



**Sunday, April 21, 2019**  
**Gold Retreat Star**

Tula Rasi: 27.01 Tithi 17 – 18

274483468

Routine Work Marana Yoga

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

**Gulika** 3:03PM – 4:40PM  
**Yama** 11:48AM – 1:25PM  
**Rahu** 4:40PM – 6:17PM

**Vishakha** Until 4:58PM  
Vyatipata\* Until 3:29AM Mon  
Vanija Until 11:53PM  
Dvitiya Until 12:31PM

**Ganesha:** Blue *Sunrise:* 5:20AM  
**Muruqa:** Yellow *Sunset:* 6:17PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Chaitra**

Kathmandu, Nepal  
Sutra 7  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**1**

**Monday, April 22, 2019**

Vrischika Rasi: 10.41 Tithi 18 – 19

**Family Home Evening**

Creative Work Siddha Yoga

274483468

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

**Gulika** 1:25PM – 3:03PM  
**Yama** 10:11AM – 11:48AM  
**Rahu** 6:56AM – 8:33AM

**Anuradha** Until 4:43PM  
Variyan Until 1:53AM Tue  
Bava Until 11:09PM  
Tritiya Until 11:24AM

**Ganesha:** Blue *Sunrise:* 5:19AM  
**Muruqa:** Yellow *Sunset:* 6:17PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Chaitra**

Kathmandu, Nepal  
Sun 1  
Sutra 8  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**2**

**Tuesday, April 23, 2019**

Vrischika Rasi: 23.56 Tithi 19 – 20

Routine Work Marana Yoga

Until 5:05PM

Then Creative Work - Amrita Yoga

274483468

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

**Gulika** 11:48AM – 1:25PM  
**Yama** 8:33AM – 10:10AM  
**Rahu** 3:03PM – 4:40PM

**Jyeshtha\*** Until 5:05PM  
Parigha\* Until 12:57AM Wed  
Kaulava Until 11:13PM  
Chaturthi\* Until 11:03AM

**Ganesha:** Blue *Sunrise:* 5:18AM  
**Muruqa:** Yellow *Sunset:* 6:18PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra•Chaitra**

Kathmandu, Nepal  
Sun 2  
Sutra 9  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**3**

**Wednesday, April 24, 2019**

Dhanus Rasi: 6.45 Tithi 20 – 21

Routine Work Marana Yoga

Until 6:34PM

Then Creative Work - Amrita Yoga

284483468

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

**Gulika** 10:10AM – 11:48AM  
**Yama** 6:55AM – 8:32AM  
**Rahu** 11:48AM – 1:25PM

**Mula\*** Until 6:34PM  
Shiva Until 12:39AM Thu  
Gara Until 12:06AM Thu  
Panchami Until 11:32AM

**Ganesha:** Yellow *Sunrise:* 5:17AM  
**Muruqa:** Yellow *Sunset:* 6:19PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra•Chaitra**

Kathmandu, Nepal  
Sun 3  
Sutra 10  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Sivaloka Day**

**4**

**Thursday, April 25, 2019**

Dhanus Rasi: 19.13 Tithi 21 – 22

Creative Work Siddha Yoga

Until 8:38PM

Then Routine Work - Marana Yoga

284483469

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

**Gulika** 8:32AM – 10:10AM  
**Yama** 5:16AM – 6:54AM  
**Rahu** 1:25PM – 3:03PM

**Purvashadha\*** Until 8:38PM  
Siddha Until 12:53AM Fri  
Visti Until 1:42AM Fri  
Shashthi\* Until 12:48PM

**Ganesha:** Yellow *Sunrise:* 5:16AM  
**Muruqa:** Yellow *Sunset:* 6:19PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra•Chaitra**

Kathmandu, Nepal  
Sun 4  
Sutra 11  
Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Devaloka Day**

**5**

**Friday, April 26, 2019**  
**Retreat Star**

Makara Rasi: 1.22 Tithi 22 – 23

Routine Work Marana Yoga

284583469

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

**Gulika** 6:53AM – 8:31AM  
**Yama** 3:03PM – 4:42PM  
**Rahu** 10:09AM – 11:47AM

**Uttarashadha** Until 11:05PM  
Sadhya Until 1:34AM Sat  
Balava Until 3:52AM Sat  
Saptami Until 2:43PM

**Ganesha:** Red *Sunrise:* 5:15AM  
**Muruqa:** Yellow *Sunset:* 6:20PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra•Chaitra**

Kathmandu, Nepal  
Sun 5  
Sutra 12  
Vikarin 5121  
Moon 4 - Phase 2  
Ashtami

**Devaloka Day**

**Saturday, April 27, 2019**

**Retreat Star**

Makara Rasi: 13.2 Tithi 23 – 24

Creative Work Siddha Yoga

Until 2:14AM Sun

Then Routine Work - Marana Yoga

294583469

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

**Gulika** 5:14AM – 6:52AM  
**Yama** 1:25PM – 3:04PM  
**Rahu** 8:31AM – 10:09AM

**Shravana** Until 2:14AM Sun  
Subha Until 2:31AM Sun  
Taitila Until 6:21AM Sun  
Ashtami\* Until 5:04PM

**Ganesha:** Green *Sunrise:* 5:14AM  
**Muruqa:** Yellow *Sunset:* 6:20PM  
**Nataraja:** Clear  
Moon – Purple  
**Chaitra•Chaitra**

Kathmandu, Nepal  
Sun 6  
Sutra 13  
Vikarin 5121  
Moon 4 - Phase 2  
Navami

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

<b>1 Sunday, April 28, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Kathmandu, Nepal			
		Dhanishtha Nakshatra Sukla Yoga Taitila/Gara Karana Navamyam Titau Sun 7 Sutra 14			
Makara Rasi: 25.11	Tithi 24	<b>Gulika</b> 3:04PM – 4:42PM	<b>Dhanishtha</b> Until 5:18AM Mon	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:13AM	Vikarin 5121
		Yama 11:47AM – 1:25PM	Sukla Until 3:31AM Mon	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:21PM	Moon 4 - Phase 3
	294583469	<b>Rahu</b> 4:42PM – 6:21PM	Taitila Until 6:21AM	<b>Nataraja:</b> Clear	2nd Phase
Routine Work	Marana Yoga		Navami* Until 7:36PM	<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>
Until 5:18AM Mon					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

<b>2 Monday, April 29, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yukhtayam Kathmandu, Nepal			
		Shatabhishak Nakshatra Brahma Yoga Vanija/Visti* Karana Dashamyam Titau Sun 8 Sutra 15			
Kumbha Rasi: 7	Tithi 25	<b>Gulika</b> 1:25PM – 3:04PM	<b>Shatabhishak</b> Until 8:04AM Tue	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:12AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:08AM – 11:47AM	Brahma Until 4:27AM Tue	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:21PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	294583469 <b>Rahu</b> 6:51AM – 8:30AM	Vanija Until 8:54AM	<b>Nataraja:</b> Clear	2nd Phase
Until 8:04AM Tue			Dashami Until 10:06PM	<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>
Then Routine Work - Marana Yoga					Devaloka Time: 3:PM to 6:PM

<b>3 Tuesday, April 30, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yukhtayam Kathmandu, Nepal			
		Shatabhishak/Purvaprosnthapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau Sun 9 Sutra 16			
Kumbha Rasi: 18.52	Tithi 26	<b>Gulika</b> 11:47AM – 1:26PM	<b>Shatabhishak</b> Until 8:04AM	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:12AM	Vikarin 5121
		Yama 8:29AM – 10:08AM	Indra Until 5:09AM Wed	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:22PM	Moon 4 - Phase 3
	294583469	<b>Rahu</b> 3:04PM – 4:43PM	Bava Until 11:16AM	<b>Nataraja:</b> Clear	2nd Phase
Routine Work	Marana Yoga		Ekadashi* Until 12:19AM Wed	<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>
Until 10:51AM					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

<b>4 Wednesday, May 1, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yukhtayam Kathmandu, Nepal			
		Purvaprosnthapada*/Uttaraprosnthapada Nakshatra Vaidhrili* Yoga Kaulava/Taitila Karana Dvadashyam Titau Sun 10 Sutra 17			
Meena Rasi: 0.52	Tithi 27	<b>Gulika</b> 10:08AM – 11:47AM	<b>Purvaprosnthapada*</b> Until 10:51AM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:11AM	Vikarin 5121
		Yama 6:50AM – 8:29AM	Vaidhrili* Until 5:29AM Thu	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:22PM	Moon 4 - Phase 3
	214583469	<b>Rahu</b> 11:47AM – 1:26PM	Kaulava Until 1:17PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Amrita Yoga		Dvadashi* Until 2:06AM Thu	<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>
Until 10:51AM					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

<b>5 Thursday, May 2, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yukhtayam Kathmandu, Nepal			
		Uttaraprosnthapada/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau Sun 11 Sutra 18			
Meena Rasi: 13.03	Tithi 28	<b>Gulika</b> 8:28AM – 10:07AM	<b>Uttaraprosnthapada</b> Until 1:01PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:10AM	Vikarin 5121
		Yama 5:10AM – 6:49AM	Vishkambha* Until 5:26AM Fri	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:23PM	Moon 4 - Phase 3
	214583469	<b>Rahu</b> 1:26PM – 3:05PM	Gara Until 2:49PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 3:22AM Fri	<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>
Until 2:31PM					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

<b>6 Friday, May 3, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yukhtayam Kathmandu, Nepal			
		Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau Sun 12 Sutra 19			
Meena Rasi: 25.27	Tithi 29	<b>Gulika</b> 6:48AM – 8:28AM	<b>Revati</b> Until 2:31PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:09AM	Vikarin 5121
		Yama 3:05PM – 4:44PM	Priti Until 4:58AM Sat	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:24PM	Moon 4 - Phase 3
	215583469	<b>Rahu</b> 10:07AM – 11:46AM	Visti Until 3:49PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 4:06AM Sat	<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>
Until 2:31PM					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Kathmandu, Nepal			
		Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau Sun 13 Sutra 20			
Mesha Rasi: 8.05	Tithi 30	<b>Gulika</b> 5:08AM – 6:48AM	<b>Ashvini</b> Until 3:48PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:08AM	Vikarin 5121
		Yama 1:26PM – 3:05PM	Ayushman Until 4:04AM Sun	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:24PM	Moon 4 - Phase 3
	225583469	<b>Rahu</b> 8:27AM – 10:07AM	Catuspada Until 4:17PM	<b>Nataraja:</b> Clear	Amavasya
Creative Work	Siddha Yoga		Amavasya* Until 4:17AM Sun	<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>
Until 4:25PM					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Kathmandu, Nepal			
		Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau Sun 14 Sutra 21			
Mesha Rasi: 20.59	Tithi 1	<b>Gulika</b> 3:05PM – 4:45PM	<b>Bharani</b> Until 4:25PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:08AM	Vikarin 5121
		Yama 11:46AM – 1:26PM	Saubhagya Until 2:48AM Mon	<b>Muruqa:</b> Yellow <i>Sunset:</i> 6:25PM	Moon 4 - Phase 3
	225583469	<b>Rahu</b> 4:45PM – 6:25PM	Kintughna Until 4:13PM	<b>Nataraja:</b> Clear	Prathama
Routine Work	Prabalarishta Yoga		Prathama* Until 4:00AM Mon	<b>Chaitra+Chaitra</b>	<b>Bhuloka Day</b>
Until 4:25PM					Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

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


<b>Monday, May 6, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Kathmandu, Nepal Sun 15 Sutra 22
<b>1</b>	Vrishabha Rasi: 4.07 Family Home Evening Routine Work Marana Yoga Until 4:28PM Then Creative Work - Amrita Yoga	<b>Gulika</b> 1:26PM – 3:06PM Yama 10:06AM – 11:46AM Rahu 6:47AM – 8:26AM	<b>Krittika</b> Until 4:28PM Sobhana Until 1:13AM Tue Balava Until 3:43PM Dvitiya Until 3:19AM Tue	<b>Ganesha:</b> Purple <b>Muruqa:</b> Yellow <b>Nataraja:</b> Clear Moon – White <b>Vaisaka-Chaitra</b>	<b>Sunrise:</b> 5:07AM <b>Sunset:</b> 6:25PM	Vikarin 5121 Moon 4 - Phase 4 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
<b>Tuesday, May 7, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Kathmandu, Nepal Sun 16 Sutra 23
<b>2</b>	Vrishabha Rasi: 17.28 Tithi 3 Creative Work Amrita Yoga Until 4:26PM Then Creative Work - Siddha Yoga	<b>Gulika</b> 11:46AM – 1:26PM Yama 8:26AM – 10:06AM Rahu 3:06PM – 4:46PM	<b>Rohini</b> Until 4:26PM Athiganda* Until 11:20PM Taitila Until 2:51PM Tritiya Until 2:16AM Wed	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Yellow <b>Nataraja:</b> Clear Moon – Yellow <b>Vaisaka-Chaitra</b>	<b>Sunrise:</b> 5:05AM <b>Sunset:</b> 6:26PM	Vikarin 5121 Moon 4 - Phase 4 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
<b>Wednesday, May 8, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau				Kathmandu, Nepal Sun 17 Sutra 24
<b>3</b>	Mithuna Rasi: 0.59 Tithi 4 Creative Work Siddha Yoga	<b>Gulika</b> 10:06AM – 11:46AM Yama 6:46AM – 8:26AM Rahu 11:46AM – 1:26PM	<b>Mrigashira</b> Until 3:57PM Sukarma Until 9:14PM Vanija Until 1:40PM Chaturthi* Until 12:57AM Thu	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Yellow <b>Nataraja:</b> Clear Moon – Yellow <b>Vaisaka-Chaitra</b>	<b>Sunrise:</b> 5:05AM <b>Sunset:</b> 6:26PM	Vikarin 5121 Moon 4 - Phase 4 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
<b>Thursday, May 9, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti Yoga Bava/Balava Karana Panchamyam Titau				Kathmandu, Nepal Sun 18 Sutra 25
<b>4</b>	Mithuna Rasi: 14.41 Tithi 5 Routine Work Marana Yoga Until 3:05PM Then Creative Work - Amrita Yoga	<b>Gulika</b> 8:25AM – 10:06AM Yama 5:05AM – 6:45AM Rahu 1:26PM – 3:06PM	<b>Ardra</b> Until 3:05PM Dhriti Until 6:58PM Bava Until 12:13PM Panchami Until 11:24PM	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Yellow <b>Nataraja:</b> Clear Moon – Yellow <b>Vaisaka-Chaitra</b>	<b>Sunrise:</b> 5:05AM <b>Sunset:</b> 6:27PM	Vikarin 5121 Moon 4 - Phase 4 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
<b>Friday, May 10, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau				Kathmandu, Nepal Sun 19 Sutra 26
<b>5</b>	Mithuna Rasi: 28.31 Tithi 6 Creative Work Siddha Yoga Until 2:18PM Then Routine Work - Marana Yoga	<b>Gulika</b> 6:44AM – 8:25AM Yama 3:07PM – 4:47PM Rahu 10:05AM – 11:46AM	<b>Punarvasu</b> Until 2:18PM Shula* Until 4:29PM Kaulava Until 10:34AM Shashthi* Until 9:39PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Yellow <b>Nataraja:</b> Clear Moon – Blue <b>Vaisaka-Chaitra</b>	<b>Sunrise:</b> 5:04AM <b>Sunset:</b> 6:28PM	Vikarin 5121 Moon 4 - Phase 4 3rd Phase <b>Devaloka Day</b>
<b>Saturday, May 11, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi Yoga Gara/Vanija Karana Saplamyam Titau				Kathmandu, Nepal Sun 20 Sutra 27
<b>6</b>	Kataka Rasi: 12.28 Tithi 7 Creative Work Siddha Yoga Until 1:10PM Then Routine Work - Marana Yoga	<b>Gulika</b> 5:03AM – 6:44AM Yama 1:26PM – 3:07PM Rahu 8:25AM – 10:05AM	<b>Pushya</b> Until 1:10PM Ganda* Until 1:52PM Gara Until 8:43AM Saptami Until 7:42PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Yellow <b>Nataraja:</b> Clear Moon – Blue <b>Vaisaka-Chaitra</b>	<b>Sunrise:</b> 5:03AM <b>Sunset:</b> 6:28PM	Vikarin 5121 Moon 4 - Phase 4 3rd Phase <b>Devaloka Day</b>
<b>Sunday, May 12, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Visti*/Balava Karana Ashtami/Navamyam Titau				Kathmandu, Nepal Sun 21 Sutra 28
<b>Retreat Star</b>	Kataka Rasi: 26.32 Tithi 8 – 9 Creative Work Siddha Yoga Until 11:44AM Then Routine Work - Marana Yoga	<b>Gulika</b> 3:07PM – 4:48PM Yama 11:46AM – 1:26PM Rahu 4:48PM – 6:29PM	<b>Ashlesha*</b> Until 11:44AM Vridhhi Until 11:08AM Visti Until 6:41AM Ashtami* Until 5:35PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Yellow <b>Nataraja:</b> Clear Moon – Blue <b>Vaisaka-Chaitra</b>	<b>Sunrise:</b> 5:03AM <b>Sunset:</b> 6:29PM	Vikarin 5121 Moon 4 - Phase 4 Ashtami <b>Devaloka Day</b>
<b>Monday, May 13, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva*/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 22 Sutra 29
<b>Retreat Star</b>	Simha Rasi: 10.42 Tithi 9 – 10 Family Home Evening Routine Work Marana Yoga Until 10:25AM Then Creative Work - Siddha Yoga	<b>Gulika</b> 1:27PM – 3:08PM Yama 10:05AM – 11:46AM Rahu 6:43AM – 8:24AM	<b>Magha*</b> Until 10:25AM Dhruva Until 8:14AM Taitila Until 2:11AM Tue Navami* Until 3:20PM	<b>Ganesha:</b> White <b>Muruqa:</b> Yellow <b>Nataraja:</b> Clear Moon – Red <b>Vaisaka-Chaitra</b>	<b>Sunrise:</b> 5:02AM <b>Sunset:</b> 6:29PM	Vikarin 5121 Moon 4 - Phase 4 Navami <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>1</b>		<b>Tuesday, May 14, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau	Kathmandu, Nepal Sun 23 Sutra 30
Simha Rasi: 24.57	Tithi 10 – 11	<b>Gulika</b> 11:46AM – 1:27PM	<b>Purvaphalguni Until 8:52AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:02AM
		Yama 8:24AM – 10:05AM	Harshana Until 2:15AM Wed	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:30PM
		256583469 <b>Rahu</b> 3:08PM – 4:49PM	Vanija Until 11:49PM	<b>Nataraja:</b> Clear	Moon 4 - Phase 5
Creative Work	Siddha Yoga		<b>Dashami Until 12:59PM</b>	Moon – Red	4th Phase
Until 8:52AM				<b>Vaisaka-Chaitra</b>	<b>Bhuloka Day</b>
Then Creative Work - Amrita Yoga					Devaloka Time: 3:PM to 6:PM

<b>2</b>		<b>Wednesday, May 15, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau	Kathmandu, Nepal Sun 24 Sutra 31
Kanya Rasi: 19.14	Tithi 11 – 12	<b>Gulika</b> 10:05AM – 11:46AM	<b>Uttaraphalguni Until 7:07AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:01AM
		Yama 6:42AM – 8:23AM	Vajra* Until 11:14PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:30PM
		256583469 <b>Rahu</b> 11:46AM – 1:27PM	Bava Until 9:26PM	<b>Nataraja:</b> Clear	Moon 4 - Phase 5
Creative Work	Amrita Yoga		<b>Ekadashi Until 10:36AM</b>	Moon – Red	4th Phase
Until 7:07AM				<b>Vaisaka-Vaikasi</b>	<b>Bhuloka Day</b>
Then Routine Work - Marana Yoga					Devaloka Time: 3:PM to 6:PM

<b>3</b>		<b>Thursday, May 16, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Kathmandu, Nepal Sun 25 Sutra 32
Kanya Rasi: 23.31	Tithi 12 – 13	<b>Gulika</b> 8:23AM – 10:04AM	<b>Chitra Until 4:15AM Fri</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:00AM
		Yama 5:00AM – 6:42AM	Siddhi Until 8:19PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:31PM
		266583469 <b>Rahu</b> 1:27PM – 3:08PM	Kaulava Until 7:09PM	<b>Nataraja:</b> Clear	Moon 4 - Phase 5
Creative Work	Siddha Yoga		<b>Dvadashi Until 8:15AM</b>	Moon – Green	4th Phase
				<b>Vaisaka-Vaikasi</b>	<b>Devaloka Day</b>
					<i>Pradosha Vrata</i>

<b>4</b>		<b>Friday, May 17, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata*/Varyan Yoga Tailla/Vanija Karana Trayodashi/Chaturdashyam Titau	Kathmandu, Nepal Sun 26 Sutra 33
Tula Rasi: 7.41	Tithi 13 – 14	<b>Gulika</b> 6:41AM – 8:23AM	<b>Svati Until 2:56AM Sat</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:00AM
		Yama 3:09PM – 4:50PM	Vyatipata* Until 5:35PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:32PM
		266583469 <b>Rahu</b> 10:04AM – 11:46AM	Vanija Until 4:09AM Sat	<b>Nataraja:</b> Clear	Moon 4 - Phase 5
Creative Work	Siddha Yoga		<b>Trayodashi Until 6:04AM</b>	Moon – Green	4th Phase
				<b>Vaisaka-Vaikasi</b>	<b>Devaloka Day</b>

		<b>Saturday, May 18, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha Nakshatra Varyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau	Kathmandu, Nepal Sun 27 Sutra 34
<b>Copper Retreat Star</b>		<b>Gulika</b> 4:59AM – 6:41AM	<b>Vishakha Until 2:18AM Sun</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:59AM
Tula Rasi: 21.41	Tithi 15	Yama 1:27PM – 3:09PM	Varyan Until 3:07PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:32PM
		276583469 <b>Rahu</b> 8:23AM – 10:04AM	Visti Until 3:22PM	<b>Nataraja:</b> Clear	Moon 4 - Phase 5
Creative Work	Siddha Yoga		<b>Purnima* Until 2:39AM Sun</b>	Moon – Orange	Purnima
Until 2:18AM Sun				<b>Vaisaka-Vaikasi</b>	<b>Bhuloka Day</b>
Then Routine Work - Marana Yoga					Devaloka Time: 3:PM to 6:PM

<b>Sunday, May 19, 2019</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau	Kathmandu, Nepal Sun 28 Sutra 35
		<b>Gulika</b> 3:09PM – 4:51PM	<b>Anuradha Until 2:03AM Mon</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:59AM
Vrischika Rasi: 5.25	Tithi 16	Yama 11:46AM – 1:28PM	Parigha* Until 1:02PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:33PM
		277583469 <b>Rahu</b> 4:51PM – 6:33PM	Balava Until 2:06PM	<b>Nataraja:</b> Clear	Moon 4 - Phase 5
Routine Work	Marana Yoga		<b>Prathama* Until 1:40AM Mon</b>	Moon – Orange	Prathama
Until 2:03AM Mon				<b>Vaisaka-Vaikasi</b>	<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga					

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

All times are standard time

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**Monday, May 20, 2019**  
**Gold Retreat Star**

Vrischika Rasi: 18.5 Tithi 17  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 2:17AM Tue  
Then Creative Work - Amrita Yoga

277583469

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

**Gulika** 1:28PM – 3:10PM  
**Yama** 10:04AM – 11:46AM  
**Rahu** 6:40AM – 8:22AM

**Jyeshtha\* Until 2:17AM Tue**  
Shiva Until 11:26AM  
Taitila Until 1:26PM  
**Dvitiya Until 1:19AM Tue**

**Ganesha:** Yellow *Sunrise:* 4:58AM  
**Muruqa:** Yellow *Sunset:* 6:33PM  
**Nataraja:** Clear  
Moon – Orange

**Vaisaka-Vaikasi**

**Devaloka Day**

Kathmandu, Nepal  
Sun 1 Sutra 36  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**1**

**Tuesday, May 21, 2019**

Dhanus Rasi: 1.55 Tithi 18  
Creative Work Amrita Yoga

287583469

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

**Gulika** 11:46AM – 1:28PM  
**Yama** 8:22AM – 10:04AM  
**Rahu** 3:10PM – 4:52PM

**Mula\* Until 3:29AM Wed**  
Siddha Until 10:20AM  
Vanija Until 1:25PM  
**Tritiya Until 1:40AM Wed**

**Ganesha:** Blue *Sunrise:* 4:58AM  
**Muruqa:** Yellow *Sunset:* 6:34PM  
**Nataraja:** Clear  
Moon – Light Blue

**Vaisaka-Vaikasi**

**Sivaloka Day**

Kathmandu, Nepal  
Sun 2 Sutra 37  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**2**

**Wednesday, May 22, 2019**

Dhanus Rasi: 14.38 Tithi 19  
Creative Work Amrita Yoga  
Until 5:13AM Thu  
Then Routine Work - Marana Yoga

287683469

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

**Gulika** 10:04AM – 11:46AM  
**Yama** 6:40AM – 8:22AM  
**Rahu** 11:46AM – 1:28PM

**Purvashadha\* Until 5:13AM Thu**  
Sadhya Until 9:48AM  
Bava Until 2:07PM  
**Chaturthi\* Until 2:42AM Thu**

**Ganesha:** Red *Sunrise:* 4:58AM  
**Muruqa:** Yellow *Sunset:* 6:34PM  
**Nataraja:** Clear  
Moon – Light Blue

**Vaisaka-Vaikasi**

**Devaloka Day**

Kathmandu, Nepal  
Sun 3 Sutra 38  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**3**

**Thursday, May 23, 2019**

Dhanus Rasi: 27.04 Tithi 20  
Routine Work Marana Yoga

287683469

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

**Gulika** 8:22AM – 10:04AM  
**Yama** 4:57AM – 6:39AM  
**Rahu** 1:28PM – 3:11PM

**Uttarashadha Until 7:22AM Fri**  
Subha Until 9:49AM  
Kaulava Until 3:29PM  
**Panchami Until 4:21AM Fri**

**Ganesha:** Red *Sunrise:* 4:57AM  
**Muruqa:** Yellow *Sunset:* 6:35PM  
**Nataraja:** Clear  
Moon – Light Blue

**Vaisaka-Vaikasi**

**Devaloka Day**

Kathmandu, Nepal  
Sun 4 Sutra 39  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**4**

**Friday, May 24, 2019**

Makara Rasi: 9.13 Tithi 21  
Routine Work Marana Yoga

287683469

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

**Gulika** 6:39AM – 8:21AM  
**Yama** 3:11PM – 4:53PM  
**Rahu** 10:04AM – 11:46AM

**Uttarashadha Until 7:22AM**  
Sukla Until 10:15AM  
Gara Until 5:24PM  
**Shashthi\* Until 6:29AM Sat**

**Ganesha:** Red *Sunrise:* 4:57AM  
**Muruqa:** Yellow *Sunset:* 6:36PM  
**Nataraja:** Clear  
Moon – Light Blue

**Vaisaka-Vaikasi**

**Devaloka Day**

Kathmandu, Nepal  
Sun 5 Sutra 40  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**5**

**Saturday, May 25, 2019**

Makara Rasi: 21.12 Tithi 21 – 22  
Creative Work Siddha Yoga

297683469

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

**Gulika** 4:56AM – 6:39AM  
**Yama** 1:29PM – 3:11PM  
**Rahu** 8:21AM – 10:04AM

**Shravana Until 10:17AM**  
Brahma Until 11:01AM  
Visti Until 7:41PM  
**Shashthi\* Until 6:29AM**

**Ganesha:** Green *Sunrise:* 4:56AM  
**Muruqa:** Yellow *Sunset:* 6:36PM  
**Nataraja:** Clear  
Moon – Purple

**Vaisaka-Vaikasi**

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

Kathmandu, Nepal  
Sun 6 Sutra 41  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**D**

**Sunday, May 26, 2019**  
**Retreat Star**

Kumbha Rasi: 3.05 Tithi 22 – 23  
Routine Work Marana Yoga  
Until 1:14PM  
Then Creative Work - Siddha Yoga

398683469

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

**Gulika** 3:11PM – 4:54PM  
**Yama** 11:46AM – 1:29PM  
**Rahu** 4:54PM – 6:37PM

**Dhanishtha Until 1:14PM**  
Indra Until 11:59AM  
Balava Until 10:07PM  
**Saptami Until 8:52AM**

**Ganesha:** Blue *Sunrise:* 4:56AM  
**Muruqa:** Yellow *Sunset:* 6:37PM  
**Nataraja:** Clear  
Moon – Purple

**Vaisaka-Vaikasi**

**Sivaloka Day**

Kathmandu, Nepal  
Sun 7 Sutra 42  
Vikarin 5121  
Moon 5 - Phase 6  
Ashtami

**Monday, May 27, 2019**  
**Retreat Star**

Kumbha Rasi: 14.56 Tithi 23 – 24  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 4:02PM  
Then Routine Work - Marana Yoga

398683469

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

**Gulika** 1:29PM – 3:12PM  
**Yama** 10:04AM – 11:46AM  
**Rahu** 6:38AM – 8:21AM

**Shatabhishak Until 4:02PM**  
Vaidhriti\* Until 12:55PM  
Taitila Until 12:27AM Tue  
**Ashtami\* Until 11:17AM**

**Ganesha:** Blue *Sunrise:* 4:56AM  
**Muruqa:** Yellow *Sunset:* 6:37PM  
**Nataraja:** Clear  
Moon – Purple

**Vaisaka-Vaikasi**

**Sivaloka Day**

Kathmandu, Nepal  
Sun 8 Sutra 43  
Vikarin 5121  
Moon 5 - Phase 6  
Navami

<b>1</b>	<b>Tuesday, May 28, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Kathmandu, Nepal
	Kumbha Rasi: 26.51	Tithi 24 – 25	<b>Gulika</b> 11:47AM – 1:29PM	<b>Purvaproshtapada* Until 6:56PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:55AM	Sun 9 Sutra 44
	318683469	<b>Rahu</b> 3:12PM – 4:55PM	Yama 8:21AM – 10:04AM	Vishkambha* Until 1:42PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:38PM	Vikarin 5121
	Routine Work Marana Yoga			Vanija Until 2:30AM Wed	<b>Nataraja:</b> Clear		Moon 5 - Phase 7
			<b>Navami* Until 1:30PM</b>	Moon – Clear		2nd Phase	
				<b>Vaisaka-Vaikasi</b>		<b>Sivaloka Day</b>	


<b>2</b>	<b>Wednesday, May 29, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal
	Meena Rasi: 8.54	Tithi 25 – 26	<b>Gulika</b> 10:04AM – 11:47AM	<b>Uttaraproshtapada Until 9:15PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:55AM	Sun 10 Sutra 45
	318683469	<b>Rahu</b> 11:47AM – 1:30PM	Yama 6:38AM – 8:21AM	Priti Until 2:13PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:38PM	Vikarin 5121
	Creative Work Siddha Yoga			Bava Until 4:04AM Thu	<b>Nataraja:</b> Clear		Moon 5 - Phase 7
			<b>Dashami Until 3:20PM</b>	Moon – Clear		2nd Phase	
				<b>Vaisaka-Vaikasi</b>		<b>Sivaloka Day</b>	

<b>3</b>	<b>Thursday, May 30, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal
	Meena Rasi: 21.09	Tithi 26 – 27	<b>Gulika</b> 8:21AM – 10:04AM	<b>Revati Until 10:52PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:55AM	Sun 11 Sutra 46
	318683469	<b>Rahu</b> 1:30PM – 3:13PM	Yama 4:55AM – 6:38AM	Ayushman Until 2:17PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:39PM	Vikarin 5121
	Creative Work Siddha Yoga			Kaulava Until 5:03AM Fri	<b>Nataraja:</b> Clear		Moon 5 - Phase 7
			<b>Ekadashi* Until 4:37PM</b>	Moon – Clear		2nd Phase	
				<b>Vaisaka-Vaikasi</b>		<b>Sivaloka Day</b>	

<b>4</b>	<b>Friday, May 31, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal
	Mesha Rasi: 3.39	Tithi 27 – 28	<b>Gulika</b> 6:38AM – 8:21AM	<b>Ashvini Until 12:12AM Sat</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:55AM	Sun 12 Sutra 47
	328683469	<b>Rahu</b> 10:04AM – 11:47AM	Yama 3:13PM – 4:56PM	Saubhagya Until 1:53PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:39PM	Vikarin 5121
	Creative Work Amrita Yoga			Gara Until 5:24AM Sat	<b>Nataraja:</b> Clear		Moon 5 - Phase 7
			<b>Dvadashi* Until 5:17PM</b>	Moon – White		2nd Phase	
				<b>Vaisaka-Vaikasi</b>		<b>Devaloka Day</b>	
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>	<b>Saturday, June 1, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal
	Mesha Rasi: 16.26	Tithi 28 – 29	<b>Gulika</b> 4:54AM – 6:38AM	<b>Bharani Until 12:44AM Sun</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:54AM	Sun 13 Sutra 48
	329683469	<b>Rahu</b> 8:21AM – 10:04AM	Yama 1:30PM – 3:13PM	Sobhana Until 1:00PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:40PM	Vikarin 5121
	Creative Work Siddha Yoga			Visti Until 5:07AM Sun	<b>Nataraja:</b> Clear		Moon 5 - Phase 7
			<b>Trayodashi* Until 5:19PM</b>	Moon – White		2nd Phase	
				<b>Vaisaka-Vaikasi</b>		<b>Bhuloka Day</b>	
						Devaloka Time: 3:PM to 6:PM	

<b>6</b>	<b>Sunday, June 2, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda*/Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Kathmandu, Nepal
	Mesha Rasi: 29.34	Tithi 29 – 30	<b>Gulika</b> 3:14PM – 4:57PM	<b>Krittika Until 12:32AM Mon</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:54AM	Sun 14 Sutra 49
	329683469	<b>Rahu</b> 4:57PM – 6:40PM	Yama 11:47AM – 1:30PM	Athiganda* Until 11:35AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:40PM	Vikarin 5121
	Creative Work Siddha Yoga			Catuspada Until 4:14AM Mon	<b>Nataraja:</b> Clear		Moon 5 - Phase 7
			<b>Chaturdashi* Until 4:44PM</b>	Moon – White		2nd Phase	
				<b>Vaisaka-Vaikasi</b>		<b>Bhuloka Day</b>	
						Devaloka Time: 3:PM to 6:PM	

	<b>Monday, June 3, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma/Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal
	<b>Retreat Star</b>		<b>Gulika</b> 1:31PM – 3:14PM	<b>Rohini Until 12:07AM Tue</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:54AM	Sun 15 Sutra 50
	Vrishabha Rasi: 12.59	Tithi 30 – 1	Yama 10:04AM – 11:47AM	Sukarma Until 9:44AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:41PM	Vikarin 5121
	<b>Family Home Evening</b>	339683469	<b>Rahu</b> 6:37AM – 8:21AM	Kintughna Until 2:52AM Tue	<b>Nataraja:</b> Clear		Moon 5 - Phase 7
			<b>Amavasya* Until 3:35PM</b>	Moon – Yellow		Amavasya	
				<b>Vaisaka-Vaikasi</b>		<b>Bhuloka Day</b>	
						Devaloka Time: 3:PM to 6:PM	

<b>Retreat Star</b>	<b>Tuesday, June 4, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Prathama/Dvityayam Titau				Kathmandu, Nepal
	Vrishabha Rasi: 26.42	Tithi 1 – 2	<b>Gulika</b> 11:48AM – 1:31PM	<b>Mrigashira Until 11:09PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:54AM	Sun 16 Sutra 51
	339683469	<b>Rahu</b> 3:14PM – 4:58PM	Yama 8:21AM – 10:04AM	Dhriti Until 7:31AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:41PM	Vikarin 5121
	Creative Work Siddha Yoga			Balava Until 1:05AM Wed	<b>Nataraja:</b> Clear		Moon 5 - Phase 7
			<b>Prathama* Until 2:00PM</b>	Moon – Yellow		Prathama	
				<b>Jyeshtha-Vaikasi</b>		<b>Bhuloka Day</b>	
						Devaloka Time: 3:PM to 6:PM	

1	<b>Wednesday, June 5, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Kathmandu, Nepal Sun 17 Sutra 52 Vikarin 5121
	Mithuna Rasi: 10.4	Tithi 2 – 3	<b>Gulika</b> 10:04AM – 11:48AM	<b>Ardra Until 9:44PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:54AM	
			Yama 6:37AM – 8:21AM	Ganda* Until 2:12AM Thu	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:42PM	Moon 5 - Phase 8
	Creative Work	Siddha Yoga	339683461 <b>Rahu</b> 11:48AM – 1:31PM	Taitila Until 11:01PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Dvitiya Until 12:04PM</b>	Moon – Yellow		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	

2	<b>Thursday, June 6, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Kathmandu, Nepal Sun 18 Sutra 53 Vikarin 5121
	Mithuna Rasi: 24.47	Tithi 3 – 4	<b>Gulika</b> 8:21AM – 10:04AM	<b>Punarvasu Until 8:25PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:54AM	
			Yama 4:54AM – 6:37AM	Vriddhi Until 11:18PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:42PM	Moon 5 - Phase 8
	Creative Work	Amrita Yoga	349683461 <b>Rahu</b> 1:31PM – 3:15PM	Vanija Until 8:45PM	<b>Nataraja:</b> Yellow		3rd Phase
			<b>Tritiya Until 9:53AM</b>	Moon – Blue		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	

3	<b>Friday, June 7, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Kathmandu, Nepal Sun 19 Sutra 54 Vikarin 5121
	Kataka Rasi: 9.01	Tithi 4 – 5	<b>Gulika</b> 6:37AM – 8:21AM	<b>Pushya Until 6:51PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:54AM	
			Yama 3:15PM – 4:59PM	Dhruva Until 8:19PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:42PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	349683461 <b>Rahu</b> 10:04AM – 11:48AM	Bava Until 6:24PM	<b>Nataraja:</b> Yellow		3rd Phase
			<b>Chaturthi* Until 7:34AM</b>	Moon – Blue		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	

4	<b>Saturday, June 8, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau				Kathmandu, Nepal Sun 20 Sutra 55 Vikarin 5121
	Kataka Rasi: 23.17	Tithi 6	<b>Gulika</b> 4:54AM – 6:37AM	<b>Ashlesha* Until 5:08PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:54AM	
			Yama 1:32PM – 3:16PM	Vyaghata* Until 5:20PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:43PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	349683461 <b>Rahu</b> 8:21AM – 10:05AM	Kaulava Until 4:02PM	<b>Nataraja:</b> Yellow		3rd Phase
			<b>Shashthi* Until 2:50AM Sun</b>	Moon – Blue		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM	

5	<b>Sunday, June 9, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau				Kathmandu, Nepal Sun 21 Sutra 56 Vikarin 5121
	Simha Rasi: 7.33	Tithi 7	<b>Gulika</b> 3:16PM – 5:00PM	<b>Magha* Until 3:44PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:53AM	
			Yama 11:48AM – 1:32PM	Harshana Until 2:23PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:43PM	Moon 5 - Phase 8
	Routine Work	Marana Yoga	351683461 <b>Rahu</b> 5:00PM – 6:43PM	Gara Until 1:42PM	<b>Nataraja:</b> Yellow		3rd Phase
			<b>Saptami Until 12:33AM Mon</b>	Moon – Red		<b>Devaloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>			

D	<b>Monday, June 10, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau				Kathmandu, Nepal Sun 22 Sutra 57 Vikarin 5121
	<b>Retreat Star</b>		<b>Gulika</b> 1:32PM – 3:16PM	<b>Purvaphalguni Until 2:18PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:53AM	
	Simha Rasi: 21.46	Tithi 8	Yama 10:05AM – 11:49AM	Vajra* Until 11:30AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:44PM	Moon 5 - Phase 8
	<b>Family Home Evening</b>		351683461 <b>Rahu</b> 6:37AM – 8:21AM	Visti Until 11:28AM	<b>Nataraja:</b> Yellow		Ashtami
			<b>Ashtami* Until 10:22PM</b>	Moon – Red		<b>Devaloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>			


D	<b>Tuesday, June 11, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddhi/Vyaltipata* Yoga Balava/Kaulava Karana Navamyam Titau				Kathmandu, Nepal Sun 23 Sutra 58 Vikarin 5121
	<b>Retreat Star</b>		<b>Gulika</b> 11:49AM – 1:33PM	<b>Uttaraphalguni Until 12:51PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:53AM	
	Kanya Rasi: 5.53	Tithi 9	Yama 8:21AM – 10:05AM	Siddhi Until 8:44AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:44PM	Moon 5 - Phase 8
	Creative Work	Amrita Yoga	351683461 <b>Rahu</b> 3:16PM – 5:00PM	Balava Until 9:21AM	<b>Nataraja:</b> Yellow		Navami
			<b>Navami* Until 8:19PM</b>	Moon – Red		<b>Devaloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>			

<b>1</b>	<b>Wednesday, June 12, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Vyatipata/Variyan Yoga Taitila/Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 24 Sutra 59
	Kanya Rasi: 19.55	Tithi 10	<b>Gulika</b> 10:05AM – 11:49AM	<b>Hasta</b> <b>Until 11:51AM</b>	<b>Ganesha:</b> White <i>Sunrise: 4:53AM</i>	Vikarin 5121	
		361683461	Yama 6:37AM – 8:21AM	Vyatipata* <b>Until 6:06AM</b>	<b>Muruqa:</b> Yellow <i>Sunset: 6:44PM</i>	Moon 5 - Phase 9	
			<b>Rahu</b> 11:49AM – 1:33PM	Taitila <b>Until 7:23AM</b>	<b>Nataraja:</b> Yellow	4th Phase	
	Routine Work	Marana Yoga		<b>Dashami</b> <b>Until 6:28PM</b>	Moon – Green	<b>Bhuloka Day</b>	
	Until 11:51AM				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM	
	Then Creative Work - Siddha Yoga						

<b>2</b>	<b>Thursday, June 13, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 60
	Tula Rasi: 3.49	Tithi 11 – 12	<b>Gulika</b> 8:21AM – 10:05AM	<b>Chitra</b> <b>Until 10:55AM</b>	<b>Ganesha:</b> White <i>Sunrise: 4:54AM</i>	Vikarin 5121	
		361683461	Yama 4:54AM – 6:37AM	Parigha* <b>Until 1:21AM</b> Fri	<b>Muruqa:</b> Yellow <i>Sunset: 6:45PM</i>	Moon 5 - Phase 9	
			<b>Rahu</b> 1:33PM – 3:17PM	Bava <b>Until 4:09AM</b> Fri	<b>Nataraja:</b> Yellow	4th Phase	
	Creative Work	Siddha Yoga		<b>Ekadashi</b> <b>Until 4:50PM</b>	Moon – Green	<b>Bhuloka Day</b>	
	Until 10:55AM				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM	
	Then Creative Work - Amrita Yoga						

<b>3</b>	<b>Friday, June 14, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 61
	Tula Rasi: 17.34	Tithi 12 – 13	<b>Gulika</b> 6:38AM – 8:21AM	<b>Svati</b> <b>Until 10:07AM</b>	<b>Ganesha:</b> White <i>Sunrise: 4:54AM</i>	Vikarin 5121	
		361693461	Yama 3:17PM – 5:01PM	Shiva <b>Until 11:22PM</b>	<b>Muruqa:</b> Blue <i>Sunset: 6:45PM</i>	Moon 5 - Phase 9	
			<b>Rahu</b> 10:05AM – 11:49AM	Kaulava <b>Until 2:59AM</b> Sat	<b>Nataraja:</b> Yellow	4th Phase	
	Creative Work	Siddha Yoga		<b>Dvadashi</b> <b>Until 3:30PM</b>	Moon – Green	<b>Devaloka Day</b>	
			<b>Vaikasi Visakam</b>		<b>Jyeshtha-Vaikasi</b>		
				<i>Pradosha Vrata</i>			

<b>4</b>	<b>Saturday, June 15, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 62
	Vrischika Rasi: 1.07	Tithi 13 – 14	<b>Gulika</b> 4:54AM – 6:38AM	<b>Vishakha</b> <b>Until 9:57AM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 4:54AM</i>	Vikarin 5121	
		371693461	Yama 1:34PM – 3:18PM	Siddha <b>Until 9:39PM</b>	<b>Muruqa:</b> Blue <i>Sunset: 6:46PM</i>	Moon 5 - Phase 9	
			<b>Rahu</b> 8:22AM – 10:06AM	Gara <b>Until 2:13AM</b> Sun	<b>Nataraja:</b> Yellow	4th Phase	
	Creative Work	Siddha Yoga		<b>Trayodashi</b> <b>Until 2:31PM</b>	Moon – Orange	<b>Sivaloka Day</b>	
					<b>Jyeshtha-Ani</b>		

	<b>Sunday, June 16, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Kathmandu, Nepal Sutra 63
	<b>Copper Retreat Star</b>		<b>Gulika</b> 3:18PM – 5:02PM	<b>Anuradha</b> <b>Until 10:03AM</b>	<b>Ganesha:</b> White <i>Sunrise: 4:54AM</i>	Vikarin 5121	
Vrischika Rasi: 14.26	Tithi 14 – 15		Yama 11:50AM – 1:34PM	Sadhya <b>Until 8:19PM</b>	<b>Muruqa:</b> Blue <i>Sunset: 6:46PM</i>	Moon 5 - Phase 9	
		371793461	<b>Rahu</b> 5:02PM – 6:46PM	Visti <b>Until 1:55AM</b> Mon	<b>Nataraja:</b> Yellow	Purnima	
	Routine Work	Marana Yoga		<b>Chaturdashi*</b> <b>Until 1:59PM</b>	Moon – Orange	<b>Subha Sivaloka Day</b>	
			<b>Father's Day</b>		<b>Jyeshtha-Ani</b>		

<b>Monday, June 17, 2019</b>	<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal Sutra 64
	Vrischika Rasi: 27.29	Tithi 15 – 16	<b>Gulika</b> 1:34PM – 3:18PM	<b>Jyeshtha*</b> <b>Until 10:29AM</b>	<b>Ganesha:</b> White <i>Sunrise: 4:54AM</i>	Vikarin 5121	
<b>Family Home Evening</b>		371793461	Yama 10:06AM – 11:50AM	Subha <b>Until 7:25PM</b>	<b>Muruqa:</b> Blue <i>Sunset: 6:46PM</i>	Moon 5 - Phase 9	
			<b>Rahu</b> 6:38AM – 8:22AM	Balava <b>Until 2:09AM</b> Tue	<b>Nataraja:</b> Yellow	Prathama	
	Creative Work	Siddha Yoga		<b>Purnima*</b> <b>Until 1:57PM</b>	Moon – Orange	<b>Subha Sivaloka Day</b>	
					<b>Jyeshtha-Ani</b>		

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

All times are standard time

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**Tuesday, June 18, 2019**  
**Gold Retreat Star**

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

Kathmandu, Nepal  
Sutra 65

Dhanus Rasi: 10.17 Tithi 16 – 17

381793461

**Gulika** 11:50AM – 1:34PM  
Yama 8:22AM – 10:06AM  
**Rahu** 3:18PM – 5:02PM

**Mula\* Until 11:46AM**  
Sukla Until 6:56PM  
Taitila Until 2:58AM Wed  
**Prathama\* Until 2:28PM**

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

**Sunrise:** 4:54AM  
**Sunset:** 6:46PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga  
Until 11:46AM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**

**1**

**Wednesday, June 19, 2019**

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

Kathmandu, Nepal  
Sun 1 Sutra 66

Dhanus Rasi: 22.49 Tithi 17 – 18

381793461

**Gulika** 10:06AM – 11:50AM  
Yama 6:38AM – 8:22AM  
**Rahu** 11:50AM – 1:34PM

**Purvashadha\* Until 1:27PM**  
Brahma Until 6:54PM  
Vanija Until 4:19AM Thu  
**Dvitiya Until 3:33PM**

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

**Sunrise:** 4:54AM  
**Sunset:** 6:47PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga

**Sivaloka Day**

**2**

**Thursday, June 20, 2019**

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

Kathmandu, Nepal  
Sun 2 Sutra 67

Makara Rasi: 5.06 Tithi 18 – 19

382793461

**Gulika** 8:23AM – 10:07AM  
Yama 4:54AM – 6:38AM  
**Rahu** 1:35PM – 3:19PM

**Uttarashadha Until 3:29PM**  
Indra Until 7:17PM  
Bava Until 6:10AM Fri  
**Tritiya Until 5:10PM**

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

**Sunrise:** 4:54AM  
**Sunset:** 6:47PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga  
Until 3:29PM  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**3**

**Friday, June 21, 2019**

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

Kathmandu, Nepal  
Sun 3 Sutra 68

Makara Rasi: 17.12 Tithi 19

392793461

**Gulika** 6:39AM – 8:23AM  
Yama 3:19PM – 5:03PM  
**Rahu** 10:07AM – 11:51AM

**Shravana Until 6:16PM**  
Vaidhriti\* Until 7:57PM  
Bava Until 6:10AM  
**Chaturthi\* Until 7:12PM**

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

**Sunrise:** 4:55AM  
**Sunset:** 6:47PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga  
Until 6:16PM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**

**4**

**Saturday, June 22, 2019**

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

Kathmandu, Nepal  
Sun 4 Sutra 69

Makara Rasi: 29.09 Tithi 20

392793461

**Gulika** 4:55AM – 6:39AM  
Yama 1:35PM – 3:19PM  
**Rahu** 8:23AM – 10:07AM

**Dhanishtha Until 9:09PM**  
Vishkambha\* Until 8:51PM  
Kaulava Until 8:21AM  
**Panchami Until 9:30PM**

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

**Sunrise:** 4:55AM  
**Sunset:** 6:47PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Siddha Yoga  
Until 9:09PM  
Then Creative Work - Amrita Yoga

**Sivaloka Day**

**5**

**Sunday, June 23, 2019**

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

Kathmandu, Nepal  
Sun 5 Sutra 70

Kumbha Rasi: 11.02 Tithi 21

392793461

**Gulika** 3:19PM – 5:03PM  
Yama 11:51AM – 1:35PM  
**Rahu** 5:03PM – 6:48PM

**Shatabhishak Until 11:57PM**  
Priti Until 9:50PM  
Gara Until 10:43AM  
**Shashthi\* Until 11:54PM**

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

**Sunrise:** 4:55AM  
**Sunset:** 6:48PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Siddha Yoga

**Sivaloka Day**

**6**

**Monday, June 24, 2019**

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

Kathmandu, Nepal  
Sun 6 Sutra 71

Kumbha Rasi: 22.54 Tithi 22

312793461

**Gulika** 1:36PM – 3:20PM  
Yama 10:07AM – 11:52AM  
**Rahu** 6:39AM – 8:23AM

**Purvaproshtapada\* Until 2:59AM Tue**  
Ayushman Until 10:42PM  
Visti Until 1:05PM  
**Saptami Until 2:11AM Tue**

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

**Sunrise:** 4:55AM  
**Sunset:** 6:48PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

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

**Sivaloka Day**



**Tuesday, June 25, 2019**

**Retreat Star**

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

Kathmandu, Nepal  
Sun 7 Sutra 72

Meena Rasi: 4.5 Tithi 23

312793461

**Gulika** 11:52AM – 1:36PM  
Yama 8:24AM – 10:08AM  
**Rahu** 3:20PM – 5:04PM

**Uttaraproshtapada Until 5:33AM Wed**  
Saubhagya Until 11:23PM  
Balava Until 3:15PM  
**Ashtami\* Until 4:10AM Wed**

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

**Sunrise:** 4:56AM  
**Sunset:** 6:48PM

Vikarin 5121  
Moon 6 - Phase 10  
Ashtami

Creative Work Amrita Yoga  
Until 5:33AM Wed  
Then Routine Work - Marana Yoga

**Sivaloka Day**

**Wednesday, June 26, 2019**

**Retreat Star**

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

Kathmandu, Nepal  
Sun 8 Sutra 73

Meena Rasi: 16.53 Tithi 24

312793461

**Gulika** 10:08AM – 11:52AM  
Yama 6:40AM – 8:24AM  
**Rahu** 11:52AM – 1:36PM

**Revati Until 7:29AM Thu**  
Sobhana Until 11:44PM  
Taitila Until 5:01PM  
**Navami\* Until 5:40AM Thu**

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

**Sunrise:** 4:56AM  
**Sunset:** 6:48PM

Vikarin 5121  
Moon 6 - Phase 10  
Navami

Routine Work Marana Yoga  
Until 7:29AM Thu  
Then Creative Work - Amrita Yoga

**Sivaloka Day**

<b>1</b>		<b>Thursday, June 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Athiganda* Yoga Vanija Karana Dashamyam Titau		Kathmandu, Nepal Sun 9 Sutra 74	
Meena Rasi: 29.08	Tithi 25	312793461	<b>Gulika</b> 8:24AM – 10:08AM Yama 4:56AM – 6:40AM <b>Rahu</b> 1:36PM – 3:20PM	<b>Revati Until 7:29AM</b> Athiganda* Until 11:36PM Vanija Until 6:13PM <b>Dashami Until 6:34AM Fri</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 4:56AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:48PM <b>Nataraja:</b> Yellow Moon – Clear	<i>Sunrise:</i> 4:56AM <i>Sunset:</i> 6:48PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 7:29AM Then Creative Work - Amrita Yoga							
<b>2</b>		<b>Friday, June 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Kathmandu, Nepal Sun 10 Sutra 75	
Mesha Rasi: 11.4	Tithi 25 – 26	322793461	<b>Gulika</b> 6:40AM – 8:24AM Yama 3:20PM – 5:04PM <b>Rahu</b> 10:08AM – 11:52AM	<b>Ashvini Until 9:08AM</b> Sukarma Until 10:57PM Bava Until 6:46PM <b>Dashami Until 6:34AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 4:56AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:48PM <b>Nataraja:</b> Yellow Moon – White	<i>Sunrise:</i> 4:56AM <i>Sunset:</i> 6:48PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase <b>Devaloka Day</b>
Creative Work Amrita Yoga Until 9:08AM Then Creative Work - Siddha Yoga							
<b>3</b>		<b>Saturday, June 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Kathmandu, Nepal Sun 11 Sutra 76	
Mesha Rasi: 24.31	Tithi 26 – 27	322793461	<b>Gulika</b> 4:57AM – 6:41AM Yama 1:36PM – 3:20PM <b>Rahu</b> 8:25AM – 10:09AM	<b>Bharani Until 9:56AM</b> Dhriti Until 9:44PM Kaulava Until 6:36PM <b>Ekadashi* Until 6:45AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 4:57AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:48PM <b>Nataraja:</b> Yellow Moon – White	<i>Sunrise:</i> 4:57AM <i>Sunset:</i> 6:48PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga Until 9:56AM Then Creative Work - Amrita Yoga							
<b>4</b>		<b>Sunday, June 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Taila/Vanija Karana Dvadashi/Trayodashyam Titau		Kathmandu, Nepal Sun 12 Sutra 77	
Vrishabha Rasi: 7.44	Tithi 27 – 28	322793461	<b>Gulika</b> 3:21PM – 5:04PM Yama 11:53AM – 1:37PM <b>Rahu</b> 5:04PM – 6:48PM	<b>Krittika Until 9:52AM</b> Shula* Until 7:55PM Vanija Until 4:59AM Mon <b>Dvadashi* Until 6:13AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 4:57AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:48PM <b>Nataraja:</b> Yellow Moon – White	<i>Sunrise:</i> 4:57AM <i>Sunset:</i> 6:48PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga		<i>Pradosha Vrata (Fasting)</i>					
<b>5</b>		<b>Monday, July 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda*/Vridhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Kathmandu, Nepal Sun 13 Sutra 78	
Vrishabha Rasi: 21.2	Tithi 29	332793461	<b>Gulika</b> 1:37PM – 3:21PM Yama 10:09AM – 11:53AM <b>Rahu</b> 6:41AM – 8:25AM	<b>Rohini Until 9:26AM</b> Ganda* Until 5:36PM Visti Until 4:09PM <b>Chaturdashi* Until 3:09AM Tue</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 4:57AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:48PM <b>Nataraja:</b> Yellow Moon – Yellow	<i>Sunrise:</i> 4:57AM <i>Sunset:</i> 6:48PM	Vikarin 5121 Moon 6 - Phase 11 2nd Phase <b>Devaloka Day</b>
Family Home Evening Creative Work Amrita Yoga							
<b>Retreat Star</b>		<b>Tuesday, July 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vridhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Kathmandu, Nepal Sun 14 Sutra 79	
Mithuna Rasi: 5.19	Tithi 30	332793461	<b>Gulika</b> 11:53AM – 1:37PM Yama 8:25AM – 10:09AM <b>Rahu</b> 3:21PM – 5:05PM	<b>Mrigashira Until 8:16AM</b> Vridhi Until 2:50PM Catuspada Until 2:03PM <b>Amavasya* Until 12:48AM Wed</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 4:58AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:48PM <b>Nataraja:</b> Yellow Moon – Yellow	<i>Sunrise:</i> 4:58AM <i>Sunset:</i> 6:48PM	Vikarin 5121 Moon 6 - Phase 11 Amavasya <b>Devaloka Day</b>
Creative Work Siddha Yoga Until 8:16AM Then Routine Work - Marana Yoga		<b>Total Solar Eclipse</b>					
<b>Retreat Star</b>		<b>Wednesday, July 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau		Kathmandu, Nepal Sun 15 Sutra 80	
Mithuna Rasi: 19.37	Tithi 1	333793461	<b>Gulika</b> 10:10AM – 11:53AM Yama 6:42AM – 8:26AM <b>Rahu</b> 11:53AM – 1:37PM	<b>Ardra Until 6:29AM</b> Dhruva Until 11:42AM Kintughna Until 11:30AM <b>Prathama* Until 10:06PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 4:58AM <b>Muruqa:</b> Blue <i>Sunset:</i> 6:48PM <b>Nataraja:</b> Yellow Moon – Yellow	<i>Sunrise:</i> 4:58AM <i>Sunset:</i> 6:48PM	Vikarin 5121 Moon 6 - Phase 11 Prathama <b>Sivaloka Day</b>
Creative Work Siddha Yoga							

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

<b>1</b>		<b>Thursday, July 4, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vyaghata/Harshana Yoga Balava/Kaulava Karana Dvitiyayam Titau	Kathmandu, Nepal Sun 16 Sutra 81
Kataka Rasi: 4.09	Tithi 2	<b>Gulika</b> 8:26AM – 10:10AM	<b>Pushya</b> Until 2:28AM Fri	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:59AM	Vikarin 5121	
		Yama 4:59AM – 6:42AM	Vyaghata* Until 8:19AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 12	
		343793461 <b>Rahu</b> 1:37PM – 3:21PM	Balava Until 8:40AM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work Amrita Yoga			Dvitiya Until 7:09PM	Moon – Blue		<b>Sivaloka Day</b>	
Until 2:28AM Fri				<b>Ashada*Ani</b>			
Then Routine Work - Marana Yoga							

<b>2</b>		<b>Friday, July 5, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Kathmandu, Nepal Sun 17 Sutra 82
Kataka Rasi: 18.49	Tithi 3 – 4	<b>Gulika</b> 6:43AM – 8:26AM	<b>Ashlesha*</b> Until 12:07AM Sat	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:59AM	Vikarin 5121	
		Yama 3:21PM – 5:05PM	Vajra* Until 1:15AM Sat	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 12	
		343793461 <b>Rahu</b> 10:10AM – 11:54AM	Vanija Until 2:38AM Sat	<b>Nataraja:</b> Yellow		3rd Phase	
Routine Work Marana Yoga			Tritiya Until 4:07PM	Moon – Blue		<b>Sivaloka Day</b>	
Until 12:07AM Sat				<b>Ashada*Ani</b>			
Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Saturday, July 6, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Kathmandu, Nepal Sun 18 Sutra 83
Simha Rasi: 3.3	Tithi 4 – 5	<b>Gulika</b> 4:59AM – 6:43AM	<b>Magha*</b> Until 10:07PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:59AM	Vikarin 5121	
		Yama 1:37PM – 3:21PM	Siddhi Until 9:47PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 12	
		353793461 <b>Rahu</b> 8:27AM – 10:10AM	Bava Until 11:41PM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work Amrita Yoga			Chaturthi* Until 1:07PM	Moon – Red		<b>Subha Sivaloka Day</b>	
Until 10:07PM				<b>Ashada*Ani</b>			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Sunday, July 7, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Kathmandu, Nepal Sun 19 Sutra 84
Simha Rasi: 18.06	Tithi 5 – 6	<b>Gulika</b> 3:21PM – 5:05PM	<b>Purvaphalguni</b> Until 8:10PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:00AM	Vikarin 5121	
		Yama 11:54AM – 1:38PM	Vyatipata* Until 6:29PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 12	
		453793461 <b>Rahu</b> 5:05PM – 6:48PM	Kaulava Until 8:57PM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work Siddha Yoga			Panchami Until 10:16AM	Moon – Red		<b>Sivaloka Day</b>	
Until 8:10PM				<b>Ashada*Ani</b>			
Then Creative Work - Amrita Yoga							

<b>5</b>		<b>Monday, July 8, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Kathmandu, Nepal Sun 20 Sutra 85
Kanya Rasi: 2.32	Tithi 6 – 7	<b>Gulika</b> 1:38PM – 3:21PM	<b>Uttaraphalguni</b> Until 6:22PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:00AM	Vikarin 5121	
<b>Family Home Evening</b>		Yama 10:11AM – 11:54AM	Varyan Until 3:23PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 12	
		453793461 <b>Rahu</b> 6:44AM – 8:27AM	Gara Until 6:30PM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work Siddha Yoga			Shashthi* Until 7:40AM	Moon – Red		<b>Sivaloka Day</b>	
		<b>Chidambaram Abhishekam</b>		<b>Ashada*Ani</b>			

<b>Retreat Star</b>		<b>Tuesday, July 9, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau	Kathmandu, Nepal Sun 21 Sutra 86
Kanya Rasi: 16.46	Tithi 8	<b>Gulika</b> 11:54AM – 1:38PM	<b>Hasta</b> Until 5:13PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:01AM	Vikarin 5121	
		Yama 8:27AM – 10:11AM	Parigha* Until 12:36PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 12	
		463793461 <b>Rahu</b> 3:21PM – 5:04PM	Visti Until 4:24PM	<b>Nataraja:</b> Yellow		Ashtami	
Creative Work Siddha Yoga			Ashtami* Until 3:30AM Wed	Moon – Green		<b>Subha Sivaloka Day</b>	
				<b>Ashada*Ani</b>			

<b>Retreat Star</b>		<b>Wednesday, July 10, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau	Kathmandu, Nepal Sun 22 Sutra 87
Tula Rasi: 0.43	Tithi 9	<b>Gulika</b> 10:11AM – 11:54AM	<b>Chitra</b> Until 4:20PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:01AM	Vikarin 5121	
		Yama 6:44AM – 8:28AM	Shiva Until 10:09AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 12	
		463793461 <b>Rahu</b> 11:54AM – 1:38PM	Balava Until 2:44PM	<b>Nataraja:</b> Yellow		Navami	
Creative Work Siddha Yoga			Navami* Until 2:02AM Thu	Moon – Green		<b>Subha Sivaloka Day</b>	
				<b>Ashada*Ani</b>			


<b>1</b>		<b>Thursday, July 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 88
Tula Rasi: 14.25	Tithi 10	<b>Gulika</b> 8:28AM – 10:11AM	<b>Svati</b> Until 3:45PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:02AM		Vikarin 5121	
		Yama 5:02AM – 6:45AM	Siddha Until 8:02AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:48PM		Moon 6 - Phase 13	
		463893461 <b>Rahu</b> 1:38PM – 3:21PM	Taitila Until 1:30PM	<b>Nataraja:</b> Yellow			4th Phase	
Creative Work	Amrita Yoga		<b>Dashami</b> Until 1:02AM Fri	Moon – Green			<b>Sivaloka Day</b>	
Until 3:45PM				<b>Ashada*Ani</b>				
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Friday, July 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 89
Tula Rasi: 27.51	Tithi 11	<b>Gulika</b> 6:45AM – 8:28AM	<b>Vishakha</b> Until 3:55PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:02AM		Vikarin 5121	
		Yama 3:21PM – 5:04PM	Sadhya Until 6:18AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:47PM		Moon 6 - Phase 13	
		473893461 <b>Rahu</b> 10:12AM – 11:55AM	Vanija Until 12:43PM	<b>Nataraja:</b> Yellow			4th Phase	
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 12:30AM Sat	Moon – Orange			<b>Devaloka Day</b>	
				<b>Ashada*Ani</b>				

<b>3</b>		<b>Saturday, July 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 90
Vrischika Rasi: 11.01	Tithi 12	<b>Gulika</b> 5:03AM – 6:46AM	<b>Anuradha</b> Until 4:24PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:03AM		Vikarin 5121	
		Yama 1:38PM – 3:21PM	Sukla Until 3:59AM Sun	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:47PM		Moon 6 - Phase 13	
		473893461 <b>Rahu</b> 8:29AM – 10:12AM	Bava Until 12:26PM	<b>Nataraja:</b> Yellow			4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 12:26AM Sun	Moon – Orange			<b>Devaloka Day</b>	
				<b>Ashada*Ani</b>				

<b>4</b>		<b>Sunday, July 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 91
Vrischika Rasi: 23.57	Tithi 13	<b>Gulika</b> 3:21PM – 5:04PM	<b>Jyeshtha*</b> Until 5:13PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:03AM		Vikarin 5121	
		Yama 11:55AM – 1:38PM	Brahma Until 3:23AM Mon	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:47PM		Moon 6 - Phase 13	
		473893461 <b>Rahu</b> 5:04PM – 6:47PM	Kaulava Until 12:37PM	<b>Nataraja:</b> Yellow			4th Phase	
Routine Work	Marana Yoga		<b>Trayodashi</b> Until 12:52AM Mon	Moon – Orange			<b>Devaloka Day</b>	
Until 5:13PM				<b>Ashada*Ani</b>				
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata</i>					

<b>5</b>		<b>Monday, July 15, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 92
Dhanus Rasi: 6.38	Tithi 14	<b>Gulika</b> 1:38PM – 3:21PM	<b>Mula*</b> Until 6:48PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:03AM		Vikarin 5121	
<b>Family Home Evening</b>		Yama 10:12AM – 11:55AM	Indra Until 3:11AM Tue	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:47PM		Moon 6 - Phase 13	
		483893461 <b>Rahu</b> 6:46AM – 8:29AM	Gara Until 1:17PM	<b>Nataraja:</b> Yellow			4th Phase	
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 1:46AM Tue	Moon – Light Blue			<b>Sivaloka Day</b>	
Until 6:48PM				<b>Ashada*Ani</b>				
Then Routine Work - Marana Yoga								

		<b>Tuesday, July 16, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Kathmandu, Nepal Sun 28 Sutra 93
<b>Copper Retreat Star</b>		<b>Gulika</b> 11:55AM – 1:38PM	<b>Purvashadha*</b> Until 8:40PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:04AM		Vikarin 5121	
Dhanus Rasi: 19.07	Tithi 15	Yama 8:30AM – 10:12AM	Vaidhriti* Until 3:18AM Wed	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:46PM		Moon 6 - Phase 13	
		483893461 <b>Rahu</b> 3:21PM – 5:03PM	Visti Until 2:24PM	<b>Nataraja:</b> Yellow			Purnima	
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 3:07AM Wed	Moon – Light Blue			<b>Sivaloka Day</b>	
Until 8:40PM				<b>Ashada*Ani</b>				
Then Routine Work - Prabalarishta Yoga		<b>Partial Lunar Eclipse</b> <b>Satguru Purnima</b>						

<b>6</b>		<b>Wednesday, July 17, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Kathmandu, Nepal Sun 29 Sutra 94
<b>Silver Retreat Star</b>		<b>Gulika</b> 10:13AM – 11:55AM	<b>Uttarashadha</b> Until 10:48PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:04AM		Vikarin 5121	
Makara Rasi: 1.25	Tithi 16	Yama 6:47AM – 8:30AM	Vishkambha* Until 3:44AM Thu	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:46PM		Moon 6 - Phase 13	
		484893462 <b>Rahu</b> 11:55AM – 1:38PM	Balava Until 3:58PM	<b>Nataraja:</b> White			Prathama	
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 4:53AM Thu	Moon – Light Blue			<b>Sivaloka Day</b>	
Until 10:48PM				<b>Ashada*Ani</b>				
Then Creative Work - Siddha Yoga								



**Thursday, July 18, 2019**  
**Gold Retreat Star**

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

Kathmandu, Nepal  
Sutra 95

Makara Rasi: 13.32 Tithi 17

494893462 **Rahu** 1:38PM – 3:20PM

**Gulika** 8:30AM – 10:13AM  
Yama 5:05AM – 6:48AM

**Shravana Until 1:35AM Fri**  
Priti Until 4:27AM Fri  
Tailila Until 5:54PM  
**Dvitiya Until 6:58AM Fri**

**Ganesha:** Clear *Sunrise: 5:05AM*  
**Muruqa:** Blue *Sunset: 6:46PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

**1**

**Friday, July 19, 2019**

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

Kathmandu, Nepal  
Sun 1 Sutra 96

Makara Rasi: 25.31 Tithi 17 – 18

494893462 **Rahu** 10:13AM – 11:55AM

**Gulika** 6:48AM – 8:30AM  
Yama 3:20PM – 5:03PM

**Dhanishtha Until 4:27AM Sat**  
Ayushman Until 5:19AM Sat  
Vanija Until 8:07PM  
**Dvitiya Until 6:58AM**

**Ganesha:** Clear *Sunrise: 5:06AM*  
**Muruqa:** Blue *Sunset: 6:45PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

Until 4:27AM Sat  
Then Creative Work - Amrita Yoga

**2**

**Saturday, July 20, 2019**

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

Kathmandu, Nepal  
Sun 2 Sutra 97

Kumbha Rasi: 7.25 Tithi 18 – 19

494893462 **Rahu** 8:31AM – 10:13AM

**Gulika** 5:06AM – 6:48AM  
Yama 1:38PM – 3:20PM

**Shatabhishak Until 7:15AM Sun**  
Saubhagya Until 6:18AM Sun  
Bava Until 10:30PM  
**Tritiya Until 9:17AM**

**Ganesha:** Clear *Sunrise: 5:06AM*  
**Muruqa:** Blue *Sunset: 6:45PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

Creative Work Amrita Yoga

Until 7:15AM Sun  
Then Creative Work - Siddha Yoga

**3**

**Sunday, July 21, 2019**

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

Kathmandu, Nepal  
Sun 3 Sutra 98

Kumbha Rasi: 19.17 Tithi 19 – 20

494893462 **Rahu** 5:02PM – 6:44PM

**Gulika** 3:20PM – 5:02PM  
Yama 11:55AM – 1:38PM

**Shatabhishak Until 7:15AM**  
Saubhagya Until 6:18AM  
Kaulava Until 12:55AM Mon  
**Chaturthi\* Until 11:42AM**

**Ganesha:** Clear *Sunrise: 5:07AM*  
**Muruqa:** Blue *Sunset: 6:44PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

Creative Work Siddha Yoga

**4**

**Monday, July 22, 2019**

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

Kathmandu, Nepal  
Sun 4 Sutra 99

Meena Rasi: 1.09 Tithi 20 – 21

414893462 **Rahu** 6:49AM – 8:31AM

**Gulika** 1:38PM – 3:20PM  
Yama 10:13AM – 11:56AM

**Purvaproshtapada\* Until 10:23AM**  
Sobhana Until 7:16AM  
Gara Until 3:12AM Tue  
**Panchami Until 2:04PM**

**Ganesha:** Clear *Sunrise: 5:07AM*  
**Muruqa:** Blue *Sunset: 6:44PM*  
**Nataraja:** White  
Moon – Clear

**Subha Sivaloka Day**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

Routine Work Marana Yoga

Until 10:23AM  
Then Creative Work - Siddha Yoga

**5**

**Tuesday, July 23, 2019**

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

Kathmandu, Nepal  
Sun 5 Sutra 100

Meena Rasi: 13.04 Tithi 21 – 22

414893462 **Rahu** 3:20PM – 5:02PM

**Gulika** 11:56AM – 1:38PM  
Yama 8:32AM – 10:14AM

**Uttaraproshtapada Until 1:10PM**  
Athiganda\* Until 8:05AM  
Visti Until 5:12AM Wed  
**Shashthi\* Until 4:14PM**

**Ganesha:** Clear *Sunrise: 5:08AM*  
**Muruqa:** Blue *Sunset: 6:44PM*  
**Nataraja:** White  
Moon – Clear

**Subha Sivaloka Day**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

Creative Work Amrita Yoga

Until 1:10PM  
Then Creative Work - Siddha Yoga

**6**

**Wednesday, July 24, 2019**

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

Kathmandu, Nepal  
Sun 6 Sutra 101

Meena Rasi: 25.07 Tithi 22

414893462 **Rahu** 11:56AM – 1:37PM

**Gulika** 10:14AM – 11:56AM  
Yama 6:50AM – 8:32AM

**Revati Until 3:27PM**  
Sukarma Until 8:41AM  
Bava Until 6:02PM  
**Saptami Until 6:02PM**

**Ganesha:** Clear *Sunrise: 5:08AM*  
**Muruqa:** Blue *Sunset: 6:43PM*  
**Nataraja:** White  
Moon – Clear

**Subha Sivaloka Day**

Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

Routine Work Marana Yoga

**D**

**Thursday, July 25, 2019**

**Retreat Star**

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

Kathmandu, Nepal  
Sun 7 Sutra 102

Mesha Rasi: 7.2 Tithi 23

424893462 **Rahu** 1:37PM – 3:19PM

**Gulika** 8:32AM – 10:14AM  
Yama 5:09AM – 6:50AM

**Ashvini Until 5:34PM**  
Dhriti Until 8:56AM  
Balava Until 6:46AM  
**Ashtami\* Until 7:18PM**

**Ganesha:** White *Sunrise: 5:09AM*  
**Muruqa:** Blue *Sunset: 6:43PM*  
**Nataraja:** White  
Moon – White

**Subha Subha Sivaloka Day**

Vikarin 5121  
Moon 7 - Phase 14  
Ashtami

Creative Work Amrita Yoga

Until 5:34PM  
Then Creative Work - Siddha Yoga

**Friday, July 26, 2019**

**Retreat Star**

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

Kathmandu, Nepal  
Sun 8 Sutra 103

Mesha Rasi: 19.49 Tithi 24

424893462 **Rahu** 10:14AM – 11:56AM

**Gulika** 6:51AM – 8:32AM  
Yama 3:19PM – 5:00PM

**Bharani Until 6:53PM**  
Shula\* Until 8:40AM  
Tailila Until 7:43AM  
**Navami\* Until 7:55PM**

**Ganesha:** White *Sunrise: 5:09AM*  
**Muruqa:** Blue *Sunset: 6:42PM*  
**Nataraja:** White  
Moon – White

**Subha Subha Sivaloka Day**

Vikarin 5121  
Moon 7 - Phase 14  
Navami

Creative Work Siddha Yoga


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

<b>1</b>	<b>Saturday, July 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ganda* Vridhi Yoga Vanija/Visti* Karana Dashamyam Titau				Kathmandu, Nepal Sun 9 Sutra 104
	Wrishabha Rasi: 2.38	Tithi 25	<b>Gulika</b> 5:10AM – 6:51AM	<b>Krittika</b> Until 7:19PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:10AM	Vikarin 5121
			Yama 1:37PM – 3:19PM	Ganda* Until 7:52AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:41PM	Moon 7 - Phase 15
	424893462	<b>Rahu</b> 8:33AM – 10:14AM	Vanija Until 7:57AM	<b>Nataraja:</b> White	Moon – White	<b>Subha Subha Sivaloka Day</b>	2nd Phase
Creative Work Amrita Yoga		<b>Dashami</b> Until 7:46PM				<b>Ashada-Adi</b>	

<b>2</b>	<b>Sunday, July 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Ekadashyam Titau				Kathmandu, Nepal Sun 10 Sutra 105
	Wrishabha Rasi: 15.5	Tithi 26	<b>Gulika</b> 3:18PM – 5:00PM	<b>Rohini</b> Until 7:17PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:10AM	Vikarin 5121
			Yama 11:56AM – 1:37PM	Vridhi Until 6:27AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:41PM	Moon 7 - Phase 15
	434893462	<b>Rahu</b> 5:00PM – 6:41PM	Bava Until 7:25AM	<b>Nataraja:</b> White	Moon – Yellow	<b>Subha Sivaloka Day</b>	2nd Phase
Creative Work Siddha Yoga		<b>Ekadashi*</b> Until 6:50PM				<b>Ashada-Adi</b>	

<b>3</b>	<b>Monday, July 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Vyaghata* Yoga Kaulava/Gara Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 11 Sutra 106
	Wrishabha Rasi: 29.28	Tithi 27 – 28	<b>Gulika</b> 1:37PM – 3:18PM	<b>Mrigashira</b> Until 6:21PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:11AM	Vikarin 5121
	<b>Family Home Evening</b>		Yama 10:14AM – 11:56AM	Vyaghata* Until 1:44AM Tue	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM	Moon 7 - Phase 15
	434893462	<b>Rahu</b> 6:52AM – 8:33AM	Kaulava Until 6:06AM	<b>Nataraja:</b> White	Moon – Yellow	<b>Subha Sivaloka Day</b>	2nd Phase
Creative Work Amrita Yoga		<b>Dvadashi*</b> Until 5:09PM				<b>Ashada-Adi</b>	
Until 6:21PM		<i>Pradosha Vrata (Fasting)</i>					
Then Creative Work - Siddha Yoga							

<b>4</b>	<b>Tuesday, July 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 12 Sutra 107
	Mithuna Rasi: 13.32	Tithi 28 – 29	<b>Gulika</b> 11:56AM – 1:37PM	<b>Ardra</b> Until 4:37PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:11AM	Vikarin 5121
			Yama 8:33AM – 10:14AM	Harshana Until 10:37PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:40PM	Moon 7 - Phase 15
	435893462	<b>Rahu</b> 3:18PM – 4:59PM	Visti Until 1:27AM Wed	<b>Nataraja:</b> White	Moon – Yellow	<b>Sivaloka Day</b>	2nd Phase
Routine Work Marana Yoga		<b>Trayodashi*</b> Until 2:49PM				<b>Ashada-Adi</b>	
Until 4:37PM							
Then Creative Work - Siddha Yoga							

	<b>Wednesday, July 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra* Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Kathmandu, Nepal Sun 13 Sutra 108
	<b>Retreat Star</b>		<b>Gulika</b> 10:15AM – 11:55AM	<b>Punarvasu</b> Until 2:39PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:12AM	Vikarin 5121
	Mithuna Rasi: 28.01	Tithi 29 – 30	Yama 6:53AM – 8:34AM	Vajra* Until 7:03PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:39PM	Moon 7 - Phase 15
	445893462	<b>Rahu</b> 11:55AM – 1:36PM	Catuspada Until 10:22PM	<b>Nataraja:</b> White	Moon – Blue	<b>Sivaloka Day</b>	Amavasya
Creative Work Siddha Yoga		<b>Chaturdashi*</b> Until 11:57AM				<b>Ashada-Adi</b>	

<b>Retreat Star</b>	<b>Thursday, August 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal Sun 14 Sutra 109
	Kataka Rasi: 12.49	Tithi 30 – 1	<b>Gulika</b> 8:34AM – 10:15AM	<b>Pushya</b> Until 12:10PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:12AM	Vikarin 5121
			Yama 5:12AM – 6:53AM	Siddhi Until 3:13PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:38PM	Moon 7 - Phase 15
	445893462	<b>Rahu</b> 1:36PM – 3:17PM	Kintughna Until 6:58PM	<b>Nataraja:</b> White	Moon – Blue	<b>Sivaloka Day</b>	Prathama
Creative Work Amrita Yoga		<b>Amavasya*</b> Until 8:41AM				<b>Sravana-Adi</b>	
Until 12:10PM							
Then Creative Work - Siddha Yoga							

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

<b>1</b>		<b>Friday, August 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvitiyayam Titau			Kathmandu, Nepal Sun 15 Sutra 110 Vikarin 5121
Kataka Rasi: 27.49	Tithi 2	<b>Gulika</b> 6:54AM – 8:34AM	<b>Ashlesha* Until 9:20AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:13AM		
		Yama 3:17PM – 4:57PM	Vyatipata* Until 11:15AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:38PM		Moon 7 - Phase 16
		445893462 <b>Rahu</b> 10:15AM – 11:55AM	Balava Until 3:25PM	<b>Nataraja:</b> White			3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya Until 1:37AM Sat</b>	Moon – Blue		<b>Sivaloka Day</b>	
						<b>Sravana-Adi</b>	

<b>2</b>		<b>Saturday, August 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Trityayam Titau			Kathmandu, Nepal Sun 16 Sutra 111 Vikarin 5121
Simha Rasi: 12.52	Tithi 3	<b>Gulika</b> 5:13AM – 6:54AM	<b>Magha* Until 6:43AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:13AM		
		Yama 1:36PM – 3:16PM	Varyan Until 7:13AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:37PM		Moon 7 - Phase 16
		455893462 <b>Rahu</b> 8:34AM – 10:15AM	Taitila Until 11:52AM	<b>Nataraja:</b> White			3rd Phase
Creative Work	Amrita Yoga		<b>Tritiya Until 10:07PM</b>	Moon – Red		<b>Sivaloka Day</b>	
Until 6:43AM						<b>Sravana-Adi</b>	
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Sunday, August 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Vanija/Visti* Karana Chaturtham Titau			Kathmandu, Nepal Sun 17 Sutra 112 Vikarin 5121
Simha Rasi: 27.5	Tithi 4	<b>Gulika</b> 3:16PM – 4:56PM	<b>Uttaraphalguni Until 1:36AM Mon</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:14AM		
		Yama 11:55AM – 1:36PM	Shiva Until 11:38PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:36PM		Moon 7 - Phase 16
		455993462 <b>Rahu</b> 4:56PM – 6:36PM	Vanija Until 8:27AM	<b>Nataraja:</b> White			3rd Phase
Creative Work	Amrita Yoga		<b>Chaturthi* Until 6:50PM</b>	Moon – Red		<b>Subha Sivaloka Day</b>	
Until 1:36AM Mon						<b>Sravana-Adi</b>	
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Monday, August 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashtham Titau			Kathmandu, Nepal Sun 18 Sutra 113 Vikarin 5121
Kanya Rasi: 12.35	Tithi 5 – 6	<b>Gulika</b> 1:35PM – 3:15PM	<b>Hasta Until 11:47PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:14AM		
<b>Family Home Evening</b>		Yama 10:15AM – 11:55AM	Siddha Until 8:15PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:36PM		Moon 7 - Phase 16
Creative Work	Siddha Yoga	465993462 <b>Rahu</b> 6:55AM – 8:35AM	Kaulava Until 2:40AM Tue	<b>Nataraja:</b> White			3rd Phase
Until 11:47PM			<b>Panchami Until 3:56PM</b>	Moon – Green		<b>Subha Subha Sivaloka Day</b>	
Then Routine Work - Prabalarishta Yoga		<b>Nag Panchami</b>				<b>Sravana-Adi</b>	

<b>5</b>		<b>Tuesday, August 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Shashthi/Saptamam Titau			Kathmandu, Nepal Sun 19 Sutra 114 Vikarin 5121
Kanya Rasi: 27.01	Tithi 6 – 7	<b>Gulika</b> 11:55AM – 1:35PM	<b>Chitra Until 10:22PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:15AM		
		Yama 8:35AM – 10:15AM	Sadhya Until 5:18PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:35PM		Moon 7 - Phase 16
		465993462 <b>Rahu</b> 3:15PM – 4:55PM	Gara Until 12:32AM Wed	<b>Nataraja:</b> White			3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi* Until 1:30PM</b>	Moon – Green		<b>Subha Subha Sivaloka Day</b>	
						<b>Sravana-Adi</b>	

<b>Retreat Star</b>		<b>Wednesday, August 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashtamam Titau			Kathmandu, Nepal Sun 20 Sutra 115 Vikarin 5121
Tula Rasi: 11.05	Tithi 7 – 8	<b>Gulika</b> 10:15AM – 11:55AM	<b>Svati Until 9:24PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:16AM		
		Yama 6:55AM – 8:35AM	Subha Until 2:51PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:34PM		Moon 7 - Phase 16
		465993462 <b>Rahu</b> 11:55AM – 1:35PM	Visti Until 11:00PM	<b>Nataraja:</b> White			Ashtami
Creative Work	Siddha Yoga		<b>Saptami Until 11:40AM</b>	Moon – Green		<b>Subha Subha Sivaloka Day</b>	
						<b>Sravana-Adi</b>	

<b>Retreat Star</b>		<b>Thursday, August 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ashtami/Navamam Titau			Kathmandu, Nepal Sun 21 Sutra 116 Vikarin 5121
Tula Rasi: 24.45	Tithi 8 – 9	<b>Gulika</b> 8:35AM – 10:15AM	<b>Vishakha Until 9:24PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:16AM		
		Yama 5:16AM – 6:56AM	Sukla Until 12:55PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:33PM		Moon 7 - Phase 16
		476993462 <b>Rahu</b> 1:34PM – 3:14PM	Balava Until 10:09PM	<b>Nataraja:</b> White			Navami
Creative Work	Siddha Yoga		<b>Ashtami* Until 10:29AM</b>	Moon – Orange		<b>Sivaloka Day</b>	
						<b>Sravana-Adi</b>	

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

All times are standard time

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<b>1</b>		<b>Friday, August 9, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau	Kathmandu, Nepal Sun 22 Sutra 117 Vikarin 5121
Wrischika Rasi: 8.02	Tithi 9 – 10	<b>Gulika</b> 6:56AM – 8:36AM	<b>Anuradha</b> Until 9:54PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:17AM		
		Yama 3:14PM – 4:53PM	Brahma Until 11:32AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:33PM	Moon 7 - Phase 17	
		476993462 <b>Rahu</b> 10:15AM – 11:55AM	Taitila Until 9:58PM	<b>Nataraja:</b> White		4th Phase	
Creative Work	Siddha Yoga		<b>Navami*</b> Until 9:58AM	Moon – Orange		<b>Sivaloka Day</b>	
Until 9:54PM				<b>Sravana*Adi</b>			
Then Routine Work - Marana Yoga							

<b>2</b>		<b>Saturday, August 10, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Dashami/Ekadasmyam Titau	Kathmandu, Nepal Sun 23 Sutra 118 Vikarin 5121
Wrischika Rasi: 20.59	Tithi 10 – 11	<b>Gulika</b> 5:17AM – 6:56AM	<b>Jyeshtha*</b> Until 10:52PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:17AM		
		Yama 1:34PM – 3:13PM	Indra Until 10:40AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:32PM	Moon 7 - Phase 17	
		476993462 <b>Rahu</b> 8:36AM – 10:15AM	Vanija Until 10:25PM	<b>Nataraja:</b> White		4th Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 10:06AM	Moon – Orange		<b>Sivaloka Day</b>	
				<b>Sravana*Adi</b>			

<b>3</b>		<b>Sunday, August 11, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vaidhriti*/Vishkambha* Yoga Vistil*/Bava Karana Ekadashi/Dvadashyam Titau	Kathmandu, Nepal Sun 24 Sutra 119 Vikarin 5121
Dhanus Rasi: 3.38	Tithi 11 – 12	<b>Gulika</b> 3:13PM – 4:52PM	<b>Mula*</b> Until 12:42AM Mon	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:18AM		
		Yama 11:54AM – 1:33PM	Vaidhriti* Until 10:15AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:31PM	Moon 7 - Phase 17	
		486993462 <b>Rahu</b> 4:52PM – 6:31PM	Bava Until 11:26PM	<b>Nataraja:</b> White		4th Phase	
Creative Work	Amrita Yoga		<b>Ekadashi</b> Until 10:50AM	Moon – Light Blue		<b>Subha Sivaloka Day</b>	
Until 12:42AM Mon				<b>Sravana*Adi</b>			
Then Routine Work - Marana Yoga							

<b>4</b>		<b>Monday, August 12, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Vishkambha*/Pritil Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Kathmandu, Nepal Sun 25 Sutra 120 Vikarin 5121
Dhanus Rasi: 16.02	Tithi 12 – 13	<b>Gulika</b> 1:33PM – 3:12PM	<b>Purvashadha*</b> Until 2:50AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:18AM		
<b>Family Home Evening</b>		Yama 10:15AM – 11:54AM	Vishkambha* Until 10:16AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:30PM	Moon 7 - Phase 17	
Routine Work	Marana Yoga	486993462 <b>Rahu</b> 6:57AM – 8:36AM	Kaulava Until 12:55AM Tue	<b>Nataraja:</b> White		4th Phase	
Until 2:50AM Tue			<b>Dvadashi</b> Until 12:06PM	Moon – Light Blue		<b>Subha Sivaloka Day</b>	
Then Routine Work - Prabalarishta Yoga				<b>Sravana*Adi</b>			
						<i>Pradosha Vrata</i>	

<b>5</b>		<b>Tuesday, August 13, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Pritil/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau	Kathmandu, Nepal Sun 26 Sutra 121 Vikarin 5121
Dhanus Rasi: 28.16	Tithi 13 – 14	<b>Gulika</b> 11:54AM – 1:33PM	<b>Uttarashadha</b> Until 5:08AM Wed	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:19AM		
		Yama 8:36AM – 10:15AM	Pritil Until 10:37AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:29PM	Moon 7 - Phase 17	
		486993462 <b>Rahu</b> 3:12PM – 4:50PM	Gara Until 2:46AM Wed	<b>Nataraja:</b> White		4th Phase	
Routine Work	Prabalarishta Yoga		<b>Trayodashi</b> Until 1:47PM	Moon – Light Blue		<b>Subha Sivaloka Day</b>	
Until 5:08AM Wed				<b>Sravana*Adi</b>			
Then Creative Work - Siddha Yoga							

<b>6</b>		<b>Wednesday, August 14, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Vistil* Karana Chaturdashi/Purnimayam Titau	Kathmandu, Nepal Sun 27 Sutra 122 Vikarin 5121
Makara Rasi: 10.2	Tithi 14 – 15	<b>Gulika</b> 10:15AM – 11:54AM	<b>Shravana</b> Until 8:03AM Thu	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:19AM		
		Yama 6:58AM – 8:36AM	Ayushman Until 11:12AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:28PM	Moon 7 - Phase 17	
		496993462 <b>Rahu</b> 11:54AM – 1:32PM	Vistil Until 4:55AM Thu	<b>Nataraja:</b> White		4th Phase	
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 3:48PM	Moon – Purple		<b>Sivaloka Day</b>	
				<b>Sravana*Adi</b>			

<b>○</b>		<b>Thursday, August 15, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava Karana Purnimayam Titau	Kathmandu, Nepal Sutra 123 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 8:37AM – 10:15AM	<b>Shravana</b> Until 8:03AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:20AM		
Makara Rasi: 22.18	Tithi 15	Yama 5:20AM – 6:58AM	Saubhagya Until 11:59AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:28PM	Moon 7 - Phase 17	
		497993462 <b>Rahu</b> 1:32PM – 3:11PM	Bava Until 6:02PM	<b>Nataraja:</b> White		Purnima	
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 6:02PM	Moon – Purple		<b>Subha Sivaloka Day</b>	
				<b>Sravana*Adi</b>			
		<b>Raksha Bandhan</b>					

<b>○</b>		<b>Friday, August 16, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sobhana/Alhiganda* Yoga Balava/Kaulava Karana Prathamayam Titau	Kathmandu, Nepal Sutra 124 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 6:59AM – 8:37AM	<b>Dhanishtha</b> Until 10:57AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:20AM		
Kumbha Rasi: 4.12	Tithi 16	Yama 3:10PM – 4:48PM	Sobhana Until 12:54PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:27PM	Moon 7 - Phase 17	
		497993462 <b>Rahu</b> 10:15AM – 11:53AM	Balava Until 7:14AM	<b>Nataraja:</b> White		Prathama	
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 8:25PM	Moon – Purple		<b>Subha Sivaloka Day</b>	
				<b>Sravana*Adi</b>			

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





Saturday, August 17, 2019

Gold Retreat Star

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

Kathmandu, Nepal

Sun 1 Sutra 125

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Kumbha Rasi: 16.04 Tithi 17

Gulika 5:21AM - 6:59AM  
Yama 1:31PM - 3:09PM  
Rahu 8:37AM - 10:15AM

Shatabhishak Until 1:46PM  
Athiganda\* Until 1:51PM  
Taitila Until 9:40AM  
Dvitiya Until 10:51PM

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

Sunrise: 5:21AM  
Sunset: 6:26PM

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 1:46PM

Then Routine Work - Marana Yoga

1

Sunday, August 18, 2019

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

Kathmandu, Nepal

Sun 2 Sutra 126

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Kumbha Rasi: 27.55 Tithi 18

Gulika 3:09PM - 4:47PM  
Yama 11:53AM - 1:31PM  
Rahu 4:47PM - 6:25PM

Purvaproshtapada\* Until 4:55PM  
Sukarma Until 2:48PM  
Vanija Until 12:05PM  
Tritiya Until 1:15AM Mon

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

Sunrise: 5:21AM  
Sunset: 6:25PM

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Until 4:55PM

Then Creative Work - Amrita Yoga

2

Monday, August 19, 2019

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

Kathmandu, Nepal

Sun 3 Sutra 127

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Meena Rasi: 9.49 Tithi 19

Family Home Evening

517993462 Rahu

Gulika 1:31PM - 3:08PM  
Yama 10:15AM - 11:53AM  
Rahu 6:59AM - 8:37AM

Uttaraproshtapada Until 7:46PM  
Dhriti Until 3:42PM  
Bava Until 2:25PM  
Chaturthi\* Until 3:30AM Tue

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

Sunrise: 5:22AM  
Sunset: 6:24PM

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

3

Tuesday, August 20, 2019

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

Kathmandu, Nepal

Sun 4 Sutra 128

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Meena Rasi: 21.45 Tithi 20

Creative Work Siddha Yoga

517993462 Rahu

Gulika 11:53AM - 1:30PM  
Yama 8:37AM - 10:15AM  
Rahu 3:08PM - 4:45PM

Revati Until 10:16PM  
Shula\* Until 4:24PM  
Kaulava Until 4:33PM  
Panchami Until 5:29AM Wed

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

Sunrise: 5:22AM  
Sunset: 6:23PM

Subha Subha Sivaloka Day

4

Wednesday, August 21, 2019

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

Kathmandu, Nepal

Sun 5 Sutra 129

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Mesha Rasi: 3.49 Tithi 21

Routine Work Marana Yoga

Until 12:44AM Thu

Then Creative Work - Siddha Yoga

527993462 Rahu

Gulika 10:15AM - 11:52AM  
Yama 7:00AM - 8:37AM  
Rahu 11:52AM - 1:30PM

Ashvini Until 12:44AM Thu  
Ganda\* Until 4:52PM  
Gara Until 6:22PM  
Shashthi\* Until 7:05AM Thu

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

Sunrise: 5:23AM  
Sunset: 6:22PM

Subha Sivaloka Day

5

Thursday, August 22, 2019

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

Kathmandu, Nepal

Sun 6 Sutra 130

Vikarin 5121

Moon 8 - Phase 18

1st Phase

Mesha Rasi: 16.01 Tithi 21 - 22

Creative Work Siddha Yoga

528993462 Rahu

Gulika 8:38AM - 10:15AM  
Yama 5:23AM - 7:00AM  
Rahu 1:29PM - 3:06PM

Bharani Until 2:34AM Fri  
Vridhhi Until 5:00PM  
Visiti Until 7:43PM  
Shashthi\* Until 7:05AM

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

Sunrise: 5:23AM  
Sunset: 6:21PM

Sivaloka Day

D

Friday, August 23, 2019

Retreat Star

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

Kathmandu, Nepal

Sun 7 Sutra 131

Vikarin 5121

Moon 8 - Phase 18

Ashtami

Mesha Rasi: 28.27 Tithi 22 - 23

Creative Work Siddha Yoga

Until 3:37AM Sat

Then Creative Work - Amrita Yoga

528993462 Rahu

Gulika 7:01AM - 8:38AM  
Yama 3:06PM - 4:43PM  
Rahu 10:15AM - 11:52AM

Krishna Janmashtami

Krittika Until 3:37AM Sat  
Dhruva Until 4:39PM  
Balava Until 8:28PM  
Saptami Until 8:09AM

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

Sunrise: 5:24AM  
Sunset: 6:20PM

Sivaloka Day

Saturday, August 24, 2019

Retreat Star

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

Kathmandu, Nepal

Sun 8 Sutra 132

Vikarin 5121

Moon 8 - Phase 18

Navami

Vrishabha Rasi: 11.11 Tithi 23 - 24

Creative Work Amrita Yoga

Until 4:15AM Sun

Then Creative Work - Siddha Yoga

538993462 Rahu

Gulika 5:24AM - 7:01AM  
Yama 1:28PM - 3:05PM  
Rahu 8:38AM - 10:15AM

Rohini Until 4:15AM Sun  
Vyaghata\* Until 3:46PM  
Taitila Until 8:30PM  
Ashtami\* Until 8:33AM

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

Sunrise: 5:24AM  
Sunset: 6:19PM

Subha Sivaloka Day

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

All times are standard time

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<b>1</b>		<b>Sunday, August 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Kathmandu, Nepal Sun 9 Sutra 133
Wishabha Rasi: 24.17	Tithi 24 – 25	<b>Gulika</b> 3:05PM – 4:41PM	<b>Mrigashira</b> Until 3:57AM Mon	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:25AM	Vikarin 5121
		Yama 11:51AM – 1:28PM	Harshana Until 2:16PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:18PM	Moon 8 - Phase 19
538993462	<b>Rahu</b> 4:41PM – 6:18PM		Vanija Until 7:44PM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Navami*</b> Until 8:12AM	Moon – Yellow	<b>Subha Sivaloka Day</b>
				<b>Sravana-Avani</b>	


<b>2</b>		<b>Monday, August 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau	Kathmandu, Nepal Sun 10 Sutra 134
Mithuna Rasi: 7.49	Tithi 25 – 26	<b>Gulika</b> 1:27PM – 3:04PM	<b>Ardra</b> Until 2:45AM Tue	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:25AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:15AM – 11:51AM	Vajra* Until 12:07PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:17PM	Moon 8 - Phase 19
538993462	<b>Rahu</b> 7:02AM – 8:38AM		Bava Until 6:12PM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 7:03AM	Moon – Yellow	<b>Subha Sivaloka Day</b>
				<b>Sravana-Avani</b>	

<b>3</b>		<b>Tuesday, August 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Dvodashyam Titau	Kathmandu, Nepal Sun 11 Sutra 135
Mithuna Rasi: 21.5	Tithi 27	<b>Gulika</b> 11:51AM – 1:27PM	<b>Punarvasu</b> Until 1:09AM Wed	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:26AM	Vikarin 5121
		Yama 8:38AM – 10:14AM	Siddhi Until 9:22AM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:16PM	Moon 8 - Phase 19
548993462	<b>Rahu</b> 3:03PM – 4:40PM		Kaulava Until 3:56PM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Dvodashi*</b> Until 2:33AM Wed	Moon – Blue	<b>Sivaloka Day</b>
				<b>Sravana-Avani</b>	

<b>4</b>		<b>Wednesday, August 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Trayodashyam Titau	Kathmandu, Nepal Sun 12 Sutra 136
Kataka Rasi: 6.17	Tithi 28	<b>Gulika</b> 10:14AM – 11:50AM	<b>Pushya</b> Until 10:50PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:26AM	Vikarin 5121
		Yama 7:02AM – 8:38AM	Vyatipata* Until 6:06AM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:15PM	Moon 8 - Phase 19
549993463	<b>Rahu</b> 11:50AM – 1:27PM		Gara Until 1:04PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 11:25PM	Moon – Blue	<b>Devaloka Day</b>
				<b>Sravana-Avani</b>	

*Pradosha Vrata (Fasting)*

<b>5</b>		<b>Thursday, August 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Kathmandu, Nepal Sun 13 Sutra 137
Kataka Rasi: 21.07	Tithi 29	<b>Gulika</b> 8:38AM – 10:14AM	<b>Ashlesha*</b> Until 7:59PM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:27AM	Vikarin 5121
		Yama 5:27AM – 7:02AM	Parigha* Until 10:19PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:14PM	Moon 8 - Phase 19
549193463	<b>Rahu</b> 1:26PM – 3:02PM		Visti Until 9:42AM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 7:53PM	Moon – Blue	<b>Sivaloka Day</b>
Until 7:59PM				<b>Sravana-Avani</b>	
Then Creative Work - Amrita Yoga					

		<b>Friday, August 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau	Kathmandu, Nepal Sun 14 Sutra 138
<b>Retreat Star</b>		<b>Gulika</b> 7:03AM – 8:38AM	<b>Magha*</b> Until 5:09PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:27AM	Vikarin 5121
Simha Rasi: 6.14	Tithi 30 – 1	Yama 3:01PM – 4:37PM	Shiva Until 6:06PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:13PM	Moon 8 - Phase 19
559193463	<b>Rahu</b> 10:14AM – 11:50AM		Catuspada Until 6:01AM	<b>Nataraja:</b> Clear	Amavasya
Routine Work	Marana Yoga		<b>Amavasya*</b> Until 4:06PM	Moon – Red	<b>Sivaloka Day</b>
Until 5:09PM				<b>Sravana-Avani</b>	
Then Creative Work - Siddha Yoga					

<b>6</b>		<b>Saturday, August 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Kathmandu, Nepal Sun 15 Sutra 139
<b>Retreat Star</b>		<b>Gulika</b> 5:27AM – 7:03AM	<b>Purvaphalguni</b> Until 2:07PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:27AM	Vikarin 5121
Simha Rasi: 21.29	Tithi 1 – 2	Yama 1:25PM – 3:01PM	Siddha Until 1:48PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:12PM	Moon 8 - Phase 19
559193463	<b>Rahu</b> 8:38AM – 10:14AM		Balava Until 10:22PM	<b>Nataraja:</b> Clear	Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 12:15PM	Moon – Red	<b>Sivaloka Day</b>
Until 2:07PM				<b>Bhadrapada-Avani</b>	
Then Routine Work - Marana Yoga					

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

All times are standard time

www.gurudeva.org/panchang

<b>1</b>	<b>Sunday, September 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau				Kathmandu, Nepal
	Kanya Rasi: 6.42	Tithi 2 - 3	<b>Gulika</b> 3:00PM - 4:35PM	<b>Uttaraphalguni</b> Until 11:05AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:28AM	Sun 16 Sutra 140
			Yama 11:49AM - 1:25PM	Sadhya Until 9:37AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:10PM	Vikarin 5121
	559193463		<b>Rahu</b> 4:35PM - 6:10PM	Taitila Until 6:44PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Amrita Yoga		<b>Dvitiya</b> Until 8:30AM	Moon - Red		3rd Phase	
				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	

<b>2</b>	<b>Monday, September 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturtham Titau				Kathmandu, Nepal
	Kanya Rasi: 21.43	Tithi 4	<b>Gulika</b> 1:24PM - 2:59PM	<b>Hasta</b> Until 8:36AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:28AM	Sun 17 Sutra 141
	<b>Family Home Evening</b>		Yama 10:14AM - 11:49AM	Sukla Until 2:05AM Tue	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:09PM	Vikarin 5121
	559193463		<b>Rahu</b> 7:03AM - 8:39AM	Vanija Until 3:27PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Chaturthi*</b> Until 1:58AM Tue	Moon - Green		3rd Phase	
Until 8:36AM		<b>Ganesha Chaturthi</b>		<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	
Then Routine Work - Prabararishta Yoga							

<b>3</b>	<b>Tuesday, September 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Kathmandu, Nepal
	Tula Rasi: 6.23	Tithi 5	<b>Gulika</b> 11:49AM - 1:23PM	<b>Chitra</b> Until 6:26AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:29AM	Sun 18 Sutra 142
			Yama 8:39AM - 10:14AM	Brahma Until 10:58PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:08PM	Vikarin 5121
	559193463		<b>Rahu</b> 2:58PM - 4:33PM	Bava Until 12:40PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Panchami</b> Until 11:30PM	Moon - Green		3rd Phase	
				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	

<b>4</b>	<b>Wednesday, September 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra Yoga Kaulava/Taitila Karana Shashthyam Titau				Kathmandu, Nepal
	Tula Rasi: 20.38	Tithi 6	<b>Gulika</b> 10:13AM - 11:48AM	<b>Vishakha</b> Until 4:05AM Thu	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:29AM	Sun 19 Sutra 143
			Yama 7:04AM - 8:39AM	Indra Until 8:27PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:07PM	Vikarin 5121
	559193463		<b>Rahu</b> 11:48AM - 1:23PM	Kaulava Until 10:32AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 9:44PM	Moon - Orange		3rd Phase	
				<b>Bhadrapada-Avani</b>		<b>Subha Sivaloka Day</b>	

<b>5</b>	<b>Thursday, September 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Saptamyam Titau				Kathmandu, Nepal
	Vrischika Rasi: 4.24	Tithi 7	<b>Gulika</b> 8:39AM - 10:13AM	<b>Anuradha</b> Until 4:05AM Fri	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:30AM	Sun 20 Sutra 144
			Yama 5:30AM - 7:04AM	Vaidhriti* Until 6:34PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:06PM	Vikarin 5121
	559193463		<b>Rahu</b> 1:22PM - 2:57PM	Gara Until 9:11AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Saptami</b> Until 8:47PM	Moon - Orange		3rd Phase	
Until 4:05AM Fri				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>	<b>Friday, September 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Ashtamyam Titau				Kathmandu, Nepal
	Vrischika Rasi: 17.42	Tithi 8	<b>Gulika</b> 7:05AM - 8:39AM	<b>Jyeshtha*</b> Until 4:43AM Sat	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:30AM	Sun 21 Sutra 145
			Yama 2:56PM - 4:31PM	Vishkambha* Until 5:20PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:05PM	Vikarin 5121
	559193463		<b>Rahu</b> 10:13AM - 11:48AM	Visti Until 8:38AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Routine Work	Marana Yoga		<b>Ashtami*</b> Until 8:40PM	Moon - Orange		Ashtami	
Until 4:43AM Sat				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							

<b>Retreat Star</b>	<b>Saturday, September 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Navamyam Titau				Kathmandu, Nepal
	Dhanus Rasi: 0.35	Tithi 9	<b>Gulika</b> 5:31AM - 7:05AM	<b>Mula*</b> Until 6:26AM Sun	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:31AM	Sun 22 Sutra 146
			Yama 1:21PM - 2:56PM	Priti Until 4:45PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 6:04PM	Vikarin 5121
	581193463		<b>Rahu</b> 8:39AM - 10:13AM	Balava Until 8:55AM	<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Navami*</b> Until 9:19PM	Moon - Light Blue		Navami	
				<b>Bhadrapada-Avani</b>		<b>Devaloka Day</b>	

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


<b>1</b>	<b>Sunday, September 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 147
	Dhanus Rasi: 13.06	Tithi 10	<b>Gulika</b> 2:55PM – 4:29PM	<b>Mula* Until 6:26AM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:31AM		Vikarin 5121
			Yama 11:47AM – 1:21PM	Ayushman Until 4:41PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:03PM		Moon 8 - Phase 21
	581193463	<b>Rahu</b> 4:29PM – 6:03PM	Taitila Until 9:57AM		<b>Nataraja:</b> Clear		4th Phase
Creative Work	Amrita Yoga			Moon – Light Blue	<b>Devaloka Day</b>		
	Until 6:26AM	<b>Grandparent's Day</b>	<b>Dashami Until 10:40PM</b>	<b>Bhadrapada-Avani</b>			
	Then Creative Work - Siddha Yoga						

<b>2</b>	<b>Monday, September 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 148
	Dhanus Rasi: 25.21	Tithi 11	<b>Gulika</b> 1:20PM – 2:54PM	<b>Purvashadha* Until 8:35AM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:32AM		Vikarin 5121
			Yama 10:13AM – 11:47AM	Saubhagya Until 5:04PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:02PM		Moon 8 - Phase 21
	581193463	<b>Rahu</b> 7:05AM – 8:39AM	Vanija Until 11:35AM		<b>Nataraja:</b> Clear		4th Phase
Family Home Evening				Moon – Light Blue	<b>Devaloka Day</b>		
Routine Work	Marana Yoga		<b>Ekadashi Until 12:33AM Tue</b>	<b>Bhadrapada-Avani</b>			

<b>3</b>	<b>Tuesday, September 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 149
	Makara Rasi: 7.25	Tithi 12	<b>Gulika</b> 11:46AM – 1:20PM	<b>Uttarashadha Until 11:00AM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:32AM		Vikarin 5121
			Yama 8:39AM – 10:13AM	Sobhana Until 5:46PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 6:00PM		Moon 8 - Phase 21
	581193463	<b>Rahu</b> 2:53PM – 4:27PM	Bava Until 1:39PM		<b>Nataraja:</b> Clear		4th Phase
Routine Work	Prabalarishta Yoga		<b>Dvadashi Until 2:46AM Wed</b>	Moon – Light Blue	<b>Devaloka Day</b>		
	Until 11:00AM			<b>Bhadrapada-Avani</b>			
	Then Creative Work - Siddha Yoga						

<b>4</b>	<b>Wednesday, September 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 150
	Makara Rasi: 19.21	Tithi 13	<b>Gulika</b> 10:12AM – 11:46AM	<b>Shravana Until 2:02PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:32AM		Vikarin 5121
			Yama 7:06AM – 8:39AM	Athiganda* Until 6:37PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 5:59PM		Moon 8 - Phase 21
	591193463	<b>Rahu</b> 11:46AM – 1:19PM	Kaulava Until 3:59PM		<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 5:11AM Thu</b>	Moon – Purple	<b>Sivaloka Day</b>		
	Until 2:02PM	<b>Avani Avittam</b>		<b>Bhadrapada-Avani</b>			
	Then Routine Work - Prabalarishta Yoga		<i>Pradosha Vrata</i>				

<b>5</b>	<b>Thursday, September 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma Yoga Gara Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 151
	Kumbha Rasi: 1.13	Tithi 14	<b>Gulika</b> 8:39AM – 10:12AM	<b>Dhanishtha Until 5:01PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:33AM		Vikarin 5121
			Yama 5:33AM – 7:06AM	Sukarma Until 7:34PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 5:58PM		Moon 8 - Phase 21
	591193463	<b>Rahu</b> 1:19PM – 2:52PM	Gara Until 6:27PM		<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 7:39AM Fri</b>	Moon – Purple	<b>Sivaloka Day</b>		
				<b>Bhadrapada-Avani</b>			

	<b>Friday, September 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Kathmandu, Nepal Sutra 152
	<b>Copper Retreat Star</b>		<b>Gulika</b> 7:06AM – 8:39AM	<b>Shatabhishak Until 7:50PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:33AM		Vikarin 5121
	Kumbha Rasi: 13.04	Tithi 14 – 15	Yama 2:51PM – 4:24PM	Dhriti Until 8:31PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:57PM		Moon 8 - Phase 21
	591113463	<b>Rahu</b> 10:12AM – 11:45AM	Visti Until 8:54PM		<b>Nataraja:</b> Clear		Purnima
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 7:39AM</b>	Moon – Purple	<b>Sivaloka Day</b>		
		<b>Chidambaram Abhishekam</b>		<b>Bhadrapada-Avani</b>			

<b>6</b>	<b>Saturday, September 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal Sutra 153
	<b>Silver Retreat Star</b>		<b>Gulika</b> 5:34AM – 7:07AM	<b>Purvaproshtapada* Until 10:55PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:34AM		Vikarin 5121
	Kumbha Rasi: 24.56	Tithi 15 – 16	Yama 1:18PM – 2:50PM	Shula* Until 9:23PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:56PM		Moon 8 - Phase 21
	511113463	<b>Rahu</b> 8:39AM – 10:12AM	Balava Until 11:18PM		<b>Nataraja:</b> Clear		Prathama
Routine Work	Marana Yoga		<b>Purnima* Until 10:06AM</b>	Moon – Clear	<b>Sivaloka Day</b>		
	Until 10:55PM			<b>Bhadrapada-Avani</b>			
	Then Creative Work - Siddha Yoga						

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



Sunday, September 15, 2019

Gold Retreat Star

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

Kathmandu, Nepal

Sutra 154

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 6.5 Tithi 16 - 17

Gulika 2:50PM - 4:22PM  
Yama 11:44AM - 1:17PM  
Rahu 4:22PM - 5:55PM

Uttaraproshtapada Until 1:43AM Mon  
Ganda\* Until 10:10PM  
Taitila Until 1:33AM Mon  
Prathama\* Until 12:25PM

Ganesha: Red Sunrise: 5:34AM  
Muruqa: Purple Sunset: 5:55PM  
Nataraja: Clear  
Moon - Clear

Sivaloka Day

Creative Work Amrita Yoga  
Until 1:43AM Mon  
Then Creative Work - Siddha Yoga

Bhadrapada-Avani

1

Monday, September 16, 2019

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

Kathmandu, Nepal

Sun 1 Sutra 155

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Meena Rasi: 18.48 Tithi 17 - 18

Gulika 1:16PM - 2:49PM  
Yama 10:12AM - 11:44AM  
Rahu 7:07AM - 8:39AM

Revati Until 4:09AM Tue  
Vriddhi Until 10:50PM  
Vanija Until 3:36AM Tue  
Dvitya Until 2:35PM

Ganesha: Yellow Sunrise: 5:35AM  
Muruqa: Purple Sunset: 5:53PM  
Nataraja: Clear  
Moon - Clear

Sivaloka Day

Family Home Evening  
Creative Work Siddha Yoga

Bhadrapada-Avani

2

Tuesday, September 17, 2019

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

Kathmandu, Nepal

Sun 2 Sutra 156

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 0.5 Tithi 18 - 19

Gulika 11:44AM - 1:16PM  
Yama 8:39AM - 10:12AM  
Rahu 2:48PM - 4:20PM

Ashvini Until 6:41AM Wed  
Dhruva Until 11:16PM  
Bava Until 5:25AM Wed  
Tritiya Until 4:32PM

Ganesha: White Sunrise: 5:35AM  
Muruqa: Purple Sunset: 5:52PM  
Nataraja: Clear  
Moon - White

Devaloka Day

Creative Work Siddha Yoga

Bhadrapada-Puratasi

3

Wednesday, September 18, 2019

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

Kathmandu, Nepal

Sun 3 Sutra 157

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 12.59 Tithi 19

Gulika 10:11AM - 11:43AM  
Yama 7:08AM - 8:39AM  
Rahu 11:43AM - 1:15PM

Ashvini Until 6:41AM  
Vyaghata\* Until 11:29PM  
Balava Until 6:11PM  
Chaturthi\* Until 6:11PM

Ganesha: White Sunrise: 5:36AM  
Muruqa: Purple Sunset: 5:51PM  
Nataraja: Clear  
Moon - White

Devaloka Day

Routine Work Marana Yoga  
Until 6:41AM  
Then Creative Work - Siddha Yoga

Bhadrapada-Puratasi

4

Thursday, September 19, 2019

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

Kathmandu, Nepal

Sun 4 Sutra 158

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Mesha Rasi: 25.16 Tithi 20

Gulika 8:40AM - 10:11AM  
Yama 5:36AM - 7:08AM  
Rahu 1:15PM - 2:46PM

Bharani Until 8:43AM  
Harshana Until 11:25PM  
Kaulava Until 6:53AM  
Panchami Until 7:27PM

Ganesha: White Sunrise: 5:36AM  
Muruqa: Purple Sunset: 5:50PM  
Nataraja: Clear  
Moon - White

Devaloka Day

Creative Work Siddha Yoga  
Until 8:43AM  
Then Routine Work - Marana Yoga

Bhadrapada-Puratasi

5

Friday, September 20, 2019

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

Kathmandu, Nepal

Sun 5 Sutra 159

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 7.43 Tithi 21

Gulika 7:08AM - 8:40AM  
Yama 2:46PM - 4:17PM  
Rahu 10:11AM - 11:43AM

Krittika Until 10:09AM  
Vajra\* Until 10:54PM  
Gara Until 7:56AM  
Shashthi\* Until 8:14PM

Ganesha: White Sunrise: 5:36AM  
Muruqa: Purple Sunset: 5:49PM  
Nataraja: Clear  
Moon - White

Devaloka Day

Creative Work Siddha Yoga  
Until 10:09AM  
Then Routine Work - Marana Yoga

Bhadrapada-Puratasi

6

Saturday, September 21, 2019

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

Kathmandu, Nepal

Sun 6 Sutra 160

Vikarin 5121

Moon 9 - Phase 22

1st Phase

Vrishabha Rasi: 20.26 Tithi 22

Gulika 5:37AM - 7:08AM  
Yama 1:14PM - 2:45PM  
Rahu 8:40AM - 10:11AM

Rohini Until 11:22AM  
Siddhi Until 9:56PM  
Visti Until 8:25AM  
Saptami Until 8:24PM

Ganesha: Clear Sunrise: 5:37AM  
Muruqa: Purple Sunset: 5:48PM  
Nataraja: Clear  
Moon - Yellow

Sivaloka Day

Creative Work Amrita Yoga  
Until 11:22AM  
Then Creative Work - Siddha Yoga

Bhadrapada-Puratasi

☾

Sunday, September 22, 2019

Retreat Star

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

Kathmandu, Nepal

Sun 7 Sutra 161

Vikarin 5121

Moon 9 - Phase 22

Ashtami

Mithuna Rasi: 3.28 Tithi 23

Gulika 2:44PM - 4:15PM  
Yama 11:42AM - 1:13PM  
Rahu 4:15PM - 5:46PM

Mrigashira Until 11:47AM  
Vyatipata\* Until 8:25PM  
Balava Until 8:15AM  
Ashtami\* Until 7:53PM

Ganesha: Clear Sunrise: 5:37AM  
Muruqa: Purple Sunset: 5:46PM  
Nataraja: Clear  
Moon - Yellow

Sivaloka Day

Creative Work Siddha Yoga

Bhadrapada-Puratasi

Monday, September 23, 2019

Retreat Star

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

Kathmandu, Nepal

Sun 8 Sutra 162

Vikarin 5121

Moon 9 - Phase 22

Navami

Mithuna Rasi: 16.52 Tithi 24

Gulika 1:13PM - 2:43PM  
Yama 10:11AM - 11:42AM  
Rahu 7:09AM - 8:40AM

Ardra Until 11:20AM  
Variyan Until 6:18PM  
Taitila Until 7:22AM  
Navami\* Until 6:38PM

Ganesha: Orange Sunrise: 5:38AM  
Muruqa: Purple Sunset: 5:45PM  
Nataraja: Clear  
Moon - Yellow

Sivaloka Day

Family Home Evening  
Creative Work Siddha Yoga  
Until 11:20AM  
Then Creative Work - Amrita Yoga

Bhadrapada-Puratasi

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

All times are standard time

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<b>1</b>		<b>Tuesday, September 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Parigha/Shiva Yoga Visiti/Bava Karana Dashami/Ekadashyam Titau	Kathmandu, Nepal Sun 9 Sutra 163
Kataka Rasi: 0.41	Tithi 25 – 26	<b>Gulika</b> 11:41AM – 1:12PM	<b>Punarvasu</b> Until 10:29AM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:38AM	Vikarin 5121
		Yama 8:40AM – 10:10AM	Parigha* Until 3:38PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:44PM	Moon 9 - Phase 23
	542213463	<b>Rahu</b> 2:43PM – 4:13PM	Bava Until 3:29AM Wed	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 4:41PM	Moon – Blue	<b>Devaloka Day</b>
				<b>Bhadrapada•Puratasi</b>	

<b>2</b>		<b>Wednesday, September 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau	Kathmandu, Nepal Sun 10 Sutra 164
Kataka Rasi: 14.58	Tithi 26 – 27	<b>Gulika</b> 10:10AM – 11:41AM	<b>Pushya</b> Until 8:48AM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:39AM	Vikarin 5121
		Yama 7:09AM – 8:40AM	Shiva Until 12:26PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:43PM	Moon 9 - Phase 23
	542213463	<b>Rahu</b> 11:41AM – 1:11PM	Kaulava Until 12:37AM Thu	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 2:06PM	Moon – Blue	<b>Devaloka Day</b>
				<b>Bhadrapada•Puratasi</b>	

<b>3</b>		<b>Thursday, September 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha/Magha* Nakshatra Siddha/Sadhya Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau	Kathmandu, Nepal Sun 11 Sutra 165
Kataka Rasi: 29.38	Tithi 27 – 28	<b>Gulika</b> 8:40AM – 10:10AM	<b>Ashlesha*</b> Until 6:27AM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:39AM	Vikarin 5121
		Yama 5:39AM – 7:10AM	Siddha Until 8:47AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:42PM	Moon 9 - Phase 23
	542213463	<b>Rahu</b> 1:11PM – 2:41PM	Gara Until 9:17PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 10:59AM	Moon – Blue	<b>Devaloka Day</b>
Until 6:27AM				<b>Bhadrapada•Puratasi</b>	
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>		

<b>4</b>		<b>Friday, September 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Vanija/Sakuni* Karana Trayodashi/Chaturdashyam Titau	Kathmandu, Nepal Sun 12 Sutra 166
Simha Rasi: 14.37	Tithi 28 – 29	<b>Gulika</b> 7:10AM – 8:40AM	<b>Purvaphalguni</b> Until 1:01AM Sat	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:40AM	Vikarin 5121
		Yama 2:40PM – 4:11PM	Subha Until 12:37AM Sat	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:41PM	Moon 9 - Phase 23
	552213463	<b>Rahu</b> 10:10AM – 11:40AM	Sakuni Until 3:45AM Sat	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 7:29AM	Moon – Red	<b>Devaloka Day</b>
Until 1:01AM Sat				<b>Bhadrapada•Puratasi</b>	
Then Routine Work - Marana Yoga					

<b>Retreat Star</b>		<b>Saturday, September 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Kathmandu, Nepal Sun 13 Sutra 167
Simha Rasi: 29.49	Tithi 30	<b>Gulika</b> 5:40AM – 7:10AM	<b>Uttaraphalguni</b> Until 9:54PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:40AM	Vikarin 5121
		Yama 1:10PM – 2:40PM	Sukla Until 8:21PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:40PM	Moon 9 - Phase 23
	652213463	<b>Rahu</b> 8:40AM – 10:10AM	Catuspada Until 1:52PM	<b>Nataraja:</b> Clear	Amavasya
Routine Work	Marana Yoga		<b>Amavasya*</b> Until 11:58PM	Moon – Red	<b>Devaloka Day</b>
		<b>Mahalaya Amavasai (Tamil Nadu)</b>		<b>Bhadrapada•Puratasi</b>	

<b>Retreat Star</b>		<b>Sunday, September 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Brahma/Indra Yoga Kintughna*/Bava Karana Prathamayam Titau	Kathmandu, Nepal Sun 14 Sutra 168
Kanya Rasi: 15.02	Tithi 1	<b>Gulika</b> 2:39PM – 4:09PM	<b>Hasta</b> Until 7:09PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:41AM	Vikarin 5121
		Yama 11:40AM – 1:09PM	Brahma Until 4:09PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:38PM	Moon 9 - Phase 23
	663213463	<b>Rahu</b> 4:09PM – 5:38PM	Kintughna Until 10:07AM	<b>Nataraja:</b> Clear	Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 8:17PM	Moon – Green	<b>Devaloka Day</b>
Until 7:09PM		<b>Navaratri Begins</b>		<b>Ashvina•Puratasi</b>	
Then Creative Work - Siddha Yoga					

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

All times are standard time

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<b>1</b>		<b>Monday, September 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Balava/Taitila Karana Dvitiya/Tritiyam Titau	Kathmandu, Nepal Sun 15 Sutra 169
Tula Rasi: 0.07	Tithi 2 - 3	<b>Gulika</b>	1:09PM - 2:38PM	<b>Chitra Until 4:32PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:41AM
<b>Family Home Evening</b>	663213463	Yama	10:10AM - 11:39AM	Indra Until 12:11PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:37PM
Routine Work	Prabalarishta Yoga	<b>Rahu</b>	7:11AM - 8:40AM	Balava Until 6:34AM	<b>Nataraja:</b> Clear
Until 4:32PM				Dvitiya Until 4:54PM	Moon - Green
Then Creative Work - Amrita Yoga					<b>Devaloka Day</b>
					<b>Ashvina+Puratasi</b>

<b>2</b>		<b>Tuesday, October 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau	Kathmandu, Nepal Sun 16 Sutra 170
Tula Rasi: 14.55	Tithi 3 - 4	<b>Gulika</b>	11:39AM - 1:08PM	<b>Svati Until 2:15PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:42AM
	663213463	Yama	8:40AM - 10:10AM	Vaidhriti* Until 8:33AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:36PM
Creative Work	Siddha Yoga	<b>Rahu</b>	2:38PM - 4:07PM	Vanija Until 12:47AM Wed	<b>Nataraja:</b> Clear
Until 2:15PM				Tritiya Until 2:00PM	Moon - Green
Then Routine Work - Marana Yoga					<b>Devaloka Day</b>
					<b>Ashvina+Puratasi</b>

<b>3</b>		<b>Wednesday, October 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Kathmandu, Nepal Sun 17 Sutra 171
Tula Rasi: 29.17	Tithi 4 - 5	<b>Gulika</b>	10:09AM - 11:39AM	<b>Vishakha Until 12:53PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:42AM
	673213463	Yama	7:11AM - 8:40AM	Priti Until 2:52AM Thu	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:35PM
Creative Work	Siddha Yoga	<b>Rahu</b>	11:39AM - 1:08PM	Bava Until 10:52PM	<b>Nataraja:</b> Clear
Until 2:15PM				Chaturthi* Until 11:43AM	Moon - Orange
Then Routine Work - Marana Yoga					<b>Devaloka Day</b>
					<b>Ashvina+Puratasi</b>

<b>4</b>		<b>Thursday, October 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Kathmandu, Nepal Sun 18 Sutra 172
Vrischika Rasi: 13.11	Tithi 5 - 6	<b>Gulika</b>	8:40AM - 10:09AM	<b>Anuradha Until 12:08PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:43AM
	673213463	Yama	5:43AM - 7:11AM	Ayushman Until 12:59AM Fri	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:34PM
Creative Work	Siddha Yoga	<b>Rahu</b>	1:07PM - 2:36PM	Kaulava Until 9:47PM	<b>Nataraja:</b> Clear
Until 12:08PM				Panchami Until 10:12AM	Moon - Orange
Then Routine Work - Prabalarishta Yoga					<b>Devaloka Day</b>
					<b>Ashvina+Puratasi</b>

<b>5</b>		<b>Friday, October 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Kathmandu, Nepal Sun 19 Sutra 173
Vrischika Rasi: 26.34	Tithi 6 - 7	<b>Gulika</b>	7:12AM - 8:40AM	<b>Jyeshtha* Until 12:06PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:43AM
	673213463	Yama	2:45PM - 4:04PM	Saubhagya Until 11:49PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:33PM
Routine Work	Marana Yoga	<b>Rahu</b>	10:09AM - 11:38AM	Gara Until 9:36PM	<b>Nataraja:</b> Clear
Until 12:06PM				Shashthi* Until 9:33AM	Moon - Orange
Then Creative Work - Amrita Yoga					<b>Devaloka Day</b>
					<b>Ashvina+Puratasi</b>

<b>Retreat Star</b>		<b>Saturday, October 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Kathmandu, Nepal Sun 20 Sutra 174
Dhanus Rasi: 9.3	Tithi 7 - 8	<b>Gulika</b>	5:44AM - 7:12AM	<b>Mula* Until 1:15PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:44AM
	683213463	Yama	1:06PM - 2:35PM	Sobhana Until 11:21PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:32PM
Creative Work	Siddha Yoga	<b>Rahu</b>	8:41AM - 10:09AM	Visti Until 10:17PM	<b>Nataraja:</b> Clear
Until 3:02PM				Saptami Until 9:49AM	Moon - Light Blue
Then Creative Work - Amrita Yoga					<b>Sivaloka Day</b>
					<b>Ashvina+Puratasi</b>

<b>Retreat Star</b>		<b>Sunday, October 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Kathmandu, Nepal Sun 21 Sutra 175
Dhanus Rasi: 22.01	Tithi 8 - 9	<b>Gulika</b>	2:34PM - 4:02PM	<b>Purvashadha* Until 3:02PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:44AM
	683213463	Yama	11:37AM - 1:06PM	Athiganda* Until 11:25PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:31PM
Creative Work	Siddha Yoga	<b>Rahu</b>	4:02PM - 5:31PM	Balava Until 11:44PM	<b>Nataraja:</b> Clear
Until 3:02PM				Ashtami* Until 10:54AM	Moon - Light Blue
Then Creative Work - Amrita Yoga					<b>Sivaloka Day</b>
					<b>Ashvina+Puratasi</b>

<b>Monday, October 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Kathmandu, Nepal Sun 22 Sutra 176
<b>1</b>		<b>Gulika</b> 1:05PM – 2:33PM	<b>Uttarashadha</b> Until 5:16PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:45AM	Vikarin 5121
Makara Rasi: 4.14	Tithi 9 – 10	Yama 10:09AM – 11:37AM	Sukarma Until 11:58PM	<b>Muruga:</b> Purple <i>Sunset:</i> 5:29PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	683213463	<b>Rahu</b> 7:13AM – 8:41AM	Taitila Until 1:47AM Tue	<b>Nataraja:</b> Clear	4th Phase
Routine Work Marana Yoga			<b>Navami*</b> Until 12:41PM	Moon – Light Blue	<b>Sivaloka Day</b>
Until 5:16PM				<b>Ashvina+Puratasi</b>	
Then Creative Work - Amrita Yoga					

<b>Tuesday, October 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau			Kathmandu, Nepal Sun 23 Sutra 177
<b>2</b>		<b>Gulika</b> 11:37AM – 1:05PM	<b>Shravana</b> Until 8:15PM	<b>Ganesha:</b> White <i>Sunrise:</i> 5:45AM	Vikarin 5121
Makara Rasi: 16.15	Tithi 10 – 11	Yama 8:41AM – 10:09AM	Dhriti Until 12:48AM Wed	<b>Muruga:</b> Purple <i>Sunset:</i> 5:29PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 2:33PM – 4:00PM	Vanija Until 4:10AM Wed	<b>Nataraja:</b> Purple	4th Phase
Creative Work Siddha Yoga			<b>Dashami</b> Until 2:55PM	Moon – Purple	<b>Sivaloka Day</b>
		<b>Vijaya Dasami</b>		<b>Ashvina+Puratasi</b>	

<b>Wednesday, October 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Kathmandu, Nepal Sun 24 Sutra 178
<b>3</b>		<b>Gulika</b> 10:09AM – 11:36AM	<b>Dhanishtha</b> Until 11:16PM	<b>Ganesha:</b> White <i>Sunrise:</i> 5:46AM	Vikarin 5121
Makara Rasi: 28.08	Tithi 11 – 12	Yama 7:13AM – 8:41AM	Shula* Until 1:43AM Thu	<b>Muruga:</b> Purple <i>Sunset:</i> 5:27PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 11:36AM – 1:04PM	Bava Until 6:43AM Thu	<b>Nataraja:</b> Purple	4th Phase
Routine Work Prabalarishta Yoga			<b>Ekadashi</b> Until 5:25PM	Moon – Purple	<b>Sivaloka Day</b>
Until 11:16PM				<b>Ashvina+Puratasi</b>	
Then Creative Work - Siddha Yoga					

<b>Thursday, October 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Bava/Balava Karana Dvadashyam Titau			Kathmandu, Nepal Sun 25 Sutra 179
<b>4</b>		<b>Gulika</b> 8:41AM – 10:09AM	<b>Shatabhishak</b> Until 2:06AM Fri	<b>Ganesha:</b> White <i>Sunrise:</i> 5:46AM	Vikarin 5121
Kumbha Rasi: 9.59	Tithi 12	Yama 5:46AM – 7:14AM	Ganda* Until 2:39AM Fri	<b>Muruga:</b> Purple <i>Sunset:</i> 5:26PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 1:04PM – 2:31PM	Bava Until 6:43AM	<b>Nataraja:</b> Purple	4th Phase
Creative Work Siddha Yoga			<b>Dvadashi</b> Until 7:57PM	Moon – Purple	<b>Sivaloka Day</b>
		<b>Kadaitswami Mahasamadhi</b>		<b>Ashvina+Puratasi</b>	

<b>Friday, October 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Trayodashyam Titau			Kathmandu, Nepal Sun 26 Sutra 180
<b>5</b>		<b>Gulika</b> 7:14AM – 8:41AM	<b>Purvaproshtapada*</b> Until 5:10AM Sat	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:47AM	Vikarin 5121
Kumbha Rasi: 21.5	Tithi 13	Yama 2:31PM – 3:58PM	Vriddhi Until 3:30AM Sat	<b>Muruga:</b> Purple <i>Sunset:</i> 5:25PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	613213464	<b>Rahu</b> 10:09AM – 11:36AM	Kaulava Until 9:13AM	<b>Nataraja:</b> Purple	4th Phase
Creative Work Siddha Yoga			<b>Trayodashi</b> Until 10:23PM	Moon – Clear	<b>Sivaloka Day</b>
		<b>Chidambaram Abhishekam</b>		<b>Ashvina+Puratasi</b>	
			<i>Pradosha Vrata</i>		

<b>Saturday, October 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau			Kathmandu, Nepal Sun 27 Sutra 181
<b>6</b>		<b>Gulika</b> 5:47AM – 7:14AM	<b>Uttaraproshtapada</b> Until 7:51AM Sun	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:47AM	Vikarin 5121
Meena Rasi: 3.44	Tithi 14	Yama 1:03PM – 2:30PM	Dhruva Until 4:10AM Sun	<b>Muruga:</b> Purple <i>Sunset:</i> 5:24PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	613213464	<b>Rahu</b> 8:41AM – 10:09AM	Gara Until 11:34AM	<b>Nataraja:</b> Purple	4th Phase
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 12:38AM Sun	Moon – Clear	<b>Sivaloka Day</b>
Until 7:51AM Sun				<b>Ashvina+Puratasi</b>	
Then Creative Work - Amrita Yoga					

<b>Sunday, October 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau			Kathmandu, Nepal Sutra 182
<b>○</b>		<b>Gulika</b> 2:29PM – 3:56PM	<b>Uttaraproshtapada</b> Until 7:51AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:48AM	Vikarin 5121
Meena Rasi: 15.43	Tithi 15	Yama 11:35AM – 1:02PM	Vyaghata* Until 4:38AM Mon	<b>Muruga:</b> Purple <i>Sunset:</i> 5:23PM	Moon 9 - Phase 25
<b>Copper Retreat Star</b>	614213464	<b>Rahu</b> 3:56PM – 5:23PM	Visti Until 1:41PM	<b>Nataraja:</b> Purple	Purnima
Creative Work Amrita Yoga			<b>Purnima*</b> Until 2:37AM Mon	Moon – Clear	<b>Subha Sivaloka Day</b>
				<b>Ashvina+Puratasi</b>	

<b>Monday, October 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau			Kathmandu, Nepal Sutra 183
<b>○</b>		<b>Gulika</b> 1:02PM – 2:29PM	<b>Revati</b> Until 10:08AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:48AM	Vikarin 5121
Meena Rasi: 27.49	Tithi 16	Yama 10:08AM – 11:35AM	Harshana Until 4:55AM Tue	<b>Muruga:</b> Purple <i>Sunset:</i> 5:22PM	Moon 9 - Phase 25
<b>Silver Retreat Star</b>	614213464	<b>Rahu</b> 7:15AM – 8:42AM	Balava Until 3:32PM	<b>Nataraja:</b> Purple	Prathama
Creative Work Siddha Yoga			<b>Prathama*</b> Until 4:20AM Tue	Moon – Clear	<b>Subha Sivaloka Day</b>
				<b>Ashvina+Puratasi</b>	

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





Tuesday, October 15, 2019

Gold Retreat Star

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

Kathmandu, Nepal  
Sutra 184

Mesha Rasi: 10.01 Tithi 17

624213464

**Gulika** 11:35AM – 1:01PM  
**Yama** 8:42AM – 10:08AM  
**Rahu** 2:28PM – 3:55PM

**Ashvini Until 12:27PM**  
Vajra\* Until 4:55AM Wed  
Taitila Until 5:05PM  
**Dvitiya Until 5:43AM Wed**

**Ganesha:** White *Sunrise:* 5:49AM  
**Muruqa:** Purple *Sunset:* 5:21PM

**Nataraja:** Purple  
Moon – White  
Subha Subha Sivaloka Day

Creative Work Siddha Yoga

**Ashvina•Puratasi**

1

Wednesday, October 16, 2019

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

Kathmandu, Nepal  
Sun 1 Sutra 185

Mesha Rasi: 22.22 Tithi 18

624213464

**Gulika** 10:08AM – 11:35AM  
**Yama** 7:16AM – 8:42AM  
**Rahu** 11:35AM – 1:01PM

**Bharani Until 2:18PM**  
Siddhi Until 4:41AM Thu  
Vanija Until 6:19PM  
**Tritiya Until 6:47AM Thu**

**Ganesha:** White *Sunrise:* 5:49AM  
**Muruqa:** Purple *Sunset:* 5:20PM

**Nataraja:** Purple  
Moon – White  
Subha Subha Sivaloka Day

Creative Work Siddha Yoga

**Ashvina•Puratasi**

Until 2:18PM  
Then Creative Work - Amrita Yoga

2

Thursday, October 17, 2019

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

Kathmandu, Nepal  
Sun 2 Sutra 186

Vrishabha Rasi: 4.5 Tithi 18 – 19

624213464

**Gulika** 8:42AM – 10:08AM  
**Yama** 5:50AM – 7:16AM  
**Rahu** 1:01PM – 2:27PM

**Krittika Until 3:39PM**  
Vyatipata\* Until 4:10AM Fri  
Bava Until 7:12PM  
**Tritiya Until 6:47AM**

**Ganesha:** White *Sunrise:* 5:50AM  
**Muruqa:** Purple *Sunset:* 5:19PM

**Nataraja:** Purple  
Moon – White  
Subha Subha Sivaloka Day

Routine Work Marana Yoga

**Ashvina•Puratasi**

3

Friday, October 18, 2019

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

Kathmandu, Nepal  
Sun 3 Sutra 187

Vrishabha Rasi: 17.29 Tithi 19 – 20

634313464

**Gulika** 7:16AM – 8:42AM  
**Yama** 2:26PM – 3:52PM  
**Rahu** 10:08AM – 11:34AM

**Rohini Until 4:57PM**  
Variyan Until 3:19AM Sat  
Kaulava Until 7:41PM  
**Chaturthi\* Until 7:28AM**

**Ganesha:** White *Sunrise:* 5:51AM  
**Muruqa:** Purple *Sunset:* 5:18PM

**Nataraja:** Purple  
Moon – Yellow  
Sivaloka Day

Routine Work Marana Yoga

**Ashvina•Aipasi**

Until 4:57PM  
Then Creative Work - Siddha Yoga

4

Saturday, October 19, 2019

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

Kathmandu, Nepal  
Sun 4 Sutra 188

Mithuna Rasi: 0.2 Tithi 20 – 21

634313464

**Gulika** 5:51AM – 7:17AM  
**Yama** 1:00PM – 2:26PM  
**Rahu** 8:43AM – 10:08AM

**Mrigashira Until 5:39PM**  
Parigha\* Until 2:06AM Sun  
Gara Until 7:43PM  
**Panchami Until 7:44AM**

**Ganesha:** White *Sunrise:* 5:51AM  
**Muruqa:** Purple *Sunset:* 5:17PM

**Nataraja:** Purple  
Moon – Yellow  
Sivaloka Day

Creative Work Siddha Yoga

**Ashvina•Aipasi**

5

Sunday, October 20, 2019

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

Kathmandu, Nepal  
Sun 5 Sutra 189

Mithuna Rasi: 13.25 Tithi 21 – 22

634313464

**Gulika** 2:25PM – 3:51PM  
**Yama** 11:34AM – 1:00PM  
**Rahu** 3:51PM – 5:16PM

**Ardra Until 5:42PM**  
Shiva Until 12:29AM Mon  
Visti Until 7:14PM  
**Shashthi\* Until 7:31AM**

**Ganesha:** White *Sunrise:* 5:52AM  
**Muruqa:** Purple *Sunset:* 5:16PM

**Nataraja:** Purple  
Moon – Yellow  
Sivaloka Day

Creative Work Siddha Yoga

**Ashvina•Aipasi**

D

Monday, October 21, 2019

Retreat Star

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

Kathmandu, Nepal  
Sun 6 Sutra 190

Mithuna Rasi: 26.47 Tithi 22 – 23

644313464

**Gulika** 12:59PM – 2:25PM  
**Yama** 10:08AM – 11:34AM  
**Rahu** 7:18AM – 8:43AM

**Punarvasu Until 5:31PM**  
Siddha Until 10:24PM  
Balava Until 6:11PM  
**Saptami Until 6:45AM**

**Ganesha:** Clear *Sunrise:* 5:52AM  
**Muruqa:** Purple *Sunset:* 5:15PM

**Nataraja:** Purple  
Moon – Blue  
Subha Sivaloka Day

Creative Work Amrita Yoga

**Ashvina•Aipasi**

Until 5:31PM  
Then Creative Work - Siddha Yoga

Tuesday, October 22, 2019

Retreat Star

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

Kathmandu, Nepal  
Sun 7 Sutra 191

Kataka Rasi: 10.29 Tithi 24

644313464

**Gulika** 11:34AM – 12:59PM  
**Yama** 8:43AM – 10:08AM  
**Rahu** 2:24PM – 3:49PM

**Pushya Until 4:37PM**  
Sadhya Until 7:51PM  
Taitila Until 4:34PM  
**Navami\* Until 3:32AM Wed**

**Ganesha:** Clear *Sunrise:* 5:53AM  
**Muruqa:** Purple *Sunset:* 5:14PM

**Nataraja:** Purple  
Moon – Blue  
Subha Sivaloka Day

Creative Work Siddha Yoga

**Ashvina•Aipasi**

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

www.gurudeva.org/panchang

<b>1</b>		<b>Wednesday, October 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Dashamyam Titau	Kathmandu, Nepal Sun 8 Sutra 192
Kataka Rasi: 24.32	Tithi 25	<b>Gulika</b> 10:08AM – 11:33AM	<b>Ashlesha* Until 3:02PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 5:53AM</i>	Vikarin 5121
		Yama 7:18AM – 8:43AM	Subha Until 4:54PM	<b>Muruqa:</b> Purple <i>Sunset: 5:13PM</i>	Moon 10 - Phase 27
Creative Work	Siddha Yoga	644313464 <b>Rahu</b> 11:33AM – 12:58PM	Vanija Until 2:25PM	<b>Nataraja:</b> Purple	2nd Phase
			<b>Dashami Until 1:08AM Thu</b>	Moon – Blue	<b>Subha Sivaloka Day</b>
				<b>Ashvina•Aipasi</b>	

<b>2</b>		<b>Thursday, October 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau	Kathmandu, Nepal Sun 9 Sutra 193
Simha Rasi: 8.55	Tithi 26	<b>Gulika</b> 8:44AM – 10:09AM	<b>Magha* Until 1:15PM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 5:54AM</i>	Vikarin 5121
		Yama 5:54AM – 7:19AM	Sukla Until 1:32PM	<b>Muruqa:</b> Purple <i>Sunset: 5:13PM</i>	Moon 10 - Phase 27
Creative Work	Amrita Yoga	654313464 <b>Rahu</b> 12:58PM – 2:23PM	Bava Until 11:46AM	<b>Nataraja:</b> Purple	2nd Phase
Until 1:15PM			<b>Ekadashi* Until 10:17PM</b>	Moon – Red	<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga				<b>Ashvina•Aipasi</b>	

<b>3</b>		<b>Friday, October 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Kaulava/Talita Karana Dvadashtyam Titau	Kathmandu, Nepal Sun 10 Sutra 194
Simha Rasi: 23.35	Tithi 27	<b>Gulika</b> 7:19AM – 8:44AM	<b>Purvaphalguni Until 10:57AM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 5:55AM</i>	Vikarin 5121
		Yama 2:22PM – 3:47PM	Brahma Until 9:52AM	<b>Muruqa:</b> Purple <i>Sunset: 5:12PM</i>	Moon 10 - Phase 27
Creative Work	Siddha Yoga	654313464 <b>Rahu</b> 10:09AM – 11:33AM	Kaulava Until 8:45AM	<b>Nataraja:</b> Purple	2nd Phase
			<b>Dvadashti* Until 7:08PM</b>	Moon – Red	<b>Sivaloka Day</b>
				<b>Ashvina•Aipasi</b>	

<b>4</b>		<b>Saturday, October 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhrili* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Kathmandu, Nepal Sun 11 Sutra 195
Kanya Rasi: 8.28	Tithi 28 – 29	<b>Gulika</b> 5:55AM – 7:20AM	<b>Uttaraphalguni Until 8:18AM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 5:55AM</i>	Vikarin 5121
		Yama 12:58PM – 2:22PM	Indra Until 6:01AM	<b>Muruqa:</b> Purple <i>Sunset: 5:11PM</i>	Moon 10 - Phase 27
Routine Work	Marana Yoga	655313464 <b>Rahu</b> 8:44AM – 10:09AM	Visti Until 2:07AM Sun	<b>Nataraja:</b> Purple	2nd Phase
			<b>Trayodashi* Until 3:47PM</b>	Moon – Red	<b>Subha Sivaloka Day</b>
		<b>Deepavali Hindu Solidarity Day</b>		<b>Ashvina•Aipasi</b>	
			<i>Pradosha Vrata (Fasting)</i>		

<b>●</b>		<b>Sunday, October 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Kathmandu, Nepal Sun 12 Sutra 196
<b>Retreat Star</b>		<b>Gulika</b> 2:22PM – 3:46PM	<b>Chitra Until 3:18AM Mon</b>	<b>Ganesha:</b> Orange <i>Sunrise: 5:56AM</i>	Vikarin 5121
Kanya Rasi: 23.26	Tithi 29 – 30	Yama 11:33AM – 12:57PM	Vishkambha* Until 10:10PM	<b>Muruqa:</b> Purple <i>Sunset: 5:10PM</i>	Moon 10 - Phase 27
Creative Work	Siddha Yoga	665313464 <b>Rahu</b> 3:46PM – 5:10PM	Catuspada Until 10:48PM	<b>Nataraja:</b> Purple	Amavasya
Until 3:18AM Mon			<b>Chaturdashi* Until 12:25PM</b>	Moon – Green	<b>Subha Sivaloka Day</b>
Then Creative Work - Amrita Yoga		<b>Subramuniyaswami Mahasamadhi</b>		<b>Ashvina•Aipasi</b>	

<b>Monday, October 28, 2019</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Kathmandu, Nepal Sun 13 Sutra 197
Tula Rasi: 8.19	Tithi 30 – 1	<b>Gulika</b> 12:57PM – 2:21PM	<b>Svati Until 12:54AM Tue</b>	<b>Ganesha:</b> Orange <i>Sunrise: 5:57AM</i>	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:09AM – 11:33AM	Priti Until 6:27PM	<b>Muruqa:</b> Purple <i>Sunset: 5:09PM</i>	Moon 10 - Phase 27
Creative Work	Amrita Yoga	665313464 <b>Rahu</b> 7:21AM – 8:45AM	Kintughna Until 7:42PM	<b>Nataraja:</b> Purple	Prathama
Until 12:54AM Tue			<b>Amavasya* Until 9:12AM</b>	Moon – Green	<b>Subha Sivaloka Day</b>
Then Routine Work - Marana Yoga		<b>Skanda Shasthi Begins</b>		<b>Kartika•Aipasi</b>	

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

<b>1</b>		<b>Tuesday, October 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Ayushman/Saubhagya Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau			Kathmandu, Nepal Sun 14 Sutra 198	
Tula Rasi: 23	Tithi 1 – 2	675313464	<b>Gulika</b> 11:33AM – 12:57PM <b>Yama</b> 8:45AM – 10:09AM <b>Rahu</b> 2:21PM – 3:45PM	<b>Vishakha</b> Until 11:12PM Ayushman Until 3:02PM Kaulava Until 3:51AM Wed <b>Prathama* Until 6:17AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Orange	<b>Sunrise:</b> 5:57AM <b>Sunset:</b> 5:08PM	Moon 10 - Phase 28 3rd Phase <b>Subha Sivaloka Day</b> <b>Kartika•Aipasi</b>	
Routine Work Marana Yoga								
Until 11:12PM								
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Wednesday, October 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau			Kathmandu, Nepal Sun 15 Sutra 199	
Virshika Rasi: 7.2	Tithi 3	675313464	<b>Gulika</b> 10:09AM – 11:33AM <b>Yama</b> 7:22AM – 8:45AM <b>Rahu</b> 11:33AM – 12:56PM	<b>Anuradha</b> Until 9:59PM Saubhagya Until 12:04PM Taitila Until 2:52PM <b>Tritiya Until 2:03AM Thu</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Orange	<b>Sunrise:</b> 5:58AM <b>Sunset:</b> 5:08PM	Moon 10 - Phase 28 3rd Phase <b>Subha Sivaloka Day</b> <b>Kartika•Aipasi</b>	
Creative Work Siddha Yoga								

<b>3</b>		<b>Thursday, October 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthyam Titau			Kathmandu, Nepal Sun 16 Sutra 200	
Virshika Rasi: 21.15	Tithi 4	675313464	<b>Gulika</b> 8:46AM – 10:09AM <b>Yama</b> 5:59AM – 7:22AM <b>Rahu</b> 12:56PM – 2:20PM	<b>Jyeshtha* Until 9:21PM</b> Sobhana Until 9:41AM Vanija Until 1:27PM <b>Chaturthi* Until 1:01AM Fri</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Orange	<b>Sunrise:</b> 5:59AM <b>Sunset:</b> 5:07PM	Moon 10 - Phase 28 3rd Phase <b>Subha Sivaloka Day</b> <b>Kartika•Aipasi</b>	
Routine Work Prabalarishta Yoga								
Until 9:21PM								
Then Creative Work - Siddha Yoga								

<b>4</b>		<b>Friday, November 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau			Kathmandu, Nepal Sun 17 Sutra 201	
Dhanus Rasi: 4.42	Tithi 5	685313464	<b>Gulika</b> 7:23AM – 8:46AM <b>Yama</b> 2:19PM – 3:43PM <b>Rahu</b> 10:09AM – 11:33AM	<b>Mula* Until 9:50PM</b> Athiganda* Until 7:54AM Bava Until 12:51PM <b>Panchami Until 12:51AM Sat</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Light Blue	<b>Sunrise:</b> 5:59AM <b>Sunset:</b> 5:06PM	Moon 10 - Phase 28 3rd Phase <b>Subha Subha Sivaloka Day</b> <b>Kartika•Aipasi</b>	
Creative Work Amrita Yoga								
Until 9:50PM								
Then Routine Work - Prabalarishta Yoga								

<b>5</b>		<b>Saturday, November 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau			Kathmandu, Nepal Sun 18 Sutra 202	
Dhanus Rasi: 17.41	Tithi 6	685313464	<b>Gulika</b> 6:00AM – 7:23AM <b>Yama</b> 12:56PM – 2:19PM <b>Rahu</b> 8:46AM – 10:09AM	<b>Purvashadha* Until 11:01PM</b> Sukarma Until 6:48AM Kaulava Until 1:07PM <b>Shashthi* Until 1:32AM Sun</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Light Blue	<b>Sunrise:</b> 6:00AM <b>Sunset:</b> 5:05PM	Moon 10 - Phase 28 3rd Phase <b>Subha Subha Sivaloka Day</b> <b>Kartika•Aipasi</b>	
Creative Work Siddha Yoga								
Until 11:01PM								
Then Routine Work - Marana Yoga								

<b>6</b>		<b>Sunday, November 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptamyam Titau			Kathmandu, Nepal Sun 19 Sutra 203	
Makara Rasi: 0.17	Tithi 7	685313464	<b>Gulika</b> 2:19PM – 3:42PM <b>Yama</b> 11:33AM – 12:56PM <b>Rahu</b> 3:42PM – 5:05PM	<b>Uttarashadha Until 12:46AM Mon</b> Dhriti Until 6:23AM Gara Until 2:12PM <b>Saptami Until 3:00AM Mon</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Light Blue	<b>Sunrise:</b> 6:01AM <b>Sunset:</b> 5:05PM	Moon 10 - Phase 28 3rd Phase <b>Subha Subha Sivaloka Day</b> <b>Kartika•Aipasi</b>	
Creative Work Amrita Yoga								

<b>Retreat Star</b>		<b>Monday, November 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau			Kathmandu, Nepal Sun 20 Sutra 204	
Makara Rasi: 12.33	Tithi 8	696313464	<b>Gulika</b> 12:55PM – 2:18PM <b>Yama</b> 10:10AM – 11:33AM <b>Rahu</b> 7:24AM – 8:47AM	<b>Shravana Until 3:27AM Tue</b> Shula* Until 6:29AM Visti Until 3:59PM <b>Ashtami* Until 5:03AM Tue</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Purple	<b>Sunrise:</b> 6:01AM <b>Sunset:</b> 5:04PM	Moon 10 - Phase 28 Ashtami <b>Sivaloka Day</b> <b>Kartika•Aipasi</b>	
Family Home Evening								
Creative Work Amrita Yoga								
Until 3:27AM Tue								
Then Creative Work - Siddha Yoga								

<b>Retreat Star</b>		<b>Tuesday, November 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Ganda*/Vridhhi* Yoga Balava Karana Navamyam Titau			Kathmandu, Nepal Sun 21 Sutra 205	
Makara Rasi: 24.35	Tithi 9	696313464	<b>Gulika</b> 11:33AM – 12:55PM <b>Yama</b> 8:47AM – 10:10AM <b>Rahu</b> 2:18PM – 3:41PM	<b>Dhanishtha Until 6:19AM Wed</b> Ganda* Until 7:02AM Balava Until 6:15PM <b>Navami* Until 7:28AM Wed</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Purple	<b>Sunrise:</b> 6:02AM <b>Sunset:</b> 5:03PM	Moon 10 - Phase 28 Navami <b>Sivaloka Day</b> <b>Kartika•Aipasi</b>	
Creative Work Siddha Yoga								

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

<b>1</b>	<b>Wednesday, November 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vriddhi/Dhruva Yoga Kaulava/Tailita Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 22 Sutra 206
	Kumbha Rasi: 6.3	Tithi 9 – 10	<b>Gulika</b> 10:10AM – 11:33AM	<b>Dhanishtha</b> Until 6:19AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:03AM	Vikarin 5121
			Yama 7:25AM – 8:48AM	Vriddhi Until 7:51AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:03PM	Moon 10 - Phase 29
		696313464	<b>Rahu</b> 11:33AM – 12:55PM	Taitila Until 8:46PM	<b>Nataraja:</b> Purple		4th Phase
	Routine Work	Prabalarishta Yoga				<b>Sivaloka Day</b>	
		Until 6:19AM	<b>Navami*</b> Until 7:28AM			<b>Kartika-Aipasi</b>	
		Then Creative Work - Siddha Yoga					


<b>2</b>	<b>Thursday, November 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 23 Sutra 207
	Kumbha Rasi: 18.21	Tithi 10 – 11	<b>Gulika</b> 8:48AM – 10:10AM	<b>Shatabhishak</b> Until 9:09AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:03AM	Vikarin 5121
			Yama 6:03AM – 7:26AM	Dhruva Until 8:44AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:02PM	Moon 10 - Phase 29
		796313464	<b>Rahu</b> 12:55PM – 2:17PM	Vanija Until 11:17PM	<b>Nataraja:</b> Purple		4th Phase
	Creative Work	Siddha Yoga				<b>Subha Sivaloka Day</b>	
			<b>Dashami</b> Until 10:01AM			<b>Kartika-Aipasi</b>	

<b>3</b>	<b>Friday, November 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vyaghata/Harshana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 208
	Meena Rasi: 0.14	Tithi 11 – 12	<b>Gulika</b> 7:26AM – 8:49AM	<b>Purvaproshtapada*</b> Until 12:14PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:04AM	Vikarin 5121
			Yama 2:17PM – 3:39PM	Vyaghata* Until 9:34AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:01PM	Moon 10 - Phase 29
		716313464	<b>Rahu</b> 10:11AM – 11:33AM	Bava Until 1:38AM Sat	<b>Nataraja:</b> Purple		4th Phase
	Creative Work	Siddha Yoga				<b>Subha Sivaloka Day</b>	
			<b>Ekadashi</b> Until 12:28PM			<b>Kartika-Aipasi</b>	

<b>4</b>	<b>Saturday, November 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 25 Sutra 209
	Meena Rasi: 12.11	Tithi 12 – 13	<b>Gulika</b> 6:05AM – 7:27AM	<b>Uttaraproshtapada</b> Until 2:55PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:05AM	Vikarin 5121
			Yama 12:55PM – 2:17PM	Harshana Until 10:14AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:01PM	Moon 10 - Phase 29
		716313464	<b>Rahu</b> 8:49AM – 10:11AM	Kaulava Until 3:42AM Sun	<b>Nataraja:</b> Purple		4th Phase
	Creative Work	Siddha Yoga				<b>Subha Sivaloka Day</b>	
		Until 2:55PM	<b>Dvadashi</b> Until 2:41PM			<b>Kartika-Aipasi</b>	
		Then Routine Work - Prabalarishta Yoga				<i>Pradosha Vrata</i>	

<b>5</b>	<b>Sunday, November 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 26 Sutra 210
	Meena Rasi: 24.16	Tithi 13 – 14	<b>Gulika</b> 2:17PM – 3:38PM	<b>Revati</b> Until 5:07PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:06AM	Vikarin 5121
			Yama 11:33AM – 12:55PM	Vajra* Until 10:38AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:00PM	Moon 10 - Phase 29
		716313464	<b>Rahu</b> 3:38PM – 5:00PM	Gara Until 5:22AM Mon	<b>Nataraja:</b> Purple		4th Phase
	Creative Work	Amrita Yoga				<b>Subha Sivaloka Day</b>	
		Until 5:07PM	<b>Trayodashi</b> Until 4:33PM			<b>Kartika-Aipasi</b>	
		Then Creative Work - Siddha Yoga					

<b>6</b>	<b>Monday, November 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi/Vyatipata* Yoga Vanija Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 211
	Mesha Rasi: 6.29	Tithi 14	<b>Gulika</b> 12:55PM – 2:16PM	<b>Ashvini</b> Until 7:15PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:06AM	Vikarin 5121
			Yama 10:11AM – 11:33AM	Siddhi Until 10:45AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:00PM	Moon 10 - Phase 29
		727313464	<b>Rahu</b> 7:28AM – 8:50AM	Vanija Until 6:02PM	<b>Nataraja:</b> Purple		4th Phase
	Family Home Evening	Siddha Yoga				<b>Subha Sivaloka Day</b>	
			<b>Chaturdashi*</b> Until 6:02PM			<b>Kartika-Aipasi</b>	

	<b>Tuesday, November 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Visti*/Bava Karana Purnimayam Titau				Kathmandu, Nepal Sutra 212
	<b>Copper Retreat Star</b>		<b>Gulika</b> 11:33AM – 12:55PM	<b>Bharani</b> Until 8:49PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:07AM	Vikarin 5121
	Mesha Rasi: 18.54	Tithi 15	Yama 8:50AM – 10:12AM	Vyatipata* Until 10:33AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:59PM	Moon 10 - Phase 29
			727413464	Visti Until 6:37AM	<b>Nataraja:</b> Purple		Purnima
	Creative Work	Siddha Yoga				<b>Sivaloka Day</b>	
			<b>Purnima*</b> Until 7:04PM			<b>Kartika-Aipasi</b>	

<b>○</b>	<b>Wednesday, November 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Prathamayam Titau				Kathmandu, Nepal Sutra 213
	<b>Silver Retreat Star</b>		<b>Gulika</b> 10:12AM – 11:33AM	<b>Krittika</b> Until 9:49PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:08AM	Vikarin 5121
	Vrishabha Rasi: 1.3	Tithi 16	Yama 7:29AM – 8:51AM	Variyan Until 10:00AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:59PM	Moon 10 - Phase 29
			727413464	Balava Until 7:27AM	<b>Nataraja:</b> Purple		Prathama
	Creative Work	Amrita Yoga				<b>Sivaloka Day</b>	
		Until 9:49PM	<b>Prathama*</b> Until 7:41PM			<b>Kartika-Aipasi</b>	
		Then Creative Work - Siddha Yoga					

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



Thursday, November 14, 2019

Gold Retreat Star

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

Kathmandu, Nepal

Sun 1 Sutra 214

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Vishabha Rasi: 14.17 Tithi 17

Gulika 8:51AM - 10:12AM  
Yama 6:09AM - 7:30AM  
Rahu 12:55PM - 2:16PM

Rohini Until 10:44PM  
Parigha\* Until 9:09AM  
Taitila Until 7:52AM  
Dvitiya Until 7:54PM

Ganesha: Clear Sunrise: 6:09AM  
Muruga: Purple Sunset: 4:58PM  
Nataraja: Purple  
Moon - Yellow  
Karttika-Aipasi

Subha Sivaloka Day

Routine Work Marana Yoga

1

Friday, November 15, 2019

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

Kathmandu, Nepal

Sun 2 Sutra 215

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Vishabha Rasi: 27.16 Tithi 18

Gulika 7:30AM - 8:52AM  
Yama 2:16PM - 3:37PM  
Rahu 10:13AM - 11:34AM

Mrigashira Until 11:08PM  
Shiva Until 8:01AM  
Vanija Until 7:53AM  
Tritiya Until 7:44PM

Ganesha: Clear Sunrise: 6:09AM  
Muruga: Purple Sunset: 4:58PM  
Nataraja: Purple  
Moon - Yellow  
Karttika-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

2

Saturday, November 16, 2019

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

Kathmandu, Nepal

Sun 3 Sutra 216

Vikarin 5121

Moon 11 - Phase 30

1st Phase

737413464 Mithuna Rasi: 10.26 Tithi 19

Gulika 6:10AM - 7:31AM  
Yama 12:55PM - 2:16PM  
Rahu 8:52AM - 10:13AM

Ardra Until 11:02PM  
Siddha Until 6:33AM  
Bava Until 7:32AM  
Chaturthi\* Until 7:12PM

Ganesha: Clear Sunrise: 6:10AM  
Muruga: Purple Sunset: 4:57PM  
Nataraja: Purple  
Moon - Yellow  
Karttika-Aipasi

Subha Sivaloka Day

Creative Work Siddha Yoga

3

Sunday, November 17, 2019

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

Kathmandu, Nepal

Sun 4 Sutra 217

Vikarin 5121

Moon 11 - Phase 30

1st Phase

747413465 Mithuna Rasi: 23.48 Tithi 20

Gulika 2:16PM - 3:36PM  
Yama 11:34AM - 12:55PM  
Rahu 3:36PM - 4:57PM

Punarvasu Until 10:54PM  
Subha Until 2:50AM Mon  
Kaulava Until 6:50AM  
Panchami Until 6:20PM

Ganesha: Purple Sunrise: 6:11AM  
Muruga: Purple Sunset: 4:57PM  
Nataraja: Clear  
Moon - Blue  
Karttika-Karttikai

Devaloka Day

Creative Work Siddha Yoga

4

Monday, November 18, 2019

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

Kathmandu, Nepal

Sun 5 Sutra 218

Vikarin 5121

Moon 11 - Phase 30

1st Phase

748413465 Kataka Rasi: 7.21 Tithi 21 - 22

Family Home Evening

Creative Work Siddha Yoga

Gulika 12:55PM - 2:15PM  
Yama 10:14AM - 11:34AM  
Rahu 7:32AM - 8:53AM

Pushya Until 10:16PM  
Sukla Until 12:33AM Tue  
Visti Until 4:23AM Tue  
Shashthi\* Until 5:07PM

Ganesha: Clear Sunrise: 6:12AM  
Muruga: Purple Sunset: 4:57PM  
Nataraja: Clear  
Moon - Blue  
Karttika-Karttikai

Sivaloka Day

5

Tuesday, November 19, 2019

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

Kathmandu, Nepal

Sun 6 Sutra 219

Vikarin 5121

Moon 11 - Phase 30

1st Phase

748413465 Kataka Rasi: 21.07 Tithi 22 - 23

Creative Work Siddha Yoga

Gulika 11:34AM - 12:55PM  
Yama 8:53AM - 10:14AM  
Rahu 2:15PM - 3:36PM

Ashlesha\* Until 9:10PM  
Brahma Until 10:01PM  
Balava Until 2:40AM Wed  
Saptami Until 3:33PM

Ganesha: Clear Sunrise: 6:12AM  
Muruga: Purple Sunset: 4:56PM  
Nataraja: Clear  
Moon - Blue  
Karttika-Karttikai

Sivaloka Day

D

Wednesday, November 20, 2019

Retreat Star

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

Kathmandu, Nepal

Sun 7 Sutra 220

Vikarin 5121

Moon 11 - Phase 30

Ashtami

758413465 Simha Rasi: 5.04 Tithi 23 - 24

Creative Work Siddha Yoga

Until 8:02PM

Then Creative Work - Amrita Yoga

Gulika 10:14AM - 11:35AM  
Yama 7:34AM - 8:54AM  
Rahu 11:35AM - 12:55PM

Magha\* Until 8:02PM  
Indra Until 7:14PM  
Taitila Until 12:38AM Thu  
Ashtami\* Until 1:40PM

Ganesha: White Sunrise: 6:13AM  
Muruga: Purple Sunset: 4:56PM  
Nataraja: Clear  
Moon - Red  
Karttika-Karttikai

Subha Sivaloka Day

Thursday, November 21, 2019

Retreat Star

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

Kathmandu, Nepal

Sun 8 Sutra 221

Vikarin 5121

Moon 11 - Phase 30

Navami

758413465 Simha Rasi: 19.13 Tithi 24 - 25

Creative Work Siddha Yoga

Gulika 8:54AM - 10:15AM  
Yama 6:14AM - 7:34AM  
Rahu 12:55PM - 2:15PM

Purvaphalguni Until 6:29PM  
Vaidhriti\* Until 4:12PM  
Vanija Until 10:19PM  
Navami\* Until 11:29AM

Ganesha: White Sunrise: 6:14AM  
Muruga: Purple Sunset: 4:56PM  
Nataraja: Clear  
Moon - Red  
Karttika-Karttikai


Subha Sivaloka Day

<b>1</b>		<b>Friday, November 22, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau	Kathmandu, Nepal Sun 9 Sutra 222
Kanya Rasi: 3.34	Tithi 25 – 26	758413465	<b>Gulika</b> 7:35AM – 8:55AM <b>Yama</b> 2:15PM – 3:35PM <b>Rahu</b> 10:15AM – 11:35AM	<b>Uttaraphalguni</b> Until 4:33PM Vishkambha* Until 12:59PM Bava Until 7:47PM Dashami Until 9:03AM	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Red	<i>Sunrise:</i> 6:15AM <i>Sunset:</i> 4:56PM	Vikarin 5121 Moon 11 - Phase 31 2nd Phase Subha Sivaloka Day Karttika-Karttikai
Creative Work	Siddha Yoga						
Until 4:33PM							
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Saturday, November 23, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Priti/Ayushman Yoga Balava/Taitila Karana Ekadashi/Dvadashtyam Titau	Kathmandu, Nepal Sun 10 Sutra 223
Kanya Rasi: 18.01	Tithi 26 – 27	768413465	<b>Gulika</b> 6:16AM – 7:35AM <b>Yama</b> 12:55PM – 2:15PM <b>Rahu</b> 8:55AM – 10:15AM	<b>Hasta</b> Until 2:46PM Priti Until 9:39AM Taitila Until 3:47AM Sun Ekadashi* Until 6:27AM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Green	<i>Sunrise:</i> 6:16AM <i>Sunset:</i> 4:55PM	Vikarin 5121 Moon 11 - Phase 31 2nd Phase Sivaloka Day Karttika-Karttikai
Routine Work	Marana Yoga						

<b>3</b>		<b>Sunday, November 24, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau	Kathmandu, Nepal Sun 11 Sutra 224
Tula Rasi: 2.32	Tithi 28	769413465	<b>Gulika</b> 2:15PM – 3:35PM <b>Yama</b> 11:36AM – 12:56PM <b>Rahu</b> 3:35PM – 4:55PM	<b>Chitra</b> Until 12:50PM Ayushman Until 6:15AM Gara Until 2:29PM Trayodashi* Until 1:10AM Mon <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Green	<i>Sunrise:</i> 6:16AM <i>Sunset:</i> 4:55PM	Vikarin 5121 Moon 11 - Phase 31 2nd Phase Devaloka Day Karttika-Karttikai
Creative Work	Siddha Yoga						

<b>4</b>		<b>Monday, November 25, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Kathmandu, Nepal Sun 12 Sutra 225
Tula Rasi: 17	Tithi 29	769413465	<b>Gulika</b> 12:56PM – 2:15PM <b>Yama</b> 10:16AM – 11:36AM <b>Rahu</b> 7:37AM – 8:57AM	<b>Svati</b> Until 10:51AM Sobhana Until 11:45PM Visti Until 11:56AM Chaturdashi* Until 10:44PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Green	<i>Sunrise:</i> 6:17AM <i>Sunset:</i> 4:55PM	Vikarin 5121 Moon 11 - Phase 31 2nd Phase Devaloka Day Karttika-Karttikai
Family Home Evening	Amrita Yoga						
Until 10:51AM							
Then Routine Work - Marana Yoga							

		<b>Tuesday, November 26, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Kathmandu, Nepal Sun 13 Sutra 226
<b>Retreat Star</b>			<b>Gulika</b> 11:36AM – 12:56PM <b>Yama</b> 8:57AM – 10:17AM <b>Rahu</b> 2:16PM – 3:35PM	<b>Vishakha</b> Until 9:24AM Athiganda* Until 8:50PM Catuspada Until 9:39AM Amavasya* Until 8:38PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Orange	<i>Sunrise:</i> 6:18AM <i>Sunset:</i> 4:55PM	Vikarin 5121 Moon 11 - Phase 31 Amavasya Devaloka Day Karttika-Karttikai
Vrischika Rasi: 1.19	Tithi 30	779413465					
Routine Work	Marana Yoga						
Until 9:24AM							
Then Creative Work - Siddha Yoga							

<b>Retreat Star</b>		<b>Wednesday, November 27, 2019</b>				Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau	Kathmandu, Nepal Sun 14 Sutra 227
Vrischika Rasi: 15.23	Tithi 1	779413465	<b>Gulika</b> 10:17AM – 11:37AM <b>Yama</b> 7:38AM – 8:58AM <b>Rahu</b> 11:37AM – 12:56PM	<b>Anuradha</b> Until 8:12AM Sukarma Until 6:19PM Kintughna Until 7:46AM Prathama* Until 7:00PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Orange	<i>Sunrise:</i> 6:19AM <i>Sunset:</i> 4:55PM	Vikarin 5121 Moon 11 - Phase 31 Prathama Devaloka Day Margasira-Karttikai
Creative Work	Siddha Yoga						

<b>1</b>		<b>Thursday, November 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti/Shula* Yoga Balava/Tailita Karana Dvitiya/Tritiyayam Titau	Kathmandu, Nepal Sun 15 Sutra 228 Vikarin 5121
Vrischika Rasi: 29.07	Tithi 2 – 3	<b>Gulika</b> 8:58AM – 10:18AM	<b>Jyeshtha* Until 7:23AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:19AM	
		Yama 6:19AM – 7:39AM	Dhriti Until 4:17PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:55PM	Moon 11 - Phase 32
		779413465 <b>Rahu</b> 12:56PM – 2:16PM	Balava Until 6:25AM	<b>Nataraja:</b> Clear	3rd Phase
Routine Work	Prabalarishta Yoga		<b>Dvitiya Until 5:59PM</b>	Moon – Orange	<b>Devaloka Day</b>
Until 7:23AM				<b>Margasira-Karttikai</b>	
Then Creative Work - Siddha Yoga					

<b>2</b>		<b>Friday, November 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Kathmandu, Nepal Sun 16 Sutra 229 Vikarin 5121
Dhanus Rasi: 12.29	Tithi 3 – 4	<b>Gulika</b> 7:39AM – 8:59AM	<b>Mula* Until 7:32AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:20AM	
		Yama 2:16PM – 3:35PM	Shula* Until 2:46PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:54PM	Moon 11 - Phase 32
		789413465 <b>Rahu</b> 10:18AM – 11:37AM	Vanija Until 5:49AM Sat	<b>Nataraja:</b> Clear	3rd Phase
Creative Work	Amrita Yoga		<b>Tritiya Until 5:40PM</b>	Moon – Light Blue	<b>Devaloka Day</b>
Until 7:32AM				<b>Margasira-Karttikai</b>	
Then Routine Work - Prabalarishta Yoga					

<b>3</b>		<b>Saturday, November 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda*/Vridhhi Yoga Visti* Karana Chaturthyam Titau	Kathmandu, Nepal Sun 17 Sutra 230 Vikarin 5121
Dhanus Rasi: 25.28	Tithi 4	<b>Gulika</b> 6:21AM – 7:40AM	<b>Purvashadha* Until 8:15AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:21AM	
		Yama 12:57PM – 2:16PM	Ganda* Until 1:51PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:54PM	Moon 11 - Phase 32
		789413465 <b>Rahu</b> 8:59AM – 10:18AM	Visti Until 6:07PM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi* Until 6:07PM</b>	Moon – Light Blue	<b>Devaloka Day</b>
Until 8:15AM				<b>Margasira-Karttikai</b>	
Then Routine Work - Marana Yoga					

<b>4</b>		<b>Sunday, December 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Panchamyam Titau	Kathmandu, Nepal Sun 18 Sutra 231 Vikarin 5121
Makara Rasi: 8.05	Tithi 5	<b>Gulika</b> 2:16PM – 3:35PM	<b>Uttarashadha Until 9:31AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:22AM	
		Yama 11:38AM – 12:57PM	Vridhhi Until 1:31PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:54PM	Moon 11 - Phase 32
		789413465 <b>Rahu</b> 3:35PM – 4:54PM	Bava Until 6:38AM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work	Amrita Yoga		<b>Panchami Until 7:17PM</b>	Moon – Light Blue	<b>Devaloka Day</b>
				<b>Margasira-Karttikai</b>	

<b>5</b>		<b>Monday, December 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Tailita Karana Shashthyam Titau	Kathmandu, Nepal Sun 19 Sutra 232 Vikarin 5121
Makara Rasi: 20.24	Tithi 6	<b>Gulika</b> 12:57PM – 2:16PM	<b>Shravana Until 11:46AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:22AM	
<b>Family Home Evening</b>		Yama 10:19AM – 11:38AM	Dhruva Until 1:39PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:54PM	Moon 11 - Phase 32
		791413465 <b>Rahu</b> 7:41AM – 9:00AM	Kaulava Until 8:09AM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work	Amrita Yoga		<b>Shashthi* Until 9:05PM</b>	Moon – Purple	<b>Sivaloka Day</b>
Until 11:46AM				<b>Margasira-Karttikai</b>	
Then Creative Work - Siddha Yoga					

<b>6</b>		<b>Tuesday, December 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Saptamyam Titau	Kathmandu, Nepal Sun 20 Sutra 233 Vikarin 5121
Kumbha Rasi: 2.29	Tithi 7	<b>Gulika</b> 11:39AM – 12:58PM	<b>Dhanishtha Until 2:21PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:23AM	
		Yama 9:01AM – 10:20AM	Vyaghata* Until 2:11PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:54PM	Moon 11 - Phase 32
		791413465 <b>Rahu</b> 2:17PM – 3:36PM	Gara Until 10:12AM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work	Siddha Yoga		<b>Saptami Until 11:21PM</b>	Moon – Purple	<b>Sivaloka Day</b>
Until 2:21PM				<b>Margasira-Karttikai</b>	
Then Routine Work - Marana Yoga					

<b>Retreat Star</b>		<b>Wednesday, December 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak*/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashlamyam Titau	Kathmandu, Nepal Sun 21 Sutra 234 Vikarin 5121
Kumbha Rasi: 14.26	Tithi 8	<b>Gulika</b> 10:20AM – 11:39AM	<b>Shatabhishak Until 5:03PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:24AM	
		Yama 7:43AM – 9:02AM	Harshana Until 2:57PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:55PM	Moon 11 - Phase 32
		791413465 <b>Rahu</b> 11:39AM – 12:58PM	Visti Until 12:35PM	<b>Nataraja:</b> Clear	Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 1:49AM Thu</b>	Moon – Purple	<b>Sivaloka Day</b>
Until 5:03PM				<b>Margasira-Karttikai</b>	
Then Creative Work - Amrita Yoga					

<b>Retreat Star</b>		<b>Thursday, December 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Navamyam Titau	Kathmandu, Nepal Sun 22 Sutra 235 Vikarin 5121
Kumbha Rasi: 26.19	Tithi 9	<b>Gulika</b> 9:02AM – 10:21AM	<b>Purvaproshtapada* Until 8:09PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:25AM	
		Yama 6:25AM – 7:43AM	Vajra* Until 3:45PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:55PM	Moon 11 - Phase 32
		711413465 <b>Rahu</b> 12:58PM – 2:17PM	Balava Until 3:06PM	<b>Nataraja:</b> Clear	Navami
Creative Work	Siddha Yoga		<b>Navami* Until 4:18AM Fri</b>	Moon – Clear	<b>Sivaloka Day</b>
				<b>Margasira-Karttikai</b>	

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

<b>1</b>		<b>Friday, December 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi/Vyatiyata* Yoga Taitila/Gara Karana Dashamyam Titau			Kathmandu, Nepal Sun 23 Sutra 236 Vikarin 5121
Meena Rasi: 8.13	Tithi 10	<b>Gulika</b> 7:44AM – 9:03AM	<b>Uttaraproshtapada</b> Until 10:57PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:25AM		
		Yama 2:17PM – 3:36PM	Siddhi Until 4:29PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:55PM		Moon 11 - Phase 33
		711413465 <b>Rahu</b> 10:21AM – 11:40AM	Taitila Until 5:30PM	<b>Nataraja:</b> Clear			4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 6:35AM Sat	Moon – Clear		<b>Sivaloka Day</b>	
				<b>Margasira-Karttikai</b>			
<b>2</b>		<b>Saturday, December 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Kathmandu, Nepal Sun 24 Sutra 237 Vikarin 5121
Meena Rasi: 20.11	Tithi 10 – 11	<b>Gulika</b> 6:26AM – 7:45AM	<b>Revati</b> Until 1:16AM Sun	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:26AM		
		Yama 12:59PM – 2:18PM	Vyatipata* Until 5:01PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:55PM		Moon 11 - Phase 33
		711513465 <b>Rahu</b> 9:03AM – 10:22AM	Vanija Until 7:37PM	<b>Nataraja:</b> Clear			4th Phase
Routine Work	Prabalarishta Yoga		<b>Dashami</b> Until 6:35AM	Moon – Clear		<b>Subha Sivaloka Day</b>	
Until 1:16AM Sun		<b>Gita Jayanthi</b>		<b>Margasira-Karttikai</b>			
Then Creative Work - Siddha Yoga							
<b>3</b>		<b>Sunday, December 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Kathmandu, Nepal Sun 25 Sutra 238 Vikarin 5121
Mesha Rasi: 2.19	Tithi 11 – 12	<b>Gulika</b> 2:18PM – 3:36PM	<b>Ashvini</b> Until 3:29AM Mon	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:27AM		
		Yama 11:41AM – 12:59PM	Variyan Until 5:13PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:55PM		Moon 11 - Phase 33
		721513465 <b>Rahu</b> 3:36PM – 4:55PM	Bava Until 9:17PM	<b>Nataraja:</b> Clear			4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 8:29AM	Moon – White		<b>Sivaloka Day</b>	
				<b>Margasira-Karttikai</b>			
<b>4</b>		<b>Monday, December 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Kathmandu, Nepal Sun 26 Sutra 239 Vikarin 5121
Mesha Rasi: 14.37	Tithi 12 – 13	<b>Gulika</b> 1:00PM – 2:18PM	<b>Bharani</b> Until 5:00AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:27AM		
<b>Family Home Evening</b>		Yama 10:23AM – 11:41AM	Parigha* Until 5:01PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:55PM		Moon 11 - Phase 33
		721513465 <b>Rahu</b> 7:46AM – 9:04AM	Kaulava Until 10:25PM	<b>Nataraja:</b> Clear			4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 9:54AM	Moon – White		<b>Sivaloka Day</b>	
				<b>Margasira-Karttikai</b>			
				<i>Pradosha Vrata</i>			
<b>5</b>		<b>Tuesday, December 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Kathmandu, Nepal Sun 27 Sutra 240 Vikarin 5121
Mesha Rasi: 27.11	Tithi 13 – 14	<b>Gulika</b> 11:42AM – 1:00PM	<b>Krittika</b> Until 5:48AM Wed	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:28AM		
		Yama 9:05AM – 10:23AM	Shiva Until 4:24PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:55PM		Moon 11 - Phase 33
		721513465 <b>Rahu</b> 2:19PM – 3:37PM	Gara Until 10:59PM	<b>Nataraja:</b> Clear			4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 10:45AM	Moon – White		<b>Sivaloka Day</b>	
		<b>Krittika Deepam</b>		<b>Margasira-Karttikai</b>			
<b>○</b>		<b>Wednesday, December 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau			Kathmandu, Nepal Sutra 241 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:24AM – 11:42AM	<b>Rohini</b> Until 6:22AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:29AM		
Vrishabha Rasi: 10.01	Tithi 14 – 15	Yama 7:47AM – 9:06AM	Siddha Until 3:19PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:56PM		Moon 11 - Phase 33
		731523465 <b>Rahu</b> 11:42AM – 1:01PM	Visti Until 10:58PM	<b>Nataraja:</b> Clear			Purnima
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 11:01AM	Moon – Yellow		<b>Sivaloka Day</b>	
Until 6:22AM Thu				<b>Margasira-Karttikai</b>			
Then Routine Work - Marana Yoga							
<b>Thursday, December 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Kathmandu, Nepal Sutra 242 Vikarin 5121		
<b>Silver Retreat Star</b>		<b>Gulika</b> 9:06AM – 10:24AM	<b>Rohini</b> Until 6:22AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM		
Vrishabha Rasi: 23.07	Tithi 15 – 16	Yama 6:29AM – 7:48AM	Sadhya Until 1:50PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:56PM		Moon 11 - Phase 33
		732523465 <b>Rahu</b> 1:01PM – 2:19PM	Balava Until 10:25PM	<b>Nataraja:</b> Clear			Prathama
Routine Work	Marana Yoga		<b>Purnima*</b> Until 10:44AM	Moon – Yellow		<b>Devaloka Day</b>	
				<b>Margasira-Karttikai</b>			
		<b>Vinayaga Viratam Begins</b>					

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  
Mrigashira/Ardra Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Kathmandu, Nepal

Sutra 243

Vikarin 5121

Mithuna Rasi: 6.29 Tithi 16 - 17

732523465

Gulika 7:48AM - 9:07AM  
Yama 2:20PM - 3:38PM  
Rahu 10:25AM - 11:43AM

Mrigashira Until 6:18AM

Subha Until 11:58AM

Taitila Until 9:26PM

Prathama\* Until 9:57AM

Ganesha: Clear

Sunrise: 6:30AM

Muruga: Clear

Sunset: 4:56PM

Nataraja: Clear

Moon - Yellow

Margasira-Karttikai

Devaloka Day

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

Kathmandu, Nepal

Sun 1 Sutra 244

Vikarin 5121

Mithuna Rasi: 20.06 Tithi 17 - 18

742523465

Gulika 6:31AM - 7:49AM  
Yama 1:02PM - 2:20PM  
Rahu 9:07AM - 10:25AM

Punarvasu Until 4:59AM Sun

Sukla Until 9:45AM

Vanija Until 8:04PM

Dvitiya Until 8:46AM

Ganesha: Purple

Sunrise: 6:31AM

Muruga: Clear

Sunset: 4:57PM

Nataraja: Clear

Moon - Blue

Margasira-Karttikai

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

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

Kathmandu, Nepal

Sun 2 Sutra 245

Vikarin 5121

Kataka Rasi: 3.55 Tithi 18 - 19

742523465

Gulika 2:21PM - 3:39PM  
Yama 11:44AM - 1:02PM  
Rahu 3:39PM - 4:57PM

Pushya Until 3:55AM Mon

Brahma Until 7:19AM

Bava Until 6:25PM

Tritiya Until 7:15AM

Ganesha: Purple

Sunrise: 6:31AM

Muruga: Clear

Sunset: 4:57PM

Nataraja: Clear

Moon - Blue

Margasira-Karttikai

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

3

Monday, December 16, 2019

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

Kathmandu, Nepal

Sun 3 Sutra 246

Vikarin 5121

Kataka Rasi: 17.52 Tithi 20

742523465

Gulika 1:03PM - 2:21PM  
Yama 10:26AM - 11:45AM  
Rahu 7:50AM - 9:08AM

Ashlesha\* Until 2:32AM Tue

Vaidhriti\* Until 1:54AM Tue

Kaulava Until 4:34PM

Panchami Until 3:34AM Tue

Ganesha: Purple

Sunrise: 6:32AM

Muruga: Clear

Sunset: 4:57PM

Nataraja: Clear

Moon - Blue

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

4

Tuesday, December 17, 2019

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

Kathmandu, Nepal

Sun 4 Sutra 247

Vikarin 5121

Simha Rasi: 1.56 Tithi 21

852523465

Gulika 11:45AM - 1:03PM  
Yama 9:09AM - 10:27AM  
Rahu 2:21PM - 3:40PM

Magha\* Until 1:20AM Wed

Vishkambha\* Until 11:03PM

Gara Until 2:36PM

Shashthi\* Until 1:33AM Wed

Ganesha: Purple

Sunrise: 6:33AM

Muruga: Clear

Sunset: 4:58PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Until 1:20AM Wed

Then Creative Work - Amrita Yoga

5

Wednesday, December 18, 2019

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

Kathmandu, Nepal

Sun 5 Sutra 248

Vikarin 5121

Simha Rasi: 16.04 Tithi 22

852523465

Gulika 10:27AM - 11:46AM  
Yama 7:51AM - 9:09AM  
Rahu 11:46AM - 1:04PM

Purvaphalguni Until 11:57PM

Priti Until 8:10PM

Visti Until 12:32PM

Saptami Until 11:29PM

Ganesha: Purple

Sunrise: 6:33AM

Muruga: Clear

Sunset: 4:58PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

D

Thursday, December 19, 2019

Retreat Star

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

Kathmandu, Nepal

Sun 6 Sutra 249

Vikarin 5121

Kanya Rasi: 0.13 Tithi 23

852523465

Gulika 9:10AM - 10:28AM  
Yama 6:34AM - 7:52AM  
Rahu 1:04PM - 2:22PM

Uttaraphalguni Until 10:25PM

Ayushman Until 5:14PM

Balava Until 10:27AM

Ashtami\* Until 9:24PM

Ganesha: Purple

Sunrise: 6:34AM

Muruga: Clear

Sunset: 4:58PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Amrita Yoga

Until 10:25PM

Then Routine Work - Marana Yoga

Friday, December 20, 2019

Retreat Star

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

Kathmandu, Nepal

Sun 7 Sutra 250

Vikarin 5121

Kanya Rasi: 14.23 Tithi 24

862523465

Gulika 7:52AM - 9:10AM  
Yama 2:23PM - 3:41PM  
Rahu 10:29AM - 11:47AM

Hasta Until 9:11PM

Saubhagya Until 2:20PM

Taitila Until 8:23AM

Navami\* Until 7:20PM

Ganesha: Clear

Sunrise: 6:34AM

Muruga: Clear

Sunset: 4:59PM

Nataraja: Clear

Moon - Green

Margasira-Markali

Devaloka Day

Creative Work Amrita Yoga

Until 9:11PM

Then Creative Work - Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

<b>1</b>		<b>Saturday, December 21, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Sobhana/Athiganda* Yoga Vanija/Bava Karana Dashami/Ekadashyam Titau	Kathmandu, Nepal Sun 8 Sutra 251 Vikarin 5121
Kanya Rasi: 28.31	Tithi 25 – 26	862523465	<b>Gulika</b> 6:35AM – 7:53AM <b>Yama</b> 1:05PM – 2:23PM <b>Rahu</b> 9:11AM – 10:29AM	<b>Chitra</b> Until 7:52PM Sobhana Until 11:29AM Vanija Until 6:21AM Dashami Until 5:21PM	<b>Ganesha:</b> Clear <i>Sunrise: 6:35AM</i> <b>Muruqa:</b> Clear <i>Sunset: 4:59PM</i> <b>Nataraja:</b> Clear Moon – Green
Routine Work	Marana Yoga		Day 1 of Pancha Ganapati		<b>Devaloka Day</b>
Until 7:52PM					
Then Creative Work - Siddha Yoga					
<b>2</b>		<b>Sunday, December 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Kathmandu, Nepal Sun 9 Sutra 252 Vikarin 5121
Tula Rasi: 12.35	Tithi 26 – 27	862523465	<b>Gulika</b> 2:24PM – 3:42PM <b>Yama</b> 11:48AM – 1:06PM <b>Rahu</b> 3:42PM – 5:00PM	<b>Svati</b> Until 6:33PM Athiganda* Until 8:42AM Kaulava Until 2:37AM Mon Ekadashi* Until 3:28PM	<b>Ganesha:</b> Clear <i>Sunrise: 6:35AM</i> <b>Muruqa:</b> Clear <i>Sunset: 5:00PM</i> <b>Nataraja:</b> Clear Moon – Green
Creative Work	Siddha Yoga		Day 2 of Pancha Ganapati		<b>Devaloka Day</b>
Until 6:33PM					
Then Routine Work - Marana Yoga					
<b>3</b>		<b>Monday, December 23, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau	Kathmandu, Nepal Sun 10 Sutra 253 Vikarin 5121
Tula Rasi: 26.33	Tithi 27 – 28	872523465	<b>Gulika</b> 1:06PM – 2:24PM <b>Yama</b> 10:30AM – 11:48AM <b>Rahu</b> 7:54AM – 9:12AM	<b>Vishakha</b> Until 5:43PM Sukarma Until 6:03AM Gara Until 1:04AM Tue Dvadashi* Until 1:47PM	<b>Ganesha:</b> White <i>Sunrise: 6:36AM</i> <b>Muruqa:</b> Clear <i>Sunset: 5:00PM</i> <b>Nataraja:</b> Clear Moon – Orange
Family Home Evening	Marana Yoga		Day 3 of Pancha Ganapati		<b>Bhuloka Day</b>
Until 5:43PM					<b>Devaloka Time: 3:PM to 6:PM</b>
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>	
<b>4</b>		<b>Tuesday, December 24, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Kathmandu, Nepal Sun 11 Sutra 254 Vikarin 5121
Vrischika Rasi: 10.23	Tithi 28 – 29	872523465	<b>Gulika</b> 11:49AM – 1:07PM <b>Yama</b> 9:12AM – 10:31AM <b>Rahu</b> 2:25PM – 3:43PM	<b>Anuradha</b> Until 5:01PM Shula* Until 1:24AM Wed Visti Until 11:49PM Trayodashi* Until 12:22PM	<b>Ganesha:</b> White <i>Sunrise: 6:36AM</i> <b>Muruqa:</b> Clear <i>Sunset: 5:01PM</i> <b>Nataraja:</b> Clear Moon – Orange
Creative Work	Siddha Yoga		Day 4 of Pancha Ganapati		<b>Bhuloka Day</b>
Until 5:01PM					<b>Devaloka Time: 3:PM to 6:PM</b>
Then Routine Work - Marana Yoga					
<b>●</b>		<b>Wednesday, December 25, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Kathmandu, Nepal Sun 12 Sutra 255 Vikarin 5121
Vrischika Rasi: 24	Tithi 29 – 30	872523465	<b>Gulika</b> 10:31AM – 11:49AM <b>Yama</b> 7:55AM – 9:13AM <b>Rahu</b> 11:49AM – 1:07PM	<b>Jyeshtha*</b> Until 4:32PM Ganda* Until 11:32PM Catuspada Until 10:59PM Chaturdashi* Until 11:19AM	<b>Ganesha:</b> White <i>Sunrise: 6:37AM</i> <b>Muruqa:</b> Clear <i>Sunset: 5:01PM</i> <b>Nataraja:</b> Clear Moon – Orange
Creative Work	Siddha Yoga		Day 5 of Pancha Ganapati		<b>Bhuloka Day</b>
Until 4:32PM					<b>Devaloka Time: 3:PM to 6:PM</b>
Then Routine Work - Marana Yoga					
<b>Retreat Star</b>		<b>Thursday, December 26, 2019</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Kathmandu, Nepal Sun 13 Sutra 256 Vikarin 5121
Dhanus Rasi: 7.23	Tithi 30 – 1	883523465	<b>Gulika</b> 9:13AM – 10:32AM <b>Yama</b> 6:37AM – 7:55AM <b>Rahu</b> 1:08PM – 2:26PM	<b>Mula*</b> Until 4:49PM Vriddhi Until 10:04PM Kintughna Until 10:39PM Amavasya* Until 10:44AM	<b>Ganesha:</b> Orange <i>Sunrise: 6:37AM</i> <b>Muruqa:</b> Clear <i>Sunset: 5:02PM</i> <b>Nataraja:</b> Clear Moon – Light Blue
Creative Work	Siddha Yoga		Annular Solar Eclipse		<b>Devaloka Day</b>
					<b>Pausha-Markali</b>

<b>1</b>		<b>Friday, December 27, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Kathmandu, Nepal Sun 14 Sutra 257 Vikarin 5121
Dhanus Rasi: 20.29	Tithi 1 – 2	<b>Gulika</b> 7:56AM – 9:14AM <b>Yama</b> 2:26PM – 3:45PM <b>Rahu</b> 10:32AM – 11:50AM	<b>Purvashadha* Until 5:29PM</b> Dhruva Until 9:01PM Balava Until 10:52PM <b>Prathama* Until 10:40AM</b>	<b>Ganesha:</b> Orange <b>Sunrise:</b> 6:38AM <b>Muruqa:</b> Clear <b>Sunset:</b> 5:03PM <b>Nataraja:</b> Orange Moon – Light Blue <b>Pausha-Markali</b>	Moon 12 - Phase 36 3rd Phase <b>Devaloka Day</b>
Routine Work Prabalarishta Yoga Until 5:29PM Then Routine Work - Marana Yoga					
<b>2</b>		<b>Saturday, December 28, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Kathmandu, Nepal Sun 15 Sutra 258 Vikarin 5121
Makara Rasi: 3.18	Tithi 2 – 3	<b>Gulika</b> 6:38AM – 7:56AM <b>Yama</b> 1:09PM – 2:27PM <b>Rahu</b> 9:14AM – 10:32AM	<b>Uttarashadha Until 6:34PM</b> Vyaghata* Until 8:26PM Taitila Until 11:42PM <b>Dvitiya Until 11:12AM</b>	<b>Ganesha:</b> Orange <b>Sunrise:</b> 6:38AM <b>Muruqa:</b> Clear <b>Sunset:</b> 5:03PM <b>Nataraja:</b> Orange Moon – Light Blue <b>Pausha-Markali</b>	Moon 12 - Phase 36 3rd Phase <b>Devaloka Day</b>
Routine Work Marana Yoga Until 6:34PM Then Creative Work - Siddha Yoga					
<b>3</b>		<b>Sunday, December 29, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Harshana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau	Kathmandu, Nepal Sun 16 Sutra 259 Vikarin 5121
Makara Rasi: 15.51	Tithi 3 – 4	<b>Gulika</b> 2:27PM – 3:46PM <b>Yama</b> 11:51AM – 1:09PM <b>Rahu</b> 3:46PM – 5:04PM	<b>Shravana Until 8:32PM</b> Harshana Until 8:18PM Vanija Until 1:07AM Mon <b>Tritiya Until 12:19PM</b>	<b>Ganesha:</b> Clear <b>Sunrise:</b> 6:38AM <b>Muruqa:</b> Clear <b>Sunset:</b> 5:04PM <b>Nataraja:</b> Orange Moon – Purple <b>Pausha-Markali</b>	Moon 12 - Phase 36 3rd Phase <b>Devaloka Day</b>
Creative Work Amrita Yoga Until 8:32PM Then Routine Work - Marana Yoga					
<b>4</b>		<b>Monday, December 30, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vajra* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Kathmandu, Nepal Sun 17 Sutra 260 Vikarin 5121
Makara Rasi: 28.09	Tithi 4 – 5	<b>Gulika</b> 1:10PM – 2:28PM <b>Yama</b> 10:33AM – 11:52AM <b>Rahu</b> 7:57AM – 9:15AM	<b>Dhanishtha Until 10:50PM</b> Vajra* Until 8:33PM Bava Until 3:01AM Tue <b>Chaturthi* Until 1:59PM</b>	<b>Ganesha:</b> Clear <b>Sunrise:</b> 6:39AM <b>Muruqa:</b> Clear <b>Sunset:</b> 5:05PM <b>Nataraja:</b> Orange Moon – Purple <b>Pausha-Markali</b>	Moon 12 - Phase 36 3rd Phase <b>Devaloka Day</b>
Family Home Evening Creative Work Siddha Yoga					
<b>5</b>		<b>Tuesday, December 31, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Kathmandu, Nepal Sun 18 Sutra 261 Vikarin 5121
Kumbha Rasi: 10.15	Tithi 5 – 6	<b>Gulika</b> 11:52AM – 1:10PM <b>Yama</b> 9:16AM – 10:34AM <b>Rahu</b> 2:29PM – 3:47PM	<b>Shatabhishak Until 1:20AM Wed</b> Siddhi Until 9:06PM Kaulava Until 5:18AM Wed <b>Panchami Until 4:06PM</b>	<b>Ganesha:</b> Clear <b>Sunrise:</b> 6:39AM <b>Muruqa:</b> Clear <b>Sunset:</b> 5:05PM <b>Nataraja:</b> Orange Moon – Purple <b>Pausha-Markali</b>	Moon 12 - Phase 36 3rd Phase <b>Devaloka Day</b>
Routine Work Marana Yoga Until 1:20AM Wed Then Creative Work - Amrita Yoga					
<b>6</b>		<b>Wednesday, January 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosarthpada* Nakshatra Vyatipata* Yoga Taitila Karana Shashthyam Titau	Kathmandu, Nepal Sun 19 Sutra 262 Vikarin 5121
Kumbha Rasi: 22.13	Tithi 6	<b>Gulika</b> 10:35AM – 11:53AM <b>Yama</b> 7:58AM – 9:16AM <b>Rahu</b> 11:53AM – 1:11PM	<b>Purvaprosarthpada* Until 4:24AM Thu</b> Vyatipata* Until 9:51PM Taitila Until 6:31PM <b>Shashthi* Until 6:31PM</b>	<b>Ganesha:</b> Blue <b>Sunrise:</b> 6:40AM <b>Muruqa:</b> Clear <b>Sunset:</b> 5:07PM <b>Nataraja:</b> Orange Moon – Clear <b>Pausha-Markali</b>	Moon 12 - Phase 36 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Amrita Yoga Until 4:24AM Thu Then Creative Work - Siddha Yoga		<b>Vinayaga Viratam Ends</b>			
<b>Retreat Star</b>		<b>Thursday, January 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosarthpada Nakshatra Variyan Yoga Gara/Vanija Karana Saptamyam Titau	Kathmandu, Nepal Sun 20 Sutra 263 Vikarin 5121
Meena Rasi: 4.07	Tithi 7	<b>Gulika</b> 9:17AM – 10:35AM <b>Yama</b> 6:40AM – 7:58AM <b>Rahu</b> 1:12PM – 2:30PM	<b>Uttaraprosarthpada Until 7:18AM Fri</b> Variyan Until 10:38PM Gara Until 7:47AM <b>Saptami Until 9:01PM</b>	<b>Ganesha:</b> Blue <b>Sunrise:</b> 6:40AM <b>Muruqa:</b> Clear <b>Sunset:</b> 5:07PM <b>Nataraja:</b> Orange Moon – Clear <b>Pausha-Markali</b>	Moon 12 - Phase 36 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga					
<b>Retreat Star</b>		<b>Friday, January 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraprosarthpada/Revati Nakshatra Parigha* Yoga Visti*/Bava Karana Ashtamyam Titau	Kathmandu, Nepal Sun 21 Sutra 264 Vikarin 5121
Meena Rasi: 16.01	Tithi 8	<b>Gulika</b> 7:59AM – 9:17AM <b>Yama</b> 2:31PM – 3:49PM <b>Rahu</b> 10:35AM – 11:54AM	<b>Uttaraprosarthpada Until 7:18AM</b> Parigha* Until 11:21PM Visti Until 10:16AM <b>Ashtami* Until 11:25PM</b>	<b>Ganesha:</b> Blue <b>Sunrise:</b> 6:40AM <b>Muruqa:</b> Clear <b>Sunset:</b> 5:08PM <b>Nataraja:</b> Orange Moon – Clear <b>Pausha-Markali</b>	Moon 12 - Phase 36 Ashtami <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga					
<b>Retreat Star</b>		<b>Saturday, January 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau	Kathmandu, Nepal Sun 22 Sutra 265 Vikarin 5121
Meena Rasi: 27.58	Tithi 9	<b>Gulika</b> 6:40AM – 7:59AM <b>Yama</b> 1:13PM – 2:32PM <b>Rahu</b> 9:17AM – 10:36AM	<b>Revati Until 9:53AM</b> Shiva Until 11:51PM Balava Until 12:32PM <b>Navami* Until 1:31AM Sun</b>	<b>Ganesha:</b> Blue <b>Sunrise:</b> 6:40AM <b>Muruqa:</b> Clear <b>Sunset:</b> 5:09PM <b>Nataraja:</b> Orange Moon – Clear <b>Pausha-Markali</b>	Moon 12 - Phase 36 Navami <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Routine Work Prabalarishta Yoga Until 9:53AM Then Creative Work - Siddha 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

<b>1 Sunday, January 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 266 Vikarin 5121
Mesha Rasi: 10.04	Tithi 10	<b>Gulika</b> 2:32PM – 3:51PM	<b>Ashvini</b> Until 12:24PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:40AM	<i>Sunset:</i> 5:09PM	Moon 12 - Phase 37 4th Phase
823623466	<b>Rahu</b> 3:51PM – 5:09PM	Yama 11:55AM – 1:14PM	Siddha Until 11:57PM	<b>Muruqa:</b> Clear		
Creative Work Siddha Yoga		Subramuniyaswami Jayanti	Taitila Until 2:24PM	<b>Nataraja:</b> Orange		<b>Devaloka Day</b>
Until 12:24PM			<b>Dashami</b> Until 3:06AM Mon	Moon – White		
Then Routine Work - Prabalarishta Yoga				<b>Pausha-Markali</b>		

<b>2 Monday, January 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 267 Vikarin 5121
Mesha Rasi: 22.22	Tithi 11	<b>Gulika</b> 1:14PM – 2:33PM	<b>Bharani</b> Until 2:14PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:41AM	<i>Sunset:</i> 5:10PM	Moon 12 - Phase 37 4th Phase
823623466	<b>Rahu</b> 7:59AM – 9:18AM	Yama 10:37AM – 11:55AM	Sadhya Until 11:36PM	<b>Muruqa:</b> Clear		
Family Home Evening		Vaikuntha Ekadasi	Vanija Until 3:41PM	<b>Nataraja:</b> Orange		<b>Devaloka Day</b>
Creative Work Siddha Yoga			<b>Ekadashi</b> Until 4:03AM Tue	Moon – White		
Until 2:14PM				<b>Pausha-Markali</b>		
Then Routine Work - Marana Yoga						

<b>3 Tuesday, January 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 268 Vikarin 5121
Vrishabha Rasi: 4.58	Tithi 12	<b>Gulika</b> 11:56AM – 1:15PM	<b>Krittika</b> Until 3:15PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:41AM	<i>Sunset:</i> 5:11PM	Moon 12 - Phase 37 4th Phase
823623466	<b>Rahu</b> 2:33PM – 3:52PM	Yama 9:18AM – 10:37AM	Subha Until 10:43PM	<b>Muruqa:</b> Clear		
Creative Work Siddha Yoga			Bava Until 4:17PM	<b>Nataraja:</b> Orange		<b>Devaloka Day</b>
Until 3:15PM			<b>Dvadashi</b> Until 4:17AM Wed	Moon – White		
Then Creative Work - Amrita Yoga				<b>Pausha-Markali</b>		

<b>4 Wednesday, January 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 269 Vikarin 5121
Vrishabha Rasi: 17.54	Tithi 13	<b>Gulika</b> 10:37AM – 11:56AM	<b>Rohini</b> Until 3:52PM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:41AM	<i>Sunset:</i> 5:12PM	Moon 12 - Phase 37 4th Phase
833623466	<b>Rahu</b> 11:56AM – 1:15PM	Yama 8:00AM – 9:18AM	Sukla Until 9:14PM	<b>Muruqa:</b> Clear		
Creative Work Siddha Yoga			Kaulava Until 4:08PM	<b>Nataraja:</b> Orange		<b>Bhuloka Day</b>
			<b>Trayodashi</b> Until 3:47AM Thu	Moon – Yellow		<b>Devaloka Time: 3:PM to 6:PM</b>
				<b>Pausha-Markali</b>		
				<i>Pradosha Vrata</i>		

<b>5 Thursday, January 9, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 270 Vikarin 5121
Mithuna Rasi: 1.12	Tithi 14	<b>Gulika</b> 9:19AM – 10:38AM	<b>Mrigashira</b> Until 3:39PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:41AM	<i>Sunset:</i> 5:12PM	Moon 12 - Phase 37 4th Phase
834623466	<b>Rahu</b> 1:16PM – 2:34PM	Yama 6:41AM – 8:00AM	Brahma Until 7:14PM	<b>Muruqa:</b> Clear		
Routine Work Marana Yoga			Gara Until 3:18PM	<b>Nataraja:</b> Orange		<b>Devaloka Day</b>
			<b>Chaturdashi*</b> Until 2:37AM Fri	Moon – Yellow		
				<b>Pausha-Markali</b>		

<b>Friday, January 10, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Kathmandu, Nepal Sutra 271 Vikarin 5121
Mithuna Rasi: 14.53	Tithi 15	<b>Gulika</b> 8:00AM – 9:19AM	<b>Ardra</b> Until 2:40PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:41AM	<i>Sunset:</i> 5:13PM	Moon 12 - Phase 37 Purnima
834623466	<b>Rahu</b> 10:38AM – 11:57AM	Yama 2:35PM – 3:54PM	Indra Until 4:46PM	<b>Muruqa:</b> Clear		
Creative Work Siddha Yoga			Visti Until 1:49PM	<b>Nataraja:</b> Orange		<b>Devaloka Day</b>
			<b>Purnima*</b> Until 12:52AM Sat	Moon – Yellow		
				<b>Pausha-Markali</b>		
				<b>Penumbral Lunar Eclipse</b>		
				<b>Ardra Darshanam</b>		

<b>Saturday, January 11, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Kathmandu, Nepal Sutra 272 Vikarin 5121
Mithuna Rasi: 28.53	Tithi 16	<b>Gulika</b> 6:41AM – 8:00AM	<b>Punarvasu</b> Until 1:29PM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:41AM	<i>Sunset:</i> 5:14PM	Moon 12 - Phase 37 Prathama
844623466	<b>Rahu</b> 9:19AM – 10:38AM	Yama 1:17PM – 2:36PM	Vaidhriti* Until 1:52PM	<b>Muruqa:</b> Clear		
Creative Work Siddha Yoga			Balava Until 11:50AM	<b>Nataraja:</b> Orange		<b>Sivaloka Day</b>
			<b>Prathama*</b> Until 10:40PM	Moon – Blue		
				<b>Pausha-Markali</b>		



Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 13.11 Tithi 17

844623466

Creative Work Siddha Yoga

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

**Gulika** 2:36PM – 3:55PM  
**Yama** 11:58AM – 1:17PM  
**Rahu** 3:55PM – 5:15PM

**Pushya Until 11:47AM**  
**Vishkambha\* Until 10:42AM**  
**Taitila Until 9:28AM**  
**Dvitiya Until 8:10PM**

**Ganesha:** White *Sunrise: 6:41AM*  
**Muruqa:** Clear *Sunset: 5:15PM*  
**Nataraja:** Orange  
Moon – Blue  
**Pausha-Markali**

Kathmandu, Nepal  
Sutra 273  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**Sivaloka Day**

1

Monday, January 13, 2020

Kataka Rasi: 27.39 Tithi 18 – 19

844623466

Creative Work Siddha Yoga

Until 9:43AM

Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Ashlesha\*/Magha\* Nakshatra Priti/Ayushman Yoga Vanija/Bava Karana Tritiya/Chaturthyam Titau

**Gulika** 1:18PM – 2:37PM  
**Yama** 10:39AM – 11:58AM  
**Rahu** 8:00AM – 9:20AM

**Ashlesha\* Until 9:43AM**  
**Priti Until 7:21AM**  
**Vanija Until 6:51AM**  
**Tritiya Until 5:29PM**

**Ganesha:** White *Sunrise: 6:41AM*  
**Muruqa:** Clear *Sunset: 5:15PM*  
**Nataraja:** Orange  
Moon – Blue  
**Pausha-Markali**

Kathmandu, Nepal  
Sun 1 Sutra 274  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**Sivaloka Day**

2

Tuesday, January 14, 2020

Simha Rasi: 12.12 Tithi 19 – 20

854623466

Creative Work Siddha Yoga

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

**Gulika** 11:59AM – 1:18PM  
**Yama** 9:20AM – 10:39AM  
**Rahu** 2:37PM – 3:57PM

**Magha\* Until 7:51AM**  
**Saubhagya Until 12:28AM Wed**  
**Kaulava Until 1:27AM Wed**  
**Chaturthi\* Until 2:46PM**

**Ganesha:** Clear *Sunrise: 6:41AM*  
**Muruqa:** Clear *Sunset: 5:16PM*  
**Nataraja:** Orange  
Moon – Red  
**Pausha-Markali**

Kathmandu, Nepal  
Sun 2 Sutra 275  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**Devaloka Day**

3

Wednesday, January 15, 2020

Simha Rasi: 26.43 Tithi 20 – 21

854623466

Creative Work Amrita Yoga

Until 3:56AM Thu

Then Routine Work - Marana Yoga

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

**Gulika** 10:39AM – 11:59AM  
**Yama** 8:00AM – 9:20AM  
**Rahu** 11:59AM – 1:18PM

**Uttaraphalguni Until 3:56AM Thu**  
**Sobhana Until 9:10PM**  
**Gara Until 10:54PM**  
**Panchami Until 12:08PM**

**Ganesha:** Clear *Sunrise: 6:41AM*  
**Muruqa:** Clear *Sunset: 5:17PM*  
**Nataraja:** Orange  
Moon – Red  
**Pausha-Thai**

Kathmandu, Nepal  
Sun 3 Sutra 276  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**Devaloka Day**

4

Thursday, January 16, 2020

Kanya Rasi: 11.08 Tithi 21 – 22

864623466

Routine Work Marana Yoga

Until 2:30AM Fri

Then Creative Work - Siddha Yoga

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

**Gulika** 9:20AM – 10:40AM  
**Yama** 6:41AM – 8:00AM  
**Rahu** 1:19PM – 2:39PM

**Hasta Until 2:30AM Fri**  
**Athiganda\* Until 6:00PM**  
**Visti Until 8:34PM**  
**Shashthi\* Until 9:41AM**

**Ganesha:** Purple *Sunrise: 6:41AM*  
**Muruqa:** Clear *Sunset: 5:18PM*  
**Nataraja:** Orange  
Moon – Green  
**Pausha-Thai**

Kathmandu, Nepal  
Sun 4 Sutra 277  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

**Sivaloka Day**

5

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 25.23 Tithi 22 – 23

864623466

Creative Work Siddha Yoga

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

**Gulika** 8:00AM – 9:20AM  
**Yama** 2:39PM – 3:59PM  
**Rahu** 10:40AM – 12:00PM

**Chitra Until 1:13AM Sat**  
**Sukarma Until 3:05PM**  
**Balava Until 6:31PM**  
**Saptami Until 7:29AM**

**Ganesha:** Purple *Sunrise: 6:41AM*  
**Muruqa:** Clear *Sunset: 5:19PM*  
**Nataraja:** Orange  
Moon – Green  
**Pausha-Thai**

Kathmandu, Nepal  
Sun 5 Sutra 278  
Vikarin 5121  
Moon 1 - Phase 38  
Ashtami

**Sivaloka Day**

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 9.26 Tithi 24

864623466

Creative Work Siddha Yoga

Until 12:09AM Sun

Then Routine Work - Marana Yoga

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

**Gulika** 6:40AM – 8:00AM  
**Yama** 1:20PM – 2:40PM  
**Rahu** 9:20AM – 10:40AM

**Svati Until 12:09AM Sun**  
**Dhriti Until 12:26PM**  
**Taitila Until 4:49PM**  
**Navami\* Until 4:05AM Sun**

**Ganesha:** Purple *Sunrise: 6:40AM*  
**Muruqa:** Clear *Sunset: 5:19PM*  
**Nataraja:** Orange  
Moon – Green  
**Pausha-Thai**

Kathmandu, Nepal  
Sun 6 Sutra 279  
Vikarin 5121  
Moon 1 - Phase 38  
Navami

**Sivaloka Day**

1	<b>Sunday, January 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau				Kathmandu, Nepal Sun 7 Sutra 280
	Tula Rasi: 23.15	Tithi 25	<b>Gulika</b> 2:40PM – 4:00PM	<b>Vishakha</b> Until 11:44PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:40AM	Vikarin 5121
			Yama 12:00PM – 1:20PM	Shula* Until 10:03AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:20PM	Moon 1 - Phase 39
	Routine Work	Marana Yoga	874623466 <b>Rahu</b> 4:00PM – 5:20PM	Vanija Until 3:28PM	<b>Nataraja:</b> Orange		2nd Phase
			<b>Dashami</b> Until 2:56AM Mon	Moon – Orange		<b>Devaloka Day</b>	
				<b>Pausha*Thai</b>			

2	<b>Monday, January 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Ganda*/Vridhi Yoga Bava/Balava Karana Ekadashyam Titau				Kathmandu, Nepal Sun 8 Sutra 281
	Vrischika Rasi: 6.51	Tithi 26	<b>Gulika</b> 1:21PM – 2:41PM	<b>Anuradha</b> Until 11:32PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:40AM	Vikarin 5121
	<b>Family Home Evening</b>		Yama 10:40AM – 12:01PM	Ganda* Until 8:00AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:21PM	Moon 1 - Phase 39
	Creative Work	Siddha Yoga	874623466 <b>Rahu</b> 8:00AM – 9:20AM	Bava Until 2:31PM	<b>Nataraja:</b> Orange		2nd Phase
			<b>Ekadashi*</b> Until 2:10AM Tue	Moon – Orange		<b>Devaloka Day</b>	
				<b>Pausha*Thai</b>			

3	<b>Tuesday, January 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Vridhi/Dhruva Yoga Kaulava/Taitila Karana Dvadashyam Titau				Kathmandu, Nepal Sun 9 Sutra 282
	Vrischika Rasi: 20.14	Tithi 27	<b>Gulika</b> 12:01PM – 1:21PM	<b>Jyeshtha*</b> Until 11:35PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:40AM	Vikarin 5121
			Yama 9:20AM – 10:41AM	Vridhi Until 6:15AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:22PM	Moon 1 - Phase 39
	Routine Work	Marana Yoga	875623466 <b>Rahu</b> 2:41PM – 4:02PM	Kaulava Until 1:57PM	<b>Nataraja:</b> Orange		2nd Phase
			<b>Dvadashi*</b> Until 1:48AM Wed	Moon – Orange		<b>Bhuloka Day</b>	
				<b>Pausha*Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	

4	<b>Wednesday, January 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau				Kathmandu, Nepal Sun 10 Sutra 283
	Dhanus Rasi: 3.24	Tithi 28	<b>Gulika</b> 10:41AM – 12:01PM	<b>Mula*</b> Until 12:21AM Thu	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:39AM	Vikarin 5121
			Yama 8:00AM – 9:20AM	Vyaghata* Until 3:40AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:23PM	Moon 1 - Phase 39
	Routine Work	Marana Yoga	885623466 <b>Rahu</b> 12:01PM – 1:21PM	Gara Until 1:48PM	<b>Nataraja:</b> Orange		2nd Phase
			<b>Trayodashi*</b> Until 1:51AM Thu	Moon – Light Blue		<b>Bhuloka Day</b>	
				<b>Pausha*Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
				<i>Pradosha Vrata (Fasting)</i>			

5	<b>Thursday, January 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 11 Sutra 284
	Dhanus Rasi: 16.21	Tithi 29	<b>Gulika</b> 9:20AM – 10:41AM	<b>Purvashadha*</b> Until 1:21AM Fri	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:39AM	Vikarin 5121
			Yama 6:39AM – 8:00AM	Harshana Until 2:53AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:23PM	Moon 1 - Phase 39
	Creative Work	Siddha Yoga	885623466 <b>Rahu</b> 1:22PM – 2:42PM	Visti Until 2:04PM	<b>Nataraja:</b> Orange		2nd Phase
			<b>Chaturdashi*</b> Until 2:20AM Fri	Moon – Light Blue		<b>Bhuloka Day</b>	
				<b>Pausha*Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	

●	<b>Friday, January 24, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Kathmandu, Nepal Sun 12 Sutra 285
	<b>Retreat Star</b>		<b>Gulika</b> 8:00AM – 9:20AM	<b>Uttarashadha</b> Until 2:37AM Sat	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:39AM	Vikarin 5121
	Dhanus Rasi: 29.07	Tithi 30	Yama 2:43PM – 4:04PM	Vajra* Until 2:24AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:24PM	Moon 1 - Phase 39
	Routine Work	Marana Yoga	885623466 <b>Rahu</b> 10:41AM – 12:02PM	Catuspada Until 2:45PM	<b>Nataraja:</b> Orange		Amavasya
			<b>Amavasya*</b> Until 3:14AM Sat	Moon – Light Blue		<b>Bhuloka Day</b>	
				<b>Pausha*Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	

●	<b>Saturday, January 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Kathmandu, Nepal Sun 13 Sutra 286
	<b>Retreat Star</b>		<b>Gulika</b> 6:39AM – 7:59AM	<b>Shravana</b> Until 4:38AM Sun	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:39AM	Vikarin 5121
	Makara Rasi: 11.4	Tithi 1	Yama 1:23PM – 2:43PM	Siddhi Until 2:16AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:25PM	Moon 1 - Phase 39
	Creative Work	Siddha Yoga	995623466 <b>Rahu</b> 9:20AM – 10:41AM	Kintughna Until 3:53PM	<b>Nataraja:</b> Orange		Prathama
			<b>Prathama*</b> Until 4:35AM Sun	Moon – Purple		<b>Bhuloka Day</b>	
				<b>Magha*Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	

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

<b>1</b>		<b>Sunday, January 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau	Kathmandu, Nepal Sun 14 Sutra 287
Makara Rasi: 24.01	Tithi 2	<b>Gulika</b> 2:44PM – 4:05PM	<b>Dhanishtha Until 6:51AM Mon</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:38AM	Vikarin 5121
		Yama 12:02PM – 1:23PM	Vyatipata* Until 2:27AM Mon	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:26PM	Moon 1 - Phase 40
		995723466 <b>Rahu</b> 4:05PM – 5:26PM	Balava Until 5:26PM	<b>Nataraja:</b> Orange	3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya Until 6:20AM Mon</b>	Moon – Purple	<b>Devaloka Day</b>
Until 6:51AM Mon				<b>Magha-Thai</b>	
Then Creative Work - Siddha Yoga					

<b>2</b>		<b>Monday, January 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Variyan Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Kathmandu, Nepal Sun 15 Sutra 288
Kumbha Rasi: 6.13	Tithi 2 – 3	<b>Gulika</b> 1:23PM – 2:44PM	<b>Dhanishtha Until 6:51AM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:38AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:41AM – 12:02PM	Variyan Until 2:53AM Tue	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:27PM	Moon 1 - Phase 40
		995723466 <b>Rahu</b> 7:59AM – 9:20AM	Taitila Until 7:22PM	<b>Nataraja:</b> Orange	3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya Until 6:20AM</b>	Moon – Purple	<b>Devaloka Day</b>
				<b>Magha-Thai</b>	

<b>3</b>		<b>Tuesday, January 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Parigha* Yoga Gara/Vanija Karana Tritiya/Chaturthayam Titau	Kathmandu, Nepal Sun 16 Sutra 289
Kumbha Rasi: 18.17	Tithi 3 – 4	<b>Gulika</b> 12:02PM – 1:24PM	<b>Shatabhishak Until 9:15AM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:37AM	Vikarin 5121
		Yama 9:20AM – 10:41AM	Parigha* Until 3:32AM Wed	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:27PM	Moon 1 - Phase 40
		995723466 <b>Rahu</b> 2:45PM – 4:06PM	Vanija Until 9:36PM	<b>Nataraja:</b> Orange	3rd Phase
Routine Work	Marana Yoga		<b>Tritiya Until 8:26AM</b>	Moon – Purple	<b>Devaloka Day</b>
				<b>Magha-Thai</b>	

<b>4</b>		<b>Wednesday, January 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada*Uttaraproshtapada Nakshatra Shiva Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau	Kathmandu, Nepal Sun 17 Sutra 290
Meena Rasi: 0.14	Tithi 4 – 5	<b>Gulika</b> 10:41AM – 12:03PM	<b>Purvaproshtapada* Until 12:14PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:37AM	Vikarin 5121
		Yama 7:58AM – 9:20AM	Shiva Until 4:21AM Thu	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:28PM	Moon 1 - Phase 40
		915723466 <b>Rahu</b> 12:03PM – 1:24PM	Bava Until 12:04AM Thu	<b>Nataraja:</b> Orange	3rd Phase
Creative Work	Amrita Yoga		<b>Chaturthi* Until 10:48AM</b>	Moon – Clear	<b>Sivaloka Day</b>
Until 12:14PM				<b>Magha-Thai</b>	
Then Creative Work - Siddha Yoga					

<b>5</b>		<b>Thursday, January 30, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashtiyam Titau	Kathmandu, Nepal Sun 18 Sutra 291
Meena Rasi: 12.07	Tithi 5 – 6	<b>Gulika</b> 9:20AM – 10:41AM	<b>Uttaraproshtapada Until 3:11PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:36AM	Vikarin 5121
		Yama 6:36AM – 7:58AM	Siddha Until 5:10AM Fri	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:29PM	Moon 1 - Phase 40
		915723466 <b>Rahu</b> 1:24PM – 2:46PM	Kaulava Until 2:36AM Fri	<b>Nataraja:</b> Orange	3rd Phase
Creative Work	Siddha Yoga		<b>Panchami Until 1:19PM</b>	Moon – Clear	<b>Sivaloka Day</b>
				<b>Magha-Thai</b>	

<b>6</b>		<b>Friday, January 31, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Kathmandu, Nepal Sun 19 Sutra 292
Meena Rasi: 23.59	Tithi 6 – 7	<b>Gulika</b> 7:58AM – 9:19AM	<b>Revati Until 5:56PM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:36AM	Vikarin 5121
		Yama 2:46PM – 4:08PM	Sadhya Until 5:55AM Sat	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:30PM	Moon 1 - Phase 40
		916723466 <b>Rahu</b> 10:41AM – 12:03PM	Gara Until 5:02AM Sat	<b>Nataraja:</b> Orange	3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi* Until 3:49PM</b>	Moon – Clear	<b>Devaloka Day</b>
Until 5:56PM				<b>Magha-Thai</b>	
Then Creative Work - Amrita Yoga					

<b>Retreat Star</b>		<b>Saturday, February 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Subha Yoga Vanija Karana Saptamyam Titau	Kathmandu, Nepal Sun 20 Sutra 293
Mesha Rasi: 5.54	Tithi 7	<b>Gulika</b> 6:36AM – 7:58AM	<b>Ashvini Until 8:50PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:36AM	Vikarin 5121
		Yama 1:25PM – 2:46PM	Subha Until 6:27AM Sun	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:30PM	Moon 1 - Phase 40
		926723466 <b>Rahu</b> 9:19AM – 10:41AM	Vanija Until 6:08PM	<b>Nataraja:</b> Orange	3rd Phase
Creative Work	Siddha Yoga		<b>Saptami Until 6:08PM</b>	Moon – White	<b>Bhuloka Day</b>
				<b>Magha-Thai</b>	Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Sunday, February 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau	Kathmandu, Nepal Sun 21 Sutra 294
Mesha Rasi: 17.56	Tithi 8	<b>Gulika</b> 2:47PM – 4:09PM	<b>Bharani Until 11:09PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:35AM	Vikarin 5121
		Yama 12:03PM – 1:25PM	Subha Until 6:27AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:31PM	Moon 1 - Phase 40
		926723466 <b>Rahu</b> 4:09PM – 5:31PM	Visti Until 7:10AM	<b>Nataraja:</b> Orange	Ashtami
Routine Work	Prabalarishta Yoga		<b>Ashtami* Until 8:02PM</b>	Moon – White	<b>Bhuloka Day</b>
Until 11:09PM				<b>Magha-Thai</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga					

<b>Retreat Star</b>		<b>Monday, February 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau	Kathmandu, Nepal Sun 22 Sutra 295
Vrishabha Rasi: 0.1	Tithi 9	<b>Gulika</b> 1:25PM – 2:47PM	<b>Krittika Until 12:42AM Tue</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:35AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:41AM – 12:03PM	Sukla Until 6:35AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:31PM	Moon 1 - Phase 40
		926723466 <b>Rahu</b> 7:57AM – 9:19AM	Balava Until 8:48AM	<b>Nataraja:</b> Orange	Navami
Routine Work	Marana Yoga		<b>Navami* Until 9:20PM</b>	Moon – White	<b>Bhuloka Day</b>
Until 12:42AM Tue				<b>Magha-Thai</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

<b>1</b>		<b>Tuesday, February 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau			Kathmandu, Nepal Sun 23 Sutra 296			
Wrishabha Rasi: 12.42	Tithi 10	936723467	<b>Gulika</b> 12:03PM – 1:26PM <b>Yama</b> 9:19AM – 10:41AM <b>Rahu</b> 2:48PM – 4:10PM	<b>Rohini Until 1:50AM Wed</b> Brahma Until 6:12AM Taitila Until 9:43AM Dashami Until 9:51PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:32PM	Vikarin 5121 Moon 1 - Phase 41 4th Phase	<b>Devaloka Day</b>		
Creative Work Amrita Yoga		Until 1:50AM Wed		Then Creative Work - Siddha Yoga						
<b>2</b>		<b>Wednesday, February 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau			Kathmandu, Nepal Sun 24 Sutra 297			
Wrishabha Rasi: 25.35	Tithi 11	936723467	<b>Gulika</b> 10:41AM – 12:03PM <b>Yama</b> 7:56AM – 9:19AM <b>Rahu</b> 12:03PM – 1:26PM	<b>Mrigashira Until 1:59AM Thu</b> Vaidhriti* Until 3:35AM Thu Vanija Until 9:49AM Ekadashi Until 9:32PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:33PM	Vikarin 5121 Moon 1 - Phase 41 4th Phase	<b>Devaloka Day</b>		
Creative Work Siddha Yoga		Until 1:59AM Thu		Then Routine Work - Marana Yoga						
<b>3</b>		<b>Thursday, February 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvadashyam Titau			Kathmandu, Nepal Sun 25 Sutra 298			
Mithuna Rasi: 8.55	Tithi 12	936723467	<b>Gulika</b> 9:18AM – 10:41AM <b>Yama</b> 6:33AM – 7:56AM <b>Rahu</b> 1:26PM – 2:49PM	<b>Ardra Until 1:11AM Fri</b> Vishkambha* Until 1:18AM Fri Bava Until 9:05AM Dvadashi Until 8:24PM	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 6:33AM <b>Sunset:</b> 5:34PM	Vikarin 5121 Moon 1 - Phase 41 4th Phase	<b>Devaloka Day</b>		
Routine Work Marana Yoga		Until 1:11AM Fri		Then Creative Work - Siddha Yoga						
<b>4</b>		<b>Friday, February 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti Yoga Kaulava/Taitila Karana Trayodashyam Titau			Kathmandu, Nepal Sun 26 Sutra 299			
Mithuna Rasi: 22.43	Tithi 13	947723467	<b>Gulika</b> 7:55AM – 9:18AM <b>Yama</b> 2:49PM – 4:12PM <b>Rahu</b> 10:41AM – 12:04PM	<b>Punarvasu Until 11:58PM</b> Priti Until 10:27PM Kaulava Until 7:33AM Trayodashi Until 6:30PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Blue	<b>Sunrise:</b> 6:33AM <b>Sunset:</b> 5:34PM	Vikarin 5121 Moon 1 - Phase 41 4th Phase	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM		
Creative Work Siddha Yoga		Until 11:58PM		Then Routine Work - Marana Yoga						
<b>5</b>		<b>Saturday, February 8, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Ayushman Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau			Kathmandu, Nepal Sun 27 Sutra 300			
Kataka Rasi: 6.56	Tithi 14 – 15	947723467	<b>Gulika</b> 6:32AM – 7:55AM <b>Yama</b> 1:26PM – 2:49PM <b>Rahu</b> 9:18AM – 10:41AM	<b>Pushya Until 10:01PM</b> Ayushman Until 7:06PM Visti Until 2:33AM Sun Chaturdashi* Until 3:59PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Blue	<b>Sunrise:</b> 6:32AM <b>Sunset:</b> 5:35PM	Vikarin 5121 Moon 1 - Phase 41 4th Phase	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM		
Creative Work Siddha Yoga		Until 10:01PM		Then Routine Work - Marana Yoga						
<b>○</b>		<b>Sunday, February 9, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Kathmandu, Nepal Sutra 301			
<b>Copper Retreat Star</b>		Kataka Rasi: 21.33 Tithi 15 – 16		947723467	<b>Gulika</b> 2:50PM – 4:13PM <b>Yama</b> 12:04PM – 1:27PM <b>Rahu</b> 4:13PM – 5:36PM	<b>Ashlesha* Until 7:31PM</b> Saubhagya Until 3:24PM Balava Until 11:24PM Purnima* Until 1:00PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Blue	<b>Sunrise:</b> 6:31AM <b>Sunset:</b> 5:36PM	Vikarin 5121 Moon 1 - Phase 41 Purnima	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga		Until 7:31PM		Then Routine Work - Marana Yoga						
<b>○</b>		<b>Monday, February 10, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sobhana/Alhiganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau			Kathmandu, Nepal Sutra 302			
<b>Silver Retreat Star</b>		Simha Rasi: 6.25 Tithi 16 – 17		957723467	<b>Gulika</b> 1:27PM – 2:50PM <b>Yama</b> 10:40AM – 12:04PM <b>Rahu</b> 7:54AM – 9:17AM	<b>Magha* Until 5:03PM</b> Sobhana Until 11:29AM Taitila Until 8:01PM Prathama* Until 9:43AM	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Red	<b>Sunrise:</b> 6:31AM <b>Sunset:</b> 5:37PM	Vikarin 5121 Moon 1 - Phase 41 Prathama	<b>Devaloka Day</b>
Family Home Evening		Routine Work Marana Yoga		Until 5:03PM		Then Creative Work - Siddha Yoga				





Tuesday, February 11, 2020

Gold Retreat Star

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

Kathmandu, Nepal

Sun 1 Sutra 303

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Simha Rasi: 21.25 Tithi 17 - 18

957723467

Gulika

12:04PM - 1:27PM

Yama

9:17AM - 10:40AM

Rahu

2:51PM - 4:14PM

Purvaphalguni Until 2:22PM

Athiganda\* Until 7:26AM

Visti Until 2:54AM Wed

Dvitiya Until 6:17AM

Ganesha: Red

Sunrise: 6:30AM

Muruqa: Clear

Sunset: 5:37PM

Nataraja: Clear

Moon - Red

Magha-Thai

Devaloka Day

Creative Work Siddha Yoga

Until 2:22PM

Then Creative Work - Amrita Yoga

1

Wednesday, February 12, 2020

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

Kathmandu, Nepal

Sun 2 Sutra 304

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 6.24 Tithi 19

957723467

Gulika

10:40AM - 12:04PM

Yama

7:53AM - 9:16AM

Rahu

12:04PM - 1:27PM

Uttaraphalguni Until 11:38AM

Dhriti Until 11:37PM

Bava Until 1:17PM

Chaturthi\* Until 11:41PM

Ganesha: Red

Sunrise: 6:29AM

Muruqa: Clear

Sunset: 5:38PM

Nataraja: Clear

Moon - Red

Magha-Thai

Devaloka Day

Creative Work Amrita Yoga

Until 11:38AM

Then Routine Work - Marana Yoga

2

Thursday, February 13, 2020

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

Kathmandu, Nepal

Sun 3 Sutra 305

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 21.13 Tithi 20

967723467

Gulika

9:16AM - 10:40AM

Yama

6:28AM - 7:52AM

Rahu

1:27PM - 2:51PM

Hasta Until 9:26AM

Shula\* Until 8:02PM

Kaulava Until 10:13AM

Panchami Until 8:49PM

Ganesha: Green

Sunrise: 6:28AM

Muruqa: Clear

Sunset: 5:39PM

Nataraja: Clear

Moon - Green

Magha-Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Routine Work Marana Yoga

Until 9:26AM

Then Creative Work - Siddha Yoga

3

Friday, February 14, 2020

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

Kathmandu, Nepal

Sun 4 Sutra 306

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Tula Rasi: 5.46 Tithi 21

968723467

Gulika

7:52AM - 9:16AM

Yama

2:52PM - 4:16PM

Rahu

10:40AM - 12:04PM

Chitra Until 7:28AM

Ganda\* Until 4:50PM

Gara Until 7:33AM

Shashthi\* Until 6:23PM

Ganesha: White

Sunrise: 6:28AM

Muruqa: Clear

Sunset: 5:40PM

Nataraja: Clear

Moon - Green

Magha-Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

4

Saturday, February 15, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam  
Vishakha Nakshatra Vriddhi/Dhruva Yoga Bava/Balava Karana Saptami/Ashlmyam Titau

Kathmandu, Nepal

Sun 5 Sutra 307

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Tula Rasi: 19.58 Tithi 22 - 23

968723467

Gulika

6:27AM - 7:51AM

Yama

1:28PM - 2:52PM

Rahu

9:15AM - 10:39AM

Vishakha Until 5:09AM Sun

Vriddhi Until 2:05PM

Balava Until 3:49AM Sun

Saptami Until 4:31PM

Ganesha: White

Sunrise: 6:27AM

Muruqa: Clear

Sunset: 5:40PM

Nataraja: Clear

Moon - Green

Magha-Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Until 5:09AM Sun

Then Routine Work - Marana Yoga

5

Sunday, February 16, 2020

Retreat Star

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

Kathmandu, Nepal

Sun 6 Sutra 308

Vikarin 5121

Moon 2 - Phase 42

Ashtami

Vrischika Rasi: 3.49 Tithi 23 - 24

978723467

Gulika

2:52PM - 4:17PM

Yama

12:04PM - 1:28PM

Rahu

4:17PM - 5:41PM

Anuradha Until 4:53AM Mon

Dhruva Until 11:47AM

Taitila Until 2:52AM Mon

Ashtami\* Until 3:14PM

Ganesha: Clear

Sunrise: 6:26AM

Muruqa: Clear

Sunset: 5:41PM

Nataraja: Clear

Moon - Orange

Magha-Masi

Devaloka Day

Routine Work Marana Yoga

Until 4:53AM Mon

Then Creative Work - Siddha Yoga

Monday, February 17, 2020

Retreat Star

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

Kathmandu, Nepal

Sun 7 Sutra 309

Vikarin 5121

Moon 2 - Phase 42

Navami

Vrischika Rasi: 17.17 Tithi 24 - 25

978723467

Gulika

1:28PM - 2:53PM

Yama

10:39AM - 12:04PM

Rahu

7:50AM - 9:14AM

Jyeshtha\* Until 5:03AM Tue

Vyaghata\* Until 10:00AM

Vanija Until 2:31AM Tue

Navami\* Until 2:36PM

Ganesha: Clear

Sunrise: 6:25AM

Muruqa: Clear

Sunset: 5:42PM

Nataraja: Clear

Moon - Orange

Magha-Masi

Devaloka Day

Creative Work Siddha Yoga

Until 5:03AM Tue

Then Creative Work - Amrita Yoga

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

All times are standard time

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1	<b>Tuesday, February 18, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 8 Sutra 310
	Dhanus Rasi: 0.25	Tithi 26 – 26	<b>Gulika</b> 12:03PM – 1:28PM	<b>Mula* Until 6:06AM Wed</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:25AM	Vikarin 5121
			Yama 9:14AM – 10:39AM	Harshana Until 8:42AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:42PM	Moon 2 - Phase 43
	Creative Work	Amrita Yoga	988723467 <b>Rahu</b> 2:53PM – 4:18PM	Bava Until 2:46AM Wed	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dashami Until 2:33PM</b>	Moon – Light Blue			
				<b>Magha* Masi</b>		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	

2	<b>Wednesday, February 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal Sun 9 Sutra 311
	Dhanus Rasi: 13.16	Tithi 26 – 27	<b>Gulika</b> 10:38AM – 12:03PM	<b>Mula* Until 6:06AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:24AM	Vikarin 5121
			Yama 7:49AM – 9:14AM	Vajra* Until 7:49AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:43PM	Moon 2 - Phase 43
	Routine Work	Marana Yoga	988723467 <b>Rahu</b> 12:03PM – 1:28PM	Kaulava Until 3:31AM Thu	<b>Nataraja:</b> Clear		2nd Phase
Until 6:06AM			<b>Ekadashi* Until 3:04PM</b>	Moon – Light Blue			
Then Creative Work - Amrita Yoga				<b>Magha* Masi</b>		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	

3	<b>Thursday, February 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Siddhi/Vyatiyata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 10 Sutra 312
	Dhanus Rasi: 25.53	Tithi 27 – 28	<b>Gulika</b> 9:13AM – 10:38AM	<b>Purvashadha* Until 7:28AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:23AM	Vikarin 5121
			Yama 6:23AM – 7:48AM	Siddhi Until 7:19AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:44PM	Moon 2 - Phase 43
	Creative Work	Siddha Yoga	989823467 <b>Rahu</b> 1:28PM – 2:53PM	Gara Until 4:42AM Fri	<b>Nataraja:</b> Clear		2nd Phase
Until 7:28AM			<b>Dvadashi* Until 4:02PM</b>	Moon – Light Blue			
Then Routine Work - Marana Yoga			<i>Pradosha Vrata (Fasting)</i>	<b>Magha* Masi</b>		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	

4	<b>Friday, February 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 11 Sutra 313
	Makara Rasi: 8.19	Tithi 28 – 29	<b>Gulika</b> 7:47AM – 9:13AM	<b>Uttarashadha Until 9:05AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:22AM	Vikarin 5121
			Yama 2:54PM – 4:19PM	Vyatipata* Until 7:10AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:44PM	Moon 2 - Phase 43
	Routine Work	Marana Yoga	989823467 <b>Rahu</b> 10:38AM – 12:03PM	Visti Until 6:15AM Sat	<b>Nataraja:</b> Clear		2nd Phase
			<b>Trayodashi* Until 5:25PM</b>	Moon – Light Blue			
				<b>Magha* Masi</b>		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
				<b>Mahasivaratri (Lunar)</b>			
				<b>Mahasivaratri (Solar)</b>			

5	<b>Saturday, February 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 12 Sutra 314
	Makara Rasi: 20.35	Tithi 29	<b>Gulika</b> 6:21AM – 7:47AM	<b>Shravana Until 11:22AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:21AM	Vikarin 5121
			Yama 1:29PM – 2:54PM	Variyan Until 7:15AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:45PM	Moon 2 - Phase 43
	Creative Work	Siddha Yoga	999823467 <b>Rahu</b> 9:12AM – 10:38AM	Visti Until 6:15AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Chaturdashi* Until 7:07PM</b>	Moon – Purple			
				<b>Magha* Masi</b>		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	

●	<b>Sunday, February 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Kathmandu, Nepal Sun 13 Sutra 315
	<b>Retreat Star</b>		<b>Gulika</b> 2:54PM – 4:20PM	<b>Dhanishtha Until 1:46PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:20AM	Vikarin 5121
	Kumbha Rasi: 2.45	Tithi 30	Yama 12:03PM – 1:29PM	Parigha* Until 7:34AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:46PM	Moon 2 - Phase 43
			999823467 <b>Rahu</b> 4:20PM – 5:46PM	Catuspada Until 8:06AM	<b>Nataraja:</b> Clear		Amavasya
Routine Work	Marana Yoga		<b>Amavasya* Until 9:06PM</b>	Moon – Purple			
Until 1:46PM				<b>Magha* Masi</b>		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

●	<b>Monday, February 24, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak*/Purvaprosithpada* Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau				Kathmandu, Nepal Sun 14 Sutra 316
	<b>Retreat Star</b>		<b>Gulika</b> 1:29PM – 2:55PM	<b>Shatabhishak Until 4:13PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:19AM	Vikarin 5121
	Kumbha Rasi: 14.48	Tithi 1	Yama 10:37AM – 12:03PM	Shiva Until 8:06AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:46PM	Moon 2 - Phase 43
	<b>Family Home Evening</b>		999823467 <b>Rahu</b> 7:45AM – 9:11AM	Kintughna Until 10:12AM	<b>Nataraja:</b> Clear		Prathama
Creative Work	Siddha Yoga		<b>Prathama* Until 11:18PM</b>	Moon – Purple			
Until 4:13PM				<b>Phalgun* Masi</b>		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Then Routine Work - Marana Yoga							

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

All times are standard time

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<b>1</b>		<b>Tuesday, February 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau	Kathmandu, Nepal Sun 15 Sutra 317 Vikarin 5121
Kumbha Rasi: 26.46	Tithi 2	<b>Gulika</b> 12:03PM – 1:29PM	<b>Purvaproshtapada* Until 7:11PM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:18AM	
		Yama 9:10AM – 10:37AM	Siddha Until 8:45AM	<b>Muruḡa:</b> Clear <i>Sunset:</i> 5:47PM	Moon 2 - Phase 44
		919823467 <b>Rahu</b> 2:55PM – 4:21PM	Balava Until 12:30PM	<b>Nataraja:</b> Clear	3rd Phase
Routine Work Marana Yoga			<b>Dvitiya Until 1:41AM Wed</b>	Moon – Clear	<b>Devaloka Day</b>
Until 7:11PM				<b>Phalguna-Masi</b>	
Then Creative Work - Amrita Yoga					

<b>2</b>		<b>Wednesday, February 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Trityayam Titau	Kathmandu, Nepal Sun 16 Sutra 318 Vikarin 5121
Meena Rasi: 8.41	Tithi 3	<b>Gulika</b> 10:36AM – 12:02PM	<b>Uttaraproshtapada Until 10:06PM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:17AM	
		Yama 7:44AM – 9:10AM	Sadhya Until 9:32AM	<b>Muruḡa:</b> Clear <i>Sunset:</i> 5:48PM	Moon 2 - Phase 44
		919823467 <b>Rahu</b> 12:02PM – 1:29PM	Taitila Until 2:57PM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Tritiya Until 4:11AM Thu</b>	Moon – Clear	<b>Devaloka Day</b>
Until 10:06PM				<b>Phalguna-Masi</b>	
Then Routine Work - Marana Yoga					

<b>3</b>		<b>Thursday, February 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau	Kathmandu, Nepal Sun 17 Sutra 319 Vikarin 5121
Meena Rasi: 20.34	Tithi 4	<b>Gulika</b> 9:09AM – 10:36AM	<b>Revati Until 12:55AM Fri</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:16AM	
		Yama 6:16AM – 7:43AM	Subha Until 10:25AM	<b>Muruḡa:</b> Clear <i>Sunset:</i> 5:48PM	Moon 2 - Phase 44
		919823467 <b>Rahu</b> 1:29PM – 2:55PM	Vanija Until 5:28PM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Chaturthi* Until 6:42AM Fri</b>	Moon – Clear	<b>Devaloka Day</b>
Until 12:55AM Fri				<b>Phalguna-Masi</b>	
Then Creative Work - Amrita Yoga		<b>Subramuniyaswami Siva Vision Day</b>			

<b>4</b>		<b>Friday, February 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau	Kathmandu, Nepal Sun 18 Sutra 320 Vikarin 5121
Mesha Rasi: 2.25	Tithi 4 – 5	<b>Gulika</b> 7:42AM – 9:09AM	<b>Ashvini Until 3:59AM Sat</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:15AM	
		Yama 2:55PM – 4:22PM	Sukla Until 11:15AM	<b>Muruḡa:</b> Clear <i>Sunset:</i> 5:49PM	Moon 2 - Phase 44
		921823467 <b>Rahu</b> 10:35AM – 12:02PM	Bava Until 7:57PM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Amrita Yoga			<b>Chaturthi* Until 6:42AM</b>	Moon – White	<b>Bhuloka Day</b>
Until 3:59AM Sat				<b>Phalguna-Masi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>
Then Creative Work - Siddha Yoga					

<b>5</b>		<b>Saturday, February 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau	Kathmandu, Nepal Sun 19 Sutra 321 Vikarin 5121
Mesha Rasi: 14.19	Tithi 5 – 6	<b>Gulika</b> 6:14AM – 7:41AM	<b>Bharani Until 6:40AM Sun</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:14AM	
		Yama 1:29PM – 2:56PM	Brahma Until 12:01PM	<b>Muruḡa:</b> Clear <i>Sunset:</i> 5:49PM	Moon 2 - Phase 44
		921823467 <b>Rahu</b> 9:08AM – 10:35AM	Kaulava Until 10:15PM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Panchami Until 9:07AM</b>	Moon – White	<b>Bhuloka Day</b>
				<b>Phalguna-Masi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>

<b>6</b>		<b>Sunday, March 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau	Kathmandu, Nepal Sun 20 Sutra 322 Vikarin 5121
Mesha Rasi: 26.19	Tithi 6 – 7	<b>Gulika</b> 2:56PM – 4:23PM	<b>Bharani Until 6:40AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:12AM	
		Yama 12:02PM – 1:29PM	Indra Until 12:35PM	<b>Muruḡa:</b> Orange <i>Sunset:</i> 5:51PM	Moon 2 - Phase 44
		921833467 <b>Rahu</b> 4:23PM – 5:51PM	Gara Until 12:11AM Mon	<b>Nataraja:</b> Clear	3rd Phase
Routine Work Prabalarishta Yoga			<b>Shashthi* Until 11:15AM</b>	Moon – White	<b>Bhuloka Day</b>
Until 6:40AM				<b>Phalguna-Masi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>
Then Creative Work - Siddha Yoga					

<b>Retreat Star</b>		<b>Monday, March 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau	Kathmandu, Nepal Sun 21 Sutra 323 Vikarin 5121
Vrishabha Rasi: 8.29	Tithi 7 – 8	<b>Gulika</b> 1:29PM – 2:56PM	<b>Krittika Until 8:46AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:11AM	
<b>Family Home Evening</b>		Yama 10:34AM – 12:01PM	Vaidhriti* Until 12:44PM	<b>Muruḡa:</b> Orange <i>Sunset:</i> 5:51PM	Moon 2 - Phase 44
		921833467 <b>Rahu</b> 7:39AM – 9:06AM	Visti Until 1:31AM Tue	<b>Nataraja:</b> Clear	Ashtami
Routine Work Marana Yoga			<b>Saptami Until 12:55PM</b>	Moon – White	<b>Bhuloka Day</b>
Until 8:46AM				<b>Phalguna-Masi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>
Then Creative Work - Amrita Yoga					

<b>Retreat Star</b>		<b>Tuesday, March 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau	Kathmandu, Nepal Sun 22 Sutra 324 Vikarin 5121
Vrishabha Rasi: 20.55	Tithi 8 – 9	<b>Gulika</b> 12:01PM – 1:29PM	<b>Rohini Until 10:34AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:10AM	
		Yama 9:06AM – 10:33AM	Vishkambha* Until 12:24PM	<b>Muruḡa:</b> Orange <i>Sunset:</i> 5:52PM	Moon 2 - Phase 44
		931833467 <b>Rahu</b> 2:56PM – 4:24PM	Balava Until 2:06AM Wed	<b>Nataraja:</b> Clear	Navami
Creative Work Amrita Yoga			<b>Ashtami* Until 1:53PM</b>	Moon – Yellow	<b>Devaloka Day</b>
Until 10:34AM				<b>Phalguna-Masi</b>	
Then Creative Work - Siddha Yoga					

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

<b>1</b>		<b>Wednesday, March 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau	Kathmandu, Nepal Sun 23 Sutra 325
Mithuna Rasi: 3.43	Tithi 9 – 10	<b>Gulika</b> 10:33AM – 12:01PM	<b>Mrigashira</b> Until 11:25AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:09AM	Vikarin 5121
		Yama 7:37AM – 9:05AM	Priti Until 11:27AM	<b>Muruqa:</b> Orange <i>Sunset:</i> 5:52PM	Moon 2 - Phase 45
	931833467	<b>Rahu</b> 12:01PM – 1:29PM	Taitila Until 1:49AM Thu	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Navami*</b> Until 2:03PM	Moon – Yellow	<b>Devaloka Day</b>
				<b>Phalguna-Masi</b>	
<b>2</b>		<b>Thursday, March 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau	Kathmandu, Nepal Sun 24 Sutra 326
Mithuna Rasi: 16.56	Tithi 10 – 11	<b>Gulika</b> 9:05AM – 10:33AM	<b>Ardra</b> Until 11:17AM	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:08AM	Vikarin 5121
		Yama 6:08AM – 7:36AM	Ayushman Until 9:48AM	<b>Muruqa:</b> Orange <i>Sunset:</i> 5:53PM	Moon 2 - Phase 45
	131833467	<b>Rahu</b> 1:29PM – 2:57PM	Vanija Until 12:39AM Fri	<b>Nataraja:</b> Clear	4th Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 1:19PM	Moon – Yellow	<b>Devaloka Day</b>
Until 11:17AM				<b>Phalguna-Masi</b>	
Then Creative Work - Amrita Yoga					
<b>3</b>		<b>Friday, March 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau	Kathmandu, Nepal Sun 25 Sutra 327
Kataka Rasi: 0.38	Tithi 11 – 12	<b>Gulika</b> 7:36AM – 9:04AM	<b>Punarvasu</b> Until 10:35AM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:07AM	Vikarin 5121
		Yama 2:57PM – 4:25PM	Saubhagya Until 7:28AM	<b>Muruqa:</b> Orange <i>Sunset:</i> 5:54PM	Moon 2 - Phase 45
	141833467	<b>Rahu</b> 10:32AM – 12:00PM	Bava Until 10:40PM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 11:44AM	Moon – Blue	<b>Bhuloka Day</b>
Until 10:35AM				<b>Phalguna-Masi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>
Then Routine Work - Marana Yoga					
<b>4</b>		<b>Saturday, March 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Kathmandu, Nepal Sun 26 Sutra 328
Kataka Rasi: 14.52	Tithi 12 – 13	<b>Gulika</b> 6:06AM – 7:35AM	<b>Pushya</b> Until 8:59AM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:06AM	Vikarin 5121
		Yama 1:29PM – 2:57PM	Athiganda* Until 12:59AM Sun	<b>Muruqa:</b> Orange <i>Sunset:</i> 5:54PM	Moon 2 - Phase 45
	141833467	<b>Rahu</b> 9:03AM – 10:32AM	Kaulava Until 7:59PM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 9:23AM	Moon – Blue	<b>Bhuloka Day</b>
Until 8:59AM				<b>Phalguna-Masi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>
Then Routine Work - Marana Yoga			<i>Pradosha Vrata</i>		
<b>5</b>		<b>Sunday, March 8, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sukarma Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau	Kathmandu, Nepal Sun 27 Sutra 329
Kataka Rasi: 29.31	Tithi 13 – 14	<b>Gulika</b> 2:57PM – 4:26PM	<b>Ashlesha*</b> Until 6:37AM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:05AM	Vikarin 5121
		Yama 12:00PM – 1:29PM	Sukarma Until 9:04PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 5:55PM	Moon 2 - Phase 45
	141833467	<b>Rahu</b> 4:26PM – 5:55PM	Vanija Until 2:57AM Mon	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 6:24AM	Moon – Blue	<b>Bhuloka Day</b>
Until 6:37AM		<b>Chidambaram Abhishekam</b>		<b>Phalguna-Masi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>
Then Routine Work - Marana Yoga					
<b>Monday, March 9, 2020</b>		<b>Copper Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti/Bava Karana Purnimayam Titau	Kathmandu, Nepal Sutra 330
Simha Rasi: 14.33	Tithi 15	<b>Gulika</b> 1:29PM – 2:57PM	<b>Purvaphalguni</b> Until 1:04AM Tue	<b>Ganesha:</b> White <i>Sunrise:</i> 6:04AM	Vikarin 5121
<b>Family Home Evening</b>		Yama 10:31AM – 12:00PM	Dhriti Until 4:53PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 5:55PM	Moon 2 - Phase 45
Creative Work	Siddha Yoga	<b>Rahu</b> 7:33AM – 9:02AM	Visti Until 1:08PM	<b>Nataraja:</b> Clear	Purnima
Until 1:04AM Tue		<b>Holi</b>	<b>Purnima*</b> Until 11:13PM	Moon – Red	<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga				<b>Phalguna-Masi</b>	
<b>Tuesday, March 10, 2020</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Prathamayam Titau	Kathmandu, Nepal Sutra 331
Simha Rasi: 29.47	Tithi 16	<b>Gulika</b> 11:59AM – 1:29PM	<b>Uttaraphalguni</b> Until 9:52PM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:03AM	Vikarin 5121
		Yama 9:01AM – 10:30AM	Shula* Until 12:31PM	<b>Muruqa:</b> Orange <i>Sunset:</i> 5:56PM	Moon 2 - Phase 45
	152833467	<b>Rahu</b> 2:58PM – 4:27PM	Balava Until 9:19AM	<b>Nataraja:</b> Clear	Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 7:23PM	Moon – Red	<b>Sivaloka Day</b>
Until 9:52PM				<b>Phalguna-Masi</b>	
Then Creative Work - Siddha Yoga					



Wednesday, March 11, 2020

Gold Retreat Star

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

Kathmandu, Nepal

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 15.04 Tithi 17 - 18

162833467

Gulika

10:30AM - 11:59AM

Hasta Until 7:01PM

Ganesha: Clear

Sunrise: 6:02AM

Yama

7:31AM - 9:01AM

Ganda\* Until 8:11AM

Muruqa: Orange

Sunset: 5:56PM

Rahu

11:59AM - 1:28PM

Vanija Until 1:48AM Thu

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Routine Work Marana Yoga

Until 7:01PM

Then Creative Work - Siddha Yoga

Thursday, March 12, 2020

1

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

Kathmandu, Nepal

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 0.13 Tithi 18 - 19

162833467

Gulika

9:00AM - 10:29AM

Chitra Until 4:19PM

Ganesha: Clear

Sunrise: 6:01AM

Yama

6:01AM - 7:30AM

Dhruva Until 12:06AM Fri

Muruqa: Orange

Sunset: 5:57PM

Rahu

1:28PM - 2:58PM

Bava Until 10:27PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Creative Work Siddha Yoga

Until 4:19PM

Then Creative Work - Amrita Yoga

Friday, March 13, 2020

2

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

Kathmandu, Nepal

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 15.05 Tithi 19 - 20

162833467

Gulika

7:29AM - 8:59AM

Svati Until 1:54PM

Ganesha: Clear

Sunrise: 6:00AM

Yama

2:58PM - 4:28PM

Vyaghata\* Until 8:36PM

Muruqa: Orange

Sunset: 5:57PM

Rahu

10:29AM - 11:59AM

Kaulava Until 7:34PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna-Masi

Creative Work Siddha Yoga

Chaturthi\* Until 8:55AM

Saturday, March 14, 2020

3

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mantra Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Harshana/Vajra\* Yoga Taitila/Vanija Karana Panchami/Shashthyam Titau

Kathmandu, Nepal

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 29.34 Tithi 20 - 21

172833467

Gulika

5:59AM - 7:29AM

Vishakha Until 12:21PM

Ganesha: Purple

Sunrise: 5:59AM

Yama

1:28PM - 2:58PM

Harshana Until 5:38PM

Muruqa: Orange

Sunset: 5:58PM

Rahu

8:58AM - 10:28AM

Vanija Until 4:26AM Sun

Nataraja: Clear

Moon - Orange

Sivaloka Day

Phalguna-Panguni

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

Panchami Until 6:20AM

Sunday, March 15, 2020

4

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

Kathmandu, Nepal

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 13.35 Tithi 22

172833468

Gulika

2:58PM - 4:28PM

Anuradha Until 11:22AM

Ganesha: Purple

Sunrise: 5:58AM

Yama

11:58AM - 1:28PM

Vajra\* Until 3:14PM

Muruqa: Orange

Sunset: 5:58PM

Rahu

4:28PM - 5:58PM

Visti Until 3:47PM

Nataraja: Purple

Moon - Orange

Subha Sivaloka Day

Phalguna-Panguni

Routine Work Marana Yoga

Saptami Until 3:18AM Mon

Monday, March 16, 2020

D

Retreat Star

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

Kathmandu, Nepal

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Vrischika Rasi: 27.08 Tithi 23

172933468

Gulika

1:28PM - 2:58PM

Jyeshtha\* Until 11:01AM

Ganesha: Clear

Sunrise: 5:56AM

Yama

10:27AM - 11:58AM

Siddhi Until 1:28PM

Muruqa: Orange

Sunset: 5:59PM

Rahu

7:27AM - 8:57AM

Balava Until 3:03PM

Nataraja: Purple

Moon - Orange

Sivaloka Day

Phalguna-Panguni

Creative Work Siddha Yoga

Ashtami\* Until 2:58AM Tue

Tuesday, March 17, 2020

Retreat Star

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

Kathmandu, Nepal

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 10.15 Tithi 24

182933468

Gulika

11:57AM - 1:28PM

Mula\* Until 11:43AM

Ganesha: Purple

Sunrise: 5:55AM

Yama

8:56AM - 10:27AM

Vyatipata\* Until 12:20PM

Muruqa: Orange

Sunset: 6:00PM

Rahu

2:58PM - 4:29PM

Taitila Until 3:06PM

Nataraja: Purple

Moon - Light Blue

Devaloka Day

Phalguna-Panguni

Creative Work Amrita Yoga

Until 11:43AM

Then Creative Work - Siddha Yoga

Navami\* Until 3:22AM Wed

<b>1</b>		<b>Wednesday, March 18, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau				Kathmandu, Nepal
Dhanus Rasi: 23	Tithi 25	<b>Gulika</b>	<b>10:26AM – 11:57AM</b>	<b>Purvashadha* Until 12:59PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:54AM	Sun 8	Sutra 339
		Yama	7:25AM – 8:56AM	Variyan Until 11:44AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:00PM		Vikarin 5121
		182933468 <b>Rahu</b>	<b>11:57AM – 1:28PM</b>	Vanija Until 3:51PM	<b>Nataraja:</b> Purple		Moon 3 - Phase 47	2nd Phase
Creative Work	Amrita Yoga			<b>Dashami Until 4:27AM Thu</b>	Moon – Light Blue		<b>Devaloka Day</b>	
					<b>Phalguna-Panguni</b>			

<b>2</b>		<b>Thursday, March 19, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Kathmandu, Nepal
Makara Rasi: 5.28	Tithi 26	<b>Gulika</b>	<b>8:55AM – 10:26AM</b>	<b>Uttarashadha Until 2:40PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:53AM	Sun 9	Sutra 340
		Yama	5:53AM – 7:24AM	Parigha* Until 11:37AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:01PM		Vikarin 5121
		182933468 <b>Rahu</b>	<b>1:28PM – 2:59PM</b>	Bava Until 5:12PM	<b>Nataraja:</b> Purple		Moon 3 - Phase 47	2nd Phase
Routine Work	Marana Yoga			<b>Ekadashi* Until 6:02AM Fri</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 2:40PM					<b>Phalguna-Panguni</b>			
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Friday, March 20, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal
Makara Rasi: 17.43	Tithi 26 – 27	<b>Gulika</b>	<b>7:23AM – 8:54AM</b>	<b>Shravana Until 5:07PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:52AM	Sun 10	Sutra 341
		Yama	2:59PM – 4:30PM	Shiva Until 11:53AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:01PM		Vikarin 5121
		192933468 <b>Rahu</b>	<b>10:25AM – 11:57AM</b>	Kaulava Until 7:00PM	<b>Nataraja:</b> Purple		Moon 3 - Phase 47	2nd Phase
Routine Work	Marana Yoga			<b>Ekadashi* Until 6:02AM</b>	Moon – Purple		<b>Sivaloka Day</b>	
Until 5:07PM					<b>Phalguna-Panguni</b>			
Then Creative Work - Siddha Yoga								

<b>4</b>		<b>Saturday, March 21, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal
Makara Rasi: 29.48	Tithi 27 – 28	<b>Gulika</b>	<b>5:51AM – 7:22AM</b>	<b>Dhanishtha Until 7:42PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:51AM	Sun 11	Sutra 342
		Yama	1:28PM – 2:59PM	Siddha Until 12:23PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:02PM		Vikarin 5121
		192933468 <b>Rahu</b>	<b>8:54AM – 10:25AM</b>	Gara Until 9:06PM	<b>Nataraja:</b> Purple		Moon 3 - Phase 47	2nd Phase
Creative Work	Siddha Yoga			<b>Dvadashi* Until 7:59AM</b>	Moon – Purple		<b>Sivaloka Day</b>	
Until 7:42PM					<b>Phalguna-Panguni</b>			
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata (Fasting)</i>				

<b>5</b>		<b>Sunday, March 22, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal
Kumbha Rasi: 11.47	Tithi 28 – 29	<b>Gulika</b>	<b>2:59PM – 4:31PM</b>	<b>Shatabhishak Until 10:18PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:50AM	Sun 12	Sutra 343
		Yama	11:56AM – 1:28PM	Sadhya Until 1:04PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:02PM		Vikarin 5121
		192933468 <b>Rahu</b>	<b>4:31PM – 6:02PM</b>	Visti Until 11:23PM	<b>Nataraja:</b> Purple		Moon 3 - Phase 47	2nd Phase
Creative Work	Siddha Yoga			<b>Trayodashi* Until 10:12AM</b>	Moon – Purple		<b>Sivaloka Day</b>	
					<b>Phalguna-Panguni</b>			

<b>Monday, March 23, 2020</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtpada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Kathmandu, Nepal
Kumbha Rasi: 23.43	Tithi 29 – 30	<b>Gulika</b>	<b>1:27PM – 2:59PM</b>	<b>Purvaproshtpada* Until 1:21AM Tue</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:49AM	Sun 13	Sutra 344
<b>Family Home Evening</b>		Yama	10:24AM – 11:56AM	Subha Until 1:52PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:03PM		Vikarin 5121
		113933468 <b>Rahu</b>	<b>7:20AM – 8:52AM</b>	Catuspada Until 1:47AM Tue	<b>Nataraja:</b> Purple		Moon 3 - Phase 47	Amavasya
Routine Work	Marana Yoga			<b>Chaturdashi* Until 12:33PM</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 1:21AM Tue					<b>Phalguna-Panguni</b>			
Then Creative Work - Amrita Yoga								

<b>Tuesday, March 24, 2020</b>		<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtpada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal
Meena Rasi: 5.37	Tithi 30 – 1	<b>Gulika</b>	<b>11:55AM – 1:27PM</b>	<b>Uttaraproshtpada Until 4:17AM Wed</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:48AM	Sun 14	Sutra 345
		Yama	8:51AM – 10:23AM	Sukla Until 2:42PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:03PM		Vikarin 5121
		113933468 <b>Rahu</b>	<b>2:59PM – 4:31PM</b>	Kintughna Until 4:13AM Wed	<b>Nataraja:</b> Purple		Moon 3 - Phase 47	Prathama
Creative Work	Amrita Yoga			<b>Amavasya* Until 2:58PM</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 4:17AM Wed		<b>Yugadhi</b>			<b>Chaitra-Panguni</b>			
Then Routine Work - Marana Yoga								

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

All times are standard time

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<b>1</b>		<b>Wednesday, March 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Kathmandu, Nepal Sun 15 Sutra 346	
Meena Rasi: 17.3	Tithi 1 – 2	<b>Gulika</b> 10:23AM – 11:55AM	<b>Revati</b> Until 7:03AM Thu	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:46AM		Vikarin 5121
		Yama 7:19AM – 8:51AM	Brahma Until 3:34PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:04PM		Moon 3 - Phase 48
		113933468 <b>Rahu</b> 11:55AM – 1:27PM	Balava Until 6:40AM Thu	<b>Nataraja:</b> Purple			3rd Phase
Routine Work	Marana Yoga		<b>Prathama*</b> Until 5:25PM	<b>Chaitra*</b> Panguni		<b>Sivaloka Day</b>	
Until 7:03AM Thu							
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Thursday, March 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Dvitiyayam Titau		Kathmandu, Nepal Sun 16 Sutra 347	
Meena Rasi: 29.23	Tithi 2	<b>Gulika</b> 8:50AM – 10:22AM	<b>Revati</b> Until 7:03AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:45AM		Vikarin 5121
		Yama 5:45AM – 7:18AM	Indra Until 4:25PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:04PM		Moon 3 - Phase 48
		113933468 <b>Rahu</b> 1:27PM – 2:59PM	Balava Until 6:40AM	<b>Nataraja:</b> Purple			3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya</b> Until 7:51PM	<b>Chaitra*</b> Panguni		<b>Sivaloka Day</b>	
Until 7:03AM		<b>Chellappaswami Mahasamadhi</b>					
Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Friday, March 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Tailila/Gara Karana Tritiyayam Titau		Kathmandu, Nepal Sun 17 Sutra 348	
Mesha Rasi: 11.17	Tithi 3	<b>Gulika</b> 7:17AM – 8:49AM	<b>Ashvini</b> Until 10:06AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:44AM		Vikarin 5121
		Yama 3:00PM – 4:32PM	Vaidhriti* Until 5:11PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:05PM		Moon 3 - Phase 48
		123933468 <b>Rahu</b> 10:22AM – 11:54AM	Taitila Until 9:03AM	<b>Nataraja:</b> Purple			3rd Phase
Creative Work	Amrita Yoga		<b>Tritiya</b> Until 10:10PM	<b>Chaitra*</b> Panguni		<b>Sivaloka Day</b>	
Until 10:06AM							
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Saturday, March 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Chaturthyam Titau		Kathmandu, Nepal Sun 18 Sutra 349	
Mesha Rasi: 23.14	Tithi 4	<b>Gulika</b> 5:43AM – 7:16AM	<b>Bharani</b> Until 12:49PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:43AM		Vikarin 5121
		Yama 1:27PM – 3:00PM	Vishkambha* Until 5:50PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:05PM		Moon 3 - Phase 48
		123933468 <b>Rahu</b> 8:49AM – 10:21AM	Vanija Until 11:17AM	<b>Nataraja:</b> Purple			3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi*</b> Until 12:17AM Sun	<b>Chaitra*</b> Panguni		<b>Sivaloka Day</b>	
Until 12:49PM							
Then Creative Work - Amrita Yoga							

<b>5</b>		<b>Sunday, March 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau		Kathmandu, Nepal Sun 19 Sutra 350	
Vrishabha Rasi: 5.17	Tithi 5	<b>Gulika</b> 3:00PM – 4:33PM	<b>Krittika</b> Until 3:07PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:42AM		Vikarin 5121
		Yama 11:54AM – 1:27PM	Priti Until 6:16PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:06PM		Moon 3 - Phase 48
		123933468 <b>Rahu</b> 4:33PM – 6:06PM	Bava Until 1:14PM	<b>Nataraja:</b> Purple			3rd Phase
Creative Work	Siddha Yoga		<b>Panchami</b> Until 2:03AM Mon	<b>Chaitra*</b> Panguni		<b>Sivaloka Day</b>	

<b>6</b>		<b>Monday, March 30, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau		Kathmandu, Nepal Sun 20 Sutra 351	
Vrishabha Rasi: 17.29	Tithi 6	<b>Gulika</b> 1:27PM – 3:00PM	<b>Rohini</b> Until 5:20PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:41AM		Vikarin 5121
<b>Family Home Evening</b>		Yama 10:20AM – 11:54AM	Ayushman Until 6:20PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:06PM		Moon 3 - Phase 48
		133933468 <b>Rahu</b> 7:14AM – 8:47AM	Kaulava Until 2:46PM	<b>Nataraja:</b> Purple			3rd Phase
Creative Work	Amrita Yoga		<b>Shashthi*</b> Until 3:19AM Tue	<b>Chaitra*</b> Panguni		<b>Subha Sivaloka Day</b>	

<b>Retreat Star</b>		<b>Tuesday, March 31, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau		Kathmandu, Nepal Sun 21 Sutra 352	
Vrishabha Rasi: 29.55	Tithi 7	<b>Gulika</b> 11:53AM – 1:27PM	<b>Mrigashira</b> Until 6:47PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:40AM		Vikarin 5121
		Yama 8:46AM – 10:20AM	Saubhagya Until 5:56PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:07PM		Moon 3 - Phase 48
		133933468 <b>Rahu</b> 3:00PM – 4:33PM	Gara Until 3:43PM	<b>Nataraja:</b> Purple			3rd Phase
Creative Work	Siddha Yoga		<b>Saptami</b> Until 3:55AM Wed	<b>Chaitra*</b> Panguni		<b>Subha Sivaloka Day</b>	
Until 6:47PM							
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Wednesday, April 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Kathmandu, Nepal Sun 22 Sutra 353	
Mithuna Rasi: 12.38	Tithi 8	<b>Gulika</b> 10:20AM – 11:53AM	<b>Ardra</b> Until 7:23PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:40AM		Vikarin 5121
		Yama 7:13AM – 8:46AM	Sobhana Until 4:59PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:07PM		Moon 3 - Phase 48
		133933468 <b>Rahu</b> 11:53AM – 1:27PM	Visti Until 3:56PM	<b>Nataraja:</b> Purple			Ashtami
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 3:44AM Thu	<b>Chaitra*</b> Panguni		<b>Subha Sivaloka Day</b>	

<b>Retreat Star</b>		<b>Thursday, April 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau		Kathmandu, Nepal Sun 23 Sutra 354	
Mithuna Rasi: 25.46	Tithi 9	<b>Gulika</b> 8:46AM – 10:19AM	<b>Punarvasu</b> Until 7:29PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:39AM		Vikarin 5121
		Yama 5:39AM – 7:12AM	Athiganda* Until 3:22PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:07PM		Moon 3 - Phase 48
		143933468 <b>Rahu</b> 1:27PM – 3:00PM	Balava Until 3:21PM	<b>Nataraja:</b> Purple			Navami
Creative Work	Amrita Yoga		<b>Navami*</b> Until 2:43AM Fri	<b>Chaitra*</b> Panguni		<b>Sivaloka Day</b>	
		<b>Sri Rama Navami</b>					


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

<b>1</b>		<b>Friday, April 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau			Kathmandu, Nepal Sun 24 Sutra 355 Vikarin 5121
Kataka Rasi: 9.19	Tithi 10	<b>Gulika</b> 7:11AM – 8:45AM	<b>Pushya</b> Until 6:38PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:37AM		
		Yama 3:00PM – 4:34PM	Sukarma Until 1:07PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:08PM		Moon 3 - Phase 49
		143933468 <b>Rahu</b> 10:19AM – 11:53AM	Taitila Until 1:56PM	<b>Nataraja:</b> Purple			4th Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 12:55AM Sat	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Chaitra•Panguni</b>			

<b>2</b>		<b>Saturday, April 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Ekadashyam Titau			Kathmandu, Nepal Sun 25 Sutra 356 Vikarin 5121
Kataka Rasi: 23.22	Tithi 11	<b>Gulika</b> 5:36AM – 7:10AM	<b>Ashlesha*</b> Until 4:54PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:36AM		
		Yama 1:26PM – 3:00PM	Dhriti Until 10:16AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:08PM		Moon 3 - Phase 49
		143933468 <b>Rahu</b> 8:44AM – 10:18AM	Vanija Until 11:45AM	<b>Nataraja:</b> Purple			4th Phase
Routine Work	Marana Yoga		<b>Ekadashi</b> Until 10:24PM	Moon – Blue		<b>Sivaloka Day</b>	
Until 4:54PM		<b>Yogaswami Mahasamadhi</b>		<b>Chaitra•Panguni</b>			
Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Sunday, April 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Dvadashyam Titau			Kathmandu, Nepal Sun 26 Sutra 357 Vikarin 5121
Simha Rasi: 7.53	Tithi 12	<b>Gulika</b> 3:00PM – 4:35PM	<b>Magha*</b> Until 2:49PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:35AM		
		Yama 11:52AM – 1:26PM	Shula* Until 6:50AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:09PM		Moon 3 - Phase 49
		153933468 <b>Rahu</b> 4:35PM – 6:09PM	Bava Until 8:55AM	<b>Nataraja:</b> Purple			4th Phase
Routine Work	Marana Yoga		<b>Dvadashi</b> Until 7:17PM	Moon – Red		<b>Subha Sivaloka Day</b>	
Until 2:49PM				<b>Chaitra•Panguni</b>			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Monday, April 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Kathmandu, Nepal Sun 27 Sutra 358 Vikarin 5121
Simha Rasi: 22.47	Tithi 13 – 14	<b>Gulika</b> 1:26PM – 3:01PM	<b>Purvaphalguni</b> Until 12:08PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:34AM		
<b>Family Home Evening</b>		Yama 10:17AM – 11:52AM	Vriddhi Until 10:51PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:09PM		Moon 3 - Phase 49
Creative Work	Siddha Yoga	154933468 <b>Rahu</b> 7:09AM – 8:43AM	Gara Until 1:53AM Tue	<b>Nataraja:</b> Purple			4th Phase
			<b>Trayodashi</b> Until 3:45PM	Moon – Red		<b>Sivaloka Day</b>	
				<b>Chaitra•Panguni</b>			
				<i>Pradosha Vrata</i>			

		<b>Tuesday, April 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau			Kathmandu, Nepal Sun 28 Sutra 359 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 11:51AM – 1:26PM	<b>Uttaraphalguni</b> Until 9:02AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:33AM		
Kanya Rasi: 7.58	Tithi 14 – 15	Yama 8:42AM – 10:17AM	Dhruva Until 6:31PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:10PM		Moon 3 - Phase 49
		154933468 <b>Rahu</b> 3:01PM – 4:35PM	Visti Until 10:01PM	<b>Nataraja:</b> Purple			Purnima
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 11:57AM	Moon – Red		<b>Sivaloka Day</b>	
Until 9:02AM		<b>Panguni Uttiram</b>		<b>Chaitra•Panguni</b>			
Then Creative Work - Siddha Yoga		<b>Hanuman Jayanti</b>					

<b>5</b>		<b>Wednesday, April 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Kathmandu, Nepal Sun 29 Sutra 360 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 10:16AM – 11:51AM	<b>Hasta</b> Until 6:04AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:32AM		
Kanya Rasi: 23.16	Tithi 15 – 16	Yama 7:07AM – 8:42AM	Vyaghata* Until 2:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:10PM		Moon 3 - Phase 49
		164934468 <b>Rahu</b> 11:51AM – 1:26PM	Balava Until 6:09PM	<b>Nataraja:</b> Purple			Prathama
Routine Work	Marana Yoga		<b>Purnima*</b> Until 8:03AM	Moon – Green		<b>Devaloka Day</b>	
Until 6:04AM				<b>Chaitra•Panguni</b>			
Then Creative Work - Siddha Yoga							





**Thursday, April 9, 2020**  
**Gold Retreat Star**

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

Kathmandu, Nepal  
Sutra 361  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 8.31      Tithi 17  
164934468  
Creative Work    Amrita Yoga  
Until 12:09AM Fri  
Then Creative Work - Siddha Yoga

**Gulika**    8:41AM – 10:16AM  
Yama      5:31AM – 7:06AM  
**Rahu**      1:26PM – 3:01PM

**Svati Until 12:09AM Fri**  
Harshana Until 9:57AM  
Tailila Until 2:27PM  
**Dvitiya Until 12:42AM Fri**

**Ganesha:** Purple      *Sunrise:* 5:31AM  
**Muruqa:** Clear      *Sunset:* 6:11PM  
**Nataraja:** Purple  
Moon – Green  
**Chaitra+Panguni**

**Devaloka Day**

**1** **Friday, April 10, 2020**

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

Kathmandu, Nepal  
Sun 1      Sutra 362  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Tula Rasi: 23.32      Tithi 18  
174134468  
Creative Work    Siddha Yoga

**Gulika**    7:05AM – 8:40AM  
Yama      3:01PM – 4:36PM  
**Rahu**      10:15AM – 11:51AM

**Vishakha Until 9:57PM**  
Siddhi Until 2:24AM Sat  
Vanija Until 11:06AM  
**Tritiya Until 9:36PM**

**Ganesha:** Yellow      *Sunrise:* 5:30AM  
**Muruqa:** Clear      *Sunset:* 6:11PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Panguni**

**Sivaloka Day**

**2** **Saturday, April 11, 2020**

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

Kathmandu, Nepal  
Sun 2      Sutra 363  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Virshika Rasi: 8.11      Tithi 19  
174134468  
Creative Work    Siddha Yoga

**Gulika**    5:29AM – 7:04AM  
Yama      1:26PM – 3:01PM  
**Rahu**      8:40AM – 10:15AM

**Anuradha Until 8:13PM**  
Vyatipata\* Until 11:21PM  
Bava Until 8:16AM  
**Chaturthi\* Until 7:04PM**

**Ganesha:** Yellow      *Sunrise:* 5:29AM  
**Muruqa:** Clear      *Sunset:* 6:12PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Panguni**

**Sivaloka Day**

**3** **Sunday, April 12, 2020**

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Jyeshtha\* Nakshatra Variyan Yoga Kaulava/Gara Karana Panchami/Shashthyam Titau

Kathmandu, Nepal  
Sun 3      Sutra 364  
Vikarin 5121  
Moon 4 - Phase 50  
1st Phase

Virshika Rasi: 22.23      Tithi 20 – 21  
174134468  
Routine Work    Marana Yoga  
Until 7:03PM  
Then Creative Work - Amrita Yoga

**Gulika**    3:01PM – 4:37PM  
Yama      11:50AM – 1:26PM  
**Rahu**      4:37PM – 6:12PM

**Jyeshtha\* Until 7:03PM**  
Variyan Until 8:53PM  
Kaulava Until 6:06AM  
**Panchami Until 5:17PM**

**Ganesha:** Yellow      *Sunrise:* 5:28AM  
**Muruqa:** Clear      *Sunset:* 6:12PM  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Panguni**

**Sivaloka Day**

**4** **Monday, April 13, 2020**

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

Kathmandu, Nepal  
Sun 4      Sutra 1  
Sarvari 5122  
Moon 4 - Phase 50  
1st Phase

Dhanus Rasi: 6.05      Tithi 21 – 22  
184134468  
**Family Home Evening**  
Creative Work    Siddha Yoga  
Until 7:01PM  
Then Routine Work - Marana Yoga

**Gulika**    1:26PM – 3:01PM  
Yama      10:14AM – 11:50AM  
**Rahu**      7:03AM – 8:38AM

**Mula\* Until 7:01PM**  
Parigha\* Until 7:06PM  
Visti Until 4:09AM Tue  
**Shashthi\* Until 4:18PM**

**Ganesha:** Blue      *Sunrise:* 5:27AM  
**Muruqa:** Clear      *Sunset:* 6:13PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

**Devaloka Day**

**5** **Tuesday, April 14, 2020**

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

Kathmandu, Nepal  
Sun 5      Sutra 2  
Sarvari 5122  
Moon 4 - Phase 50  
1st Phase

Dhanus Rasi: 19.19      Tithi 22 – 23  
284134468  
Creative Work    Siddha Yoga  
Until 7:39PM  
Then Routine Work - Prabalarishta Yoga

**Gulika**    11:50AM – 1:26PM  
Yama      8:38AM – 10:14AM  
**Rahu**      3:02PM – 4:38PM

**Purvashadha\* Until 7:39PM**  
Shiva Until 6:00PM  
Balava Until 4:27AM Wed  
**Saptami Until 4:11PM**

**Ganesha:** Yellow      *Sunrise:* 5:26AM  
**Muruqa:** Clear      *Sunset:* 6:13PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

**Sivaloka Day**

**Retreat Star** **Wednesday, April 15, 2020**

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

Kathmandu, Nepal  
Sun 6      Sutra 3  
Sarvari 5122  
Moon 4 - Phase 50  
Ashtami

Makara Rasi: 2.08      Tithi 23 – 24  
284134468  
Creative Work    Amrita Yoga  
Until 8:54PM  
Then Creative Work - Siddha Yoga

**Gulika**    10:13AM – 11:49AM  
Yama      7:01AM – 8:37AM  
**Rahu**      11:49AM – 1:26PM

**Uttarashadha Until 8:54PM**  
Siddha Until 5:30PM  
Tailila Until 5:29AM Thu  
**Ashtami\* Until 4:52PM**

**Ganesha:** Yellow      *Sunrise:* 5:25AM  
**Muruqa:** Clear      *Sunset:* 6:14PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

**Sivaloka Day**

**Retreat Star** **Thursday, April 16, 2020**

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

Kathmandu, Nepal  
Sun 7      Sutra 4  
Sarvari 5122  
Moon 4 - Phase 50  
Navami

Makara Rasi: 15      Tithi 24  
294134468  
Creative Work    Siddha Yoga

**Gulika**    8:36AM – 10:13AM  
Yama      5:24AM – 7:00AM  
**Rahu**      1:25PM – 3:02PM

**Shravana Until 11:06PM**  
Sadhya Until 5:32PM  
Gara Until 6:14PM  
**Navami\* Until 6:14PM**

**Ganesha:** Blue      *Sunrise:* 5:24AM  
**Muruqa:** Clear      *Sunset:* 6:15PM  
**Nataraja:** Purple  
Moon – Purple  
**Chaitra+Chaitra**

**Devaloka Day**

Chidambaram Abhishekam

<b>1</b>		<b>Friday, April 17, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Subha/Siddhi Yoga Vanija/Visiti* Karana Dashamyam Titau				Kathmandu, Nepal Sun 8 Sutra 5	
Makara Rasi: 26.49	Tithi 25	<b>Gulika</b> 6:59AM – 8:36AM	<b>Dhanishtha</b> Until 1:37AM Sat	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:23AM			Sarvari 5122	
		Yama 3:02PM – 4:39PM	Subha Until 6:00PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:15PM			Moon 4 - Phase 1	
		294134468 <b>Rahu</b> 10:12AM – 11:49AM	Vanija Until 7:08AM	<b>Nataraja:</b> Purple				2nd Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 8:07PM	<b>Chaitra+Chaitra</b>				<b>Devaloka Day</b>	
Until 1:37AM Sat									
Then Creative Work - Amrita Yoga									
<b>2</b>		<b>Saturday, April 18, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mantra Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Bava/Balava Karana Ekadashyam Titau				Kathmandu, Nepal Sun 9 Sutra 6	
Kumbha Rasi: 8.5	Tithi 26	<b>Gulika</b> 5:22AM – 6:58AM	<b>Shatabhishak</b> Until 4:16AM Sun	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:22AM			Sarvari 5122	
		Yama 1:25PM – 3:02PM	Sukla Until 6:42PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:16PM			Moon 4 - Phase 1	
		295134468 <b>Rahu</b> 8:35AM – 10:12AM	Bava Until 9:13AM	<b>Nataraja:</b> Purple				2nd Phase	
Creative Work	Amrita Yoga		<b>Ekadashi*</b> Until 10:21PM	<b>Chaitra+Chaitra</b>				<b>Sivaloka Day</b>	
Until 4:16AM Sun									
Then Creative Work - Siddha Yoga									
<b>3</b>		<b>Sunday, April 19, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaprossthapada* Nakshatra Brahma Yoga Kaulava/Taitila Karana Dvadashyam Titau				Kathmandu, Nepal Sun 10 Sutra 7	
Kumbha Rasi: 20.46	Tithi 27	<b>Gulika</b> 3:02PM – 4:39PM	<b>Purvaprossthapada*</b> Until 7:23AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:21AM			Sarvari 5122	
		Yama 11:48AM – 1:25PM	Brahma Until 7:34PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:16PM			Moon 4 - Phase 1	
		215134468 <b>Rahu</b> 4:39PM – 6:16PM	Kaulava Until 11:33AM	<b>Nataraja:</b> Purple				2nd Phase	
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 12:45AM Mon	<b>Chaitra+Chaitra</b>				<b>Sivaloka Day</b>	
Until 7:23AM									
Then Creative Work - Siddha Yoga									
<b>4</b>		<b>Monday, April 20, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaprossthapada*Uttaraprossthapada Nakshatra Indra Yoga Gara/Vanija Karana Trayodashyam Titau				Kathmandu, Nepal Sun 11 Sutra 8	
Meena Rasi: 2.38	Tithi 28	<b>Gulika</b> 1:25PM – 3:02PM	<b>Purvaprossthapada*</b> Until 7:23AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:20AM			Sarvari 5122	
<b>Family Home Evening</b>		Yama 10:11AM – 11:48AM	Indra Until 8:30PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:17PM			Moon 4 - Phase 1	
Routine Work	Marana Yoga	215134468 <b>Rahu</b> 6:57AM – 8:34AM	Gara Until 2:00PM	<b>Nataraja:</b> Purple				2nd Phase	
Until 7:23AM			<b>Trayodashi*</b> Until 3:12AM Tue	<b>Chaitra+Chaitra</b>				<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>						
<b>5</b>		<b>Tuesday, April 21, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraprossthapada*Revati Nakshatra Vaidhriti* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 12 Sutra 9	
Meena Rasi: 14.3	Tithi 29	<b>Gulika</b> 11:48AM – 1:25PM	<b>Uttaraprossthapada</b> Until 10:21AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:19AM			Sarvari 5122	
		Yama 8:33AM – 10:11AM	Vaidhriti* Until 9:23PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:17PM			Moon 4 - Phase 1	
		215134468 <b>Rahu</b> 3:03PM – 4:40PM	Visti Until 4:26PM	<b>Nataraja:</b> Purple				2nd Phase	
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 5:36AM Wed	<b>Chaitra+Chaitra</b>				<b>Sivaloka Day</b>	
Until 10:21AM									
Then Creative Work - Siddha Yoga									
<b>Retreat Star</b>		<b>Wednesday, April 22, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha* Yoga Catuspada* Karana Amavasyayam Titau				Kathmandu, Nepal Sun 13 Sutra 10	
Meena Rasi: 26.23	Tithi 30	<b>Gulika</b> 10:10AM – 11:48AM	<b>Revati</b> Until 1:05PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:18AM			Sarvari 5122	
		Yama 6:55AM – 8:33AM	Vishkambha* Until 10:13PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:18PM			Moon 4 - Phase 1	
		215134468 <b>Rahu</b> 11:48AM – 1:25PM	Catuspada Until 6:47PM	<b>Nataraja:</b> Purple				Amavasya	
Routine Work	Marana Yoga		<b>Amavasya*</b> Until 7:53AM Thu	<b>Chaitra+Chaitra</b>				<b>Sivaloka Day</b>	
Until 7:53AM Thu									
Then Creative Work - Siddha Yoga									
<b>Retreat Star</b>		<b>Thursday, April 23, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal Sun 14 Sutra 11	
Mesha Rasi: 8.19	Tithi 30 – 1	<b>Gulika</b> 8:32AM – 10:10AM	<b>Ashvini</b> Until 4:01PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:17AM			Sarvari 5122	
		Yama 5:17AM – 6:55AM	Priti Until 10:57PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:18PM			Moon 4 - Phase 1	
		225134468 <b>Rahu</b> 1:25PM – 3:03PM	Kintughna Until 8:59PM	<b>Nataraja:</b> Purple				Prathama	
Creative Work	Amrita Yoga		<b>Amavasya*</b> Until 7:53AM	<b>Vaisaka+Chaitra</b>				<b>Sivaloka Day</b>	
Until 4:01PM									
Then Creative Work - Siddha Yoga									

<b>1</b>	<b>Friday, April 24, 2020</b>	Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Kathmandu, Nepal Sun 15 Sutra 12
	Mesha Rasi: 20.19	Tithi 1 – 2	<b>Gulika</b> 6:54AM – 8:32AM Yama 3:03PM – 4:41PM Rahu 10:10AM – 11:47AM	<b>Bharani Until 6:36PM</b> Ayushman Until 11:29PM Balava Until 10:58PM Prathama* Until 9:59AM	<b>Ganesha: Red</b> Sunrise: 5:16AM <b>Muruqa: Clear</b> Sunset: 6:19PM <b>Nataraja: Clear</b> Moon – White	Sarvari 5122 Moon 4 - Phase 2 3rd Phase
	Creative Work	Siddha Yoga			<b>Devaloka Day</b> Vaisaka-Chaitra	

<b>2</b>	<b>Saturday, April 25, 2020</b>	Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Kathmandu, Nepal Sun 16 Sutra 13
	Vrishabha Rasi: 2.25	Tithi 2 – 3	<b>Gulika</b> 5:15AM – 6:53AM Yama 1:25PM – 3:03PM Rahu 8:31AM – 10:09AM	<b>Krittika Until 8:46PM</b> Saubhagya Until 11:49PM Taitila Until 12:41AM Sun Dvitiya Until 11:51AM	<b>Ganesha: Red</b> Sunrise: 5:15AM <b>Muruqa: Clear</b> Sunset: 6:19PM <b>Nataraja: Clear</b> Moon – White	Sarvari 5122 Moon 4 - Phase 2 3rd Phase
	Creative Work	Amrita Yoga			<b>Devaloka Day</b> Vaisaka-Chaitra	

<b>3</b>	<b>Sunday, April 26, 2020</b>	Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Kathmandu, Nepal Sun 17 Sutra 14
	Vrishabha Rasi: 14.37	Tithi 3 – 4	<b>Gulika</b> 3:04PM – 4:42PM Yama 11:47AM – 1:25PM Rahu 4:42PM – 6:20PM	<b>Rohini Until 10:56PM</b> Sobhana Until 11:54PM Vanija Until 2:02AM Mon Tritiya Until 1:23PM	<b>Ganesha: Yellow</b> Sunrise: 5:14AM <b>Muruqa: Clear</b> Sunset: 6:20PM <b>Nataraja: Clear</b> Moon – Yellow	Sarvari 5122 Moon 4 - Phase 2 3rd Phase
	Creative Work	Siddha Yoga			<b>Devaloka Day</b> Vaisaka-Chaitra	

<b>4</b>	<b>Monday, April 27, 2020</b>	Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Kathmandu, Nepal Sun 18 Sutra 15
	Vrishabha Rasi: 26.59	Tithi 4 – 5	<b>Gulika</b> 1:25PM – 3:04PM Yama 10:09AM – 11:47AM Rahu 6:52AM – 8:30AM	<b>Mrigashira Until 12:30AM Tue</b> Athiganda* Until 11:37PM Bava Until 2:57AM Tue Chaturthi* Until 2:32PM	<b>Ganesha: Yellow</b> Sunrise: 5:13AM <b>Muruqa: Clear</b> Sunset: 6:21PM <b>Nataraja: Clear</b> Moon – Yellow	Sarvari 5122 Moon 4 - Phase 2 3rd Phase
	<b>Family Home Evening</b>				<b>Devaloka Day</b> Vaisaka-Chaitra	
	Creative Work	Amrita Yoga				

<b>5</b>	<b>Tuesday, April 28, 2020</b>	Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Kathmandu, Nepal Sun 19 Sutra 16
	Mithuna Rasi: 9.33	Tithi 5 – 6	<b>Gulika</b> 11:47AM – 1:25PM Yama 8:30AM – 10:08AM Rahu 3:04PM – 4:43PM	<b>Ardra Until 1:25AM Wed</b> Sukarma Until 10:57PM Kaulava Until 3:19AM Wed Panchami Until 3:11PM	<b>Ganesha: Blue</b> Sunrise: 5:13AM <b>Muruqa: Clear</b> Sunset: 6:21PM <b>Nataraja: Clear</b> Moon – Yellow	Sarvari 5122 Moon 4 - Phase 2 3rd Phase
	Routine Work	Marana Yoga			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
	Until 1:25AM Wed	Then Creative Work - Siddha Yoga				

<b>6</b>	<b>Wednesday, April 29, 2020</b>	Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Kathmandu, Nepal Sun 20 Sutra 17
	Mithuna Rasi: 22.22	Tithi 6 – 7	<b>Gulika</b> 10:08AM – 11:47AM Yama 6:50AM – 8:29AM Rahu 11:47AM – 1:25PM	<b>Punarvasu Until 2:03AM Thu</b> Dhriti Until 9:49PM Gara Until 3:04AM Thu Shashthi* Until 3:15PM	<b>Ganesha: Yellow</b> Sunrise: 5:12AM <b>Muruqa: Clear</b> Sunset: 6:22PM <b>Nataraja: Clear</b> Moon – Blue	Sarvari 5122 Moon 4 - Phase 2 3rd Phase
	Creative Work	Siddha Yoga			<b>Devaloka Day</b> Vaisaka-Chaitra	
	Until 2:03AM Thu	Then Creative Work - Amrita Yoga				

<b>☽</b>	<b>Thursday, April 30, 2020</b>	Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Kathmandu, Nepal Sun 21 Sutra 18
	<b>Retreat Star</b>		<b>Gulika</b> 8:29AM – 10:08AM Yama 5:11AM – 6:50AM Rahu 1:25PM – 3:04PM	<b>Pushya Until 1:53AM Fri</b> Shula* Until 8:09PM Visti Until 2:10AM Fri Saptami Until 2:41PM	<b>Ganesha: Yellow</b> Sunrise: 5:11AM <b>Muruqa: Clear</b> Sunset: 6:22PM <b>Nataraja: Clear</b> Moon – Blue	Sarvari 5122 Moon 4 - Phase 2 Ashtami
	Kataka Rasi: 5.31	Tithi 7 – 8			<b>Devaloka Day</b> Vaisaka-Chaitra	
	Creative Work	Amrita Yoga				

<b>☽</b>	<b>Friday, May 1, 2020</b>	Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda*/Vridhiti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Kathmandu, Nepal Sun 22 Sutra 19
	<b>Retreat Star</b>		<b>Gulika</b> 6:49AM – 8:28AM Yama 3:05PM – 4:44PM Rahu 10:07AM – 11:46AM	<b>Ashlesha* Until 12:54AM Sat</b> Ganda* Until 5:57PM Balava Until 12:36AM Sat Ashtami* Until 1:27PM	<b>Ganesha: Yellow</b> Sunrise: 5:09AM <b>Muruqa: Clear</b> Sunset: 6:23PM <b>Nataraja: Clear</b> Moon – Blue	Sarvari 5122 Moon 4 - Phase 2 Navami
	Kataka Rasi: 19	Tithi 8 – 9			<b>Devaloka Day</b> Vaisaka-Chaitra	
	Routine Work	Marana Yoga				

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


<b>1</b>		<b>Saturday, May 2, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Kathmandu, Nepal Sun 23 Sutra 20	
Simha Rasi: 2.53	Tithi 9 – 10	<b>Gulika</b> 5:08AM – 6:48AM	<b>Magha* Until 11:36PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:08AM	Sarvari 5122		
		Yama 1:26PM – 3:05PM	Vriddhi Until 3:15PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM	Moon 4 - Phase 3		
		256134469 <b>Rahu</b> 8:27AM – 10:07AM	Taitila Until 10:25PM	<b>Nataraja:</b> Clear		4th Phase		
Creative Work	Amrita Yoga		<b>Navami* Until 11:34AM</b>	Moon – Red		<b>Bhuloka Day</b>		
Until 11:36PM				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Sunday, May 3, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Kathmandu, Nepal Sun 24 Sutra 21	
Simha Rasi: 17.1	Tithi 10 – 11	<b>Gulika</b> 3:05PM – 4:45PM	<b>Purvaphalguni Until 9:38PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:08AM	Sarvari 5122		
		Yama 11:46AM – 1:26PM	Dhruva Until 12:04PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM	Moon 4 - Phase 3		
		256134469 <b>Rahu</b> 4:45PM – 6:24PM	Vanija Until 7:41PM	<b>Nataraja:</b> Clear		4th Phase		
Creative Work	Siddha Yoga		<b>Dashami Until 9:06AM</b>	Moon – Red		<b>Bhuloka Day</b>		
Until 9:38PM				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM		
Then Creative Work - Amrita Yoga								

<b>3</b>		<b>Monday, May 4, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Visi*/Balava Karana Ekadashi/Dvadashyam Titau			Kathmandu, Nepal Sun 25 Sutra 22	
Kanya Rasi: 1.47	Tithi 11 – 12	<b>Gulika</b> 1:26PM – 3:06PM	<b>Uttaraphalguni Until 7:06PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:07AM	Sarvari 5122		
<b>Family Home Evening</b>		Yama 10:06AM – 11:46AM	Vyaghata* Until 8:30AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 4 - Phase 3		
		256234469 <b>Rahu</b> 6:47AM – 8:26AM	Balava Until 2:50AM Tue	<b>Nataraja:</b> Clear		4th Phase		
Creative Work	Siddha Yoga		<b>Ekadashi Until 6:08AM</b>	Moon – Red		<b>Devaloka Day</b>		
				<b>Vaisaka*Chaitra</b>				

<b>4</b>		<b>Tuesday, May 5, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Kathmandu, Nepal Sun 26 Sutra 23	
Kanya Rasi: 16.41	Tithi 13	<b>Gulika</b> 11:46AM – 1:26PM	<b>Hasta Until 4:35PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:06AM	Sarvari 5122		
		Yama 8:26AM – 11:06AM	Vajra* Until 12:39AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 3		
		267234469 <b>Rahu</b> 3:06PM – 4:46PM	Kaulava Until 1:06PM	<b>Nataraja:</b> Clear		4th Phase		
Creative Work	Siddha Yoga		<b>Trayodashi Until 11:18PM</b>	Moon – Green		<b>Devaloka Day</b>		
				<b>Vaisaka*Chaitra</b>				
						<i>Pradosha Vrata</i>		

<b>5</b>		<b>Wednesday, May 6, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau			Kathmandu, Nepal Sun 27 Sutra 24	
Tula Rasi: 1.45	Tithi 14	<b>Gulika</b> 10:06AM – 11:46AM	<b>Chitra Until 1:49PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:06AM	Sarvari 5122		
		Yama 6:46AM – 8:26AM	Siddhi Until 8:36PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:26PM	Moon 4 - Phase 3		
		267234469 <b>Rahu</b> 11:46AM – 1:26PM	Gara Until 9:32AM	<b>Nataraja:</b> Clear		4th Phase		
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 7:44PM</b>	Moon – Green		<b>Devaloka Day</b>		
				<b>Vaisaka*Chaitra</b>				

		<b>Thursday, May 7, 2020</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Kathmandu, Nepal Sun 27 Sutra 24	
Tula Rasi: 16.48	Tithi 15 – 16	<b>Gulika</b> 8:25AM – 10:06AM	<b>Svati Until 10:58AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:05AM	Sarvari 5122		
		Yama 5:05AM – 6:45AM	Vyatipata* Until 4:39PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:27PM	Moon 4 - Phase 3		
		267234469 <b>Rahu</b> 1:26PM – 3:06PM	Balava Until 2:37AM Fri	<b>Nataraja:</b> Clear		Purnima		
Creative Work	Amrita Yoga		<b>Purnima* Until 4:15PM</b>	Moon – Green		<b>Devaloka Day</b>		
Until 10:58AM				<b>Vaisaka*Chaitra</b>				
Then Creative Work - Siddha Yoga		<b>Budha Purnima (Tamil Nadu)</b>						

<b>Friday, May 8, 2020</b>		<b>Silver Retreat Star</b>		Sarvari Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau			Kathmandu, Nepal Sun 26 Sutra 26	
Vrischika Rasi: 1.42	Tithi 16 – 17	<b>Gulika</b> 6:45AM – 8:25AM	<b>Vishakha Until 8:38AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:04AM	Sarvari 5122		
		Yama 3:07PM – 4:47PM	Variyan Until 12:55PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:27PM	Moon 4 - Phase 3		
		277234469 <b>Rahu</b> 10:05AM – 11:46AM	Taitila Until 11:37PM	<b>Nataraja:</b> Clear		Prathama		
Creative Work	Siddha Yoga		<b>Prathama* Until 1:03PM</b>	Moon – Orange		<b>Bhuloka Day</b>		
				<b>Vaisaka*Chaitra</b>		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