:25PM – 3:41PM	Vanija Until 11:19PM	Nataraja: Clear		4th Phase
Creative Work	Amrita Yoga		Dashami Until 11:21AM	Moon – Yellow		Devaloka Day
Until 3:20PM				Magha-Thai		
Then Creative Work - Siddha Yoga						

Wednesday, February 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Vaidhriti/Vishkambha* Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Portland, ME Sun 25 Sutra 297 Vikarin 5121
3		Gulika 10:39AM – 11:55AM	Mrigashira Until 3:29PM	Ganesha: Red	<i>Sunrise:</i> 6:53AM	
Mithuna Rasi: 1.22	Tithi 11 – 12	Yama 8:08AM – 9:24AM	Vaidhriti* Until 5:05PM	Muruqa: Clear	<i>Sunset:</i> 4:57PM	Moon 1 - Phase 41
	936723467	Rahu 11:55AM – 1:10PM	Bava Until 10:35PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 11:02AM	Moon – Yellow		Devaloka Day
				Magha-Thai		

Thursday, February 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Vishkambha* Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Portland, ME Sun 26 Sutra 298 Vikarin 5121
4		Gulika 9:23AM – 10:39AM	Ardra Until 2:41PM	Ganesha: Red	<i>Sunrise:</i> 6:51AM	
Mithuna Rasi: 14.54	Tithi 12 – 13	Yama 6:51AM – 8:07AM	Vishkambha* Until 2:48PM	Muruqa: Clear	<i>Sunset:</i> 4:59PM	Moon 1 - Phase 41
	936723467	Rahu 1:11PM – 2:27PM	Kaulava Until 9:03PM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga		Dvadashi Until 9:54AM	Moon – Yellow		Devaloka Day
Until 2:41PM				Magha-Thai		
Then Creative Work - Amrita Yoga						
						<i>Pradosha Vrata</i>

Friday, February 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Portland, ME Sun 27 Sutra 299 Vikarin 5121
5		Gulika 8:06AM – 9:23AM	Punarvasu Until 1:28PM	Ganesha: Blue	<i>Sunrise:</i> 6:50AM	
Mithuna Rasi: 28.53	Tithi 13 – 14	Yama 2:27PM – 3:44PM	Priti Until 11:57AM	Muruqa: Clear	<i>Sunset:</i> 5:00PM	Moon 1 - Phase 41
	947723467	Rahu 10:39AM – 11:55AM	Gara Until 6:50PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 8:00AM	Moon – Blue		Bhuloka Day
Until 1:28PM		Thai Pusam		Magha-Thai		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						

Saturday, February 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti/Bava Karana Purnimayam Titau				Portland, ME Sun 28 Sutra 300 Vikarin 5121
○		Gulika 6:49AM – 8:06AM	Pushya Until 11:31AM	Ganesha: Blue	<i>Sunrise:</i> 6:49AM	
Copper Retreat Star		Yama 1:12PM – 2:28PM	Ayushman Until 8:36AM	Muruqa: Clear	<i>Sunset:</i> 5:01PM	Moon 1 - Phase 41
Kataka Rasi: 13.17	Tithi 15	Rahu 9:22AM – 10:39AM	Visti Until 4:03PM	Nataraja: Clear		Purnima
Creative Work	Siddha Yoga		Purnima* Until 2:30AM Sun	Moon – Blue		Bhuloka Day
Until 11:31AM				Magha-Thai		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						

Sunday, February 9, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Portland, ME Sun 29 Sutra 301 Vikarin 5121
○		Gulika 2:29PM – 3:46PM	Ashlesha* Until 9:01AM	Ganesha: Blue	<i>Sunrise:</i> 6:48AM	
Silver Retreat Star		Yama 11:55AM – 1:12PM	Sobhana Until 12:59AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:03PM	Moon 1 - Phase 41
Kataka Rasi: 28.02	Tithi 16	Rahu 3:46PM – 5:03PM	Balava Until 12:54PM	Nataraja: Clear		Prathama
Creative Work	Siddha Yoga		Prathama* Until 11:13PM	Moon – Blue		Bhuloka Day
Until 9:01AM				Magha-Thai		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						



Monday, February 10, 2020
Gold Retreat Star

Simha Rasi: 12.59 Tithi 17
Family Home Evening 957723467
Routine Work Marana Yoga
Until 6:33AM
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam
Magha*/Purvaphalguni Nakshatra Athiganda* Yoga Taitila/Gara Karana Dvitiyayam Titau
Gulika 1:12PM - 2:30PM
Yama 10:38AM - 11:55AM
Rahu 8:04AM - 9:21AM
Magha* Until 6:33AM
Athiganda* Until 8:56PM
Taitila Until 9:31AM
Dvitiya Until 7:47PM

Portland, ME Sutra 302 Vikarin 5121
Moon 2 - Phase 42 1st Phase
Ganesha: Red Sunrise: 6:46AM
Muruqa: Clear Sunset: 5:04PM
Nataraja: Clear
Moon - Red
Devaloka Day
Magha*Thai

1

Tuesday, February 11, 2020

Simha Rasi: 27.59 Tithi 18 - 19
957723467
Creative Work Amrita Yoga
Until 1:08AM Wed
Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam
Uttaraphalguni Nakshatra Sukarma/Dhriti Yoga Vanija/Bava Karana Tritiya/Chaturthyam Titau
Gulika 11:55AM - 1:13PM
Yama 9:20AM - 10:38AM
Rahu 2:30PM - 3:48PM
Uttaraphalguni Until 1:08AM Wed
Sukarma Until 4:57PM
Vanija Until 6:06AM
Tritiya Until 4:24PM

Portland, ME Sun 1 Sutra 303 Vikarin 5121
Moon 2 - Phase 42 1st Phase
Ganesha: Red Sunrise: 6:45AM
Muruqa: Clear Sunset: 5:05PM
Nataraja: Clear
Moon - Red
Devaloka Day
Magha*Thai

2

Wednesday, February 12, 2020

Kanya Rasi: 12.55 Tithi 19 - 20
968723467
Routine Work Marana Yoga
Until 10:56PM
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam
Hasta Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau
Gulika 10:37AM - 11:55AM
Yama 8:02AM - 9:19AM
Rahu 11:55AM - 1:13PM
Hasta Until 10:56PM
Dhriti Until 1:07PM
Kaulava Until 11:43PM
Chaturthi* Until 1:11PM

Portland, ME Sun 2 Sutra 304 Vikarin 5121
Moon 2 - Phase 42 1st Phase
Ganesha: Green Sunrise: 6:44AM
Muruqa: Clear Sunset: 5:07PM
Nataraja: Clear
Moon - Green
Bhuloka Day
Devaloka Time: 3:PM to 6:PM
Magha*Thai

3

Thursday, February 13, 2020

Kanya Rasi: 27.38 Tithi 20 - 21
968723467
Creative Work Siddha Yoga
Until 8:58PM
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam
Chitra Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau
Gulika 9:19AM - 10:37AM
Yama 6:42AM - 8:01AM
Rahu 1:13PM - 2:32PM
Chitra Until 8:58PM
Shula* Until 9:32AM
Gara Until 9:03PM
Panchami Until 10:19AM

Portland, ME Sun 3 Sutra 305 Vikarin 5121
Moon 2 - Phase 42 1st Phase
Ganesha: White Sunrise: 6:42AM
Muruqa: Clear Sunset: 5:08PM
Nataraja: Clear
Moon - Green
Bhuloka Day
Devaloka Time: 3:PM to 6:PM
Magha*Masi

4

Friday, February 14, 2020

Tula Rasi: 12.02 Tithi 21 - 22
968723467
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam
Svati Nakshatra Ganda*/Vridhi Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau
Gulika 8:00AM - 9:18AM
Yama 2:32PM - 3:51PM
Rahu 10:37AM - 11:55AM
Svati Until 7:23PM
Ganda* Until 6:20AM
Visti Until 6:54PM
Shashthi* Until 7:53AM

Portland, ME Sun 4 Sutra 306 Vikarin 5121
Moon 2 - Phase 42 1st Phase
Ganesha: White Sunrise: 6:41AM
Muruqa: Clear Sunset: 5:09PM
Nataraja: Clear
Moon - Green
Bhuloka Day
Devaloka Time: 3:PM to 6:PM
Magha*Masi

D

Saturday, February 15, 2020
Retreat Star

Tula Rasi: 26.04 Tithi 22 - 23
978723467
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam
Vishakha Nakshatra Dhruva Yoga Bava/Kaulava Karana Saptami/Ashtamyam Titau
Gulika 6:40AM - 7:58AM
Yama 1:14PM - 2:33PM
Rahu 9:17AM - 10:36AM
Vishakha Until 6:39PM
Dhruva Until 1:17AM Sun
Kaulava Until 4:44AM Sun
Saptami Until 6:01AM

Portland, ME Sun 5 Sutra 307 Vikarin 5121
Moon 2 - Phase 42 Ashtami
Ganesha: Clear Sunrise: 6:40AM
Muruqa: Clear Sunset: 5:11PM
Nataraja: Clear
Moon - Orange
Devaloka Day
Magha*Masi

Sunday, February 16, 2020
Retreat Star

Vrischika Rasi: 9.44 Tithi 24
978723467
Routine Work Marana Yoga

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Anuradha Nakshatra Vyaghata* Yoga Taitila/Gara Karana Navamyam Titau
Gulika 2:34PM - 3:53PM
Yama 11:55AM - 1:14PM
Rahu 3:53PM - 5:12PM
Anuradha Until 6:23PM
Vyaghata* Until 11:30PM
Taitila Until 4:22PM
Navami* Until 4:06AM Mon

Portland, ME Sun 6 Sutra 308 Vikarin 5121
Moon 2 - Phase 42 Navami
Ganesha: Clear Sunrise: 6:38AM
Muruqa: Clear Sunset: 5:12PM
Nataraja: Clear
Moon - Orange
Devaloka Day
Magha*Masi

1		Monday, February 17, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Harshana Yoga Vanija/Visli* Karana Dashamyam Titau		Portland, ME Sun 7 Sutra 309 Vikarin 5121	
Vrischika Rasi: 23.04	Tithi 25	Gulika	1:15PM – 2:34PM	Jyeshtha* Until 6:33PM	Ganesha: Clear	<i>Sunrise:</i> 6:37AM	
Family Home Evening	978723467	Yama	10:35AM – 11:55AM	Harshana Until 10:12PM	Muruqa: Clear	<i>Sunset:</i> 5:13PM	Moon 2 - Phase 43
Creative Work	Siddha Yoga	Rahu	7:56AM – 9:16AM	Vanija Until 4:01PM	Nataraja: Clear		2nd Phase
				Dashami Until 4:03AM Tue	Moon – Orange		Devaloka Day
					Magha-Masi		

2		Tuesday, February 18, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau		Portland, ME Sun 8 Sutra 310 Vikarin 5121	
Dhanus Rasi: 6.04	Tithi 26	Gulika	11:55AM – 1:15PM	Mula* Until 7:36PM	Ganesha: Purple	<i>Sunrise:</i> 6:35AM	
	988723467	Yama	9:15AM – 10:35AM	Vajra* Until 9:19PM	Muruqa: Clear	<i>Sunset:</i> 5:15PM	Moon 2 - Phase 43
Creative Work	Amrita Yoga	Rahu	2:35PM – 3:55PM	Bava Until 4:16PM	Nataraja: Clear		2nd Phase
Until 7:36PM				Ekadashi* Until 4:34AM Wed	Moon – Light Blue		Bhuloka Day
Then Creative Work - Siddha Yoga					Magha-Masi		Devaloka Time: 3:PM to 6:PM

3		Wednesday, February 19, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau		Portland, ME Sun 9 Sutra 311 Vikarin 5121	
Dhanus Rasi: 18.49	Tithi 27	Gulika	10:35AM – 11:55AM	Purvashadha* Until 8:58PM	Ganesha: Purple	<i>Sunrise:</i> 6:34AM	
	988723467	Yama	7:54AM – 9:14AM	Siddhi Until 8:49PM	Muruqa: Clear	<i>Sunset:</i> 5:16PM	Moon 2 - Phase 43
Creative Work	Amrita Yoga	Rahu	11:55AM – 1:15PM	Kaulava Until 5:01PM	Nataraja: Clear		2nd Phase
				Dvadashi* Until 5:32AM Thu	Moon – Light Blue		Bhuloka Day
					Magha-Masi		Devaloka Time: 3:PM to 6:PM

4		Thursday, February 20, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Vyatipata* Yoga Gara Karana Trayodashyam Titau		Portland, ME Sun 10 Sutra 312 Vikarin 5121	
Makara Rasi: 1.2	Tithi 28	Gulika	9:13AM – 10:34AM	Uttarashadha Until 10:35PM	Ganesha: Purple	<i>Sunrise:</i> 6:32AM	
	989823467	Yama	6:32AM – 7:53AM	Vyatipata* Until 8:40PM	Muruqa: Clear	<i>Sunset:</i> 5:17PM	Moon 2 - Phase 43
Routine Work	Marana Yoga	Rahu	1:15PM – 2:36PM	Gara Until 6:12PM	Nataraja: Clear		2nd Phase
Until 10:35PM				Trayodashi* Until 6:55AM Fri	Moon – Light Blue		Bhuloka Day
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>	Magha-Masi		Devaloka Time: 3:PM to 6:PM

5		Friday, February 21, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana Nakshatra Variyan Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau		Portland, ME Sun 11 Sutra 313 Vikarin 5121	
Makara Rasi: 13.42	Tithi 28 – 29	Gulika	7:52AM – 9:13AM	Shravana Until 12:52AM Sat	Ganesha: Light Blue	<i>Sunrise:</i> 6:31AM	
	999823467	Yama	2:37PM – 3:58PM	Variyan Until 8:45PM	Muruqa: Clear	<i>Sunset:</i> 5:19PM	Moon 2 - Phase 43
Routine Work	Marana Yoga	Rahu	10:34AM – 11:55AM	Visti Until 7:45PM	Nataraja: Clear		2nd Phase
Until 12:52AM Sat				Trayodashi* Until 6:55AM	Moon – Purple		Bhuloka Day
Then Creative Work - Siddha Yoga		Mahasivaratri (Lunar)			Magha-Masi		Devaloka Time: 3:PM to 6:PM
		Mahasivaratri (Solar)					

Retreat Star		Saturday, February 22, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashil/Amavasyayam Titau		Portland, ME Sun 12 Sutra 314 Vikarin 5121	
Makara Rasi: 25.55	Tithi 29 – 30	Gulika	6:29AM – 7:50AM	Dhanishtha Until 3:16AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 6:29AM	
	999823467	Yama	1:16PM – 2:37PM	Parigha* Until 9:04PM	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 2 - Phase 43
Creative Work	Siddha Yoga	Rahu	9:12AM – 10:33AM	Catuspada Until 9:36PM	Nataraja: Clear		Amavasya
				Chaturdashil* Until 8:37AM	Moon – Purple		Bhuloka Day
					Magha-Masi		Devaloka Time: 3:PM to 6:PM

Retreat Star		Sunday, February 23, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Portland, ME Sun 13 Sutra 315 Vikarin 5121	
Kumbha Rasi: 8.02	Tithi 30 – 1	Gulika	2:38PM – 3:59PM	Shatabhishak Until 5:43AM Mon	Ganesha: Light Blue	<i>Sunrise:</i> 6:28AM	
	999823467	Yama	11:54AM – 1:16PM	Shiva Until 9:36PM	Muruqa: Clear	<i>Sunset:</i> 5:21PM	Moon 2 - Phase 43
Creative Work	Siddha Yoga	Rahu	3:59PM – 5:21PM	Kintughna Until 11:42PM	Nataraja: Clear		Prathama
Until 5:43AM Mon				Amavasya* Until 10:36AM	Moon – Purple		Bhuloka Day
Then Routine Work - Marana Yoga					Phalgun-Masi		Devaloka Time: 3:PM to 6:PM

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

Monday, February 24, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Portland, ME Sun 14 Sutra 316 Vikarin 5121
1	Kumbha Rasi: 20.03 Family Home Evening Routine Work Marana Yoga Until 8:41AM Tue Then Creative Work - Amrita Yoga	Tithi 1 - 2 919823467	Gulika 1:16PM - 2:38PM Yama 10:32AM - 11:54AM Rahu 7:48AM - 9:10AM	Purvaproshtapada* Until 8:41AM Tue Siddha Until 10:15PM Balava Until 2:00AM Tue Prathama* Until 12:48PM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon - Clear Phalguna-Masi	Sunrise: 6:26AM Sunset: 5:22PM Moon 2 - Phase 44 3rd Phase Devaloka Day

Tuesday, February 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Sadhya Yoga Kaulava/Tailita Karana Dvitiya/Tritiyayam Titau				Portland, ME Sun 15 Sutra 317 Vikarin 5121
2	Meena Rasi: 1.59 Routine Work Marana Yoga Until 8:41AM Then Creative Work - Amrita Yoga	Tithi 2 - 3 919823467	Gulika 11:54AM - 1:17PM Yama 9:09AM - 10:32AM Rahu 2:39PM - 4:01PM	Purvaproshtapada* Until 8:41AM Sadhya Until 11:02PM Tailita Until 4:27AM Wed Dvitiya Until 3:11PM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon - Clear Phalguna-Masi	Sunrise: 6:24AM Sunset: 5:24PM Moon 2 - Phase 44 3rd Phase Devaloka Day

Wednesday, February 26, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Portland, ME Sun 16 Sutra 318 Vikarin 5121
3	Meena Rasi: 13.53 Creative Work Siddha Yoga Until 11:36AM Then Routine Work - Marana Yoga	Tithi 3 - 4 919823467	Gulika 10:31AM - 11:54AM Yama 7:46AM - 9:08AM Rahu 11:54AM - 1:17PM	Uttaraproshtapada Until 11:36AM Subha Until 11:55PM Vanija Until 6:58AM Thu Tritiya Until 5:41PM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon - Clear Phalguna-Masi	Sunrise: 6:23AM Sunset: 5:25PM Moon 2 - Phase 44 3rd Phase Devaloka Day

Thursday, February 27, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Portland, ME Sun 17 Sutra 319 Vikarin 5121
4	Meena Rasi: 25.45 Creative Work Siddha Yoga Until 2:25PM Then Creative Work - Amrita Yoga	Tithi 4 919823467	Gulika 9:07AM - 10:31AM Yama 6:21AM - 7:44AM Rahu 1:17PM - 2:40PM	Revati Until 2:25PM Sukla Until 12:45AM Fri Vanija Until 6:58AM Chaturthi* Until 8:12PM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon - Clear Phalguna-Masi	Sunrise: 6:21AM Sunset: 5:26PM Moon 2 - Phase 44 3rd Phase Devaloka Day

Friday, February 28, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Portland, ME Sun 18 Sutra 320 Vikarin 5121
5	Mesha Rasi: 7.37 Creative Work Amrita Yoga Until 5:29PM Then Creative Work - Siddha Yoga	Tithi 5 921823467	Gulika 7:43AM - 9:07AM Yama 2:41PM - 4:04PM Rahu 10:30AM - 11:54AM	Ashvini Until 5:29PM Brahma Until 1:31AM Sat Bava Until 9:27AM Panchami Until 10:37PM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - White Phalguna-Masi	Sunrise: 6:20AM Sunset: 5:28PM Moon 2 - Phase 44 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Saturday, February 29, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Indra Yoga Kaulava/Tailita Karana Shashthyam Titau				Portland, ME Sun 19 Sutra 321 Vikarin 5121
6	Mesha Rasi: 19.33 Creative Work Siddha Yoga Until 8:10PM Then Creative Work - Amrita Yoga	Tithi 6 921823467	Gulika 6:18AM - 7:42AM Yama 1:17PM - 2:41PM Rahu 9:06AM - 10:30AM	Bharani Until 8:10PM Indra Until 2:05AM Sun Kaulava Until 11:45AM Shashthi* Until 12:45AM Sun	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - White Phalguna-Masi	Sunrise: 6:18AM Sunset: 5:29PM Moon 2 - Phase 44 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Sunday, March 1, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Saptamyam Titau				Portland, ME Sun 20 Sutra 322 Vikarin 5121
Retreat Star			Gulika 2:42PM - 4:07PM Yama 11:53AM - 1:18PM Rahu 4:07PM - 5:31PM	Krittika Until 10:16PM Vaidhriti* Until 2:14AM Mon Gara Until 1:41PM Saptami Until 2:25AM Mon	Ganesha: Purple Muruqa: Orange Nataraja: Clear Moon - White Phalguna-Masi	Sunrise: 6:15AM Sunset: 5:31PM Moon 2 - Phase 44 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

Monday, March 2, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Portland, ME Sun 21 Sutra 323 Vikarin 5121
Retreat Star			Gulika 1:18PM - 2:43PM Yama 10:28AM - 11:53AM Rahu 7:38AM - 9:03AM	Rohini Until 12:04AM Tue Vishkambha* Until 1:54AM Tue Visti Until 3:01PM Ashtami* Until 3:23AM Tue	Ganesha: Clear Muruqa: Orange Nataraja: Clear Moon - Yellow Phalguna-Masi	Sunrise: 6:13AM Sunset: 5:33PM Moon 2 - Phase 44 Ashtami Devaloka Day

Tuesday, March 3, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Priti Yoga Balava/Kaulava Karana Navamyam Titau				Portland, ME Sun 22 Sutra 324 Vikarin 5121
Retreat Star			Gulika 11:53AM - 1:18PM Yama 9:02AM - 10:27AM Rahu 2:43PM - 4:09PM	Mrigashira Until 12:55AM Wed Priti Until 12:57AM Wed Balava Until 3:36PM Navami* Until 3:33AM Wed	Ganesha: Clear Muruqa: Orange Nataraja: Clear Moon - Yellow Phalguna-Masi	Sunrise: 6:11AM Sunset: 5:34PM Moon 2 - Phase 44 Navami Devaloka Day

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

1		Wednesday, March 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Portland, ME Sun 23 Sutra 325 Vikarin 5121
Mithuna Rasi: 9.26	Tithi 10	Gulika 10:27AM – 11:52AM	Ardra Until 12:47AM Thu	Ganesha: Red	<i>Sunrise:</i> 6:09AM	
		Yama 7:35AM – 9:01AM	Ayushman Until 11:18PM	Muruqa: Orange	<i>Sunset:</i> 5:35PM	Moon 2 - Phase 45
		131833467 Rahu 11:52AM – 1:18PM	Taitila Until 3:19PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Dashami Until 2:49AM Thu	Moon – Yellow		Devaloka Day
Until 12:47AM Thu				Phalguna-Masi		
Then Creative Work - Amrita Yoga						


2		Thursday, March 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Saubhagya Yoga Vanija/Visli* Karana Ekadashyam Titau		Portland, ME Sun 24 Sutra 326 Vikarin 5121
Mithuna Rasi: 22.52	Tithi 11	Gulika 9:00AM – 10:26AM	Punarvasu Until 12:05AM Fri	Ganesha: Blue	<i>Sunrise:</i> 6:08AM	
		Yama 6:08AM – 7:34AM	Saubhagya Until 8:58PM	Muruqa: Orange	<i>Sunset:</i> 5:36PM	Moon 2 - Phase 45
		141833467 Rahu 1:18PM – 2:44PM	Vanija Until 2:09PM	Nataraja: Clear		4th Phase
Creative Work	Amrita Yoga		Ekadashi Until 1:14AM Fri	Moon – Blue		Bhuloka Day
Until 12:05AM Fri				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						

3		Friday, March 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau		Portland, ME Sun 25 Sutra 327 Vikarin 5121
Kataka Rasi: 6.48	Tithi 12	Gulika 7:32AM – 8:59AM	Pushya Until 10:29PM	Ganesha: Blue	<i>Sunrise:</i> 6:06AM	
		Yama 2:45PM – 4:11PM	Sobhana Until 6:00PM	Muruqa: Orange	<i>Sunset:</i> 5:38PM	Moon 2 - Phase 45
		141833467 Rahu 10:25AM – 11:52AM	Bava Until 12:10PM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga		Dvadashi Until 10:53PM	Moon – Blue		Bhuloka Day
				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM

4		Saturday, March 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Trayodashyam Titau		Portland, ME Sun 26 Sutra 328 Vikarin 5121
Kataka Rasi: 21.13	Tithi 13	Gulika 6:04AM – 7:31AM	Ashlesha* Until 8:07PM	Ganesha: Blue	<i>Sunrise:</i> 6:04AM	
		Yama 1:18PM – 2:45PM	Athiganda* Until 2:29PM	Muruqa: Orange	<i>Sunset:</i> 5:39PM	Moon 2 - Phase 45
		141833467 Rahu 8:58AM – 10:25AM	Kaulava Until 9:29AM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga		Trayodashi Until 7:54PM	Moon – Blue		Bhuloka Day
Until 8:07PM				Phalguna-Masi		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

Pradosha Vrata

5		Sunday, March 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukarma/Dhriti Yoga Gara/Visli* Karana Chaturdashi/Purnimayam Titau		Portland, ME Sun 27 Sutra 329 Vikarin 5121
Simha Rasi: 6.04	Tithi 14 – 15	Gulika 2:46PM – 4:13PM	Magha* Until 5:33PM	Ganesha: Yellow	<i>Sunrise:</i> 6:03AM	
		Yama 11:51AM – 1:19PM	Sukarma Until 10:34AM	Muruqa: Orange	<i>Sunset:</i> 5:40PM	Moon 2 - Phase 45
		151833467 Rahu 4:13PM – 5:40PM	Gara Until 6:15AM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga		Chaturdashi* Until 4:27PM	Moon – Red		Devaloka Day
Until 5:33PM		Chidambaram Abhishekam		Phalguna-Masi		
Then Creative Work - Siddha Yoga						

		Monday, March 9, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Portland, ME Sun 28 Sutra 330 Vikarin 5121
Copper Retreat Star		Gulika 1:19PM – 2:46PM	Purvaphalguni Until 2:34PM	Ganesha: White	<i>Sunrise:</i> 6:01AM	
Simha Rasi: 21.12	Tithi 15 – 16	Yama 10:24AM – 11:51AM	Dhriti Until 6:23AM	Muruqa: Orange	<i>Sunset:</i> 5:41PM	Moon 2 - Phase 45
Family Home Evening		152833467 Rahu 7:28AM – 8:56AM	Balava Until 10:49PM	Nataraja: Clear		Purnima
Creative Work	Siddha Yoga		Purnima* Until 12:43PM	Moon – Red		Sivaloka Day
		Holi		Phalguna-Masi		

6		Tuesday, March 10, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau		Portland, ME Sun 29 Sutra 331 Vikarin 5121
Silver Retreat Star		Gulika 11:51AM – 1:19PM	Uttaraphalguni Until 11:22AM	Ganesha: White	<i>Sunrise:</i> 5:59AM	
Kanya Rasi: 6.29	Tithi 16 – 17	Yama 8:55AM – 10:23AM	Ganda* Until 9:41PM	Muruqa: Orange	<i>Sunset:</i> 5:43PM	Moon 2 - Phase 45
		152833467 Rahu 2:47PM – 4:15PM	Taitila Until 6:59PM	Nataraja: Clear		Prathama
Creative Work	Amrita Yoga		Prathama* Until 8:53AM	Moon – Red		Sivaloka Day
Until 11:22AM				Phalguna-Masi		
Then Creative Work - Siddha Yoga						



Wednesday, March 11, 2020

Gold Retreat Star

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

Portland, ME

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 21.44 Tithi 18

162833467

Gulika 10:22AM – 11:51AM
Yama 7:26AM – 8:54AM
Rahu 11:51AM – 1:19PM

Hasta Until 8:31AM
Vriddhi Until 5:31PM
Vanija Until 3:18PM

Ganesha: Clear *Sunrise: 5:57AM*
Muruqa: Orange *Sunset: 5:44PM*
Nataraja: Clear
Moon – Green

Devaloka Day

Routine Work Marana Yoga

Until 8:31AM

Then Creative Work - Siddha Yoga

1

Thursday, March 12, 2020

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam
Svati Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Chaturthyam Titau

Portland, ME

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 6.46 Tithi 19

162833467

Gulika 8:53AM – 10:22AM
Yama 5:55AM – 7:24AM
Rahu 1:19PM – 2:48PM

Svati Until 3:24AM Fri
Dhruva Until 1:36PM
Bava Until 11:57AM
Chaturthi* Until 10:25PM

Ganesha: Clear *Sunrise: 5:55AM*
Muruqa: Orange *Sunset: 5:45PM*
Nataraja: Clear
Moon – Green

Phalguna-Masi

Devaloka Day

Creative Work Amrita Yoga

Until 3:24AM Fri

Then Creative Work - Siddha Yoga

2

Friday, March 13, 2020

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

Portland, ME

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 21.29 Tithi 20

172833467

Gulika 7:23AM – 8:52AM
Yama 2:48PM – 4:17PM
Rahu 10:21AM – 11:50AM

Vishakha Until 1:51AM Sat
Vyaghata* Until 10:06AM
Kaulava Until 9:04AM
Panchami Until 7:50PM

Ganesha: Purple *Sunrise: 5:54AM*
Muruqa: Orange *Sunset: 5:46PM*
Nataraja: Clear
Moon – Orange

Phalguna-Masi

Sivaloka Day

Creative Work Siddha Yoga

3

Saturday, March 14, 2020

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam
Anuradha Nakshatra Harshana/Vajra* Yoga Gara/Visti* Karana Shashthi/Saptamyam Titau

Portland, ME

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 5.45 Tithi 21 – 22

172833468

Gulika 5:52AM – 7:21AM
Yama 1:19PM – 2:49PM
Rahu 8:51AM – 10:20AM

Anuradha Until 12:52AM Sun
Harshana Until 7:08AM
Gara Until 6:49AM
Shashthi* Until 5:56PM

Ganesha: Purple *Sunrise: 5:52AM*
Muruqa: Orange *Sunset: 5:47PM*
Nataraja: Purple
Moon – Orange

Phalguna-Panguni

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 12:52AM Sun

Then Routine Work - Marana Yoga

Karadaiyan Nombu (Tamil Nadu)

4

Sunday, March 15, 2020

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam
Jyeshtha* Nakshatra Siddhi Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Portland, ME

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 19.34 Tithi 22 – 23

172933468

Gulika 2:49PM – 4:19PM
Yama 11:49AM – 1:19PM
Rahu 4:19PM – 5:49PM

Jyeshtha* Until 12:31AM Mon
Siddhi Until 2:58AM Mon
Balava Until 4:33AM Mon
Saptami Until 4:48PM

Ganesha: Clear *Sunrise: 5:50AM*
Muruqa: Orange *Sunset: 5:49PM*
Nataraja: Purple
Moon – Orange

Phalguna-Panguni

Sivaloka Day

Routine Work Marana Yoga

Until 12:31AM Mon

Then Creative Work - Siddha Yoga

5

Monday, March 16, 2020

Retreat Star

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam
Mula* Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Portland, ME

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Dhanus Rasi: 2.55 Tithi 23 – 24

182933468

Gulika 1:19PM – 2:50PM
Yama 10:19AM – 11:49AM
Rahu 7:19AM – 8:49AM

Mula* Until 1:13AM Tue
Vyatipata* Until 1:50AM Tue
Taitila Until 4:36AM Tue
Ashtami* Until 4:28PM

Ganesha: Purple *Sunrise: 5:48AM*
Muruqa: Orange *Sunset: 5:50PM*
Nataraja: Purple
Moon – Light Blue

Phalguna-Panguni

Devaloka Day

Creative Work Siddha Yoga

Family Home Evening

Then Creative Work - Siddha Yoga

Tuesday, March 17, 2020

Retreat Star

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam
Purvashadha* Nakshatra Variyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Portland, ME

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 15.52 Tithi 24 – 25

182933468

Gulika 11:49AM – 1:19PM
Yama 8:48AM – 10:18AM
Rahu 2:50PM – 4:21PM

Purvashadha* Until 2:29AM Wed
Variyan Until 1:14AM Wed
Vanija Until 5:21AM Wed
Navami* Until 4:52PM

Ganesha: Purple *Sunrise: 5:47AM*
Muruqa: Orange *Sunset: 5:51PM*
Nataraja: Purple
Moon – Light Blue

Phalguna-Panguni

Devaloka Day

Creative Work Siddha Yoga

Until 2:29AM Wed

Then Creative Work - Amrita Yoga

1		Wednesday, March 18, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yukstayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Portland, ME Sun 8 Sutra 339 Vikarin 5121
Dhanus Rasi: 28.29	Tithi 25 – 26	Gulika 10:18AM – 11:49AM	Uttarashadha Until 4:10AM Thu	Ganesha: Purple	<i>Sunrise:</i> 5:45AM	
		Yama 7:16AM – 8:47AM	Parigha* Until 1:07AM Thu	Muruqa: Orange	<i>Sunset:</i> 5:52PM	Moon 3 - Phase 47
		182933468 Rahu 11:49AM – 1:19PM	Bava Until 6:42AM Thu	Nataraja: Purple		2nd Phase
Creative Work	Amrita Yoga		Dashami Until 5:57PM	Moon – Light Blue		Devaloka Day
Until 4:10AM Thu				Phalguna-Panguni		
Then Creative Work - Siddha Yoga						

2		Thursday, March 19, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yukstayam Shravana Nakshatra Shiva Yoga Bava/Balava Karana Ekadashyam Titau		Portland, ME Sun 9 Sutra 340 Vikarin 5121
Makara Rasi: 10.5	Tithi 26	Gulika 8:46AM – 10:17AM	Shravana Until 6:37AM Fri	Ganesha: Clear	<i>Sunrise:</i> 5:43AM	
		Yama 5:43AM – 7:14AM	Shiva Until 1:23AM Fri	Muruqa: Orange	<i>Sunset:</i> 5:54PM	Moon 3 - Phase 47
		192933468 Rahu 1:20PM – 2:51PM	Bava Until 6:42AM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 7:32PM	Moon – Purple		Sivaloka Day
				Phalguna-Panguni		

3		Friday, March 20, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yukstayam Shravana/Dhanishtha Nakshatra Siddha Yoga Kaulava/Tailita Karana Dvodashyam Titau		Portland, ME Sun 10 Sutra 341 Vikarin 5121
Makara Rasi: 23.01	Tithi 27	Gulika 7:13AM – 8:45AM	Shravana Until 6:37AM	Ganesha: Clear	<i>Sunrise:</i> 5:41AM	
		Yama 2:51PM – 4:23PM	Siddha Until 1:53AM Sat	Muruqa: Orange	<i>Sunset:</i> 5:55PM	Moon 3 - Phase 47
		192933468 Rahu 10:16AM – 11:48AM	Kaulava Until 8:30AM	Nataraja: Purple		2nd Phase
Routine Work	Marana Yoga		Dvodashi* Until 9:29PM	Moon – Purple		Sivaloka Day
Until 6:37AM				Phalguna-Panguni		
Then Creative Work - Siddha Yoga						

4		Saturday, March 21, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yukstayam Dhanishtha/Shalabhishak Nakshatra Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau		Portland, ME Sun 11 Sutra 342 Vikarin 5121
Kumbha Rasi: 5.04	Tithi 28	Gulika 5:39AM – 7:11AM	Dhanishtha Until 9:12AM	Ganesha: Clear	<i>Sunrise:</i> 5:39AM	
		Yama 1:20PM – 2:52PM	Sadhya Until 2:34AM Sun	Muruqa: Orange	<i>Sunset:</i> 5:56PM	Moon 3 - Phase 47
		192933468 Rahu 8:44AM – 10:16AM	Gara Until 10:36AM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 11:42PM	Moon – Purple		Sivaloka Day
Until 9:12AM				Phalguna-Panguni		
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>			

5		Sunday, March 22, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yukstayam Shalabhishak/Purvaproshtapada* Nakshatra Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Portland, ME Sun 12 Sutra 343 Vikarin 5121
Kumbha Rasi: 17.01	Tithi 29	Gulika 2:52PM – 4:25PM	Shatabhishak Until 11:48AM	Ganesha: White	<i>Sunrise:</i> 5:38AM	
		Yama 11:47AM – 1:20PM	Subha Until 3:22AM Mon	Muruqa: Orange	<i>Sunset:</i> 5:57PM	Moon 3 - Phase 47
		193933468 Rahu 4:25PM – 5:57PM	Visti* Until 12:53PM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 2:03AM Mon	Moon – Purple		Subha Sivaloka Day
				Phalguna-Panguni		

Monday, March 23, 2020		Retreat Star		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yukstayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Portland, ME Sun 13 Sutra 344 Vikarin 5121
Kumbha Rasi: 28.56	Tithi 30	Gulika 1:20PM – 2:53PM	Purvaproshtapada* Until 2:51PM	Ganesha: Yellow	<i>Sunrise:</i> 5:36AM	
Family Home Evening		Yama 10:14AM – 11:47AM	Sukla Until 4:12AM Tue	Muruqa: Orange	<i>Sunset:</i> 5:58PM	Moon 3 - Phase 47
Routine Work	Marana Yoga	113933468 Rahu 7:09AM – 8:41AM	Catuspada Until 3:17PM	Nataraja: Purple		Amavasya
Until 2:51PM			Amavasya* Until 4:28AM Tue	Moon – Clear		Sivaloka Day
Then Creative Work - Siddha Yoga				Phalguna-Panguni		

Tuesday, March 24, 2020		Retreat Star		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yukstayam Uttaraproshtapada/Revati Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau		Portland, ME Sun 14 Sutra 345 Vikarin 5121
Meena Rasi: 10.49	Tithi 1	Gulika 11:47AM – 1:20PM	Uttaraproshtapada Until 5:47PM	Ganesha: Yellow	<i>Sunrise:</i> 5:34AM	
		Yama 8:40AM – 10:14AM	Brahma Until 5:04AM Wed	Muruqa: Orange	<i>Sunset:</i> 5:59PM	Moon 3 - Phase 47
		113933468 Rahu 2:53PM – 4:26PM	Kintughna Until 5:43PM	Nataraja: Purple		Prathama
Creative Work	Amrita Yoga		Prathama* Until 6:55AM Wed	Moon – Clear		Sivaloka Day
Until 5:47PM		Yugadhi		Chaitra-Panguni		
Then Creative Work - Siddha Yoga						

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

All times are standard time

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1		Wednesday, March 25, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Portland, ME Sun 15 Sutra 346	
Meena Rasi: 22.42	Tithi 1 – 2	Gulika 10:13AM – 11:46AM	Revati Until 8:33PM	Ganesha: Yellow	Sunrise: 5:32AM		Vikarin 5121
		Yama 7:06AM – 8:39AM	Indra Until 5:55AM Thu	Muruqa: Orange	Sunset: 6:01PM		Moon 3 - Phase 48
		113933468 Rahu 11:46AM – 1:20PM	Balava Until 8:10PM	Nataraja: Purple			3rd Phase
Routine Work	Marana Yoga		Prathama* Until 6:55AM	Moon – Clear		Sivaloka Day	
				Chaitra•Panguni			

2		Thursday, March 26, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Portland, ME Sun 16 Sutra 347	
Mesha Rasi: 4.35	Tithi 2 – 3	Gulika 8:38AM – 10:12AM	Ashvini Until 11:36PM	Ganesha: Red	Sunrise: 5:30AM		Vikarin 5121
		Yama 5:30AM – 7:04AM	Vaidhriti* Until 6:41AM Fri	Muruqa: Orange	Sunset: 6:02PM		Moon 3 - Phase 48
		123933468 Rahu 1:20PM – 2:54PM	Taitila Until 10:33PM	Nataraja: Purple			3rd Phase
Creative Work	Amrita Yoga		Dvitiya Until 9:21AM	Moon – White		Sivaloka Day	
Until 11:36PM		Chellappaswami Mahasamadhi		Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

3		Friday, March 27, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Portland, ME Sun 17 Sutra 348	
Mesha Rasi: 16.31	Tithi 3 – 4	Gulika 7:03AM – 8:37AM	Bharani Until 2:19AM Sat	Ganesha: Red	Sunrise: 5:29AM		Vikarin 5121
		Yama 2:54PM – 4:29PM	Vaidhriti* Until 6:41AM	Muruqa: Orange	Sunset: 6:03PM		Moon 3 - Phase 48
		123933468 Rahu 10:12AM – 11:46AM	Vanija Until 12:47AM Sat	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 11:40AM	Moon – White		Sivaloka Day	
Until 2:19AM Sat				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

4		Saturday, March 28, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Portland, ME Sun 18 Sutra 349	
Mesha Rasi: 28.3	Tithi 4 – 5	Gulika 5:27AM – 7:02AM	Krittika Until 4:37AM Sun	Ganesha: Red	Sunrise: 5:27AM		Vikarin 5121
		Yama 1:20PM – 2:55PM	Vishkambha* Until 7:20AM	Muruqa: Orange	Sunset: 6:04PM		Moon 3 - Phase 48
		123933468 Rahu 8:36AM – 10:11AM	Bava Until 2:44AM Sun	Nataraja: Purple			3rd Phase
Creative Work	Amrita Yoga		Chaturthi* Until 1:47PM	Moon – White		Sivaloka Day	
Until 4:37AM Sun				Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

5		Sunday, March 29, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Portland, ME Sun 19 Sutra 350	
Virshabha Rasi: 10.37	Tithi 5 – 6	Gulika 2:55PM – 4:30PM	Rohini Until 6:50AM Mon	Ganesha: Blue	Sunrise: 5:25AM		Vikarin 5121
		Yama 11:45AM – 1:20PM	Priti Until 7:46AM	Muruqa: Orange	Sunset: 6:05PM		Moon 3 - Phase 48
		133933468 Rahu 4:30PM – 6:05PM	Kaulava Until 4:16AM Mon	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga		Panchami Until 3:33PM	Moon – Yellow		Subha Sivaloka Day	
Until 6:50AM Mon				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

6		Monday, March 30, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Portland, ME Sun 20 Sutra 351	
Virshabha Rasi: 22.53	Tithi 6 – 7	Gulika 1:20PM – 2:56PM	Rohini Until 6:50AM	Ganesha: Blue	Sunrise: 5:23AM		Vikarin 5121
Family Home Evening		Yama 10:10AM – 11:45AM	Ayushman Until 7:50AM	Muruqa: Orange	Sunset: 6:07PM		Moon 3 - Phase 48
		133933468 Rahu 6:59AM – 8:34AM	Gara Until 5:13AM Tue	Nataraja: Purple			3rd Phase
Creative Work	Amrita Yoga		Shashthi* Until 4:49PM	Moon – Yellow		Subha Sivaloka Day	
				Chaitra•Panguni			

Retreat Star		Tuesday, March 31, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Portland, ME Sun 21 Sutra 352	
Mithuna Rasi: 5.26	Tithi 7 – 8	Gulika 11:45AM – 1:20PM	Mrigashira Until 8:17AM	Ganesha: Blue	Sunrise: 5:22AM		Vikarin 5121
		Yama 8:33AM – 10:09AM	Saubhagya Until 7:26AM	Muruqa: Orange	Sunset: 6:08PM		Moon 3 - Phase 48
		133933468 Rahu 2:56PM – 4:32PM	Visti Until 5:26AM Wed	Nataraja: Purple			3rd Phase
Creative Work	Siddha Yoga		Saptami Until 5:25PM	Moon – Yellow		Subha Sivaloka Day	
Until 8:17AM				Chaitra•Panguni			
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, April 1, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana/Alhiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Portland, ME Sun 22 Sutra 353	
Mithuna Rasi: 18.2	Tithi 8 – 9	Gulika 10:09AM – 11:45AM	Ardra Until 8:53AM	Ganesha: Blue	Sunrise: 5:22AM		Vikarin 5121
		Yama 6:57AM – 8:33AM	Sobhana Until 6:29AM	Muruqa: Orange	Sunset: 6:08PM		Moon 3 - Phase 48
		133933468 Rahu 11:45AM – 1:20PM	Balava Until 4:51AM Thu	Nataraja: Purple			Ashtami
Creative Work	Siddha Yoga		Ashtami* Until 5:14PM	Moon – Yellow		Subha Sivaloka Day	
				Chaitra•Panguni			

Retreat Star		Thursday, April 2, 2020		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Portland, ME Sun 23 Sutra 354	
Kataka Rasi: 1.38	Tithi 9 – 10	Gulika 8:32AM – 10:08AM	Punarvasu Until 8:59AM	Ganesha: Yellow	Sunrise: 5:20AM		Vikarin 5121
		Yama 5:20AM – 6:56AM	Sukarma Until 2:37AM Fri	Muruqa: Orange	Sunset: 6:09PM		Moon 3 - Phase 48
		143933468 Rahu 1:20PM – 2:57PM	Taitila Until 3:26AM Fri	Nataraja: Purple			Navami
Creative Work	Amrita Yoga		Navami* Until 4:13PM	Moon – Blue		Sivaloka Day	
		Sri Rama Navami		Chaitra•Panguni			


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

1		Friday, April 3, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau		Portland, ME Sun 24 Sutra 355 Vikarin 5121
Kataka Rasi: 15.25	Tithi 10 - 11	Gulika 6:55AM - 8:31AM	Pushya Until 8:08AM	Ganesha: Yellow	<i>Sunrise:</i> 5:18AM	
		Yama 2:57PM - 4:34PM	Dhriti Until 11:46PM	Muruqa: Orange	<i>Sunset:</i> 6:10PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 Rahu 10:08AM - 11:44AM	Vanija Until 1:15AM Sat	Nataraja: Purple		4th Phase
			Yogaswami Mahasamadhi	Moon - Blue		Sivaloka Day
				Chaitra-Panguni		

2		Saturday, April 4, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Portland, ME Sun 25 Sutra 356 Vikarin 5121
Kataka Rasi: 29.4	Tithi 11 - 12	Gulika 5:16AM - 6:53AM	Ashlesha* Until 6:24AM	Ganesha: Yellow	<i>Sunrise:</i> 5:16AM	
		Yama 1:21PM - 2:58PM	Shula* Until 8:20PM	Muruqa: Orange	<i>Sunset:</i> 6:11PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 Rahu 8:30AM - 10:07AM	Bava Until 10:25PM	Nataraja: Purple		4th Phase
Until 6:24AM			Ekadashi Until 11:54AM	Moon - Blue		Sivaloka Day
Then Creative Work - Amrita Yoga				Chaitra-Panguni		

3		Sunday, April 5, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Portland, ME Sun 26 Sutra 357 Vikarin 5121
Simha Rasi: 14.22	Tithi 12 - 13	Gulika 2:58PM - 4:35PM	Purvaphalguni Until 1:38AM Mon	Ganesha: White	<i>Sunrise:</i> 5:14AM	
		Yama 11:43AM - 1:21PM	Ganda* Until 4:29PM	Muruqa: Orange	<i>Sunset:</i> 6:12PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	153933468 Rahu 4:35PM - 6:12PM	Kaulava Until 7:05PM	Nataraja: Purple		4th Phase
			Dvadashi Until 8:47AM	Moon - Red		Subha Sivaloka Day
				Chaitra-Panguni		
				<i>Pradosha Vrata</i>		

4		Monday, April 6, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Vridhhi/Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau		Portland, ME Sun 27 Sutra 358 Vikarin 5121
Simha Rasi: 29.25	Tithi 14	Gulika 1:21PM - 2:58PM	Uttaraphalguni Until 10:32PM	Ganesha: Clear	<i>Sunrise:</i> 5:13AM	
Family Home Evening		Yama 10:06AM - 11:43AM	Vridhhi Until 12:21PM	Muruqa: Orange	<i>Sunset:</i> 6:14PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	154933468 Rahu 6:50AM - 8:28AM	Gara Until 3:23PM	Nataraja: Purple		4th Phase
			Chaturdashi* Until 1:27AM Tue	Moon - Red		Sivaloka Day
				Chaitra-Panguni		

		Tuesday, April 7, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau		Portland, ME Sun 28 Sutra 359 Vikarin 5121
Copper Retreat Star		Gulika 11:43AM - 1:21PM	Hasta Until 7:34PM	Ganesha: Purple	<i>Sunrise:</i> 5:11AM	
Kanya Rasi: 14.4	Tithi 15	Yama 8:27AM - 10:05AM	Dhruva Until 8:01AM	Muruqa: Orange	<i>Sunset:</i> 6:15PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	164933468 Rahu 2:59PM - 4:37PM	Visti Until 11:31AM	Nataraja: Purple		Purnima
			Purnima* Until 9:33PM	Moon - Green		Devaloka Day
		Panguni Uttiram		Chaitra-Panguni		
		Hanuman Jayanti				

5		Wednesday, April 8, 2020		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Harshana Yoga Balava/Taitilia Karana Prathama/Dvitiyayam Titau		Portland, ME Sun 29 Sutra 360 Vikarin 5121
Silver Retreat Star		Gulika 10:04AM - 11:43AM	Chitra Until 4:33PM	Ganesha: Purple	<i>Sunrise:</i> 5:09AM	
Kanya Rasi: 29.58	Tithi 16 - 17	Yama 6:48AM - 8:26AM	Harshana Until 11:27PM	Muruqa: Clear	<i>Sunset:</i> 6:16PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	164934468 Rahu 11:43AM - 1:21PM	Balava Until 7:39AM	Nataraja: Purple		Prathama
			Prathama* Until 5:45PM	Moon - Green		Devaloka Day
				Chaitra-Panguni		



Thursday, April 9, 2020
Gold Retreat Star

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vajra* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Portland, ME
Sun 1
Sutra 361

Tula Rasi: 15.07 Tithi 17 – 18

Gulika 8:25AM – 10:04AM
Yama 5:08AM – 6:46AM
164134468 **Rahu** 1:21PM – 3:00PM

Svati Until 1:39PM
Vajra* Until 7:28PM
Vanija Until 12:36AM Fri
Dvitiya Until 2:12PM

Ganesha: White *Sunrise: 5:08AM*
Muruqa: Clear *Sunset: 6:17PM*
Nataraja: Purple
Moon – Green

Moon 4 - Phase 50
1st Phase

Creative Work Amrita Yoga
Until 1:39PM
Then Creative Work - Siddha Yoga

Devaloka Day
Chaitra•Panguni

1

Friday, April 10, 2020

Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Siddhi/Vyatlipala* Yoga Visti/Bava Karana Tritiya/Chaturthyam Titau

Portland, ME
Sun 2
Sutra 362

Tula Rasi: 30 Tithi 18 – 19

Gulika 6:45AM – 8:24AM
Yama 3:00PM – 4:39PM
174134468 **Rahu** 10:03AM – 11:42AM

Vishakha Until 11:27AM
Siddhi Until 3:54PM
Bava Until 9:46PM
Tritiya Until 11:06AM

Ganesha: Yellow *Sunrise: 5:06AM*
Muruqa: Clear *Sunset: 6:18PM*
Nataraja: Purple
Moon – Orange

Moon 4 - Phase 50
1st Phase

Creative Work Siddha Yoga

Sivaloka Day
Chaitra•Panguni

2

Saturday, April 11, 2020

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

Portland, ME
Sun 3
Sutra 363

Vischika Rasi: 14.28 Tithi 19 – 20

Gulika 5:04AM – 6:44AM
Yama 1:21PM – 3:01PM
174134468 **Rahu** 8:23AM – 10:02AM

Anuradha Until 9:43AM
Vyatipala* Until 12:51PM
Kaulava Until 7:36PM
Chaturthi* Until 8:34AM

Ganesha: Yellow *Sunrise: 5:04AM*
Muruqa: Clear *Sunset: 6:20PM*
Nataraja: Purple
Moon – Orange

Moon 4 - Phase 50
1st Phase

Creative Work Siddha Yoga

Sivaloka Day
Chaitra•Panguni

3

Sunday, April 12, 2020

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

Portland, ME
Sun 4
Sutra 364

Vischika Rasi: 28.26 Tithi 20 – 21

Gulika 3:01PM – 4:41PM
Yama 11:42AM – 1:21PM
174134468 **Rahu** 4:41PM – 6:21PM

Jyeshtha* Until 8:33AM
Varyan Until 10:23AM
Gara Until 6:12PM
Panchami Until 6:47AM

Ganesha: Yellow *Sunrise: 5:02AM*
Muruqa: Clear *Sunset: 6:21PM*
Nataraja: Purple
Moon – Orange

Moon 4 - Phase 50
1st Phase

Routine Work Marana Yoga
Until 8:33AM
Then Creative Work - Amrita Yoga

Sivaloka Day
Chaitra•Panguni

4

Monday, April 13, 2020

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

Portland, ME
Sun 5
Sutra 1

Dhanus Rasi: 11.56 Tithi 22

Family Home Evening

Gulika 1:21PM – 3:02PM
Yama 10:01AM – 11:41AM
184134468 **Rahu** 6:41AM – 8:21AM

Mula* Until 8:31AM
Parigha* Until 8:36AM
Visti Until 5:39PM
Saptami Until 5:41AM Tue

Ganesha: Blue *Sunrise: 5:01AM*
Muruqa: Clear *Sunset: 6:22PM*
Nataraja: Purple
Moon – Light Blue

Moon 4 - Phase 50
1st Phase

Creative Work Siddha Yoga
Until 8:31AM
Then Routine Work - Marana Yoga

Devaloka Day
Chaitra•Chaitra

D

Tuesday, April 14, 2020

Retreat Star

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

Portland, ME
Sun 6
Sutra 2

Dhanus Rasi: 24.59 Tithi 23

Gulika 11:41AM – 1:22PM
Yama 8:20AM – 10:01AM
284134468 **Rahu** 3:02PM – 4:43PM

Purvashadha* Until 9:09AM
Shiva Until 7:30AM
Balava Until 5:57PM
Ashtami* Until 6:22AM Wed

Ganesha: Yellow *Sunrise: 4:59AM*
Muruqa: Clear *Sunset: 6:23PM*
Nataraja: Purple
Moon – Light Blue

Moon 4 - Phase 50
Ashtami

Creative Work Siddha Yoga
Until 9:09AM
Then Routine Work - Prabalarishta Yoga

Sivaloka Day
Chaitra•Chaitra

Wednesday, April 15, 2020

Retreat Star

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

Portland, ME
Sun 7
Sutra 3

Makara Rasi: 7.37 Tithi 23 – 24

Gulika 10:00AM – 11:41AM
Yama 6:38AM – 8:19AM
284134468 **Rahu** 11:41AM – 1:22PM

Uttarashadha Until 10:24AM
Siddha Until 7:00AM
Taitila Until 6:59PM
Ashtami* Until 6:22AM

Ganesha: Yellow *Sunrise: 4:57AM*
Muruqa: Clear *Sunset: 6:24PM*
Nataraja: Purple
Moon – Light Blue

Moon 4 - Phase 50
Navami

Creative Work Amrita Yoga
Until 10:24AM
Then Creative Work - Siddha Yoga

Sivaloka Day
Chaitra•Chaitra

Chidambaram Abhishekam

1	Thursday, April 16, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Portland, ME Sun 8 Sutra 4
	Makara Rasi: 19.58	Tithi 24 – 25	Gulika 8:18AM – 9:59AM	Shravana Until 12:36PM	Ganesha: Blue	<i>Sunrise:</i> 4:56AM	Sarvari 5122
			Yama 4:56AM – 6:37AM	Sadhya Until 7:02AM	Muruqa: Clear	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 1
	294134468	Rahu 1:22PM – 3:03PM	Vanija Until 8:38PM	Navami* Until 7:44AM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga			Moon – Purple		Devaloka Day	
				Chaitra*Chaitra			


2	Friday, April 17, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Subha/Sukla Yoga Visti/Bava Karana Dashami/Ekadashyam Titau				Portland, ME Sun 9 Sutra 5
	Kumbha Rasi: 2.05	Tithi 25 – 26	Gulika 6:36AM – 8:17AM	Dhanishtha Until 3:07PM	Ganesha: Blue	<i>Sunrise:</i> 4:54AM	Sarvari 5122
			Yama 3:03PM – 4:45PM	Subha Until 7:30AM	Muruqa: Clear	<i>Sunset:</i> 6:27PM	Moon 4 - Phase 1
	294134468	Rahu 9:59AM – 11:40AM	Bava Until 10:43PM	Dashami Until 9:37AM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga			Moon – Purple		Devaloka Day	
				Chaitra*Chaitra			

3	Saturday, April 18, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Portland, ME Sun 10 Sutra 6
	Kumbha Rasi: 14.04	Tithi 26 – 27	Gulika 4:52AM – 6:34AM	Shatabhishak Until 5:46PM	Ganesha: Yellow	<i>Sunrise:</i> 4:52AM	Sarvari 5122
			Yama 1:22PM – 3:04PM	Sukla Until 8:12AM	Muruqa: Clear	<i>Sunset:</i> 6:28PM	Moon 4 - Phase 1
	295134468	Rahu 8:16AM – 9:58AM	Kaulava Until 1:03AM Sun	Ekadashi* Until 11:51AM	Nataraja: Purple		2nd Phase
Creative Work	Amrita Yoga			Moon – Purple		Sivaloka Day	
Until 5:46PM				Chaitra*Chaitra			
Then Routine Work - Marana Yoga							

4	Sunday, April 19, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Portland, ME Sun 11 Sutra 7
	Kumbha Rasi: 25.58	Tithi 27 – 28	Gulika 3:04PM – 4:47PM	Purvaproshtapada* Until 8:53PM	Ganesha: Yellow	<i>Sunrise:</i> 4:51AM	Sarvari 5122
			Yama 11:40AM – 1:22PM	Brahma Until 9:04AM	Muruqa: Clear	<i>Sunset:</i> 6:29PM	Moon 4 - Phase 1
	215134468	Rahu 4:47PM – 6:29PM	Gara Until 3:30AM Mon	Dvadashi* Until 2:15PM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga			Moon – Clear		Sivaloka Day	
Until 8:53PM				Chaitra*Chaitra			
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata (Fasting)</i>			

5	Monday, April 20, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Portland, ME Sun 12 Sutra 8
	Meena Rasi: 7.5	Tithi 28 – 29	Gulika 1:22PM – 3:05PM	Uttaraproshtapada Until 11:51PM	Ganesha: Yellow	<i>Sunrise:</i> 4:49AM	Sarvari 5122
	Family Home Evening		Yama 9:57AM – 11:40AM	Indra Until 10:00AM	Muruqa: Clear	<i>Sunset:</i> 6:30PM	Moon 4 - Phase 1
	215134468	Rahu 6:32AM – 8:14AM	Visti Until 5:56AM Tue	Trayodashi* Until 4:42PM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga			Moon – Clear		Sivaloka Day	
				Chaitra*Chaitra			

6	Tuesday, April 21, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni* Karana Chaturdashyam Titau				Portland, ME Sun 13 Sutra 9
	Meena Rasi: 19.42	Tithi 29	Gulika 11:39AM – 1:22PM	Revati Until 2:35AM Wed	Ganesha: Yellow	<i>Sunrise:</i> 4:48AM	Sarvari 5122
			Yama 8:14AM – 9:57AM	Vaidhriti* Until 10:53AM	Muruqa: Clear	<i>Sunset:</i> 6:31PM	Moon 4 - Phase 1
	215134468	Rahu 3:05PM – 4:48PM	Sakuni Until 7:06PM	Chaturdashi* Until 7:06PM	Nataraja: Purple		2nd Phase
Creative Work	Siddha Yoga			Moon – Clear		Sivaloka Day	
Until 2:35AM Wed				Chaitra*Chaitra			
Then Routine Work - Marana Yoga							

	Wednesday, April 22, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Portland, ME Sun 14 Sutra 10
	Retreat Star		Gulika 9:56AM – 11:39AM	Ashvini Until 5:31AM Thu	Ganesha: Red	<i>Sunrise:</i> 4:46AM	Sarvari 5122
	Mesha Rasi: 2	Tithi 30	Yama 6:29AM – 8:13AM	Vishkambha* Until 11:43AM	Muruqa: Clear	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 1
	225134468	Rahu 11:39AM – 1:23PM	Catuspada Until 8:17AM	Amavasya* Until 9:23PM	Nataraja: Purple		Amavasya
Routine Work	Marana Yoga			Moon – White		Sivaloka Day	
Until 5:31AM Thu				Chaitra*Chaitra			
Then Creative Work - Siddha Yoga							

Retreat Star	Thursday, April 23, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Kintughna*/Bava Karana Prathamayam Titau				Portland, ME Sun 15 Sutra 11
	Mesha Rasi: 13.34	Tithi 1	Gulika 8:12AM – 9:55AM	Bharani Until 8:06AM Fri	Ganesha: Red	<i>Sunrise:</i> 4:45AM	Sarvari 5122
			Yama 4:45AM – 6:28AM	Priti Until 12:27PM	Muruqa: Clear	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 1
	225134468	Rahu 1:23PM – 3:06PM	Kintughna Until 10:29AM	Prathama* Until 11:29PM	Nataraja: Purple		Prathama
Creative Work	Siddha Yoga			Moon – White		Sivaloka Day	
				Vaisaka*Chaitra			

1		Friday, April 24, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ayushmani/Saubhagya Yoga Balava/Kaulava Karana Dvitiyayam Titau				Portland, ME Sun 16 Sutra 12
Mesha Rasi: 25.35	Tithi 2	Gulika 6:27AM – 8:11AM	Bharani Until 8:06AM	Ganesha: Red	<i>Sunrise:</i> 4:43AM		Sarvari 5122	
		Yama 3:07PM – 4:51PM	Ayushman Until 12:59PM	Muruḡa: Clear	<i>Sunset:</i> 6:35PM		Moon 4 - Phase 2	
		225134469 Rahu 9:55AM – 11:39AM	Balava Until 12:28PM	Nataraja: Clear			3rd Phase	
Creative Work	Siddha Yoga		Dvitiya Until 1:21AM Sat	Moon – White		Devaloka Day		
						Vaisaka-Chaitra		

2		Saturday, April 25, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau				Portland, ME Sun 17 Sutra 13
Visshabha Rasi: 7.44	Tithi 3	Gulika 4:42AM – 6:26AM	Krittika Until 10:16AM	Ganesha: Red	<i>Sunrise:</i> 4:42AM		Sarvari 5122	
		Yama 1:23PM – 3:07PM	Saubhagya Until 1:19PM	Muruḡa: Clear	<i>Sunset:</i> 6:36PM		Moon 4 - Phase 2	
		225134469 Rahu 8:10AM – 9:54AM	Taitila Until 2:11PM	Nataraja: Clear			3rd Phase	
Creative Work	Amrita Yoga		Tritiya Until 2:53AM Sun	Moon – White		Devaloka Day		
		Akshaya Tritiya				Vaisaka-Chaitra		

3		Sunday, April 26, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Sobhana/Athiganda* Yoga Vanija/Visli* Karana Chaturthyam Titau				Portland, ME Sun 18 Sutra 14
Visshabha Rasi: 20	Tithi 4	Gulika 3:08PM – 4:52PM	Rohini Until 12:26PM	Ganesha: Yellow	<i>Sunrise:</i> 4:40AM		Sarvari 5122	
		Yama 11:39AM – 1:23PM	Sobhana Until 1:24PM	Muruḡa: Clear	<i>Sunset:</i> 6:37PM		Moon 4 - Phase 2	
		235134469 Rahu 4:52PM – 6:37PM	Vanija Until 3:32PM	Nataraja: Clear			3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 4:02AM Mon	Moon – Yellow		Devaloka Day		
						Vaisaka-Chaitra		

4		Monday, April 27, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau				Portland, ME Sun 19 Sutra 15
Mithuna Rasi: 2.27	Tithi 5	Gulika 1:23PM – 3:08PM	Mrigashira Until 2:00PM	Ganesha: Blue	<i>Sunrise:</i> 4:39AM		Sarvari 5122	
Family Home Evening		Yama 9:53AM – 11:38AM	Athiganda* Until 1:07PM	Muruḡa: Clear	<i>Sunset:</i> 6:38PM		Moon 4 - Phase 2	
Creative Work	Amrita Yoga	236134469 Rahu 6:24AM – 8:08AM	Bava Until 4:27PM	Nataraja: Clear			3rd Phase	
Until 2:00PM			Panchami Until 4:41AM Tue	Moon – Yellow		Bhuloka Day		
Then Creative Work - Siddha Yoga		Adi Sankara Jayanthi				Devaloka Time: 3:PM to 6:PM		
						Vaisaka-Chaitra		

5		Tuesday, April 28, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Sukarma/Dhriti* Yoga Kaulava/Taitila Karana Shashthyam Titau				Portland, ME Sun 20 Sutra 16
Mithuna Rasi: 15.08	Tithi 6	Gulika 11:38AM – 1:24PM	Ardra Until 2:55PM	Ganesha: Blue	<i>Sunrise:</i> 4:37AM		Sarvari 5122	
		Yama 8:08AM – 9:53AM	Sukarma Until 12:27PM	Muruḡa: Clear	<i>Sunset:</i> 6:39PM		Moon 4 - Phase 2	
		236134469 Rahu 3:09PM – 4:54PM	Kaulava Until 4:49PM	Nataraja: Clear			3rd Phase	
Routine Work	Marana Yoga		Shashthi* Until 4:45AM Wed	Moon – Yellow		Bhuloka Day		
Until 2:55PM						Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Siddha Yoga						Vaisaka-Chaitra		

6		Wednesday, April 29, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Dhriti*/Shula* Yoga Gara/Vanija Karana Saplamyam Titau				Portland, ME Sun 21 Sutra 17
Mithuna Rasi: 28.05	Tithi 7	Gulika 9:53AM – 11:38AM	Punarvasu Until 3:33PM	Ganesha: Yellow	<i>Sunrise:</i> 4:36AM		Sarvari 5122	
		Yama 6:21AM – 8:07AM	Dhriti Until 11:19AM	Muruḡa: Clear	<i>Sunset:</i> 6:41PM		Moon 4 - Phase 2	
		246134469 Rahu 11:38AM – 1:24PM	Gara Until 4:34PM	Nataraja: Clear			3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 4:11AM Thu	Moon – Blue		Devaloka Day		
						Vaisaka-Chaitra		

Retreat Star		Thursday, April 30, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shula*/Ganda* Yoga Visli*/Bava Karana Ashtamyam Titau				Portland, ME Sun 22 Sutra 18
Kataka Rasi: 11.22	Tithi 8	Gulika 8:06AM – 9:52AM	Pushya Until 3:23PM	Ganesha: Yellow	<i>Sunrise:</i> 4:34AM		Sarvari 5122	
		Yama 4:34AM – 6:20AM	Shula* Until 9:39AM	Muruḡa: Clear	<i>Sunset:</i> 6:42PM		Moon 4 - Phase 2	
		246134469 Rahu 1:24PM – 3:10PM	Visli Until 3:40PM	Nataraja: Clear			Ashtami	
Creative Work	Amrita Yoga		Ashtami* Until 2:57AM Fri	Moon – Blue		Devaloka Day		
Until 3:23PM						Vaisaka-Chaitra		
Then Creative Work - Siddha Yoga								

Retreat Star		Friday, May 1, 2020		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Ganda*/Vridhhi* Yoga Balava/Kaulava Karana Navamyam Titau				Portland, ME Sun 23 Sutra 19
Kataka Rasi: 25.01	Tithi 9	Gulika 6:18AM – 8:05AM	Ashlesha* Until 2:24PM	Ganesha: Yellow	<i>Sunrise:</i> 4:31AM		Sarvari 5122	
		Yama 3:11PM – 4:58PM	Ganda* Until 7:27AM	Muruḡa: Clear	<i>Sunset:</i> 6:44PM		Moon 4 - Phase 2	
		246134469 Rahu 9:51AM – 11:38AM	Balava Until 2:06PM	Nataraja: Clear			Navami	
Routine Work	Marana Yoga		Navami* Until 1:04AM Sat	Moon – Blue		Devaloka Day		
						Vaisaka-Chaitra		


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

1	Saturday, May 2, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva Yoga Taitila/Gara Karana Dashamyam Titau				Portland, ME
	Simha Rasi: 9.05	Tithi 10	Gulika 4:30AM – 6:17AM	Magha* Until 1:06PM	Ganesha: White	<i>Sunrise:</i> 4:30AM	Sun 24 Sutra 20
			Yama 1:25PM – 3:11PM	Dhruva Until 1:34AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:45PM	Sarvari 5122
	256134469	Rahu 8:04AM – 9:51AM	Taitila Until 11:55AM	Dashami Until 10:36PM	Nataraja: Clear		Moon 4 - Phase 3 4th Phase
Creative Work Amrita Yoga Until 1:06PM Then Creative Work - Siddha Yoga				Moon – Red	Vaisaka*Chaitra	Bhuloka Day Devaloka Time: 3:PM to 6:PM	

2	Sunday, May 3, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Portland, ME
	Simha Rasi: 23.31	Tithi 11	Gulika 3:12PM – 4:59PM	Purvaphalguni Until 11:08AM	Ganesha: White	<i>Sunrise:</i> 4:29AM	Sun 25 Sutra 21
			Yama 11:38AM – 1:25PM	Vyaghata* Until 10:00PM	Muruqa: Clear	<i>Sunset:</i> 6:46PM	Sarvari 5122
	256134469	Rahu 4:59PM – 6:46PM	Vanija Until 9:11AM	Ekadashi Until 7:38PM	Nataraja: Clear		Moon 4 - Phase 3 4th Phase
Creative Work Siddha Yoga Until 11:08AM Then Creative Work - Amrita Yoga				Moon – Red	Vaisaka*Chaitra	Bhuloka Day Devaloka Time: 3:PM to 6:PM	

3	Monday, May 4, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau				Portland, ME
	Kanya Rasi: 8.17	Tithi 12 – 13	Gulika 1:25PM – 3:13PM	Uttaraphalguni Until 8:36AM	Ganesha: Clear	<i>Sunrise:</i> 4:27AM	Sun 26 Sutra 22
	Family Home Evening		Yama 9:50AM – 11:37AM	Harshana Until 6:10PM	Muruqa: Clear	<i>Sunset:</i> 6:48PM	Sarvari 5122
	256234469	Rahu 6:15AM – 8:02AM	Bava Until 6:02AM	Dvadashi Until 4:20PM	Nataraja: Clear		Moon 4 - Phase 3 4th Phase
Creative Work Siddha Yoga				Moon – Red	Vaisaka*Chaitra	Devaloka Day	
<i>Pradosha Vrata</i>							

4	Tuesday, May 5, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Portland, ME
	Kanya Rasi: 23.16	Tithi 13 – 14	Gulika 11:37AM – 1:25PM	Hasta Until 6:05AM	Ganesha: Clear	<i>Sunrise:</i> 4:26AM	Sun 27 Sutra 23
			Yama 8:02AM – 9:50AM	Vajra* Until 2:09PM	Muruqa: Clear	<i>Sunset:</i> 6:49PM	Sarvari 5122
	267234469	Rahu 3:13PM – 5:01PM	Gara Until 11:02PM	Trayodashi Until 12:48PM	Nataraja: Clear		Moon 4 - Phase 3 4th Phase
Creative Work Siddha Yoga				Moon – Green	Vaisaka*Chaitra	Devaloka Day	

	Wednesday, May 6, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Portland, ME
	Copper Retreat Star		Gulika 9:49AM – 11:37AM	Svati Until 12:28AM Thu	Ganesha: Clear	<i>Sunrise:</i> 4:25AM	Sun 28 Sutra 24
	Tula Rasi: 8.2	Tithi 14 – 15	Yama 6:13AM – 8:01AM	Siddhi Until 10:06AM	Muruqa: Clear	<i>Sunset:</i> 6:50PM	Sarvari 5122
	267234469	Rahu 11:37AM – 1:25PM	Visti Until 7:29PM	Chaturdashi* Until 9:14AM	Nataraja: Clear		Moon 4 - Phase 3 Purnima
Creative Work Siddha Yoga		Budha Purnima (Tamil Nadu)		Moon – Green	Vaisaka*Chaitra	Devaloka Day	

5	Thursday, May 7, 2020		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vyatipata*/Variyan Yoga Balava/Kaulava Karana Prathamayam Titau				Portland, ME
	Silver Retreat Star		Gulika 8:00AM – 9:49AM	Vishakha Until 10:08PM	Ganesha: Purple	<i>Sunrise:</i> 4:24AM	Sun 29 Sutra 25
	Tula Rasi: 23.21	Tithi 16	Yama 4:24AM – 6:12AM	Vyatipata* Until 6:09AM	Muruqa: Clear	<i>Sunset:</i> 6:51PM	Sarvari 5122
	277234469	Rahu 1:26PM – 3:14PM	Balava Until 4:07PM	Prathama* Until 2:33AM Fri	Nataraja: Clear		Moon 4 - Phase 3 Prathama
Creative Work Siddha Yoga				Moon – Orange	Vaisaka*Chaitra	Bhuloka Day Devaloka Time: 3:PM to 6:PM	

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